

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
1	EUSEBIO RODRIGUES ROSA	1745	M	V45M	1	00:03:36	00:17:31	00:35:51	00:35:51	
2	RICARDO OLIVEIRA	2043	M	V35M	1	00:03:45	00:18:08	00:37:21	00:37:18	Clube de Praças da Armada
3	FABIO	2044	M	SeniorM	1	00:04:02	00:18:52	00:40:16	00:40:14	Clube de Praças da Armada
4	RUI SILVA	1816	M	V40M	1	00:04:03	00:19:06	00:40:27	00:40:25	DENTORAL RACING TEAM
5	JORGE RODOLFO NUNES DA PAZ SANTOS TRINDADE	1905	M	V40M	2	00:04:04	00:19:20	00:40:32	00:40:29	
6	SERGIO SANTOS	1794	M	V50M	1	00:04:04	00:19:24	00:40:39	00:40:40	C.C.D.Autarquias Almada
7	ANTONIO MIRANDA	1760	M	SeniorM	2	00:04:04	00:19:28	00:40:39	00:40:36	
8	FELISBERTO CARLOS FERREIRA PEREIRA	1922	M	JuniorM	1	00:04:08	00:19:09	00:41:18	00:41:15	Nucleo Laranjeiro
9	RAFAEL BERNARDES	1750	M	SeniorM	3	00:04:09	00:20:28	00:41:25	00:41:11	
10	PAULO VIEIRA	1768	M	V45M	2	00:04:09	00:19:34	00:41:27	00:41:22	100NOÇÃO
11	SEM DADOS	2061	M	SeniorM	4	00:04:10	00:19:26	00:41:39	00:41:37	
12	RICARDO JORGE DIAS BALSINHAS CASTANHO	1811	M	V40M	3	00:04:12	00:19:50	00:41:55	00:41:53	Clube do Sargento da Armada
13	JOSE BAPTISTA	1616	M	V35M	2	00:04:14	00:20:25	00:42:12	00:42:08	
14	JOAO LIMAO	1633	M	V40M	4	00:04:15	00:20:10	00:42:25	00:42:21	
15	VASCO LEVITA SOUSA	1540	M	V40M	5	00:04:16	00:20:11	00:42:35	00:42:31	
16	WILSON FILIPE GOMES SOUTO AMADO	2034	M	SeniorM	5	00:04:20	00:20:45	00:43:14	00:43:08	
17	MIGUEL AMARO FLORINDO	2033	M	SeniorM	6	00:04:23	00:20:48	00:43:43	00:43:37	
18	IVO ABRANTES	1900	M	V45M	3	00:04:23	00:20:44	00:43:45	00:43:41	
19	PAULO JORGE SANTOS PEREIRA	1531	M	V35M	3	00:04:29	00:21:46	00:44:44	00:44:41	
20	FULVIO DUARTE	1846	M	V35M	4	00:04:29	00:21:33	00:44:46	00:44:41	MODAFOKAA
21	CARLOS FRANÇA	1527	M	V35M	5	00:04:31	00:21:03	00:45:05	00:45:03	
22	JAIME PINTO	1534	M	V55M	1	00:04:31	00:21:32	00:45:07	00:45:03	
23	JOSE GALVAO	1727	M	V50M	2	00:04:31	00:21:52	00:45:09	00:45:00	CA Amigos Parque da Paz
24	ALEXANDRE CANTANHEDE	1675	M	V35M	6	00:04:31	00:21:36	00:45:10	00:45:07	
25	PAULO ALEXANDRE CARVALHEIRO RAMOS	1654	M	V40M	6	00:04:33	00:21:34	00:45:21	00:45:13	
26	VITOR JORGE COSTA MARQUES	2023	M	V55M	2	00:04:33	00:21:37	00:45:26	00:45:17	Amigos do Parque da Paz.
27	DANIEL GUILHERME PRADO SEQUEIRA	1763	M	SeniorM	7	00:04:36	00:22:16	00:45:55	00:45:24	
28	JOAO VIEGAS	1711	M	V50M	3	00:04:36	00:22:14	00:45:56	00:45:53	
29	PEDRO ALVAREZ	1718	M	V40M	7	00:04:37	00:23:01	00:46:01	00:45:52	CA Amigos Parque da Paz
30	CRISTIANO RODRIGUES	1849	M	SeniorM	8	00:04:37	00:22:18	00:46:07	00:45:53	Monkey Business
31	JOAO FERREIRA	1601	M	V45M	4	00:04:40	00:22:36	00:46:37	00:46:29	
32	PEDRO MIGUEL GOMES DA SILVA	2045	M	V40M	8	00:04:41	00:22:19	00:46:45	00:46:34	
33	VITOR BAIXINHO	1804	M	V40M	9	00:04:44	00:23:02	00:47:13	00:46:47	Casa Benfica Charneca Caparica
34	MANUEL ROSA	1677	M	V50M	4	00:04:44	00:22:52	00:47:13	00:47:00	
35	LUIS SOUSA	1594	M	V40M	10	00:04:45	00:22:02	00:47:22	00:47:18	
36	HUGO OLIVEIRA	1790	M	V40M	11	00:04:45	00:22:38	00:47:25	00:47:02	C.C.D.Autarquias Almada
37	HUGO PEREIRA	1712	M	V35M	7	00:04:45	00:22:26	00:47:25	00:46:55	
38	ANTONIO SOUSA	1697	M	V55M	3	00:04:45	00:22:41	00:47:26	00:47:22	
39	BRUNO OLIVEIRA	1603	M	V40M	12	00:04:45	00:22:31	00:47:26	00:47:22	
40	LUIS PEREIRA	1759	M	V45M	5	00:04:45	00:22:59	00:47:27	00:47:01	
41	JOSE HILARIO	1756	M	V55M	4	00:04:47	00:22:44	00:47:43	00:47:32	
42	SAUL CARDOSO	1859	M	V60M	1	00:04:47	00:22:09	00:47:49	00:47:28	Os Andarilhos

