

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
1	Emiliano Vieira	1:09:09.5	578	1:09:09.1	1	Sen M	1	RB RUNNING	0:32:43.2	6	0:49:11.6	10
2	Pedro Gomes	1:14:15.4	429	1:14:11.0	2	Sen M	2	Clube de Atletismo Odimarq	0:34:41.4	8	0:52:35.0	12
3	Luis Batista	1:14:42.5	267	1:14:37.6	3	Sen M	3		0:34:35.3	7	0:52:34.8	11
4	Tiago Lousa	1:17:44.4	707	1:17:39.6	4	Sen M	4	Casa do Benfica de Algueirão Mem	0:36:43.6	9	0:55:05.0	13
5	João Ginja	1:18:08.1	181	1:18:04.4	5	M45	1	NAZABOBODA	0:36:58.9	10	0:55:50.7	14
6	Nuno Graça	1:20:29.3	496	1:20:24.2	6	Sen M	5	CRD ARRUDENSE	0:37:36.7	12	0:56:48.2	15
7	Augusto Pires	1:20:29.4	535	1:20:24.9	7	M40	1	CRD ARRUDENSE	0:37:36.6	11	0:56:51.1	17
8	João Caldeira	1:20:29.6	730	1:20:26.6	8	M50	1		0:37:39.2	13	0:56:50.0	16
9	Armando Monteiro	1:21:07.8	495	1:21:04.2	9	M40	2	CRD ARRUDENSE	0:37:48.0	14	0:57:15.9	18
10	António Afonso	1:21:30.4	329	1:21:23.6	10	M40	3	C.R.Alturense	0:39:22.1	19	0:58:55.1	21
11	Virgílio Gomes	1:22:04.6	183	1:22:03.5	11	M45	2	NAZABOBODA	0:39:01.2	16	0:58:44.9	20
12	Ambrósio Pereira	1:23:00.7	533	1:22:55.8	12	M40	4	CRD ARRUDENSE	0:38:58.0	15	0:58:44.6	19
13	Luis Pereira	1:23:45.0	382	1:23:38.4	13	M40	5		0:39:22.0	18	0:59:29.3	22
14	João Lucas	1:23:50.3	725	1:23:44.9	14	M50	2	Inglese Futebol Clube	0:39:49.5	24	0:59:34.3	24
15	João Dias	1:23:50.4	531	1:23:43.0	15	M40	6	CRD ARRUDENSE	0:39:47.5	22	0:59:32.8	23
16	Rogério Azevedo	1:24:10.3	642	1:24:04.9	16	M40	7		0:39:10.1	17	0:59:34.9	25
17	João Gomes	1:24:19.4	619	1:24:13.6	17	M55	1	Leões Apelaçonenses	0:39:52.8	25	1:00:12.8	28
18	Joao Hora Faustino	1:24:29.5	97	1:24:22.7	18	M40	8	Outside Dream	0:39:48.4	23	1:00:11.4	27
19	Paulo Carvalho	1:24:41.7	575	1:24:38.2	19	M45	3	Sporting Clube Reboleira e Damaia	0:39:53.5	27	0:59:56.1	26
20	Anacleto Faisca	1:25:33.1	701	1:25:17.4	20	M55	2	Areias de São João	0:40:28.7	30	1:01:03.6	33
21	Jorge Rodrigues	1:25:34.5	182	1:25:34.2	21	M45	4	NAZABOBODA	0:39:55.5	28	1:00:56.5	32
22	Armando Caiadas	1:25:44.2	327	1:25:38.3	22	M40	9	C.R.Alturense	0:39:28.3	20	1:00:25.1	29
23	Paulo Arrenega	1:25:50.4	530	1:25:45.5	23	M45	5	CRD ARRUDENSE	0:40:04.4	29	1:00:34.3	31
24	António Lemos	1:25:51.6	657	1:25:39.1	24	M55	3	Wikaboo	0:41:16.2	42	1:01:28.9	37
25	Fernando Candeias	1:25:55.3	125	1:25:48.5	25	M40	10	SS CGD	0:40:48.0	32	1:01:19.2	34
26	Rui Cabral	1:25:57.7	398	1:25:49.9	26	Sen M	6	N.A. PAPAGAIOS CASCAIS	0:41:19.3	43	1:01:28.6	35
27	Carlos Taveira	1:26:15.2	721	1:26:07.1	27	M40	11	Aminhacorrida.com	0:41:20.3	44	1:01:35.8	39
28	Jorge Gonçalves	1:26:43.7	673	1:26:30.8	28	M45	6	Wikaboo	0:41:09.7	40	1:01:35.1	38
29	Nelson Fonseca	1:27:11.4	699	1:26:55.2	29	Sen M	7	Jobrinde - Montes Saloios	0:41:08.0	38	1:01:52.1	41
30	Nelson Casanova	1:27:27.3	516	1:27:24.7	30	Sen M	8	CBAMM	0:41:05.2	35	1:01:28.7	36
31	Miguel Pinto	1:27:42.8	576	1:27:30.4	31	M40	12	Sporting Clube Reboleira e Damaia	0:40:41.1	31	1:01:39.9	40
32	Antonio Paias	1:28:03.0	716	1:27:46.4	32	M55	4	Clube de Atletismo Odimarq	0:41:12.8	41	1:02:24.9	44
33	Ricardo Mendes Almeida	1:28:04.5	271	1:27:53.1	33	Sen M	9	O Mundo da Corrida	0:42:00.8	48	1:02:34.6	46
34	António Madeira	1:28:10.5	416	1:28:04.9	34	M50	3	Clube de Praças da Armada	0:41:38.8	46	1:02:44.4	49
35	Luís Várzea	1:28:28.1	328	1:28:21.7	35	Sen M	10	C.R.Alturense	0:41:08.0	37	1:02:32.2	45
36	Francisco Gonçalves	1:28:41.4	83	1:28:35.6	36	M40	13		0:41:05.6	36	1:02:34.9	47
37	Luis Morgado	1:28:42.6	476	1:28:30.0	37	M40	14	Scalabis Night Runners	0:42:23.8	56	1:03:30.7	52

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
38	Luis Rodrigues	1:28:42.9	501	1:28:35.5	38	M40	15		0:41:04.8	34	1:02:17.8	43
39	Luis Santos	1:28:52.4	494	1:28:41.3	39	Sen M	11		0:42:12.9	51	1:03:14.7	50
40	José Abrantes	1:29:32.5	290	1:29:19.2	40	M40	16		0:44:10.5	87	1:04:45.8	66
41	Bruno Dias	1:29:37.8	446	1:29:29.5	41	Sen M	12	Adraga BTTeam	0:42:08.2	49	1:04:17.9	57
42	António Dias	1:29:55.7	241	1:29:50.2	42	M55	5	Falcões Selvagens	0:41:09.1	39	1:02:02.6	42
43	Joao Samouqueiro	1:30:02.6	711	1:29:48.6	43	Sen M	13		0:41:38.1	45	1:03:49.2	53
44	Vitor Silva	1:30:11.3	467	1:29:56.8	44	M45	7	CBAMM	0:43:31.6	73	1:04:44.2	64
45	Helder Lopes	1:30:11.6	465	1:29:57.7	45	M45	8	CBAMM	0:43:34.9	76	1:04:46.8	67
46	Jose Renato Rodrigues	1:30:19.1	676	1:30:10.8	46	Sen M	14		0:42:20.1	55	1:03:26.9	51
47	Luis Trindade	1:30:34.0	690	1:30:20.5	47	Sen M	15	Monsanto Running Team	0:42:17.9	52	1:04:08.5	55
48	João Afonso	1:30:39.4	466	1:30:20.4	48	M45	9	CBAMM	0:40:54.9	33	1:04:06.7	54
49	José Queirós	1:30:45.1	680	1:30:30.5	49	M40	17	Alvitejo	0:43:25.5	67	1:04:36.1	61
50	Germano Silva	1:30:50.2	344	1:30:42.3	50	M55	6	Real Academia	0:43:04.4	61	1:04:43.0	63
51	Ricardo Damião	1:30:58.4	510	1:30:36.6	51	Sen M	16	Real Mafra	0:43:02.5	60	1:04:12.7	56
52	Fernando Figueiredo	1:31:01.8	196	1:30:54.8	52	M45	10	Falcões Selvagens	0:42:25.4	57	1:04:44.3	65
53	Carlos Lopes	1:31:10.6	393	1:31:05.6	53	M40	18	Aminhacorrida.com	0:43:19.3	65	1:04:29.2	59
54	Henrique Venâncio	1:31:28.1	486	1:31:01.8	54	Sen M	17	Atletas do Farolim Peniche	0:44:19.9	92	1:05:33.9	75
55	Rui Cabral	1:31:29.3	681	1:31:16.0	55	M40	19	Wikaboo	0:42:35.0	58	1:04:41.1	62
56	Nuno Espírito Santo	1:31:34.5	550	1:31:10.5	56	M40	20	Açoreana Clube Banif	0:43:14.6	63	1:04:54.4	68
57	Paulo Oliveira	1:31:42.6	622	1:31:33.4	57	M45	11	CCD PM CASCAIS	0:42:18.3	53	1:04:29.2	60
58	Filipe Silva	1:32:01.3	2	1:31:35.9	58	Sen M	18	O MUNDO DA CORRIDA	0:43:14.9	64	1:05:01.9	69
59	Joaquim Epiménio Oliveira Joaquim	1:32:06.7	197	1:32:01.1	59	M45	12	Clube EDP - Lisboa	0:42:00.5	47	1:04:23.7	58
60	António João Moreira	1:32:15.2	417	1:32:06.2	60	M40	21	Leões da Fronteira - Vilar Formoso	0:43:32.8	75	1:05:32.1	74
61	Chantal Xhervelle	1:32:22.8	209	1:32:16.9	1	F40	1	Xtreme Level	0:43:32.4	74	1:05:36.8	76
62	Edgar Monteiro	1:32:26.6	547	1:32:21.1	61	Sen M	19	Açoreana Clube Banif	0:39:28.6	21	1:02:43.5	48
63	Fernando Almeida	1:32:33.3	230	1:32:01.1	62	Sen M	20	VFF 1896	0:43:43.1	81	1:05:30.6	73
64	Carlos Pacheco	1:32:57.0	604	1:32:25.4	63	Sen M	21		0:43:41.9	80	1:05:46.4	79
65	João Rodrigues	1:33:40.2	415	1:33:34.0	64	M55	7	U.F.DE GOLADOS	0:42:10.7	50	1:05:21.4	72
66	Ricardo Alves	1:33:50.9	543	1:33:36.9	65	Sen M	22	Açoreana Clube Banif	0:43:11.9	62	1:05:45.3	78
67	Roberto Guerreiro	1:34:06.2	630	1:33:43.5	66	Sen M	23	RB RUNNING	0:44:25.1	94	1:06:50.7	90
68	João Rosado Martins	1:34:06.4	265	1:33:36.0	67	M50	4	Ferroviario de Portugal	0:44:17.4	89	1:06:43.1	88
69	Nuno Pita	1:34:20.5	391	1:33:51.0	68	Sen M	24	Metro 2011	0:43:30.9	72	1:06:12.6	84
70	João Pastor	1:34:21.3	479	1:34:15.4	69	M40	22	Amigos Atletismo Mafra	0:44:05.3	85	1:06:56.3	92
71	Carlos Preciso	1:34:22.4	720	1:33:42.8	70	M40	23		0:44:52.8	98	1:07:08.4	94
72	António Santos	1:34:23.5	312	1:33:44.8	71	M50	5	Clube Atletismo Amigos Belém	0:44:53.9	99	1:07:09.3	95
73	Luis Miguel Miranda	1:34:26.0	484	1:34:17.7	72	M40	24		0:43:30.5	71	1:06:14.1	85
74	Alice Basilio	1:34:26.7	480	1:34:18.0	2	F40	2	Amigos Atletismo Mafra	0:44:01.3	83	1:06:52.3	91

38.^a Meia Maratona de São João das Lampas

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Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
75	Carlos Caetano	1:34:27.8	400	1:34:21.2	73	M40	25		0:43:24.6	66	1:06:17.2	86
76	Edgar Trigo	1:34:31.1	132	1:34:21.7	74	M45	13		0:44:02.8	84	1:06:43.1	87
77	António Pereira	1:34:54.9	587	1:34:37.1	75	Sen M	25		0:44:49.7	97	1:07:48.8	100
78	Luis Pinheiro	1:34:59.0	226	1:34:55.4	76	Sen M	26	adcc catujal	0:43:29.0	69	1:05:43.7	77
79	Pedro Norte	1:34:59.9	632	1:34:49.9	77	M40	26	Amigos Atletismo Mafra	0:46:33.7	154	1:09:03.5	122
80	Carlos Eduardo Lourenço	1:35:13.6	392	1:34:50.2	78	M45	14		0:44:15.5	88	1:07:00.0	93
81	Paulo Santos	1:35:17.0	488	1:34:51.2	79	M50	6	Atletas do Farolim Peniche	0:45:01.1	103	1:07:56.2	104
82	JosÉ Carlos	1:35:21.0	397	1:35:12.3	80	M50	7	N.A. PAPAGAIOS CASCAIS	0:45:08.2	107	1:07:45.4	99
83	Luis Paulo	1:35:28.9	257	1:35:12.5	81	M45	15	Bahia	0:42:47.6	59	1:05:17.1	71
84	Armando Teixeira	1:35:44.8	428	1:35:34.1	82	M40	27		0:44:20.4	93	1:07:22.5	97
85	Filipe Brízida	1:35:50.7	686	1:35:43.4	83	M40	28		0:46:24.9	144	1:09:22.1	127
86	Luis Moura	1:35:54.3	144	1:35:41.6	84	M40	29		0:45:03.9	104	1:08:19.1	107
87	Claudio Leal	1:36:00.2	722	1:35:53.0	85	Sen M	27		0:44:10.2	86	1:07:50.5	101
88	Carlos Baptista	1:36:03.4	687	1:35:55.7	86	M50	8	Sporting Clube de Casainhos	0:45:05.7	106	1:07:56.3	105
89	Pedro Pires	1:36:13.9	726	1:35:46.7	87	M45	16	Associação de Atletismo Lebres do	0:45:49.9	124	1:08:56.2	116
90	Manuel Chinita	1:36:18.7	458	1:35:54.8	88	M50	9	Amigos Vale Silencio	0:45:46.1	121	1:08:39.4	109
91	Rui Pedro Julião	1:36:22.2	50	1:36:09.3	89	M45	17	Georunners	0:46:01.9	133	1:09:25.8	130
92	Nuno Neves	1:36:29.5	192	1:36:18.5	90	Sen M	28	Falcões Selvagens	0:45:47.9	122	1:09:00.8	118
93	Daniel ConceliÇÃO	1:36:36.2	395	1:36:21.7	91	M45	18	N.A. PAPAGAIOS CASCAIS	0:43:38.4	78	1:06:03.2	81
94	José Brito	1:36:36.7	201	1:36:27.0	92	M50	10	C.A. Amigos Parque da Paz	0:45:57.4	130	1:09:02.7	120
95	Miguel Rocha	1:36:38.3	221	1:36:24.8	93	Sen M	29	SS CGD	0:44:54.1	100	1:07:55.5	103
96	Francisco Calçada	1:36:41.7	704	1:36:31.7	94	M50	11	Meia Maratona de S. João das	0:44:29.6	96	1:07:25.9	98
97	Tiago Fonseca	1:36:44.6	296	1:36:29.9	95	Sen M	30		0:43:38.5	79	1:06:03.9	82
98	João Soares	1:36:45.1	520	1:36:40.9	96	M60	1	CBAMM	0:45:56.0	129	1:09:45.4	139
99	Janicio Reis	1:36:48.7	511	1:36:48.6	97	Sen M	31	CBAMM	0:42:19.3	54	1:05:09.5	70
100	Luis Graça	1:36:50.5	662	1:36:18.1	98	Sen M	32	Wikaboo	0:45:27.5	115	1:08:37.2	108
101	António Guerreiro	1:36:52.8	167	1:36:38.9	99	M60	2	Monsanto Running Team	0:46:36.8	156	1:09:31.8	134
102	Henrique Serrano	1:36:57.1	306	1:36:41.6	100	Sen M	33		0:46:33.4	153	1:09:33.1	135
103	Joaquim Fernandes	1:36:57.5	342	1:36:50.8	101	M50	12	Associação de Atletismo Lebres do	0:45:35.1	116	1:08:52.2	112
104	Rui Pereira	1:37:07.2	98	1:36:59.2	102	M50	13		0:44:25.9	95	1:07:55.1	102
105	Heitor Gomes	1:37:20.4	49	1:37:14.9	103	M40	30	Georunners	0:46:46.5	163	1:09:28.4	132
106	Hugo Domingos	1:37:24.5	262	1:37:15.0	104	Sen M	34		0:44:17.6	90	1:08:44.4	111
107	Pedro Reis	1:37:26.1	469	1:37:13.2	105	M40	31		0:46:02.0	134	1:09:26.0	131
108	António Angelino	1:37:29.0	453	1:37:09.1	106	M45	19		0:46:31.6	152	1:09:25.4	129
109	Bruno Silva	1:37:30.0	580	1:36:23.0	107	M40	32		0:46:03.4	135	1:08:59.1	117
110	Nuno Sabino	1:37:33.7	554	1:37:20.6	108	Sen M	35	Açoreana Clube Banif	0:43:36.2	77	1:06:49.4	89
111	António Rico	1:37:35.5	339	1:37:27.3	109	M40	33	NAPA - Núcleo Amigos Perna Assada	0:45:58.4	131	1:09:22.1	126

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Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
112	João Paixão	1:37:35.7	338	1:37:27.8	110	M40	34	NAPA - Núcleo Amigos Perna Assada	0:45:59.3	132	1:09:22.6	128
113	Carlos Cardoso	1:37:42.1	365	1:37:34.4	111	M60	3	GD Banco BPI	0:46:19.1	141	1:09:36.8	136
114	João Salgueiro Antunes	1:37:56.7	364	1:37:22.2	112	M40	35	GD Banco BPI	0:45:42.5	118	1:09:04.5	124
115	José Carlos Melo	1:37:56.8	248	1:37:38.0	113	M50	14	Run4Fun	0:45:12.5	108	1:09:02.4	119
116	Helder Valadas	1:37:58.0	137	1:37:30.2	114	Sen M	36	Os Perigosos	0:46:20.1	142	1:09:19.7	125
117	Paulo Taboas	1:38:00.6	394	1:37:44.4	115	M45	20	Aminhacorrida.com	0:45:50.1	125	1:09:42.8	138
118	Antonio Vilela	1:38:01.8	345	1:37:49.2	116	M45	21	Real Academia	0:45:53.7	127	1:10:59.0	162
119	David Faustino	1:38:01.8	599	1:37:54.7	117	M45	22	SS CGD	0:45:00.3	102	1:09:03.8	123
120	Luciano Contente Contente	1:38:02.6	62	1:37:47.9	118	Sen M	37		0:43:26.8	68	1:06:02.8	80
121	Isabel Moleiro	1:38:03.7	600	1:37:57.6	3	F40	3	SS CGD	0:45:54.1	128	1:09:30.5	133
122	Victor Silva	1:38:10.8	88	1:38:02.7	119	M45	23	Associação de Atletismo Lebres do	0:46:26.3	146	1:09:45.7	140
123	Jaime Lamego	1:38:10.9	210	1:38:05.0	120	M50	15	Xtreme Level	0:43:48.2	82	1:07:15.0	96
124	Vitor Santos	1:38:14.9	502	1:37:46.8	121	M45	24	CBAMM	0:46:29.9	148	1:09:47.2	142
125	Gonçalves Manuel	1:38:15.1	719	1:37:41.9	122	M50	16	Casa do Benfica de Algueirão Mem	0:46:24.9	145	1:09:41.8	137
126	Pedro Farto	1:38:24.5	489	1:37:57.8	123	Sen M	38	Atletas do Farolim Peniche	0:45:19.3	110	1:08:55.1	115
127	Eduardo Santos	1:38:24.6	229	1:37:51.8	124	Sen M	39	VFF 1896	0:46:44.0	160	1:09:57.2	146
128	Paulo Raposo	1:38:30.9	693	1:38:09.5	125	M40	36	Run4Fun	0:46:38.0	157	1:10:08.9	147
129	Jorge Nunes	1:38:33.8	652	1:37:47.7	126	M45	25		0:48:03.2	194	1:10:49.8	161
130	Alexandre Lucas	1:38:43.5	224	1:38:06.7	127	Sen M	40	Caracóis de Pedra	0:45:22.8	114	1:08:55.1	114
131	José Campos	1:38:50.1	190	1:38:13.3	128	M45	26	amigosdacorrida.com	0:46:11.7	137	1:09:56.0	145
132	Paulo Mata	1:38:50.7	195	1:38:43.4	129	M50	17	Falcões Selvagens	0:46:43.1	159	1:11:28.7	177
133	José Conceição	1:39:01.3	585	1:38:56.2	130	M65	1	NúcleoOeiras/Sportzone	0:46:15.2	138	1:10:11.5	148
134	Luis Álvaro	1:39:07.7	360	1:38:33.5	131	M45	27	GD Banco BPI	0:46:16.3	139	1:09:47.1	141
135	Jose Bouceiro	1:39:09.1	609	1:39:02.8	132	M45	28	ADCR Policia Judiciaria	0:46:30.7	149	1:10:24.0	154
136	Arlindo Domingues	1:39:09.3	529	1:38:51.6	133	M40	37		0:48:10.0	196	1:11:27.2	176
137	Jorge Serra	1:39:12.3	407	1:39:04.8	134	M45	29		0:43:29.4	70	1:06:10.1	83
138	António Almeida	1:39:13.7	401	1:39:04.6	135	M40	38	Ficalho Runners	0:47:41.4	187	1:11:20.4	172
139	Julio Fernandes	1:39:16.8	217	1:38:37.0	136	Sen M	41	vitorias	0:46:50.0	165	1:10:17.6	151
140	Antonio Coelho	1:39:24.7	515	1:39:14.3	137	M55	8	CBAMM	0:47:04.7	170	1:10:44.6	158
141	Carlos Rouxinol	1:39:26.3	441	1:39:21.5	138	M40	39	NAZABoboda	0:39:53.0	26	1:00:26.2	30
142	Luisa Santo	1:39:36.0	184	1:39:27.4	4	F40	4	NAZABOBODA	0:47:06.9	172	1:10:47.3	160
143	Nuno Antunes	1:39:36.0	660	1:39:00.0	139	M40	40	Wikaboo	0:46:51.1	166	1:10:13.0	149
144	Ricardo Ferreira	1:39:37.3	483	1:39:29.6	140	Sen M	42		0:44:18.5	91	1:08:18.8	106
145	João Fernandes	1:39:43.3	561	1:38:57.5	141	Sen M	43	CCD Siemens	0:47:30.8	180	1:10:45.2	159
146	João Queiroz	1:39:49.7	558	1:39:11.0	142	M40	41	CCD Siemens	0:47:31.0	181	1:11:10.1	166
147	Fernando Silva	1:40:00.2	326	1:39:53.5	143	M45	30	C.R.Alturense	0:46:10.7	136	1:10:19.1	152
148	Paulo Lourinho	1:40:01.4	371	1:39:47.1	144	M45	31	Clube Atletismo Amigos Belém	0:47:41.5	188	1:11:30.6	178

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
149	Diogo Martins	1:40:03.7	650	1:39:45.3	145	Sen M	44		0:46:18.2	140	1:10:29.8	156
150	Paulo Santos	1:40:06.8	304	1:39:26.3	146	M45	32	Lis Running	0:47:34.4	183	1:11:09.1	165
151	Nuno M Pereira	1:40:12.5	499	1:39:50.7	147	Sen M	45	Pernas de Gafanhoto	0:47:33.0	182	1:11:32.7	180
152	Emanuel Freitas	1:40:18.7	261	1:40:08.0	148	M50	18		0:45:51.1	126	1:10:16.1	150
153	Pedro Cardoso	1:40:23.7	200	1:39:49.1	149	Sen M	46	Correr Lisboa	0:45:03.9	105	1:09:03.1	121
154	Nelson Mota	1:40:24.8	541	1:40:16.5	150	M40	42	Açoreana Clube Banif	0:48:16.7	201	1:12:00.5	189
155	Manuel Costa	1:40:26.1	389	1:39:55.7	151	M55	9	Metro 2011	0:48:26.4	206	1:11:54.2	185
156	António Gonçalves	1:40:34.1	387	1:40:03.9	152	M45	33	Metro 2011	0:48:26.5	207	1:11:54.9	187
157	Nuno Anjos	1:40:49.5	187	1:40:13.2	153	M40	43	amigosdacorrída.com	0:47:12.5	174	1:11:34.5	181
158	Paulo Gamboa	1:40:50.8	714	1:40:44.7	154	M40	44	CLUBE ATLÉTICO DAS	0:48:56.5	224	1:12:55.4	202
159	Liberto Santos	1:40:54.5	222	1:40:41.2	155	M45	34		0:46:47.8	164	1:10:59.8	163
160	Eduardo Ribeiro	1:41:02.2	517	1:40:32.7	156	Sen M	47		0:46:27.7	147	1:10:25.4	155
161	Jaime Mauricio	1:41:03.7	464	1:40:55.2	157	M40	45	CBAMM	0:45:15.7	109	1:09:55.3	144
162	Leonel Neves	1:41:08.7	461	1:40:45.0	158	M60	4	Amigos Vale Silencio	0:46:59.1	168	1:11:21.0	174
163	Artur Paulo Almeida Botão	1:41:11.2	702	1:40:53.4	159	M45	35	ACADEMIA DO LUMIAR	0:47:11.5	173	1:11:10.2	167
164	Pedro Barreirão	1:41:11.6	349	1:41:02.1	160	Sen M	48		0:47:51.0	190	1:11:57.9	188
165	Bernardo Pinto-Coelho	1:41:19.3	646	1:41:07.3	161	Sen M	49	Pernas de Gafanhoto	0:47:15.1	175	1:11:47.4	184
166	Jose Henriques	1:41:20.4	354	1:40:43.9	162	M40	46	Real Academia	0:46:58.5	167	1:11:12.2	170
167	Armando Dias	1:41:27.4	116	1:41:17.0	163	M45	36		0:46:46.0	161	1:11:04.7	164
168	José Gonçalves	1:41:29.3	487	1:41:02.0	164	Sen M	50	Atletas do Farolim Peniche	0:48:34.6	214	1:12:48.6	200
169	Sílvio Romão	1:41:33.9	161	1:41:05.0	165	Sen M	51		0:44:56.7	101	1:08:42.9	110
170	Eladio Manuel	1:41:39.1	313	1:41:30.1	166	M40	47		0:46:24.7	143	1:10:38.6	157
171	João Crespo	1:41:42.5	78	1:41:20.1	167	M50	19	Golden Team	0:47:04.0	169	1:11:21.0	173
172	Jorge Lopes	1:42:00.2	234	1:41:11.3	168	Sen M	52	VFF 1896	0:50:22.1	279	1:13:52.7	221
173	João Valente	1:42:02.6	4	1:41:54.9	169	M40	48	PORTUGAL RUNNING	0:47:18.4	176	1:12:07.7	190
174	Manuel Alves	1:42:12.8	422	1:41:44.1	170	M45	37	CD ARNEIRO	0:48:19.1	202	1:12:23.0	192
175	Paulo Gomes	1:42:13.6	648	1:42:04.1	171	M40	49	Amigos Atletismo Mafra	0:47:54.4	192	1:12:39.6	196
176	Ildebrando Aires	1:42:15.0	82	1:41:39.1	172	Sen M	53		0:48:34.0	213	1:12:56.0	203
177	Miguel Sergio Gomes	1:42:15.1	207	1:41:25.7	173	M40	50		0:49:49.7	255	1:13:13.9	210
178	Albisio Magalhaes	1:42:15.8	81	1:41:36.5	174	M60	5		0:48:20.0	203	1:12:37.5	195
179	Hugo Novais	1:42:16.7	117	1:41:35.6	175	Sen M	54	RUNSINTRA	0:50:54.7	292	1:14:00.6	225
180	Jose Maio	1:42:18.3	423	1:41:48.2	176	M50	20	CD ARNEIRO	0:49:31.0	246	1:13:28.7	218
181	António Merujo	1:42:21.2	76	1:42:16.9	177	M55	10	Golden Team	0:45:44.3	120	1:11:11.4	169
182	Fernando Rosete	1:42:49.9	31	1:42:30.2	178	M40	51	Run4Fun	0:45:21.4	112	1:10:22.1	153
183	Hugo Pina	1:42:50.3	307	1:41:54.3	179	Sen M	55		0:49:54.9	259	1:13:47.6	220
184	Rui Carlos Almeida	1:42:53.7	308	1:42:47.0	180	M45	38		0:48:32.8	211	1:13:20.2	215
185	Paulo Pais	1:42:58.1	115	1:42:40.8	181	M45	39		0:46:38.2	158	1:11:54.5	186

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
186	Paulo Calvino	1:43:07.3	33	1:42:55.6	182	M40	52	Portugal Running	0:47:38.1	185	1:12:33.0	193
187	Jose Faustino	1:43:10.3	430	1:43:05.0	183	M60	6		0:47:34.7	184	1:12:40.0	197
188	Paulo Pires	1:43:12.5	668	1:42:30.2	184	M45	40	SS CGD	0:48:10.5	197	1:12:40.2	198
189	Pedro Gabriel	1:43:12.6	147	1:42:31.0	185	M40	53	C.A. Amigos Parque da Paz	0:48:11.3	199	1:12:41.3	199
190	Jose Mira	1:43:21.2	288	1:42:49.6	186	M45	41	o praticante (asas do milenium)	0:49:16.4	235	1:13:19.3	212
191	Pedro Castro	1:43:26.3	661	1:42:51.6	187	M40	54	Wikaboo	0:48:24.1	205	1:13:02.2	205
192	Sérgio Nunes	1:43:26.6	152	1:43:21.5	188	M40	55		0:45:43.1	119	1:11:22.8	175
193	Nuno Gomes	1:43:27.4	148	1:43:11.6	189	M45	42	C.A. Amigos Parque da Paz	0:48:41.3	216	1:13:16.4	211
194	Nuno Pimenta	1:43:29.9	149	1:43:20.0	190	Sen M	56	Portugal Running	0:46:31.5	150	1:11:39.6	182
195	José Ferraz	1:43:39.9	452	1:43:26.5	191	M50	21	Ginásio Clube de Queluz	0:47:40.3	186	1:12:51.7	201
196	Belchior Barrocas	1:43:44.0	150	1:43:12.8	192	M45	43		0:49:38.4	250	1:14:29.7	233
197	Fabio Ferreira	1:43:44.6	733	1:43:37.2	193	Sen M	57		0:47:23.2	177	1:12:33.0	194
198	Miguel Cabral	1:43:45.4	710	1:43:07.0	194	M40	56	Amigosdacorrida.com	0:48:21.0	204	1:13:00.6	204
199	Miguel Pereira	1:43:47.4	679	1:42:54.4	195	Sen M	58	Rail Runners	0:48:58.4	225	1:13:05.0	206
200	Pedro Conceição	1:43:47.6	617	1:42:55.4	196	Sen M	59	Monsanto Running Team	0:48:59.1	226	1:13:08.6	208
201	Veaceslav Ignat	1:43:51.9	700	1:43:39.7	197	Sen M	60		0:45:48.1	123	1:11:11.3	168
202	José Costa Alves	1:43:52.7	403	1:43:45.2	198	M45	44		0:48:42.8	217	1:13:23.4	217
203	João Alves	1:43:53.3	588	1:43:35.7	199	M45	45		0:49:03.4	229	1:14:00.6	226
204	Mario Santos	1:43:57.1	732	1:43:49.5	200	M40	57		0:47:30.1	178	1:13:06.8	207
205	Paulo Frango	1:43:58.9	351	1:43:45.6	201	Sen M	61	MONSANTO RUNNING TEAM	0:45:19.9	111	1:09:49.8	143
206	Durval Santos	1:43:59.4	305	1:43:43.5	202	M50	22		0:47:55.4	193	1:13:09.7	209
207	João Paulo Pereira	1:44:12.0	266	1:43:40.9	203	M40	58	Ferroviario de Portugal	0:46:31.6	151	1:11:19.9	171
208	Armando Almeida	1:44:15.5	459	1:43:48.2	204	M55	11	Amigos Vale Silencio	0:48:38.1	215	1:13:19.3	213
209	Ana Isabel Brás	1:44:19.9	635	1:44:10.7	5	Sen F	1	CCD PM CASCAIS	0:48:51.9	220	1:13:19.5	214
210	Filipe Branco	1:44:20.5	574	1:44:02.3	205	M40	59		0:49:02.8	228	1:14:00.1	224
211	António Pedro Santos	1:44:31.4	213	1:44:16.2	206	M40	60	Salamandrecos	0:50:16.9	274	1:16:27.4	283
212	António Almeida	1:44:36.1	334	1:44:23.8	207	M50	23	VIA3Runners	0:50:05.9	264	1:15:00.2	249
213	Alcides Varela	1:44:41.9	706	1:44:25.9	208	M45	46	Casa do Benfica de Algueirão Mem	0:46:46.4	162	1:11:32.0	179
214	Bernardo Filipitsch	1:44:44.4	204	1:44:30.3	209	Sen M	62	Filiipitsch Massagens	0:50:19.9	276	1:15:37.3	269
215	João Leitão	1:44:47.7	40	1:44:21.4	210	M40	61	RunLovers	0:50:09.8	270	1:15:06.5	254
216	Rafael Abrunhosa	1:44:49.7	320	1:44:30.3	211	M45	47		0:51:39.1	316	1:16:45.4	292
217	Alexandra Alves	1:44:51.2	553	1:44:45.3	6	Sen F	2	Açoreana Clube Banif	0:45:37.8	117	1:11:43.0	183
218	Rui Pinho	1:44:53.6	671	1:43:58.9	212	M40	62		0:50:31.5	283	1:15:02.3	252
219	Eduardo Luís	1:44:57.8	268	1:44:29.8	213	Sen M	63	Atomic Team	0:50:07.4	268	1:14:48.0	240
220	João Pereira	1:45:02.9	119	1:44:30.0	214	Sen M	64		0:49:25.9	243	1:14:06.6	230
221	João Veiga	1:45:05.9	75	1:44:46.1	215	Sen M	65	Run4Fun	0:48:55.8	223	1:14:04.8	228
222	Gonçalo Amorim	1:45:07.5	645	1:44:35.0	216	Sen M	66		0:49:28.9	244	1:14:39.7	236

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
223	Pedro Lizardo	1:45:13.5	729	1:44:47.3	217	Sen M	67	Monsanto Running Team	0:47:30.3	179	1:13:21.2	216
224	Miguel Serradas Duarte	1:45:15.1	7	1:44:50.5	218	M40	63	Run4Fun	0:50:07.5	269	1:15:04.4	253
225	Telmo Inácio	1:45:19.8	589	1:44:40.8	219	Sen M	68		0:48:33.4	212	1:14:51.3	242
226	Hugo Rocha	1:45:21.1	523	1:44:44.5	220	Sen M	69	Diverinstal	0:49:19.7	238	1:14:23.7	232
227	Pedro Bueno	1:45:22.2	421	1:44:53.2	221	M45	48	CD ARNEIRO	0:50:03.7	262	1:14:58.3	248
228	Rui Alegre	1:45:24.7	30	1:45:01.5	222	Sen M	70		0:49:44.0	253	1:14:52.0	244
229	Carlos Nabiça	1:45:28.7	169	1:45:11.5	223	M50	24	CGBES	0:49:33.4	247	1:14:46.2	238
230	Nuno Correia	1:45:35.3	675	1:45:01.5	224	Sen M	71	LV TEAM	0:51:30.5	311	1:16:36.3	287
231	Artur Pereira	1:45:43.0	356	1:45:26.3	225	M45	49	Magic Runners	0:50:51.9	291	1:15:33.5	265
232	JosÉ Oliveira	1:45:44.3	219	1:45:35.2	226	M40	64	Associação de Atletismo Lebres do	0:50:06.8	265	1:15:25.1	261
233	José Santos	1:45:48.1	682	1:45:05.7	227	M45	50	Vila Seca Running Team	0:49:57.4	261	1:15:13.9	257
234	David Resina	1:45:55.0	105	1:45:25.1	228	M50	25		0:48:51.8	219	1:14:52.2	245
235	Luis Ferreira	1:45:56.9	41	1:45:31.4	229	M45	51	RunLovers	0:50:10.5	272	1:15:07.3	255
236	Victor Manuel E Sá Venda	1:46:00.2	23	1:45:33.8	230	M40	65		0:51:15.4	307	1:16:19.4	279
237	Tiago Duarte	1:46:02.0	337	1:45:50.5	231	Sen M	72	Sporting SEMPRE	0:50:40.3	286	1:16:22.6	280
238	Jose Sousa	1:46:03.2	425	1:45:33.7	232	M60	7	CD ARNEIRO	0:50:26.9	280	1:15:45.6	270
239	Armando Parreira	1:46:05.2	709	1:45:56.4	233	M45	52	Açoreana Clube Banif	0:50:07.0	266	1:15:25.2	262
240	João Filipe Figueiredo	1:46:07.6	239	1:45:46.0	234	Sen M	73		0:48:28.1	208	1:13:59.9	223
241	Manuel Faísca	1:46:13.2	447	1:45:33.2	235	M65	2		0:50:10.3	271	1:15:12.7	256
242	Miguel Ribeiro	1:46:16.7	666	1:46:01.6	236	M40	66		0:52:14.1	335	1:16:58.6	296
243	Joao Peres	1:46:21.2	448	1:45:55.5	237	M40	67		0:48:45.8	218	1:13:54.9	222
244	Guilherme Gonçalves	1:46:25.0	263	1:45:55.4	238	M50	26	Ferroviano de Portugal	0:49:47.7	254	1:15:28.1	263
245	Luís Bastos	1:46:26.2	562	1:45:39.0	239	M50	27	CCD Siemens	0:49:56.3	260	1:16:01.8	273
246	Luís Ferreira	1:46:31.5	472	1:46:17.2	240	M45	53	Rail Runners	0:49:25.0	240	1:14:38.7	235
247	Carlos Barros	1:46:35.9	614	1:46:24.3	241	Sen M	74		0:48:10.7	198	1:14:06.0	229
248	Nuno Ryder	1:46:37.9	373	1:46:02.2	242	M40	68		0:52:18.4	337	1:17:13.0	302
249	Daniel Gonçalves	1:46:47.8	227	1:46:34.7	243	Sen M	75	adcc catujal	0:49:14.6	234	1:13:39.2	219
250	Pedro Prudencio	1:46:49.3	595	1:46:35.5	244	M45	54		0:50:07.1	267	1:15:32.0	264
251	Paulo Godinho	1:46:58.1	703	1:46:45.7	245	M45	55		0:49:09.0	231	1:15:22.3	259
252	Jorge Sobrinho	1:47:00.9	583	1:46:57.2	246	M45	56	Café Cartoon Run	0:48:03.9	195	1:14:01.7	227
253	Alvaro Pinto	1:47:02.5	343	1:46:22.9	247	M55	12	Real Academia	0:51:02.1	298	1:16:18.5	278
254	Daniel Neves	1:47:08.9	633	1:46:50.5	248	Sen M	76		0:50:03.8	263	1:15:33.6	266
255	Antonio Nereu	1:47:12.2	287	1:46:41.4	249	M50	28	o praticante (asas do milenium)	0:49:19.5	237	1:15:00.4	250
256	Joao Goncalves	1:47:13.2	500	1:47:01.0	250	M40	69		0:50:57.7	295	1:16:22.7	281
257	Álvaro Santos	1:47:17.5	166	1:47:02.4	251	Sen M	77	Monsanto Running Team	0:51:06.2	301	1:17:03.4	299
258	Manuel Brito	1:47:22.7	674	1:46:40.8	252	M50	29		0:51:01.8	296	1:16:31.2	284
259	Pedro Batista	1:47:26.0	621	1:47:14.7	253	Sen M	78		0:50:26.9	281	1:16:03.2	275

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
260	António Bento Fernandes	1:47:43.5	178	1:47:28.6	254	M50	30	Clube do Stress	0:48:28.9	209	1:14:47.8	239
261	Rui Carvalho	1:47:49.5	283	1:47:30.3	255	M45	57		0:49:05.3	230	1:14:13.7	231
262	Nuno Silvestre	1:47:53.0	61	1:47:34.4	256	Sen M	79	Jobrinde - Montes Saloios	0:50:21.8	278	1:15:33.9	267
263	Luis Ferreira	1:47:54.7	597	1:47:23.9	257	Sen M	80		0:50:21.1	277	1:16:03.4	276
264	Nelson Alegre	1:47:55.0	376	1:47:43.8	258	Sen M	81	Happy Brothers team	0:50:39.8	285	1:16:22.9	282
265	Abilio Marinho	1:47:55.3	336	1:46:54.4	259	M45	58	CD Estrela	0:50:33.8	284	1:15:49.5	271
266	Helder Baptista	1:47:56.9	19	1:47:24.5	260	M40	70	GRD Ribeira da Lage	0:51:42.9	321	1:16:39.2	291
267	Fausto Isaac	1:48:00.8	546	1:47:33.3	261	M45	59	Açoreana Clube Banif	0:49:17.5	236	1:14:56.2	247
268	Luís Grilo	1:48:11.7	656	1:47:56.2	262	M45	60	Wikaboo	0:47:48.3	189	1:14:50.3	241
269	Carlos Rodrigues	1:48:14.5	647	1:48:04.4	263	M55	13	Amigos Atletismo Mafra	0:51:29.2	310	1:17:34.8	309
270	João Carlos Freire	1:48:17.1	18	1:47:53.1	264	M45	61		0:51:09.3	305	1:16:51.5	293
271	Nuno Tempera	1:48:19.3	26	1:48:00.2	265	M45	62	Run4Fun	0:49:37.0	249	1:15:14.1	258
272	Carla Mendes	1:48:25.0	164	1:48:03.4	7	Sen F	3	Tartarugas Solidarias	0:51:54.8	326	1:16:53.1	294
273	Fernando Morais	1:48:32.4	361	1:48:22.5	266	M50	31	GD Banco BPI	0:48:53.6	222	1:15:22.5	260
274	Paulo Rodrigues	1:48:34.7	21	1:48:03.8	267	M40	71		0:49:25.6	241	1:14:55.5	246
275	Tiago Silva	1:48:36.3	444	1:47:53.3	268	Sen M	82		0:48:30.2	210	1:14:29.8	234
276	Rute Matos	1:48:41.3	445	1:48:34.2	8	F40	5		0:49:25.7	242	1:15:34.5	268
277	Carlos Fonseca	1:49:03.7	555	1:48:53.8	269	M50	32	Açoreana Clube Banif	0:49:53.0	257	1:17:19.6	304
278	Fabio Pereira	1:49:07.3	688	1:48:59.6	270	Sub23	1	Sporting Clube de Casainhos	0:47:54.1	191	1:14:51.3	243
279	Nuno Pires	1:49:17.0	477	1:49:09.8	271	Sen M	83		0:50:17.1	275	1:17:30.3	306
280	Joao Antunes	1:49:25.4	77	1:49:02.7	272	M45	63	Golden Team	0:50:49.7	290	1:17:02.4	298
281	Mário Bastardo	1:49:28.8	667	1:49:13.4	273	Sen M	84	Hand 2 Hand - Better Living Club	0:51:06.0	300	1:17:03.6	300
282	Carlos Abrunhosa	1:49:30.8	384	1:49:10.5	274	M40	72		0:51:38.3	314	1:16:59.9	297
283	Dinis Morais	1:49:34.7	559	1:48:51.1	275	M40	73	CCD Siemens	0:49:00.4	227	1:14:42.3	237
284	Carlos Portela	1:49:46.9	620	1:49:09.8	276	M40	74	NAZABoboda	0:52:11.4	333	1:18:30.0	325
285	José Oliveira	1:49:50.5	185	1:49:04.4	277	M45	64	NAZABOBODA	0:52:59.7	369	1:18:34.5	329
286	João Santos	1:49:51.1	369	1:49:04.5	278	M55	14	NAZABOBODA	0:52:59.1	368	1:18:34.0	328
287	Luis Afonso	1:49:51.5	58	1:49:40.4	279	M40	75	Georunners	0:52:30.6	344	1:18:42.0	331
288	Carlos Oleastro	1:49:52.8	512	1:49:40.9	280	M50	33	CBAMM	0:50:13.4	273	1:16:37.7	288
289	Carlos Batalha	1:49:56.6	202	1:49:47.6	281	Sen M	85	TurboLento	0:51:06.7	302	1:17:53.6	312
290	Jose Lopes	1:49:57.8	449	1:49:29.9	282	M45	65		0:51:36.1	312	1:18:57.2	338
291	Fernando Celestino	1:49:58.6	556	1:49:35.2	283	M55	15	Açoreana Clube Banif	0:50:28.7	282	1:17:34.5	308
292	Luis Correia	1:50:06.0	274	1:49:44.1	284	M40	76	Run4Fun	0:52:35.2	348	1:18:51.0	334
293	Pedro Barrela	1:50:09.6	362	1:49:31.4	285	M40	77	GD Banco BPI	0:52:10.6	331	1:18:45.8	332
294	Maria Alves	1:50:10.3	300	1:49:27.9	9	F40	6		0:52:31.8	345	1:18:15.9	318
295	Miguel Ribeiro	1:50:16.6	731	1:49:41.4	286	Sen M	86		0:52:07.8	330	1:18:38.7	330
296	Joao Pereira	1:50:22.8	638	1:49:57.1	287	M50	34	CCD PM CASCAIS	0:49:50.5	256	1:16:02.9	274

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
297	Luis Santos	1:50:27.6	404	1:49:54.4	288	M40	78		0:52:34.0	346	1:18:15.1	317
298	Carlos Viseu	1:50:39.0	420	1:50:07.6	289	M45	66	CD ARNEIRO	0:50:45.3	287	1:16:36.2	286
299	Fernando Ferreira	1:50:43.8	724	1:50:14.0	290	M50	35		0:51:49.7	323	1:18:07.1	314
300	Rui Trindade	1:50:46.1	250	1:49:46.4	291	M45	67	CD Estrela	0:50:56.2	293	1:16:53.2	295
301	Bruno Ferreira	1:50:54.8	606	1:50:19.5	292	Sen M	87		0:51:42.7	320	1:18:53.4	336
302	Bruno Gouveia	1:50:55.7	405	1:50:09.9	293	Sen M	88		0:53:43.9	389	1:19:41.0	352
303	Marco Cachinho	1:51:05.8	557	1:50:38.8	294	Sen M	89	Kaninos	0:51:38.3	315	1:18:17.5	320
304	Sérgio Costa	1:51:05.9	497	1:50:39.1	295	Sen M	90	Ninjas da Estrada	0:51:39.7	317	1:18:17.9	321
305	Hugo Pinto	1:51:07.3	536	1:50:37.4	296	Sen M	91		0:53:20.2	378	1:19:46.4	353
306	Fernando Xavier	1:51:08.8	14	1:50:49.5	297	Sen M	92	Jobrinde - Montes Saloios	0:52:47.4	357	1:18:52.8	335
307	Carlos Sousa	1:51:10.8	141	1:50:45.9	298	M55	16	Os Perigosos	0:49:40.5	252	1:16:35.2	285
308	Eduardo Teles	1:51:12.0	80	1:51:02.1	299	M40	79	TurboLento	0:52:15.9	336	1:18:10.5	315
309	Paulo Brissos	1:51:14.2	573	1:50:27.6	300	M50	36		0:51:50.0	324	1:18:06.6	313
310	António Pereira	1:51:15.4	388	1:50:43.9	301	M50	37	Metro 2011	0:54:02.2	399	1:20:03.5	357
311	Jorge Atalaia	1:51:17.0	366	1:50:39.3	302	Sen M	93	GD Banco BPI	0:52:36.2	349	1:18:31.9	327
312	António Belo	1:51:19.8	189	1:50:40.7	303	M65	3	amigosdacorrida.com	0:53:44.5	390	1:20:11.3	359
313	João Verissimo	1:51:27.8	568	1:50:46.3	304	M55	17		0:53:00.3	370	1:19:28.7	348
314	Sérgio Pardal	1:51:28.1	708	1:51:16.0	305	Sen M	94	JAJÃO	0:52:27.2	343	1:19:48.3	354
315	Francisco Pereira	1:51:29.6	545	1:51:07.0	306	M45	68	Açoreana Clube Banif	0:52:49.8	361	1:19:12.4	344
316	José Monteiro	1:51:32.1	146	1:50:42.3	307	Sen M	95	SS CGD	0:52:38.7	351	1:18:57.0	337
317	Rodrigo Almeida	1:51:35.9	47	1:51:23.5	308	Sen M	96	Surf Runners	0:50:46.1	288	1:17:33.0	307
318	Paulo Fonseca	1:51:39.7	572	1:50:54.5	309	M45	69		0:51:40.2	318	1:18:58.7	339
319	Tam Afonso	1:51:40.8	544	1:51:14.7	310	M60	8	Açoreana Clube Banif	0:52:45.4	355	1:19:23.1	346
320	Marco António Souza	1:51:41.8	727	1:51:30.2	311	M45	70		0:47:05.3	171	1:12:22.2	191
321	Joao Silva	1:51:43.0	126	1:51:25.4	312	M45	71	SS CGD	0:51:28.8	309	1:17:50.6	311
322	Luis Calheiros	1:51:44.5	363	1:51:06.5	313	M40	80	GD Banco BPI	0:52:11.0	332	1:18:46.4	333
323	David Saraiva	1:51:58.7	277	1:51:15.5	314	Sen M	97	A. D. Manteigas	0:52:41.2	353	1:19:05.6	342
324	João Paradinha	1:51:58.8	276	1:51:15.4	315	M40	81		0:52:44.2	354	1:19:05.0	341
325	Rui Esteves	1:52:04.0	335	1:51:33.7	316	M40	82	Wikaboo	0:49:35.8	248	1:17:27.8	305
326	Manuela Folgado	1:52:24.2	193	1:52:13.1	10	F60	1	Falcões Selvagens	0:52:38.6	350	1:19:32.7	350
327	Nelson Ferreira	1:52:28.9	110	1:51:46.6	317	Sen M	98		0:52:03.3	328	1:18:17.0	319
328	Marcelo Areias	1:52:31.4	491	1:51:58.9	318	Sen M	99		0:52:55.5	366	1:19:35.1	351
329	Paulo Patrício	1:52:32.4	331	1:52:22.8	319	M40	83		0:49:20.6	239	1:16:17.9	277
330	Luis Canhão	1:52:34.2	678	1:52:16.3	320	M45	72		0:52:11.9	334	1:19:30.0	349
331	Isabel Oleiro	1:52:44.8	247	1:52:21.6	11	F40	7		0:51:45.6	322	1:18:30.2	326
332	André Wiborg	1:52:52.3	233	1:52:01.8	321	M55	18	VFF 1896	0:56:15.6	458	1:22:11.6	391
333	Angelo Fernandes	1:53:00.7	615	1:52:21.7	322	M40	84		0:53:15.1	373	1:19:48.8	355

