

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1	AVELINO EUSÉBIO	3722	M 1	SenM 1	00:24:32	00:24:32	00:12:48	00:03:04	GFD RUNNING
2	ROBERTO LADEIRAS	4494	M 2	SenM 2	00:24:40	00:24:40	00:12:48	00:03:05	GFD RUNNING
3	CARLOS CARDOSO	3725	M 3	V35M 1	00:24:46	00:24:46	00:12:48	00:03:06	GFD RUNNING
4	VALTER CARDOSO	3588	M 4	SenM 3	00:25:06	00:25:05	00:12:47	00:03:09	NUCLEOEIRAS
5	LUÍS FERNANDES	3739	M 5	SenM 4	00:25:13	00:25:13	00:12:49	00:03:10	GFD RUNNING
6	DIOGO BAPTISTA	3594	M 6	SenM 5	00:25:16	00:25:16	00:12:47	00:03:10	NUCLEOEIRAS
7	NUNO ROCHA	4505	M 7	V40M 1	00:25:25	00:25:25	00:12:49	00:03:11	
8	HUGO RODRIGUES	2999	M 8	SenM 6	00:25:41	00:25:41	00:12:48	00:03:13	VITORIA FUTEBOL CLUBE
9	RICARDO MADEIRA	3680	M 9	V35M 2	00:25:43	00:25:42	00:12:50	00:03:13	
10	ANDRE ALVES	3002	M 10	SenM 7	00:26:08	00:26:08	00:13:00	00:03:16	VITORIA FUTEBOL CLUBE
11	MARK RIBEIRO	3255	M 11	SenM 8	00:26:13	00:26:10	00:13:09	00:03:17	VITORIA FUTEBOL CLUBE
12	ARTUR SANTIAGO	3000	M 12	V45M 1	00:26:15	00:26:15	00:13:14	00:03:17	VITORIA FUTEBOL CLUBE
13	RICARDO SANTOS	2627	M 13	V35M 3	00:26:16	00:26:16	00:13:32	00:03:17	CLUBE OLÍMPICO DE OEIRAS
14	TIAGO SABINO	3587	M 14	SenM 9	00:26:25	00:26:22	00:13:44	00:03:19	NUCLEOEIRAS
15	RICARDO LANCEIRO	3615	M 15	V40M 2	00:26:26	00:26:26	00:13:19	00:03:19	NUCLEOEIRAS
16	PEDRO MIGUEL AMARO	1527	M 16	SenM 10	00:26:46	00:26:43	00:13:46	00:03:21	CLUBE EDP LISBOA
17	JOÃO GINJA	3050	M 17	V50M 1	00:26:51	00:26:51	00:13:50	00:03:22	LINDA-A-PASTORA SPORTING CLUBE
18	SERGIO PAIVA	3634	M 18	V45M 2	00:27:00	00:27:00	00:13:27	00:03:23	NUCLEOEIRAS
19	JORGE SOUSA	4458	M 19	V35M 4	00:27:11	00:27:11	00:13:48	00:03:24	
20	HELDER REBELO	2933	M 20	V50M 2	00:27:20	00:27:18	00:14:00	00:03:25	GRD OS FIXES
21	PEDRO SERRA	506	M 21	V35M 5	00:27:22	00:27:18	00:13:57	00:03:26	
22	EMERSON ROSA	4080	M 22	V35M 6	00:27:25	00:27:22	00:13:42	00:03:26	ASSOCIAÇÃO MORADORES 18 DE MAIO
23	FERNANDO PEREIRA	3732	M 23	V45M 3	00:27:28	00:27:28	00:14:09	00:03:26	GFD RUNNING
24	JOÃO BATISTA	1305	M 24	V40M 3	00:27:28	00:27:28	00:13:50	00:03:26	CLUBE NOVO BANCO
25	JOÃO REBELO	3592	M 25	SenM 11	00:27:29	00:27:26	00:13:52	00:03:27	NUCLEOEIRAS
26	RODRIGO SILVÉRIO	4501	M 26	JunM 1	00:27:32	00:27:31	00:13:50	00:03:27	SPORTING CLUBE DE PORTUGAL
27	NATANAEL GUERREIRO	4583	M 27	SenM 12	00:27:33	00:27:32	00:13:45	00:03:27	
28	JOSÉ MARTINS	2945	M 28	V50M 3	00:27:33	00:27:33	00:14:02	00:03:27	GRD OS FIXES
29	JOÃO PIRES	2881	M 29	V40M 4	00:27:35	00:27:35	00:13:48	00:03:27	
30	JOSE SANTOS	4236	M 30	V50M 4	00:27:36	00:27:35	00:14:01	00:03:27	
31	NUNO NOGUEIRA	4160	M 31	SenM 13	00:27:39	00:27:37	00:13:48	00:03:28	
32	DAVID VARELA	3593	M 32	SenM 14	00:27:49	00:27:45	00:14:20	00:03:29	NUCLEOEIRAS
33	ANTONIO CARINHAS	3193	M 33	SenM 15	00:27:53	00:27:49	00:14:09	00:03:30	
34	ALEXANDRE SOARES	3607	M 34	JunM 2	00:27:55	00:27:51	00:14:21	00:03:30	NUCLEOEIRAS
35	JOANA FONSECA	3735	F 1	SenF 1	00:28:02	00:28:01	00:13:57	00:03:31	GFD RUNNING
36	GONÇALO COSTA	3637	M 35	V45M 4	00:28:03	00:28:02	00:14:21	00:03:31	NUCLEOEIRAS
37	GONÇALO SILVA	1003	M 36	V35M 7	00:28:03	00:27:56	00:14:05	00:03:31	
38	SÉRGIO MALHEIRO	2496	M 37	V35M 8	00:28:04	00:28:02	00:14:16	00:03:31	LINDA-A-PASTORA SPORTING CLUBE
39	PEDRO MAGALHAGÃES	2494	M 38	V45M 5	00:28:06	00:28:06	00:14:17	00:03:31	LINDA-A-PASTORA SPORTING CLUBE
40	ANTONIO MORTEIRA	2548	M 39	V50M 5	00:28:08	00:28:01	00:14:28	00:03:31	GRD RIBEIRA DA LAGE
41	TIAGO GONÇALVES	2222	M 40	SenM 16	00:28:11	00:28:10	00:14:17	00:03:32	
42	SARA MONTEIRO	3590	F 2	SenF 2	00:28:14	00:28:13	00:13:58	00:03:32	NUCLEOEIRAS
43	RUI PALMA	4495	M 41	V45M 6	00:28:16	00:28:07	00:14:34	00:03:32	GFD RUNNING
44	ANTÓNIO SOUSA	3721	M 42	V45M 7	00:28:17	00:28:17	00:14:08	00:03:33	GFD RUNNING
45	VERA NUNES	4498	F 3	V35F 1	00:28:18	00:28:18	00:14:08	00:03:33	GFD RUNNING
46	ERNESTO FERREIRA	3730	M 43	V45M 8	00:28:20	00:28:20	00:14:28	00:03:33	GFD RUNNING
47	ABEL PINA	3719	M 44	V50M 6	00:28:21	00:28:21	00:14:29	00:03:33	GFD RUNNING
48	LUÍS BARRACHO	1557	M 45	SenM 17	00:28:21	00:28:15	00:14:24	00:03:33	
49	LUIS SEMEDO	3608	M 46	V35M 9	00:28:22	00:28:21	00:14:20	00:03:33	NUCLEOEIRAS
50	NUNO RUELA	3747	M 47	V45M 9	00:28:24	00:28:23	00:14:28	00:03:33	GFD RUNNING
51	RODRIGO DUARTE	3603	M 48	SenM 18	00:28:34	00:28:32	00:14:34	00:03:35	NUCLEOEIRAS

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
52	LUÍS PEDROSO	3638	M 49	V45M 10	00:28:37	00:28:37	00:14:22	00:03:35	NUCLEOEIRAS
53	ARMINDO TEIXEIRA	4381	M 50	V35M 10	00:28:38	00:28:38	00:14:31	00:03:35	
54	CRISTIANO CIBRÃO	3019	M 51	SenM 19	00:28:41	00:28:41	00:14:21	00:03:36	SERUL
55	PEDRO MARQUES	1896	M 52	V40M 5	00:28:42	00:28:39	00:14:26	00:03:36	
56	TELMO VIEGAS	4500	M 53	V40M 6	00:28:49	00:28:48	00:14:34	00:03:37	CLUBE ATLETISMO DE FATIMA
57	HUGO FERREIRA	828	M 54	V40M 7	00:28:52	00:28:49	00:14:33	00:03:37	
58	FÁBIO PEREIRA	4385	M 55	SenM 20	00:28:53	00:28:52	00:14:39	00:03:37	SPORTING CLUBE DE CASAINHOS
59	DIOGO CORREIA	3617	M 56	JunM 3	00:28:53	00:28:50	00:14:34	00:03:37	NUCLEOEIRAS
60	NUNO MIGUEL NOBRE LOPES	2330	M 57	V45M 11	00:28:54	00:28:50	00:14:39	00:03:37	CLUBE MILLENNIUM BCP
61	ADRIANO CORREIA	3978	M 58	SenM 21	00:28:56	00:28:48	00:14:09	00:03:37	
62	CÉU NUNES	3726	F 4	V40F 1	00:28:57	00:28:57	00:14:38	00:03:38	GFD RUNNING
63	VITOR LIMA	3652	M 59	V50M 7	00:28:59	00:28:59	00:14:26	00:03:38	NUCLEOEIRAS
64	PEDRO NUNO BURRICA RAMOS	3143	M 60	V40M 8	00:29:02	00:29:01	00:14:36	00:03:38	GRCD LEIÃO
65	EDUARDO QUARESMA	2774	M 61	V40M 9	00:29:08	00:29:06	00:14:42	00:03:39	VALEJAS A C
66	ALEXANDRE FELÍCIO	3873	M 62	SenM 22	00:29:15	00:29:13	00:14:18	00:03:40	
67	JOÃO MAGALHÃES	3011	M 63	V40M 10	00:29:18	00:29:16	00:14:56	00:03:40	SERUL
68	NELSON COELHO	3764	M 64	SenM 23	00:29:20	00:29:18	00:14:21	00:03:40	
69	IGOR ALMEIDA	3866	M 65	V35M 11	00:29:23	00:29:21	00:14:41	00:03:41	PUMP AMADORA
70	KCENIA BOUGROVA	3708	F 5	SenF 3	00:29:23	00:29:22	00:14:38	00:03:41	
71	RICARDO ABRANTES	1751	M 66	V35M 12	00:29:25	00:29:23	00:14:51	00:03:41	
72	PAULO CARVALHO	3651	M 67	V50M 8	00:29:26	00:29:26	00:14:54	00:03:41	NUCLEOEIRAS
73	MARCO SEIXO	800	M 68	V40M 11	00:29:28	00:29:19	00:14:52	00:03:41	
74	LUÍS PEREIRA	3742	M 69	V50M 9	00:29:34	00:29:33	00:14:53	00:03:42	GFD RUNNING
75	EDUARDO P.A.CARY	4091	M 70	V40M 12	00:29:36	00:29:34	00:14:48	00:03:42	
76	JOÃO SILVA	4200	M 71	V35M 13	00:29:39	00:29:37	00:14:52	00:03:43	CASA DA DIZIMA
77	MARIO FILIPE CRISTO PAULINO DURO	2386	M 72	V40M 13	00:29:40	00:29:28	00:15:07	00:03:43	CLUBE MILLENNIUM BCP
78	JOSÉ BORGES	2483	M 73	V40M 14	00:29:40	00:29:40	00:14:54	00:03:43	LINDA-A-PASTORA SPORTING CLUBE
79	FELIPE ALKAIN	2715	M 74	SenM 24	00:29:41	00:29:37	00:14:54	00:03:43	
80	TOMÁS ESTEVES	3605	M 75	JunM 4	00:29:41	00:29:38	00:14:55	00:03:43	NUCLEOEIRAS
81	JOAO ANTUNES	2270	M 76	SenM 25	00:29:42	00:29:41	00:15:17	00:03:43	
82	JOÃO MAIA	2653	M 77	V55M 1	00:29:43	00:29:42	00:15:10	00:03:43	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
83	RICARDO BERNARDES	3752	M 78	SenM 26	00:29:43	00:29:41	00:15:09	00:03:43	GFD RUNNING
84	MARCO BENGALINHA	4449	M 79	V35M 14	00:29:46	00:29:27	00:14:59	00:03:44	
85	ANTONIO ANTUNES	1878	M 80	V45M 12	00:29:49	00:29:45	00:15:27	00:03:44	
86	HUGO DOMINGOS	2479	M 81	V40M 15	00:29:50	00:29:48	00:14:21	00:03:44	LINDA-A-PASTORA SPORTING CLUBE
87	HUGO NALHA	4262	M 82	V40M 16	00:29:51	00:29:47	00:15:02	00:03:44	
88	LUÍS LIMA	3640	M 83	V45M 13	00:29:53	00:29:53	00:14:58	00:03:45	NUCLEOEIRAS
89	PAULO ALMEIDA	1058	M 84	V45M 14	00:29:55	00:29:53	00:15:12	00:03:45	GFD RUNNING
90	FERNANDO VICENTE	1281	M 85	V50M 10	00:29:57	00:29:54	00:15:26	00:03:45	
91	PAULO JORGE MARTINS	3647	M 86	V45M 15	00:29:59	00:29:57	00:15:14	00:03:45	NUCLEOEIRAS
92	MANUEL ROMANO	4216	M 87	V55M 2	00:29:59	00:29:55	00:15:24	00:03:45	MARVILA JOVEM
93	ALMIRO FEIJÃO	2473	M 88	V60M 1	00:30:02	00:29:58	00:15:26	00:03:46	LINDA-A-PASTORA SPORTING CLUBE
94	PAULO DIAS	3659	M 89	V50M 11	00:30:03	00:30:02	00:15:03	00:03:46	NUCLEOEIRAS
95	NUNO CORREIA ALVES	2629	M 90	V40M 17	00:30:04	00:30:02	00:15:13	00:03:46	CLUBE OLÍMPICO DE OEIRAS
96	MARCO FRAGA	4490	M 91	V40M 18	00:30:06	00:29:59	00:14:13	00:03:46	GFD RUNNING
97	JOSÉ GONÇALVES	2431	M 92	V50M 12	00:30:06	00:30:05	00:14:53	00:03:46	
98	ANTÓNIO GRAÇA	2113	M 93	V55M 3	00:30:09	00:30:05	00:15:26	00:03:47	
99	GONÇALO ALMEIDA	1643	M 94	SenM 27	00:30:12	00:30:00	00:14:59	00:03:47	
100	PAULO JORGE COSTA SANTOS	3141	M 95	V40M 19	00:30:13	00:30:01	00:15:05	00:03:47	GRCD LEIÃO
101	JOÃO SANTOS	3569	M 96	V50M 13	00:30:13	00:30:12	00:15:16	00:03:47	
102	RAFAEL FERNANDES	2491	M 97	V35M 15	00:30:15	00:30:10	00:15:24	00:03:47	LINDA-A-PASTORA SPORTING CLUBE

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa	
103	RUI CABRAL		2493	M	98	V45M	16	00:30:16	00:30:09	00:15:09	00:03:47	LINDA-A-PASTORA SPORTING CLUBE
104	RUI PASTOR		3563	M	99	V45M	17	00:30:16	00:30:15	00:15:26	00:03:47	
105	JOANA LIMA		3761	F	6	SenF	4	00:30:17	00:30:07	00:15:21	00:03:48	
106	JOSÉ GOMES		2734	M	100	V55M	4	00:30:18	00:30:13	00:15:33	00:03:48	
107	FILIPA EUTÍQUIO		3596	F	7	SenF	5	00:30:19	00:30:18	00:15:11	00:03:48	NUCLEOEIRAS
108	AVELINO SOARES		4089	M	101	V50M	14	00:30:21	00:30:20	00:15:19	00:03:48	RUN TEJO
109	RICARDO CARVALHO		2256	M	102	V35M	16	00:30:23	00:30:22	00:15:14	00:03:48	LIS RUNNING CPA
110	SARA MARINHO		3601	F	8	SenF	6	00:30:24	00:30:23	00:15:10	00:03:48	NUCLEOEIRAS
111	WILSON AMADO		2586	M	103	SenM	28	00:30:28	00:30:27	00:15:36	00:03:49	
112	ANTÓNIO VALENTE		618	M	104	V35M	17	00:30:30	00:30:29	00:15:09	00:03:49	
113	ANTONIO SANTOS		1018	M	105	V60M	2	00:30:32	00:30:27	00:15:41	00:03:49	
114	RICARDO GONÇALVES		3597	M	106	SenM	29	00:30:34	00:30:31	00:14:38	00:03:50	NUCLEOEIRAS
115	ARTUR PEREIRA		2468	M	107	V40M	20	00:30:35	00:30:16	00:15:29	00:03:50	LINDA-A-PASTORA SPORTING CLUBE
116	FRANCISCO ZAMBUJO		1934	M	108	V40M	21	00:30:36	00:30:35	00:15:33	00:03:50	SINGARUNNERS
117	PEDRO SARAIVA		3145	M	109	V35M	18	00:30:37	00:30:20	00:15:32	00:03:50	GRCD LEIÃO
118	BRUNO MARRÃO		767	M	110	V40M	22	00:30:40	00:30:36	00:15:19	00:03:50	
119	DÁRIO MANUEL PALMA DA LUZ		3096	M	111	V35M	19	00:30:41	00:30:36	00:15:32	00:03:51	GRCD LEIÃO
120	JOÃO SILVA		2502	M	112	SenM	30	00:30:41	00:29:56	00:15:32	00:03:51	
121	LUÍS ANICETO		2428	M	113	V60M	3	00:30:42	00:30:40	00:15:40	00:03:51	SINGARUNNERS
122	RICARDO REIXA		3148	M	114	V40M	23	00:30:44	00:30:30	00:15:28	00:03:51	GRCD LEIÃO
123	NUNO ALVES		1245	M	115	V35M	20	00:30:44	00:30:42	00:15:02	00:03:51	PUMP AMADORA
124	GUILHERME GONÇALVES		4038	M	116	V55M	5	00:30:47	00:30:34	00:15:32	00:03:51	CLUBE FERROVIÁRIO DE PORTUGAL
125	NUNO SILVA		517	M	117	V35M	21	00:30:50	00:30:47	00:15:33	00:03:52	
126	PEDRO FRIAS		2883	M	118	V40M	24	00:30:51	00:30:44	00:15:33	00:03:52	
127	RODRIGO GODINHO		3448	M	119	JunM	5	00:30:52	00:30:47	00:15:34	00:03:52	
128	LUÍS MATOS PIRES		3741	M	120	V50M	15	00:30:52	00:30:49	00:15:48	00:03:52	GFD RUNNING
129	FRANCISCO GONÇALVES		2226	M	121	V45M	18	00:30:53	00:30:45	00:15:59	00:03:52	
130	FERNANDO CORDA		2777	M	122	V50M	16	00:30:56	00:30:51	00:15:25	00:03:52	VALEJAS A C
131	ALEXANDRE LUCAS		2216	M	123	V35M	22	00:30:57	00:30:51	00:15:46	00:03:53	
132	VICTOR ANTUNES		3163	M	124	V45M	19	00:30:59	00:30:54	00:15:45	00:03:53	GRCD LEIÃO
133	MIGUEL TRAVANCA		645	M	125	V50M	17	00:31:00	00:30:55	00:15:34	00:03:53	
134	AFONSO MARTINS VALENTE		1174	M	126	SenM	31	00:31:03	00:30:57	00:15:51	00:03:53	
135	NUNO ALMEIDA		505	M	127	V35M	23	00:31:04	00:30:58	00:16:09	00:03:53	
136	HELDER PEREIRA		3014	M	128	V35M	24	00:31:06	00:31:04	00:15:30	00:03:54	SERUL
137	HUGO PALMEIRO		4437	M	129	V40M	25	00:31:10	00:31:06	00:15:46	00:03:54	
138	RODRIGO OMITTI ANDRADE		3149	M	130	JunM	6	00:31:11	00:31:05	00:15:44	00:03:54	GRCD LEIÃO
139	ORLANDO CORREIA		2488	M	131	V45M	20	00:31:14	00:31:11	00:15:39	00:03:55	LINDA-A-PASTORA SPORTING CLUBE
140	PAULO RODRIGUES		1709	M	132	V50M	18	00:31:15	00:31:11	00:15:45	00:03:55	
141	JORGE RICARDO NUNES GONÇALVES		2286	M	133	V50M	19	00:31:15	00:31:14	00:15:32	00:03:55	PEPSICO PORTUGAL
142	ALEXANDRE SANTOS		3641	M	134	V45M	21	00:31:15	00:31:13	00:15:35	00:03:55	NUCLEOEIRAS
143	RÚBEN SANTOS		1587	M	135	SenM	32	00:31:16	00:30:35	00:15:55	00:03:55	
144	HUGO ROQUE		4467	M	136	V40M	26	00:31:17	00:31:14	00:15:45	00:03:55	
145	MIGUEL RAMALHO		3480	M	137	V35M	25	00:31:17	00:31:14	00:15:49	00:03:55	SIMECQ
146	TIAGO ROCHA		2797	M	138	V40M	27	00:31:19	00:31:15	00:15:51	00:03:55	VALEJAS A C
147	BRUNO SILVA		2839	M	139	SenM	33	00:31:24	00:31:15	00:16:09	00:03:56	FALCÕES SELVAGENS
148	RUI SILVA		1615	M	140	V35M	26	00:31:24	00:31:11	00:16:00	00:03:56	
149	BOGDAN SANDU		4339	M	141	SenM	34	00:31:25	00:31:20	00:15:29	00:03:56	
150	VALTER RIBEIRO		4185	M	142	SenM	35	00:31:25	00:31:24	00:15:59	00:03:56	
151	JOSÉ PINTO		2559	M	143	V55M	6	00:31:26	00:31:16	00:15:48	00:03:56	GRD RIBEIRA DA LAGE
152	PEDRO MOTA		895	M	144	V45M	22	00:31:28	00:31:23	00:15:48	00:03:56	
153	PAULO MONTEIRO		1973	M	145	V40M	28	00:31:28	00:31:27	00:15:46	00:03:56	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
154	RUI OLIVEIRA	2006	M	146 V40M	29	00:31:29	00:31:27	00:15:54	00:03:57	
155	HENKJAN RUITENBEEK	4292	M	147 V35M	27	00:31:30	00:31:17	00:16:01	00:03:57	
156	VÍTOR BATISTA	3648	M	148 V45M	23	00:31:32	00:31:29	00:15:53	00:03:57	NUCLEOEIRAS
157	MIGUEL SEQUEIRA	2486	M	149 V35M	28	00:31:33	00:31:29	00:15:37	00:03:57	LINDA-A-PASTORA SPORTING CLUBE
158	RITA SANTOS	3483	F	9 SenF	7	00:31:33	00:31:30	00:15:46	00:03:57	SIMECQ
159	NUNO ABREU	852	M	150 V40M	30	00:31:35	00:31:24	00:16:04	00:03:57	
160	CARLOS SEQUEIRA	626	M	151 V50M	20	00:31:36	00:31:30	00:15:51	00:03:57	
161	DELFIN DOUTEL	2539	M	152 SenM	36	00:31:39	00:31:38	00:15:44	00:03:58	
162	ANTÓNIO GODINHO	3447	M	153 V45M	24	00:31:39	00:31:34	00:15:54	00:03:58	
163	FERNANDO DIAS	2619	M	154 V55M	7	00:31:39	00:31:25	00:16:08	00:03:58	
164	JOSÉ MANUEL DA COSTA DE ARAGÃO	3119	M	155 V55M	8	00:31:41	00:31:34	00:15:51	00:03:58	GRCD LEIÃO
165	EDGAR AGUIAR	4334	M	156 SenM	37	00:31:41	00:31:27	00:16:06	00:03:58	
166	JOÃO RODRIGUES	2481	M	157 V45M	25	00:31:41	00:31:34	00:16:02	00:03:58	LINDA-A-PASTORA SPORTING CLUBE
167	RUI PEDRO OLIVEIRA	3055	M	158 V45M	26	00:31:43	00:31:41	00:15:56	00:03:58	LINDA-A-PASTORA SPORTING CLUBE
168	ESPÍRITO SANTO	3049	M	159 V60M	4	00:31:44	00:31:34	00:15:59	00:03:58	LINDA-A-PASTORA SPORTING CLUBE
169	ANTONINO EMANUELE RIZZO	4073	M	160 SenM	38	00:31:45	00:31:31	00:16:27	00:03:59	
170	CELSO NETO	4066	M	161 SenM	39	00:31:45	00:31:42	00:16:07	00:03:59	
171	BRUNO GARCIA	2470	M	162 V40M	31	00:31:46	00:31:40	00:15:40	00:03:59	LINDA-A-PASTORA SPORTING CLUBE
172	MÁRIO SEABRA	1907	M	163 V45M	27	00:31:48	00:31:47	00:15:55	00:03:59	
173	ANDRE ALEGRIA A COTRIM SILVA	2414	M	164 JunM	7	00:31:50	00:31:06	00:15:51	00:03:59	CLUBE MILLENNIUM BCP
174	HÉRCULES BAPTISTA	3610	M	165 V35M	29	00:31:51	00:31:44	00:16:05	00:03:59	NUCLEOEIRAS
175	JOÃO PIRES	2003	M	166 JunM	8	00:31:52	00:31:52	00:15:43	00:03:59	
176	FRASCISCO LANETA	2542	M	167 V50M	21	00:31:54	00:31:48	00:16:28	00:04:00	GRD RIBEIRA DA LAGE
177	PEDRO CARVALHO	4572	M	168 SenM	40	00:31:56	00:31:50	00:16:19	00:04:00	
178	NUNO CARVALHO	1036	M	169 V35M	30	00:31:56	00:31:52	00:15:52	00:04:00	
179	AUGUSTO NUNES	1141	M	170 V55M	9	00:32:00	00:31:52	00:16:30	00:04:00	
180	ANTÓNIO ROQUE	3809	M	171 SenM	41	00:32:04	00:31:57	00:16:12	00:04:01	JOAQUIM CHAVES SAÚDE
181	NUNO MIGUEL PINHEIRO DOS SANTOS	3139	M	172 V40M	32	00:32:04	00:32:01	00:15:56	00:04:01	GRCD LEIÃO
182	RICARDO PIRES	1434	M	173 V40M	33	00:32:07	00:31:47	00:16:10	00:04:01	
183	TIAGO RODRIGUES	4169	M	174 SenM	42	00:32:07	00:32:04	00:15:50	00:04:01	PRIMOS ALFACINHAS
184	JOÃO LOURENÇO	3109	M	175 V55M	10	00:32:08	00:31:49	00:16:09	00:04:01	GRCD LEIÃO
185	SIMON HABERSTROH	1049	M	176 SenM	43	00:32:11	00:32:05	00:16:11	00:04:02	
186	LUÍS GODINHO	1660	M	177 V40M	34	00:32:11	00:32:04	00:16:18	00:04:02	
187	ANTÓNIO LAZERA MARTINS	1647	M	178 V50M	22	00:32:14	00:32:09	00:16:16	00:04:02	
188	INÊS SANTOS	3819	F	10 SenF	8	00:32:14	00:31:39	00:16:32	00:04:02	JOAQUIM CHAVES SAÚDE
189	DIOGO NUNO FERREIRA PINA PEREIRA	2381	M	179 V40M	35	00:32:16	00:32:05	00:16:29	00:04:02	CLUBE MILLENNIUM BCP
190	DANIEL DA SILVA	2081	M	180 V50M	23	00:32:17	00:32:14	00:16:10	00:04:03	
191	SANDRA TEIXEIRA	4503	F	11 V40F	2	00:32:17	00:32:16	00:15:48	00:04:03	SPORTING CLUBE DE PORTUGAL
192	LUÍS CUSTÓDIO	3770	M	181 V45M	28	00:32:18	00:32:13	00:16:09	00:04:03	
193	ANTÓNIO LOBO	1704	M	182 V40M	36	00:32:19	00:31:43	00:16:20	00:04:03	FIDELIDADE GDC
194	JORGE ALMEIDA	3861	M	183 SenM	44	00:32:21	00:32:14	00:16:40	00:04:03	
195	JOÃO MARAL	3887	M	184 V50M	24	00:32:22	00:32:14	00:16:27	00:04:03	SS CGD
196	PEDRO GONÇALVES	4240	M	185 V40M	37	00:32:22	00:32:19	00:16:38	00:04:03	
197	NUNO SANTOS	4211	M	186 V40M	38	00:32:23	00:32:16	00:16:25	00:04:03	
198	CRISTIANO MENDES	1535	M	187 V35M	31	00:32:27	00:32:25	00:15:48	00:04:04	
199	MIGUEL TEIXEIRA DUARTE	2969	M	188 V50M	25	00:32:29	00:32:21	00:16:17	00:04:04	CLUBE DO STRESS
200	EDMILSON SANTOS	3044	M	189 V50M	26	00:32:31	00:32:30	00:16:48	00:04:04	LINDA-A-PASTORA SPORTING CLUBE
201	JOAQUIM SANTOS	3051	M	190 V50M	27	00:32:31	00:32:28	00:16:08	00:04:04	LINDA-A-PASTORA SPORTING CLUBE
202	MANUEL NUNES	560	M	191 V50M	28	00:32:32	00:32:27	00:16:22	00:04:04	
203	ANA PEREIRA	3631	F	12 V45F	1	00:32:32	00:32:32	00:16:15	00:04:04	NUCLEOEIRAS
204	JOÃO NARRA	3462	M	192 V50M	29	00:32:35	00:32:02	00:16:23	00:04:05	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
205	JOSÉ BASTOS	2843	M 193	V40M 39	00:32:38	00:32:35	00:16:22	00:04:05	
206	DINIS MENDES	1915	M 194	V50M 30	00:32:40	00:32:39	00:16:39	00:04:05	
207	PAULO SANTOS	2573	M 195	V50M 31	00:32:40	00:32:29	00:16:29	00:04:05	GRD RIBEIRA DA LAGE
208	RUI DUARTE	2218	M 196	V40M 40	00:32:40	00:32:33	00:16:44	00:04:05	LINDA-A-PASTORA SPORTING CLUBE
209	PAULO BOTELHO	1163	M 197	V45M 29	00:32:41	00:32:33	00:16:18	00:04:06	
210	NUNO QUINTELA	3140	M 198	SenM 45	00:32:41	00:32:36	00:16:41	00:04:06	GRCD LEIÃO
211	JORGE SANTANA	4192	M 199	V35M 32	00:32:47	00:32:40	00:16:31	00:04:06	
212	FRANCISCO CAMPOS GUERRA	4340	M 200	V35M 33	00:32:47	00:32:43	00:16:15	00:04:06	
213	NELSON VAZ	1517	M 201	V35M 34	00:32:47	00:32:41	00:16:38	00:04:06	
214	DANIELA GORDINO	4504	F 13	SenF 9	00:32:48	00:32:47	00:16:18	00:04:06	SPORTING CLUBE DE PORTUGAL
215	NELSON MILEU	3137	M 202	V40M 41	00:32:48	00:30:54	00:15:56	00:04:06	GRCD LEIÃO
216	JOSÉ SARAIVA	3322	M 203	V50M 32	00:32:48	00:32:31	00:16:52	00:04:06	CORRIDA NOTURNA PARQUE DAS NAÇÕES
217	JOANA SOARES TANECO	2628	F 14	V35F 2	00:32:48	00:32:47	00:16:26	00:04:06	CLUBE OLÍMPICO DE OEIRAS
218	PEDRO REBELO	2251	M 204	V45M 30	00:32:48	00:32:40	00:16:44	00:04:06	LINDA-A-PASTORA SPORTING CLUBE
219	HÉLDER COTRIM	1229	M 205	V35M 35	00:32:49	00:32:48	00:16:18	00:04:07	FEDERAÇÃO DA FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO
220	HELDER ROSÁRIO	3107	M 206	V35M 36	00:32:50	00:32:44	00:15:52	00:04:07	GRCD LEIÃO
221	BRUNO HENRIQUES	1201	M 207	SenM 46	00:32:52	00:32:44	00:16:43	00:04:07	CLUBE DAS GAZELAS
222	MIGUEL SOARES	1462	M 208	SenM 47	00:32:52	00:31:40	00:16:08	00:04:07	
223	GONÇALO RODRIGUES	4048	M 209	V45M 31	00:32:52	00:31:43	00:16:29	00:04:07	CLUBE FERROVIÁRIO DE PORTUGAL
224	VITOR MARQUES	1224	M 210	V50M 33	00:32:55	00:32:47	00:16:35	00:04:07	
225	ANDRÉ ABREU	4142	M 211	SenM 48	00:32:55	00:32:17	00:16:42	00:04:07	
226	CARLOS MEDINA	2641	M 212	V45M 32	00:32:56	00:32:50	00:16:44	00:04:07	
227	NELSON TEMBE	2735	M 213	V45M 33	00:32:58	00:32:54	00:16:34	00:04:08	
228	SÉRGIO CORREIA BARBOSA	1530	M 214	SenM 49	00:32:59	00:32:56	00:16:35	00:04:08	CLUBE EDP LISBOA
229	ANTONIO ROLO	2179	M 215	V35M 37	00:32:59	00:32:52	00:16:30	00:04:08	
230	CARLOS DIAS	1001	M 216	V40M 42	00:33:00	00:32:58	00:16:51	00:04:08	
231	FILIPE CARREIRO CARREIRO	3288	M 217	SenM 50	00:33:00	00:33:00	00:16:25	00:04:08	
232	RUI MÓNICA	835	M 218	V40M 43	00:33:01	00:32:51	00:16:48	00:04:08	
233	JOÃO ROSADO	1536	M 219	V55M 11	00:33:03	00:32:55	00:16:20	00:04:08	
234	JOSÉ MIRANDA	3649	M 220	V45M 34	00:33:03	00:32:56	00:16:35	00:04:08	NUCLEOEIRAS
235	ANDRÉ OLIVEIRA	2568	M 221	SenM 51	00:33:04	00:32:54	00:16:38	00:04:08	GRD RIBEIRA DA LAGE
236	LUÍS PREGO	2485	M 222	V60M 5	00:33:04	00:32:29	00:16:51	00:04:08	LINDA-A-PASTORA SPORTING CLUBE
237	CARLOS PIRES	4329	M 223	V40M 44	00:33:05	00:32:38	00:17:12	00:04:09	
238	MARCELO SANTOS	3001	M 224	SenM 52	00:33:05	00:33:02	00:15:54	00:04:09	VITORIA FUTEBOL CLUBE
239	GILBERTO LOTH	4145	M 225	V40M 45	00:33:05	00:33:03	00:16:43	00:04:09	
240	BRUNO OLIVEIRA	3085	M 226	V40M 46	00:33:06	00:33:00	00:16:27	00:04:09	GRCD LEIÃO
241	ALEXANDRE ALMEIDA	788	M 227	V35M 38	00:33:07	00:33:03	00:16:45	00:04:09	
242	JOÃO MAÇÃS	2137	M 228	V45M 35	00:33:07	00:32:48	00:16:58	00:04:09	RUN4ALL
243	JOÃO LOURENÇO	3654	M 229	V50M 34	00:33:07	00:32:38	00:16:55	00:04:09	NUCLEOEIRAS
244	HELDER BORGES	1284	M 230	V40M 47	00:33:08	00:32:06	00:17:00	00:04:09	SLBSCP
245	TIAGO RODRIGUES	3846	M 231	V35M 39	00:33:09	00:33:01	00:16:41	00:04:09	JOAQUIM CHAVES SAÚDE
246	DIAMANTINO GAMITO	2474	M 232	V50M 35	00:33:10	00:33:06	00:16:52	00:04:09	LINDA-A-PASTORA SPORTING CLUBE
247	PEDRO FERREIRA	790	M 233	V40M 48	00:33:10	00:33:02	00:16:52	00:04:09	
248	JOAO CARLOS MEDEIROS GOMES GONCALVES	2317	M 234	V50M 36	00:33:14	00:32:43	00:16:37	00:04:10	CLUBE MILLENNIUM BCP
249	RUBEN ALVES	606	M 235	V35M 40	00:33:14	00:33:10	00:16:37	00:04:10	
250	PEDRO MARQUES	1251	M 236	SenM 53	00:33:16	00:33:10	00:16:42	00:04:10	
251	LUCIA NAYLOR	1631	F 15	JunF 1	00:33:17	00:33:11	00:17:05	00:04:10	ST JULIANS RUNNING CLUB
252	PEDRO PINHEIRO	1137	M 237	V35M 41	00:33:18	00:33:13	00:16:30	00:04:10	
253	ARLINDO FRIAS DEUS	2344	M 238	V65M 1	00:33:21	00:32:44	00:16:28	00:04:11	CLUBE MILLENNIUM BCP
254	CARLOS MARQUES	3636	M 239	V45M 36	00:33:21	00:33:16	00:16:59	00:04:11	NUCLEOEIRAS
255	LUIS PIRES	1380	M 240	V45M 37	00:33:22	00:33:18	00:16:55	00:04:11	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
256	ANA RITA ROSA	3079	F 16	V35F 3	00:33:22	00:33:18	00:16:43	00:04:11	GRCD LEIÃO
257	LUIS SANTOS	3097	M 241	V45M 38	00:33:25	00:33:20	00:16:46	00:04:11	GRCD LEIÃO
258	PEDRO PEREIRA	4266	M 242	SenM 54	00:33:29	00:33:23	00:16:34	00:04:12	
259	DIOGO LEMOS	3613	M 243	V40M 49	00:33:30	00:33:24	00:16:59	00:04:12	NUCLEOEIRAS
260	LUIS CARVALHO	4271	M 244	V40M 50	00:33:31	00:33:25	00:16:51	00:04:12	
261	LUIS MACHADO	3740	M 245	SenM 55	00:33:35	00:33:31	00:17:03	00:04:12	GFD RUNNING
262	PEDRO VIEIRA	3146	M 246	JunM 9	00:33:36	00:33:31	00:16:20	00:04:12	GRCD LEIÃO
263	LUÍS FILIPE	3618	M 247	V40M 51	00:33:37	00:33:34	00:17:10	00:04:13	NUCLEOEIRAS
264	FILIPE VALE	4137	M 248	SenM 56	00:33:37	00:33:28	00:16:48	00:04:13	
265	NATACHA HOWELL	4136	F 17	SenF 10	00:33:37	00:33:28	00:16:48	00:04:13	
266	JOAQUIM MÁRIO TEIXEIRA CASTRO MAIA	1649	M 249	V50M 37	00:33:38	00:33:32	00:17:06	00:04:13	
267	CARLOS PIRES	1288	M 250	V40M 52	00:33:39	00:33:35	00:17:11	00:04:13	
268	FERNANDO CORREIA	2545	M 251	V50M 38	00:33:40	00:33:37	00:16:46	00:04:13	GRD RIBEIRA DA LAGE
269	NUNO CORDEIRO	3500	M 252	V40M 53	00:33:40	00:33:39	00:16:43	00:04:13	NETJETS
270	CARLOS MIRANDA	3879	M 253	V65M 2	00:33:41	00:33:36	00:17:02	00:04:13	GRD OS FIXES
271	PEDRO COSTA	2094	M 254	V40M 54	00:33:42	00:33:33	00:16:55	00:04:13	
272	RICARDO SILVA	1006	M 255	SenM 57	00:33:42	00:33:35	00:17:01	00:04:13	100 TURBO
273	JOÃO PEREIRA	3110	M 256	V35M 42	00:33:42	00:33:40	00:16:56	00:04:13	GRCD LEIÃO
274	JORGE FERREIRA	784	M 257	V45M 39	00:33:43	00:33:39	00:17:06	00:04:13	
275	PEDRO SEQUEIRA	2123	M 258	V40M 55	00:33:44	00:33:37	00:16:37	00:04:13	
276	VITOR AMADO	2931	M 259	V65M 3	00:33:45	00:33:39	00:17:15	00:04:14	GRD OS FIXES
277	TIAGO SILVA	3162	M 260	JunM 10	00:33:45	00:33:39	00:16:51	00:04:14	GRCD LEIÃO
278	PEDRO BELO	3750	M 261	V35M 43	00:33:45	00:33:18	00:17:33	00:04:14	GFD RUNNING
279	LUIS CONSTANTE	1810	M 262	V50M 39	00:33:47	00:32:22	00:16:50	00:04:14	
280	JORGE CORREIA	3736	M 263	V45M 40	00:33:47	00:33:44	00:16:39	00:04:14	GFD RUNNING
281	SUSANA RODRIGUES	2960	F 18	V35F 4	00:33:51	00:33:46	00:17:16	00:04:14	
282	JOÃO PEDRO BRUNIDO RIBEIRO	1852	M 264	SenM 58	00:33:52	00:33:43	00:17:11	00:04:14	
283	VASCO MIRA	2505	M 265	V45M 41	00:33:53	00:33:34	00:16:46	00:04:15	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
284	BRUNO SALVADOR	3251	M 266	V40M 56	00:33:54	00:33:50	00:17:09	00:04:15	
285	FRANCISCO LAFUENTE LAFUENTE	3906	M 267	SenM 59	00:33:55	00:33:26	00:17:34	00:04:15	
286	NUNO MOTA	1514	M 268	V40M 57	00:33:58	00:33:28	00:16:52	00:04:15	
287	GERMANO FERREIRA DA SILVA	1118	M 269	V60M 6	00:33:58	00:33:45	00:17:13	00:04:15	
288	JOÃO SAYANDA	3628	M 270	V45M 42	00:34:00	00:33:55	00:17:08	00:04:15	NUCLEOEIRAS
289	RICARDO FIRMINO	4546	M 271	V40M 58	00:34:00	00:33:56	00:16:24	00:04:15	CLUBE ACCENTURE
290	MIGUEL AMARAL	2606	M 272	V40M 59	00:34:02	00:33:52	00:17:12	00:04:16	
291	PEDRO MIGUEL DA SILVA PINTO	667	M 273	SenM 60	00:34:02	00:33:43	00:17:07	00:04:16	
292	JOSE TEIXEIRA	3619	M 274	V40M 60	00:34:02	00:33:56	00:16:20	00:04:16	NUCLEOEIRAS
293	ALEXANDRA MACHADO	994	F 19	V35F 5	00:34:04	00:33:22	00:17:09	00:04:16	
294	PEDRO CANECO	1905	M 275	V45M 43	00:34:05	00:34:00	00:17:05	00:04:16	
295	PEDRO GOLÇALVES	4285	M 276	V40M 61	00:34:05	00:33:02	00:16:43	00:04:16	OS GALGOS
296	FERNANDO OLIVEIRA	2257	M 277	V60M 7	00:34:05	00:33:24	00:16:59	00:04:16	LIS RUNNING CPA
297	PAULO SILVA	2489	M 278	V45M 44	00:34:06	00:34:02	00:16:59	00:04:16	LINDA-A-PASTORA SPORTING CLUBE
298	RICARDO LAVAREDA	4288	M 279	SenM 61	00:34:06	00:33:25	00:17:13	00:04:16	
299	HUGO PAULO	969	M 280	V40M 62	00:34:07	00:34:04	00:17:05	00:04:16	
300	JOAQUIM FRADE	2044	M 281	V60M 8	00:34:08	00:34:04	00:17:20	00:04:16	SS CGD
301	RUI LACERDA	2495	M 282	V45M 45	00:34:09	00:33:56	00:17:14	00:04:17	LINDA-A-PASTORA SPORTING CLUBE
302	VITOR PINTO	1702	M 283	V45M 46	00:34:11	00:33:29	00:17:18	00:04:17	
303	ANA FRUTUOSO	2448	F 20	V45F 2	00:34:12	00:33:59	00:17:13	00:04:17	LINDA-A-PASTORA SPORTING CLUBE
304	MOISÉS PIZABARRO	3053	M 284	V45M 47	00:34:13	00:33:59	00:17:14	00:04:17	LINDA-A-PASTORA SPORTING CLUBE
305	FRANCISCO SILVEIRA	2013	M 285	V50M 40	00:34:14	00:34:11	00:17:19	00:04:17	
306	HIGINO SILVA	1009	M 286	V50M 41	00:34:15	00:34:04	00:16:57	00:04:17	100 TURBO

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
307	JOAQUIM MARTINS	974	M 287	V50M 42	00:34:15	00:33:52	00:17:16	00:04:17	
308	VITOR JESUS	2806	M 288	V45M 48	00:34:18	00:34:09	00:17:22	00:04:18	
309	FRANCISCO DIONISIO	1544	M 289	V45M 49	00:34:19	00:33:28	00:18:29	00:04:18	TFM
310	ISABEL MARIA MARTINS RODRIGUES	578	F 21	V45F 3	00:34:19	00:34:08	00:17:05	00:04:18	
311	BÁRBARA DOS SANTOS FERREIRA	3516	F 22	SenF 11	00:34:24	00:32:35	00:16:09	00:04:18	BANCO ATLANTICO EUROPA
312	RICARDO RAPOSO	3968	M 290	V35M 44	00:34:26	00:34:26	00:16:13	00:04:19	
313	JOÃO ATAÍDE FONSECA	2028	M 291	JunM 11	00:34:27	00:33:01	00:17:25	00:04:19	
314	JOAO RIBEIRA	1970	M 292	V40M 63	00:34:28	00:34:19	00:17:29	00:04:19	
315	CAIO KONDO	2849	M 293	V35M 45	00:34:28	00:34:01	00:17:26	00:04:19	
316	LUIS TRIGO	2787	M 294	V35M 46	00:34:28	00:34:28	00:17:19	00:04:19	VALEJAS A C
317	MIGUEL MAIA	1501	M 295	V35M 47	00:34:29	00:34:21	00:17:24	00:04:19	LOS PEPPERÁPIDOS
318	FERNANDO SOUSA	2730	M 296	V60M 9	00:34:30	00:34:20	00:17:03	00:04:19	GRD RIBEIRA DA LAGE
319	NUNO LOPES	4125	M 297	V35M 48	00:34:30	00:34:23	00:17:34	00:04:19	VALEJAS A C
320	MIGUEL CUNHA	3135	M 298	V40M 64	00:34:31	00:34:25	00:17:14	00:04:19	GRCD LEIÃO
321	MÓNICA FERREIRA	4126	F 23	V40F 3	00:34:31	00:34:25	00:17:35	00:04:19	VALEJAS A C
322	GONÇALO MEDEIROS	3956	M 299	JunM 12	00:34:31	00:33:11	00:17:32	00:04:19	TARTARUGAS DA LINHA
323	JOÃO PIRES	1813	M 300	V45M 50	00:34:31	00:33:59	00:17:24	00:04:19	
324	PATRICIA FERREIRA	4130	F 24	V40F 4	00:34:31	00:34:25	00:17:36	00:04:19	VALEJAS A C
325	TIAGO RODRIGUES	4079	M 301	V35M 49	00:34:31	00:34:00	00:17:27	00:04:19	ASSOCIAÇÃO MORADORES 18 DE MAIO
326	JOÃO PEDRO FONSECA	2027	M 302	V45M 51	00:34:32	00:33:03	00:17:22	00:04:19	
327	BRUNO AMARO	2562	M 303	V35M 50	00:34:33	00:34:02	00:17:20	00:04:20	GRD RIBEIRA DA LAGE
328	OTO RODRIGUES	4439	M 304	V35M 51	00:34:33	00:34:32	00:17:33	00:04:20	
329	RICARDO PEDRO	3147	M 305	V40M 65	00:34:34	00:34:17	00:17:42	00:04:20	GRCD LEIÃO
330	JORGE MIGUEL SILVA	3114	M 306	JunM 13	00:34:36	00:34:31	00:17:27	00:04:20	GRCD LEIÃO
331	VINICIUS GUEDES	3164	M 307	V35M 52	00:34:37	00:34:14	00:17:50	00:04:20	GRCD LEIÃO
332	DIOGO CARVALHO	1093	M 308	JunM 14	00:34:37	00:33:45	00:17:02	00:04:20	
333	LIBERTO SANTOS	880	M 309	V50M 43	00:34:38	00:34:09	00:17:48	00:04:20	
334	FRANSCICO VILELA	2729	M 310	V45M 52	00:34:39	00:34:08	00:17:14	00:04:20	GRD RIBEIRA DA LAGE
335	GLEYDISON SOUZA	3041	M 311	V35M 53	00:34:41	00:32:31	00:17:14	00:04:21	SERUL
336	MARCO CARRILHO	1855	M 312	V40M 66	00:34:42	00:33:59	00:17:03	00:04:21	
337	JORGE COSTA	2225	M 313	V40M 67	00:34:42	00:32:49	00:17:24	00:04:21	
338	PEDRO MIGUEL DOS SANTOS MADEIRA	2293	M 314	V40M 68	00:34:42	00:34:13	00:17:02	00:04:21	PEPSICO PORTUGAL
339	LUIS VALENTE	4113	M 315	V40M 69	00:34:43	00:34:35	00:17:13	00:04:21	
340	RICARDO COSTA	2632	M 316	SenM 62	00:34:43	00:33:55	00:17:43	00:04:21	PUMP AMADORA
341	JORGE MARTINHO	1537	M 317	V45M 53	00:34:44	00:33:38	00:17:53	00:04:21	OS GALGOS
342	FREDERICO NOBRE	889	M 318	V40M 70	00:34:44	00:34:12	00:17:46	00:04:21	
343	GONÇALO MOREIRA	785	M 319	SenM 63	00:34:44	00:33:36	00:17:50	00:04:21	OS GALGOS
344	LUIS MARTINHO RODRIGUES	1523	M 320	V35M 54	00:34:45	00:34:41	00:17:33	00:04:21	CLUBE EDP LISBOA
345	DANIEL SOUSA	4135	M 321	SenM 64	00:34:45	00:34:36	00:18:07	00:04:21	
346	CARLOS GARCIA	4308	M 322	V55M 12	00:34:46	00:34:15	00:17:40	00:04:21	
347	CARLOS MONTEIRO	2935	M 323	V65M 4	00:34:47	00:34:45	00:18:01	00:04:21	GRD OS FIXES
348	CARLOS CRAVEIRA	3089	M 324	V45M 54	00:34:48	00:34:44	00:17:15	00:04:21	GRCD LEIÃO
349	DOMINGOS HENRIQUE	3666	M 325	V55M 13	00:34:49	00:34:42	00:17:54	00:04:22	NUCLEOEIRAS
350	VITOR MARTINS	2680	M 326	V55M 14	00:34:49	00:34:40	00:16:51	00:04:22	
351	TIAGO DAVID CARVALHO RODRIGUES	3160	M 327	SenM 65	00:34:51	00:34:30	00:17:48	00:04:22	GRCD LEIÃO
352	PEDRO FILIPE	4399	M 328	V40M 71	00:34:53	00:34:23	00:17:43	00:04:22	
353	JOÃO BARRAL	771	M 329	V40M 72	00:34:55	00:34:41	00:17:33	00:04:22	
354	DAVID VIEGAS	4313	M 330	SenM 66	00:34:55	00:34:47		00:04:22	
355	CARLOS PEDRO	3048	M 331	V45M 55	00:34:57	00:34:54	00:16:06	00:04:23	LINDA-A-PASTORA SPORTING CLUBE
356	CARLOS ALMEIDA	4244	M 332	V60M 10	00:34:57	00:34:51	00:17:35	00:04:23	
357	GUILHERME MIGUEL FONTINHA GARCIA	2523	M 333	SenM 67	00:34:58	00:34:31	00:17:26	00:04:23	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
358	PEDRO MACHADO	855	M	334 V50M	44	00:34:58	00:34:52	00:17:50	00:04:23
359	MASSIMO MASALA	1173	M	335 SenM	68	00:34:58	00:33:56	00:17:51	00:04:23 SARDEGNA
360	NUNO LOPES	4445	M	336 V40M	73	00:34:58	00:34:14	00:17:01	00:04:23
361	RUI SIMÕES ALMEIDA	2887	M	337 V45M	56	00:34:59	00:34:42	00:17:32	00:04:23 CORRIDA NOTURNA PARQUE DAS NAÇÕES
362	PEDRO CANELAS	3831	M	338 V45M	57	00:35:00	00:34:12	00:17:24	00:04:23 JOAQUIM CHAVES SAÚDE
363	FERNANDO SERRANO	3451	M	339 V45M	58	00:35:00	00:34:41	00:17:48	00:04:23 CORRIDA NOTURNA PARQUE DAS NAÇÕES
364	AFONSO JORGE VARATOJO	3431	M	340 SenM	69	00:35:00	00:34:27	00:17:19	00:04:23 TABAQUEIRA
365	CATARINA ALMEIDA	2499	F	25 V40F	5	00:35:01	00:34:18	00:17:47	00:04:23
366	RAFAEL ZAMBRANA	4074	M	341 SenM	70	00:35:01	00:34:49	00:17:52	00:04:23
367	MARIA LUCAS	1190	F	26 V50F	1	00:35:01	00:34:57	00:17:49	00:04:23 FIDELIDADE GDC
368	FILIPE PEREIRA	2867	M	342 SenM	71	00:35:03	00:34:59	00:17:06	00:04:23 GRD RIBEIRA DA LAGE
369	BELCHIOR BARROCAS	900	M	343 V50M	45	00:35:03	00:34:23	00:17:51	00:04:23
370	PEDRO GOMES	4487	M	344 V40M	74	00:35:04	00:34:26	00:18:38	00:04:23
371	JOAQUIM AMARAL	3111	M	345 V40M	75	00:35:04	00:34:59	00:16:54	00:04:23 GRCD LEIÃO
372	CLAUDIO ALEXANDRE RODRIGUES FERRO	3713	M	346 SenM	72	00:35:04	00:34:26	00:17:49	00:04:23 SLOW MOTION
373	VITOR CAVADAS	4238	M	347 SenM	73	00:35:07	00:35:00	00:17:31	00:04:24
374	HUGO CONCEIÇÃO	2097	M	348 V40M	76	00:35:07	00:35:00	00:17:38	00:04:24
375	TOMAS SOUSA	798	M	349 V40M	77	00:35:08	00:34:38	00:18:04	00:04:24
376	PAULO FERNANDES	523	M	350 V50M	46	00:35:08	00:35:03	00:17:51	00:04:24
377	HELDER DE JESUS PEREIRA	2200	M	351 V45M	59	00:35:08	00:34:55	00:17:41	00:04:24
378	JORGE TRINDADE	3715	M	352 V45M	60	00:35:10	00:34:32	00:17:50	00:04:24 SLOW MOTION
379	NELSON SANTOS SOARES SILVA	2379	M	353 V40M	78	00:35:11	00:34:49	00:18:00	00:04:24 CLUBE MILLENNIUM BCP
380	PAULO TAINHA	3749	M	354 V55M	15	00:35:12	00:35:09	00:17:50	00:04:24 GFD RUNNING
381	PAULO SOUSA	1147	M	355 V45M	61	00:35:12	00:35:02	00:17:36	00:04:24
382	NUNO MALAQUIAS	542	M	356 V40M	79	00:35:14	00:34:40	00:18:00	00:04:25
383	RUI MANUEL BARROS	2205	M	357 V50M	47	00:35:14	00:35:00	00:17:57	00:04:25
384	CARLOS MARQUES	3047	M	358 V50M	48	00:35:14	00:35:08	00:17:16	00:04:25 LINDA-A-PASTORA SPORTING CLUBE
385	RUI POMBINHO	3661	M	359 V55M	16	00:35:14	00:34:08	00:17:48	00:04:25 NUCLEOEIRAS
386	AMADEU BRIGAS	2728	M	360 V50M	49	00:35:15	00:34:44	00:17:55	00:04:25 GRD RIBEIRA DA LAGE
387	PAULO CORDEIRO	1777	M	361 V45M	62	00:35:16	00:35:09	00:17:40	00:04:25
388	PEDRO REIS	3066	M	362 V40M	80	00:35:17	00:35:13	00:17:51	00:04:25
389	CLÁUDIA ANDRÉ	4382	F	27 V40F	6	00:35:18	00:35:09	00:17:49	00:04:25 SPORTING CLUBE DE CASINHOS
390	TIAGO MATOS	1191	M	363 V40M	81	00:35:21	00:34:44	00:17:51	00:04:25 FIDELIDADE GDC
391	HÉLIO MIGUEL PINHEIRO DOS SANTOS	2925	M	364 SenM	74	00:35:21	00:34:44	00:17:07	00:04:26
392	LUIS MARQUES	2574	M	365 V40M	82	00:35:21	00:34:21	00:18:13	00:04:26 GRD RIBEIRA DA LAGE
393	TIAGO RIBEIRO	3161	M	366 SenM	75	00:35:21	00:35:17	00:17:35	00:04:26 GRCD LEIÃO
394	TIAGO GUERRA	4105	M	367 SenM	76	00:35:21	00:33:16	00:17:44	00:04:26 PICOAS
395	PEDRO ATAÍDE FONSECA	2029	M	368 JunM	15	00:35:21	00:33:55	00:16:40	00:04:26
396	ALBERTO COVAS	3077	M	369 V60M	11	00:35:22	00:35:16	00:17:53	00:04:26 GRCD LEIÃO
397	RICARDO ALBUQUERQUE	4398	M	370 JunM	16	00:35:22	00:34:54	00:18:16	00:04:26
398	TIAGO APURA	1101	M	371 JunM	17	00:35:24	00:34:49	00:17:19	00:04:26
399	RAFAEL DIAS	577	M	372 V45M	63	00:35:27	00:35:07	00:17:57	00:04:26
400	PEDRO MEIRA	2951	M	373 SenM	77	00:35:27	00:33:37	00:18:31	00:04:26 PREMIUM MINDS
401	ANTÓNIO MARCELO	3720	M	374 V55M	17	00:35:27	00:35:03	00:18:02	00:04:26 GFD RUNNING
402	VALTER ONOFRE	1658	M	375 V40M	83	00:35:28	00:34:19	00:17:06	00:04:26
403	ADALBERTO MONTEIRO	4485	M	376 V35M	55	00:35:29	00:34:51	00:18:38	00:04:27
404	POMPEU AIRES	2727	M	377 V50M	50	00:35:29	00:33:43	00:18:23	00:04:27 GRD RIBEIRA DA LAGE
405	MAURICIO COSTA	775	M	378 V50M	51	00:35:31	00:35:25	00:17:48	00:04:27
406	LUÍS ISIDORO	916	M	379 V35M	56	00:35:31	00:35:24	00:17:24	00:04:27
407	ARTUR GONÇALVES	1110	M	380 V40M	84	00:35:34	00:34:29	00:17:49	00:04:27
408	JOSÉ LOPES	2747	M	381 V45M	64	00:35:35	00:34:47	00:18:25	00:04:27

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
409	ISABEL RODRIGUES	2731	F 28	V45F 4	00:35:36	00:35:24	00:18:00	00:04:27	GRD RIBEIRA DA LAGE
410	PEDRO SINGÉIS	3700	M 382	V45M 65	00:35:37	00:35:31	00:18:15	00:04:28	
411	FRANCISCO CAMPOS	3733	M 383	V40M 85	00:35:37	00:35:34	00:17:31	00:04:28	GFD RUNNING
412	NADIR TURKMAN	3710	M 384	SenM 78	00:35:38	00:34:49	00:18:24	00:04:28	
413	NUNO MEIA-ONÇA	3138	M 385	V35M 57	00:35:39	00:35:32	00:17:10	00:04:28	GRCD LEIÃO
414	NELSON RISSO	4589	M 386	V40M 86	00:35:39	00:34:04	00:17:32	00:04:28	
415	HENRIQUE AMADOR	2040	M 387	V45M 66	00:35:39	00:35:35	00:17:55	00:04:28	SS CGD
416	RUI A MÓNICA	832	M 388	SenM 79	00:35:39	00:35:29	00:17:20	00:04:28	
417	JOÃO ABRANTES	1797	M 389	V60M 12	00:35:40	00:35:18	00:18:08	00:04:28	
418	GONÇALO ALVES	905	M 390	V40M 87	00:35:41	00:35:32	00:17:39	00:04:28	
419	FELIPE PAULO	2717	M 391	V35M 58	00:35:42	00:34:57	00:18:03	00:04:28	GRD RIBEIRA DA LAGE
420	JOÃO FERNANDES	4579	M 392	V35M 59	00:35:44	00:34:40	00:17:46	00:04:28	OS GALGOS
421	RUI PEREIRA	1090	M 393	V50M 52	00:35:46	00:35:22	00:18:11	00:04:29	
422	PAULO FIGUEIRA	1362	M 394	V55M 18	00:35:46	00:35:13	00:17:57	00:04:29	
423	MIGUEL OLIVEIRA	2214	M 395	SenM 80	00:35:46	00:33:06	00:17:47	00:04:29	
424	PAULO TOMÁS	893	M 396	V45M 67	00:35:46	00:35:18	00:17:35	00:04:29	
425	RICARDO RODRIGUES	1239	M 397	V40M 88	00:35:47	00:35:00	00:17:42	00:04:29	AMIGOS DA PAREDE
426	SEBASTIAN FODOR	3157	M 398	V40M 89	00:35:53	00:35:24	00:18:13	00:04:30	GRCD LEIÃO
427	BERNARDO SERRA	1642	M 399	SenM 81	00:35:54	00:35:19	00:19:03	00:04:30	
428	PEDRO BUENO	934	M 400	V50M 53	00:35:54	00:35:43	00:18:30	00:04:30	
429	DIOGO SERRA	917	M 401	SenM 82	00:35:55	00:35:21	00:19:04	00:04:30	
430	PAULO SANTOS	682	M 402	V55M 19	00:35:55	00:35:25	00:18:28	00:04:30	
431	JORGE SOBRINHO	2781	M 403	V50M 54	00:35:55	00:35:23	00:17:57	00:04:30	VALEJAS A C
432	FILIPE POLÓNIA	3245	M 404	SenM 83	00:35:55	00:34:43	00:18:36	00:04:30	
433	ANTÓNIO LOPES	3656	M 405	V50M 55	00:35:56	00:35:51	00:17:59	00:04:30	NUCLEOEIRAS
434	ANDRÉ LOPES	3774	M 406	SenM 84	00:35:56	00:35:54	00:17:36	00:04:30	
435	FRANCISCO BATISTA	3789	M 407	V50M 56	00:35:58	00:35:47	00:18:06	00:04:30	
436	MARIA CONCEIÇÃO LOPES	3653	F 29	V50F 2	00:35:59	00:35:54	00:18:12	00:04:30	NUCLEOEIRAS
437	VALTER GONÇALVES	3709	M 408	V35M 60	00:35:59	00:35:49	00:18:06	00:04:30	FUNTASTIC4
438	MARIANA POMBINHO	3599	F 30	SenF 12	00:35:59	00:34:53	00:18:01	00:04:30	NUCLEOEIRAS
439	SÉRGIO ALEMÃO	662	M 409	V35M 61	00:35:59	00:34:45	00:18:09	00:04:30	
440	CARLOS PARENTE RODRIGUES	1521	M 410	V60M 13	00:35:59	00:35:56	00:17:49	00:04:30	CLUBE EDP LISBOA
441	NUNO GALVÃO	3481	M 411	V55M 20	00:36:01	00:35:53	00:18:11	00:04:31	SIMECQ
442	DINIS MORAIS	3624	M 412	V45M 68	00:36:01	00:34:11	00:18:18	00:04:31	NUCLEOEIRAS
443	JORGE VILELA	1271	M 413	V50M 57	00:36:02	00:36:01	00:18:47	00:04:31	
444	NUNO PATRICIO	1002	M 414	V45M 69	00:36:03	00:35:57	00:17:50	00:04:31	
445	CRISTINA MARIA CARNEIRO ANDRADE	2380	F 31	V45F 5	00:36:04	00:35:53	00:18:25	00:04:31	CLUBE MILLENNIUM BCP
446	JOÃO MOUTA	1186	M 415	V40M 90	00:36:04	00:35:33	00:18:51	00:04:31	FIDELIDADE GDC
447	LUÍS BRANCO	2576	M 416	V55M 21	00:36:06	00:34:21	00:18:29	00:04:31	GRD RIBEIRA DA LAGE
448	JOAO FRAGOSO	621	M 417	V45M 70	00:36:08	00:36:00	00:18:02	00:04:31	
449	MARCO MORGADO	799	M 418	V40M 91	00:36:10	00:35:57	00:18:19	00:04:32	
450	MIGUEL BARBA	1026	M 419	V40M 92	00:36:11	00:35:55	00:18:08	00:04:32	
451	HELENA MOREIRA	502	F 32	V40F 7	00:36:11	00:36:09	00:18:24	00:04:32	
452	FERNANDO FARIA	4029	M 420	V55M 22	00:36:12	00:36:05	00:18:00	00:04:32	LINK
453	JORGE COSTA	3737	M 421	V50M 58	00:36:13	00:35:46	00:18:21	00:04:32	GFD RUNNING
454	RUI BRAZ	576	M 422	V35M 62	00:36:13	00:35:40	00:17:55	00:04:32	
455	NOÉMIA SEQUEIRA	2057	F 33	V50F 3	00:36:14	00:35:06	00:18:10	00:04:32	SS CGD
456	GONÇALO PEDRO	4077	M 423	V35M 63	00:36:14	00:35:44	00:18:21	00:04:32	ASSOCIAÇÃO MORADORES 18 DE MAIO
457	CARLOS DUQUE	2105	M 424	SenM 85	00:36:14	00:34:58	00:17:30	00:04:32	
458	CARLOS POMBO	2771	M 425	V50M 59	00:36:14	00:35:02	00:18:46	00:04:32	VALEJAS A C
459	BENTO RIBEIRO	2804	M 426	V55M 23	00:36:15	00:35:26	00:18:25	00:04:32	