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
43	JORGE SANTOS	1571	M	V50M	5	00:04:48	00:22:14	00:47:55	00:47:25	
44	ANA PEREIRA	1645	F	V45F	1	00:04:49	00:22:41	00:48:07	00:48:04	
45	DANIEL CRAVEIRO FIGUEIREDO	2019	M	V35M	8	00:04:49	00:22:40	00:48:07	00:48:05	
46	FABIO SANTOS	1803	M	SeniorM	9	00:04:50	00:23:01	00:48:12	00:47:44	Casa Benfica Charneca Caparica
47	RUI DIAS BIGA DA CONCEIÇÃO	1629	M	V35M	9	00:04:50	00:22:20	00:48:14	00:48:10	
48	HUGO ALMEIDA	1770	M	V40M	13	00:04:50	00:22:50	00:48:14	00:48:07	ALMEIDINHAS
49	SEM DADOS	2009	M	SeniorM	10	00:04:50	00:23:08	00:48:19	00:48:07	
50	CARLOS REIS	1568	M	V50M	6	00:04:50	00:22:53	00:48:20	00:48:12	
51	HUGO RAMIRES	1801	M	V35M	10	00:04:51	00:23:03	00:48:28	00:48:00	Casa Benfica Charneca Caparica
52	HUGO BENEVENTE	1730	M	SeniorM	11	00:04:51	00:23:58	00:48:29	00:48:17	CA Amigos Parque da Paz
53	RICARDO JORGE DE ALMEIDA RIBEIRO	1685	M	SeniorM	12	00:04:52	00:23:49	00:48:38	00:48:17	
54	MANUEL COITO	1526	M	V35M	11	00:04:53	00:23:08	00:48:45	00:48:40	
55	ANTONIO BARBOSA	1733	M	V50M	7	00:04:53	00:22:59	00:48:46	00:48:31	Clube de Praças da Armada
56	JOSE FRANCISCO NOVAIS MORENO	1689	M	SeniorM	13	00:04:53	00:23:17	00:48:49	00:48:39	
57	LUIS FILIPE DUARTE SOARES	1666	M	V35M	12	00:04:53	00:23:43	00:48:50	00:48:34	
58	MANUEL MATOS	1512	M	SeniorM	14	00:04:54	00:23:30	00:48:52	00:48:46	
59	JOAQUIM CARRUFA	1639	M	V45M	6	00:04:54	00:22:50	00:48:57	00:48:50	
60	JOAO FERNANDES	1850	M	SeniorM	15	00:04:55	00:23:32	00:49:01	00:48:49	Monkey Business
61	SAMUEL SALVADOR	1876	M	V35M	13	00:04:55	00:22:38	00:49:08	00:49:03	Serrado FC Atletismo
62	MIGUEL ABRAÇOS	1827	M	V40M	14	00:04:56	00:24:28	00:49:15	00:48:45	EX FEDERADOS
63	DAVID JERONIMO	1829	M	SeniorM	16	00:04:56	00:24:26	00:49:15	00:48:45	EX FEDERADOS
64	CARLOS CARVALHAS	1721	M	V55M	5	00:04:56	00:24:23	00:49:18	00:49:09	CA Amigos Parque da Paz
65	JOAO TIAGO SANTOS DE ALMEIDA	2004	M	SeniorM	17	00:04:57	00:23:03	00:49:22	00:49:05	Aquafitness
66	LUIS BARBOSA	1758	M	V40M	15	00:04:58	00:23:50	00:49:40	00:49:27	
67	PAULO SANTOS	1911	M	V45M	7	00:04:59	00:23:31	00:49:48	00:49:44	
68	CANDIDO FERNANDES POÇAS	1664	M	V45M	8	00:05:00	00:23:58	00:49:52	00:49:30	
69	JOSE GARRIDO	1573	M	V50M	8	00:05:01	00:24:01	00:50:02	00:49:53	
70	NUNO FERREIRA	1715	M	V40M	16	00:05:01	00:25:56	00:50:06	00:49:39	Level Runners
71	MIGUEL OLIVEIRA	1542	M	V40M	17	00:05:01	00:23:18	00:50:08	00:50:03	
72	RUI JORGE DOS SANTOS PEDRO	1558	M	V35M	14	00:05:02	00:24:08	00:50:12	00:50:08	
73	ANA CHANDE	1517	F	V35F	1	00:05:02	00:24:09	00:50:13	00:49:55	
74	DAGMAR BAPTISTA	1830	M	V40M	18	00:05:02	00:23:40	00:50:14	00:49:41	FCK Runners
75	BRUNO COSTA	1619	M	SeniorM	18	00:05:02	00:24:42	00:50:17	00:50:11	
76	MIGUEL MATOS	2013	M	V45M	9	00:05:04	00:23:36	00:50:38	00:50:29	
77	MARCIO FREITAS	1858	M	V35M	15	00:05:05	00:22:45	00:50:50	00:50:30	Os Andarilhos
78	TANIA AZEVEDO	2011	F	V35F	2	00:05:06	00:24:07	00:51:00	00:50:31	Casa Benfica Charneca Caparica
79	HUGO CRESCIDO	1800	M	V35M	16	00:05:06	00:24:08	00:51:00	00:50:33	Casa Benfica Charneca Caparica
80	JOSE RICARDO DA PIEDADE SELEIRO	1549	M	V45M	10	00:05:07	00:24:44	00:51:02	00:50:39	Clube Pedro Pessoa Escola Atl.
81	CARLA CARVALHO	1767	F	V40F	1	00:05:07	00:23:16	00:51:07	00:51:02	100NOÇÃO
82	TIAGO JOSE PEREIRA MADEIRA	1781	M	V35M	17	00:05:07	00:24:59	00:51:10	00:50:41	antes aqui que no sofá
83	ANDRE CARREIRO	1519	M	V35M	18	00:05:08	00:24:04	00:51:11	00:51:06	
84	JOSE VIEIRA	1832	M	SeniorM	19	00:05:08	00:24:00	00:51:12	00:50:43	FCK Runners