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
334	Jose Miranda	1:53:00.8	355	1:52:22.4	323	M45	73		0:53:15.4	374	1:19:49.7	356
335	Paulo Nunes	1:53:02.9	616	1:52:14.0	324	M40	85		0:52:35.1	347	1:19:10.5	343
336	Nelson Alcino Silva	1:53:04.0	410	1:52:39.4	325	Sen M	100		0:53:35.5	384	1:20:57.8	373
337	Nuno Barradas	1:53:05.4	658	1:53:00.4	326	M50	38	Wikaboo	0:45:22.1	113	1:08:53.6	113
338	Paulo Gomes	1:53:05.8	270	1:52:19.5	327	M45	74	o prazer da corrida	0:53:21.5	379	1:20:04.1	358
339	Pedro Rodrigues	1:53:14.2	540	1:52:45.9	328	M45	75		0:51:36.9	313	1:19:02.1	340
340	José Robalo	1:53:18.1	111	1:52:55.1	329	M60	9		0:51:22.6	308	1:18:27.4	323
341	José Valério	1:53:20.0	228	1:53:18.4	330	M65	4	adcc catujal	0:52:48.2	358	1:20:24.9	364
342	José Veiga	1:53:28.4	528	1:53:09.6	331	M50	39	Run4Fun	0:53:40.0	388	1:21:15.0	375
343	Joaquim Corrula	1:53:33.3	211	1:52:54.4	332	M45	76	brandoa corre	0:52:24.5	340	1:19:19.8	345
344	Rosa Vassindula	1:53:46.3	537	1:53:38.4	12	F40	8	CRD ARRUDENSE	0:52:58.0	367	1:20:19.3	362
345	Joao Góis	1:53:52.2	439	1:53:31.7	333	M45	77	Run4Fun	0:51:13.0	306	1:18:19.1	322
346	Henrique Sebastião	1:53:53.0	198	1:53:34.2	334	M40	86	Pão de Negrais	0:54:08.2	401	1:20:52.2	371
347	João Ramos	1:53:53.0	199	1:53:34.6	335	M45	78	Pão de Negrais	0:54:08.6	402	1:20:52.4	372
348	Nuno Costa	1:53:53.4	380	1:52:59.8	336	M40	87	SS CGD	0:52:48.5	359	1:20:17.0	361
349	Ricardo Oliveira	1:54:01.5	244	1:53:22.5	337	M40	88		0:53:56.6	395	1:21:43.4	385
350	Pedro Carvalho	1:54:01.6	63	1:53:21.0	338	M40	89	Correr Lisboa	0:53:59.0	398	1:21:39.4	384
351	Nuno Lopes	1:54:10.1	264	1:53:40.2	339	Sen M	101	Ferroviano de Portugal	0:48:14.9	200	1:15:57.6	272
352	Magda Lourenço	1:54:14.4	370	1:53:45.5	13	F40	9		0:52:50.4	363	1:20:50.7	369
353	Pedro Queiros	1:54:20.5	677	1:53:47.1	340	M50	40	Lebres da Vedejosa Team	0:55:25.1	425	1:22:23.7	395
354	Miguel Amaral	1:54:22.5	431	1:53:45.4	341	Sen M	102	Correr Lisboa	0:49:10.6	232	1:16:38.1	289
355	Pedro Soares	1:54:22.7	260	1:53:46.0	342	Sen M	103	Correr Lisboa	0:49:11.0	233	1:16:38.6	290
356	Henrique Ruivo	1:54:39.1	70	1:54:18.3	343	M50	41	Tartarugas Solidárias	0:53:30.3	382	1:21:20.8	378
357	Joao Paixao	1:54:50.1	637	1:54:01.5	344	M60	10	CCD PM CASCAIS	0:54:54.0	418	1:23:05.4	413
358	Miguel Castela	1:54:53.5	269	1:54:08.2	345	M40	90	Associação de Atletismo Lebres do	0:54:07.5	400	1:22:06.6	390
359	Ricardo Silva	1:55:02.8	133	1:54:37.3	346	Sen M	104		0:53:58.2	397	1:21:45.3	386
360	Nuno Jorge Lopes	1:55:08.8	332	1:54:36.4	347	M45	79	Clube do Stress	0:50:56.9	294	1:18:11.6	316
361	Rui Almeida	1:55:12.7	473	1:55:02.2	348	Sen M	105		0:53:33.8	383	1:21:20.1	376
362	Miguel Pinho	1:55:19.2	114	1:54:58.7	349	M40	91		0:52:49.7	360	1:20:35.0	365
363	Eduardo Leite	1:55:20.2	412	1:54:37.1	350	Sen M	106	Bamoximbora	0:56:00.6	449	1:23:26.7	420
364	Luís Gonçalves	1:55:20.8	651	1:54:48.6	351	Sen M	107	Os Perigosos	0:55:36.9	433	1:22:50.3	404
365	Filipe Freitas	1:55:24.1	718	1:55:08.6	352	M40	92		0:55:55.3	444	1:23:12.8	414
366	Filipa Ferro	1:55:25.9	10	1:54:55.2	14	Sen F	4	Run4Fun	0:53:54.5	393	1:21:08.9	374
367	José Pereira	1:55:30.8	142	1:54:59.1	353	M55	19	Os Perigosos	0:55:32.5	432	1:22:51.5	406
368	Rui Lourenço	1:55:45.2	330	1:55:16.2	354	M45	80		0:52:50.0	362	1:20:49.5	368
369	José Bonito	1:55:53.2	655	1:55:21.6	355	M40	93	Wikaboo	0:53:57.7	396	1:21:53.1	388
370	Nuno Antunes	1:55:54.5	705	1:55:14.1	356	Sen M	108		0:51:03.5	299	1:20:22.5	363

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
371	David Simão	1:56:01.5	325	1:55:27.5	357	M40	94	Correr Lisboa	0:53:21.5	380	1:21:22.8	380
372	Tiago Rodrigues	1:56:02.9	59	1:55:29.6	358	Sen M	109	Correr Lisboa	0:53:20.2	377	1:21:23.3	381
373	Jorge Paulo	1:56:09.7	90	1:55:50.3	359	M55	20	Run4Fun	0:52:24.8	341	1:21:20.2	377
374	Jorge Nunes	1:56:11.3	359	1:55:59.1	360	Sen M	110	GD Banco BPI	0:54:10.3	404	1:22:13.9	393
375	José Mateus	1:56:11.6	717	1:55:55.7	361	M55	21		0:49:39.8	251	1:17:06.4	301
376	Carla Morgado	1:56:14.4	281	1:55:43.0	15	F40	10		0:55:44.9	439	1:22:55.0	407
377	Teodoro Trindade	1:56:21.4	17	1:55:59.7	362	M50	42	Run4Fun	0:54:15.8	405	1:22:32.1	397
378	Luis Chambel	1:56:31.7	440	1:56:21.1	363	Sen M	111	Real Mafra	0:50:47.3	289	1:17:19.3	303
379	Luis Damião	1:56:36.5	509	1:55:59.5	364	M45	81	Real Mafra	0:51:07.5	304	1:20:15.5	360
380	Álvaro Fernandes	1:56:37.7	435	1:56:31.1	365	M60	11	Associação de Atletismo Lebres do	0:53:19.3	376	1:21:26.8	382
381	Mário Lopes	1:56:41.4	140	1:56:14.3	366	M45	82	Os Perigosos	0:52:40.6	352	1:20:40.0	367
382	Ana Maria Martins	1:56:42.0	245	1:55:51.4	16	F40	11	Falcões Selvagens	0:55:26.0	427	1:22:47.8	401
383	Antonio Goucha Soares	1:56:42.9	179	1:56:06.3	367	M50	43		0:54:50.8	417	1:22:51.1	405
384	Antonio Negrinho	1:56:49.4	377	1:55:55.1	368	M50	44	SS CGD	0:54:49.2	416	1:22:59.2	412
385	Joana Domingos	1:56:54.2	216	1:56:14.6	17	Sen F	5	vitorias	0:57:03.3	477	1:24:51.4	444
386	Lino Roque	1:56:59.5	252	1:56:17.0	369	M40	95	C.A. Amigos Parque da Paz	0:52:05.4	329	1:21:21.3	379
387	Marisa Costa	1:57:21.6	414	1:56:29.6	18	Sen F	6		0:54:18.8	407	1:22:21.7	394
388	Rui Emídio	1:57:21.6	508	1:57:05.2	370	M55	22	CBAMM	0:51:02.0	297	1:19:28.1	347
389	Analice Silva	1:57:34.1	374	1:57:22.7	19	F60	2	O MUNDO DA CORRIDA	0:56:03.6	451	1:24:12.2	433
390	Maarten Arys	1:57:35.4	691	1:56:40.7	371	Sen M	112	EMSA	0:55:50.3	442	1:23:31.3	424
391	Catrin Egerton	1:57:35.7	692	1:56:41.0	20	Sen F	7	EMSA	0:55:50.6	443	1:23:31.4	425
392	Miguel Dias	1:57:41.1	442	1:57:21.3	372	M40	96	Run4Fun	0:54:56.5	420	1:22:58.3	409
393	João Róis	1:57:45.5	569	1:57:12.4	373	Sen M	113		0:54:33.3	410	1:23:15.7	417
394	Antonio Bogas	1:57:56.8	506	1:57:36.1	374	M45	83	CBAMM	0:53:40.0	387	1:22:00.7	389
395	Carlos Albano	1:58:19.7	378	1:57:32.5	375	M40	97	SS CGD	0:53:37.2	386	1:23:40.4	426
396	João Afonso	1:58:26.8	153	1:57:45.7	376	M40	98		0:54:38.9	413	1:22:48.7	403
397	Jose Magalhaes	1:58:27.4	65	1:58:07.2	377	M45	84	Run4Fun	0:54:45.4	414	1:23:14.6	415
398	Luís Caldeira	1:58:29.3	570	1:58:06.9	378	M40	99		0:56:37.2	462	1:24:56.7	447
399	Vasco Ascensão	1:58:29.5	156	1:57:48.5	379	M40	100		0:54:38.6	412	1:22:48.0	402
400	Luís Pires	1:58:30.5	175	1:58:01.0	380	M45	85	C.A. Amigos Parque da Paz	0:55:30.4	431	1:23:28.3	421
401	António Cardoso	1:58:32.7	151	1:58:01.8	381	Sen M	114		0:56:41.8	464	1:24:40.4	441
402	Florianio Silva	1:58:33.8	162	1:58:02.6	382	Sen M	115		0:56:41.8	465	1:24:40.4	442
403	Nuno Gíao	1:58:34.0	436	1:58:26.8	383	M40	101	ACCVCAVI	0:55:26.7	428	1:23:29.7	422
404	Nuno Maritns	1:58:36.1	72	1:58:01.2	384	Sen M	116		0:53:47.7	391	1:22:13.8	392
405	Jaime Trabucho	1:58:37.0	408	1:57:48.6	385	M45	86		0:58:33.5	509	1:26:04.8	468
406	Alfredo Falcao	1:58:37.9	112	1:58:17.3	386	M45	87	Run4Fun	0:53:52.3	392	1:22:33.3	398
407	Luis Santos	1:58:39.1	579	1:57:55.0	387	M45	88	Associação de Atletismo Lebres do	0:55:12.0	422	1:25:07.9	453

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
408	Marta Torres Vieira	1:58:41.3	627	1:57:50.5	21	Sen F	8		0:56:08.6	455	1:24:55.7	445
409	Maria Da Luz Conchinha	1:58:44.1	120	1:58:13.5	22	F50	1	Clube do Stress	0:55:39.4	435	1:23:15.6	416
410	Noemia Monteiro	1:58:44.5	135	1:58:13.2	23	Sen F	9		0:55:15.1	423	1:24:13.6	434
411	Rui Matos	1:58:56.9	255	1:58:13.8	388	Sen M	117	BE2RUN	0:56:43.0	466	1:24:21.9	436
412	Arsénio Fernandes	1:58:59.8	314	1:58:43.8	389	M55	23	C.A. Amigos Parque da Paz	0:52:00.4	327	1:24:39.4	439
413	Rui Faria	1:59:09.7	71	1:58:48.6	390	M40	102	Run4Fun	0:51:07.5	303	1:17:36.6	310
414	Sara Cunha	1:59:13.6	357	1:58:57.0	24	Sen F	10	Magic Runners	0:55:42.1	438	1:24:00.1	431
415	Julio Meireles	1:59:21.1	639	1:59:10.5	391	M60	12	CCD PM CASCAIS	0:55:10.9	421	1:23:51.5	429
416	Felipe Souto	1:59:24.4	399	1:59:15.8	392	Sen M	118	N.A. PAPAGAIOS CASCAIS	0:52:46.0	356	1:22:37.4	399
417	Helena Lucas	1:59:25.3	225	1:58:47.5	25	Sen F	11	Caracóis de Pedra	0:54:08.8	403	1:22:27.7	396
418	Antonio Ventura	1:59:27.0	629	1:58:46.9	393	M55	24	REAL ACADEMIA	0:56:54.6	473	1:25:12.8	454
419	Joana Peralta	1:59:30.0	25	1:59:10.6	26	Sen F	12	Run4Fun	0:54:45.8	415	1:24:02.2	432
420	Paulo Martins	1:59:31.2	481	1:59:03.5	394	M45	89	Running of D ^a Maria	0:51:52.3	325	1:20:51.9	370
421	Maria Matos	1:59:35.5	437	1:58:52.6	27	F50	2		0:58:38.2	512	1:26:16.7	469
422	Vitor Luis	1:59:36.2	433	1:58:54.3	395	M55	25		0:58:39.0	513	1:26:17.8	470
423	Luis Rebelo	1:59:38.2	525	1:59:00.4	396	Sen M	119	Diverinstal	0:58:13.8	497	1:25:56.1	466
424	David Prata	1:59:42.3	685	1:58:52.9	397	Sen M	120		0:57:47.3	485	1:25:30.1	458
425	Miguel Reis	1:59:42.4	127	1:58:49.6	398	Sen M	121	SS CGD	0:56:12.6	457	1:25:34.3	460
426	Pedro Simoes	1:59:46.2	618	1:59:12.5	399	M40	103		0:55:25.5	426	1:23:31.3	423
427	Rui Miguel Gameiro	1:59:52.2	159	1:59:37.2	400	M40	104		0:52:26.4	342	1:24:39.6	440
428	Joao Mendes	1:59:56.1	443	1:59:23.9	401	M45	90	Stress	0:52:53.1	365	1:21:32.7	383
429	Rui Vieira	1:59:58.8	249	1:59:45.7	402	M45	91		0:57:28.5	482	1:25:17.7	456
430	Viktor Dashchenko	2:00:01.7	235	1:59:02.9	403	Sen M	122	VFF 1896	0:59:38.9	529	1:27:18.3	489
431	Luis Boleto	2:00:03.9	237	1:59:27.7	404	Sen M	123	Monsanto Running Team	0:58:53.0	515	1:26:44.4	476
432	Sandra Baptista	2:00:31.7	462	2:00:05.1	28	Sen F	13	Amigos Vale Silencio	0:56:04.2	452	1:24:45.3	443
433	Manuel António	2:00:37.4	205	2:00:24.2	405	M45	92	Rail Runners	0:53:36.0	385	1:23:58.3	430
434	Mario Vitoria	2:00:50.8	215	2:00:09.5	406	M45	93	vitorias	0:54:56.2	419	1:23:41.5	428
435	Douglas Fry	2:00:55.0	323	2:00:14.0	407	M55	26	Clube Desportivo de Mafra	0:58:13.2	496	1:25:35.0	461
436	Domingos Duro	2:00:59.1	254	2:00:19.6	408	M65	5	amigosdacorrida.com	0:58:21.7	502	1:27:16.9	487
437	João Pedro Ferreira	2:01:01.6	418	2:00:22.4	409	M45	94		0:56:54.4	472	1:26:03.7	467
438	Joao Campos	2:01:18.8	96	2:01:03.8	410	M40	105		0:57:26.6	480	1:25:15.7	455
439	Francisco João Jorge	2:01:29.1	694	2:00:45.0	411	M55	27		0:58:24.6	505	1:28:24.4	504
440	Diogo Andre Franco Matos	2:01:38.7	594	2:00:32.6	412	Sen M	124		0:58:24.8	506	1:26:29.1	471
441	Joaquim Mónica	2:01:40.1	504	2:01:11.5	413	M55	28	CBAMM	0:58:19.0	500	1:27:40.6	495
442	Paula Figueiredo	2:01:48.6	664	2:01:15.4	29	F50	3	Wikaboo	0:56:40.2	463	1:24:16.7	435
443	Luis Farinha	2:01:50.6	734	2:01:24.8	414	M55	29		0:56:01.5	450	1:25:05.6	452
444	António Correia	2:01:58.2	52	2:01:19.0	415	M55	30	Georunners	0:55:59.4	447	1:25:01.9	449

38.ª Meia Maratona de São João das Lampas

Finisher List 38.ª Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
445	António Correia	2:02:03.1	188	2:01:28.7	416	M50	45	amigosdacorrída.com	0:56:55.8	474	1:25:50.5	463
446	Paulo Sousa	2:02:06.9	79	2:01:55.0	417	M40	106		0:56:52.5	471	1:26:29.3	472
447	Cristina Caldeira	2:02:08.9	38	2:01:43.8	30	F40	12	RunLovers	0:55:38.1	434	1:24:56.0	446
448	Goncalo Brito	2:02:09.4	108	2:01:14.8	418	Sen M	125		0:55:49.9	441	1:23:40.5	427
449	Jorge Brito Pereira	2:02:26.6	728	2:02:03.9	419	M45	95		0:56:51.3	470	1:27:13.0	485
450	Carla Silva	2:02:28.0	236	2:01:49.3	31	F40	13		0:58:12.8	495	1:27:10.6	484
451	Rui Rodolfo Gomes	2:02:53.2	571	2:02:16.4	420	Sen M	126	Correr Lisboa	0:53:19.0	375	1:22:55.8	408
452	Fernando José Faria	2:02:57.2	165	2:02:45.0	421	Sen M	127		0:52:21.6	338	1:22:58.8	410
453	André Tavares	2:02:59.6	697	2:02:48.4	422	Sen M	128		0:52:23.2	339	1:22:58.9	411
454	Miguel Almeida	2:03:04.8	372	2:02:51.9	423	Sen M	129	TintaCriativa.pt	0:53:09.7	372	1:22:40.5	400
455	Clara Raimundo	2:03:08.1	498	2:02:47.0	32	Sen F	14	Pernas de Gafanhoto	0:56:46.6	468	1:26:45.5	477
456	Orlando Duarte	2:03:16.5	402	2:02:24.8	424	M55	31	EM'Força - Corremos com a	0:57:28.3	481	1:27:03.3	482
457	Henriqueta Solipa	2:03:16.7	11	2:02:57.1	33	F50	4	CONNECT2RUN	0:58:00.6	492	1:27:36.0	494
458	Sérgio Pedro	2:03:30.3	28	2:02:55.4	425	Sen M	130	RS Running Team	0:51:42.5	319	1:24:38.1	438
459	Manuel Nascimento	2:03:46.7	625	2:03:29.4	426	M55	32	C.A. Amigos Parque da Paz	0:54:17.2	406	1:25:04.6	451
460	JosÉ Morais	2:03:51.6	612	2:03:43.2	427	M50	46	N.A. PAPAGAIOS CASCAIS	0:53:56.0	394	1:23:21.3	418
461	Tiago Romao	2:03:52.8	155	2:03:28.6	428	Sen M	131	NA	0:56:31.3	461	1:26:32.1	473
462	Ana Paula Lima	2:03:58.0	258	2:03:51.9	34	F40	14	C.A. Amigos Parque da Paz	0:56:00.0	448	1:26:42.1	475
463	Rui Ferreira	2:04:03.2	46	2:03:16.0	429	M40	107		0:55:45.4	440	1:26:34.2	474
464	Jorge Paulino	2:04:06.3	322	2:03:26.1	430	M55	33	Clube Desportivo de Mafra	0:59:32.4	528	1:29:47.9	521
465	Jorge Pereira	2:04:07.4	586	2:03:25.9	431	M60	13		0:59:29.3	524	1:29:47.3	520
466	Jorge Esteves	2:04:10.1	22	2:03:48.8	432	M50	47	Run4Fun	0:53:23.7	381	1:23:26.0	419
467	Daniel Pereira	2:04:11.4	474	2:03:24.9	433	M40	108		0:56:05.1	453	1:25:32.7	459
468	João Rodrigues	2:04:16.3	158	2:03:46.0	434	Sen M	132		0:56:45.1	467	1:24:59.2	448
469	Carla Andre	2:04:18.2	654	2:03:26.7	35	Sen F	15		0:59:03.7	516	1:27:42.4	496
470	João Ricardo Duarte	2:04:24.4	208	2:04:07.6	435	Sen M	133		0:58:04.3	494	1:28:04.4	499
471	Albano Alves	2:04:41.9	542	2:04:28.3	436	M55	34	Açoreana Clube Banif	0:57:44.8	484	1:28:01.6	497
472	Elsa Mota	2:04:46.7	168	2:04:25.8	36	F50	5	Run4Fun	0:58:30.9	508	1:28:09.2	500
473	Ana Silva	2:04:59.0	478	2:04:38.6	37	Sen F	16		0:58:15.1	498	1:28:17.8	501
474	João Pedro Caniço M. A. Silva	2:05:12.4	411	2:04:50.0	437	Sen M	134		0:49:30.4	245	1:20:39.0	366
475	Célia Cecílio	2:05:12.6	341	2:04:49.7	38	F40	15	NAPA - Núcleo Amigos Perna Assada	0:57:03.4	478	1:26:46.1	479
476	Ceu Carvalho	2:05:12.9	319	2:04:49.7	39	F40	16	Tartarugas Solidarias	0:57:03.2	476	1:26:45.7	478
477	Catarina Martins	2:05:15.7	379	2:04:24.3	40	F40	17	SS CGD	1:00:41.0	556	1:29:27.6	516
478	Nuno Loureiro	2:05:16.0	194	2:04:23.4	438	M45	96	Falcões Selvagens	0:58:15.8	499	1:28:22.0	503
479	João Gomes	2:05:27.0	602	2:05:01.0	439	M50	48	NúcleOeiras/Sportzone	0:58:03.5	493	1:28:26.0	505
480	Paulo Gonçalves	2:05:27.3	44	2:05:08.7	440	M55	35		0:55:40.0	436	1:25:43.3	462
481	José Vaz	2:05:34.3	317	2:05:06.2	441	M55	36	Clube ANACOM	0:55:26.8	429	1:25:54.5	464

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
482	Nelson Marques	2:05:43.8	653	2:05:17.0	442	Sen M	135	Run4Fun	0:56:28.6	460	1:27:16.6	486
483	Nuno Corte-Real	2:05:46.7	89	2:05:05.0	443	M45	97		0:57:58.9	490	1:28:48.0	510
484	Helena Leitão	2:05:51.2	39	2:05:25.5	41	F40	18	RunLovers	0:57:57.3	489	1:28:37.3	507
485	Alcides Nunes	2:05:54.8	139	2:05:29.5	444	M55	37	Os Perigosos	0:53:00.7	371	1:21:51.7	387
486	David Nascimento	2:05:59.7	715	2:05:28.4	445	Sen M	136		0:56:20.2	459	1:27:04.5	483
487	Rogério Matos	2:06:05.6	591	2:05:43.1	446	M50	49	Run4Fun	1:00:00.3	536	1:30:53.3	541
488	Ricardo Arraias	2:06:11.6	134	2:02:36.9	447	M40	109		0:55:57.4	445	1:25:27.1	457
489	Lara Simons	2:06:20.0	560	2:05:34.8	42	Sen F	17	CCD Siemens	1:00:35.1	550	1:30:41.8	534
490	José Bordalo	2:06:31.2	385	2:06:17.3	448	M60	14	O MUNDO DA CORRIDA	0:55:57.4	446	1:28:01.7	498
491	Vitor Gonçalves	2:06:32.3	104	2:05:43.6	449	M45	98	4 ao Km	1:00:24.9	545	1:30:15.5	529
492	Isadora Costa	2:06:32.6	101	2:05:44.3	43	Sen F	18	4 ao Km	1:00:24.8	544	1:30:15.4	528
493	José Bastos Silva	2:06:48.8	475	2:06:15.6	450	M45	99		0:54:35.5	411	1:27:20.1	491
494	Deolinda António	2:06:59.3	538	2:06:50.9	44	F50	6	CRD ARRUDENSE	1:00:57.5	563	1:30:49.6	537
495	Gonçalo Vieira	2:07:03.1	53	2:06:52.3	451	M40	110	Georunners	0:57:14.5	479	1:28:19.7	502
496	Dina Mota	2:07:06.4	309	2:06:22.0	45	F40	19	Associação de Atletismo Lebres do	0:59:29.8	525	1:29:57.7	525
497	Bruno Martins	2:07:11.4	582	2:06:34.1	452	Jun M	1	Diverinstal	0:57:00.0	475	1:27:18.0	488
498	João Alberto	2:07:16.5	9	2:06:58.1	453	M45	100	Jobrinde - Montes Saloios	0:59:22.9	521	1:29:11.2	513
499	Luis Ribeiro	2:07:22.1	346	2:06:40.9	454	M45	101	Real Academia	0:56:09.8	456	1:26:48.0	480
500	João Serra	2:07:27.5	552	2:07:01.6	455	M40	111	Açoreana Clube Banif	0:55:27.7	430	1:25:55.2	465
501	João Dias	2:07:31.0	564	2:06:43.7	456	Sen M	137	CCD Siemens	0:55:41.3	437	1:26:48.3	481
502	Fatima Santos	2:07:35.3	84	2:07:18.2	46	Sen F	19	Jobrinde - Montes Saloios	1:00:09.0	540	1:30:41.1	533
503	José Alves	2:07:36.4	85	2:07:15.1	457	Sen M	138		0:59:55.7	533	1:30:26.5	531
504	Mayer Raposo	2:07:38.5	220	2:06:52.7	458	M65	6	Associação de Atletismo Lebres do	1:00:11.0	542	1:30:05.1	526
505	Carlos Pinto de Abreu	2:07:40.3	316	2:07:24.1	459	M45	102	Clube ANACOM	0:56:07.1	454	1:27:19.4	490
506	João Queirós	2:07:42.3	468	2:07:19.1	460	M45	103	NEL Pédatleta	0:57:53.7	486	1:28:48.7	511
507	Marta Pereira	2:07:43.9	295	2:06:59.6	47	Sen F	20		0:58:24.4	503	1:28:46.5	508
508	Cristiana Almeida	2:07:44.3	129	2:06:52.9	48	F50	7	SS CGD	0:59:14.3	518	1:29:53.9	522
509	Andre Noronha	2:07:44.5	123	2:06:53.7	461	M50	50	SS CGD	0:59:14.8	519	1:29:55.1	523
510	Nuno Bastos	2:07:46.8	311	2:07:31.9	462	M40	112		0:59:24.9	522	1:30:14.8	527
511	Sandra Simões	2:07:49.1	6	2:07:24.8	49	F40	20	Run4Fun	1:00:33.7	549	1:31:07.0	543
512	Ruben Costa	2:07:49.6	34	2:07:28.2	463	M50	51	Run4Fun	1:00:36.9	552	1:31:09.9	545
513	Gonçalo Fontes de Melo	2:07:49.7	32	2:07:27.5	464	M45	104	Run4Fun	1:00:35.2	551	1:31:08.9	544
514	Paulo Trindade	2:08:11.7	3	2:07:30.9	465	M40	113	O MUNDO DA CORRIDA	0:57:41.3	483	1:27:26.9	493
515	Deolinda Santos	2:08:15.4	1	2:07:13.5	50	F40	21		1:00:42.5	558	1:30:50.7	539
516	Gonçalo Delca	2:08:16.7	672	2:07:15.3	466	M40	114		1:00:43.0	559	1:30:50.8	540
517	Sara Colaço	2:08:27.0	251	2:08:20.7	51	F40	22	C.A. Amigos Parque da Paz	0:59:17.9	520	1:29:42.5	518
518	Cesar Domingos Diogo Silvestre	2:08:37.2	160	2:07:48.2	467	Sen M	139	Bexexa	1:00:25.8	547	1:30:59.3	542

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
519	Joana Freire	2:08:37.5	174	2:08:25.7	52	Sen F	21		0:59:04.2	517	1:30:16.9	530
520	Filipe Fonseca	2:08:52.2	490	2:08:16.3	468	Jun M	2	Açoreana Clube Banif	0:58:37.1	510	1:29:16.5	515
521	Miguel Ferraz	2:09:21.3	698	2:08:56.7	469	Sen M	140		1:02:17.8	580	1:33:04.8	564
522	Rui Carneiro	2:09:34.3	593	2:08:42.0	470	M40	115		0:59:30.2	526	1:30:47.4	536
523	Valter Cunha	2:09:34.4	549	2:08:42.2	471	Sen M	141	Açoreana Clube Banif	0:59:29.1	523	1:30:47.3	535
524	Iris Mauricio	2:09:39.1	519	2:09:23.6	53	Sen F	22	CBAMM	0:59:55.2	532	1:31:31.4	548
525	Pedro Ferreira	2:09:39.5	611	2:08:38.1	472	Sen M	142		1:02:16.8	579	1:32:35.1	561
526	João Cravo	2:09:41.3	64	2:08:52.0	473	Sen M	143		1:01:22.9	570	1:32:07.4	554
527	Luis Costa	2:09:44.3	603	2:09:18.1	474	M45	105		1:01:03.9	565	1:33:01.6	562
528	Nelson Barreiros	2:09:47.3	259	2:08:46.4	475	M45	106	Associação de Atletismo Lebres do	1:01:41.5	575	1:32:28.4	559
529	Sandro Pinto	2:09:49.0	42	2:09:22.8	476	Sen M	144	RunLovers	0:57:56.7	488	1:29:55.7	524
530	Lara Ferreira	2:09:54.6	482	2:09:23.4	54	Sen F	23		0:58:30.3	507	1:29:40.3	517
531	Maria Sousa	2:10:04.8	157	2:09:16.3	55	F40	23		1:01:04.1	566	1:32:06.9	553
532	Manuel Veigas	2:10:07.4	610	2:09:10.3	477	Sen M	145		1:00:42.4	557	1:31:58.0	550
533	João Veigas	2:10:07.7	118	2:09:11.4	478	Sen M	146		1:00:43.1	560	1:31:58.8	551
534	Pedro Correia	2:10:20.8	130	2:09:47.2	479	Sen M	147		0:58:21.2	501	1:29:15.1	514
535	Nuno Rito	2:10:22.5	8	2:10:02.2	480	Sen M	148	Tartarugas Solidárias	0:57:59.9	491	1:29:44.9	519
536	Filipe Agrati	2:10:28.1	427	2:10:00.6	481	Sen M	149		0:48:52.9	221	1:15:02.1	251
537	Bruno Hortelao	2:10:28.3	27	2:09:55.5	482	Sen M	150	LV TEAM	0:59:30.4	527	1:31:12.2	546
538	Nelson Brito	2:10:30.3	590	2:10:17.0	483	M40	116	Rail Runners	1:01:30.5	573	1:33:05.9	565
539	Jacinta Almeida	2:10:30.5	471	2:10:16.0	56	F50	8	Rail Runners	1:01:29.0	572	1:33:04.4	563
540	Isaac Carrêlo	2:10:33.1	315	2:10:04.7	484	M50	52	Clube ANACOM	1:01:53.0	577	1:33:26.7	567
541	Joaquim Cardoso	2:10:47.2	191	2:10:13.3	485	M40	117	amigosdacorrida.com	0:59:45.5	531	1:30:28.5	532
542	Carlos Moreira	2:10:51.2	386	2:10:16.5	486	M60	15	Metro 2011	1:00:25.6	546	1:32:15.2	556
543	Marta Lopes	2:10:54.5	282	2:10:16.4	57	F40	24	I RUN WILD	1:00:29.3	548	1:31:28.3	547
544	Isabel Monteiro	2:11:04.1	696	2:10:39.3	58	Sen F	24		1:02:41.4	583	1:33:12.0	566
545	Hélio Carreira	2:11:28.6	451	2:10:58.9	487	Sen M	151		0:58:50.6	514	1:29:07.6	512
546	Luis Simoes	2:11:32.4	214	2:10:53.7	488	M40	118	brandoa corre	0:55:21.1	424	1:25:02.4	450
547	Vera Almeida	2:11:39.2	128	2:11:14.3	59	Sen F	25	SS CGD	1:00:37.5	554	1:32:24.2	558
548	Philippe Didier	2:11:39.2	173	2:11:13.8	489	M40	119		1:00:37.2	553	1:32:23.6	557
549	Manuel Barros	2:11:50.7	318	2:11:33.2	490	M55	38	Clube ANACOM	0:59:43.8	530	1:31:36.5	549
550	Fábio Santos	2:12:18.0	514	2:11:49.1	491	Sen M	152		0:57:56.2	487	1:28:36.5	506
551	Carolina Manuel	2:12:19.4	605	2:11:49.8	60	F40	25	O MUNDO DA CORRIDA	1:00:03.7	537	1:32:34.5	560
552	Luis Proença	2:12:25.5	223	2:12:07.7	492	M45	107		1:01:13.8	569	1:33:49.1	569
553	Catia Mariano	2:12:41.1	301	2:12:18.2	61	Sen F	26		1:01:43.3	576	1:33:30.7	568
554	Eduardo Bernardo	2:13:14.3	626	2:12:59.7	493	M40	120	SUDU	0:58:37.4	511	1:30:49.9	538
555	Jose Luis Santos Correia Correia	2:13:39.5	432	2:13:27.0	494	M55	39		0:59:58.6	535	1:32:03.1	552

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
556	Sandra Coval	2:13:41.8	303	2:13:26.2	62	Sen F	27		1:01:00.4	564	1:34:09.9	571
557	Pedro Lucas	2:15:29.7	665	2:14:46.4	495	Sen M	153		1:02:28.4	581	1:34:59.8	574
558	Patrícia Pedro	2:15:52.4	505	2:15:24.8	63	F40	26	CBAMM	1:03:16.5	586	1:35:23.3	579
559	Paulo Soares	2:15:59.0	302	2:15:42.5	496	M45	108		1:01:06.3	567	1:35:06.1	575
560	Marta Andrade	2:16:09.4	13	2:15:16.4	64	Sen F	28	Treino em Casa	1:04:48.5	599	1:38:10.8	594
561	Daniel Ramos	2:16:10.2	15	2:15:07.4	497	Sen M	154	Jobrinde - Montes Saloios	1:04:39.0	598	1:38:01.1	593
562	Antonio Soares	2:16:10.9	284	2:15:39.2	498	M45	109	o praticante (asas do milenium)	0:52:51.8	364	1:24:29.7	437
563	Rui Miguel Garcia Pedro	2:16:12.5	413	2:15:38.2	499	Sen M	155	Os Perigosos	1:03:43.3	590	1:36:32.0	584
564	Claudia Lourenço	2:16:43.8	124	2:15:51.9	65	F40	27	SS CGD	1:00:41.0	555	1:36:20.8	582
565	Sara Timóteo	2:17:32.1	631	2:17:22.2	66	Sen F	29		1:02:51.5	584	1:35:13.6	577
566	Luis Lisboa Santos	2:17:35.0	457	2:16:59.4	500	M55	40	Amigos Vale Silencio	1:01:26.9	571	1:35:09.6	576
567	António Sanches	2:17:37.3	368	2:16:58.9	501	M55	41	GD Banco BPI	1:04:57.2	601	1:38:00.1	592
568	Márcio Fonseca	2:18:24.8	454	2:17:49.0	502	Sen M	156	Açoreana Clube Banif	1:03:45.3	591	1:36:06.6	581
569	Nuno Miranda	2:18:37.9	406	2:18:09.6	503	Sen M	157		1:05:20.9	602	1:37:18.2	588
570	Antonio Vaz Da Silva	2:18:40.7	289	2:18:29.9	504	M45	110		1:00:18.6	543	1:34:48.3	573
571	Nuno Rosa	2:18:52.3	596	2:17:58.0	505	Sen M	158		0:59:56.1	534	1:32:11.4	555
572	Carlos Monteiro	2:18:54.0	69	2:18:13.8	506	M50	53		1:04:00.5	593	1:38:54.7	597
573	Vanessa Marranita	2:18:54.4	723	2:18:14.8	67	Sen F	30		1:04:01.5	594	1:38:55.9	598
574	Luisa Palminhas	2:19:04.1	463	2:18:48.3	68	F40	28	CBAMM	1:04:00.3	592	1:37:46.9	591
575	João Fernando Martins	2:19:13.6	695	2:18:29.5	507	M50	54		1:00:44.7	561	1:33:55.3	570
576	Nuno Anastácio	2:19:57.4	641	2:19:33.4	508	Sen M	159		0:56:49.1	469	1:28:46.7	509
577	Joaquim Adelino	2:20:00.1	456	2:19:35.5	509	M65	7	Amigos Vale Silencio	1:01:37.7	574	1:35:59.6	580
578	Sergio Anjos	2:20:44.1	526	2:20:06.1	510	M40	121	Diverinstal	1:03:24.6	589	1:37:12.1	587
579	Vasco Sousa	2:20:53.2	524	2:20:15.3	511	Sen M	160	Diverinstal	1:01:12.5	568	1:36:24.2	583
580	Bruno Caetano	2:20:57.2	581	2:20:05.8	512	Sen M	161	Clube de Corrida REN	1:03:24.3	588	1:36:50.6	585
581	Paula Carvalho	2:21:15.0	20	2:20:51.5	69	F40	29	Run4Fun	1:05:45.9	605	1:40:08.3	603
582	João Almeida	2:21:41.9	93	2:20:38.4	513	Sen M	162		1:04:13.9	595	1:38:31.0	595
583	Manuel Graça	2:21:49.7	434	2:21:32.2	514	M65	8		1:01:55.0	578	1:34:18.1	572
584	Rafael Gomes	2:22:09.6	644	2:21:52.1	515	Sen M	163		1:05:39.5	604	1:39:41.5	602
585	Jose Troncoso	2:22:26.6	240	2:21:56.9	516	M50	55		1:02:56.8	585	1:38:46.9	596
586	André Ornelas	2:22:31.6	60	2:21:57.9	517	Sen M	164	Correr Lisboa	1:02:37.5	582	1:39:27.7	600
587	Sara Henriques	2:22:38.2	640	2:22:03.2	70	F40	30	CCD PM CASCAIS	1:07:15.3	616	1:40:58.4	607
588	Ivone Pereira	2:22:38.3	636	2:22:03.1	71	F40	31	CCD PM CASCAIS	1:07:15.1	615	1:40:57.5	606
589	Eduardo Amorim	2:22:58.1	113	2:22:08.6	518	M40	122		1:06:49.0	611	1:40:47.7	605
590	Joel José Ginga	2:23:52.9	383	2:23:38.4	519	Sen M	165	Andorinha's Crew	1:03:23.4	587	1:37:36.7	590
591	Ana Varejão	2:24:06.1	57	2:23:43.4	72	F50	9	Run4Fun	1:05:46.5	606	1:40:08.6	604
592	Esmeralda Gomes	2:24:52.4	601	2:24:27.1	73	F50	10	NúcleoOeiras/sportzone	1:07:34.2	617	1:41:55.9	609

38.^a Meia Maratona de São João das Lampas

Finisher List 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T.Bruto	Dorsal	T.Net	C.Sex	Esc	Pos	Clube	10km	Pos. 15	Pos.	
593	Pedro Murtinhal	2:26:44.6	176	2:26:15.9	520	M40	123	O MUNDO DA CORRIDA	1:00:48.1	562	1:39:36.7	601
594	João Lima	2:26:45.3	102	2:25:58.8	521	M50	56	4 ao Km	1:04:56.3	600	1:39:26.7	599
595	Emilio Gonçalves	2:27:46.0	460	2:26:55.1	522	M45	111	Amigos Vale Silencio	1:06:43.5	610	1:43:17.6	615
596	David Silva	2:28:29.7	285	2:27:41.1	523	M50	57	o praticante (asas do milenium)	1:06:35.7	608	1:41:47.5	608
597	Susana Santos	2:29:01.8	670	2:28:03.0	74	Sen F	31		1:09:17.9	620	1:43:47.8	617
598	Tita Luis	2:29:35.0	16	2:23:51.3	75	Sen F	32	Jobrinde - Montes Saloios	1:07:10.9	613	1:42:17.5	611
599	Carla Matos	2:30:09.8	73	2:29:49.1	76	Sen F	33	Run4Fun	1:06:23.6	607	1:43:31.9	616
600	Lilian Kato	2:30:10.0	689	2:29:46.2	77	F40	32	Run4Fun	1:06:57.2	612	1:45:20.5	618
601	Álvaro Costa	2:31:56.1	492	2:30:58.7	524	M65	9		1:08:04.9	618	1:46:13.6	621
602	Gonçalo Gonçalves	2:32:33.1	293	2:32:28.1	525	Sen M	166		1:00:06.3	539	1:37:19.4	589
603	Bruno Rodrigues	2:32:33.2	292	2:32:27.6	526	Sub23	2		1:00:05.4	538	1:37:04.2	586
604	Elsa Alcobia	2:32:34.0	243	2:32:17.3	78	Sen F	34		1:09:00.1	619	1:45:53.6	619
605	Elisete Manuel	2:32:54.4	286	2:32:14.2	79	Sen F	35	o praticante (asas do milenium)	1:06:43.4	609	1:41:56.2	610
606	Albertino Semedo	2:32:55.0	122	2:32:31.0	527	M55	42	SS CGD	1:05:24.8	603	1:42:29.4	614
607	Sofia Luis	2:32:57.0	321	2:32:35.1	80	Sen F	36		1:10:21.3	622	1:48:01.0	622
608	Liliana Moreira	2:33:57.8	136	2:33:40.3	81	Sen F	37		1:09:20.7	621	1:46:07.1	620
609	Catarina Peixoto	2:36:51.5	683	2:26:06.8	82	Sen F	38	Run4Fun	1:04:25.3	596	1:42:22.2	612
610	Hugo Fragoso	2:36:51.8	684	2:26:09.5	528	Sen M	167	Run4Fun	1:04:27.2	597	1:42:23.6	613
611	Hélia Cristina Marques Machado	2:41:02.0	171	2:40:47.9	83	Sen F	39	Run@Figueira	1:11:25.4	624	1:51:36.5	624
612	Carlos Manuel Ferreira Moura	2:41:15.5	172	2:41:01.3	529	Sen M	168	Run@Figueira	1:11:23.6	623	1:51:27.8	623
613	Paulo Jorge Amorim	2:41:15.5	212	2:41:00.2	530	Sen M	169		1:15:24.0	625	1:54:19.8	625
614	Ana Monteiro	2:24:53.6	24		84	F40	33			1		1
615	Bento Valente	2:05:55.1	138	2:05:30.1	531	M45	112	Os Perigosos	0:58:24.5	504		2
616	Luis Andrade	2:21:50.5	163	2:21:08.4	532	M40	124			2	1:35:14.5	578
617	Sérgio Montes	2:00:43.8	180	1:59:59.7	533	Sen M	170	NAZABOBODA		3	1:27:24.2	492
618	Jaime Sousa	1:51:38.3	253	1:51:04.9	534	M50	58	amigosdacorrída.com	0:49:53.4	258		3
619	Paulo Freitas	1:38:32.7	310	1:37:56.4	535	M40	125		0:46:34.0	155		4
620	Manuel Rodrigues	1:58:19.8	347	1:58:07.0	536	M50	59	Real Academia	0:54:21.4	409		5
621	Hugo Rodrigues	1:46:19.3	566	1:45:31.4	537	Sen M	171	CCD Siemens	1:07:11.3	614		6
622	Abilio Tavares	2:24:52.7	584		538	M55	43			4		7
623	Helder Martinho	1:39:38.9	598	1:38:54.8	539	Sen M	172		1:00:09.0	541		8
624	Tito Henriques	1:51:33.1	623	1:50:32.2	540	M40	126			5	1:18:27.6	324
625	Albino Tomás	1:53:18.1	713	1:53:11.1	541	M55	44	CLUBE ATLÉTICO DAS	0:54:20.6	408		9

Number of records: 625

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
38.^a Meia Maratona de S. João das Lampas													
1													
Juniores M													
1	Bruno Martins	2:07:11.4	582	2:06:34.1	m	452	Juniores M	1	Diverinstal	0:57:00.0	475	1:27:18.0	488
2	Filipe Fonseca	2:08:52.2	490	2:08:16.3	m	468	Juniores M	2	Açoreana Clube Banif	0:58:37.1	510	1:29:16.5	515
2													
Sub 23 M													
1	Fabio Pereira	1:49:07.3	688	1:48:59.6	m	270	Sub 23 M	1	Sporting Clube de	0:47:54.1	191	1:14:51.3	243
2	Bruno Rodrigues	2:32:33.2	292	2:32:27.6	m	526	Sub 23 M	2		1:00:05.4	538	1:37:04.2	586
3													
Sénior Masculino													
1	Emiliano Vieira	1:09:09.5	578	1:09:09.1	m	1	Sénior Masculino	1	RB RUNNING	0:32:43.2	6	0:49:11.6	10
2	Pedro Gomes	1:14:15.4	429	1:14:11.0	m	2	Sénior Masculino	2	Clube de Atletismo	0:34:41.4	8	0:52:35.0	12
3	Luis Batista	1:14:42.5	267	1:14:37.6	m	3	Sénior Masculino	3		0:34:35.3	7	0:52:34.8	11
4	Tiago Lousa	1:17:44.4	707	1:17:39.6	m	4	Sénior Masculino	4	Casa do Benfica de	0:36:43.6	9	0:55:05.0	13
5	Nuno Graça	1:20:29.3	496	1:20:24.2	m	6	Sénior Masculino	5	CRD ARRUDENSE	0:37:36.7	12	0:56:48.2	15
6	Rui Cabral	1:25:57.7	398	1:25:49.9	m	26	Sénior Masculino	6	N.A. PAPAGAIOS	0:41:19.3	43	1:01:28.6	35
7	Nelson Fonseca	1:27:11.4	699	1:26:55.2	m	29	Sénior Masculino	7	Jobrinde - Montes	0:41:08.0	38	1:01:52.1	41
8	Nelson Casanova	1:27:27.3	516	1:27:24.7	m	30	Sénior Masculino	8	CBAMM	0:41:05.2	35	1:01:28.7	36
9	Ricardo Mendes Almeida	1:28:04.5	271	1:27:53.1	m	33	Sénior Masculino	9	O Mundo da Corrida	0:42:00.8	48	1:02:34.6	46
10	Luís Várzea	1:28:28.1	328	1:28:21.7	m	35	Sénior Masculino	10	C.R.Alturensense	0:41:08.0	37	1:02:32.2	45
11	Luis Santos	1:28:52.4	494	1:28:41.3	m	39	Sénior Masculino	11		0:42:12.9	51	1:03:14.7	50
12	Bruno Dias	1:29:37.8	446	1:29:29.5	m	41	Sénior Masculino	12	Adraga BTTeam	0:42:08.2	49	1:04:17.9	57
13	Joao Samouqueiro	1:30:02.6	711	1:29:48.6	m	43	Sénior Masculino	13		0:41:38.1	45	1:03:49.2	53
14	Jose Renato Rodrigues	1:30:19.1	676	1:30:10.8	m	46	Sénior Masculino	14		0:42:20.1	55	1:03:26.9	51
15	Luis Trindade	1:30:34.0	690	1:30:20.5	m	47	Sénior Masculino	15	Monsanto Running	0:42:17.9	52	1:04:08.5	55
16	Ricardo Damião	1:30:58.4	510	1:30:36.6	m	51	Sénior Masculino	16	Real Mafra	0:43:02.5	60	1:04:12.7	56
17	Henrique Venâncio	1:31:28.1	486	1:31:01.8	m	54	Sénior Masculino	17	Atletas do Farolim	0:44:19.9	92	1:05:33.9	75
18	Filipe Silva	1:32:01.3	2	1:31:35.9	m	58	Sénior Masculino	18	O MUNDO DA	0:43:14.9	64	1:05:01.9	69

