

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
1												
1	Bruno Batista	617	1:15:13.5	1:15:12.9	1	S23-M	1	Clube Natação de Rio Maior	0:38:12.9	73	1:04:51.0	96
2	Bruno Lourenço	649	1:17:30.2	1:17:15.2	2	Sen-M	1	Holmes Place Algés	0:38:28.8	75	1:06:10.1	97
3	Oswald Freitas	618	1:17:47.1	1:17:46.9	3	S23-M	2	Clube Natação de Rio Maior	0:38:16.3	74	1:07:03.5	100
4	Vitor Oliveira	509	1:17:55.1	1:17:53.6	4	Sen-M	2	ASC Vale Grande	0:38:33.1	76	1:07:01.6	98
5	João Paulo Ferreira	382	1:17:57.9	1:17:57.2	5	Sen-M	3		0:38:54.7	78	1:07:03.1	99
6	João Caldeira	158	1:18:02.0	1:18:01.3	6	M50	1	Linda-a-Pastora SC	0:38:54.9	79	1:07:04.3	101
7	Fernando Alves	294	1:18:43.2	1:18:42.4	7	M45	1	Amigos Atletismo Mafra	0:38:54.7	77	1:07:18.5	102
8	José Silva	512	1:19:43.2	1:19:42.5	8	M45	2	ASC Vale Grande	0:38:55.7	81	1:07:45.5	103
9	Paulo Alves	511	1:21:19.3	1:21:17.7	9	Sen-M	4	ASC Vale Grande	0:40:09.7	84	1:10:05.2	105
10	Joaquim José Ramos	668	1:21:23.2	1:21:21.0	10	M40	1	NOC-Novo oculista de	0:39:56.6	82	1:10:04.4	104
11	João Ginja	194	1:21:40.8	1:21:38.2	11	M45	3	N.A.Z.A.-Nucleo Atletismo	0:41:19.1	88	1:10:37.6	107
12	Euclides Sanches	523	1:23:25.5	1:23:24.8	12	Sen-M	5	Casa do Benfica em	0:38:55.0	80	1:10:29.4	106
13	João Manuel Fontinha	634	1:23:50.5	1:23:49.9	13	S23-M	3	Clube Pedro Pessoa Escola	0:40:06.7	83	1:11:31.0	108
14	Hugo Adelino	592	1:23:54.7	1:23:54.0	14	M40	2	Amigos Vale do Silencio	0:40:29.0	86	1:11:44.0	109
15	Paulo Jorge Carvalho	587	1:24:00.3	1:23:59.7	15	M45	4	Sporting Clube Reboleira e	0:41:21.4	91	1:12:16.5	111
16	Jorge Rodrigues	129	1:24:01.0	1:24:00.4	16	M45	5	N.A.Z.A.-Nucleo Atletismo	0:41:21.4	90	1:12:16.3	110
17	Abel Assemblano	598	1:24:30.0	1:24:23.4	17	Sen-M	6	N.A.Z.A.-Nucleo Atletismo	0:41:38.7	92	1:12:23.6	113
18	Luis Santos	150	1:24:53.0	1:24:51.0	18	Sen-M	7		0:40:22.8	85	1:12:20.9	112
19	José Geada	510	1:25:09.4	1:25:07.9	19	M40	3	ASC Vale Grande	0:41:46.1	93	1:12:52.9	114
20	Antonio Afonso	576	1:25:56.7	1:25:55.0	20	M45	6	C. R. Alturense	0:42:02.9	95	1:14:00.8	115
21	Fernando Candeias	400	1:26:12.8	1:26:10.7	21	M40	4	SS CGD	0:42:14.6	98	1:14:06.0	118
22	Marco Fernandes	627	1:26:29.6	1:26:25.0	22	Sen-M	8	NucleOeiras	0:43:03.1	106	1:14:51.1	125
23	Luis Manuel Rodrigues	59	1:26:34.1	1:26:32.4	23	M45	7		0:41:19.2	89	1:14:02.6	116
24	Anacleto Faisca	578	1:26:36.9	1:26:35.4	24	M55	1	Clube Areias de S. João	0:42:03.3	96	1:14:05.0	117
25	João Silva	421	1:26:40.3	1:26:39.3	25	M55	2	Clube Desportivo de Mafra	0:42:28.1	100	1:14:43.9	124
26	José Rodrigues	477	1:26:51.6	1:26:50.4	26	Sen-M	9		0:42:36.7	102	1:14:41.6	123
27	Carlos Pacheco	45	1:26:59.3	1:26:35.4	27	Sen-M	10	M.M.C.P.	0:43:03.6	107	1:14:34.8	120
28	Rui Oliveira	500	1:27:16.3	1:27:15.8	28	M40	5	AÇOREANA CLUBE BANIF	0:41:12.7	87	1:14:23.7	119
29	Antonio Paias	631	1:27:23.8	1:27:21.6	29	M55	3	Clube de Atletismo Odimarq	0:42:11.9	97	1:14:38.7	122
30	Paulo José Silva	99	1:27:31.4	1:27:30.7	30	M40	6	N.A.Z.A.-Nucleo Atletismo	0:42:39.0	103	1:15:06.5	126
31	José Queirós	441	1:27:43.3	1:27:38.7	31	M40	7	C. C. D. "O ALVITEJO"	0:43:59.0	121	1:15:32.7	128
32	Pedro Cardoso	105	1:28:04.3	1:27:57.4	32	Sen-M	11	Correr Lisboa	0:42:56.1	104	1:15:31.1	127
33	Carlos Caetano	210	1:28:15.8	1:28:14.4	33	M40	8		0:43:57.9	118	1:16:30.3	136
34	Germano Silva	271	1:28:25.1	1:28:23.5	34	M55	4	Linda-a-Pastora Sporting	0:43:39.9	113	1:16:07.3	133
35	Nuno Soares	306	1:28:27.6	1:28:23.1	35	Sen-M	12	Correr Lisboa	0:42:21.9	99	1:14:35.1	121

39.^a Meia Maratona de S. João das Lampas

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
36	António Rebelo	264	1:28:29.0	1:28:26.9	36	M40	9	CTT	0:43:39.4	112	1:16:01.8	131
37	Ricardo Oliveira	561	1:28:35.7	1:28:34.6	37	M40	10	Clube Recreativo	0:44:18.7	123	1:16:06.6	132
38	Luciano Contente	250	1:28:38.8	1:28:38.2	38	M40	11	ZATOPEQUES	0:43:01.5	105	1:15:50.5	130
39	António Santos	167	1:28:44.1	1:28:36.5	39	M50	2	Clube Atletismo Amigos de	0:43:55.5	117	1:16:22.7	135
40	Gabriel Gonçalves	437	1:29:02.7	1:29:01.8	40	M60	1	Correr EPAL	0:43:53.7	116	1:16:44.5	137
41	João Lopes	692	1:29:40.8	1:29:40.2	41	M55	5	Lebre	0:43:05.2	108	1:16:18.6	134
42	Luis Varzea	577	1:29:41.8	1:29:41.3	42	Sen-M	13	C. R. Alturense	0:43:17.1	110	1:16:51.1	139
43	Carlos Moura	177	1:29:46.2	1:29:44.7	43	Sen-M	14	ZFortes 16	0:43:53.2	115	1:16:50.3	138
44	Nelson Casanova	533	1:29:49.8	1:29:49.2	44	Sen-M	15	Casa do Benfica em	0:41:55.9	94	1:15:45.3	129
45	Jose Renato Rodrigues	298	1:29:54.3	1:29:46.1	45	Sen-M	16		0:45:10.9	136	1:17:45.6	144
46	Bruno Dias	371	1:30:07.6	1:30:06.9	46	Sen-M	17	Adraga BTTeam	0:43:10.2	109	1:17:28.9	141
47	Pedro Caravana	626	1:30:08.0	1:30:06.3	47	M40	12		0:44:27.9	124	1:17:41.6	143
48	João Maia	28	1:30:41.5	1:30:40.4	48	M50	3	Falcões Selvagens	0:43:25.1	111	1:17:28.5	140
49	Joaquim Pereira Pato	552	1:30:44.7	1:30:42.7	49	M40	13	BRRnightRUNNERS	0:43:58.8	120	1:17:36.0	142
50	Leonardo Coelho	318	1:30:48.6	1:30:41.0	50	S23-M	4	RunLovers	0:44:06.5	122	1:17:56.2	145
51	Ricardo Sérgio Estrela	694	1:30:58.3	1:30:55.7	51	M40	14	C.A. Amigos Parque da Paz	0:44:28.0	125	1:18:08.8	146
52	José Borges	597	1:31:07.3	1:31:02.7	52	Sen-M	18	N.A.Z.A.-Nucleo Atletismo	0:44:47.7	132	1:18:40.9	149
53	João Catalão	390	1:31:25.7	1:31:22.8	53	Sen-M	19	Rail Runners	0:45:06.7	135	1:18:31.6	147
54	David Karim	225	1:31:31.6	1:31:20.4	54	Sen-M	20	REAL ACADEMIA	0:45:11.2	137	1:18:57.3	153
55	Manuel Gonçalves	529	1:31:38.2	1:31:27.2	55	M50	4	Casa do Benfica em	0:45:14.8	139	1:18:58.1	154
56	Edgar Trigo	53	1:31:42.7	1:31:39.2	56	M45	8		0:44:36.3	128	1:18:51.8	151
57	Paulo Pires	506	1:31:47.7	1:31:46.6	57	M45	9	SS CGD	0:43:58.7	119	1:18:37.1	148
58	Pedro Simões	516	1:31:57.7	1:31:14.0	58	Sen-M	21	People Family Club	0:45:36.3	145	1:19:01.5	155
59	Joaquim Epiménio	192	1:32:10.7	1:32:09.6	59	M45	10	Clube EDP - Lisboa	0:44:28.2	126	1:18:44.8	150
60	Mario Gomes	565	1:32:17.2	1:32:14.1	60	M45	11	AÇOREANA CLUB BANIF	0:44:29.1	127	1:19:02.7	157
61	Luis Aires	195	1:32:17.3	1:32:05.4	61	M40	15	N.A.Z.A.-Nucleo Atletismo	0:45:12.9	138	1:18:52.8	152
62	Tiago Martins Ribeiro	652	1:32:18.3	1:32:01.0	62	Sen-M	22		0:44:55.0	133	1:19:22.6	159
63	Stephan Koenig	111	1:32:54.8	1:32:50.8	63	M45	12	Pernas de Gafanhoto	0:45:51.4	152	1:20:22.6	164
64	Fernando Almeida	353	1:33:02.4	1:32:58.7	64	Sen-M	23	Gelpeixe	0:45:47.3	149	1:20:11.5	161
65	Carlos Baptista	638	1:33:02.4	1:33:00.2	65	M55	6	Sporting Clube de Casainhos	0:45:48.7	151	1:20:13.1	162
66	João Pastor	293	1:33:07.2	1:33:04.2	66	M40	16	Amigos Atletismo Mafra	0:45:48.4	150	1:20:24.0	166
67	Pedro Gabriel	149	1:33:16.7	1:33:14.5	67	M40	17	C.A. Amigos Parque da Paz	0:46:01.4	154	1:20:23.9	165
68	Paulo Santos	215	1:33:25.8	1:33:11.2	68	M45	13	Lis Running Clube de	0:46:11.0	157	1:20:47.7	171
69	Alexandre Costa	309	1:33:31.9	1:33:13.5	69	M40	18		0:45:02.8	134	1:19:18.9	158
70	Pedro Pina	85	1:33:35.1	1:33:28.7	70	Sen-M	24	LoureSaúde Running /	0:46:34.1	168	1:20:32.4	167
71	António Arede	174	1:33:35.1	1:33:13.0	71	Sen-M	25	Monsanto Running Team	0:46:18.1	162	1:20:16.9	163
72	Ricardo Damião	628	1:33:52.9	1:33:35.9	72	Sen-M	26	N.A.Z.A.-Nucleo Atletismo	0:43:40.6	114	1:19:02.6	156

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
73	Nuno Amorim	418	1:33:54.7	1:33:54.4	73	Sen-M	27	Pontével a Mexer	0:45:17.7	140	1:20:03.4	160
74	Fernando Andrade	185	1:34:02.2	1:33:56.7	74	Sen-M	28	Os Perigosos	0:45:33.1	144	1:20:46.5	170
75	Tiago Póvoa	601	1:34:02.5	1:33:57.4	75	Sen-M	29		0:45:32.0	143	1:20:40.8	168
76	Rui Pedro Juliao	104	1:34:03.6	1:33:52.5	76	M50	5	Georunners	0:46:16.3	161	1:21:08.0	173
77	António João Moreira	193	1:34:16.8	1:34:15.8	77	M40	19	Leões da Fronteira	0:46:34.3	169	1:21:15.4	174
78	Francisco Calçada	161	1:34:45.9	1:34:43.2	78	M50	6	C. C. D. "O ALVITEJO"	0:45:37.6	146	1:21:05.7	172
79	Paulo Santos	369	1:34:59.5	1:34:46.5	79	M40	20		0:45:24.6	142	1:20:44.5	169
80	João Valente	50	1:35:05.7	1:35:05.1	80	M40	21	SPEM	0:46:11.4	159	1:21:22.0	175
81	Pedro Luzio	476	1:35:19.8	1:35:08.3	81	Sen-M	30	SS CGD	0:46:06.5	156	1:21:31.9	176
82	Mario Pires	229	1:35:24.6	1:35:24.1	82	M40	22	Clube triatlo almada	0:48:45.4	223	1:23:03.2	191
83	Alice Basilio	425	1:35:28.1	1:35:26.2	1	F40	1	Amigos Atletismo Mafra	0:46:35.3	170	1:22:04.5	184
84	Antonio Soares	607	1:35:29.7	1:35:02.3	83	M45	14	asas do milenium (o	0:46:37.4	171	1:21:36.6	177
85	Luis Queirós	442	1:35:29.9	1:35:28.7	84	M40	23	C. C. D. "O ALVITEJO"	0:46:57.2	179	1:21:59.6	180
86	Ricardo Vitorino	211	1:36:07.8	1:36:06.4	85	Sen-M	31	Dolce CR / Running Team	0:46:32.9	167	1:22:39.8	185
87	Rui Cabral	324	1:36:17.0	1:36:13.7	86	M40	24	Wikaboo	0:48:16.3	206	1:24:03.5	214
88	Helder Valadas	180	1:36:17.1	1:36:10.5	87	Sen-M	32	Os Perigosos	0:46:13.1	160	1:22:04.1	183
89	Janicio Reis	526	1:36:18.7	1:36:17.9	88	Sen-M	33	Casa do Benfica em	0:44:46.6	131	1:22:00.2	181
90	Marco Cruz	279	1:36:22.4	1:36:13.1	89	Sen-M	34	Clube Atletismo Amigos de	0:47:34.6	197	1:22:56.6	189
91	Jose Serra	75	1:36:26.4	1:36:24.5	90	M50	7	g.d.chelas	0:46:48.2	174	1:22:39.9	186
92	António Gonçalves	538	1:36:27.3	1:35:44.6	91	M50	8	Os Galgos	0:47:33.0	194	1:22:52.7	188
93	Miguel Baptista	179	1:36:34.3	1:36:33.7	92	M50	9	Decathlon/Omega Pharma	0:46:54.9	178	1:22:57.6	190
94	Eduardo Santos	354	1:36:36.2	1:36:32.9	93	Sen-M	35	Gelpeixe	0:47:26.3	190	1:23:19.3	195
95	Andre Cid	666	1:36:38.2	1:36:25.4	94	M40	25	Twins	0:47:00.6	180	1:22:43.3	187
96	António Almeida	17	1:36:39.0	1:36:36.7	95	M40	26	Ficalho Runners	0:48:10.5	204	1:23:35.7	202
97	João Coutinho	148	1:36:40.9	1:36:07.3	96	M50	10	Correr Lisboa	0:46:28.4	165	1:22:00.8	182
98	Jose Manuel Vicente	112	1:36:44.0	1:36:43.7	97	M60	2		0:47:27.1	192	1:23:31.0	200
99	Cristovão Gomes	484	1:36:45.0	1:36:39.5	98	Sen-M	36	clube veteranos do lis	0:46:51.6	176	1:23:03.4	192
100	Nuno Alcobia	593	1:36:46.2	1:36:39.1	99	M40	27		0:49:31.0	252	1:24:11.8	216
101	Amilcar Santos	281	1:36:49.1	1:36:30.8	100	M40	28		0:49:07.1	237	1:24:01.2	212
102	Vitor Marques	443	1:36:59.4	1:36:51.7	101	Sen-M	37		0:44:45.9	130	1:21:38.6	179
103	Luís Nunes	518	1:36:59.6	1:36:51.2	102	Sen-M	38	Runners da Frente Ribeirinha	0:44:45.2	129	1:21:38.1	178
104	Antonio Nereu	608	1:37:07.1	1:36:40.6	103	M50	11	asas do milenium (o	0:48:53.7	226	1:23:56.2	208
105	Bernardo Pinto-Coelho	440	1:37:14.8	1:37:10.0	104	Sen-M	39		0:46:54.6	177	1:23:36.1	203
106	Jaime Mauricio	525	1:37:16.6	1:37:15.9	105	M40	29	RunLovers	0:45:56.8	153	1:23:14.0	194
107	Paulo Marques	12	1:37:18.5	1:37:17.1	106	Sen-M	40	GOIRunners	0:47:26.1	189	1:23:30.6	198
108	David Faustino	705	1:37:25.7	1:37:23.5	107	M45	15		0:46:32.3	166	1:23:20.6	196
109	Ildebrando Aires	289	1:37:29.4	1:37:20.3	108	Sen-M	41	Rafa Team 2015	0:47:32.1	193	1:23:37.7	204

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
110	Ana Pereira	96	1:37:34.5	1:37:18.3	2	F40	2		0:47:33.2	195	1:23:30.7	199
111	Pedro Magalhães	674	1:37:35.0	1:37:33.9	109	M40	30	p-mags	0:48:18.5	210	1:24:07.1	215
112	Frederico Cerdeira	599	1:37:38.4	1:37:35.1	110	Sen-M	42		0:47:27.0	191	1:23:42.4	205
113	Liberto Santos	81	1:37:49.2	1:37:44.7	111	M45	16		0:47:25.1	188	1:23:47.5	207
114	Julio Fernandes	623	1:37:50.2	1:37:20.9	112	Sen-M	43		0:48:32.3	219	1:24:23.3	218
115	Paulo Frango	242	1:37:52.9	1:37:39.7	113	Sen-M	44	Monsanto Running Team	0:47:20.5	186	1:23:42.8	206
116	Miguel Cardoso	190	1:38:08.8	1:37:34.2	114	Sen-M	45		0:47:06.9	182	1:23:12.2	193
117	Vasco Ascensão	258	1:38:10.9	1:37:44.6	115	M45	17	CTT	0:48:18.5	211	1:23:58.2	210
118	Afzal Aziz	47	1:38:12.5	1:38:09.3	116	Sen-M	46	FoxHound	0:47:42.3	198	1:23:34.8	201
119	Sérgio Nunes	331	1:38:16.4	1:38:16.2	117	M40	31		0:45:44.6	147	1:23:22.6	197
120	José Costa Alves	154	1:38:17.6	1:38:15.4	118	M45	18		0:48:59.5	230	1:24:50.6	225
121	Ricardo Ferreira	655	1:38:24.3	1:38:23.1	119	Sen-M	47	Ferreiras	0:46:23.3	163	1:24:03.5	213
122	Hugo Carago	376	1:38:27.0	1:38:24.6	120	M40	32	Carapaus de Corrida	0:47:34.0	196	1:24:23.5	219
123	Luís Azul	266	1:38:31.3	1:38:03.9	121	M40	33	CTT	0:47:06.0	181	1:23:58.4	211
124	Pedro Prudencio	201	1:38:35.2	1:38:12.1	122	M45	19	Salamandrecos	0:47:48.3	200	1:24:14.4	217
125	Joao Santos	457	1:38:44.0	1:38:42.1	123	M55	7	N.A.Z.A.-Nucleo Atletismo	0:47:54.1	201	1:24:41.0	223
126	Manuel Abrantes	362	1:38:45.9	1:38:44.9	124	S23-M	5	Monsanto Running Team	0:48:12.1	205	1:25:24.6	233
127	Ricardo Alves	499	1:38:47.4	1:38:44.5	125	Sen-M	48	AÇOREANA CLUBE BANIF	0:49:02.6	231	1:25:43.9	244
128	João Prisal	389	1:38:50.4	1:38:26.1	126	M40	34	Rail Runners	0:48:17.7	209	1:24:39.0	222
129	Nélio Carvalho	417	1:38:52.1	1:38:49.8	127	Sen-M	49	Pontével a Mexer	0:45:45.1	148	1:24:33.1	220
130	Belchior Barrocas	173	1:38:57.4	1:38:55.6	128	M45	20		0:48:09.6	203	1:25:06.2	226
131	Luis Vieira	360	1:39:00.3	1:38:34.1	129	M45	21	brandoa corre	0:46:24.0	164	1:23:57.2	209
132	Paulo Lourinho	169	1:39:03.8	1:38:34.8	130	M45	22	Clube Atletismo Amigos de	0:50:04.3	264	1:25:36.1	240
133	José Nunes	82	1:39:09.0	1:39:04.4	131	M45	23		0:48:26.5	213	1:25:17.9	230
134	Isabel Moleiro	704	1:39:14.0	1:39:12.3	3	F40	3		0:48:35.4	220	1:25:29.0	237
135	Paulo Freitas	291	1:39:24.0	1:39:14.1	132	M40	35		0:48:17.3	208	1:24:37.3	221
136	Francisco Freire	135	1:39:31.3	1:39:20.2	133	Sen-M	50	GD Banco BPI	0:46:50.9	175	1:25:07.0	227
137	Vergílio Gomes	197	1:39:32.5	1:39:27.0	134	M45	24	N.A.Z.A.-Nucleo Atletismo	0:47:13.9	184	1:25:52.8	252
138	Ana Isabel BrÃs	427	1:39:37.7	1:39:35.6	4	Sen-F	1	CCD PM CASCAIS	0:48:26.7	215	1:25:26.2	235
139	João Pereira	431	1:39:37.7	1:39:35.6	135	M50	12	CCD PM CASCAIS	0:48:26.5	214	1:25:25.1	234
140	Paulo Oliveira	432	1:39:37.9	1:39:37.5	136	M45	25	CCD PM CASCAIS	0:48:28.4	216	1:25:27.7	236
141	Eduardo Pena	121	1:39:40.8	1:39:12.7	137	M50	13	Keep running	0:49:03.7	232	1:25:34.6	239
142	David Resina	656	1:39:41.3	1:39:38.5	138	M50	14		0:49:05.7	234	1:25:36.6	241
143	Carlos Jesus	208	1:39:44.9	1:39:28.8	139	M40	36	O MUNDO DA CORRIDA	0:48:19.2	212	1:25:12.3	228
144	Mario Gomes	613	1:39:47.3	1:39:45.0	140	Sen-M	51	Pontével a Mexer	0:48:01.5	202	1:25:23.8	232
145	António Gonçalves	571	1:39:47.9	1:39:36.3	141	M50	15	CCDT Metropolitano Lisboa	0:49:29.4	250	1:26:20.7	254
146	Albisio Magalhaes	159	1:39:49.5	1:39:31.7	142	M60	3		0:47:17.7	185	1:24:50.2	224

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
147	Álvaro Santos	251	1:39:53.0	1:39:38.0	143	M40	37	Monsanto Running Team	0:49:44.9	259	1:26:10.1	253
148	Fernando Rosete	171	1:39:59.5	1:39:38.4	144	M45	26	Run 4 Fun	0:48:57.3	228	1:25:23.2	231
149	Veaceslav Ignat	466	1:40:00.4	1:39:58.0	145	Sen-M	52		0:46:44.3	173	1:25:44.3	245
150	João Maças	260	1:40:01.0	1:39:33.5	146	Sen-M	53	CTT	0:49:24.2	246	1:25:47.7	246
151	Rui Pereira	381	1:40:03.0	1:39:56.2	147	M50	16	Escola Secundaria Ferreira	0:47:23.8	187	1:25:14.7	229
152	Jorge Morgado	402	1:40:03.9	1:39:46.6	148	M50	17	SS CGD	0:49:25.6	247	1:25:52.6	251
153	Luzia Dias	700	1:40:04.1	1:40:03.9	5	F40	4		0:48:36.8	222	1:25:52.4	250
154	Carlos Lopes	472	1:40:05.0	1:39:52.3	149	M60	4		0:49:05.8	235	1:25:39.4	243
155	Luisa Santo	196	1:40:07.1	1:40:03.0	6	F40	5	N.A.Z.A.-Nucleo Atletismo	0:48:30.2	217	1:25:50.8	248
156	Carlos Viseu	348	1:40:08.1	1:40:03.9	150	M45	27	CLUBE DESPORTIVO DO	0:49:23.8	245	1:26:49.6	259
157	Ricardo Marta	695	1:40:25.5	1:40:19.2	151	Sen-M	54	Café Cartoon Run Team	0:48:30.3	218	1:25:50.7	247
158	Nuno Silva	507	1:40:37.9	1:40:16.6	152	Sen-M	55	GRD OS FIXES	0:48:16.5	207	1:25:52.4	249
159	André Santos	143	1:40:41.2	1:40:26.3	153	M40	38		0:48:50.5	225	1:25:37.7	242
160	Gonçalo Lopes	33	1:40:43.4	1:40:22.9	154	Sen-M	56	Run 4 Fun	0:47:11.4	183	1:25:29.8	238
161	José Monteiro	614	1:40:46.7	1:40:34.8	155	Sen-M	57	SS CGD	0:49:38.6	255	1:26:47.4	258
162	Antonio Ferreira	295	1:40:46.9	1:40:37.2	156	M40	39	Os Tugas	0:50:49.5	281	1:27:16.7	269
163	Jorge Serra	559	1:40:54.7	1:40:15.4	157	M45	28	weRUN Portugal	0:50:52.0	284	1:26:58.7	266
164	Carlos Bruno Da Silva	372	1:41:00.6	1:40:57.6	158	M40	40	Salamandrecos	0:49:50.0	260	1:26:50.2	260
165	Joaquim Fernandes	234	1:41:18.8	1:41:12.7	159	M50	18	ASSOCIAÇÃO DE	0:49:07.6	238	1:26:21.0	255
166	António Rui Merujo	254	1:41:35.9	1:41:34.6	160	M55	8	Armada Torreense	0:48:36.1	221	1:26:53.6	264
167	João Silva	401	1:41:39.3	1:41:31.3	161	M45	29	SS CGD	0:49:16.3	243	1:26:51.6	262
168	Rui Nascimento	444	1:41:40.1	1:41:10.5	162	M40	41		0:48:57.0	227	1:26:36.1	257
169	Floriano Silva	461	1:41:50.1	1:41:47.1	163	Sen-M	58	Aminhacorrida/	0:46:39.5	172	1:26:35.7	256
170	João Veiga	69	1:41:50.8	1:41:30.0	164	Sen-M	59	Correr Lisboa	0:49:16.0	241	1:27:08.9	267
171	José Campos	327	1:41:55.3	1:41:24.7	165	M45	30	amigosdacorrida.com	0:51:48.7	318	1:27:50.6	276
172	Victor Silva	320	1:41:56.1	1:41:41.9	166	M50	19	ASSOCIAÇÃO DE	0:49:54.7	263	1:27:39.9	274
173	João Gonçalves	651	1:42:00.5	1:41:34.5	167	M45	31	Lisboa	0:51:12.3	301	1:27:58.9	278
174	André Lopes	77	1:42:10.4	1:41:52.6	168	Sen-M	60	Bilhudos	0:49:16.1	242	1:27:12.7	268
175	Miguel Ribeiro	109	1:42:14.5	1:41:49.0	169	M40	42		0:51:45.2	317	1:28:51.5	290
176	Luis Correia	569	1:42:19.0	1:41:54.8	170	M40	43	Run 4 Fun	0:49:37.3	253	1:27:28.5	271
177	Helder Baptista	41	1:42:22.3	1:41:53.0	171	M40	44		0:50:35.3	274	1:27:38.6	273
178	Nuno Gaspar	645	1:42:28.4	1:42:27.0	172	Sen-M	61		0:49:09.6	239	1:27:23.5	270
179	Nuno Coelho	497	1:42:33.7	1:41:48.5	173	M45	32	AÇOREANA CLUBE BANIF	0:50:53.5	286	1:28:01.6	279
180	João Trindade	207	1:42:37.7	1:41:59.2	174	S23-M	6	Correr Lisboa	0:49:30.9	251	1:26:53.2	263
181	Pedro Manuel Varanda	423	1:42:41.0	1:42:00.7	175	M40	45		0:49:51.1	261	1:27:30.0	272
182	Jaime Sousa	326	1:42:43.9	1:42:15.2	176	M50	20	amigosdacorrida.com	0:51:24.8	306	1:28:25.4	287
183	Vitor Lopes	660	1:42:45.3	1:42:24.4	177	Sen-M	62	CIE	0:49:05.8	236	1:26:56.5	265

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
184	Luís Bastos	653	1:42:47.3	1:42:31.0	178	M50	21	CCD Siemens	0:49:40.0	256	1:27:58.1	277
185	Paulo Rodrigues	438	1:42:49.5	1:42:26.2	179	M45	33		0:49:18.9	244	1:27:50.3	275
186	Ricardo Leitão	545	1:42:50.7	1:42:28.9	180	Sen-M	63	Bolelas team	0:49:29.2	249	1:28:01.8	281
187	Luis Ferreira	187	1:42:52.3	1:42:30.5	181	Sen-M	64	Bolelas team	0:49:29.1	248	1:28:01.8	280
188	Nuno Pedro	689	1:42:53.9	1:42:45.8	182	Sen-M	65	CAOS	0:48:48.1	224	1:28:10.9	282
189	Marco Nóbrega	84	1:43:00.3	1:42:45.4	183	M40	46	Casa do Benfica em	0:50:29.0	272	1:28:25.3	286
190	Antonio Estrela	584	1:43:15.4	1:42:53.7	184	M45	34	Run 4 Fun	0:50:37.1	275	1:28:18.5	284
191	Filipe Branco	411	1:43:15.9	1:43:09.6	185	M45	35	u.r.d.arranhò	0:49:15.3	240	1:28:24.3	285
192	Francisco Pereira	494	1:43:31.9	1:43:22.0	186	M45	36	AÇOREANA CLUBE BANIF	0:51:32.2	311	1:29:10.2	302
193	Nelson Mota	496	1:43:31.9	1:43:19.3	187	M45	37	AÇOREANA CLUBE BANIF	0:51:29.1	309	1:29:06.9	300
194	Nuno Gonçalves	247	1:43:38.8	1:43:15.9	188	M40	47		0:49:38.5	254	1:28:31.6	288
195	Luis Ferreira	314	1:43:40.9	1:43:29.9	189	M45	38	RunLovers	0:49:53.1	262	1:28:52.9	291
196	Paulo Pereira	263	1:43:45.6	1:43:28.9	190	M45	39	CTT	0:50:19.5	267	1:29:07.4	301
197	João Duarte	517	1:43:48.0	1:43:03.5	191	Sen-M	66	People Family Club	0:51:23.1	305	1:29:28.3	305
198	Carla Calçada	162	1:43:51.4	1:43:47.5	7	F40	6	C. C. D. "O ALVITEJO"	0:50:18.6	265	1:28:55.7	293
199	Ana Rute Matos	204	1:43:53.6	1:43:34.7	8	F40	7		0:51:37.6	313	1:29:29.4	306
200	Carlos Portela	505	1:43:57.4	1:43:15.9	192	M40	48		0:50:56.4	290	1:28:53.1	292
201	Nuno Gomes	333	1:43:59.3	1:43:56.0	193	M45	40	C.A. Amigos Parque da Paz	0:52:39.8	339	1:29:49.6	312
202	Pedro Trabucho	137	1:43:59.5	1:43:19.0	194	M50	22	GD Banco BPI	0:50:44.5	277	1:28:59.4	295
203	Vasco Marques	483	1:44:01.8	1:43:55.6	195	M40	49	clube veteranos do lis	0:50:44.9	280	1:29:41.6	310
204	Henrique Ruivo	57	1:44:10.4	1:44:05.2	196	M50	23	Tartarugas Solidárias	0:50:52.9	285	1:29:59.3	313
205	Bruno Costa	398	1:44:17.4	1:44:09.6	197	M40	50	SS CGD	0:51:06.7	298	1:29:37.5	308
206	Luis Barbosa	527	1:44:22.5	1:43:47.9	198	M45	41	Casa do Benfica em	0:50:35.1	273	1:28:17.9	283
207	Ricardo Pebre	115	1:44:23.0	1:43:55.4	199	Sen-M	67	GOIRunners	0:51:56.5	321	1:29:02.4	297
208	Diogo Sousa	114	1:44:23.8	1:43:56.1	200	Sen-M	68	GOIRunners	0:51:56.1	320	1:29:03.9	299
209	Nuno Barreto	118	1:44:24.6	1:43:55.7	201	Sen-M	69	GOIRunners	0:51:55.3	319	1:29:43.8	311
210	Carlos Oleastro	522	1:44:28.4	1:44:13.5	202	M50	24	Casa do Benfica em	0:49:44.0	258	1:29:03.7	298
211	Gonçalo Mexia	209	1:44:32.2	1:44:28.4	203	Sen-M	70	Pernas de Gafanhoto	0:48:58.4	229	1:29:02.1	296
212	Carlos Nabiça	273	1:44:36.9	1:44:32.1	204	M50	25	Sociedade Filarmónica União	0:50:39.0	276	1:29:34.0	307
213	Eduardo Leite	270	1:44:44.7	1:44:24.4	205	Sen-M	71	Bamoximbora	0:53:38.2	377	1:30:26.0	321
214	Hugo Novais	379	1:44:46.3	1:44:28.3	206	Sen-M	72	RUNSINTRA	0:53:41.1	380	1:30:28.6	322
215	Vitor Amado	282	1:44:53.1	1:44:46.9	207	M60	5		0:49:42.2	257	1:28:57.4	294
216	Heitor Gomes	44	1:45:00.7	1:44:53.2	208	M40	51	Georunners	0:51:04.9	296	1:29:41.5	309
217	Bruno Esteves	131	1:45:01.5	1:44:31.8	209	Sen-M	73		0:49:05.6	233	1:28:47.1	289
218	Wang Xiaowu	683	1:45:10.2	1:45:09.0	210	M40	52		0:51:16.0	304	1:30:00.5	315
219	José Luís Santos	481	1:45:25.0	1:44:58.5	211	M45	42	Vila Seca Running Team	0:50:59.2	293	1:30:07.7	317
220	Sérgio Pedro	100	1:45:27.6	1:44:57.2	212	Sen-M	74	Power Rangers	0:50:19.5	266	1:30:11.0	318