Geral		Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa		
460	LINO SANTOS		1386	M	427	V55M	24	00:36:15	00:34:21	00:18:06	00:04:32	
461	JOÃO SANTOS		521	M	428	V50M	60	00:36:16	00:36:14	00:18:47	00:04:32	
462	RENATO PAULETA		668	M	429	V50M	61	00:36:17	00:35:56	00:18:32	00:04:33	
463	JOÃO LOPES		2640	M	430	V40M	93	00:36:18	00:35:14	00:17:46	00:04:33	SHARKS
464	JOSÉ MAIO		858	M	431	V55M	25	00:36:18	00:35:47	00:18:35	00:04:33	
465	RICARDO RODRIGUES		1331	M	432	V45M	71	00:36:23	00:35:27	00:18:09	00:04:33	CLUBE NOVO BANCO
466	ANDRÉ RIBEIRO		2748	M	433	SenM	86	00:36:23	00:35:51	00:18:47	00:04:33	
467	ALCINO CÉSAR		4482	M	434	V45M	72	00:36:24	00:36:12	00:18:22	00:04:33	
468	MIGUEL MARTINS		786	M	435	V40M	94	00:36:25	00:35:23	00:17:58	00:04:34	
469	MÁRIO BASTARDO		1707	M	436	V40M	95	00:36:26	00:35:34	00:18:31	00:04:34	
470	HUGO SEQUEIRA		1800	M	437	V40M	96	00:36:27	00:36:22	00:18:13	00:04:34	
471	LUÍS MIGUEL NOGUEIRA		3123	M	438	V40M	97	00:36:27	00:35:33	00:18:08	00:04:34	GRCD LEIÃO
472	ANDREIA MIRANDA		3600	F	34	SenF	13	00:36:28	00:36:20	00:18:22	00:04:34	NUCLEOEIRAS
473	DANIEL JORGE BOAVIDA BASTOS MOREIRA		2408	M	439	V45M	73	00:36:28	00:34:50	00:18:32	00:04:34	CLUBE MILLENNIUM BCP
474	SARA FONSECA		3595	F	35	SenF	14	00:36:29	00:36:21	00:18:39	00:04:34	NUCLEOEIRAS
475	TIAGO PINTO		4428	M	440	V40M	98	00:36:29	00:36:29	00:18:09	00:04:34	
476	ALEXANDRASILVA		4154	F	36	V35F	6	00:36:29	00:36:00	00:18:04	00:04:34	
477	FILIPE COELHO		4311	M	441	V35M	64	00:36:31	00:35:33	00:18:22	00:04:34	CLUBE BRISA
478	MANUEL MARTINS		3127	M	442	V70M	1	00:36:31	00:35:34	00:18:05	00:04:34	GRCD LEIÃO
479	RALF WESTER		1199	M	443	V45M	74	00:36:31	00:36:08	00:18:29	00:04:34	
480	DARIO BENTO		1279	M	444	SenM	87	00:36:31	00:36:20	00:19:06	00:04:34	
481	GERMANO MATOS		2477	M	445	V70M	2	00:36:32	00:36:12	00:18:39	00:04:34	LINDA-A-PASTORA SPORTING CLUBE
482	AMERICO RAMOS		2111	M	446	V60M	14	00:36:32	00:35:56	00:18:43	00:04:34	
483	ARMANDO CORREIA		3084	M	447	V65M	5	00:36:33	00:36:26	00:18:50	00:04:35	GRCD LEIÃO
484	MARIO SILVEIRA		2611	M	448	V50M	62	00:36:34	00:35:47	00:18:32	00:04:35	TFM
485	DANIEL INÇA		3018	M	449	V35M	65	00:36:35	00:36:19	00:17:45	00:04:35	SERUL
486	JOÃO SANTOS		1436	M	450	SenM	88	00:36:36	00:36:23	00:19:16	00:04:35	
487	LUIA LANDEIRO		2052	F	37	V45F	6	00:36:36	00:35:59	00:19:08	00:04:35	SS CGD
488	PEDRO BARATA		1425	M	451	V35M	66	00:36:37	00:34:58	00:18:43	00:04:35	PUMP AMADORA
489	MARGARIDA GODINHO		3744	F	38	V60F	1	00:36:38	00:36:21	00:18:47	00:04:35	GFD RUNNING
490	VITOR COELHO		1805	M	452	V35M	67	00:36:40	00:36:23	00:19:45	00:04:35	
491	ANDREIA MOURÃO		4283	F	39	SenF	15	00:36:40	00:35:55	00:18:16	00:04:35	
492	CARLOS SANTOS		2732	M	453	V55M	26	00:36:40	00:35:36	00:18:35	00:04:35	
493	BRUNO COELHO		3723	M	454	V35M	68	00:36:40	00:35:58	00:18:25	00:04:35	GFD RUNNING
494	ACÁCIO BARATA		4401	M	455	V40M	99	00:36:40	00:36:28	00:18:38	00:04:35	
495	JOANA OGURA		2656	F	40	SenF	16	00:36:41	00:36:14	00:18:17	00:04:36	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
496	MARIANA PINHEIRO		3933	F	41	SenF	17	00:36:41	00:35:34	00:18:16	00:04:36	
497	AUGUSTO SILVESTRE		1749	M	456	V60M	15	00:36:42	00:36:13	00:18:45	00:04:36	
498	MARTA ANSELMO		1082	F	42	V45F	7	00:36:43	00:36:24	00:18:17	00:04:36	
499	PAULO COSTA		1370	M	457	V50M	63	00:36:44	00:35:36	00:18:49	00:04:36	
500	MANUEL ARAÚJO		3880	M	458	V55M	27	00:36:44	00:36:13	00:18:20	00:04:36	GRD OS FIXES
501	RUI PINTO		3835	M	459	V50M	64	00:36:44	00:36:03	00:18:42	00:04:36	JOAQUIM CHAVES SAÚDE
502	ANTONIO TEIXEIRA		975	M	460	V40M	100	00:36:46	00:36:06	00:18:40	00:04:36	
503	EKATERINA KHAMENKOVA		2775	F	43	V60F	2	00:36:46	00:36:43	00:18:43	00:04:36	VALEJAS A C
504	PEDRO MARQUES		4400	M	461	V40M	101	00:36:46	00:36:34	00:18:37	00:04:36	
505	LUIS JOSÉ		1315	M	462	V45M	75	00:36:47	00:36:42	00:18:33	00:04:36	CLUBE NOVO BANCO
506	ANA JOSÉ		1293	F	44	V45F	8	00:36:47	00:36:42	00:18:40	00:04:36	CLUBE NOVO BANCO
507	PEDRO MARIA		1064	M	463	V40M	102	00:36:48	00:36:38	00:18:42	00:04:36	
508	ORLANDO JARRA		1945	M	464	V45M	76	00:36:48	00:35:36	00:19:09	00:04:36	
509	PEDRO FERREIRA		3189	M	465	V40M	103	00:36:48	00:35:38	00:18:25	00:04:36	CLUBE ROBBIALAC
510	PEDRO AFONSO		2064	M	466	V40M	104	00:36:49	00:34:46	00:18:47	00:04:37	SS CGD

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa	
511	GONÇALO MENDES		1485	M	467	SenM	89	00:36:50	00:35:36	00:19:21	00:04:37	KEEP RUNNING
512	RITA ANTUNES		844	F	45	V35F	7	00:36:50	00:36:09	00:18:10	00:04:37	
513	EUGÉNIA TEIXEIRA		2453	F	46	V35F	8	00:36:50	00:36:48	00:18:36	00:04:37	LINDA-A-PASTORA SPORTING CLUBE
514	RUI FERNANDES		804	M	468	SenM	90	00:36:51	00:35:11	00:18:38	00:04:37	
515	SÉRGIO PINTO		2638	M	469	V40M	105	00:36:51	00:36:40	00:18:15	00:04:37	
516	MÁRIO CLÁUDIO		4484	M	470	V40M	106	00:36:52	00:36:14	00:18:39	00:04:37	
517	ALDÓNIO FERNANDES		2463	M	471	V65M	6	00:36:52	00:36:24	00:18:51	00:04:37	LINDA-A-PASTORA SPORTING CLUBE
518	BRUNO CHEN		3237	M	472	V45M	77	00:36:53	00:36:36	00:18:54	00:04:37	CORRIDA NOTURNA PARQUE DAS NAÇÕES
519	ANTÓNIO SILVA		3016	M	473	V40M	107	00:36:53	00:35:34	00:18:12	00:04:37	SERUL
520	ANTONIO MARQUES		2639	M	474	V45M	78	00:36:53	00:35:50	00:17:48	00:04:37	SHARKS
521	BENTO QUARESMA		2469	M	475	V45M	79	00:36:54	00:36:34	00:18:48	00:04:37	LINDA-A-PASTORA SPORTING CLUBE
522	DANIEL ANTÓNIO HONRADO MORAIS		3095	M	476	V45M	80	00:36:55	00:35:21	00:18:44	00:04:37	GRCD LEIÃO
523	MIGUEL DIAS		2056	M	477	V40M	108	00:36:55	00:36:03	00:18:25	00:04:37	SS CGD
524	LEONOR LOUREIRO		2836	F	47	JunF	2	00:36:56	00:36:15	00:18:15	00:04:37	FALCÕES SELVAGENS
525	MARISA RODRIGUES		3746	F	48	V35F	9	00:36:56	00:36:28	00:18:41	00:04:37	GFD RUNNING
526	MARIA LUÍS DOS SANTOS		3131	F	49	JunF	3	00:36:56	00:36:39	00:18:49	00:04:37	GRCD LEIÃO
527	NUNO PIÇARREIRA		4221	M	478	V45M	81	00:36:57	00:36:41	00:18:33	00:04:38	
528	VANDA PARREIRA		1930	F	50	V40F	8	00:36:57	00:36:43	00:18:41	00:04:38	SINGARUNNERS
529	GONÇALO BAROUTAKIS		2195	M	479	V45M	82	00:36:58	00:35:21	00:18:02	00:04:38	
530	ANA LOPES		4021	F	51	SenF	18	00:36:58	00:36:34	00:18:18	00:04:38	
531	ANDRÉ SANTOS		4395	M	480	SenM	91	00:36:58	00:35:47	00:18:33	00:04:38	
532	FLÁVIO PIRES		4124	M	481	SenM	92	00:36:59	00:35:20	00:18:51	00:04:38	VALEJAS A C
533	FERNANDO ALCIDES SILVA GONCALVES RODRIGUES		2318	M	482	V55M	28	00:36:59	00:36:46	00:18:05	00:04:38	CLUBE MILLENNIUM BCP
534	MARIO RUI FREITAS FARIA		2333	M	483	V50M	65	00:37:00	00:36:41	00:18:43	00:04:38	CLUBE MILLENNIUM BCP
535	PAULO GUIA		2904	M	484	V40M	109	00:37:01	00:35:12	00:18:24	00:04:38	VALEJAS A C
536	PEDRO FIGUEIREDO		3793	M	485	V45M	83	00:37:01	00:35:11	00:18:19	00:04:38	
537	TIAGO ESTÁCIO		1780	M	486	V35M	69	00:37:01	00:36:52	00:18:56	00:04:38	
538	PAULO GONÇALVES		1935	M	487	V50M	66	00:37:01	00:36:51	00:18:41	00:04:38	MARVILA JOVEM
539	RICARDO CARVALHO		2910	M	488	SenM	93	00:37:01	00:36:51	00:18:43	00:04:38	TEAM CARVALHO
540	MANUEL COITO		1452	M	489	V35M	70	00:37:02	00:35:20	00:18:19	00:04:38	
541	FERNANDO BAPTISTA		1814	M	490	SenM	94	00:37:03	00:36:15	00:19:27	00:04:38	
542	NELSON ARAÚJO		4608	M	491	SenM	95	00:37:04	00:36:54	00:18:37	00:04:38	
543	CARLOS CORREIA		1277	M	492	V50M	67	00:37:05	00:36:51	00:18:09	00:04:39	
544	ANTONIO NASCIMENTO		2032	M	493	V60M	16	00:37:05	00:36:43	00:18:56	00:04:39	SS CGD
545	JOÃO OLIVEIRA		2566	M	494	V55M	29	00:37:06	00:35:56	00:18:50	00:04:39	GRD RIBEIRA DA LAGE
546	JOSÉ XAVIER		4599	M	495	SenM	96	00:37:07	00:36:55	00:18:59	00:04:39	
547	JOÃO MENDES		3642	M	496	V45M	84	00:37:07	00:35:34	00:19:15	00:04:39	NUCLEOEIRAS
548	ARMANDO BRAVO		3674	M	497	V70M	3	00:37:07	00:37:06	00:18:30	00:04:39	NUCLEOEIRAS
549	PAULO RODRIGUES		1039	M	498	V40M	110	00:37:07	00:36:08	00:18:22	00:04:39	
550	RUI BELO		848	M	499	V40M	111	00:37:08	00:36:59	00:18:33	00:04:39	
551	DANIEL PINHO		4393	M	500	SenM	97	00:37:08	00:35:58	00:18:43	00:04:39	
552	RICARDO FERREIRA		2246	M	501	V35M	71	00:37:08	00:35:33	00:19:01	00:04:39	GRUPO DESPORTIVO BARCARENA
553	PEDRO FONTOURA		2066	M	502	V45M	85	00:37:09	00:36:55	00:19:05	00:04:39	SS CGD
554	FERNANDO LOPES		3731	M	503	V45M	86	00:37:09	00:36:46	00:18:37	00:04:39	GFD RUNNING
555	ASHER BEEN		1654	M	504	JunM	18	00:37:09	00:36:06	00:17:17	00:04:39	
556	NELSON ANTUNES		3033	M	505	V35M	72	00:37:10	00:35:03	00:18:24	00:04:39	SERUL
557	JOSÉ MOURA		983	M	506	SenM	98	00:37:10	00:36:15	00:18:37	00:04:39	
558	FERNANDO CARMO		2679	M	507	V50M	68	00:37:10	00:36:39	00:19:17	00:04:39	
559	ANTÓNIO ALMEIDA		958	M	508	V45M	87	00:37:10	00:35:51	00:18:21	00:04:39	
560	CARLOS VALENTE		3090	M	509	V50M	69	00:37:11	00:36:13	00:19:01	00:04:39	GRCD LEIÃO
561	PEDRO DO VALE		2231	M	510	SenM	99	00:37:12	00:35:47	00:18:31	00:04:39	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
562	JOÃO AGUIAR	3620	M 511	V40M 112	00:37:12	00:36:41	00:18:49	00:04:39	NUCLEOEIRAS
563	MIGUEL SOUSA	643	M 512	V45M 88	00:37:12	00:36:58	00:18:45	00:04:39	
564	CARLOS JORGE OLIVEIRA	2204	M 513	V55M 30	00:37:13	00:36:49	00:19:14	00:04:40	
565	PAULO TEIXEIRA	2917	M 514	V35M 73	00:37:14	00:37:12	00:17:56	00:04:40	PUMP AMADORA
566	MIGUEL SOARES	3449	M 515	SenM 100	00:37:15	00:36:45	00:18:16	00:04:40	
567	LUIS ALBERTO SILVA	2049	M 516	V50M 70	00:37:16	00:36:24	00:18:39	00:04:40	SS CGD
568	LUIS PEREIRA	631	M 517	V45M 89	00:37:18	00:36:45	00:18:44	00:04:40	
569	CLÁUDIA PIMENTA	4316	F 52	SenF 19	00:37:19	00:36:50	00:18:55	00:04:40	
570	CARLOS FERNANDES	2841	M 518	V35M 74	00:37:20	00:35:32	00:18:32	00:04:40	
571	PAULO FRANCISCO	728	M 519	V45M 90	00:37:21	00:36:21	00:18:43	00:04:41	
572	MIGUEL NUNES	2132	M 520	V45M 91	00:37:21	00:36:04	00:18:55	00:04:41	GDCT UNICRE
573	NUNO CONDEÇO	927	M 521	V35M 75	00:37:21	00:36:43	00:19:07	00:04:41	
574	LUIS AGUIAR	1024	M 522	V40M 113	00:37:24	00:37:15	00:19:12	00:04:41	
575	JORGE SOARES	3824	M 523	SenM 101	00:37:24	00:36:13	00:18:19	00:04:41	JOAQUIM CHAVES SAÚDE
576	LUIS FOUTO	1379	M 524	V45M 92	00:37:24	00:37:03	00:18:53	00:04:41	
577	TIAGO CLAUDIO PINTO PIRES	3390	M 525	SenM 102	00:37:24	00:35:49	00:19:16	00:04:41	TABAQUEIRA
578	MARIO MAXIMINO	1140	M 526	V40M 114	00:37:25	00:37:16	00:19:11	00:04:41	
579	JOÃO ALVES	970	M 527	V40M 115	00:37:26	00:37:23	00:18:34	00:04:41	
580	NUNO CRUZ	3578	M 528	V40M 116	00:37:26	00:36:50	00:19:24	00:04:41	
581	HUGO BATISTA	3949	M 529	SenM 103	00:37:28	00:37:18	00:18:49	00:04:41	
582	BRUNO LOPES	2955	M 530	V35M 76	00:37:28	00:35:38	00:18:33	00:04:41	PREMIUM MINDS
583	JORGE REBELO	3883	M 531	V55M 31	00:37:28	00:37:13	00:19:37	00:04:41	GRD OS FIXES
584	LEONARDO VARELLA-CID	2954	M 532	V35M 77	00:37:28	00:35:39	00:18:31	00:04:41	PREMIUM MINDS
585	FERNANDO LOPES	1668	M 533	V60M 17	00:37:28	00:36:06	00:18:53	00:04:41	
586	CARLOS LEITÃO	2033	M 534	V55M 32	00:37:30	00:36:22	00:19:07	00:04:42	SS CGD
587	JORGE AZEVEDO	4070	M 535	V45M 93	00:37:31	00:36:07	00:19:10	00:04:42	
588	ANABELA FLOR	3082	F 53	SenF 20	00:37:32	00:37:27	00:18:35	00:04:42	GRCD LEIÃO
589	FERNANDO ORVALHO	1636	M 536	V55M 33	00:37:33	00:37:09	00:18:50	00:04:42	
590	JOSÉ GONÇALVES	3788	M 537	V45M 94	00:37:33	00:35:33	00:18:06	00:04:42	
591	ALEXANDRE SANTOS	2171	M 538	SenM 104	00:37:34	00:36:56	00:18:35	00:04:42	
592	NUNO FIGUEIREDO	649	M 539	V40M 117	00:37:34	00:37:02	00:18:56	00:04:42	
593	GEORGIOS GOULAS	3254	M 540	V40M 118	00:37:34	00:36:49	00:19:16	00:04:42	
594	SARA NOGUEIRA	3156	F 54	V40F 9	00:37:35	00:37:19	00:18:44	00:04:42	GRCD LEIÃO
595	FRANCISCO RIBEIRO	1975	M 541	V45M 95	00:37:36	00:36:52	00:18:09	00:04:42	
596	FILIPE SEBASTIÃO	3103	M 542	V45M 96	00:37:37	00:36:32	00:19:11	00:04:43	GRCD LEIÃO
597	MANUEL LEITE	3020	M 543	V55M 34	00:37:38	00:35:32	00:17:36	00:04:43	SERUL
598	ANTÓNIO CÉLIO RAMOS	4352	M 544	V45M 97	00:37:38	00:35:58	00:18:14	00:04:43	SUMOL COMPAL
599	RUI TAVARES	1033	M 545	V35M 78	00:37:39	00:36:43	00:18:40	00:04:43	
600	ANTONIO LOPES	789	M 546	V70M 4	00:37:39	00:37:14	00:19:08	00:04:43	
601	FABIO AGOSTINHO RAIMUNDO	2847	M 547	SenM 105	00:37:39	00:37:19	00:18:41	00:04:43	PUMP SQUAD
602	JOAQUIM SANDE	3667	M 548	V55M 35	00:37:40	00:37:33	00:18:45	00:04:43	NUCLEOEIRAS
603	HÉLDER RODRIGUES	1775	M 549	V40M 119	00:37:42	00:37:10	00:19:16	00:04:43	
604	BRUNO ALMEIDA	1952	M 550	V40M 120	00:37:42	00:36:44	00:18:17	00:04:43	
605	JOÃO SILVEIRA	2043	M 551	V50M 71	00:37:42	00:36:50	00:18:51	00:04:43	SS CGD
606	IVO CLARO	724	M 552	V40M 121	00:37:43	00:37:25	00:18:48	00:04:43	
607	JOÃO RIBEIRO	2527	M 553	V40M 122	00:37:43	00:37:14	00:19:09	00:04:43	
608	PATRÍCIA BACELAR	630	F 55	SenF 21	00:37:43	00:37:14	00:19:09	00:04:43	
609	ANA ARAÚJO	739	F 56	V45F 9	00:37:45	00:36:45	00:18:43	00:04:44	
610	PATRÍCIA MATOS	2460	F 57	V45F 10	00:37:46	00:37:25	00:18:52	00:04:44	LINDA-A-PASTORA SPORTING CLUBE
611	RAÚL AZEVEDO	4609	M 554	V45M 98	00:37:47	00:37:33	00:18:44	00:04:44	
612	LUÍS MORAIS	702	M 555	V35M 79	00:37:48	00:37:12	00:18:36	00:04:44	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
613	JOÃO COCHARRO	516	M 556	V40M 123	00:37:48	00:37:18	00:18:27	00:04:44	
614	ANTÓNIO VARELA	1496	M 557	V50M 72	00:37:48	00:37:40	00:19:04	00:04:44	
615	MARCOS JOSE NORITAKE	2364	M 558	V50M 73	00:37:49	00:37:35	00:19:13	00:04:44	CLUBE MILLENNIUM BCP
616	CARLOS BARATA	3773	M 559	V40M 124	00:37:49	00:36:12	00:17:57	00:04:44	
617	SERRÃO	1390	M 560	V35M 80	00:37:49	00:36:53	00:19:22	00:04:44	
618	SÉRGIO SIMÕES	4321	M 561	V40M 125	00:37:49	00:37:16	00:18:48	00:04:44	
619	JOSÉ ALVES	3639	M 562	V45M 99	00:37:50	00:36:17	00:19:15	00:04:44	NUCLEOEIRAS
620	ANDRÉ OLIVEIRA	2964	M 563	V35M 81	00:37:50	00:37:24	00:19:33	00:04:44	
621	NUNO LEITÃO DOS SANTOS ADREGA	2514	M 564	V55M 36	00:37:50	00:36:27	00:19:08	00:04:44	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
622	SUSANA GOMES	2796	F 58	V50F 4	00:37:51	00:37:44	00:19:15	00:04:44	VALEJAS A C
623	CARLOS TROMBINHAS	566	M 565	V45M 100	00:37:51	00:37:02	00:19:04	00:04:44	QUARENTÕES NA BISGA
624	JOSE JULIO A C MARQUES FERREIRA	2388	M 566	V45M 101	00:37:52	00:37:25	00:19:03	00:04:44	CLUBE MILLENNIUM BCP
625	PEDRO QUINTELA	3144	M 567	SenM 106	00:37:53	00:37:30	00:19:38	00:04:45	GRCD LEIÃO
626	SOFIA BASTOS	546	F 59	V35F 10	00:37:53	00:37:19	00:19:07	00:04:45	
627	RAFAEL VALENTE	680	M 568	SenM 107	00:37:53	00:37:43	00:19:02	00:04:45	
628	JOÃO MIRANDA	3932	M 569	SenM 108	00:37:55	00:36:57	00:19:10	00:04:45	
629	MARINA MARQUES	3829	F 60	SenF 22	00:37:57	00:37:03	00:19:18	00:04:45	JOAQUIM CHAVES SAÚDE
630	MARTA ENCANTADO	2442	F 61	SenF 23	00:37:57	00:37:04	00:19:19	00:04:45	
631	JOANA GORDO	2271	F 62	SenF 24	00:37:57	00:37:03	00:19:18	00:04:45	
632	JOÃO MATOS	3904	M 570	SenM 109	00:37:57	00:37:00	00:18:53	00:04:45	
633	JOÃO CARVALHINHO	2509	M 571	V60M 18	00:37:58	00:37:22	00:18:45	00:04:45	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
634	RICARDO TULIO	3552	M 572	SenM 110	00:37:58	00:37:46	00:19:44	00:04:45	
635	JOSÉ NUNES	1483	M 573	V55M 37	00:37:59	00:37:48	00:18:51	00:04:45	KEEP RUNNING
636	ARISTIDES MENDES	851	M 574	SenM 111	00:38:00	00:36:29	00:18:25	00:04:45	
637	BRUNO TAVARES	1457	M 575	V35M 82	00:38:01	00:36:12	00:18:47	00:04:46	
638	GONÇALO SANTOS	2011	M 576	V40M 126	00:38:01	00:37:41	00:18:34	00:04:46	
639	DIOGO MANUEL MOTA COELHO	2845	M 577	SenM 112	00:38:02	00:37:45	00:19:36	00:04:46	PUMP SQUAD
640	JOAQUIM VIANA	796	M 578	V55M 38	00:38:03	00:37:41	00:19:21	00:04:46	
641	RICARDO PEREIRA	4457	M 579	V40M 127	00:38:03	00:36:46	00:19:34	00:04:46	
642	ODILIA GOMES	3612	F 63	V35F 11	00:38:04	00:37:57	00:18:44	00:04:46	NUCLEOEIRAS
643	RUI MENA	594	M 580	V45M 102	00:38:06	00:36:31	00:18:54	00:04:46	
644	RUI HENRIQUES	3279	M 581	V45M 103	00:38:07	00:36:22	00:19:21	00:04:46	
645	SANDRA DALILA JORGE SERENO	744	F 64	V50F 5	00:38:07	00:37:10	00:19:02	00:04:46	
646	ANTÓNIO DIOGO	557	M 582	V55M 39	00:38:07	00:37:43	00:19:01	00:04:46	
647	CARLOS NOGUEIRA	4039	M 583	V60M 19	00:38:08	00:36:58	00:19:16	00:04:46	CLUBE FERROVIÁRIO DE PORTUGAL
648	MÁRIO MONTEIRO	4042	M 584	V40M 128	00:38:08	00:36:59	00:19:17	00:04:46	CLUBE FERROVIÁRIO DE PORTUGAL
649	MIGUEL FERREIRA	4087	M 585	V50M 74	00:38:08	00:37:56	00:19:02	00:04:46	
650	PAULO FILIPE	709	M 586	V40M 129	00:38:09	00:37:59	00:19:03	00:04:47	
651	PEDRO FERREIRA	4014	M 587	V40M 130	00:38:09	00:38:05	00:19:34	00:04:47	TEVA RUNNERS
652	PEDRO REIS	4012	M 588	SenM 113	00:38:09	00:38:06	00:19:34	00:04:47	TEVA RUNNERS
653	MARCO CARDOSO	1671	M 589	V45M 104	00:38:11	00:37:43	00:19:31	00:04:47	
654	PEDRO MATOS	1210	M 590	V55M 40	00:38:11	00:37:03	00:19:07	00:04:47	
655	NUNO MANUEL MESTRE CANHA	3370	M 591	V45M 105	00:38:12	00:36:43	00:18:59	00:04:47	TABAQUEIRA
656	VITOR REVEZ	2546	M 592	V55M 41	00:38:13	00:37:10	00:19:07	00:04:47	GRD RIBEIRA DA LAGE
657	MANUEL DELFIM ARAÚJO RODRIGUES	3126	M 593	V55M 42	00:38:13	00:37:37	00:19:48	00:04:47	GRCD LEIÃO
658	CARLOS CARVALHO	3022	M 594	V45M 106	00:38:14	00:36:43	00:19:45	00:04:47	SERUL
659	LUIS DIAS	2575	M 595	V45M 107	00:38:15	00:38:02	00:18:57	00:04:47	GRD RIBEIRA DA LAGE
660	LUIS MANUEL MARTINS SANTOS GONCALVES	2360	M 596	V40M 131	00:38:15	00:36:35	00:19:09	00:04:47	CLUBE MILLENNIUM BCP
661	GONÇALO COSTA	2140	M 597	SenM 114	00:38:15	00:37:54	00:19:14	00:04:47	RUN4ALL
662	ISABEL RIBEIRO	4187	F 65	V50F 6	00:38:16	00:37:51	00:19:08	00:04:47	
663	TIAGO MOUTA	1196	M 598	SenM 115	00:38:16	00:37:12	00:19:05	00:04:47	FIDELIDADE GDC

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
664	VASCO GONÇALVES	4190	M 599	V35M 83	00:38:17	00:37:31	00:18:57	00:04:48	
665	ANTÓNIO QUARESMA	2466	M 600	V45M 108	00:38:17	00:37:56	00:19:42	00:04:48	LINDA-A-PASTORA SPORTING CLUBE
666	ROSA NUNES	3606	F 66	V35F 12	00:38:17	00:37:52	00:19:37	00:04:48	NUCLEOEIRAS
667	CARLOS LOPES	2299	M 601	V45M 109	00:38:18	00:37:41	00:19:25	00:04:48	
668	RAUL RODRIGUES	4165	M 602	SenM 116	00:38:18	00:37:08	00:18:39	00:04:48	
669	PEDRO ALVES	4279	M 603	SenM 117	00:38:18	00:37:17	00:18:26	00:04:48	GULBENKIAN TEAM
670	FRANCISCO CALDEIRA	4028	M 604	SenM 118	00:38:18	00:36:31	00:18:43	00:04:48	
671	MAXIMIANO SANTOS	638	M 605	V55M 43	00:38:18	00:37:36	00:19:55	00:04:48	
672	NUNO DUARTE	3034	M 606	V45M 110	00:38:18	00:35:50	00:18:25	00:04:48	SERUL
673	CATIA FONSECA	2034	F 67	V35F 13	00:38:18	00:37:26	00:18:57	00:04:48	SS CGD
674	JOÃO COSTA	1135	M 607	V55M 44	00:38:19	00:37:14	00:19:54	00:04:48	
675	RAFAEL RODRIGUES	1539	M 608	V35M 84	00:38:22	00:37:20	00:17:48	00:04:48	OS GALGOS
676	PAULO VERISSIMO	1329	M 609	V50M 75	00:38:22	00:37:29	00:19:23	00:04:48	CLUBE NOVO BANCO
677	NUNO MATIAS	2014	M 610	V40M 132	00:38:23	00:38:04	00:20:00	00:04:48	
678	SUSANA MESQUITA	4497	F 68	V45F 11	00:38:23	00:37:59	00:20:22	00:04:48	GFD RUNNING
679	PEDRO FEVEREIRO	3142	M 611	V40M 133	00:38:23	00:38:04	00:19:34	00:04:48	GRCD LEIÃO
680	ANTÓNIO AMARAL	1901	M 612	V40M 134	00:38:24	00:36:47	00:18:57	00:04:48	
681	QUINTA	1435	F 69	SenF 25	00:38:25	00:38:11	00:19:41	00:04:49	
682	JOÃO PEDRO PEREIRA	2480	M 613	V35M 85	00:38:26	00:37:59	00:19:13	00:04:49	LINDA-A-PASTORA SPORTING CLUBE
683	PAULO GARRUDO	1405	M 614	V40M 135	00:38:27	00:36:43	00:18:58	00:04:49	AMIGOS EM MOVIMENTO
684	JOSÉ AFONSO	655	M 615	V45M 111	00:38:28	00:36:52	00:18:53	00:04:49	
685	INÊS ALMEIDA	961	F 70	SenF 26	00:38:28	00:36:46	00:18:57	00:04:49	
686	SÓNIA BRANDÃO	673	F 71	V45F 12	00:38:28	00:36:48	00:18:59	00:04:49	
687	PAULO CAMPOS	4542	M 616	V45M 112	00:38:29	00:37:48	00:18:23	00:04:49	CLUBE ACCENTURE
688	LUÍS ALTER	598	M 617	V40M 136	00:38:31	00:37:27	00:19:06	00:04:49	
689	LUIS FIGUEIRA	2124	M 618	V40M 137	00:38:31	00:37:14	00:19:09	00:04:49	
690	CÉSAR MIGUEL FUNDO	1522	M 619	V35M 86	00:38:32	00:38:08	00:20:11	00:04:49	CLUBE EDP LISBOA
691	GUILHERME GODINHO	4269	M 620	V40M 138	00:38:35	00:38:13	00:19:22	00:04:50	SUNSET RUNNING TEAM
692	VANDA ROMÃO	3460	F 72	V50F 7	00:38:36	00:38:16	00:19:39	00:04:50	CORRIDA NOTURNA PARQUE DAS NAÇÕES
693	HENRIQUE DIAS	4219	M 621	V60M 20	00:38:36	00:37:50	00:19:28	00:04:50	
694	SOFIA ALMEIDA	4245	F 73	SenF 27	00:38:37	00:38:30	00:19:31	00:04:50	
695	ANSELMO RODRIGUES	634	M 622	V50M 76	00:38:37	00:38:25	00:18:59	00:04:50	
696	FILIPE BRITO	1648	M 623	V35M 87	00:38:37	00:36:51	00:19:13	00:04:50	BLACK EDITION
697	DIOGO RODRIGUES	2422	M 624	SenM 119	00:38:37	00:38:11	00:19:28	00:04:50	
698	RITA FERNANDES	806	F 74	SenF 28	00:38:38	00:36:23	00:18:56	00:04:50	
699	PAULO CARVALHO	2909	M 625	V45M 113	00:38:38	00:38:28	00:19:12	00:04:50	TEAM CARVALHO
700	DAVID GONÇALVES	590	M 626	V40M 139	00:38:38	00:37:26	00:19:46	00:04:50	
701	JOSÉ CAVACO	2801	M 627	SenM 120	00:38:39	00:37:05	00:19:34	00:04:50	VALEJAS A C
702	PAULO NUNO MARTO	3205	M 628	V40M 140	00:38:39	00:36:29	00:18:36	00:04:50	
703	ANA FRANCISCO	729	F 75	V40F 10	00:38:41	00:37:42	00:18:59	00:04:51	
704	FLÁVIO SANTOS	1084	M 629	SenM 121	00:38:41	00:37:29	00:20:26	00:04:51	
705	CECÍLIA SANTIAGO	3093	F 76	V35F 14	00:38:42	00:38:27	00:19:44	00:04:51	GRCD LEIÃO
706	HUGO SANTOS	809	M 630	V40M 141	00:38:42	00:37:44	00:19:28	00:04:51	
707	JOSÉ GOUVEIA	3669	M 631	V60M 21	00:38:42	00:37:14	00:19:30	00:04:51	NUCLEOEIRAS
708	PEDRO SOUSA	1136	M 632	SenM 122	00:38:42	00:38:03	00:19:10	00:04:51	
709	PEDRO MARRENECA	2121	M 633	V45M 114	00:38:42	00:38:20	00:19:40	00:04:51	RUN FOR FUN
710	ADELINO GOMES	1716	M 634	V45M 115	00:38:43	00:36:54	00:19:01	00:04:51	
711	ANA CARDOSO	879	F 77	V45F 13	00:38:43	00:37:53	00:19:02	00:04:51	QUARENTÕES NA BISGA
712	PAULO PEREIRA	719	M 635	V55M 45	00:38:43	00:38:31	00:19:33	00:04:51	
713	ALVARO FERREIRA	2914	M 636	V50M 77	00:38:44	00:38:08	00:19:40	00:04:51	
714	ARSÉNIO JORGE BORGES RODRIGUES	3366	M 637	V40M 142	00:38:44	00:37:43	00:18:44	00:04:51	TABAQUEIRA

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
715	JOÃO GOMES	3025	M 638	V45M 116	00:38:44	00:36:35	00:18:34	00:04:51	SERUL
716	LUÍS ESPADA	3121	M 639	V50M 78	00:38:44	00:38:27	00:19:30	00:04:51	GRCD LEIÃO
717	LUIS POLIDO	2616	M 640	V45M 117	00:38:45	00:38:31	00:19:57	00:04:51	
718	TITO SANTOS	1383	M 641	V40M 143	00:38:45	00:38:19	00:19:31	00:04:51	
719	VÍTOR COIMBRA	1384	M 642	V45M 118	00:38:45	00:38:19	00:19:53	00:04:51	
720	JOANA ROSA	2950	F 78	SenF 29	00:38:45	00:36:56	00:19:11	00:04:51	PREMIUM MINDS
721	SÉRGIO FERREIRA	1644	M 643	V45M 119	00:38:46	00:38:28	00:19:39	00:04:51	
722	PAULO SOUSA	856	M 644	V45M 120	00:38:46	00:37:08	00:19:43	00:04:51	
723	TIAGO EZEQUIEL	4522	M 645	V40M 144	00:38:46	00:37:36	00:19:54	00:04:51	
724	MIGUEL REIS	3565	M 646	V40M 145	00:38:48	00:37:24	00:19:34	00:04:51	SS CGD
725	JOANA ROSA	4247	F 79	V40F 11	00:38:49	00:38:44	00:19:22	00:04:52	
726	JESUS EDUARDO ANZOLA ABLAN	3900	M 647	SenM 123	00:38:49	00:37:38	00:18:53	00:04:52	GUAROS
727	FERNANDO VAZ	4085	M 648	V35M 88	00:38:49	00:38:31	00:19:13	00:04:52	
728	CRISTINA GODINHO	1387	F 80	V45F 14	00:38:49	00:36:55	00:19:15	00:04:52	
729	PEDRO SANTOS	3943	M 649	SenM 124	00:38:49	00:38:10	00:19:25	00:04:52	
730	HENRIQUE MAGALHÃES COELHO	1719	M 650	V35M 89	00:38:50	00:37:40	00:19:05	00:04:52	
731	ALCINDO ALMEIDA	2462	M 651	V60M 22	00:38:50	00:37:49	00:19:58	00:04:52	LINDA-A-PASTORA SPORTING CLUBE
732	MARGARIDA PINTO	3745	F 81	V45F 15	00:38:50	00:38:50	00:19:50	00:04:52	GFD RUNNING
733	JOEL FERREIRA	4020	M 652	V35M 90	00:38:50	00:38:26	00:19:09	00:04:52	
734	CARLOS NABIÇA	1296	M 653	V55M 46	00:38:51	00:37:19	00:20:30	00:04:52	CLUBE NOVO BANCO
735	RUI AGRÍÃO	4456	M 654	SenM 125	00:38:52	00:38:16	00:19:13	00:04:52	
736	PAULO MOURA	1430	M 655	V35M 91	00:38:52	00:36:46	00:19:53	00:04:52	
737	DANIEL RODRIGUES	4534	M 656	SenM 126	00:38:53	00:37:05	00:19:06	00:04:52	CLUBE ACCENTURE
738	PEDRO COUTINHO	4465	M 657	V40M 146	00:38:53	00:38:27	00:19:35	00:04:52	
739	DELFIN PRATAS	4060	M 658	V50M 79	00:38:53	00:38:09	00:20:08	00:04:52	CP
740	ANDRÉ NOIVO	3297	M 659	V35M 92	00:38:53	00:37:16	00:19:40	00:04:52	
741	JOSÉ CALHEIROS	4374	M 660	V45M 121	00:38:54	00:38:51	00:19:45	00:04:52	SUMOL COMPAL
742	VALTER CUNHA	1493	M 661	SenM 127	00:38:54	00:37:30	00:18:34	00:04:52	DAIKIN TEAM
743	JORGE PEREIRA	4059	M 662	V50M 80	00:38:54	00:38:09	00:20:08	00:04:52	CP
744	RUI FERNANDES	1951	M 663	V45M 122	00:38:54	00:37:05	00:19:48	00:04:52	
745	PAULO VARELA	3766	M 664	V45M 123	00:38:55	00:38:33	00:19:24	00:04:52	LINDA-A-PASTORA SPORTING CLUBE
746	SONIA SANTOS	837	F 82	V45F 16	00:38:56	00:37:46	00:19:30	00:04:52	
747	FILIPPE REIS	890	M 665	V45M 124	00:38:56	00:38:23	00:19:54	00:04:52	
748	BERNARDO CAYOLLA	718	M 666	V40M 147	00:38:57	00:37:37	00:19:34	00:04:53	
749	JOSÉ SARAIVA	2302	M 667	SenM 128	00:38:57	00:37:13	00:19:19	00:04:53	
750	JOSÉ EUSÉBIO	1921	M 668	V50M 81	00:38:57	00:37:19	00:19:18	00:04:53	
751	JOAQUIM LOPES	3112	M 669	V55M 47	00:38:58	00:38:03	00:19:41	00:04:53	GRCD LEIÃO
752	RAFAEL AZRIEL	3585	M 670	V45M 125	00:38:58	00:38:26	00:20:07	00:04:53	
753	MANUEL ALVES	1054	M 671	V50M 82	00:38:59	00:38:18	00:19:53	00:04:53	
754	JORGE CARMO	4537	M 672	V45M 126	00:39:01	00:37:39	00:19:38	00:04:53	CLUBE ACCENTURE
755	FILIPPE NUNES	3864	M 673	SenM 129	00:39:03	00:38:11	00:19:28	00:04:53	PUMP AMADORA
756	CATARINA PEREIRA	3768	F 83	V35F 15	00:39:04	00:38:12	00:19:08	00:04:53	
757	BRUNO RENDEIRO	1592	M 674	SenM 130	00:39:06	00:36:57	00:19:59	00:04:54	
758	MARIA LEMOS	2217	F 84	V50F 8	00:39:06	00:38:52	00:19:38	00:04:54	LINDA-A-PASTORA SPORTING CLUBE
759	LUÍS FERREIRA	4116	M 675	V50M 83	00:39:07	00:38:20	00:20:02	00:04:54	
760	PEDRO FARINHA	3035	M 676	V35M 93	00:39:07	00:36:53	00:19:48	00:04:54	SERUL
761	MADALENA LOPES DE CARVALHO	3717	F 85	SenF 30	00:39:08	00:38:46	00:20:20	00:04:54	
762	FILIPPE CARMO GUEDES FIGUEIREDO	3343	M 677	V40M 148	00:39:08	00:37:31	00:19:58	00:04:54	TABAQUEIRA
763	PAULA MOURA	2083	F 86	SenF 31	00:39:08	00:37:03	00:19:09	00:04:54	
764	LUÍS CORREIA	3479	M 678	V50M 84	00:39:09	00:38:32	00:19:21	00:04:54	SIMECQ
765	BRUNO MARTINS	2219	M 679	V35M 94	00:39:09	00:37:39	00:19:22	00:04:54	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
766	LEONEL ALVES	2160	M 680	V40M 149	00:39:10	00:38:36	00:20:08	00:04:54	
767	ANTÓNIO RODRIGUES	995	M 681	V45M 127	00:39:10	00:38:34	00:19:29	00:04:54	
768	PEDRO SOUSA	710	M 682	V35M 95	00:39:10	00:37:38	00:20:08	00:04:54	
769	ANTÓNIO LAVAJO	1214	M 683	V40M 150	00:39:10	00:38:02	00:20:06	00:04:54	
770	NUNO MARTINS	2252	M 684	V35M 96	00:39:11	00:38:11	00:19:32	00:04:54	
771	ANTÓNIO JOSÉ DIAS	2207	M 685	V55M 48	00:39:11	00:38:52	00:19:43	00:04:54	
772	JOÃO LOPES	2742	M 686	V45M 128	00:39:11	00:37:55	00:19:47	00:04:54	
773	GONÇALO ALEXANDRE DIAS E SILVA MARQUES	3106	M 687	SenM 131	00:39:11	00:37:16	00:19:39	00:04:54	GRCD LEIÃO
774	TIAGO ANDRADE	3486	M 688	SenM 132	00:39:12	00:37:37	00:19:17	00:04:54	SIMECQ
775	JOANA CRAVEIRO	1861	F 87	V35F 16	00:39:13	00:37:36	00:19:17	00:04:55	
776	JOAQUIM CARDOSO	907	M 689	V45M 129	00:39:13	00:38:33	00:20:26	00:04:55	
777	JOÃO PEREIRA	3823	M 690	V40M 151	00:39:14	00:37:58	00:19:31	00:04:55	JOAQUIM CHAVES SAÚDE
778	ANDRÉ LEITÃO	1441	M 691	SenM 133	00:39:14	00:38:51	00:19:55	00:04:55	
779	ALCINO RAMOS	3580	M 692	V60M 23	00:39:14	00:39:06	00:19:37	00:04:55	
780	JOSÉ CARLOS SILVA MANUEL	1421	M 693	V40M 152	00:39:16	00:39:06	00:19:24	00:04:55	PUMP AMADORA
781	TIAGO GONÇALVES LOPES	3362	M 694	V40M 153	00:39:16	00:38:13	00:19:27	00:04:55	TABAQUEIRA
782	TIAGO BARREIRA	4433	M 695	V35M 97	00:39:17	00:37:55	00:19:25	00:04:55	LINK
783	RICARDO COSTA	4585	M 696	V40M 154	00:39:19	00:37:49	00:19:07	00:04:55	
784	CRISTINA INACIO	3611	F 88	V35F 17	00:39:20	00:37:53	00:19:30	00:04:55	NUCLEOEIRAS
785	PEDRO CERDEIRA	3751	M 697	V45M 130	00:39:20	00:39:05	00:20:17	00:04:55	GFD RUNNING
786	LUÍS ROSA	3743	M 698	V50M 85	00:39:21	00:39:06	00:20:18	00:04:56	GFD RUNNING
787	CARLOS MARQUES	1638	M 699	V55M 49	00:39:21	00:38:59	00:19:05	00:04:56	
788	JOAO SOUSA	1037	M 700	V45M 131	00:39:21	00:38:55	00:20:25	00:04:56	
789	EMANUEL CARVALHO	4438	M 701	SenM 134	00:39:21	00:38:03	00:18:37	00:04:56	
790	CATARINA SANTOS	1515	F 89	V40F 12	00:39:21	00:38:53	00:19:51	00:04:56	
791	ANA MENDES	850	F 90	V35F 18	00:39:21	00:39:09	00:19:46	00:04:56	
792	PAULO VELEZ	2109	M 702	V45M 132	00:39:21	00:39:09	00:19:46	00:04:56	
793	RUI SILVA	1669	M 703	V55M 50	00:39:22	00:38:33	00:21:00	00:04:56	
794	HUGO AFONSO	2478	M 704	SenM 135	00:39:23	00:38:56	00:19:22	00:04:56	LINDA-A-PASTORA SPORTING CLUBE
795	ROGÉRIO OLIVEIRA	2423	M 705	V35M 98	00:39:24	00:38:58	00:19:04	00:04:56	
796	JOAQUIM MANUEL MARTINS SOUSA RAMALHO	3851	M 706	V40M 155	00:39:26	00:37:44	00:19:32	00:04:56	ALTAMIRA
797	JOSÉ JUSTINO	4106	M 707	SenM 136	00:39:26	00:37:21	00:19:38	00:04:56	PICOAS
798	PEDRO CAVALHEIRO DA COSTA	2065	M 708	V45M 133	00:39:26	00:38:36	00:19:30	00:04:56	SS CGD
799	FERNANDO LIMA	2038	M 709	V45M 134	00:39:26	00:38:18	00:19:24	00:04:56	SS CGD
800	FEDERICO PORTELLI	2110	M 710	SenM 137	00:39:26	00:38:24	00:20:14	00:04:56	SARDEGNA
801	JOÃO SANTOS	2241	M 711	V60M 24	00:39:27	00:39:04	00:19:46	00:04:56	
802	FILIPE LANÇA DE MORAIS	1883	M 712	SenM 138	00:39:27	00:39:18	00:19:11	00:04:56	
803	CLAUDINO ANTONIO ANJOS	3331	M 713	V50M 86	00:39:28	00:37:59	00:19:26	00:04:56	TABAQUEIRA
804	ANNA KOCHETKOVA	1906	F 91	V35F 19	00:39:28	00:38:53	00:19:39	00:04:56	
805	MIGUEL PEREIRA	1801	M 714	JunM 19	00:39:29	00:39:17	00:19:05	00:04:57	THE CROODS
806	DANIEL SOUSA	1890	M 715	SenM 139	00:39:30	00:38:38	00:19:11	00:04:57	PUMP AMADORA
807	RICARDO MOREIRA	2998	M 716	V45M 135	00:39:31	00:37:38	00:19:39	00:04:57	CAMINHADAS E CONNOSCO
808	MIGUEL BARATA	1423	M 717	V45M 136	00:39:31	00:37:54	00:19:23	00:04:57	PUMP AMADORA
809	JORGE ASSUNÇÃO	3113	M 718	SenM 140	00:39:32	00:39:17	00:20:01	00:04:57	GRCD LEIÃO
810	MICAEL BORGES	1568	M 719	V35M 99	00:39:32	00:39:01	00:19:40	00:04:57	
811	JOÃO REIS	2779	M 720	V55M 51	00:39:32	00:38:46	00:20:01	00:04:57	VALEJAS A C
812	ANABELA ASSUNÇÃO	3081	F 92	V45F 17	00:39:32	00:39:17	00:20:02	00:04:57	GRCD LEIÃO
813	PEDRO M. PINTO	4555	M 721	V40M 156	00:39:32	00:38:00	00:20:08	00:04:57	
814	RUI GRANCHO	1541	M 722	V40M 157	00:39:33	00:38:31	00:19:40	00:04:57	OS GALGOS
815	PAULO MIGUEL NEVES	1966	M 723	SenM 141	00:39:33	00:38:58	00:20:34	00:04:57	OS VINGADORES
816	JOSÉ CANHOTO	3116	M 724	V70M 5	00:39:34	00:39:34	00:20:12	00:04:57	GRCD LEIÃO

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
817	JOÃO PAULO ANTUNES	2816	M	725 V45M	137	00:39:34	00:38:34	00:19:42	00:04:57	4WALK
818	CARLOS GONÇALVES	1112	M	726 V55M	52	00:39:35	00:38:25	00:20:30	00:04:57	
819	MARTA ANDRADE	2896	F	93 V35F	20	00:39:35	00:38:17	00:19:34	00:04:57	
820	DÁRIO PENA	3075	M	727 V40M	158	00:39:35	00:37:41	00:18:32	00:04:57	RUN FORREST RUN
821	MAURO FERREIRA DA COSTA	3074	M	728 SenM	142	00:39:36	00:37:41	00:18:39	00:04:57	RUN FORREST RUN
822	SUSANA MARQUES	2984	F	94 V45F	18	00:39:36	00:38:53	00:19:25	00:04:57	
823	MARCO PISCHEDDA	1197	M	729 SenM	143	00:39:36	00:38:34	00:20:11	00:04:57	SARDEGNA
824	CASIMIRO ANTONIO FERREIRA DA SILVA	3091	M	730 V45M	138	00:39:36	00:39:18	00:19:56	00:04:57	GRCD LEIÃO
825	CARLOS LEÃO MENDES	4053	M	731 V55M	53	00:39:36	00:39:10	00:19:52	00:04:57	CP
826	FAVELINA SANTOS	3101	F	95 V40F	13	00:39:37	00:39:19	00:19:57	00:04:58	GRCD LEIÃO
827	BRUNO NASCIMENTO	3026	M	732 V35M	100	00:39:37	00:38:10	00:19:58	00:04:58	SERUL
828	JOSÉ SOUSA	996	M	733 V65M	7	00:39:37	00:38:58	00:20:07	00:04:58	
829	CRISTIANA RODRIGUES	2959	F	96 SenF	32	00:39:40	00:38:28	00:20:12	00:04:58	
830	VICTOR CARVALHO	4499	M	734 V55M	54	00:39:41	00:39:16	00:20:22	00:04:58	GFD RUNNING
831	ADRIANO COTRIM	1230	M	735 V75M	1	00:39:41	00:39:39	00:19:50	00:04:58	FEDERAÇÃO DA FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO
832	FELIPE DOYLE MAIA	3507	M	736 SenM	144	00:39:42	00:37:56	00:19:27	00:04:58	
833	BRUNO TALARICO	3867	M	737 SenM	145	00:39:42	00:37:56	00:19:26	00:04:58	
834	PEDRO SILVA	1662	M	738 V50M	87	00:39:42	00:38:36	00:19:38	00:04:58	
835	HUGO CARAGO	1304	M	739 V45M	139	00:39:45	00:38:11	00:20:46	00:04:59	CLUBE NOVO BANCO
836	PEDRO CLETO	2098	M	740 V45M	140	00:39:46	00:37:33	00:20:02	00:04:59	EQUIPA SAÚDA
837	VANDA MURTEIRA	1335	F	97 V45F	19	00:39:46	00:38:56	00:19:50	00:04:59	CLUBE NOVO BANCO
838	DIOGO FÉLIX	3816	M	741 SenM	146	00:39:48	00:38:38	00:20:18	00:04:59	JOAQUIM CHAVES SAÚDE
839	CLARA AUGUSTO	1825	F	98 V50F	9	00:39:48	00:39:43	00:19:57	00:04:59	
840	EDUARDA ADRIANO	3759	F	99 V40F	14	00:39:48	00:39:29	00:19:51	00:04:59	SUNSET RUNNING TEAM
841	LUIS CARREGA	2916	M	742 JunM	20	00:39:48	00:39:41	00:18:38	00:04:59	PUMP AMADORA
842	MARCO FREITAS	3892	M	743 V40M	159	00:39:49	00:39:30	00:19:51	00:04:59	SUNSET RUNNING TEAM
843	PEDRO PEREIRA	2793	M	744 V40M	160	00:39:49	00:39:14	00:19:50	00:04:59	VALEJAS A C
844	ANTONIO TELO MAJOR	2662	M	745 V55M	55	00:39:49	00:39:06	00:20:24	00:04:59	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
845	TANIA AZEVEDO	2663	F	100 SenF	33	00:39:50	00:39:06	00:20:23	00:04:59	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
846	CARLOS RAMALHO	2617	M	746 V40M	161	00:39:50	00:39:37	00:19:58	00:04:59	
847	LUÍS ALMEIDA	4411	M	747 SenM	147	00:39:51	00:39:32	00:18:28	00:04:59	
848	CARLOS SILVA	1280	M	748 V50M	88	00:39:51	00:39:30	00:20:39	00:04:59	
849	ANTÓNIO ADELINO FERNANDES PEREIRA	1792	M	749 V55M	56	00:39:51	00:38:43	00:20:17	00:04:59	
850	CARLA RODRIGUES	3551	F	101 V45F	20	00:39:52	00:38:35	00:19:43	00:04:59	
851	MARGARIDA CORREIA	708	F	102 SenF	34	00:39:53	00:39:39	00:19:46	00:05:00	
852	CARLOS ALBERTINO DE SÁ LOMBA	3088	M	750 V50M	89	00:39:53	00:39:35	00:20:00	00:05:00	GRCD LEIÃO
853	JOÃO MENDONÇA	2433	M	751 SenM	148	00:39:54	00:37:59	00:20:16	00:05:00	XPANDERS
854	AMADEU LUIS GONÇALVES	3344	M	752 V40M	162	00:39:55	00:38:17	00:19:13	00:05:00	TABAQUEIRA
855	MARINA RODRIGUES	2659	F	103 V35F	21	00:39:55	00:39:11	00:20:10	00:05:00	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
856	BRUNO REBOCHO	2660	M	753 V35M	101	00:39:56	00:39:11	00:20:09	00:05:00	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
857	MIGUEL BEJA	3032	M	754 V40M	163	00:39:56	00:37:41	00:19:46	00:05:00	SERUL
858	MIGUEL ANDRADE	3512	M	755 V45M	141	00:39:56	00:39:00	00:19:39	00:05:00	
859	OSCAR ROCHA	515	M	756 V55M	57	00:39:57	00:39:11	00:20:29	00:05:00	
860	NUNO JOSÉ CARVALHO	2201	M	757 V45M	142	00:39:57	00:38:46	00:20:15	00:05:00	
861	DOMINGOS MARREIROS	3803	M	758 JunM	21	00:39:58	00:39:47	00:19:33	00:05:00	
862	ABILIO CAMPOS	1388	M	759 V45M	143	00:39:58	00:39:47	00:20:06	00:05:00	
863	ANTÓNIO SILVA	2084	M	760 V35M	102	00:39:58	00:37:51	00:19:53	00:05:00	
864	RICARDO SILVA	3220	M	761 SenM	149	00:39:58	00:39:30	00:20:58	00:05:00	NÓS E A MISÉRIA
865	RUI FERREIRA	1416	M	762 V45M	144	00:39:59	00:39:25	00:19:53	00:05:00	
866	DAVID ISAAC	2668	M	763 JunM	22	00:40:00	00:39:36	00:19:57	00:05:00	
867	MARCO GUIA	2798	M	764 V40M	164	00:40:00	00:38:11	00:20:01	00:05:00	VALEJAS A C

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
868	JOSÉ PAULO MONTEIRO	3453	M	765 V50M	90	00:40:00	00:37:37	00:18:56	00:05:00	
869	RUI PEREIRA	1686	M	766 V45M	145	00:40:00	00:38:12	00:20:07	00:05:00	CASA DO PESSOAL DA RTP
870	NUNO OLHO AZUL	1538	M	767 V40M	165	00:40:00	00:38:58	00:19:49	00:05:00	OS GALGOS
871	ANTÓNIO LUIS MARQUES	2584	M	768 V60M	25	00:40:01	00:39:30	00:20:36	00:05:01	
872	ANTONIO FONSECA	4406	M	769 V45M	146	00:40:02	00:39:48	00:20:09	00:05:01	
873	BRUNO OLIVEIRA	3247	M	770 V35M	103	00:40:04	00:37:53	00:20:24	00:05:01	
874	ATILIO GASPAR CHICA	2655	M	771 V65M	8	00:40:04	00:39:58	00:20:06	00:05:01	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
875	YOLANDA FELICIANO	3007	F	104 V45F	21	00:40:06	00:38:58	00:20:00	00:05:01	SERUL
876	CARLOS SIMÕES	4081	M	772 V40M	166	00:40:07	00:38:32	00:19:58	00:05:01	ASSOCIAÇÃO MORADORES 18 DE MAIO
877	MÓNICA ALVES	1043	F	105 V45F	22	00:40:09	00:38:28	00:19:22	00:05:02	
878	JOÃO PARRANÇA	3454	M	773 SenM	150	00:40:10	00:39:45	00:19:56	00:05:02	
879	LUIS CANDEIAS	2649	M	774 V40M	167	00:40:11	00:37:26	00:19:31	00:05:02	CROSSRUNNERS
880	NUNO JACINTO	3707	M	775 SenM	151	00:40:12	00:38:19	00:19:57	00:05:02	
881	JOSÉ RAPOSO	2784	M	776 V45M	147	00:40:12	00:38:32	00:20:53	00:05:02	VALEJAS A C
882	SOFIA CRUZ	3589	F	106 SenF	35	00:40:13	00:37:58	00:20:18	00:05:02	NUCLEOEIRAS
883	DIOGO PEREIRA DIAS	4575	M	777 V40M	168	00:40:14	00:40:06	00:20:51	00:05:02	
884	TIAGO RODRIGUES	1879	M	778 V35M	104	00:40:14	00:39:57	00:20:04	00:05:02	
885	HERNANI BONIFÁCIO	1303	M	779 V40M	169	00:40:15	00:39:21	00:20:07	00:05:02	CLUBE NOVO BANCO
886	ANDREIA MAIA	3775	F	107 SenF	36	00:40:15	00:40:01	00:21:11	00:05:02	SABES1COISA?
887	DANIELA FREIRE	4015	F	108 V35F	22	00:40:16	00:38:51	00:19:49	00:05:02	
888	TIAGO LUIS	3928	M	780 SenM	152	00:40:16	00:38:38	00:20:26	00:05:02	
889	JOEL SOUSA	4191	M	781 V35M	105	00:40:16	00:38:00	00:20:02	00:05:02	
890	MIGUEL CALISTO	3776	M	782 SenM	153	00:40:17	00:40:02	00:21:11	00:05:03	SABES1COISA?
891	CARLOS FLORÊNCIA	703	M	783 V35M	106	00:40:18	00:39:57	00:20:41	00:05:03	
892	SÓNIA AGUIAR	3622	F	109 V40F	15	00:40:18	00:39:46	00:20:10	00:05:03	NUCLEOEIRAS
893	ANTONIO ALVES	4481	M	784 V55M	58	00:40:18	00:39:59	00:20:00	00:05:03	MARRIOTT LISBOA
894	NUNO GONCALO DIAS RIBEIRO DE ALMEIDA	4567	M	785 V40M	170	00:40:19	00:38:55	00:20:04	00:05:03	CLUBE ANA
895	RUI DIAS	4391	M	786 V35M	107	00:40:20	00:39:05	00:20:05	00:05:03	
896	MARISA SILVA	3009	F	110 V40F	16	00:40:21	00:39:12	00:20:00	00:05:03	SERUL
897	NUNO OLIVEIRA	1127	M	787 SenM	154	00:40:21	00:39:27	00:20:18	00:05:03	
898	SARA RAMOS	4186	F	111 SenF	37	00:40:22	00:39:28	00:20:18	00:05:03	
899	NELSON NUNES	3688	M	788 V40M	171	00:40:22	00:37:42	00:19:55	00:05:03	
900	DUARTE GASPAR	3098	M	789 JunM	23	00:40:23	00:40:03	00:18:47	00:05:03	GRCD LEIÃO
901	JOÃO TEIXEIRA	874	M	790 V55M	59	00:40:23	00:39:25	00:20:21	00:05:03	
902	EUGÉNIA RIBEIRO	3463	F	112 V45F	23	00:40:23	00:39:50	00:19:57	00:05:03	
903	LURDES ROMERO	2726	F	113 SenF	38	00:40:24	00:40:12	00:20:11	00:05:03	GRD RIBEIRA DA LAGE
904	JOSÉ MOUQUINHO	591	M	791 V45M	148	00:40:24	00:40:12	00:20:32	00:05:03	
905	JOÃO BAPTISTA	2895	M	792 SenM	155	00:40:24	00:38:59	00:19:30	00:05:03	
906	MIGUEL ISIDORO	1207	M	793 V45M	149	00:40:24	00:39:39	00:20:10	00:05:03	ISI.LIVE
907	MANUEL ANTONIO SANTOS LOPES	2361	M	794 V40M	172	00:40:25	00:38:56	00:20:39	00:05:04	CLUBE MILLENNIUM BCP
908	VERA CARMO	2799	F	114 V35F	23	00:40:26	00:39:13	00:20:24	00:05:04	VALEJAS A C
909	PAULA COSTA	3748	F	115 V35F	24	00:40:27	00:39:58	00:20:37	00:05:04	GFD RUNNING
910	JESUINA MARIA BRITO LOPES DAVID VAZ	2322	F	116 V50F	10	00:40:27	00:38:55	00:19:07	00:05:04	CLUBE MILLENNIUM BCP
911	CARLOS GONÇALVES	4280	M	795 V55M	60	00:40:27	00:39:12	00:19:23	00:05:04	GULBENKIAN TEAM
912	HENRIQUE LOPES	3868	M	796 SenM	156	00:40:27	00:39:06	00:20:21	00:05:04	TEAMY GATÃO
913	PAULO MAGALHÃES	4206	M	797 V40M	173	00:40:27	00:38:47	00:19:25	00:05:04	
914	JOAQUIM MATOS FONSECA	1445	M	798 V60M	26	00:40:27	00:39:58	00:20:30	00:05:04	
915	RAMIRO CANTO	3013	M	799 V50M	91	00:40:28	00:39:17	00:20:18	00:05:04	SERUL
916	FRANCISCO LOPES	3869	M	800 SenM	157	00:40:28	00:39:06	00:20:20	00:05:04	TEAMY GATÃO
917	MARIO ADELINO VICENTE MENDES	2341	M	801 V55M	61	00:40:28	00:38:49	00:20:30	00:05:04	CLUBE MILLENNIUM BCP
918	RICARDO BOAVENTURA	2170	M	802 V40M	174	00:40:28	00:39:55	00:19:44	00:05:04	THAI FASHION