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
85	GONÇALO COSTA	1901	M	V40M	19	00:05:08	00:24:18	00:51:15	00:51:01	
86	SEM DADOS	2055	M	SeniorM	20	00:05:08	00:23:53	00:51:15	00:51:09	
87	JOAO NITA	1825	M	V40M	20	00:05:08	00:24:59	00:51:16	00:50:45	EX FEDERADOS
88	VICTOR LOPES	1637	M	V35M	19	00:05:08	00:25:37	00:51:16	00:51:01	
89	DIAMANTINO DIAS	1797	M	V55M	6	00:05:08	00:24:39	00:51:17	00:51:08	C.C.D.Autarquias Almada
90	JOAQUIM JOIA	1567	M	V50M	9	00:05:08	00:23:32	00:51:19	00:51:15	
91	DINIS BELO	1529	M	SeniorM	21	00:05:08	00:24:44	00:51:20	00:51:05	
92	ELSA AGUA	1757	F	V40F	2	00:05:09	00:24:01	00:51:25	00:51:11	
93	JOSE MARIA PEDRO	1516	M	V60M	2	00:05:10	00:24:11	00:51:37	00:51:29	
94	ALEXANDRA MALTA	1806	F	V35F	3	00:05:10	00:37:59	00:51:37	00:51:11	Clube de Praças da Armada
95	RUBEN ABRANTES	1579	M	SeniorM	22	00:05:10	00:25:55	00:51:37	00:51:13	
96	TANIA ALMEIDA	1610	F	SeniorF	1	00:05:10	00:25:31	00:51:38	00:51:13	
97	LUIS CUNHA	1826	M	V50M	10	00:05:11	00:24:47	00:51:42	00:51:12	EX FEDERADOS
98	LUIS ALMEIDA	1588	M	V50M	11	00:05:11	00:25:34	00:51:43	00:51:19	
99	CLAUDIA CORREIA	1812	F	SeniorF	2	00:05:11	00:23:59	00:51:46	00:51:13	Correias
100	PEDRO SILVA	1557	M	SeniorM	23	00:05:11	00:25:06	00:51:49	00:51:39	
101	LUIS MIGUEL SILVA CLARA	2003	M	V40M	21	00:05:12	00:24:29	00:51:52	00:51:26	Aquafitness
102	CARLOS NUNES	1663	M	V45M	11	00:05:12	00:23:39	00:51:55	00:51:51	
103	SEM DADOS	2064	M	SeniorM	24	00:05:12	00:23:54	00:51:58	00:51:42	
104	GONÇALO GOUVEIA	1814	M	V35M	20	00:05:12	00:24:28	00:51:58	00:51:51	DENTORAL RACING TEAM
105	PEDRO JULIO	1725	M	SeniorM	25	00:05:13	00:25:00	00:52:04	00:51:55	
106	SERGIO RAMOS	1844	M	V35M	21	00:05:13	00:25:14	00:52:06	00:51:41	Mais Que Cuidar Running
107	RICARDO JORGE PRADO ALMEIDA	1583	M	SeniorM	26	00:05:13	00:25:04	00:52:08	00:51:54	
108	JOAQUIM NASCIMENTO	1877	M	V40M	22	00:05:13	00:25:17	00:52:09	00:51:51	Serrado FC Atletismo
109	AMILCAR POVOA	2021	M	V60M	3	00:05:14	00:22:41	00:52:19	00:52:15	Amigos do Parque da Paz.
110	JOAO SILVA	1848	M	SeniorM	27	00:05:14	00:24:28	00:52:20	00:52:07	Monkey Business
111	RICARDO GIL	1892	M	V35M	22	00:05:14	00:24:46	00:52:20	00:52:01	
112	FERNANDO FERREIRA	2057	M	V40M	23	00:05:15	00:23:54	00:52:26	00:52:07	
113	ANTONIO JOSE PINTO ALMEIDA PRADO	1582	M	V50M	12	00:05:15	00:25:03	00:52:26	00:52:11	
114	LUIS NUNES	1913	M	V45M	12	00:05:16	00:24:11	00:52:32	00:52:21	Clube de Praças da Armada
115	JORGE DUQUE	1631	M	V50M	13	00:05:16	00:24:53	00:52:36	00:52:26	
116	PEDRO CORREIA	2014	M	SeniorM	28	00:05:16	00:23:51	00:52:39	00:52:19	
117	CARLOS PEREIRA	1899	M	SeniorM	29	00:05:17	00:23:58	00:52:41	00:52:29	
118	RUI RIBEIRO PARREIRA	2040	M	V50M	14	00:05:17	00:24:56	00:52:44	00:52:31	
119	JORGE MANUEL SEMEDO DA SILVA	1541	M	V60M	4	00:05:17	00:24:33	00:52:48	00:52:42	
120	PEDRO MIGUEL DOS SANTOS QUITERIO	1761	M	SeniorM	30	00:05:17	00:24:58	00:52:50	00:52:26	
121	NEUZA HENRIQUES	2041	F	SeniorF	3	00:05:18	00:24:58	00:52:52	00:52:46	Tartarugas Solidárias
122	MANEL MARQUES	1799	M	V50M	15	00:05:18	00:25:24	00:52:56	00:52:28	Casa Benfica Charneca Caparica
123	FERNANDO JERONIMO	1828	M	V60M	5	00:05:18	00:25:19	00:52:57	00:52:28	EX FEDERADOS
124	LUIS VALENTE	1724	M	V45M	13	00:05:18	00:24:26	00:52:58	00:52:42	
125	ORLANDO SANTOS	1823	M	V45M	14	00:05:18	00:25:18	00:53:00	00:52:30	EX FEDERADOS
126	JUSTYNA WADOLOWSKA	1572	F	SeniorF	4	00:05:18	00:26:05	00:53:00	00:52:40	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