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
19	Edgar Monteiro	1:32:26.6	547	1:32:21.1	m	61	Sénior Masculino	19	Açoreana Clube Banif	0:39:28.6	21	1:02:43.5	48
20	Fernando Almeida	1:32:33.3	230	1:32:01.1	m	62	Sénior Masculino	20	VFF 1896	0:43:43.1	81	1:05:30.6	73
21	Carlos Pacheco	1:32:57.0	604	1:32:25.4	m	63	Sénior Masculino	21		0:43:41.9	80	1:05:46.4	79
22	Ricardo Alves	1:33:50.9	543	1:33:36.9	m	65	Sénior Masculino	22	Açoreana Clube Banif	0:43:11.9	62	1:05:45.3	78
23	Roberto Guerreiro	1:34:06.2	630	1:33:43.5	m	66	Sénior Masculino	23	RB RUNNING	0:44:25.1	94	1:06:50.7	90
24	Nuno Pita	1:34:20.5	391	1:33:51.0	m	68	Sénior Masculino	24	Metro 2011	0:43:30.9	72	1:06:12.6	84
25	António Pereira	1:34:54.9	587	1:34:37.1	m	75	Sénior Masculino	25		0:44:49.7	97	1:07:48.8	100
26	Luis Pinheiro	1:34:59.0	226	1:34:55.4	m	76	Sénior Masculino	26	adcc catujal	0:43:29.0	69	1:05:43.7	77
27	Claudio Leal	1:36:00.2	722	1:35:53.0	m	85	Sénior Masculino	27		0:44:10.2	86	1:07:50.5	101
28	Nuno Neves	1:36:29.5	192	1:36:18.5	m	90	Sénior Masculino	28	Falcões Selvagens	0:45:47.9	122	1:09:00.8	118
29	Miguel Rocha	1:36:38.3	221	1:36:24.8	m	93	Sénior Masculino	29	SS CGD	0:44:54.1	100	1:07:55.5	103
30	Tiago Fonseca	1:36:44.6	296	1:36:29.9	m	95	Sénior Masculino	30		0:43:38.5	79	1:06:03.9	82
31	Janicio Reis	1:36:48.7	511	1:36:48.6	m	97	Sénior Masculino	31	CBAMM	0:42:19.3	54	1:05:09.5	70
32	Luis Graça	1:36:50.5	662	1:36:18.1	m	98	Sénior Masculino	32	Wikaboo	0:45:27.5	115	1:08:37.2	108
33	Henrique Serrano	1:36:57.1	306	1:36:41.6	m	100	Sénior Masculino	33		0:46:33.4	153	1:09:33.1	135
34	Hugo Domingos	1:37:24.5	262	1:37:15.0	m	104	Sénior Masculino	34		0:44:17.6	90	1:08:44.4	111
35	Nuno Sabino	1:37:33.7	554	1:37:20.6	m	108	Sénior Masculino	35	Açoreana Clube Banif	0:43:36.2	77	1:06:49.4	89
36	Helder Valadas	1:37:58.0	137	1:37:30.2	m	114	Sénior Masculino	36	Os Perigosos	0:46:20.1	142	1:09:19.7	125
37	Luciano Contente	1:38:02.6	62	1:37:47.9	m	118	Sénior Masculino	37		0:43:26.8	68	1:06:02.8	80
38	Pedro Farto	1:38:24.5	489	1:37:57.8	m	123	Sénior Masculino	38	Atletas do Farolim	0:45:19.3	110	1:08:55.1	115
39	Eduardo Santos	1:38:24.6	229	1:37:51.8	m	124	Sénior Masculino	39	VFF 1896	0:46:44.0	160	1:09:57.2	146
40	Alexandre Lucas	1:38:43.5	224	1:38:06.7	m	127	Sénior Masculino	40	Caracóis de Pedra	0:45:22.8	114	1:08:55.1	114
41	Julio Fernandes	1:39:16.8	217	1:38:37.0	m	136	Sénior Masculino	41	vitorias	0:46:50.0	165	1:10:17.6	151
42	Ricardo Ferreira	1:39:37.3	483	1:39:29.6	m	140	Sénior Masculino	42		0:44:18.5	91	1:08:18.8	106
43	João Fernandes	1:39:43.3	561	1:38:57.5	m	141	Sénior Masculino	43	CCD Siemens	0:47:30.8	180	1:10:45.2	159
44	Diogo Martins	1:40:03.7	650	1:39:45.3	m	145	Sénior Masculino	44		0:46:18.2	140	1:10:29.8	156
45	Nuno M Pereira	1:40:12.5	499	1:39:50.7	m	147	Sénior Masculino	45	Pernas de Gafanhoto	0:47:33.0	182	1:11:32.7	180
46	Pedro Cardoso	1:40:23.7	200	1:39:49.1	m	149	Sénior Masculino	46	Correr Lisboa	0:45:03.9	105	1:09:03.1	121
47	Eduardo Ribeiro	1:41:02.2	517	1:40:32.7	m	156	Sénior Masculino	47		0:46:27.7	147	1:10:25.4	155
48	Pedro Barreirão	1:41:11.6	349	1:41:02.1	m	160	Sénior Masculino	48		0:47:51.0	190	1:11:57.9	188
49	Bernardo Pinto-Coelho	1:41:19.3	646	1:41:07.3	m	161	Sénior Masculino	49	Pernas de Gafanhoto	0:47:15.1	175	1:11:47.4	184
50	José Gonçalves	1:41:29.3	487	1:41:02.0	m	164	Sénior Masculino	50	Atletas do Farolim	0:48:34.6	214	1:12:48.6	200
51	Sílvio Romão	1:41:33.9	161	1:41:05.0	m	165	Sénior Masculino	51		0:44:56.7	101	1:08:42.9	110

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
52	Jorge Lopes	1:42:00.2	234	1:41:11.3	m	168	Sénior Masculino	52	VFF 1896	0:50:22.1	279	1:13:52.7	221
53	Ildebrando Aires	1:42:15.0	82	1:41:39.1	m	172	Sénior Masculino	53		0:48:34.0	213	1:12:56.0	203
54	Hugo Novais	1:42:16.7	117	1:41:35.6	m	175	Sénior Masculino	54	RUNSINTRA	0:50:54.7	292	1:14:00.6	225
55	Hugo Pina	1:42:50.3	307	1:41:54.3	m	179	Sénior Masculino	55		0:49:54.9	259	1:13:47.6	220
56	Nuno Pimenta	1:43:29.9	149	1:43:20.0	m	190	Sénior Masculino	56	Portugal Running	0:46:31.5	150	1:11:39.6	182
57	Fabio Ferreira	1:43:44.6	733	1:43:37.2	m	193	Sénior Masculino	57		0:47:23.2	177	1:12:33.0	194
58	Miguel Pereira	1:43:47.4	679	1:42:54.4	m	195	Sénior Masculino	58	Rail Runners	0:48:58.4	225	1:13:05.0	206
59	Pedro Conceição	1:43:47.6	617	1:42:55.4	m	196	Sénior Masculino	59	Monsanto Running	0:48:59.1	226	1:13:08.6	208
60	Veaceslav Ignat	1:43:51.9	700	1:43:39.7	m	197	Sénior Masculino	60		0:45:48.1	123	1:11:11.3	168
61	Paulo Frango	1:43:58.9	351	1:43:45.6	m	201	Sénior Masculino	61	MONSANTO	0:45:19.9	111	1:09:49.8	143
62	Bernardo Filipitsch	1:44:44.4	204	1:44:30.3	m	209	Sénior Masculino	62	Filiptsch Massagens	0:50:19.9	276	1:15:37.3	269
63	Eduardo Luís	1:44:57.8	268	1:44:29.8	m	213	Sénior Masculino	63	Atomic Team	0:50:07.4	268	1:14:48.0	240
64	João Pereira	1:45:02.9	119	1:44:30.0	m	214	Sénior Masculino	64		0:49:25.9	243	1:14:06.6	230
65	João Veiga	1:45:05.9	75	1:44:46.1	m	215	Sénior Masculino	65	Run4Fun	0:48:55.8	223	1:14:04.8	228
66	Gonçalo Amorim	1:45:07.5	645	1:44:35.0	m	216	Sénior Masculino	66		0:49:28.9	244	1:14:39.7	236
67	Pedro Lizardo	1:45:13.5	729	1:44:47.3	m	217	Sénior Masculino	67	Monsanto Running	0:47:30.3	179	1:13:21.2	216
68	Telmo Inácio	1:45:19.8	589	1:44:40.8	m	219	Sénior Masculino	68		0:48:33.4	212	1:14:51.3	242
69	Hugo Rocha	1:45:21.1	523	1:44:44.5	m	220	Sénior Masculino	69	Diverinstal	0:49:19.7	238	1:14:23.7	232
70	Rui Alegre	1:45:24.7	30	1:45:01.5	m	222	Sénior Masculino	70		0:49:44.0	253	1:14:52.0	244
71	Nuno Correia	1:45:35.3	675	1:45:01.5	m	224	Sénior Masculino	71	LV TEAM	0:51:30.5	311	1:16:36.3	287
72	Tiago Duarte	1:46:02.0	337	1:45:50.5	m	231	Sénior Masculino	72	Sporting SEMPRE	0:50:40.3	286	1:16:22.6	280
73	João Filipe Figueiredo	1:46:07.6	239	1:45:46.0	m	234	Sénior Masculino	73		0:48:28.1	208	1:13:59.9	223
74	Carlos Barros	1:46:35.9	614	1:46:24.3	m	241	Sénior Masculino	74		0:48:10.7	198	1:14:06.0	229
75	Daniel Gonçalves	1:46:47.8	227	1:46:34.7	m	243	Sénior Masculino	75	adcc catujal	0:49:14.6	234	1:13:39.2	219
76	Daniel Neves	1:47:08.9	633	1:46:50.5	m	248	Sénior Masculino	76		0:50:03.8	263	1:15:33.6	266
77	Álvaro Santos	1:47:17.5	166	1:47:02.4	m	251	Sénior Masculino	77	Monsanto Running	0:51:06.2	301	1:17:03.4	299
78	Pedro Batista	1:47:26.0	621	1:47:14.7	m	253	Sénior Masculino	78		0:50:26.9	281	1:16:03.2	275
79	Nuno Silvestre	1:47:53.0	61	1:47:34.4	m	256	Sénior Masculino	79	Jobrinde - Montes	0:50:21.8	278	1:15:33.9	267
80	Luis Ferreira	1:47:54.7	597	1:47:23.9	m	257	Sénior Masculino	80		0:50:21.1	277	1:16:03.4	276
81	Nelson Alegre	1:47:55.0	376	1:47:43.8	m	258	Sénior Masculino	81	Happy Brothers team	0:50:39.8	285	1:16:22.9	282
82	Tiago Silva	1:48:36.3	444	1:47:53.3	m	268	Sénior Masculino	82		0:48:30.2	210	1:14:29.8	234
83	Nuno Pires	1:49:17.0	477	1:49:09.8	m	271	Sénior Masculino	83		0:50:17.1	275	1:17:30.3	306
84	Mário Bastardo	1:49:28.8	667	1:49:13.4	m	273	Sénior Masculino	84	Hand 2 Hand - Better	0:51:06.0	300	1:17:03.6	300

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
85	Carlos Batalha	1:49:56.6	202	1:49:47.6	m	281	Sénior Masculino	85	TurboLento	0:51:06.7	302	1:17:53.6	312
86	Miguel Ribeiro	1:50:16.6	731	1:49:41.4	m	286	Sénior Masculino	86		0:52:07.8	330	1:18:38.7	330
87	Bruno Ferreira	1:50:54.8	606	1:50:19.5	m	292	Sénior Masculino	87		0:51:42.7	320	1:18:53.4	336
88	Bruno Gouveia	1:50:55.7	405	1:50:09.9	m	293	Sénior Masculino	88		0:53:43.9	389	1:19:41.0	352
89	Marco Cachinho	1:51:05.8	557	1:50:38.8	m	294	Sénior Masculino	89	Kaninos	0:51:38.3	315	1:18:17.5	320
90	Sérgio Costa	1:51:05.9	497	1:50:39.1	m	295	Sénior Masculino	90	Ninjas da Estrada	0:51:39.7	317	1:18:17.9	321
91	Hugo Pinto	1:51:07.3	536	1:50:37.4	m	296	Sénior Masculino	91		0:53:20.2	378	1:19:46.4	353
92	Fernando Xavier	1:51:08.8	14	1:50:49.5	m	297	Sénior Masculino	92	Jobrinde - Montes	0:52:47.4	357	1:18:52.8	335
93	Jorge Atalaia	1:51:17.0	366	1:50:39.3	m	302	Sénior Masculino	93	GD Banco BPI	0:52:36.2	349	1:18:31.9	327
94	Sérgio Pardal	1:51:28.1	708	1:51:16.0	m	305	Sénior Masculino	94	JAJÃO	0:52:27.2	343	1:19:48.3	354
95	José Monteiro	1:51:32.1	146	1:50:42.3	m	307	Sénior Masculino	95	SS CGD	0:52:38.7	351	1:18:57.0	337
96	Rodrigo Almeida	1:51:35.9	47	1:51:23.5	m	308	Sénior Masculino	96	Surf Runners	0:50:46.1	288	1:17:33.0	307
97	David Saraiva	1:51:58.7	277	1:51:15.5	m	314	Sénior Masculino	97	A. D. Manteigas	0:52:41.2	353	1:19:05.6	342
98	Nelson Ferreira	1:52:28.9	110	1:51:46.6	m	317	Sénior Masculino	98		0:52:03.3	328	1:18:17.0	319
99	Marcelo Areias	1:52:31.4	491	1:51:58.9	m	318	Sénior Masculino	99		0:52:55.5	366	1:19:35.1	351
100	Nelson Alcino Silva	1:53:04.0	410	1:52:39.4	m	325	Sénior Masculino	100		0:53:35.5	384	1:20:57.8	373
101	Nuno Lopes	1:54:10.1	264	1:53:40.2	m	339	Sénior Masculino	101	Ferroviario de Portugal	0:48:14.9	200	1:15:57.6	272
102	Miguel Amaral	1:54:22.5	431	1:53:45.4	m	341	Sénior Masculino	102	Correr Lisboa	0:49:10.6	232	1:16:38.1	289
103	Pedro Soares	1:54:22.7	260	1:53:46.0	m	342	Sénior Masculino	103	Correr Lisboa	0:49:11.0	233	1:16:38.6	290
104	Ricardo Silva	1:55:02.8	133	1:54:37.3	m	346	Sénior Masculino	104		0:53:58.2	397	1:21:45.3	386
105	Rui Almeida	1:55:12.7	473	1:55:02.2	m	348	Sénior Masculino	105		0:53:33.8	383	1:21:20.1	376
106	Eduardo Leite	1:55:20.2	412	1:54:37.1	m	350	Sénior Masculino	106	Bamoximbora	0:56:00.6	449	1:23:26.7	420
107	Luís Gonçalves	1:55:20.8	651	1:54:48.6	m	351	Sénior Masculino	107	Os Perigosos	0:55:36.9	433	1:22:50.3	404
108	Nuno Antunes	1:55:54.5	705	1:55:14.1	m	356	Sénior Masculino	108		0:51:03.5	299	1:20:22.5	363
109	Tiago Rodrigues	1:56:02.9	59	1:55:29.6	m	358	Sénior Masculino	109	Correr Lisboa	0:53:20.2	377	1:21:23.3	381
110	Jorge Nunes	1:56:11.3	359	1:55:59.1	m	360	Sénior Masculino	110	GD Banco BPI	0:54:10.3	404	1:22:13.9	393
111	Luis Chambel	1:56:31.7	440	1:56:21.1	m	363	Sénior Masculino	111	Real Mafra	0:50:47.3	289	1:17:19.3	303
112	Maarten Arys	1:57:35.4	691	1:56:40.7	m	371	Sénior Masculino	112	EMSA	0:55:50.3	442	1:23:31.3	424
113	João Róis	1:57:45.5	569	1:57:12.4	m	373	Sénior Masculino	113		0:54:33.3	410	1:23:15.7	417
114	António Cardoso	1:58:32.7	151	1:58:01.8	m	381	Sénior Masculino	114		0:56:41.8	464	1:24:40.4	441
115	Floriano Silva	1:58:33.8	162	1:58:02.6	m	382	Sénior Masculino	115		0:56:41.8	465	1:24:40.4	442
116	Nuno Maritns	1:58:36.1	72	1:58:01.2	m	384	Sénior Masculino	116		0:53:47.7	391	1:22:13.8	392
117	Rui Matos	1:58:56.9	255	1:58:13.8	m	388	Sénior Masculino	117	BE2RUN	0:56:43.0	466	1:24:21.9	436

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
118	Felipe Souto	1:59:24.4	399	1:59:15.8	m	392	Sénior Masculino	118	N.A. PAPAGAIOS	0:52:46.0	356	1:22:37.4	399
119	Luis Rebelo	1:59:38.2	525	1:59:00.4	m	396	Sénior Masculino	119	Diverinstal	0:58:13.8	497	1:25:56.1	466
120	David Prata	1:59:42.3	685	1:58:52.9	m	397	Sénior Masculino	120		0:57:47.3	485	1:25:30.1	458
121	Miguel Reis	1:59:42.4	127	1:58:49.6	m	398	Sénior Masculino	121	SS CGD	0:56:12.6	457	1:25:34.3	460
122	Viktor Dashchenko	2:00:01.7	235	1:59:02.9	m	403	Sénior Masculino	122	VFF 1896	0:59:38.9	529	1:27:18.3	489
123	Luís Boleto	2:00:03.9	237	1:59:27.7	m	404	Sénior Masculino	123	Monsanto Running	0:58:53.0	515	1:26:44.4	476
124	Diogo Andre Franco Matos	2:01:38.7	594	2:00:32.6	m	412	Sénior Masculino	124		0:58:24.8	506	1:26:29.1	471
125	Goncalo Brito	2:02:09.4	108	2:01:14.8	m	418	Sénior Masculino	125		0:55:49.9	441	1:23:40.5	427
126	Rui Rodolfo Gomes	2:02:53.2	571	2:02:16.4	m	420	Sénior Masculino	126	Correr Lisboa	0:53:19.0	375	1:22:55.8	408
127	Fernando José Faria	2:02:57.2	165	2:02:45.0	m	421	Sénior Masculino	127		0:52:21.6	338	1:22:58.8	410
128	André Tavares	2:02:59.6	697	2:02:48.4	m	422	Sénior Masculino	128		0:52:23.2	339	1:22:58.9	411
129	Miguel Almeida	2:03:04.8	372	2:02:51.9	m	423	Sénior Masculino	129	TintaCriativa.pt	0:53:09.7	372	1:22:40.5	400
130	Sérgio Pedro	2:03:30.3	28	2:02:55.4	m	425	Sénior Masculino	130	RS Running Team	0:51:42.5	319	1:24:38.1	438
131	Tiago Romao	2:03:52.8	155	2:03:28.6	m	428	Sénior Masculino	131	NA	0:56:31.3	461	1:26:32.1	473
132	João Rodrigues	2:04:16.3	158	2:03:46.0	m	434	Sénior Masculino	132		0:56:45.1	467	1:24:59.2	448
133	João Ricardo Duarte	2:04:24.4	208	2:04:07.6	m	435	Sénior Masculino	133		0:58:04.3	494	1:28:04.4	499
134	João Pedro Caniço M. A.	2:05:12.4	411	2:04:50.0	m	437	Sénior Masculino	134		0:49:30.4	245	1:20:39.0	366
135	Nelson Marques	2:05:43.8	653	2:05:17.0	m	442	Sénior Masculino	135	Run4Fun	0:56:28.6	460	1:27:16.6	486
136	David Nascimento	2:05:59.7	715	2:05:28.4	m	445	Sénior Masculino	136		0:56:20.2	459	1:27:04.5	483
137	João Dias	2:07:31.0	564	2:06:43.7	m	456	Sénior Masculino	137	CCD Siemens	0:55:41.3	437	1:26:48.3	481
138	José Alves	2:07:36.4	85	2:07:15.1	m	457	Sénior Masculino	138		0:59:55.7	533	1:30:26.5	531
139	Cesar Domingos Diogo	2:08:37.2	160	2:07:48.2	m	467	Sénior Masculino	139	Bexexa	1:00:25.8	547	1:30:59.3	542
140	Miguel Ferraz	2:09:21.3	698	2:08:56.7	m	469	Sénior Masculino	140		1:02:17.8	580	1:33:04.8	564
141	Valter Cunha	2:09:34.4	549	2:08:42.2	m	471	Sénior Masculino	141	Açoreana Clube Banif	0:59:29.1	523	1:30:47.3	535
142	Pedro Ferreira	2:09:39.5	611	2:08:38.1	m	472	Sénior Masculino	142		1:02:16.8	579	1:32:35.1	561
143	João Cravo	2:09:41.3	64	2:08:52.0	m	473	Sénior Masculino	143		1:01:22.9	570	1:32:07.4	554
144	Sandro Pinto	2:09:49.0	42	2:09:22.8	m	476	Sénior Masculino	144	RunLovers	0:57:56.7	488	1:29:55.7	524
145	Manuel Veigas	2:10:07.4	610	2:09:10.3	m	477	Sénior Masculino	145		1:00:42.4	557	1:31:58.0	550
146	João Veigas	2:10:07.7	118	2:09:11.4	m	478	Sénior Masculino	146		1:00:43.1	560	1:31:58.8	551
147	Pedro Correia	2:10:20.8	130	2:09:47.2	m	479	Sénior Masculino	147		0:58:21.2	501	1:29:15.1	514
148	Nuno Rito	2:10:22.5	8	2:10:02.2	m	480	Sénior Masculino	148	Tartarugas Solidárias	0:57:59.9	491	1:29:44.9	519
149	Filipe Agrati	2:10:28.1	427	2:10:00.6	m	481	Sénior Masculino	149		0:48:52.9	221	1:15:02.1	251
150	Bruno Hortelao	2:10:28.3	27	2:09:55.5	m	482	Sénior Masculino	150	LV TEAM	0:59:30.4	527	1:31:12.2	546

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
151	Hélio Carreira	2:11:28.6	451	2:10:58.9	m	487	Sénior Masculino	151		0:58:50.6	514	1:29:07.6	512
152	Fábio Santos	2:12:18.0	514	2:11:49.1	m	491	Sénior Masculino	152		0:57:56.2	487	1:28:36.5	506
153	Pedro Lucas	2:15:29.7	665	2:14:46.4	m	495	Sénior Masculino	153		1:02:28.4	581	1:34:59.8	574
154	Daniel Ramos	2:16:10.2	15	2:15:07.4	m	497	Sénior Masculino	154	Jobrinde - Montes	1:04:39.0	598	1:38:01.1	593
155	Rui Miguel Garcia Pedro	2:16:12.5	413	2:15:38.2	m	499	Sénior Masculino	155	Os Perigosos	1:03:43.3	590	1:36:32.0	584
156	Márcio Fonseca	2:18:24.8	454	2:17:49.0	m	502	Sénior Masculino	156	Açoreana Clube Banif	1:03:45.3	591	1:36:06.6	581
157	Nuno Miranda	2:18:37.9	406	2:18:09.6	m	503	Sénior Masculino	157		1:05:20.9	602	1:37:18.2	588
158	Nuno Rosa	2:18:52.3	596	2:17:58.0	m	505	Sénior Masculino	158		0:59:56.1	534	1:32:11.4	555
159	Nuno Anastácio	2:19:57.4	641	2:19:33.4	m	508	Sénior Masculino	159		0:56:49.1	469	1:28:46.7	509
160	Vasco Sousa	2:20:53.2	524	2:20:15.3	m	511	Sénior Masculino	160	Diverinstal	1:01:12.5	568	1:36:24.2	583
161	Bruno Caetano	2:20:57.2	581	2:20:05.8	m	512	Sénior Masculino	161	Clube de Corrida REN	1:03:24.3	588	1:36:50.6	585
162	João Almeida	2:21:41.9	93	2:20:38.4	m	513	Sénior Masculino	162		1:04:13.9	595	1:38:31.0	595
163	Rafael Gomes	2:22:09.6	644	2:21:52.1	m	515	Sénior Masculino	163		1:05:39.5	604	1:39:41.5	602
164	André Ornelas	2:22:31.6	60	2:21:57.9	m	517	Sénior Masculino	164	Correr Lisboa	1:02:37.5	582	1:39:27.7	600
165	Joel José Ginga	2:23:52.9	383	2:23:38.4	m	519	Sénior Masculino	165	Andorinha's Crew	1:03:23.4	587	1:37:36.7	590
166	Gonçalo Gonçalves	2:32:33.1	293	2:32:28.1	m	525	Sénior Masculino	166		1:00:06.3	539	1:37:19.4	589
167	Hugo Fragoso	2:36:51.8	684	2:26:09.5	m	528	Sénior Masculino	167	Run4Fun	1:04:27.2	597	1:42:23.6	613
168	Carlos Manuel Ferreira	2:41:15.5	172	2:41:01.3	m	529	Sénior Masculino	168	Run@Figueira	1:11:23.6	623	1:51:27.8	623
169	Paulo Jorge Amorim	2:41:15.5	212	2:41:00.2	m	530	Sénior Masculino	169		1:15:24.0	625	1:54:19.8	625
170	Sérgio Montes	2:00:43.8	180	1:59:59.7	m	533	Sénior Masculino	170	NAZABOBODA		3	1:27:24.2	492
171	Hugo Rodrigues	1:46:19.3	566	1:45:31.4	m	537	Sénior Masculino	171	CCD Siemens	1:07:11.3	614		6
172	Helder Martinho	1:39:38.9	598	1:38:54.8	m	539	Sénior Masculino	172		1:00:09.0	541		8

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Veteranos M40

1	Augusto Pires	1:20:29.4	535	1:20:24.9	m	7	Veteranos M40	1	CRD ARRUDENSE	0:37:36.6	11	0:56:51.1	17
2	Armando Monteiro	1:21:07.8	495	1:21:04.2	m	9	Veteranos M40	2	CRD ARRUDENSE	0:37:48.0	14	0:57:15.9	18
3	António Afonso	1:21:30.4	329	1:21:23.6	m	10	Veteranos M40	3	C.R.Alturense	0:39:22.1	19	0:58:55.1	21
4	Ambrósio Pereira	1:23:00.7	533	1:22:55.8	m	12	Veteranos M40	4	CRD ARRUDENSE	0:38:58.0	15	0:58:44.6	19
5	Luis Pereira	1:23:45.0	382	1:23:38.4	m	13	Veteranos M40	5		0:39:22.0	18	0:59:29.3	22
6	João Dias	1:23:50.4	531	1:23:43.0	m	15	Veteranos M40	6	CRD ARRUDENSE	0:39:47.5	22	0:59:32.8	23
7	Rogério Azevedo	1:24:10.3	642	1:24:04.9	m	16	Veteranos M40	7		0:39:10.1	17	0:59:34.9	25
8	Joao Hora Faustino	1:24:29.5	97	1:24:22.7	m	18	Veteranos M40	8	Outside Dream	0:39:48.4	23	1:00:11.4	27

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
9	Armando Caiadas	1:25:44.2	327	1:25:38.3	m	22	Veteranos M40	9	C.R.Alturense	0:39:28.3	20	1:00:25.1	29
10	Fernando Candeias	1:25:55.3	125	1:25:48.5	m	25	Veteranos M40	10	SS CGD	0:40:48.0	32	1:01:19.2	34
11	Carlos Taveira	1:26:15.2	721	1:26:07.1	m	27	Veteranos M40	11	Aminhacorrída.com	0:41:20.3	44	1:01:35.8	39
12	Miguel Pinto	1:27:42.8	576	1:27:30.4	m	31	Veteranos M40	12	Sporting Clube	0:40:41.1	31	1:01:39.9	40
13	Francisco Gonçalves	1:28:41.4	83	1:28:35.6	m	36	Veteranos M40	13		0:41:05.6	36	1:02:34.9	47
14	Luis Morgado	1:28:42.6	476	1:28:30.0	m	37	Veteranos M40	14	Scalabis Night Runners	0:42:23.8	56	1:03:30.7	52
15	Luis Rodrigues	1:28:42.9	501	1:28:35.5	m	38	Veteranos M40	15		0:41:04.8	34	1:02:17.8	43
16	José Abrantes	1:29:32.5	290	1:29:19.2	m	40	Veteranos M40	16		0:44:10.5	87	1:04:45.8	66
17	José Queirós	1:30:45.1	680	1:30:30.5	m	49	Veteranos M40	17	Alvitejo	0:43:25.5	67	1:04:36.1	61
18	Carlos Lopes	1:31:10.6	393	1:31:05.6	m	53	Veteranos M40	18	Aminhacorrída.com	0:43:19.3	65	1:04:29.2	59
19	Rui Cabral	1:31:29.3	681	1:31:16.0	m	55	Veteranos M40	19	Wikaboo	0:42:35.0	58	1:04:41.1	62
20	Nuno Espírito Santo	1:31:34.5	550	1:31:10.5	m	56	Veteranos M40	20	Açoreana Clube Banif	0:43:14.6	63	1:04:54.4	68
21	António João Moreira	1:32:15.2	417	1:32:06.2	m	60	Veteranos M40	21	Leões da Fronteira -	0:43:32.8	75	1:05:32.1	74
22	João Pastor	1:34:21.3	479	1:34:15.4	m	69	Veteranos M40	22	Amigos Atletismo Mafra	0:44:05.3	85	1:06:56.3	92
23	Carlos Preciso	1:34:22.4	720	1:33:42.8	m	70	Veteranos M40	23		0:44:52.8	98	1:07:08.4	94
24	Luis Miguel Miranda	1:34:26.0	484	1:34:17.7	m	72	Veteranos M40	24		0:43:30.5	71	1:06:14.1	85
25	Carlos Caetano	1:34:27.8	400	1:34:21.2	m	73	Veteranos M40	25		0:43:24.6	66	1:06:17.2	86
26	Pedro Norte	1:34:59.9	632	1:34:49.9	m	77	Veteranos M40	26	Amigos Atletismo Mafra	0:46:33.7	154	1:09:03.5	122
27	Armando Teixeira	1:35:44.8	428	1:35:34.1	m	82	Veteranos M40	27		0:44:20.4	93	1:07:22.5	97
28	Filipe Brízida	1:35:50.7	686	1:35:43.4	m	83	Veteranos M40	28		0:46:24.9	144	1:09:22.1	127
29	Luis Moura	1:35:54.3	144	1:35:41.6	m	84	Veteranos M40	29		0:45:03.9	104	1:08:19.1	107
30	Heitor Gomes	1:37:20.4	49	1:37:14.9	m	103	Veteranos M40	30	Georunners	0:46:46.5	163	1:09:28.4	132
31	Pedro Reis	1:37:26.1	469	1:37:13.2	m	105	Veteranos M40	31		0:46:02.0	134	1:09:26.0	131
32	Bruno Silva	1:37:30.0	580	1:36:23.0	m	107	Veteranos M40	32		0:46:03.4	135	1:08:59.1	117
33	António Rico	1:37:35.5	339	1:37:27.3	m	109	Veteranos M40	33	NAPA - Núcleo Amigos	0:45:58.4	131	1:09:22.1	126
34	João Paixão	1:37:35.7	338	1:37:27.8	m	110	Veteranos M40	34	NAPA - Núcleo Amigos	0:45:59.3	132	1:09:22.6	128
35	João Salgueiro Antunes	1:37:56.7	364	1:37:22.2	m	112	Veteranos M40	35	GD Banco BPI	0:45:42.5	118	1:09:04.5	124
36	Paulo Raposo	1:38:30.9	693	1:38:09.5	m	125	Veteranos M40	36	Run4Fun	0:46:38.0	157	1:10:08.9	147
37	Arlindo Domingues	1:39:09.3	529	1:38:51.6	m	133	Veteranos M40	37		0:48:10.0	196	1:11:27.2	176
38	António Almeida	1:39:13.7	401	1:39:04.6	m	135	Veteranos M40	38	Ficalho Runners	0:47:41.4	187	1:11:20.4	172
39	Carlos Rouxinol	1:39:26.3	441	1:39:21.5	m	138	Veteranos M40	39	NAZABoboda	0:39:53.0	26	1:00:26.2	30
40	Nuno Antunes	1:39:36.0	660	1:39:00.0	m	139	Veteranos M40	40	Wikaboo	0:46:51.1	166	1:10:13.0	149
41	João Queiroz	1:39:49.7	558	1:39:11.0	m	142	Veteranos M40	41	CCD Siemens	0:47:31.0	181	1:11:10.1	166

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
42	Nelson Mota	1:40:24.8	541	1:40:16.5	m	150	Veteranos M40	42	Açoreana Clube Banif	0:48:16.7	201	1:12:00.5	189
43	Nuno Anjos	1:40:49.5	187	1:40:13.2	m	153	Veteranos M40	43	amigosdacorrída.com	0:47:12.5	174	1:11:34.5	181
44	Paulo Gamboa	1:40:50.8	714	1:40:44.7	m	154	Veteranos M40	44	CLUBE ATLÉTICO	0:48:56.5	224	1:12:55.4	202
45	Jaime Mauricio	1:41:03.7	464	1:40:55.2	m	157	Veteranos M40	45	CBAMM	0:45:15.7	109	1:09:55.3	144
46	Jose Henriques	1:41:20.4	354	1:40:43.9	m	162	Veteranos M40	46	Real Academia	0:46:58.5	167	1:11:12.2	170
47	Eladio Manuel	1:41:39.1	313	1:41:30.1	m	166	Veteranos M40	47		0:46:24.7	143	1:10:38.6	157
48	João Valente	1:42:02.6	4	1:41:54.9	m	169	Veteranos M40	48	PORTUGAL RUNNING	0:47:18.4	176	1:12:07.7	190
49	Paulo Gomes	1:42:13.6	648	1:42:04.1	m	171	Veteranos M40	49	Amigos Atletismo Mafra	0:47:54.4	192	1:12:39.6	196
50	Miguel Sergio Gomes	1:42:15.1	207	1:41:25.7	m	173	Veteranos M40	50		0:49:49.7	255	1:13:13.9	210
51	Fernando Rosete	1:42:49.9	31	1:42:30.2	m	178	Veteranos M40	51	Run4Fun	0:45:21.4	112	1:10:22.1	153
52	Paulo Calvino	1:43:07.3	33	1:42:55.6	m	182	Veteranos M40	52	Portugal Running	0:47:38.1	185	1:12:33.0	193
53	Pedro Gabriel	1:43:12.6	147	1:42:31.0	m	185	Veteranos M40	53	C.A. Amigos Parque da	0:48:11.3	199	1:12:41.3	199
54	Pedro Castro	1:43:26.3	661	1:42:51.6	m	187	Veteranos M40	54	Wikaboo	0:48:24.1	205	1:13:02.2	205
55	Sérgio Nunes	1:43:26.6	152	1:43:21.5	m	188	Veteranos M40	55		0:45:43.1	119	1:11:22.8	175
56	Miguel Cabral	1:43:45.4	710	1:43:07.0	m	194	Veteranos M40	56	Amigosdacorrída.com	0:48:21.0	204	1:13:00.6	204
57	Mario Santos	1:43:57.1	732	1:43:49.5	m	200	Veteranos M40	57		0:47:30.1	178	1:13:06.8	207
58	João Paulo Pereira	1:44:12.0	266	1:43:40.9	m	203	Veteranos M40	58	Ferroviario de Portugal	0:46:31.6	151	1:11:19.9	171
59	Filipe Branco	1:44:20.5	574	1:44:02.3	m	205	Veteranos M40	59		0:49:02.8	228	1:14:00.1	224
60	António Pedro Santos	1:44:31.4	213	1:44:16.2	m	206	Veteranos M40	60	Salamandrecos	0:50:16.9	274	1:16:27.4	283
61	João Leitão	1:44:47.7	40	1:44:21.4	m	210	Veteranos M40	61	RunLovers	0:50:09.8	270	1:15:06.5	254
62	Rui Pinho	1:44:53.6	671	1:43:58.9	m	212	Veteranos M40	62		0:50:31.5	283	1:15:02.3	252
63	Miguel Serradas Duarte	1:45:15.1	7	1:44:50.5	m	218	Veteranos M40	63	Run4Fun	0:50:07.5	269	1:15:04.4	253
64	JosÉ Oliveira	1:45:44.3	219	1:45:35.2	m	226	Veteranos M40	64	Associação de	0:50:06.8	265	1:15:25.1	261
65	Victor Manuel E Sá Venda	1:46:00.2	23	1:45:33.8	m	230	Veteranos M40	65		0:51:15.4	307	1:16:19.4	279
66	Miguel Ribeiro	1:46:16.7	666	1:46:01.6	m	236	Veteranos M40	66		0:52:14.1	335	1:16:58.6	296
67	Joao Peres	1:46:21.2	448	1:45:55.5	m	237	Veteranos M40	67		0:48:45.8	218	1:13:54.9	222
68	Nuno Ryder	1:46:37.9	373	1:46:02.2	m	242	Veteranos M40	68		0:52:18.4	337	1:17:13.0	302
69	Joao Goncalves	1:47:13.2	500	1:47:01.0	m	250	Veteranos M40	69		0:50:57.7	295	1:16:22.7	281
70	Helder Baptista	1:47:56.9	19	1:47:24.5	m	260	Veteranos M40	70	GRD Ribeira da Lage	0:51:42.9	321	1:16:39.2	291
71	Paulo Rodrigues	1:48:34.7	21	1:48:03.8	m	267	Veteranos M40	71		0:49:25.6	241	1:14:55.5	246
72	Carlos Abrunhosa	1:49:30.8	384	1:49:10.5	m	274	Veteranos M40	72		0:51:38.3	314	1:16:59.9	297
73	Dinis Morais	1:49:34.7	559	1:48:51.1	m	275	Veteranos M40	73	CCD Siemens	0:49:00.4	227	1:14:42.3	237
74	Carlos Portela	1:49:46.9	620	1:49:09.8	m	276	Veteranos M40	74	NAZABoboda	0:52:11.4	333	1:18:30.0	325

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
75	Luis Afonso	1:49:51.5	58	1:49:40.4	m	279	Veteranos M40	75	Georunners	0:52:30.6	344	1:18:42.0	331
76	Luis Correia	1:50:06.0	274	1:49:44.1	m	284	Veteranos M40	76	Run4Fun	0:52:35.2	348	1:18:51.0	334
77	Pedro Barrela	1:50:09.6	362	1:49:31.4	m	285	Veteranos M40	77	GD Banco BPI	0:52:10.6	331	1:18:45.8	332
78	Luis Santos	1:50:27.6	404	1:49:54.4	m	288	Veteranos M40	78		0:52:34.0	346	1:18:15.1	317
79	Eduardo Teles	1:51:12.0	80	1:51:02.1	m	299	Veteranos M40	79	TurboLento	0:52:15.9	336	1:18:10.5	315
80	Luis Calheiros	1:51:44.5	363	1:51:06.5	m	313	Veteranos M40	80	GD Banco BPI	0:52:11.0	332	1:18:46.4	333
81	João Paradinha	1:51:58.8	276	1:51:15.4	m	315	Veteranos M40	81		0:52:44.2	354	1:19:05.0	341
82	Rui Esteves	1:52:04.0	335	1:51:33.7	m	316	Veteranos M40	82	Wikaboo	0:49:35.8	248	1:17:27.8	305
83	Paulo Patrício	1:52:32.4	331	1:52:22.8	m	319	Veteranos M40	83		0:49:20.6	239	1:16:17.9	277
84	Angelo Fernandes	1:53:00.7	615	1:52:21.7	m	322	Veteranos M40	84		0:53:15.1	373	1:19:48.8	355
85	Paulo Nunes	1:53:02.9	616	1:52:14.0	m	324	Veteranos M40	85		0:52:35.1	347	1:19:10.5	343
86	Henrique Sebastião	1:53:53.0	198	1:53:34.2	m	334	Veteranos M40	86	Pão de Negrais	0:54:08.2	401	1:20:52.2	371
87	Nuno Costa	1:53:53.4	380	1:52:59.8	m	336	Veteranos M40	87	SS CGD	0:52:48.5	359	1:20:17.0	361
88	Ricardo Oliveira	1:54:01.5	244	1:53:22.5	m	337	Veteranos M40	88		0:53:56.6	395	1:21:43.4	385
89	Pedro Carvalho	1:54:01.6	63	1:53:21.0	m	338	Veteranos M40	89	Correr Lisboa	0:53:59.0	398	1:21:39.4	384
90	Miguel Castela	1:54:53.5	269	1:54:08.2	m	345	Veteranos M40	90	Associação de	0:54:07.5	400	1:22:06.6	390
91	Miguel Pinho	1:55:19.2	114	1:54:58.7	m	349	Veteranos M40	91		0:52:49.7	360	1:20:35.0	365
92	Filipe Freitas	1:55:24.1	718	1:55:08.6	m	352	Veteranos M40	92		0:55:55.3	444	1:23:12.8	414
93	José Bonito	1:55:53.2	655	1:55:21.6	m	355	Veteranos M40	93	Wikaboo	0:53:57.7	396	1:21:53.1	388
94	David Simão	1:56:01.5	325	1:55:27.5	m	357	Veteranos M40	94	Correr Lisboa	0:53:21.5	380	1:21:22.8	380
95	Lino Roque	1:56:59.5	252	1:56:17.0	m	369	Veteranos M40	95	C.A. Amigos Parque da	0:52:05.4	329	1:21:21.3	379
96	Miguel Dias	1:57:41.1	442	1:57:21.3	m	372	Veteranos M40	96	Run4Fun	0:54:56.5	420	1:22:58.3	409
97	Carlos Albano	1:58:19.7	378	1:57:32.5	m	375	Veteranos M40	97	SS CGD	0:53:37.2	386	1:23:40.4	426
98	João Afonso	1:58:26.8	153	1:57:45.7	m	376	Veteranos M40	98		0:54:38.9	413	1:22:48.7	403
99	Luís Caldeira	1:58:29.3	570	1:58:06.9	m	378	Veteranos M40	99		0:56:37.2	462	1:24:56.7	447
100	Vasco Ascensão	1:58:29.5	156	1:57:48.5	m	379	Veteranos M40	100		0:54:38.6	412	1:22:48.0	402
101	Nuno Gíao	1:58:34.0	436	1:58:26.8	m	383	Veteranos M40	101	ACCVCAVI	0:55:26.7	428	1:23:29.7	422
102	Rui Faria	1:59:09.7	71	1:58:48.6	m	390	Veteranos M40	102	Run4Fun	0:51:07.5	303	1:17:36.6	310
103	Pedro Simoes	1:59:46.2	618	1:59:12.5	m	399	Veteranos M40	103		0:55:25.5	426	1:23:31.3	423
104	Rui Miguel Gameiro	1:59:52.2	159	1:59:37.2	m	400	Veteranos M40	104		0:52:26.4	342	1:24:39.6	440
105	Joao Campos	2:01:18.8	96	2:01:03.8	m	410	Veteranos M40	105		0:57:26.6	480	1:25:15.7	455
106	Paulo Sousa	2:02:06.9	79	2:01:55.0	m	417	Veteranos M40	106		0:56:52.5	471	1:26:29.3	472
107	Rui Ferreira	2:04:03.2	46	2:03:16.0	m	429	Veteranos M40	107		0:55:45.4	440	1:26:34.2	474

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
108	Daniel Pereira	2:04:11.4	474	2:03:24.9	m	433	Veteranos M40	108		0:56:05.1	453	1:25:32.7	459
109	Ricardo Arraias	2:06:11.6	134	2:02:36.9	m	447	Veteranos M40	109		0:55:57.4	445	1:25:27.1	457
110	Gonçalo Vieira	2:07:03.1	53	2:06:52.3	m	451	Veteranos M40	110	Georunners	0:57:14.5	479	1:28:19.7	502
111	João Serra	2:07:27.5	552	2:07:01.6	m	455	Veteranos M40	111	Açoreana Clube Banif	0:55:27.7	430	1:25:55.2	465
112	Nuno Bastos	2:07:46.8	311	2:07:31.9	m	462	Veteranos M40	112		0:59:24.9	522	1:30:14.8	527
113	Paulo Trindade	2:08:11.7	3	2:07:30.9	m	465	Veteranos M40	113	O MUNDO DA	0:57:41.3	483	1:27:26.9	493
114	Gonçalo Delca	2:08:16.7	672	2:07:15.3	m	466	Veteranos M40	114		1:00:43.0	559	1:30:50.8	540
115	Rui Carneiro	2:09:34.3	593	2:08:42.0	m	470	Veteranos M40	115		0:59:30.2	526	1:30:47.4	536
116	Nelson Brito	2:10:30.3	590	2:10:17.0	m	483	Veteranos M40	116	Rail Runners	1:01:30.5	573	1:33:05.9	565
117	Joaquim Cardoso	2:10:47.2	191	2:10:13.3	m	485	Veteranos M40	117	amigosdacorrída.com	0:59:45.5	531	1:30:28.5	532
118	Luis Simoes	2:11:32.4	214	2:10:53.7	m	488	Veteranos M40	118	brandoa corre	0:55:21.1	424	1:25:02.4	450
119	Philippe Didier	2:11:39.2	173	2:11:13.8	m	489	Veteranos M40	119		1:00:37.2	553	1:32:23.6	557
120	Eduardo Bernardo	2:13:14.3	626	2:12:59.7	m	493	Veteranos M40	120	SUDU	0:58:37.4	511	1:30:49.9	538
121	Sergio Anjos	2:20:44.1	526	2:20:06.1	m	510	Veteranos M40	121	Diverinstal	1:03:24.6	589	1:37:12.1	587
122	Eduardo Amorim	2:22:58.1	113	2:22:08.6	m	518	Veteranos M40	122		1:06:49.0	611	1:40:47.7	605
123	Pedro Murtinhal	2:26:44.6	176	2:26:15.9	m	520	Veteranos M40	123	O MUNDO DA	1:00:48.1	562	1:39:36.7	601
124	Luis Andrade	2:21:50.5	163	2:21:08.4	m	532	Veteranos M40	124			2	1:35:14.5	578
125	Paulo Freitas	1:38:32.7	310	1:37:56.4	m	535	Veteranos M40	125		0:46:34.0	155		4
126	Tito Henriques	1:51:33.1	623	1:50:32.2	m	540	Veteranos M40	126			5	1:18:27.6	324

5

Veteranos M45

1	João Ginja	1:18:08.1	181	1:18:04.4	m	5	Veteranos M45	1	NAZABOBODA	0:36:58.9	10	0:55:50.7	14
2	Virgilio Gomes	1:22:04.6	183	1:22:03.5	m	11	Veteranos M45	2	NAZABOBODA	0:39:01.2	16	0:58:44.9	20
3	Paulo Carvalho	1:24:41.7	575	1:24:38.2	m	19	Veteranos M45	3	Sporting Clube	0:39:53.5	27	0:59:56.1	26
4	Jorge Rodrigues	1:25:34.5	182	1:25:34.2	m	21	Veteranos M45	4	NAZABOBODA	0:39:55.5	28	1:00:56.5	32
5	Paulo Arrenega	1:25:50.4	530	1:25:45.5	m	23	Veteranos M45	5	CRD ARRUDENSE	0:40:04.4	29	1:00:34.3	31
6	Jorge Gonçalves	1:26:43.7	673	1:26:30.8	m	28	Veteranos M45	6	Wikaboo	0:41:09.7	40	1:01:35.1	38
7	Vitor Silva	1:30:11.3	467	1:29:56.8	m	44	Veteranos M45	7	CBAMM	0:43:31.6	73	1:04:44.2	64
8	Helder Lopes	1:30:11.6	465	1:29:57.7	m	45	Veteranos M45	8	CBAMM	0:43:34.9	76	1:04:46.8	67
9	João Afonso	1:30:39.4	466	1:30:20.4	m	48	Veteranos M45	9	CBAMM	0:40:54.9	33	1:04:06.7	54
10	Fernando Figueiredo	1:31:01.8	196	1:30:54.8	m	52	Veteranos M45	10	Falcões Selvagens	0:42:25.4	57	1:04:44.3	65
11	Paulo Oliveira	1:31:42.6	622	1:31:33.4	m	57	Veteranos M45	11	CCD PM CASCAIS	0:42:18.3	53	1:04:29.2	60