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
919	JOÃO PAULO CORREIA CARRIL	956	M	803 V60M	27	00:40:29	00:39:48	00:20:40	00:05:04
920	SÉRGIO PATRÍCIO	2295	M	804 V40M	175	00:40:29	00:39:58	00:20:20	00:05:04 PEPSICO PORTUGAL
921	CRISTINA MARIA GONCALVES FALE	2362	F	117 V40F	17	00:40:29	00:39:00	00:20:39	00:05:04 CLUBE MILLENNIUM BCP
922	JOSÉ ROLÃO	2885	M	805 V60M	28	00:40:29	00:40:11	00:20:11	00:05:04 CORRIDA NOTURNA PARQUE DAS NAÇÕES
923	ANDRÉ ROLÃO	2886	M	806 V35M	108	00:40:29	00:40:09	00:20:11	00:05:04 CORRIDA NOTURNA PARQUE DAS NAÇÕES
924	SARA GOMES	1696	F	118 SenF	39	00:40:30	00:39:54	00:20:19	00:05:04
925	JOÃO CORREIA	2042	M	807 V55M	62	00:40:31	00:39:38	00:20:09	00:05:04 SS CGD
926	CARLOS GOMES	1657	M	808 V50M	92	00:40:31	00:40:23	00:20:54	00:05:04
927	ANGELINA MULLINS	3315	F	119 SenF	40	00:40:32	00:39:34	00:20:17	00:05:04 RUNNING MUMS
928	FERNANDA CAMACHO	2547	F	120 V45F	24	00:40:32	00:40:28	00:20:32	00:05:04 GRD RIBEIRA DA LAGE
929	EDGAR PEDRO	4343	M	809 V40M	176	00:40:32	00:39:52	00:20:50	00:05:04 OS MARGINAIS
930	ABEL REBELO	2692	M	810 V60M	29	00:40:34	00:38:45	00:20:15	00:05:05
931	IVO CRUZ	1131	M	811 SenM	158	00:40:34	00:39:22	00:20:22	00:05:05
932	SÓNIA LUZ	4412	F	121 V35F	25	00:40:35	00:40:27	00:20:01	00:05:05
933	PEDRO PAULOS	4410	M	812 V35M	109	00:40:35	00:40:27	00:20:00	00:05:05
934	MÁRIO ROGADO	1870	M	813 V35M	110	00:40:36	00:40:03	00:20:02	00:05:05
935	FÁBIO ROCHA	4259	M	814 SenM	159	00:40:36	00:38:39	00:20:31	00:05:05
936	CRISTINA SILVERIO	3614	F	122 V40F	18	00:40:36	00:40:10	00:20:30	00:05:05 NUCLEOEIRAS
937	ALEXANDRE MANUEL M MOITA	2389	M	815 V45M	150	00:40:37	00:39:08	00:19:31	00:05:05 CLUBE MILLENNIUM BCP
938	RUI PINHEIRO	1275	M	816 V45M	151	00:40:38	00:40:23	00:19:44	00:05:05
939	MÁRCIA CORREIA	3128	F	123 SenF	41	00:40:38	00:40:20	00:20:15	00:05:05 GRCD LEIÃO
940	FREDERICO GUEDES	3734	M	817 V45M	152	00:40:38	00:40:09	00:20:37	00:05:05 GFD RUNNING
941	ANA PEDREIRA	651	F	124 V35F	26	00:40:39	00:38:37	00:20:09	00:05:05
942	PEDRO FILIPE	4022	M	818 V45M	153	00:40:40	00:40:30	00:20:19	00:05:05
943	ADILIA ROSA	4461	F	125 V40F	19	00:40:40	00:40:32	00:19:33	00:05:05
944	HENRIQUE GAIRIFO	2041	M	819 V60M	30	00:40:41	00:40:27	00:20:18	00:05:06 SS CGD
945	CATARINA NASCIMENTO	1756	F	126 SenF	42	00:40:41	00:38:55	00:19:55	00:05:06 BLACK EDITION
946	SANDRA ESTRELA	2880	F	127 V40F	20	00:40:41	00:38:41	00:20:24	00:05:06
947	DUARTE GODINHO	541	M	820 SenM	160	00:40:41	00:40:11	00:19:50	00:05:06
948	LUIS MAGALHÃES	4357	M	821 V45M	154	00:40:42	00:40:41	00:20:52	00:05:06 SUMOL COMPAL
949	ANGELICA GAFANHA	3083	F	128 V45F	25	00:40:43	00:40:27	00:20:27	00:05:06 GRCD LEIÃO
950	JOSE VERMELHO	4251	M	822 V55M	63	00:40:44	00:40:04	00:20:29	00:05:06
951	PEDRO DE BARROS	3910	M	823 V35M	111	00:40:44	00:39:08	00:20:22	00:05:06
952	FERNANDO OLIVEIRA	556	M	824 V55M	64	00:40:45	00:39:32	00:20:32	00:05:06
953	TIAGO CARDAO-PITO	787	M	825 V40M	177	00:40:45	00:39:41	00:20:45	00:05:06
954	PEDRO SANTOS	2169	M	826 V35M	112	00:40:45	00:40:12	00:19:43	00:05:06 THAI FASHION
955	ELISABETE ROCHA	4506	F	129 V40F	21	00:40:47	00:39:42	00:20:59	00:05:06
956	LUIS MANUEL AUGUSTO COTRIM SILVA	2415	M	827 V50M	93	00:40:47	00:39:11	00:19:56	00:05:06 CLUBE MILLENNIUM BCP
957	DAVID SERIGADO	4140	M	828 V40M	178	00:40:47	00:40:12	00:19:36	00:05:06
958	JOÃO PAULO RAMOS	1822	M	829 V45M	155	00:40:49	00:39:58	00:20:58	00:05:07 BIG 3
959	BRUNO PEDRO	3704	M	830 V35M	113	00:40:50	00:40:10	00:20:46	00:05:07 OS MARGINAIS
960	VITOR ARAÚJO	4260	M	831 SenM	161	00:40:51	00:39:35	00:22:47	00:05:07
961	HELGA MENDES	2778	F	130 V40F	22	00:40:51	00:40:45	00:20:19	00:05:07 VALEJAS A C
962	JOSÉ ANTÓNIO CONCEIÇÃO ROCHA	3115	M	832 V55M	65	00:40:51	00:39:54	00:20:24	00:05:07 GRCD LEIÃO
963	SÉRGIO PIRES	2794	M	833 V40M	179	00:40:51	00:40:51	00:20:25	00:05:07 VALEJAS A C
964	HUGO FERNANDES	3301	M	834 SenM	162	00:40:52	00:38:43	00:19:08	00:05:07
965	JOSÉ MARQUES	545	M	835 SenM	163	00:40:52	00:40:50	00:16:49	00:05:07
966	JOSÉ CARVALHO	1265	M	836 V60M	31	00:40:52	00:40:44	00:20:11	00:05:07
967	RUI PEREIRA	4222	M	837 V35M	114	00:40:53	00:40:20	00:20:33	00:05:07
968	HELENA VASCONCELOS	1183	F	131 V45F	26	00:40:53	00:40:14	00:20:34	00:05:07 FIDELIDADE GDC
969	ANDREIA BAIOA	1246	F	132 SenF	43	00:40:54	00:39:43	00:20:56	00:05:07

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa
970	MARGARIDA MARTINS	4067	F	133	V60F	3	00:40:54	00:39:42	00:20:35	00:05:07	
971	MARIO ALVES	1369	M	838	V60M	32	00:40:54	00:39:39	00:20:23	00:05:07	
972	RUI FERNANDES	1976	M	839	V45M	156	00:40:54	00:39:16	00:20:28	00:05:07	
973	LUÍS GRENCHO	3235	M	840	V45M	157	00:40:54	00:40:09	00:20:45	00:05:07	
974	LUIS DUARTE	3031	M	841	V65M	9	00:40:55	00:40:46	00:20:27	00:05:07	SERUL
975	CARLOS MADUREIRA	4418	M	842	SenM	164	00:40:55	00:39:01	00:19:29	00:05:07	
976	MICAEL BENTO	4152	M	843	SenM	165	00:40:56	00:40:45	00:19:26	00:05:07	
977	HONORATO MOURA	1936	M	844	V35M	115	00:40:57	00:40:08	00:19:00	00:05:08	MARVILA JOVEM
978	MÁRIO CARMONA	4335	M	845	V45M	158	00:40:57	00:39:42	00:19:43	00:05:08	
979	NUNO JUSTINO	2700	M	846	V40M	180	00:40:58	00:40:21	00:20:42	00:05:08	PONTE DE LUZ ASEC
980	HUGO GUINOTE	2702	M	847	V40M	181	00:40:59	00:40:21	00:20:41	00:05:08	PONTE DE LUZ ASEC
981	SARAH MARTIN	1992	F	134	V40F	23	00:40:59	00:39:33	00:19:30	00:05:08	
982	GLORIA VIEIRA	1914	F	135	V40F	24	00:40:59	00:39:42	00:20:21	00:05:08	
983	FÁBIO BRUNO MAGALHÃES FARIA	3204	M	848	SenM	166	00:41:00	00:39:02	00:20:01	00:05:08	
984	CARLOS SANTOS	3473	M	849	V60M	33	00:41:00	00:39:26	00:20:44	00:05:08	SIMECQ
985	PAULO ALMEIDA	959	M	850	V50M	94	00:41:00	00:39:17	00:18:57	00:05:08	
986	BERNARDO ELISEU	1351	M	851	V40M	182	00:41:00	00:39:20	00:20:52	00:05:08	
987	RAUL MASSANO	1382	M	852	V40M	183	00:41:01	00:39:45	00:20:31	00:05:08	
988	IVAN MENDES PEREIRA	2631	M	853	V45M	159	00:41:01	00:40:09	00:20:33	00:05:08	PUMP AMADORA
989	MALCINETE GONCALVES	3692	F	136	V40F	25	00:41:01	00:40:05	00:20:29	00:05:08	PUMP AMADORA
990	RUI BASTOS	1847	M	854	SenM	167	00:41:01	00:40:49	00:20:09	00:05:08	
991	CARLOS TOMÉ	565	M	855	V50M	95	00:41:01	00:40:09	00:20:16	00:05:08	QUARENTÕES NA BISGA
992	EZEQUIEL BAIÃO	1848	M	856	SenM	168	00:41:01	00:40:49	00:20:09	00:05:08	
993	GONÇALO MONCACHA	1363	M	857	V40M	184	00:41:03	00:40:50	00:20:41	00:05:08	
994	SILVIO PAIVA	1334	M	858	V65M	10	00:41:04	00:40:11	00:20:12	00:05:08	CLUBE NOVO BANCO
995	ANA FERREIRA	1292	F	137	V50F	11	00:41:04	00:40:13	00:20:30	00:05:08	CLUBE NOVO BANCO
996	RODRIGO NICOLAU MOTA	3178	M	859	V40M	185	00:41:05	00:38:36	00:19:46	00:05:09	HOSA
997	MAFALDA MARTINHO	3125	F	138	SenF	44	00:41:06	00:39:12	00:15:56	00:05:09	GRCD LEIÃO
998	PEDRO MIGUEL HOMEM DE MACEDO JORDÃO	3526	M	860	V50M	96	00:41:06	00:38:40	00:20:24	00:05:09	BANCO ATLANTICO EUROPA
999	MARISA RODRIGUES	1540	F	139	V40F	26	00:41:07	00:40:04	00:20:14	00:05:09	OS GALGOS
1000	VANESSA NAYLOR	1629	F	140	V50F	12	00:41:08	00:40:59	00:20:42	00:05:09	ST JULIANS RUNNING CLUB
1001	SUPER BATOM	4293	F	141	V40F	27	00:41:09	00:41:09	00:19:54	00:05:09	
1002	JOSÉ SUBTIL	2304	M	861	V45M	160	00:41:10	00:39:58	00:20:25	00:05:09	DXC
1003	CRISTINA FIGUEIREDO	1963	F	142	V40F	28	00:41:11	00:39:03	00:19:38	00:05:09	
1004	OLGA BORGES	2069	F	143	V40F	29	00:41:11	00:40:34	00:20:27	00:05:09	SS CGD
1005	FILOMENA SANTOS	4320	F	144	V45F	27	00:41:12	00:39:43	00:19:40	00:05:09	
1006	HUMBERTO GALVÃO	4173	M	862	V45M	161	00:41:13	00:40:45	00:21:18	00:05:10	
1007	ANTÓNIO GOUVEIA	4189	M	863	V45M	162	00:41:13	00:40:45	00:21:17	00:05:10	
1008	GONÇALO MESQUITA	4577	M	864	V45M	163	00:41:13	00:39:29	00:20:29	00:05:10	
1009	MARIA ALMEIDA	1059	F	145	JunF	4	00:41:14	00:41:05	00:20:56	00:05:10	
1010	ALEXANDRE DUARTE	3676	M	865	V40M	186	00:41:15	00:40:46	00:20:31	00:05:10	
1011	JOAQUIM MENDES	2913	M	866	V55M	66	00:41:16	00:39:15	00:20:13	00:05:10	
1012	JORGE APURA	1102	M	867	V45M	164	00:41:16	00:40:42	00:19:46	00:05:10	
1013	ALEXANDRE ZEFERINO	1164	M	868	V35M	116	00:41:17	00:39:41	00:20:22	00:05:10	
1014	FERNANDO LIMA	1923	M	869	V50M	97	00:41:17	00:40:54	00:19:43	00:05:10	TRANSITEX RUNNERS
1015	LUIS RIBEIRO DA SILVA	616	M	870	V50M	98	00:41:18	00:40:21	00:20:48	00:05:10	
1016	JOÃO ANTUNES	596	M	871	V60M	34	00:41:19	00:40:50	00:20:54	00:05:10	
1017	CARLOS HILARIO	991	M	872	V50M	99	00:41:20	00:41:07	00:20:20	00:05:10	
1018	PETRA BARROS	1543	F	146	V40F	30	00:41:21	00:40:29	00:20:38	00:05:11	TFM
1019	PAULA MOURA	1342	F	147	V40F	31	00:41:22	00:41:05	00:20:57	00:05:11	MOURA BAIÁ
1020	JORGE CORREIA	1282	M	873	V50M	100	00:41:23	00:40:04	00:20:04	00:05:11	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1021	EUCLIDES CRUZ	3065	M 874	V35M 117	00:41:23	00:40:37	00:20:58	00:05:11	
1022	DIVANY MARTINS DE SÁ	3183	F 148	V40F 32	00:41:24	00:41:17	00:20:21	00:05:11	
1023	ANTÓNIO VAZ	2119	M 875	SenM 169	00:41:25	00:39:40	00:19:52	00:05:11	
1024	JORGE LOPES	2277	M 876	V50M 101	00:41:25	00:41:18	00:20:20	00:05:11	
1025	RODRIGO OLIVEIRA	1417	M 877	V40M 187	00:41:25	00:39:32	00:20:32	00:05:11	
1026	LUÍS CARRACHA	4258	M 878	SenM 170	00:41:27	00:41:16	00:20:17	00:05:11	
1027	PEDRO RODRIGUES	2897	M 879	V40M 188	00:41:27	00:40:11	00:21:21	00:05:11	
1028	PEDRO MARQUES LEITAO	2871	M 880	V40M 189	00:41:27	00:40:47	00:21:00	00:05:11	OS MARGINAIS
1029	JOÃO PEREIRA	3939	M 881	SenM 171	00:41:28	00:39:47	00:20:59	00:05:11	
1030	JORGE LOPES	4309	M 882	V45M 165	00:41:28	00:40:31	00:19:36	00:05:11	CLUBE BRISA
1031	Mª ELISABETE MATIAS	1240	F 149	V50F 13	00:41:29	00:41:21	00:21:44	00:05:12	
1032	MARTA LOPES	955	F 150	V50F 14	00:41:29	00:40:52	00:20:56	00:05:12	
1033	IGOR SILVA	2234	M 883	SenM 172	00:41:30	00:40:24	00:20:29	00:05:12	
1034	CASA DA DIZIMA SA	4201	F 151	SenF 45	00:41:31	00:39:58	00:21:17	00:05:12	CASA DA DIZIMA
1035	ARNALDO ANTUNES SEBASTIAO PINTEUS	2332	M 884	V55M 67	00:41:32	00:40:58	00:20:44	00:05:12	CLUBE MILLENNIUM BCP
1036	CATARINA RODRIGUES	3092	F 152	V40F 33	00:41:33	00:41:13	00:20:31	00:05:12	GRCD LEIÃO
1037	BRUNO SILVA	525	M 885	V40M 190	00:41:33	00:40:38	00:20:27	00:05:12	
1038	JOÃO AMILCAR GREGORIO	3635	M 886	V45M 166	00:41:33	00:40:17	00:20:46	00:05:12	NUCLEOEIRAS
1039	INÊS MATOS	2456	F 153	JunF 5	00:41:35	00:41:12	00:21:26	00:05:12	LINDA-A-PASTORA SPORTING CLUBE
1040	PAULA MACHADO	614	F 154	V60F 4	00:41:36	00:41:08	00:21:05	00:05:12	
1041	JOÃO RAMOS	1308	M 887	V45M 167	00:41:36	00:40:31	00:20:56	00:05:12	CLUBE NOVO BANCO
1042	MARIA SANTOS	4598	F 155	V45F 28	00:41:37	00:40:30	00:20:42	00:05:13	
1043	CARLOS SANTOS	4040	M 888	V65M 11	00:41:39	00:41:16	00:21:05	00:05:13	CLUBE FERROVIÁRIO DE PORTUGAL
1044	PAULO DUARTE	4049	M 889	V45M 168	00:41:39	00:40:54	00:20:49	00:05:13	CLUBE FERROVIÁRIO DE PORTUGAL
1045	NUNO ALMEIDA	4051	M 890	V45M 169	00:41:39	00:40:54	00:20:48	00:05:13	CLUBE FERROVIÁRIO DE PORTUGAL
1046	FILIPA ALMEIDA	803	F 156	SenF 46	00:41:39	00:40:04	00:20:16	00:05:13	
1047	SUSANA EVANGELISTA	4239	F 157	V40F 34	00:41:40	00:41:34	00:20:47	00:05:13	
1048	MARCO MIGUEL	593	M 891	V40M 191	00:41:41	00:41:04	00:21:05	00:05:13	
1049	PAULA CRISTINA DE ARAÚJO CANDIDO DE ABREU	4351	F 158	V45F 29	00:41:41	00:40:31	00:21:30	00:05:13	SUMOL COMPAL
1050	ANA PIRES	3690	F 159	SenF 47	00:41:41	00:40:59	00:21:19	00:05:13	SARAPITOLAS
1051	ANTÓNIO SANTOS	4167	M 892	V45M 170	00:41:42	00:40:59	00:21:19	00:05:13	SARAPITOLAS
1052	DANIEL MARTINS	3689	M 893	V35M 118	00:41:42	00:40:59	00:21:17	00:05:13	SARAPITOLAS
1053	ANTONIO SANTOS	2541	M 894	V75M 2	00:41:42	00:41:09	00:21:04	00:05:13	GRD RIBEIRA DA LAGE
1054	RAQUEL	1158	F 160	V35F 27	00:41:42	00:41:32	00:21:15	00:05:13	
1055	SANDRO OLIVEIRA	4168	M 895	V40M 192	00:41:43	00:41:00	00:21:19	00:05:13	SARAPITOLAS
1056	RUI LUÍS	4166	M 896	V60M 35	00:41:43	00:41:00	00:21:18	00:05:13	SARAPITOLAS
1057	VITOR LEMOS	646	M 897	V35M 119	00:41:43	00:40:34	00:21:35	00:05:13	
1058	JOSÉ CARVALHO	2828	M 898	SenM 173	00:41:43	00:39:36	00:20:24	00:05:13	
1059	RUI FILIPE CARVALHO REIS	2368	M 899	V40M 193	00:41:43	00:40:13	00:21:35	00:05:13	CLUBE MILLENNIUM BCP
1060	LUÍS AUGUSTO DURBECK AFONSO	2289	M 900	V55M 68	00:41:44	00:40:07	00:21:08	00:05:13	PEPSICO PORTUGAL
1061	ANA CONDE	2197	F 161	SenF 48	00:41:44	00:40:49	00:21:22	00:05:13	
1062	JORGE ENCANTADO	2441	M 901	SenM 174	00:41:45	00:40:50	00:20:26	00:05:14	
1063	MARTA FERNANDES	524	F 162	SenF 49	00:41:45	00:40:27	00:21:04	00:05:14	
1064	CARLOS FERREIRA	3057	M 902	V35M 120	00:41:45	00:41:22	00:21:52	00:05:14	
1065	DAVIDE ANTUNES	4462	M 903	V35M 121	00:41:45	00:41:36	00:20:13	00:05:14	
1066	JOÃO ANTUNES	4463	M 904	V45M 171	00:41:45	00:41:36	00:21:03	00:05:14	
1067	DÁRIO ALEXANDRE GUERREIRO BAPTISTA	3176	M 905	SenM 175	00:41:46	00:39:08	00:21:34	00:05:14	HOSA
1068	HUGO TENREIRO	1991	M 906	V35M 122	00:41:46	00:40:48	00:20:33	00:05:14	PUMP AMADORA
1069	PEDRO MIGUEL MATOS CUNHA	2395	M 907	V40M 194	00:41:46	00:41:13	00:21:01	00:05:14	CLUBE MILLENNIUM BCP
1070	RAFAEL OLIVEIRA	4299	M 908	JunM 24	00:41:46	00:39:26	00:19:43	00:05:14	CASA PESSOAL IP
1071	GONÇALO RODRIGUES	1783	M 909	V40M 195	00:41:47	00:41:37	00:20:38	00:05:14	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
1072	SÉRGIO DIONÍSIO	1142	M	910 V45M	172	00:41:48	00:40:38	00:20:53	00:05:14	
1073	ALEXANDRA TORRES	1617	F	163 V40F	35	00:41:48	00:41:02	00:21:29	00:05:14	ST JULIANS RUNNING CLUB
1074	JOÃO LOPES	4083	M	911 V40M	196	00:41:48	00:35:24	00:18:18	00:05:14	ASSOCIAÇÃO MORADORES 18 DE MAIO
1075	HELDER FURTADO	1451	M	912 V35M	123	00:41:51	00:39:46	00:20:30	00:05:14	
1076	NUNO SILVA	4170	M	913 V40M	197	00:41:52	00:41:33	00:22:19	00:05:14	
1077	CAMILA CAVALCANTI	4138	F	164 V40F	36	00:41:52	00:41:14	00:20:34	00:05:14	
1078	FERNANDO	4270	M	914 V40M	198	00:41:52	00:41:26	00:20:44	00:05:14	
1079	NUNO MARQUES	1442	M	915 V40M	199	00:41:52	00:41:10	00:22:13	00:05:14	
1080	VINCENZO SCARLATO	4261	M	916 V50M	102	00:41:52	00:41:28	00:22:11	00:05:14	
1081	SÉRGIO SANTOS	2245	M	917 V35M	124	00:41:53	00:40:23	00:20:48	00:05:15	GRUPO DESPORTIVO BARCARENA
1082	JOÃO RIBEIRO	914	M	918 V40M	200	00:41:53	00:40:22	00:21:12	00:05:15	
1083	FRANCISCO MANUEL SERRA SOARES	1345	M	919 V40M	201	00:41:55	00:41:23	00:20:40	00:05:15	
1084	JOANA MARQUES	1818	F	165 SenF	50	00:41:56	00:40:47	00:21:22	00:05:15	
1085	JOÃO ROSA	2745	M	920 SenM	176	00:41:56	00:41:23	00:22:20	00:05:15	SINGARUNNERS
1086	PAULO SOUSA	2962	M	921 V40M	202	00:41:57	00:41:29	00:21:04	00:05:15	
1087	JOAO CARLOS NUNES DA SILVA BRITO	1817	M	922 SenM	177	00:41:57	00:40:48	00:21:21	00:05:15	
1088	MAURICIO CRUZ	2924	M	923 V40M	203	00:41:58	00:37:25	00:19:15	00:05:15	
1089	BRUNO SIMÕES	2297	M	924 SenM	178	00:41:58	00:39:40	00:22:08	00:05:15	
1090	NUNO ALVES	1368	M	925 V65M	12	00:41:59	00:41:48	00:21:49	00:05:15	
1091	JOAQUIM TEIXEIRA	4310	M	926 V35M	125	00:41:59	00:41:00	00:21:05	00:05:15	CLUBE BRISA
1092	VASCO MELLO	3489	M	927 SenM	179	00:42:00	00:41:47	00:20:26	00:05:15	
1093	MARIKA GROSSI	2967	F	166 V40F	37	00:42:02	00:41:36	00:22:10	00:05:16	
1094	GIUSEPPE DEROSA	2968	M	928 V40M	204	00:42:02	00:41:36	00:22:10	00:05:16	
1095	PEDRO CASADINHO	4203	M	929 SenM	180	00:42:02	00:41:24	00:21:03	00:05:16	
1096	MIRANDOLINA MARTINS	2963	F	167 V40F	38	00:42:03	00:41:37	00:20:46	00:05:16	
1097	RICARDO OLIVEIRA	720	M	930 V40M	205	00:42:04	00:40:31	00:21:41	00:05:16	
1098	INÊS PEREIRA	3724	F	168 V45F	30	00:42:04	00:42:00	00:21:27	00:05:16	GFD RUNNING
1099	JOÃO GABRIEL GOMES	3664	M	931 V55M	69	00:42:04	00:41:30	00:21:18	00:05:16	NUCLEOEIRAS
1100	IJB	4405	M	932 SenM	181	00:42:06	00:40:46	00:21:00	00:05:16	
1101	PAULA MOREIRA	4407	F	169 V50F	15	00:42:07	00:40:00	00:20:36	00:05:16	COLARES
1102	CAROLINA MORAIS	2705	F	170 V35F	28	00:42:07	00:40:51	00:21:06	00:05:16	CLUBE COLABORADORES AGEAS
1103	CRISTIANA PIÇARRA	2966	F	171 V35F	29	00:42:08	00:41:40	00:20:35	00:05:16	
1104	DIOGO COSTA	4107	M	933 SenM	182	00:42:08	00:40:02	00:19:39	00:05:16	PICOAS
1105	JOSE GASPAR	2604	M	934 V45M	173	00:42:09	00:41:03	00:21:07	00:05:17	
1106	JOÃO MADUREIRA	4274	M	935 V45M	174	00:42:09	00:41:11	00:20:48	00:05:17	GULBENKIAN TEAM
1107	CRISTINA COELHO	3802	F	172 V50F	16	00:42:09	00:41:58	00:20:32	00:05:17	AS
1108	LUIS GRILO	1208	M	936 V45M	175	00:42:10	00:40:45	00:21:05	00:05:17	
1109	HÉLDER ABRANTES	4528	M	937 V35M	126	00:42:11	00:41:51	00:21:09	00:05:17	SUNSET RUNNING TEAM
1110	ANTÓNIO POMBINHO	510	M	938 V60M	36	00:42:12	00:41:47	00:20:35	00:05:17	
1111	GRAÇA ROSAS	1965	F	173 SenF	51	00:42:14	00:41:39	00:22:01	00:05:17	OS VINGADORES
1112	ANDREIA MESQUITA	589	F	174 V35F	30	00:42:14	00:41:02	00:20:40	00:05:17	
1113	FILIPE MAÇORANO	2243	M	939 V40M	206	00:42:14	00:40:23	00:20:33	00:05:17	MERCÊS EM FUGA
1114	JOSE DIAS	1000	M	940 V50M	103	00:42:15	00:41:15	00:22:03	00:05:17	
1115	JOSÉ GALAMBA	2782	M	941 V65M	13	00:42:15	00:42:10	00:21:42	00:05:17	VALEJAS A C
1116	REGINA VIDAL	2080	F	175 SenF	52	00:42:15	00:40:28	00:20:42	00:05:17	
1117	FERNANDO BAETA	1406	M	942 V50M	104	00:42:16	00:40:44	00:20:10	00:05:17	AMIGOS EM MOVIMENTO
1118	SÓNIA SEQUEIRA	2461	F	176 V40F	39	00:42:16	00:41:54	00:20:42	00:05:17	LINDA-A-PASTORA SPORTING CLUBE
1119	JOÃO BRANQUINHO	4119	M	943 SenM	183	00:42:17	00:41:21	00:20:28	00:05:18	MARVILA JOVEM
1120	JOÃO OSÓRIO	4114	M	944 V40M	207	00:42:17	00:40:58	00:21:27	00:05:18	
1121	RUI RATO	3781	M	945 V40M	208	00:42:17	00:41:06	00:21:26	00:05:18	COXOS DO PALMEIRA
1122	JAIME GOMES PRETO	2213	M	946 V65M	14	00:42:18	00:41:48	00:21:02	00:05:18	

Geral		Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1123	JORGE MANUEL PAIS		2211	M	947 V60M	37 00:42:18	00:41:48	00:21:02	00:05:18	
1124	RICARDO VAZ		1708	M	948 SenM	184 00:42:18	00:40:59	00:21:35	00:05:18	
1125	MIGUEL NUNO AZEVEDO CANSADO		3961	M	949 V45M	176 00:42:18	00:40:24	00:21:41	00:05:18	RUN4IT
1126	JOSÉ MATEUS FREIRE		2210	M	950 V60M	38 00:42:18	00:41:48	00:21:02	00:05:18	
1127	RICARDO SANTOS		2229	M	951 V35M	127 00:42:19	00:42:02	00:19:42	00:05:18	
1128	RUI CAIADO		2928	M	952 SenM	185 00:42:19	00:41:17	00:21:16	00:05:18	
1129	JOÃO CANDEIAS		984	M	953 V40M	209 00:42:19	00:42:04	00:21:08	00:05:18	
1130	SOFIA FRANÇA		3298	F	177 V35F	31 00:42:20	00:40:42	00:21:13	00:05:18	
1131	JORGE FERREIRA		1029	M	954 V55M	70 00:42:20	00:40:31	00:21:06	00:05:18	
1132	JOÃO FERNANDES		1713	M	955 JunM	25 00:42:20	00:41:00	00:22:46	00:05:18	
1133	HUGO MÁXIMO		2090	M	956 V35M	128 00:42:21	00:40:35	00:20:30	00:05:18	MÁXIMOS
1134	ARTUR CARVALHO		882	M	957 V45M	177 00:42:21	00:41:09	00:21:32	00:05:18	
1135	CARLA PINA		2625	F	178 V50F	17 00:42:21	00:41:09	00:21:32	00:05:18	
1136	SÉRGIO RAMALHO		861	M	958 V35M	129 00:42:22	00:40:03	00:20:45	00:05:18	
1137	CATIA SANTOS		4447	F	179 V40F	40 00:42:22	00:40:40	00:21:21	00:05:18	
1138	NUNO MIGUEL MOTA RIBEIRO		3356	M	959 V40M	210 00:42:22	00:40:47	00:22:22	00:05:18	TABAQUEIRA
1139	CARLA SANTOS		4095	F	180 V35F	32 00:42:22	00:41:40	00:21:19	00:05:18	
1140	TOMÁS OLIVEIRA		860	M	960 JunM	26 00:42:23	00:41:40	00:21:23	00:05:18	
1141	MÁRIO COELHO		1027	M	961 V55M	71 00:42:23	00:41:55	00:21:10	00:05:18	
1142	DAVID WONG RAMOS		4371	M	962 SenM	186 00:42:24	00:40:39	00:20:28	00:05:18	SUMOL COMPAL
1143	JOSÉ ARAÚJO		1188	M	963 V50M	105 00:42:24	00:41:41	00:20:38	00:05:18	FIDELIDADE GDC
1144	ALEXANDRE LUZ		1463	M	964 V40M	211 00:42:24	00:42:10	00:21:32	00:05:18	
1145	MARTA LABUCHA		2664	F	181 V35F	33 00:42:24	00:41:42	00:21:20	00:05:18	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
1146	LUÍS NEVES		3499	M	965 V35M	130 00:42:24	00:40:33	00:21:36	00:05:18	NETJETS
1147	JOSÉ ANDRADE		1480	M	966 V50M	106 00:42:24	00:41:11	00:21:03	00:05:18	KEEP RUNNING
1148	MARIA SANTOS		3570	F	182 V50F	18 00:42:24	00:41:54	00:21:42	00:05:18	
1149	JOÃO COSTA		4255	M	967 V35M	131 00:42:24	00:40:57	00:22:17	00:05:18	
1150	ANDRÉ FERREIRA		1453	M	968 SenM	187 00:42:24	00:41:00	00:21:33	00:05:18	
1151	PATRICIA SANTOS		3571	F	183 SenF	53 00:42:25	00:41:54	00:21:42	00:05:19	
1152	JOANA CONTREIRAS		3452	F	184 JunF	6 00:42:25	00:42:05	00:20:23	00:05:19	
1153	ANTÓNIO MAJOR		4424	M	969 V55M	72 00:42:25	00:42:20	00:22:03	00:05:19	
1154	SANDRA GUERREIRO		2280	F	185 V40F	41 00:42:25	00:41:53	00:21:38	00:05:19	SINGARUNNERS
1155	CATARINA DUARTE		1356	F	186 V35F	34 00:42:25	00:41:36	00:20:59	00:05:19	
1156	JOÃO CÔRÇA		1683	M	970 V35M	132 00:42:25	00:41:50	00:21:22	00:05:19	
1157	PEDRO SALDANHA		2031	M	971 V50M	107 00:42:26	00:40:47	00:19:43	00:05:19	HOT RUNNERS
1158	BRUNO MIGUEL DIAS		4360	M	972 V35M	133 00:42:26	00:41:18	00:23:10	00:05:19	SUMOL COMPAL
1159	CLAUSEN LAVOS		522	F	187 V40F	42 00:42:26	00:41:19	00:21:36	00:05:19	
1160	OLGA SANTOS		620	F	188 V40F	43 00:42:26	00:40:24	00:22:07	00:05:19	
1161	ANTONIO JORGE ALMEIDA ALVES		2373	M	973 V50M	108 00:42:26	00:42:20	00:21:37	00:05:19	CLUBE MILLENNIUM BCP
1162	DOMINGOS PENEDO		2553	M	974 V60M	39 00:42:27	00:40:44	00:22:17	00:05:19	GRD RIBEIRA DA LAGE
1163	NUNO OLIVEIRA E SANTOS		2191	M	975 SenM	188 00:42:27	00:38:40	00:19:13	00:05:19	
1164	JOSÉ BRAGANÇA		2812	M	976 V40M	212 00:42:29	00:41:55	00:20:24	00:05:19	
1165	LEONEL FERNANDO FERREIRA GAMEIRO BRANDAO		2307	M	977 V50M	109 00:42:30	00:40:51	00:21:30	00:05:19	CLUBE MILLENNIUM BCP
1166	BRUNA ROCHINHA		3810	F	189 SenF	54 00:42:31	00:41:39	00:21:03	00:05:19	JOAQUIM CHAVES SAÚDE
1167	JOE PRITTING		4257	M	978 V60M	40 00:42:31	00:41:53	00:21:03	00:05:19	
1168	CARLOS ALBERTO HORTA		642	M	979 V55M	73 00:42:31	00:42:22	00:21:12	00:05:19	
1169	ALFREDO REIS		654	M	980 V60M	41 00:42:33	00:42:12	00:20:53	00:05:20	
1170	JORGE LEMOS		647	M	981 V45M	178 00:42:33	00:41:27	00:21:18	00:05:20	
1171	CARLOS SILVA		947	M	982 V55M	74 00:42:34	00:40:58	00:22:40	00:05:20	
1172	ANA CATARINA DIAS DOS SANTOS SILVA		3425	F	190 SenF	55 00:42:34	00:40:58	00:22:40	00:05:20	TABAQUEIRA
1173	MARCELO AUGUSTO		4538	M	983 SenM	189 00:42:35	00:40:56	00:20:20	00:05:20	CLUBE ACCENTURE

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa	
1174	CARINA AMARO		836	F	191	SenF	56	00:42:35	00:42:03	00:20:19	00:05:20	
1175	LUIS LOURENCO		1971	M	984	V40M	213	00:42:36	00:41:29	00:21:38	00:05:20	
1176	ROSA MARIA LEITÃO MARQUES		3150	F	192	V45F	31	00:42:36	00:42:19	00:20:57	00:05:20	GRCD LEIÃO
1177	TIAGO SILVA		3537	M	985	V35M	134	00:42:36	00:42:26	00:22:00	00:05:20	
1178	RUI MELO		1977	M	986	V35M	135	00:42:36	00:41:22	00:21:33	00:05:20	GO FIT OR GO HOME
1179	PAULO COUTINHO		1954	M	987	V35M	136	00:42:37	00:41:55	00:22:07	00:05:20	
1180	PEDRO FERNANDES		2116	M	988	V40M	214	00:42:37	00:41:55	00:22:07	00:05:20	
1181	AMÍLCAR MORAIS DIAS		3672	M	989	V60M	42	00:42:37	00:42:31	00:21:34	00:05:20	NUCLEOEIRAS
1182	RUI GONÇALVES		604	M	990	V40M	215	00:42:37	00:41:25	00:22:32	00:05:20	
1183	VÍTOR TEIXEIRA		2498	M	991	V35M	137	00:42:38	00:41:20	00:22:51	00:05:20	LINDA-A-PASTORA SPORTING CLUBE
1184	MARIA LAGES		1226	F	193	V45F	32	00:42:38	00:40:21	00:21:35	00:05:20	
1185	PAULO VAZ		2605	M	992	V45M	179	00:42:38	00:41:33	00:21:19	00:05:20	
1186	SÉRGIO SANTOS		4011	M	993	V40M	216	00:42:39	00:42:31	00:19:34	00:05:20	TEVA RUNNERS
1187	PAULO ABRANTES		1739	M	994	V50M	110	00:42:39	00:41:08	00:21:34	00:05:20	
1188	INÊS GOMES		3024	F	194	JunF	7	00:42:39	00:40:30	00:20:51	00:05:20	SERUL
1189	ARTUR JORGE ALMEIDA LEITE		2367	M	995	V50M	111	00:42:40	00:41:21	00:20:50	00:05:20	CLUBE MILLENNIUM BCP
1190	LINA MONTEIRO		2587	F	195	SenF	57	00:42:40	00:40:53	00:21:26	00:05:20	
1191	NELSON MARQUES		4527	M	996	V40M	217	00:42:40	00:42:22	00:22:08	00:05:20	
1192	JOÃO SANTOS		622	M	997	V50M	112	00:42:41	00:41:12	00:21:04	00:05:21	
1193	MARGARIDA SIMÃO		2708	F	196	SenF	58	00:42:41	00:41:25	00:20:57	00:05:21	CLUBE COLABORADORES AGEAS
1194	FERNANDA LOPES		3643	F	197	V45F	33	00:42:41	00:42:09	00:22:15	00:05:21	NUCLEOEIRAS
1195	CARLOS CARDOSO		2446	M	998	V55M	75	00:42:42	00:41:57	00:21:35	00:05:21	
1196	DAVID LOPES		2825	M	999	V45M	180	00:42:42	00:41:23	00:22:00	00:05:21	
1197	MIGUEL FRANCO		4336	M	1000	V45M	181	00:42:42	00:42:27	00:20:28	00:05:21	
1198	JORGE RIBEIRO		4416	M	1001	V45M	182	00:42:42	00:41:13	00:20:46	00:05:21	
1199	MARIA INÊS VERDELHO		4296	F	198	SenF	59	00:42:44	00:41:04	00:21:28	00:05:21	
1200	GONÇALO ENES		1828	M	1002	V45M	183	00:42:44	00:41:31	00:21:05	00:05:21	
1201	LAURA LAPA		1887	F	199	SenF	60	00:42:44	00:42:07	00:21:11	00:05:21	
1202	ANA SOFIA ALEIXO		2450	F	200	V40F	44	00:42:44	00:42:23	00:21:24	00:05:21	LINDA-A-PASTORA SPORTING CLUBE
1203	PAULO ALCEU		2723	M	1003	V65M	15	00:42:44	00:41:59	00:21:46	00:05:21	GRD RIBEIRA DA LAGE
1204	JOÃO FIGUEIREDO		1964	M	1004	V35M	138	00:42:45	00:40:26	00:20:45	00:05:21	
1205	JOÃO SOUSA		3893	M	1005	V35M	139	00:42:46	00:41:51	00:22:29	00:05:21	
1206	JOSÉ BARROSO		1243	M	1006	V55M	76	00:42:46	00:42:37	00:21:46	00:05:21	
1207	NUNO ALMEIDA		997	M	1007	SenM	190	00:42:47	00:42:08	00:22:08	00:05:21	
1208	FRANCISCO COSTA		4098	M	1008	JunM	27	00:42:47	00:41:29	00:22:01	00:05:21	
1209	FILIPE MIGUEL FITAS		691	M	1009	V35M	140	00:42:47	00:42:08	00:22:07	00:05:21	
1210	RUI LOURENCO		1980	M	1010	V50M	113	00:42:47	00:41:41	00:21:50	00:05:21	
1211	NUNO TIAGO PIMENTA FERREIRA		4031	M	1011	V35M	141	00:42:47	00:41:15	00:21:18	00:05:21	BANCO ATLANTICO EUROPA
1212	LUIS COMPOETE		3984	M	1012	SenM	191	00:42:47	00:41:29	00:22:01	00:05:21	
1213	SÉRGIO TRINDADE		4451	M	1013	SenM	192	00:42:47	00:41:48	00:21:29	00:05:21	
1214	HÉLDER FÉLIX		1616	M	1014	V40M	218	00:42:48	00:41:41	00:21:26	00:05:21	
1215	GONÇALO SIMÕES		3197	M	1015	SenM	193	00:42:48	00:40:24	00:22:06	00:05:21	
1216	SERGIO MELRO		4387	M	1016	V50M	114	00:42:49	00:41:17	00:21:35	00:05:22	
1217	PEDRO DIAS		1481	M	1017	V45M	184	00:42:50	00:41:37	00:22:07	00:05:22	KEEP RUNNING
1218	FERNANDO SILVA		3951	M	1018	V50M	115	00:42:50	00:40:31	00:21:20	00:05:22	
1219	DANIEL FERNANDES		2783	M	1019	V35M	142	00:42:51	00:42:20	00:22:24	00:05:22	VALEJAS A C
1220	ANTÓNIO CASAS NOVAS		615	M	1020	V40M	219	00:42:51	00:40:44	00:21:50	00:05:22	
1221	PEDRO BRAZ		3877	M	1021	V35M	143	00:42:52	00:41:57	00:22:28	00:05:22	
1222	FERNANDO JORGE B SERRANO		2320	M	1022	V50M	116	00:42:52	00:42:01	00:21:20	00:05:22	CLUBE MILLENNIUM BCP
1223	BRUNO AFONSO		534	M	1023	V40M	220	00:42:54	00:42:25	00:22:43	00:05:22	
1224	TIAGO MATIAS		554	M	1024	V35M	144	00:42:54	00:41:46	00:23:05	00:05:22	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1225	PEDRO FERNANDES	3554	M 1025	SenM 194	00:42:54	00:41:27	00:21:48	00:05:22	POWERBOOST CLUB
1226	ANABELA CONSTANTE	2026	F 201	V40F 45	00:42:55	00:41:26	00:21:44	00:05:22	
1227	DELFINA MARIA ALEXANDRE	2315	F 202	V50F 19	00:42:55	00:41:21	00:21:03	00:05:22	CLUBE MILLENNIUM BCP
1228	LUIZ SMELÁN	4322	M 1026	SenM 195	00:42:56	00:42:05	00:20:47	00:05:22	
1229	ALFREDO MARTINHO	700	M 1027	V40M 221	00:42:56	00:41:26	00:21:19	00:05:22	
1230	AMÉRICO CALDEIRA	1008	M 1028	V50M 117	00:42:57	00:42:12	00:20:45	00:05:23	100 TURBO
1231	MANUEL ALVES	672	M 1029	V55M 77	00:42:57	00:42:07	00:21:48	00:05:23	
1232	MARTA MAFRA	601	F 203	V35F 35	00:42:58	00:41:50	00:23:04	00:05:23	
1233	RUI MARQUES	4050	M 1030	V45M 185	00:42:58	00:42:26	00:22:04	00:05:23	CLUBE FERROVIÁRIO DE PORTUGAL
1234	MARCO MENDES	4344	M 1031	V35M 145	00:42:59	00:42:50	00:21:42	00:05:23	SUMOL COMPAL
1235	ÁLIA GERARDO	1983	F 204	SenF 61	00:42:59	00:42:20	00:22:16	00:05:23	
1236	CATARINA DE CASTRO	941	F 205	V35F 36	00:43:00	00:41:50	00:22:16	00:05:23	
1237	CATARINA LINHARES DE LIMA	1160	F 206	V50F 20	00:43:00	00:42:47	00:22:14	00:05:23	
1238	CÁTIA ROBALO	3963	F 207	V35F 37	00:43:00	00:42:50	00:20:55	00:05:23	
1239	PEDRO ROCHA	3926	M 1032	V50M 118	00:43:00	00:42:47	00:22:14	00:05:23	
1240	JOANA PINTO	2432	F 208	SenF 62	00:43:01	00:41:16	00:21:13	00:05:23	XPANDERS
1241	RUI PEDRO ESTRIGA	1529	M 1033	SenM 196	00:43:02	00:42:36	00:20:44	00:05:23	CLUBE EDP LISBOA
1242	GUSTAVO MALTEZ	774	M 1034	JunM 28	00:43:02	00:40:59	00:21:27	00:05:23	
1243	REIS	1986	M 1035	V40M 222	00:43:02	00:41:51	00:21:07	00:05:23	
1244	CATARINA PEDREIRA	2724	F 209	SenF 63	00:43:02	00:42:51	00:21:32	00:05:23	GRD RIBEIRA DA LAGE
1245	JOSÉ PEDRO CASTRO GUIMARÃES	3693	M 1036	V55M 78	00:43:02	00:42:40	00:22:04	00:05:23	
1246	MÁRCIA GASPAR	3129	F 210	V40F 46	00:43:02	00:42:13	00:21:08	00:05:23	GRCD LEIÃO
1247	LUDIMAR GUENDA	2434	M 1037	V35M 146	00:43:03	00:41:19	00:21:16	00:05:23	XPANDERS
1248	MIGUEL OLIVEIRA	4298	M 1038	V55M 79	00:43:03	00:40:42	00:20:32	00:05:23	CASA PESSOAL IP
1249	HELENA RODRIGUES	758	F 211	V45F 34	00:43:04	00:41:41	00:21:11	00:05:23	
1250	RUI MALTEZ	776	M 1039	V50M 119	00:43:04	00:41:01	00:21:28	00:05:23	
1251	MERCEDES JESUS FERNANDES FONSECA	1444	F 212	V60F 5	00:43:04	00:42:00	00:21:45	00:05:23	
1252	PAULO GONÇALVES	949	M 1040	V45M 186	00:43:04	00:41:41	00:21:12	00:05:23	
1253	NUNO CABANAS	3068	M 1041	V45M 187	00:43:04	00:42:46	00:20:12	00:05:23	
1254	JOÃO ANDRADE	2929	M 1042	SenM 197	00:43:05	00:42:06	00:21:38	00:05:24	
1255	JOANA SOUSA	1774	F 213	SenF 64	00:43:05	00:41:40	00:21:13	00:05:24	ISG PARTY & RUN
1256	FRANCISCO RIBEIRO	1044	M 1043	V50M 120	00:43:05	00:42:30	00:21:22	00:05:24	
1257	AMANDIO BUSCA	1941	M 1044	V50M 121	00:43:05	00:42:22	00:22:13	00:05:24	
1258	PEDRO MARQUES	1767	M 1045	V40M 223	00:43:05	00:41:40	00:22:08	00:05:24	ISG PARTY & RUN
1259	HELENA DUARTE	1474	F 214	V50F 21	00:43:05	00:41:27	00:21:00	00:05:24	
1260	NILTON MOUTINHO	1711	M 1046	JunM 29	00:43:06	00:42:48	00:22:36	00:05:24	
1261	BEATRIZ LOURENÇO	3655	F 215	V50F 22	00:43:06	00:42:37	00:21:34	00:05:24	NUCLEOEIRAS
1262	GABRIELA SASHEVA GENOVA	3104	F 216	SenF 65	00:43:07	00:42:10	00:21:48	00:05:24	GRCD LEIÃO
1263	LUCAS DUTRA	3060	M 1047	SenM 198	00:43:07	00:42:28	00:21:02	00:05:24	
1264	RUI PEDRO POMBAL ROSÁRIO	3435	M 1048	SenM 199	00:43:08	00:41:08	00:21:35	00:05:24	TABAQUEIRA
1265	IRENE QUEIROS	840	F 217	V35F 38	00:43:08	00:42:41	00:21:08	00:05:24	
1266	MARIA BORGES	1488	F 218	SenF 66	00:43:08	00:42:55	00:21:35	00:05:24	THE CROODS
1267	PATRICIA SANTOS	1323	F 219	V45F 35	00:43:08	00:42:16	00:21:15	00:05:24	CLUBE NOVO BANCO
1268	MARTA NUNES	3042	F 220	V35F 39	00:43:08	00:40:53	00:21:19	00:05:24	SERUL
1269	LUIS BRAVO	4523	M 1049	V45M 188	00:43:08	00:41:57	00:20:09	00:05:24	
1270	DUARTE TEIXEIRA	650	M 1050	V35M 147	00:43:09	00:42:35	00:22:05	00:05:24	
1271	MIGUEL PEREIRA	3783	M 1051	SenM 200	00:43:09	00:41:54	00:22:16	00:05:24	
1272	ANTÓNIO TEIXEIRA DUARTE	2970	M 1052	V55M 80	00:43:09	00:41:32	00:21:11	00:05:24	CLUBE DO STRESS
1273	INÊS VIRIATO	3274	F 221	SenF 67	00:43:09	00:42:56	00:21:34	00:05:24	SINGARUNNERS
1274	ARMINDO PEREIRA	3938	M 1053	V45M 189	00:43:10	00:41:29	00:22:11	00:05:24	
1275	LOURENÇO PEREIRA	3782	M 1054	V50M 122	00:43:10	00:41:55	00:22:17	00:05:24	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1276	SILVÉRIO RODRIGUES	1289	M 1055	V45M 190	00:43:10	00:41:41	00:22:19	00:05:24	
1277	PEDRO MIGUEL NUNES ALMEIDA	2345	M 1056	V35M 148	00:43:10	00:42:56	00:21:34	00:05:24	CLUBE MILLENNIUM BCP
1278	INÊS COSTA	723	F 222	V35F 40	00:43:12	00:42:48	00:21:45	00:05:24	
1279	ANA ARAÚJO	3173	F 223	SenF 68	00:43:12	00:41:57	00:22:48	00:05:24	
1280	SÉRGIO ANTUNES	3248	M 1057	V50M 123	00:43:12	00:42:23	00:21:44	00:05:24	CLUBE ANACOM
1281	TIAGO PALMA	3172	M 1058	SenM 201	00:43:13	00:41:59	00:22:49	00:05:25	
1282	ANA SERRAS	1982	F 224	V35F 41	00:43:13	00:42:34	00:22:17	00:05:25	
1283	GONÇALO MOREIRA	992	M 1059	V40M 224	00:43:14	00:42:17	00:21:58	00:05:25	AGMM2008
1284	LUIS LOPES	1882	M 1060	V35M 149	00:43:14	00:42:32	00:21:38	00:05:25	
1285	ANTONIO FARIA	1077	M 1061	V50M 124	00:43:15	00:42:02	00:22:30	00:05:25	
1286	FERNANDO COELHO	558	M 1062	V45M 191	00:43:15	00:42:02	00:22:30	00:05:25	
1287	NUNO MORENO	4275	M 1063	V40M 225	00:43:16	00:42:15	00:20:20	00:05:25	GULBENKIAN TEAM
1288	YULIYA KHARYNA	1831	F 225	SenF 69	00:43:16	00:42:42	00:21:15	00:05:25	
1289	ANDREIA GONÇALVES	999	F 226	SenF 70	00:43:16	00:40:45	00:20:59	00:05:25	
1290	DIANA GUIMARÃES	2773	F 227	V35F 42	00:43:17	00:41:57	00:21:28	00:05:25	VALEJAS A C
1291	RUI PAIVA	1332	M 1064	V40M 226	00:43:17	00:42:22	00:22:30	00:05:25	CLUBE NOVO BANCO
1292	LUÍS FILIPE	1283	M 1065	V40M 227	00:43:17	00:42:06	00:21:44	00:05:25	SLBSCP
1293	JOÃO SANTOS	532	M 1066	JunM 30	00:43:18	00:42:09	00:21:57	00:05:25	
1294	INÊS FIQUEIREDO	857	F 228	JunF 8	00:43:18	00:42:10	00:21:58	00:05:25	
1295	ANA NETO	2449	F 229	V40F 47	00:43:20	00:42:57	00:21:30	00:05:25	LINDA-A-PASTORA SPORTING CLUBE
1296	SÉRGIO TORRINHA	732	M 1067	V35M 150	00:43:21	00:42:16	00:22:10	00:05:26	
1297	CARLOS CASAL	2561	M 1068	V40M 228	00:43:22	00:42:54	00:21:55	00:05:26	GRD RIBEIRA DA LAGE
1298	LUÍS GAÇÃO	1940	M 1069	V50M 125	00:43:22	00:42:40	00:22:15	00:05:26	
1299	ADRIANA TURENSCHE	2556	F 230	V35F 43	00:43:24	00:42:42	00:21:13	00:05:26	GRD RIBEIRA DA LAGE
1300	ORLANDO DIAS	1255	M 1070	V50M 126	00:43:24	00:41:04	00:22:44	00:05:26	
1301	ADRIANO ZAMBUJEIRO	602	M 1071	V40M 229	00:43:24	00:41:14	00:21:13	00:05:26	
1302	CARLA MARIA CALDEIRA SOUSA COUTINHO	2403	F 231	V45F 36	00:43:25	00:43:02	00:21:54	00:05:26	CLUBE MILLENNIUM BCP
1303	LUIS SILVA	2786	M 1072	V50M 127	00:43:25	00:42:14	00:21:50	00:05:26	VALEJAS A C
1304	MÓNICA SOUSA	4578	F 232	V40F 48	00:43:25	00:42:22	00:21:35	00:05:26	OS GALGOS
1305	PAULO PATRÍCIO	1782	M 1073	V45M 192	00:43:25	00:42:56	00:22:04	00:05:26	
1306	ELSA RUTE MENDES	2808	F 233	V50F 23	00:43:27	00:42:36	00:21:35	00:05:26	RUNNERS DE KINTAL
1307	HENRIQUE ALEXANDRE BORGES DE AZEVEDO COSTA	3859	M 1074	SenM 202	00:43:27	00:41:40	00:21:49	00:05:26	ALTAMIRA
1308	RITA BORBINHA	4493	F 234	V35F 44	00:43:27	00:42:51	00:22:18	00:05:26	GFD RUNNING
1309	RICARDO ROMÃO	2086	M 1075	V40M 230	00:43:29	00:42:22	00:21:13	00:05:27	CASA DO PESSOAL DA RTP
1310	RUI MIGUEL ALVES GARCIA	2522	M 1076	V45M 193	00:43:29	00:43:02	00:21:37	00:05:27	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
1311	ANTÓNIO RAIMUNDO	4441	M 1077	V55M 81	00:43:29	00:41:58	00:21:51	00:05:27	
1312	JOSÉ MARIA CARDOSO	3120	M 1078	V75M 3	00:43:29	00:43:16	00:22:04	00:05:27	GRCD LEIÃO
1313	SOFIA FILIPA SALVADOR GONÇALVES	3159	F 235	JunF 9	00:43:29	00:43:16	00:22:04	00:05:27	GRCD LEIÃO
1314	MARTA PORTUGAL	3718	F 236	V35F 45	00:43:30	00:43:09	00:21:06	00:05:27	
1315	VIRGILIO RODRIGUES	2800	M 1079	V70M 6	00:43:30	00:42:46	00:22:08	00:05:27	VALEJAS A C
1316	SANDRA DIAS	3153	F 237	V40F 49	00:43:30	00:42:59	00:22:17	00:05:27	GRCD LEIÃO
1317	RODRIGO VILELA	3975	M 1080	SenM 203	00:43:30	00:42:06	00:22:11	00:05:27	
1318	MARGARIDA RAMOS	1823	F 238	JunF 10	00:43:30	00:42:41	00:22:46	00:05:27	BIG 3
1319	ARMANDO MUCHAGATA	3971	M 1081	V45M 194	00:43:31	00:42:06	00:22:12	00:05:27	
1320	ABEL COSTA	4025	M 1082	V60M 43	00:43:31	00:42:58	00:21:45	00:05:27	
1321	CLÁUDIA SANTA COMBA	1821	F 239	V40F 50	00:43:32	00:42:43	00:22:47	00:05:27	BIG 3
1322	ANABELA SANTOS	2451	F 240	V45F 37	00:43:33	00:43:11	00:20:38	00:05:27	LINDA-A-PASTORA SPORTING CLUBE
1323	PEDRO FERNANDES	2768	M 1083	V45M 195	00:43:33	00:42:46	00:22:23	00:05:27	ASSOCIAÇÃO CULTURAL DA LAGE
1324	SANDRA FERNANDES	2760	F 241	V45F 38	00:43:34	00:42:45	00:22:23	00:05:27	ASSOCIAÇÃO CULTURAL DA LAGE
1325	CARLOS BRITO	4516	M 1084	V35M 151	00:43:35	00:41:24	00:21:24	00:05:27	
1326	PAULO PINTO LUÍS	4358	M 1085	V45M 196	00:43:35	00:43:34	00:21:16	00:05:27	SUMOL COMPAL

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1327	RICARDO PEREIRA	1737	M 1086	V35M 152	00:43:36	00:42:19	00:21:59	00:05:27	
1328	ALEXANDRA CRISTINA G F CARMONA COSTA	2391	F 242	V45F 39	00:43:37	00:42:18	00:20:59	00:05:28	CLUBE MILLENNIUM BCP
1329	IDÁLIA DA CONCEIÇÃO FERREIRA SANTOS CAEIRO	2005	F 243	V45F 40	00:43:37	00:42:10	00:21:26	00:05:28	
1330	ANTÓNIO PITEIRA	2714	M 1087	V45M 197	00:43:37	00:41:57	00:21:56	00:05:28	
1331	ANDRÉ QUEIRÓS	2177	M 1088	SenM 204	00:43:37	00:42:49	00:23:22	00:05:28	NOVENTEIOS
1332	INÊS MALVEIRO	1639	F 244	SenF 71	00:43:37	00:41:43	00:21:41	00:05:28	
1333	SOFIA CANCELINHA	2175	F 245	SenF 72	00:43:38	00:42:49	00:23:22	00:05:28	NOVENTEIOS
1334	MARIA BORGES	3677	F 246	V45F 41	00:43:38	00:42:33	00:22:19	00:05:28	
1335	CESAR RODRIGUES	2174	M 1089	SenM 205	00:43:38	00:42:48	00:23:21	00:05:28	NOVENTEIOS
1336	AGAPITO BELGA	2010	M 1090	V65M 16	00:43:38	00:42:33	00:22:18	00:05:28	
1337	ALEXANDRA PINTO	2560	F 247	V40F 51	00:43:39	00:43:28	00:21:59	00:05:28	GRD RIBEIRA DA LAGE
1338	ROSA FIDALGO	1546	F 248	V50F 24	00:43:39	00:41:15	00:21:13	00:05:28	
1339	CARLOS SIMÕES	3650	M 1091	V50M 128	00:43:39	00:42:16	00:21:30	00:05:28	NUCLEOEIRAS
1340	FILIPE SIMÕES	3703	M 1092	V55M 82	00:43:40	00:42:16	00:21:16	00:05:28	
1341	ANABELA MARQUES	4096	F 249	V45F 42	00:43:40	00:41:38	00:21:48	00:05:28	
1342	SUSANA RODRIGUES	581	F 250	V45F 43	00:43:41	00:43:15	00:21:45	00:05:28	
1343	MANUEL M TEIXEIRA DUARTE	2974	M 1093	SenM 206	00:43:42	00:42:10	00:21:51	00:05:28	CLUBE DO STRESS
1344	BRUNO SANTOS	807	M 1094	V40M 231	00:43:42	00:39:49	00:20:23	00:05:28	
1345	SERGIO LOPEZ MADRIGAL	688	M 1095	SenM 207	00:43:42	00:42:47	00:21:56	00:05:28	
1346	ALEX ALBERTO MANTILLA SANCHEZ	685	M 1096	SenM 208	00:43:42	00:42:47	00:21:55	00:05:28	
1347	JOSÉ LACERDA	3670	M 1097	V60M 44	00:43:42	00:43:29	00:21:31	00:05:28	NUCLEOEIRAS
1348	RUI PINTO	611	M 1098	SenM 209	00:43:45	00:42:05	00:21:57	00:05:29	
1349	VITOR SILVA	1753	M 1099	V55M 83	00:43:46	00:43:32	00:22:15	00:05:29	
1350	CRISTINA ZANCU	3029	F 251	V45F 44	00:43:46	00:42:38	00:20:06	00:05:29	SERUL
1351	SUSANA ADREGA	3952	F 252	SenF 73	00:43:46	00:42:10	00:22:00	00:05:29	
1352	TALA N'DJAI	1032	M 1100	V35M 153	00:43:46	00:42:20	00:21:07	00:05:29	LOS POLLOS HERMANOS
1353	VITOR ROCHA	2725	M 1101	V55M 84	00:43:47	00:41:30	00:21:42	00:05:29	GRD RIBEIRA DA LAGE
1354	LUIS SOUSA	1832	M 1102	V45M 198	00:43:47	00:43:07	00:22:59	00:05:29	
1355	RICARDO BAPTISTA	716	M 1103	V40M 232	00:43:47	00:41:34	00:21:05	00:05:29	
1356	LILIANA BERNARDO	2643	F 253	V40F 52	00:43:48	00:43:30	00:22:25	00:05:29	TALISCAS
1357	JOSÉ VALE	1217	M 1104	V55M 85	00:43:48	00:43:41	00:22:30	00:05:29	
1358	ANA MOTA	1078	F 254	SenF 74	00:43:48	00:41:47	00:21:40	00:05:29	
1359	PEDRO CASTELO	3458	M 1105	V35M 154	00:43:48	00:42:12	00:22:00	00:05:29	
1360	OSCAR ROCHA	1575	M 1106	V55M 86	00:43:48	00:42:38	00:23:00	00:05:29	
1361	NUNO FAUSTINO	2644	M 1107	V40M 233	00:43:49	00:43:30	00:22:25	00:05:29	TALISCAS
1362	ALTIDE CRUZ	1705	M 1108	V45M 199	00:43:49	00:42:38	00:23:00	00:05:29	
1363	EVA LOURENÇO	824	F 255	V35F 46	00:43:49	00:42:13	00:21:35	00:05:29	
1364	JOAQUIM VARANDA	1482	M 1109	V55M 87	00:43:49	00:42:34	00:21:28	00:05:29	KEEP RUNNING
1365	NUNO CEPEDA	2159	M 1110	V45M 200	00:43:49	00:37:48	00:20:13	00:05:29	
1366	ANA PAULETA	4899	F 256	V40F 53	00:43:50	00:42:33	00:21:46	00:05:29	
1367	JACQUES PASCAL	1409	M 1111	V55M 88	00:43:50	00:41:38	00:21:43	00:05:29	
1368	SARA CONCHINHAS	4548	F 257	SenF 75	00:43:50	00:42:12	00:21:01	00:05:29	CLUBE ACCENTURE
1369	TIAGO FERREIRA	3918	M 1112	SenM 210	00:43:50	00:42:02	00:21:33	00:05:29	
1370	MARIA LUÍSA DE LEMOS MACHADO	4164	F 258	V35F 47	00:43:51	00:42:00	00:22:15	00:05:29	GOLU
1371	SÓNIA CARDOSO	1672	F 259	V40F 54	00:43:51	00:43:24	00:22:44	00:05:29	
1372	ANA VIEIRA	3905	F 260	SenF 76	00:43:51	00:42:53	00:22:06	00:05:29	
1373	JORGE JOURDAN	4086	M 1113	V55M 89	00:43:52	00:42:27	00:21:01	00:05:29	
1374	VERA LOPES	4078	F 261	V35F 48	00:43:52	00:43:21	00:22:25	00:05:29	ASSOCIAÇÃO MORADORES 18 DE MAIO
1375	LUIS SABINO	3246	M 1114	V40M 234	00:43:53	00:41:43	00:20:29	00:05:30	
1376	ANDRÉ HENRIQUES	3548	M 1115	SenM 211	00:43:53	00:43:16	00:20:58	00:05:30	
1377	FERNANDO FILIPE	1302	M 1116	V50M 129	00:43:53	00:42:05	00:21:26	00:05:30	CLUBE NOVO BANCO