127	ALFREDO PARADA	1773	M	V55M	7	00:05:19	00:25:19	00:53:01	00:52:46	Amigos Atl. Charneca Caparica
128	GONALO RODRIGUES	2020	M	V55M	8	00:05:19	00:24:51	00:53:03	00:52:32	Amigos do Parque da Paz.
129	BRUNO COSTA	1787	M	V35M	23	00:05:20	00:26:18	00:53:11	00:52:47	C.C.D.Autarquias Almada
130	RUI SEVERINA	1862	M	SeniorM	31	00:05:20	00:25:35	00:53:15	00:53:07	Os Carac3ois Furiosos
131	PEDRO FLORES	1863	M	SeniorM	32	00:05:20	00:25:38	00:53:16	00:53:10	Os Carac3ois Furiosos
132	MICHAEL ARAUJO	1845	M	V35M	24	00:05:20	00:24:16	00:53:18	00:53:02	MODAFOKAA
133	PEDRO ALVAREZ	1717	M	V40M	24	00:05:21	00:25:12	00:53:22	00:53:20	CA Amigos Parque da Paz
134	VIRGILIO OLIVEIRA	1698	M	V55M	9	00:05:21	00:25:12	00:53:22	00:53:20	
135	MIGUEL WEBER	1857	M	V35M	25	00:05:21	00:24:57	00:53:24	00:53:03	Os Andarilhos
136	ANTONIO JERONIMO	1875	M	V35M	26	00:05:22	00:25:19	00:53:35	00:53:22	Serrado FC Atletismo
137	ALEXANDRE BAPTISTA	1917	M	V35M	27	00:05:22	00:25:18	00:53:36	00:53:21	GD SANTANDERTOTTA
138	MONICA CARRUFA	1638	F	SeniorF	5	00:05:23	00:25:24	00:53:42	00:53:35	
139	LUIS COELHO	1628	M	V40M	25	00:05:23	00:23:22	00:53:47	00:53:44	
140	BARBARA MARQUES	1615	F	SeniorF	6	00:05:23	00:26:58	00:53:47	00:53:23	
141	SUSANA CLIMAS	1860	F	SeniorF	7	00:05:24	00:25:42	00:53:52	00:53:47	Os Carac3ois Furiosos
142	RUI NETO	1869	M	SeniorM	33	00:05:24	00:26:54	00:53:53	00:53:33	Pro Joelho
143	PAULO ALVES	1769	M	V40M	26	00:05:25	00:23:12	00:54:01	00:53:54	2Fast4You
144	RUI CATARINO	1710	M	V35M	28	00:05:25	00:26:45	00:54:09	00:53:51	
145	PAULO BENEVENTE	1731	M	V35M	29	00:05:26	00:17:34	00:54:11	00:54:08	CA Amigos Parque da Paz
146	RUBEN CALISTO CUNHA RIBEIRO	1709	M	SeniorM	34	00:05:26	00:26:47	00:54:15	00:53:57	
147	JOANA ANTUNES	1919	F	SeniorF	8	00:05:26	00:26:14	00:54:16	00:54:10	Mais Que Cuidar Running
148	MIGUEL ALVES RIBEIRO SALGUEIRO	1681	M	V40M	27	00:05:26	00:25:13	00:54:17	00:53:58	
149	PEDRO NUNO GONALVES NUNES FERNANDES BARROS	1547	M	V40M	28	00:05:26	00:26:42	00:54:20	00:53:49	
150	SEM DADOS	2002	M	SeniorM	35	00:05:27	00:25:51	00:54:22	00:53:49	
151	NUNO RIBEIRO	1691	M	V35M	30	00:05:27	00:25:14	00:54:23	00:54:05	
152	PEDRO GOMES	1886	M	SeniorM	36	00:05:27	00:26:21	00:54:25	00:54:05	Team Pilinhas
153	MANUEL ANTONIO FIGUEIREDO CORREIA	1561	M	V40M	29	00:05:28	00:26:14	00:54:35	00:54:26	
154	DANIEL CONDE	1841	M	JuniorM	2	00:05:28	00:26:50	00:54:40	00:54:24	IPern@s?!
155	PORFIRIO VAZ	2049	M	V35M	31	00:05:29	00:25:35	00:54:46	00:54:29	
156	SALVADOR LAURINO	2039	M	V50M	16	00:05:30	00:27:13	00:54:52	00:54:35	
157	HELENA FERNANDES	1602	F	V45F	2	00:05:30	00:25:51	00:54:58	00:54:50	
158	RUI GUEIFAO	2027	M	V50M	17	00:05:30	00:25:11	00:54:59	00:54:54	
159	HENRIQUE VELOSO	1562	M	V35M	32	00:05:30	00:26:03	00:54:59	00:54:40	
160	ANA RAMA	1795	F	V35F	4	00:05:31	00:26:30	00:55:02	00:54:40	C.C.D.Autarquias Almada
161	SEM DADOS	2069	M	SeniorM	37	00:05:31	00:25:58	00:55:05	00:54:38	
162	CARLA AFONSO	1893	F	V40F	3	00:05:31	00:26:14	00:55:06	00:55:00	
163	MANUEL SOBRAL	1640	M	V60M	6	00:05:31	00:26:41	00:55:09	00:55:04	
164	JOAO TOSCANO	2054	M	JuniorM	3	00:05:32	00:17:34	00:55:11	00:55:08	
165	PEDRO MIGUEL PAIVA FONSECA	1564	M	SeniorM	38	00:05:32	00:26:30	00:55:12	00:55:05	
166	CARLA SOFIA ROSA DA FONSECA PAIS LUIS CORREIA	1560	F	V40F	4	00:05:32	00:26:14	00:55:15	00:55:07	
167	PEDRO CASTRO	1722	M	V35M	33	00:05:33	00:26:40	00:55:30	00:55:17	
168	DANIEL FERREIRA	1577	M	V35M	34	00:05:34	00:28:34	00:55:31	00:55:12	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
169	RODOLFO NUNES	1820	M	SeniorM	39	00:05:34	00:23:59	00:55:32	00:55:25	DENTORAL RACING TEAM
170	SAO GALVAO	1726	F	V50F	1	00:05:34	00:26:16	00:55:33	00:55:23	CA Amigos Parque da Paz
171	JOAO GONÇALVES	1728	M	V55M	10	00:05:34	00:26:15	00:55:34	00:55:24	CA Amigos Parque da Paz
172	VITOR.COMERCIO	1699	M	V40M	30	00:05:34	00:25:45	00:55:34	00:55:25	
173	LUIS MORGADO	1765	M	V40M	31	00:05:34	00:25:54	00:55:39	00:55:34	100NOÇAO
174	HUGO LAPA	1821	M	V35M	35	00:05:34	00:25:26	00:55:40	00:55:24	DENTORAL RACING TEAM