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
12	Joaquim Epiménio Oliveira	1:32:06.7	197	1:32:01.1	m	59	Veteranos M45	12	Clube EDP - Lisboa	0:42:00.5	47	1:04:23.7	58
13	Edgar Trigo	1:34:31.1	132	1:34:21.7	m	74	Veteranos M45	13		0:44:02.8	84	1:06:43.1	87
14	Carlos Eduardo Lourenço	1:35:13.6	392	1:34:50.2	m	78	Veteranos M45	14		0:44:15.5	88	1:07:00.0	93
15	Luis Paulo	1:35:28.9	257	1:35:12.5	m	81	Veteranos M45	15	Bahia	0:42:47.6	59	1:05:17.1	71
16	Pedro Pires	1:36:13.9	726	1:35:46.7	m	87	Veteranos M45	16	Associação de	0:45:49.9	124	1:08:56.2	116
17	Rui Pedro Julião	1:36:22.2	50	1:36:09.3	m	89	Veteranos M45	17	Georunners	0:46:01.9	133	1:09:25.8	130
18	Daniel Conceição	1:36:36.2	395	1:36:21.7	m	91	Veteranos M45	18	N.A. PAPAGAIOS	0:43:38.4	78	1:06:03.2	81
19	António Angelino	1:37:29.0	453	1:37:09.1	m	106	Veteranos M45	19		0:46:31.6	152	1:09:25.4	129
20	Paulo Taboas	1:38:00.6	394	1:37:44.4	m	115	Veteranos M45	20	Aminhacorrída.com	0:45:50.1	125	1:09:42.8	138
21	Antonio Vilela	1:38:01.8	345	1:37:49.2	m	116	Veteranos M45	21	Real Academia	0:45:53.7	127	1:10:59.0	162
22	David Faustino	1:38:01.8	599	1:37:54.7	m	117	Veteranos M45	22	SS CGD	0:45:00.3	102	1:09:03.8	123
23	Victor Silva	1:38:10.8	88	1:38:02.7	m	119	Veteranos M45	23	Associação de	0:46:26.3	146	1:09:45.7	140
24	Vitor Santos	1:38:14.9	502	1:37:46.8	m	121	Veteranos M45	24	CBAMM	0:46:29.9	148	1:09:47.2	142
25	Jorge Nunes	1:38:33.8	652	1:37:47.7	m	126	Veteranos M45	25		0:48:03.2	194	1:10:49.8	161
26	José Campos	1:38:50.1	190	1:38:13.3	m	128	Veteranos M45	26	amigosdacorrída.com	0:46:11.7	137	1:09:56.0	145
27	Luis Álvaro	1:39:07.7	360	1:38:33.5	m	131	Veteranos M45	27	GD Banco BPI	0:46:16.3	139	1:09:47.1	141
28	Jose Bouceiro	1:39:09.1	609	1:39:02.8	m	132	Veteranos M45	28	ADCR Policia Judiciaria	0:46:30.7	149	1:10:24.0	154
29	Jorge Serra	1:39:12.3	407	1:39:04.8	m	134	Veteranos M45	29		0:43:29.4	70	1:06:10.1	83
30	Fernando Silva	1:40:00.2	326	1:39:53.5	m	143	Veteranos M45	30	C.R.Alturenses	0:46:10.7	136	1:10:19.1	152
31	Paulo Lourinho	1:40:01.4	371	1:39:47.1	m	144	Veteranos M45	31	Clube Atletismo	0:47:41.5	188	1:11:30.6	178
32	Paulo Santos	1:40:06.8	304	1:39:26.3	m	146	Veteranos M45	32	Lis Running	0:47:34.4	183	1:11:09.1	165
33	António Gonçalves	1:40:34.1	387	1:40:03.9	m	152	Veteranos M45	33	Metro 2011	0:48:26.5	207	1:11:54.9	187
34	Liberto Santos	1:40:54.5	222	1:40:41.2	m	155	Veteranos M45	34		0:46:47.8	164	1:10:59.8	163
35	Artur Paulo Almeida Botão	1:41:11.2	702	1:40:53.4	m	159	Veteranos M45	35	ACADEMIA DO	0:47:11.5	173	1:11:10.2	167
36	Armando Dias	1:41:27.4	116	1:41:17.0	m	163	Veteranos M45	36		0:46:46.0	161	1:11:04.7	164
37	Manuel Alves	1:42:12.8	422	1:41:44.1	m	170	Veteranos M45	37	CD ARNEIRO	0:48:19.1	202	1:12:23.0	192
38	Rui Carlos Almeida	1:42:53.7	308	1:42:47.0	m	180	Veteranos M45	38		0:48:32.8	211	1:13:20.2	215
39	Paulo Pais	1:42:58.1	115	1:42:40.8	m	181	Veteranos M45	39		0:46:38.2	158	1:11:54.5	186
40	Paulo Pires	1:43:12.5	668	1:42:30.2	m	184	Veteranos M45	40	SS CGD	0:48:10.5	197	1:12:40.2	198
41	Jose Mira	1:43:21.2	288	1:42:49.6	m	186	Veteranos M45	41	o praticante (asas do	0:49:16.4	235	1:13:19.3	212
42	Nuno Gomes	1:43:27.4	148	1:43:11.6	m	189	Veteranos M45	42	C.A. Amigos Parque da	0:48:41.3	216	1:13:16.4	211
43	Belchior Barrocas	1:43:44.0	150	1:43:12.8	m	192	Veteranos M45	43		0:49:38.4	250	1:14:29.7	233
44	José Costa Alves	1:43:52.7	403	1:43:45.2	m	198	Veteranos M45	44		0:48:42.8	217	1:13:23.4	217

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
45	João Alves	1:43:53.3	588	1:43:35.7	m	199	Veteranos M45	45		0:49:03.4	229	1:14:00.6	226
46	Alcides Varela	1:44:41.9	706	1:44:25.9	m	208	Veteranos M45	46	Casa do Benfica de	0:46:46.4	162	1:11:32.0	179
47	Rafael Abrunhosa	1:44:49.7	320	1:44:30.3	m	211	Veteranos M45	47		0:51:39.1	316	1:16:45.4	292
48	Pedro Bueno	1:45:22.2	421	1:44:53.2	m	221	Veteranos M45	48	CD ARNEIRO	0:50:03.7	262	1:14:58.3	248
49	Artur Pereira	1:45:43.0	356	1:45:26.3	m	225	Veteranos M45	49	Magic Runners	0:50:51.9	291	1:15:33.5	265
50	José Santos	1:45:48.1	682	1:45:05.7	m	227	Veteranos M45	50	Vila Seca Running	0:49:57.4	261	1:15:13.9	257
51	Luis Ferreira	1:45:56.9	41	1:45:31.4	m	229	Veteranos M45	51	RunLovers	0:50:10.5	272	1:15:07.3	255
52	Armando Parreira	1:46:05.2	709	1:45:56.4	m	233	Veteranos M45	52	Açoreana Clube Banif	0:50:07.0	266	1:15:25.2	262
53	Luís Ferreira	1:46:31.5	472	1:46:17.2	m	240	Veteranos M45	53	Rail Runners	0:49:25.0	240	1:14:38.7	235
54	Pedro Prudencio	1:46:49.3	595	1:46:35.5	m	244	Veteranos M45	54		0:50:07.1	267	1:15:32.0	264
55	Paulo Godinho	1:46:58.1	703	1:46:45.7	m	245	Veteranos M45	55		0:49:09.0	231	1:15:22.3	259
56	Jorge Sobrinho	1:47:00.9	583	1:46:57.2	m	246	Veteranos M45	56	Café Cartoon Run	0:48:03.9	195	1:14:01.7	227
57	Rui Carvalho	1:47:49.5	283	1:47:30.3	m	255	Veteranos M45	57		0:49:05.3	230	1:14:13.7	231
58	Abilio Marinho	1:47:55.3	336	1:46:54.4	m	259	Veteranos M45	58	CD Estrela	0:50:33.8	284	1:15:49.5	271
59	Fausto Isaac	1:48:00.8	546	1:47:33.3	m	261	Veteranos M45	59	Açoreana Clube Banif	0:49:17.5	236	1:14:56.2	247
60	Luís Grilo	1:48:11.7	656	1:47:56.2	m	262	Veteranos M45	60	Wikaboo	0:47:48.3	189	1:14:50.3	241
61	João Carlos Freire	1:48:17.1	18	1:47:53.1	m	264	Veteranos M45	61		0:51:09.3	305	1:16:51.5	293
62	Nuno Tempera	1:48:19.3	26	1:48:00.2	m	265	Veteranos M45	62	Run4Fun	0:49:37.0	249	1:15:14.1	258
63	Joao Antunes	1:49:25.4	77	1:49:02.7	m	272	Veteranos M45	63	Golden Team	0:50:49.7	290	1:17:02.4	298
64	José Oliveira	1:49:50.5	185	1:49:04.4	m	277	Veteranos M45	64	NAZABOBODA	0:52:59.7	369	1:18:34.5	329
65	Jose Lopes	1:49:57.8	449	1:49:29.9	m	282	Veteranos M45	65		0:51:36.1	312	1:18:57.2	338
66	Carlos Viseu	1:50:39.0	420	1:50:07.6	m	289	Veteranos M45	66	CD ARNEIRO	0:50:45.3	287	1:16:36.2	286
67	Rui Trindade	1:50:46.1	250	1:49:46.4	m	291	Veteranos M45	67	CD Estrela	0:50:56.2	293	1:16:53.2	295
68	Francisco Pereira	1:51:29.6	545	1:51:07.0	m	306	Veteranos M45	68	Açoreana Clube Banif	0:52:49.8	361	1:19:12.4	344
69	Paulo Fonseca	1:51:39.7	572	1:50:54.5	m	309	Veteranos M45	69		0:51:40.2	318	1:18:58.7	339
70	Marco António Souza	1:51:41.8	727	1:51:30.2	m	311	Veteranos M45	70		0:47:05.3	171	1:12:22.2	191
71	Joao Silva	1:51:43.0	126	1:51:25.4	m	312	Veteranos M45	71	SS CGD	0:51:28.8	309	1:17:50.6	311
72	Luis Canhão	1:52:34.2	678	1:52:16.3	m	320	Veteranos M45	72		0:52:11.9	334	1:19:30.0	349
73	Jose Miranda	1:53:00.8	355	1:52:22.4	m	323	Veteranos M45	73		0:53:15.4	374	1:19:49.7	356
74	Paulo Gomes	1:53:05.8	270	1:52:19.5	m	327	Veteranos M45	74	o prazer da corrida	0:53:21.5	379	1:20:04.1	358
75	Pedro Rodrigues	1:53:14.2	540	1:52:45.9	m	328	Veteranos M45	75		0:51:36.9	313	1:19:02.1	340
76	Joaquim Corrula	1:53:33.3	211	1:52:54.4	m	332	Veteranos M45	76	brandoa corre	0:52:24.5	340	1:19:19.8	345
77	Joao Góis	1:53:52.2	439	1:53:31.7	m	333	Veteranos M45	77	Run4Fun	0:51:13.0	306	1:18:19.1	322

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
78	João Ramos	1:53:53.0	199	1:53:34.6	m	335	Veteranos M45	78	Pão de Negrais	0:54:08.6	402	1:20:52.4	372
79	Nuno Jorge Lopes	1:55:08.8	332	1:54:36.4	m	347	Veteranos M45	79	Clube do Stress	0:50:56.9	294	1:18:11.6	316
80	Rui Lourenço	1:55:45.2	330	1:55:16.2	m	354	Veteranos M45	80		0:52:50.0	362	1:20:49.5	368
81	Luis Damião	1:56:36.5	509	1:55:59.5	m	364	Veteranos M45	81	Real Mafra	0:51:07.5	304	1:20:15.5	360
82	Mário Lopes	1:56:41.4	140	1:56:14.3	m	366	Veteranos M45	82	Os Perigosos	0:52:40.6	352	1:20:40.0	367
83	Antonio Bogas	1:57:56.8	506	1:57:36.1	m	374	Veteranos M45	83	CBAMM	0:53:40.0	387	1:22:00.7	389
84	Jose Magalhaes	1:58:27.4	65	1:58:07.2	m	377	Veteranos M45	84	Run4Fun	0:54:45.4	414	1:23:14.6	415
85	Luís Pires	1:58:30.5	175	1:58:01.0	m	380	Veteranos M45	85	C.A. Amigos Parque da	0:55:30.4	431	1:23:28.3	421
86	Jaime Trabucho	1:58:37.0	408	1:57:48.6	m	385	Veteranos M45	86		0:58:33.5	509	1:26:04.8	468
87	Alfredo Falcao	1:58:37.9	112	1:58:17.3	m	386	Veteranos M45	87	Run4Fun	0:53:52.3	392	1:22:33.3	398
88	Luis Santos	1:58:39.1	579	1:57:55.0	m	387	Veteranos M45	88	Associação de	0:55:12.0	422	1:25:07.9	453
89	Paulo Martins	1:59:31.2	481	1:59:03.5	m	394	Veteranos M45	89	Running of D ^a Maria	0:51:52.3	325	1:20:51.9	370
90	Joao Mendes	1:59:56.1	443	1:59:23.9	m	401	Veteranos M45	90	Stress	0:52:53.1	365	1:21:32.7	383
91	Rui Vieira	1:59:58.8	249	1:59:45.7	m	402	Veteranos M45	91		0:57:28.5	482	1:25:17.7	456
92	Manuel António	2:00:37.4	205	2:00:24.2	m	405	Veteranos M45	92	Rail Runners	0:53:36.0	385	1:23:58.3	430
93	Mario Vitoria	2:00:50.8	215	2:00:09.5	m	406	Veteranos M45	93	vitorias	0:54:56.2	419	1:23:41.5	428
94	João Pedro Ferreira	2:01:01.6	418	2:00:22.4	m	409	Veteranos M45	94		0:56:54.4	472	1:26:03.7	467
95	Jorge Brito Pereira	2:02:26.6	728	2:02:03.9	m	419	Veteranos M45	95		0:56:51.3	470	1:27:13.0	485
96	Nuno Loureiro	2:05:16.0	194	2:04:23.4	m	438	Veteranos M45	96	Falcões Selvagens	0:58:15.8	499	1:28:22.0	503
97	Nuno Corte-Real	2:05:46.7	89	2:05:05.0	m	443	Veteranos M45	97		0:57:58.9	490	1:28:48.0	510
98	Vitor Gonçalves	2:06:32.3	104	2:05:43.6	m	449	Veteranos M45	98	4 ao Km	1:00:24.9	545	1:30:15.5	529
99	José Bastos Silva	2:06:48.8	475	2:06:15.6	m	450	Veteranos M45	99		0:54:35.5	411	1:27:20.1	491
100	João Alberto	2:07:16.5	9	2:06:58.1	m	453	Veteranos M45	100	Jobrinde - Montes	0:59:22.9	521	1:29:11.2	513
101	Luis Ribeiro	2:07:22.1	346	2:06:40.9	m	454	Veteranos M45	101	Real Academia	0:56:09.8	456	1:26:48.0	480
102	Carlos Pinto de Abreu	2:07:40.3	316	2:07:24.1	m	459	Veteranos M45	102	Clube ANACOM	0:56:07.1	454	1:27:19.4	490
103	João Queirós	2:07:42.3	468	2:07:19.1	m	460	Veteranos M45	103	NEL Pédatleta	0:57:53.7	486	1:28:48.7	511
104	Gonçalo Fontes de Melo	2:07:49.7	32	2:07:27.5	m	464	Veteranos M45	104	Run4Fun	1:00:35.2	551	1:31:08.9	544
105	Luis Costa	2:09:44.3	603	2:09:18.1	m	474	Veteranos M45	105		1:01:03.9	565	1:33:01.6	562
106	Nelson Barreiros	2:09:47.3	259	2:08:46.4	m	475	Veteranos M45	106	Associação de	1:01:41.5	575	1:32:28.4	559
107	Luis Proença	2:12:25.5	223	2:12:07.7	m	492	Veteranos M45	107		1:01:13.8	569	1:33:49.1	569
108	Paulo Soares	2:15:59.0	302	2:15:42.5	m	496	Veteranos M45	108		1:01:06.3	567	1:35:06.1	575
109	Antonio Soares	2:16:10.9	284	2:15:39.2	m	498	Veteranos M45	109	o praticante (asas do	0:52:51.8	364	1:24:29.7	437
110	Antonio Vaz Da Silva	2:18:40.7	289	2:18:29.9	m	504	Veteranos M45	110		1:00:18.6	543	1:34:48.3	573

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
111	Emilio Gonçalves	2:27:46.0	460	2:26:55.1	m	522	Veteranos M45	111	Amigos Vale Silencio	1:06:43.5	610	1:43:17.6	615
112	Bento Valente	2:05:55.1	138	2:05:30.1	m	531	Veteranos M45	112	Os Perigosos	0:58:24.5	504		2

6

Veteranos M50

1	João Caldeira	1:20:29.6	730	1:20:26.6	m	8	Veteranos M50	1		0:37:39.2	13	0:56:50.0	16
2	João Lucas	1:23:50.3	725	1:23:44.9	m	14	Veteranos M50	2	Ingleses Futebol Clube	0:39:49.5	24	0:59:34.3	24
3	António Madeira	1:28:10.5	416	1:28:04.9	m	34	Veteranos M50	3	Clube de Praças da	0:41:38.8	46	1:02:44.4	49
4	João Rosado Martins	1:34:06.4	265	1:33:36.0	m	67	Veteranos M50	4	Ferroviario de Portugal	0:44:17.4	89	1:06:43.1	88
5	António Santos	1:34:23.5	312	1:33:44.8	m	71	Veteranos M50	5	Clube Atletismo	0:44:53.9	99	1:07:09.3	95
6	Paulo Santos	1:35:17.0	488	1:34:51.2	m	79	Veteranos M50	6	Atletas do Farolim	0:45:01.1	103	1:07:56.2	104
7	JosÉ Carlos	1:35:21.0	397	1:35:12.3	m	80	Veteranos M50	7	N.A. PAPAGAIOS	0:45:08.2	107	1:07:45.4	99
8	Carlos Baptista	1:36:03.4	687	1:35:55.7	m	86	Veteranos M50	8	Sporting Clube de	0:45:05.7	106	1:07:56.3	105
9	Manuel Chinita	1:36:18.7	458	1:35:54.8	m	88	Veteranos M50	9	Amigos Vale Silencio	0:45:46.1	121	1:08:39.4	109
10	José Brito	1:36:36.7	201	1:36:27.0	m	92	Veteranos M50	10	C.A. Amigos Parque da	0:45:57.4	130	1:09:02.7	120
11	Francisco Calçada	1:36:41.7	704	1:36:31.7	m	94	Veteranos M50	11	Meia Maratona de S.	0:44:29.6	96	1:07:25.9	98
12	Joaquim Fernandes	1:36:57.5	342	1:36:50.8	m	101	Veteranos M50	12	Associação de	0:45:35.1	116	1:08:52.2	112
13	Rui Pereira	1:37:07.2	98	1:36:59.2	m	102	Veteranos M50	13		0:44:25.9	95	1:07:55.1	102
14	José Carlos Melo	1:37:56.8	248	1:37:38.0	m	113	Veteranos M50	14	Run4Fun	0:45:12.5	108	1:09:02.4	119
15	Jaime Lamego	1:38:10.9	210	1:38:05.0	m	120	Veteranos M50	15	Xtreme Level	0:43:48.2	82	1:07:15.0	96
16	Gonçalves Manuel	1:38:15.1	719	1:37:41.9	m	122	Veteranos M50	16	Casa do Benfica de	0:46:24.9	145	1:09:41.8	137
17	Paulo Mata	1:38:50.7	195	1:38:43.4	m	129	Veteranos M50	17	Falcões Selvagens	0:46:43.1	159	1:11:28.7	177
18	Emanuel Freitas	1:40:18.7	261	1:40:08.0	m	148	Veteranos M50	18		0:45:51.1	126	1:10:16.1	150
19	João Crespo	1:41:42.5	78	1:41:20.1	m	167	Veteranos M50	19	Golden Team	0:47:04.0	169	1:11:21.0	173
20	Jose Maio	1:42:18.3	423	1:41:48.2	m	176	Veteranos M50	20	CD ARNEIRO	0:49:31.0	246	1:13:28.7	218
21	José Ferraz	1:43:39.9	452	1:43:26.5	m	191	Veteranos M50	21	Ginásio Clube de	0:47:40.3	186	1:12:51.7	201
22	Durval Santos	1:43:59.4	305	1:43:43.5	m	202	Veteranos M50	22		0:47:55.4	193	1:13:09.7	209
23	António Almeida	1:44:36.1	334	1:44:23.8	m	207	Veteranos M50	23	VIA3Runners	0:50:05.9	264	1:15:00.2	249
24	Carlos Nabiça	1:45:28.7	169	1:45:11.5	m	223	Veteranos M50	24	CGBES	0:49:33.4	247	1:14:46.2	238
25	David Resina	1:45:55.0	105	1:45:25.1	m	228	Veteranos M50	25		0:48:51.8	219	1:14:52.2	245
26	Guilherme Gonçalves	1:46:25.0	263	1:45:55.4	m	238	Veteranos M50	26	Ferroviario de Portugal	0:49:47.7	254	1:15:28.1	263
27	Luís Bastos	1:46:26.2	562	1:45:39.0	m	239	Veteranos M50	27	CCD Siemens	0:49:56.3	260	1:16:01.8	273
28	Antonio Nereu	1:47:12.2	287	1:46:41.4	m	249	Veteranos M50	28	o praticante (asas do	0:49:19.5	237	1:15:00.4	250

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
29	Manuel Brito	1:47:22.7	674	1:46:40.8	m	252	Veteranos M50	29		0:51:01.8	296	1:16:31.2	284
30	António Bento Fernandes	1:47:43.5	178	1:47:28.6	m	254	Veteranos M50	30	Clube do Stress	0:48:28.9	209	1:14:47.8	239
31	Fernando Moraes	1:48:32.4	361	1:48:22.5	m	266	Veteranos M50	31	GD Banco BPI	0:48:53.6	222	1:15:22.5	260
32	Carlos Fonseca	1:49:03.7	555	1:48:53.8	m	269	Veteranos M50	32	Açoreana Clube Banif	0:49:53.0	257	1:17:19.6	304
33	Carlos Oleastro	1:49:52.8	512	1:49:40.9	m	280	Veteranos M50	33	CBAMM	0:50:13.4	273	1:16:37.7	288
34	Joao Pereira	1:50:22.8	638	1:49:57.1	m	287	Veteranos M50	34	CCD PM CASCAIS	0:49:50.5	256	1:16:02.9	274
35	Fernando Ferreira	1:50:43.8	724	1:50:14.0	m	290	Veteranos M50	35		0:51:49.7	323	1:18:07.1	314
36	Paulo Brissos	1:51:14.2	573	1:50:27.6	m	300	Veteranos M50	36		0:51:50.0	324	1:18:06.6	313
37	António Pereira	1:51:15.4	388	1:50:43.9	m	301	Veteranos M50	37	Metro 2011	0:54:02.2	399	1:20:03.5	357
38	Nuno Barradas	1:53:05.4	658	1:53:00.4	m	326	Veteranos M50	38	Wikaboo	0:45:22.1	113	1:08:53.6	113
39	José Veiga	1:53:28.4	528	1:53:09.6	m	331	Veteranos M50	39	Run4Fun	0:53:40.0	388	1:21:15.0	375
40	Pedro Queiros	1:54:20.5	677	1:53:47.1	m	340	Veteranos M50	40	Lebres da Vedejosa	0:55:25.1	425	1:22:23.7	395
41	Henrique Ruivo	1:54:39.1	70	1:54:18.3	m	343	Veteranos M50	41	Tartarugas Solidárias	0:53:30.3	382	1:21:20.8	378
42	Teodoro Trindade	1:56:21.4	17	1:55:59.7	m	362	Veteranos M50	42	Run4Fun	0:54:15.8	405	1:22:32.1	397
43	Antonio Goucha Soares	1:56:42.9	179	1:56:06.3	m	367	Veteranos M50	43		0:54:50.8	417	1:22:51.1	405
44	Antonio Negrinho	1:56:49.4	377	1:55:55.1	m	368	Veteranos M50	44	SS CGD	0:54:49.2	416	1:22:59.2	412
45	António Correia	2:02:03.1	188	2:01:28.7	m	416	Veteranos M50	45	amigosdacorrída.com	0:56:55.8	474	1:25:50.5	463
46	JosÉ Moraes	2:03:51.6	612	2:03:43.2	m	427	Veteranos M50	46	N.A. PAPAGAIOS	0:53:56.0	394	1:23:21.3	418
47	Jorge Esteves	2:04:10.1	22	2:03:48.8	m	432	Veteranos M50	47	Run4Fun	0:53:23.7	381	1:23:26.0	419
48	João Gomes	2:05:27.0	602	2:05:01.0	m	439	Veteranos M50	48	NúcleOeiras/Sportzone	0:58:03.5	493	1:28:26.0	505
49	Rogério Matos	2:06:05.6	591	2:05:43.1	m	446	Veteranos M50	49	Run4Fun	1:00:00.3	536	1:30:53.3	541
50	Andre Noronha	2:07:44.5	123	2:06:53.7	m	461	Veteranos M50	50	SS CGD	0:59:14.8	519	1:29:55.1	523
51	Ruben Costa	2:07:49.6	34	2:07:28.2	m	463	Veteranos M50	51	Run4Fun	1:00:36.9	552	1:31:09.9	545
52	Isaac Carrêlo	2:10:33.1	315	2:10:04.7	m	484	Veteranos M50	52	Clube ANACOM	1:01:53.0	577	1:33:26.7	567
53	Carlos Monteiro	2:18:54.0	69	2:18:13.8	m	506	Veteranos M50	53		1:04:00.5	593	1:38:54.7	597
54	João Fernando Martins	2:19:13.6	695	2:18:29.5	m	507	Veteranos M50	54		1:00:44.7	561	1:33:55.3	570
55	Jose Troncoso	2:22:26.6	240	2:21:56.9	m	516	Veteranos M50	55		1:02:56.8	585	1:38:46.9	596
56	João Lima	2:26:45.3	102	2:25:58.8	m	521	Veteranos M50	56	4 ao Km	1:04:56.3	600	1:39:26.7	599
57	David Silva	2:28:29.7	285	2:27:41.1	m	523	Veteranos M50	57	o praticante (asas do	1:06:35.7	608	1:41:47.5	608
58	Jaime Sousa	1:51:38.3	253	1:51:04.9	m	534	Veteranos M50	58	amigosdacorrída.com	0:49:53.4	258		3
59	Manuel Rodrigues	1:58:19.8	347	1:58:07.0	m	536	Veteranos M50	59	Real Academia	0:54:21.4	409		5

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
Veteranos M55													
1	João Gomes	1:24:19.4	619	1:24:13.6	m	17	Veteranos M55	1	Leões Apelaçonenses	0:39:52.8	25	1:00:12.8	28
2	Anacleto Faísca	1:25:33.1	701	1:25:17.4	m	20	Veteranos M55	2	Areias de São João	0:40:28.7	30	1:01:03.6	33
3	António Lemos	1:25:51.6	657	1:25:39.1	m	24	Veteranos M55	3	Wikaboo	0:41:16.2	42	1:01:28.9	37
4	Antonio Paias	1:28:03.0	716	1:27:46.4	m	32	Veteranos M55	4	Clube de Atletismo	0:41:12.8	41	1:02:24.9	44
5	António Dias	1:29:55.7	241	1:29:50.2	m	42	Veteranos M55	5	Falcões Selvagens	0:41:09.1	39	1:02:02.6	42
6	Germano Silva	1:30:50.2	344	1:30:42.3	m	50	Veteranos M55	6	Real Academia	0:43:04.4	61	1:04:43.0	63
7	João Rodrigues	1:33:40.2	415	1:33:34.0	m	64	Veteranos M55	7	U.F.DEGOLADOS	0:42:10.7	50	1:05:21.4	72
8	Antonio Coelho	1:39:24.7	515	1:39:14.3	m	137	Veteranos M55	8	CBAMM	0:47:04.7	170	1:10:44.6	158
9	Manuel Costa	1:40:26.1	389	1:39:55.7	m	151	Veteranos M55	9	Metro 2011	0:48:26.4	206	1:11:54.2	185
10	António Merujo	1:42:21.2	76	1:42:16.9	m	177	Veteranos M55	10	Golden Team	0:45:44.3	120	1:11:11.4	169
11	Armando Almeida	1:44:15.5	459	1:43:48.2	m	204	Veteranos M55	11	Amigos Vale Silencio	0:48:38.1	215	1:13:19.3	213
12	Alvaro Pinto	1:47:02.5	343	1:46:22.9	m	247	Veteranos M55	12	Real Academia	0:51:02.1	298	1:16:18.5	278
13	Carlos Rodrigues	1:48:14.5	647	1:48:04.4	m	263	Veteranos M55	13	Amigos Atletismo Mafra	0:51:29.2	310	1:17:34.8	309
14	João Santos	1:49:51.1	369	1:49:04.5	m	278	Veteranos M55	14	NAZABOBODA	0:52:59.1	368	1:18:34.0	328
15	Fernando Celestino	1:49:58.6	556	1:49:35.2	m	283	Veteranos M55	15	Açoreana Clube Banif	0:50:28.7	282	1:17:34.5	308
16	Carlos Sousa	1:51:10.8	141	1:50:45.9	m	298	Veteranos M55	16	Os Perigosos	0:49:40.5	252	1:16:35.2	285
17	João Veríssimo	1:51:27.8	568	1:50:46.3	m	304	Veteranos M55	17		0:53:00.3	370	1:19:28.7	348
18	André Wiborg	1:52:52.3	233	1:52:01.8	m	321	Veteranos M55	18	VFF 1896	0:56:15.6	458	1:22:11.6	391
19	José Pereira	1:55:30.8	142	1:54:59.1	m	353	Veteranos M55	19	Os Perigosos	0:55:32.5	432	1:22:51.5	406
20	Jorge Paulo	1:56:09.7	90	1:55:50.3	m	359	Veteranos M55	20	Run4Fun	0:52:24.8	341	1:21:20.2	377
21	José Mateus	1:56:11.6	717	1:55:55.7	m	361	Veteranos M55	21		0:49:39.8	251	1:17:06.4	301
22	Rui Emidio	1:57:21.6	508	1:57:05.2	m	370	Veteranos M55	22	CBAMM	0:51:02.0	297	1:19:28.1	347
23	Arsénio Fernandes	1:58:59.8	314	1:58:43.8	m	389	Veteranos M55	23	C.A. Amigos Parque da	0:52:00.4	327	1:24:39.4	439
24	Antonio Ventura	1:59:27.0	629	1:58:46.9	m	393	Veteranos M55	24	REAL ACADEMIA	0:56:54.6	473	1:25:12.8	454
25	Vitor Luis	1:59:36.2	433	1:58:54.3	m	395	Veteranos M55	25		0:58:39.0	513	1:26:17.8	470
26	Douglas Fry	2:00:55.0	323	2:00:14.0	m	407	Veteranos M55	26	Clube Desportivo de	0:58:13.2	496	1:25:35.0	461
27	Francisco João Jorge	2:01:29.1	694	2:00:45.0	m	411	Veteranos M55	27		0:58:24.6	505	1:28:24.4	504
28	Joaquim Mónica	2:01:40.1	504	2:01:11.5	m	413	Veteranos M55	28	CBAMM	0:58:19.0	500	1:27:40.6	495
29	Luis Farinha	2:01:50.6	734	2:01:24.8	m	414	Veteranos M55	29		0:56:01.5	450	1:25:05.6	452
30	António Correia	2:01:58.2	52	2:01:19.0	m	415	Veteranos M55	30	Georunners	0:55:59.4	447	1:25:01.9	449
31	Orlando Duarte	2:03:16.5	402	2:02:24.8	m	424	Veteranos M55	31	EM'Força - Corremos	0:57:28.3	481	1:27:03.3	482
32	Manuel Nascimento	2:03:46.7	625	2:03:29.4	m	426	Veteranos M55	32	C.A. Amigos Parque da	0:54:17.2	406	1:25:04.6	451

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
33	Jorge Paulino	2:04:06.3	322	2:03:26.1	m	430	Veteranos M55	33	Clube Desportivo de	0:59:32.4	528	1:29:47.9	521
34	Albano Alves	2:04:41.9	542	2:04:28.3	m	436	Veteranos M55	34	Açoreana Clube Banif	0:57:44.8	484	1:28:01.6	497
35	Paulo Gonçalves	2:05:27.3	44	2:05:08.7	m	440	Veteranos M55	35		0:55:40.0	436	1:25:43.3	462
36	José Vaz	2:05:34.3	317	2:05:06.2	m	441	Veteranos M55	36	Clube ANACOM	0:55:26.8	429	1:25:54.5	464
37	Alcides Nunes	2:05:54.8	139	2:05:29.5	m	444	Veteranos M55	37	Os Perigosos	0:53:00.7	371	1:21:51.7	387
38	Manuel Barros	2:11:50.7	318	2:11:33.2	m	490	Veteranos M55	38	Clube ANACOM	0:59:43.8	530	1:31:36.5	549
39	Jose Luis Santos Correia	2:13:39.5	432	2:13:27.0	m	494	Veteranos M55	39		0:59:58.6	535	1:32:03.1	552
40	Luis Lisboa Santos	2:17:35.0	457	2:16:59.4	m	500	Veteranos M55	40	Amigos Vale Silencio	1:01:26.9	571	1:35:09.6	576
41	António Sanches	2:17:37.3	368	2:16:58.9	m	501	Veteranos M55	41	GD Banco BPI	1:04:57.2	601	1:38:00.1	592
42	Albertino Semedo	2:32:55.0	122	2:32:31.0	m	527	Veteranos M55	42	SS CGD	1:05:24.8	603	1:42:29.4	614
43	Abilio Tavares	2:24:52.7	584		m	538	Veteranos M55	43			4		7
44	Albino Tomás	1:53:18.1	713	1:53:11.1	m	541	Veteranos M55	44	CLUBE ATLÉTICO	0:54:20.6	408		9

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Veteranos M60

1	João Soares	1:36:45.1	520	1:36:40.9	m	96	Veteranos M60	1	CBAMM	0:45:56.0	129	1:09:45.4	139
2	António Guerreiro	1:36:52.8	167	1:36:38.9	m	99	Veteranos M60	2	Monsanto Running	0:46:36.8	156	1:09:31.8	134
3	Carlos Cardoso	1:37:42.1	365	1:37:34.4	m	111	Veteranos M60	3	GD Banco BPI	0:46:19.1	141	1:09:36.8	136
4	Leonel Neves	1:41:08.7	461	1:40:45.0	m	158	Veteranos M60	4	Amigos Vale Silencio	0:46:59.1	168	1:11:21.0	174
5	Albisio Magalhaes	1:42:15.8	81	1:41:36.5	m	174	Veteranos M60	5		0:48:20.0	203	1:12:37.5	195
6	Jose Faustino	1:43:10.3	430	1:43:05.0	m	183	Veteranos M60	6		0:47:34.7	184	1:12:40.0	197
7	Jose Sousa	1:46:03.2	425	1:45:33.7	m	232	Veteranos M60	7	CD ARNEIRO	0:50:26.9	280	1:15:45.6	270
8	Tam Afonso	1:51:40.8	544	1:51:14.7	m	310	Veteranos M60	8	Açoreana Clube Banif	0:52:45.4	355	1:19:23.1	346
9	José Robalo	1:53:18.1	111	1:52:55.1	m	329	Veteranos M60	9		0:51:22.6	308	1:18:27.4	323
10	Joao Paixao	1:54:50.1	637	1:54:01.5	m	344	Veteranos M60	10	CCD PM CASCAIS	0:54:54.0	418	1:23:05.4	413
11	Álvaro Fernandes	1:56:37.7	435	1:56:31.1	m	365	Veteranos M60	11	Associação de	0:53:19.3	376	1:21:26.8	382
12	Julio Meireles	1:59:21.1	639	1:59:10.5	m	391	Veteranos M60	12	CCD PM CASCAIS	0:55:10.9	421	1:23:51.5	429
13	Jorge Pereira	2:04:07.4	586	2:03:25.9	m	431	Veteranos M60	13		0:59:29.3	524	1:29:47.3	520
14	José Bordalo	2:06:31.2	385	2:06:17.3	m	448	Veteranos M60	14	O MUNDO DA	0:55:57.4	446	1:28:01.7	498
15	Carlos Moreira	2:10:51.2	386	2:10:16.5	m	486	Veteranos M60	15	Metro 2011	1:00:25.6	546	1:32:15.2	556

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38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
Veteranos M65													
1	José Conceição	1:39:01.3	585	1:38:56.2	m	130	Veteranos M65	1	NúcleOeiras/Sportzone	0:46:15.2	138	1:10:11.5	148
2	Manuel Faisca	1:46:13.2	447	1:45:33.2	m	235	Veteranos M65	2		0:50:10.3	271	1:15:12.7	256
3	António Belo	1:51:19.8	189	1:50:40.7	m	303	Veteranos M65	3	amigosdacorrída.com	0:53:44.5	390	1:20:11.3	359
4	José Valério	1:53:20.0	228	1:53:18.4	m	330	Veteranos M65	4	adcc catujal	0:52:48.2	358	1:20:24.9	364
5	Domingos Duro	2:00:59.1	254	2:00:19.6	m	408	Veteranos M65	5	amigosdacorrída.com	0:58:21.7	502	1:27:16.9	487
6	Mayer Raposo	2:07:38.5	220	2:06:52.7	m	458	Veteranos M65	6	Associação de	1:00:11.0	542	1:30:05.1	526
7	Joaquim Adelino	2:20:00.1	456	2:19:35.5	m	509	Veteranos M65	7	Amigos Vale Silencio	1:01:37.7	574	1:35:59.6	580
8	Manuel Graça	2:21:49.7	434	2:21:32.2	m	514	Veteranos M65	8		1:01:55.0	578	1:34:18.1	572
9	Álvaro Costa	2:31:56.1	492	2:30:58.7	m	524	Veteranos M65	9		1:08:04.9	618	1:46:13.6	621

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Sénior Feminino

1	Ana Isabel Brás	1:44:19.9	635	1:44:10.7	w	5	Sénior Feminino	1	CCD PM CASCAIS	0:48:51.9	220	1:13:19.5	214
2	Alexandra Alves	1:44:51.2	553	1:44:45.3	w	6	Sénior Feminino	2	Açoreana Clube Banif	0:45:37.8	117	1:11:43.0	183
3	Carla Mendes	1:48:25.0	164	1:48:03.4	w	7	Sénior Feminino	3	Tartarugas Solidarias	0:51:54.8	326	1:16:53.1	294
4	Filipa Ferro	1:55:25.9	10	1:54:55.2	w	14	Sénior Feminino	4	Run4Fun	0:53:54.5	393	1:21:08.9	374
5	Joana Domingos	1:56:54.2	216	1:56:14.6	w	17	Sénior Feminino	5	vitorias	0:57:03.3	477	1:24:51.4	444
6	Marisa Costa	1:57:21.6	414	1:56:29.6	w	18	Sénior Feminino	6		0:54:18.8	407	1:22:21.7	394
7	Catrin Egerton	1:57:35.7	692	1:56:41.0	w	20	Sénior Feminino	7	EMSA	0:55:50.6	443	1:23:31.4	425
8	Marta Torres Vieira	1:58:41.3	627	1:57:50.5	w	21	Sénior Feminino	8		0:56:08.6	455	1:24:55.7	445
9	Noemia Monteiro	1:58:44.5	135	1:58:13.2	w	23	Sénior Feminino	9		0:55:15.1	423	1:24:13.6	434
10	Sara Cunha	1:59:13.6	357	1:58:57.0	w	24	Sénior Feminino	10	Magic Runners	0:55:42.1	438	1:24:00.1	431
11	Helena Lucas	1:59:25.3	225	1:58:47.5	w	25	Sénior Feminino	11	Caracóis de Pedra	0:54:08.8	403	1:22:27.7	396
12	Joana Peralta	1:59:30.0	25	1:59:10.6	w	26	Sénior Feminino	12	Run4Fun	0:54:45.8	415	1:24:02.2	432
13	Sandra Baptista	2:00:31.7	462	2:00:05.1	w	28	Sénior Feminino	13	Amigos Vale Silencio	0:56:04.2	452	1:24:45.3	443
14	Clara Raimundo	2:03:08.1	498	2:02:47.0	w	32	Sénior Feminino	14	Pernas de Gafanhoto	0:56:46.6	468	1:26:45.5	477
15	Carla Andre	2:04:18.2	654	2:03:26.7	w	35	Sénior Feminino	15		0:59:03.7	516	1:27:42.4	496
16	Ana Silva	2:04:59.0	478	2:04:38.6	w	37	Sénior Feminino	16		0:58:15.1	498	1:28:17.8	501
17	Lara Simons	2:06:20.0	560	2:05:34.8	w	42	Sénior Feminino	17	CCD Siemens	1:00:35.1	550	1:30:41.8	534
18	Isadora Costa	2:06:32.6	101	2:05:44.3	w	43	Sénior Feminino	18	4 ao Km	1:00:24.8	544	1:30:15.4	528
19	Fatima Santos	2:07:35.3	84	2:07:18.2	w	46	Sénior Feminino	19	Jobrinde - Montes	1:00:09.0	540	1:30:41.1	533

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
20	Marta Pereira	2:07:43.9	295	2:06:59.6	w	47	Sénior Feminino	20		0:58:24.4	503	1:28:46.5	508
21	Joana Freire	2:08:37.5	174	2:08:25.7	w	52	Sénior Feminino	21		0:59:04.2	517	1:30:16.9	530
22	Iris Mauricio	2:09:39.1	519	2:09:23.6	w	53	Sénior Feminino	22	CBAMM	0:59:55.2	532	1:31:31.4	548
23	Lara Ferreira	2:09:54.6	482	2:09:23.4	w	54	Sénior Feminino	23		0:58:30.3	507	1:29:40.3	517
24	Isabel Monteiro	2:11:04.1	696	2:10:39.3	w	58	Sénior Feminino	24		1:02:41.4	583	1:33:12.0	566
25	Vera Almeida	2:11:39.2	128	2:11:14.3	w	59	Sénior Feminino	25	SS CGD	1:00:37.5	554	1:32:24.2	558
26	Catia Mariano	2:12:41.1	301	2:12:18.2	w	61	Sénior Feminino	26		1:01:43.3	576	1:33:30.7	568
27	Sandra Coval	2:13:41.8	303	2:13:26.2	w	62	Sénior Feminino	27		1:01:00.4	564	1:34:09.9	571
28	Marta Andrade	2:16:09.4	13	2:15:16.4	w	64	Sénior Feminino	28	Treino em Casa	1:04:48.5	599	1:38:10.8	594
29	Sara Timóteo	2:17:32.1	631	2:17:22.2	w	66	Sénior Feminino	29		1:02:51.5	584	1:35:13.6	577
30	Vanessa Marranita	2:18:54.4	723	2:18:14.8	w	67	Sénior Feminino	30		1:04:01.5	594	1:38:55.9	598
31	Susana Santos	2:29:01.8	670	2:28:03.0	w	74	Sénior Feminino	31		1:09:17.9	620	1:43:47.8	617
32	Tita Luis	2:29:35.0	16	2:23:51.3	w	75	Sénior Feminino	32	Jobrinde - Montes	1:07:10.9	613	1:42:17.5	611
33	Carla Matos	2:30:09.8	73	2:29:49.1	w	76	Sénior Feminino	33	Run4Fun	1:06:23.6	607	1:43:31.9	616
34	Elsa Alcobia	2:32:34.0	243	2:32:17.3	w	78	Sénior Feminino	34		1:09:00.1	619	1:45:53.6	619
35	Elisete Manuel	2:32:54.4	286	2:32:14.2	w	79	Sénior Feminino	35	o praticante (asas do	1:06:43.4	609	1:41:56.2	610
36	Sofia Luis	2:32:57.0	321	2:32:35.1	w	80	Sénior Feminino	36		1:10:21.3	622	1:48:01.0	622
37	Liliana Moreira	2:33:57.8	136	2:33:40.3	w	81	Sénior Feminino	37		1:09:20.7	621	1:46:07.1	620
38	Catarina Peixoto	2:36:51.5	683	2:26:06.8	w	82	Sénior Feminino	38	Run4Fun	1:04:25.3	596	1:42:22.2	612
39	Hélia Cristina Marques	2:41:02.0	171	2:40:47.9	w	83	Sénior Feminino	39	Run@Figueira	1:11:25.4	624	1:51:36.5	624

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Veteranas W40

1	Chantal Xhervelle	1:32:22.8	209	1:32:16.9	w	1	Veteranas W40	1	Xtreme Level	0:43:32.4	74	1:05:36.8	76
2	Alice Basilio	1:34:26.7	480	1:34:18.0	w	2	Veteranas W40	2	Amigos Atletismo Mafra	0:44:01.3	83	1:06:52.3	91
3	Isabel Moleiro	1:38:03.7	600	1:37:57.6	w	3	Veteranas W40	3	SS CGD	0:45:54.1	128	1:09:30.5	133
4	Luisa Santo	1:39:36.0	184	1:39:27.4	w	4	Veteranas W40	4	NAZABOBODA	0:47:06.9	172	1:10:47.3	160
5	Rute Matos	1:48:41.3	445	1:48:34.2	w	8	Veteranas W40	5		0:49:25.7	242	1:15:34.5	268
6	Maria Alves	1:50:10.3	300	1:49:27.9	w	9	Veteranas W40	6		0:52:31.8	345	1:18:15.9	318
7	Isabel Oleiro	1:52:44.8	247	1:52:21.6	w	11	Veteranas W40	7		0:51:45.6	322	1:18:30.2	326
8	Rosa Vassindula	1:53:46.3	537	1:53:38.4	w	12	Veteranas W40	8	CRD ARRUDENSE	0:52:58.0	367	1:20:19.3	362
9	Magda Lourenço	1:54:14.4	370	1:53:45.5	w	13	Veteranas W40	9		0:52:50.4	363	1:20:50.7	369
10	Carla Morgado	1:56:14.4	281	1:55:43.0	w	15	Veteranas W40	10		0:55:44.9	439	1:22:55.0	407

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
11	Ana Maria Martins	1:56:42.0	245	1:55:51.4	w	16	Veteranas W40	11	Falcões Selvagens	0:55:26.0	427	1:22:47.8	401
12	Cristina Caldeira	2:02:08.9	38	2:01:43.8	w	30	Veteranas W40	12	RunLovers	0:55:38.1	434	1:24:56.0	446
13	Carla Silva	2:02:28.0	236	2:01:49.3	w	31	Veteranas W40	13		0:58:12.8	495	1:27:10.6	484
14	Ana Paula Lima	2:03:58.0	258	2:03:51.9	w	34	Veteranas W40	14	C.A. Amigos Parque da	0:56:00.0	448	1:26:42.1	475
15	Célia Cecílio	2:05:12.6	341	2:04:49.7	w	38	Veteranas W40	15	NAPA - Núcleo Amigos	0:57:03.4	478	1:26:46.1	479
16	Ceu Carvalho	2:05:12.9	319	2:04:49.7	w	39	Veteranas W40	16	Tartarugas Solidarias	0:57:03.2	476	1:26:45.7	478
17	Catarina Martins	2:05:15.7	379	2:04:24.3	w	40	Veteranas W40	17	SS CGD	1:00:41.0	556	1:29:27.6	516
18	Helena Leitão	2:05:51.2	39	2:05:25.5	w	41	Veteranas W40	18	RunLovers	0:57:57.3	489	1:28:37.3	507
19	Dina Mota	2:07:06.4	309	2:06:22.0	w	45	Veteranas W40	19	Associação de	0:59:29.8	525	1:29:57.7	525
20	Sandra Simões	2:07:49.1	6	2:07:24.8	w	49	Veteranas W40	20	Run4Fun	1:00:33.7	549	1:31:07.0	543
21	Deolinda Santos	2:08:15.4	1	2:07:13.5	w	50	Veteranas W40	21		1:00:42.5	558	1:30:50.7	539
22	Sara Colaço	2:08:27.0	251	2:08:20.7	w	51	Veteranas W40	22	C.A. Amigos Parque da	0:59:17.9	520	1:29:42.5	518
23	Maria Sousa	2:10:04.8	157	2:09:16.3	w	55	Veteranas W40	23		1:01:04.1	566	1:32:06.9	553
24	Marta Lopes	2:10:54.5	282	2:10:16.4	w	57	Veteranas W40	24	I RUN WILD	1:00:29.3	548	1:31:28.3	547
25	Carolina Manuel	2:12:19.4	605	2:11:49.8	w	60	Veteranas W40	25	O MUNDO DA	1:00:03.7	537	1:32:34.5	560
26	Patrícia Pedro	2:15:52.4	505	2:15:24.8	w	63	Veteranas W40	26	CBAMM	1:03:16.5	586	1:35:23.3	579
27	Claudia Lourenço	2:16:43.8	124	2:15:51.9	w	65	Veteranas W40	27	SS CGD	1:00:41.0	555	1:36:20.8	582
28	Luisa Palminhas	2:19:04.1	463	2:18:48.3	w	68	Veteranas W40	28	CBAMM	1:04:00.3	592	1:37:46.9	591
29	Paula Carvalho	2:21:15.0	20	2:20:51.5	w	69	Veteranas W40	29	Run4Fun	1:05:45.9	605	1:40:08.3	603
30	Sara Henriques	2:22:38.2	640	2:22:03.2	w	70	Veteranas W40	30	CCD PM CASCAIS	1:07:15.3	616	1:40:58.4	607
31	Ivone Pereira	2:22:38.3	636	2:22:03.1	w	71	Veteranas W40	31	CCD PM CASCAIS	1:07:15.1	615	1:40:57.5	606
32	Lilian Kato	2:30:10.0	689	2:29:46.2	w	77	Veteranas W40	32	Run4Fun	1:06:57.2	612	1:45:20.5	618
33	Ana Monteiro	2:24:53.6	24		w	84	Veteranas W40	33			1		1

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Veteranas W50

1	Maria Da Luz Conchinha	1:58:44.1	120	1:58:13.5	w	22	Veteranas W50	1	Clube do Stress	0:55:39.4	435	1:23:15.6	416
2	Maria Matos	1:59:35.5	437	1:58:52.6	w	27	Veteranas W50	2		0:58:38.2	512	1:26:16.7	469
3	Paula Figueiredo	2:01:48.6	664	2:01:15.4	w	29	Veteranas W50	3	Wikaboo	0:56:40.2	463	1:24:16.7	435
4	Henriqueta Solipa	2:03:16.7	11	2:02:57.1	w	33	Veteranas W50	4	CONNECT2RUN	0:58:00.6	492	1:27:36.0	494
5	Elsa Mota	2:04:46.7	168	2:04:25.8	w	36	Veteranas W50	5	Run4Fun	0:58:30.9	508	1:28:09.2	500
6	Deolinda António	2:06:59.3	538	2:06:50.9	w	44	Veteranas W50	6	CRD ARRUDENSE	1:00:57.5	563	1:30:49.6	537
7	Cristiana Almeida	2:07:44.3	129	2:06:52.9	w	48	Veteranas W50	7	SS CGD	0:59:14.3	518	1:29:53.9	522

38.^a Meia Maratona de São João das Lampas

Result List AG 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	M/F	C.Sex	Esc.	Pos.	Clube	10km	Pos.	15km	Pos.
8	Jacinta Almeida	2:10:30.5	471	2:10:16.0	w	56	Veteranas W50	8	Rail Runners	1:01:29.0	572	1:33:04.4	563
9	Ana Varejão	2:24:06.1	57	2:23:43.4	w	72	Veteranas W50	9	Run4Fun	1:05:46.5	606	1:40:08.6	604
10	Esmeralda Gomes	2:24:52.4	601	2:24:27.1	w	73	Veteranas W50	10	NúcleOeiras/sportzone	1:07:34.2	617	1:41:55.9	609

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Veteranas W60

1	Manuela Folgado	1:52:24.2	193	1:52:13.1	w	10	Veteranas W60	1	Falcões Selvagens	0:52:38.6	350	1:19:32.7	350
2	Analice Silva	1:57:34.1	374	1:57:22.7	w	19	Veteranas W60	2	O MUNDO DA	0:56:03.6	451	1:24:12.2	433

