

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	João Ferreira	532	1:19:34.4	1:19:33.5	1	M40	1	C A S centro atletismo de Seia	0:33:10.2	83	0:57:23.5	97
2	João Ginja	208	1:20:06.5	1:20:05.7	2	M50	1	Clube de Futebol Os	0:33:27.5	84	0:57:32.3	98
3	João Caldeira	224	1:22:17.2	1:22:15.7	3	M55	1	LINDA-A-PASTORA	0:34:01.1	85	0:58:55.2	99
4	Fernando Alves	309	1:23:16.2	1:23:14.5	4	M50	2	Amigos Atletismo Mafra	0:34:01.3	86	0:58:56.2	100
5	José Manuel Neves	136	1:23:42.1	1:23:39.8	5	M45	1	CTT Running	0:35:01.2	90	1:00:17.3	102
6	Flávio FFWPU	491	1:23:53.7	1:23:50.8	6	S23-M	1	Federação da Família para a	0:34:44.8	88	1:00:16.4	101
7	Paulo Silva	215	1:24:50.7	1:24:49.0	7	M40	2	N.A.Z.Abóboda	0:35:04.6	91	1:01:07.5	104
8	Luciano Contente	293	1:25:51.8	1:25:51.6	8	M40	3	Casa do Benfica no Seixal	0:35:40.9	94	1:01:25.7	107
9	Leonardo Coelho	258	1:26:15.6	1:26:09.3	9	S23-M	2	RunLovers	0:35:00.7	89	1:00:58.1	103
10	Ricardo Damião	213	1:26:23.3	1:26:21.2	10	M40	4	N.A.Z.Abóboda	0:35:12.7	92	1:01:19.8	106
11	Emílio Paulino	498	1:26:30.4	1:26:25.0	11	M55	2	AC Portalegre / UTSM	0:35:35.2	93	1:01:48.0	108
12	Inês Marques	533	1:26:31.8	1:26:30.3	1	S23-F	1	ProAventuras	0:36:06.5	98	1:02:03.5	110
13	Fernando Candeias	186	1:26:48.8	1:26:47.3	12	M45	2	SS CGD	0:35:45.2	96	1:02:01.1	109
14	José Pais	426	1:27:30.5	1:27:29.3	13	M40	5	Correr Lisboa	0:36:06.8	99	1:02:56.8	111
15	Jorge Rodrigues	214	1:27:36.4	1:27:34.3	14	M50	3	N.A.Z.Abóboda	0:36:06.2	97	1:03:03.7	113
16	Nelson Fonseca	205	1:28:35.8	1:28:33.7	15	Sen-M	1	Jobrinde - Montes Saloios	0:35:42.3	95	1:02:58.5	112
17	Nuno Silva	553	1:29:08.7	1:29:07.3	16	M40	6	Correr Lisboa	0:36:11.5	101	1:03:34.0	114
18	João Fernando Alves	551	1:29:24.6	1:29:15.8	17	M40	7	Dolce Furadouro	0:36:47.7	108	1:03:47.4	115
19	António Afonso	397	1:29:46.2	1:29:42.7	18	M45	3	C. R. alturense	0:38:50.0	130	1:05:15.5	129
20	José Carlos Abrantes	227	1:29:48.0	1:29:41.1	19	M40	8	ABSANTRUNNERS	0:37:43.6	118	1:04:29.1	117
21	Pedro Simões	526	1:29:57.3	1:29:45.6	20	Sen-M	2	People Outdoor	0:37:14.3	114	1:04:30.2	118
22	Artur Oliveira	66	1:30:01.5	1:29:59.2	21	M45	4		0:34:12.4	87	1:01:16.2	105
23	Pedro J C Gouveia	348	1:30:07.9	1:30:03.0	22	M45	5	GRCD Leião	0:37:45.5	119	1:04:47.6	123
24	Hugo P B	402	1:30:17.5	1:30:15.9	23	M40	9		0:37:06.8	113	1:04:39.9	122
25	Nuno Lopes	381	1:30:34.3	1:30:30.3	24	M40	10		0:37:37.6	117	1:04:59.7	124
26	Pedro Cardoso	425	1:31:01.9	1:31:00.3	25	Sen-M	3	Correr Lisboa	0:36:09.4	100	1:03:51.5	116
27	António Figueiredo	263	1:31:05.7	1:31:01.4	26	Sen-M	4	Os Galgos	0:37:05.5	111	1:05:03.6	125
28	João Maia	127	1:31:15.0	1:31:12.9	27	M50	4	Falcões Selvagens	0:36:50.9	109	1:05:11.4	128
29	Carlos Marques	210	1:31:22.4	1:31:20.1	28	M50	5	Clube de Futebol Os	0:36:30.3	104	1:04:36.9	121
30	João Paixão	448	1:31:28.4	1:31:26.0	29	M45	6	NAPA Núcleo Amigos Perna	0:37:05.8	112	1:05:06.0	126
31	Jorge Caiado	561	1:31:37.0	1:31:06.3	30	M45	7	Amigosdacorrída.com	0:38:55.1	131	1:06:28.9	138
32	Luis Miguel Santos	365	1:31:40.3	1:31:39.1	31	Sen-M	5	Amigos Atletismo Mafra	0:36:23.9	103	1:04:33.6	119
33	Miguel Sobral	546	1:31:45.5	1:31:43.6	32	Sen-M	6	AGDAK	0:36:43.8	107	1:04:34.3	120
34	Carlos Manuel Ferreira	430	1:31:57.3	1:31:53.0	33	Sen-M	7		0:38:06.7	123	1:05:31.2	130
35	José Carlos Marcelino	372	1:31:57.7	1:31:53.7	34	M50	6	CD Estrela	0:38:08.3	124	1:05:33.7	132

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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	Germano Silva	225	1:32:07.5	1:32:05.7	35	M55	3	LINDA-A-PASTORA	0:38:30.1	128	1:06:05.2	134
37	Nuno Anjos	231	1:32:09.3	1:32:06.6	36	M40	11	amigosdacorrída.com	0:37:15.4	115	1:06:09.2	136
38	Carlos Caetano	23	1:32:27.1	1:32:25.8	37	M40	12		0:36:58.9	110	1:05:10.4	127
39	Luis Aires	209	1:32:35.4	1:32:28.7	38	M40	13	N.A.Z.Abóboda	0:39:02.4	133	1:06:43.0	141
40	David Karim	22	1:32:39.1	1:32:28.1	39	Sen-M	8		0:39:24.4	139	1:07:01.2	142
41	Vitor Marques	377	1:33:20.7	1:33:16.1	40	Sen-M	9	Runners da Frente Ribeirinha	0:36:36.3	105	1:05:47.2	133
42	Marcos Rastrilla	413	1:33:31.2	1:33:29.4	41	Sen-M	10	CERRR Igualada	0:36:22.4	102	1:05:31.9	131
43	Jorge Monteiro	451	1:33:32.7	1:33:29.2	42	M40	14	NAPA Núcleo Amigos Perna	0:38:03.6	121	1:06:37.8	139
44	João Pedro Gameiro	151	1:33:50.2	1:33:43.4	43	M45	8		0:37:28.2	116	1:06:17.0	137
45	Pedro Gomes	479	1:33:54.3	1:33:46.3	44	M40	15		0:38:05.6	122	1:06:39.9	140
46	Rui Cabral	405	1:33:55.7	1:33:51.5	45	Sen-M	11	N. A. PAPAGAIOS CASCAIS	0:38:40.8	129	1:07:21.0	143
47	Alexandre Andrade	467	1:33:57.7	1:33:56.0	46	M40	16	BOTA LAMBRA	0:39:18.8	136	1:07:33.9	146
48	Luís Varzea	396	1:34:02.2	1:33:54.4	47	Sen-M	12	C. R. alturense	0:41:08.1	173	1:08:33.1	152
49	Manuel Samouqueiro	477	1:34:04.2	1:34:02.3	48	M40	17	Aminhacorrída/Kalenji	0:38:16.8	126	1:07:29.1	144
50	António Santos	468	1:34:41.8	1:34:35.1	49	M50	7	Clube Atletismo Amigos de	0:37:56.4	120	1:06:06.3	135
51	Joaquim Epiménio	539	1:34:45.6	1:34:43.7	50	M45	9	Clube EDP - Lisboa	0:40:07.3	150	1:08:34.3	153
52	Mario Gomes	399	1:35:08.2	1:35:02.5	51	M45	10	AÇOREANA	0:39:05.2	135	1:08:00.1	148
53	Luís Oliveira	280	1:35:09.0	1:35:00.7	52	M45	11	CASA DO BENFICA DE	0:39:03.0	134	1:08:04.7	149
54	Nuno Manuel Queija	552	1:35:22.5	1:35:14.6	53	M40	18	Clube de Futebol Os	0:39:43.0	145	1:08:18.7	151
55	Eduardo Santos	452	1:35:42.3	1:35:38.0	54	Sen-M	13	Gelpeixe	0:39:44.8	146	1:08:50.2	155
56	Carlos Baptista	454	1:35:44.6	1:35:40.6	55	M55	4	Sporting Clube de Casainhos	0:39:44.9	147	1:08:51.8	156
57	David Simão	172	1:36:02.8	1:35:33.8	56	M45	12	Correr Lisboa	0:50:08.5	434	1:07:30.3	145
58	Miguel Ribeiro	419	1:36:31.1	1:36:27.8	57	M45	13		0:40:32.9	159	1:09:28.2	162
59	Rui Lacerda	386	1:36:45.0	1:36:40.1	58	M40	19	GRCD Leião	0:39:27.1	140	1:08:42.6	154
60	Jose Manuel Gomes	295	1:36:46.7	1:36:40.1	59	M50	8		0:39:30.5	142	1:09:30.8	163
61	Dinis Cartas	341	1:36:48.1	1:36:37.4	60	Sen-M	14		0:40:15.4	153	1:09:39.7	166
62	Jaime Lamego	439	1:36:59.1	1:36:56.9	61	M55	5	Xtreme Level	0:39:20.8	137	1:08:56.6	158
63	Chantal Xhervelle	403	1:36:59.5	1:36:58.7	2	F40	1	CPPEA PEDRO PESSOA	0:39:21.9	138	1:08:54.6	157
64	Carlos Viseu	391	1:37:11.9	1:36:57.2	62	M45	14	CLUBE DESPORTIVO DO	0:40:21.4	157	1:09:38.0	165
65	José Simões	67	1:37:26.8	1:37:01.9	63	M50	9	O MUNDO DA CORRIDA	0:39:30.9	143	1:09:05.6	160
66	Jaime Mauricio	256	1:37:39.7	1:37:38.1	64	M40	20	RunLovers	0:38:13.2	125	1:08:17.9	150
67	Sergio Jacinto	401	1:37:55.5	1:37:38.4	65	M40	21		0:41:08.0	172	1:10:33.0	172
68	Dulcinea Silva	147	1:38:00.6	1:37:58.0	3	F40	2	os cansados	0:40:10.1	152	1:09:46.5	168
69	Pedro Gabriel	53	1:38:21.7	1:38:13.2	66	M40	22	C.A. Amigos Parque da Paz	0:41:55.9	193	1:10:58.9	180
70	Carlos Eduardo	490	1:38:30.0	1:38:28.3	67	M45	15		0:39:37.2	144	1:09:28.2	161
71	Jose Renato	504	1:38:36.6	1:38:30.4	68	Sen-M	15	individual	0:40:49.4	165	1:10:55.3	177
72	Frederico Marques	411	1:38:52.7	1:38:25.3	69	Sen-M	16		0:42:57.0	223	1:11:59.1	193