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
221	Fernando Celestino	493	1:45:36.9	1:44:52.3	213	M55	9	AÇOREANA CLUBE BANIF	0:50:54.7	288	1:30:03.9	316
222	Joao Bogalheiro	464	1:45:40.1	1:45:27.2	214	M45	43	Amigos Vale do Silencio	0:51:03.4	295	1:30:15.9	319
223	Bruno Martins	370	1:45:41.2	1:45:28.1	215	M40	53		0:50:44.9	279	1:30:23.6	320
224	Rodrigo Pais Almeida	383	1:45:44.0	1:45:35.7	216	Sen-M	75	Surf Runners	0:51:05.4	297	1:30:41.5	324
225	Joao Almeida Peres	647	1:45:47.2	1:45:35.5	217	M40	54	Individual	0:52:24.0	331	1:30:57.8	327
226	Ruben Costa	119	1:45:51.4	1:45:28.7	218	M50	26	Run 4 Fun	0:51:58.7	322	1:31:13.0	330
227	Jose Henriques	221	1:45:55.5	1:45:18.0	219	M40	55	REAL ACADEMIA	0:52:04.4	324	1:30:32.3	323
228	Paulo Quaresma	451	1:45:58.2	1:45:54.7	220	M60	6	Veteranos de Massamá	0:52:05.7	326	1:31:12.1	329
229	Alvaro Pinto	220	1:46:02.8	1:45:27.2	221	M55	10	REAL ACADEMIA	0:52:44.1	342	1:31:19.7	335
230	Mário Monteiro	553	1:46:07.9	1:45:26.0	222	M40	56	Os Galgos	0:51:12.5	302	1:29:28.3	304
231	Mário Bastardo	338	1:46:18.3	1:45:50.0	223	Sen-M	76	Hand 2 Hand	0:51:10.5	300	1:31:14.3	332
232	Jose Oliveira	448	1:46:20.9	1:45:42.3	224	M40	57		0:52:38.9	337	1:31:16.2	333
233	Sérgio Costa	186	1:46:25.5	1:46:01.2	225	Sen-M	77	Ninjas da Estrada	0:52:38.0	336	1:31:41.7	340
234	Marco Caseiro	182	1:46:31.8	1:46:25.6	226	Sen-M	78	Os Perigosos	0:50:59.0	292	1:30:48.3	326
235	Paulo Calvino	101	1:46:43.4	1:46:41.9	227	M40	58	Põe-Te a Milhas	0:51:13.9	303	1:31:34.5	339
236	Marcelo Dias	337	1:46:48.6	1:46:21.1	228	M40	59		0:52:19.7	330	1:31:24.7	337
237	Ricardo Pereira	335	1:46:56.5	1:46:38.5	229	Sen-M	79		0:52:30.9	333	1:32:17.6	354
238	Joao Crespo	356	1:47:01.3	1:46:59.7	230	M50	27	golden team	0:50:51.8	283	1:30:45.7	325
239	Rui Loureiro Marques	147	1:47:01.8	1:46:45.1	231	Sen-M	80	Correr em Monsanto	0:50:49.5	282	1:31:24.7	336
240	João Rosinha	205	1:47:02.9	1:46:54.9	232	M40	60		0:51:36.7	312	1:31:33.9	338
241	Luis Guedes	541	1:47:03.8	1:46:41.7	233	Sen-M	81		0:50:56.2	289	1:31:11.8	328
242	João Pereira	67	1:47:04.5	1:46:49.0	234	M40	61		0:51:03.3	294	1:31:18.4	334
243	SÉrgio Cajado	502	1:47:08.0	1:46:36.6	235	M40	62	AÇOREANA CLUBE BANIF	0:53:18.2	369	1:31:45.0	343
244	Douglas Fry	275	1:47:09.9	1:46:38.5	236	M55	11	Clube Desportivo de Mafra	0:53:07.9	361	1:31:48.2	344
245	Paula Penedo	128	1:47:14.9	1:47:11.7	9	Sen-F	2	Rail Runners	0:51:25.7	307	1:31:49.3	346
246	António Almeida	375	1:47:16.9	1:47:06.4	237	M50	28	VIA3Runners	0:53:00.9	355	1:32:39.5	359
247	Jorge Mimoso	562	1:47:17.1	1:46:44.5	238	M40	63		0:56:39.8	470	1:32:50.9	361
248	José Pereira	671	1:47:22.4	1:46:48.0	239	M45	44	Sempre Favoritos	0:52:50.1	345	1:32:14.5	353
249	Fernando Costa	663	1:47:30.5	1:46:49.8	240	Sen-M	82		0:52:39.0	338	1:32:18.0	355
250	Brigitte Cardoso	106	1:47:31.0	1:46:52.8	10	Sen-F	3	Correr Lisboa	0:52:05.9	327	1:31:59.5	350
251	Jorge Paulo	175	1:47:32.0	1:47:11.6	241	M55	12	Run 4 Fun	0:53:13.1	364	1:31:53.1	348
252	Miguel Serradas Duarte	603	1:47:33.3	1:47:10.7	242	M40	64	Run 4 Fun	0:53:10.8	362	1:31:50.8	347
253	João Leitão	313	1:47:34.5	1:47:24.4	243	M45	45	RunLovers	0:50:56.5	291	1:31:41.9	341
254	Fernando Silva	575	1:47:39.8	1:47:38.6	244	M45	46	C. R. Alturense	0:52:53.9	350	1:32:36.9	357
255	Rui Esteves	68	1:47:41.3	1:47:29.3	245	M40	65	Wikaboo	0:51:26.4	308	1:32:37.7	358
256	Pedro Manuel Gomes	394	1:47:44.7	1:47:29.8	246	M55	13		0:50:44.8	278	1:29:59.4	314
257	João Silva	73	1:47:54.0	1:47:29.3	247	M45	47		0:50:20.8	268	1:31:49.3	345

39.^a Meia Maratona de S. João das Lampas

Finisher List 39^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
258	Jorge Pereira	463	1:47:55.8	1:47:23.3	248	M60	7		0:54:09.1	399	1:33:29.1	371
259	António Dias	482	1:47:56.2	1:47:24.7	249	M40	66	amigosdacorrida.com	0:54:12.1	402	1:33:26.1	369
260	Nuno Costa	405	1:48:00.5	1:47:10.4	250	M40	67	SS CGD	0:53:17.5	368	1:32:57.5	363
261	Nuno Sabino	566	1:48:05.0	1:48:01.5	251	Sen-M	83	AÇOREANA CLUBE BANIF	0:45:22.9	141	1:26:51.0	261
262	Carlos Magalhães	453	1:48:15.4	1:47:47.3	252	M45	48	Jobrinde - Montes Saloios	0:54:49.2	423	1:32:54.1	362
263	Pedro Carvalho	18	1:48:25.4	1:47:46.4	253	M40	68	Correr Lisboa	0:52:06.1	328	1:32:00.5	351
264	Pedro Alves	564	1:48:31.6	1:48:28.8	254	Sen-M	84		0:50:28.1	271	1:31:42.1	342
265	Antonio Guedes	489	1:48:32.2	1:48:23.7	255	M40	69	AÇOREANA CLUBE BANIF	0:50:54.1	287	1:31:55.0	349
266	Luis Chambel	600	1:48:48.1	1:48:30.5	256	Sen-M	85		0:52:55.3	353	1:32:58.2	364
267	António Belo	329	1:48:48.5	1:48:17.7	257	M65	1	amigosdacorrida.com	0:54:13.1	404	1:33:30.7	372
268	Fúlvio Esteves	480	1:48:52.1	1:48:11.0	258	Sen-M	86		0:52:41.5	341	1:32:00.7	352
269	Simão Fernandes	621	1:48:55.7	1:48:35.2	259	Sen-M	87	Monsanto Running Team	0:51:31.7	310	1:32:36.2	356
270	Fernando Morais	133	1:49:05.4	1:48:24.4	260	M50	29	GD Banco BPI	0:53:45.6	382	1:33:00.0	365
271	Ruben Coimbra	332	1:49:10.3	1:48:27.7	261	Sen-M	88		0:52:58.0	354	1:33:06.3	366
272	Cristina Fernandes	632	1:49:11.6	1:49:03.6	11	Sen-F	4		0:52:33.4	335	1:33:31.3	373
273	António Manuel Dos	487	1:49:19.5	1:49:19.0	262	M55	14		0:52:44.2	343	1:34:04.2	380
274	Luis Menem	679	1:49:33.4	1:48:53.1	263	M45	49	Correr Lisboa	0:53:12.4	363	1:33:39.5	374
275	Marta Andrade	2	1:49:38.5	1:49:27.1	12	F40	8	Treino em Casa	0:51:43.8	316	1:34:03.4	379
276	José Garcês	168	1:49:40.0	1:49:08.3	264	M45	50	Clube Atletismo Amigos de	0:57:50.2	523	1:34:53.6	396
277	Pedro Ribeiro	86	1:49:40.2	1:49:16.3	265	Sen-M	89	Run 4 Fun	0:54:00.6	393	1:33:40.4	375
278	Gilberto Dias	580	1:49:41.8	1:49:26.4	266	M50	30		0:53:05.5	357	1:34:01.7	378
279	Tiago Rodrigues	21	1:49:44.0	1:49:05.4	267	Sen-M	90	Correr Lisboa	0:52:53.4	349	1:34:24.6	385
280	Rui Trindade	160	1:49:50.6	1:49:05.5	268	M45	51	CD Estrela	0:55:39.6	442	1:35:02.2	398
281	Helder Santos	345	1:49:51.0	1:49:11.9	269	Sen-M	91		0:52:53.0	346	1:33:27.2	370
282	João Magalhães	253	1:49:51.3	1:49:07.0	270	Sen-M	92	SERUL - Sociedade	0:56:15.0	456	1:35:02.4	399
283	David Simão	25	1:49:52.6	1:49:13.7	271	M45	52	Correr Lisboa	0:52:53.1	347	1:33:43.5	377
284	Inês Peixoto	202	1:49:54.0	1:49:18.7	13	Sen-F	5		0:54:25.2	408	1:34:25.9	388
285	Daniel Ramos	9	1:49:57.6	1:49:45.2	272	Sen-M	93	Jobrinde - Montes Saloios	0:51:42.3	315	1:34:06.6	381
286	Luís Costa	94	1:49:59.2	1:49:41.1	273	M45	53	Salamandrecos	0:51:59.0	323	1:33:16.7	367
287	João Antunes	319	1:50:01.5	1:49:50.6	274	M45	54		0:52:40.8	340	1:34:25.4	387
288	João Barreto	629	1:50:02.2	1:50:01.0	275	Sen-M	94		0:50:22.0	269	1:34:18.5	384
289	Andre Filipe Guerra Dias	508	1:50:03.3	1:49:56.6	276	Sen-M	95	LoureSaúde Running /	0:50:27.8	270	1:32:44.7	360
290	Nuno Pita	573	1:50:06.0	1:49:39.0	277	Sen-M	96	CCDT Metropolitano Lisboa	0:51:09.4	299	1:33:24.2	368
291	Hugo Costa	365	1:50:07.2	1:49:37.8	278	Sen-M	97		0:52:54.2	351	1:34:51.6	394
292	Gabriel Henriques	222	1:50:08.6	1:49:32.0	279	S23-M	7	REAL ACADEMIA	0:54:58.4	432	1:34:34.7	389
293	Paulo Silva	70	1:50:12.3	1:50:06.9	280	M50	31		0:53:41.1	381	1:35:16.4	402
294	Joao Campos	1	1:50:12.5	1:50:07.9	281	M40	70		0:52:53.2	348	1:35:17.0	403

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
295	Sandro Pinto	316	1:50:22.1	1:50:12.4	282	M40	71	RunLovers	0:53:54.9	386	1:35:02.9	400
296	Miguel Castela	321	1:50:26.5	1:49:53.7	283	M40	72	ASSOCIAÇÃO DE	0:54:08.9	396	1:34:48.9	392
297	Carlos Marques	198	1:50:30.3	1:50:13.9	284	M45	55	N.A.Z.A.-Nucleo Atletismo	0:46:04.4	155	1:29:21.5	303
298	Tiago Marques	339	1:50:31.9	1:49:51.9	285	Sen-M	98	Treino do Monge	0:53:20.9	370	1:34:17.4	383
299	Carla Mendes	62	1:50:36.4	1:50:32.3	14	Sen-F	6	Tartarugas Solidárias	0:52:16.8	329	1:34:08.5	382
300	Carlos Fonseca	567	1:50:47.1	1:50:45.3	286	M55	15	AÇOREANA CLUBE BANIF	0:52:55.3	352	1:35:53.3	415
301	Luís Alves	625	1:50:54.1	1:50:53.0	287	Sen-M	99		0:53:07.0	359	1:34:37.0	390
302	Alfredo Falcão	199	1:50:59.5	1:50:36.6	288	M50	32	Run 4 Fun	0:53:28.8	374	1:34:47.2	391
303	Fernando Ferreira	690	1:51:01.2	1:50:34.0	289	M50	33		0:55:02.3	433	1:35:26.0	407
304	Fausto Isaac	492	1:51:03.7	1:50:18.0	290	M45	56	AÇOREANA CLUBE BANIF	0:53:29.9	375	1:33:43.2	376
305	Charles Lima	672	1:51:06.0	1:50:56.5	291	M45	57	RunLovers	0:54:50.6	427	1:35:32.1	410
306	Luis Afonso	110	1:51:17.0	1:50:39.0	292	M40	73	Georunners	0:54:48.8	422	1:35:25.2	406
307	Rui Manuel Dias	213	1:51:18.5	1:50:40.2	293	M40	74	Pi-Linha Runners	0:54:48.1	421	1:35:24.9	405
308	Mário Lopes	181	1:51:28.4	1:51:11.9	294	M45	58	Os Perigosos	0:53:58.1	390	1:35:31.2	409
309	André Almeida	554	1:51:31.0	1:51:15.8	295	Sen-M	100	Benfica	0:53:06.2	358	1:35:07.2	401
310	Antonio Duarte	4	1:51:32.2	1:51:06.7	296	M40	75	Correr Lisboa	0:51:38.0	314	1:34:25.4	386
311	Nuno Rito	11	1:51:34.8	1:51:29.2	297	Sen-M	101	Tartarugas Solidárias	0:54:42.9	413	1:35:55.6	416
312	João Barreira	31	1:51:35.4	1:51:10.8	298	Sen-M	102	Run 4 Fun	0:53:25.7	372	1:35:18.6	404
313	Paulo Trigo	387	1:51:40.9	1:51:32.8	299	Sen-M	103	Runners da Frente Ribeirinha	0:54:46.3	418	1:36:17.5	419
314	Paulo Pais	66	1:51:41.9	1:51:26.4	300	M50	34		0:52:45.4	344	1:34:53.6	395
315	Nelson Ferreira	164	1:51:45.0	1:51:07.3	301	Sen-M	104		0:54:47.8	419	1:35:51.6	414
316	Filipe Leitão	384	1:51:48.1	1:51:39.0	302	Sen-M	105	Surf Runners	0:54:06.8	395	1:35:47.8	413
317	Nuno Pereira	670	1:51:52.5	1:51:16.8	303	Sen-M	106	Sempre Favoritos	0:53:07.2	360	1:35:00.5	397
318	Maria Manuela Machado	6	1:51:53.7	1:51:32.4	15	F50	1	Run 4 Fun	0:54:10.6	400	1:35:44.6	411
319	Rui Vieira	61	1:51:54.3	1:51:50.9	304	M45	59		0:57:21.0	505	1:36:56.6	431
320	Carlos Monteiro	706	1:51:55.2	1:51:25.2	305	M50	35		0:56:55.8	485	1:36:55.2	430
321	Santos Luis Miguel	10	1:51:57.8	1:51:24.3	306	M50	36	ASSOCIAÇÃO DE	0:54:09.0	397	1:35:45.9	412
322	Diogo Leite	299	1:52:00.1	1:51:46.9	307	Sen-M	107		0:52:28.8	332	1:35:27.2	408
323	Pedro Mota Marques	664	1:52:04.7	1:51:23.4	308	Sen-M	108		0:57:38.6	513	1:37:06.3	433
324	Paula Santos	296	1:52:08.7	1:51:56.1	16	F40	9	Os Tugas	0:55:08.8	436	1:36:30.6	423
325	Ricardo Jesus	16	1:52:12.1	1:51:42.5	309	M40	76		0:54:46.3	417	1:34:50.4	393
326	Ricardo Silva	395	1:52:19.2	1:52:09.4	310	Sen-M	109		0:53:24.7	371	1:36:03.7	417
327	Filipa Ferro	217	1:52:31.3	1:52:15.5	17	Sen-F	7	Run 4 Fun	0:54:54.2	429	1:36:44.3	427
328	Jose Magalhaes	30	1:52:33.5	1:52:08.9	311	M45	60	Run 4 Fun	0:53:26.1	373	1:36:14.2	418
329	Carlos Balau	630	1:52:43.6	1:52:42.6	312	M40	77		0:54:32.2	411	1:36:41.1	426
330	Anabela de Jesus	591	1:52:55.1	1:52:42.7	18	F40	10	Varitintas	0:54:45.4	415	1:37:00.2	432
331	Rui Matos	191	1:52:58.5	1:52:19.4	313	Sen-M	110	BE2RUN	0:54:13.6	405	1:36:35.0	424

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
332	Bruno Matias	594	1:52:59.7	1:52:41.9	314	Sen-M	111		0:54:00.8	394	1:36:26.2	422
333	Bernardete Morita	519	1:53:07.4	1:53:06.7	19	F40	11	Tartarugas Solidárias	0:56:05.1	452	1:38:06.9	447
334	Pedro Santos	80	1:53:31.1	1:53:26.5	315	M40	78		0:53:48.8	384	1:36:44.4	428
335	Pedro Barrela	141	1:53:31.2	1:53:03.2	316	M40	79	GD Banco BPI	0:53:40.8	378	1:36:23.2	421
336	Pedro Lopes	287	1:53:32.0	1:53:08.2	317	M40	80		0:55:54.1	446	1:37:52.6	440
337	Maria Duarte	414	1:53:38.3	1:53:24.8	20	F40	12		0:55:57.4	449	1:37:30.6	437
338	Luís Ferreira	391	1:53:40.4	1:53:15.3	318	M45	61	Rail Runners	0:57:11.5	496	1:38:31.6	455
339	Osvaldo Almada	678	1:53:44.6	1:53:25.4	319	M40	81		0:57:03.6	487	1:38:37.1	458
340	Manuel António	392	1:53:55.1	1:53:37.9	320	M45	62	Rail Runners	0:53:55.4	387	1:37:39.5	439
341	Alexandre Reis	520	1:54:00.1	1:53:44.9	321	M50	37	Casa do Benfica em	0:52:33.1	334	1:36:37.2	425
342	Luis Calheiros	140	1:54:07.9	1:53:40.1	322	M40	82	GD Banco BPI	0:54:50.5	426	1:37:13.0	434
343	José Manuel Veiga	691	1:54:12.4	1:53:48.7	323	M55	16		0:55:17.3	437	1:38:04.4	445
344	Paulo Trindade	555	1:54:17.7	1:54:04.4	324	M40	83	O MUNDO DA CORRIDA	0:56:26.2	463	1:38:19.4	452
345	Carlos Marques	152	1:54:21.7	1:53:47.4	325	Sen-M	112		0:57:54.2	524	1:38:12.3	449
346	António Bogas	521	1:54:26.2	1:53:53.7	326	M45	63	Casa do Benfica em	0:55:39.7	443	1:37:14.1	435
347	JosÉ Neves	235	1:54:31.3	1:54:16.8	327	M45	64	ASSOCIAÇÃO DE	0:56:17.1	459	1:38:17.5	451
348	Nuno Gonçalves	540	1:54:35.9	1:54:06.9	328	M40	84	GDCT Imprensa Nacional	0:55:29.6	440	1:37:31.2	438
349	Nuno Bogalheiro	588	1:54:36.0	1:54:22.5	329	M40	85	Amigos Vale do Silencio	0:54:45.8	416	1:38:17.4	450
350	Jorge Atalaia	139	1:54:39.4	1:54:15.2	330	Sen-M	113	GD Banco BPI	0:54:58.0	431	1:37:14.8	436
351	Francisco Plínio	574	1:54:41.5	1:54:26.6	331	M55	17	CCDT Metropolitano Lisboa	0:54:39.2	412	1:37:55.1	442
352	Paulo Alexandre Silva	156	1:54:41.7	1:54:39.9	332	M50	38		0:54:49.4	424	1:38:07.2	448
353	Cristina Caldeira	311	1:54:42.3	1:54:34.0	21	F40	13	RunLovers	0:54:49.5	425	1:38:06.8	446
354	Cláudia Bico	428	1:54:42.5	1:54:42.2	22	Sen-F	8	CCD PM CASCAIS	0:54:25.7	409	1:38:19.6	453
355	José Castro	165	1:54:49.3	1:54:15.8	333	M55	18	Clube Atletismo Amigos de	0:58:53.0	546	1:38:52.0	462
356	Jose Nogueira	157	1:55:13.7	1:54:39.3	334	M50	39		0:56:53.0	482	1:38:55.7	465
357	Joaquim Morgado	127	1:55:14.3	1:54:47.3	335	M45	65		0:56:49.4	475	1:38:48.5	461
358	João Navarro	454	1:55:15.9	1:54:40.7	336	M40	86	Lisboa Racket Centerr	0:58:10.5	532	1:39:47.6	482
359	Jorge Nunes	132	1:55:22.6	1:54:48.2	337	Sen-M	114	GD Banco BPI	0:56:52.3	481	1:38:55.3	464
360	Inês Mariquitos	15	1:55:22.7	1:54:48.3	23	Sen-F	9		0:56:53.4	483	1:38:55.7	466
361	Adelino Trindade	206	1:55:23.2	1:54:45.5	338	M40	87	Correr Lisboa	0:53:47.2	383	1:38:01.7	444
362	Luís Andrade	259	1:55:23.7	1:54:51.7	339	M40	88	CTT	0:58:36.8	540	1:40:07.6	485
363	Luís Gil Caldeira	396	1:55:25.1	1:54:55.0	340	M40	89	C.A. Amigos Parque da Paz	0:56:49.7	477	1:39:41.9	479
364	Rafael Santos	297	1:55:26.2	1:55:11.9	341	M45	66	Os Tugas	0:57:47.0	522	1:39:56.1	483
365	Miguel San-Payo	363	1:55:26.9	1:55:02.2	342	M50	40	Run 4 Fun	0:57:08.5	495	1:39:36.1	475
366	André Carvalho	246	1:55:27.0	1:55:11.0	343	Sen-M	115		0:57:16.7	501	1:39:44.7	481
367	Antonio Goucha Soares	673	1:55:27.3	1:55:01.8	344	M50	41		0:57:07.2	493	1:39:35.6	474
368	Carlos Simoes	241	1:55:30.7	1:55:29.6	345	Sen-M	116	Vila Seca Running Team	0:53:59.0	391	1:38:27.7	454

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
369	Sergio Montes	458	1:55:35.1	1:54:59.8	346	Sen-M	117	N.A.Z.A.-Nucleo Atletismo	0:56:56.1	486	1:40:25.1	494
370	Luís Pires	650	1:55:35.5	1:55:09.1	347	M40	90	Holmes Place Algés	0:55:50.9	445	1:38:40.1	460
371	Luís Boletto	471	1:55:35.8	1:55:16.0	348	Sen-M	118	Monsanto Running Team	0:57:18.5	503	1:40:15.7	489
372	Pedro Serra	163	1:55:39.5	1:55:02.3	349	Sen-M	119	Correr Lisboa	0:54:12.6	403	1:37:52.7	441
373	Álvaro Conceição	374	1:55:43.4	1:55:05.0	350	Sen-M	120		0:56:39.6	469	1:38:37.0	457
374	Miguel Eufémio	639	1:55:43.8	1:55:04.4	351	Sen-M	121		0:56:38.6	467	1:38:36.0	456
375	Vítor Venda	283	1:55:48.8	1:45:16.1	352	M40	91		0:54:22.6	407	1:31:13.8	331
376	Carlos Sa	172	1:55:58.7	1:55:46.1	353	M45	67	clube desportivo de chelas	0:56:48.1	474	1:39:08.0	469
377	José Sampaio	455	1:56:00.7	1:55:25.4	354	M45	68	Lisboa Racket Centerr	0:58:10.7	534	1:40:16.6	490
378	José Pereira	184	1:56:04.2	1:55:47.4	355	M55	19	Os Perigosos	0:56:42.9	473	1:39:42.8	480
379	Joana Silva	76	1:56:09.1	1:56:02.8	24	Sen-F	10	Just Natural Please	0:55:19.8	438	1:39:39.3	478
380	Joao Dias	612	1:56:09.1	1:56:08.7	356	Sen-M	122	Pontével a Mexer	0:53:57.3	388	1:38:52.4	463
381	Fernando Oliveira	288	1:56:10.0	1:55:22.2	357	M55	20	CLUBE ANACOM	0:56:14.9	455	1:39:34.0	473
382	Jorge Manuel Góis	684	1:56:14.2	1:55:45.0	358	M45	69		0:56:29.8	464	1:40:30.0	495
383	Osman Aziz	48	1:56:16.4	1:56:14.2	359	S23-M	8	FoxHound	0:53:16.6	366	1:37:57.9	443
384	Fernando Silva	422	1:56:20.0	1:55:57.0	360	M50	42	Clube Desportivo de Mafra	0:56:38.0	466	1:39:28.4	472
385	Patricia Encarnacao	93	1:56:25.2	1:56:06.5	25	F40	14	Salamandrecos	0:56:20.7	460	1:40:13.1	487
386	Nuno Anastacio	317	1:56:27.0	1:56:16.1	361	Sen-M	123	RunLovers	0:54:21.2	406	1:39:37.6	476
387	José Mateus	585	1:56:38.2	1:56:24.0	362	M55	21		0:54:28.9	410	1:39:05.2	468
388	Armando Aldegalega	609	1:56:44.1	1:56:43.7	363	M65	2	asas do milenium (o	0:53:57.3	389	1:36:51.2	429
389	Mário Machado	543	1:56:44.9	1:56:16.1	364	M65	3	Revista SPIRIDON	0:53:59.4	392	1:36:22.6	420
390	José António Cardoso	98	1:56:45.8	1:56:06.6	365	Sen-M	124	Correr Lisboa	0:52:05.1	325	1:38:39.3	459
391	Ricardo Sequeira	619	1:56:48.7	1:56:05.2	366	Sen-M	125	Ferroviário de Portugal	0:59:28.6	560	1:41:18.0	506
392	Paulo Campos	662	1:56:56.8	1:56:52.2	367	M45	70		0:55:25.6	439	1:40:13.1	488
393	João Almeida	439	1:56:59.7	1:56:08.9	368	Sen-M	126		0:56:42.8	472	1:39:23.5	471
394	Carlos Moreira	572	1:57:01.2	1:56:48.6	369	M60	8	CCDT Metropolitano Lisboa	0:57:22.5	507	1:41:07.5	503
395	Teodoro Trindade	71	1:57:08.5	1:56:43.1	370	M50	43	Run 4 Fun	0:55:55.8	447	1:40:04.0	484
396	Leonel Carlos Cardoso	680	1:57:18.2	1:56:49.3	371	M45	71	Individual	0:57:13.5	498	1:40:38.2	496
397	Paulo Mota	635	1:57:24.2	1:56:48.0	372	M45	72	ASSOCIAÇÃO DE	0:56:51.9	479	1:40:22.3	492
398	Carlos Dores	79	1:57:24.5	1:57:05.8	373	M45	73		0:57:05.2	488	1:41:04.1	501
399	Nuno Marques	310	1:57:29.1	1:57:20.1	374	M45	74	RunLovers	0:54:55.6	430	1:39:39.3	477
400	Francisco José Amaro	590	1:57:29.1	1:57:14.9	375	M45	75	Varitintas	0:54:45.0	414	1:39:17.6	470
401	Sandra Simões	7	1:57:43.1	1:57:22.7	26	F40	15	Run 4 Fun	0:57:26.6	509	1:40:57.6	498
402	Margarida Fernandes	462	1:57:50.4	1:57:43.6	27	Sen-F	11	Aminhacorrida/	0:56:50.9	478	1:41:13.6	504
403	Nuno Miguel de Jesus	200	1:58:06.5	1:57:35.1	376	Sen-M	127		0:57:42.1	516	1:41:03.1	500
404	António Manuel Da	188	1:58:07.1	1:57:35.6	377	M50	44		0:57:41.8	515	1:41:04.2	502
405	Daniel Oliveira	677	1:58:24.4	1:58:19.2	378	Sen-M	128	Pernas de Gafanhoto	0:57:20.7	504	1:42:46.2	528

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
406	Ricardo Cano	170	1:58:34.8	1:58:03.7	379	Sen-M	129	Clube Atletismo Amigos de	1:01:21.1	594	1:43:16.8	535
407	Manuel Romano	189	1:58:34.8	1:58:15.1	380	M50	45	Run 4 Fun	0:53:35.1	376	1:40:08.0	486
408	Miguel Gomes	610	1:58:42.3	1:58:28.0	381	M40	92	asas do milenium (o	0:55:56.4	448	1:41:14.0	505
409	André Cabral	667	1:58:49.5	1:58:06.5	382	Sen-M	130		0:53:54.6	385	1:40:38.8	497
410	Antonio Ventura	226	1:58:58.2	1:58:29.0	383	M55	22	REAL ACADEMIA	0:57:44.4	520	1:41:31.6	508
411	Helena Custódio	368	1:59:04.0	1:58:50.4	28	Sen-F	12		0:56:04.0	451	1:40:24.9	493
412	Elisa Dabrio	224	1:59:09.4	1:59:08.0	29	F40	16	REAL ACADEMIA	0:58:06.3	528	1:42:40.3	524
413	Carlos José Monteiro	19	1:59:12.0	1:58:33.2	384	M50	46		0:59:21.7	558	1:43:06.9	533
414	Albino Tomas	702	1:59:15.6	1:59:12.0	385	M55	23		0:57:11.8	497	1:42:19.7	516
415	Carla Morgado	336	1:59:17.2	1:59:03.7	30	F40	17		0:58:10.7	533	1:42:30.8	521
416	Jose Oliveira	456	1:59:18.4	1:58:42.5	386	M50	47	N.A.Z.A.-Nucleo Atletismo	0:56:55.8	484	1:41:21.6	507
417	Tam Afonso	503	1:59:18.6	1:59:09.5	387	M60	9	AÇOREANA CLUBE BANIF	0:57:16.2	500	1:42:21.9	518
418	Jorge Paulino	420	1:59:20.7	1:58:58.0	388	M55	24	Clube Desportivo de Mafra	0:58:46.2	544	1:43:21.9	539
419	Joao Batista	616	1:59:23.6	1:58:53.3	389	M60	10		0:56:51.9	480	1:41:39.5	509
420	João Afonso	485	1:59:25.5	1:58:53.6	390	M40	93		0:58:36.9	541	1:41:55.8	511
421	Nuno Santiago	366	1:59:26.8	1:58:53.1	391	Sen-M	131	O MUNDO DA CORRIDA	0:56:39.0	468	1:42:00.1	513
422	Luis Canhão	43	1:59:32.9	1:59:25.1	392	M45	76		0:56:07.4	453	1:42:25.8	519
423	Jorge Campos	661	1:59:36.1	1:59:32.3	393	M40	94		0:58:55.6	547	1:43:39.3	542
424	Paulo Picado	230	1:59:37.7	1:59:11.0	394	M40	95	Falcões Selvagens	1:01:56.7	614	1:43:21.3	538
425	Nuno Madureira	547	1:59:38.6	1:58:54.9	395	Sen-M	132		1:00:17.7	572	1:42:16.1	515
426	Pedro Cordeiro	582	1:59:39.5	1:59:06.5	396	M40	96		0:58:06.5	529	1:42:37.0	523
427	Maria Da Luz Conchinha	216	1:59:39.7	1:59:29.3	31	F50	2	Clube do Stress	0:57:34.2	511	1:42:25.9	520
428	Joel Silva	14	1:59:40.7	1:59:32.9	397	M40	97	Falcões Selvagens	0:58:04.5	527	1:43:18.9	536
429	Pedro Henrique	83	1:59:41.8	1:59:00.2	398	Sen-M	133	fisiobarrosorun	0:56:32.6	465	1:41:42.8	510
430	Luis Miguel Santos	595	1:59:42.7	1:59:15.2	399	M45	77	Alverca Urban Runners	0:57:07.5	494	1:41:01.2	499
431	João Salgueiro Antunes	142	1:59:43.2	1:59:17.7	400	M45	78	GD Banco BPI	0:55:02.7	434	1:42:52.1	529
432	Eugenia Cid	665	1:59:47.9	1:59:35.6	32	F40	18	Twins	0:56:42.1	471	1:42:40.4	525
433	Luisa Palminhas	530	1:59:49.9	1:59:38.7	33	F40	19	RunLovers	0:57:42.5	517	1:42:41.8	526
434	Artur Botão	539	2:00:05.6	1:59:21.3	401	M45	79	ACADEMIA DO LUMIAR	0:55:57.5	450	1:41:58.7	512
435	Eugenia Vale	701	2:00:07.2	1:59:51.2	34	F60	1		0:57:32.6	510	1:43:10.5	534
436	Pedro Moura	556	2:00:07.7	1:59:46.3	402	Sen-M	134		0:55:38.8	441	1:40:18.3	491
437	Fernando Dias	581	2:00:19.0	2:00:00.6	403	M50	48		0:57:05.3	489	1:43:02.5	532
438	Rogério Matos	434	2:00:20.0	1:59:59.8	404	M50	49	Run 4 Fun	0:59:30.6	561	1:43:40.6	544
439	Lara Ferreira	654	2:00:23.1	1:59:48.8	35	Sen-F	13	Ferreiras	0:58:58.4	549	1:43:53.6	548
440	Antonio Negrinho	397	2:00:25.3	1:59:36.0	405	M50	50	SS CGD	0:58:12.1	536	1:42:19.7	517
441	João Paulo Róis	648	2:00:34.8	2:00:11.2	406	Sen-M	135		0:53:15.6	365	1:38:58.3	467
442	Ana Monteiro	22	2:00:36.9	2:00:29.0	36	F40	20	Georunners	0:59:15.1	556	1:44:17.5	555

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
443	Ana Coutinho	244	2:00:51.4	2:00:25.8	37	Sen-F	14		0:57:17.9	502	1:43:19.2	537
444	Jose Alves	478	2:00:51.7	2:00:01.4	407	Sen-M	136		1:00:10.3	570	1:43:28.7	540
445	Romina Guedes	212	2:00:56.4	2:00:38.2	38	Sen-F	15	Dolce CR / Running Team	0:58:59.2	550	1:43:55.4	549
446	Paulo Aleixo	346	2:00:57.6	2:00:41.5	408	Sen-M	137		0:53:04.9	356	1:43:57.3	551
447	Domingos Duro	330	2:01:03.2	2:00:33.4	409	M65	4	amigosdacorrida.com	0:59:42.3	564	1:44:44.4	561
448	Nuno Beijoca	685	2:01:03.3	2:00:49.7	410	Sen-M	138		0:56:15.5	457	1:42:44.5	527
449	Manuela Folgado	27	2:01:04.7	2:01:00.8	39	F60	2	Falcões Selvagens	0:56:25.2	462	1:42:55.4	531
450	Susana Santos	245	2:01:05.0	2:00:45.2	40	Sen-F	16		0:59:11.7	554	1:44:05.0	553
451	Nuno Sousa	237	2:01:16.8	2:00:31.4	411	Sen-M	139		0:58:56.0	548	1:42:54.6	530
452	Fernando Marques	436	2:01:25.2	2:01:15.4	412	M50	51	Correr EPAL	0:58:38.9	543	1:43:37.6	541
453	Sarah Musgrave	54	2:01:33.4	2:01:17.5	41	F40	21		0:57:25.6	508	1:43:47.2	546
454	Ana Patricia Silva	32	2:01:35.6	2:01:28.1	42	Sen-F	17	Tartarugas Solidárias	0:57:36.1	512	1:43:49.4	547
455	Luis Simoes	361	2:01:35.8	2:01:09.2	413	M40	98	brandoa corre	0:55:42.7	444	1:42:11.4	514
456	Jaime Trabucho	203	2:01:41.8	2:01:07.7	414	M50	52		1:00:32.9	581	1:45:24.8	569
457	Pedro Lucas	460	2:01:49.3	2:01:28.3	415	Sen-M	140	Clube Bolinha	0:58:09.3	530	1:45:38.1	573
458	Gilberto Gonçalves	277	2:01:54.9	2:01:22.7	416	M65	5	Clube Atletismo Amigos de	0:59:33.6	562	1:43:56.0	550
459	Catarina Martins	416	2:01:59.1	2:01:10.7	43	F40	22	SS CGD	0:59:39.5	563	1:43:43.8	545
460	Joao Ricardo Duarte	52	2:02:15.7	2:02:10.1	417	M40	99		0:59:45.1	565	1:45:04.1	566
461	Manuel Rodrigues	227	2:02:15.8	2:01:42.2	418	M50	53	REAL ACADEMIA	0:58:33.5	539	1:44:54.3	564
462	Júlio Castro	166	2:02:28.9	2:01:58.6	419	M55	25	Clube Atletismo Amigos de	1:01:22.0	595	1:45:38.0	572
463	Bruno Afonso	74	2:02:33.5	2:02:21.2	420	Sen-M	141		0:56:14.5	454	1:43:39.4	543
464	Augusto Paulo Neves	606	2:02:50.3	2:02:11.1	421	M45	80		1:01:37.9	606	1:45:36.6	571
465	Ricardo Araújo	65	2:02:58.5	2:02:39.1	422	Sen-M	142		0:57:15.6	499	1:44:34.8	557
466	Rui Moura	13	2:03:01.8	2:02:23.9	423	Sen-M	143		0:54:48.0	420	1:42:35.3	522
467	Eduardo Bernardo	146	2:03:02.6	2:02:57.3	424	M40	100	SUDU	0:58:38.7	542	1:45:05.5	567
468	Jose Luis Santos	486	2:03:09.3	2:02:38.4	425	M55	26		0:58:59.9	551	1:44:33.4	556
469	Katharina Burggraf	513	2:03:12.7	2:02:59.7	44	Sen-F	18		0:58:04.2	526	1:44:39.2	560
470	Simão Pedro Sanches	514	2:03:12.7	2:02:59.5	426	Sen-M	144		0:58:03.7	525	1:44:38.9	559
471	Pedro Morão Correia	107	2:03:15.6	2:03:02.3	427	Sen-M	145		0:59:22.9	559	1:45:45.3	575
472	Gabriel Antonio	412	2:03:20.1	2:02:30.1	428	M50	54	u.r.d.arranhò	0:59:59.7	569	1:45:24.4	568
473	Justino Santos	238	2:03:27.6	2:03:14.0	429	Sen-M	146		0:57:07.1	492	1:44:00.7	552
474	João Santos	450	2:03:44.4	2:03:29.3	430	M65	6	Veteranos de Massamá	0:59:03.0	552	1:45:53.6	576
475	Noemia Monteiro	452	2:03:44.5	2:03:34.1	45	Sen-F	19	Clube do Stress	0:59:14.3	555	1:45:58.9	578
476	José Henriques	178	2:03:46.6	2:02:52.6	431	M45	81		0:57:06.4	491	1:44:52.9	563
477	José Rodrigues	236	2:03:46.6	2:02:52.4	432	M45	82		0:57:06.4	490	1:44:50.8	562
478	Elsa Mota	37	2:03:47.6	2:03:25.7	46	F50	3	Run 4 Fun	0:59:48.0	567	1:46:00.9	579
479	Jorge Esteves	35	2:03:48.0	2:03:25.6	433	M50	55	Run 4 Fun	0:59:47.3	566	1:45:57.8	577