175	VANESSA SILVA	1815	F	V40F	5	00:05:35	00:26:46	00:55:42	00:55:35	DENTORAL RACING TEAM
176	JUDITE SILVA	1909	F	SeniorF	9	00:05:38	00:25:41	00:56:17	00:56:11	
177	SEM DADOS	2063	M	SeniorM	40	00:05:38	00:26:33	00:56:20	00:56:06	
178	SALVADOR AFONSO	1915	M	V60M	7	00:05:39	00:26:33	00:56:21	00:56:06	GD SANTANDERTOTTA
179	INES FERREIRA DE BRITO	1687	F	SeniorF	10	00:05:39	00:27:05	00:56:27	00:56:10	
180	MARIA JOAO CABAÇO	1688	F	V45F	3	00:05:40	00:27:03	00:56:39	00:56:22	
181	FERNANDO LUCAS	1596	M	V55M	11	00:05:41	00:27:20	00:56:43	00:56:20	
182	GLORIA SILVA	1574	F	V50F	2	00:05:41	00:27:59	00:56:49	00:56:22	
183	ANTONIO PEREIRA	1692	M	V60M	8	00:05:42	00:26:59	00:56:52	00:56:44	
184	SEM DADOS	2066	M	SeniorM	41	00:05:42	00:27:51	00:56:54	00:56:38	
185	ALEXANDRE MENDONÇA	1833	M	V35M	36	00:05:42	00:27:02	00:56:55	00:56:24	FCK Runners
186	SEM DADOS	2068	M	SeniorM	42	00:05:42	00:26:51	00:56:58	00:56:24	
187	ANDRE GONÇALVES	1622	M	SeniorM	43	00:05:43	00:29:01	00:57:02	00:56:32	
188	PEDRO VIANA	1624	M	SeniorM	44	00:05:43	00:29:01	00:57:02	00:56:32	
189	JOAO BRANCO	1819	M	SeniorM	45	00:05:44	00:26:55	00:57:19	00:57:12	DENTORAL RACING TEAM
190	FRANÇISCO AIRES	1798	M	V60M	9	00:05:44	00:29:05	00:57:20	00:56:56	C.C.D.Autarquias Almada
191	TIAGO SALVADO	1621	M	V35M	37	00:05:45	00:27:23	00:57:25	00:57:09	
192	NUNO MARES	1607	M	V35M	38	00:05:45	00:27:23	00:57:26	00:57:10	
193	ARMANDO GONÇALVES	1784	M	V60M	10	00:05:45	00:27:11	00:57:30	00:57:15	C.C.D.Autarquias Almada
194	MARIANA GUEIFAO LOPES	1896	F	SeniorF	11	00:05:46	00:27:11	00:57:38	00:57:28	
195	RUI FERNANDES	1522	M	V45M	15	00:05:46	00:27:38	00:57:40	00:57:13	
196	SEM DADOS	1810	M	SeniorM	46	00:05:47	00:27:22	00:57:41	00:57:34	
197	MARGARIDA FONSECA	1509	F	V60F	1	00:05:47	00:27:23	00:57:41	00:57:35	
198	SONIA SANTOS	1861	F	SeniorF	12	00:05:48	00:27:42	00:57:54	00:57:47	Os Caracóis Furiosos
199	ANA CRISTINA VIEIRA CASTEL-BRANCO	1662	F	V50F	3	00:05:48	00:43:19	00:57:55	00:57:32	
200	SOFIA MORGADO	1766	F	V45F	4	00:05:48	00:27:07	00:57:55	00:57:50	100NOÇAO
201	JOANA RIBEIRO	1867	F	SeniorF	13	00:05:49	00:27:48	00:58:01	00:57:41	Pro Joelho
202	RUI TRAVANCA	1513	M	V50M	18	00:05:49	00:27:39	00:58:03	00:57:55	
203	LUCINDA COELHO	1683	F	V60F	2	00:05:49	00:27:38	00:58:07	00:57:57	
204	ELSA NUNES	1809	F	V40F	6	00:05:49	00:27:25	00:58:08	00:57:57	Clube de Praças da Armada
205	LARA VELOSO	1916	F	V40F	7	00:05:50	00:28:14	00:58:17	00:58:00	GD SANTANDERTOTTA
206	PEDRO CAVACO	1908	M	SeniorM	47	00:05:51	00:27:56	00:58:26	00:58:20	
207	NUNO NEVES	1632	M	SeniorM	48	00:05:52	00:27:12	00:58:34	00:58:27	
208	SERGIO SILVA	1536	M	SeniorM	49	00:05:52	00:26:36	00:58:34	00:58:03	
209	ALVARO SILVA	1535	M	V35M	39	00:05:52	00:26:35	00:58:35	00:58:04	
210	JOAO PEDRO GAMITO DAMIAO PATRICIO	1670	M	V45M	16	00:05:52	00:27:21	00:58:36	00:58:19	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
211	SEM DADOS	2025	M	SeniorM	50	00:05:53	00:27:38	00:58:44	00:58:22	
212	JOAO MIGUEL MANSOS	1713	M	SeniorM	51	00:05:53	00:27:55	00:58:49	00:58:15	Level Runners
213	SABIR KANJI	1686	M	V35M	40	00:05:54	00:27:16	00:58:58	00:58:31	
214	ACACIO MENDES	1883	M	V60M	11	00:05:55	00:27:23	00:59:02	00:58:54	Tartarugas Solidárias
215	JOAQUIM RAUL LOURENÇO GONÇALVES	1667	M	V60M	12	00:05:55	00:28:44	00:59:10	00:58:53	
216	ANTONIO JOSE AFONSO	1720	M	V55M	12	00:05:56	00:27:11	00:59:11	00:58:59	CA Amigos Parque da Paz
217	JOAO PINA	1555	M	V45M	17	00:05:56	00:26:45	00:59:14	00:58:49	
218	LILIANA DA SILVA COELHO	1910	F	V35F	5	00:05:56	00:27:37	00:59:15	00:58:51	
219	JOSE CARLOS ALEIXO SILVA	1729	M	V60M	13	00:05:56	00:27:30	00:59:16	00:58:44	CA Amigos Parque da Paz
220	MARIO GOMES CAEIRO	1671	M	V45M	18	00:05:58	00:28:46	00:59:34	00:59:06	
221	HUGO ANTONIO MARTINS PINTO SILVA MARQUES	1609	M	V40M	32	00:05:58	00:28:35	00:59:35	00:59:17	
222	PEDRO COUTO E SANTOS	1503	M	V40M	33	00:05:59	00:29:02	00:59:42	00:59:22	
223	SANDRO BRAZ	1539	M	SeniorM	52	00:05:59	00:29:00	00:59:43	00:59:20	
224	ANTONIO CAPELA	1511	M	V50M	19	00:05:59	00:27:10	00:59:46	00:59:28	
225	NUNO MIGUEL	1644	M	V50M	20	00:06:00	00:27:47	00:59:51	00:59:41	