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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	Fernando Sousa	560	1:38:52.7	1:38:51.6	70	M55	6	Individual	0:40:15.7	154	1:10:39.8	175
74	Paulo Marques	480	1:38:57.7	1:38:40.4	71	M40	23	GO!Runners	0:41:29.4	181	1:10:58.8	179
75	Orlando Carvalho	575	1:39:00.6	1:38:57.9	72	M45	16		0:40:09.7	151	1:09:46.4	167
76	Paulo Lourinho	243	1:39:01.9	1:38:51.5	73	M45	17	Clube Atletismo Amigos de	0:41:47.7	189	1:11:49.3	189
77	Paulo Rodrigues	355	1:39:08.2	1:38:57.0	74	M45	18		0:40:16.7	155	1:10:15.7	170
78	Nuno Soares	495	1:39:08.7	1:39:06.0	75	Sen-M	17	Correr Lisboa	0:36:39.0	106	1:10:23.7	171
79	Fábio Nunes	211	1:39:15.3	1:39:01.6	76	Sen-M	18	N.A.Z.Abóboda	0:40:06.3	149	1:09:37.0	164
80	Jose Manuel Vicente	108	1:39:17.3	1:39:15.7	77	M60	1		0:41:13.7	176	1:11:45.9	187
81	Pedro Pires	444	1:39:24.8	1:39:14.9	78	M50	10	Associação de Atletismo	0:40:31.4	158	1:10:34.6	174
82	Rui Pedro Juliao	7	1:39:26.3	1:39:04.4	79	M50	11	Georunners	0:42:05.2	202	1:11:44.1	186
83	Pedro Joao Reis	65	1:39:26.3	1:39:03.8	80	M40	24		0:42:04.4	200	1:11:43.6	185
84	Albísio Fernandes	335	1:39:33.3	1:39:18.9	81	M60	2		0:40:36.4	160	1:10:34.0	173
85	Pedro Rosa Afonso	453	1:39:37.8	1:39:36.7	82	M45	19	Belém runners	0:41:04.4	169	1:11:28.8	182
86	Carlos Vitorino	31	1:39:39.5	1:39:38.6	83	M45	20	Grupo Cicloturismo	0:42:09.8	205	1:12:22.4	198
87	Artur Pereira	45	1:39:40.4	1:39:36.2	84	M45	21	Magic Runners - Enterprom	0:40:48.5	163	1:11:47.2	188
88	Fernando Silva	395	1:39:41.9	1:39:34.4	85	M50	12	C. R. alturense	0:41:10.9	175	1:11:28.9	183
89	Nuno Rebelo	36	1:39:49.5	1:39:43.4	86	Sen-M	19		0:38:57.1	132	1:09:01.5	159
90	Luis Veloso	134	1:39:59.1	1:39:49.1	87	M40	25	CTT Running	0:40:05.7	148	1:10:06.2	169
91	Carlos Marques	383	1:40:11.3	1:39:36.7	88	Sen-M	20		0:43:06.5	226	1:12:39.4	205
92	Rafael Monteiro	64	1:40:21.7	1:40:16.3	89	Sen-M	21	Runners da Frente Ribeirinha	0:40:57.6	167	1:11:26.6	181
93	Apolo Pereira	440	1:40:23.3	1:40:15.6	90	M45	22	Belém runners	0:41:32.3	183	1:11:35.9	184
94	Tiago Freitas	510	1:40:29.3	1:40:23.7	91	Sen-M	22		0:42:06.7	204	1:12:31.2	201
95	Nuno Gonçalves	412	1:40:34.8	1:40:23.3	92	M40	26		0:41:09.4	174	1:12:15.2	197
96	Alcindo Almeida	274	1:40:40.3	1:40:29.7	93	M55	7	CASA DO BENFICA DE	0:41:06.7	171	1:10:55.7	178
97	Arlindo Domingues	406	1:40:42.3	1:40:32.0	94	M45	23		0:42:02.5	199	1:12:35.1	204
98	José Serra	438	1:40:43.6	1:40:40.4	95	M50	13		0:41:29.6	182	1:11:51.0	191
99	Rodrigo Guerra	496	1:40:57.6	1:40:53.9	96	M40	27	Amigos Atletismo Mafra	0:44:14.1	263	1:11:55.7	192
100	Mario Zoro	497	1:40:57.6	1:40:52.5	97	M40	28	Amigos Atletismo Mafra	0:44:13.3	262	1:13:28.3	221
101	Carlos Jesus	531	1:41:12.9	1:40:58.9	98	M40	29	O MUNDO DA CORRIDA	0:42:06.0	203	1:12:26.2	199
102	Joaquim Fernandes	222	1:41:20.0	1:41:10.5	99	M50	14	Associação de Atletismo	0:41:04.4	170	1:12:03.9	195
103	Afzal Aziz	130	1:41:28.8	1:41:23.7	100	Sen-M	23	Zulsnatis	0:44:49.2	292	1:13:58.2	229
104	Mário Monteiro	393	1:41:31.7	1:41:27.1	101	M40	30	Os Galgos	0:42:29.7	214	1:12:58.8	210
105	Hugo Miguel	362	1:41:33.0	1:41:29.7	102	M40	31		0:41:25.5	178	1:13:16.1	214
106	José Maio	392	1:41:34.8	1:41:18.8	103	M50	15	CLUBE DESPORTIVO DO	0:42:55.3	222	1:13:25.7	220
107	Tiago Joaquim Dias	390	1:41:41.9	1:41:38.0	104	M40	32		0:41:41.4	185	1:12:33.7	203
108	Antonio Angelino	333	1:41:45.3	1:41:31.0	105	M45	24	REAL ACADEMIA	0:42:17.7	211	1:12:45.8	207
109	José Manuel Vieira	540	1:41:51.1	1:41:48.9	106	M50	16	Proaventuras	0:39:29.5	141	1:10:48.9	176

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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	Ricardo Alves	292	1:41:57.5	1:41:48.5	107	Sen-M	24	Casa do Benfica no Seixal	0:42:32.0	216	1:13:36.6	222
111	Gumersindo	485	1:42:07.2	1:42:06.3	108	M65	1	Vitória Futebol Clube - Setúbal	0:41:36.5	184	1:12:32.0	202
112	Pedro Glória	522	1:42:08.6	1:41:48.1	109	M45	25	OFICINA DO PEDRO	0:42:12.5	207	1:13:18.8	219
113	Nuno Martins	8	1:42:12.6	1:42:01.5	110	Sen-M	25	wikaboo	0:42:04.6	201	1:12:42.9	206
114	Armando Dias	264	1:42:17.1	1:42:12.6	111	M50	17	Os Galgos	0:41:54.8	192	1:12:55.6	208
115	Rui F F L Silva	216	1:42:19.8	1:42:13.5	112	M40	33		0:42:35.2	217	1:13:18.3	217
116	Fábio Silva	363	1:42:30.9	1:42:27.6	113	Sen-M	26	Associação Jorge Pina	0:41:25.0	177	1:13:15.6	213
117	Jorge Nabais	124	1:42:35.2	1:42:17.3	114	Sen-M	27		0:41:53.9	190	1:12:57.5	209
118	Joao Goncalves	384	1:42:37.3	1:42:31.8	115	M40	34		0:43:02.0	224	1:13:48.7	225
119	Luis Pinto	357	1:42:43.0	1:42:21.7	116	M45	26	GRCD Leião	0:43:52.8	246	1:14:04.1	230
120	Sérgio Pires	69	1:42:44.9	1:42:17.0	117	M40	35		0:42:44.8	220	1:13:38.5	223
121	Henrique Adrega	234	1:42:54.9	1:42:24.0	118	M60	3	amigosdacorrída.com	0:42:31.2	215	1:14:13.1	231
122	Ricardo Vitorino	580	1:42:57.3	1:42:53.8	119	Sen-M	28		0:40:49.4	164	1:11:59.9	194
123	Helder Valadas	198	1:42:57.5	1:42:29.8	120	Sen-M	29	Os Perigosos	0:42:22.5	213	1:13:17.6	216
124	David Faustino	185	1:43:01.2	1:42:54.2	121	M50	18	SS CGD	0:41:54.2	191	1:13:18.5	218
125	Ana Isabel Brás	373	1:43:06.2	1:43:04.6	4	Sen-F	1	CCD PM CASCAIS	0:41:45.8	187	1:13:11.9	212
126	Paulo Oliveira	374	1:43:06.7	1:43:04.1	122	M45	27	CCD PM CASCAIS	0:41:45.1	186	1:13:10.2	211
127	Ruben Costa	101	1:43:08.7	1:43:01.5	123	Sen-M	30		0:40:47.0	162	1:12:13.1	196
128	Nuno Sabino	400	1:43:27.8	1:42:55.9	124	Sen-M	31	AÇOREANA	0:43:36.7	238	1:13:52.2	226
129	Rui Manuel Gonçalves	117	1:43:40.2	1:43:32.4	125	M50	19	Escola Secundario Ferreira	0:40:45.5	161	1:11:50.1	190
130	Gilberto Dias	162	1:43:48.4	1:43:42.6	126	M60	4	Amigos Atletismo Mafra	0:42:12.5	208	1:13:52.3	227
131	Fernando Rosete	103	1:43:57.4	1:43:47.5	127	M45	28	RUN 4 FUN	0:40:58.3	168	1:12:27.1	200
132	Jorge Leite	76	1:44:11.0	1:44:06.8	128	M45	29		0:41:25.6	179	1:13:17.4	215
133	João Valente	345	1:44:34.8	1:44:16.5	129	M40	36	GO!Runners	0:44:21.3	270	1:15:21.0	245
134	Diogo Sousa	481	1:44:35.8	1:44:20.0	130	Sen-M	32	GO!Runners	0:44:24.4	271	1:15:24.0	247
135	José Brito	446	1:44:44.5	1:44:39.3	131	M50	20		0:43:19.2	230	1:14:41.1	236
136	Vitor Amado	32	1:44:47.6	1:44:42.0	132	M60	5	GRD "Os Fixes"	0:42:10.1	206	1:13:53.8	228
137	Pedro Manuel	240	1:44:53.5	1:44:39.0	133	M40	37		0:42:17.0	210	1:14:29.6	234
138	Luis Silveira	501	1:44:57.7	1:44:41.3	134	M55	8	Individual	0:44:25.0	272	1:15:48.1	252
139	Carlos Cardoso	91	1:44:59.8	1:44:55.4	135	M60	6	GD Banco BPI	0:43:54.9	247	1:15:21.2	246
140	Luis Bastos	506	1:45:07.3	1:45:00.0	136	M50	21	Siemens CCD	0:43:37.2	239	1:16:12.3	264
141	David Leite	109	1:45:08.8	1:45:01.7	137	Sen-M	33		0:43:43.0	242	1:15:18.4	244
142	Arlindo Deus	235	1:45:12.7	1:44:47.1	138	M65	2	amigosdacorrída.com	0:44:00.1	253	1:15:11.1	241
143	Sérgio Castro Da	79	1:45:14.2	1:44:51.8	139	Sen-M	34	Ninjas de Monsanto	0:44:02.4	254	1:15:41.5	249
144	Steven Santos	154	1:45:22.0	1:44:56.7	140	Sen-M	35		0:43:10.8	228	1:14:27.7	233
145	António Merujo	331	1:45:27.6	1:45:19.0	141	M55	9	Spot Clube União Torreense	0:43:02.6	225	1:15:03.5	240
146	João Pereira	50	1:45:28.7	1:45:13.3	142	Sen-M	36		0:43:59.5	251	1:14:54.5	238