Number of records: 625

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
38.^a Meia Maratona de S. João das Lampas											
m											
1.	Emiliano Vieira	1:09:09.5	578	1:09:09.1	Sénior Masculino	1	RB RUNNING	0:32:43.2	6	0:49:11.6	10
2.	Pedro Gomes	1:14:15.4	429	1:14:11.0	Sénior Masculino	2	Clube de Atletismo Odimarq	0:34:41.4	8	0:52:35.0	12
3.	Luis Batista	1:14:42.5	267	1:14:37.6	Sénior Masculino	3		0:34:35.3	7	0:52:34.8	11
4.	Tiago Lousa	1:17:44.4	707	1:17:39.6	Sénior Masculino	4	Casa do Benfica de Algueirão	0:36:43.6	9	0:55:05.0	13
5.	João Ginja	1:18:08.1	181	1:18:04.4	Veteranos M45	1	NAZABOBODA	0:36:58.9	10	0:55:50.7	14
6.	Nuno Graça	1:20:29.3	496	1:20:24.2	Sénior Masculino	5	CRD ARRUDENSE	0:37:36.7	12	0:56:48.2	15
7.	Augusto Pires	1:20:29.4	535	1:20:24.9	Veteranos M40	1	CRD ARRUDENSE	0:37:36.6	11	0:56:51.1	17
8.	João Caldeira	1:20:29.6	730	1:20:26.6	Veteranos M50	1		0:37:39.2	13	0:56:50.0	16
9.	Armando Monteiro	1:21:07.8	495	1:21:04.2	Veteranos M40	2	CRD ARRUDENSE	0:37:48.0	14	0:57:15.9	18
10.	António Afonso	1:21:30.4	329	1:21:23.6	Veteranos M40	3	C.R.Alturense	0:39:22.1	19	0:58:55.1	21
11.	Virgílio Gomes	1:22:04.6	183	1:22:03.5	Veteranos M45	2	NAZABOBODA	0:39:01.2	16	0:58:44.9	20
12.	Ambrósio Pereira	1:23:00.7	533	1:22:55.8	Veteranos M40	4	CRD ARRUDENSE	0:38:58.0	15	0:58:44.6	19
13.	Luis Pereira	1:23:45.0	382	1:23:38.4	Veteranos M40	5		0:39:22.0	18	0:59:29.3	22
14.	João Lucas	1:23:50.3	725	1:23:44.9	Veteranos M50	2	Ingleses Futebol Clube	0:39:49.5	24	0:59:34.3	24
15.	João Dias	1:23:50.4	531	1:23:43.0	Veteranos M40	6	CRD ARRUDENSE	0:39:47.5	22	0:59:32.8	23
16.	Rogério Azevedo	1:24:10.3	642	1:24:04.9	Veteranos M40	7		0:39:10.1	17	0:59:34.9	25
17.	João Gomes	1:24:19.4	619	1:24:13.6	Veteranos M55	1	Leões Apelaçonenses	0:39:52.8	25	1:00:12.8	28
18.	Joao Hora Faustino	1:24:29.5	97	1:24:22.7	Veteranos M40	8	Outside Dream	0:39:48.4	23	1:00:11.4	27
19.	Paulo Carvalho	1:24:41.7	575	1:24:38.2	Veteranos M45	3	Sporting Clube Reboleira e	0:39:53.5	27	0:59:56.1	26
20.	Anacleto Faisca	1:25:33.1	701	1:25:17.4	Veteranos M55	2	Areias de São João	0:40:28.7	30	1:01:03.6	33
21.	Jorge Rodrigues	1:25:34.5	182	1:25:34.2	Veteranos M45	4	NAZABOBODA	0:39:55.5	28	1:00:56.5	32
22.	Armando Caiadas	1:25:44.2	327	1:25:38.3	Veteranos M40	9	C.R.Alturense	0:39:28.3	20	1:00:25.1	29
23.	Paulo Arrenega	1:25:50.4	530	1:25:45.5	Veteranos M45	5	CRD ARRUDENSE	0:40:04.4	29	1:00:34.3	31
24.	António Lemos	1:25:51.6	657	1:25:39.1	Veteranos M55	3	Wikaboo	0:41:16.2	42	1:01:28.9	37
25.	Fernando Candeias	1:25:55.3	125	1:25:48.5	Veteranos M40	10	SS CGD	0:40:48.0	32	1:01:19.2	34
26.	Rui Cabral	1:25:57.7	398	1:25:49.9	Sénior Masculino	6	N.A. PAPAGAIOS CASCAIS	0:41:19.3	43	1:01:28.6	35
27.	Carlos Taveira	1:26:15.2	721	1:26:07.1	Veteranos M40	11	Aminhacorrida.com	0:41:20.3	44	1:01:35.8	39
28.	Jorge Gonçalves	1:26:43.7	673	1:26:30.8	Veteranos M45	6	Wikaboo	0:41:09.7	40	1:01:35.1	38
29.	Nelson Fonseca	1:27:11.4	699	1:26:55.2	Sénior Masculino	7	Jobrinde - Montes Saloios	0:41:08.0	38	1:01:52.1	41
30.	Nelson Casanova	1:27:27.3	516	1:27:24.7	Sénior Masculino	8	CBAMM	0:41:05.2	35	1:01:28.7	36

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
31.	Miguel Pinto	1:27:42.8	576	1:27:30.4	Veteranos M40	12	Sporting Clube Reboleira e	0:40:41.1	31	1:01:39.9	40
32.	Antonio Paias	1:28:03.0	716	1:27:46.4	Veteranos M55	4	Clube de Atletismo Odimarq	0:41:12.8	41	1:02:24.9	44
33.	Ricardo Mendes Almeida	1:28:04.5	271	1:27:53.1	Sénior Masculino	9	O Mundo da Corrida	0:42:00.8	48	1:02:34.6	46
34.	António Madeira	1:28:10.5	416	1:28:04.9	Veteranos M50	3	Clube de Praças da Armada	0:41:38.8	46	1:02:44.4	49
35.	Luís Várzea	1:28:28.1	328	1:28:21.7	Sénior Masculino	10	C.R.Altureense	0:41:08.0	37	1:02:32.2	45
36.	Francisco Gonçalves	1:28:41.4	83	1:28:35.6	Veteranos M40	13		0:41:05.6	36	1:02:34.9	47
37.	Luis Morgado	1:28:42.6	476	1:28:30.0	Veteranos M40	14	Scalabis Night Runners	0:42:23.8	56	1:03:30.7	52
38.	Luis Rodrigues	1:28:42.9	501	1:28:35.5	Veteranos M40	15		0:41:04.8	34	1:02:17.8	43
39.	Luis Santos	1:28:52.4	494	1:28:41.3	Sénior Masculino	11		0:42:12.9	51	1:03:14.7	50
40.	José Abrantes	1:29:32.5	290	1:29:19.2	Veteranos M40	16		0:44:10.5	87	1:04:45.8	66
41.	Bruno Dias	1:29:37.8	446	1:29:29.5	Sénior Masculino	12	Adraga BTTeam	0:42:08.2	49	1:04:17.9	57
42.	António Dias	1:29:55.7	241	1:29:50.2	Veteranos M55	5	Falcões Selvagens	0:41:09.1	39	1:02:02.6	42
43.	Joao Samouqueiro	1:30:02.6	711	1:29:48.6	Sénior Masculino	13		0:41:38.1	45	1:03:49.2	53
44.	Vitor Silva	1:30:11.3	467	1:29:56.8	Veteranos M45	7	CBAMM	0:43:31.6	73	1:04:44.2	64
45.	Helder Lopes	1:30:11.6	465	1:29:57.7	Veteranos M45	8	CBAMM	0:43:34.9	76	1:04:46.8	67
46.	Jose Renato Rodrigues	1:30:19.1	676	1:30:10.8	Sénior Masculino	14		0:42:20.1	55	1:03:26.9	51
47.	Luis Trindade	1:30:34.0	690	1:30:20.5	Sénior Masculino	15	Monsanto Running Team	0:42:17.9	52	1:04:08.5	55
48.	João Afonso	1:30:39.4	466	1:30:20.4	Veteranos M45	9	CBAMM	0:40:54.9	33	1:04:06.7	54
49.	José Queirós	1:30:45.1	680	1:30:30.5	Veteranos M40	17	Alvitejo	0:43:25.5	67	1:04:36.1	61
50.	Germano Silva	1:30:50.2	344	1:30:42.3	Veteranos M55	6	Real Academia	0:43:04.4	61	1:04:43.0	63
51.	Ricardo Damião	1:30:58.4	510	1:30:36.6	Sénior Masculino	16	Real Mafra	0:43:02.5	60	1:04:12.7	56
52.	Fernando Figueiredo	1:31:01.8	196	1:30:54.8	Veteranos M45	10	Falcões Selvagens	0:42:25.4	57	1:04:44.3	65
53.	Carlos Lopes	1:31:10.6	393	1:31:05.6	Veteranos M40	18	Aminhacorrida.com	0:43:19.3	65	1:04:29.2	59
54.	Henrique Venâncio	1:31:28.1	486	1:31:01.8	Sénior Masculino	17	Atletas do Farolim Peniche	0:44:19.9	92	1:05:33.9	75
55.	Rui Cabral	1:31:29.3	681	1:31:16.0	Veteranos M40	19	Wikaboo	0:42:35.0	58	1:04:41.1	62
56.	Nuno Espírito Santo	1:31:34.5	550	1:31:10.5	Veteranos M40	20	Açoreana Clube Banif	0:43:14.6	63	1:04:54.4	68
57.	Paulo Oliveira	1:31:42.6	622	1:31:33.4	Veteranos M45	11	CCD PM CASCAIS	0:42:18.3	53	1:04:29.2	60
58.	Filipe Silva	1:32:01.3	2	1:31:35.9	Sénior Masculino	18	O MUNDO DA CORRIDA	0:43:14.9	64	1:05:01.9	69
59.	Joaquim Epiménio Oliveira Joaquim	1:32:06.7	197	1:32:01.1	Veteranos M45	12	Clube EDP - Lisboa	0:42:00.5	47	1:04:23.7	58
60.	António João Moreira	1:32:15.2	417	1:32:06.2	Veteranos M40	21	Leões da Fronteira - Vilar	0:43:32.8	75	1:05:32.1	74
61.	Edgar Monteiro	1:32:26.6	547	1:32:21.1	Sénior Masculino	19	Açoreana Clube Banif	0:39:28.6	21	1:02:43.5	48
62.	Fernando Almeida	1:32:33.3	230	1:32:01.1	Sénior Masculino	20	VFF 1896	0:43:43.1	81	1:05:30.6	73
63.	Carlos Pacheco	1:32:57.0	604	1:32:25.4	Sénior Masculino	21		0:43:41.9	80	1:05:46.4	79

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
64.	João Rodrigues	1:33:40.2	415	1:33:34.0	Veteranos M55	7	U.F.DEGOLADOS	0:42:10.7	50	1:05:21.4	72
65.	Ricardo Alves	1:33:50.9	543	1:33:36.9	Sénior Masculino	22	Açoreana Clube Banif	0:43:11.9	62	1:05:45.3	78
66.	Roberto Guerreiro	1:34:06.2	630	1:33:43.5	Sénior Masculino	23	RB RUNNING	0:44:25.1	94	1:06:50.7	90
67.	João Rosado Martins	1:34:06.4	265	1:33:36.0	Veteranos M50	4	Ferroviario de Portugal	0:44:17.4	89	1:06:43.1	88
68.	Nuno Pita	1:34:20.5	391	1:33:51.0	Sénior Masculino	24	Metro 2011	0:43:30.9	72	1:06:12.6	84
69.	João Pastor	1:34:21.3	479	1:34:15.4	Veteranos M40	22	Amigos Atletismo Mafra	0:44:05.3	85	1:06:56.3	92
70.	Carlos Preciso	1:34:22.4	720	1:33:42.8	Veteranos M40	23		0:44:52.8	98	1:07:08.4	94
71.	António Santos	1:34:23.5	312	1:33:44.8	Veteranos M50	5	Clube Atletismo Amigos Belém	0:44:53.9	99	1:07:09.3	95
72.	Luis Miguel Miranda	1:34:26.0	484	1:34:17.7	Veteranos M40	24		0:43:30.5	71	1:06:14.1	85
73.	Carlos Caetano	1:34:27.8	400	1:34:21.2	Veteranos M40	25		0:43:24.6	66	1:06:17.2	86
74.	Edgar Trigo	1:34:31.1	132	1:34:21.7	Veteranos M45	13		0:44:02.8	84	1:06:43.1	87
75.	António Pereira	1:34:54.9	587	1:34:37.1	Sénior Masculino	25		0:44:49.7	97	1:07:48.8	100
76.	Luis Pinheiro	1:34:59.0	226	1:34:55.4	Sénior Masculino	26	adcc catujal	0:43:29.0	69	1:05:43.7	77
77.	Pedro Norte	1:34:59.9	632	1:34:49.9	Veteranos M40	26	Amigos Atletismo Mafra	0:46:33.7	154	1:09:03.5	122
78.	Carlos Eduardo Lourenço	1:35:13.6	392	1:34:50.2	Veteranos M45	14		0:44:15.5	88	1:07:00.0	93
79.	Paulo Santos	1:35:17.0	488	1:34:51.2	Veteranos M50	6	Atletas do Farolim Peniche	0:45:01.1	103	1:07:56.2	104
80.	JosÉ Carlos	1:35:21.0	397	1:35:12.3	Veteranos M50	7	N.A. PAPAGAIOS CASCAIS	0:45:08.2	107	1:07:45.4	99
81.	Luis Paulo	1:35:28.9	257	1:35:12.5	Veteranos M45	15	Bahia	0:42:47.6	59	1:05:17.1	71
82.	Armando Teixeira	1:35:44.8	428	1:35:34.1	Veteranos M40	27		0:44:20.4	93	1:07:22.5	97
83.	Filipe Brízida	1:35:50.7	686	1:35:43.4	Veteranos M40	28		0:46:24.9	144	1:09:22.1	127
84.	Luis Moura	1:35:54.3	144	1:35:41.6	Veteranos M40	29		0:45:03.9	104	1:08:19.1	107
85.	Claudio Leal	1:36:00.2	722	1:35:53.0	Sénior Masculino	27		0:44:10.2	86	1:07:50.5	101
86.	Carlos Baptista	1:36:03.4	687	1:35:55.7	Veteranos M50	8	Sporting Clube de Casainhos	0:45:05.7	106	1:07:56.3	105
87.	Pedro Pires	1:36:13.9	726	1:35:46.7	Veteranos M45	16	Associação de Atletismo	0:45:49.9	124	1:08:56.2	116
88.	Manuel Chinita	1:36:18.7	458	1:35:54.8	Veteranos M50	9	Amigos Vale Silencio	0:45:46.1	121	1:08:39.4	109
89.	Rui Pedro Julião	1:36:22.2	50	1:36:09.3	Veteranos M45	17	Georunners	0:46:01.9	133	1:09:25.8	130
90.	Nuno Neves	1:36:29.5	192	1:36:18.5	Sénior Masculino	28	Falcões Selvagens	0:45:47.9	122	1:09:00.8	118
91.	Daniel ConceiÇÃO	1:36:36.2	395	1:36:21.7	Veteranos M45	18	N.A. PAPAGAIOS CASCAIS	0:43:38.4	78	1:06:03.2	81
92.	José Brito	1:36:36.7	201	1:36:27.0	Veteranos M50	10	C.A. Amigos Parque da Paz	0:45:57.4	130	1:09:02.7	120
93.	Miguel Rocha	1:36:38.3	221	1:36:24.8	Sénior Masculino	29	SS CGD	0:44:54.1	100	1:07:55.5	103
94.	Francisco Calçada	1:36:41.7	704	1:36:31.7	Veteranos M50	11	Meia Maratona de S. João das	0:44:29.6	96	1:07:25.9	98
95.	Tiago Fonseca	1:36:44.6	296	1:36:29.9	Sénior Masculino	30		0:43:38.5	79	1:06:03.9	82
96.	João Soares	1:36:45.1	520	1:36:40.9	Veteranos M60	1	CBAMM	0:45:56.0	129	1:09:45.4	139

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
97.	Janicio Reis	1:36:48.7	511	1:36:48.6	Sénior Masculino	31	CBAMM	0:42:19.3	54	1:05:09.5	70
98.	Luis Graça	1:36:50.5	662	1:36:18.1	Sénior Masculino	32	Wikaboo	0:45:27.5	115	1:08:37.2	108
99.	António Guerreiro	1:36:52.8	167	1:36:38.9	Veteranos M60	2	Monsanto Running Team	0:46:36.8	156	1:09:31.8	134
100.	Henrique Serrano	1:36:57.1	306	1:36:41.6	Sénior Masculino	33		0:46:33.4	153	1:09:33.1	135
101.	Joaquim Fernandes	1:36:57.5	342	1:36:50.8	Veteranos M50	12	Associação de Atletismo	0:45:35.1	116	1:08:52.2	112
102.	Rui Pereira	1:37:07.2	98	1:36:59.2	Veteranos M50	13		0:44:25.9	95	1:07:55.1	102
103.	Heitor Gomes	1:37:20.4	49	1:37:14.9	Veteranos M40	30	Georunners	0:46:46.5	163	1:09:28.4	132
104.	Hugo Domingos	1:37:24.5	262	1:37:15.0	Sénior Masculino	34		0:44:17.6	90	1:08:44.4	111
105.	Pedro Reis	1:37:26.1	469	1:37:13.2	Veteranos M40	31		0:46:02.0	134	1:09:26.0	131
106.	António Angelino	1:37:29.0	453	1:37:09.1	Veteranos M45	19		0:46:31.6	152	1:09:25.4	129
107.	Bruno Silva	1:37:30.0	580	1:36:23.0	Veteranos M40	32		0:46:03.4	135	1:08:59.1	117
108.	Nuno Sabino	1:37:33.7	554	1:37:20.6	Sénior Masculino	35	Açoreana Clube Banif	0:43:36.2	77	1:06:49.4	89
109.	António Rico	1:37:35.5	339	1:37:27.3	Veteranos M40	33	NAPA - Núcleo Amigos Perna	0:45:58.4	131	1:09:22.1	126
110.	João Paixão	1:37:35.7	338	1:37:27.8	Veteranos M40	34	NAPA - Núcleo Amigos Perna	0:45:59.3	132	1:09:22.6	128
111.	Carlos Cardoso	1:37:42.1	365	1:37:34.4	Veteranos M60	3	GD Banco BPI	0:46:19.1	141	1:09:36.8	136
112.	João Salgueiro Antunes	1:37:56.7	364	1:37:22.2	Veteranos M40	35	GD Banco BPI	0:45:42.5	118	1:09:04.5	124
113.	José Carlos Melo	1:37:56.8	248	1:37:38.0	Veteranos M50	14	Run4Fun	0:45:12.5	108	1:09:02.4	119
114.	Helder Valadas	1:37:58.0	137	1:37:30.2	Sénior Masculino	36	Os Perigosos	0:46:20.1	142	1:09:19.7	125
115.	Paulo Taboas	1:38:00.6	394	1:37:44.4	Veteranos M45	20	Aminhacorrida.com	0:45:50.1	125	1:09:42.8	138
116.	Antonio Vilela	1:38:01.8	345	1:37:49.2	Veteranos M45	21	Real Academia	0:45:53.7	127	1:10:59.0	162
117.	David Faustino	1:38:01.8	599	1:37:54.7	Veteranos M45	22	SS CGD	0:45:00.3	102	1:09:03.8	123
118.	Luciano Contente Contente	1:38:02.6	62	1:37:47.9	Sénior Masculino	37		0:43:26.8	68	1:06:02.8	80
119.	Victor Silva	1:38:10.8	88	1:38:02.7	Veteranos M45	23	Associação de Atletismo	0:46:26.3	146	1:09:45.7	140
120.	Jaime Lamego	1:38:10.9	210	1:38:05.0	Veteranos M50	15	Xtreme Level	0:43:48.2	82	1:07:15.0	96
121.	Vitor Santos	1:38:14.9	502	1:37:46.8	Veteranos M45	24	CBAMM	0:46:29.9	148	1:09:47.2	142
122.	Gonçalves Manuel	1:38:15.1	719	1:37:41.9	Veteranos M50	16	Casa do Benfica de Algueirão	0:46:24.9	145	1:09:41.8	137
123.	Pedro Farto	1:38:24.5	489	1:37:57.8	Sénior Masculino	38	Atletas do Farolim Peniche	0:45:19.3	110	1:08:55.1	115
124.	Eduardo Santos	1:38:24.6	229	1:37:51.8	Sénior Masculino	39	VFF 1896	0:46:44.0	160	1:09:57.2	146
125.	Paulo Raposo	1:38:30.9	693	1:38:09.5	Veteranos M40	36	Run4Fun	0:46:38.0	157	1:10:08.9	147
126.	Jorge Nunes	1:38:33.8	652	1:37:47.7	Veteranos M45	25		0:48:03.2	194	1:10:49.8	161
127.	Alexandre Lucas	1:38:43.5	224	1:38:06.7	Sénior Masculino	40	Caracóis de Pedra	0:45:22.8	114	1:08:55.1	114
128.	José Campos	1:38:50.1	190	1:38:13.3	Veteranos M45	26	amigosdacorrida.com	0:46:11.7	137	1:09:56.0	145
129.	Paulo Mata	1:38:50.7	195	1:38:43.4	Veteranos M50	17	Falcões Selvagens	0:46:43.1	159	1:11:28.7	177

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
130.	José Conceição	1:39:01.3	585	1:38:56.2	Veteranos M65	1	NúcleOeiras/Sportzone	0:46:15.2	138	1:10:11.5	148
131.	Luis Álvaro	1:39:07.7	360	1:38:33.5	Veteranos M45	27	GD Banco BPI	0:46:16.3	139	1:09:47.1	141
132.	Jose Bouceiro	1:39:09.1	609	1:39:02.8	Veteranos M45	28	ADCR Policia Judiciaria	0:46:30.7	149	1:10:24.0	154
133.	Arlindo Domingues	1:39:09.3	529	1:38:51.6	Veteranos M40	37		0:48:10.0	196	1:11:27.2	176
134.	Jorge Serra	1:39:12.3	407	1:39:04.8	Veteranos M45	29		0:43:29.4	70	1:06:10.1	83
135.	António Almeida	1:39:13.7	401	1:39:04.6	Veteranos M40	38	Ficalho Runners	0:47:41.4	187	1:11:20.4	172
136.	Julio Fernandes	1:39:16.8	217	1:38:37.0	Sénior Masculino	41	vitorias	0:46:50.0	165	1:10:17.6	151
137.	Antonio Coelho	1:39:24.7	515	1:39:14.3	Veteranos M55	8	CBAMM	0:47:04.7	170	1:10:44.6	158
138.	Carlos Rouxinol	1:39:26.3	441	1:39:21.5	Veteranos M40	39	NAZABoboda	0:39:53.0	26	1:00:26.2	30
139.	Nuno Antunes	1:39:36.0	660	1:39:00.0	Veteranos M40	40	Wikaboo	0:46:51.1	166	1:10:13.0	149
140.	Ricardo Ferreira	1:39:37.3	483	1:39:29.6	Sénior Masculino	42		0:44:18.5	91	1:08:18.8	106
141.	João Fernandes	1:39:43.3	561	1:38:57.5	Sénior Masculino	43	CCD Siemens	0:47:30.8	180	1:10:45.2	159
142.	João Queiroz	1:39:49.7	558	1:39:11.0	Veteranos M40	41	CCD Siemens	0:47:31.0	181	1:11:10.1	166
143.	Fernando Silva	1:40:00.2	326	1:39:53.5	Veteranos M45	30	C.R.Altureense	0:46:10.7	136	1:10:19.1	152
144.	Paulo Lourinho	1:40:01.4	371	1:39:47.1	Veteranos M45	31	Clube Atletismo Amigos Belém	0:47:41.5	188	1:11:30.6	178
145.	Diogo Martins	1:40:03.7	650	1:39:45.3	Sénior Masculino	44		0:46:18.2	140	1:10:29.8	156
146.	Paulo Santos	1:40:06.8	304	1:39:26.3	Veteranos M45	32	Lis Running	0:47:34.4	183	1:11:09.1	165
147.	Nuno M Pereira	1:40:12.5	499	1:39:50.7	Sénior Masculino	45	Pernas de Gafanhoto	0:47:33.0	182	1:11:32.7	180
148.	Emanuel Freitas	1:40:18.7	261	1:40:08.0	Veteranos M50	18		0:45:51.1	126	1:10:16.1	150
149.	Pedro Cardoso	1:40:23.7	200	1:39:49.1	Sénior Masculino	46	Correr Lisboa	0:45:03.9	105	1:09:03.1	121
150.	Nelson Mota	1:40:24.8	541	1:40:16.5	Veteranos M40	42	Açoreana Clube Banif	0:48:16.7	201	1:12:00.5	189
151.	Manuel Costa	1:40:26.1	389	1:39:55.7	Veteranos M55	9	Metro 2011	0:48:26.4	206	1:11:54.2	185
152.	António Gonçalves	1:40:34.1	387	1:40:03.9	Veteranos M45	33	Metro 2011	0:48:26.5	207	1:11:54.9	187
153.	Nuno Anjos	1:40:49.5	187	1:40:13.2	Veteranos M40	43	amigosdacorrida.com	0:47:12.5	174	1:11:34.5	181
154.	Paulo Gamboa	1:40:50.8	714	1:40:44.7	Veteranos M40	44	CLUBE ATLÉTICO DAS	0:48:56.5	224	1:12:55.4	202
155.	Liberto Santos	1:40:54.5	222	1:40:41.2	Veteranos M45	34		0:46:47.8	164	1:10:59.8	163
156.	Eduardo Ribeiro	1:41:02.2	517	1:40:32.7	Sénior Masculino	47		0:46:27.7	147	1:10:25.4	155
157.	Jaime Mauricio	1:41:03.7	464	1:40:55.2	Veteranos M40	45	CBAMM	0:45:15.7	109	1:09:55.3	144
158.	Leonel Neves	1:41:08.7	461	1:40:45.0	Veteranos M60	4	Amigos Vale Silencio	0:46:59.1	168	1:11:21.0	174
159.	Artur Paulo Almeida Botão	1:41:11.2	702	1:40:53.4	Veteranos M45	35	ACADEMIA DO LUMIAR	0:47:11.5	173	1:11:10.2	167
160.	Pedro Barreirão	1:41:11.6	349	1:41:02.1	Sénior Masculino	48		0:47:51.0	190	1:11:57.9	188
161.	Bernardo Pinto-Coelho	1:41:19.3	646	1:41:07.3	Sénior Masculino	49	Pernas de Gafanhoto	0:47:15.1	175	1:11:47.4	184
162.	Jose Henriques	1:41:20.4	354	1:40:43.9	Veteranos M40	46	Real Academia	0:46:58.5	167	1:11:12.2	170

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
163.	Armando Dias	1:41:27.4	116	1:41:17.0	Veteranos M45	36		0:46:46.0	161	1:11:04.7	164
164.	José Gonçalves	1:41:29.3	487	1:41:02.0	Sénior Masculino	50	Atletas do Farolim Peniche	0:48:34.6	214	1:12:48.6	200
165.	Sílvio Romão	1:41:33.9	161	1:41:05.0	Sénior Masculino	51		0:44:56.7	101	1:08:42.9	110
166.	Eladio Manuel	1:41:39.1	313	1:41:30.1	Veteranos M40	47		0:46:24.7	143	1:10:38.6	157
167.	João Crespo	1:41:42.5	78	1:41:20.1	Veteranos M50	19	Golden Team	0:47:04.0	169	1:11:21.0	173
168.	Jorge Lopes	1:42:00.2	234	1:41:11.3	Sénior Masculino	52	VFF 1896	0:50:22.1	279	1:13:52.7	221
169.	João Valente	1:42:02.6	4	1:41:54.9	Veteranos M40	48	PORTUGAL RUNNING	0:47:18.4	176	1:12:07.7	190
170.	Manuel Alves	1:42:12.8	422	1:41:44.1	Veteranos M45	37	CD ARNEIRO	0:48:19.1	202	1:12:23.0	192
171.	Paulo Gomes	1:42:13.6	648	1:42:04.1	Veteranos M40	49	Amigos Atletismo Mafra	0:47:54.4	192	1:12:39.6	196
172.	Ildebrando Aires	1:42:15.0	82	1:41:39.1	Sénior Masculino	53		0:48:34.0	213	1:12:56.0	203
173.	Miguel Sergio Gomes	1:42:15.1	207	1:41:25.7	Veteranos M40	50		0:49:49.7	255	1:13:13.9	210
174.	Albisio Magalhaes	1:42:15.8	81	1:41:36.5	Veteranos M60	5		0:48:20.0	203	1:12:37.5	195
175.	Hugo Novais	1:42:16.7	117	1:41:35.6	Sénior Masculino	54	RUNSINTRA	0:50:54.7	292	1:14:00.6	225
176.	Jose Maio	1:42:18.3	423	1:41:48.2	Veteranos M50	20	CD ARNEIRO	0:49:31.0	246	1:13:28.7	218
177.	António Merujo	1:42:21.2	76	1:42:16.9	Veteranos M55	10	Golden Team	0:45:44.3	120	1:11:11.4	169
178.	Fernando Rosete	1:42:49.9	31	1:42:30.2	Veteranos M40	51	Run4Fun	0:45:21.4	112	1:10:22.1	153
179.	Hugo Pina	1:42:50.3	307	1:41:54.3	Sénior Masculino	55		0:49:54.9	259	1:13:47.6	220
180.	Rui Carlos Almeida	1:42:53.7	308	1:42:47.0	Veteranos M45	38		0:48:32.8	211	1:13:20.2	215
181.	Paulo Pais	1:42:58.1	115	1:42:40.8	Veteranos M45	39		0:46:38.2	158	1:11:54.5	186
182.	Paulo Calvino	1:43:07.3	33	1:42:55.6	Veteranos M40	52	Portugal Running	0:47:38.1	185	1:12:33.0	193
183.	Jose Faustino	1:43:10.3	430	1:43:05.0	Veteranos M60	6		0:47:34.7	184	1:12:40.0	197
184.	Paulo Pires	1:43:12.5	668	1:42:30.2	Veteranos M45	40	SS CGD	0:48:10.5	197	1:12:40.2	198
185.	Pedro Gabriel	1:43:12.6	147	1:42:31.0	Veteranos M40	53	C.A. Amigos Parque da Paz	0:48:11.3	199	1:12:41.3	199
186.	Jose Mira	1:43:21.2	288	1:42:49.6	Veteranos M45	41	o praticante (asas do milenium)	0:49:16.4	235	1:13:19.3	212
187.	Pedro Castro	1:43:26.3	661	1:42:51.6	Veteranos M40	54	Wikaboo	0:48:24.1	205	1:13:02.2	205
188.	Sérgio Nunes	1:43:26.6	152	1:43:21.5	Veteranos M40	55		0:45:43.1	119	1:11:22.8	175
189.	Nuno Gomes	1:43:27.4	148	1:43:11.6	Veteranos M45	42	C.A. Amigos Parque da Paz	0:48:41.3	216	1:13:16.4	211
190.	Nuno Pimenta	1:43:29.9	149	1:43:20.0	Sénior Masculino	56	Portugal Running	0:46:31.5	150	1:11:39.6	182
191.	José Ferraz	1:43:39.9	452	1:43:26.5	Veteranos M50	21	Ginásio Clube de Queluz	0:47:40.3	186	1:12:51.7	201
192.	Belchior Barrocas	1:43:44.0	150	1:43:12.8	Veteranos M45	43		0:49:38.4	250	1:14:29.7	233
193.	Fabio Ferreira	1:43:44.6	733	1:43:37.2	Sénior Masculino	57		0:47:23.2	177	1:12:33.0	194
194.	Miguel Cabral	1:43:45.4	710	1:43:07.0	Veteranos M40	56	Amigosdacorrída.com	0:48:21.0	204	1:13:00.6	204
195.	Miguel Pereira	1:43:47.4	679	1:42:54.4	Sénior Masculino	58	Rail Runners	0:48:58.4	225	1:13:05.0	206

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
196.	Pedro Conceição	1:43:47.6	617	1:42:55.4	Sénior Masculino	59	Monsanto Running Team	0:48:59.1	226	1:13:08.6	208
197.	Veaceslav Ignat	1:43:51.9	700	1:43:39.7	Sénior Masculino	60		0:45:48.1	123	1:11:11.3	168
198.	José Costa Alves	1:43:52.7	403	1:43:45.2	Veteranos M45	44		0:48:42.8	217	1:13:23.4	217
199.	João Alves	1:43:53.3	588	1:43:35.7	Veteranos M45	45		0:49:03.4	229	1:14:00.6	226
200.	Mario Santos	1:43:57.1	732	1:43:49.5	Veteranos M40	57		0:47:30.1	178	1:13:06.8	207
201.	Paulo Frango	1:43:58.9	351	1:43:45.6	Sénior Masculino	61	MONSANTO RUNNING TEAM	0:45:19.9	111	1:09:49.8	143
202.	Durval Santos	1:43:59.4	305	1:43:43.5	Veteranos M50	22		0:47:55.4	193	1:13:09.7	209
203.	João Paulo Pereira	1:44:12.0	266	1:43:40.9	Veteranos M40	58	Ferroviario de Portugal	0:46:31.6	151	1:11:19.9	171
204.	Armando Almeida	1:44:15.5	459	1:43:48.2	Veteranos M55	11	Amigos Vale Silencio	0:48:38.1	215	1:13:19.3	213
205.	Filipe Branco	1:44:20.5	574	1:44:02.3	Veteranos M40	59		0:49:02.8	228	1:14:00.1	224
206.	António Pedro Santos	1:44:31.4	213	1:44:16.2	Veteranos M40	60	Salamandrecos	0:50:16.9	274	1:16:27.4	283
207.	António Almeida	1:44:36.1	334	1:44:23.8	Veteranos M50	23	VIA3Runners	0:50:05.9	264	1:15:00.2	249
208.	Alcides Varela	1:44:41.9	706	1:44:25.9	Veteranos M45	46	Casa do Benfica de Algueirão	0:46:46.4	162	1:11:32.0	179
209.	Bernardo Filipitsch	1:44:44.4	204	1:44:30.3	Sénior Masculino	62	Filiptsch Massagens	0:50:19.9	276	1:15:37.3	269
210.	João Leitão	1:44:47.7	40	1:44:21.4	Veteranos M40	61	RunLovers	0:50:09.8	270	1:15:06.5	254
211.	Rafael Abrunhosa	1:44:49.7	320	1:44:30.3	Veteranos M45	47		0:51:39.1	316	1:16:45.4	292
212.	Rui Pinho	1:44:53.6	671	1:43:58.9	Veteranos M40	62		0:50:31.5	283	1:15:02.3	252
213.	Eduardo Luís	1:44:57.8	268	1:44:29.8	Sénior Masculino	63	Atomic Team	0:50:07.4	268	1:14:48.0	240
214.	João Pereira	1:45:02.9	119	1:44:30.0	Sénior Masculino	64		0:49:25.9	243	1:14:06.6	230
215.	João Veiga	1:45:05.9	75	1:44:46.1	Sénior Masculino	65	Run4Fun	0:48:55.8	223	1:14:04.8	228
216.	Gonçalo Amorim	1:45:07.5	645	1:44:35.0	Sénior Masculino	66		0:49:28.9	244	1:14:39.7	236
217.	Pedro Lizardo	1:45:13.5	729	1:44:47.3	Sénior Masculino	67	Monsanto Running Team	0:47:30.3	179	1:13:21.2	216
218.	Miguel Serradas Duarte	1:45:15.1	7	1:44:50.5	Veteranos M40	63	Run4Fun	0:50:07.5	269	1:15:04.4	253
219.	Telmo Inácio	1:45:19.8	589	1:44:40.8	Sénior Masculino	68		0:48:33.4	212	1:14:51.3	242
220.	Hugo Rocha	1:45:21.1	523	1:44:44.5	Sénior Masculino	69	Diverinstal	0:49:19.7	238	1:14:23.7	232
221.	Pedro Bueno	1:45:22.2	421	1:44:53.2	Veteranos M45	48	CD ARNEIRO	0:50:03.7	262	1:14:58.3	248
222.	Rui Alegre	1:45:24.7	30	1:45:01.5	Sénior Masculino	70		0:49:44.0	253	1:14:52.0	244
223.	Carlos Nabiça	1:45:28.7	169	1:45:11.5	Veteranos M50	24	CGBES	0:49:33.4	247	1:14:46.2	238
224.	Nuno Correia	1:45:35.3	675	1:45:01.5	Sénior Masculino	71	LV TEAM	0:51:30.5	311	1:16:36.3	287
225.	Artur Pereira	1:45:43.0	356	1:45:26.3	Veteranos M45	49	Magic Runners	0:50:51.9	291	1:15:33.5	265
226.	JosÉ Oliveira	1:45:44.3	219	1:45:35.2	Veteranos M40	64	Associação de Atletismo	0:50:06.8	265	1:15:25.1	261
227.	José Santos	1:45:48.1	682	1:45:05.7	Veteranos M45	50	Vila Seca Running Team	0:49:57.4	261	1:15:13.9	257
228.	David Resina	1:45:55.0	105	1:45:25.1	Veteranos M50	25		0:48:51.8	219	1:14:52.2	245

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
229.	Luis Ferreira	1:45:56.9	41	1:45:31.4	Veteranos M45	51	RunLovers	0:50:10.5	272	1:15:07.3	255
230.	Victor Manuel E Sá Venda	1:46:00.2	23	1:45:33.8	Veteranos M40	65		0:51:15.4	307	1:16:19.4	279
231.	Tiago Duarte	1:46:02.0	337	1:45:50.5	Sénior Masculino	72	Sporting SEMPRE	0:50:40.3	286	1:16:22.6	280
232.	Jose Sousa	1:46:03.2	425	1:45:33.7	Veteranos M60	7	CD ARNEIRO	0:50:26.9	280	1:15:45.6	270
233.	Armando Parreira	1:46:05.2	709	1:45:56.4	Veteranos M45	52	Açoreana Clube Banif	0:50:07.0	266	1:15:25.2	262
234.	João Filipe Figueiredo	1:46:07.6	239	1:45:46.0	Sénior Masculino	73		0:48:28.1	208	1:13:59.9	223
235.	Manuel Faísca	1:46:13.2	447	1:45:33.2	Veteranos M65	2		0:50:10.3	271	1:15:12.7	256
236.	Miguel Ribeiro	1:46:16.7	666	1:46:01.6	Veteranos M40	66		0:52:14.1	335	1:16:58.6	296
237.	Joao Peres	1:46:21.2	448	1:45:55.5	Veteranos M40	67		0:48:45.8	218	1:13:54.9	222
238.	Guilherme Gonçalves	1:46:25.0	263	1:45:55.4	Veteranos M50	26	Ferroviario de Portugal	0:49:47.7	254	1:15:28.1	263
239.	Luís Bastos	1:46:26.2	562	1:45:39.0	Veteranos M50	27	CCD Siemens	0:49:56.3	260	1:16:01.8	273
240.	Luís Ferreira	1:46:31.5	472	1:46:17.2	Veteranos M45	53	Rail Runners	0:49:25.0	240	1:14:38.7	235
241.	Carlos Barros	1:46:35.9	614	1:46:24.3	Sénior Masculino	74		0:48:10.7	198	1:14:06.0	229
242.	Nuno Ryder	1:46:37.9	373	1:46:02.2	Veteranos M40	68		0:52:18.4	337	1:17:13.0	302
243.	Daniel Gonçalves	1:46:47.8	227	1:46:34.7	Sénior Masculino	75	adcc catujal	0:49:14.6	234	1:13:39.2	219
244.	Pedro Prudencio	1:46:49.3	595	1:46:35.5	Veteranos M45	54		0:50:07.1	267	1:15:32.0	264
245.	Paulo Godinho	1:46:58.1	703	1:46:45.7	Veteranos M45	55		0:49:09.0	231	1:15:22.3	259
246.	Jorge Sobrinho	1:47:00.9	583	1:46:57.2	Veteranos M45	56	Café Cartoon Run	0:48:03.9	195	1:14:01.7	227
247.	Alvaro Pinto	1:47:02.5	343	1:46:22.9	Veteranos M55	12	Real Academia	0:51:02.1	298	1:16:18.5	278
248.	Daniel Neves	1:47:08.9	633	1:46:50.5	Sénior Masculino	76		0:50:03.8	263	1:15:33.6	266
249.	Antonio Nereu	1:47:12.2	287	1:46:41.4	Veteranos M50	28	o praticante (asas do milenium)	0:49:19.5	237	1:15:00.4	250
250.	Joao Goncalves	1:47:13.2	500	1:47:01.0	Veteranos M40	69		0:50:57.7	295	1:16:22.7	281
251.	Álvaro Santos	1:47:17.5	166	1:47:02.4	Sénior Masculino	77	Monsanto Running Team	0:51:06.2	301	1:17:03.4	299
252.	Manuel Brito	1:47:22.7	674	1:46:40.8	Veteranos M50	29		0:51:01.8	296	1:16:31.2	284
253.	Pedro Batista	1:47:26.0	621	1:47:14.7	Sénior Masculino	78		0:50:26.9	281	1:16:03.2	275
254.	António Bento Fernandes	1:47:43.5	178	1:47:28.6	Veteranos M50	30	Clube do Stress	0:48:28.9	209	1:14:47.8	239
255.	Rui Carvalho	1:47:49.5	283	1:47:30.3	Veteranos M45	57		0:49:05.3	230	1:14:13.7	231
256.	Nuno Silvestre	1:47:53.0	61	1:47:34.4	Sénior Masculino	79	Jobrinde - Montes Saloios	0:50:21.8	278	1:15:33.9	267
257.	Luis Ferreira	1:47:54.7	597	1:47:23.9	Sénior Masculino	80		0:50:21.1	277	1:16:03.4	276
258.	Nelson Alegre	1:47:55.0	376	1:47:43.8	Sénior Masculino	81	Happy Brothers team	0:50:39.8	285	1:16:22.9	282
259.	Abilio Marinho	1:47:55.3	336	1:46:54.4	Veteranos M45	58	CD Estrela	0:50:33.8	284	1:15:49.5	271
260.	Helder Baptista	1:47:56.9	19	1:47:24.5	Veteranos M40	70	GRD Ribeira da Lage	0:51:42.9	321	1:16:39.2	291
261.	Fausto Isaac	1:48:00.8	546	1:47:33.3	Veteranos M45	59	Açoreana Clube Banif	0:49:17.5	236	1:14:56.2	247

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
262.	Luís Grilo	1:48:11.7	656	1:47:56.2	Veteranos M45	60	Wikaboo	0:47:48.3	189	1:14:50.3	241
263.	Carlos Rodrigues	1:48:14.5	647	1:48:04.4	Veteranos M55	13	Amigos Atletismo Mafra	0:51:29.2	310	1:17:34.8	309
264.	João Carlos Freire	1:48:17.1	18	1:47:53.1	Veteranos M45	61		0:51:09.3	305	1:16:51.5	293
265.	Nuno Tempera	1:48:19.3	26	1:48:00.2	Veteranos M45	62	Run4Fun	0:49:37.0	249	1:15:14.1	258
266.	Fernando Morais	1:48:32.4	361	1:48:22.5	Veteranos M50	31	GD Banco BPI	0:48:53.6	222	1:15:22.5	260
267.	Paulo Rodrigues	1:48:34.7	21	1:48:03.8	Veteranos M40	71		0:49:25.6	241	1:14:55.5	246
268.	Tiago Silva	1:48:36.3	444	1:47:53.3	Sénior Masculino	82		0:48:30.2	210	1:14:29.8	234
269.	Carlos Fonseca	1:49:03.7	555	1:48:53.8	Veteranos M50	32	Açoreana Clube Banif	0:49:53.0	257	1:17:19.6	304
270.	Fabio Pereira	1:49:07.3	688	1:48:59.6	Sub 23 M	1	Sporting Clube de Casainhos	0:47:54.1	191	1:14:51.3	243
271.	Nuno Pires	1:49:17.0	477	1:49:09.8	Sénior Masculino	83		0:50:17.1	275	1:17:30.3	306
272.	Joao Antunes	1:49:25.4	77	1:49:02.7	Veteranos M45	63	Golden Team	0:50:49.7	290	1:17:02.4	298
273.	Mário Bastardo	1:49:28.8	667	1:49:13.4	Sénior Masculino	84	Hand 2 Hand - Better Living	0:51:06.0	300	1:17:03.6	300
274.	Carlos Abrunhosa	1:49:30.8	384	1:49:10.5	Veteranos M40	72		0:51:38.3	314	1:16:59.9	297
275.	Dinis Morais	1:49:34.7	559	1:48:51.1	Veteranos M40	73	CCD Siemens	0:49:00.4	227	1:14:42.3	237
276.	Carlos Portela	1:49:46.9	620	1:49:09.8	Veteranos M40	74	NAZABOBODA	0:52:11.4	333	1:18:30.0	325
277.	José Oliveira	1:49:50.5	185	1:49:04.4	Veteranos M45	64	NAZABOBODA	0:52:59.7	369	1:18:34.5	329
278.	João Santos	1:49:51.1	369	1:49:04.5	Veteranos M55	14	NAZABOBODA	0:52:59.1	368	1:18:34.0	328
279.	Luis Afonso	1:49:51.5	58	1:49:40.4	Veteranos M40	75	Georunners	0:52:30.6	344	1:18:42.0	331
280.	Carlos Oleastro	1:49:52.8	512	1:49:40.9	Veteranos M50	33	CBAMM	0:50:13.4	273	1:16:37.7	288
281.	Carlos Batalha	1:49:56.6	202	1:49:47.6	Sénior Masculino	85	TurboLento	0:51:06.7	302	1:17:53.6	312
282.	Jose Lopes	1:49:57.8	449	1:49:29.9	Veteranos M45	65		0:51:36.1	312	1:18:57.2	338
283.	Fernando Celestino	1:49:58.6	556	1:49:35.2	Veteranos M55	15	Açoreana Clube Banif	0:50:28.7	282	1:17:34.5	308
284.	Luis Correia	1:50:06.0	274	1:49:44.1	Veteranos M40	76	Run4Fun	0:52:35.2	348	1:18:51.0	334
285.	Pedro Barrela	1:50:09.6	362	1:49:31.4	Veteranos M40	77	GD Banco BPI	0:52:10.6	331	1:18:45.8	332
286.	Miguel Ribeiro	1:50:16.6	731	1:49:41.4	Sénior Masculino	86		0:52:07.8	330	1:18:38.7	330
287.	Joao Pereira	1:50:22.8	638	1:49:57.1	Veteranos M50	34	CCD PM CASCAIS	0:49:50.5	256	1:16:02.9	274
288.	Luis Santos	1:50:27.6	404	1:49:54.4	Veteranos M40	78		0:52:34.0	346	1:18:15.1	317
289.	Carlos Viseu	1:50:39.0	420	1:50:07.6	Veteranos M45	66	CD ARNEIRO	0:50:45.3	287	1:16:36.2	286
290.	Fernando Ferreira	1:50:43.8	724	1:50:14.0	Veteranos M50	35		0:51:49.7	323	1:18:07.1	314
291.	Rui Trindade	1:50:46.1	250	1:49:46.4	Veteranos M45	67	CD Estrela	0:50:56.2	293	1:16:53.2	295
292.	Bruno Ferreira	1:50:54.8	606	1:50:19.5	Sénior Masculino	87		0:51:42.7	320	1:18:53.4	336
293.	Bruno Gouveia	1:50:55.7	405	1:50:09.9	Sénior Masculino	88		0:53:43.9	389	1:19:41.0	352
294.	Marco Cachinho	1:51:05.8	557	1:50:38.8	Sénior Masculino	89	Kaninos	0:51:38.3	315	1:18:17.5	320