226	FILIPA	1576	F	SeniorF	14	00:06:00	00:29:13	00:59:59	00:59:37	
227	RUI MELO	1575	M	V35M	41	00:06:00	00:29:13	00:59:59	00:59:37	
228	VANDA FERREIRA	1808	F	V35F	6	00:06:00	00:28:42	01:00:00	00:59:35	Clube de Praças da Armada
229	MIGUEL LUCAS ROSA	1870	M	SeniorM	53	00:06:01	00:27:16	01:00:01	00:59:40	Pro Joelho
230	DIOGO REIS	1678	M	SeniorM	54	00:06:01	00:28:38	01:00:01	00:59:47	
231	JAVIER LEVY HERNANDEZ	1684	M	SeniorM	55	00:06:01	00:28:16	01:00:05	00:59:58	
232	JOAO BENEVENTE	1732	M	V60M	14	00:06:01	00:29:03	01:00:08	00:59:41	CA Amigos Parque da Paz
233	JOSE FINURAS	1735	M	V45M	19	00:06:01	00:29:12	01:00:08	00:59:49	CA Amigos Parque da Paz
234	SONIA FRANCISCO	1835	F	V40F	8	00:06:01	00:30:19	01:00:10	00:59:47	Gazelas
235	JORGE MANUEL ALMEIDA COSTA	1890	M	V55M	13	00:06:03	00:29:09	01:00:21	01:00:06	
236	JOAO ALVES	1779	M	JuniorM	4	00:06:03	00:29:29	01:00:26	01:00:11	Amigos Atl. Charneca Caparica
237	SAMUEL	1566	M	SeniorM	56	00:06:03	00:28:10	01:00:28	01:00:13	
238	CARLA CRISTINA VALENTIM VIEIRA BATISTA	1668	F	V45F	5	00:06:05	00:28:45	01:00:47	01:00:30	
239	DOMINGAS MONICA	1651	F	V55F	1	00:06:06	00:28:49	01:00:55	01:00:28	
240	CESAR FIALHO GUERRA	1506	M	V45M	20	00:06:06	00:29:22	01:00:56	01:00:34	
241	JOANA SANTOS DIAS	1868	F	SeniorF	15	00:06:10	00:28:32	01:01:32	01:01:11	Pro Joelho
242	SEM DADOS	2062	M	SeniorM	57	00:06:10	00:28:53	01:01:34	01:01:19	
243	TERESA MIRANDA	1753	F	V40F	9	00:06:10	00:28:35	01:01:34	01:01:23	
244	SUSANA TRAVANCA	1550	F	V40F	10	00:06:11	00:29:27	01:01:43	01:01:33	
245	MARIA JOAO LOURENÇO	1888	F	V40F	11	00:06:11	00:29:09	01:01:45	01:01:30	
246	PAULO ALEXANDRE MARTINS BARREIROS	1736	M	V45M	21	00:06:11	00:28:34	01:01:45	01:01:24	SRBBV
247	SARA GUERREIRO RODRIGUES DE ALMEIDA	1608	F	SeniorF	16	00:06:12	00:29:01	01:01:57	01:01:32	
248	RITA ALVES	1532	F	V40F	12	00:06:13	00:29:28	01:02:03	01:01:54	
249	CARLOS FILIPE ANDRADE GALRAO	1661	M	SeniorM	58	00:06:16	00:29:44	01:02:31	01:02:02	
250	ANTONIO OLIVEIRA	2022	M	V60M	15	00:06:16	00:29:09	01:02:35	01:02:12	Amigos do Parque da Paz.
251	ANA RITA CARVALHO	1700	F	V35F	7	00:06:17	00:28:50	01:02:41	01:02:14	
252	JOSE GONÇALVES	1791	M	V60M	16	00:06:17	00:29:04	01:02:43	01:02:19	C.C.D.Autarquias Almada

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
253	EDUARDO LOPES	1912	M	V45M	22	00:06:18	00:29:28	01:02:51	01:02:37	Amigos Atl. Charneca Caparica
254	INES	1502	F	SeniorF	17	00:06:20	00:30:01	01:03:11	01:02:39	
255	JOANA RODRIGUES	1872	F	SeniorF	18	00:06:20	00:29:08	01:03:12	01:02:49	PsychoRun
256	NUNO ESPIRITO SANTO	1881	M	V45M	23	00:06:20	00:30:22	01:03:14	01:03:01	TAC-TRANQUILDADE AÇOREANA CLUB
257	SANDRA MARTINS	1878	F	V40F	13	00:06:20	00:30:23	01:03:14	01:03:00	TAC-TRANQUILDADE AÇOREANA CLUB
258	HELENA SANTOS	1880	F	V50F	4	00:06:20	00:30:23	01:03:14	01:03:02	TAC-TRANQUILDADE AÇOREANA CLUB
259	ANTONIO JORGE	1879	M	V60M	17	00:06:20	00:30:22	01:03:14	01:03:01	TAC-TRANQUILDADE AÇOREANA CLUB
260	ANA LIMA	1585	F	SeniorF	19	00:06:22	00:29:55	01:03:33	01:03:01	
261	ANDREIA NUNES KLING	1749	F	V40F	14	00:06:23	00:30:01	01:03:45	01:03:28	
262	FILIPA QUEIROZ	1556	F	SeniorF	20	00:06:23	00:29:56	01:03:46	01:03:22	
263	ANTONIO JOSE CAMEIRA RIBEIRO LOPES	1897	M	V50M	21	00:06:25	00:29:08	01:04:01	01:03:50	
264	DORA PIRES	1771	F	V50F	5	00:06:26	00:30:22	01:04:14	01:03:52	Amigos Atl. Charneca Caparica
265	JOSE MENDES	1589	M	V60M	18	00:06:26	00:28:29	01:04:15	01:03:48	
266	SANDRA WEBER	1856	F	V35F	8	00:06:27	00:29:34	01:04:21	01:03:59	Os Andarilhos
267	CARLOS NITA	1824	M	V45M	24	00:06:28	00:28:17	01:04:33	01:04:02	EX FEDERADOS
268	ANTONIO RODRIGUES	1831	M	SeniorM	59	00:06:28	00:28:03	01:04:36	01:04:05	FCK Runners
269	DIANA RIBEIRO	1679	F	SeniorF	21	00:06:28	00:29:36	01:04:36	01:04:16	
270	JOSE CAPUCHO	1802	M	V50M	22	00:06:30	00:29:54	01:04:53	01:04:28	Casa Benfica Charneca Caparica
271	XICO DA MOURARIA	1696	M	V40M	34	00:06:30	00:29:34	01:04:56	01:04:48	
272	NUNO ALVES	1694	M	V40M	35	00:06:30	00:35:34	01:04:58	01:04:35	
273	GUILHERME CORREIA	1789	M	JuniorM	5	00:06:31	00:29:06	01:05:06	01:04:42	C.C.D.Autarquias Almada