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Ricardo Moita Santos	509	1:45:42.4	1:45:12.4	143	M45	30		0:45:23.1	316	1:16:43.6	277
148	José Campos	232	1:45:43.3	1:45:17.5	144	M45	31	amigosdacorrída.com	0:44:40.5	287	1:15:59.3	256
149	Ricardo Rodrigues	233	1:45:43.3	1:45:13.3	145	M40	38	amigosdacorrída.com	0:44:36.8	282	1:15:54.7	254
150	Filipe Branco	237	1:45:52.1	1:45:34.9	146	M45	32	u.r.d.arranhó	0:44:54.6	295	1:17:08.8	289
151	Carlos Manuel Antonio	458	1:45:53.4	1:45:40.9	147	M40	39		0:40:51.4	166	1:13:41.4	224
152	Nelson Alcino Da Silva	409	1:45:54.4	1:45:35.6	148	M40	40		0:44:02.9	255	1:16:24.3	269
153	Nelson Mota	324	1:45:55.2	1:45:46.9	149	M45	33	AÇOREANA	0:44:15.2	265	1:16:33.4	271
154	Mario Duarte	160	1:46:00.8	1:45:27.1	150	M45	34	SMO RUNNERS	0:42:40.1	218	1:14:29.9	235
155	João Apolinário	517	1:46:04.9	1:46:01.7	151	Sen-M	37	Caracóis de Pedra	0:42:01.6	198	1:15:56.1	255
156	Nuno Coelho	327	1:46:09.3	1:45:56.8	152	M45	35	AÇOREANA	0:44:25.6	275	1:16:03.7	259
157	Marco Caseiro	200	1:46:14.3	1:45:46.7	153	Sen-M	38	Os Perigosos	0:44:13.2	261	1:16:14.8	265
158	José Bouceiro	462	1:46:22.3	1:46:04.3	154	M50	22	ADCR PJ	0:43:42.3	241	1:15:48.1	253
159	Francisco Pereira	321	1:46:24.0	1:46:17.5	155	M45	36	AÇOREANA	0:44:16.9	266	1:16:35.0	273
160	André Almeida	352	1:46:29.4	1:46:23.6	156	M40	41	Amigos Atletismo Mafra	0:42:15.9	209	1:14:56.6	239
161	Pedro Fontoura	193	1:46:31.3	1:46:27.9	157	M45	37	SS CGD	0:44:12.2	260	1:16:54.9	284
162	Paulo Freitas	57	1:46:39.1	1:46:27.0	158	M40	42		0:43:11.6	229	1:16:08.0	261
163	Pedro Miguel	228	1:46:40.4	1:46:14.5	159	M40	43	ABSANTRUNNERS	0:44:48.6	290	1:16:28.4	270
164	Paula Penedo	212	1:46:41.1	1:46:37.4	5	Sen-F	2	N.A.Z.Abóboda	0:43:35.7	237	1:16:41.7	276
165	João Moura	554	1:46:41.8	1:46:25.1	160	M60	7	REAL ACADEMIA	0:44:25.0	273	1:16:07.9	260
166	Rui Silva	270	1:46:43.9	1:46:39.6	161	M45	38	CD Estrela	0:44:19.9	268	1:16:38.2	274
167	Joao Silva	190	1:46:48.3	1:46:33.3	162	M45	39	SS CGD	0:44:20.8	269	1:17:00.8	287
168	Ildebrando Aires	56	1:46:51.5	1:46:41.2	163	M40	44		0:43:23.5	231	1:16:09.4	263
169	Rui Esteves	494	1:46:54.0	1:46:45.2	164	M40	45	Tartarugas Solidárias	0:44:27.3	277	1:16:47.9	279
170	Nuno Gomes	113	1:46:58.1	1:46:33.1	165	M45	40	C.A. Amigos Parque da Paz	0:45:30.0	318	1:17:10.7	291
171	Eduardo Manuel	111	1:47:04.9	1:46:53.6	166	Sen-M	39	Atómicos	0:44:17.7	267	1:16:21.6	267
172	Tiago Marques	311	1:47:10.6	1:46:51.7	167	Sen-M	40	GRCD Leião	0:44:49.9	294	1:16:46.5	278
173	Victor Silva	122	1:47:17.3	1:47:10.6	168	M50	23	Associação de Atletismo	0:45:47.5	322	1:17:55.4	302
174	Pedro M F Nunes	407	1:47:17.6	1:46:57.0	169	M45	41	Clube do Stress	0:46:05.5	328	1:17:36.0	298
175	Rui Barreiros	398	1:47:32.3	1:47:19.8	170	M50	24		0:41:59.8	195	1:14:42.3	237
176	João Rodrigues	516	1:47:34.2	1:47:28.4	171	M55	10	Caracóis de Pedra	0:42:01.6	197	1:15:13.7	242
177	Daniel Machado	265	1:47:41.8	1:47:35.6	172	Sen-M	41	Os Galgos	0:42:44.8	219	1:15:29.1	248
178	Ricardo Tiago	527	1:47:43.1	1:47:17.8	173	M45	42	TARTARUGAS SOLIDARIAS	0:44:08.3	259	1:17:02.1	288
179	Carlos Lopes	476	1:47:48.2	1:47:41.1	174	M40	46	Aminhacorrída/Kalenji	0:43:58.5	250	1:16:51.5	281
180	Rute Matos	475	1:47:48.9	1:47:42.1	6	F40	3	Aminhacorrída/Kalenji	0:44:00.1	252	1:16:52.3	282
181	Sérgio Pedro	334	1:47:56.3	1:47:31.8	175	Sen-M	42	Tinto Running Team	0:44:34.8	279	1:17:00.3	286
182	Rui Vieira	105	1:47:58.5	1:47:42.1	176	M45	43	PORTELA RUNNING POINT	0:47:03.6	350	1:18:59.4	318
183	Armando Correia	455	1:48:01.5	1:47:41.4	177	Sen-M	43	Sporting Clube de Casainhos	0:46:48.9	341	1:18:25.9	310

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Carla Mendes	104	1:48:05.6	1:48:02.7	7	F40	4	Tartarugas Solidárias	0:44:37.4	283	1:17:22.6	295
185	Pedro Massano	434	1:48:08.5	1:47:44.8	178	M55	11	CDM	0:44:45.4	288	1:16:54.4	283
186	Francisco Machado	6	1:48:15.1	1:47:52.2	179	M50	25		0:46:52.2	343	1:18:23.0	309
187	Helder Tavares	177	1:48:23.8	1:48:02.7	180	Sen-M	44	Varitintas	0:43:57.0	248	1:16:20.2	266
188	Vitor Venda	493	1:48:26.7	1:48:14.1	181	M45	44		0:42:50.8	221	1:16:22.8	268
189	Angelo Relvas	34	1:48:32.5	1:48:27.0	182	Sen-M	45	Runners da Frente Ribeirinha	0:41:27.4	180	1:14:14.5	232
190	Andrè Mota	238	1:48:38.4	1:48:21.3	183	Sen-M	46	u.r.d.arranhó	0:44:56.2	296	1:17:11.2	293
191	Nelson Colaço	558	1:48:45.8	1:48:42.9	184	M40	47	NAPA Núcleo Amigos Perna	0:44:59.7	297	1:18:04.3	303
192	António Rico	449	1:48:45.9	1:48:43.0	185	M40	48	NAPA Núcleo Amigos Perna	0:44:59.9	298	1:18:04.5	304
193	André Wiborg	158	1:48:50.3	1:48:17.2	186	M55	12	WL84	0:47:40.0	373	1:19:49.0	326
194	Jorge Ribeiro	262	1:48:58.4	1:48:49.5	187	M40	49	RunLovers	0:44:36.3	280	1:18:13.2	305
195	Marta Dos Santos	229	1:49:01.3	1:48:53.3	8	Sen-F	3	ABSANTRUNNERS	0:45:13.5	312	1:17:29.6	297
196	João Campos	1	1:49:09.6	1:48:47.3	188	M40	50	PAVNESC.COM	0:46:05.9	329	1:19:04.3	319
197	Inês Peixoto	544	1:49:15.4	1:48:55.0	9	Sen-F	4		0:45:04.4	306	1:17:14.6	294
198	Paulo Gomes	543	1:49:15.9	1:48:54.8	189	Sen-M	47		0:38:25.6	127	1:07:52.6	147
199	Tiago Baleia	515	1:49:16.5	1:49:14.1	190	Sen-M	48	Caracóis de Pedra	0:43:32.9	235	1:16:08.8	262
200	Rui Vasques	376	1:49:18.6	1:49:15.9	191	M50	26	CCD PM CASCAIS	0:44:14.8	264	1:17:42.2	299
201	Joao Passeiro	248	1:49:22.1	1:49:02.4	192	M50	27		0:45:11.8	311	1:17:51.7	301
202	Carlos Alexandre	567	1:49:27.8	1:49:23.7	193	M40	51		0:42:18.7	212	1:17:09.9	290
203	Vasco Ascensão	133	1:49:53.1	1:49:44.1	194	M45	45	CTT Running	0:41:46.4	188	1:15:14.6	243
204	Nuno Silva	315	1:49:57.0	1:49:48.9	195	Sen-M	49	GRD "Os Fixes"	0:42:01.3	196	1:16:40.5	275
205	Mário Rodrigues	86	1:50:08.8	1:50:02.5	196	M40	52	GD Banco BPI	0:44:07.1	258	1:16:34.4	272
206	Samuel Sebastiao	338	1:50:09.2	1:49:55.7	197	Sen-M	50		0:45:06.4	308	1:18:16.1	306
207	Patricia Caldas	337	1:50:09.6	1:49:56.2	10	Sen-F	5		0:45:07.0	309	1:18:16.4	307
208	Pedro Miguel	416	1:50:11.7	1:50:02.8	198	M45	46		0:43:31.3	234	1:17:11.1	292
209	Carlos Nabiça	125	1:50:12.9	1:49:46.9	199	M50	28		0:44:25.3	274	1:17:46.3	300
210	André Cabral	486	1:50:37.5	1:50:07.7	200	M40	53		0:45:43.8	321	1:18:47.8	314
211	Alvaro Pinto	314	1:50:40.6	1:50:15.2	201	M55	13	REAL ACADEMIA	0:45:10.6	310	1:18:48.0	315
212	Pedro Silva	520	1:50:42.5	1:50:36.1	202	M40	54		0:43:09.2	227	1:16:48.2	280
213	El Mai Mounir	297	1:50:46.0	1:50:19.3	203	Sen-M	51		0:47:20.2	361	1:19:56.7	330
214	João Veiga	306	1:50:46.2	1:50:29.5	204	Sen-M	52		0:45:01.4	302	1:18:50.0	316
215	Paulo Gandum	563	1:50:51.3	1:50:34.5	205	M40	55	AC Portalegre / UTSM	0:44:27.2	276	1:18:52.0	317
216	Luís Andrade	135	1:50:52.9	1:50:43.9	206	M40	56	CTT Running	0:45:16.7	313	1:18:44.5	313
217	Paulo Calvino	4	1:50:55.0	1:50:29.6	207	M40	57	Põe-Te a Milhas	0:43:43.4	243	1:17:27.9	296
218	Pedro Trabucho	85	1:51:05.7	1:50:51.0	208	M50	29	GD Banco BPI	0:44:59.9	299	1:18:43.8	312
219	Pedro Miguel C C	77	1:51:15.8	1:51:12.1	209	M40	58		0:44:05.9	257	1:18:17.0	308
220	Manuel Faisca	461	1:51:18.2	1:50:54.0	210	M65	3	Associação Cultural	0:47:23.7	363	1:19:56.6	329