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
295.	Sérgio Costa	1:51:05.9	497	1:50:39.1	Sénior Masculino	90	Ninjas da Estrada	0:51:39.7	317	1:18:17.9	321
296.	Hugo Pinto	1:51:07.3	536	1:50:37.4	Sénior Masculino	91		0:53:20.2	378	1:19:46.4	353
297.	Fernando Xavier	1:51:08.8	14	1:50:49.5	Sénior Masculino	92	Jobrinde - Montes Saloios	0:52:47.4	357	1:18:52.8	335
298.	Carlos Sousa	1:51:10.8	141	1:50:45.9	Veteranos M55	16	Os Perigosos	0:49:40.5	252	1:16:35.2	285
299.	Eduardo Teles	1:51:12.0	80	1:51:02.1	Veteranos M40	79	TurboLento	0:52:15.9	336	1:18:10.5	315
300.	Paulo Brissos	1:51:14.2	573	1:50:27.6	Veteranos M50	36		0:51:50.0	324	1:18:06.6	313
301.	António Pereira	1:51:15.4	388	1:50:43.9	Veteranos M50	37	Metro 2011	0:54:02.2	399	1:20:03.5	357
302.	Jorge Atalaia	1:51:17.0	366	1:50:39.3	Sénior Masculino	93	GD Banco BPI	0:52:36.2	349	1:18:31.9	327
303.	António Belo	1:51:19.8	189	1:50:40.7	Veteranos M65	3	amigosdacorrída.com	0:53:44.5	390	1:20:11.3	359
304.	João Veríssimo	1:51:27.8	568	1:50:46.3	Veteranos M55	17		0:53:00.3	370	1:19:28.7	348
305.	Sérgio Pardal	1:51:28.1	708	1:51:16.0	Sénior Masculino	94	JAJÃO	0:52:27.2	343	1:19:48.3	354
306.	Francisco Pereira	1:51:29.6	545	1:51:07.0	Veteranos M45	68	Açoreana Clube Banif	0:52:49.8	361	1:19:12.4	344
307.	José Monteiro	1:51:32.1	146	1:50:42.3	Sénior Masculino	95	SS CGD	0:52:38.7	351	1:18:57.0	337
308.	Rodrigo Almeida	1:51:35.9	47	1:51:23.5	Sénior Masculino	96	Surf Runners	0:50:46.1	288	1:17:33.0	307
309.	Paulo Fonseca	1:51:39.7	572	1:50:54.5	Veteranos M45	69		0:51:40.2	318	1:18:58.7	339
310.	Tam Afonso	1:51:40.8	544	1:51:14.7	Veteranos M60	8	Açoreana Clube Banif	0:52:45.4	355	1:19:23.1	346
311.	Marco António Souza	1:51:41.8	727	1:51:30.2	Veteranos M45	70		0:47:05.3	171	1:12:22.2	191
312.	Joao Silva	1:51:43.0	126	1:51:25.4	Veteranos M45	71	SS CGD	0:51:28.8	309	1:17:50.6	311
313.	Luis Calheiros	1:51:44.5	363	1:51:06.5	Veteranos M40	80	GD Banco BPI	0:52:11.0	332	1:18:46.4	333
314.	David Saraiva	1:51:58.7	277	1:51:15.5	Sénior Masculino	97	A. D. Manteigas	0:52:41.2	353	1:19:05.6	342
315.	João Paradinha	1:51:58.8	276	1:51:15.4	Veteranos M40	81		0:52:44.2	354	1:19:05.0	341
316.	Rui Esteves	1:52:04.0	335	1:51:33.7	Veteranos M40	82	Wikaboo	0:49:35.8	248	1:17:27.8	305
317.	Nelson Ferreira	1:52:28.9	110	1:51:46.6	Sénior Masculino	98		0:52:03.3	328	1:18:17.0	319
318.	Marcelo Areias	1:52:31.4	491	1:51:58.9	Sénior Masculino	99		0:52:55.5	366	1:19:35.1	351
319.	Paulo Patrício	1:52:32.4	331	1:52:22.8	Veteranos M40	83		0:49:20.6	239	1:16:17.9	277
320.	Luis Canhão	1:52:34.2	678	1:52:16.3	Veteranos M45	72		0:52:11.9	334	1:19:30.0	349
321.	André Wiborg	1:52:52.3	233	1:52:01.8	Veteranos M55	18	VFF 1896	0:56:15.6	458	1:22:11.6	391
322.	Angelo Fernandes	1:53:00.7	615	1:52:21.7	Veteranos M40	84		0:53:15.1	373	1:19:48.8	355
323.	Jose Miranda	1:53:00.8	355	1:52:22.4	Veteranos M45	73		0:53:15.4	374	1:19:49.7	356
324.	Paulo Nunes	1:53:02.9	616	1:52:14.0	Veteranos M40	85		0:52:35.1	347	1:19:10.5	343
325.	Nelson Alcino Silva	1:53:04.0	410	1:52:39.4	Sénior Masculino	100		0:53:35.5	384	1:20:57.8	373
326.	Nuno Barradas	1:53:05.4	658	1:53:00.4	Veteranos M50	38	Wikaboo	0:45:22.1	113	1:08:53.6	113
327.	Paulo Gomes	1:53:05.8	270	1:52:19.5	Veteranos M45	74	o prazer da corrida	0:53:21.5	379	1:20:04.1	358

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
328.	Pedro Rodrigues	1:53:14.2	540	1:52:45.9	Veteranos M45	75		0:51:36.9	313	1:19:02.1	340
329.	José Robalo	1:53:18.1	111	1:52:55.1	Veteranos M60	9		0:51:22.6	308	1:18:27.4	323
330.	José Valério	1:53:20.0	228	1:53:18.4	Veteranos M65	4	adcc catujal	0:52:48.2	358	1:20:24.9	364
331.	José Veiga	1:53:28.4	528	1:53:09.6	Veteranos M50	39	Run4Fun	0:53:40.0	388	1:21:15.0	375
332.	Joaquim Corrula	1:53:33.3	211	1:52:54.4	Veteranos M45	76	brandoa corre	0:52:24.5	340	1:19:19.8	345
333.	Joao Góis	1:53:52.2	439	1:53:31.7	Veteranos M45	77	Run4Fun	0:51:13.0	306	1:18:19.1	322
334.	Henrique Sebastião	1:53:53.0	198	1:53:34.2	Veteranos M40	86	Pão de Negrais	0:54:08.2	401	1:20:52.2	371
335.	João Ramos	1:53:53.0	199	1:53:34.6	Veteranos M45	78	Pão de Negrais	0:54:08.6	402	1:20:52.4	372
336.	Nuno Costa	1:53:53.4	380	1:52:59.8	Veteranos M40	87	SS CGD	0:52:48.5	359	1:20:17.0	361
337.	Ricardo Oliveira	1:54:01.5	244	1:53:22.5	Veteranos M40	88		0:53:56.6	395	1:21:43.4	385
338.	Pedro Carvalho	1:54:01.6	63	1:53:21.0	Veteranos M40	89	Correr Lisboa	0:53:59.0	398	1:21:39.4	384
339.	Nuno Lopes	1:54:10.1	264	1:53:40.2	Sénior Masculino	101	Ferroviario de Portugal	0:48:14.9	200	1:15:57.6	272
340.	Pedro Queiros	1:54:20.5	677	1:53:47.1	Veteranos M50	40	Lebres da Vedejosa Team	0:55:25.1	425	1:22:23.7	395
341.	Miguel Amaral	1:54:22.5	431	1:53:45.4	Sénior Masculino	102	Correr Lisboa	0:49:10.6	232	1:16:38.1	289
342.	Pedro Soares	1:54:22.7	260	1:53:46.0	Sénior Masculino	103	Correr Lisboa	0:49:11.0	233	1:16:38.6	290
343.	Henrique Ruivo	1:54:39.1	70	1:54:18.3	Veteranos M50	41	Tartarugas Solidárias	0:53:30.3	382	1:21:20.8	378
344.	Joao Paixao	1:54:50.1	637	1:54:01.5	Veteranos M60	10	CCD PM CASCAIS	0:54:54.0	418	1:23:05.4	413
345.	Miguel Castela	1:54:53.5	269	1:54:08.2	Veteranos M40	90	Associação de Atletismo	0:54:07.5	400	1:22:06.6	390
346.	Ricardo Silva	1:55:02.8	133	1:54:37.3	Sénior Masculino	104		0:53:58.2	397	1:21:45.3	386
347.	Nuno Jorge Lopes	1:55:08.8	332	1:54:36.4	Veteranos M45	79	Clube do Stress	0:50:56.9	294	1:18:11.6	316
348.	Rui Almeida	1:55:12.7	473	1:55:02.2	Sénior Masculino	105		0:53:33.8	383	1:21:20.1	376
349.	Miguel Pinho	1:55:19.2	114	1:54:58.7	Veteranos M40	91		0:52:49.7	360	1:20:35.0	365
350.	Eduardo Leite	1:55:20.2	412	1:54:37.1	Sénior Masculino	106	Bamoximbora	0:56:00.6	449	1:23:26.7	420
351.	Luís Gonçalves	1:55:20.8	651	1:54:48.6	Sénior Masculino	107	Os Perigosos	0:55:36.9	433	1:22:50.3	404
352.	Filipe Freitas	1:55:24.1	718	1:55:08.6	Veteranos M40	92		0:55:55.3	444	1:23:12.8	414
353.	José Pereira	1:55:30.8	142	1:54:59.1	Veteranos M55	19	Os Perigosos	0:55:32.5	432	1:22:51.5	406
354.	Rui Lourenço	1:55:45.2	330	1:55:16.2	Veteranos M45	80		0:52:50.0	362	1:20:49.5	368
355.	José Bonito	1:55:53.2	655	1:55:21.6	Veteranos M40	93	Wikaboo	0:53:57.7	396	1:21:53.1	388
356.	Nuno Antunes	1:55:54.5	705	1:55:14.1	Sénior Masculino	108		0:51:03.5	299	1:20:22.5	363
357.	David Simão	1:56:01.5	325	1:55:27.5	Veteranos M40	94	Correr Lisboa	0:53:21.5	380	1:21:22.8	380
358.	Tiago Rodrigues	1:56:02.9	59	1:55:29.6	Sénior Masculino	109	Correr Lisboa	0:53:20.2	377	1:21:23.3	381
359.	Jorge Paulo	1:56:09.7	90	1:55:50.3	Veteranos M55	20	Run4Fun	0:52:24.8	341	1:21:20.2	377
360.	Jorge Nunes	1:56:11.3	359	1:55:59.1	Sénior Masculino	110	GD Banco BPI	0:54:10.3	404	1:22:13.9	393

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
361.	José Mateus	1:56:11.6	717	1:55:55.7	Veteranos M55	21		0:49:39.8	251	1:17:06.4	301
362.	Teodoro Trindade	1:56:21.4	17	1:55:59.7	Veteranos M50	42	Run4Fun	0:54:15.8	405	1:22:32.1	397
363.	Luis Chambel	1:56:31.7	440	1:56:21.1	Sénior Masculino	111	Real Mafra	0:50:47.3	289	1:17:19.3	303
364.	Luis Damião	1:56:36.5	509	1:55:59.5	Veteranos M45	81	Real Mafra	0:51:07.5	304	1:20:15.5	360
365.	Álvaro Fernandes	1:56:37.7	435	1:56:31.1	Veteranos M60	11	Associação de Atletismo	0:53:19.3	376	1:21:26.8	382
366.	Mário Lopes	1:56:41.4	140	1:56:14.3	Veteranos M45	82	Os Perigosos	0:52:40.6	352	1:20:40.0	367
367.	Antonio Goucha Soares	1:56:42.9	179	1:56:06.3	Veteranos M50	43		0:54:50.8	417	1:22:51.1	405
368.	Antonio Negrinho	1:56:49.4	377	1:55:55.1	Veteranos M50	44	SS CGD	0:54:49.2	416	1:22:59.2	412
369.	Lino Roque	1:56:59.5	252	1:56:17.0	Veteranos M40	95	C.A. Amigos Parque da Paz	0:52:05.4	329	1:21:21.3	379
370.	Rui Emidio	1:57:21.6	508	1:57:05.2	Veteranos M55	22	CBAMM	0:51:02.0	297	1:19:28.1	347
371.	Maarten Arys	1:57:35.4	691	1:56:40.7	Sénior Masculino	112	EMSA	0:55:50.3	442	1:23:31.3	424
372.	Miguel Dias	1:57:41.1	442	1:57:21.3	Veteranos M40	96	Run4Fun	0:54:56.5	420	1:22:58.3	409
373.	João Róis	1:57:45.5	569	1:57:12.4	Sénior Masculino	113		0:54:33.3	410	1:23:15.7	417
374.	Antonio Bogas	1:57:56.8	506	1:57:36.1	Veteranos M45	83	CBAMM	0:53:40.0	387	1:22:00.7	389
375.	Carlos Albano	1:58:19.7	378	1:57:32.5	Veteranos M40	97	SS CGD	0:53:37.2	386	1:23:40.4	426
376.	João Afonso	1:58:26.8	153	1:57:45.7	Veteranos M40	98		0:54:38.9	413	1:22:48.7	403
377.	Jose Magalhaes	1:58:27.4	65	1:58:07.2	Veteranos M45	84	Run4Fun	0:54:45.4	414	1:23:14.6	415
378.	Luís Caldeira	1:58:29.3	570	1:58:06.9	Veteranos M40	99		0:56:37.2	462	1:24:56.7	447
379.	Vasco Ascensão	1:58:29.5	156	1:57:48.5	Veteranos M40	100		0:54:38.6	412	1:22:48.0	402
380.	Luís Pires	1:58:30.5	175	1:58:01.0	Veteranos M45	85	C.A. Amigos Parque da Paz	0:55:30.4	431	1:23:28.3	421
381.	António Cardoso	1:58:32.7	151	1:58:01.8	Sénior Masculino	114		0:56:41.8	464	1:24:40.4	441
382.	Florianio Silva	1:58:33.8	162	1:58:02.6	Sénior Masculino	115		0:56:41.8	465	1:24:40.4	442
383.	Nuno Gíao	1:58:34.0	436	1:58:26.8	Veteranos M40	101	ACCVCAVI	0:55:26.7	428	1:23:29.7	422
384.	Nuno Maritns	1:58:36.1	72	1:58:01.2	Sénior Masculino	116		0:53:47.7	391	1:22:13.8	392
385.	Jaime Trabucho	1:58:37.0	408	1:57:48.6	Veteranos M45	86		0:58:33.5	509	1:26:04.8	468
386.	Alfredo Falcao	1:58:37.9	112	1:58:17.3	Veteranos M45	87	Run4Fun	0:53:52.3	392	1:22:33.3	398
387.	Luis Santos	1:58:39.1	579	1:57:55.0	Veteranos M45	88	Associação de Atletismo	0:55:12.0	422	1:25:07.9	453
388.	Rui Matos	1:58:56.9	255	1:58:13.8	Sénior Masculino	117	BE2RUN	0:56:43.0	466	1:24:21.9	436
389.	Arsénio Fernandes	1:58:59.8	314	1:58:43.8	Veteranos M55	23	C.A. Amigos Parque da Paz	0:52:00.4	327	1:24:39.4	439
390.	Rui Faria	1:59:09.7	71	1:58:48.6	Veteranos M40	102	Run4Fun	0:51:07.5	303	1:17:36.6	310
391.	Julio Meireles	1:59:21.1	639	1:59:10.5	Veteranos M60	12	CCD PM CASCAIS	0:55:10.9	421	1:23:51.5	429
392.	Felipe Souto	1:59:24.4	399	1:59:15.8	Sénior Masculino	118	N.A. PAPAGAIOS CASCAIS	0:52:46.0	356	1:22:37.4	399
393.	Antonio Ventura	1:59:27.0	629	1:58:46.9	Veteranos M55	24	REAL ACADEMIA	0:56:54.6	473	1:25:12.8	454

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
394.	Paulo Martins	1:59:31.2	481	1:59:03.5	Veteranos M45	89	Running of D ^a Maria	0:51:52.3	325	1:20:51.9	370
395.	Vitor Luis	1:59:36.2	433	1:58:54.3	Veteranos M55	25		0:58:39.0	513	1:26:17.8	470
396.	Luis Rebelo	1:59:38.2	525	1:59:00.4	Sénior Masculino	119	Diverinstal	0:58:13.8	497	1:25:56.1	466
397.	David Prata	1:59:42.3	685	1:58:52.9	Sénior Masculino	120		0:57:47.3	485	1:25:30.1	458
398.	Miguel Reis	1:59:42.4	127	1:58:49.6	Sénior Masculino	121	SS CGD	0:56:12.6	457	1:25:34.3	460
399.	Pedro Simoes	1:59:46.2	618	1:59:12.5	Veteranos M40	103		0:55:25.5	426	1:23:31.3	423
400.	Rui Miguel Gameiro	1:59:52.2	159	1:59:37.2	Veteranos M40	104		0:52:26.4	342	1:24:39.6	440
401.	Joao Mendes	1:59:56.1	443	1:59:23.9	Veteranos M45	90	Stress	0:52:53.1	365	1:21:32.7	383
402.	Rui Vieira	1:59:58.8	249	1:59:45.7	Veteranos M45	91		0:57:28.5	482	1:25:17.7	456
403.	Viktor Dashchenko	2:00:01.7	235	1:59:02.9	Sénior Masculino	122	VFF 1896	0:59:38.9	529	1:27:18.3	489
404.	Luís Boletto	2:00:03.9	237	1:59:27.7	Sénior Masculino	123	Monsanto Running Team	0:58:53.0	515	1:26:44.4	476
405.	Manuel António	2:00:37.4	205	2:00:24.2	Veteranos M45	92	Rail Runners	0:53:36.0	385	1:23:58.3	430
406.	Mario Vitoria	2:00:50.8	215	2:00:09.5	Veteranos M45	93	vitorias	0:54:56.2	419	1:23:41.5	428
407.	Douglas Fry	2:00:55.0	323	2:00:14.0	Veteranos M55	26	Clube Desportivo de Mafra	0:58:13.2	496	1:25:35.0	461
408.	Domingos Duro	2:00:59.1	254	2:00:19.6	Veteranos M65	5	amigosdacorrída.com	0:58:21.7	502	1:27:16.9	487
409.	João Pedro Ferreira	2:01:01.6	418	2:00:22.4	Veteranos M45	94		0:56:54.4	472	1:26:03.7	467
410.	Joao Campos	2:01:18.8	96	2:01:03.8	Veteranos M40	105		0:57:26.6	480	1:25:15.7	455
411.	Francisco João Jorge	2:01:29.1	694	2:00:45.0	Veteranos M55	27		0:58:24.6	505	1:28:24.4	504
412.	Diogo Andre Franco Matos	2:01:38.7	594	2:00:32.6	Sénior Masculino	124		0:58:24.8	506	1:26:29.1	471
413.	Joaquim Mónica	2:01:40.1	504	2:01:11.5	Veteranos M55	28	CBAMM	0:58:19.0	500	1:27:40.6	495
414.	Luis Farinha	2:01:50.6	734	2:01:24.8	Veteranos M55	29		0:56:01.5	450	1:25:05.6	452
415.	António Correia	2:01:58.2	52	2:01:19.0	Veteranos M55	30	Georunners	0:55:59.4	447	1:25:01.9	449
416.	António Correia	2:02:03.1	188	2:01:28.7	Veteranos M50	45	amigosdacorrída.com	0:56:55.8	474	1:25:50.5	463
417.	Paulo Sousa	2:02:06.9	79	2:01:55.0	Veteranos M40	106		0:56:52.5	471	1:26:29.3	472
418.	Goncalo Brito	2:02:09.4	108	2:01:14.8	Sénior Masculino	125		0:55:49.9	441	1:23:40.5	427
419.	Jorge Brito Pereira	2:02:26.6	728	2:02:03.9	Veteranos M45	95		0:56:51.3	470	1:27:13.0	485
420.	Rui Rodolfo Gomes	2:02:53.2	571	2:02:16.4	Sénior Masculino	126	Correr Lisboa	0:53:19.0	375	1:22:55.8	408
421.	Fernando José Faria	2:02:57.2	165	2:02:45.0	Sénior Masculino	127		0:52:21.6	338	1:22:58.8	410
422.	André Tavares	2:02:59.6	697	2:02:48.4	Sénior Masculino	128		0:52:23.2	339	1:22:58.9	411
423.	Miguel Almeida	2:03:04.8	372	2:02:51.9	Sénior Masculino	129	TintaCriativa.pt	0:53:09.7	372	1:22:40.5	400
424.	Orlando Duarte	2:03:16.5	402	2:02:24.8	Veteranos M55	31	EM'Força - Corremos com a	0:57:28.3	481	1:27:03.3	482
425.	Sérgio Pedro	2:03:30.3	28	2:02:55.4	Sénior Masculino	130	RS Running Team	0:51:42.5	319	1:24:38.1	438
426.	Manuel Nascimento	2:03:46.7	625	2:03:29.4	Veteranos M55	32	C.A. Amigos Parque da Paz	0:54:17.2	406	1:25:04.6	451

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.
427.	JosÉ Morais	2:03:51.6	612	2:03:43.2	Veteranos M50	46	N.A. PAPAGAIOS CASCAIS	0:53:56.0	394	1:23:21.3 418
428.	Tiago Romao	2:03:52.8	155	2:03:28.6	Sénior Masculino	131	NA	0:56:31.3	461	1:26:32.1 473
429.	Rui Ferreira	2:04:03.2	46	2:03:16.0	Veteranos M40	107		0:55:45.4	440	1:26:34.2 474
430.	Jorge Paulino	2:04:06.3	322	2:03:26.1	Veteranos M55	33	Clube Desportivo de Mafra	0:59:32.4	528	1:29:47.9 521
431.	Jorge Pereira	2:04:07.4	586	2:03:25.9	Veteranos M60	13		0:59:29.3	524	1:29:47.3 520
432.	Jorge Esteves	2:04:10.1	22	2:03:48.8	Veteranos M50	47	Run4Fun	0:53:23.7	381	1:23:26.0 419
433.	Daniel Pereira	2:04:11.4	474	2:03:24.9	Veteranos M40	108		0:56:05.1	453	1:25:32.7 459
434.	João Rodrigues	2:04:16.3	158	2:03:46.0	Sénior Masculino	132		0:56:45.1	467	1:24:59.2 448
435.	João Ricardo Duarte	2:04:24.4	208	2:04:07.6	Sénior Masculino	133		0:58:04.3	494	1:28:04.4 499
436.	Albano Alves	2:04:41.9	542	2:04:28.3	Veteranos M55	34	Açoreana Clube Banif	0:57:44.8	484	1:28:01.6 497
437.	João Pedro Caniço M. A. Silva	2:05:12.4	411	2:04:50.0	Sénior Masculino	134		0:49:30.4	245	1:20:39.0 366
438.	Nuno Loureiro	2:05:16.0	194	2:04:23.4	Veteranos M45	96	Falcões Selvagens	0:58:15.8	499	1:28:22.0 503
439.	João Gomes	2:05:27.0	602	2:05:01.0	Veteranos M50	48	NúcleOeiras/Sportzone	0:58:03.5	493	1:28:26.0 505
440.	Paulo Gonçalves	2:05:27.3	44	2:05:08.7	Veteranos M55	35		0:55:40.0	436	1:25:43.3 462
441.	José Vaz	2:05:34.3	317	2:05:06.2	Veteranos M55	36	Clube ANACOM	0:55:26.8	429	1:25:54.5 464
442.	Nelson Marques	2:05:43.8	653	2:05:17.0	Sénior Masculino	135	Run4Fun	0:56:28.6	460	1:27:16.6 486
443.	Nuno Corte-Real	2:05:46.7	89	2:05:05.0	Veteranos M45	97		0:57:58.9	490	1:28:48.0 510
444.	Alcides Nunes	2:05:54.8	139	2:05:29.5	Veteranos M55	37	Os Perigosos	0:53:00.7	371	1:21:51.7 387
445.	David Nascimento	2:05:59.7	715	2:05:28.4	Sénior Masculino	136		0:56:20.2	459	1:27:04.5 483
446.	Rogério Matos	2:06:05.6	591	2:05:43.1	Veteranos M50	49	Run4Fun	1:00:00.3	536	1:30:53.3 541
447.	Ricardo Arraias	2:06:11.6	134	2:02:36.9	Veteranos M40	109		0:55:57.4	445	1:25:27.1 457
448.	José Bordalo	2:06:31.2	385	2:06:17.3	Veteranos M60	14	O MUNDO DA CORRIDA	0:55:57.4	446	1:28:01.7 498
449.	Vitor Gonçalves	2:06:32.3	104	2:05:43.6	Veteranos M45	98	4 ao Km	1:00:24.9	545	1:30:15.5 529
450.	José Bastos Silva	2:06:48.8	475	2:06:15.6	Veteranos M45	99		0:54:35.5	411	1:27:20.1 491
451.	Gonçalo Vieira	2:07:03.1	53	2:06:52.3	Veteranos M40	110	Georunners	0:57:14.5	479	1:28:19.7 502
452.	Bruno Martins	2:07:11.4	582	2:06:34.1	Juniores M	1	Diverinstal	0:57:00.0	475	1:27:18.0 488
453.	João Alberto	2:07:16.5	9	2:06:58.1	Veteranos M45	100	Jobrinde - Montes Saloios	0:59:22.9	521	1:29:11.2 513
454.	Luis Ribeiro	2:07:22.1	346	2:06:40.9	Veteranos M45	101	Real Academia	0:56:09.8	456	1:26:48.0 480
455.	João Serra	2:07:27.5	552	2:07:01.6	Veteranos M40	111	Açoreana Clube Banif	0:55:27.7	430	1:25:55.2 465
456.	João Dias	2:07:31.0	564	2:06:43.7	Sénior Masculino	137	CCD Siemens	0:55:41.3	437	1:26:48.3 481
457.	José Alves	2:07:36.4	85	2:07:15.1	Sénior Masculino	138		0:59:55.7	533	1:30:26.5 531
458.	Mayer Raposo	2:07:38.5	220	2:06:52.7	Veteranos M65	6	Associação de Atletismo	1:00:11.0	542	1:30:05.1 526
459.	Carlos Pinto de Abreu	2:07:40.3	316	2:07:24.1	Veteranos M45	102	Clube ANACOM	0:56:07.1	454	1:27:19.4 490

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
460.	João Queirós	2:07:42.3	468	2:07:19.1	Veteranos M45	103	NEL Pédatleta	0:57:53.7	486	1:28:48.7	511
461.	Andre Noronha	2:07:44.5	123	2:06:53.7	Veteranos M50	50	SS CGD	0:59:14.8	519	1:29:55.1	523
462.	Nuno Bastos	2:07:46.8	311	2:07:31.9	Veteranos M40	112		0:59:24.9	522	1:30:14.8	527
463.	Ruben Costa	2:07:49.6	34	2:07:28.2	Veteranos M50	51	Run4Fun	1:00:36.9	552	1:31:09.9	545
464.	Gonçalo Fontes de Melo	2:07:49.7	32	2:07:27.5	Veteranos M45	104	Run4Fun	1:00:35.2	551	1:31:08.9	544
465.	Paulo Trindade	2:08:11.7	3	2:07:30.9	Veteranos M40	113	O MUNDO DA CORRIDA	0:57:41.3	483	1:27:26.9	493
466.	Gonçalo Delca	2:08:16.7	672	2:07:15.3	Veteranos M40	114		1:00:43.0	559	1:30:50.8	540
467.	Cesar Domingos Diogo Silvestre	2:08:37.2	160	2:07:48.2	Sénior Masculino	139	Bexexa	1:00:25.8	547	1:30:59.3	542
468.	Filipe Fonseca	2:08:52.2	490	2:08:16.3	Juniores M	2	Açoreana Clube Banif	0:58:37.1	510	1:29:16.5	515
469.	Miguel Ferraz	2:09:21.3	698	2:08:56.7	Sénior Masculino	140		1:02:17.8	580	1:33:04.8	564
470.	Rui Carneiro	2:09:34.3	593	2:08:42.0	Veteranos M40	115		0:59:30.2	526	1:30:47.4	536
471.	Valter Cunha	2:09:34.4	549	2:08:42.2	Sénior Masculino	141	Açoreana Clube Banif	0:59:29.1	523	1:30:47.3	535
472.	Pedro Ferreira	2:09:39.5	611	2:08:38.1	Sénior Masculino	142		1:02:16.8	579	1:32:35.1	561
473.	João Cravo	2:09:41.3	64	2:08:52.0	Sénior Masculino	143		1:01:22.9	570	1:32:07.4	554
474.	Luis Costa	2:09:44.3	603	2:09:18.1	Veteranos M45	105		1:01:03.9	565	1:33:01.6	562
475.	Nelson Barreiros	2:09:47.3	259	2:08:46.4	Veteranos M45	106	Associação de Atletismo	1:01:41.5	575	1:32:28.4	559
476.	Sandro Pinto	2:09:49.0	42	2:09:22.8	Sénior Masculino	144	RunLovers	0:57:56.7	488	1:29:55.7	524
477.	Manuel Veigas	2:10:07.4	610	2:09:10.3	Sénior Masculino	145		1:00:42.4	557	1:31:58.0	550
478.	João Veigas	2:10:07.7	118	2:09:11.4	Sénior Masculino	146		1:00:43.1	560	1:31:58.8	551
479.	Pedro Correia	2:10:20.8	130	2:09:47.2	Sénior Masculino	147		0:58:21.2	501	1:29:15.1	514
480.	Nuno Rito	2:10:22.5	8	2:10:02.2	Sénior Masculino	148	Tartarugas Solidárias	0:57:59.9	491	1:29:44.9	519
481.	Filipe Agrati	2:10:28.1	427	2:10:00.6	Sénior Masculino	149		0:48:52.9	221	1:15:02.1	251
482.	Bruno Hortelao	2:10:28.3	27	2:09:55.5	Sénior Masculino	150	LV TEAM	0:59:30.4	527	1:31:12.2	546
483.	Nelson Brito	2:10:30.3	590	2:10:17.0	Veteranos M40	116	Rail Runners	1:01:30.5	573	1:33:05.9	565
484.	Isaac Carrêlo	2:10:33.1	315	2:10:04.7	Veteranos M50	52	Clube ANACOM	1:01:53.0	577	1:33:26.7	567
485.	Joaquim Cardoso	2:10:47.2	191	2:10:13.3	Veteranos M40	117	amigosdacorrída.com	0:59:45.5	531	1:30:28.5	532
486.	Carlos Moreira	2:10:51.2	386	2:10:16.5	Veteranos M60	15	Metro 2011	1:00:25.6	546	1:32:15.2	556
487.	Hélio Carreira	2:11:28.6	451	2:10:58.9	Sénior Masculino	151		0:58:50.6	514	1:29:07.6	512
488.	Luis Simoes	2:11:32.4	214	2:10:53.7	Veteranos M40	118	brandoa corre	0:55:21.1	424	1:25:02.4	450
489.	Philippe Didier	2:11:39.2	173	2:11:13.8	Veteranos M40	119		1:00:37.2	553	1:32:23.6	557
490.	Manuel Barros	2:11:50.7	318	2:11:33.2	Veteranos M55	38	Clube ANACOM	0:59:43.8	530	1:31:36.5	549
491.	Fábio Santos	2:12:18.0	514	2:11:49.1	Sénior Masculino	152		0:57:56.2	487	1:28:36.5	506
492.	Luis Proença	2:12:25.5	223	2:12:07.7	Veteranos M45	107		1:01:13.8	569	1:33:49.1	569

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
493.	Eduardo Bernardo	2:13:14.3	626	2:12:59.7	Veteranos M40	120	SUDU	0:58:37.4	511	1:30:49.9	538
494.	Jose Luis Santos Correia Correia	2:13:39.5	432	2:13:27.0	Veteranos M55	39		0:59:58.6	535	1:32:03.1	552
495.	Pedro Lucas	2:15:29.7	665	2:14:46.4	Sénior Masculino	153		1:02:28.4	581	1:34:59.8	574
496.	Paulo Soares	2:15:59.0	302	2:15:42.5	Veteranos M45	108		1:01:06.3	567	1:35:06.1	575
497.	Daniel Ramos	2:16:10.2	15	2:15:07.4	Sénior Masculino	154	Jobrinde - Montes Saloios	1:04:39.0	598	1:38:01.1	593
498.	Antonio Soares	2:16:10.9	284	2:15:39.2	Veteranos M45	109	o praticante (asas do milenium)	0:52:51.8	364	1:24:29.7	437
499.	Rui Miguel Garcia Pedro	2:16:12.5	413	2:15:38.2	Sénior Masculino	155	Os Perigosos	1:03:43.3	590	1:36:32.0	584
500.	Luis Lisboa Santos	2:17:35.0	457	2:16:59.4	Veteranos M55	40	Amigos Vale Silencio	1:01:26.9	571	1:35:09.6	576
501.	António Sanches	2:17:37.3	368	2:16:58.9	Veteranos M55	41	GD Banco BPI	1:04:57.2	601	1:38:00.1	592
502.	Márcio Fonseca	2:18:24.8	454	2:17:49.0	Sénior Masculino	156	Açoreana Clube Banif	1:03:45.3	591	1:36:06.6	581
503.	Nuno Miranda	2:18:37.9	406	2:18:09.6	Sénior Masculino	157		1:05:20.9	602	1:37:18.2	588
504.	Antonio Vaz Da Silva	2:18:40.7	289	2:18:29.9	Veteranos M45	110		1:00:18.6	543	1:34:48.3	573
505.	Nuno Rosa	2:18:52.3	596	2:17:58.0	Sénior Masculino	158		0:59:56.1	534	1:32:11.4	555
506.	Carlos Monteiro	2:18:54.0	69	2:18:13.8	Veteranos M50	53		1:04:00.5	593	1:38:54.7	597
507.	João Fernando Martins	2:19:13.6	695	2:18:29.5	Veteranos M50	54		1:00:44.7	561	1:33:55.3	570
508.	Nuno Anastácio	2:19:57.4	641	2:19:33.4	Sénior Masculino	159		0:56:49.1	469	1:28:46.7	509
509.	Joaquim Adelino	2:20:00.1	456	2:19:35.5	Veteranos M65	7	Amigos Vale Silencio	1:01:37.7	574	1:35:59.6	580
510.	Sergio Anjos	2:20:44.1	526	2:20:06.1	Veteranos M40	121	Diverinstal	1:03:24.6	589	1:37:12.1	587
511.	Vasco Sousa	2:20:53.2	524	2:20:15.3	Sénior Masculino	160	Diverinstal	1:01:12.5	568	1:36:24.2	583
512.	Bruno Caetano	2:20:57.2	581	2:20:05.8	Sénior Masculino	161	Clube de Corrida REN	1:03:24.3	588	1:36:50.6	585
513.	João Almeida	2:21:41.9	93	2:20:38.4	Sénior Masculino	162		1:04:13.9	595	1:38:31.0	595
514.	Manuel Graça	2:21:49.7	434	2:21:32.2	Veteranos M65	8		1:01:55.0	578	1:34:18.1	572
515.	Rafael Gomes	2:22:09.6	644	2:21:52.1	Sénior Masculino	163		1:05:39.5	604	1:39:41.5	602
516.	Jose Troncoso	2:22:26.6	240	2:21:56.9	Veteranos M50	55		1:02:56.8	585	1:38:46.9	596
517.	André Ornelas	2:22:31.6	60	2:21:57.9	Sénior Masculino	164	Correr Lisboa	1:02:37.5	582	1:39:27.7	600
518.	Eduardo Amorim	2:22:58.1	113	2:22:08.6	Veteranos M40	122		1:06:49.0	611	1:40:47.7	605
519.	Joel José Ginga	2:23:52.9	383	2:23:38.4	Sénior Masculino	165	Andorinha's Crew	1:03:23.4	587	1:37:36.7	590
520.	Pedro Murtinhal	2:26:44.6	176	2:26:15.9	Veteranos M40	123	O MUNDO DA CORRIDA	1:00:48.1	562	1:39:36.7	601
521.	João Lima	2:26:45.3	102	2:25:58.8	Veteranos M50	56	4 ao Km	1:04:56.3	600	1:39:26.7	599
522.	Emilio Gonçalves	2:27:46.0	460	2:26:55.1	Veteranos M45	111	Amigos Vale Silencio	1:06:43.5	610	1:43:17.6	615
523.	David Silva	2:28:29.7	285	2:27:41.1	Veteranos M50	57	o praticante (asas do milenium)	1:06:35.7	608	1:41:47.5	608
524.	Álvaro Costa	2:31:56.1	492	2:30:58.7	Veteranos M65	9		1:08:04.9	618	1:46:13.6	621
525.	Gonçalo Gonçalves	2:32:33.1	293	2:32:28.1	Sénior Masculino	166		1:00:06.3	539	1:37:19.4	589

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
526.	Bruno Rodrigues	2:32:33.2	292	2:32:27.6	Sub 23 M	2		1:00:05.4	538	1:37:04.2	586
527.	Albertino Semedo	2:32:55.0	122	2:32:31.0	Veteranos M55	42	SS CGD	1:05:24.8	603	1:42:29.4	614
528.	Hugo Fragoso	2:36:51.8	684	2:26:09.5	Sénior Masculino	167	Run4Fun	1:04:27.2	597	1:42:23.6	613
529.	Carlos Manuel Ferreira Moura	2:41:15.5	172	2:41:01.3	Sénior Masculino	168	Run@Figueira	1:11:23.6	623	1:51:27.8	623
530.	Paulo Jorge Amorim	2:41:15.5	212	2:41:00.2	Sénior Masculino	169		1:15:24.0	625	1:54:19.8	625
531.	Bento Valente	2:05:55.1	138	2:05:30.1	Veteranos M45	112	Os Perigosos	0:58:24.5	504		2
532.	Luis Andrade	2:21:50.5	163	2:21:08.4	Veteranos M40	124			2	1:35:14.5	578
533.	Sérgio Montes	2:00:43.8	180	1:59:59.7	Sénior Masculino	170	NAZABOBODA		3	1:27:24.2	492
534.	Jaime Sousa	1:51:38.3	253	1:51:04.9	Veteranos M50	58	amigosdacorrída.com	0:49:53.4	258		3
535.	Paulo Freitas	1:38:32.7	310	1:37:56.4	Veteranos M40	125		0:46:34.0	155		4
536.	Manuel Rodrigues	1:58:19.8	347	1:58:07.0	Veteranos M50	59	Real Academia	0:54:21.4	409		5
537.	Hugo Rodrigues	1:46:19.3	566	1:45:31.4	Sénior Masculino	171	CCD Siemens	1:07:11.3	614		6
538.	Abílio Tavares	2:24:52.7	584		Veteranos M55	43			4		7
539.	Helder Martinho	1:39:38.9	598	1:38:54.8	Sénior Masculino	172		1:00:09.0	541		8
540.	Tito Henriques	1:51:33.1	623	1:50:32.2	Veteranos M40	126			5	1:18:27.6	324
541.	Albino Tomás	1:53:18.1	713	1:53:11.1	Veteranos M55	44	CLUBE ATLÉTICO DAS	0:54:20.6	408		9

W

1.	Chantal Xhervelle	1:32:22.8	209	1:32:16.9	Veteranas W40	1	Xtreme Level	0:43:32.4	74	1:05:36.8	76
2.	Alice Basilio	1:34:26.7	480	1:34:18.0	Veteranas W40	2	Amigos Atletismo Mafra	0:44:01.3	83	1:06:52.3	91
3.	Isabel Moleiro	1:38:03.7	600	1:37:57.6	Veteranas W40	3	SS CGD	0:45:54.1	128	1:09:30.5	133
4.	Luisa Santo	1:39:36.0	184	1:39:27.4	Veteranas W40	4	NAZABOBODA	0:47:06.9	172	1:10:47.3	160
5.	Ana Isabel Brás	1:44:19.9	635	1:44:10.7	Sénior Feminino	1	CCD PM CASCAIS	0:48:51.9	220	1:13:19.5	214
6.	Alexandra Alves	1:44:51.2	553	1:44:45.3	Sénior Feminino	2	Açoreana Clube Banif	0:45:37.8	117	1:11:43.0	183
7.	Carla Mendes	1:48:25.0	164	1:48:03.4	Sénior Feminino	3	Tartarugas Solidarias	0:51:54.8	326	1:16:53.1	294
8.	Rute Matos	1:48:41.3	445	1:48:34.2	Veteranas W40	5		0:49:25.7	242	1:15:34.5	268
9.	Maria Alves	1:50:10.3	300	1:49:27.9	Veteranas W40	6		0:52:31.8	345	1:18:15.9	318
10.	Manuela Folgado	1:52:24.2	193	1:52:13.1	Veteranas W60	1	Falcões Selvagens	0:52:38.6	350	1:19:32.7	350
11.	Isabel Oleiro	1:52:44.8	247	1:52:21.6	Veteranas W40	7		0:51:45.6	322	1:18:30.2	326
12.	Rosa Vassindula	1:53:46.3	537	1:53:38.4	Veteranas W40	8	CRD ARRUDENSE	0:52:58.0	367	1:20:19.3	362
13.	Magda Lourenço	1:54:14.4	370	1:53:45.5	Veteranas W40	9		0:52:50.4	363	1:20:50.7	369
14.	Filipa Ferro	1:55:25.9	10	1:54:55.2	Sénior Feminino	4	Run4Fun	0:53:54.5	393	1:21:08.9	374
15.	Carla Morgado	1:56:14.4	281	1:55:43.0	Veteranas W40	10		0:55:44.9	439	1:22:55.0	407
16.	Ana Maria Martins	1:56:42.0	245	1:55:51.4	Veteranas W40	11	Falcões Selvagens	0:55:26.0	427	1:22:47.8	401

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
17.	Joana Domingos	1:56:54.2	216	1:56:14.6	Sénior Feminino	5	vitorias	0:57:03.3	477	1:24:51.4	444
18.	Marisa Costa	1:57:21.6	414	1:56:29.6	Sénior Feminino	6		0:54:18.8	407	1:22:21.7	394
19.	Analice Silva	1:57:34.1	374	1:57:22.7	Veteranas W60	2	O MUNDO DA CORRIDA	0:56:03.6	451	1:24:12.2	433
20.	Catrin Egerton	1:57:35.7	692	1:56:41.0	Sénior Feminino	7	EMSA	0:55:50.6	443	1:23:31.4	425
21.	Marta Torres Vieira	1:58:41.3	627	1:57:50.5	Sénior Feminino	8		0:56:08.6	455	1:24:55.7	445
22.	Maria Da Luz Conchinha	1:58:44.1	120	1:58:13.5	Veteranas W50	1	Clube do Stress	0:55:39.4	435	1:23:15.6	416
23.	Noemia Monteiro	1:58:44.5	135	1:58:13.2	Sénior Feminino	9		0:55:15.1	423	1:24:13.6	434
24.	Sara Cunha	1:59:13.6	357	1:58:57.0	Sénior Feminino	10	Magic Runners	0:55:42.1	438	1:24:00.1	431
25.	Helena Lucas	1:59:25.3	225	1:58:47.5	Sénior Feminino	11	Caracóis de Pedra	0:54:08.8	403	1:22:27.7	396
26.	Joana Peralta	1:59:30.0	25	1:59:10.6	Sénior Feminino	12	Run4Fun	0:54:45.8	415	1:24:02.2	432
27.	Maria Matos	1:59:35.5	437	1:58:52.6	Veteranas W50	2		0:58:38.2	512	1:26:16.7	469
28.	Sandra Baptista	2:00:31.7	462	2:00:05.1	Sénior Feminino	13	Amigos Vale Silencio	0:56:04.2	452	1:24:45.3	443
29.	Paula Figueiredo	2:01:48.6	664	2:01:15.4	Veteranas W50	3	Wikaboo	0:56:40.2	463	1:24:16.7	435
30.	Cristina Caldeira	2:02:08.9	38	2:01:43.8	Veteranas W40	12	RunLovers	0:55:38.1	434	1:24:56.0	446
31.	Carla Silva	2:02:28.0	236	2:01:49.3	Veteranas W40	13		0:58:12.8	495	1:27:10.6	484
32.	Clara Raimundo	2:03:08.1	498	2:02:47.0	Sénior Feminino	14	Pernas de Gafanhoto	0:56:46.6	468	1:26:45.5	477
33.	Henriqueta Solipa	2:03:16.7	11	2:02:57.1	Veteranas W50	4	CONNECT2RUN	0:58:00.6	492	1:27:36.0	494
34.	Ana Paula Lima	2:03:58.0	258	2:03:51.9	Veteranas W40	14	C.A. Amigos Parque da Paz	0:56:00.0	448	1:26:42.1	475
35.	Carla Andre	2:04:18.2	654	2:03:26.7	Sénior Feminino	15		0:59:03.7	516	1:27:42.4	496
36.	Elsa Mota	2:04:46.7	168	2:04:25.8	Veteranas W50	5	Run4Fun	0:58:30.9	508	1:28:09.2	500
37.	Ana Silva	2:04:59.0	478	2:04:38.6	Sénior Feminino	16		0:58:15.1	498	1:28:17.8	501
38.	Célia Cecílio	2:05:12.6	341	2:04:49.7	Veteranas W40	15	NAPA - Núcleo Amigos Perna	0:57:03.4	478	1:26:46.1	479
39.	Ceu Carvalho	2:05:12.9	319	2:04:49.7	Veteranas W40	16	Tartarugas Solidarias	0:57:03.2	476	1:26:45.7	478
40.	Catarina Martins	2:05:15.7	379	2:04:24.3	Veteranas W40	17	SS CGD	1:00:41.0	556	1:29:27.6	516
41.	Helena Leitão	2:05:51.2	39	2:05:25.5	Veteranas W40	18	RunLovers	0:57:57.3	489	1:28:37.3	507
42.	Lara Simons	2:06:20.0	560	2:05:34.8	Sénior Feminino	17	CCD Siemens	1:00:35.1	550	1:30:41.8	534
43.	Isadora Costa	2:06:32.6	101	2:05:44.3	Sénior Feminino	18	4 ao Km	1:00:24.8	544	1:30:15.4	528
44.	Deolinda António	2:06:59.3	538	2:06:50.9	Veteranas W50	6	CRD ARRUDENSE	1:00:57.5	563	1:30:49.6	537
45.	Dina Mota	2:07:06.4	309	2:06:22.0	Veteranas W40	19	Associação de Atletismo	0:59:29.8	525	1:29:57.7	525
46.	Fatima Santos	2:07:35.3	84	2:07:18.2	Sénior Feminino	19	Jobrinde - Montes Saloios	1:00:09.0	540	1:30:41.1	533
47.	Marta Pereira	2:07:43.9	295	2:06:59.6	Sénior Feminino	20		0:58:24.4	503	1:28:46.5	508
48.	Cristiana Almeida	2:07:44.3	129	2:06:52.9	Veteranas W50	7	SS CGD	0:59:14.3	518	1:29:53.9	522
49.	Sandra Simões	2:07:49.1	6	2:07:24.8	Veteranas W40	20	Run4Fun	1:00:33.7	549	1:31:07.0	543

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.	
50.	Deolinda Santos	2:08:15.4	1	2:07:13.5	Veteranas W40	21		1:00:42.5	558	1:30:50.7	539
51.	Sara Colaço	2:08:27.0	251	2:08:20.7	Veteranas W40	22	C.A. Amigos Parque da Paz	0:59:17.9	520	1:29:42.5	518
52.	Joana Freire	2:08:37.5	174	2:08:25.7	Sénior Feminino	21		0:59:04.2	517	1:30:16.9	530
53.	Iris Mauricio	2:09:39.1	519	2:09:23.6	Sénior Feminino	22	CBAMM	0:59:55.2	532	1:31:31.4	548
54.	Lara Ferreira	2:09:54.6	482	2:09:23.4	Sénior Feminino	23		0:58:30.3	507	1:29:40.3	517
55.	Maria Sousa	2:10:04.8	157	2:09:16.3	Veteranas W40	23		1:01:04.1	566	1:32:06.9	553
56.	Jacinta Almeida	2:10:30.5	471	2:10:16.0	Veteranas W50	8	Rail Runners	1:01:29.0	572	1:33:04.4	563
57.	Marta Lopes	2:10:54.5	282	2:10:16.4	Veteranas W40	24	I RUN WILD	1:00:29.3	548	1:31:28.3	547
58.	Isabel Monteiro	2:11:04.1	696	2:10:39.3	Sénior Feminino	24		1:02:41.4	583	1:33:12.0	566
59.	Vera Almeida	2:11:39.2	128	2:11:14.3	Sénior Feminino	25	SS CGD	1:00:37.5	554	1:32:24.2	558
60.	Carolina Manuel	2:12:19.4	605	2:11:49.8	Veteranas W40	25	O MUNDO DA CORRIDA	1:00:03.7	537	1:32:34.5	560
61.	Catia Mariano	2:12:41.1	301	2:12:18.2	Sénior Feminino	26		1:01:43.3	576	1:33:30.7	568
62.	Sandra Coval	2:13:41.8	303	2:13:26.2	Sénior Feminino	27		1:01:00.4	564	1:34:09.9	571
63.	Patrícia Pedro	2:15:52.4	505	2:15:24.8	Veteranas W40	26	CBAMM	1:03:16.5	586	1:35:23.3	579
64.	Marta Andrade	2:16:09.4	13	2:15:16.4	Sénior Feminino	28	Treino em Casa	1:04:48.5	599	1:38:10.8	594
65.	Claudia Lourenço	2:16:43.8	124	2:15:51.9	Veteranas W40	27	SS CGD	1:00:41.0	555	1:36:20.8	582
66.	Sara Timóteo	2:17:32.1	631	2:17:22.2	Sénior Feminino	29		1:02:51.5	584	1:35:13.6	577
67.	Vanessa Marranita	2:18:54.4	723	2:18:14.8	Sénior Feminino	30		1:04:01.5	594	1:38:55.9	598
68.	Luisa Palminhas	2:19:04.1	463	2:18:48.3	Veteranas W40	28	CBAMM	1:04:00.3	592	1:37:46.9	591
69.	Paula Carvalho	2:21:15.0	20	2:20:51.5	Veteranas W40	29	Run4Fun	1:05:45.9	605	1:40:08.3	603
70.	Sara Henriques	2:22:38.2	640	2:22:03.2	Veteranas W40	30	CCD PM CASCAIS	1:07:15.3	616	1:40:58.4	607
71.	Ivone Pereira	2:22:38.3	636	2:22:03.1	Veteranas W40	31	CCD PM CASCAIS	1:07:15.1	615	1:40:57.5	606
72.	Ana Varejão	2:24:06.1	57	2:23:43.4	Veteranas W50	9	Run4Fun	1:05:46.5	606	1:40:08.6	604
73.	Esmeralda Gomes	2:24:52.4	601	2:24:27.1	Veteranas W50	10	NúcleOeiras/sportzone	1:07:34.2	617	1:41:55.9	609
74.	Susana Santos	2:29:01.8	670	2:28:03.0	Sénior Feminino	31		1:09:17.9	620	1:43:47.8	617
75.	Tita Luis	2:29:35.0	16	2:23:51.3	Sénior Feminino	32	Jobrinde - Montes Saloios	1:07:10.9	613	1:42:17.5	611
76.	Carla Matos	2:30:09.8	73	2:29:49.1	Sénior Feminino	33	Run4Fun	1:06:23.6	607	1:43:31.9	616
77.	Lilian Kato	2:30:10.0	689	2:29:46.2	Veteranas W40	32	Run4Fun	1:06:57.2	612	1:45:20.5	618
78.	Elsa Alcobia	2:32:34.0	243	2:32:17.3	Sénior Feminino	34		1:09:00.1	619	1:45:53.6	619
79.	Elisete Manuel	2:32:54.4	286	2:32:14.2	Sénior Feminino	35	o praticante (asas do milenium)	1:06:43.4	609	1:41:56.2	610
80.	Sofia Luis	2:32:57.0	321	2:32:35.1	Sénior Feminino	36		1:10:21.3	622	1:48:01.0	622
81.	Liliana Moreira	2:33:57.8	136	2:33:40.3	Sénior Feminino	37		1:09:20.7	621	1:46:07.1	620
82.	Catarina Peixoto	2:36:51.5	683	2:26:06.8	Sénior Feminino	38	Run4Fun	1:04:25.3	596	1:42:22.2	612

38.^a Meia Maratona de São João das Lampas

Result List MF 38.^a Meia Maratona de S. João das Lampas

Geral	Nome	T. Bruto	Dorsal	T.Net	Esc.	Pos.	Clube	10km	Pos. 15	Pos.
83.	Hélia Cristina Marques Machado	2:41:02.0	171	2:40:47.9	Sénior Feminino	39	Run@Figueira	1:11:25.4	624	1:51:36.5 624
84.	Ana Monteiro	2:24:53.6	24		Veteranas W40	33			1	1