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
480	Luis Pereira	537	2:03:52.3	2:03:03.1	434	M45	83	CLUBE ANACOM	1:01:22.7	597	1:46:05.5	581
481	João Veigas	78	2:03:53.6	2:03:03.3	435	Sen-M	147		1:01:24.7	599	1:46:03.3	580
482	Luisa Landeiro	404	2:03:55.7	2:03:06.9	47	F40	23	SS CGD	0:59:53.2	568	1:45:44.1	574
483	Ivo Claro	72	2:03:57.5	2:03:50.8	436	Sen-M	148	Tartarugas Solidárias	1:00:26.6	578	1:46:36.2	582
484	Marina Andrade	108	2:03:57.7	2:03:51.7	48	F40	24	Tartarugas Solidárias	1:00:23.4	576	1:46:37.2	583
485	Ivan Ramos	429	2:04:06.7	2:04:06.1	437	Sen-M	149	CCD PM CASCAIS	0:53:16.9	367	1:45:01.3	565
486	Luis Damião	676	2:04:28.7	2:03:50.2	438	M45	84		0:57:21.6	506	1:44:35.5	558
487	Sergio Rodelo	56	2:04:31.4	2:03:53.8	439	M45	85	Run Crew Trail Montijo	1:01:17.8	592	1:47:08.7	585
488	Alexandra Sofia Liliu Do	126	2:04:56.3	2:04:18.1	49	Sen-F	20		1:01:16.1	591	1:47:13.7	586
489	Nuno Apolo	378	2:05:10.0	2:04:25.3	440	Sen-M	150	Restaurante O Cartaxeiro	1:02:08.9	620	1:49:28.5	607
490	Nelson Barreiros	557	2:05:29.6	2:04:53.3	441	M45	86	Cofina Runners	0:58:19.0	537	1:46:43.2	584
491	Nuno Corte-Real	102	2:05:53.3	2:05:28.8	442	M50	56	Põe-Te a Milhas	1:01:14.8	590	1:47:42.2	589
492	Pedro Loureiro	474	2:05:57.0	2:05:32.8	443	M40	101	JPRun	1:00:14.7	571	1:47:47.3	591
493	Ceu Carvalho	88	2:06:02.4	2:05:52.5	50	F40	25	Tartarugas Solidárias	1:01:37.9	605	1:47:59.2	594
494	JosÉ Magro	459	2:06:04.0	2:05:55.9	444	M45	87	Runners da Frente Ribeirinha	0:59:21.1	557	1:48:30.9	601
495	Pedro Lopes	301	2:06:04.7	2:05:10.5	445	Sen-M	151		1:01:04.9	587	1:48:14.7	596
496	Gonçalo Delca	681	2:06:30.8	2:05:39.0	446	M40	102		1:04:18.3	649	1:50:48.8	621
497	Nuno Vitorino	633	2:06:38.4	2:06:37.1	447	Sen-M	152		0:58:49.3	545	1:47:56.9	593
498	Ludgero Santana	646	2:06:44.5	2:06:18.2	448	M50	57	JG - Seguros - Vila fria	1:00:20.2	574	1:47:43.6	590
499	Miguel Azevedo	249	2:06:45.4	2:06:19.0	449	M45	88		1:00:19.9	573	1:47:16.4	587
500	Anabela Amaral	308	2:06:56.8	2:06:52.8	51	F40	26	10 KM de Tagarro	1:00:56.0	585	1:49:10.2	606
501	Joaquim Miguel Gamito	687	2:07:00.9	2:06:18.2	450	M50	58	individual	0:58:32.6	538	1:48:18.9	598
502	Marcos Noritake	688	2:07:02.1	2:06:18.3	451	M45	89	Multirunners	0:58:11.5	535	1:45:35.4	570
503	Vitor Paulo	657	2:07:16.3	2:07:07.4	452	M40	103		1:02:22.2	624	1:49:50.8	614
504	Daniel Marques	641	2:07:21.3	2:07:13.9	453	M45	90		1:00:20.9	575	1:48:27.3	600
505	Carlos Albano	410	2:07:23.6	2:06:37.2	454	M40	104	SS CGD	0:57:41.2	514	1:47:56.1	592
506	Pedro Luiz	64	2:07:24.2	2:07:05.6	455	Sen-M	153	Correr na Cidade	0:58:09.4	531	1:48:25.5	599
507	Isaac CarrÉlo	468	2:07:30.8	2:06:41.0	456	M50	59	CLUBE ANACOM	1:02:05.1	618	1:49:29.7	608
508	Vasco Ferreira	240	2:07:35.7	2:06:51.7	457	M50	60	MultiRunners	1:00:27.4	579	1:48:44.9	602
509	Helena Nunes	323	2:07:39.1	2:07:02.0	52	F40	27		1:01:22.4	596	1:48:57.2	604
510	Paulo Taboas	703	2:07:39.9	2:07:03.6	458	M45	91		0:57:46.3	521	1:48:51.1	603
511	Luis Tonicher	89	2:07:40.3	2:07:01.3	459	Sen-M	154		1:01:50.8	612	1:48:57.4	605
512	Miguel Teles Matos	364	2:07:42.9	2:07:07.3	460	M45	92		1:01:30.8	602	1:48:03.3	595
513	Carla Silva	5	2:07:43.7	2:07:06.1	53	F40	28		1:02:38.0	628	1:50:34.0	618
514	Manuel Silva	570	2:07:44.2	2:07:06.1	461	M55	27		1:02:37.6	627	1:50:33.7	617
515	Analice Silva	551	2:07:50.5	2:07:45.7	54	F60	3	O MUNDO DA CORRIDA	1:00:30.6	580	1:48:14.9	597
516	Franco Wudich	315	2:08:13.7	2:08:03.8	462	M50	61	RunLovers	1:02:02.5	617	1:49:33.8	610

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
517	Nuno Bastos	550	2:08:43.3	2:08:25.8	463	M40	105		1:01:18.5	593	1:50:35.6	619
518	José Catita	604	2:08:53.0	2:08:24.9	464	M55	28	GARMIN-C.O.Oeiras	1:04:32.4	655	1:51:06.3	624
519	Bruno Dias	419	2:09:04.7	2:08:24.9	465	M40	106		1:01:06.1	588	1:49:40.4	611
520	Pedro Machado	548	2:09:12.1	2:08:51.6	466	M50	62	Run 4 Fun	1:03:18.6	633	1:50:52.5	622
521	Deolinda Santos	63	2:09:17.0	2:08:25.1	55	F40	29		1:04:18.5	651	1:51:15.5	626
522	João Duarte	347	2:09:17.7	2:08:34.3	467	M45	93		1:03:09.2	632	1:50:39.2	620
523	Joana Catarina de	415	2:09:22.0	2:08:46.8	56	Sen-F	21		1:03:04.9	631	1:50:54.5	623
524	Ines Duarte	579	2:09:41.2	2:09:04.3	57	Sen-F	22		0:56:20.9	461	1:47:30.2	588
525	Natalya Marcheva	531	2:09:51.1	2:09:37.5	58	F40	30	Casa do Benfica em	1:01:24.9	600	1:51:16.1	627
526	Abilio Tavares	563	2:09:57.9	2:09:50.4	468	M60	11		1:01:04.8	586	1:50:09.0	616
527	Nuno Andrade	130	2:10:07.9	2:09:29.9	469	M40	107		1:01:13.4	589	1:49:32.0	609
528	JosÉ Ramos	658	2:10:19.0	2:09:57.3	470	M50	63	CIE	1:01:46.8	610	1:51:16.9	628
529	Tania Veiga	659	2:10:19.1	2:09:57.5	59	Sen-F	23	CIE	1:01:47.1	611	1:51:17.4	629
530	Patricia Pedro	534	2:10:40.4	2:10:07.2	60	F50	4	Casa do Benfica em	1:03:54.4	638	1:52:22.8	634
531	Joaquim Cruz	528	2:10:43.3	2:10:10.9	471	M55	29	Casa do Benfica em	1:01:56.8	615	1:51:28.7	630
532	Pedro Louro	406	2:10:56.2	2:10:47.5	472	Sen-M	155	SS CGD	1:00:25.6	577	1:49:59.5	615
533	Jorge Garcia	469	2:11:05.8	2:10:16.1	473	Sen-M	156	CLUBE ANACOM	0:59:07.3	553	1:49:42.6	613
534	Luis Quartin	675	2:11:07.3	2:02:02.2	474	M50	64	Clube do Stress	0:55:05.7	435	1:44:15.6	554
535	Henrique Villhena	120	2:11:17.0	2:10:37.6	475	M55	30		1:03:25.6	636	1:52:31.9	635
536	Manuel Graça	568	2:11:23.9	2:11:13.2	476	M65	7		1:02:00.1	616	1:52:04.0	632
537	Marta Duarte	325	2:11:25.5	2:11:16.8	61	F40	31		1:03:58.6	640	1:52:47.5	642
538	JosÉ Vaz	470	2:11:33.9	2:10:44.7	477	M55	31	CLUBE ANACOM	0:57:43.1	519	1:49:42.5	612
539	Joaquim Guerreiro	636	2:11:42.8	2:11:05.9	478	M40	108	ASSOCIAÇÃO DE	1:01:41.0	608	1:52:37.1	639
540	Mafalda Nunes	637	2:11:43.4	2:11:06.6	62	F40	32	ASSOCIAÇÃO DE	1:01:41.2	609	1:52:37.2	640
541	Carla Oliveira	272	2:11:44.4	2:11:41.2	63	F40	33		1:01:39.2	607	1:51:28.8	631
542	Ana Luisa Melo	697	2:11:44.7	2:11:39.7	64	S23-F	1		1:02:21.9	623	1:52:36.0	637
543	Ana Patrícia	620	2:11:50.4	2:11:06.7	65	Sen-F	24	People Family Club	1:04:05.4	641	1:52:42.8	641
544	Sandra Cardoso	475	2:12:05.5	2:11:41.6	66	F40	34	JPRun	1:02:24.6	625	1:53:27.8	643
545	Helena Pires	393	2:12:11.2	2:12:05.3	67	F40	35	Rail Runners	1:02:52.0	630	1:53:51.4	650
546	Frederico Gomes	284	2:12:19.5	2:11:28.6	479	Sen-M	157	Meridianos	1:01:53.3	613	1:51:11.9	625
547	Albano Alves	488	2:12:19.9	2:11:51.1	480	M60	12	AÇOREANA CLUBE BANIF	1:04:32.9	656	1:52:07.1	633
548	Iris Mauricio	524	2:12:40.1	2:12:28.6	68	Sen-F	25	RunLovers	1:04:15.9	646	1:53:30.7	644
549	Carlos Alberto Marques	373	2:13:08.1	2:12:19.5	481	M65	8		1:02:35.6	626	1:52:34.5	636
550	Vitor Gonçalves	124	2:13:11.9	2:12:25.9	482	M45	94	4 ao Km	1:04:19.3	652	1:53:32.6	647
551	Isadora Costa	123	2:13:12.7	2:12:26.3	69	Sen-F	26	4 ao Km	1:04:17.9	647	1:53:32.8	648
552	Tércio Alves	265	2:13:21.9	2:12:54.9	483	Sen-M	158	CTT	1:00:46.7	584	1:52:37.0	638
553	Andreia Oliveira	228	2:13:53.3	2:13:45.8	70	Sen-F	27	Georunners	1:01:28.3	601	1:53:32.3	646

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
554	Nuno Lopes	640	2:13:55.3	2:13:33.3	484	M40	109		0:57:42.8	518	1:54:49.1	654
555	João Lima	122	2:13:58.8	2:13:12.8	485	M55	32	4 ao Km	1:04:18.3	648	1:53:31.5	645
556	Paula Carvalho	615	2:13:59.9	2:13:37.3	71	F40	36	RUN 4 FUN	1:04:36.7	657	1:55:32.5	659
557	Cesar Domingos Diogo	87	2:14:11.0	2:13:45.5	486	Sen-M	159		1:03:18.8	634	1:53:46.1	649
558	João Bouza Da Costa	622	2:14:11.8	2:13:29.2	487	M40	110		1:00:33.0	582	1:54:03.9	651
559	Nuno Loureiro	113	2:14:29.8	2:14:02.8	488	M45	95	Falcões Selvagens	1:02:11.0	621	1:54:30.2	652
560	Luis Lisboa Santos	589	2:14:56.8	2:14:41.7	489	M55	33	Amigos Vale do Silencio	1:04:07.3	643	1:55:08.2	657
561	Henriqueta Solipa	23	2:15:08.9	2:14:59.8	72	F50	5	GINASIO CLUBE	1:04:06.7	642	1:54:38.6	653
562	Bernardete Vaz	151	2:15:10.1	2:15:04.3	73	F40	37	Tartarugas Solidárias	1:04:11.9	645	1:54:58.3	656
563	Sandra Maria Moura	276	2:15:19.4	2:14:43.3	74	Sen-F	28		1:04:26.8	653	1:55:59.2	660
564	Manuel Azevedo	449	2:15:19.7	2:15:03.2	490	M55	34	Veteranos de Massamá	1:00:34.6	583	1:55:08.2	658
565	Tiago Silva	39	2:15:29.7	2:15:16.9	491	Sen-M	160	Tartarugas Solidárias	1:05:20.2	661	1:56:02.5	661
566	Lina Santos	343	2:15:35.4	2:14:54.0	75	Sen-F	29	Correr Lisboa	1:04:41.0	659	1:56:02.9	662
567	Sandra Martins	501	2:16:33.2	2:15:47.5	76	Sen-F	30	AÇOREANA CLUBE BANIF	1:06:05.1	670	1:57:50.6	669
568	Nuno Espírito Santo	498	2:16:33.3	2:15:48.2	492	M45	96	AÇOREANA CLUBE BANIF	1:06:05.3	671	1:57:48.9	667
569	Narciso Sá	532	2:16:39.3	2:15:51.7	493	M45	97	Casa do Benfica em	1:06:29.4	674	1:57:18.2	664
570	Carlos Andrade	60	2:16:41.5	2:16:08.7	494	Sen-M	161	SPEM	1:04:29.3	654	1:54:56.9	655
571	Helena Leitão	312	2:16:41.6	2:16:29.5	77	F40	38	RunLovers	1:05:51.5	667	1:57:47.8	666
572	Antonio Jorge	490	2:16:42.9	2:16:23.4	495	M60	13	AÇOREANA CLUBE BANIF	1:05:50.2	665	1:58:03.8	670
573	João Cravo	125	2:17:20.9	2:16:34.7	496	Sen-M	162	4 ao Km	1:04:18.5	650	1:57:49.3	668
574	Daniel Leitão	38	2:17:49.3	2:17:40.4	497	M55	35		1:07:32.9	681	1:58:57.7	675
575	Ivone Pereira	430	2:18:03.0	2:18:02.3	78	F40	39	CCD PM CASCAIS	1:05:48.3	664	1:58:28.6	671
576	Fernando Martins	261	2:18:17.7	2:17:45.5	498	M45	98	CTT	1:05:36.5	662	1:57:16.7	663
577	António Sanches	136	2:18:29.2	2:17:46.3	499	M55	36	GD Banco BPI	1:08:51.1	685	2:00:31.7	678
578	Claudia Tam	491	2:18:43.7	2:17:56.6	79	Sen-F	31	AÇOREANA CLUBE BANIF	1:06:29.4	675	1:58:49.4	673
579	Sara Henriques	433	2:19:52.3	2:19:50.5	80	F40	40	CCD PM CASCAIS	1:05:44.9	663	1:58:47.2	672
580	Eduardo Amorim	274	2:20:31.9	2:19:55.3	500	M40	111		1:09:40.0	690	2:01:12.8	682
581	Ângela Suzano	262	2:20:57.8	2:20:41.0	81	F40	41	CTT	1:02:51.3	629	1:58:56.3	674
582	Teresa Marta	686	2:21:06.7	2:20:46.3	82	F40	42	Põe-Te a Milhas	1:01:37.8	604	1:57:18.8	665
583	Jacinta Almeida	388	2:21:15.0	2:20:49.9	83	F50	6	Rail Runners	1:07:17.1	679	2:00:10.4	677
584	Pedro Martins	583	2:22:06.6	2:21:56.0	501	Sen-M	163	People Family Club	1:06:02.2	669	2:01:20.9	683
585	Susana Vilaça	696	2:22:53.3	2:22:34.3	84	Sen-F	32	Monsanto Running Team	1:09:42.4	691	2:02:44.4	684
586	André Noronha	399	2:24:05.4	2:23:17.7	502	M50	65	SS CGD	1:03:55.1	639	2:00:50.9	680
587	Cristiana Almeida	409	2:24:05.5	2:23:17.8	85	F50	7	SS CGD	1:03:47.0	637	2:00:45.7	679
588	Paulo Goncalves	542	2:24:06.0	2:23:44.6	503	M55	37		1:03:25.3	635	2:01:06.6	681
589	José Emílio Lindo Lindo	549	2:24:48.1	2:24:42.3	504	M65	9		1:02:08.5	619	1:59:17.6	676
590	Fatima Santos	51	2:24:58.2	2:24:42.8	86	Sen-F	33	Jobrinde - Montes Saloios	1:06:51.3	678	2:02:57.4	685

39.^a Meia Maratona de S. João das Lampas

Finisher List 39.^a Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
591	Rita Barão Monteiro	644	2:25:45.6	2:25:22.1	87	Sen-F	34	Põe-Te a Milhas	1:07:34.3	682	2:03:35.7	686
592	Inês Soares	268	2:25:53.6	2:25:27.5	88	Sen-F	35	CTT	1:07:25.8	680	2:03:53.4	687
593	Inês Barradas	134	2:26:07.2	2:25:56.0	89	Sen-F	36	GD Banco BPI	1:09:07.8	687	2:05:12.2	690
594	Elisete Manuel	611	2:26:31.3	2:26:03.3	90	F40	43	asas do milenium (o	1:09:31.4	688	2:04:39.4	688
595	José Mestre	138	2:30:31.1	2:29:48.3	505	M55	38	GD Banco BPI	1:08:51.2	686	2:04:40.6	689
596	João Cachinho	91	2:30:59.6	2:30:25.8	506	M65	10	Kaninos	1:07:46.0	683	2:06:34.0	691
597	Marco Cachinho	90	2:30:59.8	2:30:28.2	507	Sen-M	164	Kaninos	1:07:48.7	684	2:06:38.1	692
598	Ana Varejão	29	2:31:28.0	2:31:06.1	91	F50	8	Run 4 Fun	1:09:37.9	689	2:07:31.3	693
599	Paula Pereira	267	2:36:13.6	2:35:49.0	92	F40	44	CTT	1:11:35.8	693	2:12:23.7	694
600	António Pinho	95	2:36:30.1	2:36:13.2	508	M60	14	O MUNDO DA CORRIDA	1:11:20.7	692	2:14:17.8	695
601	Fábio Pio Dias	479	2:42:46.2	2:42:17.0	509	M40	112		1:16:52.9	696	2:18:53.7	696
602	Paulo Jorge Amorim	467	2:49:34.6	2:49:29.1	510	Sen-M	165		1:17:34.4	697	2:23:22.1	697
603	Délia Afonso	693	2:52:55.1	2:52:12.5	93	F40	45		1:16:09.4	695	2:24:26.3	698
604	Tiago Fonseca	232	2:53:52.9	2:53:12.8	511	M40	113		1:24:42.9	699	2:30:03.1	699
605	Florbela Pires	233	2:53:52.9	2:53:13.0	94	F40	46		1:24:45.4	700	2:30:07.6	700
606	Monica Silva	92	DSQ	1:44:28.6	95	F40	47	Salamandrecos	1:02:16.0	622		13
607	Rui Almeida	116	DSQ	1:46:07.6	512	Sen-M	166	GO!Runners	0:53:41.0	379		16
608	Celia Francisco	214	DSQ		96	F40	48	Tartarugas Solidárias		18		24
609	Cecília Nicolau	322	DSQ	1:49:54.7	97	F40	49	ASSOCIAÇÃO DE	0:54:09.1	398		48
610	Cláudia Garcia	340	DSQ	2:20:53.5	98	Sen-F	37	Correr Lisboa	1:06:08.3	672		51
611	Jose Maio	350	DSQ	1:40:14.3	513	M50	66	CLUBE DESPORTIVO DO	0:56:49.6	476		56
612	Ricardo Oliveira	605	DSQ	1:55:37.7	514	M40	114	Free Running	0:54:52.0	428		90
613	Vera Almeida	408	DSQ	1:39:12.9	99	Sen-F	38	SS CGD	0:48:15.1	703	1:25:16.4	703
614	José Caldeirinha	257	DSQ		515	Sen-M	167	Tartarugas Solidárias		701		701
615	Ana Martins	26	DNS		100	F50	9	Falcões Selvagens		704		704

Number of records: 615

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
39^a Meia Maratona de S. João das Lampas													
m													
Seniors-M													
1		Bruno Lourenço	649	1:17:30.2	1:17:15.2	2	Sen-M	2	Holmes Place Algés	0:38:28.8	75	1:06:10.1	97
2		Vitor Oliveira	509	1:17:55.1	1:17:53.6	4	Sen-M	4	ASC Vale Grande	0:38:33.1	76	1:07:01.6	98
3		João Paulo	382	1:17:57.9	1:17:57.2	5	Sen-M	5		0:38:54.7	78	1:07:03.1	99
4		Paulo Alves	511	1:21:19.3	1:21:17.7	9	Sen-M	9	ASC Vale Grande	0:40:09.7	84	1:10:05.2	105
5		Euclides Sanches	523	1:23:25.5	1:23:24.8	12	Sen-M	12	Casa do Benfica em	0:38:55.0	80	1:10:29.4	106
6		Abel Assemblano	598	1:24:30.0	1:24:23.4	17	Sen-M	17	N.A.Z.A.-Nucleo	0:41:38.7	92	1:12:23.6	113
7		Luis Santos	150	1:24:53.0	1:24:51.0	18	Sen-M	18		0:40:22.8	85	1:12:20.9	112
8		Marco Fernandes	627	1:26:29.6	1:26:25.0	22	Sen-M	22	NucleOeiras	0:43:03.1	106	1:14:51.1	125
9		José Rodrigues	477	1:26:51.6	1:26:50.4	26	Sen-M	26		0:42:36.7	102	1:14:41.6	123
10		Carlos Pacheco	45	1:26:59.3	1:26:35.4	27	Sen-M	27	M.M.C.P.	0:43:03.6	107	1:14:34.8	120
11		Pedro Cardoso	105	1:28:04.3	1:27:57.4	32	Sen-M	32	Correr Lisboa	0:42:56.1	104	1:15:31.1	127
12		Nuno Soares	306	1:28:27.6	1:28:23.1	35	Sen-M	35	Correr Lisboa	0:42:21.9	99	1:14:35.1	121
13		Luis Varzea	577	1:29:41.8	1:29:41.3	42	Sen-M	42	C. R. Alturense	0:43:17.1	110	1:16:51.1	139
14		Carlos Moura	177	1:29:46.2	1:29:44.7	43	Sen-M	43	ZFortes 16	0:43:53.2	115	1:16:50.3	138
15		Nelson Casanova	533	1:29:49.8	1:29:49.2	44	Sen-M	44	Casa do Benfica em	0:41:55.9	94	1:15:45.3	129
16		Jose Renato	298	1:29:54.3	1:29:46.1	45	Sen-M	45		0:45:10.9	136	1:17:45.6	144
17		Bruno Dias	371	1:30:07.6	1:30:06.9	46	Sen-M	46	Adraga BTTeam	0:43:10.2	109	1:17:28.9	141
18		José Borges	597	1:31:07.3	1:31:02.7	52	Sen-M	52	N.A.Z.A.-Nucleo	0:44:47.7	132	1:18:40.9	149
19		João Catalão	390	1:31:25.7	1:31:22.8	53	Sen-M	53	Rail Runners	0:45:06.7	135	1:18:31.6	147
20		David Karim	225	1:31:31.6	1:31:20.4	54	Sen-M	54	REAL ACADEMIA	0:45:11.2	137	1:18:57.3	153
21		Pedro Simões	516	1:31:57.7	1:31:14.0	58	Sen-M	58	People Family Club	0:45:36.3	145	1:19:01.5	155
22		Tiago Martins	652	1:32:18.3	1:32:01.0	62	Sen-M	62		0:44:55.0	133	1:19:22.6	159
23		Fernando	353	1:33:02.4	1:32:58.7	64	Sen-M	64	Gelpeixe	0:45:47.3	149	1:20:11.5	161
24		Pedro Pina	85	1:33:35.1	1:33:28.7	70	Sen-M	70	LoureSaúde Running	0:46:34.1	168	1:20:32.4	167
25		António Arede	174	1:33:35.1	1:33:13.0	71	Sen-M	71	Monsanto Running	0:46:18.1	162	1:20:16.9	163
26		Ricardo Damião	628	1:33:52.9	1:33:35.9	72	Sen-M	72	N.A.Z.A.-Nucleo	0:43:40.6	114	1:19:02.6	156
27		Nuno Amorim	418	1:33:54.7	1:33:54.4	73	Sen-M	73	Pontével a Mexer	0:45:17.7	140	1:20:03.4	160
28		Fernando	185	1:34:02.2	1:33:56.7	74	Sen-M	74	Os Perigosos	0:45:33.1	144	1:20:46.5	170

39.^a Meia Maratona de S. João das Lampas

Result List AG 39.^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
29		Tiago Póvoa	601	1:34:02.5	1:33:57.4	75	Sen-M	75		0:45:32.0	143	1:20:40.8	168
30		Pedro Luzio	476	1:35:19.8	1:35:08.3	81	Sen-M	81	SS CGD	0:46:06.5	156	1:21:31.9	176
31		Ricardo Vitorino	211	1:36:07.8	1:36:06.4	85	Sen-M	86	Dolce CR / Running	0:46:32.9	167	1:22:39.8	185
32		Helder Valadas	180	1:36:17.1	1:36:10.5	87	Sen-M	88	Os Perigosos	0:46:13.1	160	1:22:04.1	183
33		Janicio Reis	526	1:36:18.7	1:36:17.9	88	Sen-M	89	Casa do Benfica em	0:44:46.6	131	1:22:00.2	181
34		Marco Cruz	279	1:36:22.4	1:36:13.1	89	Sen-M	90	Clube Atletismo	0:47:34.6	197	1:22:56.6	189
35		Eduardo Santos	354	1:36:36.2	1:36:32.9	93	Sen-M	94	Gelpeixe	0:47:26.3	190	1:23:19.3	195
36		Cristovão Gomes	484	1:36:45.0	1:36:39.5	98	Sen-M	99	clube veteranos do	0:46:51.6	176	1:23:03.4	192
37		Vitor Marques	443	1:36:59.4	1:36:51.7	101	Sen-M	102		0:44:45.9	130	1:21:38.6	179
38		Luís Nunes	518	1:36:59.6	1:36:51.2	102	Sen-M	103	Runners da Frente	0:44:45.2	129	1:21:38.1	178
39		Bernardo	440	1:37:14.8	1:37:10.0	104	Sen-M	105		0:46:54.6	177	1:23:36.1	203
40		Paulo Marques	12	1:37:18.5	1:37:17.1	106	Sen-M	107	GO!Runners	0:47:26.1	189	1:23:30.6	198
41		Ildebrando Aires	289	1:37:29.4	1:37:20.3	108	Sen-M	109	Rafa Team 2015	0:47:32.1	193	1:23:37.7	204
42		Frederico	599	1:37:38.4	1:37:35.1	110	Sen-M	112		0:47:27.0	191	1:23:42.4	205
43		Julio Fernandes	623	1:37:50.2	1:37:20.9	112	Sen-M	114		0:48:32.3	219	1:24:23.3	218
44		Paulo Frango	242	1:37:52.9	1:37:39.7	113	Sen-M	115	Monsanto Running	0:47:20.5	186	1:23:42.8	206
45		Miguel Cardoso	190	1:38:08.8	1:37:34.2	114	Sen-M	116		0:47:06.9	182	1:23:12.2	193
46		Afzal Aziz	47	1:38:12.5	1:38:09.3	116	Sen-M	118	FoxHound	0:47:42.3	198	1:23:34.8	201
47		Ricardo Ferreira	655	1:38:24.3	1:38:23.1	119	Sen-M	121	Ferreiras	0:46:23.3	163	1:24:03.5	213
48		Ricardo Alves	499	1:38:47.4	1:38:44.5	125	Sen-M	127	AÇOREANA CLUBE	0:49:02.6	231	1:25:43.9	244
49		Nélio Carvalho	417	1:38:52.1	1:38:49.8	127	Sen-M	129	Pontével a Mexer	0:45:45.1	148	1:24:33.1	220
50		Francisco Freire	135	1:39:31.3	1:39:20.2	133	Sen-M	136	GD Banco BPI	0:46:50.9	175	1:25:07.0	227
51		Mario Gomes	613	1:39:47.3	1:39:45.0	140	Sen-M	144	Pontével a Mexer	0:48:01.5	202	1:25:23.8	232
52		Veaceslav Ignat	466	1:40:00.4	1:39:58.0	145	Sen-M	149		0:46:44.3	173	1:25:44.3	245
53		João Maças	260	1:40:01.0	1:39:33.5	146	Sen-M	150	CTT	0:49:24.2	246	1:25:47.7	246
54		Ricardo Marta	695	1:40:25.5	1:40:19.2	151	Sen-M	157	Café Cartoon Run	0:48:30.3	218	1:25:50.7	247
55		Nuno Silva	507	1:40:37.9	1:40:16.6	152	Sen-M	158	GRD OS FIXES	0:48:16.5	207	1:25:52.4	249
56		Gonçalo Lopes	33	1:40:43.4	1:40:22.9	154	Sen-M	160	Run 4 Fun	0:47:11.4	183	1:25:29.8	238
57		José Monteiro	614	1:40:46.7	1:40:34.8	155	Sen-M	161	SS CGD	0:49:38.6	255	1:26:47.4	258
58		Florianio Silva	461	1:41:50.1	1:41:47.1	163	Sen-M	169	Aminhacorrida/	0:46:39.5	172	1:26:35.7	256
59		João Veiga	69	1:41:50.8	1:41:30.0	164	Sen-M	170	Correr Lisboa	0:49:16.0	241	1:27:08.9	267
60		André Lopes	77	1:42:10.4	1:41:52.6	168	Sen-M	174	Bilhudos	0:49:16.1	242	1:27:12.7	268
61		Nuno Gaspar	645	1:42:28.4	1:42:27.0	172	Sen-M	178		0:49:09.6	239	1:27:23.5	270

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
62		Vitor Lopes	660	1:42:45.3	1:42:24.4	177	Sen-M	183	CIE	0:49:05.8	236	1:26:56.5	265
63		Ricardo Leitão	545	1:42:50.7	1:42:28.9	180	Sen-M	186	Bolelas team	0:49:29.2	249	1:28:01.8	281
64		Luis Ferreira	187	1:42:52.3	1:42:30.5	181	Sen-M	187	Bolelas team	0:49:29.1	248	1:28:01.8	280
65		Nuno Pedro	689	1:42:53.9	1:42:45.8	182	Sen-M	188	CAOS	0:48:48.1	224	1:28:10.9	282
66		João Duarte	517	1:43:48.0	1:43:03.5	191	Sen-M	197	People Family Club	0:51:23.1	305	1:29:28.3	305
67		Ricardo Pebre	115	1:44:23.0	1:43:55.4	199	Sen-M	207	GO!Runners	0:51:56.5	321	1:29:02.4	297
68		Diogo Sousa	114	1:44:23.8	1:43:56.1	200	Sen-M	208	GO!Runners	0:51:56.1	320	1:29:03.9	299
69		Nuno Barreto	118	1:44:24.6	1:43:55.7	201	Sen-M	209	GO!Runners	0:51:55.3	319	1:29:43.8	311
70		Gonçalo Mexia	209	1:44:32.2	1:44:28.4	203	Sen-M	211	Pernas de Gafanhoto	0:48:58.4	229	1:29:02.1	296
71		Eduardo Leite	270	1:44:44.7	1:44:24.4	205	Sen-M	213	Bamoximbora	0:53:38.2	377	1:30:26.0	321
72		Hugo Novais	379	1:44:46.3	1:44:28.3	206	Sen-M	214	RUNSINTRA	0:53:41.1	380	1:30:28.6	322
73		Bruno Esteves	131	1:45:01.5	1:44:31.8	209	Sen-M	217		0:49:05.6	233	1:28:47.1	289
74		Sérgio Pedro	100	1:45:27.6	1:44:57.2	212	Sen-M	220	Power Rangers	0:50:19.5	266	1:30:11.0	318
75		Rodrigo Pais	383	1:45:44.0	1:45:35.7	216	Sen-M	224	Surf Runners	0:51:05.4	297	1:30:41.5	324
76		Mário Bastardo	338	1:46:18.3	1:45:50.0	223	Sen-M	231	Hand 2 Hand	0:51:10.5	300	1:31:14.3	332
77		Sérgio Costa	186	1:46:25.5	1:46:01.2	225	Sen-M	233	Ninjas da Estrada	0:52:38.0	336	1:31:41.7	340
78		Marco Caseiro	182	1:46:31.8	1:46:25.6	226	Sen-M	234	Os Perigosos	0:50:59.0	292	1:30:48.3	326
79		Ricardo Pereira	335	1:46:56.5	1:46:38.5	229	Sen-M	237		0:52:30.9	333	1:32:17.6	354
80		Rui Loureiro	147	1:47:01.8	1:46:45.1	231	Sen-M	239	Correr em Monsanto	0:50:49.5	282	1:31:24.7	336
81		Luis Guedes	541	1:47:03.8	1:46:41.7	233	Sen-M	241		0:50:56.2	289	1:31:11.8	328
82		Fernando Costa	663	1:47:30.5	1:46:49.8	240	Sen-M	249		0:52:39.0	338	1:32:18.0	355
83		Nuno Sabino	566	1:48:05.0	1:48:01.5	251	Sen-M	261	AÇOREANA CLUBE	0:45:22.9	141	1:26:51.0	261
84		Pedro Alves	564	1:48:31.6	1:48:28.8	254	Sen-M	264		0:50:28.1	271	1:31:42.1	342
85		Luis Chambel	600	1:48:48.1	1:48:30.5	256	Sen-M	266		0:52:55.3	353	1:32:58.2	364
86		Fúlvio Esteves	480	1:48:52.1	1:48:11.0	258	Sen-M	268		0:52:41.5	341	1:32:00.7	352
87		Simão Fernandes	621	1:48:55.7	1:48:35.2	259	Sen-M	269	Monsanto Running	0:51:31.7	310	1:32:36.2	356
88		Ruben Coimbra	332	1:49:10.3	1:48:27.7	261	Sen-M	271		0:52:58.0	354	1:33:06.3	366
89		Pedro Ribeiro	86	1:49:40.2	1:49:16.3	265	Sen-M	277	Run 4 Fun	0:54:00.6	393	1:33:40.4	375
90		Tiago Rodrigues	21	1:49:44.0	1:49:05.4	267	Sen-M	279	Correr Lisboa	0:52:53.4	349	1:34:24.6	385
91		Helder Santos	345	1:49:51.0	1:49:11.9	269	Sen-M	281		0:52:53.0	346	1:33:27.2	370
92		João Magalhães	253	1:49:51.3	1:49:07.0	270	Sen-M	282	SERUL - Sociedade	0:56:15.0	456	1:35:02.4	399
93		Daniel Ramos	9	1:49:57.6	1:49:45.2	272	Sen-M	285	Jobrinde - Montes	0:51:42.3	315	1:34:06.6	381
94		João Barreto	629	1:50:02.2	1:50:01.0	275	Sen-M	288		0:50:22.0	269	1:34:18.5	384