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Nuno Lucas	528	1:51:19.3	1:51:13.2	211	Sen-M	53	Pernas de Gafanhoto	0:47:36.0	370	1:21:15.0	353
222	Sara Velho	404	1:51:23.1	1:51:10.8	11	F40	5		0:45:38.1	319	1:19:41.8	325
223	Gonçalo Lopes	24	1:51:23.9	1:51:09.8	212	Sen-M	54	RUN 4 FUN	0:44:45.9	289	1:18:43.6	311
224	Albano Alves	325	1:51:29.2	1:51:04.7	213	M60	8	AÇOREANA	0:49:37.3	417	1:22:38.4	381
225	Charles Lima	251	1:51:46.3	1:51:34.8	214	M45	47	RunLovers	0:46:29.6	336	1:19:30.1	324
226	Luís Caldeira	343	1:51:59.5	1:51:44.6	215	M40	59		0:47:37.0	371	1:21:20.4	355
227	João Almeida Peres	565	1:52:05.5	1:51:45.0	216	M45	48		0:43:41.7	240	1:16:00.4	257
228	António Belo	236	1:52:09.0	1:51:43.3	217	M65	4	amigosdacorrída.com	0:47:19.5	359	1:21:15.7	354
229	Paulo Silva	360	1:52:09.8	1:51:47.9	218	M55	14	Treino Turístico de Odivelas	0:46:39.7	339	1:20:34.2	338
230	João Félix	417	1:52:10.5	1:51:45.9	219	M45	49		0:45:00.3	300	1:19:55.7	327
231	Jorge Pardal	219	1:52:14.6	1:52:06.6	220	M40	60	Tartarugas Solidárias	0:43:57.7	249	1:19:04.9	320
232	José Carlos Amaral	285	1:52:30.7	1:52:07.8	221	M40	61	CAPEP	0:44:39.8	284	1:16:57.6	285
233	Miguel Barreiros	157	1:52:31.2	1:52:07.4	222	Sen-M	55		0:45:19.8	315	1:19:23.4	323
234	Marco Mendes	25	1:52:36.7	1:52:04.3	223	Sen-M	56		0:47:00.4	346	1:20:09.8	332
235	Tiago Pinto	26	1:52:37.3	1:52:04.3	224	Sen-M	57	Correr Lisboa	0:46:59.9	345	1:20:08.6	331
236	Rui Rodrigues	39	1:52:49.0	1:52:33.7	225	M55	15	Gangue das 6h10	0:47:27.7	368	1:21:12.5	352
237	Paulo Gamboa	414	1:52:56.2	1:52:54.1	226	M45	50	Clube Atlético das Patameiras	0:47:16.8	357	1:21:49.2	360
238	Luis Miguel Duque	20	1:53:00.6	1:52:33.4	227	M50	30	Associação de Atletismo	0:47:06.5	353	1:21:10.3	351
239	Sónia Saro	364	1:53:02.4	1:52:30.3	12	Sen-F	6		0:46:26.1	334	1:21:07.6	348
240	Manuela Pinto	68	1:53:05.4	1:52:38.1	13	F50	1	O MUNDO DA CORRIDA	0:47:21.1	362	1:21:09.7	350
241	João Leitão	257	1:53:06.9	1:52:56.9	228	M45	51	RunLovers	0:44:49.1	291	1:20:16.5	333
242	Joao Bogalheiro	170	1:53:07.9	1:52:55.0	229	M45	52	Amigos Vale Silencio	0:45:03.0	303	1:19:23.4	322
243	Sidónio Dias	281	1:53:17.5	1:52:55.7	230	M45	53	CASA DO BENFICA DE	0:45:49.3	323	1:19:12.2	321
244	Mário Machado	317	1:53:19.9	1:53:07.7	231	M65	5	Revista Spiridon	0:47:38.6	372	1:22:14.7	371
245	Amíulcar Ribeiro	282	1:53:28.2	1:53:11.7	232	M65	6	CASA DO BENFICA DE	0:47:42.1	374	1:20:54.6	343
246	Rui Trindade	310	1:53:29.8	1:52:53.9	233	M45	54	CD Estrela	0:46:19.8	333	1:20:54.7	344
247	Rui Manuel Dias	52	1:53:30.3	1:53:07.5	234	M40	62	Pi-Linha Runners	0:46:10.7	331	1:20:34.7	339
248	Luis Menem	521	1:53:31.9	1:53:05.3	235	M45	55	Correr Lisboa	0:45:51.5	324	1:20:58.9	345
249	Albino Tomás	106	1:53:41.4	1:53:39.7	236	M60	9	Clube Atlético das Patameiras	0:47:17.2	358	1:21:44.5	359
250	Virgílio Oliveira	226	1:53:43.6	1:53:25.0	237	M55	16	ADCR PJ	0:45:03.3	304	1:20:33.9	337
251	Horácio Oliveira	369	1:53:47.2	1:53:30.8	238	M40	63	Academia de Atletismo do	0:47:05.1	352	1:20:59.8	346
252	Carlos Guerra	116	1:53:51.5	1:53:20.7	239	M45	56		0:48:17.6	386	1:22:09.6	368
253	Pedro Singeis	115	1:53:51.6	1:53:21.5	240	M45	57		0:48:18.4	387	1:22:10.8	369
254	António Rebelo	140	1:54:03.0	1:53:40.8	241	M40	64	CTT Running	0:41:56.6	194	1:16:01.5	258
255	Fernando Costa	534	1:54:04.9	1:53:38.4	242	M40	65		0:45:18.7	314	1:19:56.1	328
256	Carlos Rangel	283	1:54:38.8	1:54:12.5	243	M60	10		0:50:01.3	429	1:23:51.7	392
257	Rita Lança	284	1:54:38.8	1:54:12.4	14	Sen-F	7		0:50:00.9	428	1:23:51.7	393

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Virgínio Pateiro	230	1:54:56.4	1:54:53.8	244	M45	58	Jimbras Running	0:44:40.3	286	1:20:20.5	335
259	Helder Santos	519	1:54:58.7	1:54:46.1	245	Sen-M	58		0:47:01.7	347	1:21:27.1	357
260	Jorge Atalaia	87	1:54:59.9	1:54:30.3	246	Sen-M	59	GD Banco BPI	0:48:10.6	379	1:22:07.9	366
261	Francisco Freire	90	1:55:00.7	1:54:31.1	247	Sen-M	60	GD Banco BPI	0:48:11.9	382	1:22:08.0	367
262	Heitor Gomes	18	1:55:06.7	1:54:45.1	248	M40	66	Georunners	0:47:20.1	360	1:21:36.2	358
263	Miguel Angel Blanco	456	1:55:11.5	1:55:01.1	249	Sen-M	61		0:48:52.6	399	1:23:47.3	391
264	Fernando Morais Dos	83	1:55:15.0	1:54:44.8	250	M50	31	GD Banco BPI	0:48:11.1	381	1:22:05.5	365
265	António Dinis	437	1:55:21.9	1:55:01.8	251	Sen-M	62		0:45:29.0	317	1:21:57.4	363
266	António Ivar Oliveira	289	1:55:22.3	1:54:54.0	252	Sen-M	63		0:48:29.2	390	1:24:22.7	403
267	Vítor Gameiro	152	1:55:25.5	1:55:15.6	253	M50	32		0:45:56.7	326	1:20:42.8	341
268	Rui Alegre	19	1:55:27.6	1:55:09.4	254	Sen-M	64		0:47:26.1	367	1:21:51.4	361
269	Carlos Fonseca	450	1:55:28.9	1:55:23.9	255	M50	33	NAPA Núcleo Amigos Perna	0:43:33.0	236	1:20:29.6	336
270	João Rosinha	61	1:55:31.0	1:55:29.8	256	M40	67	AERGois Trail Running	0:47:12.3	354	1:22:37.4	380
271	Claudia Sofia De	420	1:55:33.6	1:55:14.7	15	F40	6		0:47:43.6	375	1:22:37.0	379
272	Ricardo Silva Ferreira	150	1:55:38.7	1:55:13.0	257	Sen-M	65		0:43:27.7	232	1:20:51.8	342
273	João Barreira	15	1:56:00.8	1:55:49.3	258	Sen-M	66	RUN 4 FUN	0:46:31.1	337	1:21:07.6	349
274	Carlos Lopes	252	1:56:06.6	1:55:50.8	259	M50	34	RunLovers	0:49:53.4	422	1:25:45.6	421
275	Sónia Brandão	89	1:56:08.5	1:55:46.7	16	F40	7	GD Banco BPI	0:46:29.4	335	1:22:16.9	372
276	António Fernando	44	1:56:10.3	1:55:46.9	260	M50	35	VIA3Runners	0:49:14.5	408	1:23:54.8	394
277	Fernando Celestino	329	1:56:13.5	1:56:01.9	261	M55	17	AÇOREANA	0:47:02.0	348	1:22:10.9	370
278	Bruno Matias	286	1:56:31.8	1:56:03.6	262	Sen-M	67	CASA DO BENFICA DE	0:47:45.4	376	1:22:34.1	377
279	Walter Palma	523	1:56:53.3	1:56:35.2	263	M50	36	Ginásio Clube Português	0:47:16.5	356	1:22:21.0	374
280	Luis Mendes	555	1:57:01.5	1:56:58.2	264	M40	68	NAPA Núcleo Amigos Perna	0:45:01.2	301	1:22:28.6	376
281	Celia Cecilio	556	1:57:01.5	1:56:58.7	17	F40	8	NAPA Núcleo Amigos Perna	0:45:05.0	307	1:22:39.3	382
282	Amélia Costa	557	1:57:02.1	1:56:59.7	18	F50	2	NAPA Núcleo Amigos Perna	0:45:04.2	305	1:22:36.8	378
283	Nelson Ferreira	320	1:57:05.5	1:56:44.3	265	Sen-M	68	Team Rhynos	0:44:40.2	285	1:20:20.3	334
284	Rui Moura	298	1:57:05.7	1:56:43.2	266	M40	69	Team Rhynos	0:43:51.9	245	1:15:43.6	251
285	António Marques	299	1:57:05.9	1:56:43.7	267	M40	70	Team Rhynos	0:43:51.5	244	1:15:42.7	250
286	Andre Judice	415	1:57:06.7	1:56:39.2	268	Sen-M	69		0:46:44.0	340	1:22:18.3	373
287	Jorge Lozano	513	1:57:07.6	1:56:56.7	269	Sen-M	70		0:48:52.0	398	1:23:45.4	390
288	André Malhado	180	1:57:07.9	1:56:57.3	270	Sen-M	71		0:45:41.2	320	1:21:26.2	356
289	Marta Silveira	541	1:57:08.6	1:56:55.7	19	Sen-F	8	Correr Lisboa	0:48:37.0	392	1:24:18.5	401
290	Paulo Nunes	120	1:57:09.6	1:56:56.7	271	M40	71	Correr Lisboa	0:48:37.0	393	1:24:18.1	399
291	José Castro	241	1:57:12.7	1:56:55.1	272	M55	18	Clube Atletismo Amigos de	0:50:12.6	437	1:24:01.3	396
292	Luis Chambel	99	1:57:14.1	1:56:53.1	273	M40	72		0:46:49.5	342	1:21:56.1	362
293	Teresa Domingues	197	1:57:15.7	1:57:01.0	20	F40	9	SS CGD	0:48:01.1	378	1:23:27.0	389
294	Paulo Trigo	378	1:57:28.4	1:57:22.4	274	Sen-M	72	Runners da Frente Ribeirinha	0:46:55.0	344	1:23:00.3	384