Number of records: 625

38.^a Meia Maratona de São João das Lampas

Team Results 38.^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
38.^a Meia Maratona de S. João das Lampas				
1. CRD ARRUDENSE 1				4:02:06,57
496	Nuno Graça	CRD ARRUDENSE	Sénior Masculino	1:20:29.3
535	Augusto Pires	CRD ARRUDENSE	Veteranos M40	1:20:29.4
495	Armando Monteiro	CRD ARRUDENSE	Veteranos M40	1:21:07.8
2. NAZABOBODA 1				4:05:47,42
181	João Ginja	NAZABOBODA	Veteranos M45	1:18:08.1
183	Virgílio Gomes	NAZABOBODA	Veteranos M45	1:22:04.6
182	Jorge Rodrigues	NAZABOBODA	Veteranos M45	1:25:34.5
3. C.R.Altureense 1				4:15:42,93
329	António Afonso	C.R.Altureense	Veteranos M40	1:21:30.4
327	Armando Caiadas	C.R.Altureense	Veteranos M40	1:25:44.2
328	Luís Várzea	C.R.Altureense	Sénior Masculino	1:28:28.1
4. Wikaboo 1				4:24:04,75
657	António Lemos	Wikaboo	Veteranos M55	1:25:51.6
673	Jorge Gonçalves	Wikaboo	Veteranos M45	1:26:43.7
681	Rui Cabral	Wikaboo	Veteranos M40	1:31:29.3
5. CBAMM 1				4:27:50,32
516	Nelson Casanova	CBAMM	Sénior Masculino	1:27:27.3
467	Vitor Silva	CBAMM	Veteranos M45	1:30:11.3
465	Helder Lopes	CBAMM	Veteranos M45	1:30:11.6
6. Aminhacorrida.com 1				4:35:26,55
721	Carlos Taveira	Aminhacorrida.com	Veteranos M40	1:26:15.2
393	Carlos Lopes	Aminhacorrida.com	Veteranos M40	1:31:10.6
394	Paulo Taboas	Aminhacorrida.com	Veteranos M45	1:38:00.6
7. Falcões Selvagens 1				4:37:27,17
241	António Dias	Falcões Selvagens	Veteranos M55	1:29:55.7
196	Fernando Figueiredo	Falcões Selvagens	Veteranos M45	1:31:01.8
192	Nuno Neves	Falcões Selvagens	Sénior Masculino	1:36:29.5
8. Açoreana Clube Banif 1				4:37:52,28
550	Nuno Espírito Santo	Açoreana Clube Banif	Veteranos M40	1:31:34.5
547	Edgar Monteiro	Açoreana Clube Banif	Sénior Masculino	1:32:26.6
543	Ricardo Alves	Açoreana Clube Banif	Sénior Masculino	1:33:50.9
9. N.A. PAPAGAIOS CASCAIS 1				4:37:55,05
398	Rui Cabral	N.A. PAPAGAIOS CASCAIS	Sénior Masculino	1:25:57.7
397	JosÉ Carlos	N.A. PAPAGAIOS CASCAIS	Veteranos M50	1:35:21.0
395	Daniel Conceição	N.A. PAPAGAIOS CASCAIS	Veteranos M45	1:36:36.2
10. SS CGD 1				4:40:35,55
125	Fernando Candeias	SS CGD	Veteranos M40	1:25:55.3
221	Miguel Rocha	SS CGD	Sénior Masculino	1:36:38.3
599	David Faustino	SS CGD	Veteranos M45	1:38:01.8
11. Casa do Benfica de Algueirão Mem Martins 1				4:40:41,55
707	Tiago Lousa	Casa do Benfica de Algueirão Mem Martins	Sénior Masculino	1:17:44.4
719	Gonçalves Manuel	Casa do Benfica de Algueirão Mem Martins	Veteranos M50	1:38:15.1

38.^a Meia Maratona de São João das Lampas

Team Results 38.^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
706	Alcides Varela	Casa do Benfica de Algueirão Mem Martins	Veteranos M45	1:44:41.9
12. Amigos Atletismo Mafra 1				4:43:47,99
479	João Pastor	Amigos Atletismo Mafra	Veteranos M40	1:34:21.3
480	Alice Basilio	Amigos Atletismo Mafra	Veteranas W40	1:34:26.7
632	Pedro Norte	Amigos Atletismo Mafra	Veteranos M40	1:34:59.9
13. Atletas do Farolim Peniche 1				4:45:09,74
486	Henrique Venâncio	Atletas do Farolim Peniche	Sénior Masculino	1:31:28.1
488	Paulo Santos	Atletas do Farolim Peniche	Veteranos M50	1:35:17.0
489	Pedro Farto	Atletas do Farolim Peniche	Sénior Masculino	1:38:24.5
14. Real Academia 1				4:50:12,56
344	Germano Silva	Real Academia	Veteranos M55	1:30:50.2
345	Antonio Vilela	Real Academia	Veteranos M45	1:38:01.8
354	Jose Henriques	Real Academia	Veteranos M40	1:41:20.4
15. Monsanto Running Team 1				4:51:14,60
690	Luis Trindade	Monsanto Running Team	Sénior Masculino	1:30:34.0
167	António Guerreiro	Monsanto Running Team	Veteranos M60	1:36:52.8
617	Pedro Conceição	Monsanto Running Team	Sénior Masculino	1:43:47.6
16. Associação de Atletismo Lebres do Sado 1				4:51:22,33
726	Pedro Pires	Associação de Atletismo Lebres do Sado	Veteranos M45	1:36:13.9
342	Joaquim Fernandes	Associação de Atletismo Lebres do Sado	Veteranos M50	1:36:57.5
88	Victor Silva	Associação de Atletismo Lebres do Sado	Veteranos M45	1:38:10.8
17. VFF 1896 1				4:52:58,27
230	Fernando Almeida	VFF 1896	Sénior Masculino	1:32:33.3
229	Eduardo Santos	VFF 1896	Sénior Masculino	1:38:24.6
234	Jorge Lopes	VFF 1896	Sénior Masculino	1:42:00.2
18. GD Banco BPI 1				4:54:46,69
365	Carlos Cardoso	GD Banco BPI	Veteranos M60	1:37:42.1
364	João Salgueiro Antunes	GD Banco BPI	Veteranos M40	1:37:56.7
360	Luis Álvaro	GD Banco BPI	Veteranos M45	1:39:07.7
19. Metro 2011 1				4:55:20,89
391	Nuno Pita	Metro 2011	Sénior Masculino	1:34:20.5
389	Manuel Costa	Metro 2011	Veteranos M55	1:40:26.1
387	António Gonçalves	Metro 2011	Veteranos M45	1:40:34.1
20. O Mundo da Corrida 1				4:57:40,06
271	Ricardo Mendes Almeida	O Mundo da Corrida	Sénior Masculino	1:28:04.5
2	Filipe Silva	O MUNDO DA CORRIDA	Sénior Masculino	1:32:01.3
374	Analice Silva	O MUNDO DA CORRIDA	Veteranas W60	1:57:34.1
21. Run4Fun 1				4:59:17,64
248	José Carlos Melo	Run4Fun	Veteranos M50	1:37:56.8
693	Paulo Raposo	Run4Fun	Veteranos M40	1:38:30.9
31	Fernando Rosete	Run4Fun	Veteranos M40	1:42:49.9
22. Amigos Vale Silencio 1				5:01:43,03
458	Manuel Chinita	Amigos Vale Silencio	Veteranos M50	1:36:18.7
461	Leonel Neves	Amigos Vale Silencio	Veteranos M60	1:41:08.7

38.ª Meia Maratona de São João das Lampas

Team Results 38.ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
459	Armando Almeida	Amigos Vale Silencio	Veteranos M55	1:44:15.5
23.	C.A. Amigos Parque da Paz 1			5:03:16,86
201	José Brito	C.A. Amigos Parque da Paz	Veteranos M50	1:36:36.7
147	Pedro Gabriel	C.A. Amigos Parque da Paz	Veteranos M40	1:43:12.6
148	Nuno Gomes	C.A. Amigos Parque da Paz	Veteranos M45	1:43:27.4
24.	amigosdacorrída.com 1			5:03:25,22
190	José Campos	amigosdacorrída.com	Veteranos M45	1:38:50.1
187	Nuno Anjos	amigosdacorrída.com	Veteranos M40	1:40:49.5
710	Miguel Cabral	Amigosdacorrída.com	Veteranos M40	1:43:45.4
25.	Georunners 1			5:03:34,25
50	Rui Pedro Julião	Georunners	Veteranos M45	1:36:22.2
49	Heitor Gomes	Georunners	Veteranos M40	1:37:20.4
58	Luis Afonso	Georunners	Veteranos M40	1:49:51.5
26.	Ferrovriario de Portugal 1			5:04:43,55
265	João Rosado Martins	Ferrovriario de Portugal	Veteranos M50	1:34:06.4
266	João Paulo Pereira	Ferrovriario de Portugal	Veteranos M40	1:44:12.0
263	Guilherme Gonçalves	Ferrovriario de Portugal	Veteranos M50	1:46:25.0
27.	CCD Siemens 1			5:05:52,49
561	João Fernandes	CCD Siemens	Sénior Masculino	1:39:43.3
558	João Queiroz	CCD Siemens	Veteranos M40	1:39:49.7
566	Hugo Rodrigues	CCD Siemens	Sénior Masculino	1:46:19.3
28.	Jobrinde - Montes Saloios 1			5:06:13,40
699	Nelson Fonseca	Jobrinde - Montes Saloios	Sénior Masculino	1:27:11.4
61	Nuno Silvestre	Jobrinde - Montes Saloios	Sénior Masculino	1:47:53.0
14	Fernando Xavier	Jobrinde - Montes Saloios	Sénior Masculino	1:51:08.8
29.	CCD PM CASCAIS 1			5:06:25,52
622	Paulo Oliveira	CCD PM CASCAIS	Veteranos M45	1:31:42.6
635	Ana Isabel Brás	CCD PM CASCAIS	Sénior Feminino	1:44:19.9
638	Joao Pereira	CCD PM CASCAIS	Veteranos M50	1:50:22.8
30.	PORTUGAL RUNNING 1			5:08:39,92
4	João Valente	PORTUGAL RUNNING	Veteranos M40	1:42:02.6
33	Paulo Calvino	Portugal Running	Veteranos M40	1:43:07.3
149	Nuno Pimenta	Portugal Running	Sénior Masculino	1:43:29.9
31.	CD ARNEIRO 1			5:09:53,45
422	Manuel Alves	CD ARNEIRO	Veteranos M45	1:42:12.8
423	Jose Maio	CD ARNEIRO	Veteranos M50	1:42:18.3
421	Pedro Bueno	CD ARNEIRO	Veteranos M45	1:45:22.2
32.	Golden Team 1			5:13:29,25
78	João Crespo	Golden Team	Veteranos M50	1:41:42.5
76	António Merujo	Golden Team	Veteranos M55	1:42:21.2
77	Joao Antunes	Golden Team	Veteranos M45	1:49:25.4
33.	adcc catujal 1			5:15:06,98
226	Luis Pinheiro	adcc catujal	Sénior Masculino	1:34:59.0
227	Daniel Gonçalves	adcc catujal	Sénior Masculino	1:46:47.8

38.ª Meia Maratona de São João das Lampas

Team Results 38.ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
228	José Valério	adcc catujal	Veteranos M65	1:53:20.0
34.	NAPA - Núcleo Amigos Perna Assada 1			5:20:23,91
339	António Rico	NAPA - Núcleo Amigos Perna Assada	Veteranos M40	1:37:35.5
338	João Paixão	NAPA - Núcleo Amigos Perna Assada	Veteranos M40	1:37:35.7
341	Célia Cecílio	NAPA - Núcleo Amigos Perna Assada	Veteranas W40	2:05:12.6
35.	Real Mafra 1			5:24:06,75
510	Ricardo Damião	Real Mafra	Sénior Masculino	1:30:58.4
440	Luis Chambel	Real Mafra	Sénior Masculino	1:56:31.7
509	Luis Damião	Real Mafra	Veteranos M45	1:56:36.5
36.	Os Perigosos 1			5:24:29,71
137	Helder Valadas	Os Perigosos	Sénior Masculino	1:37:58.0
141	Carlos Sousa	Os Perigosos	Veteranos M55	1:51:10.8
651	Luís Gonçalves	Os Perigosos	Sénior Masculino	1:55:20.8
37.	Pernas de Gafanhoto 1			5:24:40,08
499	Nuno M Pereira	Pernas de Gafanhoto	Sénior Masculino	1:40:12.5
646	Bernardo Pinto-Coelho	Pernas de Gafanhoto	Sénior Masculino	1:41:19.3
498	Clara Raimundo	Pernas de Gafanhoto	Sénior Feminino	2:03:08.1
38.	Correr Lisboa 1			5:28:48,00
200	Pedro Cardoso	Correr Lisboa	Sénior Masculino	1:40:23.7
63	Pedro Carvalho	Correr Lisboa	Veteranos M40	1:54:01.6
431	Miguel Amaral	Correr Lisboa	Sénior Masculino	1:54:22.5
39.	Rail Runners 1			5:30:56,47
679	Miguel Pereira	Rail Runners	Sénior Masculino	1:43:47.4
472	Luís Ferreira	Rail Runners	Veteranos M45	1:46:31.5
205	Manuel António	Rail Runners	Veteranos M45	2:00:37.4
40.	RunLovers 1			5:32:53,56
40	João Leitão	RunLovers	Veteranos M40	1:44:47.7
41	Luis Ferreira	RunLovers	Veteranos M45	1:45:56.9
38	Cristina Caldeira	RunLovers	Veteranas W40	2:02:08.9
41.	vitorias 1			5:37:02,02
217	Julio Fernandes	vitorias	Sénior Masculino	1:39:16.8
216	Joana Domingos	vitorias	Sénior Feminino	1:56:54.2
215	Mario Vitoria	vitorias	Veteranos M45	2:00:50.8
42.	Clube do Stress 1			5:41:36,46
178	António Bento Fernandes	Clube do Stress	Veteranos M50	1:47:43.5
332	Nuno Jorge Lopes	Clube do Stress	Veteranos M45	1:55:08.8
120	Maria Da Luz Conchinha	Clube do Stress	Veteranas W50	1:58:44.1
43.	o praticante (asas do milenium) 1			5:46:44,50
288	Jose Mira	o praticante (asas do milenium)	Veteranos M45	1:43:21.2
287	Antonio Nereu	o praticante (asas do milenium)	Veteranos M50	1:47:12.2
284	Antonio Soares	o praticante (asas do milenium)	Veteranos M45	2:16:10.9
44.	Diverinstal 1			5:52:10,81
523	Hugo Rocha	Diverinstal	Sénior Masculino	1:45:21.1
525	Luis Rebelo	Diverinstal	Sénior Masculino	1:59:38.2

38.^a Meia Maratona de São João das Lampas

Team Results 38.^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
582	Bruno Martins	Diverinstal	Juniores M	2:07:11.4
45.	NúcleOeiras/Sportzone 1			6:09:20,79
585	José Conceição	NúcleOeiras/Sportzone	Veteranos M65	1:39:01.3
602	João Gomes	NúcleOeiras/Sportzone	Veteranos M50	2:05:27.0
601	Esmeralda Gomes	NúcleOeiras/sportzone	Veteranas W50	2:24:52.4
46.	Clube ANACOM 1			6:23:47,91
317	José Vaz	Clube ANACOM	Veteranos M55	2:05:34.3
316	Carlos Pinto de Abreu	Clube ANACOM	Veteranos M45	2:07:40.3
315	Isaac Carrêlo	Clube ANACOM	Veteranos M50	2:10:33.1
47.	4 ao Km 1			6:39:50,30
104	Vitor Gonçalves	4 ao Km	Veteranos M45	2:06:32.3
101	Isadora Costa	4 ao Km	Sénior Feminino	2:06:32.6
102	João Lima	4 ao Km	Veteranos M50	2:26:45.3

38.ª Meia Maratona de São João das Lampas

Lista de inscritos 38.ª Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
38.ª Meia Maratona de S. João das Lampas							
1	Deolinda Santos	F40		17:00:08.8	1:00:42.5	1:30:50.7	19:07:22.4
2	Filipe Silva	Sen	O MUNDO DA	16:59:32.4	0:43:14.9	1:05:01.9	18:31:08.3
3	Paulo Trindade	M40	O MUNDO DA	16:59:47.7	0:57:41.3	1:27:26.9	19:07:18.7
4	João Valente	M40	PORTUGAL RUNNING	16:59:14.7	0:47:18.4	1:12:07.7	18:41:09.6
5	Nuno Leal	M45					
6	Sandra Simões	F40	Run4Fun	16:59:31.2	1:00:33.7	1:31:07.0	19:06:56.1
7	Miguel Serradas Duarte	M40	Run4Fun	16:59:31.6	0:50:07.5	1:15:04.4	18:44:22.1
8	Nuno Rito	Sen	Tartarugas Solidárias	16:59:27.2	0:57:59.9	1:29:44.9	19:09:29.5
9	João Alberto	M45	Jobrinde - Montes	16:59:25.3	0:59:22.9	1:29:11.2	19:06:23.5
10	Filipa Ferro	Sen	Run4Fun	16:59:37.7	0:53:54.5	1:21:08.9	18:54:32.9
11	Henriqueta Solipa	F50	CONNECT2RUN	16:59:26.5	0:58:00.6	1:27:36.0	19:02:23.7
12	Carlos Renato	M50	CONNECT2RUN				
13	Marta Andrade	Sen	Treino em Casa	17:00:00.0	1:04:48.5	1:38:10.8	19:15:16.4
14	Fernando Xavier	Sen	Jobrinde - Montes	16:59:26.2	0:52:47.4	1:18:52.8	18:50:15.8
15	Daniel Ramos	Sen	Jobrinde - Montes	17:00:09.8	1:04:39.0	1:38:01.1	19:15:17.2
16	Tita Luis	Sen	Jobrinde - Montes	17:04:50.6	1:07:10.9	1:42:17.5	19:28:42.0
17	Teodoro Trindade	M50	Run4Fun	16:59:28.6	0:54:15.8	1:22:32.1	18:55:28.4
18	João Carlos Freire	M45		16:59:31.0	0:51:09.3	1:16:51.5	18:47:24.1
19	Helder Baptista	M40	GRD Ribeira da Lage	16:59:39.3	0:51:42.9	1:16:39.2	18:47:03.9
20	Paula Carvalho	F40	Run4Fun	16:59:30.4	1:05:45.9	1:40:08.3	19:20:22.0
21	Paulo Rodrigues	M40		16:59:37.8	0:49:25.6	1:14:55.5	18:47:41.7
22	Jorge Esteves	M50	Run4Fun	16:59:28.3	0:53:23.7	1:23:26.0	19:03:17.1
23	Victor Manuel E Sá Venda	M40		16:59:33.4	0:51:15.4	1:16:19.4	18:45:07.2
24	Ana Monteiro	F40					19:24:00.6
25	Joana Peralta	Sen	Run4Fun	16:59:26.4	0:54:45.8	1:24:02.2	18:58:37.0
26	Nuno Tempera	M45	Run4Fun	16:59:26.1	0:49:37.0	1:15:14.1	18:47:26.3
27	Bruno Hortelao	Sen	LV TEAM	16:59:39.8	0:59:30.4	1:31:12.2	19:09:35.3
28	Sérgio Pedro	Sen	RS Running Team	16:59:41.8	0:51:42.5	1:24:38.1	19:02:37.3
30	Rui Alegre	Sen		16:59:30.2	0:49:44.0	1:14:52.0	18:44:31.7
31	Fernando Rosete	M40	Run4Fun	16:59:26.6	0:45:21.4	1:10:22.1	18:41:56.9
32	Gonçalo Fontes de Melo	M45	Run4Fun	16:59:29.2	1:00:35.2	1:31:08.9	19:06:56.7
33	Paulo Calvino	M40	Portugal Running	16:59:18.7	0:47:38.1	1:12:33.0	18:42:14.3
34	Ruben Costa	M50	Run4Fun	16:59:28.3	1:00:36.9	1:31:09.9	19:06:56.6
35	António Sales Henriques	M40	Vila Fria				
36	Rui Moura	Sen					
38	Cristina Caldeira	F40	RunLovers	16:59:32.0	0:55:38.1	1:24:56.0	19:01:15.9
39	Helena Leitão	F40	RunLovers	16:59:32.7	0:57:57.3	1:28:37.3	19:04:58.2
40	João Leitão	M40	RunLovers	16:59:33.2	0:50:09.8	1:15:06.5	18:43:54.7
41	Luis Ferreira	M45	RunLovers	16:59:32.4	0:50:10.5	1:15:07.3	18:45:03.9
42	Sandro Pinto	Sen	RunLovers	16:59:33.2	0:57:56.7	1:29:55.7	19:08:56.0
43	Pedro Azenha	Sen	GDR Manique de Cima				
44	Paulo Gonçalves	M55		16:59:25.6	0:55:40.0	1:25:43.3	19:04:34.3
45	César Garcia	Sen					
46	Rui Ferreira	M40		16:59:54.2	0:55:45.4	1:26:34.2	19:03:10.2
47	Rodrigo Almeida	Sen	Surf Runners	16:59:19.3	0:50:46.1	1:17:33.0	18:50:42.9
48	Sandra Silva	F40					
49	Heitor Gomes	M40	Georunners	16:59:12.5	0:46:46.5	1:09:28.4	18:36:27.4
50	Rui Pedro Julião	M45	Georunners	16:59:19.8	0:46:01.9	1:09:25.8	18:35:29.2
51	Miguel Simões	Sen	Georunners				
52	António Correia	M55	Georunners	16:59:46.2	0:55:59.4	1:25:01.9	19:01:05.2

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
53	Gonçalo Vieira	M40	Georunners	16:59:17.8	0:57:14.5	1:28:19.7	19:06:10.1
54	Andreia Oliveira	Sen	Georunners				
55	Joana Saraiva	Sen	Georunners	16:59:17.5	0:57:13.6		
56	João Paulo Silva	M50					
57	Ana Varejão	F50	Run4Fun	16:59:29.6	1:05:46.5	1:40:08.6	19:23:13.1
58	Luis Afonso	M40	Georunners	16:59:18.0	0:52:30.6	1:18:42.0	18:48:58.5
59	Tiago Rodrigues	Sen	Correr Lisboa	16:59:40.3	0:53:20.2	1:21:23.3	18:55:09.9
60	André Ornelas	Sen	Correr Lisboa	16:59:40.6	1:02:37.5	1:39:27.7	19:21:38.6
61	Nuno Silvestre	Sen	Jobrinde - Montes	16:59:25.5	0:50:21.8	1:15:33.9	18:47:00.0
62	Luciano Contente Contente	Sen		16:59:21.7	0:43:26.8	1:06:02.8	18:37:09.6
63	Pedro Carvalho	M40	Correr Lisboa	16:59:47.6	0:53:59.0	1:21:39.4	18:53:08.6
64	João Cravo	Sen		16:59:56.3	1:01:22.9	1:32:07.4	19:08:48.3
65	Jose Magalhaes	M45	Run4Fun	16:59:27.1	0:54:45.4	1:23:14.6	18:57:34.4
66	Ricardo Sousa	M40					
69	Carlos Monteiro	M50		16:59:47.2	1:04:00.5	1:38:54.7	19:18:01.0
70	Henrique Ruivo	M50	Tartarugas Solidárias	16:59:27.8	0:53:30.3	1:21:20.8	18:53:46.1
71	Rui Faria	M40	Run4Fun	16:59:28.1	0:51:07.5	1:17:36.6	18:58:16.7
72	Nuno Maritns	Sen		16:59:41.9	0:53:47.7	1:22:13.8	18:57:43.1
73	Carla Matos	Sen	Run4Fun	16:59:27.7	1:06:23.6	1:43:31.9	19:29:16.8
75	João Veiga	Sen	Run4Fun	16:59:26.7	0:48:55.8	1:14:04.8	18:44:12.9
76	António Merujo	M55	Golden Team	16:59:11.3	0:45:44.3	1:11:11.4	18:41:28.2
77	Joao Antunes	M45	Golden Team	16:59:29.6	0:50:49.7	1:17:02.4	18:48:32.4
78	João Crespo	M50	Golden Team	16:59:29.4	0:47:04.0	1:11:21.0	18:40:49.5
79	Paulo Sousa	M40		16:59:18.9	0:56:52.5	1:26:29.3	19:01:13.9
80	Eduardo Teles	M40	TurboLento	16:59:16.8	0:52:15.9	1:18:10.5	18:50:19.0
81	Albisio Magalhaes	M60		16:59:46.2	0:48:20.0	1:12:37.5	18:41:22.8
82	Ildebrando Aires	Sen		16:59:42.8	0:48:34.0	1:12:56.0	18:41:22.0
83	Francisco Gonçalves	M40		16:59:12.8	0:41:05.6	1:02:34.9	18:27:48.4
84	Fatima Santos	Sen	Jobrinde - Montes	16:59:24.1	1:00:09.0	1:30:41.1	19:06:42.3
85	José Alves	Sen		16:59:28.2	0:59:55.7	1:30:26.5	19:06:43.4
86	Bruno Afonso	Sen					
87	Helder Branco	M40	Clube Vodafone				
88	Victor Silva	M45	Associação de Atletismo	16:59:15.0	0:46:26.3	1:09:45.7	18:37:17.8
89	Nuno Corte-Real	M45		16:59:48.7	0:57:58.9	1:28:48.0	19:04:53.7
90	Jorge Paulo	M55	Run4Fun	16:59:26.3	0:52:24.8	1:21:20.2	18:55:16.7
91	Mario Pires	M55					
93	João Almeida	Sen		17:00:10.5	1:04:13.9	1:38:31.0	19:20:48.9
94	Henrique Vilhena	M55					
95	Ricardo Jesus	M40		16:59:53.0	0:58:01.6		
96	Joao Campos	M40		16:59:21.9	0:57:26.6	1:25:15.7	19:00:25.8
97	Joao Hora Faustino	M40	Outside Dream	16:59:13.8	0:39:48.4	1:00:11.4	18:23:36.5
98	Rui Pereira	M50		16:59:15.0	0:44:25.9	1:07:55.1	18:36:14.2
99	Carla Costa	F40	4 ao Km				
100	Eberhard Wilhelm	M65	4 ao Km	16:59:53.6	1:15:07.7		
101	Isadora Costa	Sen	4 ao Km	16:59:55.2	1:00:24.8	1:30:15.4	19:05:39.6
102	João Lima	M50	4 ao Km	16:59:53.5	1:04:56.3	1:39:26.7	19:25:52.3
103	Marta Feio	Sen	4 ao Km				
104	Vitor Gonçalves	M45	4 ao Km	16:59:55.6	1:00:24.9	1:30:15.5	19:05:39.3
105	David Resina	M50		16:59:36.9	0:48:51.8	1:14:52.2	18:45:02.0
106	Stephan Koenig	M45	Pernas de Gafanhoto				
107	Nuno Ferreira	M40					
108	Goncalo Brito	Sen		17:00:01.5	0:55:49.9	1:23:40.5	19:01:16.4

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
109	Nuno Pintão	M40					
110	Nelson Ferreira	Sen		16:59:49.3	0:52:03.3	1:18:17.0	18:51:35.9
111	José Robalo	M60		16:59:29.9	0:51:22.6	1:18:27.4	18:52:25.1
112	Alfredo Falcao	M45	Run4Fun	16:59:27.5	0:53:52.3	1:22:33.3	18:57:44.9
113	Eduardo Amorim	M40		16:59:56.5	1:06:49.0	1:40:47.7	19:22:05.1
114	Miguel Pinho	M40		16:59:27.4	0:52:49.7	1:20:35.0	18:54:26.2
115	Paulo Pais	M45		16:59:24.2	0:46:38.2	1:11:54.5	18:42:05.1
116	Armando Dias	M45		16:59:17.4	0:46:46.0	1:11:04.7	18:40:34.4
117	Hugo Novais	Sen	RUNSINTRA	16:59:48.1	0:50:54.7	1:14:00.6	18:41:23.7
118	João Veigas	Sen		17:00:03.3	1:00:43.1	1:31:58.8	19:09:14.7
119	João Pereira	Sen		16:59:39.8	0:49:25.9	1:14:06.6	18:44:09.9
120	Maria Da Luz Conchinha	F50	Clube do Stress	16:59:37.5	0:55:39.4	1:23:15.6	18:57:51.1
121	Cristian Ciocan	M40					
122	Albertino Semedo	M55	SS CGD	16:59:31.0	1:05:24.8	1:42:29.4	19:32:02.0
123	Andre Noronha	M50	SS CGD	16:59:57.8	0:59:14.8	1:29:55.1	19:06:51.5
124	Claudia Lourenço	F40	SS CGD	16:59:58.8	1:00:41.0	1:36:20.8	19:15:50.8
125	Fernando Candeias	M40	SS CGD	16:59:13.7	0:40:48.0	1:01:19.2	18:25:02.3
126	Joao Silva	M45	SS CGD	16:59:24.6	0:51:28.8	1:17:50.6	18:50:50.0
127	Miguel Reis	Sen	SS CGD	16:59:59.8	0:56:12.6	1:25:34.3	18:58:49.4
128	Vera Almeida	Sen	SS CGD	16:59:31.9	1:00:37.5	1:32:24.2	19:10:46.2
129	Cristiana Almeida	F50	SS CGD	16:59:58.3	0:59:14.3	1:29:53.9	19:06:51.3
130	Pedro Correia	Sen		16:59:40.5	0:58:21.2	1:29:15.1	19:09:27.8
131	Ana Pereira	F40					
132	Edgar Trigo	M45		16:59:16.3	0:44:02.8	1:06:43.1	18:33:38.1
133	Ricardo Silva	Sen		16:59:32.5	0:53:58.2	1:21:45.3	18:54:09.8
134	Ricardo Arraias	M40		17:02:41.6	0:55:57.4	1:25:27.1	19:05:18.6
135	Noemia Monteiro	Sen		16:59:38.2	0:55:15.1	1:24:13.6	18:57:51.5
136	Liliana Moreira	Sen		16:59:24.4	1:09:20.7	1:46:07.1	19:33:04.8
137	Helder Valadas	Sen	Os Perigosos	16:59:34.7	0:46:20.1	1:09:19.7	18:37:05.0
138	Bento Valente	M45	Os Perigosos	16:59:32.0	0:58:24.5		19:05:02.1
139	Alcides Nunes	M55	Os Perigosos	16:59:32.2	0:53:00.7	1:21:51.7	19:05:01.8
140	Mário Lopes	M45	Os Perigosos	16:59:34.1	0:52:40.6	1:20:40.0	18:55:48.4
141	Carlos Sousa	M55	Os Perigosos	16:59:31.8	0:49:40.5	1:16:35.2	18:50:17.8
142	José Pereira	M55	Os Perigosos	16:59:38.6	0:55:32.5	1:22:51.5	18:54:37.8
143	Miguel San-Payo	M50	Run4Fun				
144	Luis Moura	M40		16:59:19.7	0:45:03.9	1:08:19.1	18:35:01.3
146	José Monteiro	Sen	SS CGD	16:59:56.7	0:52:38.7	1:18:57.0	18:50:39.1
147	Pedro Gabriel	M40	C.A. Amigos Parque da	16:59:48.5	0:48:11.3	1:12:41.3	18:42:19.6
148	Nuno Gomes	M45	C.A. Amigos Parque da	16:59:22.7	0:48:41.3	1:13:16.4	18:42:34.4
149	Nuno Pimenta	Sen	Portugal Running	16:59:16.9	0:46:31.5	1:11:39.6	18:42:36.9
150	Belchior Barrocas	M45		16:59:38.2	0:49:38.4	1:14:29.7	18:42:51.0
151	António Cardoso	Sen		16:59:37.8	0:56:41.8	1:24:40.4	18:57:39.7
152	Sérgio Nunes	M40		16:59:12.1	0:45:43.1	1:11:22.8	18:42:33.6
153	João Afonso	M40		16:59:48.1	0:54:38.9	1:22:48.7	18:57:33.8
154	Bruno Leitão	Sen	RUNSINTRA	16:59:58.5			
155	Tiago Romao	Sen	NA	16:59:31.2	0:56:31.3	1:26:32.1	19:02:59.8
156	Vasco Ascensão	M40		16:59:47.9	0:54:38.6	1:22:48.0	18:57:36.5
157	Maria Sousa	F40		16:59:55.5	1:01:04.1	1:32:06.9	19:09:11.8
158	João Rodrigues	Sen		16:59:37.3	0:56:45.1	1:24:59.2	19:03:23.3
159	Rui Miguel Gameiro	M40		16:59:22.0	0:52:26.4	1:24:39.6	18:58:59.2
160	Cesar Domingos Diogo	Sen	Bexexa	16:59:55.9	1:00:25.8	1:30:59.3	19:07:44.2
161	Sílvio Romão	Sen		16:59:35.9	0:44:56.7	1:08:42.9	18:40:40.9

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
162	Floriano Silva	Sen		16:59:38.1	0:56:41.8	1:24:40.4	18:57:40.8
163	Luis Andrade	M40		16:59:49.1		1:35:14.5	19:20:57.5
164	Carla Mendes	Sen	Tartarugas Solidarias	16:59:28.6	0:51:54.8	1:16:53.1	18:47:32.0
165	Fernando José Faria	Sen		16:59:19.1	0:52:21.6	1:22:58.8	19:02:04.2
166	Álvaro Santos	Sen	Monsanto Running Team	16:59:22.0	0:51:06.2	1:17:03.4	18:46:24.5
167	António Guerreiro	M60	Monsanto Running Team	16:59:20.9	0:46:36.8	1:09:31.8	18:35:59.8
168	Elsa Mota	F50	Run4Fun	16:59:27.8	0:58:30.9	1:28:09.2	19:03:53.7
169	Carlos Nabiça	M50	CGBES	16:59:24.1	0:49:33.4	1:14:46.2	18:44:35.7
170	Frederico Monteiro Nobre	Sen	Clube do Stress				
171	Hélia Cristina Marques	Sen	Run@Figueira	16:59:21.0	1:11:25.4	1:51:36.5	19:40:09.0
172	Carlos Manuel Ferreira	Sen	Run@Figueira	16:59:21.2	1:11:23.6	1:51:27.8	19:40:22.5
173	Philippe Didier	M40		16:59:32.4	1:00:37.2	1:32:23.6	19:10:46.2
174	Joana Freire	Sen		16:59:18.8	0:59:04.2	1:30:16.9	19:07:44.5
175	Luís Pires	M45	C.A. Amigos Parque da	16:59:36.5	0:55:30.4	1:23:28.3	18:57:37.5
176	Pedro Murtinhal	M40	O MUNDO DA	16:59:35.7	1:00:48.1	1:39:36.7	19:25:51.6
177	David Silva Clemente	Sen	The Night Trail				
178	António Bento Fernandes	M50	Clube do Stress	16:59:21.8	0:48:28.9	1:14:47.8	18:46:50.5
179	Antonio Goucha Soares	M50		16:59:43.5	0:54:50.8	1:22:51.1	18:55:49.9
180	Sérgio Montes	Sen	NAZABOBODA	16:59:51.1		1:27:24.2	18:59:50.8
181	João Ginja	M45	NAZABOBODA	16:59:10.7	0:36:58.9	0:55:50.7	18:17:15.1
182	Jorge Rodrigues	M45	NAZABOBODA	16:59:07.3	0:39:55.5	1:00:56.5	18:24:41.5
183	Virgílio Gomes	M45	NAZABOBODA	16:59:08.1	0:39:01.2	0:58:44.9	18:21:11.6
184	Luisa Santo	F40	NAZABOBODA	16:59:15.6	0:47:06.9	1:10:47.3	18:38:43.0
185	José Oliveira	M45	NAZABOBODA	16:59:53.0	0:52:59.7	1:18:34.5	18:48:57.5
186	António Sousa	M45		16:59:19.9	0:43:58.3		
187	Nuno Anjos	M40	amigosdacorrída.com	16:59:43.3	0:47:12.5	1:11:34.5	18:39:56.5
188	António Correia	M50	amigosdacorrída.com	16:59:41.3	0:56:55.8	1:25:50.5	19:01:10.1
189	António Belo	M65	amigosdacorrída.com	16:59:46.0	0:53:44.5	1:20:11.3	18:50:26.8
190	José Campos	M45	amigosdacorrída.com	16:59:43.8	0:46:11.7	1:09:56.0	18:37:57.1
191	Joaquim Cardoso	M40	amigosdacorrída.com	16:59:40.8	0:59:45.5	1:30:28.5	19:09:54.2
192	Nuno Neves	Sen	Falcões Selvagens	16:59:17.9	0:45:47.9	1:09:00.8	18:35:36.5
193	Manuela Folgado	F60	Falcões Selvagens	16:59:18.0	0:52:38.6	1:19:32.7	18:51:31.2
194	Nuno Loureiro	M45	Falcões Selvagens	16:59:59.5	0:58:15.8	1:28:22.0	19:04:23.0
195	Paulo Mata	M50	Falcões Selvagens	16:59:14.2	0:46:43.1	1:11:28.7	18:37:57.7
196	Fernando Figueiredo	M45	Falcões Selvagens	16:59:14.0	0:42:25.4	1:04:44.3	18:30:08.8
197	Joaquim Epiménio Oliveira	M45	Clube EDP - Lisboa	16:59:12.6	0:42:00.5	1:04:23.7	18:31:13.7
198	Henrique Sebastião	M40	Pão de Negrais	16:59:25.7	0:54:08.2	1:20:52.2	18:53:00.0
199	João Ramos	M45	Pão de Negrais	16:59:25.3	0:54:08.6	1:20:52.4	18:53:00.0
200	Pedro Cardoso	Sen	Correr Lisboa	16:59:41.5	0:45:03.9	1:09:03.1	18:39:30.7
201	José Brito	M50	C.A. Amigos Parque da	16:59:16.7	0:45:57.4	1:09:02.7	18:35:43.7
202	Carlos Batalha	Sen	TurboLento	16:59:16.0	0:51:06.7	1:17:53.6	18:49:03.6
203	Edgar Geada	M50	LINDA-A-PASTORA				
204	Bernardo Filipitsch	Sen	Filiipsch Massagens	16:59:21.1	0:50:19.9	1:15:37.3	18:43:51.4
205	Manuel António	M45	Rail Runners	16:59:20.2	0:53:36.0	1:23:58.3	18:59:44.4
206	Paula Penedo	Sen	Rail Runners	16:59:22.1	0:58:22.0		
207	Miguel Sergio Gomes	M40		16:59:56.4	0:49:49.7	1:13:13.9	18:41:22.1
208	João Ricardo Duarte	Sen		16:59:23.8	0:58:04.3	1:28:04.4	19:03:31.4
209	Chantal Xhervelle	F40	Xtreme Level	16:59:12.8	0:43:32.4	1:05:36.8	18:31:29.8
210	Jaime Lamego	M50	Xtreme Level	16:59:12.9	0:43:48.2	1:07:15.0	18:37:17.9
211	Joaquim Corrula	M45	brandoa corre	16:59:45.8	0:52:24.5	1:19:19.8	18:52:40.3
212	Paulo Jorge Amorim	Sen		16:59:22.2	1:15:24.0	1:54:19.8	19:40:22.5
213	António Pedro Santos	M40	Salamandrecos	16:59:22.2	0:50:16.9	1:16:27.4	18:43:38.4

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
214	Luis Simoes	M40	brandoa corre	16:59:45.6	0:55:21.1	1:25:02.4	19:10:39.4
215	Mario Vitoria	M45	vitorias	16:59:48.3	0:54:56.2	1:23:41.5	18:59:57.8
216	Joana Domingos	Sen	vitorias	16:59:46.6	0:57:03.3	1:24:51.4	18:56:01.2
217	Julio Fernandes	Sen	vitorias	16:59:46.8	0:46:50.0	1:10:17.6	18:38:23.8
218	Ricardo Soeiro	Sen	vitorias				
219	JosÉ Oliveira	M40	Associação de Atletismo	16:59:16.0	0:50:06.8	1:15:25.1	18:44:51.3
220	Mayer Raposo	M65	Associação de Atletismo	16:59:52.7	1:00:11.0	1:30:05.1	19:06:45.5
221	Miguel Rocha	Sen	SS CGD	16:59:20.4	0:44:54.1	1:07:55.5	18:35:45.3
222	Liberto Santos	M45		16:59:20.2	0:46:47.8	1:10:59.8	18:40:01.5
223	Luis Proença	M45		16:59:24.7	1:01:13.8	1:33:49.1	19:11:32.5
224	Alexandre Lucas	Sen	Caracóis de Pedra	16:59:43.8	0:45:22.8	1:08:55.1	18:37:50.5
225	Helena Lucas	Sen	Caracóis de Pedra	16:59:44.8	0:54:08.8	1:22:27.7	18:58:32.3
226	Luis Pinheiro	Sen	adcc catujal	16:59:10.6	0:43:29.0	1:05:43.7	18:34:06.0
227	Daniel Gonçalves	Sen	adcc catujal	16:59:20.1	0:49:14.6	1:13:39.2	18:45:54.8
228	José Valério	M65	adcc catujal	16:59:08.6	0:52:48.2	1:20:24.9	18:52:27.0
229	Eduardo Santos	Sen	VFF 1896	16:59:39.7	0:46:44.0	1:09:57.2	18:37:31.6
230	Fernando Almeida	Sen	VFF 1896	16:59:39.2	0:43:43.1	1:05:30.6	18:31:40.3
231	Frederico Wiborg	M40	VFF 1896	16:59:58.3			
232	Tomás Wiborg	M45	VFF 1896	16:59:57.4	0:58:39.0		
233	André Wiborg	M55	VFF 1896	16:59:57.5	0:56:15.6	1:22:11.6	18:51:59.3
234	Jorge Lopes	Sen	VFF 1896	16:59:55.8	0:50:22.1	1:13:52.7	18:41:07.2
235	Viktor Dashchenko	Sen	VFF 1896	17:00:05.7	0:59:38.9	1:27:18.3	18:59:08.7
236	Carla Silva	F40		16:59:45.6	0:58:12.8	1:27:10.6	19:01:35.0
237	Luís Boletto	Sen	Monsanto Running Team	16:59:43.2	0:58:53.0	1:26:44.4	18:59:10.9
238	Ricardo Pimenta	Sen					
239	João Filipe Figueiredo	Sen		16:59:28.5	0:48:28.1	1:13:59.9	18:45:14.6
240	Jose Troncoso	M50		16:59:36.7	1:02:56.8	1:38:46.9	19:21:33.6
241	António Dias	M55	Falcões Selvagens	16:59:12.5	0:41:09.1	1:02:02.6	18:29:02.7
242	Sónia Dionísio	Sen					
243	Elsa Alcobia	Sen		16:59:23.7	1:09:00.1	1:45:53.6	19:31:41.0
244	Ricardo Oliveira	M40		16:59:45.9	0:53:56.6	1:21:43.4	18:53:08.5
245	Ana Maria Martins	F40	Falcões Selvagens	16:59:57.6	0:55:26.0	1:22:47.8	18:55:49.0
246	Paulo Marques	Sen					
247	Isabel Oleiro	F40		16:59:30.2	0:51:45.6	1:18:30.2	18:51:51.8
248	José Carlos Melo	M50	Run4Fun	16:59:25.8	0:45:12.5	1:09:02.4	18:37:03.8
249	Rui Vieira	M45		16:59:20.1	0:57:28.5	1:25:17.7	18:59:05.8
250	Rui Trindade	M45	CD Estrela	17:00:06.7	0:50:56.2	1:16:53.2	18:49:53.1
251	Sara Colaço	F40	C.A. Amigos Parque da	16:59:13.2	0:59:17.9	1:29:42.5	19:07:34.0
252	Lino Roque	M40	C.A. Amigos Parque da	16:59:49.5	0:52:05.4	1:21:21.3	18:56:06.5
253	Jaime Sousa	M50	amigosdacorrida.com	16:59:40.4	0:49:53.4		18:50:45.3
254	Domingos Duro	M65	amigosdacorrida.com	16:59:46.4	0:58:21.7	1:27:16.9	19:00:06.1
255	Rui Matos	Sen	BE2RUN	16:59:50.1	0:56:43.0	1:24:21.9	18:58:03.9
256	Gonçalo Ferreira	M40					
257	Luis Paulo	M45	Bahia	16:59:23.4	0:42:47.6	1:05:17.1	18:34:35.9
258	Ana Paula Lima	F40	C.A. Amigos Parque da	16:59:13.1	0:56:00.0	1:26:42.1	19:03:05.0
259	Nelson Barreiros	M45	Associação de Atletismo	17:00:07.9	1:01:41.5	1:32:28.4	19:08:54.3
260	Pedro Soares	Sen	Correr Lisboa	16:59:43.6	0:49:11.0	1:16:38.6	18:53:29.7
261	Emanuel Freitas	M50		16:59:17.7	0:45:51.1	1:10:16.1	18:39:25.7
262	Hugo Domingos	Sen		16:59:16.5	0:44:17.6	1:08:44.4	18:36:31.5
263	Guilherme Gonçalves	M50	Ferroviario de Portugal	16:59:36.6	0:49:47.7	1:15:28.1	18:45:32.0
264	Nuno Lopes	Sen	Ferroviario de Portugal	16:59:36.9	0:48:14.9	1:15:57.6	18:53:17.1
265	João Rosado Martins	M50	Ferroviario de Portugal	16:59:37.4	0:44:17.4	1:06:43.1	18:33:13.4

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
266	João Paulo Pereira	M40	Ferroviario de Portugal	16:59:38.0	0:46:31.6	1:11:19.9	18:43:19.0
267	Luis Batista	Sen		16:59:11.8	0:34:35.3	0:52:34.8	18:13:49.5
268	Eduardo Luís	Sen	Atomic Team	16:59:34.9	0:50:07.4	1:14:48.0	18:44:04.8
269	Miguel Castela	M40	Associação de Atletismo	16:59:52.3	0:54:07.5	1:22:06.6	18:54:00.5
270	Paulo Gomes	M45	o prazer da corrida	16:59:53.2	0:53:21.5	1:20:04.1	18:52:12.8
271	Ricardo Mendes Almeida	Sen	O Mundo da Corrida	16:59:18.4	0:42:00.8	1:02:34.6	18:27:11.5
272	Mafalda Nunes	F40	Associação de Atletismo				
273	Antonio Jorge Ferreira	M50	Gourmet Runners				
274	Luis Correia	M40	Run4Fun	16:59:28.8	0:52:35.2	1:18:51.0	18:49:13.0
275	Guilherme Henriques	M40		16:59:24.6	1:01:14.5		
276	João Paradinha	M40		16:59:50.3	0:52:44.2	1:19:05.0	18:51:05.8
277	David Saraiva	Sen	A. D. Manteigas	16:59:50.2	0:52:41.2	1:19:05.6	18:51:05.7
278	Manuel Vaz	M55					
279	Joao Fialho	M40	Run4Fun				
280	Pedro Azevedo	M45					
281	Carla Morgado	F40		16:59:38.3	0:55:44.9	1:22:55.0	18:55:21.4
282	Marta Lopes	F40	I RUN WILD	16:59:45.0	1:00:29.3	1:31:28.3	19:10:01.5
283	Rui Carvalho	M45		16:59:26.1	0:49:05.3	1:14:13.7	18:46:56.5
284	Antonio Soares	M45	o praticante (asas do	16:59:38.6	0:52:51.8	1:24:29.7	19:15:17.9
285	David Silva	M50	o praticante (asas do	16:59:55.6	1:06:35.7	1:41:47.5	19:27:36.7
286	Elisete Manuel	Sen	o praticante (asas do	16:59:47.2	1:06:43.4	1:41:56.2	19:32:01.4
287	Antonio Nereu	M50	o praticante (asas do	16:59:37.8	0:49:19.5	1:15:00.4	18:46:19.2
288	Jose Mira	M45	o praticante (asas do	16:59:38.6	0:49:16.4	1:13:19.3	18:42:28.2
289	Antonio Vaz Da Silva	M45		16:59:17.7	1:00:18.6	1:34:48.3	19:17:47.7
290	José Abrantes	M40		16:59:20.2	0:44:10.5	1:04:45.8	18:28:39.5
291	N.N. 291			16:59:42.5	0:57:48.6		
292	Bruno Rodrigues	Sub		16:59:12.6	1:00:05.4	1:37:04.2	19:31:40.2
293	Gonçalo Gonçalves	Sen		16:59:11.9	1:00:06.3	1:37:19.4	19:31:40.1
295	Marta Pereira	Sen		16:59:51.2	0:58:24.4	1:28:46.5	19:06:50.9
296	Tiago Fonseca	Sen		16:59:21.6	0:43:38.5	1:06:03.9	18:35:51.6
300	Maria Alves	F40		16:59:49.3	0:52:31.8	1:18:15.9	18:49:17.3
301	Catia Mariano	Sen		16:59:29.8	1:01:43.3	1:33:30.7	19:11:48.1
302	Paulo Soares	M45		16:59:23.4	1:01:06.3	1:35:06.1	19:15:06.0
303	Sandra Coval	Sen		16:59:22.5	1:01:00.4	1:34:09.9	19:12:48.8
304	Paulo Santos	M45	Lis Running	16:59:47.5	0:47:34.4	1:11:09.1	18:39:13.8
305	Durval Santos	M50		16:59:22.8	0:47:55.4	1:13:09.7	18:43:06.4
306	Henrique Serrano	Sen		16:59:22.4	0:46:33.4	1:09:33.1	18:36:04.1
307	Hugo Pina	Sen		17:00:03.0	0:49:54.9	1:13:47.6	18:41:57.3
308	Rui Carlos Almeida	M45		16:59:13.6	0:48:32.8	1:13:20.2	18:42:00.7
309	Dina Mota	F40	Associação de Atletismo	16:59:51.3	0:59:29.8	1:29:57.7	19:06:13.4
310	Paulo Freitas	M40		16:59:43.3	0:46:34.0		18:37:39.7
311	Nuno Bastos	M40		16:59:21.9	0:59:24.9	1:30:14.8	19:06:53.8
312	António Santos	M50	Clube Atletismo Amigos	16:59:45.6	0:44:53.9	1:07:09.3	18:33:30.5
313	Eladio Manuel	M40		16:59:16.0	0:46:24.7	1:10:38.6	18:40:46.1
314	Arsénio Fernandes	M55	C.A. Amigos Parque da	16:59:22.9	0:52:00.4	1:24:39.4	18:58:06.8
315	Isaac Carrêlo	M50	Clube ANACOM	16:59:35.4	1:01:53.0	1:33:26.7	19:09:40.1
316	Carlos Pinto de Abreu	M45	Clube ANACOM	16:59:23.2	0:56:07.1	1:27:19.4	19:06:47.3
317	José Vaz	M55	Clube ANACOM	16:59:35.0	0:55:26.8	1:25:54.5	19:04:41.3
318	Manuel Barros	M55	Clube ANACOM	16:59:24.4	0:59:43.8	1:31:36.5	19:10:57.7
319	Ceu Carvalho	F40	Tartarugas Solidarias	16:59:30.2	0:57:03.2	1:26:45.7	19:04:19.9
320	Rafael Abrunhosa	M45		16:59:26.3	0:51:39.1	1:16:45.4	18:43:56.7
321	Sofia Luis	Sen		16:59:28.9	1:10:21.3	1:48:01.0	19:32:04.0