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
95		Andre Filipe	508	1:50:03.3	1:49:56.6	276	Sen-M	289	LoureSaúde Running	0:50:27.8	270	1:32:44.7	360
96		Nuno Pita	573	1:50:06.0	1:49:39.0	277	Sen-M	290	CCDT Metropolitano	0:51:09.4	299	1:33:24.2	368
97		Hugo Costa	365	1:50:07.2	1:49:37.8	278	Sen-M	291		0:52:54.2	351	1:34:51.6	394
98		Tiago Marques	339	1:50:31.9	1:49:51.9	285	Sen-M	298	Treino do Monge	0:53:20.9	370	1:34:17.4	383
99		Luís Alves	625	1:50:54.1	1:50:53.0	287	Sen-M	301		0:53:07.0	359	1:34:37.0	390
100		André Almeida	554	1:51:31.0	1:51:15.8	295	Sen-M	309	Benfica	0:53:06.2	358	1:35:07.2	401
101		Nuno Rito	11	1:51:34.8	1:51:29.2	297	Sen-M	311	Tartarugas Solidárias	0:54:42.9	413	1:35:55.6	416
102		João Barreira	31	1:51:35.4	1:51:10.8	298	Sen-M	312	Run 4 Fun	0:53:25.7	372	1:35:18.6	404
103		Paulo Trigo	387	1:51:40.9	1:51:32.8	299	Sen-M	313	Runners da Frente	0:54:46.3	418	1:36:17.5	419
104		Nelson Ferreira	164	1:51:45.0	1:51:07.3	301	Sen-M	315		0:54:47.8	419	1:35:51.6	414
105		Filipe Leitão	384	1:51:48.1	1:51:39.0	302	Sen-M	316	Surf Runners	0:54:06.8	395	1:35:47.8	413
106		Nuno Pereira	670	1:51:52.5	1:51:16.8	303	Sen-M	317	Sempre Favoritos	0:53:07.2	360	1:35:00.5	397
107		Diogo Leite	299	1:52:00.1	1:51:46.9	307	Sen-M	322		0:52:28.8	332	1:35:27.2	408
108		Pedro Mota	664	1:52:04.7	1:51:23.4	308	Sen-M	323		0:57:38.6	513	1:37:06.3	433
109		Ricardo Silva	395	1:52:19.2	1:52:09.4	310	Sen-M	326		0:53:24.7	371	1:36:03.7	417
110		Rui Matos	191	1:52:58.5	1:52:19.4	313	Sen-M	331	BE2RUN	0:54:13.6	405	1:36:35.0	424
111		Bruno Matias	594	1:52:59.7	1:52:41.9	314	Sen-M	332		0:54:00.8	394	1:36:26.2	422
112		Carlos Marques	152	1:54:21.7	1:53:47.4	325	Sen-M	345		0:57:54.2	524	1:38:12.3	449
113		Jorge Atalaia	139	1:54:39.4	1:54:15.2	330	Sen-M	350	GD Banco BPI	0:54:58.0	431	1:37:14.8	436
114		Jorge Nunes	132	1:55:22.6	1:54:48.2	337	Sen-M	359	GD Banco BPI	0:56:52.3	481	1:38:55.3	464
115		André Carvalho	246	1:55:27.0	1:55:11.0	343	Sen-M	366		0:57:16.7	501	1:39:44.7	481
116		Carlos Simoes	241	1:55:30.7	1:55:29.6	345	Sen-M	368	Vila Seca Running	0:53:59.0	391	1:38:27.7	454
117		Sergio Montes	458	1:55:35.1	1:54:59.8	346	Sen-M	369	N.A.Z.A.-Nucleo	0:56:56.1	486	1:40:25.1	494
118		Luís Boleto	471	1:55:35.8	1:55:16.0	348	Sen-M	371	Monsanto Running	0:57:18.5	503	1:40:15.7	489
119		Pedro Serra	163	1:55:39.5	1:55:02.3	349	Sen-M	372	Correr Lisboa	0:54:12.6	403	1:37:52.7	441
120		Álvaro Conceição	374	1:55:43.4	1:55:05.0	350	Sen-M	373		0:56:39.6	469	1:38:37.0	457
121		Miguel Eufémio	639	1:55:43.8	1:55:04.4	351	Sen-M	374		0:56:38.6	467	1:38:36.0	456
122		Joao Dias	612	1:56:09.1	1:56:08.7	356	Sen-M	380	Pontével a Mexer	0:53:57.3	388	1:38:52.4	463
123		Nuno Anastacio	317	1:56:27.0	1:56:16.1	361	Sen-M	386	RunLovers	0:54:21.2	406	1:39:37.6	476
124		José António	98	1:56:45.8	1:56:06.6	365	Sen-M	390	Correr Lisboa	0:52:05.1	325	1:38:39.3	459
125		Ricardo Sequeira	619	1:56:48.7	1:56:05.2	366	Sen-M	391	Ferroviário de	0:59:28.6	560	1:41:18.0	506
126		João Almeida	439	1:56:59.7	1:56:08.9	368	Sen-M	393		0:56:42.8	472	1:39:23.5	471
127		Nuno Miguel de	200	1:58:06.5	1:57:35.1	376	Sen-M	403		0:57:42.1	516	1:41:03.1	500

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
128		Daniel Oliveira	677	1:58:24.4	1:58:19.2	378	Sen-M	405	Pernas de Gafanhoto	0:57:20.7	504	1:42:46.2	528
129		Ricardo Cano	170	1:58:34.8	1:58:03.7	379	Sen-M	406	Clube Atletismo	1:01:21.1	594	1:43:16.8	535
130		André Cabral	667	1:58:49.5	1:58:06.5	382	Sen-M	409		0:53:54.6	385	1:40:38.8	497
131		Nuno Santiago	366	1:59:26.8	1:58:53.1	391	Sen-M	421	O MUNDO DA	0:56:39.0	468	1:42:00.1	513
132		Nuno Madureira	547	1:59:38.6	1:58:54.9	395	Sen-M	425		1:00:17.7	572	1:42:16.1	515
133		Pedro Henrique	83	1:59:41.8	1:59:00.2	398	Sen-M	429	fisiobarrosorun	0:56:32.6	465	1:41:42.8	510
134		Pedro Moura	556	2:00:07.7	1:59:46.3	402	Sen-M	436		0:55:38.8	441	1:40:18.3	491
135		João Paulo Róis	648	2:00:34.8	2:00:11.2	406	Sen-M	441		0:53:15.6	365	1:38:58.3	467
136		Jose Alves	478	2:00:51.7	2:00:01.4	407	Sen-M	444		1:00:10.3	570	1:43:28.7	540
137		Paulo Aleixo	346	2:00:57.6	2:00:41.5	408	Sen-M	446		0:53:04.9	356	1:43:57.3	551
138		Nuno Beijoca	685	2:01:03.3	2:00:49.7	410	Sen-M	448		0:56:15.5	457	1:42:44.5	527
139		Nuno Sousa	237	2:01:16.8	2:00:31.4	411	Sen-M	451		0:58:56.0	548	1:42:54.6	530
140		Pedro Lucas	460	2:01:49.3	2:01:28.3	415	Sen-M	457	Clube Bolinha	0:58:09.3	530	1:45:38.1	573
141		Bruno Afonso	74	2:02:33.5	2:02:21.2	420	Sen-M	463		0:56:14.5	454	1:43:39.4	543
142		Ricardo Araújo	65	2:02:58.5	2:02:39.1	422	Sen-M	465		0:57:15.6	499	1:44:34.8	557
143		Rui Moura	13	2:03:01.8	2:02:23.9	423	Sen-M	466		0:54:48.0	420	1:42:35.3	522
144		Simão Pedro	514	2:03:12.7	2:02:59.5	426	Sen-M	470		0:58:03.7	525	1:44:38.9	559
145		Pedro Morão	107	2:03:15.6	2:03:02.3	427	Sen-M	471		0:59:22.9	559	1:45:45.3	575
146		Justino Santos	238	2:03:27.6	2:03:14.0	429	Sen-M	473		0:57:07.1	492	1:44:00.7	552
147		João Veigas	78	2:03:53.6	2:03:03.3	435	Sen-M	481		1:01:24.7	599	1:46:03.3	580
148		Ivo Claro	72	2:03:57.5	2:03:50.8	436	Sen-M	483	Tartarugas Solidárias	1:00:26.6	578	1:46:36.2	582
149		Ivan Ramos	429	2:04:06.7	2:04:06.1	437	Sen-M	485	CCD PM CASCAIS	0:53:16.9	367	1:45:01.3	565
150		Nuno Apolo	378	2:05:10.0	2:04:25.3	440	Sen-M	489	Restaurante O	1:02:08.9	620	1:49:28.5	607
151		Pedro Lopes	301	2:06:04.7	2:05:10.5	445	Sen-M	495		1:01:04.9	587	1:48:14.7	596
152		Nuno Vitorino	633	2:06:38.4	2:06:37.1	447	Sen-M	497		0:58:49.3	545	1:47:56.9	593
153		Pedro Luiz	64	2:07:24.2	2:07:05.6	455	Sen-M	506	Correr na Cidade	0:58:09.4	531	1:48:25.5	599
154		Luis Tonicher	89	2:07:40.3	2:07:01.3	459	Sen-M	511		1:01:50.8	612	1:48:57.4	605
155		Pedro Louro	406	2:10:56.2	2:10:47.5	472	Sen-M	532	SS CGD	1:00:25.6	577	1:49:59.5	615
156		Jorge Garcia	469	2:11:05.8	2:10:16.1	473	Sen-M	533	CLUBE ANACOM	0:59:07.3	553	1:49:42.6	613
157		Frederico Gomes	284	2:12:19.5	2:11:28.6	479	Sen-M	546	Meridianos	1:01:53.3	613	1:51:11.9	625
158		Tércio Alves	265	2:13:21.9	2:12:54.9	483	Sen-M	552	CTT	1:00:46.7	584	1:52:37.0	638
159		Cesar Domingos	87	2:14:11.0	2:13:45.5	486	Sen-M	557		1:03:18.8	634	1:53:46.1	649
160		Tiago Silva	39	2:15:29.7	2:15:16.9	491	Sen-M	565	Tartarugas Solidárias	1:05:20.2	661	1:56:02.5	661

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
161		Carlos Andrade	60	2:16:41.5	2:16:08.7	494	Sen-M	570	SPEM	1:04:29.3	654	1:54:56.9	655
162		João Cravo	125	2:17:20.9	2:16:34.7	496	Sen-M	573	4 ao Km	1:04:18.5	650	1:57:49.3	668
163		Pedro Martins	583	2:22:06.6	2:21:56.0	501	Sen-M	584	People Family Club	1:06:02.2	669	2:01:20.9	683
164		Marco Cachinho	90	2:30:59.8	2:30:28.2	507	Sen-M	597	Kaninos	1:07:48.7	684	2:06:38.1	692
165		Paulo Jorge	467	2:49:34.6	2:49:29.1	510	Sen-M	602		1:17:34.4	697	2:23:22.1	697
166		Rui Almeida	116	DSQ	1:46:07.6	512	Sen-M	607	GO!Runners	0:53:41.0	379		16
167		José Caldeirinha	257	DSQ		515	Sen-M	614	Tartarugas Solidárias		701		701

Sub23-M

1		Bruno Batista	617	1:15:13.5	1:15:12.9	1	S23-M	1	Clube Natação de	0:38:12.9	73	1:04:51.0	96
2		Oswald Freitas	618	1:17:47.1	1:17:46.9	3	S23-M	3	Clube Natação de	0:38:16.3	74	1:07:03.5	100
3		João Manuel	634	1:23:50.5	1:23:49.9	13	S23-M	13	Clube Pedro Pessoa	0:40:06.7	83	1:11:31.0	108
4		Leonardo Coelho	318	1:30:48.6	1:30:41.0	50	S23-M	50	RunLovers	0:44:06.5	122	1:17:56.2	145
5		Manuel Abrantes	362	1:38:45.9	1:38:44.9	124	S23-M	126	Monsanto Running	0:48:12.1	205	1:25:24.6	233
6		João Trindade	207	1:42:37.7	1:41:59.2	174	S23-M	180	Correr Lisboa	0:49:30.9	251	1:26:53.2	263
7		Gabriel	222	1:50:08.6	1:49:32.0	279	S23-M	292	REAL ACADEMIA	0:54:58.4	432	1:34:34.7	389
8		Osman Aziz	48	1:56:16.4	1:56:14.2	359	S23-M	383	FoxHound	0:53:16.6	366	1:37:57.9	443

Veteranos M40

1		Joaquim José	668	1:21:23.2	1:21:21.0	10	M40	10	NOC-Novo oculista	0:39:56.6	82	1:10:04.4	104
2		Hugo Adelino	592	1:23:54.7	1:23:54.0	14	M40	14	Amigos Vale do	0:40:29.0	86	1:11:44.0	109
3		José Geada	510	1:25:09.4	1:25:07.9	19	M40	19	ASC Vale Grande	0:41:46.1	93	1:12:52.9	114
4		Fernando	400	1:26:12.8	1:26:10.7	21	M40	21	SS CGD	0:42:14.6	98	1:14:06.0	118
5		Rui Oliveira	500	1:27:16.3	1:27:15.8	28	M40	28	AÇOREANA CLUBE	0:41:12.7	87	1:14:23.7	119
6		Paulo José Silva	99	1:27:31.4	1:27:30.7	30	M40	30	N.A.Z.A.-Nucleo	0:42:39.0	103	1:15:06.5	126
7		José Queirós	441	1:27:43.3	1:27:38.7	31	M40	31	C. C. D. "O	0:43:59.0	121	1:15:32.7	128
8		Carlos Caetano	210	1:28:15.8	1:28:14.4	33	M40	33		0:43:57.9	118	1:16:30.3	136
9		António Rebelo	264	1:28:29.0	1:28:26.9	36	M40	36	CTT	0:43:39.4	112	1:16:01.8	131
10		Ricardo Oliveira	561	1:28:35.7	1:28:34.6	37	M40	37	Clube Recreativo	0:44:18.7	123	1:16:06.6	132
11		Luciano Contente	250	1:28:38.8	1:28:38.2	38	M40	38	ZATOPEQUES	0:43:01.5	105	1:15:50.5	130
12		Pedro Caravana	626	1:30:08.0	1:30:06.3	47	M40	47		0:44:27.9	124	1:17:41.6	143
13		Joaquim Pereira	552	1:30:44.7	1:30:42.7	49	M40	49	BRRnightRUNNERS	0:43:58.8	120	1:17:36.0	142
14		Ricardo Sérgio	694	1:30:58.3	1:30:55.7	51	M40	51	C.A. Amigos Parque	0:44:28.0	125	1:18:08.8	146
15		Luis Aires	195	1:32:17.3	1:32:05.4	61	M40	61	N.A.Z.A.-Nucleo	0:45:12.9	138	1:18:52.8	152

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
16		João Pastor	293	1:33:07.2	1:33:04.2	66	M40	66	Amigos Atletismo	0:45:48.4	150	1:20:24.0	166
17		Pedro Gabriel	149	1:33:16.7	1:33:14.5	67	M40	67	C.A. Amigos Parque	0:46:01.4	154	1:20:23.9	165
18		Alexandre Costa	309	1:33:31.9	1:33:13.5	69	M40	69		0:45:02.8	134	1:19:18.9	158
19		António João	193	1:34:16.8	1:34:15.8	77	M40	77	Leões da Fronteira	0:46:34.3	169	1:21:15.4	174
20		Paulo Santos	369	1:34:59.5	1:34:46.5	79	M40	79		0:45:24.6	142	1:20:44.5	169
21		João Valente	50	1:35:05.7	1:35:05.1	80	M40	80	SPEM	0:46:11.4	159	1:21:22.0	175
22		Mario Pires	229	1:35:24.6	1:35:24.1	82	M40	82	Clube triatlo almada	0:48:45.4	223	1:23:03.2	191
23		Luis Queirós	442	1:35:29.9	1:35:28.7	84	M40	85	C. C. D. "O	0:46:57.2	179	1:21:59.6	180
24		Rui Cabral	324	1:36:17.0	1:36:13.7	86	M40	87	Wikaboo	0:48:16.3	206	1:24:03.5	214
25		Andre Cid	666	1:36:38.2	1:36:25.4	94	M40	95	Twins	0:47:00.6	180	1:22:43.3	187
26		António Almeida	17	1:36:39.0	1:36:36.7	95	M40	96	Ficalho Runners	0:48:10.5	204	1:23:35.7	202
27		Nuno Alcobia	593	1:36:46.2	1:36:39.1	99	M40	100		0:49:31.0	252	1:24:11.8	216
28		Amilcar Santos	281	1:36:49.1	1:36:30.8	100	M40	101		0:49:07.1	237	1:24:01.2	212
29		Jaime Mauricio	525	1:37:16.6	1:37:15.9	105	M40	106	RunLovers	0:45:56.8	153	1:23:14.0	194
30		Pedro Magalhães	674	1:37:35.0	1:37:33.9	109	M40	111	p-mags	0:48:18.5	210	1:24:07.1	215
31		Sérgio Nunes	331	1:38:16.4	1:38:16.2	117	M40	119		0:45:44.6	147	1:23:22.6	197
32		Hugo Carago	376	1:38:27.0	1:38:24.6	120	M40	122	Carapaus de Corrida	0:47:34.0	196	1:24:23.5	219
33		Luís Azul	266	1:38:31.3	1:38:03.9	121	M40	123	CTT	0:47:06.0	181	1:23:58.4	211
34		João Prisal	389	1:38:50.4	1:38:26.1	126	M40	128	Rail Runners	0:48:17.7	209	1:24:39.0	222
35		Paulo Freitas	291	1:39:24.0	1:39:14.1	132	M40	135		0:48:17.3	208	1:24:37.3	221
36		Carlos Jesus	208	1:39:44.9	1:39:28.8	139	M40	143	O MUNDO DA	0:48:19.2	212	1:25:12.3	228
37		Álvaro Santos	251	1:39:53.0	1:39:38.0	143	M40	147	Monsanto Running	0:49:44.9	259	1:26:10.1	253
38		André Santos	143	1:40:41.2	1:40:26.3	153	M40	159		0:48:50.5	225	1:25:37.7	242
39		Antonio Ferreira	295	1:40:46.9	1:40:37.2	156	M40	162	Os Tugas	0:50:49.5	281	1:27:16.7	269
40		Carlos Bruno Da	372	1:41:00.6	1:40:57.6	158	M40	164	Salamandrecos	0:49:50.0	260	1:26:50.2	260
41		Rui Nascimento	444	1:41:40.1	1:41:10.5	162	M40	168		0:48:57.0	227	1:26:36.1	257
42		Miguel Ribeiro	109	1:42:14.5	1:41:49.0	169	M40	175		0:51:45.2	317	1:28:51.5	290
43		Luis Correia	569	1:42:19.0	1:41:54.8	170	M40	176	Run 4 Fun	0:49:37.3	253	1:27:28.5	271
44		Helder Baptista	41	1:42:22.3	1:41:53.0	171	M40	177		0:50:35.3	274	1:27:38.6	273
45		Pedro Manuel	423	1:42:41.0	1:42:00.7	175	M40	181		0:49:51.1	261	1:27:30.0	272
46		Marco Nóbrega	84	1:43:00.3	1:42:45.4	183	M40	189	Casa do Benfica em	0:50:29.0	272	1:28:25.3	286
47		Nuno Gonçalves	247	1:43:38.8	1:43:15.9	188	M40	194		0:49:38.5	254	1:28:31.6	288
48		Carlos Portela	505	1:43:57.4	1:43:15.9	192	M40	200		0:50:56.4	290	1:28:53.1	292

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
49		Vasco Marques	483	1:44:01.8	1:43:55.6	195	M40	203	clube veteranos do	0:50:44.9	280	1:29:41.6	310
50		Bruno Costa	398	1:44:17.4	1:44:09.6	197	M40	205	SS CGD	0:51:06.7	298	1:29:37.5	308
51		Heitor Gomes	44	1:45:00.7	1:44:53.2	208	M40	216	Georunners	0:51:04.9	296	1:29:41.5	309
52		Wang Xiaowu	683	1:45:10.2	1:45:09.0	210	M40	218		0:51:16.0	304	1:30:00.5	315
53		Bruno Martins	370	1:45:41.2	1:45:28.1	215	M40	223		0:50:44.9	279	1:30:23.6	320
54		Joao Almeida	647	1:45:47.2	1:45:35.5	217	M40	225	Individual	0:52:24.0	331	1:30:57.8	327
55		Jose Henriques	221	1:45:55.5	1:45:18.0	219	M40	227	REAL ACADEMIA	0:52:04.4	324	1:30:32.3	323
56		Mário Monteiro	553	1:46:07.9	1:45:26.0	222	M40	230	Os Galgos	0:51:12.5	302	1:29:28.3	304
57		Jose Oliveira	448	1:46:20.9	1:45:42.3	224	M40	232		0:52:38.9	337	1:31:16.2	333
58		Paulo Calvino	101	1:46:43.4	1:46:41.9	227	M40	235	Põe-Te a Milhas	0:51:13.9	303	1:31:34.5	339
59		Marcelo Dias	337	1:46:48.6	1:46:21.1	228	M40	236		0:52:19.7	330	1:31:24.7	337
60		João Rosinha	205	1:47:02.9	1:46:54.9	232	M40	240		0:51:36.7	312	1:31:33.9	338
61		João Pereira	67	1:47:04.5	1:46:49.0	234	M40	242		0:51:03.3	294	1:31:18.4	334
62		SÉrgio Cajado	502	1:47:08.0	1:46:36.6	235	M40	243	AÇOREANA CLUBE	0:53:18.2	369	1:31:45.0	343
63		Jorge Mimoso	562	1:47:17.1	1:46:44.5	238	M40	247		0:56:39.8	470	1:32:50.9	361
64		Miguel Serradas	603	1:47:33.3	1:47:10.7	242	M40	252	Run 4 Fun	0:53:10.8	362	1:31:50.8	347
65		Rui Esteves	68	1:47:41.3	1:47:29.3	245	M40	255	Wikaboo	0:51:26.4	308	1:32:37.7	358
66		António Dias	482	1:47:56.2	1:47:24.7	249	M40	259	amigosdacorrída.com	0:54:12.1	402	1:33:26.1	369
67		Nuno Costa	405	1:48:00.5	1:47:10.4	250	M40	260	SS CGD	0:53:17.5	368	1:32:57.5	363
68		Pedro Carvalho	18	1:48:25.4	1:47:46.4	253	M40	263	Correr Lisboa	0:52:06.1	328	1:32:00.5	351
69		Antonio Guedes	489	1:48:32.2	1:48:23.7	255	M40	265	AÇOREANA CLUBE	0:50:54.1	287	1:31:55.0	349
70		Joao Campos	1	1:50:12.5	1:50:07.9	281	M40	294		0:52:53.2	348	1:35:17.0	403
71		Sandro Pinto	316	1:50:22.1	1:50:12.4	282	M40	295	RunLovers	0:53:54.9	386	1:35:02.9	400
72		Miguel Castela	321	1:50:26.5	1:49:53.7	283	M40	296	ASSOCIAÇÃO DE	0:54:08.9	396	1:34:48.9	392
73		Luis Afonso	110	1:51:17.0	1:50:39.0	292	M40	306	Georunners	0:54:48.8	422	1:35:25.2	406
74		Rui Manuel Dias	213	1:51:18.5	1:50:40.2	293	M40	307	Pi-Linha Runners	0:54:48.1	421	1:35:24.9	405
75		Antonio Duarte	4	1:51:32.2	1:51:06.7	296	M40	310	Correr Lisboa	0:51:38.0	314	1:34:25.4	386
76		Ricardo Jesus	16	1:52:12.1	1:51:42.5	309	M40	325		0:54:46.3	417	1:34:50.4	393
77		Carlos Balau	630	1:52:43.6	1:52:42.6	312	M40	329		0:54:32.2	411	1:36:41.1	426
78		Pedro Santos	80	1:53:31.1	1:53:26.5	315	M40	334		0:53:48.8	384	1:36:44.4	428
79		Pedro Barrela	141	1:53:31.2	1:53:03.2	316	M40	335	GD Banco BPI	0:53:40.8	378	1:36:23.2	421
80		Pedro Lopes	287	1:53:32.0	1:53:08.2	317	M40	336		0:55:54.1	446	1:37:52.6	440
81		Oswaldo Almada	678	1:53:44.6	1:53:25.4	319	M40	339		0:57:03.6	487	1:38:37.1	458

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
82		Luis Calheiros	140	1:54:07.9	1:53:40.1	322	M40	342	GD Banco BPI	0:54:50.5	426	1:37:13.0	434
83		Paulo Trindade	555	1:54:17.7	1:54:04.4	324	M40	344	O MUNDO DA	0:56:26.2	463	1:38:19.4	452
84		Nuno Gonçalves	540	1:54:35.9	1:54:06.9	328	M40	348	GDCT Imprensa	0:55:29.6	440	1:37:31.2	438
85		Nuno Bogalheiro	588	1:54:36.0	1:54:22.5	329	M40	349	Amigos Vale do	0:54:45.8	416	1:38:17.4	450
86		João Navarro	454	1:55:15.9	1:54:40.7	336	M40	358	Lisboa Racket	0:58:10.5	532	1:39:47.6	482
87		Adelino Trindade	206	1:55:23.2	1:54:45.5	338	M40	361	Correr Lisboa	0:53:47.2	383	1:38:01.7	444
88		Luís Andrade	259	1:55:23.7	1:54:51.7	339	M40	362	CTT	0:58:36.8	540	1:40:07.6	485
89		Luís Gil Caldeira	396	1:55:25.1	1:54:55.0	340	M40	363	C.A. Amigos Parque	0:56:49.7	477	1:39:41.9	479
90		Luís Pires	650	1:55:35.5	1:55:09.1	347	M40	370	Holmes Place Algés	0:55:50.9	445	1:38:40.1	460
91		Vítor Venda	283	1:55:48.8	1:45:16.1	352	M40	375		0:54:22.6	407	1:31:13.8	331
92		Miguel Gomes	610	1:58:42.3	1:58:28.0	381	M40	408	asas do milenium (o	0:55:56.4	448	1:41:14.0	505
93		João Afonso	485	1:59:25.5	1:58:53.6	390	M40	420		0:58:36.9	541	1:41:55.8	511
94		Jorge Campos	661	1:59:36.1	1:59:32.3	393	M40	423		0:58:55.6	547	1:43:39.3	542
95		Paulo Picado	230	1:59:37.7	1:59:11.0	394	M40	424	Falcões Selvagens	1:01:56.7	614	1:43:21.3	538
96		Pedro Cordeiro	582	1:59:39.5	1:59:06.5	396	M40	426		0:58:06.5	529	1:42:37.0	523
97		Joel Silva	14	1:59:40.7	1:59:32.9	397	M40	428	Falcões Selvagens	0:58:04.5	527	1:43:18.9	536
98		Luis Simoes	361	2:01:35.8	2:01:09.2	413	M40	455	brandoa corre	0:55:42.7	444	1:42:11.4	514
99		Joao Ricardo	52	2:02:15.7	2:02:10.1	417	M40	460		0:59:45.1	565	1:45:04.1	566
100		Eduardo	146	2:03:02.6	2:02:57.3	424	M40	467	SUDU	0:58:38.7	542	1:45:05.5	567
101		Pedro Loureiro	474	2:05:57.0	2:05:32.8	443	M40	492	JPRun	1:00:14.7	571	1:47:47.3	591
102		Gonçalo Delca	681	2:06:30.8	2:05:39.0	446	M40	496		1:04:18.3	649	1:50:48.8	621
103		Vitor Paulo	657	2:07:16.3	2:07:07.4	452	M40	503		1:02:22.2	624	1:49:50.8	614
104		Carlos Albano	410	2:07:23.6	2:06:37.2	454	M40	505	SS CGD	0:57:41.2	514	1:47:56.1	592
105		Nuno Bastos	550	2:08:43.3	2:08:25.8	463	M40	517		1:01:18.5	593	1:50:35.6	619
106		Bruno Dias	419	2:09:04.7	2:08:24.9	465	M40	519		1:01:06.1	588	1:49:40.4	611
107		Nuno Andrade	130	2:10:07.9	2:09:29.9	469	M40	527		1:01:13.4	589	1:49:32.0	609
108		Joaquim	636	2:11:42.8	2:11:05.9	478	M40	539	ASSOCIAÇÃO DE	1:01:41.0	608	1:52:37.1	639
109		Nuno Lopes	640	2:13:55.3	2:13:33.3	484	M40	554		0:57:42.8	518	1:54:49.1	654
110		João Bouza Da	622	2:14:11.8	2:13:29.2	487	M40	558		1:00:33.0	582	1:54:03.9	651
111		Eduardo Amorim	274	2:20:31.9	2:19:55.3	500	M40	580		1:09:40.0	690	2:01:12.8	682
112		Fábio Pio Dias	479	2:42:46.2	2:42:17.0	509	M40	601		1:16:52.9	696	2:18:53.7	696
113		Tiago Fonseca	232	2:53:52.9	2:53:12.8	511	M40	604		1:24:42.9	699	2:30:03.1	699
114		Ricardo Oliveira	605	DSQ	1:55:37.7	514	M40	612	Free Running	0:54:52.0	428		90

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
Veteranos M45													
1		Fernando Alves	294	1:18:43.2	1:18:42.4	7	M45	7	Amigos Atletismo	0:38:54.7	77	1:07:18.5	102
2		José Silva	512	1:19:43.2	1:19:42.5	8	M45	8	ASC Vale Grande	0:38:55.7	81	1:07:45.5	103
3		João Ginja	194	1:21:40.8	1:21:38.2	11	M45	11	N.A.Z.A.-Nucleo	0:41:19.1	88	1:10:37.6	107
4		Paulo Jorge	587	1:24:00.3	1:23:59.7	15	M45	15	Sporting Clube	0:41:21.4	91	1:12:16.5	111
5		Jorge Rodrigues	129	1:24:01.0	1:24:00.4	16	M45	16	N.A.Z.A.-Nucleo	0:41:21.4	90	1:12:16.3	110
6		Antonio Afonso	576	1:25:56.7	1:25:55.0	20	M45	20	C. R. Alturense	0:42:02.9	95	1:14:00.8	115
7		Luis Manuel	59	1:26:34.1	1:26:32.4	23	M45	23		0:41:19.2	89	1:14:02.6	116
8		Edgar Trigo	53	1:31:42.7	1:31:39.2	56	M45	56		0:44:36.3	128	1:18:51.8	151
9		Paulo Pires	506	1:31:47.7	1:31:46.6	57	M45	57	SS CGD	0:43:58.7	119	1:18:37.1	148
10		Joaquim	192	1:32:10.7	1:32:09.6	59	M45	59	Clube EDP - Lisboa	0:44:28.2	126	1:18:44.8	150
11		Mario Gomes	565	1:32:17.2	1:32:14.1	60	M45	60	AÇOREANA CLUBE	0:44:29.1	127	1:19:02.7	157
12		Stephan Koenig	111	1:32:54.8	1:32:50.8	63	M45	63	Pernas de Gafanhoto	0:45:51.4	152	1:20:22.6	164
13		Paulo Santos	215	1:33:25.8	1:33:11.2	68	M45	68	Lis Running Clube de	0:46:11.0	157	1:20:47.7	171
14		Antonio Soares	607	1:35:29.7	1:35:02.3	83	M45	84	asas do milenium (o	0:46:37.4	171	1:21:36.6	177
15		David Faustino	705	1:37:25.7	1:37:23.5	107	M45	108		0:46:32.3	166	1:23:20.6	196
16		Liberto Santos	81	1:37:49.2	1:37:44.7	111	M45	113		0:47:25.1	188	1:23:47.5	207
17		Vasco Ascensão	258	1:38:10.9	1:37:44.6	115	M45	117	CTT	0:48:18.5	211	1:23:58.2	210
18		José Costa Alves	154	1:38:17.6	1:38:15.4	118	M45	120		0:48:59.5	230	1:24:50.6	225
19		Pedro Prudencio	201	1:38:35.2	1:38:12.1	122	M45	124	Salamandrecos	0:47:48.3	200	1:24:14.4	217
20		Belchior Barrocas	173	1:38:57.4	1:38:55.6	128	M45	130		0:48:09.6	203	1:25:06.2	226
21		Luis Vieira	360	1:39:00.3	1:38:34.1	129	M45	131	brandoa corre	0:46:24.0	164	1:23:57.2	209
22		Paulo Lourinho	169	1:39:03.8	1:38:34.8	130	M45	132	Clube Atletismo	0:50:04.3	264	1:25:36.1	240
23		José Nunes	82	1:39:09.0	1:39:04.4	131	M45	133		0:48:26.5	213	1:25:17.9	230
24		Vergilio Gomes	197	1:39:32.5	1:39:27.0	134	M45	137	N.A.Z.A.-Nucleo	0:47:13.9	184	1:25:52.8	252
25		Paulo Oliveira	432	1:39:37.9	1:39:37.5	136	M45	140	CCD PM CASCAIS	0:48:28.4	216	1:25:27.7	236
26		Fernando Rosete	171	1:39:59.5	1:39:38.4	144	M45	148	Run 4 Fun	0:48:57.3	228	1:25:23.2	231
27		Carlos Viseu	348	1:40:08.1	1:40:03.9	150	M45	156	CLUBE	0:49:23.8	245	1:26:49.6	259
28		Jorge Serra	559	1:40:54.7	1:40:15.4	157	M45	163	weRUN Portugal	0:50:52.0	284	1:26:58.7	266
29		João Silva	401	1:41:39.3	1:41:31.3	161	M45	167	SS CGD	0:49:16.3	243	1:26:51.6	262
30		José Campos	327	1:41:55.3	1:41:24.7	165	M45	171	amigosdacorrída.com	0:51:48.7	318	1:27:50.6	276
31		João Gonçalves	651	1:42:00.5	1:41:34.5	167	M45	173	Lisboa	0:51:12.3	301	1:27:58.9	278
32		Nuno Coelho	497	1:42:33.7	1:41:48.5	173	M45	179	AÇOREANA CLUBE	0:50:53.5	286	1:28:01.6	279

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
33		Paulo Rodrigues	438	1:42:49.5	1:42:26.2	179	M45	185		0:49:18.9	244	1:27:50.3	275
34		Antonio Estrela	584	1:43:15.4	1:42:53.7	184	M45	190	Run 4 Fun	0:50:37.1	275	1:28:18.5	284
35		Filipe Branco	411	1:43:15.9	1:43:09.6	185	M45	191	u.r.d.arranhò	0:49:15.3	240	1:28:24.3	285
36		Francisco Pereira	494	1:43:31.9	1:43:22.0	186	M45	192	AÇOREANA CLUBE	0:51:32.2	311	1:29:10.2	302
37		Nelson Mota	496	1:43:31.9	1:43:19.3	187	M45	193	AÇOREANA CLUBE	0:51:29.1	309	1:29:06.9	300
38		Luis Ferreira	314	1:43:40.9	1:43:29.9	189	M45	195	RunLovers	0:49:53.1	262	1:28:52.9	291
39		Paulo Pereira	263	1:43:45.6	1:43:28.9	190	M45	196	CTT	0:50:19.5	267	1:29:07.4	301
40		Nuno Gomes	333	1:43:59.3	1:43:56.0	193	M45	201	C.A. Amigos Parque	0:52:39.8	339	1:29:49.6	312
41		Luis Barbosa	527	1:44:22.5	1:43:47.9	198	M45	206	Casa do Benfica em	0:50:35.1	273	1:28:17.9	283
42		José Luís Santos	481	1:45:25.0	1:44:58.5	211	M45	219	Vila Seca Running	0:50:59.2	293	1:30:07.7	317
43		Joao Bogalheiro	464	1:45:40.1	1:45:27.2	214	M45	222	Amigos Vale do	0:51:03.4	295	1:30:15.9	319
44		José Pereira	671	1:47:22.4	1:46:48.0	239	M45	248	Sempre Favoritos	0:52:50.1	345	1:32:14.5	353
45		João Leitão	313	1:47:34.5	1:47:24.4	243	M45	253	RunLovers	0:50:56.5	291	1:31:41.9	341
46		Fernando Silva	575	1:47:39.8	1:47:38.6	244	M45	254	C. R. Alturense	0:52:53.9	350	1:32:36.9	357
47		João Silva	73	1:47:54.0	1:47:29.3	247	M45	257		0:50:20.8	268	1:31:49.3	345
48		Carlos	453	1:48:15.4	1:47:47.3	252	M45	262	Jobrinde - Montes	0:54:49.2	423	1:32:54.1	362
49		Luis Menem	679	1:49:33.4	1:48:53.1	263	M45	274	Correr Lisboa	0:53:12.4	363	1:33:39.5	374
50		José Garcês	168	1:49:40.0	1:49:08.3	264	M45	276	Clube Atletismo	0:57:50.2	523	1:34:53.6	396
51		Rui Trindade	160	1:49:50.6	1:49:05.5	268	M45	280	CD Estrela	0:55:39.6	442	1:35:02.2	398
52		David Simão	25	1:49:52.6	1:49:13.7	271	M45	283	Correr Lisboa	0:52:53.1	347	1:33:43.5	377
53		Luís Costa	94	1:49:59.2	1:49:41.1	273	M45	286	Salamandrecos	0:51:59.0	323	1:33:16.7	367
54		João Antunes	319	1:50:01.5	1:49:50.6	274	M45	287		0:52:40.8	340	1:34:25.4	387
55		Carlos Marques	198	1:50:30.3	1:50:13.9	284	M45	297	N.A.Z.A.-Nucleo	0:46:04.4	155	1:29:21.5	303
56		Fausto Isaac	492	1:51:03.7	1:50:18.0	290	M45	304	AÇOREANA CLUBE	0:53:29.9	375	1:33:43.2	376
57		Charles Lima	672	1:51:06.0	1:50:56.5	291	M45	305	RunLovers	0:54:50.6	427	1:35:32.1	410
58		Mário Lopes	181	1:51:28.4	1:51:11.9	294	M45	308	Os Perigosos	0:53:58.1	390	1:35:31.2	409
59		Rui Vieira	61	1:51:54.3	1:51:50.9	304	M45	319		0:57:21.0	505	1:36:56.6	431
60		Jose Magalhaes	30	1:52:33.5	1:52:08.9	311	M45	328	Run 4 Fun	0:53:26.1	373	1:36:14.2	418
61		Luís Ferreira	391	1:53:40.4	1:53:15.3	318	M45	338	Rail Runners	0:57:11.5	496	1:38:31.6	455
62		Manuel António	392	1:53:55.1	1:53:37.9	320	M45	340	Rail Runners	0:53:55.4	387	1:37:39.5	439
63		António Bogas	521	1:54:26.2	1:53:53.7	326	M45	346	Casa do Benfica em	0:55:39.7	443	1:37:14.1	435
64		JosÉ Neves	235	1:54:31.3	1:54:16.8	327	M45	347	ASSOCIAÇÃO DE	0:56:17.1	459	1:38:17.5	451
65		Joaquim Morgado	127	1:55:14.3	1:54:47.3	335	M45	357		0:56:49.4	475	1:38:48.5	461