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Diogo Barros	247	1:57:31.3	1:57:11.1	275	Sen-M	73	Varitintas	0:47:15.0	355	1:22:00.8	364
296	Paulo Sousa	13	1:57:43.0	1:57:20.3	276	M40	73		0:49:01.5	401	1:23:59.1	395
297	Paulo Trindade	474	1:57:50.3	1:57:46.1	277	M40	74	O MUNDO DA CORRIDA	0:46:13.2	332	1:22:22.5	375
298	Paulo Quaresma	269	1:58:05.9	1:57:52.2	278	M60	11	Veteranos de Massamá	0:49:21.1	411	1:25:24.8	414
299	Nuno Borges Pereira	441	1:58:08.0	1:58:01.3	279	M40	75		0:46:07.7	330	1:22:43.1	383
300	Sérgio Bastos	78	1:58:08.2	1:57:30.6	280	M40	76		0:50:45.1	447	1:26:11.8	430
301	Antonio João Garcia	547	1:58:13.8	1:57:54.3	281	Sen-M	74		0:49:15.7	409	1:24:38.8	407
302	Eduardo Rodrigues	525	1:58:18.2	1:57:45.3	282	Sen-M	75	SS CGD	0:48:16.3	385	1:23:13.9	386
303	Luis Sousa	499	1:58:20.1	1:58:04.8	283	M50	37		0:48:26.1	389	1:24:10.2	397
304	Nuno Anastácio	260	1:58:25.7	1:58:16.8	284	Sen-M	76	RunLovers	0:46:32.8	338	1:23:04.1	385
305	Luis Filipe Pessoa Dos	344	1:58:28.3	1:58:01.5	285	M45	59	Alverca Urban Runners	0:48:38.0	394	1:24:19.9	402
306	Luis Calheiros	84	1:58:32.5	1:58:24.2	286	M40	77	GD Banco BPI	0:48:25.9	388	1:24:13.3	398
307	Lino Silva	470	1:58:40.4	1:58:11.8	287	M40	78	Alverca Urban Runners	0:49:09.6	405	1:24:27.3	404
308	Ruben Costa	300	1:58:45.1	1:58:32.9	288	M50	38	RUN 4 FUN	0:50:47.9	449	1:26:09.7	427
309	Joao Correia	566	1:58:47.3	1:58:23.0	289	M55	19		0:51:31.0	463	1:27:07.0	445
310	Júlio Castro	242	1:58:53.6	1:58:38.1	290	M55	20	Clube Atletismo Amigos de	0:49:38.9	418	1:25:16.1	411
311	Zé Mi Martins	443	1:59:00.3	1:58:27.0	291	M40	79	SS CGD	0:50:00.0	426	1:25:37.0	417
312	Hugo Duarte	217	1:59:00.6	1:58:33.9	292	Sen-M	77		0:48:33.4	391	1:24:32.1	406
313	Luisa Palminhas	259	1:59:13.6	1:59:04.8	21	F40	10	RunLovers	0:49:11.8	407	1:26:21.9	435
314	Julie Chatelain	367	1:59:16.5	1:58:55.0	22	Sen-F	9		0:47:30.5	369	1:25:37.4	419
315	Pedro Lopes	194	1:59:19.6	1:58:54.0	293	Sen-M	78	SS CGD	0:48:47.1	395	1:25:19.6	413
316	Antonio Negrinho	182	1:59:19.8	1:58:46.3	294	M50	39	SS CGD	0:49:59.8	425	1:25:35.9	415
317	António Ventura	518	1:59:26.3	1:58:59.7	295	M55	21	REAL ACADEMIA	0:50:49.9	450	1:26:20.2	433
318	Ricardo Silva	253	1:59:27.8	1:59:17.8	296	Sen-M	79	RunLovers	0:47:24.4	365	1:24:32.0	405
319	Rogério Pina	296	1:59:29.4	1:59:10.7	297	M60	12	CLUBE ANACOM	0:49:42.2	419	1:26:26.9	436
320	Dulce Reis	351	1:59:30.5	1:59:12.6	23	F40	11		0:47:02.5	349	1:23:18.7	387
321	Rui A Ferreira	466	1:59:31.9	1:59:00.5	298	M45	60		0:50:46.6	448	1:26:27.6	437
322	Carla Morgado	353	1:59:33.1	1:59:12.1	24	F40	12		0:50:07.9	433	1:25:36.3	416
323	Ricardo Bordalo	112	1:59:33.8	1:59:06.0	299	M45	61		0:49:08.4	403	1:24:59.3	409
324	Rodrigo Sousa	261	1:59:38.2	1:59:27.8	300	Sen-M	80	RunLovers	0:50:42.1	445	1:26:21.0	434
325	Pedro Torrinha	196	1:59:55.9	1:59:23.8	301	M40	80	SS CGD	0:49:22.8	412	1:25:09.3	410
326	Bruno Mendes Dias	145	1:59:58.5	1:59:42.1	302	M40	81		0:48:49.3	396	1:27:18.3	447
327	Francisco Amaro	100	2:00:00.6	1:59:39.6	303	M45	62	Varitintas	0:49:32.4	415	1:26:10.5	429
328	Adriano Pimentel	514	2:00:04.1	2:00:00.8	304	Sen-M	81	Caracóis de Pedra	0:49:23.2	413	1:26:13.3	432
329	Bruno Afonso	143	2:00:12.7	2:00:02.2	305	Sen-M	82		0:48:11.1	380	1:24:18.1	400
330	José Manuel Filipe	75	2:00:23.7	2:00:19.6	306	M50	40		0:45:51.9	325	1:21:01.3	347
331	Sara Cunha	46	2:00:33.3	2:00:19.1	25	F40	13	Magic Runners - Enterprom	0:50:05.0	432	1:26:08.3	425

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Inês Mariquitos	223	2:01:03.5	2:00:48.0	26	Sen-F	10		0:50:04.7	431	1:26:07.1	424
333	Miguel Marques	175	2:01:04.6	2:00:48.9	307	Sen-M	83	Gangue das 6h10	0:50:04.2	430	1:26:06.2	423
334	Jorge Brito Pereira	570	2:01:06.2	2:00:51.7	308	M45	63		0:51:05.6	457	1:27:04.4	444
335	Paulo Neves	503	2:01:11.2	2:00:47.5	309	Sen-M	84	Salamandrecos	0:56:14.0	528	1:28:53.7	462
336	Rui Lança	121	2:01:21.7	2:00:50.0	310	Sen-M	85		0:49:30.6	414	1:26:32.9	439
337	Vitor Silva	287	2:01:34.1	2:01:15.0	311	M50	41	CASA DO BENFICA DE	0:50:41.7	443	1:27:35.0	449
338	Anabela Ferreira	336	2:01:34.6	2:01:15.6	27	F40	14	Varitintas	0:50:42.1	444	1:27:28.0	448
339	Carlos Sousa	202	2:01:42.5	2:01:15.1	312	M55	22	Os Perigosos	0:47:04.9	351	1:23:26.8	388
340	Paulo Lopes	469	2:01:48.3	2:01:18.7	313	Sen-M	86	Alverca Urban Runners	0:49:35.0	416	1:26:44.7	442
341	Nuno Marques	249	2:01:54.6	2:01:37.4	314	M45	64	RunLovers	0:49:53.9	423	1:26:35.9	440
342	Osman Aziz	131	2:02:02.9	2:01:57.8	315	S23-M	3	Zulsnatis	0:44:49.3	293	1:20:41.0	340
343	Alexandre Reis	279	2:02:05.5	2:01:49.6	316	M55	23	CASA DO BENFICA DE	0:47:24.0	364	1:25:43.0	420
344	Miguel Castela	123	2:02:08.5	2:02:01.6	317	M45	65	Associação de Atletismo	0:49:18.1	410	1:28:13.5	455
345	Miguel Baptista	536	2:02:17.4	2:02:13.2	318	M50	42		0:40:16.7	156	1:28:01.6	451
346	Natasha Dias	537	2:02:17.4	2:02:12.9	28	F40	15		0:50:11.8	436	1:28:02.2	452
347	Mikael Saraiva	460	2:02:31.2	2:01:57.8	319	Sen-M	87	Hepafiltra	0:50:21.5	439	1:26:08.3	426
348	Isabel Conceição	14	2:02:37.8	2:02:22.8	29	Sen-F	11		0:51:58.6	480	1:28:58.2	465
349	Jose Guia	192	2:02:45.2	2:02:29.5	320	M65	7	SS CGD	0:49:11.8	406	1:25:17.5	412
350	João Antunes Antunes	316	2:03:11.3	2:03:02.3	321	M45	66		0:47:24.6	366	1:27:11.8	446
351	Andreia Maria	161	2:03:11.8	2:03:04.7	30	Sen-F	12	Tartarugas Solidárias	0:51:10.5	459	1:28:09.6	454
352	Henrique Ruivo	174	2:03:12.9	2:03:04.6	322	M55	24	Tartarugas Solidárias	0:46:04.1	327	1:28:07.8	453
353	David Cardoso	303	2:03:27.7	2:03:10.3	323	Sen-M	88	Mercenários da Penha	0:48:12.4	383	1:26:32.1	438
354	Rui Almeida	307	2:03:28.2	2:03:10.8	324	Sen-M	89	Mercenários da Penha	0:48:13.1	384	1:26:36.6	441
355	Ana Mendes	562	2:03:28.2	2:02:53.5	31	F40	16	Veteranos de Massamá	0:51:56.7	478	1:29:03.2	467
356	Tiago Gamboa	463	2:03:31.9	2:02:45.0	325	M40	82	Amigos Atletismo Mafra	0:49:47.9	421	1:26:12.0	431
357	João Reis	137	2:03:46.8	2:03:38.1	326	M50	43	CTT Running	0:48:51.4	397	1:26:45.3	443
358	Analice Silva	488	2:03:54.4	2:03:51.7	32	F60	1	O MUNDO DA CORRIDA	0:51:49.2	476	1:29:02.6	466
359	Pedro Barreira	93	2:04:17.8	2:04:11.1	327	M40	83	GD Banco BPI	0:48:52.7	400	1:25:37.4	418
360	Lucia Ventura	11	2:04:20.0	2:04:00.9	33	F40	17		0:50:56.2	452	1:29:21.2	470
361	Enrique Ortiz	457	2:04:20.9	2:04:09.3	328	Sen-M	90		0:49:54.0	424	1:27:36.0	450
362	José Catita	305	2:04:28.4	2:04:05.0	329	M55	25	Garmin - C.O.O.	0:51:47.3	472	1:28:42.5	458
363	Pedro Ac Carvalho	55	2:04:30.1	2:04:00.9	330	M40	84		0:49:08.3	402	1:25:49.6	422
364	Catarina Vargês	421	2:04:44.7	2:04:14.0	34	F40	18	Associação de Atletismo	0:51:53.6	477	1:28:52.3	461
365	Tiago Almeida	272	2:04:46.9	2:04:10.7	331	Sen-M	91		0:53:01.9	490	1:29:23.7	471
366	Jorge Alexandre	301	2:05:10.5	2:04:57.0	332	M50	44	RUN 4 FUN	0:51:38.8	467	1:28:31.7	457
367	Diogo Leite	361	2:05:23.7	2:05:10.2	333	M45	67		0:49:44.4	420	1:28:44.5	459
368	Pedro Santos	62	2:05:35.8	2:05:12.0	334	M40	85		0:51:31.5	464	1:28:21.7	456