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1378	TIAGO MOREIRA	3633	M 1117	V45M 201	00:43:54	00:43:36	00:21:58	00:05:30	NUCLEOEIRAS
1379	LILIA GONÇALVES	3005	F 262	V50F 25	00:43:54	00:42:46	00:21:32	00:05:30	SERUL
1380	RODRIGO SOUZA	3760	M 1118	V40M 235	00:43:54	00:42:55	00:21:20	00:05:30	
1381	BRUNO SANTA MARTA & RUI CARREIRA ARQ LDA	4144	M 1119	V50M 130	00:43:54	00:42:45	00:20:54	00:05:30	
1382	CARLA ALEXANDRA FERNANDES DE CARVALHO FARIA	3086	F 263	V50F 26	00:43:54	00:43:36	00:21:52	00:05:30	GRCD LEIÃO
1383	NADIA MIRANDA	4110	F 264	V40F 55	00:43:55	00:43:20	00:22:31	00:05:30	
1384	NUNO ANDRÉ	847	M 1120	V40M 236	00:43:55	00:43:16	00:22:10	00:05:30	
1385	CARLOS HENRIQUES	3547	M 1121	V55M 90	00:43:55	00:43:18	00:20:52	00:05:30	
1386	RUI FREIRE	2557	M 1122	V35M 155	00:43:55	00:42:45	00:22:50	00:05:30	GRD RIBEIRA DA LAGE
1387	CÉSAR VIEGAS	4111	M 1123	V60M 45	00:43:56	00:43:36	00:22:02	00:05:30	
1388	DEREK OLSON	4071	M 1124	V55M 91	00:43:56	00:43:37	00:22:01	00:05:30	
1389	PEDRO BOLOTINHA	2281	M 1125	V40M 237	00:43:56	00:43:23	00:22:26	00:05:30	SINGARUNNERS
1390	RITA CORDA	4122	F 265	SenF 77	00:43:56	00:42:16	00:21:50	00:05:30	VALEJAS A C
1391	CESAR SANTOS	2772	M 1126	V45M 202	00:43:56	00:42:16	00:21:50	00:05:30	VALEJAS A C
1392	JOANA FERNANDES	3872	F 266	SenF 78	00:43:57	00:42:51	00:21:24	00:05:30	
1393	JOSÉ SILVEIRA	4376	M 1127	V50M 131	00:43:58	00:42:15	00:21:00	00:05:30	SUMOL COMPAL
1394	LUÍS MIGUEL	2785	M 1128	V40M 238	00:44:00	00:42:19	00:21:49	00:05:30	VALEJAS A C
1395	NELSON CESAR MARQUES GIL	3359	M 1129	V40M 239	00:44:00	00:42:32	00:25:09	00:05:30	TABAQUEIRA
1396	JORGE MARCELINO	664	M 1130	V60M 46	00:44:00	00:43:37	00:21:39	00:05:30	
1397	CARLA SOFIA PEDROSO MEDEIROS	2396	F 267	V35F 49	00:44:00	00:43:28	00:22:32	00:05:30	CLUBE MILLENNIUM BCP
1398	SANDRA LOPES	1695	F 268	V45F 45	00:44:01	00:43:53	00:22:02	00:05:31	
1399	ADELINO CORREIA	1854	M 1131	V65M 17	00:44:01	00:42:41	00:23:01	00:05:31	
1400	BERNARDO SALAVESSA	747	M 1132	V40M 240	00:44:02	00:43:49	00:21:38	00:05:31	
1401	JOÃO MELO	3030	M 1133	V40M 241	00:44:02	00:42:45	00:23:16	00:05:31	SERUL
1402	NATÁLIA DIAS	3136	F 269	V50F 27	00:44:03	00:42:09	00:21:40	00:05:31	GRCD LEIÃO
1403	ANA PATRÍCIA ANACLETO	2296	F 270	V40F 56	00:44:03	00:43:32	00:22:13	00:05:31	PEPSICO PORTUGAL
1404	NUNO GONÇALVES	1478	M 1134	V65M 18	00:44:03	00:42:47	00:21:43	00:05:31	KEEP RUNNING
1405	CATARINA PEDEIRA	2572	F 271	SenF 79	00:44:03	00:42:46	00:23:15	00:05:31	GRD RIBEIRA DA LAGE
1406	MARIO BOTAS CAMPOS	2339	M 1135	V70M 7	00:44:04	00:42:47	00:22:03	00:05:31	CLUBE MILLENNIUM BCP
1407	DANIEL APARICIO ALVES DA SILVA MENDES	2848	M 1136	SenM 212	00:44:04	00:43:43	00:23:04	00:05:31	PUMP SQUAD
1408	JOSE RODRIGUES	3440	M 1137	V50M 132	00:44:04	00:42:02	00:22:03	00:05:31	
1409	JOÃO FERREIRA	4272	M 1138	V40M 242	00:44:05	00:42:18	00:21:49	00:05:31	
1410	RENATA FIÚZA DA SILVA BEIRÃO BELO	3860	F 272	V45F 46	00:44:06	00:42:24	00:21:41	00:05:31	ALTAMIRA
1411	EDUARDO NUNES	1270	M 1139	V40M 243	00:44:07	00:42:13	00:21:59	00:05:31	
1412	SANDRA MATOS	2865	F 273	V45F 47	00:44:07	00:43:45	00:21:53	00:05:31	GRD RIBEIRA DA LAGE
1413	RUI REIS	4586	M 1140	V55M 92	00:44:07	00:42:27	00:22:00	00:05:31	
1414	JOÃO RAMOS	4226	M 1141	V45M 203	00:44:07	00:42:35	00:21:35	00:05:31	PEUGEOT PSA RETAIL
1415	PAULO TORPES	3015	M 1142	V35M 156	00:44:07	00:42:19	00:22:05	00:05:31	SERUL
1416	LUIS VIEIRA	1925	M 1143	V45M 204	00:44:08	00:43:43	00:21:56	00:05:31	TRANSITEX RUNNERS
1417	FERNANDO CARDIA	2503	M 1144	V50M 133	00:44:09	00:42:57	00:21:34	00:05:32	
1418	TIAGO VIEIRA	3698	M 1145	V40M 244	00:44:10	00:43:10	00:21:37	00:05:32	
1419	ELISABETE FERNANDES	4511	F 274	V40F 57	00:44:10	00:42:52	00:22:46	00:05:32	
1420	ORLANDO COUCEIRO	2930	M 1146	SenM 213	00:44:10	00:44:00	00:21:27	00:05:32	GRD OS FIXES
1421	AIRES ILDEFONSO	4448	M 1147	V60M 47	00:44:11	00:43:52	00:20:43	00:05:32	HOSA
1422	LUÍSA AUGUSTA PIRES MOREIRA MADEIRA	2292	F 275	V40F 58	00:44:11	00:43:41	00:22:14	00:05:32	PEPSICO PORTUGAL
1423	VASCO MIGUEL FONSECA RAMOS MATIAS	3388	M 1148	V45M 205	00:44:12	00:43:19	00:23:03	00:05:32	TABAQUEIRA
1424	NUNO VALENTE	1320	M 1149	V35M 157	00:44:12	00:43:43	00:21:39	00:05:32	CLUBE NOVO BANCO
1425	VANDA SEQUEIRA	2712	F 276	V45F 48	00:44:12	00:42:23	00:22:09	00:05:32	CLUBE COLABORADORES AGEAS
1426	JOÃO FRADE	2706	M 1150	V45M 206	00:44:12	00:43:41	00:21:51	00:05:32	CLUBE COLABORADORES AGEAS
1427	RITA ANNES	3008	F 277	V40F 59	00:44:13	00:43:05	00:21:30	00:05:32	SERUL
1428	MARCO PAULO MONTEIRO D'ASCENSAO PINHEIRO	3365	M 1151	V40M 245	00:44:13	00:42:46	00:20:12	00:05:32	TABAQUEIRA

Geral		Nome	Dorsal	Género	Categoria			Tempo	Chip	4 Km	Ritmo	Equipa
1429	ANA ALVES		4146	F	278	SenF	80	00:44:13	00:42:13	00:22:22	00:05:32	#TEAM ADT
1430	BRUNO SANTOS		4001	M	1152	V35M	158	00:44:14	00:43:25	00:23:09	00:05:32	TEVA RUNNERS
1431	SILVANIA COSTA		3158	F	279	JunF	11	00:44:14	00:44:04	00:22:08	00:05:32	GRCD LEIÃO
1432	DIOGO SANTOS		3780	M	1153	V40M	246	00:44:14	00:43:05	00:21:49	00:05:32	COXOS DO PALMEIRA
1433	RUI MANUEL PIRES NHASSENCO		3151	M	1154	V50M	134	00:44:14	00:44:05	00:22:08	00:05:32	GRCD LEIÃO
1434	CARLOS VIEIRA		684	M	1155	V45M	207	00:44:15	00:43:46	00:21:49	00:05:32	
1435	CARLOS MANUEL MARTINS		2209	M	1156	V55M	93	00:44:15	00:43:04	00:22:37	00:05:32	
1436	JORGE MONTEIRO		1311	M	1157	V50M	135	00:44:16	00:43:10	00:22:41	00:05:32	CLUBE NOVO BANCO
1437	ANTÓNIO ADELINO FERNANDES PEREIRA		1793	M	1158	V55M	94	00:44:16	00:43:11	00:22:42	00:05:32	
1438	EDUARDO CARLOS S JESUS VILHENA		2383	M	1159	V50M	136	00:44:16	00:42:18	00:22:03	00:05:32	CLUBE MILLENNIUM BCP
1439	RICARDO DUARTE		1144	M	1160	V35M	159	00:44:16	00:43:37	00:22:11	00:05:32	
1440	EDUARDO JOSÉ MEIRA DOS ANJOS		3979	M	1161	V45M	208	00:44:16	00:43:58	00:22:29	00:05:32	
1441	GUILHERME ESTEVES		4024	M	1162	JunM	31	00:44:17	00:37:48	00:19:21	00:05:33	
1442	PAULO ALEXANDRE DOS SANTOS PEIXOTO		4005	M	1163	V40M	247	00:44:18	00:43:29	00:23:09	00:05:33	TEVA RUNNERS
1443	PATRICIA MIRANDA		4209	F	280	V45F	49	00:44:18	00:43:31	00:22:17	00:05:33	
1444	SILVINO CARDOSO		640	M	1164	V40M	248	00:44:19	00:43:00	00:22:39	00:05:33	
1445	EDNA DIAS		1415	F	281	V45F	50	00:44:19	00:44:02	00:23:17	00:05:33	
1446	SANDRA OLIVEIRA		2720	F	282	V45F	51	00:44:19	00:43:35	00:23:11	00:05:33	GRD RIBEIRA DA LAGE
1447	CECÍLIA BAPTISTA		1860	F	283	V50F	28	00:44:20	00:43:31	00:22:26	00:05:33	
1448	JOANA GONÇALVES		4052	F	284	SenF	81	00:44:20	00:44:03	00:22:18	00:05:33	CLUBE FERROVIÁRIO DE PORTUGAL
1449	RICARDO OLIVEIRA		2104	M	1165	V40M	249	00:44:21	00:43:03	00:22:19	00:05:33	
1450	BRUNO PEREIRA		2073	M	1166	SenM	214	00:44:21	00:43:00	00:22:52	00:05:33	
1451	BIANCA DORIA		4153	F	285	V40F	60	00:44:22	00:43:25	00:21:55	00:05:33	
1452	PAULO FERREIRA CARVALHO		1526	M	1167	V65M	19	00:44:22	00:43:58	00:21:35	00:05:33	CLUBE EDP LISBOA
1453	MANUEL GOMES		4218	M	1168	V50M	137	00:44:23	00:41:29	00:20:36	00:05:33	
1454	EDUARDO CUNHA VIEIRA PINTO		2338	M	1169	V50M	138	00:44:23	00:43:14	00:22:25	00:05:33	CLUBE MILLENNIUM BCP
1455	SÉRGIO DOMINGUES		713	M	1170	V45M	209	00:44:23	00:43:56	00:21:49	00:05:33	
1456	HELDER JOSÉ OLIVEIRA REBELO		4007	M	1171	V35M	160	00:44:23	00:43:06	00:22:28	00:05:33	TEVA RUNNERS
1457	PEDRO DIAS		2810	M	1172	V45M	210	00:44:23	00:44:07	00:22:27	00:05:33	TALISCAS
1458	ANA MENEZES		752	F	286	V40F	61	00:44:23	00:42:22	00:22:07	00:05:33	
1459	CRISTINA SILVA		717	F	287	V45F	52	00:44:24	00:43:56	00:22:02	00:05:33	
1460	FRANCISCO MARQUES		750	M	1173	JunM	32	00:44:24	00:38:27	00:19:54	00:05:33	
1461	PEDRO MIGUEL ALVES ARAUJO		2366	M	1174	V50M	139	00:44:24	00:42:54	00:22:54	00:05:33	CLUBE MILLENNIUM BCP
1462	MARTA RITA		674	F	288	V40F	62	00:44:25	00:43:56	00:22:18	00:05:34	
1463	JOSÉ EDUARDO DE OLIVEIRA MARQUES		791	M	1175	V65M	20	00:44:25	00:43:56	00:22:18	00:05:34	
1464	FERNANDO ROSA		712	M	1176	V55M	95	00:44:25	00:43:56	00:21:19	00:05:34	
1465	PAULO MARTINS		2870	M	1177	V55M	96	00:44:25	00:43:14	00:22:49	00:05:34	
1466	GONÇALO NEVES		1499	M	1178	SenM	215	00:44:25	00:42:11	00:22:59	00:05:34	LOS PEPPERÁPIDOS
1467	SUSANA VIDAL		2741	F	289	V40F	63	00:44:26	00:40:12	00:21:23	00:05:34	
1468	PEDRO MANUEL PEREIRA DUARTE		2357	M	1179	V50M	140	00:44:26	00:42:27	00:19:11	00:05:34	CLUBE MILLENNIUM BCP
1469	VANESSA GONCALVES		2672	F	290	SenF	82	00:44:27	00:42:42	00:22:11	00:05:34	
1470	NUNO CORREIA		2112	M	1180	SenM	216	00:44:27	00:42:42	00:22:11	00:05:34	
1471	MIGUEL GUILHERME		1937	M	1181	V35M	161	00:44:27	00:42:49	00:22:30	00:05:34	
1472	PATRÍCIA MACHADO		1918	F	291	V35F	50	00:44:27	00:42:49	00:22:31	00:05:34	
1473	JOSE CORREIA		814	M	1182	V55M	97	00:44:27	00:44:20	00:22:46	00:05:34	
1474	PAULO MOUTINHO		1710	M	1183	V45M	211	00:44:28	00:44:10	00:22:36	00:05:34	
1475	RICARDO MIGUEL BRITO SENA		2377	M	1184	JunM	33	00:44:28	00:43:25	00:22:54	00:05:34	CLUBE MILLENNIUM BCP
1476	ELISABETE GRAÇA		535	F	292	V35F	51	00:44:28	00:44:17	00:22:13	00:05:34	
1477	CRISTINA CARREGA		2915	F	293	V45F	53	00:44:29	00:44:21	00:22:19	00:05:34	PUMP AMADORA
1478	RUI PEREIRA		4510	M	1185	V35M	162	00:44:29	00:42:20	00:22:33	00:05:34	
1479	BRUNO VINTÉM		3579	M	1186	V35M	163	00:44:29	00:43:16	00:24:10	00:05:34	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1480	CARLOS SILVA	3194	M 1187	SenM 217	00:44:30	00:42:23	00:22:35	00:05:34	PRO ANO É QUE É
1481	LUIS MIGUEL	1735	M 1188	V40M 250	00:44:31	00:43:40	00:22:17	00:05:34	
1482	CARLA COELHO	4205	F 294	V40F 64	00:44:32	00:43:41	00:22:23	00:05:34	RUN TEJO
1483	MARGARIDA LOPES	954	F 295	SenF 83	00:44:32	00:43:55	00:22:07	00:05:34	
1484	HEIDY MARIAN GARMENDIA RODRIGUES	3899	F 296	SenF 84	00:44:33	00:43:22	00:21:34	00:05:35	GUAROS
1485	TATIANA LIVRAMENTO	1448	F 297	SenF 85	00:44:33	00:42:35	00:21:12	00:05:35	
1486	ALEXANDRE COSTA	1684	M 1189	V35M 164	00:44:33	00:43:13	00:22:47	00:05:35	
1487	DILIA NOBREGA	2164	F 298	V40F 65	00:44:33	00:42:16	00:22:22	00:05:35	
1488	EMILIA TAVARES	3100	F 299	V50F 29	00:44:35	00:42:59	00:22:32	00:05:35	GRCD LEIÃO
1489	RUI RODRIGUES	1743	M 1190	V40M 251	00:44:35	00:44:24	00:21:44	00:05:35	
1490	NUNO MIGUEL COREIXO PINTO	1760	M 1191	V35M 165	00:44:36	00:42:13	00:21:52	00:05:35	
1491	MARCO FORTES	1640	M 1192	V35M 166	00:44:36	00:43:17	00:21:32	00:05:35	
1492	MARCO VAZ	2657	M 1193	V35M 167	00:44:36	00:43:29	00:21:55	00:05:35	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
1493	SOFIA REIS	1202	F 300	SenF 86	00:44:36	00:43:41	00:21:50	00:05:35	CLUBE DAS GAZELAS
1494	GONÇALO NUNO GUERREIRO DE JESUS SILVA	4163	M 1194	V35M 168	00:44:36	00:42:46	00:22:07	00:05:35	GOLU
1495	PEDRO FARINHA	3832	M 1195	SenM 218	00:44:37	00:43:05	00:21:58	00:05:35	JOAQUIM CHAVES SAÚDE
1496	JOÃO LOPES	2737	M 1196	V40M 252	00:44:37	00:43:05	00:21:57	00:05:35	
1497	CARLOS SANTOS	3201	M 1197	V45M 212	00:44:38	00:42:36	00:21:47	00:05:35	
1498	ARTUR CARVALHO	2504	M 1198	V45M 213	00:44:38	00:42:01	00:22:32	00:05:35	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
1499	RUI MARTINS	1827	M 1199	V40M 253	00:44:39	00:43:41	00:22:03	00:05:35	
1500	CARLOS FERREIRA	1552	M 1200	SenM 219	00:44:39	00:42:01	00:21:21	00:05:35	
1501	MOISÉS APARICIO	4123	M 1201	V35M 169	00:44:39	00:42:24	00:22:45	00:05:35	VALEJAS A C
1502	GANZHA ANDRIY	3414	M 1202	V35M 170	00:44:40	00:43:51	00:21:10	00:05:35	TABAQUEIRA
1503	LUISA LEITE	1250	F 301	V45F 54	00:44:40	00:43:36	00:22:27	00:05:35	
1504	MARIA GONÇALVES	1111	F 302	V50F 30	00:44:40	00:43:36	00:22:27	00:05:35	
1505	LUIS SILVA	2051	M 1203	V45M 214	00:44:40	00:43:52	00:22:23	00:05:35	SS CGD
1506	RAFAEL ALMEIDA	2615	M 1204	JunM 34	00:44:40	00:43:12	00:22:20	00:05:35	
1507	RUTE GALVÃO	4133	F 303	V40F 66	00:44:40	00:43:33	00:22:54	00:05:35	CTA GIRLS
1508	PAULO PEREIRA	4231	M 1205	V45M 215	00:44:40	00:43:07	00:22:56	00:05:35	PEUGEOT PSA RETAIL
1509	MARIA CÉSAR	3629	F 304	V45F 55	00:44:42	00:44:37	00:22:32	00:05:36	NUCLEOEIRAS
1510	PAULO CABAÇO	1048	M 1206	V50M 141	00:44:42	00:43:14	00:23:03	00:05:36	
1511	JOANA LOPES	918	F 305	V35F 52	00:44:43	00:42:57	00:23:56	00:05:36	
1512	LUIS GONÇALVES	4436	M 1207	V35M 171	00:44:43	00:43:03	00:21:29	00:05:36	
1513	ANA MADEIRA	1990	F 306	V35F 53	00:44:44	00:43:47	00:22:23	00:05:36	PUMP AMADORA
1514	MARIA BENTO	2551	F 307	V60F 6	00:44:45	00:44:35	00:21:01	00:05:36	GRD RIBEIRA DA LAGE
1515	JOSE IGNACIO RUIZ DE LA CONCHA	854	M 1208	V55M 98	00:44:45	00:41:11	00:20:42	00:05:36	
1516	FILOMENA ABRANTES	1712	F 308	V55F 1	00:44:45	00:43:25	00:22:53	00:05:36	
1517	CARLOS VENTURA	1714	M 1209	V60M 48	00:44:45	00:43:24	00:22:52	00:05:36	
1518	JOSÉ PAIS	2142	M 1210	SenM 220	00:44:46	00:43:14	00:21:34	00:05:36	
1519	FERNANDO PESTANA	3102	M 1211	V70M 8	00:44:46	00:44:43	00:22:08	00:05:36	GRCD LEIÃO
1520	MARCO CANDEIAS	628	M 1212	V40M 254	00:44:46	00:43:17	00:22:21	00:05:36	
1521	GUILHERME PIRES	1899	M 1213	SenM 221	00:44:46	00:43:59	00:22:41	00:05:36	LINK
1522	KRISTEN PINTO	4037	F 309	V40F 67	00:44:46	00:43:16	00:22:25	00:05:36	RUNNING MUMS
1523	SÉRGIO COSTA	2635	M 1214	V50M 142	00:44:47	00:44:37	00:21:43	00:05:36	
1524	VALERIA CRISTINA HAMER SOUSA	722	F 310	V50F 31	00:44:47	00:44:14	00:22:29	00:05:36	
1525	PAULO LOPES	1261	M 1215	V40M 255	00:44:48	00:39:59	00:21:00	00:05:36	
1526	NUNO MANANA	4212	M 1216	V45M 216	00:44:48	00:44:03	00:21:40	00:05:36	
1527	JOSÉ PAULINO	1902	M 1217	V40M 256	00:44:49	00:44:11	00:22:45	00:05:37	
1528	LUÍS BARROSO	2020	M 1218	V60M 49	00:44:49	00:44:20	00:22:54	00:05:37	
1529	INÊS ALMEIDA	4282	F 311	SenF 87	00:44:49	00:43:50	00:23:15	00:05:37	GULBENKIAN TEAM
1530	SIMONE MARQUES	2733	F 312	SenF 88	00:44:50	00:44:31	00:22:42	00:05:37	

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa	
1531	MANUEL PAULO		3504	M	1219	V60M	50	00:44:52	00:43:42	00:22:38	00:05:37	
1532	INÊS MARINHO		3931	F	313	SenF	89	00:44:52	00:43:54	00:22:10	00:05:37	
1533	RICARDO FERNANDES		1330	M	1220	V60M	51	00:44:53	00:44:00	00:22:25	00:05:37	CLUBE NOVO BANCO
1534	HENRIQUETA MAJOR		4425	M	1221	V50M	143	00:44:53	00:44:52	00:22:21	00:05:37	
1535	INÊS CABRAL		4278	F	314	SenF	90	00:44:53	00:43:53	00:23:14	00:05:37	GULBENKIAN TEAM
1536	FÁBIO CERCA PALEGE JASSE		3525	M	1222	SenM	222	00:44:54	00:43:24	00:23:08	00:05:37	BANCO ATLANTICO EUROPA
1537	ANA SILVA		1358	F	315	SenF	91	00:44:54	00:44:21	00:23:00	00:05:37	
1538	RUBEN ABREU		1357	M	1223	SenM	223	00:44:54	00:44:21	00:23:00	00:05:37	
1539	JOÃO CARVALHO		504	M	1224	V45M	217	00:44:54	00:43:23	00:22:57	00:05:37	
1540	MIGUEL BARCELOS		3450	M	1225	JunM	35	00:44:54	00:43:07	00:21:02	00:05:37	
1541	TÂNIA SILVA		2022	F	316	V35F	54	00:44:55	00:44:08	00:23:36	00:05:37	
1542	FERNANDO GASPAR		1764	M	1226	V55M	99	00:44:55	00:42:13	00:21:48	00:05:37	
1543	RAFAEL MURTA		4544	M	1227	V35M	172	00:44:55	00:42:36	00:21:41	00:05:37	CLUBE ACCENTURE
1544	MÁRIO GARCIA		2811	M	1228	V45M	218	00:44:56	00:43:57	00:22:26	00:05:37	
1545	BRIAN RODGERS		1984	M	1229	V65M	21	00:44:56	00:43:12	00:22:34	00:05:37	
1546	LUIS MIGUEL LOUREIRO COSTA		2347	M	1230	V45M	219	00:44:57	00:43:43	00:21:09	00:05:38	CLUBE MILLENNIUM BCP
1547	MARGARIDA PINTO		2054	F	317	V45F	56	00:44:59	00:43:35	00:22:36	00:05:38	SS CGD
1548	CHRISTIAN LUWISCH		3503	M	1231	V45M	220	00:44:59	00:43:06	00:20:51	00:05:38	NETJETS
1549	DANIEL FREIRE		778	M	1232	JunM	36	00:44:59	00:43:53	00:23:24	00:05:38	
1550	JOÃO SOUSA		2894	M	1233	V45M	221	00:44:59	00:44:06	00:22:24	00:05:38	
1551	LUIS FREITAS		1845	M	1234	V40M	257	00:44:59	00:42:27	00:22:48	00:05:38	
1552	MÁRIO DELGADO		4148	M	1235	V35M	173	00:45:01	00:43:00	00:23:19	00:05:38	#TEAM ADT
1553	CARLOS GONÇALVES		3027	M	1236	V45M	222	00:45:01	00:43:37	00:22:42	00:05:38	SERUL
1554	CARLOS SILVA		2472	M	1237	V50M	144	00:45:02	00:44:34	00:23:15	00:05:38	LINDA-A-PASTORA SPORTING CLUBE
1555	MARIA MALAGUEIRO		2464	F	318	V50F	32	00:45:02	00:44:34	00:23:15	00:05:38	LINDA-A-PASTORA SPORTING CLUBE
1556	ARTUR FERREIRA		3950	M	1238	V60M	52	00:45:02	00:43:12	00:23:09	00:05:38	
1557	DANIEL FONSECA		4533	M	1239	SenM	224	00:45:02	00:43:23	00:22:05	00:05:38	CLUBE ACCENTURE
1558	JOÃO DA COSTA SILVA		2510	M	1240	SenM	225	00:45:03	00:43:34	00:22:48	00:05:38	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
1559	MARIA MANUEL GONCALVES		2327	F	319	V45F	57	00:45:03	00:43:25	00:22:41	00:05:38	CLUBE MILLENNIUM BCP
1560	PAULO MARTINS		2016	M	1241	V50M	145	00:45:04	00:44:56	00:22:38	00:05:38	CASCAIS CREW
1561	FRANCISCO SANCHES		2585	M	1242	V55M	100	00:45:04	00:44:49	00:23:02	00:05:38	
1562	MARGARIDA OLIVEIRA		4390	F	320	SenF	92	00:45:05	00:43:46	00:22:57	00:05:39	
1563	JORGE NETA		4389	M	1243	V35M	174	00:45:05	00:43:47	00:22:57	00:05:39	
1564	TELMA MARQUES		2926	F	321	V45F	58	00:45:05	00:44:39	00:22:28	00:05:39	
1565	INES SANCHES		2155	F	322	SenF	93	00:45:06	00:43:45	00:22:44	00:05:39	GRUPO DESPORTIVO ROCHE PORTUGAL
1566	ALICE MADEFRA		4325	F	323	V65F	1	00:45:08	00:45:01	00:22:31	00:05:39	
1567	MEIREVONE FERREIRA		3134	F	324	V40F	68	00:45:08	00:44:50	00:21:58	00:05:39	GRCD LEIÃO
1568	FERNANDO COELHO		2476	M	1244	V50M	146	00:45:08	00:44:39	00:23:14	00:05:39	LINDA-A-PASTORA SPORTING CLUBE
1569	MADALENA PINA		2458	F	325	V50F	33	00:45:09	00:44:42	00:23:17	00:05:39	LINDA-A-PASTORA SPORTING CLUBE
1570	SUSANA GOUVEIA		1035	F	326	V40F	69	00:45:09	00:43:57	00:22:34	00:05:39	
1571	HELENA ESTEVENS		3895	F	327	V45F	59	00:45:10	00:45:08	00:22:26	00:05:39	
1572	CARLOS RAMALHETE		1095	M	1245	V35M	175	00:45:10	00:44:00	00:23:07	00:05:39	
1573	TIAGO COSTA		1094	M	1246	V35M	176	00:45:10	00:44:00	00:23:07	00:05:39	
1574	ANTÓNIO LEITE		4046	M	1247	JunM	37	00:45:11	00:44:16	00:22:57	00:05:39	CLUBE FERROVIÁRIO DE PORTUGAL
1575	EURICO CAROCHA		1479	M	1248	V50M	147	00:45:11	00:43:56	00:23:09	00:05:39	KEEP RUNNING
1576	ANTÓNIO FONSECA		2419	M	1249	V70M	9	00:45:12	00:43:46	00:22:56	00:05:39	
1577	SANDRA GONÇALVES		3067	F	328	SenF	94	00:45:12	00:44:46	00:22:11	00:05:39	
1578	FERNANDO BAPTISTA		1815	M	1250	V55M	101	00:45:13	00:44:25	00:23:01	00:05:40	
1579	VADIM MIGIRIN		3415	M	1251	V45M	223	00:45:13	00:42:13	00:21:03	00:05:40	TABAQUEIRA
1580	FERNANDO JORGE DOS PRAZERES RODRIGUES		3409	M	1252	V45M	224	00:45:13	00:43:45	00:22:20	00:05:40	TABAQUEIRA
1581	CARLOS VIEGAS		2127	M	1253	V60M	53	00:45:14	00:43:57	00:21:44	00:05:40	GDCT UNICRE

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
1582	RAPHAËL ALEXANDRE RODRIGUES GOMES	3712	M	1254 SenM	226	00:45:14	00:44:32	00:22:55	00:05:40	SLOW MOTION
1583	ELISABETE FONTE	2590	F	329 V35F	55	00:45:14	00:44:23	00:23:19	00:05:40	
1584	BRUNO SEVERINO	2589	M	1255 V40M	258	00:45:14	00:44:22	00:23:18	00:05:40	
1585	CLARA RAIMUNDO	4532	F	330 V40F	70	00:45:15	00:44:33	00:22:23	00:05:40	CLUBE ACCENTURE
1586	DIOGO PEREIRA	2275	M	1256 SenM	227	00:45:15	00:44:52	00:23:56	00:05:40	PEREIRAS VOADORES
1587	ANA ISABEL ESTEVES LOPES	1420	F	331 V40F	71	00:45:15	00:45:05	00:20:53	00:05:40	PUMP AMADORA
1588	MIGUEL PEREIRA	2274	M	1257 V45M	225	00:45:15	00:44:52	00:23:57	00:05:40	PEREIRAS VOADORES
1589	MÁRIA HANULOVÁ	4277	F	332 V40F	72	00:45:16	00:44:14	00:22:44	00:05:40	GULBENKIAN TEAM
1590	JOÃO VAZ	3550	M	1258 V50M	148	00:45:16	00:44:36	00:22:59	00:05:40	
1591	PAULO CARREIRA	2224	M	1259 V50M	149	00:45:17	00:44:30	00:22:32	00:05:40	
1592	JOSÉ CRUZ	3062	M	1260 V40M	259	00:45:17	00:44:31	00:23:04	00:05:40	
1593	VITOR ELIAS	507	M	1261 V65M	22	00:45:17	00:43:50	00:22:17	00:05:40	
1594	VICTORIA MATA	1807	F	333 V65F	2	00:45:17	00:44:42	00:22:52	00:05:40	
1595	ANA CRISTINA ROMÃO	3184	F	334 V45F	60	00:45:18	00:45:15	00:22:24	00:05:40	PUMP AMADORA
1596	SÓNIA ALVES	3185	F	335 V45F	61	00:45:18	00:45:10	00:22:19	00:05:40	PUMP AMADORA
1597	MANUEL RIBEIRO	2805	M	1262 V65M	23	00:45:18	00:44:28	00:23:13	00:05:40	
1598	DANIELA MAIA	979	F	336 V40F	73	00:45:18	00:44:35	00:23:19	00:05:40	
1599	RITA MAIO	859	F	337 JunF	12	00:45:18	00:44:36	00:23:20	00:05:40	
1600	ANTÓNIO MARRACHINHO	4519	M	1263 V55M	102	00:45:18	00:43:23	00:22:43	00:05:40	4TREVO
1601	EDWARD DWYER	1618	M	1264 V35M	177	00:45:19	00:43:35	00:24:03	00:05:40	ST JULIANS RUNNING CLUB
1602	FERNANDO OLIVEIRA	753	M	1265 V40M	260	00:45:19	00:44:00	00:23:07	00:05:40	
1603	JOSÉ SANTOS	3228	M	1266 V50M	150	00:45:19	00:43:55	00:22:53	00:05:40	
1604	JAIME SANTOS	3231	M	1267 JunM	38	00:45:20	00:43:54	00:22:52	00:05:40	
1605	OLGA SOFIA NOBRE GOUVEIA LOPES	2329	F	338 V40F	74	00:45:20	00:43:52	00:22:34	00:05:40	CLUBE MILLENNIUM BCP
1606	JOÃO SANTOS	3942	M	1268 SenM	228	00:45:20	00:44:41	00:22:11	00:05:40	
1607	JOÃO FERREIRA	935	M	1269 JunM	39	00:45:21	00:43:58	00:24:12	00:05:41	
1608	VERA SILVA	1645	F	339 SenF	95	00:45:21	00:43:58	00:22:59	00:05:41	
1609	VÂNIA AZEVEDO	1763	F	340 SenF	96	00:45:21	00:43:58	00:21:58	00:05:41	
1610	JORGE MANUEL TAVARES LOURENCO	2393	M	1270 V45M	226	00:45:21	00:44:16	00:22:42	00:05:41	CLUBE MILLENNIUM BCP
1611	JORGE ROMÃO	773	M	1271 V50M	151	00:45:21	00:43:46	00:23:10	00:05:41	
1612	SARA PATRICIA MATOS CARDOSO OLIVEIRA	2394	F	341 V40F	75	00:45:21	00:44:18	00:22:42	00:05:41	CLUBE MILLENNIUM BCP
1613	PAULO MATEUS	1085	M	1272 V45M	227	00:45:22	00:44:36	00:22:48	00:05:41	
1614	EDUARDO	539	M	1273 V45M	228	00:45:22	00:43:55	00:22:31	00:05:41	
1615	SUSANA SOUSA	595	F	342 V40F	76	00:45:23	00:43:55	00:22:32	00:05:41	
1616	BERNARDO SIMOES VAGOS BRANDAO	2374	M	1274 SenM	229	00:45:24	00:43:45	00:22:52	00:05:41	CLUBE MILLENNIUM BCP
1617	JOÃO PAIVA	2249	M	1275 V40M	261	00:45:24	00:42:46	00:22:28	00:05:41	GRUPO DESPORTIVO BARCARENA
1618	LILIANA RODRIGUES	2000	F	343 V45F	62	00:45:24	00:45:07	00:23:34	00:05:41	
1619	MIGUEL PALMA	1070	M	1276 SenM	230	00:45:25	00:44:10	00:22:47	00:05:41	
1620	JORGE MARQUES	2248	M	1277 V40M	262	00:45:25	00:42:47	00:22:28	00:05:41	GRUPO DESPORTIVO BARCARENA
1621	PAULA RODRIGUES	1998	F	344 V45F	63	00:45:26	00:45:09	00:23:36	00:05:41	
1622	JOÃO MIGUEL	2420	M	1278 V80M	1	00:45:26	00:44:00	00:22:56	00:05:41	
1623	JOÃO CARLOS VICENTE	3217	M	1279 SenM	231	00:45:27	00:44:57	00:23:16	00:05:41	NÓS E A MISÉRIA
1624	FILIPA BAPTISTA	1856	F	345 SenF	97	00:45:27	00:42:56	00:22:25	00:05:41	
1625	PEDRO SILVA	3299	M	1280 V40M	263	00:45:27	00:43:25	00:22:18	00:05:41	
1626	JOSÉ ALVES	2283	M	1281 V40M	264	00:45:27	00:43:39	00:23:25	00:05:41	FIDELIDADE GDC
1627	TERESA ALEXANDRA PEREIRA DA SILVA	3258	F	346 V50F	34	00:45:27	00:43:10	00:22:57	00:05:41	PSP OEIRAS
1628	SIMÃO ESCUDERO CAMPOS	1531	M	1282 SenM	232	00:45:28	00:45:05	00:22:29	00:05:41	CLUBE EDP LISBOA
1629	SUSANA GOMES	2905	F	347 V40F	77	00:45:28	00:44:47	00:22:26	00:05:41	
1630	DIOGO PEREIRA	1011	M	1283 V50M	152	00:45:28	00:44:45	00:22:34	00:05:41	100 TURBO
1631	LUIZA REBORDÃO	1609	F	348 SenF	98	00:45:28	00:44:57	00:23:08	00:05:41	
1632	ANA NEVES	1999	F	349 V40F	78	00:45:29	00:45:10	00:23:34	00:05:42	

Geral		Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1633	VASCO FESTAS		4380	M 1284	SenM 233	00:45:29	00:43:14	00:22:36	00:05:42	
1634	RITA PACHECO		1697	F 350	SenF 99	00:45:29	00:43:59	00:22:35	00:05:42	
1635	LARA SOFIA DIAS PEREIRA		3263	F 351	V35F 56	00:45:29	00:43:13	00:22:59	00:05:42	PSP OEIRAS
1636	JORGE LEITE		944	M 1285	V45M 229	00:45:30	00:42:36	00:21:57	00:05:42	
1637	PAULO FERREIRA		623	M 1286	V45M 230	00:45:30	00:44:07	00:24:12	00:05:42	
1638	FRANCISCA ROSA		4379	F 352	SenF 100	00:45:30	00:43:16	00:22:37	00:05:42	
1639	JORGE PAULO DUARTE RODRIGUES		4569	M 1287	V55M 103	00:45:30	00:44:16	00:23:32	00:05:42	CLUBE ANA
1640	MÁRIO FERNANDES		3207	M 1288	V50M 153	00:45:33	00:43:29	00:23:50	00:05:42	FERRARIS DA SERAFINA
1641	LUCILA FERNANDES MORE PETROSKI		4156	F 353	V55F 2	00:45:34	00:44:57	00:22:46	00:05:42	
1642	PEDRO MALHEIRO		1759	M 1289	V35M 178	00:45:34	00:42:25	00:21:13	00:05:42	
1643	PATRICIA MIRANDA		4208	F 354	V40F 79	00:45:34	00:44:46	00:22:55	00:05:42	
1644	SÉRGIO SILVEIRA		1247	M 1290	V45M 231	00:45:36	00:45:20	00:22:48	00:05:42	
1645	MARTA ROSA		4248	F 355	V40F 80	00:45:36	00:45:31	00:22:47	00:05:42	
1646	PISANTE GUILLAUME		1402	M 1291	V50M 154	00:45:37	00:43:23	00:22:35	00:05:43	
1647	SEM DADOS		1228	M 1292	SenM 234	00:45:38	00:44:29	00:23:05	00:05:43	
1648	JOSÉ SILVA		2571	M 1293	V55M 104	00:45:39	00:45:07	00:21:46	00:05:43	GRD RIBEIRA DA LAGE
1649	MADALENA TEIXEIRA DUARTE		2977	F 356	V40F 81	00:45:39	00:44:07	00:21:51	00:05:43	CLUBE DO STRESS
1650	FRANCISCO TORRES		1897	M 1294	SenM 235	00:45:39	00:44:26	00:21:54	00:05:43	
1651	LUIS MATIAS		1241	M 1295	V55M 105	00:45:40	00:45:30	00:22:24	00:05:43	
1652	MARTA MIRANDA		4068	F 357	SenF 101	00:45:40	00:44:26	00:23:07	00:05:43	
1653	VITOR MARQUES		793	M 1296	V45M 232	00:45:40	00:44:38	00:22:54	00:05:43	
1654	CATARINA CLÉRIGO		624	F 358	V50F 35	00:45:40	00:44:38	00:22:55	00:05:43	
1655	NUNO ESCADA		4540	M 1297	V35M 179	00:45:41	00:43:49	00:22:19	00:05:43	CLUBE ACCENTURE
1656	MARIA VIEGAS		3898	F 359	V45F 64	00:45:42	00:45:42	00:23:41	00:05:43	
1657	PAULO BAILÃO		2062	M 1298	V45M 233	00:45:43	00:44:52	00:23:11	00:05:43	SS CGD
1658	LIDIA BAILÃO		2048	F 360	V45F 65	00:45:43	00:44:53	00:23:12	00:05:43	SS CGD
1659	JOAQUIM BENTES		2602	M 1299	V65M 24	00:45:44	00:44:39	00:22:28	00:05:43	
1660	PAULO JORGE CABRAL ARSENIO		2405	M 1300	V45M 234	00:45:44	00:44:37	00:22:43	00:05:43	CLUBE MILLENNIUM BCP
1661	CARLOS COELHO		2661	M 1301	V45M 235	00:45:44	00:43:34	00:23:15	00:05:43	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
1662	ELSA BRUXELAS		738	F 361	V55F 3	00:45:44	00:44:32	00:22:25	00:05:43	
1663	CARLA COELHO		2718	F 362	V40F 82	00:45:45	00:45:01	00:22:25	00:05:44	GRD RIBEIRA DA LAGE
1664	NICOLETA BURTOIU		2075	F 363	V45F 66	00:45:45	00:45:24	00:22:44	00:05:44	
1665	MARISA NUNES		1432	F 364	V45F 67	00:45:45	00:45:24	00:22:37	00:05:44	SUNSET RUNNING TEAM
1666	LURDES TRIGUEIRO		3045	F 365	V45F 68	00:45:45	00:45:20	00:21:35	00:05:44	LINDA-A-PASTORA SPORTING CLUBE
1667	JOÃO FERREIRA		1091	M 1302	V35M 180	00:45:46	00:43:57	00:23:16	00:05:44	LEOGYM
1668	MARTA RAPOSO		2790	F 366	JunF 13	00:45:46	00:44:06	00:22:55	00:05:44	VALEJAS A C
1669	ANA RIBEIRO		4150	F 367	V35F 57	00:45:46	00:43:46	00:23:17	00:05:44	#TEAM ADT
1670	LEONOR GARCIA		531	F 368	V35F 58	00:45:47	00:45:06	00:22:37	00:05:44	
1671	SUSANA RIBEIRO		1736	F 369	V35F 59	00:45:47	00:45:25	00:23:25	00:05:44	
1672	PAULA GEADAS MARTINS		973	F 370	V45F 69	00:45:47	00:45:24	00:23:24	00:05:44	
1673	JOÃO ANICETO		2259	M 1303	V50M 155	00:45:47	00:44:28	00:23:32	00:05:44	LIS RUNNING CPA
1674	MÓNICA DIAS		3046	F 371	V40F 83	00:45:47	00:45:24	00:23:26	00:05:44	LINDA-A-PASTORA SPORTING CLUBE
1675	BAKI RS		617	F 372	V50F 36	00:45:48	00:44:52	00:23:19	00:05:44	
1676	MARIA SERRA		1591	F 373	V45F 70	00:45:48	00:44:45	00:22:58	00:05:44	
1677	MARCOS LEONARDO		1350	M 1304	V65M 25	00:45:48	00:44:31	00:23:06	00:05:44	
1678	TERESA MORENO		2813	F 374	V50F 37	00:45:48	00:44:54	00:22:55	00:05:44	
1679	ANDRÉ SILVA		4341	M 1305	V35M 181	00:45:49	00:43:54	00:24:21	00:05:44	
1680	RUI DIAS		2869	M 1306	V45M 236	00:45:49	00:44:33	00:23:35	00:05:44	
1681	IOLANDA BATISTA		2868	F 375	V40F 84	00:45:49	00:44:33	00:23:35	00:05:44	
1682	BRUNO ANTONIO CUNHA POCAS VAZ		2321	M 1307	V45M 237	00:45:49	00:44:18	00:18:30	00:05:44	CLUBE MILLENNIUM BCP
1683	RICARDO FARIA		559	M 1308	V45M 238	00:45:50	00:44:26	00:22:01	00:05:44	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1684	SÓNIA GARCIA	1471	F 376	V40F 85	00:45:50	00:44:57	00:23:54	00:05:44	QUARENTÕES NA BISGA
1685	CARLA SEQUEIRA	1225	F 377	V40F 86	00:45:50	00:45:00	00:23:40	00:05:44	
1686	SÉRGIO DUARTE	575	M 1309	V55M 106	00:45:50	00:45:01	00:23:41	00:05:44	QUARENTÕES NA BISGA
1687	SÉRGIO BERNARDO	1472	M 1310	V45M 239	00:45:51	00:44:57	00:22:52	00:05:44	QUARENTÕES NA BISGA
1688	MARIA ANGELINA SOUSA	3187	F 378	V50F 38	00:45:51	00:45:17	00:23:25	00:05:44	CLUBE ROBBIALAC
1689	ELISABETE PINTO	592	F 379	V45F 71	00:45:51	00:44:01	00:23:01	00:05:44	
1690	PATRICIA PINTO	669	F 380	V40F 87	00:45:51	00:44:00	00:23:01	00:05:44	
1691	ANA FILIPA DE ANDRADE	2012	F 381	SenF 102	00:45:51	00:44:30	00:22:51	00:05:44	
1692	ELISABETE RAQUEL ALMEIDA	1806	F 382	SenF 103	00:45:51	00:44:40	00:24:06	00:05:44	
1693	CELIA CUPERTINO	908	F 383	V45F 72	00:45:51	00:44:38	00:24:03	00:05:44	
1694	RAÚL COSTA	3186	M 1311	V55M 107	00:45:51	00:45:18	00:23:26	00:05:44	CLUBE ROBBIALAC
1695	SEM DADOS	3234	M 1312	SenM 236	00:45:52	00:45:06	00:22:45	00:05:44	
1696	NUNO PIMENTA	1469	M 1313	V40M 265	00:45:54	00:44:00	00:23:15	00:05:45	
1697	CARLA NICOMÉDIO	3012	F 384	V40F 88	00:45:54	00:44:23	00:22:35	00:05:45	SERUL
1698	AMILCAR GONÇALVES	610	M 1314	V55M 108	00:45:55	00:44:14	00:23:05	00:05:45	
1699	JOAO BORGES	3870	M 1315	SenM 237	00:45:55	00:43:37	00:22:20	00:05:45	
1700	VITOR RODRIGUES	1285	M 1316	V35M 182	00:45:55	00:44:27	00:23:41	00:05:45	
1701	JORGE SILVA	2306	M 1317	V50M 156	00:45:56	00:45:10	00:22:00	00:05:45	DXC
1702	RITA TABORDA	1500	F 385	SenF 104	00:45:58	00:43:43	00:23:17	00:05:45	LOS PEPPERÁPIDOS
1703	JOANA RODRIGUES	1047	F 386	V35F 60	00:45:59	00:44:42	00:22:32	00:05:45	
1704	VANESSA COVACHÁ	3903	F 387	V40F 89	00:45:59	00:45:31	00:22:31	00:05:45	
1705	ANTÓNIO PAIS	3912	M 1318	V50M 157	00:45:59	00:45:49	00:22:24	00:05:45	
1706	CUSTÓDIO QUIBINA	4386	M 1319	SenM 238	00:46:00	00:45:40	00:22:23	00:05:45	SPORTING CLUBE DE CASAINHOS
1707	CARLOS GRAZINA	3572	M 1320	V35M 183	00:46:00	00:44:46	00:22:06	00:05:45	
1708	MARISA FERREIRA	3553	F 388	V35F 61	00:46:00	00:44:47	00:23:05	00:05:45	
1709	EDGAR RAMOS	3307	M 1321	V45M 240	00:46:00	00:45:12	00:24:14	00:05:45	
1710	LUIS JORGE	3300	M 1322	SenM 239	00:46:01	00:43:29	00:22:05	00:05:46	
1711	CARLOS BARATA	1908	M 1323	V45M 241	00:46:01	00:44:29	00:23:25	00:05:46	TURBO
1712	ROBERT FIFE	2819	M 1324	V60M 54	00:46:01	00:44:56	00:22:20	00:05:46	HEALTH CONNECTION
1713	DANIEL	1652	M 1325	V45M 242	00:46:01	00:44:54	00:22:53	00:05:46	
1714	ANA RAPOSO	2770	F 389	V40F 90	00:46:02	00:44:23	00:22:55	00:05:46	VALEJAS A C
1715	GONÇALO OLIVEIRA	2126	M 1326	V55M 109	00:46:02	00:44:46	00:23:35	00:05:46	GDCT UNICRE
1716	FÁBIO PROENÇA	1503	M 1327	SenM 240	00:46:03	00:43:44	00:22:53	00:05:46	LOS PEPPERÁPIDOS
1717	PAULO DUARTE	2125	M 1328	V50M 158	00:46:03	00:44:45	00:23:34	00:05:46	GDCT UNICRE
1718	SAMUEL MOREIRA	2172	M 1329	SenM 241	00:46:03	00:45:13	00:23:22	00:05:46	NOVENTEAIROS
1719	CÁTIA QUEIMADELAS	2173	F 390	SenF 105	00:46:03	00:45:13	00:22:21	00:05:46	NOVENTEAIROS
1720	PAULO SILVA	528	M 1330	V45M 243	00:46:03	00:45:08	00:22:37	00:05:46	
1721	RUI PEREIRA	3924	M 1331	V45M 244	00:46:03	00:45:24	00:23:46	00:05:46	
1722	FERNANDO PIRES	1569	M 1332	V65M 26	00:46:03	00:45:56	00:24:30	00:05:46	
1723	SOFIA TRISTÃO	3269	F 391	V40F 91	00:46:04	00:44:04	00:23:04	00:05:46	PSP OEIRAS
1724	DIOGO VIEIRA	2176	M 1333	SenM 242	00:46:04	00:45:15	00:23:22	00:05:46	NOVENTEAIROS
1725	INES FERREIRA	1165	F 392	SenF 106	00:46:05	00:43:37	00:23:04	00:05:46	
1726	JOSÉ FIDALGO	1545	M 1334	V50M 159	00:46:05	00:44:26	00:23:16	00:05:46	
1727	JUSTILIANO SILVA	2837	M 1335	V65M 27	00:46:05	00:45:23	00:22:34	00:05:46	FALCÕES SELVAGENS
1728	MARISA GONÇALVES	1685	F 393	SenF 107	00:46:05	00:44:17	00:23:02	00:05:46	CASA DO PESSOAL DA RTP
1729	MARCOS KARADAS	4290	M 1336	V35M 184	00:46:05	00:44:30	00:22:40	00:05:46	
1730	MARIA SIMÕES	1129	F 394	V50F 39	00:46:06	00:45:41	00:23:26	00:05:46	
1731	NUNO MENDES	1838	M 1337	V45M 245	00:46:07	00:45:13	00:23:17	00:05:46	QUARENTÕES NA BISGA
1732	JOÃO CARVALHO	3306	M 1338	SenM 243	00:46:08	00:43:39	00:23:49	00:05:46	
1733	MARIANA PAULINO	4356	F 395	SenF 108	00:46:08	00:44:55	00:23:08	00:05:46	SUMOL COMPAL
1734	TIAGO ALEXANDRE FERNANDES DA COSTA	4353	M 1339	SenM 244	00:46:08	00:41:08	00:21:53	00:05:46	SUMOL COMPAL

Geral		Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa		
1735	BRUNO ABRANTES		2814	M	1340	V40M	266	00:46:09	00:46:09	00:24:51	00:05:47	
1736	JEAN PEQ		4289	M	1341	V45M	246	00:46:09	00:44:34	00:22:40	00:05:47	
1737	MILAIDA PATRAQUIM		3567	F	396	V40F	92	00:46:09	00:45:47	00:23:29	00:05:47	
1738	NELSON CASTELÔA		3683	M	1342	V50M	160	00:46:10	00:45:23	00:23:42	00:05:47	
1739	ANA FINO		1244	F	397	V35F	62	00:46:11	00:45:15	00:23:30	00:05:47	
1740	NUNO RODRIGUES		4242	M	1343	SenM	245	00:46:11	00:43:31	00:20:23	00:05:47	
1741	ANA RITA ROMAO BATISTA MODESTO		1262	F	398	SenF	109	00:46:11	00:45:08	00:22:07	00:05:47	
1742	JOSÉ FEITAS		894	M	1344	V55M	110	00:46:11	00:44:00	00:22:54	00:05:47	
1743	RUI CORREIA		952	M	1345	V45M	247	00:46:12	00:44:00	00:22:53	00:05:47	
1744	MANUEL MARTINS		2238	M	1346	V55M	111	00:46:12	00:44:50	00:23:24	00:05:47	
1745	BRUNO ALMEIDA		4342	M	1347	V40M	267	00:46:12	00:44:57	00:21:50	00:05:47	
1746	EMANUEL TAVARES		2776	M	1348	V65M	28	00:46:13	00:43:58	00:22:45	00:05:47	VALEJAS A C
1747	JOSÉ AMARAL		1858	M	1349	SenM	246	00:46:13	00:44:37	00:22:57	00:05:47	
1748	CARLOS MATOS		1958	M	1350	V55M	112	00:46:13	00:45:18	00:23:34	00:05:47	
1749	IOLANDA VAZ		3211	F	399	V35F	63	00:46:14	00:44:22	00:21:59	00:05:47	
1750	ANA MIRA		1750	F	400	V40F	93	00:46:14	00:44:50	00:22:03	00:05:47	
1751	MIGUEL SANCHES		2152	M	1351	V60M	55	00:46:14	00:44:52	00:23:41	00:05:47	GRUPO DESPORTIVO ROCHE PORTUGAL
1752	MIGUEL LEAL		2154	M	1352	V60M	56	00:46:14	00:44:53	00:23:41	00:05:47	GRUPO DESPORTIVO ROCHE PORTUGAL
1753	FERNANDO TRISTÃO		3270	M	1353	V40M	268	00:46:15	00:44:15	00:23:04	00:05:47	PSP OEIRAS
1754	LEONOR DA SILVA		2079	F	401	V45F	73	00:46:16	00:44:16	00:22:37	00:05:47	
1755	MARTA GIRÃO		4552	F	402	V40F	94	00:46:16	00:46:07	00:23:26	00:05:47	
1756	GRAÇA ALMEIDA		1754	F	403	V45F	74	00:46:16	00:45:50	00:23:11	00:05:47	
1757	FILIPE FERNANDES		1249	M	1354	V35M	185	00:46:17	00:45:59	00:23:14	00:05:48	WOOLFEET BROTHERS
1758	JOÃO FERNANDES		1248	M	1355	V45M	248	00:46:17	00:45:59	00:23:14	00:05:48	WOOLFEET BROTHERS
1759	MARCO DIAS		2282	M	1356	V40M	269	00:46:17	00:44:30	00:23:20	00:05:48	FIDELIDADE GDC
1760	ISABEL RODRIGUES		1290	F	404	V50F	40	00:46:18	00:44:49	00:22:46	00:05:48	
1761	ANA PINTO		670	F	405	SenF	110	00:46:18	00:45:58	00:23:31	00:05:48	
1762	DANIEL SILVA		2267	M	1357	V35M	186	00:46:19	00:44:14	00:23:56	00:05:48	
1763	PEDRO GUERRA		3544	M	1358	V40M	270	00:46:19	00:45:28	00:23:21	00:05:48	
1764	TERESA BARATA		1674	F	406	V45F	75	00:46:19	00:45:35	00:23:01	00:05:48	
1765	LOPO AZAMBUJA MARTINS		1237	M	1359	V40M	271	00:46:20	00:44:58	00:24:09	00:05:48	AMIGOS DA PAREDE
1766	PAULA ANSELMO		2435	F	407	V35F	64	00:46:20	00:45:19	00:23:23	00:05:48	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO
1767	JOSÉ PIRES		2645	M	1360	V40M	272	00:46:20	00:44:18	00:21:52	00:05:48	
1768	JOÃO BRITO		4317	M	1361	V45M	249	00:46:20	00:45:07	00:22:59	00:05:48	
1769	ODETE FRANCISCO		2890	F	408	V45F	76	00:46:21	00:44:33	00:22:57	00:05:48	
1770	FRANCISCO CARVALHO		2538	M	1362	SenM	247	00:46:22	00:44:21	00:23:53	00:05:48	
1771	INÊS ALMAS		1886	F	409	SenF	111	00:46:22	00:44:46	00:22:57	00:05:48	
1772	VANDA SOFIA FERNANDES CORREIA ROSA		2349	F	410	V40F	95	00:46:23	00:45:47	00:24:34	00:05:48	CLUBE MILLENNIUM BCP
1773	FERNANDO MIGUEL SILVA ROSA		2350	M	1363	V40M	273	00:46:23	00:45:47	00:24:34	00:05:48	CLUBE MILLENNIUM BCP
1774	PEDRO PINTO		3973	M	1364	V55M	113	00:46:24	00:44:58	00:23:56	00:05:48	
1775	ARTUR COTA		4090	M	1365	V40M	274	00:46:25	00:42:21	00:20:16	00:05:49	
1776	RUI OSÓRIO		2188	M	1366	V45M	250	00:46:25	00:46:02	00:22:32	00:05:49	
1777	JOÃO ANTUNES		3532	M	1367	V40M	275	00:46:25	00:44:49	00:22:30	00:05:49	
1778	THIAGO BERESOFRD		2178	M	1368	SenM	248	00:46:25	00:45:05	00:23:21	00:05:49	
1779	LUÍS BARRELAS		1927	M	1369	V45M	251	00:46:26	00:46:02	00:23:23	00:05:49	TRANSITEX RUNNERS
1780	FILIPE SANTOS		2674	M	1370	V55M	114	00:46:26	00:45:33	00:23:13	00:05:49	
1781	HUGO R. BAPTISTA		897	M	1371	V40M	276	00:46:27	00:44:31	00:23:01	00:05:49	
1782	ADELAIDE MANHICA		3682	F	411	V60F	7	00:46:28	00:46:15	00:24:11	00:05:49	
1783	ELISABETE		1573	F	412	V45F	77	00:46:28	00:44:38	00:23:02	00:05:49	
1784	RUI LUÍS		4155	M	1372	V45M	252	00:46:28	00:44:55	00:24:13	00:05:49	
1785	JOANA ONOFRE		1659	F	413	V35F	65	00:46:29	00:44:47	00:22:47	00:05:49	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1786	TOMÉ SANTOS	1745	M	1373 SenM	249	00:46:29	00:44:32	00:23:16	00:05:49
1787	MANUEL ALMEIDA	1010	M	1374 V40M	277	00:46:29	00:45:46	00:21:11	00:05:49 100 TURBO
1788	MARTA SUSANA RODRIGUES DE SÁ	3382	F	414 V35F	66	00:46:29	00:45:27	00:23:07	00:05:49 TABAQUEIRA
1789	ANA PAULA SOARES	3392	F	415 V45F	78	00:46:29	00:45:26	00:21:48	00:05:49 TABAQUEIRA
1790	FILOMENA COSTA	3367	F	416 V45F	79	00:46:30	00:45:27	00:22:47	00:05:49 TABAQUEIRA
1791	JOAO MAIA	4896	M	1375 V45M	253	00:46:30	00:45:29	00:23:29	00:05:49
1792	FLORENCE CHAPUIS	3501	F	417 SenF	112	00:46:31	00:42:35	00:21:22	00:05:49 NETJETS
1793	LUIS COSTA	564	M	1376 V50M	161	00:46:31	00:45:37	00:23:22	00:05:49 QUARENTÕES NA BISGA
1794	ANDRÉ RAMOS	2588	M	1377 SenM	250	00:46:31	00:44:44	00:23:04	00:05:49
1795	CARLOS ANTUNES	1599	M	1378 V40M	278	00:46:31	00:45:34	00:24:03	00:05:49
1796	MANUEL ANTUNES CABRITA	2371	M	1379 V55M	115	00:46:32	00:45:24	00:23:32	00:05:49 CLUBE MILLENNIUM BCP
1797	MARIA ROSA	1781	F	418 JunF	14	00:46:32	00:44:39	00:24:11	00:05:49
1798	NANAMI SOGA	4895	F	419 SenF	113	00:46:32	00:44:34	00:22:49	00:05:49
1799	MATILDE NASCIMENTO	939	F	420 SenF	114	00:46:33	00:45:37	00:23:30	00:05:50
1800	IRINA KRUK	686	F	421 V40F	96	00:46:33	00:46:02	00:25:44	00:05:50
1801	PEDRO BOUHON	657	M	1380 V55M	116	00:46:33	00:44:25	00:22:49	00:05:50
1802	EDUARDA AMARAL	1913	F	422 V35F	67	00:46:33	00:45:14	00:22:46	00:05:50
1803	ANTÓNIO MORGADO	950	M	1381 V60M	57	00:46:34	00:43:38	00:23:43	00:05:50
1804	MAGDA LEITAO	3921	F	423 JunF	15	00:46:34	00:44:40	00:24:12	00:05:50
1805	JOSÉ MENDES	1802	M	1382 V50M	162	00:46:35	00:45:55	00:23:04	00:05:50
1806	CLAUDIA SILVA	1040	F	424 V35F	68	00:46:35	00:44:48	00:23:34	00:05:50 BLACK EDITION
1807	NUNO FREIRE	3678	M	1383 V45M	254	00:46:35	00:44:40	00:23:13	00:05:50
1808	RICARDO FIGUEIREDO PREGUIÇA	1533	M	1384 SenM	251	00:46:37	00:44:46	00:22:49	00:05:50
1809	SARA PERAL LOPES	3538	F	425 V40F	97	00:46:37	00:46:20	00:23:50	00:05:50 PERAL
1810	PATRICIA SALVADO	3830	F	426 SenF	115	00:46:37	00:44:47	00:23:19	00:05:50 JOAQUIM CHAVES SAÚDE
1811	PAULO RICARDO	1327	M	1385 V50M	163	00:46:38	00:45:39	00:23:44	00:05:50 CLUBE NOVO BANCO
1812	PAULA MELLO	1324	F	427 V50F	41	00:46:38	00:45:39	00:23:45	00:05:50 CLUBE NOVO BANCO
1813	FERNANDO BORGES	3304	M	1386 V50M	164	00:46:38	00:44:14	00:23:06	00:05:50
1814	CARMEN REGA	4476	F	428 V40F	98	00:46:38	00:46:27	00:23:24	00:05:50
1815	HELENA VERISSIMO	4475	F	429 V45F	80	00:46:38	00:46:27	00:23:25	00:05:50
1816	JOSÉ DIAS	990	M	1387 SenM	252	00:46:38	00:44:55	00:22:01	00:05:50
1817	FERNANDO GOMES	2666	M	1388 V35M	187	00:46:39	00:44:49	00:23:20	00:05:50 ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
1818	ALBERTO CANDEIAS	4435	M	1389 V45M	255	00:46:40	00:44:20	00:22:43	00:05:50
1819	LUIS LOPES	1892	M	1390 V65M	29	00:46:40	00:45:56	00:23:28	00:05:50
1820	CARLOS TEIXEIRA TEIXEIRA	2675	M	1391 V70M	10	00:46:40	00:43:56	00:22:06	00:05:50
1821	NUNO GUERRA	2621	M	1392 V40M	279	00:46:40	00:43:56	00:22:06	00:05:50
1822	VANESSA CARVALHO	2261	F	430 SenF	116	00:46:41	00:45:25	00:23:41	00:05:51 LIS RUNNING CPA
1823	INÊS BOUHON	658	F	431 SenF	117	00:46:41	00:44:33	00:22:49	00:05:51
1824	JACINTO PEREIRA	2255	M	1393 V60M	58	00:46:42	00:45:21	00:24:15	00:05:51 LIS RUNNING CPA
1825	ALEXANDRA PINTO	1364	F	432 V45F	81	00:46:42	00:44:50	00:23:11	00:05:51
1826	SÉRGIO JORGE	1365	M	1394 V50M	165	00:46:42	00:44:50	00:23:12	00:05:51
1827	CRISTINA GASPAS	1242	F	433 V40F	99	00:46:42	00:46:34	00:22:29	00:05:51
1828	JOÃO COLAÇO	3822	M	1395 V45M	256	00:46:42	00:45:50	00:21:41	00:05:51 JOAQUIM CHAVES SAÚDE
1829	PAULA SOUSA	1272	F	434 V40F	100	00:46:43	00:45:47	00:23:31	00:05:51
1830	PAULO JORGE PÊGO OLIVEIRA	529	M	1396 V45M	257	00:46:43	00:45:17	00:23:35	00:05:51
1831	ANA CANDEIAS	985	F	435 V40F	101	00:46:43	00:46:29	00:23:29	00:05:51
1832	MARIO JORGE POUSEIRO ZACARIAS	3428	M	1397 V35M	188	00:46:44	00:45:41	00:24:44	00:05:51 TABAQUEIRA
1833	MARIA DO CÉU VIEGAS	4112	F	436 V55F	4	00:46:44	00:46:25	00:23:27	00:05:51
1834	ALINE BEZERRA	4198	F	437 V35F	69	00:46:44	00:45:15	00:23:14	00:05:51
1835	MÁRIO PEREIRA	4581	M	1398 V50M	166	00:46:45	00:46:24	00:23:04	00:05:51
1836	AMARO SOUSA	1041	M	1399 V55M	117	00:46:45	00:45:45	00:23:29	00:05:51