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
66		Rafael Santos	297	1:55:26.2	1:55:11.9	341	M45	364	Os Tugas	0:57:47.0	522	1:39:56.1	483
67		Carlos Sa	172	1:55:58.7	1:55:46.1	353	M45	376	clube desportivo de	0:56:48.1	474	1:39:08.0	469
68		José Sampaio	455	1:56:00.7	1:55:25.4	354	M45	377	Lisboa Racket	0:58:10.7	534	1:40:16.6	490
69		Jorge Manuel	684	1:56:14.2	1:55:45.0	358	M45	382		0:56:29.8	464	1:40:30.0	495
70		Paulo Campos	662	1:56:56.8	1:56:52.2	367	M45	392		0:55:25.6	439	1:40:13.1	488
71		Leonel Carlos	680	1:57:18.2	1:56:49.3	371	M45	396	Individual	0:57:13.5	498	1:40:38.2	496
72		Paulo Mota	635	1:57:24.2	1:56:48.0	372	M45	397	ASSOCIAÇÃO DE	0:56:51.9	479	1:40:22.3	492
73		Carlos Dores	79	1:57:24.5	1:57:05.8	373	M45	398		0:57:05.2	488	1:41:04.1	501
74		Nuno Marques	310	1:57:29.1	1:57:20.1	374	M45	399	RunLovers	0:54:55.6	430	1:39:39.3	477
75		Francisco José	590	1:57:29.1	1:57:14.9	375	M45	400	Varitintas	0:54:45.0	414	1:39:17.6	470
76		Luis Canhão	43	1:59:32.9	1:59:25.1	392	M45	422		0:56:07.4	453	1:42:25.8	519
77		Luis Miguel	595	1:59:42.7	1:59:15.2	399	M45	430	Alverca Urban	0:57:07.5	494	1:41:01.2	499
78		João Salgueiro	142	1:59:43.2	1:59:17.7	400	M45	431	GD Banco BPI	0:55:02.7	434	1:42:52.1	529
79		Artur Botão	539	2:00:05.6	1:59:21.3	401	M45	434	ACADEMIA DO	0:55:57.5	450	1:41:58.7	512
80		Augusto Paulo	606	2:02:50.3	2:02:11.1	421	M45	464		1:01:37.9	606	1:45:36.6	571
81		José Henriques	178	2:03:46.6	2:02:52.6	431	M45	476		0:57:06.4	491	1:44:52.9	563
82		José Rodrigues	236	2:03:46.6	2:02:52.4	432	M45	477		0:57:06.4	490	1:44:50.8	562
83		Luis Pereira	537	2:03:52.3	2:03:03.1	434	M45	480	CLUBE ANACOM	1:01:22.7	597	1:46:05.5	581
84		Luis Damião	676	2:04:28.7	2:03:50.2	438	M45	486		0:57:21.6	506	1:44:35.5	558
85		Sergio Rodelo	56	2:04:31.4	2:03:53.8	439	M45	487	Run Crew Trail	1:01:17.8	592	1:47:08.7	585
86		Nelson Barreiros	557	2:05:29.6	2:04:53.3	441	M45	490	Cofina Runners	0:58:19.0	537	1:46:43.2	584
87		JosÉ Magro	459	2:06:04.0	2:05:55.9	444	M45	494	Runners da Frente	0:59:21.1	557	1:48:30.9	601
88		Miguel Azevedo	249	2:06:45.4	2:06:19.0	449	M45	499		1:00:19.9	573	1:47:16.4	587
89		Marcos Noritake	688	2:07:02.1	2:06:18.3	451	M45	502	Multirunners	0:58:11.5	535	1:45:35.4	570
90		Daniel Marques	641	2:07:21.3	2:07:13.9	453	M45	504		1:00:20.9	575	1:48:27.3	600
91		Paulo Taboas	703	2:07:39.9	2:07:03.6	458	M45	510		0:57:46.3	521	1:48:51.1	603
92		Miguel Teles	364	2:07:42.9	2:07:07.3	460	M45	512		1:01:30.8	602	1:48:03.3	595
93		João Duarte	347	2:09:17.7	2:08:34.3	467	M45	522		1:03:09.2	632	1:50:39.2	620
94		Vitor Gonçalves	124	2:13:11.9	2:12:25.9	482	M45	550	4 ao Km	1:04:19.3	652	1:53:32.6	647
95		Nuno Loureiro	113	2:14:29.8	2:14:02.8	488	M45	559	Falcões Selvagens	1:02:11.0	621	1:54:30.2	652
96		Nuno Espírito	498	2:16:33.3	2:15:48.2	492	M45	568	AÇOREANA CLUBE	1:06:05.3	671	1:57:48.9	667
97		Narciso Sá	532	2:16:39.3	2:15:51.7	493	M45	569	Casa do Benfica em	1:06:29.4	674	1:57:18.2	664
98		Fernando Martins	261	2:18:17.7	2:17:45.5	498	M45	576	CTT	1:05:36.5	662	1:57:16.7	663

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
Veteranos M50													
1		João Caldeira	158	1:18:02.0	1:18:01.3	6	M50	6	Linda-a-Pastora SC	0:38:54.9	79	1:07:04.3	101
2		António Santos	167	1:28:44.1	1:28:36.5	39	M50	39	Clube Atletismo	0:43:55.5	117	1:16:22.7	135
3		João Maia	28	1:30:41.5	1:30:40.4	48	M50	48	Falcões Selvagens	0:43:25.1	111	1:17:28.5	140
4		Manuel	529	1:31:38.2	1:31:27.2	55	M50	55	Casa do Benfica em	0:45:14.8	139	1:18:58.1	154
5		Rui Pedro Juliao	104	1:34:03.6	1:33:52.5	76	M50	76	Georunners	0:46:16.3	161	1:21:08.0	173
6		Francisco	161	1:34:45.9	1:34:43.2	78	M50	78	C. C. D. "O	0:45:37.6	146	1:21:05.7	172
7		Jose Serra	75	1:36:26.4	1:36:24.5	90	M50	91	g.d.chelas	0:46:48.2	174	1:22:39.9	186
8		António	538	1:36:27.3	1:35:44.6	91	M50	92	Os Galgos	0:47:33.0	194	1:22:52.7	188
9		Miguel Baptista	179	1:36:34.3	1:36:33.7	92	M50	93	Decathlon/Omega	0:46:54.9	178	1:22:57.6	190
10		João Coutinho	148	1:36:40.9	1:36:07.3	96	M50	97	Correr Lisboa	0:46:28.4	165	1:22:00.8	182
11		Antonio Nereu	608	1:37:07.1	1:36:40.6	103	M50	104	asas do milenium (o	0:48:53.7	226	1:23:56.2	208
12		João Pereira	431	1:39:37.7	1:39:35.6	135	M50	139	CCD PM CASCAIS	0:48:26.5	214	1:25:25.1	234
13		Eduardo Pena	121	1:39:40.8	1:39:12.7	137	M50	141	Keep running	0:49:03.7	232	1:25:34.6	239
14		David Resina	656	1:39:41.3	1:39:38.5	138	M50	142		0:49:05.7	234	1:25:36.6	241
15		António	571	1:39:47.9	1:39:36.3	141	M50	145	CCDT Metropolitano	0:49:29.4	250	1:26:20.7	254
16		Rui Pereira	381	1:40:03.0	1:39:56.2	147	M50	151	Escola Secundaria	0:47:23.8	187	1:25:14.7	229
17		Jorge Morgado	402	1:40:03.9	1:39:46.6	148	M50	152	SS CGD	0:49:25.6	247	1:25:52.6	251
18		Joaquim	234	1:41:18.8	1:41:12.7	159	M50	165	ASSOCIAÇÃO DE	0:49:07.6	238	1:26:21.0	255
19		Victor Silva	320	1:41:56.1	1:41:41.9	166	M50	172	ASSOCIAÇÃO DE	0:49:54.7	263	1:27:39.9	274
20		Jaime Sousa	326	1:42:43.9	1:42:15.2	176	M50	182	amigosdacorrída.com	0:51:24.8	306	1:28:25.4	287
21		Luís Bastos	653	1:42:47.3	1:42:31.0	178	M50	184	CCD Siemens	0:49:40.0	256	1:27:58.1	277
22		Pedro Trabucho	137	1:43:59.5	1:43:19.0	194	M50	202	GD Banco BPI	0:50:44.5	277	1:28:59.4	295
23		Henrique Ruivo	57	1:44:10.4	1:44:05.2	196	M50	204	Tartarugas Solidárias	0:50:52.9	285	1:29:59.3	313
24		Carlos Oleastro	522	1:44:28.4	1:44:13.5	202	M50	210	Casa do Benfica em	0:49:44.0	258	1:29:03.7	298
25		Carlos Nabiça	273	1:44:36.9	1:44:32.1	204	M50	212	Sociedade	0:50:39.0	276	1:29:34.0	307
26		Ruben Costa	119	1:45:51.4	1:45:28.7	218	M50	226	Run 4 Fun	0:51:58.7	322	1:31:13.0	330
27		Joao Crespo	356	1:47:01.3	1:46:59.7	230	M50	238	golden team	0:50:51.8	283	1:30:45.7	325
28		António Almeida	375	1:47:16.9	1:47:06.4	237	M50	246	VIA3Runners	0:53:00.9	355	1:32:39.5	359
29		Fernando Morais	133	1:49:05.4	1:48:24.4	260	M50	270	GD Banco BPI	0:53:45.6	382	1:33:00.0	365
30		Gilberto Dias	580	1:49:41.8	1:49:26.4	266	M50	278		0:53:05.5	357	1:34:01.7	378
31		Paulo Silva	70	1:50:12.3	1:50:06.9	280	M50	293		0:53:41.1	381	1:35:16.4	402
32		Alfredo Falcão	199	1:50:59.5	1:50:36.6	288	M50	302	Run 4 Fun	0:53:28.8	374	1:34:47.2	391

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
33		Fernando	690	1:51:01.2	1:50:34.0	289	M50	303		0:55:02.3	433	1:35:26.0	407
34		Paulo Pais	66	1:51:41.9	1:51:26.4	300	M50	314		0:52:45.4	344	1:34:53.6	395
35		Carlos Monteiro	706	1:51:55.2	1:51:25.2	305	M50	320		0:56:55.8	485	1:36:55.2	430
36		Santos Luis	10	1:51:57.8	1:51:24.3	306	M50	321	ASSOCIAÇÃO DE	0:54:09.0	397	1:35:45.9	412
37		Alexandre Reis	520	1:54:00.1	1:53:44.9	321	M50	341	Casa do Benfica em	0:52:33.1	334	1:36:37.2	425
38		Paulo Alexandre	156	1:54:41.7	1:54:39.9	332	M50	352		0:54:49.4	424	1:38:07.2	448
39		Jose Nogueira	157	1:55:13.7	1:54:39.3	334	M50	356		0:56:53.0	482	1:38:55.7	465
40		Miguel San-Payo	363	1:55:26.9	1:55:02.2	342	M50	365	Run 4 Fun	0:57:08.5	495	1:39:36.1	475
41		Antonio Goucha	673	1:55:27.3	1:55:01.8	344	M50	367		0:57:07.2	493	1:39:35.6	474
42		Fernando Silva	422	1:56:20.0	1:55:57.0	360	M50	384	Clube Desportivo de	0:56:38.0	466	1:39:28.4	472
43		Teodoro Trindade	71	1:57:08.5	1:56:43.1	370	M50	395	Run 4 Fun	0:55:55.8	447	1:40:04.0	484
44		António Manuel	188	1:58:07.1	1:57:35.6	377	M50	404		0:57:41.8	515	1:41:04.2	502
45		Manuel Romano	189	1:58:34.8	1:58:15.1	380	M50	407	Run 4 Fun	0:53:35.1	376	1:40:08.0	486
46		Carlos José	19	1:59:12.0	1:58:33.2	384	M50	413		0:59:21.7	558	1:43:06.9	533
47		Jose Oliveira	456	1:59:18.4	1:58:42.5	386	M50	416	N.A.Z.A.-Nucleo	0:56:55.8	484	1:41:21.6	507
48		Fernando Dias	581	2:00:19.0	2:00:00.6	403	M50	437		0:57:05.3	489	1:43:02.5	532
49		Rogério Matos	434	2:00:20.0	1:59:59.8	404	M50	438	Run 4 Fun	0:59:30.6	561	1:43:40.6	544
50		Antonio Negrinho	397	2:00:25.3	1:59:36.0	405	M50	440	SS CGD	0:58:12.1	536	1:42:19.7	517
51		Fernando	436	2:01:25.2	2:01:15.4	412	M50	452	Correr EPAL	0:58:38.9	543	1:43:37.6	541
52		Jaime Trabucho	203	2:01:41.8	2:01:07.7	414	M50	456		1:00:32.9	581	1:45:24.8	569
53		Manuel	227	2:02:15.8	2:01:42.2	418	M50	461	REAL ACADEMIA	0:58:33.5	539	1:44:54.3	564
54		Gabriel Antonio	412	2:03:20.1	2:02:30.1	428	M50	472	u.r.d.arranhò	0:59:59.7	569	1:45:24.4	568
55		Jorge Esteves	35	2:03:48.0	2:03:25.6	433	M50	479	Run 4 Fun	0:59:47.3	566	1:45:57.8	577
56		Nuno Corte-Real	102	2:05:53.3	2:05:28.8	442	M50	491	Põe-Te a Milhas	1:01:14.8	590	1:47:42.2	589
57		Ludgero Santana	646	2:06:44.5	2:06:18.2	448	M50	498	JG - Seguros - Vila	1:00:20.2	574	1:47:43.6	590
58		Joaquim Miguel	687	2:07:00.9	2:06:18.2	450	M50	501	individual	0:58:32.6	538	1:48:18.9	598
59		Isaac Carrêlo	468	2:07:30.8	2:06:41.0	456	M50	507	CLUBE ANACOM	1:02:05.1	618	1:49:29.7	608
60		Vasco Ferreira	240	2:07:35.7	2:06:51.7	457	M50	508	MultiRunners	1:00:27.4	579	1:48:44.9	602
61		Franco Wudich	315	2:08:13.7	2:08:03.8	462	M50	516	RunLovers	1:02:02.5	617	1:49:33.8	610
62		Pedro Machado	548	2:09:12.1	2:08:51.6	466	M50	520	Run 4 Fun	1:03:18.6	633	1:50:52.5	622
63		JosÉ Ramos	658	2:10:19.0	2:09:57.3	470	M50	528	CIE	1:01:46.8	610	1:51:16.9	628
64		Luis Quartin	675	2:11:07.3	2:02:02.2	474	M50	534	Clube do Stress	0:55:05.7	435	1:44:15.6	554
65		André Noronha	399	2:24:05.4	2:23:17.7	502	M50	586	SS CGD	1:03:55.1	639	2:00:50.9	680

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
66		Jose Maio	350	DSQ	1:40:14.3	513	M50	611	CLUBE	0:56:49.6	476		56
Veteranos M55													
1		Anacleto Faisca	578	1:26:36.9	1:26:35.4	24	M55	24	Clube Areias de S.	0:42:03.3	96	1:14:05.0	117
2		João Silva	421	1:26:40.3	1:26:39.3	25	M55	25	Clube Desportivo de	0:42:28.1	100	1:14:43.9	124
3		Antonio Paias	631	1:27:23.8	1:27:21.6	29	M55	29	Clube de Atletismo	0:42:11.9	97	1:14:38.7	122
4		Germano Silva	271	1:28:25.1	1:28:23.5	34	M55	34	Linda-a-Pastora	0:43:39.9	113	1:16:07.3	133
5		João Lopes	692	1:29:40.8	1:29:40.2	41	M55	41	Lebre	0:43:05.2	108	1:16:18.6	134
6		Carlos Baptista	638	1:33:02.4	1:33:00.2	65	M55	65	Sporting Clube de	0:45:48.7	151	1:20:13.1	162
7		Joao Santos	457	1:38:44.0	1:38:42.1	123	M55	125	N.A.Z.A.-Nucleo	0:47:54.1	201	1:24:41.0	223
8		António Rui	254	1:41:35.9	1:41:34.6	160	M55	166	Armada Torreense	0:48:36.1	221	1:26:53.6	264
9		Fernando	493	1:45:36.9	1:44:52.3	213	M55	221	AÇOREANA CLUBE	0:50:54.7	288	1:30:03.9	316
10		Alvaro Pinto	220	1:46:02.8	1:45:27.2	221	M55	229	REAL ACADEMIA	0:52:44.1	342	1:31:19.7	335
11		Douglas Fry	275	1:47:09.9	1:46:38.5	236	M55	244	Clube Desportivo de	0:53:07.9	361	1:31:48.2	344
12		Jorge Paulo	175	1:47:32.0	1:47:11.6	241	M55	251	Run 4 Fun	0:53:13.1	364	1:31:53.1	348
13		Pedro Manuel	394	1:47:44.7	1:47:29.8	246	M55	256		0:50:44.8	278	1:29:59.4	314
14		António Manuel	487	1:49:19.5	1:49:19.0	262	M55	273		0:52:44.2	343	1:34:04.2	380
15		Carlos Fonseca	567	1:50:47.1	1:50:45.3	286	M55	300	AÇOREANA CLUBE	0:52:55.3	352	1:35:53.3	415
16		José Manuel	691	1:54:12.4	1:53:48.7	323	M55	343		0:55:17.3	437	1:38:04.4	445
17		Francisco Plínio	574	1:54:41.5	1:54:26.6	331	M55	351	CCDT Metropolitano	0:54:39.2	412	1:37:55.1	442
18		José Castro	165	1:54:49.3	1:54:15.8	333	M55	355	Clube Atletismo	0:58:53.0	546	1:38:52.0	462
19		José Pereira	184	1:56:04.2	1:55:47.4	355	M55	378	Os Perigosos	0:56:42.9	473	1:39:42.8	480
20		Fernando Oliveira	288	1:56:10.0	1:55:22.2	357	M55	381	CLUBE ANACOM	0:56:14.9	455	1:39:34.0	473
21		José Mateus	585	1:56:38.2	1:56:24.0	362	M55	387		0:54:28.9	410	1:39:05.2	468
22		Antonio Ventura	226	1:58:58.2	1:58:29.0	383	M55	410	REAL ACADEMIA	0:57:44.4	520	1:41:31.6	508
23		Albino Tomas	702	1:59:15.6	1:59:12.0	385	M55	414		0:57:11.8	497	1:42:19.7	516
24		Jorge Paulino	420	1:59:20.7	1:58:58.0	388	M55	418	Clube Desportivo de	0:58:46.2	544	1:43:21.9	539
25		Júlio Castro	166	2:02:28.9	2:01:58.6	419	M55	462	Clube Atletismo	1:01:22.0	595	1:45:38.0	572
26		Jose Luis Santos	486	2:03:09.3	2:02:38.4	425	M55	468		0:58:59.9	551	1:44:33.4	556
27		Manuel Silva	570	2:07:44.2	2:07:06.1	461	M55	514		1:02:37.6	627	1:50:33.7	617
28		José Catita	604	2:08:53.0	2:08:24.9	464	M55	518	GARMIN-C.O.Oeiras	1:04:32.4	655	1:51:06.3	624
29		Joaquim Cruz	528	2:10:43.3	2:10:10.9	471	M55	531	Casa do Benfica em	1:01:56.8	615	1:51:28.7	630
30		Henrique Vilhena	120	2:11:17.0	2:10:37.6	475	M55	535		1:03:25.6	636	1:52:31.9	635
31		JosÉ Vaz	470	2:11:33.9	2:10:44.7	477	M55	538	CLUBE ANACOM	0:57:43.1	519	1:49:42.5	612

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
32		João Lima	122	2:13:58.8	2:13:12.8	485	M55	555	4 ao Km	1:04:18.3	648	1:53:31.5	645
33		Luis Lisboa	589	2:14:56.8	2:14:41.7	489	M55	560	Amigos Vale do	1:04:07.3	643	1:55:08.2	657
34		Manuel Azevedo	449	2:15:19.7	2:15:03.2	490	M55	564	Veteranos de	1:00:34.6	583	1:55:08.2	658
35		Daniel Leitão	38	2:17:49.3	2:17:40.4	497	M55	574		1:07:32.9	681	1:58:57.7	675
36		António Sanches	136	2:18:29.2	2:17:46.3	499	M55	577	GD Banco BPI	1:08:51.1	685	2:00:31.7	678
37		Paulo Goncalves	542	2:24:06.0	2:23:44.6	503	M55	588		1:03:25.3	635	2:01:06.6	681
38		José Mestre	138	2:30:31.1	2:29:48.3	505	M55	595	GD Banco BPI	1:08:51.2	686	2:04:40.6	689

Veteranos M60

1		Gabriel	437	1:29:02.7	1:29:01.8	40	M60	40	Correr EPAL	0:43:53.7	116	1:16:44.5	137
2		Jose Manuel	112	1:36:44.0	1:36:43.7	97	M60	98		0:47:27.1	192	1:23:31.0	200
3		Albisio	159	1:39:49.5	1:39:31.7	142	M60	146		0:47:17.7	185	1:24:50.2	224
4		Carlos Lopes	472	1:40:05.0	1:39:52.3	149	M60	154		0:49:05.8	235	1:25:39.4	243
5		Vitor Amado	282	1:44:53.1	1:44:46.9	207	M60	215		0:49:42.2	257	1:28:57.4	294
6		Paulo Quaresma	451	1:45:58.2	1:45:54.7	220	M60	228	Veteranos de	0:52:05.7	326	1:31:12.1	329
7		Jorge Pereira	463	1:47:55.8	1:47:23.3	248	M60	258		0:54:09.1	399	1:33:29.1	371
8		Carlos Moreira	572	1:57:01.2	1:56:48.6	369	M60	394	CCDT Metropolitano	0:57:22.5	507	1:41:07.5	503
9		Tam Afonso	503	1:59:18.6	1:59:09.5	387	M60	417	AÇOREANA CLUBE	0:57:16.2	500	1:42:21.9	518
10		Joao Batista	616	1:59:23.6	1:58:53.3	389	M60	419		0:56:51.9	480	1:41:39.5	509
11		Abilio Tavares	563	2:09:57.9	2:09:50.4	468	M60	526		1:01:04.8	586	1:50:09.0	616
12		Albano Alves	488	2:12:19.9	2:11:51.1	480	M60	547	AÇOREANA CLUBE	1:04:32.9	656	1:52:07.1	633
13		Antonio Jorge	490	2:16:42.9	2:16:23.4	495	M60	572	AÇOREANA CLUBE	1:05:50.2	665	1:58:03.8	670
14		António Pinho	95	2:36:30.1	2:36:13.2	508	M60	600	O MUNDO DA	1:11:20.7	692	2:14:17.8	695

Veteranos M65

1		António Belo	329	1:48:48.5	1:48:17.7	257	M65	267	amigosdacorrída.com	0:54:13.1	404	1:33:30.7	372
2		Armando	609	1:56:44.1	1:56:43.7	363	M65	388	asas do milenium (o	0:53:57.3	389	1:36:51.2	429
3		Mário Machado	543	1:56:44.9	1:56:16.1	364	M65	389	Revista SPIRIDON	0:53:59.4	392	1:36:22.6	420
4		Domingos Duro	330	2:01:03.2	2:00:33.4	409	M65	447	amigosdacorrída.com	0:59:42.3	564	1:44:44.4	561
5		Gilberto	277	2:01:54.9	2:01:22.7	416	M65	458	Clube Atletismo	0:59:33.6	562	1:43:56.0	550
6		João Santos	450	2:03:44.4	2:03:29.3	430	M65	474	Veteranos de	0:59:03.0	552	1:45:53.6	576
7		Manuel Graça	568	2:11:23.9	2:11:13.2	476	M65	536		1:02:00.1	616	1:52:04.0	632
8		Carlos Alberto	373	2:13:08.1	2:12:19.5	481	M65	549		1:02:35.6	626	1:52:34.5	636
9		José Emílio Lindo	549	2:24:48.1	2:24:42.3	504	M65	589		1:02:08.5	619	1:59:17.6	676

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
10		João Cachinho	91	2:30:59.6	2:30:25.8	506	M65	596	Kaninos	1:07:46.0	683	2:06:34.0	691
w													
Seniors-F													
1		Ana Isabel BrÁs	427	1:39:37.7	1:39:35.6	4	Sen-F	138	CCD PM CASCAIS	0:48:26.7	215	1:25:26.2	235
2		Paula Penedo	128	1:47:14.9	1:47:11.7	9	Sen-F	245	Rail Runners	0:51:25.7	307	1:31:49.3	346
3		Brigitte Cardoso	106	1:47:31.0	1:46:52.8	10	Sen-F	250	Correr Lisboa	0:52:05.9	327	1:31:59.5	350
4		Cristina	632	1:49:11.6	1:49:03.6	11	Sen-F	272		0:52:33.4	335	1:33:31.3	373
5		Inês Peixoto	202	1:49:54.0	1:49:18.7	13	Sen-F	284		0:54:25.2	408	1:34:25.9	388
6		Carla Mendes	62	1:50:36.4	1:50:32.3	14	Sen-F	299	Tartarugas Solidárias	0:52:16.8	329	1:34:08.5	382
7		Filipa Ferro	217	1:52:31.3	1:52:15.5	17	Sen-F	327	Run 4 Fun	0:54:54.2	429	1:36:44.3	427
8		CIÁudia Bico	428	1:54:42.5	1:54:42.2	22	Sen-F	354	CCD PM CASCAIS	0:54:25.7	409	1:38:19.6	453
9		Inês Mariquitos	15	1:55:22.7	1:54:48.3	23	Sen-F	360		0:56:53.4	483	1:38:55.7	466
10		Joana Silva	76	1:56:09.1	1:56:02.8	24	Sen-F	379	Just Natural Please	0:55:19.8	438	1:39:39.3	478
11		Margarida	462	1:57:50.4	1:57:43.6	27	Sen-F	402	Aminhacorrida/	0:56:50.9	478	1:41:13.6	504
12		Helena Custódio	368	1:59:04.0	1:58:50.4	28	Sen-F	411		0:56:04.0	451	1:40:24.9	493
13		Lara Ferreira	654	2:00:23.1	1:59:48.8	35	Sen-F	439	Ferreiras	0:58:58.4	549	1:43:53.6	548
14		Ana Coutinho	244	2:00:51.4	2:00:25.8	37	Sen-F	443		0:57:17.9	502	1:43:19.2	537
15		Romina Guedes	212	2:00:56.4	2:00:38.2	38	Sen-F	445	Dolce CR / Running	0:58:59.2	550	1:43:55.4	549
16		Susana Santos	245	2:01:05.0	2:00:45.2	40	Sen-F	450		0:59:11.7	554	1:44:05.0	553
17		Ana Patricia Silva	32	2:01:35.6	2:01:28.1	42	Sen-F	454	Tartarugas Solidárias	0:57:36.1	512	1:43:49.4	547
18		Katharina	513	2:03:12.7	2:02:59.7	44	Sen-F	469		0:58:04.2	526	1:44:39.2	560
19		Noemia Monteiro	452	2:03:44.5	2:03:34.1	45	Sen-F	475	Clube do Stress	0:59:14.3	555	1:45:58.9	578
20		Alexandra Sofia	126	2:04:56.3	2:04:18.1	49	Sen-F	488		1:01:16.1	591	1:47:13.7	586
21		Joana Catarina	415	2:09:22.0	2:08:46.8	56	Sen-F	523		1:03:04.9	631	1:50:54.5	623
22		Ines Duarte	579	2:09:41.2	2:09:04.3	57	Sen-F	524		0:56:20.9	461	1:47:30.2	588
23		Tania Veiga	659	2:10:19.1	2:09:57.5	59	Sen-F	529	CIE	1:01:47.1	611	1:51:17.4	629
24		Ana Patrícia	620	2:11:50.4	2:11:06.7	65	Sen-F	543	People Family Club	1:04:05.4	641	1:52:42.8	641
25		Iris Mauricio	524	2:12:40.1	2:12:28.6	68	Sen-F	548	RunLovers	1:04:15.9	646	1:53:30.7	644
26		Isadora Costa	123	2:13:12.7	2:12:26.3	69	Sen-F	551	4 ao Km	1:04:17.9	647	1:53:32.8	648
27		Andreia Oliveira	228	2:13:53.3	2:13:45.8	70	Sen-F	553	Georunners	1:01:28.3	601	1:53:32.3	646
28		Sandra Maria	276	2:15:19.4	2:14:43.3	74	Sen-F	563		1:04:26.8	653	1:55:59.2	660
29		Lina Santos	343	2:15:35.4	2:14:54.0	75	Sen-F	566	Correr Lisboa	1:04:41.0	659	1:56:02.9	662

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
30		Sandra Martins	501	2:16:33.2	2:15:47.5	76	Sen-F	567	AÇOREANA CLUBE	1:06:05.1	670	1:57:50.6	669
31		Claudia Tam	491	2:18:43.7	2:17:56.6	79	Sen-F	578	AÇOREANA CLUBE	1:06:29.4	675	1:58:49.4	673
32		Susana Vilaça	696	2:22:53.3	2:22:34.3	84	Sen-F	585	Monsanto Running	1:09:42.4	691	2:02:44.4	684
33		Fatima Santos	51	2:24:58.2	2:24:42.8	86	Sen-F	590	Jobrinde - Montes	1:06:51.3	678	2:02:57.4	685
34		Rita Barão	644	2:25:45.6	2:25:22.1	87	Sen-F	591	Põe-Te a Milhas	1:07:34.3	682	2:03:35.7	686
35		Inês Soares	268	2:25:53.6	2:25:27.5	88	Sen-F	592	CTT	1:07:25.8	680	2:03:53.4	687
36		Inês Barradas	134	2:26:07.2	2:25:56.0	89	Sen-F	593	GD Banco BPI	1:09:07.8	687	2:05:12.2	690
37		Cláudia Garcia	340	DSQ	2:20:53.5	98	Sen-F	610	Correr Lisboa	1:06:08.3	672		51
38		Vera Almeida	408	DSQ	1:39:12.9	99	Sen-F	613	SS CGD	0:48:15.1	703	1:25:16.4	703

Sub23-F

1		Ana Luisa Melo	697	2:11:44.7	2:11:39.7	64	S23-F	542		1:02:21.9	623	1:52:36.0	637
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Veteranas F40

1		Alice Basilio	425	1:35:28.1	1:35:26.2	1	F40	83	Amigos Atletismo	0:46:35.3	170	1:22:04.5	184
2		Ana Pereira	96	1:37:34.5	1:37:18.3	2	F40	110		0:47:33.2	195	1:23:30.7	199
3		Isabel Moleiro	704	1:39:14.0	1:39:12.3	3	F40	134		0:48:35.4	220	1:25:29.0	237
4		Luzia Dias	700	1:40:04.1	1:40:03.9	5	F40	153		0:48:36.8	222	1:25:52.4	250
5		Luisa Santo	196	1:40:07.1	1:40:03.0	6	F40	155	N.A.Z.A.-Nucleo	0:48:30.2	217	1:25:50.8	248
6		Carla Calçada	162	1:43:51.4	1:43:47.5	7	F40	198	C. C. D. "O	0:50:18.6	265	1:28:55.7	293
7		Ana Rute Matos	204	1:43:53.6	1:43:34.7	8	F40	199		0:51:37.6	313	1:29:29.4	306
8		Marta Andrade	2	1:49:38.5	1:49:27.1	12	F40	275	Treino em Casa	0:51:43.8	316	1:34:03.4	379
9		Paula Santos	296	1:52:08.7	1:51:56.1	16	F40	324	Os Tugas	0:55:08.8	436	1:36:30.6	423
10		Anabela de Jesus	591	1:52:55.1	1:52:42.7	18	F40	330	Varitintas	0:54:45.4	415	1:37:00.2	432
11		Bernardete Morita	519	1:53:07.4	1:53:06.7	19	F40	333	Tartarugas Solidárias	0:56:05.1	452	1:38:06.9	447
12		Maria Duarte	414	1:53:38.3	1:53:24.8	20	F40	337		0:55:57.4	449	1:37:30.6	437
13		Cristina Caldeira	311	1:54:42.3	1:54:34.0	21	F40	353	RunLovers	0:54:49.5	425	1:38:06.8	446
14		Patricia	93	1:56:25.2	1:56:06.5	25	F40	385	Salamandrecos	0:56:20.7	460	1:40:13.1	487
15		Sandra Simões	7	1:57:43.1	1:57:22.7	26	F40	401	Run 4 Fun	0:57:26.6	509	1:40:57.6	498
16		Elisa Dabrio	224	1:59:09.4	1:59:08.0	29	F40	412	REAL ACADEMIA	0:58:06.3	528	1:42:40.3	524
17		Carla Morgado	336	1:59:17.2	1:59:03.7	30	F40	415		0:58:10.7	533	1:42:30.8	521
18		Eugenia Cid	665	1:59:47.9	1:59:35.6	32	F40	432	Twins	0:56:42.1	471	1:42:40.4	525
19		Luisa Palminhas	530	1:59:49.9	1:59:38.7	33	F40	433	RunLovers	0:57:42.5	517	1:42:41.8	526
20		Ana Monteiro	22	2:00:36.9	2:00:29.0	36	F40	442	Georunners	0:59:15.1	556	1:44:17.5	555

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
21		Sarah Musgrave	54	2:01:33.4	2:01:17.5	41	F40	453		0:57:25.6	508	1:43:47.2	546
22		Catarina Martins	416	2:01:59.1	2:01:10.7	43	F40	459	SS CGD	0:59:39.5	563	1:43:43.8	545
23		Luisa Landeiro	404	2:03:55.7	2:03:06.9	47	F40	482	SS CGD	0:59:53.2	568	1:45:44.1	574
24		Marina Andrade	108	2:03:57.7	2:03:51.7	48	F40	484	Tartarugas Solidárias	1:00:23.4	576	1:46:37.2	583
25		Ceu Carvalho	88	2:06:02.4	2:05:52.5	50	F40	493	Tartarugas Solidárias	1:01:37.9	605	1:47:59.2	594
26		Anabela Amaral	308	2:06:56.8	2:06:52.8	51	F40	500	10 KM de Tagarro	1:00:56.0	585	1:49:10.2	606
27		Helena Nunes	323	2:07:39.1	2:07:02.0	52	F40	509		1:01:22.4	596	1:48:57.2	604
28		Carla Silva	5	2:07:43.7	2:07:06.1	53	F40	513		1:02:38.0	628	1:50:34.0	618
29		Deolinda Santos	63	2:09:17.0	2:08:25.1	55	F40	521		1:04:18.5	651	1:51:15.5	626
30		Natalya	531	2:09:51.1	2:09:37.5	58	F40	525	Casa do Benfica em	1:01:24.9	600	1:51:16.1	627
31		Marta Duarte	325	2:11:25.5	2:11:16.8	61	F40	537		1:03:58.6	640	1:52:47.5	642
32		Mafalda Nunes	637	2:11:43.4	2:11:06.6	62	F40	540	ASSOCIAÇÃO DE	1:01:41.2	609	1:52:37.2	640
33		Carla Oliveira	272	2:11:44.4	2:11:41.2	63	F40	541		1:01:39.2	607	1:51:28.8	631
34		Sandra Cardoso	475	2:12:05.5	2:11:41.6	66	F40	544	JPRun	1:02:24.6	625	1:53:27.8	643
35		Helena Pires	393	2:12:11.2	2:12:05.3	67	F40	545	Rail Runners	1:02:52.0	630	1:53:51.4	650
36		Paula Carvalho	615	2:13:59.9	2:13:37.3	71	F40	556	RUN 4 FUN	1:04:36.7	657	1:55:32.5	659
37		Bernardete Vaz	151	2:15:10.1	2:15:04.3	73	F40	562	Tartarugas Solidárias	1:04:11.9	645	1:54:58.3	656
38		Helena Leitão	312	2:16:41.6	2:16:29.5	77	F40	571	RunLovers	1:05:51.5	667	1:57:47.8	666
39		Ivone Pereira	430	2:18:03.0	2:18:02.3	78	F40	575	CCD PM CASCAIS	1:05:48.3	664	1:58:28.6	671
40		Sara Henriques	433	2:19:52.3	2:19:50.5	80	F40	579	CCD PM CASCAIS	1:05:44.9	663	1:58:47.2	672
41		Ângela Suzano	262	2:20:57.8	2:20:41.0	81	F40	581	CTT	1:02:51.3	629	1:58:56.3	674
42		Teresa Marta	686	2:21:06.7	2:20:46.3	82	F40	582	Põe-Te a Milhas	1:01:37.8	604	1:57:18.8	665
43		Elisete Manuel	611	2:26:31.3	2:26:03.3	90	F40	594	asas do milenium (o	1:09:31.4	688	2:04:39.4	688
44		Paula Pereira	267	2:36:13.6	2:35:49.0	92	F40	599	CTT	1:11:35.8	693	2:12:23.7	694
45		Délia Afonso	693	2:52:55.1	2:52:12.5	93	F40	603		1:16:09.4	695	2:24:26.3	698
46		Florbela Pires	233	2:53:52.9	2:53:13.0	94	F40	605		1:24:45.4	700	2:30:07.6	700
47		Monica Silva	92	DSQ	1:44:28.6	95	F40	606	Salamandrecos	1:02:16.0	622		13
48		Celia Francisco	214	DSQ		96	F40	608	Tartarugas Solidárias		18		24
49		Cecília Nicolau	322	DSQ	1:49:54.7	97	F40	609	ASSOCIAÇÃO DE	0:54:09.1	398		48