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Joao Almeida	189	2:05:36.3	2:05:26.4	335	M45	68	SS CGD	0:50:11.8	435	1:28:57.0	463
370	Carlos Figueiredo	183	2:05:36.4	2:05:27.4	336	M40	86	SS CGD	0:50:12.9	438	1:28:58.0	464
371	Luis Miguel Marques	524	2:05:55.9	2:05:21.4	337	M40	87		0:53:12.0	495	1:31:36.1	487
372	Jorge Paulino	433	2:06:07.1	2:05:39.8	338	M60	13	CDM	0:53:16.7	498	1:31:43.9	491
373	José Sampaio	530	2:06:24.6	2:05:55.6	339	M45	69		0:51:22.9	460	1:29:13.6	469
374	Ângela Susano	139	2:06:37.6	2:06:10.3	35	F40	19	CTT Running	0:51:32.0	465	1:24:48.8	408
375	Carla Andre	564	2:06:50.1	2:06:28.2	36	Sen-F	13		0:54:07.1	504	1:32:31.3	498
376	António Cardoso	146	2:06:50.4	2:06:15.1	340	M45	70		1:01:10.5	562	1:36:13.6	530
377	Frederico Wiborg	385	2:06:55.7	2:06:21.7	341	M45	71	WL84	0:55:29.9	522	1:33:41.6	509
378	Carlos Alberto Alves	507	2:07:31.6	2:07:07.8	342	M45	72	corroios	0:50:23.9	440	1:30:00.4	473
379	Ana Paula Guedes	508	2:07:31.6	2:07:06.9	37	F40	20	C.A. Amigos Parque da Paz	0:50:25.0	441	1:29:59.5	472
380	João Lima	33	2:07:51.9	2:07:22.3	343	M55	26	4 ao Km	0:52:42.6	487	1:30:56.7	481
381	Alexandra Dinis	42	2:08:05.2	2:07:27.6	38	Sen-F	14		0:51:45.7	471	1:30:27.8	474
382	Luís Tonicher	74	2:08:07.5	2:07:29.9	344	Sen-M	92	Friends2Run	0:51:44.4	470	1:30:31.7	476
383	Germano Bernardo	483	2:08:20.5	2:07:51.1	345	M60	14	Prazer da Corrida	0:53:20.5	499	1:31:28.4	486
384	Andreia Pereira	3	2:08:37.4	2:08:23.7	39	Sen-F	15	O MUNDO DA CORRIDA	0:51:07.0	458	1:32:06.1	494
385	Nuno Santiago	10	2:08:39.0	2:08:26.7	346	M40	88		0:51:02.4	455	1:31:42.7	490
386	Joaquim Carrilho	576	2:08:40.4	2:08:09.0	347	M45	73	SS CGD	0:50:59.3	453	1:30:59.4	482
387	Pedro Loureiro	548	2:08:47.6	2:08:37.7	348	M40	89		0:50:00.8	427	1:28:46.5	460
388	Pedro Louro	195	2:08:52.9	2:08:37.4	349	Sen-M	93	SS CGD	0:49:09.4	404	1:26:10.0	428
389	Diogo Arraias	58	2:09:01.9	2:08:32.7	350	M60	15	Os Arraias	0:51:48.6	475	1:30:41.3	477
390	Sandra Arraias	59	2:09:02.0	2:08:33.2	40	Sen-F	16	Os Arraias	0:51:48.3	474	1:30:49.6	480
391	Vanuza Silva	379	2:09:34.7	2:09:09.8	41	F40	21	GRCD Leião	0:54:11.9	505	1:33:25.3	506
392	Kirsten Lex	141	2:09:37.0	2:09:09.7	42	Sen-F	17		0:52:09.6	482	1:31:00.0	483
393	João Alberto	2	2:09:52.1	2:09:26.9	351	M45	74	Jobrinde - Montes Saloios	0:52:44.4	488	1:31:21.7	484
394	Jorge Marques	132	2:10:02.9	2:09:45.2	352	Sen-M	94		0:53:47.6	503	1:32:11.5	495
395	Pedro Araújo E Sá	569	2:10:13.9	2:09:58.9	353	M45	75		0:51:04.7	456	1:30:48.6	479
396	Manuel Graça	294	2:10:15.7	2:10:07.5	354	M65	8		0:51:01.9	454	1:29:12.1	468
397	Luís Pereira	304	2:10:31.2	2:10:12.0	355	M45	76	CLUBE ANACOM	0:53:25.5	501	1:32:57.3	502
398	João Santos	268	2:10:31.4	2:10:16.5	356	M65	9	Veteranos de Massamá	0:53:21.8	500	1:32:35.1	499
399	Patrícia Alexandra	5	2:10:45.5	2:10:38.1	43	Sen-F	18	Tartarugas Solidárias	0:53:05.0	492	1:32:41.7	500
400	Henriqueta Solipa	70	2:10:45.7	2:10:38.3	44	F50	3	Tartarugas Solidárias	0:53:05.3	493	1:32:45.7	501
401	Ricardo Cano	244	2:10:46.7	2:10:30.6	357	Sen-M	95	Clube Atletismo Amigos de	0:55:07.0	519	1:33:33.5	508
402	Jaime Trabucho	489	2:11:22.7	2:10:43.9	358	M50	45	CAAPP	0:55:45.8	525	1:35:24.7	525
403	Armando Parreira	330	2:11:35.3	2:11:27.6	359	M45	77	AÇOREANA	0:59:48.4	557	1:37:07.7	536
404	Nuno Vicente	290	2:11:48.9	2:11:25.0	360	M40	90		0:54:51.4	513	1:34:36.8	522
405	Elsa Maria Correia	302	2:11:49.4	2:11:37.4	45	F50	4	RUN 4 FUN	0:54:17.6	508	1:33:46.5	511

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Hermínio Cabaceira	245	2:11:49.8	2:11:24.3	361	M50	46		0:52:00.6	481	1:32:28.6	497
407	Carlos Andrade	102	2:11:50.3	2:11:33.5	362	Sen-M	96	Runners da Frente Ribeirinha	0:55:07.2	520	1:33:59.5	513
408	Paula Cardoso	342	2:12:01.4	2:11:50.2	46	F40	22	Salamandrecos	0:53:02.7	491	1:32:58.1	503
409	José Magalhães	114	2:12:08.5	2:11:59.9	363	M45	78	RUN 4 FUN	0:51:26.0	461	1:31:57.9	493
410	Sandra Simões	16	2:12:09.2	2:11:57.7	47	F40	23	RUN 4 FUN	0:51:48.0	473	1:31:40.1	489
411	Teodoro Trindade	156	2:12:09.3	2:11:56.9	364	M55	27	RUN 4 FUN	0:51:35.5	466	1:31:38.8	488
412	Rogério Matos	482	2:12:09.3	2:11:56.9	365	M50	47	RUN 4 FUN	0:51:41.7	468	1:30:28.6	475
413	Vitor Gonçalves	30	2:12:15.1	2:11:44.3	366	M45	79	4 ao Km	0:55:00.4	516	1:34:36.3	521
414	Isadora Costa	29	2:12:15.2	2:11:45.4	48	Sen-F	19	4 ao Km	0:55:01.3	517	1:34:36.2	520
415	Pedro Azevedo	164	2:12:18.9	2:11:55.1	367	M45	80	LeYatletas	0:53:29.8	502	1:35:03.0	523
416	Sandra Cardoso	549	2:12:25.1	2:12:15.2	49	F40	24		0:53:13.1	497	1:34:09.5	515
417	Pedro Miguel Miranda	505	2:12:26.0	2:12:03.1	368	Sen-M	97		0:54:42.2	512	1:34:27.8	518
418	António Monteiro	394	2:12:34.7	2:12:29.7	369	M65	10	Os Galgos	0:51:41.8	469	1:32:27.6	496
419	Marco Vaz	129	2:12:37.3	2:12:24.8	370	Sen-M	98	Falcões Selvagens	0:54:18.2	509	1:33:31.9	507
420	Sandra Magalhães	48	2:13:16.7	2:13:03.9	50	F50	5	Magic Runners - Enterprom	0:51:28.7	462	1:33:22.8	504
421	Jose Nogueira	40	2:13:16.9	2:13:03.1	371	M55	28	Gangue das 6h10	0:54:14.2	507	1:33:24.6	505
422	Alexandre José Sousa	246	2:13:23.0	2:12:59.0	372	M55	29		0:51:57.6	479	1:31:25.6	485
423	Gabriel Antonio	239	2:13:26.9	2:12:49.7	373	M50	48	u.r.d.arranhó	0:52:30.9	484	1:35:26.1	526
424	Ana Paula Pinto	35	2:13:48.2	2:13:30.6	51	F50	6	Grupo Cicloturismo	0:53:01.7	489	1:34:25.6	517
425	António Pereira	473	2:13:48.6	2:13:12.7	374	M50	49	O MUNDO DA CORRIDA	0:54:53.7	515	1:34:33.3	519
426	Bruno Dias	349	2:13:55.1	2:13:30.2	375	Sen-M	99	SS CGD	0:47:56.0	377	1:30:45.0	478
427	Deolinda Santos	427	2:14:13.2	2:13:56.8	52	F40	25		0:56:29.0	533	1:36:27.0	531
428	Bruno Neves	492	2:14:21.7	2:13:57.9	376	Sen-M	100		0:53:09.9	494	1:34:16.1	516
429	Diogo André Franco	568	2:15:37.9	2:14:00.0	377	Sen-M	101		0:55:24.0	521	1:35:48.3	528
430	Luigi Cianci	167	2:15:40.3	2:15:04.9	378	M55	30	AngeRun	0:56:33.9	535	1:36:52.2	534
431	João Faustino	166	2:15:40.5	2:15:03.9	379	M40	91	AngeRun	0:56:32.6	534	1:37:45.4	539
432	Abilio Tavares	442	2:16:11.3	2:16:05.4	380	M60	16		0:52:38.1	485	1:34:02.4	514
433	Nuno Moreira	471	2:16:31.4	2:16:03.2	381	Sen-M	102	Alverca Urban Runners	0:52:42.0	486	1:31:55.3	492
434	Tiago Oliveira	176	2:16:46.2	2:16:13.8	382	Sen-M	103		0:50:42.9	446	1:33:43.1	510
435	Paulo Cerqueira	51	2:16:51.7	2:16:16.9	383	M45	81		0:57:43.8	541	1:38:03.6	541
436	António Sanches	92	2:16:55.5	2:16:24.1	384	M60	17	GD Banco BPI	0:58:06.2	546	1:39:13.9	544
437	Rui Soares	375	2:17:20.7	2:17:03.1	385	M40	92	CCD PM CASCAIS	0:55:41.0	523	1:37:03.3	535
438	Luis Lisboa Santos	436	2:18:05.0	2:17:52.5	386	M55	31	Amigos Vale Silencio	0:54:12.9	506	1:35:58.6	529
439	Luis Proença	118	2:18:14.8	2:17:47.3	387	M45	82		0:55:56.6	527	1:38:23.0	543
440	Vanessa Pais	339	2:18:21.2	2:18:09.5	53	Sen-F	20	RUNning	0:57:03.6	538	1:37:15.0	537
441	José Emílio Lindo	312	2:18:22.2	2:18:20.0	388	M65	11	Clube de Atletismo Vale	0:52:17.5	483	1:33:54.9	512
442	Iris Mauricio	255	2:18:30.2	2:18:19.7	54	F40	26	RunLovers	0:55:05.5	518	1:37:41.7	538