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
1837	MIGUEL DIAS	644	M	1400 V50M	167	00:46:45	00:45:03	00:22:56	00:05:51	
1838	CARLOS RODRIGUES	2117	M	1401 V50M	168	00:46:45	00:46:25	00:24:33	00:05:51	RUN4ALL
1839	ROSARIO LOPES	1253	F	438 V55F	5	00:46:46	00:45:50	00:23:32	00:05:51	
1840	SÍLVIA FRANCO	2623	F	439 V45F	82	00:46:46	00:45:16	00:22:04	00:05:51	
1841	CECÍLIA PIRES	2923	F	440 V40F	102	00:46:46	00:46:24	00:23:37	00:05:51	
1842	LEONOR PINTO	1374	F	441 JunF	16	00:46:46	00:45:46	00:23:50	00:05:51	
1843	FERNANDO ROLO	4337	M	1402 V50M	169	00:46:46	00:45:47	00:23:51	00:05:51	
1844	DAVID JOÃO CORREIA VASCONCELOS PEREIRA	3411	M	1403 V35M	189	00:46:46	00:45:44	00:24:45	00:05:51	TABAQUEIRA
1845	CÁTIA NOGUEIRA	1583	F	442 V40F	103	00:46:47	00:45:17	00:22:59	00:05:51	
1846	PEDRO COSTA	1372	M	1404 SenM	253	00:46:47	00:39:10	00:20:01	00:05:51	
1847	ANA FEIJÃO	1656	F	443 SenF	118	00:46:48	00:46:20	00:23:28	00:05:51	
1848	JULIE DUNLAP	4256	F	444 V55F	6	00:46:49	00:46:11	00:23:22	00:05:52	
1849	MIGUEL VIEIRA PITA	1371	M	1405 SenM	254	00:46:49	00:46:39	00:22:32	00:05:52	
1850	PALMIRA ALBERTO	2614	F	445 V50F	42	00:46:49	00:45:30	00:22:38	00:05:52	
1851	LUIZA COSTA	563	F	446 V50F	43	00:46:50	00:45:55	00:23:36	00:05:52	QUARENTÕES NA BISGA
1852	AFONSO NUNES FERREIRA	3681	M	1406 SenM	255	00:46:50	00:39:12	00:20:00	00:05:52	
1853	FÁTIMA SANTOS	2455	F	447 V65F	3	00:46:50	00:45:01	00:23:40	00:05:52	LINDA-A-PASTORA SPORTING CLUBE
1854	MARTA MARQUES	4195	F	448 V40F	104	00:46:50	00:45:24	00:24:12	00:05:52	
1855	PEDRO PINTO	4197	M	1407 V35M	190	00:46:51	00:45:24	00:24:11	00:05:52	
1856	XANA FILIPE	1336	F	449 V45F	83	00:46:51	00:45:03	00:22:55	00:05:52	CLUBE NOVO BANCO
1857	MARIA JOÃO TEIXEIRA	3794	F	450 SenF	119	00:46:52	00:45:02	00:21:54	00:05:52	
1858	JOANA ALMEIDA	1060	F	451 JunF	17	00:46:53	00:46:44	00:23:39	00:05:52	
1859	PAULA FERNÁNDEZ	1962	F	452 V40F	105	00:46:54	00:46:41	00:23:11	00:05:52	
1860	PAULA TABORDA	2061	F	453 V45F	84	00:46:54	00:44:53	00:22:46	00:05:52	SS CGD
1861	SILVIA CONCEICAO ALEXANDRE REIS	2846	F	454 SenF	120	00:46:55	00:46:34	00:24:20	00:05:52	PUMP SQUAD
1862	ANTÓNIO ALMEIDA	3056	M	1408 V60M	59	00:46:55	00:46:09	00:23:22	00:05:52	LINDA-A-PASTORA SPORTING CLUBE
1863	MÁRCIO NOGUEIRA	3876	M	1409 V35M	191	00:46:55	00:40:31	00:20:07	00:05:52	
1864	PAULO JORGE CABRITA GONCALVES	2326	M	1410 V45M	258	00:46:55	00:45:17	00:22:43	00:05:52	CLUBE MILLENNIUM BCP
1865	ANTÓNIO ALVES	671	M	1411 V60M	60	00:46:56	00:46:33	00:23:39	00:05:52	
1866	ANA JANSEN	4409	F	455 V40F	106	00:46:56	00:46:16	00:23:06	00:05:52	
1867	JULIANA TORRES	4088	F	456 SenF	121	00:46:56	00:46:16	00:23:00	00:05:52	
1868	RICARDO MOREIRA	2831	M	1412 V50M	170	00:46:57	00:44:27	00:22:14	00:05:53	
1869	PAULO PEREIRA	2830	M	1413 V50M	171	00:46:57	00:44:27	00:23:08	00:05:53	
1870	CARLA NOBRE	2437	F	457 V45F	85	00:46:57	00:45:52	00:24:01	00:05:53	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO
1871	SUSANA PEREIRINHA	2436	F	458 V40F	107	00:46:58	00:45:57	00:23:38	00:05:53	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO
1872	BARRY GREEN	1626	M	1414 V60M	61	00:46:58	00:46:16	00:24:39	00:05:53	ST JULIANS RUNNING CLUB
1873	CARLA PINHEIRO	1178	F	459 V45F	86	00:46:58	00:45:14	00:23:27	00:05:53	FIDELIDADE GDC
1874	SANDRINA VALENTE	2440	F	460 V35F	70	00:46:58	00:45:54	00:23:34	00:05:53	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO
1875	TOMÁS PINTO	3974	M	1415 SenM	256	00:46:59	00:45:33	00:23:57	00:05:53	
1876	PEDRO BERJANO	906	M	1416 V45M	259	00:46:59	00:45:52	00:23:33	00:05:53	
1877	RITA PASADAS	1203	F	461 V35F	71	00:47:01	00:45:31	00:24:02	00:05:53	
1878	HÉLIO FIGUEIRA	3890	M	1417 V40M	280	00:47:02	00:45:27	00:23:59	00:05:53	GRUPO DESPORTIVO BARCARENA
1879	SOFIA RIBEIRO	2759	F	462 V40F	108	00:47:03	00:46:13	00:23:45	00:05:53	ASSOCIAÇÃO CULTURAL DA LAGE
1880	MARIA TEIXEIRA	1116	F	463 V45F	87	00:47:03	00:45:45	00:24:05	00:05:53	
1881	FILIPA REIS	1721	F	464 V40F	109	00:47:03	00:46:41	00:23:01	00:05:53	SUNSET RUNNING TEAM
1882	VASCO MATOS	2153	M	1418 SenM	257	00:47:03	00:45:43	00:23:42	00:05:53	GRUPO DESPORTIVO ROCHE PORTUGAL
1883	LUIS BORGES	1487	M	1419 V45M	260	00:47:04	00:46:52	00:23:45	00:05:53	THE CROODS
1884	CÁTIA PARREIRA	1550	F	465 V35F	72	00:47:04	00:45:48	00:22:51	00:05:53	
1885	LUÍS GAMEIRO	3181	M	1420 V45M	261	00:47:04	00:46:34	00:23:41	00:05:53	
1886	ANA PAULA BORGES	1486	F	466 V45F	88	00:47:04	00:46:53	00:23:46	00:05:53	THE CROODS
1887	MARIA FRANCISCO	3182	F	467 V55F	7	00:47:04	00:46:34	00:23:40	00:05:53	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1888	FRANCISCO FORTES	3801	M	1421 V70M	11	00:47:05	00:46:35	00:23:57	00:05:54
1889	MARIA INES ALVES	988	F	468 V45F	89	00:47:05	00:46:42	00:24:22	00:05:54
1890	MARCO REIS	2247	M	1422 V40M	281	00:47:05	00:45:31	00:23:59	00:05:54 GRUPO DESPORTIVO BARCARENA
1891	NUNO AGOSTINHO	801	M	1423 V45M	262	00:47:06	00:45:34	00:23:40	00:05:54
1892	LUÍS ALVES	987	M	1424 V55M	118	00:47:06	00:46:42	00:24:19	00:05:54
1893	LUÍS SILVA	3203	M	1425 V65M	30	00:47:07	00:45:20	00:22:56	00:05:54
1894	SÍLVIA MATA	1808	F	469 V40F	110	00:47:08	00:46:32	00:24:06	00:05:54
1895	ANA MARGARIDA PINTO MARÇALO DIAS	3323	F	470 V35F	73	00:47:09	00:43:52	00:24:53	00:05:54
1896	CARLOS PEREIRA	4489	M	1426 V35M	192	00:47:10	00:46:07	00:23:24	00:05:54 GFD RUNNING
1897	CARLOS MOURÃO	1400	M	1427 V45M	263	00:47:11	00:45:29	00:23:00	00:05:54 LEOGYM
1898	SÓNIA NEVES	2907	F	471 V40F	111	00:47:11	00:46:51	00:23:39	00:05:54
1899	JOSÉ FRANCISCO MARTINS BARATA	3118	M	1428 V75M	4	00:47:12	00:46:56	00:22:52	00:05:54 GRCD LEIÃO
1900	CRISTINA OLIVEIRA	543	F	472 V40F	112	00:47:12	00:46:21	00:23:15	00:05:54 TFM
1901	MARIA FERREIRA	4026	F	473 V60F	8	00:47:12	00:45:50	00:22:54	00:05:54
1902	SORAIA LEAL	3923	F	474 V35F	74	00:47:13	00:46:33	00:22:52	00:05:55
1903	SÍLVIA QUINTINO	1978	F	475 V35F	75	00:47:13	00:46:00	00:23:28	00:05:55 GO FIT OR GO HOME
1904	CARLOS MANUEL OLIVEIRA	2198	M	1429 V55M	119	00:47:14	00:45:50	00:24:14	00:05:55
1905	ANA ISABEL MARTINS	2654	F	476 V55F	8	00:47:14	00:45:04	00:23:35	00:05:55 ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE
1906	JOÃO PEDRO VALADO RODRIGUES	2743	M	1430 SenM	258	00:47:15	00:46:42	00:25:15	00:05:55 100RUMO
1907	MARTINHO PINTO	3244	M	1431 SenM	259	00:47:15	00:45:56	00:24:52	00:05:55
1908	ADRIANO JOSÉ DA SILVA MOTA MATOS	2285	M	1432 V45M	264	00:47:16	00:46:38	00:23:20	00:05:55 PEPSICO PORTUGAL
1909	RUI PINTO	3152	M	1433 V50M	172	00:47:16	00:46:09	00:23:57	00:05:55 GRCD LEIÃO
1910	JORGE LISBOA	1718	M	1434 V55M	120	00:47:17	00:44:53	00:23:06	00:05:55
1911	MANUEL PINTO	3243	M	1435 V50M	173	00:47:17	00:45:58	00:24:52	00:05:55
1912	RAQUEL PINHEIRO	2866	F	477 SenF	122	00:47:17	00:46:27	00:23:13	00:05:55 GRD RIBEIRA DA LAGE
1913	RUBEN MACAU	4117	M	1436 SenM	260	00:47:17	00:46:29	00:22:50	00:05:55
1914	MANUEL REGO	2565	M	1437 V55M	121	00:47:17	00:46:30	00:23:25	00:05:55 GRD RIBEIRA DA LAGE
1915	LICIANIA REGO	2550	F	478 V45F	90	00:47:17	00:46:29	00:22:22	00:05:55 GRD RIBEIRA DA LAGE
1916	CARLOS COUTINHO SILVA	2507	M	1438 V50M	174	00:47:17	00:45:48	00:22:57	00:05:55 ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
1917	LEONOR MOURINHA	4118	F	479 JunF	18	00:47:17	00:46:29	00:22:50	00:05:55
1918	RENATA MARINHO	4545	F	480 SenF	123	00:47:19	00:45:49	00:24:22	00:05:55 CLUBE ACCENTURE
1919	ISABEL CAPARICA	2144	F	481 V45F	91	00:47:19	00:46:20	00:23:53	00:05:55
1920	JOÃO CAPARICA	2143	M	1439 V50M	175	00:47:19	00:46:25	00:23:57	00:05:55
1921	GENINHA ANDRADE	2165	F	482 V40F	113	00:47:20	00:44:01	00:23:29	00:05:55
1922	LUIS COMPOETE	3983	M	1440 V45M	265	00:47:20	00:46:02	00:23:02	00:05:55
1923	CÁTIA AMORIM	922	F	483 V35F	76	00:47:21	00:45:21	00:23:08	00:05:56
1924	JULIA DOS SANTOS	2937	F	484 V50F	44	00:47:21	00:45:56	00:23:13	00:05:56 GRD OS FIXES
1925	ANNA TUCKER	1134	F	485 SenF	124	00:47:21	00:45:16	00:24:30	00:05:56
1926	JOÃO PEDRO GOMES DOMINGOS	921	M	1441 V45M	266	00:47:21	00:45:22	00:23:08	00:05:56
1927	ANA ROBERTO	2220	F	486 V35F	77	00:47:21	00:45:48	00:23:36	00:05:56
1928	FERNANDO DOS SANTOS RODRIGUES	3528	M	1442 V40M	282	00:47:22	00:45:51	00:21:56	00:05:56 BANCO ATLANTICO EUROPA
1929	JOÃO LEITÃO	2019	M	1443 SenM	261	00:47:22	00:42:55	00:22:14	00:05:56
1930	JÚLIA ARSÉNIO	2227	F	487 V45F	92	00:47:22	00:46:12	00:23:08	00:05:56
1931	EDUARDO LOPES	1235	M	1444 V45M	267	00:47:23	00:46:01	00:24:10	00:05:56 AMIGOS DA PAREDE
1932	CARLA SOUSA	3917	F	488 SenF	125	00:47:25	00:46:18	00:23:41	00:05:56
1933	JOAQUIM MIGUEL GAMITO	2985	M	1445 V55M	122	00:47:25	00:46:24	00:23:44	00:05:56
1934	PEDRO GONÇALVES	1086	M	1446 V45M	268	00:47:25	00:44:18	00:22:51	00:05:56
1935	VICTOR MORGADO	1146	M	1447 V40M	283	00:47:27	00:45:46	00:24:07	00:05:56
1936	LUÍS PERES	4464	M	1448 V40M	284	00:47:28	00:45:53	00:24:12	00:05:56
1937	RITA FACHADAS	4547	F	489 SenF	126	00:47:28	00:45:42	00:23:56	00:05:56 CLUBE ACCENTURE
1938	NELSON MARQUES	4104	M	1449 SenM	262	00:47:28	00:45:24	00:22:21	00:05:56 PICOAS

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1939	PEDRO AMEIXA	3941	M 1450	SenM 263	00:47:29	00:46:54	00:23:10	00:05:57	
1940	NUNO TAVARES	760	M 1451	V40M 285	00:47:29	00:45:48	00:24:07	00:05:57	
1941	LUCIANO REIS	1426	M 1452	V55M 123	00:47:30	00:45:40	00:24:06	00:05:57	
1942	JOSE M. MARTINS	2947	M 1453	SenM 264	00:47:30	00:46:21	00:23:33	00:05:57	GRD OS FIXES
1943	PAULO CARVALHO	878	M 1454	V45M 269	00:47:30	00:46:37	00:22:52	00:05:57	QUARENTÕES NA BISGA
1944	JOÃO CAROÇO	3280	M 1455	V45M 270	00:47:30	00:45:38	00:21:21	00:05:57	MERCÊS EM FUGA
1945	CATARINA PEREIRA	3811	F 490	SenF 127	00:47:30	00:46:00	00:24:18	00:05:57	JOAQUIM CHAVES SAÚDE
1946	VERA ALMEIDA	1443	F 491	V35F 78	00:47:30	00:45:59	00:22:58	00:05:57	
1947	BRUNO MIGUEL SILVA VENTURA	2506	M 1456	V35M 193	00:47:31	00:46:03	00:22:23	00:05:57	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
1948	JOÃO PAULO	829	M 1457	V40M 286	00:47:31	00:45:59	00:22:58	00:05:57	
1949	MONICA SILVA	2946	F 492	SenF 128	00:47:31	00:46:22	00:24:37	00:05:57	GRD OS FIXES
1950	ALEXANDRA CANDEIAS	3078	F 493	V40F 114	00:47:31	00:47:11	00:23:06	00:05:57	GRCD LEIÃO
1951	AUGUSTO ALEXANDRE TORBAY	2876	M 1458	JunM 40	00:47:31	00:45:52	00:23:41	00:05:57	RUA-A-WAY
1952	ALICE ANJINHO	2766	F 494	V50F 45	00:47:32	00:47:09	00:23:13	00:05:57	ASSOCIAÇÃO CULTURAL DA LAGE
1953	CARLOS CORREIA	1385	M 1459	V50M 176	00:47:33	00:47:22	00:23:03	00:05:57	
1954	SÓNIA MACÁRIO	519	F 495	V35F 79	00:47:33	00:46:41	00:23:59	00:05:57	TFM
1955	NUNO MACÁRIO	518	M 1460	V40M 287	00:47:33	00:46:41	00:23:59	00:05:57	TFM
1956	PAULO ALMEIDA	2577	M 1461	V40M 288	00:47:34	00:46:49	00:23:21	00:05:57	GRD RIBEIRA DA LAGE
1957	PAULA LUÍSA ANDRADE CAMPOS	4559	F 496	V40F 115	00:47:35	00:46:57	00:23:58	00:05:57	CLUBE ANA
1958	JÉSSICA RARO	3108	F 497	JunF 19	00:47:35	00:47:17	00:23:10	00:05:57	GRCD LEIÃO
1959	JOÃO ANTÓNIO DE ALMEIDA RIBEIRO	4558	M 1462	V50M 177	00:47:36	00:46:56	00:23:58	00:05:57	CLUBE ANA
1960	JORGE PIRES	4584	M 1463	V40M 289	00:47:37	00:46:07	00:23:43	00:05:58	
1961	CLAUDIA PERAL LOPES	3539	F 498	V40F 116	00:47:37	00:47:20	00:23:50	00:05:58	PERAL
1962	MARGARIDA CRESPO	1053	F 499	V50F 46	00:47:37	00:45:52	00:23:40	00:05:58	
1963	INÊS COUTINHO	653	F 500	SenF 129	00:47:38	00:45:52	00:23:34	00:05:58	
1964	MANUEL PEDROSA	1606	M 1464	V50M 178	00:47:38	00:47:17	00:23:39	00:05:58	
1965	CLUBE OGMA	2425	M 1465	V45M 271	00:47:38	00:46:02	00:23:34	00:05:58	
1966	ANDREAS SCHWARTZ	3410	M 1466	V45M 272	00:47:38	00:45:34	00:23:11	00:05:58	TABAQUEIRA
1967	RUNNER'S DE KINTAL	2424	F 501	V45F 93	00:47:38	00:46:02	00:23:34	00:05:58	
1968	JOÃO MARIA NEVES	1967	M 1467	SenM 265	00:47:39	00:47:03	00:23:18	00:05:58	OS VINGADORES
1969	NUNO PATRAQUIM	3568	M 1468	V45M 273	00:47:40	00:47:14	00:24:03	00:05:58	
1970	SARA MARTINEZ	3790	F 502	V45F 94	00:47:40	00:47:17	00:24:06	00:05:58	
1971	GABRIEL PATRAQUIM	3566	M 1469	JunM 41	00:47:40	00:47:15	00:24:04	00:05:58	
1972	VANDA BERNARDINO	1741	F 503	V45F 95	00:47:40	00:45:38	00:24:07	00:05:58	
1973	NUNO MOURÃO	1742	M 1470	V50M 179	00:47:41	00:45:39	00:24:07	00:05:58	
1974	GONÇALO NUNES	1505	M 1471	SenM 266	00:47:41	00:45:23	00:25:41	00:05:58	LOS PEPPERÁPIDOS
1975	CRISTINA CALAFATE	818	F 504	V50F 47	00:47:41	00:46:31	00:23:57	00:05:58	
1976	JOANA PINA	1103	F 505	V35F 80	00:47:42	00:44:18	00:23:21	00:05:58	RUNNERSPOWER
1977	SUELY VIEIRA	4432	F 506	V40F 117	00:47:42	00:45:07	00:24:18	00:05:58	
1978	SAMUEL MARTINS	1744	M 1472	JunM 42	00:47:43	00:45:45	00:24:18	00:05:58	
1979	EDUARDO NUNO GARCIA	4331	M 1473	JunM 43	00:47:43	00:46:43	00:23:31	00:05:58	
1980	EDUARDO GARCIA	4330	M 1474	V55M 124	00:47:43	00:46:42	00:23:29	00:05:58	
1981	BEATRIZ MARTIN	4332	F 507	V40F 118	00:47:43	00:46:43	00:23:31	00:05:58	
1982	CRISTINA NEVES	549	F 508	V45F 96	00:47:43	00:46:44	00:23:14	00:05:58	
1983	RITA NUNES	3064	F 509	SenF 130	00:47:44	00:46:45	00:26:29	00:05:58	LIFE RUNNERS
1984	ANA DANTAS	1051	F 510	V35F 81	00:47:44	00:45:09	00:24:20	00:05:58	
1985	LUIZ DANTAS	1050	M 1475	V45M 274	00:47:44	00:45:09	00:24:20	00:05:58	
1986	GONÇALO DEGADO	4149	M 1476	SenM 267	00:47:45	00:45:44	00:22:22	00:05:59	#TEAM ADT
1987	SARA TURNER	1628	F 511	V35F 82	00:47:45	00:47:01	00:24:11	00:05:59	ST JULIANS RUNNING CLUB
1988	FRANCISCO RIBEIRO	4524	M 1477	V65M 31	00:47:45	00:46:28	00:23:44	00:05:59	
1989	PEDRO BAPTISTA	4202	M 1478	JunM 44	00:47:45	00:45:54	00:23:24	00:05:59	CASA DA DIZIMA

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
1990	FILIPA RIBEIRO	2096	F 512	V35F 83	00:47:46	00:46:17	00:24:33	00:05:59	
1991	GONALO PEREIRA	2242	M 1479	SenM 268	00:47:47	00:45:51	00:24:24	00:05:59	MERCES EM FUGA
1992	CATARINA CARVALHO	3796	F 513	SenF 131	00:47:48	00:45:19	00:23:49	00:05:59	
1993	CTIA CANOTILHO	2803	F 514	V40F 119	00:47:49	00:45:38	00:24:02	00:05:59	JUST US
1994	JOO FREIRE	2558	M 1480	V40M 290	00:47:49	00:46:38	00:24:04	00:05:59	GRD RIBEIRA DA LAGE
1995	LUIS MANUEL CONCEICAO MENDES	2365	M 1481	V60M 62	00:47:49	00:46:43	00:24:09	00:05:59	CLUBE MILLENNIUM BCP
1996	INS PERAL NORONHA	3540	F 515	V55F 9	00:47:50	00:47:32	00:23:03	00:05:59	PERAL
1997	HUGO REIS	888	M 1482	V40M 291	00:47:50	00:46:08	00:22:50	00:05:59	
1998	TERESA TEIXEIRA	853	F 516	V50F 48	00:47:50	00:46:41	00:23:58	00:05:59	
1999	JOO GOMES	4264	M 1483	V45M 275	00:47:51	00:46:24	00:23:45	00:05:59	
2000	VANDA RIBEIRO	2802	F 517	V40F 120	00:47:51	00:45:41	00:24:02	00:05:59	JUST US
2001	RAFAEL TOMS	4502	M 1484	JunM 45	00:47:51	00:46:16	00:26:47	00:05:59	
2002	HLIO FREIXO	2882	M 1485	SenM 269	00:47:52	00:45:58	00:25:40	00:05:59	
2003	ARTUR AUGUSTO DIAS	2983	M 1486	V55M 125	00:47:52	00:45:53	00:24:13	00:05:59	DIAS
2004	RITA OLIVEIRA MARTINS	629	F 518	V45F 97	00:47:52	00:47:36	00:23:55	00:05:59	
2005	NUNO CORREIA	2058	M 1487	V45M 276	00:47:52	00:47:36	00:23:55	00:05:59	SS CGD
2006	FELICIDADE WILLIAMS	1623	F 519	V40F 121	00:47:53	00:47:09	00:22:55	00:06:00	ST JULIANS RUNNING CLUB
2007	ANA CRISTINA BORGES	4273	F 520	V40F 122	00:47:53	00:46:59	00:23:38	00:06:00	GULBENKIAN TEAM
2008	JULIANA PERRIN	1625	F 521	V40F 123	00:47:53	00:47:09	00:23:52	00:06:00	ST JULIANS RUNNING CLUB
2009	ALEXANDER BRYANTSEV	4265	M 1488	V35M 194	00:47:53	00:46:13	00:23:12	00:06:00	
2010	JOS DIAS	2908	M 1489	V40M 292	00:47:53	00:47:33	00:25:05	00:06:00	
2011	FILIPE GAMA	1556	M 1490	SenM 270	00:47:54	00:45:53	00:24:28	00:06:00	OS GAMBARDELAS
2012	GUILHERME GODINHO	4246	M 1491	SenM 271	00:47:54	00:46:38	00:24:56	00:06:00	
2013	TNIA LUZ	3969	F 522	SenF 132	00:47:55	00:47:46	00:23:00	00:06:00	
2014	ELISABETE CARREIRA	1551	F 523	V50F 49	00:47:55	00:47:04	00:23:58	00:06:00	TFM
2015	FBIO GOMES	1473	M 1492	SenM 272	00:47:55	00:46:14	00:23:41	00:06:00	
2016	JLIA MENEZES	2024	F 524	V50F 50	00:47:55	00:46:41	00:24:02	00:06:00	
2017	NRIA TIL	978	F 525	JunF 20	00:47:56	00:46:33	00:19:47	00:06:00	
2018	DANIELA SANTOS MOREIRA	2686	F 526	SenF 133	00:47:56	00:47:18	00:26:15	00:06:00	GIRLS POWER
2019	MARIA RAQUEL GAUDNCIO	1109	F 527	V35F 84	00:47:58	00:46:52	00:24:07	00:06:00	
2020	JOO FARINHA	4097	M 1493	V40M 293	00:47:59	00:46:39	00:23:01	00:06:00	
2021	ANA GODINHO	4414	F 528	V45F 98	00:47:59	00:46:29	00:23:33	00:06:00	
2022	FREDERICO MAIA	4263	M 1494	V45M 277	00:47:59	00:45:57	00:24:11	00:06:00	
2023	JACQUELINE CORREIA	4388	F 529	V60F 9	00:48:01	00:46:10	00:23:54	00:06:01	
2024	CONCY CALDEIRA	2673	F 530	V60F 10	00:48:01	00:46:01	00:23:30	00:06:01	
2025	CARLOS EDUARDO MONTEIRO	2936	M 1495	V35M 195	00:48:02	00:47:57	00:24:21	00:06:01	GRD OS FIXES
2026	VITORIA MONTEIRO	2934	F 531	V65F 4	00:48:02	00:47:57	00:24:21	00:06:01	GRD OS FIXES
2027	ALICE FIGUEIRA	4131	F 532	V35F 85	00:48:04	00:46:09	00:24:07	00:06:01	VALEJAS A C
2028	ANDR BASLIO	2077	M 1496	V35M 196	00:48:04	00:46:35	00:23:06	00:06:01	MABA
2029	SANDRA MARIA OLIVEIRA GUERRA	3374	F 533	V45F 99	00:48:05	00:45:14	00:23:34	00:06:01	TABAQUEIRA
2030	PAULO FARIA RODRIGUES	2658	M 1497	V55M 126	00:48:05	00:45:55	00:23:36	00:06:01	ASSOCIAO PRA-QUEDISTAS TEJO NORTE
2031	VANDA PEDRO	3498	F 534	V35F 86	00:48:06	00:46:14	00:21:54	00:06:01	NETJETS
2032	DOMINIQUE SILVA	1570	F 535	SenF 134	00:48:06	00:47:42	00:24:20	00:06:01	
2033	ANTONIO PAIS	3673	M 1498	V70M 12	00:48:07	00:46:54	00:24:36	00:06:01	NUCLEOEIRAS
2034	EUCINRIO PINHEIRO	3444	M 1499	V50M 180	00:48:07	00:46:33	00:24:11	00:06:01	RUNNING FAMILY
2035	JOAQUIM BRANCO	2780	M 1500	V60M 63	00:48:08	00:46:49	00:23:43	00:06:01	VALEJAS A C
2036	BRUNO ALMEIDA	1021	M 1501	SenM 273	00:48:08	00:46:08	00:24:33	00:06:01	
2037	ORLANDO SILVA	913	M 1502	V45M 278	00:48:08	00:46:08	00:24:32	00:06:01	
2038	JOS MARTINS	2023	M 1503	V40M 294	00:48:09	00:47:21	00:23:36	00:06:02	
2039	AFONSO ESTEVES	3226	M 1504	JunM 46	00:48:09	00:45:56	00:22:51	00:06:02	KOTAS & KOTINHAS
2040	CARLA RAPOSO	2465	F 536	V45F 100	00:48:10	00:47:46	00:23:33	00:06:02	LINDA-A-PASTORA SPORTING CLUBE

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa
2041	RUTHELENE BATISTA	4326	F	537	V45F	101	00:48:10	00:48:05	00:24:04	00:06:02	
2042	PEDRO MANSO	815	M	1505	V40M	295	00:48:13	00:47:15	00:24:30	00:06:02	
2043	SÉRGIO PAZ	3210	M	1506	V45M	279	00:48:14	00:47:40	00:23:58	00:06:02	
2044	MARIA FERREIRA	3209	F	538	V40F	124	00:48:14	00:47:40	00:23:58	00:06:02	
2045	MAGDA LEITAO	3920	F	539	V45F	102	00:48:15	00:46:22	00:24:12	00:06:02	
2046	NUNO VINAGRE	4249	M	1507	V40M	296	00:48:16	00:47:10	00:20:56	00:06:02	
2047	NAYARA PINHEIRO	3443	F	540	SenF	135	00:48:16	00:46:42	00:24:13	00:06:02	RUNNING FAMILY
2048	WENDY VAN CALSTER	3313	F	541	V35F	87	00:48:16	00:46:47	00:23:38	00:06:02	RUNNING MUMS
2049	SARA BASTOS	2115	F	542	SenF	136	00:48:17	00:47:34	00:25:01	00:06:03	
2050	MARION WESTER	1200	F	543	V40F	125	00:48:18	00:47:54	00:24:02	00:06:03	
2051	CRISTINA LEBRE	4134	F	544	V50F	51	00:48:19	00:47:12	00:23:18	00:06:03	CTA GIRLS
2052	JACOPO MICHELON	1491	M	1508	SenM	274	00:48:19	00:46:59	00:23:45	00:06:03	DAIKIN TEAM
2053	RUI GODINHO	4243	M	1509	V45M	280	00:48:22	00:47:06	00:24:56	00:06:03	
2054	ISABEL MAGALHÃES	1017	F	545	V60F	11	00:48:22	00:47:08	00:24:15	00:06:03	
2055	PEDRO TABORDA	2067	M	1510	V45M	281	00:48:23	00:46:19	00:22:57	00:06:03	SS CGD
2056	IVAN MOREIRA	2699	M	1511	V40M	297	00:48:24	00:47:47	00:22:48	00:06:03	PONTE DE LUZ ASEC
2057	APARECIDA SILVA	2716	F	546	V40F	126	00:48:25	00:46:31	00:23:23	00:06:04	
2058	LUÍSA ALMEIDA	580	F	547	V40F	127	00:48:25	00:44:15	00:23:47	00:06:04	
2059	MIGUEL SILVA	2952	M	1512	SenM	275	00:48:26	00:46:38	00:23:37	00:06:04	PREMIUM MINDS
2060	PEDRO DIAS	1670	M	1513	V45M	282	00:48:27	00:48:11	00:23:49	00:06:04	
2061	JOSÉ CARLOS AIRES	3319	M	1514	V40M	298	00:48:27	00:47:54	00:24:04	00:06:04	
2062	FERNANDA LUFT	2853	F	548	V35F	88	00:48:28	00:47:50	00:24:21	00:06:04	
2063	NATALIA FERNANDES	1839	F	549	V55F	10	00:48:28	00:47:27	00:23:47	00:06:04	
2064	EDUARDO LOPES	951	M	1515	V50M	181	00:48:28	00:46:16	00:22:56	00:06:04	
2065	VIRGILIO FARINHA FERREIRA	2336	M	1516	V65M	32	00:48:28	00:46:55	00:24:23	00:06:04	CLUBE MILLENNIUM BCP
2066	BELA SARAIVA	3236	F	550	V35F	89	00:48:29	00:47:44	00:23:45	00:06:04	
2067	TATIANA ROSA BALÃO ILDEFONSO	3174	F	551	V35F	90	00:48:30	00:45:54	00:23:40	00:06:04	HOSA
2068	RITA BOTO	4141	F	552	SenF	137	00:48:31	00:47:51	00:23:40	00:06:04	
2069	ANA MARTINS	2944	F	553	V50F	52	00:48:31	00:47:05	00:24:08	00:06:04	GRD OS FIXES
2070	LUIS SILVA	4591	M	1517	V50M	182	00:48:32	00:46:51	00:24:39	00:06:04	
2071	MARIA LUZIA GOMES	3909	F	554	V40F	128	00:48:32	00:48:16	00:24:05	00:06:04	
2072	PAULO LUZ	4147	M	1518	V40M	299	00:48:32	00:46:41	00:24:15	00:06:04	#TEAM ADT
2073	ELSA ALMEIDA	4171	F	555	V45F	103	00:48:32	00:48:05	00:24:31	00:06:04	
2074	PAULA ALMEIDA	683	F	556	SenF	138	00:48:32	00:47:55	00:24:12	00:06:04	
2075	TÂNIA GONÇALVES	612	F	557	SenF	139	00:48:33	00:46:52	00:24:11	00:06:05	
2076	CÂNDIDA GANCHAS	695	F	558	V40F	129	00:48:33	00:47:56	00:24:11	00:06:05	
2077	PAULA	1910	F	559	V45F	104	00:48:33	00:48:02	00:24:16	00:06:05	
2078	MARLENE OLIVEIRA	1172	F	560	V45F	105	00:48:33	00:48:25	00:24:09	00:06:05	
2079	RICARDO FERREIRA	2187	M	1519	V40M	300	00:48:35	00:46:33	00:23:51	00:06:05	
2080	MANUEL LUIS COELHO AÇO	2294	M	1520	V45M	283	00:48:35	00:46:01	00:23:06	00:06:05	PEPSICO PORTUGAL
2081	MARIANA GOUVEIA	1961	F	561	SenF	140	00:48:36	00:47:19	00:24:01	00:06:05	
2082	SUSANA FIGUEIREDO	4101	F	562	V45F	106	00:48:37	00:47:55	00:24:13	00:06:05	
2083	JOÃO FERREIRA	1433	M	1521	V60M	64	00:48:39	00:47:50	00:24:07	00:06:05	
2084	BRUNO FONSECA	2833	M	1522	SenM	276	00:48:39	00:47:20	00:23:23	00:06:05	
2085	TOMÁS TIM-TIM	2519	M	1523	SenM	277	00:48:40	00:45:22	00:23:09	00:06:05	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
2086	MARCO CASTANHEIRA	4377	M	1524	V40M	301	00:48:40	00:48:35	00:23:59	00:06:05	
2087	FERNANDO SILVA	3530	M	1525	V40M	302	00:48:41	00:46:30	00:24:41	00:06:06	
2088	TÂNIA PEDRAS ALVAS	2711	F	563	SenF	141	00:48:41	00:47:24	00:24:02	00:06:06	CLUBE COLABORADORES AGEAS
2089	FERNANDO ALVES	3308	M	1526	V60M	65	00:48:42	00:47:54	00:24:14	00:06:06	
2090	ENRIQUE GARCIA	2168	M	1527	V40M	303	00:48:42	00:48:18	00:23:32	00:06:06	TRANSITEX RUNNERS
2091	PAULA NEVES	1598	F	564	V40F	130	00:48:43	00:48:32	00:25:00	00:06:06	

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa	
2092	FATIMA NUNES		1477	F	565	V50F	53	00:48:43	00:47:53	00:24:58	00:06:06	KEEP RUNNING
2093	JORGE FERRO		876	M	1528	V45M	284	00:48:47	00:46:53	00:23:49	00:06:06	
2094	GONÇALO SILVA		1074	M	1529	SenM	278	00:48:47	00:48:27	00:24:29	00:06:06	
2095	LUÍS SILVA		1076	M	1530	V55M	127	00:48:47	00:48:29	00:24:31	00:06:06	
2096	ISABEL NASCIMENTO		1075	F	566	V55F	11	00:48:48	00:48:28	00:24:30	00:06:06	
2097	IRENE CARVALHO		503	F	567	V45F	107	00:48:48	00:47:21	00:24:56	00:06:06	
2098	FRANCISCO CRUZ		1404	M	1531	V70M	13	00:48:48	00:47:29	00:24:13	00:06:06	
2099	FREDERICO PIRES		4536	M	1532	V35M	197	00:48:48	00:46:47	00:23:12	00:06:06	CLUBE ACCENTURE
2100	MARIA JOÃO		2757	F	568	V45F	108	00:48:49	00:47:57	00:23:44	00:06:07	ASSOCIAÇÃO CULTURAL DA LAGE
2101	LÚCIA SILVA		2570	F	569	V55F	12	00:48:49	00:48:17	00:23:07	00:06:07	GRD RIBEIRA DA LAGE
2102	JORGE MELO		745	M	1533	V50M	183	00:48:49	00:46:21	00:24:25	00:06:07	
2103	LEONEL FERREIRA		4557	M	1534	V40M	304	00:48:49	00:48:16	00:23:12	00:06:07	
2104	PAULO LOPES		4605	M	1535	V40M	305	00:48:49	00:47:43	00:24:03	00:06:07	
2105	MIGUEL ANDRÉ		1122	M	1536	JunM	47	00:48:49	00:46:47	00:24:54	00:06:07	
2106	PEDRO MOTA		1667	M	1537	V35M	198	00:48:50	00:48:05	00:23:14	00:06:07	
2107	DANIEL SOL		1180	M	1538	V40M	306	00:48:51	00:47:28	00:24:34	00:06:07	FIDELIDADE GDC
2108	HUGO DUARTE		1184	M	1539	V35M	199	00:48:52	00:47:29	00:24:34	00:06:07	FIDELIDADE GDC
2109	CLÁUDIA SILVA		4369	F	570	V40F	131	00:48:53	00:47:54	00:25:03	00:06:07	SUMOL COMPAL
2110	ANTÓNIO COSTA		919	M	1540	V35M	200	00:48:53	00:47:07	00:23:55	00:06:07	
2111	RUTE FERNANDES		4350	F	571	V35F	91	00:48:53	00:47:54	00:25:03	00:06:07	SUMOL COMPAL
2112	NOÉMIA CONDE		873	F	572	V40F	132	00:48:53	00:47:07	00:23:55	00:06:07	
2113	CATARINA MORGADO		3474	F	573	V35F	92	00:48:53	00:47:02	00:24:29	00:06:07	SIMECQ
2114	RODRIGO DOMINGUES		3484	M	1541	V40M	307	00:48:53	00:47:03	00:24:29	00:06:07	SIMECQ
2115	PATRICIA ALMEIDA		2552	F	574	V40F	133	00:48:55	00:48:13	00:23:40	00:06:07	GRD RIBEIRA DA LAGE
2116	ANA CANDEIAS		2554	F	575	V45F	109	00:48:56	00:48:13	00:23:39	00:06:07	GRD RIBEIRA DA LAGE
2117	MARTA MATOS		1733	F	576	V40F	134	00:48:56	00:48:01	00:24:45	00:06:07	
2118	SOFIA CABEÇAS		1785	F	577	SenF	142	00:48:56	00:47:59	00:25:43	00:06:07	
2119	PEDRO LUIS		2276	M	1542	SenM	279	00:48:58	00:47:10	00:23:24	00:06:08	
2120	ALEXANDRA LOPES		3762	F	578	SenF	143	00:48:59	00:47:32	00:24:43	00:06:08	
2121	RICARDO TAPADA		3054	M	1543	V55M	128	00:49:00	00:46:27	00:23:58	00:06:08	LINDA-A-PASTORA SPORTING CLUBE
2122	JOAQUÍN LEÓN		1776	M	1544	V45M	285	00:49:01	00:48:47	00:24:16	00:06:08	
2123	PAULO SARROEIRA		4044	M	1545	V45M	286	00:49:01	00:48:38	00:24:26	00:06:08	CLUBE FERROVIÁRIO DE PORTUGAL
2124	MARGARIDA SARROEIRA		4045	F	579	V45F	110	00:49:01	00:48:38	00:24:26	00:06:08	CLUBE FERROVIÁRIO DE PORTUGAL
2125	RUI BOTO		3318	M	1546	V35M	201	00:49:03	00:48:29	00:25:17	00:06:08	
2126	ALDENIR CARVALHO		3305	M	1547	V45M	287	00:49:05	00:48:24	00:25:16	00:06:09	
2127	VITOR MATOS		2863	M	1548	V50M	184	00:49:05	00:48:46	00:23:52	00:06:09	
2128	STÉPHANE CATARINO		3403	M	1549	SenM	280	00:49:05	00:47:52	00:25:16	00:06:09	TABAQUEIRA
2129	FILIPA SILVA OLIVEIRA		1624	F	580	V50F	54	00:49:06	00:48:24	00:24:34	00:06:09	ST JULIANS RUNNING CLUB
2130	LAURA GOUVEIA		4394	F	581	SenF	144	00:49:07	00:48:00	00:24:23	00:06:09	
2131	SANDRA SILVA		3155	F	582	V45F	111	00:49:08	00:48:12	00:23:58	00:06:09	GRCD LEIÃO
2132	ANA MADEIRA		2130	F	583	V55F	13	00:49:08	00:47:51	00:24:24	00:06:09	GDCT UNICRE
2133	SANDRA CORREIA		2141	F	584	V35F	93	00:49:08	00:47:07	00:24:27	00:06:09	
2134	ANTONIO JOSE QUEIJO ALMEIDA		2308	M	1550	V50M	185	00:49:09	00:47:31	00:24:27	00:06:09	CLUBE MILLENNIUM BCP
2135	FREDERICO LÁZARO		4444	M	1551	V35M	202	00:49:09	00:46:56	00:23:36	00:06:09	
2136	PAULO FRANÇA		2133	M	1552	V55M	129	00:49:09	00:47:51	00:24:23	00:06:09	GDCT UNICRE
2137	PEDRO ALEXANDRE LOURENCO SA		2348	M	1553	V45M	288	00:49:09	00:47:31	00:24:26	00:06:09	CLUBE MILLENNIUM BCP
2138	ROMAN KYRYCHENKO		1504	M	1554	SenM	281	00:49:10	00:46:52	00:22:55	00:06:09	LOS PEPPERÁPIDOS
2139	CARLOS AFONSO		1124	M	1555	V45M	289	00:49:10	00:47:50	00:25:31	00:06:09	
2140	TERESA CANDEIAS		2687	F	585	SenF	145	00:49:10	00:48:31	00:24:51	00:06:09	GIRLS POWER
2141	RITA AFONSO		1125	F	586	SenF	146	00:49:10	00:47:50	00:25:30	00:06:09	
2142	MARIA LOURENÇO		1960	F	587	SenF	147	00:49:11	00:47:34	00:23:42	00:06:09	

Geral		Nome	Dorsal	Género	Categoria		Tempo	Chip	4 Km	Ritmo	Equipa	
2143	PAULA MARTINS		4443	F	588	V35F	94	00:49:11	00:46:58	00:23:38	00:06:09	
2144	HELENA BASTARDO		1706	F	589	V50F	55	00:49:11	00:48:20	00:23:44	00:06:09	
2145	SARA MENDES		2099	F	590	SenF	148	00:49:11	00:46:59	00:23:44	00:06:09	EQUIPA SAÚDA
2146	LUCIANA SILVA		2021	F	591	V45F	112	00:49:11	00:47:48	00:23:50	00:06:09	
2147	ANTONIO JORGE		2637	M	1556	V60M	66	00:49:12	00:47:32	00:23:13	00:06:09	
2148	BRUNO PEREIRA		4016	M	1557	V35M	203	00:49:13	00:47:11	00:23:49	00:06:10	
2149	ANABELA MONTEIRO		2809	F	592	V50F	56	00:49:13	00:45:55	00:23:31	00:06:10	
2150	NUNO CERQUEIRA		3934	M	1558	SenM	282	00:49:14	00:48:07	00:25:26	00:06:10	
2151	JORGE FIGUEIREDO		2046	M	1559	V50M	186	00:49:15	00:48:10	00:24:14	00:06:10	SS CGD
2152	RUI CARVALHO		2072	M	1560	V50M	187	00:49:15	00:48:41	00:24:29	00:06:10	
2153	MAGALI FERREIRA PATT		1819	F	593	SenF	149	00:49:15	00:48:34	00:25:24	00:06:10	ST JULIANS RUNNING CLUB
2154	MONICA PATT		1632	F	594	SenF	150	00:49:16	00:48:34	00:24:20	00:06:10	ST JULIANS RUNNING CLUB
2155	ANA ISABEL TORRES		3626	F	595	V40F	135	00:49:17	00:48:45	00:23:32	00:06:10	NUCLEOEIRAS
2156	SANDRA FERNANDES		2114	F	596	V35F	95	00:49:17	00:48:34	00:25:11	00:06:10	
2157	JACINTO PAULINHO		4064	M	1561	V65M	33	00:49:17	00:49:01	00:25:54	00:06:10	
2158	CARMEL SHARKEY		1619	F	597	V55F	14	00:49:18	00:47:33	00:24:32	00:06:10	ST JULIANS RUNNING CLUB
2159	BEATRIZ LOPES		3465	F	598	JunF	21	00:49:19	00:47:03	00:23:31	00:06:10	
2160	ISABEL ESTRELA		4103	F	599	V50F	57	00:49:19	00:48:34	00:25:16	00:06:10	
2161	JOANA ROLDAO		3799	F	600	V35F	96	00:49:20	00:46:37	00:24:26	00:06:10	INCRIVEIS
2162	DAVID ROLDAO		3798	M	1562	V40M	308	00:49:20	00:46:37	00:24:26	00:06:10	INCRIVEIS
2163	AGOSTINHO SÁ		1650	M	1563	SenM	283	00:49:21	00:46:14	00:22:27	00:06:11	
2164	MARIA VAZ		4423	F	601	V50F	58	00:49:21	00:49:17	00:24:19	00:06:11	
2165	NUNO LOPES		1007	M	1564	V40M	309	00:49:22	00:48:39	00:22:34	00:06:11	100 TURBO
2166	MIGUEL FRANCISCO BRANCO CABRITA		2372	M	1565	SenM	284	00:49:23	00:48:15	00:23:34	00:06:11	CLUBE MILLENNIUM BCP
2167	TIAGO COSTA		3997	M	1566	JunM	48	00:49:23	00:47:35	00:24:15	00:06:11	TEVA RUNNERS
2168	EDUARDO GARCIA FERREIRA		4562	M	1567	SenM	285	00:49:23	00:46:55	00:24:31	00:06:11	CLUBE ANA
2169	CARLA RIBEIRO		1012	F	602	V35F	97	00:49:23	00:48:18	00:26:03	00:06:11	100 TURBO
2170	TATIANA MARQUES		1816	F	603	V40F	136	00:49:23	00:47:45	00:24:00	00:06:11	
2171	CARLOS FERNANDES		1348	M	1568	V55M	130	00:49:24	00:47:56	00:25:18	00:06:11	
2172	JOÃO MIGUEL LEONARDO FERREIRA		4560	M	1569	SenM	286	00:49:24	00:46:58	00:24:31	00:06:11	CLUBE ANA
2173	ANA RUTE ALMEIDA		2912	F	604	V45F	113	00:49:25	00:48:03	00:23:47	00:06:11	
2174	JOÃO FERREIRA		1889	M	1570	SenM	287	00:49:25	00:46:07	00:23:31	00:06:11	
2175	MARIANA CARVALHO		625	F	605	SenF	151	00:49:25	00:48:56	00:23:55	00:06:11	
2176	FILOMENA SILVA		641	F	606	V45F	114	00:49:26	00:47:25	00:24:09	00:06:11	
2177	JOÃO PETRA		1752	M	1571	V55M	131	00:49:29	00:48:51	00:24:01	00:06:12	
2178	HUGO MIGUEL GOMES DE OLIVEIRA		3384	M	1572	V35M	204	00:49:29	00:48:23	00:22:33	00:06:12	TABAQUEIRA
2179	RICARDO MENDES		1919	M	1573	V40M	310	00:49:29	00:48:28	00:24:14	00:06:12	
2180	PEDRO LEITÃO		3576	M	1574	V40M	311	00:49:29	00:38:53	00:19:35	00:06:12	
2181	FRANCESCO SCROCCA		4403	M	1575	SenM	288	00:49:30	00:47:25	00:24:30	00:06:12	
2182	VASCONCELOS		966	M	1576	V55M	132	00:49:30	00:48:52	00:24:02	00:06:12	
2183	LUIZ ROSA		883	M	1577	V65M	34	00:49:30	00:48:26	00:25:07	00:06:12	
2184	RUBEN DOMINGOS CÁ		3517	M	1578	SenM	289	00:49:31	00:47:36	00:23:58	00:06:12	BANCO ATLANTICO EUROPA
2185	REINALDO TRIGO		1794	M	1579	V75M	5	00:49:31	00:49:04	00:23:34	00:06:12	
2186	SOFIA PEREIRA QUINTAS		3985	F	607	SenF	152	00:49:31	00:47:38	00:24:08	00:06:12	TEVA RUNNERS
2187	TIAGO SANTOS		3424	M	1580	SenM	290	00:49:31	00:48:03	00:25:09	00:06:12	TABAQUEIRA
2188	ANDRÉ PINTO CORREIA		3808	M	1581	V40M	312	00:49:33	00:47:54	00:23:29	00:06:12	JOAQUIM CHAVES SAÚDE
2189	JOSÉ ABREU		1447	M	1582	V55M	133	00:49:33	00:47:48	00:23:41	00:06:12	
2190	RUI MARQUES		4158	M	1583	V40M	313	00:49:34	00:49:13	00:26:06	00:06:12	CORRIDA NOTURNA PARQUE DAS NAÇÕES
2191	ANA MATIAS		2669	F	608	V40F	137	00:49:34	00:49:10	00:24:12	00:06:12	
2192	JOÃO SANTOS		3582	M	1584	V55M	134	00:49:35	00:49:16	00:24:57	00:06:12	
2193	CARLA FRANÇA		3645	F	609	V45F	115	00:49:35	00:47:49	00:24:28	00:06:12	NUCLEOEIRAS

Geral		Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
2194	MIGUEL BRÁS		3791	M	1585 V45M	290	00:49:36	00:49:01	00:25:33	00:06:12	PUMP AMADORA
2195	MARGARIDA DINIS		3792	F	610 V45F	116	00:49:36	00:49:01	00:25:33	00:06:12	PUMP AMADORA
2196	RUI ANTUNES		3836	M	1586 V50M	188	00:49:37	00:45:10	00:23:01	00:06:13	JOAQUIM CHAVES SAÚDE
2197	JOANA DE JESUS		656	F	611 SenF	153	00:49:38	00:48:25	00:24:41	00:06:13	
2198	NUNO VALENTE		3468	M	1587 SenM	291	00:49:39	00:49:05	00:25:52	00:06:13	
2199	CELESTINO RODRIGUES OLIVEIRA		3094	M	1588 V60M	67	00:49:39	00:48:41	00:24:30	00:06:13	GRCD LEIÃO
2200	JOÃO CARLOS GAMAS		3364	M	1589 SenM	292	00:49:39	00:47:25	00:24:50	00:06:13	TABAQUEIRA
2201	CARLA CAETANO		977	F	612 V40F	138	00:49:39	00:47:23	00:23:40	00:06:13	
2202	MADALENA CANINAS		3124	F	613 V55F	15	00:49:39	00:48:42	00:24:31	00:06:13	GRCD LEIÃO
2203	ANABELA FONSECA BORREGO		3358	F	614 V45F	117	00:49:40	00:47:25	00:24:49	00:06:13	TABAQUEIRA
2204	ANA CATARINA SAGEL		3964	F	615 V35F	98	00:49:41	00:48:27	00:24:36	00:06:13	CASCAIS OUTDOOR TRAINING
2205	LUIS FERNANDES		2018	M	1590 V45M	291	00:49:43	00:49:30	00:24:47	00:06:13	
2206	FILIPA MARQUES		3071	F	616 SenF	154	00:49:43	00:47:34	00:24:46	00:06:13	RUN FORREST RUN
2207	SANDRA COSTA		1722	F	617 V35F	99	00:49:44	00:49:34	00:24:48	00:06:13	
2208	RITA MINA		2492	F	618 V45F	118	00:49:44	00:49:19	00:25:23	00:06:13	LINDA-A-PASTORA SPORTING CLUBE
2209	VÍTOR RODRIGUES		2497	M	1591 V65M	35	00:49:44	00:49:19	00:25:22	00:06:13	LINDA-A-PASTORA SPORTING CLUBE
2210	ARMÉNIO PATRÍCIO		2467	M	1592 V75M	6	00:49:44	00:49:19	00:25:22	00:06:13	LINDA-A-PASTORA SPORTING CLUBE
2211	SANDRA COSTA		1723	F	619 V40F	139	00:49:44	00:49:34	00:24:47	00:06:13	
2212	FERNANDO ANDRADE		2475	M	1593 V70M	14	00:49:44	00:49:19	00:25:23	00:06:13	LINDA-A-PASTORA SPORTING CLUBE
2213	VANDA SILVA		2184	F	620 V40F	140	00:49:44	00:48:33	00:25:03	00:06:13	
2214	ISABEL LINO		2457	F	621 V70F	1	00:49:45	00:49:20	00:25:23	00:06:14	LINDA-A-PASTORA SPORTING CLUBE
2215	SÓNIA MARTINS		846	F	622 V35F	100	00:49:46	00:49:15	00:22:37	00:06:14	
2216	JOSÉ ALAGADOR		2482	M	1594 V70M	15	00:49:46	00:49:21	00:25:23	00:06:14	LINDA-A-PASTORA SPORTING CLUBE
2217	DIANA DINU		4898	F	623 V40F	141	00:49:46	00:48:29	00:24:33	00:06:14	FALCÕES SELVAGENS
2218	NUNO PEREIRA		4541	M	1595 V40M	314	00:49:46	00:48:03	00:24:30	00:06:14	CLUBE ACCENTURE
2219	SHEILA GALIANO		1096	F	624 V45F	119	00:49:46	00:49:14	00:23:37	00:06:14	
2220	TERESA REIS		3982	F	625 V40F	142	00:49:47	00:48:12	00:24:46	00:06:14	
2221	REBECA BASTOS		706	F	626 SenF	155	00:49:47	00:49:06	00:24:25	00:06:14	
2222	PEDRO SANTOS		705	M	1596 V40M	315	00:49:47	00:49:06	00:24:26	00:06:14	
2223	MÓNICA TRUNINGER SOUSA		2710	F	627 V45F	120	00:49:48	00:49:01	00:24:49	00:06:14	CLUBE COLABORADORES AGEAS
2224	PEDRO ALMEIDA		3777	M	1597 SenM	293	00:49:48	00:44:48	00:22:55	00:06:14	
2225	SOLANGE ALEIXO		1489	F	628 SenF	156	00:49:48	00:48:26	00:25:10	00:06:14	DAIKIN TEAM
2226	NUNO OLIVEIRA		1403	M	1598 V40M	316	00:49:48	00:48:59	00:24:14	00:06:14	
2227	DILMA MARTINS		3686	F	629 V45F	121	00:49:49	00:49:02	00:23:52	00:06:14	
2228	ANA PEREIRA		1168	F	630 V40F	143	00:49:50	00:48:54	00:25:21	00:06:14	
2229	ANTONIO ALVES		2751	M	1599 V55M	135	00:49:51	00:48:58	00:24:17	00:06:14	ASSOCIAÇÃO CULTURAL DA LAGE
2230	SÉRGIO MACHADO		4328	M	1600 V35M	205	00:49:52	00:48:58	00:25:06	00:06:14	
2231	DANIELA OLIVEIRA		866	F	631 V35F	101	00:49:52	00:49:33	00:24:18	00:06:14	
2232	ISAURA PINTO		1866	F	632 V55F	16	00:49:53	00:48:52	00:25:09	00:06:15	
2233	PEDRO RODRIGUES		3848	M	1601 SenM	294	00:49:53	00:49:00	00:23:48	00:06:15	
2234	ANA ISABEL		2438	F	633 V40F	144	00:49:53	00:48:48	00:24:39	00:06:15	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO
2235	MÁRIO SANTOS		4597	M	1602 V45M	292	00:49:55	00:48:46	00:25:09	00:06:15	
2236	FRASCISCO PATINHA		2543	M	1603 V60M	68	00:49:57	00:48:39	00:24:34	00:06:15	GRD RIBEIRA DA LAGE
2237	SANDRA PIRES		553	F	634 V45F	122	00:49:58	00:48:59	00:24:16	00:06:15	
2238	GRACINDA FERNANDES		537	F	635 V45F	123	00:49:58	00:49:31	00:24:31	00:06:15	
2239	VANDA COSTA		4580	F	636 V35F	102	00:49:58	00:48:59	00:24:18	00:06:15	OS GALGOS
2240	SARA SANTOS		1038	F	637 V35F	103	00:49:59	00:49:31	00:24:30	00:06:15	
2241	ANNA VASILYEVA		3310	F	638 V35F	104	00:49:59	00:48:27	00:24:38	00:06:15	RUNNING MUMS
2242	PAULO MEDEIROS		3957	M	1604 V45M	293	00:49:59	00:48:03	00:23:34	00:06:15	TARTARUGAS DA LINHA
2243	NATALIE HELENA		3966	F	639 V40F	145	00:50:00	00:48:46	00:25:04	00:06:15	CASCAIS OUTDOOR TRAINING
2244	ELISABETE OLIVEIRA		3023	F	640 V50F	59	00:50:01	00:47:50	00:24:33	00:06:16	SERUL