274	SOFIA ALEXANDRA MOREIRA LEITAO	1737	F	V40F	15	00:06:32	00:29:43	01:05:13	01:04:53	CM Almada
275	JOANA PELEJA	1748	F	SeniorF	22	00:06:32	00:30:46	01:05:14	01:04:54	
276	RAQUEL TEIXEIRA LOPES ROSA	1782	F	V35F	9	00:06:32	00:30:22	01:05:15	01:04:45	antes aqui que no sofá
277	ELIEIDA CARNEIRO DOS SANTOS	1595	F	V45F	6	00:06:32	00:31:10	01:05:20	01:05:00	
278	SOFIA MARIA GUILHOTO	1783	F	V40F	16	00:06:32	00:30:25	01:05:20	01:04:50	antes aqui que no sofá
279	ALEXANDRA MARTINEZ	1551	F	SeniorF	23	00:06:33	00:31:11	01:05:22	01:05:12	
280	PATRICIA ALVES	2008	F	SeniorF	24	00:06:35	00:30:46	01:05:42	01:05:32	
281	JULIA CUNHA	2007	F	SeniorF	25	00:06:35	00:30:46	01:05:42	01:05:32	
282	SEM DADOS	2067	M	SeniorM	60	00:06:36	00:27:58	01:05:52	01:05:19	
283	ANTONIO CESARIO GRELIXA CARAPETA	1653	M	V45M	25	00:06:36	00:29:14	01:05:57	01:05:38	
284	RITA MARTELO	1570	F	V35F	10	00:06:37	00:30:59	01:06:05	01:05:53	
285	RAQUEL BARATEIRO	1834	F	V45F	7	00:06:37	00:30:41	01:06:08	01:05:45	Gazelas
286	SANDRA BARATEIRO	1836	F	V45F	8	00:06:37	00:30:41	01:06:08	01:05:45	Gazelas
287	BRUNO PEREIRA	1906	M	V35M	42	00:06:37	00:29:38	01:06:09	01:05:43	
288	RITA BRANCO	1817	F	V40F	17	00:06:39	00:30:58	01:06:22	01:06:15	DENTORAL RACING TEAM
289	ISABEL MARIA MOREIRA CRUZ OLIVEIRA	1672	F	V55F	2	00:06:39	00:30:14	01:06:26	01:06:14	
290	ESTER ROSA	1723	F	SeniorF	26	00:06:40	00:30:39	01:06:32	01:06:21	
291	MARIA DE FATIMA GONÇALVES ALVES	1634	F	SeniorF	27	00:06:41	00:31:01	01:06:46	01:06:35	
292	NUNO BARATA	1885	M	SeniorM	61	00:06:41	00:30:08	01:06:46	01:06:26	Team Pilinhas
293	CELIA BAPTISTA	1553	F	V40F	18	00:06:41	00:31:05	01:06:49	01:06:34	
294	CARLA SILVEIRA	1554	F	V35F	11	00:06:42	00:31:06	01:06:52	01:06:37	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
295	INES AGOSTINHO	1544	F	SeniorF	28	00:06:43	00:30:18	01:07:03	01:06:57	
296	LUISA GUEIFAO	2026	F	V50F	6	00:06:43	00:30:55	01:07:05	01:06:56	
297	INES BASCUINHO	1813	F	SeniorF	29	00:06:44	00:31:06	01:07:15	01:07:08	DENTORAL RACING TEAM
298	JOSE PEDRO BARREIROS MECHA DE JESUS RUSSIANO	2024	M	SeniorM	62	00:06:44	00:28:53	01:07:16	01:06:54	SRBBV
299	FATIMA MARTO	1614	F	V50F	7	00:06:44	00:31:16	01:07:18	01:06:58	
300	CRISTINA AREDE MARQUES AZEVEDO	1548	F	V45F	9	00:06:45	00:30:59	01:07:22	01:06:59	Clube Pedro Pessoa Escola Atl.
301	DINA MARTINS	1866	F	SeniorF	30	00:06:46	00:31:02	01:07:34	01:07:10	Pássaros do Sul
302	RICARDO MARTINS	1680	M	SeniorM	63	00:06:47	00:31:34	01:07:47	01:07:18	
303	FERNANDO VARELA	1805	M	V40M	36	00:06:48	00:31:42	01:07:59	01:07:29	CLUBE ANACOM
304	ANA FILIPA AIRES	1625	F	SeniorF	31	00:06:50	00:31:52	01:08:14	01:07:44	
305	GRAÇA FERNANDES	1593	F	SeniorF	32	00:06:50	00:31:32	01:08:14	01:07:55	
306	SILVIA PAIS	1898	F	V40F	19	00:06:52	00:31:41	01:08:38	01:08:13	
307	FILIPA MARGARIDA SANTOS NUNES MARTINS	1623	F	V40F	20	00:06:53	00:31:28	01:08:47	01:08:34	
308	FRANCISCO MARIA PIRES D´ OLIVEIRA VASCO	1611	M	JuniorM	6	00:06:54	00:33:03	01:08:53	01:08:28	
309	EMIL VELOSO	1775	M	SeniorM	64	00:06:54	00:33:27	01:08:58	01:08:36	Amigos Atl. Charneca Caparica
310	TILA ROSADO	1772	F	V40F	21	00:06:55	00:33:27	01:09:05	01:08:42	Amigos Atl. Charneca Caparica
311	JOSE FRANCISCO CARAPINHA MORENO	1690	M	V60M	19	00:06:55	00:33:28	01:09:08	01:08:57	
312	RUI NOBREGA	1514	M	SeniorM	65	00:06:56	00:31:20	01:09:13	01:08:53	
313	MARIA DO CEU NOGUEIRA CARVALHO SATURNINO	2048	F	SeniorF	33	00:06:57	00:33:44	01:09:21	01:09:01	Scalabis Night Runners
314	INES LAGOA	1734	F	SeniorF	34	00:06:57	00:31:39	01:09:26	01:09:09	CA Amigos Parque da Paz
315	ANA ALMEIDA	1581	F	SeniorF	35	00:06:57	00:30:26	01:09:27	01:09:14	
316	TANIA FERREIRA	1635	F	SeniorF	36	00:06:59	00:32:26	01:09:47	01:09:13	
317	BERNARDO RAMOS	1636	M	SeniorM	66	00:06:59	00:32:26	01:09:49	01:09:15	
318	CARLOS PEDRO BAPTISTA MARTINS	1652	M	SeniorM	67	00:07:00	00:29:15	01:09:51	01:09:32	
319	SEM DADOS	2060	M	SeniorM	68	00:07:01	00:32:03	01:10:02	01:09:43	
320	ADELAIDE RODRIGUES	1780	F	V60F	3	00:07:02	00:32:06	01:10:16	01:09:54	Amigos Atl. Charneca Caparica