## 40ª Meia Maratona de S. João das Lampas

### Finisher List 40ª 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	Nuno Madureira	368	2:19:36.1	2:19:21.9	389	Sen-M	104		0:56:27.3	531	1:38:14.4	542
444	Helena Leitão	254	2:19:39.9	2:19:28.6	55	F40	27	RunLovers	0:58:17.6	548	1:40:37.5	548
445	Patrícia Pedro	278	2:20:06.3	2:19:44.8	56	F50	7	CASA DO BENFICA DE	0:59:36.1	553	1:41:20.5	552
446	Sofia Freire	168	2:20:10.1	2:19:34.6	57	F40	28	AngeRun	0:56:29.0	532	1:37:54.7	540
447	Joaquim Cruz	275	2:20:10.8	2:19:50.1	390	M55	32	CASA DO BENFICA DE	0:59:36.0	552	1:41:22.6	554
448	Sofia Cardoso	169	2:20:11.3	2:19:34.8	58	F40	29	AngeRun	0:56:22.0	529	1:36:51.3	533
449	Nuno Alexandre Dias	54	2:20:21.9	2:20:01.8	391	M40	93		0:50:55.9	451	1:35:06.3	524
450	Paulo Alves	21	2:21:14.9	2:21:07.3	392	Sen-M	105	SPEM	0:56:37.4	536	1:39:39.1	546
451	Jens Bierfeld	142	2:21:42.0	2:21:14.0	393	Sen-M	106		0:57:24.8	539	1:39:31.4	545
452	Silvina Maria Barreto	153	2:21:59.6	2:21:51.1	59	F40	30		0:57:49.1	542	1:40:49.1	549
453	Ricardo Miguel Sousa	382	2:22:00.9	2:21:27.0	394	Sen-M	107		0:56:47.6	537	1:41:00.2	550
454	Eduardo Amorim	110	2:22:07.4	2:21:34.6	395	M45	83		0:58:00.2	545	1:40:13.0	547
455	Tiago Almeida Ferreira	464	2:22:09.0	2:21:49.6	396	Sen-M	108	Correr Lisboa	0:58:16.0	547	1:41:07.7	551
456	Fernando Fiães	149	2:22:27.1	2:21:48.7	397	M50	50		0:55:45.6	524	1:36:40.6	532
457	Marco Paulo Martins	313	2:23:09.0	2:22:46.8	398	Sen-M	109	Kaninos	0:53:13.0	496	1:35:39.3	527
458	Cláudia Duarte	545	2:23:44.6	2:23:29.5	60	Sen-F	21	GD Banco BPI	0:57:34.9	540	1:42:28.1	558
459	Célia Azenha	542	2:23:45.5	2:23:37.5	61	F50	8		1:00:52.7	561	1:42:50.6	560
460	Daniel Soares Leitão	107	2:23:47.4	2:23:23.3	399	M55	33		0:59:44.7	556	1:42:50.7	561
461	Celina Jorge	49	2:23:55.2	2:23:39.7	62	Sen-F	22		0:59:08.9	551	1:42:34.0	559
462	Guilherme Pereira	291	2:26:08.0	2:25:43.9	400	Sen-M	110		0:54:53.0	514	1:41:35.3	555
463	Sónia Capitão-Mor	27	2:26:31.8	2:25:59.0	63	Sen-F	23		0:58:37.0	550	1:41:21.2	553
464	Catarina Mesquita	47	2:26:50.9	2:26:31.1	64	F50	9	Magic Runners - Enterprom	0:59:51.2	558	1:41:39.5	556
465	Nuno Ameixial	72	2:27:36.9	2:26:59.1	401	M40	94	Friends2Run	1:00:42.9	559	1:44:00.0	562
466	Vitor Rui de Sousa	207	2:27:52.8	2:27:35.6	402	M45	84		1:01:42.1	564	1:44:51.8	565
467	Mario Santos	332	2:28:51.1	2:28:22.7	403	M45	85	Monte da Lua Runners	0:59:39.3	555	1:44:21.1	564
468	Joel Silva	41	2:29:01.3	2:28:38.4	404	M40	95		0:55:52.5	526	1:44:14.4	563
469	Hélia Cristina Marques	429	2:29:01.5	2:28:55.9	65	Sen-F	24		1:00:43.2	560	1:46:39.5	566
470	Rute Pinheiro	535	2:31:06.2	2:30:28.4	66	Sen-F	25		0:58:28.6	549	1:42:01.4	557
471	António Pedro Santos	432	2:33:45.4	2:33:24.6	405	M45	86	Salamandrecos	1:03:54.4	570	1:50:54.3	570
472	Patrícia Monteiro	431	2:33:45.8	2:33:25.9	67	F40	31	Salamandrecos	1:03:57.9	571	1:50:43.2	569
473	Lucília Faustino	559	2:38:44.1	2:38:30.2	68	Sen-F	26		1:03:25.7	569	1:54:38.3	573
474	Ivo Alexandre Claro	550	2:38:44.2	2:36:33.4	406	Sen-M	111	Tartarugas Solidárias	0:50:34.4	442	1:52:40.6	571
475	Júlio Verde	155	2:40:22.9	2:39:48.2	407	M50	51		1:01:11.5	563	1:49:06.2	567
476	Jorge Nunes	81	DSQ		408	Sen-M	112	GD Banco BPI		14		15
477	Nelson Luciano	502	DSQ		409	Sen-M	113			78		91
478	António Cumbre	529	DSQ		410	Sen-M	114	Pernas de Gafanhoto		81		94

## 40ª Meia Maratona de S. João das Lampas

### **Finisher List 40ª Meia Maratona de S. João das Lampas**

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<b>Geral</b>	<b>Nome</b>	<b>Dorsal</b>	<b>T. Bruto</b>	<b>T. Chip</b>	<b>C.Sex</b>	<b>Esc</b>	<b>Pos. Esc.</b>	<b>Clube</b>	<b>T. 10km</b>	<b>Pos. 10k</b>	<b>T. 18km</b>	<b>Pos. 18k</b>
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Number of records: 478

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
<b>40ª Meia Maratona de S. João das Lampas</b>													
m													
<b>Seniors-M</b>													
1		Nelson Fonseca	205	1:28:35.8	1:28:33.7	15	Sen-M	16	Jobrinde - Montes	0:35:42.3	95	1:02:58.5	112
2		Pedro Simões	526	1:29:57.3	1:29:45.6	20	Sen-M	21	People Outdoor	0:37:14.3	114	1:04:30.2	118
3		Pedro Cardoso	425	1:31:01.9	1:31:00.3	25	Sen-M	26	Correr Lisboa	0:36:09.4	100	1:03:51.5	116
4		António	263	1:31:05.7	1:31:01.4	26	Sen-M	27	Os Galgos	0:37:05.5	111	1:05:03.6	125
5		Luis Miguel	365	1:31:40.3	1:31:39.1	31	Sen-M	32	Amigos Atletismo	0:36:23.9	103	1:04:33.6	119
6		Miguel Sobral	546	1:31:45.5	1:31:43.6	32	Sen-M	33	AGDAK	0:36:43.8	107	1:04:34.3	120
7		Carlos Manuel	430	1:31:57.3	1:31:53.0	33	Sen-M	34		0:38:06.7	123	1:05:31.2	130
8		David Karim	22	1:32:39.1	1:32:28.1	39	Sen-M	40		0:39:24.4	139	1:07:01.2	142
9		Vitor Marques	377	1:33:20.7	1:33:16.1	40	Sen-M	41	Runners da Frente	0:36:36.3	105	1:05:47.2	133
10		Marcos Rastrilla	413	1:33:31.2	1:33:29.4	41	Sen-M	42	CERRR Igualada	0:36:22.4	102	1:05:31.9	131
11		Rui Cabral	405	1:33:55.7	1:33:51.5	45	Sen-M	46	N. A. PAPAGAIOS	0:38:40.8	129	1:07:21.0	143
12		Luís Varzea	396	1:34:02.2	1:33:54.4	47	Sen-M	48	C. R. alturense	0:41:08.1	173	1:08:33.1	152
13		Eduardo Santos	452	1:35:42.3	1:35:38.0	54	Sen-M	55	Gelpeixe	0:39:44.8	146	1:08:50.2	155
14		Dinis Cartas	341	1:36:48.1	1:36:37.4	60	Sen-M	61		0:40:15.4	153	1:09:39.7	166
15		Jose Renato	504	1:38:36.6	1:38:30.4	68	Sen-M	71	individual	0:40:49.4	165	1:10:55.3	177
16		Frederico	411	1:38:52.7	1:38:25.3	69	Sen-M	72		0:42:57.0	223	1:11:59.1	193
17		Nuno Soares	495	1:39:08.7	1:39:06.0	75	Sen-M	78	Correr Lisboa	0:36:39.0	106	1:10:23.7	171
18		Fábio Nunes	211	1:39:15.3	1:39:01.6	76	Sen-M	79	N.A.Z.Abóboda	0:40:06.3	149	1:09:37.0	164
19		Nuno Rebelo	36	1:39:49.5	1:39:43.4	86	Sen-M	89		0:38:57.1	132	1:09:01.5	159
20		Carlos Marques	383	1:40:11.3	1:39:36.7	88	Sen-M	91		0:43:06.5	226	1:12:39.4	205
21		Rafael Monteiro	64	1:40:21.7	1:40:16.3	89	Sen-M	92	Runners da Frente	0:40:57.6	167	1:11:26.6	181
22		Tiago Freitas	510	1:40:29.3	1:40:23.7	91	Sen-M	94		0:42:06.7	204	1:12:31.2	201
23		Afzal Aziz	130	1:41:28.8	1:41:23.7	100	Sen-M	103	Zulisnatis	0:44:49.2	292	1:13:58.2	229
24		Ricardo Alves	292	1:41:57.5	1:41:48.5	107	Sen-M	110	Casa do Benfica no	0:42:32.0	216	1:13:36.6	222
25		Nuno Martins	8	1:42:12.6	1:42:01.5	110	Sen-M	113	wikaboo	0:42:04.6	201	1:12:42.9	206
26		Fábio Silva	363	1:42:30.9	1:42:27.6	113	Sen-M	116	Associação Jorge Pina	0:41:25.0	177	1:13:15.6	213
27		Jorge Nabais	124	1:42:35.2	1:42:17.3	114	Sen-M	117		0:41:53.9	190	1:12:57.5	209
28		Ricardo Vitorino	580	1:42:57.3	1:42:53.8	119	Sen-M	122		0:40:49.4	164	1:11:59.9	194