Veteranas F50

1		Maria Manuela	6	1:51:53.7	1:51:32.4	15	F50	318	Run 4 Fun	0:54:10.6	400	1:35:44.6	411
2		Maria Da Luz	216	1:59:39.7	1:59:29.3	31	F50	427	Clube do Stress	0:57:34.2	511	1:42:25.9	520
3		Elsa Mota	37	2:03:47.6	2:03:25.7	46	F50	478	Run 4 Fun	0:59:48.0	567	1:46:00.9	579

39.^a Meia Maratona de S. João das Lampas

Result List AG 39^a Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 18k
4		Patricia Pedro	534	2:10:40.4	2:10:07.2	60	F50	530	Casa do Benfica em	1:03:54.4	638	1:52:22.8	634
5		Henriqueta Solipa	23	2:15:08.9	2:14:59.8	72	F50	561	GINASIO CLUBE	1:04:06.7	642	1:54:38.6	653
6		Jacinta Almeida	388	2:21:15.0	2:20:49.9	83	F50	583	Rail Runners	1:07:17.1	679	2:00:10.4	677
7		Cristiana Almeida	409	2:24:05.5	2:23:17.8	85	F50	587	SS CGD	1:03:47.0	637	2:00:45.7	679
8		Ana Varejão	29	2:31:28.0	2:31:06.1	91	F50	598	Run 4 Fun	1:09:37.9	689	2:07:31.3	693
9		Ana Martins	26	DNS		100	F50	615	Falcões Selvagens		704		704

Veteranas F60

1		Eugenia Vale	701	2:00:07.2	1:59:51.2	34	F60	435		0:57:32.6	510	1:43:10.5	534
2		Manuela Folgado	27	2:01:04.7	2:01:00.8	39	F60	449	Falcões Selvagens	0:56:25.2	462	1:42:55.4	531
3		Analice Silva	551	2:07:50.5	2:07:45.7	54	F60	515	O MUNDO DA	1:00:30.6	580	1:48:14.9	597

Number of records: 615

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
39^a Meia Maratona de S. João das Lampas													
m													
1		1	Bruno Batista	617	1:15:13.5	1:15:12.9	S23-M	1	Clube Natação de Rio	0:38:12.9	73	1:04:51.0	96
2		2	Bruno Lourenço	649	1:17:30.2	1:17:15.2	Sen-M	1	Holmes Place Algés	0:38:28.8	75	1:06:10.1	97
3		3	Oswald Freitas	618	1:17:47.1	1:17:46.9	S23-M	2	Clube Natação de Rio	0:38:16.3	74	1:07:03.5	100
4		4	Vitor Oliveira	509	1:17:55.1	1:17:53.6	Sen-M	2	ASC Vale Grande	0:38:33.1	76	1:07:01.6	98
5		5	João Paulo	382	1:17:57.9	1:17:57.2	Sen-M	3		0:38:54.7	78	1:07:03.1	99
6		6	João Caldeira	158	1:18:02.0	1:18:01.3	M50	1	Linda-a-Pastora SC	0:38:54.9	79	1:07:04.3	101
7		7	Fernando Alves	294	1:18:43.2	1:18:42.4	M45	1	Amigos Atletismo	0:38:54.7	77	1:07:18.5	102
8		8	José Silva	512	1:19:43.2	1:19:42.5	M45	2	ASC Vale Grande	0:38:55.7	81	1:07:45.5	103
9		9	Paulo Alves	511	1:21:19.3	1:21:17.7	Sen-M	4	ASC Vale Grande	0:40:09.7	84	1:10:05.2	105
10		10	Joaquim José	668	1:21:23.2	1:21:21.0	M40	1	NOC-Novo oculista de	0:39:56.6	82	1:10:04.4	104
11		11	João Ginja	194	1:21:40.8	1:21:38.2	M45	3	N.A.Z.A.-Nucleo	0:41:19.1	88	1:10:37.6	107
12		12	Euclides Sanches	523	1:23:25.5	1:23:24.8	Sen-M	5	Casa do Benfica em	0:38:55.0	80	1:10:29.4	106
13		13	João Manuel	634	1:23:50.5	1:23:49.9	S23-M	3	Clube Pedro Pessoa	0:40:06.7	83	1:11:31.0	108
14		14	Hugo Adelino	592	1:23:54.7	1:23:54.0	M40	2	Amigos Vale do	0:40:29.0	86	1:11:44.0	109
15		15	Paulo Jorge	587	1:24:00.3	1:23:59.7	M45	4	Sporting Clube	0:41:21.4	91	1:12:16.5	111
16		16	Jorge Rodrigues	129	1:24:01.0	1:24:00.4	M45	5	N.A.Z.A.-Nucleo	0:41:21.4	90	1:12:16.3	110
17		17	Abel Assemblano	598	1:24:30.0	1:24:23.4	Sen-M	6	N.A.Z.A.-Nucleo	0:41:38.7	92	1:12:23.6	113
18		18	Luis Santos	150	1:24:53.0	1:24:51.0	Sen-M	7		0:40:22.8	85	1:12:20.9	112
19		19	José Geada	510	1:25:09.4	1:25:07.9	M40	3	ASC Vale Grande	0:41:46.1	93	1:12:52.9	114
20		20	Antonio Afonso	576	1:25:56.7	1:25:55.0	M45	6	C. R. Alturense	0:42:02.9	95	1:14:00.8	115
21		21	Fernando	400	1:26:12.8	1:26:10.7	M40	4	SS CGD	0:42:14.6	98	1:14:06.0	118
22		22	Marco Fernandes	627	1:26:29.6	1:26:25.0	Sen-M	8	NucleOeiras	0:43:03.1	106	1:14:51.1	125
23		23	Luis Manuel	59	1:26:34.1	1:26:32.4	M45	7		0:41:19.2	89	1:14:02.6	116
24		24	Anacleto Faísca	578	1:26:36.9	1:26:35.4	M55	1	Clube Areias de S.	0:42:03.3	96	1:14:05.0	117
25		25	João Silva	421	1:26:40.3	1:26:39.3	M55	2	Clube Desportivo de	0:42:28.1	100	1:14:43.9	124
26		26	José Rodrigues	477	1:26:51.6	1:26:50.4	Sen-M	9		0:42:36.7	102	1:14:41.6	123
27		27	Carlos Pacheco	45	1:26:59.3	1:26:35.4	Sen-M	10	M.M.C.P.	0:43:03.6	107	1:14:34.8	120
28		28	Rui Oliveira	500	1:27:16.3	1:27:15.8	M40	5	AÇOREANA CLUBE	0:41:12.7	87	1:14:23.7	119
29		29	Antonio Paias	631	1:27:23.8	1:27:21.6	M55	3	Clube de Atletismo	0:42:11.9	97	1:14:38.7	122
30		30	Paulo José Silva	99	1:27:31.4	1:27:30.7	M40	6	N.A.Z.A.-Nucleo	0:42:39.0	103	1:15:06.5	126

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
31		31	José Queirós	441	1:27:43.3	1:27:38.7	M40	7	C. C. D. "O ALVITEJO"	0:43:59.0	121	1:15:32.7	128
32		32	Pedro Cardoso	105	1:28:04.3	1:27:57.4	Sen-M	11	Correr Lisboa	0:42:56.1	104	1:15:31.1	127
33		33	Carlos Caetano	210	1:28:15.8	1:28:14.4	M40	8		0:43:57.9	118	1:16:30.3	136
34		34	Germano Silva	271	1:28:25.1	1:28:23.5	M55	4	Linda-a-Pastora	0:43:39.9	113	1:16:07.3	133
35		35	Nuno Soares	306	1:28:27.6	1:28:23.1	Sen-M	12	Correr Lisboa	0:42:21.9	99	1:14:35.1	121
36		36	António Rebelo	264	1:28:29.0	1:28:26.9	M40	9	CTT	0:43:39.4	112	1:16:01.8	131
37		37	Ricardo Oliveira	561	1:28:35.7	1:28:34.6	M40	10	Clube Recreativo	0:44:18.7	123	1:16:06.6	132
38		38	Luciano Contente	250	1:28:38.8	1:28:38.2	M40	11	ZATOPEQUES	0:43:01.5	105	1:15:50.5	130
39		39	António Santos	167	1:28:44.1	1:28:36.5	M50	2	Clube Atletismo	0:43:55.5	117	1:16:22.7	135
40		40	Gabriel Gonçalves	437	1:29:02.7	1:29:01.8	M60	1	Correr EPAL	0:43:53.7	116	1:16:44.5	137
41		41	João Lopes	692	1:29:40.8	1:29:40.2	M55	5	Lebre	0:43:05.2	108	1:16:18.6	134
42		42	Luis Varzea	577	1:29:41.8	1:29:41.3	Sen-M	13	C. R. Alturense	0:43:17.1	110	1:16:51.1	139
43		43	Carlos Moura	177	1:29:46.2	1:29:44.7	Sen-M	14	ZFortes 16	0:43:53.2	115	1:16:50.3	138
44		44	Nelson Casanova	533	1:29:49.8	1:29:49.2	Sen-M	15	Casa do Benfica em	0:41:55.9	94	1:15:45.3	129
45		45	Jose Renato	298	1:29:54.3	1:29:46.1	Sen-M	16		0:45:10.9	136	1:17:45.6	144
46		46	Bruno Dias	371	1:30:07.6	1:30:06.9	Sen-M	17	Adraga BTTeam	0:43:10.2	109	1:17:28.9	141
47		47	Pedro Caravana	626	1:30:08.0	1:30:06.3	M40	12		0:44:27.9	124	1:17:41.6	143
48		48	João Maia	28	1:30:41.5	1:30:40.4	M50	3	Falcões Selvagens	0:43:25.1	111	1:17:28.5	140
49		49	Joaquim Pereira	552	1:30:44.7	1:30:42.7	M40	13	BRRnightRUNNERS	0:43:58.8	120	1:17:36.0	142
50		50	Leonardo Coelho	318	1:30:48.6	1:30:41.0	S23-M	4	RunLovers	0:44:06.5	122	1:17:56.2	145
51		51	Ricardo Sérgio	694	1:30:58.3	1:30:55.7	M40	14	C.A. Amigos Parque	0:44:28.0	125	1:18:08.8	146
52		52	José Borges	597	1:31:07.3	1:31:02.7	Sen-M	18	N.A.Z.A.-Nucleo	0:44:47.7	132	1:18:40.9	149
53		53	João Catalão	390	1:31:25.7	1:31:22.8	Sen-M	19	Rail Runners	0:45:06.7	135	1:18:31.6	147
54		54	David Karim	225	1:31:31.6	1:31:20.4	Sen-M	20	REAL ACADEMIA	0:45:11.2	137	1:18:57.3	153
55		55	Manuel Gonçalves	529	1:31:38.2	1:31:27.2	M50	4	Casa do Benfica em	0:45:14.8	139	1:18:58.1	154
56		56	Edgar Trigo	53	1:31:42.7	1:31:39.2	M45	8		0:44:36.3	128	1:18:51.8	151
57		57	Paulo Pires	506	1:31:47.7	1:31:46.6	M45	9	SS CGD	0:43:58.7	119	1:18:37.1	148
58		58	Pedro Simões	516	1:31:57.7	1:31:14.0	Sen-M	21	People Family Club	0:45:36.3	145	1:19:01.5	155
59		59	Joaquim Epiménio	192	1:32:10.7	1:32:09.6	M45	10	Clube EDP - Lisboa	0:44:28.2	126	1:18:44.8	150
60		60	Mario Gomes	565	1:32:17.2	1:32:14.1	M45	11	AÇOREANA CLUBE	0:44:29.1	127	1:19:02.7	157
61		61	Luis Aires	195	1:32:17.3	1:32:05.4	M40	15	N.A.Z.A.-Nucleo	0:45:12.9	138	1:18:52.8	152
62		62	Tiago Martins	652	1:32:18.3	1:32:01.0	Sen-M	22		0:44:55.0	133	1:19:22.6	159
63		63	Stephan Koenig	111	1:32:54.8	1:32:50.8	M45	12	Pernas de Gafanhoto	0:45:51.4	152	1:20:22.6	164

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
64		64	Fernando Almeida	353	1:33:02.4	1:32:58.7	Sen-M	23	Gelpeixe	0:45:47.3	149	1:20:11.5	161
65		65	Carlos Baptista	638	1:33:02.4	1:33:00.2	M55	6	Sporting Clube de	0:45:48.7	151	1:20:13.1	162
66		66	João Pastor	293	1:33:07.2	1:33:04.2	M40	16	Amigos Atletismo	0:45:48.4	150	1:20:24.0	166
67		67	Pedro Gabriel	149	1:33:16.7	1:33:14.5	M40	17	C.A. Amigos Parque	0:46:01.4	154	1:20:23.9	165
68		68	Paulo Santos	215	1:33:25.8	1:33:11.2	M45	13	Lis Running Clube de	0:46:11.0	157	1:20:47.7	171
69		69	Alexandre Costa	309	1:33:31.9	1:33:13.5	M40	18		0:45:02.8	134	1:19:18.9	158
70		70	Pedro Pina	85	1:33:35.1	1:33:28.7	Sen-M	24	LoureSaúde Running /	0:46:34.1	168	1:20:32.4	167
71		71	António Arede	174	1:33:35.1	1:33:13.0	Sen-M	25	Monsanto Running	0:46:18.1	162	1:20:16.9	163
72		72	Ricardo Damião	628	1:33:52.9	1:33:35.9	Sen-M	26	N.A.Z.A.-Nucleo	0:43:40.6	114	1:19:02.6	156
73		73	Nuno Amorim	418	1:33:54.7	1:33:54.4	Sen-M	27	Pontével a Mexer	0:45:17.7	140	1:20:03.4	160
74		74	Fernando Andrade	185	1:34:02.2	1:33:56.7	Sen-M	28	Os Perigosos	0:45:33.1	144	1:20:46.5	170
75		75	Tiago Póvoa	601	1:34:02.5	1:33:57.4	Sen-M	29		0:45:32.0	143	1:20:40.8	168
76		76	Rui Pedro Juliao	104	1:34:03.6	1:33:52.5	M50	5	Georunners	0:46:16.3	161	1:21:08.0	173
77		77	António João	193	1:34:16.8	1:34:15.8	M40	19	Leões da Fronteira	0:46:34.3	169	1:21:15.4	174
78		78	Francisco Calçada	161	1:34:45.9	1:34:43.2	M50	6	C. C. D. "O ALVITEJO"	0:45:37.6	146	1:21:05.7	172
79		79	Paulo Santos	369	1:34:59.5	1:34:46.5	M40	20		0:45:24.6	142	1:20:44.5	169
80		80	João Valente	50	1:35:05.7	1:35:05.1	M40	21	SPEM	0:46:11.4	159	1:21:22.0	175
81		81	Pedro Luzio	476	1:35:19.8	1:35:08.3	Sen-M	30	SS CGD	0:46:06.5	156	1:21:31.9	176
82		82	Mario Pires	229	1:35:24.6	1:35:24.1	M40	22	Clube triatlo almada	0:48:45.4	223	1:23:03.2	191
83		84	Antonio Soares	607	1:35:29.7	1:35:02.3	M45	14	asas do milenium (o	0:46:37.4	171	1:21:36.6	177
84		85	Luis Queirós	442	1:35:29.9	1:35:28.7	M40	23	C. C. D. "O ALVITEJO"	0:46:57.2	179	1:21:59.6	180
85		86	Ricardo Vitorino	211	1:36:07.8	1:36:06.4	Sen-M	31	Dolce CR / Running	0:46:32.9	167	1:22:39.8	185
86		87	Rui Cabral	324	1:36:17.0	1:36:13.7	M40	24	Wikaboo	0:48:16.3	206	1:24:03.5	214
87		88	Helder Valadas	180	1:36:17.1	1:36:10.5	Sen-M	32	Os Perigosos	0:46:13.1	160	1:22:04.1	183
88		89	Janicio Reis	526	1:36:18.7	1:36:17.9	Sen-M	33	Casa do Benfica em	0:44:46.6	131	1:22:00.2	181
89		90	Marco Cruz	279	1:36:22.4	1:36:13.1	Sen-M	34	Clube Atletismo	0:47:34.6	197	1:22:56.6	189
90		91	Jose Serra	75	1:36:26.4	1:36:24.5	M50	7	g.d.chelas	0:46:48.2	174	1:22:39.9	186
91		92	António Gonçalves	538	1:36:27.3	1:35:44.6	M50	8	Os Galgos	0:47:33.0	194	1:22:52.7	188
92		93	Miguel Baptista	179	1:36:34.3	1:36:33.7	M50	9	Decathlon/Omega	0:46:54.9	178	1:22:57.6	190
93		94	Eduardo Santos	354	1:36:36.2	1:36:32.9	Sen-M	35	Gelpeixe	0:47:26.3	190	1:23:19.3	195
94		95	Andre Cid	666	1:36:38.2	1:36:25.4	M40	25	Twins	0:47:00.6	180	1:22:43.3	187
95		96	António Almeida	17	1:36:39.0	1:36:36.7	M40	26	Ficalho Runners	0:48:10.5	204	1:23:35.7	202
96		97	João Coutinho	148	1:36:40.9	1:36:07.3	M50	10	Correr Lisboa	0:46:28.4	165	1:22:00.8	182

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
97		98	Jose Manuel	112	1:36:44.0	1:36:43.7	M60	2		0:47:27.1	192	1:23:31.0	200
98		99	Cristovão Gomes	484	1:36:45.0	1:36:39.5	Sen-M	36	clube veteranos do lis	0:46:51.6	176	1:23:03.4	192
99		100	Nuno Alcobia	593	1:36:46.2	1:36:39.1	M40	27		0:49:31.0	252	1:24:11.8	216
100		101	Amilcar Santos	281	1:36:49.1	1:36:30.8	M40	28		0:49:07.1	237	1:24:01.2	212
101		102	Vitor Marques	443	1:36:59.4	1:36:51.7	Sen-M	37		0:44:45.9	130	1:21:38.6	179
102		103	Luís Nunes	518	1:36:59.6	1:36:51.2	Sen-M	38	Runners da Frente	0:44:45.2	129	1:21:38.1	178
103		104	Antonio Nereu	608	1:37:07.1	1:36:40.6	M50	11	asas do milenium (o	0:48:53.7	226	1:23:56.2	208
104		105	Bernardo	440	1:37:14.8	1:37:10.0	Sen-M	39		0:46:54.6	177	1:23:36.1	203
105		106	Jaime Mauricio	525	1:37:16.6	1:37:15.9	M40	29	RunLovers	0:45:56.8	153	1:23:14.0	194
106		107	Paulo Marques	12	1:37:18.5	1:37:17.1	Sen-M	40	GO!Runners	0:47:26.1	189	1:23:30.6	198
107		108	David Faustino	705	1:37:25.7	1:37:23.5	M45	15		0:46:32.3	166	1:23:20.6	196
108		109	Ildebrando Aires	289	1:37:29.4	1:37:20.3	Sen-M	41	Rafa Team 2015	0:47:32.1	193	1:23:37.7	204
109		111	Pedro Magalhães	674	1:37:35.0	1:37:33.9	M40	30	p-mags	0:48:18.5	210	1:24:07.1	215
110		112	Frederico Cerdeira	599	1:37:38.4	1:37:35.1	Sen-M	42		0:47:27.0	191	1:23:42.4	205
111		113	Liberto Santos	81	1:37:49.2	1:37:44.7	M45	16		0:47:25.1	188	1:23:47.5	207
112		114	Julio Fernandes	623	1:37:50.2	1:37:20.9	Sen-M	43		0:48:32.3	219	1:24:23.3	218
113		115	Paulo Frango	242	1:37:52.9	1:37:39.7	Sen-M	44	Monsanto Running	0:47:20.5	186	1:23:42.8	206
114		116	Miguel Cardoso	190	1:38:08.8	1:37:34.2	Sen-M	45		0:47:06.9	182	1:23:12.2	193
115		117	Vasco Ascensão	258	1:38:10.9	1:37:44.6	M45	17	CTT	0:48:18.5	211	1:23:58.2	210
116		118	Afzal Aziz	47	1:38:12.5	1:38:09.3	Sen-M	46	FoxHound	0:47:42.3	198	1:23:34.8	201
117		119	Sérgio Nunes	331	1:38:16.4	1:38:16.2	M40	31		0:45:44.6	147	1:23:22.6	197
118		120	José Costa Alves	154	1:38:17.6	1:38:15.4	M45	18		0:48:59.5	230	1:24:50.6	225
119		121	Ricardo Ferreira	655	1:38:24.3	1:38:23.1	Sen-M	47	Ferreiras	0:46:23.3	163	1:24:03.5	213
120		122	Hugo Carago	376	1:38:27.0	1:38:24.6	M40	32	Carapaus de Corrida	0:47:34.0	196	1:24:23.5	219
121		123	Luís Azul	266	1:38:31.3	1:38:03.9	M40	33	CTT	0:47:06.0	181	1:23:58.4	211
122		124	Pedro Prudencio	201	1:38:35.2	1:38:12.1	M45	19	Salamandrecos	0:47:48.3	200	1:24:14.4	217
123		125	Joao Santos	457	1:38:44.0	1:38:42.1	M55	7	N.A.Z.A.-Nucleo	0:47:54.1	201	1:24:41.0	223
124		126	Manuel Abrantes	362	1:38:45.9	1:38:44.9	S23-M	5	Monsanto Running	0:48:12.1	205	1:25:24.6	233
125		127	Ricardo Alves	499	1:38:47.4	1:38:44.5	Sen-M	48	AÇOREANA CLUBE	0:49:02.6	231	1:25:43.9	244
126		128	João Prisal	389	1:38:50.4	1:38:26.1	M40	34	Rail Runners	0:48:17.7	209	1:24:39.0	222
127		129	Nélio Carvalho	417	1:38:52.1	1:38:49.8	Sen-M	49	Pontével a Mexer	0:45:45.1	148	1:24:33.1	220
128		130	Belchior Barrocas	173	1:38:57.4	1:38:55.6	M45	20		0:48:09.6	203	1:25:06.2	226
129		131	Luis Vieira	360	1:39:00.3	1:38:34.1	M45	21	brandoa corre	0:46:24.0	164	1:23:57.2	209

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
130		132	Paulo Lourinho	169	1:39:03.8	1:38:34.8	M45	22	Clube Atletismo	0:50:04.3	264	1:25:36.1	240
131		133	José Nunes	82	1:39:09.0	1:39:04.4	M45	23		0:48:26.5	213	1:25:17.9	230
132		135	Paulo Freitas	291	1:39:24.0	1:39:14.1	M40	35		0:48:17.3	208	1:24:37.3	221
133		136	Francisco Freire	135	1:39:31.3	1:39:20.2	Sen-M	50	GD Banco BPI	0:46:50.9	175	1:25:07.0	227
134		137	Vergilio Gomes	197	1:39:32.5	1:39:27.0	M45	24	N.A.Z.A.-Nucleo	0:47:13.9	184	1:25:52.8	252
135		139	João Pereira	431	1:39:37.7	1:39:35.6	M50	12	CCD PM CASCAIS	0:48:26.5	214	1:25:25.1	234
136		140	Paulo Oliveira	432	1:39:37.9	1:39:37.5	M45	25	CCD PM CASCAIS	0:48:28.4	216	1:25:27.7	236
137		141	Eduardo Pena	121	1:39:40.8	1:39:12.7	M50	13	Keep running	0:49:03.7	232	1:25:34.6	239
138		142	David Resina	656	1:39:41.3	1:39:38.5	M50	14		0:49:05.7	234	1:25:36.6	241
139		143	Carlos Jesus	208	1:39:44.9	1:39:28.8	M40	36	O MUNDO DA	0:48:19.2	212	1:25:12.3	228
140		144	Mario Gomes	613	1:39:47.3	1:39:45.0	Sen-M	51	Pontével a Mexer	0:48:01.5	202	1:25:23.8	232
141		145	António Gonçalves	571	1:39:47.9	1:39:36.3	M50	15	CCDT Metropolitano	0:49:29.4	250	1:26:20.7	254
142		146	Albisio Magalhaes	159	1:39:49.5	1:39:31.7	M60	3		0:47:17.7	185	1:24:50.2	224
143		147	Álvaro Santos	251	1:39:53.0	1:39:38.0	M40	37	Monsanto Running	0:49:44.9	259	1:26:10.1	253
144		148	Fernando Rosete	171	1:39:59.5	1:39:38.4	M45	26	Run 4 Fun	0:48:57.3	228	1:25:23.2	231
145		149	Veaceslav Ignat	466	1:40:00.4	1:39:58.0	Sen-M	52		0:46:44.3	173	1:25:44.3	245
146		150	João Maças	260	1:40:01.0	1:39:33.5	Sen-M	53	CTT	0:49:24.2	246	1:25:47.7	246
147		151	Rui Pereira	381	1:40:03.0	1:39:56.2	M50	16	Escola Secundaria	0:47:23.8	187	1:25:14.7	229
148		152	Jorge Morgado	402	1:40:03.9	1:39:46.6	M50	17	SS CGD	0:49:25.6	247	1:25:52.6	251
149		154	Carlos Lopes	472	1:40:05.0	1:39:52.3	M60	4		0:49:05.8	235	1:25:39.4	243
150		156	Carlos Viseu	348	1:40:08.1	1:40:03.9	M45	27	CLUBE DESPORTIVO	0:49:23.8	245	1:26:49.6	259
151		157	Ricardo Marta	695	1:40:25.5	1:40:19.2	Sen-M	54	Café Cartoon Run	0:48:30.3	218	1:25:50.7	247
152		158	Nuno Silva	507	1:40:37.9	1:40:16.6	Sen-M	55	GRD OS FIXES	0:48:16.5	207	1:25:52.4	249
153		159	André Santos	143	1:40:41.2	1:40:26.3	M40	38		0:48:50.5	225	1:25:37.7	242
154		160	Gonçalo Lopes	33	1:40:43.4	1:40:22.9	Sen-M	56	Run 4 Fun	0:47:11.4	183	1:25:29.8	238
155		161	José Monteiro	614	1:40:46.7	1:40:34.8	Sen-M	57	SS CGD	0:49:38.6	255	1:26:47.4	258
156		162	Antonio Ferreira	295	1:40:46.9	1:40:37.2	M40	39	Os Tugas	0:50:49.5	281	1:27:16.7	269
157		163	Jorge Serra	559	1:40:54.7	1:40:15.4	M45	28	weRUN Portugal	0:50:52.0	284	1:26:58.7	266
158		164	Carlos Bruno Da	372	1:41:00.6	1:40:57.6	M40	40	Salamandrecos	0:49:50.0	260	1:26:50.2	260
159		165	Joaquim	234	1:41:18.8	1:41:12.7	M50	18	ASSOCIAÇÃO DE	0:49:07.6	238	1:26:21.0	255
160		166	António Rui Merujo	254	1:41:35.9	1:41:34.6	M55	8	Armada Torreense	0:48:36.1	221	1:26:53.6	264
161		167	João Silva	401	1:41:39.3	1:41:31.3	M45	29	SS CGD	0:49:16.3	243	1:26:51.6	262
162		168	Rui Nascimento	444	1:41:40.1	1:41:10.5	M40	41		0:48:57.0	227	1:26:36.1	257

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
163		169	Floriano Silva	461	1:41:50.1	1:41:47.1	Sen-M	58	Aminhacorrida/	0:46:39.5	172	1:26:35.7	256
164		170	João Veiga	69	1:41:50.8	1:41:30.0	Sen-M	59	Correr Lisboa	0:49:16.0	241	1:27:08.9	267
165		171	José Campos	327	1:41:55.3	1:41:24.7	M45	30	amigosdacorrída.com	0:51:48.7	318	1:27:50.6	276
166		172	Victor Silva	320	1:41:56.1	1:41:41.9	M50	19	ASSOCIAÇÃO DE	0:49:54.7	263	1:27:39.9	274
167		173	João Gonçalves	651	1:42:00.5	1:41:34.5	M45	31	Lisboa	0:51:12.3	301	1:27:58.9	278
168		174	André Lopes	77	1:42:10.4	1:41:52.6	Sen-M	60	Bilhudos	0:49:16.1	242	1:27:12.7	268
169		175	Miguel Ribeiro	109	1:42:14.5	1:41:49.0	M40	42		0:51:45.2	317	1:28:51.5	290
170		176	Luis Correia	569	1:42:19.0	1:41:54.8	M40	43	Run 4 Fun	0:49:37.3	253	1:27:28.5	271
171		177	Helder Baptista	41	1:42:22.3	1:41:53.0	M40	44		0:50:35.3	274	1:27:38.6	273
172		178	Nuno Gaspar	645	1:42:28.4	1:42:27.0	Sen-M	61		0:49:09.6	239	1:27:23.5	270
173		179	Nuno Coelho	497	1:42:33.7	1:41:48.5	M45	32	AÇOREANA CLUBE	0:50:53.5	286	1:28:01.6	279
174		180	João Trindade	207	1:42:37.7	1:41:59.2	S23-M	6	Correr Lisboa	0:49:30.9	251	1:26:53.2	263
175		181	Pedro Manuel	423	1:42:41.0	1:42:00.7	M40	45		0:49:51.1	261	1:27:30.0	272
176		182	Jaime Sousa	326	1:42:43.9	1:42:15.2	M50	20	amigosdacorrída.com	0:51:24.8	306	1:28:25.4	287
177		183	Vitor Lopes	660	1:42:45.3	1:42:24.4	Sen-M	62	CIE	0:49:05.8	236	1:26:56.5	265
178		184	Luís Bastos	653	1:42:47.3	1:42:31.0	M50	21	CCD Siemens	0:49:40.0	256	1:27:58.1	277
179		185	Paulo Rodrigues	438	1:42:49.5	1:42:26.2	M45	33		0:49:18.9	244	1:27:50.3	275
180		186	Ricardo Leitão	545	1:42:50.7	1:42:28.9	Sen-M	63	Bolelas team	0:49:29.2	249	1:28:01.8	281
181		187	Luis Ferreira	187	1:42:52.3	1:42:30.5	Sen-M	64	Bolelas team	0:49:29.1	248	1:28:01.8	280
182		188	Nuno Pedro	689	1:42:53.9	1:42:45.8	Sen-M	65	CAOS	0:48:48.1	224	1:28:10.9	282
183		189	Marco Nóbrega	84	1:43:00.3	1:42:45.4	M40	46	Casa do Benfica em	0:50:29.0	272	1:28:25.3	286
184		190	Antonio Estrela	584	1:43:15.4	1:42:53.7	M45	34	Run 4 Fun	0:50:37.1	275	1:28:18.5	284
185		191	Filipe Branco	411	1:43:15.9	1:43:09.6	M45	35	u.r.d.arranhò	0:49:15.3	240	1:28:24.3	285
186		192	Francisco Pereira	494	1:43:31.9	1:43:22.0	M45	36	AÇOREANA CLUBE	0:51:32.2	311	1:29:10.2	302
187		193	Nelson Mota	496	1:43:31.9	1:43:19.3	M45	37	AÇOREANA CLUBE	0:51:29.1	309	1:29:06.9	300
188		194	Nuno Gonçalves	247	1:43:38.8	1:43:15.9	M40	47		0:49:38.5	254	1:28:31.6	288
189		195	Luis Ferreira	314	1:43:40.9	1:43:29.9	M45	38	RunLovers	0:49:53.1	262	1:28:52.9	291
190		196	Paulo Pereira	263	1:43:45.6	1:43:28.9	M45	39	CTT	0:50:19.5	267	1:29:07.4	301
191		197	João Duarte	517	1:43:48.0	1:43:03.5	Sen-M	66	People Family Club	0:51:23.1	305	1:29:28.3	305
192		200	Carlos Portela	505	1:43:57.4	1:43:15.9	M40	48		0:50:56.4	290	1:28:53.1	292
193		201	Nuno Gomes	333	1:43:59.3	1:43:56.0	M45	40	C.A. Amigos Parque	0:52:39.8	339	1:29:49.6	312
194		202	Pedro Trabucho	137	1:43:59.5	1:43:19.0	M50	22	GD Banco BPI	0:50:44.5	277	1:28:59.4	295
195		203	Vasco Marques	483	1:44:01.8	1:43:55.6	M40	49	clube veteranos do lis	0:50:44.9	280	1:29:41.6	310

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
196		204	Henrique Ruivo	57	1:44:10.4	1:44:05.2	M50	23	Tartarugas Solidárias	0:50:52.9	285	1:29:59.3	313
197		205	Bruno Costa	398	1:44:17.4	1:44:09.6	M40	50	SS CGD	0:51:06.7	298	1:29:37.5	308
198		206	Luis Barbosa	527	1:44:22.5	1:43:47.9	M45	41	Casa do Benfica em	0:50:35.1	273	1:28:17.9	283
199		207	Ricardo Pebre	115	1:44:23.0	1:43:55.4	Sen-M	67	GO!Runners	0:51:56.5	321	1:29:02.4	297
200		208	Diogo Sousa	114	1:44:23.8	1:43:56.1	Sen-M	68	GO!Runners	0:51:56.1	320	1:29:03.9	299
201		209	Nuno Barreto	118	1:44:24.6	1:43:55.7	Sen-M	69	GO!Runners	0:51:55.3	319	1:29:43.8	311
202		210	Carlos Oleastro	522	1:44:28.4	1:44:13.5	M50	24	Casa do Benfica em	0:49:44.0	258	1:29:03.7	298
203		211	Gonçalo Mexia	209	1:44:32.2	1:44:28.4	Sen-M	70	Pernas de Gafanhoto	0:48:58.4	229	1:29:02.1	296
204		212	Carlos Nabiça	273	1:44:36.9	1:44:32.1	M50	25	Sociedade Filarmónica	0:50:39.0	276	1:29:34.0	307
205		213	Eduardo Leite	270	1:44:44.7	1:44:24.4	Sen-M	71	Bamoximbora	0:53:38.2	377	1:30:26.0	321
206		214	Hugo Novais	379	1:44:46.3	1:44:28.3	Sen-M	72	RUNSINTRA	0:53:41.1	380	1:30:28.6	322
207		215	Vitor Amado	282	1:44:53.1	1:44:46.9	M60	5		0:49:42.2	257	1:28:57.4	294
208		216	Heitor Gomes	44	1:45:00.7	1:44:53.2	M40	51	Georunners	0:51:04.9	296	1:29:41.5	309
209		217	Bruno Esteves	131	1:45:01.5	1:44:31.8	Sen-M	73		0:49:05.6	233	1:28:47.1	289
210		218	Wang Xiaowu	683	1:45:10.2	1:45:09.0	M40	52		0:51:16.0	304	1:30:00.5	315
211		219	José Luís Santos	481	1:45:25.0	1:44:58.5	M45	42	Vila Seca Running	0:50:59.2	293	1:30:07.7	317
212		220	Sérgio Pedro	100	1:45:27.6	1:44:57.2	Sen-M	74	Power Rangers	0:50:19.5	266	1:30:11.0	318
213		221	Fernando	493	1:45:36.9	1:44:52.3	M55	9	AÇOREANA CLUBE	0:50:54.7	288	1:30:03.9	316
214		222	Joao Bogalheiro	464	1:45:40.1	1:45:27.2	M45	43	Amigos Vale do	0:51:03.4	295	1:30:15.9	319
215		223	Bruno Martins	370	1:45:41.2	1:45:28.1	M40	53		0:50:44.9	279	1:30:23.6	320
216		224	Rodrigo Pais	383	1:45:44.0	1:45:35.7	Sen-M	75	Surf Runners	0:51:05.4	297	1:30:41.5	324
217		225	Joao Almeida	647	1:45:47.2	1:45:35.5	M40	54	Individual	0:52:24.0	331	1:30:57.8	327
218		226	Ruben Costa	119	1:45:51.4	1:45:28.7	M50	26	Run 4 Fun	0:51:58.7	322	1:31:13.0	330
219		227	Jose Henriques	221	1:45:55.5	1:45:18.0	M40	55	REAL ACADEMIA	0:52:04.4	324	1:30:32.3	323
220		228	Paulo Quaresma	451	1:45:58.2	1:45:54.7	M60	6	Veteranos de	0:52:05.7	326	1:31:12.1	329
221		229	Alvaro Pinto	220	1:46:02.8	1:45:27.2	M55	10	REAL ACADEMIA	0:52:44.1	342	1:31:19.7	335
222		230	Mário Monteiro	553	1:46:07.9	1:45:26.0	M40	56	Os Galgos	0:51:12.5	302	1:29:28.3	304
223		231	Mário Bastardo	338	1:46:18.3	1:45:50.0	Sen-M	76	Hand 2 Hand	0:51:10.5	300	1:31:14.3	332
224		232	Jose Oliveira	448	1:46:20.9	1:45:42.3	M40	57		0:52:38.9	337	1:31:16.2	333
225		233	Sérgio Costa	186	1:46:25.5	1:46:01.2	Sen-M	77	Ninjas da Estrada	0:52:38.0	336	1:31:41.7	340
226		234	Marco Caseiro	182	1:46:31.8	1:46:25.6	Sen-M	78	Os Perigosos	0:50:59.0	292	1:30:48.3	326
227		235	Paulo Calvino	101	1:46:43.4	1:46:41.9	M40	58	Põe-Te a Milhas	0:51:13.9	303	1:31:34.5	339
228		236	Marcelo Dias	337	1:46:48.6	1:46:21.1	M40	59		0:52:19.7	330	1:31:24.7	337