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
322	Jorge Paulino	M55	Clube Desportivo de	16:59:47.2	0:59:32.4	1:29:47.9	19:03:13.3
323	Douglas Fry	M55	Clube Desportivo de	16:59:47.9	0:58:13.2	1:25:35.0	19:00:02.0
324	Hugo Miguel Gonçalves	Sen					
325	David Simão	M40	Correr Lisboa	16:59:40.9	0:53:21.5	1:21:22.8	18:55:08.5
326	Fernando Silva	M45	C.R.Alturense	16:59:13.6	0:46:10.7	1:10:19.1	18:39:07.2
327	Armando Caiadas	M40	C.R.Alturense	16:59:12.9	0:39:28.3	1:00:25.1	18:24:51.2
328	Luís Várzea	Sen	C.R.Alturense	16:59:13.4	0:41:08.0	1:02:32.2	18:27:35.1
329	António Afonso	M40	C.R.Alturense	16:59:13.8	0:39:22.1	0:58:55.1	18:20:37.4
330	Rui Lourenço	M45		16:59:36.0	0:52:50.0	1:20:49.5	18:54:52.2
331	Paulo Patrício	M40		16:59:16.6	0:49:20.6	1:16:17.9	18:51:39.4
332	Nuno Jorge Lopes	M45	Clube do Stress	16:59:39.3	0:50:56.9	1:18:11.6	18:54:15.8
333	João Assis Cabeleira	M40	Clube do Stress				
334	António Almeida	M50	VIA3Runners	16:59:19.2	0:50:05.9	1:15:00.2	18:43:43.1
335	Rui Esteves	M40	Wikaboo	16:59:37.3	0:49:35.8	1:17:27.8	18:51:11.0
336	Abílio Marinho	M45	CD Estrela	17:00:07.8	0:50:33.8	1:15:49.5	18:47:02.3
337	Tiago Duarte	Sen	Sporting SEMPRE	16:59:18.4	0:50:40.3	1:16:22.6	18:45:09.0
338	João Paixão	M40	NAPA - Núcleo Amigos	16:59:14.8	0:45:59.3	1:09:22.6	18:36:42.7
339	António Rico	M40	NAPA - Núcleo Amigos	16:59:15.2	0:45:58.4	1:09:22.1	18:36:42.5
340	Luís Mendes	M40	NAPA - Núcleo Amigos				
341	Célia Cecílio	F40	NAPA - Núcleo Amigos	16:59:29.8	0:57:03.4	1:26:46.1	19:04:19.6
342	Joaquim Fernandes	M50	Associação de Atletismo	16:59:13.7	0:45:35.1	1:08:52.2	18:36:04.5
343	Alvaro Pinto	M55	Real Academia	16:59:46.6	0:51:02.1	1:16:18.5	18:46:09.5
344	Germano Silva	M55	Real Academia	16:59:14.8	0:43:04.4	1:04:43.0	18:29:57.2
345	Antonio Vilela	M45	Real Academia	16:59:19.6	0:45:53.7	1:10:59.0	18:37:08.8
346	Luis Ribeiro	M45	Real Academia	16:59:48.2	0:56:09.8	1:26:48.0	19:06:29.1
347	Manuel Rodrigues	M50	Real Academia	16:59:19.7	0:54:21.4		18:57:26.8
348	Carlos Neves	M60	Real Academia	16:59:52.1			
349	Pedro Barreirão	Sen		16:59:16.4	0:47:51.0	1:11:57.9	18:40:18.6
351	Paulo Frango	Sen	MONSANTO RUNNING	16:59:20.2	0:45:19.9	1:09:49.8	18:43:05.9
352	Herculano Araujo	M50	Real Academia				
353	Elisa Barra	F40	Real Academia	17:04:30.4			
354	Jose Henriques	M40	Real Academia	16:59:43.5	0:46:58.5	1:11:12.2	18:40:27.4
355	Jose Miranda	M45		16:59:45.4	0:53:15.4	1:19:49.7	18:52:07.8
356	Artur Pereira	M45	Magic Runners	16:59:23.6	0:50:51.9	1:15:33.5	18:44:50.0
357	Sara Cunha	Sen	Magic Runners	16:59:23.6	0:55:42.1	1:24:00.1	18:58:20.6
358	Sandra Magalhães	F50	Magic Runners	16:59:23.6	1:04:44.7		
359	Jorge Nunes	Sen	GD Banco BPI	16:59:19.2	0:54:10.3	1:22:13.9	18:55:18.3
360	Luis Álvaro	M45	GD Banco BPI	16:59:41.1	0:46:16.3	1:09:47.1	18:38:14.7
361	Fernando Morais	M50	GD Banco BPI	16:59:16.9	0:48:53.6	1:15:22.5	18:47:39.4
362	Pedro Barrela	M40	GD Banco BPI	16:59:45.2	0:52:10.6	1:18:45.8	18:49:16.6
363	Luis Calheiros	M40	GD Banco BPI	16:59:44.9	0:52:11.0	1:18:46.4	18:50:51.5
364	João Salgueiro Antunes	M40	GD Banco BPI	16:59:41.5	0:45:42.5	1:09:04.5	18:37:03.7
365	Carlos Cardoso	M60	GD Banco BPI	16:59:14.6	0:46:19.1	1:09:36.8	18:36:49.1
366	Jorge Atalaia	Sen	GD Banco BPI	16:59:44.7	0:52:36.2	1:18:31.9	18:50:24.0
367	Pedro Trabucho	M50	GD Banco BPI				
368	António Sanches	M55	GD Banco BPI	16:59:45.4	1:04:57.2	1:38:00.1	19:16:44.3
369	João Santos	M55	NAZABOBODA	16:59:53.6	0:52:59.1	1:18:34.0	18:48:58.1
370	Magda Lourenço	F40		16:59:35.8	0:52:50.4	1:20:50.7	18:53:21.4
371	Paulo Lourinho	M45	Clube Atletismo Amigos	16:59:21.3	0:47:41.5	1:11:30.6	18:39:08.4
372	Miguel Almeida	Sen	TintaCriativa.pt	16:59:19.9	0:53:09.7	1:22:40.5	19:02:11.8
373	Nuno Ryder	M40		16:59:42.6	0:52:18.4	1:17:13.0	18:45:44.9
374	Analice Silva	F60	O MUNDO DA	16:59:18.3	0:56:03.6	1:24:12.2	18:56:41.1

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
375	Jose Luis Nobre	M50	Sfuap				
376	Nelson Alegre	Sen	Happy Brothers team	16:59:18.2	0:50:39.8	1:16:22.9	18:47:02.0
377	Antonio Negrinho	M50	SS CGD	17:00:01.2	0:54:49.2	1:22:59.2	18:55:56.4
378	Carlos Albano	M40	SS CGD	16:59:54.1	0:53:37.2	1:23:40.4	18:57:26.7
379	Catarina Martins	F40	SS CGD	16:59:58.4	1:00:41.0	1:29:27.6	19:04:22.7
380	Nuno Costa	M40	SS CGD	17:00:00.6	0:52:48.5	1:20:17.0	18:53:00.4
381	Sergio Amaral	M40	SS CGD	17:00:03.9	1:04:43.0		
382	Luis Pereira	M40		16:59:13.6	0:39:22.0	0:59:29.3	18:22:52.0
383	Joel José Ginga	Sen	Andorinha's Crew	16:59:21.4	1:03:23.4	1:37:36.7	19:22:59.9
384	Carlos Abrunhosa	M40		16:59:27.3	0:51:38.3	1:16:59.9	18:48:37.8
385	José Bordalo	M60	O MUNDO DA	16:59:20.9	0:55:57.4	1:28:01.7	19:05:38.2
386	Carlos Moreira	M60	Metro 2011	16:59:41.7	1:00:25.6	1:32:15.2	19:09:58.2
387	António Gonçalves	M45	Metro 2011	16:59:37.1	0:48:26.5	1:11:54.9	18:39:41.1
388	António Pereira	M50	Metro 2011	16:59:38.4	0:54:02.2	1:20:03.5	18:50:22.4
389	Manuel Costa	M55	Metro 2011	16:59:37.3	0:48:26.4	1:11:54.2	18:39:33.1
390	Rafael Santos	M45	Metro 2011				
391	Nuno Pita	Sen	Metro 2011	16:59:36.5	0:43:30.9	1:06:12.6	18:33:27.5
392	Carlos Eduardo Lourenço	M45		16:59:30.4	0:44:15.5	1:07:00.0	18:34:20.6
393	Carlos Lopes	M40	Aminhacorrida.com	16:59:11.9	0:43:19.3	1:04:29.2	18:30:17.6
394	Paulo Taboas	M45	Aminhacorrida.com	16:59:23.1	0:45:50.1	1:09:42.8	18:37:07.6
395	Daniel Conceição	M45	N.A. PAPAGAIOS	16:59:21.4	0:43:38.4	1:06:03.2	18:35:43.2
396	Maria Oliveira	F50	N.A. PAPAGAIOS				
397	JosÉ Carlos	M50	N.A. PAPAGAIOS	16:59:15.6	0:45:08.2	1:07:45.4	18:34:28.0
398	Rui Cabral	Sen	N.A. PAPAGAIOS	16:59:14.8	0:41:19.3	1:01:28.6	18:25:04.7
399	Felipe Souto	Sen	N.A. PAPAGAIOS	16:59:15.6	0:52:46.0	1:22:37.4	18:58:31.4
400	Carlos Caetano	M40		16:59:13.6	0:43:24.6	1:06:17.2	18:33:34.8
401	António Almeida	M40	Ficalho Runners	16:59:16.0	0:47:41.4	1:11:20.4	18:38:20.7
402	Orlando Duarte	M55	EM'Força - Corremos	16:59:58.7	0:57:28.3	1:27:03.3	19:02:23.5
403	José Costa Alves	M45		16:59:14.5	0:48:42.8	1:13:23.4	18:42:59.7
404	Luis Santos	M40		16:59:40.1	0:52:34.0	1:18:15.1	18:49:34.6
405	Bruno Gouveia	Sen		16:59:52.8	0:53:43.9	1:19:41.0	18:50:02.7
406	Nuno Miranda	Sen		16:59:35.3	1:05:20.9	1:37:18.2	19:17:44.9
407	Jorge Serra	M45		16:59:14.4	0:43:29.4	1:06:10.1	18:38:19.3
408	Jaime Trabucho	M45		16:59:55.3	0:58:33.5	1:26:04.8	18:57:44.0
409	Tiago Freitas	Sub					
410	Nelson Alcino Silva	Sen		16:59:31.6	0:53:35.5	1:20:57.8	18:52:11.0
411	João Pedro Caniço M. A.	Sen		16:59:29.4	0:49:30.4	1:20:39.0	19:04:19.4
412	Eduardo Leite	Sen	Bamoximbora	16:59:50.0	0:56:00.6	1:23:26.7	18:54:27.2
413	Rui Miguel Garcia Pedro	Sen	Os Perigosos	16:59:41.2	1:03:43.3	1:36:32.0	19:15:19.5
414	Marisa Costa	Sen		16:59:58.9	0:54:18.8	1:22:21.7	18:56:28.6
415	João Rodrigues	M55	U.F.DEGOLADOS	16:59:13.2	0:42:10.7	1:05:21.4	18:32:47.2
416	António Madeira	M50	Clube de Praças da	16:59:12.6	0:41:38.8	1:02:44.4	18:27:17.5
417	António João Moreira	M40	Leões da Fronteira - Vilar	16:59:15.9	0:43:32.8	1:05:32.1	18:31:22.2
418	João Pedro Ferreira	M45		16:59:46.1	0:56:54.4	1:26:03.7	19:00:08.6
419	Pedro Mendes	Sen	Run4Fun				
420	Carlos Viseu	M45	CD ARNEIRO	16:59:38.4	0:50:45.3	1:16:36.2	18:49:46.0
421	Pedro Bueno	M45	CD ARNEIRO	16:59:36.0	0:50:03.7	1:14:58.3	18:44:29.2
422	Manuel Alves	M45	CD ARNEIRO	16:59:35.7	0:48:19.1	1:12:23.0	18:41:19.8
423	Jose Maio	M50	CD ARNEIRO	16:59:37.0	0:49:31.0	1:13:28.7	18:41:25.3
424	Carlos Duarte	M60	CD ARNEIRO	16:59:37.6	0:51:07.2		
425	Jose Sousa	M60	CD ARNEIRO	16:59:36.5	0:50:26.9	1:15:45.6	18:45:10.2
426	Augusto Rebola	M40					

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
427	Filipe Agrati	Sen		16:59:34.4	0:48:52.9	1:15:02.1	19:09:35.1
428	Armando Teixeira	M40		16:59:17.7	0:44:20.4	1:07:22.5	18:34:51.8
429	Pedro Gomes	Sen	Clube de Atletismo	16:59:11.3	0:34:41.4	0:52:35.0	18:13:22.4
430	Jose Faustino	M60		16:59:12.2	0:47:34.7	1:12:40.0	18:42:17.3
431	Miguel Amaral	Sen	Correr Lisboa	16:59:44.1	0:49:10.6	1:16:38.1	18:53:29.5
432	Jose Luis Santos Correia	M55		16:59:19.5	0:59:58.6	1:32:03.1	19:12:46.5
433	Vitor Luis	M55		16:59:48.9	0:58:39.0	1:26:17.8	18:58:43.2
434	Manuel Graça	M65		16:59:24.4	1:01:55.0	1:34:18.1	19:20:56.7
435	Álvaro Fernandes	M60	Associação de Atletismo	16:59:13.6	0:53:19.3	1:21:26.8	18:55:44.7
436	Nuno Gao	M40	ACCVCAVI	16:59:14.1	0:55:26.7	1:23:29.7	18:57:41.0
437	Maria Matos	F50		16:59:49.8	0:58:38.2	1:26:16.7	18:58:42.5
438	Manuel Pereira Araújo	M50					
439	Joao Góis	M45	Run4Fun	16:59:27.5	0:51:13.0	1:18:19.1	18:52:59.2
440	Luis Chambel	Sen	Real Mafra	16:59:17.5	0:50:47.3	1:17:19.3	18:55:38.7
441	Carlos Rouxinol	M40	NAZABoboda	16:59:11.7	0:39:53.0	1:00:26.2	18:38:33.3
442	Miguel Dias	M40	Run4Fun	16:59:26.7	0:54:56.5	1:22:58.3	18:56:48.1
443	Joao Mendes	M45	Stress	16:59:39.2	0:52:53.1	1:21:32.7	18:59:03.1
444	Tiago Silva	Sen		16:59:50.0	0:48:30.2	1:14:29.8	18:47:43.3
445	Rute Matos	F40		16:59:14.1	0:49:25.7	1:15:34.5	18:47:48.3
446	Bruno Dias	Sen	Adraga BTTeam	16:59:15.2	0:42:08.2	1:04:17.9	18:28:44.8
447	Manuel Faísca	M65		16:59:47.0	0:50:10.3	1:15:12.7	18:45:20.2
448	Joao Peres	M40		16:59:32.7	0:48:45.8	1:13:54.9	18:45:28.2
449	Jose Lopes	M45		16:59:34.8	0:51:36.1	1:18:57.2	18:49:04.8
450	Pedro Marques	Sen					
451	Hélio Carreira	Sen		16:59:36.6	0:58:50.6	1:29:07.6	19:10:35.6
452	José Ferraz	M50	Ginásio Clube de Queluz	16:59:20.4	0:47:40.3	1:12:51.7	18:42:46.9
453	António Angelino	M45		16:59:26.9	0:46:31.6	1:09:25.4	18:36:36.0
454	Márcio Fonseca	Sen	Açoreana Clube Banif	16:59:42.8	1:03:45.3	1:36:06.6	19:17:31.8
455	Francisco Ferreira	M40	happy brothers team				
456	Joaquim Adelino	M65	Amigos Vale Silencio	16:59:31.5	1:01:37.7	1:35:59.6	19:19:07.1
457	Luis Lisboa Santos	M55	Amigos Vale Silencio	16:59:42.5	1:01:26.9	1:35:09.6	19:16:42.0
458	Manuel Chinita	M50	Amigos Vale Silencio	16:59:30.9	0:45:46.1	1:08:39.4	18:35:25.7
459	Armando Almeida	M55	Amigos Vale Silencio	16:59:34.2	0:48:38.1	1:13:19.3	18:43:22.5
460	Emilio Gonçalves	M45	Amigos Vale Silencio	16:59:57.9	1:06:43.5	1:43:17.6	19:26:53.0
461	Leonel Neves	M60	Amigos Vale Silencio	16:59:30.7	0:46:59.1	1:11:21.0	18:40:15.7
462	Sandra Baptista	Sen	Amigos Vale Silencio	16:59:33.6	0:56:04.2	1:24:45.3	18:59:38.7
463	Luisa Palminhas	F40	CBAMM	16:59:22.8	1:04:00.3	1:37:46.9	19:18:11.1
464	Jaime Mauricio	M40	CBAMM	16:59:15.4	0:45:15.7	1:09:55.3	18:40:10.7
465	Helder Lopes	M45	CBAMM	16:59:20.9	0:43:34.9	1:04:46.8	18:29:18.6
466	João Afonso	M45	CBAMM	16:59:26.0	0:40:54.9	1:04:06.7	18:29:46.4
467	Vitor Silva	M45	CBAMM	16:59:21.5	0:43:31.6	1:04:44.2	18:29:18.3
468	João Queirós	M45	NEL Pédatleta	16:59:30.2	0:57:53.7	1:28:48.7	19:06:49.3
469	Pedro Reis	M40		16:59:19.9	0:46:02.0	1:09:26.0	18:36:33.1
470	André Costa	Sen		16:59:23.4	0:47:08.3		
471	Jacinta Almeida	F50	Rail Runners	16:59:21.4	1:01:29.0	1:33:04.4	19:09:37.5
472	Luís Ferreira	M45	Rail Runners	16:59:21.2	0:49:25.0	1:14:38.7	18:45:38.5
473	Rui Almeida	Sen		16:59:17.4	0:53:33.8	1:21:20.1	18:54:19.7
474	Daniel Pereira	M40		16:59:53.5	0:56:05.1	1:25:32.7	19:03:18.4
475	José Bastos Silva	M45		16:59:40.1	0:54:35.5	1:27:20.1	19:05:55.8
476	Luis Morgado	M40	Scalabis Night Runners	16:59:19.5	0:42:23.8	1:03:30.7	18:27:49.6
477	Nuno Pires	Sen		16:59:14.1	0:50:17.1	1:17:30.3	18:48:24.0
478	Ana Silva	Sen		16:59:27.4	0:58:15.1	1:28:17.8	19:04:06.0

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
479	João Pastor	M40	Amigos Atletismo Mafra	16:59:12.8	0:44:05.3	1:06:56.3	18:33:28.3
480	Alice Basilio	F40	Amigos Atletismo Mafra	16:59:15.6	0:44:01.3	1:06:52.3	18:33:33.7
481	Paulo Martins	M45	Running of D ^a Maria	16:59:34.6	0:51:52.3	1:20:51.9	18:58:38.2
482	Lara Ferreira	Sen		16:59:38.2	0:58:30.3	1:29:40.3	19:09:01.6
483	Ricardo Ferreira	Sen		16:59:14.7	0:44:18.5	1:08:18.8	18:38:44.3
484	Luis Miguel Miranda	M40		16:59:15.2	0:43:30.5	1:06:14.1	18:33:33.0
485	Emanuel Bandeira	Sen	Atletas do Farolim				
486	Henrique Venâncio	Sen	Atletas do Farolim	16:59:33.2	0:44:19.9	1:05:33.9	18:30:35.1
487	José Gonçalves	Sen	Atletas do Farolim	16:59:34.3	0:48:34.6	1:12:48.6	18:40:36.3
488	Paulo Santos	M50	Atletas do Farolim	16:59:32.8	0:45:01.1	1:07:56.2	18:34:24.0
489	Pedro Farto	Sen	Atletas do Farolim	16:59:33.7	0:45:19.3	1:08:55.1	18:37:31.5
490	Filipe Fonseca	Jun	Açoreana Clube Banif	16:59:42.9	0:58:37.1	1:29:16.5	19:07:59.2
491	Marcelo Areias	Sen		16:59:39.5	0:52:55.5	1:19:35.1	18:51:38.4
492	Álvaro Costa	M65		17:00:04.4	1:08:04.9	1:46:13.6	19:31:03.1
493	Fábio Areias	Sen					
494	Luis Santos	Sen		16:59:18.1	0:42:12.9	1:03:14.7	18:27:59.4
495	Armando Monteiro	M40	CRD ARRUDENSE	16:59:10.5	0:37:48.0	0:57:15.9	18:20:14.8
496	Nuno Graça	Sen	CRD ARRUDENSE	16:59:12.0	0:37:36.7	0:56:48.2	18:19:36.3
497	Sérgio Costa	Sen	Ninjas da Estrada	16:59:33.8	0:51:39.7	1:18:17.9	18:50:12.9
498	Clara Raimundo	Sen	Pernas de Gafanhoto	16:59:28.1	0:56:46.6	1:26:45.5	19:02:15.1
499	Nuno M Pereira	Sen	Pernas de Gafanhoto	16:59:28.8	0:47:33.0	1:11:32.7	18:39:19.5
500	Joao Goncalves	M40		16:59:19.1	0:50:57.7	1:16:22.7	18:46:20.2
501	Luis Rodrigues	M40		16:59:14.3	0:41:04.8	1:02:17.8	18:27:49.9
502	Vitor Santos	M45	CBAMM	16:59:35.1	0:46:29.9	1:09:47.2	18:37:21.9
504	Joaquim Mónica	M55	CBAMM	16:59:35.6	0:58:19.0	1:27:40.6	19:00:47.1
505	Patrícia Pedro	F40	CBAMM	16:59:34.5	1:03:16.5	1:35:23.3	19:14:59.4
506	Antonio Bogas	M45	CBAMM	16:59:27.7	0:53:40.0	1:22:00.7	18:57:03.8
508	Rui Emidio	M55	CBAMM	16:59:23.3	0:51:02.0	1:19:28.1	18:56:28.6
509	Luis Damião	M45	Real Mafra	16:59:44.0	0:51:07.5	1:20:15.5	18:55:43.5
510	Ricardo Damião	Sen	Real Mafra	16:59:28.8	0:43:02.5	1:04:12.7	18:30:05.4
511	Janicio Reis	Sen	CBAMM	16:59:07.1	0:42:19.3	1:05:09.5	18:35:55.7
512	Carlos Oleastro	M50	CBAMM	16:59:18.8	0:50:13.4	1:16:37.7	18:48:59.8
513	Alexandre Reis	M50	CBAMM	16:59:34.5	0:54:21.1		
514	Fábio Santos	Sen		16:59:35.8	0:57:56.2	1:28:36.5	19:11:25.0
515	Antonio Coelho	M55	CBAMM	16:59:17.4	0:47:04.7	1:10:44.6	18:38:31.7
516	Nelson Casanova	Sen	CBAMM	16:59:09.6	0:41:05.2	1:01:28.7	18:26:34.3
517	Eduardo Ribeiro	Sen		16:59:36.5	0:46:27.7	1:10:25.4	18:40:09.2
519	Iris Mauricio	Sen	CBAMM	16:59:22.5	0:59:55.2	1:31:31.4	19:08:46.1
520	João Soares	M60	CBAMM	16:59:11.2	0:45:56.0	1:09:45.4	18:35:52.1
521	Luis Carvalho	M40	LVTeam				
522	Susana Marques	F40	Run4Fun				
523	Hugo Rocha	Sen	Diverinstal	16:59:43.6	0:49:19.7	1:14:23.7	18:44:28.1
524	Vasco Sousa	Sen	Diverinstal	16:59:44.8	1:01:12.5	1:36:24.2	19:20:00.2
525	Luis Rebelo	Sen	Diverinstal	16:59:44.7	0:58:13.8	1:25:56.1	18:58:45.2
526	Sergio Anjos	M40	Diverinstal	16:59:45.0	1:03:24.6	1:37:12.1	19:19:51.1
527	Ricardo Pereira	Sen	Diverinstal				
528	José Veiga	M50	Run4Fun	16:59:25.7	0:53:40.0	1:21:15.0	18:52:35.4
529	Arlindo Domingues	M40		16:59:24.7	0:48:10.0	1:11:27.2	18:38:16.3
530	Paulo Arrenga	M45	CRD ARRUDENSE	16:59:11.9	0:40:04.4	1:00:34.3	18:24:57.4
531	João Dias	M40	CRD ARRUDENSE	16:59:14.4	0:39:47.5	0:59:32.8	18:22:57.4
532	Sofia Marcela	Sen					
533	Ambrósio Pereira	M40	CRD ARRUDENSE	16:59:11.8	0:38:58.0	0:58:44.6	18:22:07.7

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
534	Pedro Quina	M45					
535	Augusto Pires	M40	CRD ARRUDENSE	16:59:11.4	0:37:36.6	0:56:51.1	18:19:36.4
536	Hugo Pinto	Sen		16:59:36.9	0:53:20.2	1:19:46.4	18:50:14.3
537	Rosa Vassindula	F40	CRD ARRUDENSE	16:59:14.9	0:52:58.0	1:20:19.3	18:52:53.3
538	Deolinda AntÓnio	F50	CRD ARRUDENSE	16:59:15.4	1:00:57.5	1:30:49.6	19:06:06.3
539	DÁlia Leite	F50	CRD ARRUDENSE	17:00:14.6			
540	Pedro Rodrigues	M45		16:59:35.3	0:51:36.9	1:19:02.1	18:52:21.2
541	Nelson Mota	M40	Açoreana Clube Banif	16:59:15.2	0:48:16.7	1:12:00.5	18:39:31.8
542	Albano Alves	M55	Açoreana Clube Banif	16:59:20.5	0:57:44.8	1:28:01.6	19:03:48.9
543	Ricardo Alves	Sen	Açoreana Clube Banif	16:59:21.0	0:43:11.9	1:05:45.3	18:32:57.9
544	Tam Afonso	M60	Açoreana Clube Banif	16:59:33.0	0:52:45.4	1:19:23.1	18:50:47.8
545	Francisco Pereira	M45	Açoreana Clube Banif	16:59:29.5	0:52:49.8	1:19:12.4	18:50:36.6
546	Fausto Isaac	M45	Açoreana Clube Banif	16:59:34.4	0:49:17.5	1:14:56.2	18:47:07.8
547	Edgar Monteiro	Sen	Açoreana Clube Banif	16:59:12.5	0:39:28.6	1:02:43.5	18:31:33.6
548	Carlos Candeias	M45	Açoreana Clube Banif				
549	Valter Cunha	Sen	Açoreana Clube Banif	16:59:59.1	0:59:29.1	1:30:47.3	19:08:41.4
550	Nuno Espírito Santo	M40	Açoreana Clube Banif	16:59:31.0	0:43:14.6	1:04:54.4	18:30:41.5
551	Joaquim Neiva	M65	Açoreana Clube Banif	16:59:35.9	0:55:31.4		
552	João Serra	M40	Açoreana Clube Banif	16:59:32.9	0:55:27.7	1:25:55.2	19:06:34.5
553	Alexandra Alves	Sen	Açoreana Clube Banif	16:59:12.9	0:45:37.8	1:11:43.0	18:43:58.2
554	Nuno Sabino	Sen	Açoreana Clube Banif	16:59:20.1	0:43:36.2	1:06:49.4	18:36:40.7
555	Carlos Fonseca	M50	Açoreana Clube Banif	16:59:16.9	0:49:53.0	1:17:19.6	18:48:10.7
556	Fernando Celestino	M55	Açoreana Clube Banif	16:59:30.3	0:50:28.7	1:17:34.5	18:49:05.6
557	Marco Cachinho	Sen	Kaninos	16:59:33.9	0:51:38.3	1:18:17.5	18:50:12.8
558	João Queiroz	M40	CCD Siemens	16:59:45.6	0:47:31.0	1:11:10.1	18:38:56.7
559	Dinis Morais	M40	CCD Siemens	16:59:50.6	0:49:00.4	1:14:42.3	18:48:41.7
560	Lara Simons	Sen	CCD Siemens	16:59:52.1	1:00:35.1	1:30:41.8	19:05:27.0
561	João Fernandes	Sen	CCD Siemens	16:59:52.7	0:47:30.8	1:10:45.2	18:38:50.3
562	Luís Bastos	M50	CCD Siemens	16:59:54.2	0:49:56.3	1:16:01.8	18:45:33.2
563	Nuno Bastos	Sen	CCD Siemens				
564	João Dias	Sen	CCD Siemens	16:59:54.3	0:55:41.3	1:26:48.3	19:06:38.0
565	Iolanda Reis	Sen	CCD Siemens				
566	Hugo Rodrigues	Sen	CCD Siemens	16:59:54.9	1:07:11.3		18:45:26.3
567	Ira Litwinoff	F50	CCD Siemens	16:59:51.9	1:05:12.4		
568	João Veríssimo	M55		16:59:48.5	0:53:00.3	1:19:28.7	18:50:34.8
569	João Róis	Sen		16:59:40.0	0:54:33.3	1:23:15.7	18:56:52.5
570	Luís Caldeira	M40		16:59:29.4	0:56:37.2	1:24:56.7	18:57:36.3
571	Rui Rodolfo Gomes	Sen	Correr Lisboa	16:59:43.7	0:53:19.0	1:22:55.8	19:02:00.2
572	Paulo Fonseca	M45		16:59:52.1	0:51:40.2	1:18:58.7	18:50:46.7
573	Paulo Brissos	M50		16:59:53.6	0:51:50.0	1:18:06.6	18:50:21.2
574	Filipe Branco	M40		16:59:25.2	0:49:02.8	1:14:00.1	18:43:27.5
575	Paulo Carvalho	M45	Sporting Clube Reboleira	16:59:10.5	0:39:53.5	0:59:56.1	18:23:48.7
576	Miguel Pinto	M40	Sporting Clube Reboleira	16:59:19.3	0:40:41.1	1:01:39.9	18:26:49.8
577	Helena Nunes	F40					
578	Emiliano Vieira	Sen	RB RUNNING	16:59:07.4	0:32:43.2	0:49:11.6	18:08:16.5
579	Luis Santos	M45	Associação de Atletismo	16:59:51.1	0:55:12.0	1:25:07.9	18:57:46.1
580	Bruno Silva	M40		17:00:14.0	0:46:03.4	1:08:59.1	18:36:37.0
581	Bruno Caetano	Sen	Clube de Corrida REN	16:59:58.4	1:03:24.3	1:36:50.6	19:20:04.2
582	Bruno Martins	Jun	Diverinstal	16:59:44.2	0:57:00.0	1:27:18.0	19:06:18.4
583	Jorge Sobrinho	M45	Café Cartoon Run	16:59:10.7	0:48:03.9	1:14:01.7	18:46:07.9
584	Abílio Tavares	M55					19:23:59.7
585	José Conceição	M65	NúcleOeiras/Sportzone	16:59:12.0	0:46:15.2	1:10:11.5	18:38:08.3

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
586	Jorge Pereira	M60		16:59:48.4	0:59:29.3	1:29:47.3	19:03:14.4
587	António Pereira	Sen		16:59:24.8	0:44:49.7	1:07:48.8	18:34:01.9
588	João Alves	M45		16:59:24.6	0:49:03.4	1:14:00.6	18:43:00.3
589	Telmo Inácio	Sen		16:59:46.0	0:48:33.4	1:14:51.3	18:44:26.8
590	Nelson Brito	M40	Rail Runners	16:59:20.2	1:01:30.5	1:33:05.9	19:09:37.3
591	Rogério Matos	M50	Run4Fun	16:59:29.4	1:00:00.3	1:30:53.3	19:05:12.6
592	Luis Costa	Sen	amigosdacorrida.com	16:59:46.4	0:55:00.3		
593	Rui Carneiro	M40		16:59:59.3	0:59:30.2	1:30:47.4	19:08:41.3
594	Diogo Andre Franco Matos	Sen		17:00:13.1	0:58:24.8	1:26:29.1	19:00:45.7
595	Pedro Prudencio	M45		16:59:20.8	0:50:07.1	1:15:32.0	18:45:56.3
596	Nuno Rosa	Sen		17:00:01.3	0:59:56.1	1:32:11.4	19:17:59.3
597	Luis Ferreira	Sen		16:59:37.7	0:50:21.1	1:16:03.4	18:47:01.7
598	Helder Martinho	Sen		16:59:51.0	1:00:09.0		18:38:45.9
599	David Faustino	M45	SS CGD	16:59:14.0	0:45:00.3	1:09:03.8	18:37:08.8
600	Isabel Moleiro	F40	SS CGD	16:59:13.0	0:45:54.1	1:09:30.5	18:37:10.7
601	Esmeralda Gomes	F50	NúcleOeiras/sportzone	16:59:32.2	1:07:34.2	1:41:55.9	19:23:59.4
602	João Gomes	M50	NúcleOeiras/Sportzone	16:59:33.0	0:58:03.5	1:28:26.0	19:04:34.0
603	Luis Costa	M45		16:59:33.1	1:01:03.9	1:33:01.6	19:08:51.3
604	Carlos Pacheco	Sen		16:59:38.6	0:43:41.9	1:05:46.4	18:32:04.0
605	Carolina Manuel	F40	O MUNDO DA	16:59:36.5	1:00:03.7	1:32:34.5	19:11:26.4
606	Bruno Ferreira	Sen		16:59:42.2	0:51:42.7	1:18:53.4	18:50:01.8
608	Maria Duarte	F40					
609	Jose Bouceiro	M45	ADCR Policia Judiciaria	16:59:13.3	0:46:30.7	1:10:24.0	18:38:16.1
610	Manuel Veigas	Sen		17:00:04.0	1:00:42.4	1:31:58.0	19:09:14.4
611	Pedro Ferreira	Sen		17:00:08.3	1:02:16.8	1:32:35.1	19:08:46.5
612	JosÉ Morais	M50	N.A. PAPAGAIOS	16:59:15.4	0:53:56.0	1:23:21.3	19:02:58.6
613	João Tomázio	M45					
614	Carlos Barros	Sen		16:59:18.5	0:48:10.7	1:14:06.0	18:45:42.9
615	Angelo Fernandes	M40		16:59:45.9	0:53:15.1	1:19:48.8	18:52:07.7
616	Paulo Nunes	M40		16:59:55.8	0:52:35.1	1:19:10.5	18:52:09.9
617	Pedro Conceição	Sen	Monsanto Running Team	16:59:59.2	0:48:59.1	1:13:08.6	18:42:54.6
618	Pedro Simoes	M40		16:59:40.7	0:55:25.5	1:23:31.3	18:58:53.2
619	João Gomes	M55	Leões Apelaçõenses	16:59:12.8	0:39:52.8	1:00:12.8	18:23:26.4
620	Carlos Portela	M40	NAZABoboda	16:59:44.0	0:52:11.4	1:18:30.0	18:48:53.9
621	Pedro Batista	Sen		16:59:18.2	0:50:26.9	1:16:03.2	18:46:33.0
622	Paulo Oliveira	M45	CCD PM CASCAIS	16:59:16.2	0:42:18.3	1:04:29.2	18:30:49.6
623	Tito Henriques	M40		17:00:07.9		1:18:27.6	18:50:40.1
624	João Maral	M45	SS CGD	16:59:26.4	0:51:49.4		
625	Manuel Nascimento	M55	C.A. Amigos Parque da	16:59:24.2	0:54:17.2	1:25:04.6	19:02:53.7
626	Eduardo Bernardo	M40	SUDU	16:59:21.5	0:58:37.4	1:30:49.9	19:12:21.3
627	Marta Torres Vieira	Sen		16:59:57.8	0:56:08.6	1:24:55.7	18:57:48.3
629	Antonio Ventura	M55	REAL ACADEMIA	16:59:47.1	0:56:54.6	1:25:12.8	18:58:34.0
630	Roberto Guerreiro	Sen	RB RUNNING	16:59:29.6	0:44:25.1	1:06:50.7	18:33:13.2
631	Sara Timóteo	Sen		16:59:16.8	1:02:51.5	1:35:13.6	19:16:39.1
632	Pedro Norte	M40	Amigos Atletismo Mafra	16:59:16.9	0:46:33.7	1:09:03.5	18:34:06.9
633	Daniel Neves	Sen		16:59:25.3	0:50:03.8	1:15:33.6	18:46:15.9
634	Correia Orlando	M50		16:59:12.9	0:48:14.4		
635	Ana Isabel Brás	Sen	CCD PM CASCAIS	16:59:16.2	0:48:51.9	1:13:19.5	18:43:26.9
636	Ivone Pereira	F40	CCD PM CASCAIS	16:59:42.2	1:07:15.1	1:40:57.5	19:21:45.3
637	Joao Paixao	M60	CCD PM CASCAIS	16:59:55.5	0:54:54.0	1:23:05.4	18:53:57.1
638	Joao Pereira	M50	CCD PM CASCAIS	16:59:32.6	0:49:50.5	1:16:02.9	18:49:29.8
639	Julio Meireles	M60	CCD PM CASCAIS	16:59:17.5	0:55:10.9	1:23:51.5	18:58:28.1

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
640	Sara Henriques	F40	CCD PM CASCAIS	16:59:41.9	1:07:15.3	1:40:58.4	19:21:45.2
641	Nuno Anastácio	Sen		16:59:31.0	0:56:49.1	1:28:46.7	19:19:04.4
642	Rogério Azevedo	M40		16:59:12.4	0:39:10.1	0:59:34.9	18:23:17.3
644	Rafael Gomes	Sen		16:59:24.5	1:05:39.5	1:39:41.5	19:21:16.6
645	Gonçalo Amorim	Sen		16:59:39.5	0:49:28.9	1:14:39.7	18:44:14.5
646	Bernardo Pinto-Coelho	Sen	Pernas de Gafanhoto	16:59:19.0	0:47:15.1	1:11:47.4	18:40:26.3
647	Carlos Rodrigues	M55	Amigos Atletismo Mafra	16:59:17.0	0:51:29.2	1:17:34.8	18:47:21.5
648	Paulo Gomes	M40	Amigos Atletismo Mafra	16:59:16.4	0:47:54.4	1:12:39.6	18:41:20.6
649	Jorge Soares	M45					
650	Diogo Martins	Sen		16:59:25.3	0:46:18.2	1:10:29.8	18:39:10.7
651	Luís Gonçalves	Sen	Os Perigosos	16:59:39.1	0:55:36.9	1:22:50.3	18:54:27.8
652	Jorge Nunes	M45		16:59:53.1	0:48:03.2	1:10:49.8	18:37:40.8
653	Nelson Marques	Sen	Run4Fun	16:59:33.8	0:56:28.6	1:27:16.6	19:04:50.8
654	Carla Andre	Sen		16:59:58.5	0:59:03.7	1:27:42.4	19:03:25.2
655	José Bonito	M40	Wikaboo	16:59:38.6	0:53:57.7	1:21:53.1	18:55:00.2
656	Luís Grilo	M45	Wikaboo	16:59:22.5	0:47:48.3	1:14:50.3	18:47:18.7
657	António Lemos	M55	Wikaboo	16:59:19.5	0:41:16.2	1:01:28.9	18:24:58.6
658	Nuno Barradas	M50	Wikaboo	16:59:12.0	0:45:22.1	1:08:53.6	18:52:12.4
659	João Antunes	M40	Wikaboo				
660	Nuno Antunes	M40	Wikaboo	16:59:43.0	0:46:51.1	1:10:13.0	18:38:43.0
661	Pedro Castro	M40	Wikaboo	16:59:41.6	0:48:24.1	1:13:02.2	18:42:33.3
662	Luis Graça	Sen	Wikaboo	16:59:39.4	0:45:27.5	1:08:37.2	18:35:57.5
663	José Mota	M50	Wikaboo				
664	Paula Figueiredo	F50	Wikaboo	16:59:40.2	0:56:40.2	1:24:16.7	19:00:55.6
665	Pedro Lucas	Sen		16:59:50.2	1:02:28.4	1:34:59.8	19:14:36.7
666	Miguel Ribeiro	M40		16:59:22.1	0:52:14.1	1:16:58.6	18:45:23.7
667	Mário Bastardo	Sen	Hand 2 Hand - Better	16:59:22.4	0:51:06.0	1:17:03.6	18:48:35.8
668	Paulo Pires	M45	SS CGD	16:59:49.2	0:48:10.5	1:12:40.2	18:42:19.5
669	Helder Martins	Sen					
670	Susana Santos	Sen		17:00:05.7	1:09:17.9	1:43:47.8	19:28:08.8
671	Rui Pinho	M40		17:00:01.6	0:50:31.5	1:15:02.3	18:44:00.6
672	Gonçalo Delca	M40		17:00:08.3	1:00:43.0	1:30:50.8	19:07:23.7
673	Jorge Gonçalves	M45	Wikaboo	16:59:19.8	0:41:09.7	1:01:35.1	18:25:50.7
674	Manuel Brito	M50		16:59:48.8	0:51:01.8	1:16:31.2	18:46:29.7
675	Nuno Correia	Sen	LV TEAM	16:59:40.8	0:51:30.5	1:16:36.3	18:44:42.3
676	Jose Renato Rodrigues	Sen		16:59:15.2	0:42:20.1	1:03:26.9	18:29:26.1
677	Pedro Queiros	M50	Lebres da Vedejosa	16:59:40.4	0:55:25.1	1:22:23.7	18:53:27.5
678	Luis Canhão	M45		16:59:24.9	0:52:11.9	1:19:30.0	18:51:41.2
679	Miguel Pereira	Sen	Rail Runners	16:59:59.9	0:48:58.4	1:13:05.0	18:42:54.4
680	José Queirós	M40	Alvitejo	16:59:21.6	0:43:25.5	1:04:36.1	18:29:52.1
681	Rui Cabral	M40	Wikaboo	16:59:20.3	0:42:35.0	1:04:41.1	18:30:36.3
682	José Santos	M45	Vila Seca Running Team	16:59:49.4	0:49:57.4	1:15:13.9	18:44:55.1
683	Catarina Peixoto	Sen	Run4Fun	17:09:51.7	1:04:25.3	1:42:22.2	19:35:58.5
684	Hugo Fragoso	Sen	Run4Fun	17:09:49.3	1:04:27.2	1:42:23.6	19:35:58.8
685	David Prata	Sen		16:59:56.3	0:57:47.3	1:25:30.1	18:58:49.3
686	Filipe Brízida	M40		16:59:14.3	0:46:24.9	1:09:22.1	18:34:57.7
687	Carlos Baptista	M50	Sporting Clube de	16:59:14.6	0:45:05.7	1:07:56.3	18:35:10.4
688	Fabio Pereira	Sub	Sporting Clube de	16:59:14.7	0:47:54.1	1:14:51.3	18:48:14.3
689	Lilian Kato	F40	Run4Fun	16:59:30.8	1:06:57.2	1:45:20.5	19:29:17.0
690	Luis Trindade	Sen	Monsanto Running Team	16:59:20.4	0:42:17.9	1:04:08.5	18:29:41.0
691	Maarten Arys	Sen	EMSA	17:00:01.6	0:55:50.3	1:23:31.3	18:56:42.4
692	Catrin Egerton	Sen	EMSA	17:00:01.6	0:55:50.6	1:23:31.4	18:56:42.7

38.^a Meia Maratona de São João das Lampas

Lista de inscritos 38.^a Meia Maratona de S. João das Lampas

Bib	Nome	AG	Clube	Hora partida	10km	15km	chegada
693	Paulo Raposo	M40	Run4Fun	16:59:28.3	0:46:38.0	1:10:08.9	18:37:37.9
694	Francisco João Jorge	M55		16:59:51.1	0:58:24.6	1:28:24.4	19:00:36.1
695	João Fernando Martins	M50		16:59:51.1	1:00:44.7	1:33:55.3	19:18:20.6
696	Isabel Monteiro	Sen		16:59:31.8	1:02:41.4	1:33:12.0	19:10:11.1
697	André Tavares	Sen		16:59:18.1	0:52:23.2	1:22:58.9	19:02:06.6
698	Miguel Ferraz	Sen		16:59:31.6	1:02:17.8	1:33:04.8	19:08:28.3
699	Nelson Fonseca	Sen	Jobrinde - Montes	16:59:23.2	0:41:08.0	1:01:52.1	18:26:18.4
700	Veaceslav Ignat	Sen		16:59:19.1	0:45:48.1	1:11:11.3	18:42:58.9
701	Anacleto Faisca	M55	Areias de São João	16:59:22.6	0:40:28.7	1:01:03.6	18:24:40.1
702	Artur Paulo Almeida Botão	M45	ACADEMIA DO LUMIAR	16:59:24.7	0:47:11.5	1:11:10.2	18:40:18.2
703	Paulo Godinho	M45		16:59:19.4	0:49:09.0	1:15:22.3	18:46:05.1
704	Francisco Calçada	M50	Meia Maratona de S.	16:59:16.9	0:44:29.6	1:07:25.9	18:35:48.7
705	Nuno Antunes	Sen		16:59:47.4	0:51:03.5	1:20:22.5	18:55:01.5
706	Alcides Varela	M45	Casa do Benfica de	16:59:22.9	0:46:46.4	1:11:32.0	18:43:48.9
707	Tiago Lousa	Sen	Casa do Benfica de	16:59:11.8	0:36:43.6	0:55:05.0	18:16:51.4
708	Sérgio Pardal	Sen	JAJÃO	16:59:19.0	0:52:27.2	1:19:48.3	18:50:35.1
709	Armando Parreira	M45	Açoreana Clube Banif	16:59:15.8	0:50:07.0	1:15:25.2	18:45:12.2
710	Miguel Cabral	M40	Amigosdacorrida.com	16:59:45.4	0:48:21.0	1:13:00.6	18:42:52.4
711	Joao Samouqueiro	Sen		16:59:21.0	0:41:38.1	1:03:49.2	18:29:09.6
712	Octávio Marcos	Sen	Jobrinde - Montes				
713	Albino Tomás	M55	CLUBE ATLÉTICO DAS	16:59:14.0	0:54:20.6		18:52:25.1
714	Paulo Gamboa	M40	CLUBE ATLÉTICO DAS	16:59:13.0	0:48:56.5	1:12:55.4	18:39:57.8
715	David Nascimento	Sen		16:59:38.2	0:56:20.2	1:27:04.5	19:05:06.7
716	Antonio Paias	M55	Clube de Atletismo	16:59:23.5	0:41:12.8	1:02:24.9	18:27:10.0
717	José Mateus	M55		16:59:22.9	0:49:39.8	1:17:06.4	18:55:18.6
718	Filipe Freitas	M40		16:59:22.5	0:55:55.3	1:23:12.8	18:54:31.1
719	Gonçalves Manuel	M50	Casa do Benfica de	16:59:40.2	0:46:24.9	1:09:41.8	18:37:22.1
720	Carlos Preciso	M40		16:59:46.6	0:44:52.8	1:07:08.4	18:33:29.4
721	Carlos Taveira	M40	Aminhacorrida.com	16:59:15.0	0:41:20.3	1:01:35.8	18:25:22.2
722	Claudio Leal	Sen		16:59:14.1	0:44:10.2	1:07:50.5	18:35:07.2
723	Vanessa Marranita	Sen		16:59:46.5	1:04:01.5	1:38:55.9	19:18:01.4
724	Fernando Ferreira	M50		16:59:36.7	0:51:49.7	1:18:07.1	18:49:50.8
725	João Lucas	M50	Ingleses Futebol Clube	16:59:12.4	0:39:49.5	0:59:34.3	18:22:57.3
726	Pedro Pires	M45	Associação de Atletismo	16:59:34.1	0:45:49.9	1:08:56.2	18:35:20.9
727	Marco António Souza	M45		16:59:18.5	0:47:05.3	1:12:22.2	18:50:48.8
728	Jorge Brito Pereira	M45		16:59:29.6	0:56:51.3	1:27:13.0	19:01:33.6
729	Pedro Lizardo	Sen	Monsanto Running Team	16:59:33.2	0:47:30.3	1:13:21.2	18:44:20.5
730	João Caldeira	M50		16:59:10.0	0:37:39.2	0:56:50.0	18:19:36.6
731	Miguel Ribeiro	Sen		16:59:42.1	0:52:07.8	1:18:38.7	18:49:23.6
732	Mario Santos	M40		16:59:14.6	0:47:30.1	1:13:06.8	18:43:04.1
733	Fabio Ferreira	Sen		16:59:14.4	0:47:23.2	1:12:33.0	18:42:51.6
734	Luis Farinha	M55		16:59:32.8	0:56:01.5	1:25:05.6	19:00:57.6

Number of records: 716