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2245	FILIPA LIMA DE MATOS	2689	F 641	SenF 157	00:50:01	00:49:23	00:26:16	00:06:16	GIRLS POWER
2246	BEATA SOUSA	1835	F 642	V40F 146	00:50:01	00:49:19	00:26:00	00:06:16	ST JULIANS RUNNING CLUB
2247	CATARINA MIRANDA BERJANO	909	F 643	V45F 124	00:50:03	00:48:55	00:24:44	00:06:16	
2248	LUÍS MIGUEL ESTEVES BRAZ	3122	M 1605	V40M 317	00:50:03	00:49:07	00:25:04	00:06:16	GRCD LEIÃO
2249	CLÁUDIA TAVARES	2166	F 644	V45F 125	00:50:04	00:49:54	00:24:31	00:06:16	
2250	RAPHAEL MARAVALHAS	1585	M 1606	SenM 295	00:50:05	00:48:08	00:24:24	00:06:16	
2251	SOFIA FRAGA	4496	F 645	V35F 105	00:50:05	00:49:37	00:24:33	00:06:16	GFD RUNNING
2252	MARIA JOÃO FRAGA	4491	F 646	V40F 147	00:50:05	00:49:35	00:24:32	00:06:16	GFD RUNNING
2253	HUGO ALEXANDRE BORREGO	3355	M 1607	V40M 318	00:50:06	00:50:06	00:24:28	00:06:16	TABAQUEIRA
2254	CÉLIA GARCIA	627	F 647	V35F 106	00:50:07	00:49:26	00:23:42	00:06:16	
2255	CATARINA VENTURA SILVA	3420	F 648	SenF 158	00:50:08	00:49:27	00:25:15	00:06:16	TABAQUEIRA
2256	BRUNO SILVA	1438	M 1608	SenM 296	00:50:10	00:43:36	00:22:55	00:06:17	
2257	LUISA MENDONÇA	1397	F 649	V40F 148	00:50:10	00:48:27	00:24:05	00:06:17	LEOGYM
2258	JOAO MARQUES	3907	M 1609	SenM 297	00:50:11	00:47:52	00:22:32	00:06:17	
2259	MARCOS	761	M 1610	V40M 319	00:50:11	00:49:33	00:26:02	00:06:17	
2260	ANA ISABEL LOPES	1431	F 650	V45F 126	00:50:11	00:49:50	00:26:43	00:06:17	SUNSET RUNNING TEAM
2261	PAULA REBELO	2932	F 651	V45F 127	00:50:12	00:48:46	00:25:13	00:06:17	GRD OS FIXES
2262	ANA CRISTINA PEIXOTO	2202	F 652	V50F 60	00:50:13	00:48:45	00:26:02	00:06:17	
2263	ANTÓNIO BOAVIDA	4460	M 1611	V50M 189	00:50:13	00:48:45	00:26:02	00:06:17	
2264	MANUEL MANTEIGAS	1319	M 1612	V35M 206	00:50:15	00:43:37	00:21:58	00:06:17	CLUBE NOVO BANCO
2265	BRUNO LEMOS	2421	M 1613	V35M 207	00:50:16	00:43:06	00:22:17	00:06:17	
2266	MANUEL VAZ	4359	M 1614	V45M 294	00:50:18	00:48:38	00:23:41	00:06:18	SUMOL COMPAL
2267	ANA DUARTE	2445	F 653	SenF 159	00:50:20	00:48:40	00:25:11	00:06:18	
2268	PAULO SILVA	2444	M 1615	V40M 320	00:50:20	00:48:41	00:25:11	00:06:18	
2269	CARLA ALVES	3625	F 654	V40F 149	00:50:21	00:48:45	00:24:28	00:06:18	NUCLEOEIRAS
2270	CARLOS SANTOS	2958	M 1616	SenM 298	00:50:22	00:48:31	00:23:41	00:06:18	PREMIUM MINDS
2271	JOAQUIM MATOS	3223	M 1617	V45M 295	00:50:22	00:48:07	00:23:30	00:06:18	KOTAS & KOTINHAS
2272	RITA OLIVEIRA	2266	F 655	SenF 160	00:50:24	00:48:20	00:23:58	00:06:18	
2273	INÊS PAULINO	570	F 656	V35F 107	00:50:26	00:49:04	00:25:25	00:06:19	
2274	ETELVINA PAULINO	4900	F 657	V55F 17	00:50:26	00:49:04	00:25:25	00:06:19	
2275	GUILHERME POMBINHO	511	M 1618	JunM 49	00:50:27	00:50:02	00:22:59	00:06:19	
2276	JOANA ALMEIDA	735	F 658	JunF 22	00:50:28	00:50:01	00:23:28	00:06:19	
2277	PAULO ALMEIDA	736	M 1619	V50M 190	00:50:28	00:50:01	00:23:28	00:06:19	
2278	ELISABETE MARIA	3573	F 659	V45F 128	00:50:29	00:49:29	00:25:01	00:06:19	
2279	JOÃO PAULO FERREIRA DE MATOS	3960	M 1620	V40M 321	00:50:30	00:48:44	00:25:11	00:06:19	RUN4IT
2280	ESMERALDA GOMES	3663	F 660	V55F 18	00:50:32	00:49:58	00:24:59	00:06:19	NUCLEOEIRAS
2281	RITA MENDES BRUNO C BASTOS MOREIRA	2407	F 661	V40F 150	00:50:32	00:48:54	00:24:43	00:06:19	CLUBE MILLENNIUM BCP
2282	PAULO SANTOS	2888	M 1621	V45M 296	00:50:32	00:48:50	00:25:29	00:06:19	
2283	ISABEL VIEIRA	1809	F 662	V55F 19	00:50:33	00:49:58	00:25:30	00:06:20	
2284	MARIA BARATA	1422	F 663	V40F 151	00:50:33	00:48:55	00:25:46	00:06:20	PUMP AMADORA
2285	STEPHANIE GOUVEIA	1071	F 664	SenF 161	00:50:33	00:49:36	00:25:34	00:06:20	
2286	SOFIA TRAVASSOS	3208	F 665	V35F 108	00:50:34	00:49:27	00:24:38	00:06:20	
2287	LUIS LARA	4422	M 1622	V65M 36	00:50:34	00:50:16	00:25:45	00:06:20	
2288	MARCELO FERREIRA	982	M 1623	SenM 299	00:50:36	00:50:18	00:23:40	00:06:20	
2289	ANABELA LUIS	4402	F 666	V50F 61	00:50:36	00:48:43	00:25:04	00:06:20	
2290	TELMA ABREU	1748	F 667	SenF 162	00:50:36	00:48:43	00:23:53	00:06:20	
2291	VANESSA VIEIRA	1738	F 668	SenF 163	00:50:38	00:45:59	00:24:59	00:06:20	PERNAS DE PAU
2292	ELISABETH LOUREIRO	4383	F 669	V60F 12	00:50:43	00:49:25	00:24:52	00:06:21	SPORTING CLUBE DE CASAINHOS
2293	RICARDO LAMPREIA	597	M 1624	V40M 322	00:50:44	00:49:09	00:25:52	00:06:21	
2294	CRISTINA REIS	2182	F 670	V50F 62	00:50:44	00:49:11	00:24:58	00:06:21	
2295	FRANKA STEINHAEUSSER	1762	F 671	V40F 152	00:50:47	00:50:32	00:24:24	00:06:21	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
2296	LUÍS DINIS	1761	M	1625 V40M	323	00:50:47	00:50:32	00:24:23	00:06:21	
2297	CORREIA GONCALO DE SOUSA	3398	M	1626 V40M	324	00:50:48	00:50:33	00:24:44	00:06:21	TABAQUEIRA
2298	MARTHA LOBO	1903	F	672 V40F	153	00:50:48	00:42:40	00:22:00	00:06:21	
2299	SÍLVIA MARÇAL	2300	F	673 V35F	109	00:50:52	00:48:14	00:24:31	00:06:22	
2300	FRANCISCO JOSÉ GONÇALVES CAMPOS	3993	M	1627 V40M	325	00:50:52	00:49:03	00:25:51	00:06:22	TEVA RUNNERS
2301	CARLA MOURA	1133	F	674 V40F	154	00:50:53	00:50:28	00:25:22	00:06:22	
2302	NUNO MIGUEL LEITAO FERNANDES MENDES	3992	M	1628 V40M	326	00:50:55	00:49:05	00:25:51	00:06:22	TEVA RUNNERS
2303	RUI OLIVEIRA	2122	M	1629 V50M	191	00:50:55	00:50:33	00:25:48	00:06:22	RUN FOR FUN
2304	JOANA MOTA	4367	F	675 SenF	164	00:50:56	00:48:24	00:25:58	00:06:22	SUMOL COMPAL
2305	RITA SANTOS	4347	F	676 SenF	165	00:50:56	00:48:24	00:25:58	00:06:22	SUMOL COMPAL
2306	BETA MATA	936	F	677 V55F	20	00:50:57	00:50:28	00:25:58	00:06:23	
2307	BRUNO ALVES	820	M	1630 V35M	208	00:50:57	00:50:31	00:26:01	00:06:23	
2308	MARCELO CARDOSO	2135	M	1631 V50M	192	00:50:58	00:50:19	00:24:59	00:06:23	GDCT UNICRE
2309	CARMINDA PIRES	1830	F	678 V55F	21	00:50:58	00:49:36	00:25:56	00:06:23	
2310	INÊS RATÃO	2103	F	679 V40F	155	00:50:58	00:49:40	00:25:09	00:06:23	
2311	DAMIÃO REGA	1829	M	1632 V55M	136	00:50:59	00:49:35	00:25:56	00:06:23	
2312	PAULA SILVA	2807	F	680 V50F	63	00:50:59	00:49:40	00:25:09	00:06:23	
2313	JOANA ALMEIDA	805	F	681 SenF	166	00:50:59	00:49:24	00:24:26	00:06:23	
2314	INÊS BRAVO	4281	F	682 SenF	167	00:51:03	00:50:09	00:25:00	00:06:23	GULBENKIAN TEAM
2315	ANA MAFALDA BATALHA AGUIAR	2401	F	683 SenF	168	00:51:04	00:50:27	00:26:00	00:06:23	CLUBE MILLENNIUM BCP
2316	PAULA ISABEL ROSA BATALHA	2400	F	684 V50F	64	00:51:04	00:50:28	00:26:00	00:06:23	CLUBE MILLENNIUM BCP
2317	FILIPE COSTA	3925	M	1633 V35M	209	00:51:04	00:45:39	00:23:38	00:06:23	
2318	JOANA SANTOS	1072	F	685 V40F	156	00:51:05	00:50:06	00:25:43	00:06:24	
2319	AUGUSTO CESAR TORBAY	2874	M	1634 V35M	210	00:51:06	00:49:28	00:25:09	00:06:24	RUA-A-WAY
2320	EMMA JAY ASHTON	3581	F	686 V40F	157	00:51:08	00:49:21	00:24:49	00:06:24	
2321	SANDRA MONTEIRO	1881	F	687 V40F	158	00:51:08	00:50:06	00:24:56	00:06:24	
2322	MARIA JOSÉ	2696	F	688 V45F	129	00:51:08	00:49:38	00:24:42	00:06:24	
2323	JOÃO SOARES	2695	M	1635 V50M	193	00:51:09	00:49:38	00:24:51	00:06:24	
2324	PEDRO FLORES	1989	M	1636 V50M	194	00:51:10	00:50:58	00:24:54	00:06:24	
2325	ANA MARQUES	4235	F	689 SenF	169	00:51:10	00:49:42	00:25:35	00:06:24	
2326	CARLOS SILVA	2902	M	1637 V55M	137	00:51:10	00:49:11	00:24:29	00:06:24	
2327	CARLOS TOMAZ	633	M	1638 V40M	327	00:51:11	00:49:29	00:26:15	00:06:24	
2328	HUGO TOMAZ	635	M	1639 JunM	50	00:51:11	00:49:29	00:26:15	00:06:24	
2329	JOSÉ PEDRO	3195	M	1640 V55M	138	00:51:12	00:49:06	00:23:18	00:06:24	PRO ANO É QUE É
2330	ISABEL FORTUNATO	4013	F	690 SenF	170	00:51:14	00:49:20	00:23:57	00:06:25	TEVA RUNNERS
2331	LUÍS DIAS	808	M	1641 V50M	195	00:51:14	00:48:52	00:25:09	00:06:25	
2332	SÍLVIA CORRALES	811	F	691 V45F	130	00:51:14	00:48:52	00:25:10	00:06:25	
2333	SARA CARVALHA	1985	F	692 V40F	159	00:51:15	00:50:30	00:25:18	00:06:25	
2334	INÊS DIAS	2074	F	693 SenF	171	00:51:16	00:49:16	00:25:39	00:06:25	
2335	CLÁUDIA RIBEIRO	1145	F	694 V35F	110	00:51:17	00:49:30	00:25:05	00:06:25	BLACK EDITION
2336	SANDRA CARVALHO	945	F	695 V45F	131	00:51:17	00:49:32	00:25:07	00:06:25	BLACK EDITION
2337	ALÍPIO COSTA	2677	M	1642 V55M	139	00:51:17	00:50:31	00:25:17	00:06:25	
2338	PEDRO HENRIQUES	3457	M	1643 V55M	140	00:51:17	00:50:55	00:26:51	00:06:25	CORRIDA NOTURNA PARQUE DAS NAÇÕES
2339	ELISABETE REGINA DE ALMEIDA LUÍS FERNANDES	3855	F	696 V35F	111	00:51:20	00:49:38	00:25:07	00:06:25	ALTAMIRA
2340	ANA ALICE SIMÕES PEREIRA	3696	F	697 V55F	22	00:51:22	00:51:05	00:25:39	00:06:26	
2341	FERNANDO SALGUEIRO	3988	M	1644 V40M	328	00:51:23	00:49:56	00:25:04	00:06:26	TEVA RUNNERS
2342	NELSON ALMEIDA	898	M	1645 SenM	300	00:51:23	00:50:08	00:26:07	00:06:26	
2343	PEDRO VALENTE	3936	M	1646 V45M	297	00:51:23	00:49:28	00:23:33	00:06:26	
2344	LUIS AUGUSTO LOURENÇO PEREIRA	3697	M	1647 V65M	37	00:51:24	00:51:07	00:25:06	00:06:26	
2345	RAQUEL NETO SAMEIRO	3756	F	698 SenF	172	00:51:24	00:51:10	00:25:22	00:06:26	
2346	FILIPE RODRIGUES	2852	M	1648 SenM	301	00:51:26	00:49:49	00:25:44	00:06:26	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2347	VANESSA MARQUES	2851	F 699	SenF 173	00:51:26	00:49:49	00:25:43	00:06:26	
2348	RICARDO NEVES	2078	M 1649	V40M 329	00:51:27	00:48:47	00:24:52	00:06:26	
2349	JOANA RODRIGUES	1013	F 700	V35F 112	00:51:27	00:50:22	00:26:03	00:06:26	100 TURBO
2350	ANA GATEIRA	3281	F 701	SenF 174	00:51:28	00:49:06	00:23:46	00:06:26	
2351	JOANA RODRIGUES RUSSO	3427	F 702	SenF 175	00:51:28	00:49:29	00:24:47	00:06:26	TABAQUEIRA
2352	MÁRIO GOMES	4252	M 1650	V40M 330	00:51:28	00:50:43	00:24:23	00:06:26	
2353	JANE	2087	F 703	V35F 113	00:51:29	00:50:15	00:24:26	00:06:27	
2354	LUÍS MOREIRA	821	M 1651	V40M 331	00:51:29	00:50:05	00:24:31	00:06:27	
2355	NUNO LOURENÇO	4139	M 1652	V40M 332	00:51:30	00:49:27	00:24:14	00:06:27	
2356	LEONOR PINTO	1375	F 704	V45F 132	00:51:31	00:50:32	00:25:44	00:06:27	
2357	SUSANA LOURENÇO	764	F 705	V35F 114	00:51:32	00:49:43	00:26:02	00:06:27	
2358	JOEL NEVES ESTEVES	2399	M 1653	V35M 211	00:51:33	00:49:18	00:25:15	00:06:27	CLUBE MILLENNIUM BCP
2359	EDMILSON SEMEDO	1812	M 1654	SenM 302	00:51:33	00:49:21	00:24:49	00:06:27	
2360	CARLOS ALBERTO MEDEIROS ROSA CONCEICAO	2328	M 1655	V55M 141	00:51:33	00:49:21	00:26:20	00:06:27	CLUBE MILLENNIUM BCP
2361	MANUELA LOPES	2862	F 706	V50F 65	00:51:34	00:51:14	00:25:37	00:06:27	
2362	ANA CATARINA DOS SANTOS	1885	F 707	SenF 176	00:51:35	00:50:17	00:26:36	00:06:27	
2363	CÉLIA MARMELO	733	F 708	V40F 160	00:51:35	00:50:31	00:25:31	00:06:27	
2364	ALBERTO FERREIRA	4420	M 1656	V50M 196	00:51:36	00:50:09	00:26:34	00:06:27	
2365	ANA LUIZA FERREIRA	4421	F 709	V50F 66	00:51:36	00:50:09	00:26:33	00:06:27	
2366	LIZZIE ENTWISTLE	2528	F 710	SenF 177	00:51:36	00:50:10	00:26:14	00:06:27	
2367	PAULA ESPIGUINHA	3198	F 711	V50F 67	00:51:36	00:49:12	00:25:15	00:06:27	
2368	ESPERANSA BEEN	1655	F 712	JunF 23	00:51:37	00:50:31	00:25:10	00:06:28	
2369	VANDA CHAVES	4056	F 713	V40F 161	00:51:37	00:50:54	00:26:34	00:06:28	CP
2370	ISABEL MENDES	4054	F 714	V55F 23	00:51:37	00:50:53	00:26:34	00:06:28	CP
2371	JOÃO NUNES	3795	M 1657	V50M 197	00:51:38	00:46:41	00:25:01	00:06:28	
2372	SÍLVIA ANJOS	3757	F 715	V45F 133	00:51:38	00:46:40	00:24:58	00:06:28	
2373	LIDIA ANTUNES	3738	F 716	V35F 115	00:51:39	00:51:10	00:24:55	00:06:28	GFD RUNNING
2374	JAMES SWINBURNE	1993	M 1658	V35M 212	00:51:39	00:50:14	00:26:14	00:06:28	
2375	ANA SANTOS	881	F 717	V50F 68	00:51:39	00:50:05	00:26:11	00:06:28	
2376	ANA ALVES	4327	F 718	V35F 116	00:51:39	00:50:47	00:25:08	00:06:28	
2377	PATO	1758	F 719	SenF 178	00:51:40	00:50:00	00:27:03	00:06:28	
2378	ANGELA SANTOS	690	F 720	SenF 179	00:51:40	00:50:06	00:26:11	00:06:28	
2379	PAULO RAMOS	1553	M 1659	V45M 298	00:51:40	00:49:11	00:24:48	00:06:28	
2380	PEDRO MOREIRA	3238	M 1660	V40M 333	00:51:41	00:50:37	00:23:43	00:06:28	
2381	DANIEL FERREIRA	3321	M 1661	V45M 299	00:51:41	00:51:08	00:25:39	00:06:28	
2382	JOÃO DIAS	1698	M 1662	SenM 303	00:51:41	00:50:54	00:24:43	00:06:28	
2383	SARA FARINHA	4417	F 721	V35F 117	00:51:44	00:51:09	00:26:18	00:06:28	
2384	SAMUEL JOAQUIM	1820	M 1663	V65M 38	00:51:44	00:48:55	00:24:55	00:06:28	
2385	MIGUEL GAMEIRO	1877	M 1664	SenM 304	00:51:45	00:50:26	00:22:46	00:06:29	MIGUEL E PAI A CORRER ... MADALENA E PEDRO A APOIAR
2386	ISABEL CARVALHO	2145	F 722	V35F 118	00:51:45	00:50:27	00:24:51	00:06:29	
2387	CARLA FERREIRA	4427	F 723	V40F 162	00:51:46	00:51:41	00:25:36	00:06:29	
2388	MARTA SIMÃO	1206	F 724	V40F 163	00:51:46	00:50:32	00:24:22	00:06:29	
2389	FILIPE BRITO	2146	M 1665	V40M 334	00:51:46	00:50:28	00:24:51	00:06:29	
2390	RUI GAMEIRO	1876	M 1666	V45M 300	00:51:46	00:50:27	00:23:50	00:06:29	MIGUEL E PAI A CORRER ... MADALENA E PEDRO A APOIAR
2391	NUNO FERREIRA	3233	M 1667	V40M 335	00:51:47	00:49:04	00:24:26	00:06:29	
2392	VALERIA CAMARGO	3965	F 725	V40F 164	00:51:47	00:50:33	00:25:28	00:06:29	CASCAIS OUTDOOR TRAINING
2393	ANA LEMOS	1846	F 726	V50F 69	00:51:48	00:51:19	00:25:51	00:06:29	
2394	JOAO SIMOES	2642	M 1668	V45M 301	00:51:49	00:49:23	00:24:26	00:06:29	
2395	MARISA PINTO	1287	F 727	SenF 180	00:51:50	00:49:56	00:24:47	00:06:29	
2396	JOÃO FORTES	1904	M 1669	V35M 213	00:51:50	00:50:30	00:24:36	00:06:29	
2397	JORGE SOUSA TEIXEITA	2978	M 1670	V45M 302	00:51:50	00:50:13	00:24:46	00:06:29	CLUBE DO STRESS

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2398	LUÍS MARÇAL	1875	M 1671	V35M 214	00:51:51	00:51:41	00:23:10	00:06:29	
2399	JOAQUIM MORAIS	2244	M 1672	V55M 142	00:51:51	00:51:35	00:26:18	00:06:29	
2400	JOEL COSTA	3995	M 1673	V40M 336	00:51:52	00:50:08	00:24:27	00:06:29	TEVA RUNNERS
2401	SANDRA SILVA	3037	F 728	V35F 119	00:51:53	00:50:20	00:26:10	00:06:30	SERUL
2402	ALEXANDRE SILVA	1490	M 1674	V40M 337	00:51:53	00:50:30	00:25:10	00:06:30	DAIKIN TEAM
2403	SUSANA MENDES	3632	F 729	V45F 134	00:51:53	00:50:17	00:25:14	00:06:30	NUCLEOEIRAS
2404	ALICE MACHADO	2447	F 730	V60F 13	00:51:54	00:51:31	00:25:35	00:06:30	LINDA-A-PASTORA SPORTING CLUBE
2405	JOANA SANTOS	1933	F 731	SenF 181	00:51:55	00:48:32	00:24:40	00:06:30	RUNNERSPOWER
2406	JOÃO ANGEJA	1055	M 1675	V40M 338	00:51:58	00:50:56	00:27:04	00:06:30	
2407	CRISTINA ANGEJA	1056	F 732	V40F 165	00:51:58	00:50:56	00:27:05	00:06:30	
2408	ELOÍSA MATOSO	3316	F 733	SenF 182	00:51:58	00:51:43	00:23:48	00:06:30	UNDERDOGS
2409	SÉRGIO SANTOS	3839	M 1676	SenM 305	00:51:58	00:45:37	00:22:04	00:06:30	JOAQUIM CHAVES SAÚDE
2410	SUSANA CARVALHO	2001	F 734	V40F 166	00:51:58	00:51:26	00:25:57	00:06:30	
2411	MARIA SILVA	2901	F 735	V50F 70	00:51:59	00:50:08	00:25:08	00:06:30	CÁTEESPERO
2412	GONÇALO SILVA	3510	M 1677	V35M 215	00:51:59	00:49:56	00:24:50	00:06:30	FERRARIS DA SERAFINA
2413	SOFIA SANTOS	4517	F 736	V40F 167	00:51:59	00:49:42	00:25:05	00:06:30	
2414	RITA DIAS	2943	F 737	SenF 183	00:52:00	00:49:35	00:24:44	00:06:30	GRD OS FIXES
2415	ARTUR DINIS	1117	M 1678	V60M 69	00:52:01	00:50:46	00:25:33	00:06:31	
2416	FERNANDO PESSOA	1911	M 1679	V45M 303	00:52:02	00:47:56	00:27:05	00:06:31	
2417	ANA BARBARA FREITAS SANTOS SILVA	2378	F 738	V45F 135	00:52:02	00:51:26	00:26:10	00:06:31	CLUBE MILLENNIUM BCP
2418	PAULA SERRA	822	F 739	V50F 71	00:52:03	00:51:04	00:25:14	00:06:31	
2419	JOSE CORREIA	1276	M 1680	V60M 70	00:52:03	00:51:01	00:25:50	00:06:31	
2420	ANA PIMENTA	3471	F 740	V40F 168	00:52:03	00:49:51	00:24:49	00:06:31	SIMECQ
2421	PAULA FERREIRA	4075	F 741	V40F 169	00:52:04	00:50:00	00:25:02	00:06:31	FERRARIS DA SERAFINA
2422	VANDA OLIVEIRA	551	F 742	V45F 136	00:52:06	00:51:06	00:25:45	00:06:31	
2423	ANTONIO HORTA	637	M 1681	V60M 71	00:52:07	00:51:06	00:25:44	00:06:31	
2424	ANA CRISTINA VIEGAS	3470	F 743	V45F 137	00:52:07	00:50:21	00:28:13	00:06:31	SIMECQ
2425	RITA ANTUNES	3564	F 744	V40F 170	00:52:08	00:50:57	00:25:35	00:06:31	SS CGD
2426	PEDRO MAGALHÃES	1519	M 1682	SenM 306	00:52:09	00:51:05	00:25:46	00:06:32	
2427	LUÍS SANTOS	2536	M 1683	SenM 307	00:52:10	00:51:06	00:25:46	00:06:32	
2428	RITA CANDEIAS	1555	F 745	SenF 184	00:52:10	00:50:08	00:26:01	00:06:32	OS GAMBARDELAS
2429	DÉBORA GLÓRIA MIGUEL GUERRA	1994	F 746	SenF 185	00:52:10	00:51:07	00:25:27	00:06:32	FANTASTIC FOUR
2430	SÍLVIA CARLOS	4392	F 747	V45F 138	00:52:11	00:49:59	00:26:13	00:06:32	
2431	MANUELA	3535	F 748	V40F 171	00:52:11	00:50:35	00:26:39	00:06:32	
2432	ANA SILVA	3536	F 749	V35F 120	00:52:13	00:52:02	00:25:50	00:06:32	
2433	TIAGO MAGALHÃES	1494	M 1684	SenM 308	00:52:13	00:51:08	00:25:47	00:06:32	
2434	CÁTIA CRISTOVÃO	1080	F 750	V35F 121	00:52:13	00:51:25	00:25:07	00:06:32	
2435	ROBIN BEEN	1653	F 751	V40F 172	00:52:13	00:51:08	00:25:30	00:06:32	
2436	JOÃO VAZ	1675	M 1685	V50M 198	00:52:14	00:51:30	00:24:57	00:06:32	
2437	LUIISA COSTA	2138	F 752	V45F 139	00:52:15	00:51:53	00:25:38	00:06:32	RUN4ALL
2438	NUNO PAULO	2059	M 1686	V45M 304	00:52:15	00:49:59	00:24:54	00:06:32	SS CGD
2439	DIOGO PAULO	2036	M 1687	SenM 309	00:52:16	00:49:59	00:24:54	00:06:32	SS CGD
2440	ANA RIBEIRO	1401	F 753	V45F 140	00:52:16	00:51:18	00:25:23	00:06:32	
2441	SUSANA TRAVANCA	550	F 754	V45F 141	00:52:17	00:49:47	00:26:19	00:06:33	
2442	SÓNIA AFONSO	3840	F 755	SenF 186	00:52:17	00:47:51	00:24:40	00:06:33	JOAQUIM CHAVES SAÚDE
2443	RITA ALVES	582	F 756	V45F 142	00:52:18	00:49:49	00:26:20	00:06:33	
2444	JOANA ALVES	1673	F 757	V40F 173	00:52:18	00:49:49	00:26:20	00:06:33	
2445	CÁTIA COSTA SANTOS	1720	F 758	V40F 174	00:52:18	00:51:09	00:25:24	00:06:33	
2446	LUÍS MIGUEL SILVA SOARES	3175	M 1688	V35M 216	00:52:23	00:49:46	00:25:34	00:06:33	HOSA
2447	JOSÉ ALVES	3478	M 1689	V45M 305	00:52:23	00:50:10	00:24:49	00:06:33	SIMECQ
2448	BRUNO MIGUEL DE JESUS RATO PATRÃO DOS SANTOS	1340	M 1690	V40M 339	00:52:24	00:50:39	00:25:35	00:06:33	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2449	ANTÓNIO FERNANDES	2008	M 1691	V50M 199	00:52:24	00:51:21	00:25:37	00:06:33	
2450	TÂNIA VIEIRA	2953	F 759	SenF 187	00:52:24	00:41:57	00:20:53	00:06:33	PREMIUM MINDS
2451	VANESSA GERMANO	4346	F 760	V35F 122	00:52:25	00:51:14	00:26:48	00:06:34	SUMOL COMPAL
2452	ELOIZA REIS	2823	F 761	V50F 72	00:52:28	00:51:25	00:25:36	00:06:34	HEALTH CONNECTION
2453	DIOGO SOARES	4276	M 1692	SenM 310	00:52:28	00:51:31	00:26:05	00:06:34	GULBENKIAN TEAM
2454	RUTE PINTO	1725	F 762	SenF 188	00:52:29	00:50:33	00:25:42	00:06:34	
2455	PEDRO ALEXANDRE GONCALVES VILELA	2354	M 1693	SenM 311	00:52:29	00:52:01	00:25:00	00:06:34	CLUBE MILLENNIUM BCP
2456	ELISA ALMEIDA	2002	F 763	V50F 73	00:52:29	00:51:54	00:25:37	00:06:34	
2457	RUI FIGUEIREDO	2603	M 1694	V40M 340	00:52:30	00:51:27	00:25:12	00:06:34	
2458	TIAGO RODRIGUES	1746	M 1695	V35M 217	00:52:30	00:50:33	00:25:42	00:06:34	
2459	FERNANDO LEMOS	759	M 1696	V50M 200	00:52:31	00:51:22	00:25:30	00:06:34	
2460	ANA SEABRA	3171	F 764	V50F 74	00:52:32	00:50:26	00:25:44	00:06:34	ESCOTECAS
2461	GONÇALO MESTRE	3240	M 1697	V45M 306	00:52:32	00:50:26	00:25:45	00:06:34	ESCOTECAS
2462	CIDÁLIA RIBEIRO	4361	F 765	V40F 175	00:52:32	00:51:21	00:24:58	00:06:34	SUMOL COMPAL
2463	FILIPE MACHADO	4362	M 1698	V35M 218	00:52:32	00:51:24	00:25:00	00:06:34	SUMOL COMPAL
2464	ALEXANDRA RODRIGUES	3804	F 766	V40F 176	00:52:34	00:50:44	00:24:57	00:06:35	JOAQUIM CHAVES SAÚDE
2465	MADALENA OLIVEIRA	2567	F 767	SenF 189	00:52:36	00:52:26	00:26:16	00:06:35	GRD RIBEIRA DA LAGE
2466	DEBORA CORREA	1620	F 768	V45F 143	00:52:37	00:51:51	00:27:21	00:06:35	ST JULIANS RUNNING CLUB
2467	SERGIO SA	3908	M 1699	V50M 201	00:52:37	00:50:16	00:25:48	00:06:35	
2468	JEFFERSON TEIXEIRA	2701	M 1700	V45M 307	00:52:37	00:52:00	00:25:02	00:06:35	PONTE DE LUZ ASEC
2469	CELESTE ALMEIDA	3475	F 769	V45F 144	00:52:37	00:50:50	00:25:48	00:06:35	SIMECQ
2470	SÍLVIA DIAS	613	F 770	V40F 177	00:52:37	00:52:22	00:26:12	00:06:35	
2471	JORGE NEVES	4019	M 1701	V55M 143	00:52:37	00:51:50	00:26:10	00:06:35	
2472	SUSANA MENDES	3485	F 771	V40F 178	00:52:38	00:50:50	00:28:18	00:06:35	SIMECQ
2473	TATIANA TREPADO	1073	F 772	V35F 123	00:52:41	00:51:07	00:24:44	00:06:36	
2474	CÁTIA COUTINHO	1953	F 773	V35F 124	00:52:42	00:51:59	00:25:49	00:06:36	
2475	RUI SERAFIM	937	M 1702	V45M 308	00:52:42	00:51:08	00:24:44	00:06:36	
2476	HELENA AZINHEIRA	1061	F 774	V50F 75	00:52:42	00:52:33	00:24:51	00:06:36	
2477	MARGARIDA EUSTÁQUIO	2594	F 775	SenF 190	00:52:43	00:51:17	00:25:23	00:06:36	MORCEGOS
2478	RAQUEL MARQUES	1252	F 776	SenF 191	00:52:43	00:52:12	00:26:24	00:06:36	
2479	CLÁUDIA PEREIRA	3727	F 777	V40F 179	00:52:44	00:52:19	00:25:56	00:06:36	GFD RUNNING
2480	MARIA MARGARIDA PARENTE	2981	F 778	SenF 192	00:52:44	00:51:07	00:25:57	00:06:36	CLUBE DO STRESS
2481	MANUEL TEIXEIRA DUARTE	2973	M 1703	V50M 202	00:52:44	00:51:07	00:25:58	00:06:36	CLUBE DO STRESS
2482	LUIS DIAS	1314	M 1704	V40M 341	00:52:44	00:51:51	00:25:48	00:06:36	CLUBE NOVO BANCO
2483	CARLOS MARQUES	2471	M 1705	V80M 2	00:52:45	00:52:32	00:27:19	00:06:36	LINDA-A-PASTORA SPORTING CLUBE
2484	OSCAR LOURENÇO DE BRITO	3515	M 1706	V50M 203	00:52:47	00:47:13	00:25:53	00:06:36	BANCO ATLANTICO EUROPA
2485	ALEXANDRE DUARTE PEREIRA RIBEIRO	3849	M 1707	V45M 309	00:52:47	00:51:02	00:27:32	00:06:36	ALTAMIRA
2486	SÉRGIO MATOSO	3317	M 1708	V35M 219	00:52:48	00:52:33	00:26:05	00:06:36	UNDERDOGS
2487	ANA BARRA	942	F 779	V45F 145	00:52:49	00:52:15	00:26:18	00:06:37	
2488	LIDIA PRATAS	4055	F 780	V50F 76	00:52:49	00:52:05	00:26:34	00:06:37	CP
2489	CARLOS MESSIAS	4057	M 1709	V50M 204	00:52:49	00:52:06	00:25:27	00:06:37	CP
2490	LUÍS BILAU	2050	M 1710	V65M 39	00:52:50	00:51:00	00:26:19	00:06:37	SS CGD
2491	GUILHERMINA CARVALHO	3754	F 781	V50F 77	00:52:53	00:52:30	00:26:11	00:06:37	
2492	ANTONIO REIS	1295	M 1711	V50M 205	00:52:53	00:52:00	00:26:07	00:06:37	CLUBE NOVO BANCO
2493	GONÇALO TAVARES	3976	M 1712	V35M 220	00:52:53	00:50:35	00:25:42	00:06:37	
2494	EUNICE SILVA	4237	F 782	V35F 125	00:52:53	00:51:12	00:25:59	00:06:37	
2495	PAULA MATOS	2861	F 783	V45F 146	00:52:54	00:52:33	00:26:01	00:06:37	
2496	SOFÍA SANTOS	2918	F 784	V35F 126	00:52:54	00:51:18	00:25:50	00:06:37	
2497	JOSÉ CARLOS FERNANDES	4284	M 1713	V45M 310	00:52:55	00:52:26	00:24:03	00:06:37	
2498	ROSA FALARDO	1339	F 785	V55F 24	00:52:55	00:51:26	00:27:00	00:06:37	
2499	LILIANA CARVALHO	2749	F 786	V40F 180	00:52:58	00:52:22	00:26:09	00:06:38	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2500	CÁTIA MOURA	4241	F 787	SenF 193	00:53:01	00:52:17	00:25:00	00:06:38	
2501	MARTA AMARO	3132	F 788	V35F 127	00:53:01	00:52:41	00:25:56	00:06:38	GRCD LEIÃO
2502	PAULO MARTINS	1597	M 1714	V40M 342	00:53:03	00:52:49	00:25:53	00:06:38	MOURA BAIÁ
2503	JOÃO CARINHAS	4301	M 1715	V50M 206	00:53:04	00:50:42	00:25:27	00:06:38	CASA PESSOAL IP
2504	MARIA ESTEVES	2694	F 789	V50F 78	00:53:04	00:51:38	00:27:09	00:06:38	
2505	JOÃO PAULO DOS SANTOS MORAIS	1566	M 1716	SenM 312	00:53:05	00:52:47	00:27:22	00:06:39	
2506	MARIA CUNHA	1567	F 790	SenF 194	00:53:05	00:52:48	00:27:23	00:06:39	
2507	JORGE HUMBERTO ABELHA COLACO	2385	M 1717	V55M 144	00:53:06	00:49:06	00:25:04	00:06:39	CLUBE MILLENNIUM BCP
2508	TERESA SILVA	2194	F 791	V60F 14	00:53:07	00:50:34	00:27:45	00:06:39	
2509	CRISTINA SANTANA	1893	F 792	V35F 128	00:53:07	00:51:04	00:25:47	00:06:39	
2510	CARLOS MORAIS	1865	M 1718	V35M 221	00:53:08	00:51:13	00:26:30	00:06:39	
2511	FRANCISCO VIEIRA	4100	M 1719	V60M 72	00:53:10	00:52:26	00:24:42	00:06:39	
2512	VITOR RODRIGUES	1171	M 1720	V50M 207	00:53:11	00:51:36	00:26:00	00:06:39	UMA CORRIDA COM O TIAGO
2513	MARIA JOSÉ NOBRE	2439	F 793	V40F 181	00:53:12	00:52:07	00:26:20	00:06:39	GRUPO DESPORTIVO "O INDEPENDENTE" - BARREIRO
2514	RAPHAEL MARAVALHAS	1087	M 1721	SenM 313	00:53:13	00:51:15	00:24:24	00:06:40	
2515	OLGA GALVÃO	3482	F 794	V55F 25	00:53:15	00:51:27	00:28:38	00:06:40	SIMECQ
2516	LILIANA TEIXEIRA	1884	F 795	SenF 195	00:53:17	00:51:57	00:26:34	00:06:40	
2517	SANDRA BAIÃO	3271	F 796	V40F 182	00:53:17	00:53:04	00:26:13	00:06:40	SINGARUNNERS
2518	CLAUDIO PAULINHO	4063	M 1722	V35M 222	00:53:17	00:53:00	00:24:36	00:06:40	
2519	MANUEL BRÁS	2053	M 1723	V50M 208	00:53:17	00:52:40	00:26:01	00:06:40	SS CGD
2520	FAUSTO CAPITÃO	1300	M 1724	SenM 314	00:53:18	00:50:53	00:26:14	00:06:40	CLUBE NOVO BANCO
2521	PEDRO XAVIER	1916	M 1725	V40M 343	00:53:19	00:53:01	00:24:36	00:06:40	
2522	MARIO PIRES	1105	M 1726	V60M 73	00:53:19	00:50:37	00:25:55	00:06:40	
2523	SARA MARGARIDA SERRANO LUCAS FERNANDES	2840	F 797	SenF 196	00:53:19	00:51:27	00:26:34	00:06:40	
2524	SANDRA ANTUNES	1594	F 798	V40F 183	00:53:19	00:52:24	00:26:24	00:06:40	
2525	FERNANDO HUMBERTO RAMOS FERREIRA	2316	M 1727	V70M 16	00:53:19	00:52:55	00:27:24	00:06:40	CLUBE MILLENNIUM BCP
2526	ANTÓNIO COIMBRA	2089	M 1728	V50M 209	00:53:20	00:51:19	00:25:53	00:06:40	
2527	ANA COIMBRA	2088	F 799	V45F 147	00:53:20	00:51:22	00:25:55	00:06:40	
2528	FERNANDO MOREIRA	4408	M 1729	V55M 145	00:53:23	00:51:16	00:25:09	00:06:41	COLARES
2529	ÉLIO GALEGO	3232	M 1730	V35M 223	00:53:24	00:51:32	00:25:48	00:06:41	
2530	VANESSA ROSA	3758	F 800	SenF 197	00:53:24	00:51:32	00:25:49	00:06:41	
2531	HELENA PRATA	1020	F 801	V50F 79	00:53:27	00:52:24	00:26:32	00:06:41	
2532	MARIANA PINHEIRO	2906	F 802	V35F 129	00:53:28	00:51:33	00:28:39	00:06:41	
2533	SUSANA JESUS	3684	F 803	V50F 80	00:53:29	00:52:47	00:26:22	00:06:42	
2534	RITA VALENTE	3937	F 804	V45F 148	00:53:32	00:51:37	00:24:20	00:06:42	
2535	ANA RITA MIRANDA GARCIA	4561	F 805	V35F 130	00:53:35	00:51:08	00:25:51	00:06:42	CLUBE ANA
2536	LUÍS MIGUEL DIAS RODRIGUES	2512	M 1731	V45M 311	00:53:37	00:48:46	00:26:26	00:06:43	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
2537	ROGÉRIO ALEXANDRE RIBEIRO	2199	M 1732	V50M 210	00:53:38	00:52:51	00:25:51	00:06:43	
2538	ALDA SEBASTIÃO	3469	F 806	V60F 15	00:53:40	00:51:53	00:25:48	00:06:43	SIMECQ
2539	SUSANA CORREIA	1516	F 807	SenF 198	00:53:42	00:49:06	00:25:51	00:06:43	
2540	BRUNO VAZ	1176	M 1733	V40M 344	00:53:45	00:52:21	00:25:17	00:06:44	FIDELIDADE GDC
2541	SARA SILVA	904	F 808	V40F 184	00:53:45	00:53:37	00:27:17	00:06:44	
2542	RAFAELA VEIGA	1198	F 809	SenF 199	00:53:48	00:48:05	00:25:04	00:06:44	
2543	CHLOÉ DE PIERREPONT	4396	F 810	SenF 200	00:53:48	00:52:37	00:27:37	00:06:44	
2544	CECILIA AGUIAR	4526	F 811	V50F 81	00:53:49	00:51:24	00:26:26	00:06:44	
2545	ANDRÉ DAVID ANTUNES SIMÕES	1454	M 1734	SenM 315	00:53:51	00:52:05	00:26:10	00:06:44	TA'LENTO
2546	FABIANA RAQUEL PIRES SEVERIANO	1455	F 812	SenF 201	00:53:51	00:52:05	00:26:10	00:06:44	TA'LENTO
2547	LUIS BRÁS COELHO	4041	M 1735	V60M 74	00:53:51	00:53:03	00:26:55	00:06:44	CLUBE FERROVIÁRIO DE PORTUGAL
2548	INÊS MARTINS	4157	F 813	V45F 149	00:53:52	00:53:32	00:26:53	00:06:44	CORRIDA NOTURNA PARQUE DAS NAÇÕES
2549	PAULO ALEXANDRE SIMOES DE SOUSA	2872	M 1736	V45M 312	00:53:53	00:53:13	00:24:31	00:06:45	OS MARGINAIS
2550	PAULO JORGE PORTELA NUNES SANTANA	2873	M 1737	V45M 313	00:53:53	00:53:13	00:25:38	00:06:45	OS MARGINAIS

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2551	EMILIA MARIA ALMEIDA BENTO ARSENIÓ	2406	F 814	V50F 82	00:53:53	00:52:47	00:27:41	00:06:45	CLUBE MILLENNIUM BCP
2552	JUSTIN MIGUEL RUIVO	1089	M 1738	SenM 316	00:53:55	00:52:06	00:26:49	00:06:45	
2553	LÍGIA NOVAIS	1286	F 815	SenF 202	00:53:58	00:52:30	00:27:22	00:06:45	
2554	VALTER CANAVEIRA	1880	M 1739	JunM 51	00:53:59	00:50:35	00:27:13	00:06:45	
2555	CARLA ANICETO	2260	F 816	V45F 150	00:53:59	00:52:41	00:26:18	00:06:45	LIS RUNNING CPA
2556	HENRIQUE VILLHENA	2258	M 1740	V60M 75	00:53:59	00:52:36	00:26:13	00:06:45	LIS RUNNING CPA
2557	VANESSA LOPES	1787	F 817	SenF 203	00:54:00	00:52:11	00:26:47	00:06:45	
2558	BEATRIZ VIEGAS	1088	F 818	SenF 204	00:54:01	00:52:13	00:26:50	00:06:46	
2559	DAHER DINIZ	792	M 1741	V55M 146	00:54:02	00:52:42	00:26:04	00:06:46	
2560	TATIANA SANCHES	1097	F 819	SenF 205	00:54:02	00:52:15	00:25:26	00:06:46	BLACK EDITION
2561	MARTA MARISA VALENTE	1143	F 820	V40F 185	00:54:03	00:52:16	00:25:28	00:06:46	BLACK EDITION
2562	VERA TOLÉDO	838	F 821	V40F 186	00:54:03	00:48:54	00:25:41	00:06:46	
2563	JOÃO PINTO	1724	M 1742	SenM 317	00:54:04	00:52:08	00:25:43	00:06:46	
2564	CARLOS CALMÃO	1022	M 1743	V35M 224	00:54:04	00:52:51	00:25:51	00:06:46	
2565	ISABEL AMARAL	508	F 822	V50F 83	00:54:04	00:52:03	00:25:26	00:06:46	
2566	NEIDE SANTOS	2850	F 823	SenF 206	00:54:05	00:52:52	00:24:40	00:06:46	
2567	ETELVINA SALES	2532	F 824	V45F 151	00:54:08	00:53:55	00:26:15	00:06:46	SINGARUNNERS
2568	SOUSA	755	F 825	V65F 5	00:54:10	00:52:38	00:26:18	00:06:47	
2569	DANIELA PEREIRA	3913	F 826	SenF 207	00:54:13	00:51:44	00:24:22	00:06:47	
2570	MARIA DANTAS	2957	F 827	V40F 187	00:54:13	00:43:47	00:22:38	00:06:47	PREMIUM MINDS
2571	PAULA SILVA	1325	F 828	V45F 152	00:54:16	00:53:23	00:26:32	00:06:47	CLUBE NOVO BANCO
2572	JORGE FILIPE	2120	M 1744	V45M 314	00:54:16	00:53:54	00:25:47	00:06:47	RUN FOR FUN
2573	ANA GONÇALVES	3063	F 829	SenF 208	00:54:17	00:53:18	00:26:29	00:06:48	LIFE RUNNERS
2574	FERNANDA ALTENFELDER	1506	F 830	SenF 209	00:54:18	00:52:00	00:25:47	00:06:48	LOS PEPPERÁPIDOS
2575	JULIANA CONCEICAO A COTRIM SILVA	2413	F 831	V45F 153	00:54:20	00:52:44	00:26:30	00:06:48	CLUBE MILLENNIUM BCP
2576	FRANCISCO TEIXEIRA	608	M 1745	V45M 315	00:54:20	00:52:59	00:26:20	00:06:48	
2577	SANDRA ANDRÉ	1123	F 832	V45F 154	00:54:22	00:52:19	00:25:59	00:06:48	
2578	PATRICK PINTO	3549	M 1746	V35M 225	00:54:22	00:42:20	00:20:52	00:06:48	
2579	JOÃO VICTOR SOUSA	3769	M 1747	SenM 318	00:54:24	00:49:23	00:23:04	00:06:48	
2580	COLIN JENNINGS	1424	M 1748	V70M 17	00:54:25	00:53:04	00:26:55	00:06:49	
2581	JORGE QUARENTA	4300	M 1749	V35M 226	00:54:26	00:52:04	00:26:12	00:06:49	CASA PESSOAL IP
2582	ANTÓNIO COSTA	933	M 1750	V55M 147	00:54:26	00:53:29	00:26:41	00:06:49	
2583	EDUARDO PATACA	3218	M 1751	V50M 211	00:54:31	00:54:01	00:25:44	00:06:49	NÓS E A MISÉRIA
2584	TATIANA JACINTA CARDOSO PEREIRA	3785	F 833	V35F 131	00:54:32	00:53:02	00:26:33	00:06:49	EM FUGA!
2585	LURDES ALVES	1849	F 834	V60F 16	00:54:32	00:54:06	00:26:52	00:06:49	
2586	ANA CRISTINA SERRANO	3787	F 835	V45F 155	00:54:32	00:53:02	00:27:14	00:06:49	EM FUGA!
2587	ISABEL PINTO DA COSTA	4596	F 836	V45F 156	00:54:32	00:52:57	00:27:07	00:06:49	
2588	MAFALDA SOFIA MATEUS VERISSIMO	3786	F 837	V40F 188	00:54:32	00:53:02	00:27:14	00:06:49	EM FUGA!
2589	NUNO CARLOS GOMES ALVES RIBEIRO	2284	M 1752	V45M 316	00:54:33	00:53:56	00:25:41	00:06:50	PEPSICO PORTUGAL
2590	PAULO ALVES	574	M 1753	V40M 345	00:54:33	00:52:55	00:28:02	00:06:50	
2591	NICOLA CAMPBELL	3312	F 838	V40F 189	00:54:35	00:53:04	00:27:43	00:06:50	RUNNING MUMS
2592	JORGE ASCENÇÃO	1309	M 1754	V40M 346	00:54:35	00:50:33	00:25:53	00:06:50	CLUBE NOVO BANCO
2593	FAUSTO GOMES	2920	M 1755	V45M 317	00:54:35	00:52:39	00:25:19	00:06:50	
2594	CLÁUDIA ALEXANDRA CABRAL NUNES	3853	F 839	V35F 132	00:54:36	00:52:53	00:25:06	00:06:50	ALTAMIRA
2595	PAULA CARVALHO	3437	F 840	V45F 157	00:54:36	00:52:30	00:26:58	00:06:50	
2596	MÁRIO RESENDE	2681	M 1756	V50M 212	00:54:36	00:52:31	00:25:52	00:06:50	
2597	ANA MAFALDA SILVA	4518	F 841	V55F 26	00:54:36	00:52:41	00:28:09	00:06:50	4TREVO
2598	MAYA ATTINELLO	3309	F 842	V35F 133	00:54:38	00:53:06	00:27:42	00:06:50	RUNNING MUMS
2599	RODRIGO BASÍLIO	2076	M 1757	SenM 319	00:54:38	00:53:09	00:24:10	00:06:50	MABA
2600	JORGE BAPTISTA	3671	M 1758	V60M 76	00:54:39	00:53:03	00:26:04	00:06:50	NUCLEOEIRAS
2601	ANABELA CARVALHO	1757	F 843	V35F 134	00:54:42	00:53:03	00:26:57	00:06:51	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
2602	ANTÓNIO CAEIRO	1232	M	1759 V45M	318	00:54:42	00:53:02	00:27:03	00:06:51	
2603	RODRIGO VICENTE	2898	M	1760 SenM	320	00:54:43	00:52:52	00:25:51	00:06:51	CÁTEESPERO
2604	MARIA MOURA	4214	F	844 V40F	190	00:54:43	00:54:29	00:27:12	00:06:51	
2605	MARTA MATOS	3784	F	845 SenF	210	00:54:43	00:53:16	00:26:59	00:06:51	
2606	SARA PINHEIRO	1920	F	846 SenF	211	00:54:44	00:52:12	00:26:25	00:06:51	
2607	PEDRO BAPTISTA	4199	M	1761 V35M	227	00:54:44	00:52:54	00:24:12	00:06:51	CASA DA DIZIMA
2608	RAQUEL ROQUE	810	F	847 V40F	191	00:54:46	00:53:47	00:26:36	00:06:51	
2609	SONIA MARTA DELGADO VALERIO SANTOS	2334	F	848 V40F	192	00:54:46	00:54:36	00:27:40	00:06:51	CLUBE MILLENNIUM BCP
2610	CRISTINA SANTOS	3947	F	849 V40F	193	00:54:47	00:53:50	00:26:19	00:06:51	MIUDAS GIRAS
2611	NUNO MIGUEL BARBOSA SANTOS	2335	M	1762 V45M	319	00:54:47	00:54:35	00:27:39	00:06:51	CLUBE MILLENNIUM BCP
2612	ANTONIO RIBEIRO	2601	M	1763 V50M	213	00:54:48	00:53:42	00:26:02	00:06:51	
2613	CARLA PEREIRA	721	F	850 V45F	158	00:54:48	00:54:19	00:28:41	00:06:51	
2614	LILIANA EMÍLIO	2298	F	851 SenF	212	00:54:48	00:54:19	00:28:42	00:06:51	
2615	JOANA RITA FERREIRA BALSINHA	3999	F	852 V35F	135	00:54:49	00:53:00	00:27:55	00:06:52	TEVA RUNNERS
2616	MARIA MADUREIRA	1872	F	853 V40F	194	00:54:50	00:53:11	00:26:37	00:06:52	
2617	SÓNIA SOUSA	2795	F	854 V40F	195	00:54:53	00:49:35	00:24:34	00:06:52	VALEJAS A C
2618	ANDRÉ DIAS	1939	M	1764 SenM	321	00:54:58	00:47:18	00:26:29	00:06:53	MAIORES
2619	CRISTINA MORAIS	698	F	855 V40F	196	00:54:58	00:52:50	00:27:15	00:06:53	
2620	MARIANA VINAGRE FABIAO CAMPOS	2314	F	856 JunF	24	00:54:59	00:54:23	00:27:48	00:06:53	CLUBE MILLENNIUM BCP
2621	JORGE LOPES	1355	M	1765 V40M	347	00:54:59	00:54:10	00:27:05	00:06:53	
2622	ROSÁRIO ANSELMO	1081	F	857 V50F	84	00:55:00	00:54:12	00:27:07	00:06:53	
2623	BEATRIZ VILAN	1475	F	858 SenF	213	00:55:01	00:53:44	00:26:09	00:06:53	
2624	LUISA SANTOS	3533	F	859 V50F	85	00:55:01	00:52:15	00:25:42	00:06:53	
2625	ANA LOPES	3073	F	860 SenF	214	00:55:01	00:52:52	00:26:58	00:06:53	RUN FORREST RUN
2626	CATARINA CARVALHO	1979	F	861 V35F	136	00:55:05	00:53:51	00:27:21	00:06:54	GO FIT OR GO HOME
2627	FILIPA CARRIÇO	4213	F	862 V40F	197	00:55:06	00:51:43	00:26:42	00:06:54	
2628	NUNO LOPES	768	M	1766 V45M	320	00:55:07	00:53:53	00:26:48	00:06:54	
2629	CATARINA GRAÇA	770	F	863 V45F	159	00:55:07	00:53:53	00:26:48	00:06:54	
2630	CATARINA CARREIRA	1663	F	864 SenF	215	00:55:08	00:51:56	00:26:30	00:06:54	
2631	JOÃO FERREIRA	714	M	1767 V40M	348	00:55:09	00:50:57	00:27:12	00:06:54	CRDBURACA
2632	MÓNICA SIMÕES	4121	F	865 SenF	216	00:55:09	00:53:48	00:27:44	00:06:54	VALEJAS A C
2633	MICAELA SIMÕES	2791	F	866 SenF	217	00:55:10	00:53:49	00:27:45	00:06:54	VALEJAS A C
2634	ANDRÉ GUERREIRO	1664	M	1768 SenM	322	00:55:10	00:51:56	00:26:29	00:06:54	
2635	SIMÃO FRANCO	2622	M	1769 V45M	321	00:55:10	00:53:41	00:24:44	00:06:54	
2636	JOSÉ RUMOR	1349	M	1770 V45M	322	00:55:11	00:53:44	00:26:47	00:06:54	
2637	RUTE MEIRELES	1428	F	867 V40F	198	00:55:12	00:53:39	00:25:26	00:06:54	
2638	EVA MAÇÃES DE SOUSA LOBO	1997	F	868 SenF	218	00:55:13	00:54:10	00:27:50	00:06:55	FANTASTIC FOUR
2639	ALBERTO FERRAZ	849	M	1771 V55M	148	00:55:13	00:54:45	00:25:57	00:06:55	
2640	JOANA LEMOS CHAVES	1995	F	869 SenF	219	00:55:13	00:54:11	00:27:50	00:06:55	FANTASTIC FOUR
2641	JOHNNY THOMASSEN	924	M	1772 V55M	149	00:55:14	00:53:46	00:27:11	00:06:55	
2642	PAULO VÍTOR MARTINS	2203	M	1773 V60M	77	00:55:16	00:54:51	00:27:34	00:06:55	
2643	TIAGO MONGE DE SOUSA	1679	M	1774 JunM	52	00:55:18	00:54:56	00:28:42	00:06:55	
2644	EMANUEL BARBOSA	4474	M	1775 V55M	150	00:55:21	00:55:10	00:28:37	00:06:56	
2645	ISILDA RABASQUINHO	3253	F	870 V50F	86	00:55:22	00:55:00	00:27:30	00:06:56	CORRIDA NOTURNA PARQUE DAS NAÇÕES
2646	PAULO MARQUES	2128	M	1776 V50M	214	00:55:23	00:54:06	00:27:39	00:06:56	GDCT UNICRE
2647	RAQUEL MARQUES	2136	F	871 V40F	199	00:55:24	00:54:06	00:27:39	00:06:56	GDCT UNICRE
2648	PAULO AIRES	2129	M	1777 V50M	215	00:55:24	00:54:06	00:27:39	00:06:56	GDCT UNICRE
2649	INÊS CASIMIRO	2844	F	872 SenF	220	00:55:24	00:53:30	00:25:42	00:06:56	
2650	FRANCISCO SARMENTO	1560	M	1778 SenM	323	00:55:25	00:50:03	00:26:45	00:06:56	O BOM, O MAU E O ZELÃO
2651	RUTE CARDOSO	1559	F	873 SenF	221	00:55:26	00:50:06	00:26:48	00:06:56	O BOM, O MAU E O ZELÃO
2652	INÊS DOMINGOS	3441	F	874 SenF	222	00:55:26	00:54:12	00:26:41	00:06:56	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2653	PAULA FERREIRA	3191	F 875	V40F 200	00:55:28	00:54:18	00:26:48	00:06:56	CLUBE ROBBIALAC
2654	MARGARIDA SANTOS	4455	F 876	JunF 25	00:55:28	00:54:12	00:28:45	00:06:56	
2655	ANTÓNIO MARQUES	1836	M 1779	V65M 40	00:55:30	00:55:12	00:26:32	00:06:57	
2656	ANA MARÇAL	3003	F 877	V35F 137	00:55:31	00:54:58	00:26:14	00:06:57	
2657	MARIANA SIMÕES	3320	F 878	V35F 138	00:55:32	00:54:58	00:26:15	00:06:57	
2658	LILIANA SALVADOR	4454	F 879	V40F 201	00:55:32	00:54:17	00:28:48	00:06:57	
2659	BÁRBARA MARQUES	544	F 880	SenF 223	00:55:32	00:55:19	00:25:01	00:06:57	
2660	TIAGO SANTOS	4453	M 1780	V40M 349	00:55:33	00:54:17	00:28:48	00:06:57	
2661	JOÃO RIBEIRO	4459	M 1781	V40M 350	00:55:34	00:53:06	00:27:03	00:06:57	
2662	BRUNO TODO BOM	3394	M 1782	V40M 351	00:55:36	00:54:58	00:26:42	00:06:57	TABAQUEIRA
2663	LÚCIA MONTEIRO BERNARDO	3416	F 881	SenF 224	00:55:37	00:54:58	00:26:41	00:06:58	TABAQUEIRA
2664	NUNO RODRIGUES	3381	M 1783	V40M 352	00:55:37	00:54:58	00:26:41	00:06:58	TABAQUEIRA
2665	LIDIA REZIO	1015	F 882	V50F 87	00:55:39	00:55:17	00:27:11	00:06:58	
2666	CARLOS PEDREIRINHO	1016	M 1784	V55M 151	00:55:39	00:55:18	00:27:11	00:06:58	
2667	ANA FERREIRA	1166	F 883	V45F 160	00:55:39	00:53:11	00:25:55	00:06:58	
2668	SARA SANCHES	2593	F 884	SenF 225	00:55:41	00:54:21	00:27:38	00:06:58	MORCEGOS
2669	FRANCISCO MADEIRA	2106	M 1785	SenM 324	00:55:41	00:54:26	00:27:49	00:06:58	
2670	MARIO SOARES	2535	M 1786	V65M 41	00:55:43	00:53:54	00:26:58	00:06:58	
2671	LUIS MALVEIRO	4058	M 1787	V55M 152	00:55:43	00:54:59	00:26:35	00:06:58	CP
2672	ANA SOARES	2534	F 885	SenF 226	00:55:43	00:53:54	00:26:58	00:06:58	
2673	CECÍLIA CONCEIÇÃO	3531	F 886	V40F 202	00:55:45	00:54:09	00:26:40	00:06:59	
2674	LUÍS SILVA	943	M 1788	SenM 325	00:55:45	00:54:49	00:25:36	00:06:59	
2675	RUBEN CARVALHO	4076	M 1789	SenM 326	00:55:48	00:53:56	00:26:19	00:06:59	
2676	ALDA MARIA ALMEIDA VINAGRE	2390	F 887	V45F 161	00:55:49	00:55:12	00:27:48	00:06:59	CLUBE MILLENNIUM BCP
2677	INÊS SOFIA RODRIGUES	765	F 888	SenF 227	00:55:49	00:53:57	00:26:20	00:06:59	
2678	JOÃO OLIVEIRA	766	M 1790	SenM 327	00:55:49	00:53:56	00:26:19	00:06:59	
2679	PEDRO SANTOS	1407	M 1791	V50M 216	00:55:51	00:52:34	00:27:18	00:06:59	
2680	VASCO CÂNDIDO	1769	M 1792	V45M 323	00:55:52	00:54:24	00:29:18	00:06:59	ISG PARTY & RUN
2681	SANDRA BOLAS	1768	F 889	V45F 162	00:55:52	00:54:25	00:29:19	00:06:59	ISG PARTY & RUN
2682	JOANA CAPITAO	1169	F 890	SenF 228	00:55:53	00:55:37	00:25:59	00:07:00	
2683	JOÃO SANCHES	3559	M 1793	SenM 328	00:55:53	00:48:11	00:25:05	00:07:00	POWERBOOST CLUB
2684	MARCO PRATA	1170	M 1794	V35M 228	00:55:54	00:55:37	00:25:58	00:07:00	
2685	SORAIA LAJOSO	3843	F 891	SenF 229	00:55:54	00:54:23	00:24:19	00:07:00	JOAQUIM CHAVES SAÚDE
2686	SHIKHA RAIKUNDALIA	1665	F 892	V35F 139	00:55:55	00:54:09	00:27:38	00:07:00	EAT PASTA, RUN FASTA!!
2687	BIBIANA LÚCIA ALVES BRITO	1666	F 893	V35F 140	00:55:55	00:54:08	00:27:37	00:07:00	EAT PASTA, RUN FASTA!!
2688	RUTE PRIOR	1333	F 894	V40F 203	00:55:58	00:55:06	00:27:53	00:07:00	CLUBE NOVO BANCO
2689	MARIA EUGÉNIA LUÍZ	1532	F 895	V55F 27	00:56:00	00:54:40	00:26:50	00:07:00	
2690	BRUNO MARTINS	3488	M 1795	V40M 353	00:56:01	00:45:23	00:23:14	00:07:01	
2691	VITOR PAULINO	666	M 1796	V40M 354	00:56:02	00:51:52	00:27:19	00:07:01	CRDBURACA
2692	RUI CARVALHO	1853	M 1797	V40M 355	00:56:03	00:52:16	00:27:49	00:07:01	
2693	ANA SANTOS	4365	F 896	SenF 230	00:56:06	00:53:34	00:26:26	00:07:01	SUMOL COMPAL
2694	PALOMA CARDOSO	2818	F 897	SenF 231	00:56:08	00:55:52	00:27:49	00:07:01	
2695	HÉLIO CARDOSO	2817	M 1798	V35M 229	00:56:08	00:55:53	00:27:49	00:07:01	
2696	ELISABETE CONCEICAO BRITO PEREIRA	2417	F 898	V45F 163	00:56:08	00:54:17	00:26:41	00:07:01	CLUBE MILLENNIUM BCP
2697	SÍLVIA COSTA	1824	F 899	V45F 164	00:56:09	00:55:37	00:27:21	00:07:02	
2698	VALERIA LIMA	3043	F 900	V45F 165	00:56:14	00:55:33	00:26:58	00:07:02	
2699	CARLA ESTEVES	2592	F 901	SenF 232	00:56:14	00:54:53	00:27:15	00:07:02	MORCEGOS
2700	MARIANA SIMOES	3168	F 902	SenF 233	00:56:17	00:55:52	00:28:02	00:07:03	
2701	NUNO SILVA	4492	M 1799	V35M 230	00:56:17	00:52:04	00:25:55	00:07:03	GFD RUNNING
2702	JOSÉ MILAGRES	2131	M 1800	V60M 78	00:56:20	00:55:00	00:25:00	00:07:03	GDCT UNICRE
2703	SÓNIA ROLIM	4220	F 903	V50F 88	00:56:20	00:55:34	00:27:36	00:07:03	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2704	CAMILA GOMES SÁVIO	3902	F 904	V35F 141	00:56:20	00:52:42	00:26:25	00:07:03	
2705	SÓNIA TORRÃO	862	F 905	SenF 234	00:56:21	00:54:02	00:27:00	00:07:03	
2706	CATARINA	555	F 906	V35F 142	00:56:22	00:51:49	00:27:06	00:07:03	
2707	MÁRCIO SANTOS	794	M 1801	SenM 329	00:56:23	00:54:08	00:27:56	00:07:03	
2708	JOSÉ SANTOS	795	M 1802	V45M 324	00:56:23	00:54:08	00:27:59	00:07:03	
2709	SUSANA SERAFIM	4172	F 907	V35F 143	00:56:25	00:55:10	00:26:25	00:07:04	
2710	CARINA OSORIO	1562	F 908	V45F 166	00:56:25	00:55:11	00:27:31	00:07:04	
2711	LILIANE RUGE	1034	F 909	SenF 235	00:56:26	00:55:31	00:27:49	00:07:04	
2712	FRANCISCA TRABUCHO	1440	F 910	SenF 236	00:56:28	00:56:07	00:27:23	00:07:04	
2713	PEDRO TRABUCHO	1439	M 1803	V50M 217	00:56:28	00:56:07	00:27:22	00:07:04	
2714	LÚCIA PINTO	1274	F 911	V45F 167	00:56:29	00:55:15	00:28:03	00:07:04	
2715	MARCELO MARQUES	1273	M 1804	V40M 356	00:56:30	00:55:15	00:28:04	00:07:04	
2716	MIGUEL NUNES	4250	M 1805	SenM 330	00:56:30	00:54:46	00:28:18	00:07:04	ALTAMIRA
2717	CRISTINA	2758	F 912	V45F 168	00:56:30	00:55:38	00:26:25	00:07:04	ASSOCIAÇÃO CULTURAL DA LAGE
2718	CÁTIA LOPES	3687	F 913	SenF 237	00:56:32	00:55:59	00:29:02	00:07:04	
2719	MARTA RODRIGUES	3133	F 914	JunF 26	00:56:32	00:55:35	00:27:40	00:07:04	GRCD LEIÃO
2720	VANESSA ALVES	4286	F 915	V40F 204	00:56:34	00:55:23	00:28:37	00:07:05	OS GALGOS
2721	ANTÓNIO MONTEIRO	4043	M 1806	V70M 18	00:56:34	00:55:23	00:28:37	00:07:05	CLUBE FERROVIÁRIO DE PORTUGAL
2722	ELISABETE PINTO	584	F 916	V60F 17	00:56:34	00:55:52	00:26:56	00:07:05	
2723	MÓNICA VILARINHO	4319	F 917	V35F 144	00:56:35	00:55:00	00:28:01	00:07:05	
2724	ROSA VIDEIRA	4312	F 918	V45F 169	00:56:35	00:55:01	00:28:01	00:07:05	
2725	FÁBIO MARTINS	3797	M 1807	SenM 331	00:56:37	00:56:37	00:38:53	00:07:05	
2726	MARIANA SOARES	659	F 919	V65F 6	00:56:39	00:55:28	00:27:31	00:07:05	
2727	ACÁCIO LOPES	3017	M 1808	V50M 218	00:56:40	00:54:30	00:28:29	00:07:05	SERUL
2728	HERMINIO CABACEIRA	2544	M 1809	V55M 153	00:56:40	00:56:05	00:27:16	00:07:05	GRD RIBEIRA DA LAGE
2729	CELESTE ALMEIDA	2578	F 920	V55F 28	00:56:40	00:56:06	00:27:16	00:07:05	GRD RIBEIRA DA LAGE
2730	RODRIGO ANTONIO CABACO FERREIRA	2397	M 1810	V35M 231	00:56:42	00:55:50	00:28:26	00:07:06	CLUBE MILLENNIUM BCP
2731	ESTER CONCEICAO ANES NEVES	2398	F 921	V40F 205	00:56:45	00:55:52	00:28:26	00:07:06	CLUBE MILLENNIUM BCP
2732	PAULA GUERREIRO	3221	F 922	V45F 170	00:56:45	00:49:48	00:25:08	00:07:06	KOTAS & KOTINHAS
2733	ANA OLIVEIRA	4102	F 923	V50F 89	00:56:47	00:56:03	00:28:09	00:07:06	
2734	ELSA FERNANDES	1691	F 924	SenF 238	00:56:53	00:48:59	00:24:35	00:07:07	CAMPOLIDE TODOS JUNTOS
2735	CÁTIA VANESSA RIBEIRO FERNANDES	4177	F 925	V40F 206	00:56:53	00:54:21	00:27:33	00:07:07	HOTEL REAL
2736	HUGO BRANCO	1690	M 1811	SenM 332	00:56:54	00:48:59	00:24:35	00:07:07	CAMPOLIDE TODOS JUNTOS
2737	CATARINA LOPES	3289	F 926	SenF 239	00:56:56	00:56:45	00:28:33	00:07:07	
2738	HONÓRIO OLIVEIRA	867	M 1812	V60M 79	00:56:58	00:56:39	00:27:27	00:07:08	
2739	PAULA FRAGOSO	619	F 927	V40F 207	00:57:01	00:55:24	00:28:02	00:07:08	
2740	FÁTIMA ALMEIDA	2454	F 928	V55F 29	00:57:01	00:56:00	00:28:26	00:07:08	LINDA-A-PASTORA SPORTING CLUBE
2741	CLAUDIA SEQUEIRA	4182	F 929	V40F 208	00:57:03	00:54:31	00:27:32	00:07:08	HOTEL REAL
2742	JOÃO MATOS	3874	M 1813	V60M 80	00:57:03	00:55:09	00:26:41	00:07:08	
2743	CATARINA ALEXANDRA SERRAO FERREIRA ABRANTES	4176	F 930	SenF 240	00:57:03	00:54:31	00:27:33	00:07:08	HOTEL REAL
2744	ALFREDO BACELAR	632	M 1814	V50M 219	00:57:04	00:56:34	00:21:28	00:07:08	
2745	RICARDO GOMES	3434	M 1815	SenM 333	00:57:04	00:55:00	00:26:48	00:07:08	TABAQUEIRA
2746	EDUARDO FILIPE SANTOS MENDES	4566	M 1816	SenM 334	00:57:04	00:54:27	00:28:04	00:07:08	CLUBE ANA
2747	HENRIQUE ALVES DA SILVA GRAÇA	3400	M 1817	SenM 335	00:57:05	00:55:01	00:25:47	00:07:09	TABAQUEIRA
2748	ISABEL GMES	3333	F 931	V45F 171	00:57:05	00:55:01	00:26:50	00:07:09	TABAQUEIRA
2749	ANA PATRÍCIA TORCATO PAULO MENDES	4565	F 932	SenF 241	00:57:05	00:54:25	00:28:02	00:07:09	CLUBE ANA
2750	CARLA SOFIA TORCATO PAULO	4564	F 933	SenF 242	00:57:06	00:54:27	00:26:57	00:07:09	CLUBE ANA
2751	HUGO DE JESUS MONTEIRO VIEGAS	4563	M 1818	SenM 336	00:57:06	00:54:27	00:26:57	00:07:09	CLUBE ANA
2752	ROSA MARIA BRANDAO GAMEIRO	2358	F 934	V45F 172	00:57:06	00:55:05	00:27:17	00:07:09	CLUBE MILLENNIUM BCP
2753	NUNO FILIPE MATEUS DE MATOS SILVA	3520	M 1819	SenM 337	00:57:07	00:48:20	00:27:36	00:07:09	BANCO ATLANTICO EUROPA
2754	JOSÉ CELSO FERNANDES FREIRE	3524	M 1820	SenM 338	00:57:07	00:48:19	00:27:35	00:07:09	BANCO ATLANTICO EUROPA