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k	
229		237	Ricardo Pereira	335	1:46:56.5	1:46:38.5	Sen-M	79			0:52:30.9	333	1:32:17.6	354
230		238	Joao Crespo	356	1:47:01.3	1:46:59.7	M50	27	golden team		0:50:51.8	283	1:30:45.7	325
231		239	Rui Loureiro	147	1:47:01.8	1:46:45.1	Sen-M	80	Correr em Monsanto		0:50:49.5	282	1:31:24.7	336
232		240	João Rosinha	205	1:47:02.9	1:46:54.9	M40	60			0:51:36.7	312	1:31:33.9	338
233		241	Luis Guedes	541	1:47:03.8	1:46:41.7	Sen-M	81			0:50:56.2	289	1:31:11.8	328
234		242	João Pereira	67	1:47:04.5	1:46:49.0	M40	61			0:51:03.3	294	1:31:18.4	334
235		243	SÉrgio Cajado	502	1:47:08.0	1:46:36.6	M40	62	AÇOREANA CLUBE		0:53:18.2	369	1:31:45.0	343
236		244	Douglas Fry	275	1:47:09.9	1:46:38.5	M55	11	Clube Desportivo de		0:53:07.9	361	1:31:48.2	344
237		246	António Almeida	375	1:47:16.9	1:47:06.4	M50	28	VIA3Runners		0:53:00.9	355	1:32:39.5	359
238		247	Jorge Mimoso	562	1:47:17.1	1:46:44.5	M40	63			0:56:39.8	470	1:32:50.9	361
239		248	José Pereira	671	1:47:22.4	1:46:48.0	M45	44	Sempre Favoritos		0:52:50.1	345	1:32:14.5	353
240		249	Fernando Costa	663	1:47:30.5	1:46:49.8	Sen-M	82			0:52:39.0	338	1:32:18.0	355
241		251	Jorge Paulo	175	1:47:32.0	1:47:11.6	M55	12	Run 4 Fun		0:53:13.1	364	1:31:53.1	348
242		252	Miguel Serradas	603	1:47:33.3	1:47:10.7	M40	64	Run 4 Fun		0:53:10.8	362	1:31:50.8	347
243		253	João Leitão	313	1:47:34.5	1:47:24.4	M45	45	RunLovers		0:50:56.5	291	1:31:41.9	341
244		254	Fernando Silva	575	1:47:39.8	1:47:38.6	M45	46	C. R. Alturense		0:52:53.9	350	1:32:36.9	357
245		255	Rui Esteves	68	1:47:41.3	1:47:29.3	M40	65	Wikaboo		0:51:26.4	308	1:32:37.7	358
246		256	Pedro Manuel	394	1:47:44.7	1:47:29.8	M55	13			0:50:44.8	278	1:29:59.4	314
247		257	João Silva	73	1:47:54.0	1:47:29.3	M45	47			0:50:20.8	268	1:31:49.3	345
248		258	Jorge Pereira	463	1:47:55.8	1:47:23.3	M60	7			0:54:09.1	399	1:33:29.1	371
249		259	António Dias	482	1:47:56.2	1:47:24.7	M40	66	amigosdacorrída.com		0:54:12.1	402	1:33:26.1	369
250		260	Nuno Costa	405	1:48:00.5	1:47:10.4	M40	67	SS CGD		0:53:17.5	368	1:32:57.5	363
251		261	Nuno Sabino	566	1:48:05.0	1:48:01.5	Sen-M	83	AÇOREANA CLUBE		0:45:22.9	141	1:26:51.0	261
252		262	Carlos Magalhães	453	1:48:15.4	1:47:47.3	M45	48	Jobrinde - Montes		0:54:49.2	423	1:32:54.1	362
253		263	Pedro Carvalho	18	1:48:25.4	1:47:46.4	M40	68	Correr Lisboa		0:52:06.1	328	1:32:00.5	351
254		264	Pedro Alves	564	1:48:31.6	1:48:28.8	Sen-M	84			0:50:28.1	271	1:31:42.1	342
255		265	Antonio Guedes	489	1:48:32.2	1:48:23.7	M40	69	AÇOREANA CLUBE		0:50:54.1	287	1:31:55.0	349
256		266	Luis Chambel	600	1:48:48.1	1:48:30.5	Sen-M	85			0:52:55.3	353	1:32:58.2	364
257		267	António Belo	329	1:48:48.5	1:48:17.7	M65	1	amigosdacorrída.com		0:54:13.1	404	1:33:30.7	372
258		268	Fúlvio Esteves	480	1:48:52.1	1:48:11.0	Sen-M	86			0:52:41.5	341	1:32:00.7	352
259		269	Simão Fernandes	621	1:48:55.7	1:48:35.2	Sen-M	87	Monsanto Running		0:51:31.7	310	1:32:36.2	356
260		270	Fernando Morais	133	1:49:05.4	1:48:24.4	M50	29	GD Banco BPI		0:53:45.6	382	1:33:00.0	365
261		271	Ruben Coimbra	332	1:49:10.3	1:48:27.7	Sen-M	88			0:52:58.0	354	1:33:06.3	366

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k	
262		273	António Manuel	487	1:49:19.5	1:49:19.0	M55	14			0:52:44.2	343	1:34:04.2	380
263		274	Luis Menem	679	1:49:33.4	1:48:53.1	M45	49	Correr Lisboa	0:53:12.4	363	1:33:39.5	374	
264		276	José Garcês	168	1:49:40.0	1:49:08.3	M45	50	Clube Atletismo	0:57:50.2	523	1:34:53.6	396	
265		277	Pedro Ribeiro	86	1:49:40.2	1:49:16.3	Sen-M	89	Run 4 Fun	0:54:00.6	393	1:33:40.4	375	
266		278	Gilberto Dias	580	1:49:41.8	1:49:26.4	M50	30		0:53:05.5	357	1:34:01.7	378	
267		279	Tiago Rodrigues	21	1:49:44.0	1:49:05.4	Sen-M	90	Correr Lisboa	0:52:53.4	349	1:34:24.6	385	
268		280	Rui Trindade	160	1:49:50.6	1:49:05.5	M45	51	CD Estrela	0:55:39.6	442	1:35:02.2	398	
269		281	Helder Santos	345	1:49:51.0	1:49:11.9	Sen-M	91		0:52:53.0	346	1:33:27.2	370	
270		282	João Magalhães	253	1:49:51.3	1:49:07.0	Sen-M	92	SERUL - Sociedade	0:56:15.0	456	1:35:02.4	399	
271		283	David Simão	25	1:49:52.6	1:49:13.7	M45	52	Correr Lisboa	0:52:53.1	347	1:33:43.5	377	
272		285	Daniel Ramos	9	1:49:57.6	1:49:45.2	Sen-M	93	Jobrinde - Montes	0:51:42.3	315	1:34:06.6	381	
273		286	Luís Costa	94	1:49:59.2	1:49:41.1	M45	53	Salamandrecos	0:51:59.0	323	1:33:16.7	367	
274		287	João Antunes	319	1:50:01.5	1:49:50.6	M45	54		0:52:40.8	340	1:34:25.4	387	
275		288	João Barreto	629	1:50:02.2	1:50:01.0	Sen-M	94		0:50:22.0	269	1:34:18.5	384	
276		289	Andre Filipe	508	1:50:03.3	1:49:56.6	Sen-M	95	LoureSaúde Running /	0:50:27.8	270	1:32:44.7	360	
277		290	Nuno Pita	573	1:50:06.0	1:49:39.0	Sen-M	96	CCDT Metropolitano	0:51:09.4	299	1:33:24.2	368	
278		291	Hugo Costa	365	1:50:07.2	1:49:37.8	Sen-M	97		0:52:54.2	351	1:34:51.6	394	
279		292	Gabriel Henriques	222	1:50:08.6	1:49:32.0	S23-M	7	REAL ACADEMIA	0:54:58.4	432	1:34:34.7	389	
280		293	Paulo Silva	70	1:50:12.3	1:50:06.9	M50	31		0:53:41.1	381	1:35:16.4	402	
281		294	Joao Campos	1	1:50:12.5	1:50:07.9	M40	70		0:52:53.2	348	1:35:17.0	403	
282		295	Sandro Pinto	316	1:50:22.1	1:50:12.4	M40	71	RunLovers	0:53:54.9	386	1:35:02.9	400	
283		296	Miguel Castela	321	1:50:26.5	1:49:53.7	M40	72	ASSOCIAÇÃO DE	0:54:08.9	396	1:34:48.9	392	
284		297	Carlos Marques	198	1:50:30.3	1:50:13.9	M45	55	N.A.Z.A. -Nucleo	0:46:04.4	155	1:29:21.5	303	
285		298	Tiago Marques	339	1:50:31.9	1:49:51.9	Sen-M	98	Treino do Monge	0:53:20.9	370	1:34:17.4	383	
286		300	Carlos Fonseca	567	1:50:47.1	1:50:45.3	M55	15	AÇOREANA CLUBE	0:52:55.3	352	1:35:53.3	415	
287		301	Luís Alves	625	1:50:54.1	1:50:53.0	Sen-M	99		0:53:07.0	359	1:34:37.0	390	
288		302	Alfredo Falcão	199	1:50:59.5	1:50:36.6	M50	32	Run 4 Fun	0:53:28.8	374	1:34:47.2	391	
289		303	Fernando Ferreira	690	1:51:01.2	1:50:34.0	M50	33		0:55:02.3	433	1:35:26.0	407	
290		304	Fausto Isaac	492	1:51:03.7	1:50:18.0	M45	56	AÇOREANA CLUBE	0:53:29.9	375	1:33:43.2	376	
291		305	Charles Lima	672	1:51:06.0	1:50:56.5	M45	57	RunLovers	0:54:50.6	427	1:35:32.1	410	
292		306	Luis Afonso	110	1:51:17.0	1:50:39.0	M40	73	Georunners	0:54:48.8	422	1:35:25.2	406	
293		307	Rui Manuel Dias	213	1:51:18.5	1:50:40.2	M40	74	Pi-Linha Runners	0:54:48.1	421	1:35:24.9	405	
294		308	Mário Lopes	181	1:51:28.4	1:51:11.9	M45	58	Os Perigosos	0:53:58.1	390	1:35:31.2	409	

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
295		309	André Almeida	554	1:51:31.0	1:51:15.8	Sen-M	100	Benfica	0:53:06.2	358	1:35:07.2	401
296		310	Antonio Duarte	4	1:51:32.2	1:51:06.7	M40	75	Correr Lisboa	0:51:38.0	314	1:34:25.4	386
297		311	Nuno Rito	11	1:51:34.8	1:51:29.2	Sen-M	101	Tartarugas Solidárias	0:54:42.9	413	1:35:55.6	416
298		312	João Barreira	31	1:51:35.4	1:51:10.8	Sen-M	102	Run 4 Fun	0:53:25.7	372	1:35:18.6	404
299		313	Paulo Trigo	387	1:51:40.9	1:51:32.8	Sen-M	103	Runners da Frente	0:54:46.3	418	1:36:17.5	419
300		314	Paulo Pais	66	1:51:41.9	1:51:26.4	M50	34		0:52:45.4	344	1:34:53.6	395
301		315	Nelson Ferreira	164	1:51:45.0	1:51:07.3	Sen-M	104		0:54:47.8	419	1:35:51.6	414
302		316	Filipe Leitão	384	1:51:48.1	1:51:39.0	Sen-M	105	Surf Runners	0:54:06.8	395	1:35:47.8	413
303		317	Nuno Pereira	670	1:51:52.5	1:51:16.8	Sen-M	106	Sempre Favoritos	0:53:07.2	360	1:35:00.5	397
304		319	Rui Vieira	61	1:51:54.3	1:51:50.9	M45	59		0:57:21.0	505	1:36:56.6	431
305		320	Carlos Monteiro	706	1:51:55.2	1:51:25.2	M50	35		0:56:55.8	485	1:36:55.2	430
306		321	Santos Luis Miguel	10	1:51:57.8	1:51:24.3	M50	36	ASSOCIAÇÃO DE	0:54:09.0	397	1:35:45.9	412
307		322	Diogo Leite	299	1:52:00.1	1:51:46.9	Sen-M	107		0:52:28.8	332	1:35:27.2	408
308		323	Pedro Mota	664	1:52:04.7	1:51:23.4	Sen-M	108		0:57:38.6	513	1:37:06.3	433
309		325	Ricardo Jesus	16	1:52:12.1	1:51:42.5	M40	76		0:54:46.3	417	1:34:50.4	393
310		326	Ricardo Silva	395	1:52:19.2	1:52:09.4	Sen-M	109		0:53:24.7	371	1:36:03.7	417
311		328	Jose Magalhaes	30	1:52:33.5	1:52:08.9	M45	60	Run 4 Fun	0:53:26.1	373	1:36:14.2	418
312		329	Carlos Balau	630	1:52:43.6	1:52:42.6	M40	77		0:54:32.2	411	1:36:41.1	426
313		331	Rui Matos	191	1:52:58.5	1:52:19.4	Sen-M	110	BE2RUN	0:54:13.6	405	1:36:35.0	424
314		332	Bruno Matias	594	1:52:59.7	1:52:41.9	Sen-M	111		0:54:00.8	394	1:36:26.2	422
315		334	Pedro Santos	80	1:53:31.1	1:53:26.5	M40	78		0:53:48.8	384	1:36:44.4	428
316		335	Pedro Barrela	141	1:53:31.2	1:53:03.2	M40	79	GD Banco BPI	0:53:40.8	378	1:36:23.2	421
317		336	Pedro Lopes	287	1:53:32.0	1:53:08.2	M40	80		0:55:54.1	446	1:37:52.6	440
318		338	Luís Ferreira	391	1:53:40.4	1:53:15.3	M45	61	Rail Runners	0:57:11.5	496	1:38:31.6	455
319		339	Oswaldo Almada	678	1:53:44.6	1:53:25.4	M40	81		0:57:03.6	487	1:38:37.1	458
320		340	Manuel António	392	1:53:55.1	1:53:37.9	M45	62	Rail Runners	0:53:55.4	387	1:37:39.5	439
321		341	Alexandre Reis	520	1:54:00.1	1:53:44.9	M50	37	Casa do Benfica em	0:52:33.1	334	1:36:37.2	425
322		342	Luis Calheiros	140	1:54:07.9	1:53:40.1	M40	82	GD Banco BPI	0:54:50.5	426	1:37:13.0	434
323		343	José Manuel Veiga	691	1:54:12.4	1:53:48.7	M55	16		0:55:17.3	437	1:38:04.4	445
324		344	Paulo Trindade	555	1:54:17.7	1:54:04.4	M40	83	O MUNDO DA	0:56:26.2	463	1:38:19.4	452
325		345	Carlos Marques	152	1:54:21.7	1:53:47.4	Sen-M	112		0:57:54.2	524	1:38:12.3	449
326		346	António Bogas	521	1:54:26.2	1:53:53.7	M45	63	Casa do Benfica em	0:55:39.7	443	1:37:14.1	435
327		347	JosÉ Neves	235	1:54:31.3	1:54:16.8	M45	64	ASSOCIAÇÃO DE	0:56:17.1	459	1:38:17.5	451

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
328		348	Nuno Gonçalves	540	1:54:35.9	1:54:06.9	M40	84	GDCT Imprensa	0:55:29.6	440	1:37:31.2	438
329		349	Nuno Bogalheiro	588	1:54:36.0	1:54:22.5	M40	85	Amigos Vale do	0:54:45.8	416	1:38:17.4	450
330		350	Jorge Atalaia	139	1:54:39.4	1:54:15.2	Sen-M	113	GD Banco BPI	0:54:58.0	431	1:37:14.8	436
331		351	Francisco Plínio	574	1:54:41.5	1:54:26.6	M55	17	CCDT Metropolitano	0:54:39.2	412	1:37:55.1	442
332		352	Paulo Alexandre	156	1:54:41.7	1:54:39.9	M50	38		0:54:49.4	424	1:38:07.2	448
333		355	José Castro	165	1:54:49.3	1:54:15.8	M55	18	Clube Atletismo	0:58:53.0	546	1:38:52.0	462
334		356	Jose Nogueira	157	1:55:13.7	1:54:39.3	M50	39		0:56:53.0	482	1:38:55.7	465
335		357	Joaquim Morgado	127	1:55:14.3	1:54:47.3	M45	65		0:56:49.4	475	1:38:48.5	461
336		358	João Navarro	454	1:55:15.9	1:54:40.7	M40	86	Lisboa Racket Centerr	0:58:10.5	532	1:39:47.6	482
337		359	Jorge Nunes	132	1:55:22.6	1:54:48.2	Sen-M	114	GD Banco BPI	0:56:52.3	481	1:38:55.3	464
338		361	Adelino Trindade	206	1:55:23.2	1:54:45.5	M40	87	Correr Lisboa	0:53:47.2	383	1:38:01.7	444
339		362	Luís Andrade	259	1:55:23.7	1:54:51.7	M40	88	CTT	0:58:36.8	540	1:40:07.6	485
340		363	Luís Gil Caldeira	396	1:55:25.1	1:54:55.0	M40	89	C.A. Amigos Parque	0:56:49.7	477	1:39:41.9	479
341		364	Rafael Santos	297	1:55:26.2	1:55:11.9	M45	66	Os Tugas	0:57:47.0	522	1:39:56.1	483
342		365	Miguel San-Payo	363	1:55:26.9	1:55:02.2	M50	40	Run 4 Fun	0:57:08.5	495	1:39:36.1	475
343		366	André Carvalho	246	1:55:27.0	1:55:11.0	Sen-M	115		0:57:16.7	501	1:39:44.7	481
344		367	Antonio Goucha	673	1:55:27.3	1:55:01.8	M50	41		0:57:07.2	493	1:39:35.6	474
345		368	Carlos Simoes	241	1:55:30.7	1:55:29.6	Sen-M	116	Vila Seca Running	0:53:59.0	391	1:38:27.7	454
346		369	Sergio Montes	458	1:55:35.1	1:54:59.8	Sen-M	117	N.A.Z.A.-Nucleo	0:56:56.1	486	1:40:25.1	494
347		370	Luís Pires	650	1:55:35.5	1:55:09.1	M40	90	Holmes Place Algés	0:55:50.9	445	1:38:40.1	460
348		371	Luís Boleto	471	1:55:35.8	1:55:16.0	Sen-M	118	Monsanto Running	0:57:18.5	503	1:40:15.7	489
349		372	Pedro Serra	163	1:55:39.5	1:55:02.3	Sen-M	119	Correr Lisboa	0:54:12.6	403	1:37:52.7	441
350		373	Álvaro Conceição	374	1:55:43.4	1:55:05.0	Sen-M	120		0:56:39.6	469	1:38:37.0	457
351		374	Miguel Eufémio	639	1:55:43.8	1:55:04.4	Sen-M	121		0:56:38.6	467	1:38:36.0	456
352		375	Vítor Venda	283	1:55:48.8	1:45:16.1	M40	91		0:54:22.6	407	1:31:13.8	331
353		376	Carlos Sa	172	1:55:58.7	1:55:46.1	M45	67	clube desportivo de	0:56:48.1	474	1:39:08.0	469
354		377	José Sampaio	455	1:56:00.7	1:55:25.4	M45	68	Lisboa Racket Centerr	0:58:10.7	534	1:40:16.6	490
355		378	José Pereira	184	1:56:04.2	1:55:47.4	M55	19	Os Perigosos	0:56:42.9	473	1:39:42.8	480
356		380	Joao Dias	612	1:56:09.1	1:56:08.7	Sen-M	122	Pontével a Mexer	0:53:57.3	388	1:38:52.4	463
357		381	Fernando Oliveira	288	1:56:10.0	1:55:22.2	M55	20	CLUBE ANACOM	0:56:14.9	455	1:39:34.0	473
358		382	Jorge Manuel Góis	684	1:56:14.2	1:55:45.0	M45	69		0:56:29.8	464	1:40:30.0	495
359		383	Osman Aziz	48	1:56:16.4	1:56:14.2	S23-M	8	FoxHound	0:53:16.6	366	1:37:57.9	443
360		384	Fernando Silva	422	1:56:20.0	1:55:57.0	M50	42	Clube Desportivo de	0:56:38.0	466	1:39:28.4	472

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
361		386	Nuno Anastacio	317	1:56:27.0	1:56:16.1	Sen-M	123	RunLovers	0:54:21.2	406	1:39:37.6	476
362		387	José Mateus	585	1:56:38.2	1:56:24.0	M55	21		0:54:28.9	410	1:39:05.2	468
363		388	Armando	609	1:56:44.1	1:56:43.7	M65	2	asas do milenium (o	0:53:57.3	389	1:36:51.2	429
364		389	Mário Machado	543	1:56:44.9	1:56:16.1	M65	3	Revista SPIRIDON	0:53:59.4	392	1:36:22.6	420
365		390	José António	98	1:56:45.8	1:56:06.6	Sen-M	124	Correr Lisboa	0:52:05.1	325	1:38:39.3	459
366		391	Ricardo Sequeira	619	1:56:48.7	1:56:05.2	Sen-M	125	Ferroviário de Portugal	0:59:28.6	560	1:41:18.0	506
367		392	Paulo Campos	662	1:56:56.8	1:56:52.2	M45	70		0:55:25.6	439	1:40:13.1	488
368		393	João Almeida	439	1:56:59.7	1:56:08.9	Sen-M	126		0:56:42.8	472	1:39:23.5	471
369		394	Carlos Moreira	572	1:57:01.2	1:56:48.6	M60	8	CCDT Metropolitano	0:57:22.5	507	1:41:07.5	503
370		395	Teodoro Trindade	71	1:57:08.5	1:56:43.1	M50	43	Run 4 Fun	0:55:55.8	447	1:40:04.0	484
371		396	Leonel Carlos	680	1:57:18.2	1:56:49.3	M45	71	Individual	0:57:13.5	498	1:40:38.2	496
372		397	Paulo Mota	635	1:57:24.2	1:56:48.0	M45	72	ASSOCIAÇÃO DE	0:56:51.9	479	1:40:22.3	492
373		398	Carlos Dores	79	1:57:24.5	1:57:05.8	M45	73		0:57:05.2	488	1:41:04.1	501
374		399	Nuno Marques	310	1:57:29.1	1:57:20.1	M45	74	RunLovers	0:54:55.6	430	1:39:39.3	477
375		400	Francisco José	590	1:57:29.1	1:57:14.9	M45	75	Varitintas	0:54:45.0	414	1:39:17.6	470
376		403	Nuno Miguel de	200	1:58:06.5	1:57:35.1	Sen-M	127		0:57:42.1	516	1:41:03.1	500
377		404	António Manuel Da	188	1:58:07.1	1:57:35.6	M50	44		0:57:41.8	515	1:41:04.2	502
378		405	Daniel Oliveira	677	1:58:24.4	1:58:19.2	Sen-M	128	Pernas de Gafanhoto	0:57:20.7	504	1:42:46.2	528
379		406	Ricardo Cano	170	1:58:34.8	1:58:03.7	Sen-M	129	Clube Atletismo	1:01:21.1	594	1:43:16.8	535
380		407	Manuel Romano	189	1:58:34.8	1:58:15.1	M50	45	Run 4 Fun	0:53:35.1	376	1:40:08.0	486
381		408	Miguel Gomes	610	1:58:42.3	1:58:28.0	M40	92	asas do milenium (o	0:55:56.4	448	1:41:14.0	505
382		409	André Cabral	667	1:58:49.5	1:58:06.5	Sen-M	130		0:53:54.6	385	1:40:38.8	497
383		410	Antonio Ventura	226	1:58:58.2	1:58:29.0	M55	22	REAL ACADEMIA	0:57:44.4	520	1:41:31.6	508
384		413	Carlos José	19	1:59:12.0	1:58:33.2	M50	46		0:59:21.7	558	1:43:06.9	533
385		414	Albino Tomas	702	1:59:15.6	1:59:12.0	M55	23		0:57:11.8	497	1:42:19.7	516
386		416	Jose Oliveira	456	1:59:18.4	1:58:42.5	M50	47	N.A.Z.A.-Nucleo	0:56:55.8	484	1:41:21.6	507
387		417	Tam Afonso	503	1:59:18.6	1:59:09.5	M60	9	AÇOREANA CLUBE	0:57:16.2	500	1:42:21.9	518
388		418	Jorge Paulino	420	1:59:20.7	1:58:58.0	M55	24	Clube Desportivo de	0:58:46.2	544	1:43:21.9	539
389		419	Joao Batista	616	1:59:23.6	1:58:53.3	M60	10		0:56:51.9	480	1:41:39.5	509
390		420	João Afonso	485	1:59:25.5	1:58:53.6	M40	93		0:58:36.9	541	1:41:55.8	511
391		421	Nuno Santiago	366	1:59:26.8	1:58:53.1	Sen-M	131	O MUNDO DA	0:56:39.0	468	1:42:00.1	513
392		422	Luis Canhão	43	1:59:32.9	1:59:25.1	M45	76		0:56:07.4	453	1:42:25.8	519
393		423	Jorge Campos	661	1:59:36.1	1:59:32.3	M40	94		0:58:55.6	547	1:43:39.3	542

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
394		424	Paulo Picado	230	1:59:37.7	1:59:11.0	M40	95	Falcões Selvagens	1:01:56.7	614	1:43:21.3	538
395		425	Nuno Madureira	547	1:59:38.6	1:58:54.9	Sen-M	132		1:00:17.7	572	1:42:16.1	515
396		426	Pedro Cordeiro	582	1:59:39.5	1:59:06.5	M40	96		0:58:06.5	529	1:42:37.0	523
397		428	Joel Silva	14	1:59:40.7	1:59:32.9	M40	97	Falcões Selvagens	0:58:04.5	527	1:43:18.9	536
398		429	Pedro Henrique	83	1:59:41.8	1:59:00.2	Sen-M	133	fisiobarrosorun	0:56:32.6	465	1:41:42.8	510
399		430	Luis Miguel Santos	595	1:59:42.7	1:59:15.2	M45	77	Alverca Urban Runners	0:57:07.5	494	1:41:01.2	499
400		431	João Salgueiro	142	1:59:43.2	1:59:17.7	M45	78	GD Banco BPI	0:55:02.7	434	1:42:52.1	529
401		434	Artur Botão	539	2:00:05.6	1:59:21.3	M45	79	ACADEMIA DO	0:55:57.5	450	1:41:58.7	512
402		436	Pedro Moura	556	2:00:07.7	1:59:46.3	Sen-M	134		0:55:38.8	441	1:40:18.3	491
403		437	Fernando Dias	581	2:00:19.0	2:00:00.6	M50	48		0:57:05.3	489	1:43:02.5	532
404		438	Rogério Matos	434	2:00:20.0	1:59:59.8	M50	49	Run 4 Fun	0:59:30.6	561	1:43:40.6	544
405		440	Antonio Negrinho	397	2:00:25.3	1:59:36.0	M50	50	SS CGD	0:58:12.1	536	1:42:19.7	517
406		441	João Paulo Róis	648	2:00:34.8	2:00:11.2	Sen-M	135		0:53:15.6	365	1:38:58.3	467
407		444	Jose Alves	478	2:00:51.7	2:00:01.4	Sen-M	136		1:00:10.3	570	1:43:28.7	540
408		446	Paulo Aleixo	346	2:00:57.6	2:00:41.5	Sen-M	137		0:53:04.9	356	1:43:57.3	551
409		447	Domingos Duro	330	2:01:03.2	2:00:33.4	M65	4	amigosdacorrída.com	0:59:42.3	564	1:44:44.4	561
410		448	Nuno Beijoca	685	2:01:03.3	2:00:49.7	Sen-M	138		0:56:15.5	457	1:42:44.5	527
411		451	Nuno Sousa	237	2:01:16.8	2:00:31.4	Sen-M	139		0:58:56.0	548	1:42:54.6	530
412		452	Fernando Marques	436	2:01:25.2	2:01:15.4	M50	51	Correr EPAL	0:58:38.9	543	1:43:37.6	541
413		455	Luis Simoes	361	2:01:35.8	2:01:09.2	M40	98	brandoa corre	0:55:42.7	444	1:42:11.4	514
414		456	Jaime Trabucho	203	2:01:41.8	2:01:07.7	M50	52		1:00:32.9	581	1:45:24.8	569
415		457	Pedro Lucas	460	2:01:49.3	2:01:28.3	Sen-M	140	Clube Bolinha	0:58:09.3	530	1:45:38.1	573
416		458	Gilberto Gonçalves	277	2:01:54.9	2:01:22.7	M65	5	Clube Atletismo	0:59:33.6	562	1:43:56.0	550
417		460	Joao Ricardo	52	2:02:15.7	2:02:10.1	M40	99		0:59:45.1	565	1:45:04.1	566
418		461	Manuel Rodrigues	227	2:02:15.8	2:01:42.2	M50	53	REAL ACADEMIA	0:58:33.5	539	1:44:54.3	564
419		462	Júlio Castro	166	2:02:28.9	2:01:58.6	M55	25	Clube Atletismo	1:01:22.0	595	1:45:38.0	572
420		463	Bruno Afonso	74	2:02:33.5	2:02:21.2	Sen-M	141		0:56:14.5	454	1:43:39.4	543
421		464	Augusto Paulo	606	2:02:50.3	2:02:11.1	M45	80		1:01:37.9	606	1:45:36.6	571
422		465	Ricardo Araújo	65	2:02:58.5	2:02:39.1	Sen-M	142		0:57:15.6	499	1:44:34.8	557
423		466	Rui Moura	13	2:03:01.8	2:02:23.9	Sen-M	143		0:54:48.0	420	1:42:35.3	522
424		467	Eduardo Bernardo	146	2:03:02.6	2:02:57.3	M40	100	SUDU	0:58:38.7	542	1:45:05.5	567
425		468	Jose Luis Santos	486	2:03:09.3	2:02:38.4	M55	26		0:58:59.9	551	1:44:33.4	556
426		470	Simão Pedro	514	2:03:12.7	2:02:59.5	Sen-M	144		0:58:03.7	525	1:44:38.9	559

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
427		471	Pedro Morão	107	2:03:15.6	2:03:02.3	Sen-M	145		0:59:22.9	559	1:45:45.3	575
428		472	Gabriel Antonio	412	2:03:20.1	2:02:30.1	M50	54	u.r.d.arranhò	0:59:59.7	569	1:45:24.4	568
429		473	Justino Santos	238	2:03:27.6	2:03:14.0	Sen-M	146		0:57:07.1	492	1:44:00.7	552
430		474	João Santos	450	2:03:44.4	2:03:29.3	M65	6	Veteranos de	0:59:03.0	552	1:45:53.6	576
431		476	José Henriques	178	2:03:46.6	2:02:52.6	M45	81		0:57:06.4	491	1:44:52.9	563
432		477	José Rodrigues	236	2:03:46.6	2:02:52.4	M45	82		0:57:06.4	490	1:44:50.8	562
433		479	Jorge Esteves	35	2:03:48.0	2:03:25.6	M50	55	Run 4 Fun	0:59:47.3	566	1:45:57.8	577
434		480	Luis Pereira	537	2:03:52.3	2:03:03.1	M45	83	CLUBE ANACOM	1:01:22.7	597	1:46:05.5	581
435		481	João Veigas	78	2:03:53.6	2:03:03.3	Sen-M	147		1:01:24.7	599	1:46:03.3	580
436		483	Ivo Claro	72	2:03:57.5	2:03:50.8	Sen-M	148	Tartarugas Solidárias	1:00:26.6	578	1:46:36.2	582
437		485	Ivan Ramos	429	2:04:06.7	2:04:06.1	Sen-M	149	CCD PM CASCAIS	0:53:16.9	367	1:45:01.3	565
438		486	Luis Damião	676	2:04:28.7	2:03:50.2	M45	84		0:57:21.6	506	1:44:35.5	558
439		487	Sergio Rodelo	56	2:04:31.4	2:03:53.8	M45	85	Run Crew Trail Montijo	1:01:17.8	592	1:47:08.7	585
440		489	Nuno Apolo	378	2:05:10.0	2:04:25.3	Sen-M	150	Restaurante O	1:02:08.9	620	1:49:28.5	607
441		490	Nelson Barreiros	557	2:05:29.6	2:04:53.3	M45	86	Cofina Runners	0:58:19.0	537	1:46:43.2	584
442		491	Nuno Corte-Real	102	2:05:53.3	2:05:28.8	M50	56	Põe-Te a Milhas	1:01:14.8	590	1:47:42.2	589
443		492	Pedro Loureiro	474	2:05:57.0	2:05:32.8	M40	101	JPRun	1:00:14.7	571	1:47:47.3	591
444		494	JosÉ Magro	459	2:06:04.0	2:05:55.9	M45	87	Runners da Frente	0:59:21.1	557	1:48:30.9	601
445		495	Pedro Lopes	301	2:06:04.7	2:05:10.5	Sen-M	151		1:01:04.9	587	1:48:14.7	596
446		496	Gonçalo Delca	681	2:06:30.8	2:05:39.0	M40	102		1:04:18.3	649	1:50:48.8	621
447		497	Nuno Vitorino	633	2:06:38.4	2:06:37.1	Sen-M	152		0:58:49.3	545	1:47:56.9	593
448		498	Ludgero Santana	646	2:06:44.5	2:06:18.2	M50	57	JG - Seguros - Vila fria	1:00:20.2	574	1:47:43.6	590
449		499	Miguel Azevedo	249	2:06:45.4	2:06:19.0	M45	88		1:00:19.9	573	1:47:16.4	587
450		501	Joaquim Miguel	687	2:07:00.9	2:06:18.2	M50	58	individual	0:58:32.6	538	1:48:18.9	598
451		502	Marcos Noritake	688	2:07:02.1	2:06:18.3	M45	89	Multirunners	0:58:11.5	535	1:45:35.4	570
452		503	Vitor Paulo	657	2:07:16.3	2:07:07.4	M40	103		1:02:22.2	624	1:49:50.8	614
453		504	Daniel Marques	641	2:07:21.3	2:07:13.9	M45	90		1:00:20.9	575	1:48:27.3	600
454		505	Carlos Albano	410	2:07:23.6	2:06:37.2	M40	104	SS CGD	0:57:41.2	514	1:47:56.1	592
455		506	Pedro Luiz	64	2:07:24.2	2:07:05.6	Sen-M	153	Correr na Cidade	0:58:09.4	531	1:48:25.5	599
456		507	Isaac CarrÊlo	468	2:07:30.8	2:06:41.0	M50	59	CLUBE ANACOM	1:02:05.1	618	1:49:29.7	608
457		508	Vasco Ferreira	240	2:07:35.7	2:06:51.7	M50	60	MultiRunners	1:00:27.4	579	1:48:44.9	602
458		510	Paulo Taboas	703	2:07:39.9	2:07:03.6	M45	91		0:57:46.3	521	1:48:51.1	603
459		511	Luis Tonicher	89	2:07:40.3	2:07:01.3	Sen-M	154		1:01:50.8	612	1:48:57.4	605