321	INES ALVES	2030	F	V35F	12	00:07:02	00:32:47	01:10:19	01:09:56	
322	CARLA MARTINS	1592	F	V45F	10	00:07:03	00:31:31	01:10:24	01:10:05	
323	CATARINA SOUSA	2015	F	V35F	13	00:07:03	00:32:25	01:10:24	01:09:59	
324	VERA MATTA	2012	F	V40F	22	00:07:03	00:32:34	01:10:24	01:09:59	
325	LINO MIGUEL MARTINS GOMES	1569	M	SeniorM	69	00:07:04	00:32:11	01:10:40	01:10:14	
326	PEDRO IGREJAS	1874	M	V40M	37	00:07:07	00:35:39	01:11:10	01:10:46	PsychoRun
327	SEM DADOS	2065	M	SeniorM	70	00:07:11	00:33:00	01:11:46	01:11:26	
328	SERGIO LOUREIRO	1627	M	SeniorM	71	00:07:14	00:34:10	01:12:16	01:11:51	
329	MARGARIDA PISCO	1626	F	SeniorF	37	00:07:14	00:34:10	01:12:16	01:11:52	
330	PAULO COSTA	1740	M	V50M	23	00:07:15	00:29:17	01:12:22	01:12:08	Serrado FC Atletismo
331	MARIA DO ROSARIO SOARES	1597	F	V45F	11	00:07:22	00:34:15	01:13:34	01:13:18	
332	JOAO CARTAXANA	1719	M	V50M	24	00:07:23	00:23:24	01:13:41	01:13:32	CA Amigos Parque da Paz
333	JOSE GONÇALVES RIBEIRO	1695	M	V60M	20	00:07:23	00:32:32	01:13:49	01:10:01	
334	JORGE QUARENTA	1904	M	V35M	43	00:07:25	00:33:00	01:14:03	01:13:37	
335	MARIA SALOME DA ROCHA PREGO JANES	1903	F	V45F	12	00:07:25	00:32:50	01:14:04	01:13:38	
336	JOAO MANUEL RAPOSO CARINHAS	1902	M	V45M	26	00:07:25	00:33:02	01:14:05	01:13:38	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	Tempo	Chip	Equipa
337	ANTONIO VITOR MENDES MONTEIRO	1747	M	V50M	25	00:07:26	00:33:47	01:14:17	01:14:02	
338	ARTUR COUTO E SANTOS	1500	M	V60M	21	00:07:30	00:35:15	01:14:52	01:14:27	
339	MARIA BARROSO	1796	F	V55F	3	00:07:30	00:34:28	01:14:54	01:14:37	C.C.D.Autarquias Almada
340	LARISSA BARATA GOMES	1754	F	SeniorF	38	00:07:30	00:34:35	01:14:56	01:14:46	
341	SANDRA SERRANO	1871	F	V35F	14	00:07:33	00:35:40	01:15:22	01:14:58	PsychoRun
342	ANA ALVES	1578	F	V40F	23	00:07:33	00:35:33	01:15:23	01:15:00	
343	DILIA MARIA RODRIGUES AMARO	1521	F	V60F	4	00:07:33	00:35:11	01:15:29	01:15:21	
344	FATIMA MENDES	1882	F	V60F	5	00:07:33	00:35:31	01:15:30	01:15:09	Tartarugas Solidárias
345	ANTONIO MANUEL MESTRE	1920	M	V60M	22	00:07:36	00:33:34	01:15:58	01:15:47	Nucleo Laranjeiro
346	CELIA MARÇAL	2050	F	V35F	15	00:07:36	00:33:56	01:15:58	01:15:40	
347	ARMENIO RIBEIRO ANDRE TEOTONIO	1921	M	V60M	23	00:07:36	00:35:43	01:15:58	01:15:29	Nucleo Laranjeiro
348	MARIANA PACHECO	1840	F	SeniorF	39	00:07:37	00:36:22	01:16:09	01:15:56	HERBARUN
349	RUI MIGUEL MOURA PEREIRA ORTEGA BOTELHO	1648	M	SeniorM	72	00:07:45	00:31:22	01:17:25	01:17:13	
350	ANA PAULA BATISTA	1843	F	V60F	6	00:07:45	00:36:17	01:17:29	01:16:54	Level Runners
351	TELMA RAMALHO	2056	F	SeniorF	40	00:07:45	00:36:16	01:17:29	01:16:54	
352	MARIA MARGARIDA MACEDO	1617	F	V55F	4	00:07:47	00:36:48	01:17:49	01:17:38	
353	RITA CRUZ DE SOUSA	1682	F	SeniorF	41	00:07:53	00:36:06	01:18:47	01:18:29	
354	CATARINA SINOS	2029	F	V35F	16	00:07:55	00:36:21	01:19:07	01:18:54	HERBARUN
355	ANNA ALMOFREY	1839	F	V40F	24	00:07:55	00:36:23	01:19:07	01:18:55	HERBARUN
356	CRISTINA BATISTA	1838	F	V45F	13	00:07:55	00:36:20	01:19:07	01:18:55	HERBARUN
357	CRISTINA ALMEIDA	1738	F	V50F	8	00:07:55	00:34:51	01:19:09	01:18:47	Clube Ginástica de Almada
358	LAURA LOUÇAO	1702	F	JuniorF	1	00:07:59	00:35:22	01:19:46	01:19:16	
359	NUNO LOUÇAO	1701	M	V40M	38	00:07:59	00:35:21	01:19:46	01:19:18	
360	FRANCELINA COSTA	1620	F	V35F	17	00:08:12	00:37:37	01:21:51	01:21:36	
361	SCARLATO VINCENZO	1591	M	V45M	27	00:08:15	00:27:24	01:22:28	01:22:19	
362	CARLA BRAS	1618	F	V40F	25	00:08:15	00:38:09	01:22:30	01:22:15	
363	LUIS PAPANÇA	2051	M	V40M	39	00:08:17	00:38:55	01:22:50	01:22:25	CM Almada
364	FABIA NATACHA SANTOS MATEUS	2052	F	JuniorF	2	00:08:18	00:38:59	01:22:51	01:22:25	
365	ANA RITA AMADO	1865	F	V35F	18	00:08:41	00:39:56	01:26:50	01:26:42	Pássaros do Sul
366	MARIO LUCAS	1546	M	V35M	44	00:08:46	00:27:21	01:27:33	01:27:02	
367	NUNO ALEXANDRE NUNES TORRES	1665	M	V40M	40	00:09:14	00:42:14	01:32:17	01:31:50	
368	NUNO ARAUJO	1018	M	SeniorM	73	00:09:36	00:30:21	01:35:54	01:04:59	
369	OTILIA QUINTIAO	1505	F	V40F	26	00:09:48	00:46:39	01:37:58	01:37:42	
370	EMILIA COUTO E SANTOS	1501	F	V60F	7	00:09:50	00:46:27	01:38:19	01:37:49	