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2755	LEILA MENDES CARVALHO	2030	F 935	V45F 173	00:57:09	00:55:46	00:28:41	00:07:09	
2756	PAULA DUTRA	3061	F 936	V50F 90	00:57:10	00:56:30	00:26:50	00:07:09	
2757	ANA RITA DA SILVA PIRES	2744	F 937	SenF 243	00:57:10	00:56:36	00:28:54	00:07:09	100RUMO
2758	MARIANA PATRÃO	4295	F 938	SenF 244	00:57:10	00:56:38	00:28:56	00:07:09	
2759	MARIANNA SARAIVA	3875	F 939	SenF 245	00:57:13	00:53:20	00:27:30	00:07:10	
2760	ANABELA PEREIRA	1268	F 940	V50F 91	00:57:17	00:55:28	00:27:39	00:07:10	
2761	CÉSAR CORREIA	681	M 1821	SenM 339	00:57:18	00:57:06	00:26:02	00:07:10	
2762	FERNANDO CHASQUEIRA	843	M 1822	V65M 42	00:57:18	00:56:49	00:29:06	00:07:10	
2763	JORGE LEITE	4047	M 1823	V45M 325	00:57:20	00:56:24	00:28:22	00:07:10	CLUBE FERROVIÁRIO DE PORTUGAL
2764	VERA SILVA	2762	F 941	V35F 145	00:57:21	00:56:28	00:28:30	00:07:11	ASSOCIAÇÃO CULTURAL DA LAGE
2765	FATIMA OLIVEIRA	530	F 942	V50F 92	00:57:21	00:55:56	00:28:40	00:07:11	
2766	JOANA ABREU	1446	F 943	SenF 246	00:57:22	00:55:37	00:27:44	00:07:11	
2767	ELSA MARIA BRÁS SOUSA COSTA	3099	F 944	V50F 93	00:57:22	00:57:04	00:28:08	00:07:11	GRCD LEIÃO
2768	VERA ALVES	2765	F 945	SenF 247	00:57:22	00:56:29	00:27:22	00:07:11	ASSOCIAÇÃO CULTURAL DA LAGE
2769	ISABEL GONÇALVES	1687	F 946	V55F 30	00:57:27	00:56:51	00:27:38	00:07:11	CASA DO PESSOAL DA RTP
2770	MARIA ALEXANDRA FERREIRA RODRIGUES DA SILVA	2287	F 947	V45F 174	00:57:29	00:56:15	00:27:26	00:07:12	PEPSICO PORTUGAL
2771	HENRIQUE MELIM	3439	M 1824	SenM 340	00:57:29	00:56:02	00:26:56	00:07:12	
2772	JOANA BAPTISTA	3466	F 948	V45F 175	00:57:32	00:55:39	00:28:38	00:07:12	
2773	GONÇALO FRANCISCO	2856	M 1825	SenM 341	00:57:34	00:56:25	00:30:05	00:07:12	UISEU RUNNING TEAM
2774	NIDIA SILVA	2501	F 949	V60F 18	00:57:34	00:56:54	00:28:34	00:07:12	
2775	JOANA SANTA MARIA	2857	F 950	SenF 248	00:57:36	00:56:27	00:30:05	00:07:12	UISEU RUNNING TEAM
2776	ANA ALMEIDA	4027	F 951	V35F 146	00:57:36	00:57:02	00:22:05	00:07:12	SS CGD
2777	JOAO MARQUES	4204	M 1826	V40M 357	00:57:36	00:57:02	00:21:48	00:07:12	SS CGD
2778	BRUNO MONTEIRO	3438	M 1827	V35M 232	00:57:37	00:56:10	00:26:56	00:07:13	
2779	ADRIANA MARQUES	1841	F 952	V35F 147	00:57:38	00:57:22	00:27:07	00:07:13	
2780	ÂNGELA MALVEIRO	993	F 953	V35F 148	00:57:39	00:56:42	00:28:41	00:07:13	AGMM2008
2781	ANTÓNIO LOPES	1972	M 1828	V55M 154	00:57:39	00:57:23	00:28:53	00:07:13	
2782	ANA SOFIA ALCOBIA	1955	F 954	V40F 209	00:57:39	00:56:06	00:28:53	00:07:13	
2783	GONÇALO AMARO	1259	M 1829	SenM 342	00:57:40	00:56:37	00:24:56	00:07:13	
2784	PAULO RIBEIRO	1461	M 1830	V35M 233	00:57:43	00:55:47	00:28:34	00:07:13	ROADRUNNERS
2785	MÓNICA COSTA	1460	F 955	SenF 249	00:57:43	00:55:48	00:28:32	00:07:13	ROADRUNNERS
2786	ANA ISABEL FAGUNDES	1459	F 956	V35F 149	00:57:44	00:55:49	00:28:35	00:07:13	ROADRUNNERS
2787	CARLA DUARTE	1177	F 957	V50F 94	00:57:44	00:57:44	00:28:30	00:07:13	FIDELIDADE GDC
2788	GUIDO COSTA	1182	M 1831	V40M 358	00:57:44	00:55:56	00:26:43	00:07:13	FIDELIDADE GDC
2789	DAVID MARQUES	1187	M 1832	SenM 343	00:57:44	00:57:44	00:28:30	00:07:13	FIDELIDADE GDC
2790	ADELAIDE FELIZARDO	540	F 958	V40F 210	00:57:46	00:53:55	00:30:50	00:07:14	
2791	JOAQUIM BELGA	1727	M 1833	V60M 81	00:57:47	00:56:37	00:26:46	00:07:14	
2792	JORGE BARREIRA	4529	M 1834	V70M 19	00:57:47	00:56:42	00:28:24	00:07:14	
2793	JOÃO MARTINS	1595	M 1835	SenM 344	00:57:48	00:57:32	00:30:00	00:07:14	MOURA BAIÁ
2794	JOÃO ANTUNES	3558	M 1836	SenM 345	00:57:48	00:51:30	00:25:47	00:07:14	POWERBOOST CLUB
2795	GONÇALO BAIÁ	1343	M 1837	SenM 346	00:57:49	00:57:33	00:29:59	00:07:14	MOURA BAIÁ
2796	MARIANA BORGES	3871	F 959	SenF 250	00:57:49	00:55:30	00:27:49	00:07:14	
2797	RITA FRAZÃO	3584	F 960	JunF 27	00:57:51	00:56:53	00:28:05	00:07:14	SS CGD
2798	MIGUEL FRAZÃO	2055	M 1838	V60M 82	00:57:51	00:56:53	00:28:05	00:07:14	SS CGD
2799	FERNANDO BRANDÃO	1301	M 1839	V55M 155	00:57:52	00:56:54	00:28:04	00:07:14	CLUBE NOVO BANCO
2800	DINIS COELHO	1804	M 1840	JunM 53	00:57:54	00:57:38	00:30:00	00:07:15	
2801	ISABEL CALDEIRA	1185	F 961	V45F 176	00:57:55	00:57:02	00:29:04	00:07:15	FIDELIDADE GDC
2802	ANA CRISTINA SOARES	4520	F 962	V55F 31	00:57:55	00:56:01	00:28:13	00:07:15	4TREVO
2803	ALEXANDRE FERREIRA	1641	M 1841	V40M 359	00:57:57	00:55:47	00:29:30	00:07:15	
2804	ALVES ANABELA	4188	F 963	V50F 95	00:57:57	00:57:20	00:29:21	00:07:15	
2805	MATILDE SALGUEIRO	3990	F 964	SenF 251	00:57:57	00:56:31	00:27:36	00:07:15	TEVA RUNNERS

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2806	KLAUDIA KAMINSKA	782	F	965 SenF	252	00:57:58	00:55:18	00:29:19	00:07:15
2807	ANA FANECA	779	F	966 V45F	177	00:57:59	00:55:18	00:29:19	00:07:15
2808	CARLOS SANTOS	4531	M	1842 SenM	347	00:57:59	00:55:36	00:29:10	00:07:15 CLUBE ACCENTURE
2809	BENJAMIM ESPIGUINHA	3196	M	1843 V45M	326	00:58:00	00:55:35	00:27:41	00:07:15
2810	MANUEL ISMAEL	4472	M	1844 V60M	83	00:58:01	00:55:50	00:29:22	00:07:16
2811	ANA RITA DIAS	3070	F	967 SenF	253	00:58:02	00:56:00	00:28:42	00:07:16
2812	SARA SOUSA	812	F	968 V35F	150	00:58:03	00:56:13	00:28:10	00:07:16
2813	SÉRGIO FREITAS	3252	M	1845 V40M	360	00:58:04	00:56:03	00:28:43	00:07:16
2814	CÉU ESTEVES	3028	F	969 V65F	7	00:58:05	00:57:39	00:28:09	00:07:16 SERUL
2815	ANA GODINHO	4530	F	970 SenF	254	00:58:06	00:55:43	00:29:11	00:07:16 CLUBE ACCENTURE
2816	DORA RITA PEREIRA FERNANDES	2370	F	971 V40F	211	00:58:08	00:56:54	00:28:30	00:07:16 CLUBE MILLENNIUM BCP
2817	SERGIO ALEXANDRE BACELAR FERREIRA SILVA	2369	M	1846 V45M	327	00:58:08	00:56:54	00:28:29	00:07:16 CLUBE MILLENNIUM BCP
2818	ANA CARACOL	928	F	972 V50F	96	00:58:09	00:55:19	00:29:08	00:07:17
2819	CATARINA ZANATTI	4099	F	973 V45F	178	00:58:09	00:55:21	00:29:09	00:07:17
2820	JOSÉ SANTOS	4397	M	1847 V55M	156	00:58:11	00:56:09	00:27:41	00:07:17
2821	FILIPE TRAVASSOS	4036	M	1848 V40M	361	00:58:15	00:56:29	00:27:38	00:07:17 BANCO ATLANTICO EUROPA
2822	ARTUR SILVA	4035	M	1849 V45M	328	00:58:15	00:56:30	00:27:40	00:07:17 BANCO ATLANTICO EUROPA
2823	JOAQUIM LIMA	3675	M	1850 V75M	7	00:58:16	00:58:01	00:27:26	00:07:17 NUCLEOEIRAS
2824	CARINA ALEXANDRA FERREIRA VIEIRA	3527	F	974 SenF	255	00:58:16	00:56:33	00:27:41	00:07:17 BANCO ATLANTICO EUROPA
2825	ISABEL GODINHO	3461	F	975 SenF	256	00:58:24	00:56:56	00:27:37	00:07:18
2826	CAROLYN CAMPBELL-BALDWIN	3314	F	976 V35F	151	00:58:27	00:56:56	00:28:25	00:07:19 RUNNING MUMS
2827	MATILDE ALMEIDA	4550	F	977 JunF	28	00:58:27	00:53:41	00:28:48	00:07:19
2828	NUNO ALMEIDA	4551	M	1851 V45M	329	00:58:28	00:53:42	00:29:17	00:07:19
2829	EDUARDO PROENÇA	3513	M	1852 V45M	330	00:58:29	00:57:08	00:28:42	00:07:19 MARQUESES
2830	ANTONIA MACHADO	660	F	978 V65F	8	00:58:29	00:57:31	00:29:07	00:07:19
2831	MÓNICA HENRIQUES	4008	F	979 V35F	152	00:58:30	00:56:42	00:29:01	00:07:19 TEVA RUNNERS
2832	NUNO MARTINHO RODRIGUES FERNANDES	3179	M	1853 V35M	234	00:58:32	00:56:02	00:26:06	00:07:19 HOSA
2833	CARLOS MIGUEL OLIVEIRA NETO	3180	M	1854 V40M	362	00:58:32	00:56:03	00:27:17	00:07:19 HOSA
2834	INÊS LOUREIRO	2835	F	980 V45F	179	00:58:36	00:56:18	00:28:53	00:07:20 FALCÕES SELVAGENS
2835	PAULA MARQUES	2599	F	981 V50F	97	00:58:36	00:56:31	00:27:52	00:07:20
2836	TERESA MORAIS	2600	F	982 V45F	180	00:58:36	00:56:30	00:27:51	00:07:20
2837	NUNO LOUREIRO	2834	M	1855 V50M	220	00:58:36	00:56:19	00:28:53	00:07:20 FALCÕES SELVAGENS
2838	PAULO ALVES	1193	M	1856 V50M	221	00:58:43	00:57:48	00:29:37	00:07:21 FIDELIDADE GDC
2839	CARINA VIEIRA	4525	F	983 V35F	153	00:58:45	00:58:02	00:28:06	00:07:21
2840	RODRIGO SANTOS	3227	M	1857 V40M	363	00:58:45	00:57:19	00:30:38	00:07:21
2841	DUARTE MARTINS	1932	M	1858 V45M	331	00:58:45	00:55:20	00:27:57	00:07:21 RUNNERSPOWER
2842	SANDRA LOURENÇO	877	F	984 V40F	212	00:58:46	00:55:19	00:26:45	00:07:21 RUNNERSPOWER
2843	GISELI LOPES SILVA	4318	F	985 SenF	257	00:58:46	00:57:24	00:28:35	00:07:21
2844	MARGARIDA ESTEVES	2591	F	986 SenF	258	00:58:47	00:57:20	00:27:09	00:07:21 MORCEGOS
2845	ANA PEREIRA	4210	F	987 V40F	213	00:58:47	00:57:26	00:28:35	00:07:21
2846	JOSÉ SOUSA	1558	M	1859 SenM	348	00:58:48	00:53:26	00:27:55	00:07:21 O BOM, O MAU E O ZELÃO
2847	JOSE MIGUEL SERÓDIO	3276	M	1860 V55M	157	00:58:49	00:56:41	00:29:32	00:07:22
2848	MARTA SILVA	1467	F	988 SenF	259	00:58:49	00:57:33	00:26:10	00:07:22
2849	ACACIO MANUEL SOUSA LOPES	2359	M	1861 V50M	222	00:58:52	00:55:24	00:27:38	00:07:22 CLUBE MILLENNIUM BCP
2850	ELISABETE SANTOS	4254	F	989 V40F	214	00:58:53	00:50:29	00:25:46	00:07:22
2851	FILIPA FRANCISCO	4415	F	990 V35F	154	00:58:54	00:57:23	00:30:07	00:07:22
2852	PAULO GODINHO	4413	M	1862 V40M	364	00:58:54	00:57:23	00:30:06	00:07:22
2853	ANA PAULA RITA MONTEIRO	2404	F	991 V50F	98	00:58:55	00:56:57	00:28:13	00:07:22 CLUBE MILLENNIUM BCP
2854	ANA PICA	1264	F	992 V55F	32	00:58:56	00:58:44	00:28:25	00:07:22
2855	BRUNO BELO	1130	M	1863 V35M	235	00:58:56	00:58:22	00:27:13	00:07:22
2856	LUDMILA BISSON	3206	F	993 V40F	215	00:58:58	00:58:28	00:30:12	00:07:23

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2857	LUIS MIGUEL MARTINS ROSADO	3369	M 1864	V45M 332	00:59:02	00:52:42	00:25:17	00:07:23	TABAQUEIRA
2858	DAVID VIEIRA	1784	M 1865	V45M 333	00:59:07	00:57:00	00:28:48	00:07:24	
2859	ALBERTO VILAS	1014	M 1866	SenM 349	00:59:08	00:54:57	00:28:41	00:07:24	
2860	MARIANA ABREU	1004	F 994	SenF 260	00:59:08	00:54:58	00:27:33	00:07:24	
2861	MANUEL PIEDADE	1005	M 1867	V50M 223	00:59:08	00:54:58	00:28:41	00:07:24	
2862	BETINA GOMES	1864	F 995	SenF 261	00:59:09	00:56:43	00:28:08	00:07:24	
2863	ANA PEREIRA	2221	F 996	SenF 262	00:59:09	00:57:16	00:28:23	00:07:24	
2864	DANIEL ALVES	1352	M 1868	SenM 350	00:59:10	00:56:43	00:28:33	00:07:24	
2865	DANIELA MARQUES	1353	F 997	SenF 263	00:59:10	00:56:43	00:28:33	00:07:24	
2866	EZEQUIEL ABRANTES	2815	M 1869	V65M 43	00:59:10	00:57:03	00:27:50	00:07:24	
2867	PEDRO ALCOBIA	1956	M 1870	V40M 365	00:59:12	00:57:39	00:28:53	00:07:24	
2868	CARLOS FAIAS	3249	M 1871	V50M 224	00:59:14	00:58:48	00:28:51	00:07:25	CLUBE ANACOM
2869	MARIANA COSTA	2688	F 998	SenF 264	00:59:15	00:58:36	00:31:22	00:07:25	GIRLS POWER
2870	RUI SANTOS	1209	M 1872	V50M 225	00:59:17	00:57:30	00:29:01	00:07:25	
2871	NATÁLIA FERREIRA	1456	F 999	V40F 216	00:59:18	00:57:43	00:29:36	00:07:25	
2872	FREDERICO SANTOS	3224	M 1873	JunM 54	00:59:18	00:51:17	00:31:49	00:07:25	KOTAS & KOTINHAS
2873	TÂNIA ALMEIDA	1046	F 1000	V35F 155	00:59:18	00:57:40	00:29:31	00:07:25	
2874	CAMILLE LEITE	1873	F 1001	V35F 156	00:59:18	00:57:40	00:29:32	00:07:25	
2875	JULIO COSTA	4184	M 1874	V40M 366	00:59:21	00:57:01	00:29:51	00:07:26	HOTEL REAL
2876	TERESA CARVALHO	4183	F 1002	SenF 265	00:59:23	00:57:02	00:29:50	00:07:26	HOTEL REAL
2877	ALEXANDRE MATOS	4082	M 1875	V35M 236	00:59:24	00:58:50	00:28:22	00:07:26	ASSOCIAÇÃO MORADORES 18 DE MAIO
2878	MANUELA SILVA	4084	F 1003	V50F 99	00:59:25	00:58:50	00:28:22	00:07:26	ASSOCIAÇÃO MORADORES 18 DE MAIO
2879	MARIA GONÇALVES	1458	F 1004	V35F 157	00:59:25	00:58:07	00:29:39	00:07:26	
2880	FOCK YIOT WAN	2337	F 1005	V65F 9	00:59:25	00:58:08	00:29:40	00:07:26	CLUBE MILLENNIUM BCP
2881	ANA PIMENTA	2927	F 1006	V40F 217	00:59:27	00:58:09	00:27:47	00:07:26	
2882	CONCEIÇÃO PINA	3728	F 1007	V50F 100	00:59:30	00:59:18	00:29:20	00:07:27	GFD RUNNING
2883	BÁRBARA COELHO	4450	F 1008	SenF 266	00:59:32	00:58:32	00:28:47	00:07:27	
2884	MARINA MARQUES	2719	F 1009	V45F 181	00:59:32	00:58:45	00:29:37	00:07:27	GRD RIBEIRA DA LAGE
2885	TEODORICO DE SOUSA	1677	M 1876	V45M 334	00:59:33	00:59:10	00:28:36	00:07:27	
2886	CARMEN FORTUNATO	2919	F 1010	V45F 182	00:59:37	00:57:28	00:29:32	00:07:28	
2887	MARTA CORREIA	3275	F 1011	V45F 183	00:59:37	00:57:28	00:29:32	00:07:28	
2888	TERESA FLORÊNCIA	696	F 1012	V35F 158	00:59:38	00:59:18	00:28:02	00:07:28	
2889	MARIA DO CARMO FIGUEIREDO	2975	F 1013	SenF 267	00:59:39	00:57:59	00:29:08	00:07:28	CLUBE DO STRESS
2890	JOSÉ DIOGO FIGEIREDO	2976	M 1877	SenM 351	00:59:39	00:57:59	00:29:08	00:07:28	CLUBE DO STRESS
2891	ESTHER DOMINGUEZ	2108	F 1014	V45F 184	00:59:46	00:59:31	00:29:36	00:07:29	
2892	ADEMIR SANT ANA	1895	M 1878	V35M 237	00:59:48	00:58:52	00:30:09	00:07:29	
2893	CARLA TEIXEIRA	609	F 1015	V45F 185	00:59:53	00:58:32	00:29:40	00:07:30	
2894	LUCIANA SILVA	1468	F 1016	V50F 101	00:59:54	00:59:19	00:29:51	00:07:30	
2895	TÂNIA GUERREIRO	3442	F 1017	V40F 218	00:59:55	00:57:11	00:28:50	00:07:30	RUNNING FAMILY
2896	ISAURA TOMÁS	953	F 1018	V45F 186	00:59:56	00:58:22	00:28:48	00:07:30	
2897	MARCO LIMA	1083	M 1879	V45M 335	00:59:56	00:59:30	00:27:10	00:07:30	
2898	ANA AFONSO	4267	F 1019	V35F 159	00:59:57	00:57:20	00:29:18	00:07:30	
2899	BRUNO GONÇALVES	1106	M 1880	SenM 352	00:59:58	00:58:26	00:30:04	00:07:30	
2900	INÊS GUERREIRO	1107	F 1020	SenF 268	00:59:58	00:58:27	00:30:06	00:07:30	
2901	DIOGO CARVALHO	1234	M 1881	SenM 353	00:59:59	00:59:51	00:29:13	00:07:30	PUMP AMADORA
2902	CARLA DELGADO	2827	F 1021	V35F 160	01:00:00	00:59:29	00:29:42	00:07:30	
2903	JORGE DA SILVA	2017	M 1882	V45M 336	01:00:01	00:57:18	00:27:52	00:07:31	CASCAIS CREW
2904	FRANCISCO GORDUCHO FRAUSTO	3337	M 1883	V55M 158	01:00:01	00:54:29	00:27:42	00:07:31	TABAQUEIRA
2905	MARIA JOÃO GUERRA	2620	F 1022	V40F 219	01:00:03	00:57:18	00:28:49	00:07:31	
2906	FIRMINO MIGUEL E SILVA DUARTE	2652	M 1884	V40M 367	01:00:03	00:57:21	00:28:51	00:07:31	CROSSRUNNERS
2907	TÂNIA SOFIA RAMOS DE AZEVEDO	3858	F 1023	V35F 161	01:00:05	00:58:20	00:28:22	00:07:31	ALTAMIRA

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2908	INÈS ALMEIDA	2092	F 1024	SenF 269	01:00:08	00:59:06	00:29:40	00:07:31	FIDELIDADE GDC
2909	JOÃO FERNANDES	2093	M 1885	SenM 354	01:00:08	00:59:06	00:26:41	00:07:31	FIDELIDADE GDC
2910	TIAGO ALBUQUERQUE	4151	M 1886	V40M 368	01:00:09	00:58:14	00:28:39	00:07:32	
2911	JORGE CARVALHO	986	M 1887	V40M 369	01:00:10	00:57:43	00:30:09	00:07:32	
2912	ANA SOFIA PIRES	2151	F 1025	SenF 270	01:00:14	00:59:19	00:30:20	00:07:32	GRUPO DESPORTIVO ROCHE PORTUGAL
2913	ANDREIA PALMEIRINHA	2842	F 1026	V35F 162	01:00:14	00:57:47	00:30:10	00:07:32	
2914	ANA LEITOGUINHO	3658	F 1027	V50F 102	01:00:15	00:59:44	00:29:45	00:07:32	NUCLEOEIRAS
2915	ANA PARRACHO	870	F 1028	V50F 103	01:00:20	00:58:31	00:28:48	00:07:33	
2916	SÓNIA QUINTAS	869	F 1029	V40F 220	01:00:20	00:58:32	00:28:49	00:07:33	
2917	ANA ROXO	871	F 1030	V50F 104	01:00:21	00:58:32	00:28:49	00:07:33	
2918	PEDRO MIGUEL PINTO COSTA	3350	M 1888	V40M 370	01:00:27	00:55:01	00:29:07	00:07:34	TABAQUEIRA
2919	RICARDO MAURICIO	1219	M 1889	V35M 238	01:00:28	00:54:00	00:30:01	00:07:34	CLUBE BRISA
2920	SILVIA MARIA PINTO	2583	F 1031	V40F 221	01:00:33	00:58:37	00:29:02	00:07:35	
2921	DANIEL SANTOS SILVESTRE	3694	M 1890	SenM 355	01:00:33	01:00:10	00:29:25	00:07:35	
2922	PATRICIA PEREIRA	4483	F 1032	SenF 271	01:00:33	00:59:55	00:25:29	00:07:35	
2923	RUI MIGUEL PINTO	2582	M 1891	V40M 371	01:00:33	00:58:38	00:29:02	00:07:35	
2924	DIOGO SOUSA	2167	M 1892	SenM 356	01:00:34	00:59:01	00:28:55	00:07:35	
2925	TELMA MENDES	2736	F 1033	SenF 272	01:00:34	00:59:01	00:28:55	00:07:35	
2926	GUILHERME SOUSA	3222	M 1893	JunM 55	01:00:36	00:52:35	00:31:49	00:07:35	KOTAS & KOTINHAS
2927	JOSÉ TAVARES	4466	M 1894	V40M 372	01:00:37	00:58:42	00:27:57	00:07:35	
2928	ANA MENDES	2569	F 1034	V35F 163	01:00:39	01:00:33	00:28:22	00:07:35	GRD RIBEIRA DA LAGE
2929	PAULA BORRALHO	3541	F 1035	V45F 187	01:00:39	00:57:23	00:27:33	00:07:35	
2930	PAULO DIONISIO	3542	M 1895	V50M 226	01:00:39	00:57:22	00:29:07	00:07:35	
2931	HELENA BARBOSA	3598	F 1036	SenF 273	01:00:48	00:59:42	00:28:55	00:07:36	NUCLEOEIRAS
2932	MARIA BARBOSA	4092	F 1037	V50F 105	01:00:48	00:59:42	00:28:55	00:07:36	
2933	CARLA RATO	3087	F 1038	V45F 188	01:00:50	00:59:54	00:29:09	00:07:37	GRCD LEIÃO
2934	JORGE GERALDES	1119	M 1896	V40M 373	01:00:53	00:56:12	00:28:08	00:07:37	
2935	MARIANA MÁXIMO	2091	F 1039	V35F 164	01:00:56	00:59:10	00:29:28	00:07:37	MÁXIMOS
2936	ACÁCIO PEREIRA	3229	M 1897	V55M 159	01:00:57	00:59:31	00:30:09	00:07:38	
2937	PEDRO SOUSA	4093	M 1898	SenM 357	01:01:02	00:59:20	00:30:12	00:07:38	
2938	ANDRÉ FERNANDES	3446	M 1899	SenM 358	01:01:03	00:58:43	00:30:31	00:07:38	
2939	ANTÓNIO CARLOS RODRIGUES SILVESTRE	3336	M 1900	V40M 374	01:01:07	01:01:00	00:30:25	00:07:39	TABAQUEIRA
2940	SÓNIA FERREIRA	1868	F 1040	V40F 222	01:01:08	01:00:18	00:30:18	00:07:39	
2941	SARA EUSÉBIO	3072	F 1041	SenF 274	01:01:11	00:59:02	00:29:08	00:07:39	RUN FORREST RUN
2942	MIGUEL SANTOS	3230	M 1901	SenM 359	01:01:12	00:59:46	00:30:38	00:07:39	
2943	ALEXANDRA FERNANDES	1066	F 1042	V45F 189	01:01:15	00:59:51	00:30:18	00:07:40	
2944	NUNO FERNANDES	1065	M 1902	V45M 337	01:01:15	00:59:51	00:30:19	00:07:40	
2945	CAMILA SILVA	2878	F 1043	SenF 275	01:01:21	00:58:55	00:30:00	00:07:41	PAPOILAS
2946	AUSENDA PIRES	1948	F 1044	V45F 190	01:01:24	00:59:42	00:28:21	00:07:41	
2947	RITA BARRETO	2879	F 1045	V35F 165	01:01:26	00:59:01	00:30:00	00:07:41	PAPOILAS
2948	MARIA BALTAZAR	896	F 1046	V55F 33	01:01:26	01:00:55	00:30:47	00:07:41	
2949	MARISA RAOUL	2618	F 1047	V45F 191	01:01:29	01:00:07	00:28:57	00:07:42	
2950	CÁTIA SALGADO	2537	F 1048	SenF 276	01:01:29	00:59:57	00:30:49	00:07:42	
2951	JOAQUIM VIEGAS	2533	M 1903	SenM 360	01:01:30	00:59:58	00:30:50	00:07:42	
2952	MARIA NENO	4018	F 1049	SenF 277	01:01:30	01:00:43	00:31:05	00:07:42	
2953	HUGO FILIPE DE MARVANEJO PEREIRA	3372	M 1904	V40M 375	01:01:34	01:00:32	00:27:23	00:07:42	TABAQUEIRA
2954	PEDRO PINTO	583	M 1905	V60M 84	01:01:34	01:00:53	00:31:17	00:07:42	
2955	LEONOR FREITAS	1844	F 1050	V40F 223	01:01:35	00:59:03	00:30:28	00:07:42	
2956	MIGUEL WIENZ BARROS PEREIRA	3383	M 1906	V40M 376	01:01:36	01:00:34	00:27:23	00:07:42	TABAQUEIRA
2957	FRANCISCO CRUZ	3929	M 1907	SenM 361	01:01:39	00:59:04	00:29:58	00:07:43	
2958	JAMILLE RANGEL	1894	F 1051	SenF 278	01:01:46	01:00:50	00:30:09	00:07:44	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
2959	JOAO VASCO SILVA MILHAIS	3962	M 1908	V50M 227	01:01:46	01:00:26	00:28:34	00:07:44	
2960	DINIS ESTEVES	3225	M 1909	JunM 56	01:01:49	00:53:47	00:31:52	00:07:44	KOTAS & KOTINHAS
2961	SÓNIA XAVIER	4470	F 1052	V50F 106	01:01:50	00:59:38	00:29:22	00:07:44	
2962	BRUNO DANIEL PIRES MARTINS PIO	1367	M 1910	SenM 362	01:01:51	00:56:35	00:29:37	00:07:44	
2963	DANIELA FERNANDES	3302	F 1053	SenF 279	01:01:51	00:59:28	00:30:35	00:07:44	
2964	JOÃO GOMES	1306	M 1911	V65M 44	01:01:54	00:58:16	00:29:35	00:07:45	CLUBE NOVO BANCO
2965	SUSANA RAMOS	2007	F 1054	V35F 166	01:01:55	01:00:49	00:27:18	00:07:45	
2966	MARIA CALDEIRA	741	F 1055	V55F 34	01:01:55	01:00:48	00:28:48	00:07:45	
2967	EMÍLIA FERNANDES	2009	F 1056	V50F 107	01:01:56	01:00:50	00:27:18	00:07:45	
2968	ANA BATISTA	4094	F 1057	SenF 280	01:02:01	01:00:19	00:30:10	00:07:46	
2969	HELDER CERQUEIRA	2892	M 1912	V40M 377	01:02:01	01:01:36	00:30:37	00:07:46	
2970	SUSANA CRUZ	3560	F 1058	SenF 281	01:02:02	00:54:20	00:26:07	00:07:46	POWERBOOST CLUB
2971	ANDREIA SILVA	3555	F 1059	SenF 282	01:02:03	00:54:20	00:26:07	00:07:46	POWERBOOST CLUB
2972	ANTÓNIO VITOR MENDES MONTEIRO	3714	M 1913	V50M 228	01:02:10	01:01:29	00:30:09	00:07:47	SLOW MOTION
2973	JOÃO FERNANDES	3287	M 1914	V45M 338	01:02:13	00:52:20	00:27:11	00:07:47	ENCOSTA TEAM
2974	MIGUEL MATOS	2101	M 1915	V40M 378	01:02:14	00:59:24	00:30:47	00:07:47	
2975	MARTA DE OLIVEIRA CARDOSO	816	F 1060	V40F 224	01:02:14	01:01:15	00:29:13	00:07:47	
2976	MARIA SAMBÉ	2789	F 1061	SenF 283	01:02:15	01:00:40	00:29:52	00:07:47	VALEJAS A C
2977	PEDRO FERREIRA	2792	M 1916	V40M 379	01:02:15	01:00:40	00:29:52	00:07:47	VALEJAS A C
2978	DIOGO MATOS	588	M 1917	V40M 380	01:02:16	00:59:26	00:30:46	00:07:47	
2979	DANIEL PATRÍCIO	4108	M 1918	V35M 239	01:02:16	01:01:14	00:30:01	00:07:47	
2980	JOÃO CARREIRAS	4132	M 1919	V55M 160	01:02:19	01:01:39	00:30:15	00:07:48	
2981	ANA LÚCIA MARQUES	1766	F 1062	V45F 192	01:02:20	01:00:55	00:30:01	00:07:48	ISG PARTY & RUN
2982	JOÃO PAULO MAÇARICO	1773	M 1920	V45M 339	01:02:22	01:00:57	00:31:13	00:07:48	ISG PARTY & RUN
2983	CLÁUDIA GRENCHO	4897	F 1063	V45F 193	01:02:28	01:01:42	00:30:30	00:07:49	
2984	CLAUDIA FIGUEIRA	2163	F 1064	V35F 167	01:02:28	01:01:06	00:32:41	00:07:49	
2985	ERIKA BARROS	2181	F 1065	V35F 168	01:02:28	01:01:07	00:32:42	00:07:49	
2986	MARIA INÊS CARDOSO GUIMARÃES	3695	F 1066	SenF 284	01:02:29	01:02:06	00:29:26	00:07:49	
2987	ANDRE FILIPE AGOSTINHO	3505	M 1921	V35M 240	01:02:31	00:59:50	00:29:46	00:07:49	
2988	INÊS ALVES	2750	F 1067	SenF 285	01:02:40	01:01:48	00:32:09	00:07:50	ASSOCIAÇÃO CULTURAL DA LAGE
2989	RAQUEL MÓNICA	833	F 1068	JunF 29	01:02:42	01:02:32	00:29:20	00:07:51	
2990	JOÃO PIRES	1949	M 1922	V45M 340	01:02:42	01:01:00	00:31:10	00:07:51	
2991	HENRIQUE MONGE DE SOUSA	1678	M 1923	JunM 57	01:02:46	01:02:26	00:28:46	00:07:51	
2992	TERESA RAIMUNDA	4440	F 1069	V50F 108	01:02:46	01:01:04	00:29:28	00:07:51	
2993	SILVIA TEIXEIRA DUARTE	2971	F 1070	V50F 109	01:02:47	01:01:03	00:29:28	00:07:51	CLUBE DO STRESS
2994	FERNANDA BRAGA	1840	F 1071	V65F 10	01:02:50	01:01:48	00:30:29	00:07:52	
2995	RAFAELA GONÇALVES	2922	F 1072	SenF 286	01:02:51	01:02:17	00:31:18	00:07:52	
2996	CARLOS GONÇALVES	2893	M 1924	V55M 161	01:02:52	01:02:17	00:31:18	00:07:52	
2997	ANA MADALENA M GONCALVES VILELA	2353	F 1073	V50F 110	01:02:52	01:02:23	00:30:20	00:07:52	CLUBE MILLENNIUM BCP
2998	MARLENE PEREIRA	679	F 1074	SenF 287	01:02:53	01:01:14	00:29:52	00:07:52	
2999	PATRICIA ALEXANDRA SILVA AUGUSTO	2387	F 1075	V35F 169	01:02:54	01:01:26	00:30:28	00:07:52	CLUBE MILLENNIUM BCP
3000	JOSÉ SALGUEIRO	2250	M 1925	V50M 229	01:03:00	00:58:55	00:31:54	00:07:53	
3001	MARIA JOAO BORDALO	1554	F 1076	V55F 35	01:03:01	01:00:45	00:30:27	00:07:53	
3002	DIOGO C RIBEIRO	1588	M 1926	V50M 230	01:03:01	01:00:45	00:30:26	00:07:53	
3003	SANDRINA DOMINGUES	2691	F 1077	SenF 288	01:03:15	01:02:36	00:33:50	00:07:55	GIRLS POWER
3004	JOSÉ GONÇALO SILVA DA GUIA	1996	M 1927	SenM 363	01:03:21	01:02:18	00:30:58	00:07:56	FANTASTIC FOUR
3005	CARLA ISABEL DUARTE VIEIRA BRITO	2375	F 1078	V45F 194	01:03:27	01:02:21	00:29:38	00:07:56	CLUBE MILLENNIUM BCP
3006	MARIA EMILIA FERREIRA PATT	1635	F 1079	V35F 170	01:03:32	01:02:51	00:31:48	00:07:57	ST JULIANS RUNNING CLUB
3007	RAQUEL CARVALHO	663	F 1080	SenF 289	01:03:34	00:57:01	00:27:08	00:07:57	
3008	ANA RITA CARVALHO	661	F 1081	SenF 290	01:03:34	00:57:01	00:28:15	00:07:57	
3009	CARLA MOURÃO	1399	F 1082	V45F 195	01:03:34	01:01:53	00:30:44	00:07:57	LEOGYM

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa	
3010	TERESA FERREIRA	1398	F	1083 V45F	196	01:03:35	01:01:53	00:30:44	00:07:57	LEOGYM
3011	TANIA ISABEL PEREIRA	2875	F	1084 SenF	291	01:03:37	01:01:58	00:28:58	00:07:58	RUA-A-WAY
3012	TERESA FERNANDES	3286	F	1085 V45F	197	01:03:38	00:53:49	00:27:17	00:07:58	ENCOSTA TEAM
3013	BIANCA DE CÁSSIA FREDERICO CAZALLI SÉRGIO PESSOA	3857	F	1086 V35F	171	01:03:42	01:01:59	00:30:25	00:07:58	ALTAMIRA
3014	MARIA CARMO ANJOS	2278	F	1087 V70F	2	01:03:46	01:02:30	00:31:08	00:07:59	CONDOR
3015	SOFIA GOULART	4471	F	1088 SenF	292	01:03:53	01:01:17	00:29:58	00:08:00	
3016	JOSE CARLOS EMPADINHAS LOURENCO	2356	M	1928 V50M	231	01:03:55	01:01:55	00:28:10	00:08:00	CLUBE MILLENNIUM BCP
3017	CLÁUDIA FERREIRA	1561	F	1089 V45F	198	01:03:58	01:01:27	00:29:43	00:08:00	
3018	FILIPE MIRANDA	1924	M	1929 SenM	364	01:04:01	01:03:35	00:32:59	00:08:01	TRANSITEX RUNNERS
3019	BRUNO VILHENA	2738	M	1930 V35M	241	01:04:03	00:56:24	00:28:52	00:08:01	ALINA'S
3020	MARGARIDA FONSECA	1859	F	1090 V60F	19	01:04:03	01:02:13	00:31:14	00:08:01	
3021	MARIA GUIA	2788	F	1091 V60F	20	01:04:05	00:58:42	00:29:42	00:08:01	VALEJAS A C
3022	MARIA PINTO	4446	F	1092 V55F	36	01:04:08	01:01:43	00:30:47	00:08:01	HOSA
3023	EMÍLIA SILVA	3915	F	1093 SenF	293	01:04:09	01:01:43	00:30:47	00:08:02	HOSA
3024	ANA SERRA	4193	F	1094 SenF	294	01:04:11	01:02:43	00:32:26	00:08:02	
3025	MARIA MÓNICA	834	F	1095 V45F	199	01:04:12	01:04:01	00:29:48	00:08:02	
3026	GILBERTO GONÇALVES	887	M	1931 V70M	20	01:04:19	01:03:16	00:33:48	00:08:03	
3027	ANDRÉ CORVO	3059	M	1932 V35M	242	01:04:24	01:03:12	00:31:14	00:08:03	
3028	JOSÉ CARLOS FREITAS	3117	M	1933 V50M	232	01:04:25	01:03:48	00:31:36	00:08:04	GRCD LEIÃO
3029	MÁRIO BAÇÃO	1192	M	1934 V45M	341	01:04:26	01:02:46	00:31:06	00:08:04	FIDELIDADE GDC
3030	ALFREDO CHAMBEL	1175	M	1935 V50M	233	01:04:28	01:02:47	00:31:06	00:08:04	FIDELIDADE GDC
3031	MARINA PANTALIÃO	3058	F	1096 V40F	225	01:04:29	01:03:20	00:31:18	00:08:04	
3032	ALEXANDRINA	1837	F	1097 V45F	200	01:04:34	01:03:42	00:30:44	00:08:05	QUARENTÕES NA BISGA
3033	CONSTÂNCIO ALMEIDA	1114	M	1936 V55M	162	01:04:41	01:03:27	00:31:05	00:08:06	
3034	LUÍS ANTUNES	910	M	1937 V55M	163	01:04:43	01:03:26	00:31:03	00:08:06	
3035	SUSANA LOURENÇO	3511	F	1098 V40F	226	01:04:43	01:03:27	00:31:04	00:08:06	
3036	INÊS VAZ	2531	F	1099 SenF	295	01:04:47	01:03:03	00:32:05	00:08:06	
3037	MÁRIO NETO	1789	M	1938 V55M	164	01:04:48	01:03:06	00:32:07	00:08:06	
3038	DIOGO NEVES	1869	M	1939 SenM	365	01:04:48	01:03:59	00:30:17	00:08:06	
3039	ÂNGELA BARBOSA	4473	F	1100 V50F	111	01:04:53	01:04:43	00:32:35	00:08:07	
3040	SONIA AFONSO	3679	F	1101 V40F	227	01:04:54	01:02:59	00:29:40	00:08:07	
3041	GABRIELA GONÇALVES	1688	F	1102 V50F	112	01:04:56	01:04:21	00:31:15	00:08:07	CASA DO PESSOAL DA RTP
3042	NUNO SANTOS	2228	M	1940 V35M	243	01:05:02	01:04:45	00:32:12	00:08:08	
3043	SOFIA ESPÍRITO SANTO	2230	F	1103 V40F	228	01:05:02	01:04:46	00:32:13	00:08:08	
3044	ANTONIO FIGUEIREDO	1900	M	1941 V60M	85	01:05:03	01:02:14	00:30:17	00:08:08	
3045	JOANA OLIVEIRA	4452	F	1104 SenF	296	01:05:04	01:04:05	00:31:12	00:08:08	
3046	HELENA MARTINS	2756	F	1105 V55F	37	01:05:17	01:04:23	00:32:08	00:08:10	ASSOCIAÇÃO CULTURAL DA LAGE
3047	FILIPA QUINTAS	2755	F	1106 V35F	172	01:05:17	01:04:27	00:32:47	00:08:10	ASSOCIAÇÃO CULTURAL DA LAGE
3048	ESTER	2754	F	1107 V65F	11	01:05:18	01:04:26	00:32:11	00:08:10	ASSOCIAÇÃO CULTURAL DA LAGE
3049	LURDES CARVALHO	1495	F	1108 V60F	21	01:05:21	01:04:45	00:30:58	00:08:11	
3050	CRISTINA CASTRO	1337	F	1109 V40F	229	01:05:24	01:05:07	00:32:52	00:08:11	
3051	ADRIANA CASTRO	1338	F	1110 JunF	30	01:05:24	01:05:07	00:32:52	00:08:11	
3052	LUIS AFONSO	3239	M	1942 V40M	381	01:05:30	00:59:58	00:31:53	00:08:12	
3053	SANDRA FERREIRA	2555	F	1111 V45F	201	01:05:33	01:04:49	00:31:49	00:08:12	GRD RIBEIRA DA LAGE
3054	ROSA MARQUES	3284	F	1112 V40F	230	01:05:33	00:55:45	00:28:12	00:08:12	ENCOSTA TEAM
3055	NUNO MARQUES	3285	M	1943 V45M	342	01:05:33	00:55:44	00:28:11	00:08:12	ENCOSTA TEAM
3056	CARLOS MIGUEL LOPES	3335	M	1944 V45M	343	01:05:34	01:00:01	00:27:40	00:08:12	TABAQUEIRA
3057	CRISTÓVÃO FERNANDO DE SOUSA RAMOS	3368	M	1945 V45M	344	01:05:34	01:00:02	00:27:41	00:08:12	TABAQUEIRA
3058	INÊS FERREIRA	3948	F	1113 SenF	297	01:05:45	00:48:11	00:24:19	00:08:14	
3059	CEU GASPAR	3945	F	1114 V45F	202	01:05:47	01:04:51	00:32:52	00:08:14	MIUDAS GIRAS
3060	LUIA BAIRO	2540	F	1115 V55F	38	01:05:48	01:05:35	00:32:09	00:08:14	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3061	SANDRA RODRIGUES	3154	F 1116	V40F 231	01:05:52	01:04:55	00:31:52	00:08:14	GRCD LEIÃO
3062	CLÁUDIA AMARAL	2193	F 1117	V50F 113	01:05:57	01:03:23	00:28:13	00:08:15	
3063	MÁRCIA GUERREIRO	1612	F 1118	V40F 232	01:05:57	01:03:23	00:28:13	00:08:15	
3064	LUÍS AMEIXA	2107	M 1946	V50M 234	01:05:59	01:05:44	00:31:08	00:08:15	
3065	TÂNIA FREIRE	3981	F 1119	SenF 298	01:06:00	01:04:14	00:31:03	00:08:15	
3066	FILIPE COQUIM	3980	M 1947	SenM 366	01:06:00	01:04:13	00:31:02	00:08:15	
3067	RITA VILA	2071	F 1120	V55F 39	01:06:01	01:04:05	00:33:24	00:08:16	
3068	MARIO ALBERTO FIGUEIRA RODRIGUES PIRES	2070	M 1948	V55M 165	01:06:01	01:04:07	00:33:25	00:08:16	
3069	ANGELA MARIA MARTINS COSTA	2580	F 1121	V50F 114	01:06:05	01:03:45	00:30:48	00:08:16	
3070	ALVARO MIGUEL COSTA	2581	M 1949	V50M 235	01:06:05	01:03:45	00:31:52	00:08:16	
3071	RUTE MARGARIDA SILVA PAIXÃO	3854	F 1122	SenF 299	01:06:08	01:04:22	00:31:14	00:08:16	ALTAMIRA
3072	LUCINDA HENRIQUES	2279	F 1123	V70F 3	01:06:09	01:04:54	00:32:03	00:08:17	CONDOR
3073	MARLENE CUNHA	3930	F 1124	V40F 233	01:06:10	01:04:42	00:31:35	00:08:17	
3074	JOSÉ RIVELINO FERNANDES DE ABREU	4370	M 1950	V45M 345	01:06:12	01:03:50	00:32:00	00:08:17	SUMOL COMPAL
3075	RUI HENRIQUES	4268	M 1951	V70M 21	01:06:22	01:04:49	00:32:25	00:08:18	
3076	PAULO FONSECA	4224	M 1952	V45M 346	01:06:23	01:04:50	00:29:51	00:08:18	PEUGEOT PSA RETAIL
3077	VICTOR RAMOS	1450	M 1953	V70M 22	01:06:34	01:06:14	00:32:49	00:08:20	
3078	INÊS RAQUEL DE ALMEIDA LOPES NUNES	3523	F 1125	SenF 300	01:06:42	00:57:50	00:30:28	00:08:21	BANCO ATLANTICO EUROPA
3079	ADRIANO BERNARDO DE TAVEIRA E CUNHA PINTO	4034	M 1954	SenM 367	01:06:42	00:57:50	00:30:28	00:08:21	BANCO ATLANTICO EUROPA
3080	LUIS MANUEL CARVALHO MARQUES	3328	M 1955	V55M 166	01:06:42	01:05:07	00:31:02	00:08:21	TABAQUEIRA
3081	ALEXANDRINO ADOLFO MALHEIRO	2206	M 1956	V65M 45	01:06:45	01:05:34	00:31:34	00:08:21	
3082	ELSA CRISTINA FRAGOSO DA COSTA	3408	F 1126	SenF 301	01:07:01	01:05:29	00:33:54	00:08:23	TABAQUEIRA
3083	PEDRO NUNO DOMINGUES MARQUES	3378	M 1957	V40M 382	01:07:02	01:05:29	00:33:56	00:08:23	TABAQUEIRA
3084	ALICE CRUZ	2579	F 1127	V65F 12	01:07:04	01:06:58	00:32:43	00:08:23	GRD RIBEIRA DA LAGE
3085	CÉLIA ALMEIDA	1717	F 1128	V45F 203	01:07:07	01:05:14	00:30:37	00:08:24	
3086	SANDRA SANTOS	3506	F 1129	V45F 204	01:07:07	01:05:14	00:30:37	00:08:24	
3087	ILIDIO TORGAL	2903	M 1958	V75M 8	01:07:07	01:04:51	00:31:59	00:08:24	VALEJAS A C
3088	RUI FILIPE GARCIA	3914	M 1959	V40M 383	01:07:09	01:01:55	00:29:36	00:08:24	CLUBE COLABORADORES AGEAS
3089	JUSTE MALINAUSKAITE	3421	M 1960	SenM 368	01:07:17	01:07:07	00:31:45	00:08:25	TABAQUEIRA
3090	TIAGO SANTOS	2956	M 1961	SenM 369	01:07:25	00:56:57	00:28:03	00:08:26	PREMIUM MINDS
3091	EMANUEL SILVA	3283	M 1962	V35M 244	01:07:26	00:57:28	00:28:32	00:08:26	ENCOSTA TEAM
3092	SUSANA SENA	3282	F 1130	V35F 173	01:07:26	00:57:36	00:28:40	00:08:26	ENCOSTA TEAM
3093	DIOGO SIMÃO	946	M 1963	SenM 370	01:07:31	01:06:33	00:32:20	00:08:27	
3094	DIOGO SIMÃO	948	M 1964	SenM 371	01:07:31	01:06:33	00:32:20	00:08:27	
3095	ANABELA SANTOS	3242	F 1131	V55F 40	01:07:35	01:07:07	00:33:12	00:08:27	
3096	MARIA ASSUNÇÃO FINGO	3241	F 1132	V65F 13	01:07:35	01:07:07	00:33:12	00:08:27	
3097	CARLOS ANTÓNIO CASQUILHO	3216	M 1965	V35M 245	01:07:44	01:07:13	00:30:56	00:08:28	NÓS E A MISÉRIA
3098	MARIA JOÃO VELADAS	797	F 1133	V40F 234	01:07:58	01:06:37	00:33:57	00:08:30	
3099	SANDRA SILVA	3944	F 1134	V45F 205	01:08:00	01:07:04	00:31:58	00:08:30	MIUDAS GIRAS
3100	MARIA PAULA RODRIGUES	1857	F 1135	V55F 41	01:08:01	01:07:05	00:33:10	00:08:31	
3101	JOÃO MOURA	1508	M 1966	V35M 246	01:08:03	01:05:48	00:30:16	00:08:31	LOS PEPPERÁPIDOS
3102	MIGUEL TAVARES	1513	M 1967	SenM 372	01:08:04	01:05:45	00:30:13	00:08:31	LOS PEPPERÁPIDOS
3103	MIGUEL TRUNINGER	2709	M 1968	V40M 384	01:08:11	01:07:24	00:33:17	00:08:32	CLUBE COLABORADORES AGEAS
3104	EDUARDO SANTOS	2102	M 1969	V75M 9	01:08:12	01:08:03	00:32:44	00:08:32	
3105	AMORY SPARGER	2704	F 1136	V40F 235	01:08:12	01:07:27	00:31:41	00:08:32	CLUBE COLABORADORES AGEAS
3106	VALDEMAR PEDROSO	3623	M 1970	V75M 10	01:08:21	01:06:21	00:33:08	00:08:33	NUCLEOEIRAS
3107	ANTÓNIO MARQUES	2085	M 1971	V70M 23	01:08:25	01:08:11	00:34:32	00:08:34	
3108	CARINA DIAS	3256	F 1137	V35F 174	01:08:34	01:06:17	00:33:35	00:08:35	
3109	CARLA FREIRE	1843	F 1138	V40F 236	01:08:36	01:06:04	00:30:28	00:08:35	
3110	IVANA CORREIA	3577	F 1139	V45F 206	01:08:36	01:06:03	00:30:26	00:08:35	
3111	WALKIRIA BENEDETTI	1630	F 1140	V55F 42	01:08:40	01:07:55	00:34:11	00:08:35	ST JULIANS RUNNING CLUB