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
460		512	Miguel Teles Matos	364	2:07:42.9	2:07:07.3	M45	92		1:01:30.8	602	1:48:03.3	595
461		514	Manuel Silva	570	2:07:44.2	2:07:06.1	M55	27		1:02:37.6	627	1:50:33.7	617
462		516	Franco Wudich	315	2:08:13.7	2:08:03.8	M50	61	RunLovers	1:02:02.5	617	1:49:33.8	610
463		517	Nuno Bastos	550	2:08:43.3	2:08:25.8	M40	105		1:01:18.5	593	1:50:35.6	619
464		518	José Catita	604	2:08:53.0	2:08:24.9	M55	28	GARMIN-C.O.Oeiras	1:04:32.4	655	1:51:06.3	624
465		519	Bruno Dias	419	2:09:04.7	2:08:24.9	M40	106		1:01:06.1	588	1:49:40.4	611
466		520	Pedro Machado	548	2:09:12.1	2:08:51.6	M50	62	Run 4 Fun	1:03:18.6	633	1:50:52.5	622
467		522	João Duarte	347	2:09:17.7	2:08:34.3	M45	93		1:03:09.2	632	1:50:39.2	620
468		526	Abilio Tavares	563	2:09:57.9	2:09:50.4	M60	11		1:01:04.8	586	1:50:09.0	616
469		527	Nuno Andrade	130	2:10:07.9	2:09:29.9	M40	107		1:01:13.4	589	1:49:32.0	609
470		528	JosÉ Ramos	658	2:10:19.0	2:09:57.3	M50	63	CIE	1:01:46.8	610	1:51:16.9	628
471		531	Joaquim Cruz	528	2:10:43.3	2:10:10.9	M55	29	Casa do Benfica em	1:01:56.8	615	1:51:28.7	630
472		532	Pedro Louro	406	2:10:56.2	2:10:47.5	Sen-M	155	SS CGD	1:00:25.6	577	1:49:59.5	615
473		533	Jorge Garcia	469	2:11:05.8	2:10:16.1	Sen-M	156	CLUBE ANACOM	0:59:07.3	553	1:49:42.6	613
474		534	Luis Quartin	675	2:11:07.3	2:02:02.2	M50	64	Clube do Stress	0:55:05.7	435	1:44:15.6	554
475		535	Henrique Vilhena	120	2:11:17.0	2:10:37.6	M55	30		1:03:25.6	636	1:52:31.9	635
476		536	Manuel Graça	568	2:11:23.9	2:11:13.2	M65	7		1:02:00.1	616	1:52:04.0	632
477		538	JosÉ Vaz	470	2:11:33.9	2:10:44.7	M55	31	CLUBE ANACOM	0:57:43.1	519	1:49:42.5	612
478		539	Joaquim Guerreiro	636	2:11:42.8	2:11:05.9	M40	108	ASSOCIAÇÃO DE	1:01:41.0	608	1:52:37.1	639
479		546	Frederico Gomes	284	2:12:19.5	2:11:28.6	Sen-M	157	Meridianos	1:01:53.3	613	1:51:11.9	625
480		547	Albano Alves	488	2:12:19.9	2:11:51.1	M60	12	AÇOREANA CLUBE	1:04:32.9	656	1:52:07.1	633
481		549	Carlos Alberto	373	2:13:08.1	2:12:19.5	M65	8		1:02:35.6	626	1:52:34.5	636
482		550	Vitor Gonçalves	124	2:13:11.9	2:12:25.9	M45	94	4 ao Km	1:04:19.3	652	1:53:32.6	647
483		552	Tércio Alves	265	2:13:21.9	2:12:54.9	Sen-M	158	CTT	1:00:46.7	584	1:52:37.0	638
484		554	Nuno Lopes	640	2:13:55.3	2:13:33.3	M40	109		0:57:42.8	518	1:54:49.1	654
485		555	João Lima	122	2:13:58.8	2:13:12.8	M55	32	4 ao Km	1:04:18.3	648	1:53:31.5	645
486		557	Cesar Domingos	87	2:14:11.0	2:13:45.5	Sen-M	159		1:03:18.8	634	1:53:46.1	649
487		558	João Bouza Da	622	2:14:11.8	2:13:29.2	M40	110		1:00:33.0	582	1:54:03.9	651
488		559	Nuno Loureiro	113	2:14:29.8	2:14:02.8	M45	95	Falcões Selvagens	1:02:11.0	621	1:54:30.2	652
489		560	Luis Lisboa Santos	589	2:14:56.8	2:14:41.7	M55	33	Amigos Vale do	1:04:07.3	643	1:55:08.2	657
490		564	Manuel Azevedo	449	2:15:19.7	2:15:03.2	M55	34	Veteranos de	1:00:34.6	583	1:55:08.2	658
491		565	Tiago Silva	39	2:15:29.7	2:15:16.9	Sen-M	160	Tartarugas Solidárias	1:05:20.2	661	1:56:02.5	661
492		568	Nuno Espírito	498	2:16:33.3	2:15:48.2	M45	96	AÇOREANA CLUBE	1:06:05.3	671	1:57:48.9	667

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
493		569	Narciso Sá	532	2:16:39.3	2:15:51.7	M45	97	Casa do Benfica em	1:06:29.4	674	1:57:18.2	664
494		570	Carlos Andrade	60	2:16:41.5	2:16:08.7	Sen-M	161	SPEM	1:04:29.3	654	1:54:56.9	655
495		572	Antonio Jorge	490	2:16:42.9	2:16:23.4	M60	13	AÇOREANA CLUBE	1:05:50.2	665	1:58:03.8	670
496		573	João Cravo	125	2:17:20.9	2:16:34.7	Sen-M	162	4 ao Km	1:04:18.5	650	1:57:49.3	668
497		574	Daniel Leitão	38	2:17:49.3	2:17:40.4	M55	35		1:07:32.9	681	1:58:57.7	675
498		576	Fernando Martins	261	2:18:17.7	2:17:45.5	M45	98	CTT	1:05:36.5	662	1:57:16.7	663
499		577	António Sanches	136	2:18:29.2	2:17:46.3	M55	36	GD Banco BPI	1:08:51.1	685	2:00:31.7	678
500		580	Eduardo Amorim	274	2:20:31.9	2:19:55.3	M40	111		1:09:40.0	690	2:01:12.8	682
501		584	Pedro Martins	583	2:22:06.6	2:21:56.0	Sen-M	163	People Family Club	1:06:02.2	669	2:01:20.9	683
502		586	André Noronha	399	2:24:05.4	2:23:17.7	M50	65	SS CGD	1:03:55.1	639	2:00:50.9	680
503		588	Paulo Goncalves	542	2:24:06.0	2:23:44.6	M55	37		1:03:25.3	635	2:01:06.6	681
504		589	José Emílio Lindo	549	2:24:48.1	2:24:42.3	M65	9		1:02:08.5	619	1:59:17.6	676
505		595	José Mestre	138	2:30:31.1	2:29:48.3	M55	38	GD Banco BPI	1:08:51.2	686	2:04:40.6	689
506		596	João Cachinho	91	2:30:59.6	2:30:25.8	M65	10	Kaninos	1:07:46.0	683	2:06:34.0	691
507		597	Marco Cachinho	90	2:30:59.8	2:30:28.2	Sen-M	164	Kaninos	1:07:48.7	684	2:06:38.1	692
508		600	António Pinho	95	2:36:30.1	2:36:13.2	M60	14	O MUNDO DA	1:11:20.7	692	2:14:17.8	695
509		601	Fábio Pio Dias	479	2:42:46.2	2:42:17.0	M40	112		1:16:52.9	696	2:18:53.7	696
510		602	Paulo Jorge	467	2:49:34.6	2:49:29.1	Sen-M	165		1:17:34.4	697	2:23:22.1	697
511		604	Tiago Fonseca	232	2:53:52.9	2:53:12.8	M40	113		1:24:42.9	699	2:30:03.1	699
512		607	Rui Almeida	116	DSQ	1:46:07.6	Sen-M	166	GO!Runners	0:53:41.0	379		16
513		611	Jose Maio	350	DSQ	1:40:14.3	M50	66	CLUBE DESPORTIVO	0:56:49.6	476		56
514		612	Ricardo Oliveira	605	DSQ	1:55:37.7	M40	114	Free Running	0:54:52.0	428		90
515		614	José Caldeirinha	257	DSQ		Sen-M	167	Tartarugas Solidárias		701		701

W

1		83	Alice Basilio	425	1:35:28.1	1:35:26.2	F40	1	Amigos Atletismo	0:46:35.3	170	1:22:04.5	184
2		110	Ana Pereira	96	1:37:34.5	1:37:18.3	F40	2		0:47:33.2	195	1:23:30.7	199
3		134	Isabel Moleiro	704	1:39:14.0	1:39:12.3	F40	3		0:48:35.4	220	1:25:29.0	237
4		138	Ana Isabel BrÁs	427	1:39:37.7	1:39:35.6	Sen-F	1	CCD PM CASCAIS	0:48:26.7	215	1:25:26.2	235
5		153	Luzia Dias	700	1:40:04.1	1:40:03.9	F40	4		0:48:36.8	222	1:25:52.4	250
6		155	Luisa Santo	196	1:40:07.1	1:40:03.0	F40	5	N.A.Z.A.-Nucleo	0:48:30.2	217	1:25:50.8	248
7		198	Carla Calçada	162	1:43:51.4	1:43:47.5	F40	6	C. C. D. "O ALVITEJO"	0:50:18.6	265	1:28:55.7	293
8		199	Ana Rute Matos	204	1:43:53.6	1:43:34.7	F40	7		0:51:37.6	313	1:29:29.4	306
9		245	Paula Penedo	128	1:47:14.9	1:47:11.7	Sen-F	2	Rail Runners	0:51:25.7	307	1:31:49.3	346

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
10		250	Brigitte Cardoso	106	1:47:31.0	1:46:52.8	Sen-F	3	Correr Lisboa	0:52:05.9	327	1:31:59.5	350
11		272	Cristina Fernandes	632	1:49:11.6	1:49:03.6	Sen-F	4		0:52:33.4	335	1:33:31.3	373
12		275	Marta Andrade	2	1:49:38.5	1:49:27.1	F40	8	Treino em Casa	0:51:43.8	316	1:34:03.4	379
13		284	Inês Peixoto	202	1:49:54.0	1:49:18.7	Sen-F	5		0:54:25.2	408	1:34:25.9	388
14		299	Carla Mendes	62	1:50:36.4	1:50:32.3	Sen-F	6	Tartarugas Solidárias	0:52:16.8	329	1:34:08.5	382
15		318	Maria Manuela	6	1:51:53.7	1:51:32.4	F50	1	Run 4 Fun	0:54:10.6	400	1:35:44.6	411
16		324	Paula Santos	296	1:52:08.7	1:51:56.1	F40	9	Os Tugas	0:55:08.8	436	1:36:30.6	423
17		327	Filipa Ferro	217	1:52:31.3	1:52:15.5	Sen-F	7	Run 4 Fun	0:54:54.2	429	1:36:44.3	427
18		330	Anabela de Jesus	591	1:52:55.1	1:52:42.7	F40	10	Varitintas	0:54:45.4	415	1:37:00.2	432
19		333	Bernardete Morita	519	1:53:07.4	1:53:06.7	F40	11	Tartarugas Solidárias	0:56:05.1	452	1:38:06.9	447
20		337	Maria Duarte	414	1:53:38.3	1:53:24.8	F40	12		0:55:57.4	449	1:37:30.6	437
21		353	Cristina Caldeira	311	1:54:42.3	1:54:34.0	F40	13	RunLovers	0:54:49.5	425	1:38:06.8	446
22		354	Cláudia Bico	428	1:54:42.5	1:54:42.2	Sen-F	8	CCD PM CASCAIS	0:54:25.7	409	1:38:19.6	453
23		360	Inês Mariquitos	15	1:55:22.7	1:54:48.3	Sen-F	9		0:56:53.4	483	1:38:55.7	466
24		379	Joana Silva	76	1:56:09.1	1:56:02.8	Sen-F	10	Just Natural Please	0:55:19.8	438	1:39:39.3	478
25		385	Patricia	93	1:56:25.2	1:56:06.5	F40	14	Salamandrecos	0:56:20.7	460	1:40:13.1	487
26		401	Sandra Simões	7	1:57:43.1	1:57:22.7	F40	15	Run 4 Fun	0:57:26.6	509	1:40:57.6	498
27		402	Margarida	462	1:57:50.4	1:57:43.6	Sen-F	11	Aminhacorrida/	0:56:50.9	478	1:41:13.6	504
28		411	Helena Custódio	368	1:59:04.0	1:58:50.4	Sen-F	12		0:56:04.0	451	1:40:24.9	493
29		412	Elisa Dabrio	224	1:59:09.4	1:59:08.0	F40	16	REAL ACADEMIA	0:58:06.3	528	1:42:40.3	524
30		415	Carla Morgado	336	1:59:17.2	1:59:03.7	F40	17		0:58:10.7	533	1:42:30.8	521
31		427	Maria Da Luz	216	1:59:39.7	1:59:29.3	F50	2	Clube do Stress	0:57:34.2	511	1:42:25.9	520
32		432	Eugenia Cid	665	1:59:47.9	1:59:35.6	F40	18	Twins	0:56:42.1	471	1:42:40.4	525
33		433	Luisa Palminhas	530	1:59:49.9	1:59:38.7	F40	19	RunLovers	0:57:42.5	517	1:42:41.8	526
34		435	Eugenia Vale	701	2:00:07.2	1:59:51.2	F60	1		0:57:32.6	510	1:43:10.5	534
35		439	Lara Ferreira	654	2:00:23.1	1:59:48.8	Sen-F	13	Ferreiras	0:58:58.4	549	1:43:53.6	548
36		442	Ana Monteiro	22	2:00:36.9	2:00:29.0	F40	20	Georunners	0:59:15.1	556	1:44:17.5	555
37		443	Ana Coutinho	244	2:00:51.4	2:00:25.8	Sen-F	14		0:57:17.9	502	1:43:19.2	537
38		445	Romina Guedes	212	2:00:56.4	2:00:38.2	Sen-F	15	Dolce CR / Running	0:58:59.2	550	1:43:55.4	549
39		449	Manuela Folgado	27	2:01:04.7	2:01:00.8	F60	2	Falcões Selvagens	0:56:25.2	462	1:42:55.4	531
40		450	Susana Santos	245	2:01:05.0	2:00:45.2	Sen-F	16		0:59:11.7	554	1:44:05.0	553
41		453	Sarah Musgrave	54	2:01:33.4	2:01:17.5	F40	21		0:57:25.6	508	1:43:47.2	546
42		454	Ana Patricia Silva	32	2:01:35.6	2:01:28.1	Sen-F	17	Tartarugas Solidárias	0:57:36.1	512	1:43:49.4	547

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
43		459	Catarina Martins	416	2:01:59.1	2:01:10.7	F40	22	SS CGD	0:59:39.5	563	1:43:43.8	545
44		469	Katharina Burggraf	513	2:03:12.7	2:02:59.7	Sen-F	18		0:58:04.2	526	1:44:39.2	560
45		475	Noemia Monteiro	452	2:03:44.5	2:03:34.1	Sen-F	19	Clube do Stress	0:59:14.3	555	1:45:58.9	578
46		478	Elsa Mota	37	2:03:47.6	2:03:25.7	F50	3	Run 4 Fun	0:59:48.0	567	1:46:00.9	579
47		482	Luisa Landeiro	404	2:03:55.7	2:03:06.9	F40	23	SS CGD	0:59:53.2	568	1:45:44.1	574
48		484	Marina Andrade	108	2:03:57.7	2:03:51.7	F40	24	Tartarugas Solidárias	1:00:23.4	576	1:46:37.2	583
49		488	Alexandra Sofia	126	2:04:56.3	2:04:18.1	Sen-F	20		1:01:16.1	591	1:47:13.7	586
50		493	Ceu Carvalho	88	2:06:02.4	2:05:52.5	F40	25	Tartarugas Solidárias	1:01:37.9	605	1:47:59.2	594
51		500	Anabela Amaral	308	2:06:56.8	2:06:52.8	F40	26	10 KM de Tagarro	1:00:56.0	585	1:49:10.2	606
52		509	Helena Nunes	323	2:07:39.1	2:07:02.0	F40	27		1:01:22.4	596	1:48:57.2	604
53		513	Carla Silva	5	2:07:43.7	2:07:06.1	F40	28		1:02:38.0	628	1:50:34.0	618
54		515	Analice Silva	551	2:07:50.5	2:07:45.7	F60	3	O MUNDO DA	1:00:30.6	580	1:48:14.9	597
55		521	Deolinda Santos	63	2:09:17.0	2:08:25.1	F40	29		1:04:18.5	651	1:51:15.5	626
56		523	Joana Catarina de	415	2:09:22.0	2:08:46.8	Sen-F	21		1:03:04.9	631	1:50:54.5	623
57		524	Ines Duarte	579	2:09:41.2	2:09:04.3	Sen-F	22		0:56:20.9	461	1:47:30.2	588
58		525	Natalya Marcheva	531	2:09:51.1	2:09:37.5	F40	30	Casa do Benfica em	1:01:24.9	600	1:51:16.1	627
59		529	Tania Veiga	659	2:10:19.1	2:09:57.5	Sen-F	23	CIE	1:01:47.1	611	1:51:17.4	629
60		530	Patricia Pedro	534	2:10:40.4	2:10:07.2	F50	4	Casa do Benfica em	1:03:54.4	638	1:52:22.8	634
61		537	Marta Duarte	325	2:11:25.5	2:11:16.8	F40	31		1:03:58.6	640	1:52:47.5	642
62		540	Mafalda Nunes	637	2:11:43.4	2:11:06.6	F40	32	ASSOCIAÇÃO DE	1:01:41.2	609	1:52:37.2	640
63		541	Carla Oliveira	272	2:11:44.4	2:11:41.2	F40	33		1:01:39.2	607	1:51:28.8	631
64		542	Ana Luisa Melo	697	2:11:44.7	2:11:39.7	S23-F	1		1:02:21.9	623	1:52:36.0	637
65		543	Ana Patrícia	620	2:11:50.4	2:11:06.7	Sen-F	24	People Family Club	1:04:05.4	641	1:52:42.8	641
66		544	Sandra Cardoso	475	2:12:05.5	2:11:41.6	F40	34	JPRun	1:02:24.6	625	1:53:27.8	643
67		545	Helena Pires	393	2:12:11.2	2:12:05.3	F40	35	Rail Runners	1:02:52.0	630	1:53:51.4	650
68		548	Iris Mauricio	524	2:12:40.1	2:12:28.6	Sen-F	25	RunLovers	1:04:15.9	646	1:53:30.7	644
69		551	Isadora Costa	123	2:13:12.7	2:12:26.3	Sen-F	26	4 ao Km	1:04:17.9	647	1:53:32.8	648
70		553	Andreia Oliveira	228	2:13:53.3	2:13:45.8	Sen-F	27	Georunners	1:01:28.3	601	1:53:32.3	646
71		556	Paula Carvalho	615	2:13:59.9	2:13:37.3	F40	36	RUN 4 FUN	1:04:36.7	657	1:55:32.5	659
72		561	Henriqueta Solipa	23	2:15:08.9	2:14:59.8	F50	5	GINASIO CLUBE	1:04:06.7	642	1:54:38.6	653
73		562	Bernardete Vaz	151	2:15:10.1	2:15:04.3	F40	37	Tartarugas Solidárias	1:04:11.9	645	1:54:58.3	656
74		563	Sandra Maria	276	2:15:19.4	2:14:43.3	Sen-F	28		1:04:26.8	653	1:55:59.2	660
75		566	Lina Santos	343	2:15:35.4	2:14:54.0	Sen-F	29	Correr Lisboa	1:04:41.0	659	1:56:02.9	662

39.^a Meia Maratona de S. João das Lampas

Result List MF 39^a Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 10km	Pos. 10k	T. 18km	Pos. 15k
76		567	Sandra Martins	501	2:16:33.2	2:15:47.5	Sen-F	30	AÇOREANA CLUBE	1:06:05.1	670	1:57:50.6	669
77		571	Helena Leitão	312	2:16:41.6	2:16:29.5	F40	38	RunLovers	1:05:51.5	667	1:57:47.8	666
78		575	Ivone Pereira	430	2:18:03.0	2:18:02.3	F40	39	CCD PM CASCAIS	1:05:48.3	664	1:58:28.6	671
79		578	Claudia Tam	491	2:18:43.7	2:17:56.6	Sen-F	31	AÇOREANA CLUBE	1:06:29.4	675	1:58:49.4	673
80		579	Sara Henriques	433	2:19:52.3	2:19:50.5	F40	40	CCD PM CASCAIS	1:05:44.9	663	1:58:47.2	672
81		581	Ângela Suzano	262	2:20:57.8	2:20:41.0	F40	41	CTT	1:02:51.3	629	1:58:56.3	674
82		582	Teresa Marta	686	2:21:06.7	2:20:46.3	F40	42	Põe-Te a Milhas	1:01:37.8	604	1:57:18.8	665
83		583	Jacinta Almeida	388	2:21:15.0	2:20:49.9	F50	6	Rail Runners	1:07:17.1	679	2:00:10.4	677
84		585	Susana Vilaça	696	2:22:53.3	2:22:34.3	Sen-F	32	Monsanto Running	1:09:42.4	691	2:02:44.4	684
85		587	Cristiana Almeida	409	2:24:05.5	2:23:17.8	F50	7	SS CGD	1:03:47.0	637	2:00:45.7	679
86		590	Fatima Santos	51	2:24:58.2	2:24:42.8	Sen-F	33	Jobrinde - Montes	1:06:51.3	678	2:02:57.4	685
87		591	Rita Barão	644	2:25:45.6	2:25:22.1	Sen-F	34	Põe-Te a Milhas	1:07:34.3	682	2:03:35.7	686
88		592	Inês Soares	268	2:25:53.6	2:25:27.5	Sen-F	35	CTT	1:07:25.8	680	2:03:53.4	687
89		593	Inês Barradas	134	2:26:07.2	2:25:56.0	Sen-F	36	GD Banco BPI	1:09:07.8	687	2:05:12.2	690
90		594	Elisete Manuel	611	2:26:31.3	2:26:03.3	F40	43	asas do milenium (o	1:09:31.4	688	2:04:39.4	688
91		598	Ana Varejão	29	2:31:28.0	2:31:06.1	F50	8	Run 4 Fun	1:09:37.9	689	2:07:31.3	693
92		599	Paula Pereira	267	2:36:13.6	2:35:49.0	F40	44	CTT	1:11:35.8	693	2:12:23.7	694
93		603	Délia Afonso	693	2:52:55.1	2:52:12.5	F40	45		1:16:09.4	695	2:24:26.3	698
94		605	Florbela Pires	233	2:53:52.9	2:53:13.0	F40	46		1:24:45.4	700	2:30:07.6	700
95		606	Monica Silva	92	DSQ	1:44:28.6	F40	47	Salamandrecos	1:02:16.0	622		13
96		608	Celia Francisco	214	DSQ		F40	48	Tartarugas Solidárias		18		24
97		609	Cecília Nicolau	322	DSQ	1:49:54.7	F40	49	ASSOCIAÇÃO DE	0:54:09.1	398		48
98		610	Cláudia Garcia	340	DSQ	2:20:53.5	Sen-F	37	Correr Lisboa	1:06:08.3	672		51
99		613	Vera Almeida	408	DSQ	1:39:12.9	Sen-F	38	SS CGD	0:48:15.1	703	1:25:16.4	703
100		615	Ana Martins	26	DNS		F50	9	Falcões Selvagens		704		704

Number of records: 615

39.^a Meia Maratona de S. João das Lampas

Team Results 39.^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
39.^a Meia Maratona de S. João das Lampas				
1. ASC Vale Grande 1			3:58:57,81	
509	Vitor Oliveira	ASC Vale Grande	Seniors-M	1:17:55.1
512	José Silva	ASC Vale Grande	Veteranos M45	1:19:43.2
511	Paulo Alves	ASC Vale Grande	Seniors-M	1:21:19.3
2. N.A.Z.A.-Nucleo Atletismo Zona Aboboda 1			4:10:11,94	
194	João Ginja	N.A.Z.A.-Nucleo Atletismo Zona Aboboda	Veteranos M45	1:21:40.8
129	Jorge Rodrigues	N.A.Z.A.-Nucleo Atletismo Zona Aboboda	Veteranos M45	1:24:01.0
598	Abel Assemblano	N.A.Z.A.-Nucleo Atletismo Zona Aboboda	Seniors-M	1:24:30.0
3. Casa do Benfica em Algueirão Mem Martins 1			4:24:53,73	
523	Euclides Sanches	Casa do Benfica em Algueirão Mem	Seniors-M	1:23:25.5
533	Nelson Casanova	Casa do Benfica em Algueirão Mem	Seniors-M	1:29:49.8
529	Manuel Gonçalves	Casa do Benfica em Algueirão Mem	Veteranos M50	1:31:38.2
4. Amigos Atletismo Mafra 1			4:27:18,68	
294	Fernando Alves	Amigos Atletismo Mafra	Veteranos M45	1:18:43.2
293	João Pastor	Amigos Atletismo Mafra	Veteranos M40	1:33:07.2
425	Alice Basílio	Amigos Atletismo Mafra	Veteranas F40	1:35:28.1
5. Correr Lisboa 1			4:33:12,85	
105	Pedro Cardoso	Correr Lisboa	Seniors-M	1:28:04.3
306	Nuno Soares	Correr Lisboa	Seniors-M	1:28:27.6
148	João Coutinho	Correr Lisboa	Veteranos M50	1:36:40.9
6. SS CGD 1			4:33:20,54	
400	Fernando Candeias	SS CGD	Veteranos M40	1:26:12.8
506	Paulo Pires	SS CGD	Veteranos M45	1:31:47.7
476	Pedro Luzio	SS CGD	Seniors-M	1:35:19.8
7. C. C. D. "O ALVITEJO" 1			4:37:59,17	
441	José Queirós	C. C. D. "O ALVITEJO"	Veteranos M40	1:27:43.3
161	Francisco Calçada	C. C. D. "O ALVITEJO"	Veteranos M50	1:34:45.9
442	Luis Queirós	C. C. D. "O ALVITEJO"	Veteranos M40	1:35:29.9
8. AÇOREANA CLUBE BANIF 1			4:38:21,06	
500	Rui Oliveira	AÇOREANA CLUBE BANIF	Veteranos M40	1:27:16.3
565	Mario Gomes	AÇOREANA CLUBE BANIF	Veteranos M45	1:32:17.2
499	Ricardo Alves	AÇOREANA CLUBE BANIF	Seniors-M	1:38:47.4
9. C. R. Alturense 1			4:43:18,34	
576	Antonio Afonso	C. R. Alturense	Veteranos M45	1:25:56.7
577	Luis Varzea	C. R. Alturense	Seniors-M	1:29:41.8
575	Fernando Silva	C. R. Alturense	Veteranos M45	1:47:39.8
10. Clube Atletismo Amigos de Belém 1			4:44:10,50	
167	António Santos	Clube Atletismo Amigos de Belém	Veteranos M50	1:28:44.1
279	Marco Cruz	Clube Atletismo Amigos de Belém	Seniors-M	1:36:22.4
169	Paulo Lourinho	Clube Atletismo Amigos de Belém	Veteranos M45	1:39:03.8
11. CTT 1			4:45:11,29	
264	António Rebelo	CTT	Veteranos M40	1:28:29.0
258	Vasco Ascensão	CTT	Veteranos M45	1:38:10.9

39.^a Meia Maratona de S. João das Lampas

Team Results 39.^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
266	Luís Azul	CTT	Veteranos M40	1:38:31.3
12. C.A. Amigos Parque da Paz 1			4:48:14,48	
694	Ricardo Sérgio Estrela Lobo	C.A. Amigos Parque da Paz	Veteranos M40	1:30:58.3
149	Pedro Gabriel	C.A. Amigos Parque da Paz	Veteranos M40	1:33:16.7
333	Nuno Gomes	C.A. Amigos Parque da Paz	Veteranos M45	1:43:59.3
13. Monsanto Running Team 1			4:50:14,14	
174	António Arede	Monsanto Running Team	Seniors-M	1:33:35.1
242	Paulo Frango	Monsanto Running Team	Seniors-M	1:37:52.9
362	Manuel Abrantes	Monsanto Running Team	Sub23-M	1:38:45.9
14. RunLovers 1			4:51:46,19	
318	Leonardo Coelho	RunLovers	Sub23-M	1:30:48.6
525	Jaime Mauricio	RunLovers	Veteranos M40	1:37:16.6
314	Luis Ferreira	RunLovers	Veteranos M45	1:43:40.9
15. Pontével a Mexer 1			4:52:34,21	
418	Nuno Amorim	Pontével a Mexer	Seniors-M	1:33:54.7
417	Nélio Carvalho	Pontével a Mexer	Seniors-M	1:38:52.1
613	Mario Gomes	Pontével a Mexer	Seniors-M	1:39:47.3
16. Os Perigosos 1			4:56:51,23	
185	Fernando Andrade	Os Perigosos	Seniors-M	1:34:02.2
180	Helder Valadas	Os Perigosos	Seniors-M	1:36:17.1
182	Marco Caseiro	Os Perigosos	Seniors-M	1:46:31.8
17. Rail Runners 1			4:57:31,19	
390	João Catalão	Rail Runners	Seniors-M	1:31:25.7
389	João Prisal	Rail Runners	Veteranos M40	1:38:50.4
128	Paula Penedo	Rail Runners	Seniors-F	1:47:14.9
18. CCD PM CASCAIS 1			4:58:53,35	
427	Ana Isabel Brás	CCD PM CASCAIS	Seniors-F	1:39:37.7
431	João Pereira	CCD PM CASCAIS	Veteranos M50	1:39:37.7
432	Paulo Oliveira	CCD PM CASCAIS	Veteranos M45	1:39:37.9
19. Run 4 Fun 1			5:03:01,99	
171	Fernando Rosete	Run 4 Fun	Veteranos M45	1:39:59.5
33	Gonçalo Lopes	Run 4 Fun	Seniors-M	1:40:43.4
569	Luis Correia	Run 4 Fun	Veteranos M40	1:42:19.0
20. REAL ACADEMIA 1			5:03:30,11	
225	David Karim	REAL ACADEMIA	Seniors-M	1:31:31.6
221	Jose Henriques	REAL ACADEMIA	Veteranos M40	1:45:55.5
220	Alvaro Pinto	REAL ACADEMIA	Veteranos M55	1:46:02.8
21. Amigos Vale do Silencio 1			5:04:10,87	
592	Hugo Adelino	Amigos Vale do Silencio	Veteranos M40	1:23:54.7
464	Joao Bogalheiro	Amigos Vale do Silencio	Veteranos M45	1:45:40.1
588	Nuno Bogalheiro	Amigos Vale do Silencio	Veteranos M40	1:54:36.0
22. Salamandrecos 1			5:04:20,28	
201	Pedro Prudencio	Salamandrecos	Veteranos M45	1:38:35.2
372	Carlos Bruno Da Silva Santiago	Salamandrecos	Veteranos M40	1:41:00.6

39.^a Meia Maratona de S. João das Lampas

Team Results 39.^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
92	Monica Silva	Salamandrecos	Veteranas F40	1:44:44.4
23. GO!Runners 1			5:06:05,48	
12	Paulo Marques	GO!Runners	Seniors-M	1:37:18.5
115	Ricardo Pebre	GO!Runners	Seniors-M	1:44:23.0
114	Diogo Sousa	GO!Runners	Seniors-M	1:44:23.8
24. Tartarugas Solidárias 1			5:08:07,68	
257	José Caldeirinha	Tartarugas Solidárias	Seniors-M	1:33:20.8
57	Henrique Ruivo	Tartarugas Solidárias	Veteranos M50	1:44:10.4
62	Carla Mendes	Tartarugas Solidárias	Seniors-F	1:50:36.4
25. asas do milenium (o praticante) 1			5:09:21,04	
607	Antonio Soares	asas do milenium (o praticante)	Veteranos M45	1:35:29.7
608	Antonio Nereu	asas do milenium (o praticante)	Veteranos M50	1:37:07.1
609	Armando Aldegalega	asas do milenium (o praticante)	Veteranos M65	1:56:44.1
26. Clube Desportivo de Mafra 1			5:10:10,32	
421	João Silva	Clube Desportivo de Mafra	Veteranos M55	1:26:40.3
275	Douglas Fry	Clube Desportivo de Mafra	Veteranos M55	1:47:09.9
422	Fernando Silva	Clube Desportivo de Mafra	Veteranos M50	1:56:20.0
27. Georunners 1			5:10:21,49	
104	Rui Pedro Juliao	Georunners	Veteranos M50	1:34:03.6
44	Heitor Gomes	Georunners	Veteranos M40	1:45:00.7
110	Luis Afonso	Georunners	Veteranos M40	1:51:17.0
28. amigosdacorrída.com 1			5:12:35,53	
327	José Campos	amigosdacorrída.com	Veteranos M45	1:41:55.3
326	Jaime Sousa	amigosdacorrída.com	Veteranos M50	1:42:43.9
482	António Dias	amigosdacorrída.com	Veteranos M40	1:47:56.2
29. GD Banco BPI 1			5:12:36,36	
135	Francisco Freire	GD Banco BPI	Seniors-M	1:39:31.3
137	Pedro Trabucho	GD Banco BPI	Veteranos M50	1:43:59.5
133	Fernando Morais	GD Banco BPI	Veteranos M50	1:49:05.4
30. ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO 1			5:13:41,57	
234	Joaquim Fernandes	ASSOCIAÇÃO DE ATLETISMO LEBRES	Veteranos M50	1:41:18.8
320	Victor Silva	ASSOCIAÇÃO DE ATLETISMO LEBRES	Veteranos M50	1:41:56.1
321	Miguel Castela	ASSOCIAÇÃO DE ATLETISMO LEBRES	Veteranos M40	1:50:26.5
31. Pernas de Gafanhoto 1			5:15:51,47	
111	Stephan Koenig	Pernas de Gafanhoto	Veteranos M45	1:32:54.8
209	Gonçalo Mexia	Pernas de Gafanhoto	Seniors-M	1:44:32.2
677	Daniel Oliveira	Pernas de Gafanhoto	Seniors-M	1:58:24.4
32. CCDT Metropolitano Lisboa 1			5:24:35,52	
571	António Gonçalves	CCDT Metropolitano Lisboa	Veteranos M50	1:39:47.9
573	Nuno Pita	CCDT Metropolitano Lisboa	Seniors-M	1:50:06.0
574	Francisco Plínio	CCDT Metropolitano Lisboa	Veteranos M55	1:54:41.5
33. Falcões Selvagens 1			5:26:33,47	
28	João Maia	Falcões Selvagens	Veteranos M50	1:30:41.5
26	Ana Martins	Falcões Selvagens	Veteranas F50	1:56:14.1

39.^a Meia Maratona de S. João das Lampas

Team Results 39.^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
230	Paulo Picado	Falcões Selvagens	Veteranos M40	1:59:37.7
34.	People Family Club 1			5:27:36,33
516	Pedro Simões	People Family Club	Seniors-M	1:31:57.7
517	João Duarte	People Family Club	Seniors-M	1:43:48.0
620	Ana Patrícia	People Family Club	Seniors-F	2:11:50.4
35.	Os Tugas 1			5:28:21,93
295	Antonio Ferreira	Os Tugas	Veteranos M40	1:40:46.9
296	Paula Santos	Os Tugas	Veteranas F40	1:52:08.7
297	Rafael Santos	Os Tugas	Veteranos M45	1:55:26.2
36.	O MUNDO DA CORRIDA 1			5:33:29,51
208	Carlos Jesus	O MUNDO DA CORRIDA	Veteranos M40	1:39:44.9
555	Paulo Trindade	O MUNDO DA CORRIDA	Veteranos M40	1:54:17.7
366	Nuno Santiago	O MUNDO DA CORRIDA	Seniors-M	1:59:26.8
37.	Individual 1			5:50:06,57
647	Joao Almeida Peres	Individual	Veteranos M40	1:45:47.2
680	Leonel Carlos Cardoso Teixeira Pinto	Individual	Veteranos M45	1:57:18.2
687	Joaquim Miguel Gamito Gamito	individual	Veteranos M50	2:07:00.9
38.	Jobrinde - Montes Saloios 1			6:03:11,42
453	Carlos Magalhães	Jobrinde - Montes Saloios	Veteranos M45	1:48:15.4
9	Daniel Ramos	Jobrinde - Montes Saloios	Seniors-M	1:49:57.6
51	Fatima Santos	Jobrinde - Montes Saloios	Seniors-F	2:24:58.2
39.	CIE 1			6:03:23,64
660	Vitor Lopes	CIE	Seniors-M	1:42:45.3
658	JosÉ Ramos	CIE	Veteranos M50	2:10:19.0
659	Tania Veiga	CIE	Seniors-F	2:10:19.1
40.	Veteranos de Massamá 1			6:05:02,38
451	Paulo Quaresma	Veteranos de Massamá	Veteranos M60	1:45:58.2
450	João Santos	Veteranos de Massamá	Veteranos M65	2:03:44.4
449	Manuel Azevedo	Veteranos de Massamá	Veteranos M55	2:15:19.7
41.	CLUBE ANACOM 1			6:07:33,22
288	Fernando Oliveira	CLUBE ANACOM	Veteranos M55	1:56:10.0
537	Luis Pereira	CLUBE ANACOM	Veteranos M45	2:03:52.3
468	Isaac CarrÉlo	CLUBE ANACOM	Veteranos M50	2:07:30.8
42.	Põe-Te a Milhas 1			6:13:43,52
101	Paulo Calvino	Põe-Te a Milhas	Veteranos M40	1:46:43.4
102	Nuno Corte-Real	Põe-Te a Milhas	Veteranos M50	2:05:53.3
686	Teresa Marta	Põe-Te a Milhas	Veteranas F40	2:21:06.7
43.	Clube do Stress 1			6:14:31,68
216	Maria Da Luz Conchinha	Clube do Stress	Veteranas F50	1:59:39.7
452	Noemia Monteiro	Clube do Stress	Seniors-F	2:03:44.5
675	Luis Quartin	Clube do Stress	Veteranos M50	2:11:07.3
44.	4 ao Km 1			6:40:23,65
124	Vitor Gonçalves	4 ao Km	Veteranos M45	2:13:11.9
123	Isadora Costa	4 ao Km	Seniors-F	2:13:12.7

39.^a Meia Maratona de S. João das Lampas

Team Results 39^a Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
122	João Lima	4 ao Km	Veteranos M55	2:13:58.8