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3112	DAVID JOÃO TADEU	2650	M 1972	V40M 385	01:08:46	01:06:02	00:32:02	00:08:36	CROSSRUNNERS
3113	PATRICIA SANTOS TADEU	2651	F 1141	V40F 237	01:08:46	01:06:03	00:32:03	00:08:36	CROSSRUNNERS
3114	LUIS FILIPE CEPEDA RODRIGUES	3324	M 1973	V35M 247	01:08:53	01:06:17	00:35:01	00:08:37	TABAQUEIRA
3115	ANTÓNIO ESCALDA	1637	M 1974	V50M 236	01:08:54	01:04:11	00:30:17	00:08:37	OS GALGOS
3116	ANTÓNIA PRATES	1795	F 1142	V50F 115	01:08:59	01:08:12	00:33:39	00:08:38	
3117	RITA TAVARES	3970	F 1143	V45F 207	01:09:05	01:08:23	00:33:53	00:08:39	
3118	MARIA JOÃO	1917	F 1144	V45F 208	01:09:06	01:08:49	00:34:49	00:08:39	
3119	ANA SANTOS	3167	F 1145	V35F 175	01:09:12	01:08:34	00:33:08	00:08:39	
3120	ÂNGELA FERREIRA	3166	F 1146	V45F 209	01:09:12	01:08:34	00:33:09	00:08:39	
3121	CÁTIA CARVALHO	3165	F 1147	V35F 176	01:09:12	01:08:34	00:33:09	00:08:39	
3122	FERNANDO PIRES	2508	M 1975	V50M 237	01:09:23	00:55:22	00:29:35	00:08:41	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
3123	DAVID FILIPE RODRIGUES MORGADO INACIO	3407	M 1976	SenM 373	01:09:23	01:07:40	00:35:11	00:08:41	TABAQUEIRA
3124	FERNANDO FERREIRA	981	M 1977	V55M 167	01:09:24	01:09:07	00:34:22	00:08:41	
3125	PEDRO MIGUEL BRAZÃO FAVIANA	3377	M 1978	V35M 248	01:09:25	01:07:41	00:35:11	00:08:41	TABAQUEIRA
3126	CATARINA HONÓRIO	980	F 1148	SenF 302	01:09:25	01:09:07	00:34:21	00:08:41	
3127	BRUNO MANUEL CERQUEIRA LIMA	3402	M 1979	V35M 249	01:09:25	01:07:41	00:35:10	00:08:41	TABAQUEIRA
3128	ANA LUCIA COSTA MIRANDA TIMOTEO	3405	F 1149	V40F 238	01:09:25	01:07:41	00:35:10	00:08:41	TABAQUEIRA
3129	JOSÉ SILVA	743	M 1980	SenM 374	01:09:35	01:07:28	00:32:53	00:08:42	
3130	HELENA CANAS	742	F 1150	V45F 210	01:09:35	01:07:26	00:33:58	00:08:42	
3131	CARLOS SILVA	701	M 1981	V45M 347	01:09:35	01:07:27	00:33:56	00:08:42	
3132	PAULA RODRIGUES	3685	F 1151	V45F 211	01:09:40	01:08:56	00:35:54	00:08:43	
3133	PAULA SIMOES	3170	F 1152	V55F 43	01:09:43	01:09:17	00:35:08	00:08:43	
3134	ANDREIA PALMEIRÃO	573	F 1153	V40F 239	01:09:43	01:07:17	00:35:24	00:08:43	
3135	MANUEL PALMEIRÃO	572	M 1982	V70M 24	01:09:44	01:07:19	00:35:25	00:08:43	
3136	ANTÓNIO FRANCISCO	2854	M 1983	V55M 168	01:09:45	01:08:37	00:35:09	00:08:44	WISEU RUNNING TEAM
3137	MADALENA FRANCISCO	2858	F 1154	SenF 303	01:09:46	01:08:37	00:35:08	00:08:44	WISEU RUNNING TEAM
3138	LUIA COELHO	2855	F 1155	V55F 44	01:09:46	01:08:38	00:35:10	00:08:44	WISEU RUNNING TEAM
3139	ANTÓNIO MOTA	2859	M 1984	SenM 375	01:09:47	01:08:37	00:35:08	00:08:44	WISEU RUNNING TEAM
3140	ANA PAULINHO	4065	F 1156	V55F 45	01:09:51	01:09:37	00:34:51	00:08:44	
3141	SUSANA SILVA	2829	F 1157	V40F 240	01:10:11	01:08:03	00:32:20	00:08:47	
3142	SARA AGOSTINHO	4207	F 1158	SenF 304	01:10:24	01:08:56	00:33:23	00:08:48	
3143	ANA REIS	2426	F 1159	SenF 305	01:10:25	01:09:39	00:30:34	00:08:49	OS PINTAS
3144	VANESSA CODEA	2832	F 1160	V35F 177	01:10:25	01:09:06	00:36:02	00:08:49	
3145	ANDRE GOMES	2427	M 1985	SenM 376	01:10:25	01:09:39	00:30:33	00:08:49	OS PINTAS
3146	MARIANA FILIPA ALMEIDA NAVE	4539	F 1161	SenF 306	01:10:29	01:08:06	00:32:19	00:08:49	CLUBE ACCENTURE
3147	ANDREIA SILVA	1222	F 1162	V40F 241	01:10:29	01:03:42	00:32:05	00:08:49	CLUBE BRISA
3148	HENRIQUE TEIXEIRA DUARTE	2972	M 1986	V65M 46	01:10:31	01:08:47	00:32:19	00:08:49	CLUBE DO STRESS
3149	MANUELA PIMENTA	1218	F 1163	V40F 242	01:10:31	01:04:03	00:32:06	00:08:49	CLUBE BRISA
3150	SOFIA SANTOS	4573	F 1164	V35F 178	01:10:31	01:10:20	00:30:41	00:08:49	
3151	MARTA FERREIRA	4571	F 1165	V35F 179	01:10:32	01:10:21	00:30:42	00:08:49	
3152	ALEXANDRE TOMÁS	3294	M 1987	V45M 348	01:10:34	01:08:35	00:33:25	00:08:50	FANTASTICTEAM
3153	MICHELLE BARBOSA	3295	F 1166	V35F 180	01:10:34	01:08:35	00:33:24	00:08:50	FANTASTICTEAM
3154	CARLA SOUSA	1220	F 1167	V40F 243	01:10:35	01:03:57	00:32:15	00:08:50	CLUBE BRISA
3155	PAULO DAVID PIRES COELHO	3518	M 1988	SenM 377	01:10:35	01:01:45	00:31:05	00:08:50	BANCO ATLANTICO EUROPA
3156	SARA RUSSO ROSA	3519	F 1168	SenF 307	01:10:36	01:01:47	00:31:05	00:08:50	BANCO ATLANTICO EUROPA
3157	JOAO CAMPOS	694	M 1989	V45M 349	01:10:40	01:08:13	00:34:50	00:08:50	
3158	ELSA FONSECA	697	F 1169	V45F 212	01:10:40	01:08:13	00:34:11	00:08:50	
3159	ADELINO SOARES	1263	M 1990	V70M 25	01:11:09	01:10:57	00:34:20	00:08:54	
3160	LUIS PARIS	2037	M 1991	V70M 26	01:11:18	01:10:28	00:35:11	00:08:55	SS CGD
3161	RAQUEL ESTEVENS	3896	F 1170	JunF 31	01:11:19	01:11:18	00:29:37	00:08:55	
3162	CATARINA GIL	3897	F 1171	V40F 244	01:11:20	01:11:20	00:29:38	00:08:55	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3163	HUGO RIBEIRO	3955	M 1992	SenM 378	01:11:21	01:05:14	00:37:57	00:08:56	
3164	ANDREIA VELOSO	585	F 1172	V40F 245	01:11:23	01:10:53	00:32:37	00:08:56	
3165	DÁLIA LOPES	3052	F 1173	V50F 116	01:11:31	01:10:29	00:34:43	00:08:57	LINDA-A-PASTORA SPORTING CLUBE
3166	MAGDA CABRAL	2459	F 1174	V45F 213	01:11:31	01:10:29	00:34:43	00:08:57	LINDA-A-PASTORA SPORTING CLUBE
3167	DAVID MORAIS	3591	M 1993	SenM 379	01:11:31	01:06:01	00:33:15	00:08:57	NUCLEOEIRAS
3168	SÓNIA AZAMBUJA MARTINS	1236	F 1175	V40F 246	01:11:33	01:10:10	00:33:03	00:08:57	AMIGOS DA PAREDE
3169	ALBERTO CANO	891	M 1994	V65M 47	01:11:35	01:10:34	00:36:20	00:08:57	
3170	DERLANI FIFE	2820	F 1176	V55F 46	01:11:38	01:10:33	00:37:20	00:08:58	HEALTH CONNECTION
3171	DÉBORAH LOPES	2822	F 1177	V35F 181	01:11:39	01:10:33	00:37:19	00:08:58	HEALTH CONNECTION
3172	ANTONIO PEREIRA	3545	M 1995	V45M 350	01:11:48	01:06:04	00:32:39	00:08:59	
3173	MARIO CARVALHO	2940	M 1996	V60M 86	01:11:49	01:08:49	00:33:29	00:08:59	GRD OS FIXES
3174	ELISABETE PORTELADA	2452	F 1178	V40F 247	01:11:50	01:11:20	00:35:13	00:08:59	LINDA-A-PASTORA SPORTING CLUBE
3175	MARIA TERESA MONTEIRO	3445	F 1179	V60F 22	01:12:00	01:11:51	00:36:37	00:09:00	
3176	CARLA LOPES	3472	F 1180	V45F 214	01:12:11	01:10:43	00:36:11	00:09:02	SIMECQ
3177	ANA MARIA COSTA PINTO DA SILVA	2288	F 1181	V50F 117	01:12:14	01:11:25	00:36:11	00:09:02	PEPSICO PORTUGAL
3178	SUSANA MONGE	1676	F 1182	V40F 248	01:12:20	01:11:57	00:34:56	00:09:03	
3179	JOÃO GONÇALO CALISTO JALES	3426	M 1997	SenM 380	01:12:22	01:06:49	00:31:51	00:09:03	TABAQUEIRA
3180	LUIS DIAS	3699	M 1998	V40M 386	01:12:26	01:09:47	00:24:03	00:09:04	
3181	PEDRO REIS	2237	M 1999	V45M 351	01:12:27	01:09:47	00:24:02	00:09:04	
3182	CATARINA FIGUEIREDO	3557	F 1183	SenF 308	01:12:29	01:04:46	00:29:59	00:09:04	POWERBOOST CLUB
3183	HELENA CONCEICAO MACHADO	2671	F 1184	V50F 118	01:12:31	01:12:03	00:36:53	00:09:04	
3184	LUIS ALMEIDA	2262	M 2000	V55M 169	01:12:37	01:10:06	00:35:12	00:09:05	LIS RUNNING CPA
3185	ANTÓNIO PINHO	2264	M 2001	V65M 48	01:12:37	01:10:08	00:35:14	00:09:05	LIS RUNNING CPA
3186	PAULA FÉLIX	3076	F 1185	SenF 309	01:12:39	01:09:02	00:38:31	00:09:05	
3187	CRISTINA MALCATA	2500	F 1186	V50F 119	01:12:39	01:10:09	00:35:12	00:09:05	LIS RUNNING CPA
3188	NUNO COIMBRA	1161	M 2002	V40M 387	01:12:41	01:11:54	00:33:27	00:09:06	
3189	ANA COIMBRA	1162	F 1187	V45F 215	01:12:42	01:11:56	00:32:01	00:09:06	
3190	ALEXANDRA JOÃO	2157	F 1188	V40F 249	01:12:44	01:12:29	00:33:29	00:09:06	GRUPO DESPORTIVO ROCHE PORTUGAL
3191	RITA GIRÃO	2156	F 1189	V35F 182	01:12:44	01:12:09	00:33:10	00:09:06	GRUPO DESPORTIVO ROCHE PORTUGAL
3192	MARTA MARQUES	1888	F 1190	SenF 310	01:12:46	01:09:10	00:38:31	00:09:06	
3193	ROSARIO BELGA	1579	F 1191	V60F 23	01:12:49	01:11:40	00:35:02	00:09:07	
3194	PATRICIA SILVA	3290	F 1192	V35F 183	01:12:52	01:10:52	00:38:16	00:09:07	FANTASTICTEAM
3195	PAULA MONTÊS SIMÕES	4230	F 1193	V45F 216	01:12:54	01:10:55	00:31:03	00:09:07	PEUGEOT PSA RETAIL
3196	VICTOR MONTEZ	4234	M 2003	V45M 352	01:12:55	01:10:55	00:31:03	00:09:07	PEUGEOT PSA RETAIL
3197	IVO GONÇALVES	4610	M 2004	SenM 381	01:12:59	01:07:57	00:32:50	00:09:08	
3198	TELMO NUNES	1564	M 2005	SenM 382	01:13:02	01:11:05	00:36:44	00:09:08	
3199	CATIA PEDRO	1565	F 1194	SenF 311	01:13:03	01:11:06	00:36:44	00:09:08	
3200	CLÁUDIA COSTA	567	F 1195	SenF 312	01:13:08	01:10:52	00:35:56	00:09:09	
3201	ANDRÉ NUNES	568	M 2006	SenM 383	01:13:08	01:10:52	00:35:55	00:09:09	
3202	TERESA CANO	892	F 1196	V65F 14	01:13:13	01:12:10	00:36:18	00:09:10	
3203	JACQUELINE FORGET	1204	F 1197	V35F 184	01:13:14	01:10:49	00:35:33	00:09:10	
3204	ISABEL COCKLE	1205	F 1198	JunF 32	01:13:15	01:10:49	00:35:30	00:09:10	
3205	ARMINDO PADEIRO	920	M 2007	V45M 353	01:13:17	01:07:00	00:33:57	00:09:10	
3206	SUSANA SANTOS	923	F 1199	V45F 217	01:13:17	01:06:59	00:33:57	00:09:10	
3207	CARLA GALVEIA	2746	F 1200	V45F 218	01:13:17	01:12:26	00:36:29	00:09:10	
3208	FLAVIO MIGUEL SOUSA OLIVEIRA	3385	M 2008	V35M 250	01:13:18	01:11:19	00:34:33	00:09:10	TABAQUEIRA
3209	PEDRO MIGUEL CUBEIRA GOMES	3401	M 2009	SenM 384	01:13:19	01:11:20	00:34:33	00:09:10	TABAQUEIRA
3210	JOSI BRANDAO	4002	F 1201	SenF 313	01:13:20	01:11:20	00:35:31	00:09:10	TEVA RUNNERS
3211	PAULA CRISTINA DA FONSECA CARUJO RUANO	4003	F 1202	V45F 219	01:13:20	01:11:21	00:35:32	00:09:10	TEVA RUNNERS
3212	ANA PAULA QUINTINO DE BRITO	4004	F 1203	V45F 220	01:13:20	01:11:23	00:35:33	00:09:10	TEVA RUNNERS
3213	CARLOS VIEIRA	509	M 2010	V60M 87	01:13:23	01:11:40	00:34:43	00:09:11	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3214	LURDES ROMERO	678	F	1204 V60F	24 01:13:23	01:13:12	00:35:07	00:09:11	
3215	SÓNIA PINTO	2596	F	1205 V40F	250 01:13:29	01:12:03	00:35:14	00:09:12	MORCEGOS
3216	GINA MARIA SALVADO NUNES	3105	F	1206 V45F	221 01:13:29	01:12:03	00:35:12	00:09:12	GRCD LEIÃO
3217	CHRISTIANNE FIGUEIRA	2821	F	1207 V35F	185 01:13:32	01:12:25	00:37:18	00:09:12	HEALTH CONNECTION
3218	TATIANA CARNEIRO	2824	F	1208 V35F	186 01:13:32	01:12:25	00:37:18	00:09:12	HEALTH CONNECTION
3219	ALICE CRISTINA PINA CORREIA GUILHERME	3325	F	1209 V50F	120 01:13:34	01:13:14	00:35:07	00:09:12	TABAQUEIRA
3220	ISABEL NOBRE	886	F	1210 V65F	15 01:13:35	01:12:34	00:35:32	00:09:12	
3221	JOANA MARTA RUAS QUADADO	3177	F	1211 SenF	314 01:13:36	01:10:57	00:35:25	00:09:12	HOSA
3222	RITA AMARAL	1938	F	1212 SenF	315 01:13:40	01:06:00	00:29:17	00:09:13	MAIORES
3223	ANA PAULA QUEIROS T R DIAS	2982	F	1213 V50F	121 01:13:41	01:11:42	00:36:07	00:09:13	DIAS
3224	TERESA TEIXEIRA DUARTE	2979	F	1214 V35F	187 01:13:41	01:11:59	00:37:22	00:09:13	CLUBE DO STRESS
3225	SAMUEL ANDRADE	2521	M	2011 V45M	354 01:13:42	01:10:00	00:34:29	00:09:13	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
3226	VILMA MIRANDA	4196	F	1215 V45F	222 01:13:55	01:13:20	00:36:33	00:09:15	
3227	ANTÓNIO CURTO	4109	M	2012 V45M	355 01:13:55	01:13:20	00:36:34	00:09:15	
3228	FERNANDO CORREIA SIMÕES	3330	M	2013 SenM	385 01:14:01	01:11:38	00:32:28	00:09:16	TABAQUEIRA
3229	CARLA MARINA DE OLIVEIRA CALADO ANTUNES	3354	F	1216 V45F	223 01:14:03	01:11:40	00:32:28	00:09:16	TABAQUEIRA
3230	MANUEL VALADO SARAIVA	1233	M	2014 V60M	88 01:14:30	01:12:44	00:36:54	00:09:19	
3231	CONCEIÇÃO DE BRITO DEIRA	957	F	1217 V70F	4 01:14:32	01:12:46	00:36:54	00:09:19	
3232	SEM DADOS	571	M	2015 SenM	386 01:14:47	01:13:50	00:34:54	00:09:21	
3233	SUSANA ISABEL FONSECA GRANADEIRO	3850	F	1218 V40F	251 01:14:48	01:13:04	00:36:57	00:09:21	ALTAMIRA
3234	ISABEL TEIXEIRA DUARTE	2980	F	1219 JunF	33 01:15:04	01:13:25	00:36:28	00:09:23	CLUBE DO STRESS
3235	SUSANA RAMOS	1788	F	1220 V40F	252 01:15:26	01:15:26	00:38:21	00:09:26	
3236	FILIPA TEIXEIRA	1790	F	1221 V35F	188 01:15:27	01:13:43	00:36:37	00:09:26	
3237	SARA DE ARAÚJO SEQUEIRA	2196	F	1222 V45F	224 01:15:37	01:11:54	00:35:35	00:09:28	
3238	TERESA ACEVEDO	1413	F	1223 SenF	316 01:15:43	01:14:27	00:33:48	00:09:28	
3239	JORGE BORREGUERO	1412	M	2016 V35M	251 01:15:43	01:14:26	00:33:48	00:09:28	
3240	ANA SANTOS	1392	F	1224 V50F	122 01:15:50	01:14:09	00:35:21	00:09:29	LEOGYM
3241	MARIA DO CÉU	1393	F	1225 V50F	123 01:15:54	01:14:13	00:33:48	00:09:30	LEOGYM
3242	MARIA LOBO	1396	F	1226 SenF	317 01:15:55	01:14:13	00:33:49	00:09:30	LEOGYM
3243	CÉLIA SILVA	1395	F	1227 V45F	225 01:15:56	01:14:15	00:35:27	00:09:30	LEOGYM
3244	AMÉRICO SILVA	1394	M	2017 V55M	170 01:15:56	01:14:15	00:35:27	00:09:30	LEOGYM
3245	ANTÓNIO JOSÉ GASPAR POMBINHO	552	M	2018 V45M	356 01:16:06	01:15:43	00:35:25	00:09:31	
3246	DINIS PARREIRA	3219	M	2019 SenM	387 01:16:25	01:15:56	00:23:37	00:09:34	NÓS E A MISÉRIA
3247	MARIA RUSSEL	845	F	1228 JunF	34 01:16:31	01:07:29	00:42:18	00:09:34	
3248	MARIANA MADEIRA	1115	F	1229 JunF	35 01:16:32	01:07:32	00:42:20	00:09:34	
3249	MARCIA PENELA	2722	F	1230 JunF	36 01:16:43	01:16:32	00:31:01	00:09:36	GRD RIBEIRA DA LAGE
3250	LILIANA PIRES	2147	F	1231 V45F	226 01:16:45	01:15:50	00:37:44	00:09:36	GRUPO DESPORTIVO ROCHE PORTUGAL
3251	NUNO SOARES	2149	M	2020 V40M	388 01:16:45	01:15:51	00:37:43	00:09:36	GRUPO DESPORTIVO ROCHE PORTUGAL
3252	CECÍLIA FIENS	2148	F	1232 V45F	227 01:16:45	01:15:51	00:37:44	00:09:36	GRUPO DESPORTIVO ROCHE PORTUGAL
3253	MAURO DANIEL RIBEIRO PARDAL	3522	M	2021 V35M	252 01:16:47	01:07:56	00:31:05	00:09:36	BANCO ATLANTICO EUROPA
3254	FRANCISCO CLERIGO	2039	M	2022 V65M	49 01:16:48	01:15:54	00:38:21	00:09:36	SS CGD
3255	CAROLINA RAMOS	3668	F	1233 JunF	37 01:16:57	01:14:44	00:37:18	00:09:38	NUCLEOEIRAS
3256	ANA RAMOS	3616	F	1234 V40F	253 01:16:57	01:14:44	00:37:18	00:09:38	NUCLEOEIRAS
3257	VANDA CAMÕES	2690	F	1235 SenF	318 01:17:00	01:16:20	00:33:49	00:09:38	GIRLS POWER
3258	JOSÉ MARTINS	603	M	2023 V50M	238 01:17:02	01:15:40	00:38:54	00:09:38	
3259	MARIA RAMOS	3586	F	1236 SenF	319 01:17:06	01:14:53	00:37:17	00:09:39	NUCLEOEIRAS
3260	SANDRA ANDRADE	903	F	1237 V40F	254 01:17:09	01:14:51	00:37:24	00:09:39	
3261	MANUEL NEVES	1786	M	2024 V45M	357 01:17:10	01:14:50	00:37:24	00:09:39	
3262	GIL RICARDO NOGUEIRA SENA	2376	M	2025 V50M	239 01:17:13	01:16:06	00:33:28	00:09:40	CLUBE MILLENNIUM BCP
3263	FILIPA VALE	2860	F	1238 V40F	255 01:17:35	01:15:47	00:37:18	00:09:42	
3264	JOAQUIM LAVADO	2045	M	2026 V65M	50 01:17:37	01:15:15	00:38:08	00:09:43	SS CGD

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3265	SUSANA DIONIZIO	2530	F 1239	V35F 189	01:17:44	01:15:23	00:39:23	00:09:43	
3266	FRANCISCO ALBUQUERQUE	2529	M 2027	V50M 240	01:17:44	01:15:23	00:39:23	00:09:43	
3267	LAURINDA PEREIRA	3490	F 1240	V45F 228	01:17:49	01:12:03	00:32:41	00:09:44	
3268	ANA ESTEVES	3546	F 1241	V45F 229	01:17:49	01:12:04	00:32:38	00:09:44	
3269	CINTHIA SANTANA	2430	F 1242	SenF 320	01:18:02	01:11:00	00:36:44	00:09:46	IVOBORGESPTTEAM
3270	IVO BORGES	2429	M 2028	SenM 388	01:18:03	01:18:03	00:43:46	00:09:46	IVOBORGESPTTEAM
3271	CLÁUDIA ALTER	677	F 1243	V45F 230	01:18:07	01:17:04	00:39:00	00:09:46	
3272	BRUNO NUNES	562	M 2029	SenM 389	01:18:19	01:16:04	00:37:55	00:09:48	
3273	TERESA NUNES	561	F 1244	V45F 231	01:18:21	01:16:07	00:37:55	00:09:48	
3274	HELENA PEDROSO	1042	F 1245	V50F 124	01:18:27	01:17:27	00:39:26	00:09:49	
3275	MARIA ROSARIO SANTOS NOBRE	2355	F 1246	V50F 125	01:18:29	01:17:35	00:35:35	00:09:49	CLUBE MILLENNIUM BCP
3276	MARIA ISABEL PINTO DA SILVA	3130	F 1247	V50F 126	01:18:29	01:18:03	00:36:53	00:09:49	GRCD LEIÃO
3277	VIRGILIO	2769	M 2030	V50M 241	01:18:29	01:18:03	00:36:54	00:09:49	ASSOCIAÇÃO CULTURAL DA LAGE
3278	SILVIA TAVARES	2761	F 1248	V45F 232	01:18:30	01:17:36	00:35:36	00:09:49	ASSOCIAÇÃO CULTURAL DA LAGE
3279	ANTÓNIO ALVES	2763	M 2031	V55M 171	01:18:30	01:17:36	00:37:11	00:09:49	ASSOCIAÇÃO CULTURAL DA LAGE
3280	CRISTINA CAROÇA	756	F 1249	V45F 233	01:18:37	01:17:03	00:38:27	00:09:50	
3281	SARA ROSA	1376	F 1250	V45F 234	01:18:42	01:17:11	00:38:27	00:09:51	
3282	ANTONIO XAVIER	4315	M 2032	V45M 358	01:18:52	01:18:05	00:40:02	00:09:52	
3283	CRISTINA XAVIER	4314	F 1251	V50F 127	01:18:55	01:18:07	00:40:01	00:09:52	
3284	RICARDO JORGE DOMINGUES MARQUES	3353	M 2033	V40M 389	01:18:55	01:14:05	00:37:11	00:09:52	TABAQUEIRA
3285	SORAYA PEGORIN	687	F 1252	V45F 235	01:18:57	01:17:26	00:38:28	00:09:53	
3286	RUTE ROSA	1377	F 1253	V45F 236	01:18:57	01:17:27	00:38:28	00:09:53	
3287	ZULMIRA VALADARES	3487	F 1254	V50F 128	01:19:00	01:15:18	00:38:34	00:09:53	SIMECQ
3288	JORGE VALADARES	3477	M 2034	V55M 172	01:19:01	01:15:16	00:38:30	00:09:53	SIMECQ
3289	DAVID FIGUEIREDO	1223	M 2035	V40M 390	01:19:03	01:12:16	00:32:56	00:09:53	CLUBE BRISA
3290	PAUL GONÇALVES	1221	M 2036	V45M 359	01:19:03	01:12:28	00:33:07	00:09:53	CLUBE BRISA
3291	PAULA MARQUES	1497	F 1255	V55F 47	01:19:09	01:18:34	00:38:53	00:09:54	
3292	EDUARDO BAIÁ	1341	M 2037	V45M 360	01:19:14	01:18:59	00:39:07	00:09:55	MOURA BAIÁ
3293	JULIETA GOUVEIA	1803	F 1256	V40F 256	01:19:14	01:19:01	00:39:08	00:09:55	
3294	CRISTINA BATISTA	1596	F 1257	V40F 257	01:19:14	01:19:00	00:39:08	00:09:55	MOURA BAIÁ
3295	ELISABETE DIEGUES	3817	F 1258	V35F 190	01:19:17	01:14:46	00:34:30	00:09:55	JOAQUIM CHAVES SAÚDE
3296	ANA MARGARIDA COSTA	3996	F 1259	V45F 237	01:19:22	01:17:35	00:37:21	00:09:56	TEVA RUNNERS
3297	TOMÁS COSTA	3998	M 2038	JunM 58	01:19:26	01:17:39	00:37:21	00:09:56	TEVA RUNNERS
3298	CARLOS OLIVEIRA	1765	M 2039	V60M 89	01:19:31	01:17:53	00:39:17	00:09:57	
3299	FRANCISCO COITO	4217	M 2040	V65M 51	01:19:33	01:16:42	00:38:11	00:09:57	
3300	LEONOR CONSTANTINO	3919	F 1260	V40F 258	01:19:35	01:18:08	00:36:28	00:09:57	
3301	VANDA COSTA	4232	F 1261	V45F 238	01:19:37	01:18:03	00:40:03	00:09:58	PEUGEOT PSA RETAIL
3302	SOFÍA DIAS	4159	F 1262	SenF 321	01:20:02	01:19:30	00:39:50	00:10:01	
3303	LURDES DE JESUS R A SILVA	1470	F 1263	V50F 129	01:20:06	01:20:06	00:40:56	00:10:01	
3304	ANA ALMEIDA	3562	F 1264	SenF 322	01:20:13	01:12:25	00:37:51	00:10:02	POWERBOOST CLUB
3305	DASYANA PELZHOF	3459	F 1265	V40F 259	01:20:15	01:18:58	00:38:25	00:10:02	
3306	JOANA HENRIQUETO	1770	F 1266	V45F 239	01:20:18	01:18:04	00:46:00	00:10:03	ISG PARTY & RUN
3307	MARIA LOBATO	884	F 1267	V60F 25	01:20:21	01:19:20	00:39:07	00:10:03	
3308	SUSANA CRESPO	885	F 1268	V55F 48	01:20:21	01:19:21	00:39:07	00:10:03	
3309	ANA CAROLINA RIBEIRO	3806	F 1269	SenF 323	01:20:23	01:11:16	00:38:30	00:10:03	JOAQUIM CHAVES SAÚDE
3310	MARIA GAMITO	3273	F 1270	V55F 49	01:20:41	01:19:39	00:39:55	00:10:06	
3311	OLGA SILVA	740	F 1271	V55F 50	01:20:42	01:19:34	00:36:03	00:10:06	
3312	JOSEFINA TEODÓSIO	3296	F 1272	V50F 130	01:20:44	01:18:45	00:38:32	00:10:06	FANTASTICTEAM
3313	SARA MENDES	3292	F 1273	SenF 324	01:20:44	01:18:45	00:38:33	00:10:06	FANTASTICTEAM
3314	SOFIA PÉROLA	3291	F 1274	SenF 325	01:21:09	01:19:11	00:38:38	00:10:09	FANTASTICTEAM
3315	SOFIA OLIVEIRA	3293	F 1275	SenF 326	01:21:09	01:19:12	00:38:39	00:10:09	FANTASTICTEAM

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3316	ANA BORGES	3800	F 1276	V40F 260	01:21:19	01:19:23	00:35:47	00:10:10	
3317	JOSE CARLOS ANTUNES	3357	M 2041	V35M 253	01:21:19	01:21:01	00:42:17	00:10:10	TABAQUEIRA
3318	CARLOS MANUEL CASTELO BRANCO ESPIRITO SANTO	2342	M 2042	V60M 90	01:21:28	01:18:45	00:40:56	00:10:11	CLUBE MILLENNIUM BCP
3319	RICARDO MIGUEL S ESPIRITO SANTO	2343	M 2043	SenM 390	01:21:28	01:18:44	00:40:56	00:10:11	CLUBE MILLENNIUM BCP
3320	MACARENA PÁRIS	3701	F 1277	V40F 261	01:21:51	01:21:00	00:39:06	00:10:14	SS CGD
3321	CAROLINA PÁRIS	3702	F 1278	JunF 38	01:21:51	01:21:00	00:39:06	00:10:14	SS CGD
3322	MARGARIDA OTERO	3986	F 1279	V45F 240	01:21:51	01:19:27	00:40:00	00:10:14	TEVA RUNNERS
3323	TERESA CERVEIRA	4006	F 1280	V35F 191	01:21:54	01:19:30	00:40:01	00:10:15	TEVA RUNNERS
3324	LUIS PEREIRA	872	M 2044	V45M 361	01:21:58	01:18:48	00:40:38	00:10:15	
3325	MANUEL RIBEIRO	3922	M 2045	V50M 242	01:22:01	01:21:33	00:42:35	00:10:16	
3326	ARTUR FREDERICO ROSA DOS SANTOS	3391	M 2046	SenM 391	01:22:31	01:21:02	00:39:32	00:10:19	TABAQUEIRA
3327	ANA MARGARIDA INÁCIO VILARINHO	3413	F 1281	SenF 327	01:22:31	01:21:02	00:39:32	00:10:19	TABAQUEIRA
3328	JOSÉ FÉLIX	754	M 2047	V45M 362	01:22:33	01:20:24	00:41:33	00:10:20	
3329	SOLANGE DINIS	1429	F 1282	V40F 262	01:22:39	01:21:05	00:40:01	00:10:20	
3330	PATRICIA	2753	F 1283	V35F 192	01:22:40	01:21:49	00:38:41	00:10:20	ASSOCIAÇÃO CULTURAL DA LAGE
3331	LUCIA ALVES	2752	F 1284	V45F 241	01:22:40	01:21:49	00:40:20	00:10:20	ASSOCIAÇÃO CULTURAL DA LAGE
3332	DIMAKATSO LEKUBU	3430	M 2048	SenM 392	01:22:43	01:20:33	00:37:04	00:10:21	TABAQUEIRA
3333	MATILDE ANDRÉ	1121	F 1285	JunF 39	01:22:45	01:20:40	00:37:29	00:10:21	
3334	ANTÓNIO BILA	2626	M 2049	V60M 91	01:22:48	01:18:58	00:36:18	00:10:21	CLUBE OLÍMPICO DE OEIRAS
3335	CÂNDIDA ANDRÉ	1120	F 1286	V70F 5	01:22:52	01:20:48	00:39:08	00:10:22	
3336	MARIO FERREIRA	4345	M 2050	V40M 391	01:22:56	01:18:44	00:41:46	00:10:22	SUMOL COMPAL
3337	ANA MEDEIROS	3958	F 1287	V45F 242	01:23:09	01:21:25	00:39:16	00:10:24	TARTARUGAS DA LINHA
3338	MARIANA MEDEIROS	3959	F 1288	SenF 328	01:23:09	01:21:26	00:39:16	00:10:24	TARTARUGAS DA LINHA
3339	CEU LAVADO	2035	F 1289	V60F 26	01:23:12	01:20:50	00:38:08	00:10:24	SS CGD
3340	ANA PARRACHO	1154	F 1290	V40F 263	01:23:23	01:21:21	00:39:35	00:10:26	AS BALZAQUIANAS
3341	CLÁUDIA LOBATO	1155	F 1291	V45F 243	01:23:23	01:21:21	00:40:51	00:10:26	AS BALZAQUIANAS
3342	RAQUEL SERRA	915	F 1292	JunF 40	01:23:51	01:20:04	00:41:04	00:10:29	
3343	MARTA DIAS	2268	F 1293	SenF 329	01:24:23	01:22:40	00:41:12	00:10:33	GÉMEAS
3344	NELSON CUSTODIO PANCAS	3347	M 2051	V50M 243	01:24:23	01:22:39	00:41:12	00:10:33	TABAQUEIRA
3345	GEOVANI BOSICH	3397	M 2052	V50M 244	01:24:23	01:22:40	00:35:10	00:10:33	TABAQUEIRA
3346	LUIS MANUEL DE JESUS BRANDÃO DIAS	3334	M 2053	V50M 245	01:24:24	01:22:39	00:41:11	00:10:33	TABAQUEIRA
3347	MARIANA DIAS	2269	F 1294	SenF 330	01:24:24	01:22:41	00:41:11	00:10:33	GÉMEAS
3348	JOSÉ PEREIRA	4061	M 2054	V50M 246	01:24:28	01:18:15	00:41:18	00:10:34	
3349	SOFIA VIVAS	4507	F 1295	V35F 193	01:24:32	01:19:45	00:42:01	00:10:34	
3350	RUI GUEDES	4508	M 2055	V50M 247	01:24:32	01:19:46	00:42:01	00:10:34	
3351	RENATA CHICHORRO	780	F 1296	SenF 331	01:24:56	01:11:03	00:33:22	00:10:37	
3352	ANDRÉ JORGE	868	M 2056	SenM 393	01:24:56	01:11:02	00:33:21	00:10:37	
3353	VERA BAIRRADA	1153	F 1297	V40F 264	01:24:59	01:22:57	00:39:35	00:10:38	AS BALZAQUIANAS
3354	ANA PÓVOA	1152	F 1298	V45F 244	01:24:59	01:22:56	00:40:50	00:10:38	AS BALZAQUIANAS
3355	MARGARIDA FERREIRA	1156	F 1299	V45F 245	01:25:00	01:22:56	00:40:50	00:10:38	AS BALZAQUIANAS
3356	TANIA FONSECA	899	F 1300	V35F 194	01:25:28	01:23:31	00:40:57	00:10:41	
3357	SUSANA DIAS TOLEDO	3602	F 1301	SenF 332	01:25:28	01:23:51	00:42:18	00:10:41	NUCLEOEIRAS
3358	JOSÉ COSTA	3609	M 2057	V35M 254	01:25:29	01:23:51	00:42:18	00:10:42	NUCLEOEIRAS
3359	JOSE ANTONIO MORUJO	2996	M 2058	V55M 173	01:25:32	01:23:15	00:43:18	00:10:42	CAMINHADAS E CONNOSCO
3360	RUI MANUEL FERNANDES DE MATOS	2988	M 2059	V55M 174	01:25:32	01:23:08	00:43:18	00:10:42	CAMINHADAS E CONNOSCO
3361	ANA PAULA CORREIA ROCHA SIMÕES DE MATOS	2989	F 1302	V50F 131	01:25:33	01:23:05	00:43:14	00:10:42	CAMINHADAS E CONNOSCO
3362	ANTONIO AUGUSTO DIAS MAGALHAES	2986	M 2060	V55M 175	01:25:33	01:23:14	00:43:21	00:10:42	CAMINHADAS E CONNOSCO
3363	NATERCIA SOUSA	1942	F 1303	V45F 246	01:26:03	01:23:49	00:42:22	00:10:46	OS TAROLAS
3364	DUARTE FONSECA	1943	M 2061	V50M 248	01:26:03	01:23:50	00:42:25	00:10:46	OS TAROLAS
3365	TATIANA DUARTE	1944	F 1304	V40F 265	01:26:04	01:23:51	00:42:23	00:10:46	OS TAROLAS
3366	JOAO SOTOMAYOR	813	M 2062	V55M 176	01:26:26	01:22:23	00:30:42	00:10:49	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3367	EVA BUENO	2990	F	1305 V40F	266 01:26:26	01:24:11	00:43:19	00:10:49	CAMINHADAS E CONNOSCO
3368	ANA JESUS SOUSA	2995	F	1306 V60F	27 01:26:26	01:24:09	00:43:18	00:10:49	CAMINHADAS E CONNOSCO
3369	ANTONIO BOTELHO	2987	M	2063 V55M	177 01:26:33	01:24:18	00:43:20	00:10:50	CAMINHADAS E CONNOSCO
3370	JUVENAL GUSMAO	2991	M	2064 V45M	363 01:26:33	01:24:18	00:43:19	00:10:50	CAMINHADAS E CONNOSCO
3371	MONICA MOREIRA	2997	F	1307 V35F	195 01:26:35	01:24:16	00:43:21	00:10:50	CAMINHADAS E CONNOSCO
3372	ANDRE DE OLIVEIRA CARDOSO	3393	M	2065 SenM	394 01:26:59	01:25:12	00:42:41	00:10:53	TABAQUEIRA
3373	MARCO ANDRE COSTA DOS SANTOS MARTINS	3379	M	2066 V40M	392 01:27:00	01:25:12	00:42:41	00:10:53	TABAQUEIRA
3374	ALEXANDRE MIGUEL DA CRUZ QUINTINO	3363	M	2067 V40M	393 01:27:00	01:25:13	00:42:43	00:10:53	TABAQUEIRA
3375	TIAGO FILIPE COSTA OLIVEIRA DE SOUSA	3404	M	2068 V35M	255 01:27:00	01:25:13	00:42:43	00:10:53	TABAQUEIRA
3376	JORGE MAXIMO	1310	M	2069 V40M	394 01:27:09	01:18:09	00:40:26	00:10:54	CLUBE NOVO BANCO
3377	CLAUDIA GARCIA	1297	F	1308 V35F	196 01:27:11	01:18:11	00:40:27	00:10:54	CLUBE NOVO BANCO
3378	MARIANA SIMPLICIO CORREIA PAIS	2313	F	1309 SenF	333 01:27:40	01:24:59	00:43:02	00:10:58	CLUBE MILLENNIUM BCP
3379	CELIA CONCEICAO CORREIA PAIS	2312	F	1310 V55F	51 01:27:41	01:25:00	00:43:02	00:10:58	CLUBE MILLENNIUM BCP
3380	MARIA JOSÉ SERRA PASSEIRO	3716	F	1311 V50F	132 01:27:52	01:27:19	00:42:06	00:10:59	SLOW MOTION
3381	MARIANA SALGUEIRO	3989	F	1312 JunF	41 01:27:59	01:25:49	00:47:08	00:11:00	TEVA RUNNERS
3382	CATARINA MADUREIRA	699	F	1313 V50F	133 01:28:00	01:27:25	00:45:01	00:11:00	
3383	HELOÍSA APOLÓNIA	4477	F	1314 V45F	247 01:28:10	01:25:26	00:43:35	00:11:02	
3384	CARLA SOFIA DA CONCEIÇÃO FELICIANO	3422	F	1315 V35F	197 01:28:35	01:26:27	00:45:48	00:11:05	TABAQUEIRA
3385	RAFAEL LOPES DUARTE CARRILHO	3429	M	2070 SenM	395 01:28:36	01:26:23	00:45:42	00:11:05	TABAQUEIRA
3386	ANTÓNIO GASPAR	3862	M	2071 V65M	52 01:28:36	01:27:52	00:44:31	00:11:05	
3387	PATRÍCIA TROVÃO	1079	F	1316 V35F	198 01:28:37	01:27:48	00:44:34	00:11:05	
3388	PAULO ALEXANDRE ANTUNES ALMEIDA	3371	M	2072 V40M	395 01:28:39	01:26:25	00:45:42	00:11:05	TABAQUEIRA
3389	MARINA GOMES	3953	F	1317 V45F	248 01:28:40	01:27:50	00:44:34	00:11:05	
3390	ANA CARLA	1771	F	1318 V45F	249 01:28:42	01:26:27	00:46:00	00:11:06	ISG PARTY & RUN
3391	ANA GASPAR	3863	F	1319 V65F	16 01:28:49	01:28:05	00:44:32	00:11:07	
3392	FÁTIMA FERREIRA	1299	F	1320 V45F	250 01:28:51	01:21:34	00:41:27	00:11:07	CLUBE NOVO BANCO
3393	MARIA MANUEL	1316	F	1321 V50F	134 01:28:51	01:28:03	00:43:31	00:11:07	CLUBE NOVO BANCO
3394	CONCEIÇÃO CARVALHO	1298	F	1322 V50F	135 01:28:51	01:28:03	00:43:31	00:11:07	CLUBE NOVO BANCO
3395	ANA MARIA GODINHO	1313	F	1323 V50F	136 01:28:52	01:21:36	00:41:27	00:11:07	CLUBE NOVO BANCO
3396	MARIA LOUREIRO ROBALLO	3433	F	1324 SenF	334 01:29:01	01:26:53	00:45:51	00:11:08	TABAQUEIRA
3397	PAULO MARTINS	2063	M	2073 V50M	249 01:29:04	01:26:36	00:46:08	00:11:08	SS CGD
3398	LÚCIA SEBASTIÃO	1867	F	1325 V45F	251 01:29:05	01:20:04	00:40:10	00:11:09	
3399	CARLA SOFIA FELIX GIL LOPES	1909	F	1326 SenF	335 01:29:05	01:29:05	00:49:11	00:11:09	
3400	MARTIM SALGUEIRO	3991	M	2074 JunM	59 01:29:07	01:26:55	00:47:07	00:11:09	TEVA RUNNERS
3401	MARIA JOSÉ ALMEIDA	4574	F	1327 V65F	17 01:29:09	01:21:33	00:42:32	00:11:09	
3402	MARIA SOARES	1715	F	1328 V50F	137 01:29:12	01:22:27	00:40:37	00:11:09	
3403	RUI MADEIRA PIRES	730	M	2075 V45M	364 01:29:19	01:24:39	00:42:47	00:11:10	
3404	SÓNIA PIRES	731	F	1329 V35F	199 01:29:19	01:24:38	00:43:02	00:11:10	
3405	CARLA MOREIRA	715	F	1330 V45F	252 01:29:20	01:24:39	00:43:02	00:11:10	
3406	OURREAU ALEXANDRA	3417	F	1331 V40F	267 01:29:30	01:27:22	00:45:54	00:11:12	TABAQUEIRA
3407	MARIA VILHENA	2265	F	1332 V60F	28 01:29:50	01:28:27	00:43:30	00:11:14	LIS RUNNING CPA
3408	CRISTINA CUNHA	1755	F	1333 SenF	336 01:30:13	01:27:17	00:44:23	00:11:17	
3409	ALEXANDRE PEREIRA	1108	M	2076 V35M	256 01:30:18	01:27:22	00:44:23	00:11:18	
3410	RUI PAULO BAPTISTA	2518	M	2077 V50M	250 01:30:21	01:26:42	00:44:50	00:11:18	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
3411	JOÃO MONJARDINO	2511	M	2078 V40M	396 01:30:21	01:26:42	00:44:50	00:11:18	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME
3412	EUGENIA PIMENTEL	2150	F	1334 V55F	52 01:30:37	01:29:42	00:44:43	00:11:20	GRUPO DESPORTIVO ROCHE PORTUGAL
3413	SUSANA VILHENA	1149	F	1335 V40F	268 01:30:55	01:28:20	00:43:10	00:11:22	AS BALZAQUIANAS
3414	ANA PAULO	1779	F	1336 V35F	200 01:30:56	01:22:45	00:45:17	00:11:22	X MATE
3415	PAULA CEREJO	1150	F	1337 V55F	53 01:30:58	01:28:23	00:43:10	00:11:23	AS BALZAQUIANAS
3416	CRISTINA PERES	1151	F	1338 V45F	253 01:30:58	01:28:23	00:43:10	00:11:23	AS BALZAQUIANAS
3417	SARA ALBUQUERQUE ALMEIDA	1778	F	1339 V40F	269 01:30:59	01:22:46	00:45:16	00:11:23	X MATE

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3418	RUI JOSÉ OLIVEIRA	2068	M 2079	V50M 251	01:30:59	01:22:47	00:45:16	00:11:23	SS CGD
3419	JOSÉ DIMAS	2047	M 2080	V50M 252	01:31:00	01:22:47	00:45:16	00:11:23	SS CGD
3420	MARIA LÚCIO	3865	F 1340	V50F 138	01:31:37	01:30:04	00:44:11	00:11:28	
3421	RUI BRAS	704	M 2081	V40M 397	01:31:37	01:30:04	00:44:11	00:11:28	
3422	MARTA MOREIRA	3303	F 1341	V45F 254	01:31:52	01:29:10	00:46:42	00:11:29	
3423	CARLOS NORONHA	757	M 2082	V35M 257	01:31:54	01:29:12	00:46:42	00:11:30	
3424	FERNANDA MARIA PEDRO CORDA DOS SANTOS	3351	F 1342	V45F 255	01:32:04	01:27:13	00:44:35	00:11:31	TABAQUEIRA
3425	ELSA CRISTINA MORGADO GOMES	3349	F 1343	V40F 270	01:32:04	01:27:16	00:44:37	00:11:31	TABAQUEIRA
3426	LINA LOPES	3464	F 1344	V50F 139	01:32:04	01:24:05	00:42:55	00:11:31	
3427	MARIA LURDES CARMO CARAPINHA	2290	F 1345	V55F 54	01:32:11	01:31:23	00:43:51	00:11:32	PEPSICO PORTUGAL
3428	MARIA AUGUSTA MARQUES	2291	F 1346	V50F 140	01:32:11	01:31:22	00:43:49	00:11:32	PEPSICO PORTUGAL
3429	MARA BARTOLOMEU	1361	F 1347	SenF 337	01:32:16	01:26:05	00:42:57	00:11:32	
3430	INÊS	1373	F 1348	SenF 338	01:32:17	01:26:05	00:42:58	00:11:33	
3431	SOFIA GARCIA	839	F 1349	SenF 339	01:32:35	01:30:17	00:44:25	00:11:35	
3432	DANIELA ALMEIDA	4128	F 1350	SenF 340	01:32:41	01:32:03	00:46:39	00:11:36	VALEJAS A C
3433	MARIA PASCOAL	4127	F 1351	V50F 141	01:32:43	01:32:04	00:46:38	00:11:36	VALEJAS A C
3434	ANA MARCOS	901	F 1352	V50F 142	01:32:56	01:30:37	00:44:24	00:11:37	
3435	PAULO VARELA	693	M 2083	V50M 253	01:33:45	01:31:54	00:46:13	00:11:44	
3436	FERNANDO PINTO	692	M 2084	V50M 254	01:33:46	01:31:54	00:46:14	00:11:44	
3437	PAULA CORDEIRO	763	F 1353	V50F 143	01:33:49	01:31:58	00:46:15	00:11:44	
3438	SANDRA MARIA MESTRE	3346	F 1354	V45F 256	01:33:55	01:30:36	00:47:33	00:11:45	TABAQUEIRA
3439	MÓNICA MUCHAGATA	3972	F 1355	V45F 257	01:33:59	01:32:33	00:49:50	00:11:45	
3440	TOMÁS MUCHAGATA	3977	M 2085	V45M 365	01:33:59	01:32:34	00:49:51	00:11:45	
3441	VANESSA AIROSO	4404	F 1356	V35F 201	01:34:11	01:29:50	00:46:05	00:11:47	
3442	PAULO GIRÃO	4062	M 2086	V45M 366	01:34:27	01:30:01	00:43:51	00:11:49	CRDBURACA
3443	PATRICIA MENDES	4129	F 1357	V35F 202	01:34:40	01:31:32	00:46:15	00:11:50	VALEJAS A C
3444	DORA ALEXANDRA C PINHO VILHENA	2384	F 1358	V45F 258	01:34:50	01:34:05	00:46:59	00:11:52	CLUBE MILLENNIUM BCP
3445	ANABELA RODRIGUES	3779	F 1359	V45F 259	01:34:51	01:34:51	00:57:15	00:11:52	
3446	PAULO GUEDES	599	M 2087	V45M 367	01:34:53	01:29:08	00:44:59	00:11:52	
3447	SUZANA GUEDES	600	F 1360	V45F 260	01:34:55	01:29:09	00:44:57	00:11:52	
3448	SUSETE SILVA	3621	F 1361	V40F 271	01:34:55	01:32:41	00:46:11	00:11:52	NUCLEOEIRAS
3449	CÉU BRANCO	3657	F 1362	V50F 144	01:34:55	01:32:42	00:46:12	00:11:52	NUCLEOEIRAS
3450	LICÍNIA SANTOS	3604	F 1363	V35F 203	01:34:57	01:32:47	00:46:15	00:11:53	NUCLEOEIRAS
3451	SUSANA SALGUEIRO	3987	F 1364	V45F 261	01:35:11	01:33:00	00:48:06	00:11:54	TEVA RUNNERS
3452	SÍLVIA FERREIRA SANTOS	4010	F 1365	V40F 272	01:35:11	01:33:00	00:48:05	00:11:54	TEVA RUNNERS
3453	FILOMENA ROCHA	2192	F 1366	V60F 29	01:35:12	01:33:18	00:48:27	00:11:54	
3454	ISABEL GARCIA	1947	F 1367	V50F 145	01:35:44	01:33:06	00:47:59	00:11:58	
3455	MADALENA DUARTE	3826	F 1368	SenF 341	01:36:14	01:31:40	00:46:30	00:12:02	JOAQUIM CHAVES SAÚDE
3456	CATARINA PITADES	3813	F 1369	V40F 273	01:36:15	01:31:44	00:46:34	00:12:02	JOAQUIM CHAVES SAÚDE
3457	FRANCISCO FERRÃO	2598	M 2088	V35M 258	01:36:28	01:33:56	00:48:45	00:12:04	
3458	PAULA ISABEL NOGUEIRA	2208	F 1370	V50F 146	01:36:40	01:32:38	00:46:30	00:12:05	
3459	FILIPE ALEXANDRE ASSIS FALÉ	4368	M 2089	V35M 259	01:36:44	01:34:53	00:45:23	00:12:06	SUMOL COMPAL
3460	PAULO FIGUEIREDO	4515	M 2090	V45M 368	01:36:49	01:34:41	00:54:40	00:12:07	
3461	SÉRGIO FIGUEIREDO	4514	M 2091	SenM 396	01:36:49	01:34:43	00:54:42	00:12:07	
3462	ANA CARINA DE ALMEIDA TEMPERO BORRALHO	4349	F 1371	SenF 342	01:36:54	01:35:02	00:45:23	00:12:07	SUMOL COMPAL
3463	MÓNICA PEREIRA	4512	F 1372	SenF 343	01:38:03	01:35:02	00:53:48	00:12:16	
3464	DIANA COSTA	4513	F 1373	V35F 204	01:38:04	01:35:03	00:53:50	00:12:16	
3465	FILOMENA CARDEIRO	4017	F 1374	V60F 30	01:39:28	01:34:04	00:49:38	00:12:26	
3466	TÂNIA RODRIGUES	3845	F 1375	SenF 344	01:39:41	01:35:38	00:49:15	00:12:28	JOAQUIM CHAVES SAÚDE
3467	MARIA GOMES	1100	F 1376	V50F 147	01:39:46	01:39:01	00:49:21	00:12:29	
3468	MARCIA PEREIRA	2891	F 1377	V60F 31	01:39:48	01:39:00	00:49:21	00:12:29	

Geral	Nome	Dorsal	Género	Categoria	Tempo	Chip	4 Km	Ritmo	Equipa
3469	JOSÉ SANTOS	751	M	2092 V45M	369 01:39:55	01:32:57	00:48:30	00:12:30	
3470	HÉLIO MARQUES	748	M	2093 V45M	370 01:39:57	01:32:58	00:48:29	00:12:30	
3471	SONIA ALVES	3630	F	1378 V45F	262 01:40:02	01:37:38	00:52:58	00:12:31	NUCLEOEIRAS
3472	CIDÁLIA CORINHA	3646	F	1379 V45F	263 01:40:02	01:37:49	00:53:08	00:12:31	NUCLEOEIRAS
3473	VANDA ALVES	3627	F	1380 V40F	274 01:40:02	01:37:36	00:52:55	00:12:31	NUCLEOEIRAS
3474	PEDRO ROSA	1926	M	2094 V35M	260 01:40:44	01:32:51	00:48:14	00:12:36	TRANSITEX RUNNERS
3475	NELSON MORAIS	2941	M	2095 V50M	255 01:40:49	01:37:47	00:49:46	00:12:37	GRD OS FIXES
3476	VANDA CARVALHO	2939	F	1381 V55F	55 01:40:50	01:37:48	00:49:50	00:12:37	GRD OS FIXES
3477	AUGUSTO SONO	4604	M	2096 V65M	53 01:41:06	01:34:31	00:46:33	00:12:39	
3478	ALCINA LOPES	3665	F	1382 V55F	56 01:41:40	01:39:14	00:52:45	00:12:43	NUCLEOEIRAS
3479	CILA GUERRA	3660	F	1383 V50F	148 01:41:40	01:39:13	00:52:44	00:12:43	NUCLEOEIRAS
3480	MARCO CABRAL	4229	M	2097 V45M	371 01:41:48	01:33:34	00:47:43	00:12:44	PEUGEOT PSA RETAIL
3481	SONIA DINIS	4233	F	1384 V45F	264 01:41:48	01:33:34	00:47:42	00:12:44	PEUGEOT PSA RETAIL
3482	SUSANA DURÃO	3844	F	1385 SenF	345 01:43:37	01:38:20	00:51:47	00:12:58	JOAQUIM CHAVES SAÚDE
3483	SANDRA COSTA	3837	F	1386 V45F	265 01:43:38	01:38:21	00:51:49	00:12:58	JOAQUIM CHAVES SAÚDE
3484	CLAUDIA SANTOS	3815	F	1387 SenF	346 01:43:40	01:38:24	00:51:50	00:12:58	JOAQUIM CHAVES SAÚDE
3485	SANDRA REBELO	3838	F	1388 SenF	347 01:43:43	01:38:23	00:51:49	00:12:58	JOAQUIM CHAVES SAÚDE
3486	SÓNIA LOURENÇO	3841	F	1389 V45F	266 01:44:19	01:31:57	00:47:47	00:13:03	JOAQUIM CHAVES SAÚDE
3487	MARIA ALICE PINTP	3828	F	1390 V45F	267 01:44:21	01:31:52	00:44:21	00:13:03	JOAQUIM CHAVES SAÚDE
3488	RUI MIGUEL MARTINS	3882	M	2098 V45M	372 01:45:18	01:41:43	00:47:13	00:13:10	GRD OS FIXES
3489	CAROLINA COSTA MARTINS	3885	F	1391 JunF	42 01:45:19	01:41:44	00:47:13	00:13:10	GRD OS FIXES
3490	SANDRA FERNANDES	2899	F	1392 V40F	275 01:45:24	01:43:25	00:51:50	00:13:11	CÁTEESPERO
3491	TIAGO SILVA	2900	M	2099 SenM	397 01:45:24	01:43:26	00:51:51	00:13:11	CÁTEESPERO
3492	CARLA PIRES	3772	F	1393 V45F	268 01:45:32	01:39:32	00:50:27	00:13:12	
3493	SONIA MARIA GONÇALVES RENDEIRO	4174	F	1394 V40F	276 01:45:48	01:36:40	00:48:08	00:13:14	HOTEL REAL
3494	MARIA FILOMENA RENDEIRO GONÇALVES	4181	F	1395 V55F	57 01:45:49	01:36:41	00:48:08	00:13:14	HOTEL REAL
3495	ANA MARQUES	1157	F	1396 V45F	269 01:46:04	01:41:02	00:49:42	00:13:16	AS BALZAQUIANAS
3496	TIFFANY GONÇALVES DOS SANTOS	4180	F	1397 SenF	348 01:46:19	01:37:04	00:48:05	00:13:18	HOTEL REAL
3497	ANTONIO MANUEL RODRIGUES TAVEIRA	4179	M	2100 V50M	256 01:46:30	01:37:14	00:48:07	00:13:19	HOTEL REAL
3498	SANDRA CRISTINA GONÇALVES RENDEIRO	4178	F	1398 V45F	270 01:46:32	01:37:17	00:48:07	00:13:19	HOTEL REAL
3499	MARIA JOÃO MENDES TOMÁS	1912	F	1399 V35F	205 01:47:33	01:44:54	01:00:22	00:13:27	TOMÁZIAS
3500	ILIDIO MACHADO	1019	M	2101 V70M	27 01:48:24	01:48:24	01:04:03	00:13:33	
3501	FILIPA BOAVIDA	3818	F	1400 SenF	349 01:49:07	01:43:41	00:57:20	00:13:39	JOAQUIM CHAVES SAÚDE
3502	REGINA BARBOSA	3834	F	1401 SenF	350 01:51:42	01:40:10	00:50:07	00:13:58	JOAQUIM CHAVES SAÚDE
3503	PATRÍCIA CALDEIRÃO	3038	F	1402 V40F	277 01:52:38	01:44:50	00:51:28	00:14:05	SERUL
3504	FLORBELA CAROLO	3039	F	1403 V40F	278 01:53:19	01:45:31	00:49:07	00:14:10	SERUL
3505	SÓNIA TEIXEIRA	3842	F	1404 SenF	351 01:53:49	01:44:20	00:52:54	00:14:14	JOAQUIM CHAVES SAÚDE
3506	ANTÓNIO CANTO	3891	M	2102 V40M	398 01:54:34	01:46:53	00:51:17	00:14:20	GRUPO DESPORTIVO BARCARENA
3507	CÁTIA SONO	4593	F	1405 V35F	206 01:54:45	01:45:25	00:52:33	00:14:21	
3508	MARTA SILVA	4600	F	1406 V40F	279 01:54:55	01:45:34	00:52:29	00:14:22	
3509	HERMINIA FREITAS	4594	F	1407 V60F	32 01:54:58	01:48:26	00:55:18	00:14:23	
3510	TINA SONA	4592	F	1408 V45F	271 01:55:11	01:48:36	00:55:16	00:14:24	

Classificação Equipas Masculinas

Pos	Equipa	Tempo_Equipa
1	GFD RUNNING	2:06:38
2	NUCLEOEIRAS	2:10:11
3	VITORIA FUTEBOL CLUBE	2:17:20
4	LINDA-A-PASTORA SPORTING CLUBE	2:22:28
5	GRCD LEIÃO	2:31:14
6	CLUBE MILLENNIUM BCP	2:35:52
7	GRD OS FIXES	2:37:03
8	GRD RIBEIRA DA LAGE	2:37:09
9	SERUL	2:40:18
10	VALEJAS A C	2:40:19
11	PUMP AMADORA	2:48:39
12	CLUBE EDP LISBOA	2:48:59
13	JOAQUIM CHAVES SAÚDE	2:54:18
14	SS CGD	2:55:51
15	OS GALGOS	2:57:36
16	CLUBE NOVO BANCO	2:57:49
17	ASSOCIAÇÃO MORADORES 18 DE MAIO	3:00:03
18	CORRIDA NOTURNA PARQUE DAS NAÇÕES	3:00:06
19	CLUBE FERROVIÁRIO DE PORTUGAL	3:01:31
20	FIDELIDADE GDC	3:04:22
21	SIMECQ	3:06:37
22	ESCOLA DE CICLISMO DE OEIRAS - SPORT PONRO COME	3:08:07
23	TABAQUEIRA	3:08:26
24	CLUBE ACCENTURE	3:12:55
25	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE	3:14:06
26	PEPSICO PORTUGAL	3:15:24
27	SUMOL COMPAL	3:22:01
28	100 TURBO	3:22:49
29	KEEP RUNNING	3:23:50
30	TEVA RUNNERS	3:27:27
31	PREMIUM MINDS	3:29:09
32	LIS RUNNING CPA	3:30:54
33	GULBENKIAN TEAM	3:36:35
34	QUARENTÕES NA BISGA	3:36:38
35	GRUPO DESPORTIVO BARCARENA	3:36:50
36	LOS PEPPERÁPIDOS	3:41:45
37	GDCT UNICRE	3:43:47
38	CLUBE DO STRESS	3:43:52
39	BANCO ATLANTICO EUROPA	3:45:37
40	CP	3:45:53
41	OS MARGINAIS	3:50:32
42	CLUBE ANA	3:52:09
43	HOSA	3:57:55
44	TRANSITEX RUNNERS	4:04:32
45	CLUBE BRISA	4:19:27
46	KOTAS & KOTINHAS	4:40:12
47	NÓS E A MISÉRIA	4:44:03
48	PEUGEOT PSA RETAIL	5:29:52
49	CAMINHADAS E CONNOSCO	6:22:38

Classificação Equipas Femininas

Pos	Equipa	Tempo_Equipa
1	GFD RUNNING	1:25:16
2	NUCLEOEIRAS	1:28:57
3	VALEJAS A C	1:45:47
4	GRD RIBEIRA DA LAGE	1:46:09
5	GRCD LEIÃO	1:47:49
6	LINDA-A-PASTORA SPORTING CLUBE	1:48:47
7	SS CGD	1:51:07
8	JOAQUIM CHAVES SAÚDE	1:52:40
9	ST JULIANS RUNNING CLUB	1:56:12
10	ASSOCIAÇÃO PÁRA-QUEDISTAS TEJO NORTE	1:56:25
11	CLUBE MILLENNIUM BCP	1:56:59
12	CLUBE NOVO BANCO	1:57:36
13	SINGARUNNERS	2:02:30
14	FIDELIDADE GDC	2:02:52
15	SERUL	2:03:05
16	CLUBE COLABORADORES AGEAS	2:09:00
17	PUMP AMADORA	2:10:12
18	QUARENTÕES NA BISGA	2:11:21
19	SIMECQ	2:12:29
20	SUNSET RUNNING TEAM	2:12:36
21	RUNNING MUMS	2:13:33
22	OS GALGOS	2:14:29
23	GULBENKIAN TEAM	2:14:57
24	TABAQUEIRA	2:15:32
25	TFM	2:16:05
26	CLUBE ACCENTURE	2:16:22
27	SUMOL COMPAL	2:16:41
28	PSP OEIRAS	2:17:00
29	ASSOCIAÇÃO CULTURAL DA LAGE	2:18:07
30	BLACK EDITION	2:18:31
31	GRUPO DESPORTIVO "O INDEPENDENTE" - BAR	2:20:14
32	PERAL	2:22:02
33	GRD OS FIXES	2:22:53
34	FALCÕES SELVAGENS	2:25:17
35	PREMIUM MINDS	2:25:22
36	PEPSICO PORTUGAL	2:25:42
37	GIRLS POWER	2:27:07
38	CORRIDA NOTURNA PARQUE DAS NAÇÕES	2:27:48
39	ALTAMIRA	2:30:00
40	CASCAIS OUTDOOR TRAINING	2:31:28
41	TEVA RUNNERS	2:35:32
42	CP	2:36:03
43	CLUBE DO STRESS	2:38:01
44	CLUBE ANA	2:38:15
45	RUNNERSPOWER	2:38:22
46	BANCO ATLANTICO EUROPA	2:39:21
47	ISG PARTY & RUN	2:41:16
48	FANTASTIC FOUR	2:42:35
49	EM FUGA!	2:43:36
50	MORCEGOS	2:44:37
51	RUN FORREST RUN	2:45:54
52	CASA DO PESSOAL DA RTP	2:48:28
53	HOTEL REAL	2:50:59
54	LIS RUNNING CPA	2:53:18
55	HOSA	2:56:46
56	LEOGYM	2:57:18
57	GRUPO DESPORTIVO ROCHE PORTUGAL	2:58:04
58	MIUDAS GIRAS	3:08:33
59	HEALTH CONNECTION	3:15:44
60	POWERBOOST CLUB	3:16:33
61	ENCOSTA TEAM	3:16:36
62	VISEU RUNNING TEAM	3:17:07
63	CLUBE BRISA	3:31:33
64	FANTASTICTEAM	3:44:09
65	AS BALZAQUIANAS	4:11:45
66	PEUGEOT PSA RETAIL	4:14:18
67	CAMINHADAS E CONNOSCO	4:18:24