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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		Helder Valadas	198	1:42:57.5	1:42:29.8	120	Sen-M	123	Os Perigosos	0:42:22.5	213	1:13:17.6	216
30		Ruben Costa	101	1:43:08.7	1:43:01.5	123	Sen-M	127		0:40:47.0	162	1:12:13.1	196
31		Nuno Sabino	400	1:43:27.8	1:42:55.9	124	Sen-M	128	AÇOREANA	0:43:36.7	238	1:13:52.2	226
32		Diogo Sousa	481	1:44:35.8	1:44:20.0	130	Sen-M	134	GO!Runners	0:44:24.4	271	1:15:24.0	247
33		David Leite	109	1:45:08.8	1:45:01.7	137	Sen-M	141		0:43:43.0	242	1:15:18.4	244
34		Sérgio Castro	79	1:45:14.2	1:44:51.8	139	Sen-M	143	Ninjas de Monsanto	0:44:02.4	254	1:15:41.5	249
35		Steven Santos	154	1:45:22.0	1:44:56.7	140	Sen-M	144		0:43:10.8	228	1:14:27.7	233
36		João Pereira	50	1:45:28.7	1:45:13.3	142	Sen-M	146		0:43:59.5	251	1:14:54.5	238
37		João Apolinário	517	1:46:04.9	1:46:01.7	151	Sen-M	155	Caracóis de Pedra	0:42:01.6	198	1:15:56.1	255
38		Marco Caseiro	200	1:46:14.3	1:45:46.7	153	Sen-M	157	Os Perigosos	0:44:13.2	261	1:16:14.8	265
39		Eduardo Manuel	111	1:47:04.9	1:46:53.6	166	Sen-M	171	Atómicos	0:44:17.7	267	1:16:21.6	267
40		Tiago Marques	311	1:47:10.6	1:46:51.7	167	Sen-M	172	GRCD Leião	0:44:49.9	294	1:16:46.5	278
41		Daniel Machado	265	1:47:41.8	1:47:35.6	172	Sen-M	177	Os Galgos	0:42:44.8	219	1:15:29.1	248
42		Sérgio Pedro	334	1:47:56.3	1:47:31.8	175	Sen-M	181	Tinto Running Team	0:44:34.8	279	1:17:00.3	286
43		Armando	455	1:48:01.5	1:47:41.4	177	Sen-M	183	Sporting Clube de	0:46:48.9	341	1:18:25.9	310
44		Helder Tavares	177	1:48:23.8	1:48:02.7	180	Sen-M	187	Varitintas	0:43:57.0	248	1:16:20.2	266
45		Angelo Relvas	34	1:48:32.5	1:48:27.0	182	Sen-M	189	Runners da Frente	0:41:27.4	180	1:14:14.5	232
46		Andrè Mota	238	1:48:38.4	1:48:21.3	183	Sen-M	190	u.r.d.arranhó	0:44:56.2	296	1:17:11.2	293
47		Paulo Gomes	543	1:49:15.9	1:48:54.8	189	Sen-M	198		0:38:25.6	127	1:07:52.6	147
48		Tiago Baleia	515	1:49:16.5	1:49:14.1	190	Sen-M	199	Caracóis de Pedra	0:43:32.9	235	1:16:08.8	262
49		Nuno Silva	315	1:49:57.0	1:49:48.9	195	Sen-M	204	GRD "Os Fixes"	0:42:01.3	196	1:16:40.5	275
50		Samuel	338	1:50:09.2	1:49:55.7	197	Sen-M	206		0:45:06.4	308	1:18:16.1	306
51		El Mai Mounir	297	1:50:46.0	1:50:19.3	203	Sen-M	213		0:47:20.2	361	1:19:56.7	330
52		João Veiga	306	1:50:46.2	1:50:29.5	204	Sen-M	214		0:45:01.4	302	1:18:50.0	316
53		Nuno Lucas	528	1:51:19.3	1:51:13.2	211	Sen-M	221	Pernas de Gafanhoto	0:47:36.0	370	1:21:15.0	353
54		Gonçalo Lopes	24	1:51:23.9	1:51:09.8	212	Sen-M	223	RUN 4 FUN	0:44:45.9	289	1:18:43.6	311
55		Miguel Barreiros	157	1:52:31.2	1:52:07.4	222	Sen-M	233		0:45:19.8	315	1:19:23.4	323
56		Marco Mendes	25	1:52:36.7	1:52:04.3	223	Sen-M	234		0:47:00.4	346	1:20:09.8	332
57		Tiago Pinto	26	1:52:37.3	1:52:04.3	224	Sen-M	235	Correr Lisboa	0:46:59.9	345	1:20:08.6	331
58		Helder Santos	519	1:54:58.7	1:54:46.1	245	Sen-M	259		0:47:01.7	347	1:21:27.1	357
59		Jorge Atalaia	87	1:54:59.9	1:54:30.3	246	Sen-M	260	GD Banco BPI	0:48:10.6	379	1:22:07.9	366
60		Francisco Freire	90	1:55:00.7	1:54:31.1	247	Sen-M	261	GD Banco BPI	0:48:11.9	382	1:22:08.0	367
61		Miguel Angel	456	1:55:11.5	1:55:01.1	249	Sen-M	263		0:48:52.6	399	1:23:47.3	391

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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		António Dinis	437	1:55:21.9	1:55:01.8	251	Sen-M	265		0:45:29.0	317	1:21:57.4	363
63		António Ivar	289	1:55:22.3	1:54:54.0	252	Sen-M	266		0:48:29.2	390	1:24:22.7	403
64		Rui Alegre	19	1:55:27.6	1:55:09.4	254	Sen-M	268		0:47:26.1	367	1:21:51.4	361
65		Ricardo Silva	150	1:55:38.7	1:55:13.0	257	Sen-M	272		0:43:27.7	232	1:20:51.8	342
66		João Barreira	15	1:56:00.8	1:55:49.3	258	Sen-M	273	RUN 4 FUN	0:46:31.1	337	1:21:07.6	349
67		Bruno Matias	286	1:56:31.8	1:56:03.6	262	Sen-M	278	CASA DO BENFICA	0:47:45.4	376	1:22:34.1	377
68		Nelson Ferreira	320	1:57:05.5	1:56:44.3	265	Sen-M	283	Team Rhynos	0:44:40.2	285	1:20:20.3	334
69		Andre Judice	415	1:57:06.7	1:56:39.2	268	Sen-M	286		0:46:44.0	340	1:22:18.3	373
70		Jorge Lozano	513	1:57:07.6	1:56:56.7	269	Sen-M	287		0:48:52.0	398	1:23:45.4	390
71		André Malhado	180	1:57:07.9	1:56:57.3	270	Sen-M	288		0:45:41.2	320	1:21:26.2	356
72		Paulo Trigo	378	1:57:28.4	1:57:22.4	274	Sen-M	294	Runners da Frente	0:46:55.0	344	1:23:00.3	384
73		Diogo Barros	247	1:57:31.3	1:57:11.1	275	Sen-M	295	Varitintas	0:47:15.0	355	1:22:00.8	364
74		Antonio João	547	1:58:13.8	1:57:54.3	281	Sen-M	301		0:49:15.7	409	1:24:38.8	407
75		Eduardo	525	1:58:18.2	1:57:45.3	282	Sen-M	302	SS CGD	0:48:16.3	385	1:23:13.9	386
76		Nuno Anastácio	260	1:58:25.7	1:58:16.8	284	Sen-M	304	RunLovers	0:46:32.8	338	1:23:04.1	385
77		Hugo Duarte	217	1:59:00.6	1:58:33.9	292	Sen-M	312		0:48:33.4	391	1:24:32.1	406
78		Pedro Lopes	194	1:59:19.6	1:58:54.0	293	Sen-M	315	SS CGD	0:48:47.1	395	1:25:19.6	413
79		Ricardo Silva	253	1:59:27.8	1:59:17.8	296	Sen-M	318	RunLovers	0:47:24.4	365	1:24:32.0	405
80		Rodrigo Sousa	261	1:59:38.2	1:59:27.8	300	Sen-M	324	RunLovers	0:50:42.1	445	1:26:21.0	434
81		Adriano	514	2:00:04.1	2:00:00.8	304	Sen-M	328	Caracóis de Pedra	0:49:23.2	413	1:26:13.3	432
82		Bruno Afonso	143	2:00:12.7	2:00:02.2	305	Sen-M	329		0:48:11.1	380	1:24:18.1	400
83		Miguel Marques	175	2:01:04.6	2:00:48.9	307	Sen-M	333	Gangue das 6h10	0:50:04.2	430	1:26:06.2	423
84		Paulo Neves	503	2:01:11.2	2:00:47.5	309	Sen-M	335	Salamandrecos	0:56:14.0	528	1:28:53.7	462
85		Rui Lança	121	2:01:21.7	2:00:50.0	310	Sen-M	336		0:49:30.6	414	1:26:32.9	439
86		Paulo Lopes	469	2:01:48.3	2:01:18.7	313	Sen-M	340	Alverca Urban	0:49:35.0	416	1:26:44.7	442
87		Mikael Saraiva	460	2:02:31.2	2:01:57.8	319	Sen-M	347	Hepafiltra	0:50:21.5	439	1:26:08.3	426
88		David Cardoso	303	2:03:27.7	2:03:10.3	323	Sen-M	353	Mercenários da Penha	0:48:12.4	383	1:26:32.1	438
89		Rui Almeida	307	2:03:28.2	2:03:10.8	324	Sen-M	354	Mercenários da Penha	0:48:13.1	384	1:26:36.6	441
90		Enrique Ortiz	457	2:04:20.9	2:04:09.3	328	Sen-M	361		0:49:54.0	424	1:27:36.0	450
91		Tiago Almeida	272	2:04:46.9	2:04:10.7	331	Sen-M	365		0:53:01.9	490	1:29:23.7	471
92		Luís Tonicher	74	2:08:07.5	2:07:29.9	344	Sen-M	382	Friends2Run	0:51:44.4	470	1:30:31.7	476
93		Pedro Louro	195	2:08:52.9	2:08:37.4	349	Sen-M	388	SS CGD	0:49:09.4	404	1:26:10.0	428
94		Jorge Marques	132	2:10:02.9	2:09:45.2	352	Sen-M	394		0:53:47.6	503	1:32:11.5	495

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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		Ricardo Cano	244	2:10:46.7	2:10:30.6	357	Sen-M	401	Clube Atletismo	0:55:07.0	519	1:33:33.5	508
96		Carlos Andrade	102	2:11:50.3	2:11:33.5	362	Sen-M	407	Runners da Frente	0:55:07.2	520	1:33:59.5	513
97		Pedro Miguel	505	2:12:26.0	2:12:03.1	368	Sen-M	417		0:54:42.2	512	1:34:27.8	518
98		Marco Vaz	129	2:12:37.3	2:12:24.8	370	Sen-M	419	Falcões Selvagens	0:54:18.2	509	1:33:31.9	507
99		Bruno Dias	349	2:13:55.1	2:13:30.2	375	Sen-M	426	SS CGD	0:47:56.0	377	1:30:45.0	478
100		Bruno Neves	492	2:14:21.7	2:13:57.9	376	Sen-M	428		0:53:09.9	494	1:34:16.1	516
101		Diogo André	568	2:15:37.9	2:14:00.0	377	Sen-M	429		0:55:24.0	521	1:35:48.3	528
102		Nuno Moreira	471	2:16:31.4	2:16:03.2	381	Sen-M	433	Alverca Urban	0:52:42.0	486	1:31:55.3	492
103		Tiago Oliveira	176	2:16:46.2	2:16:13.8	382	Sen-M	434		0:50:42.9	446	1:33:43.1	510
104		Nuno Madureira	368	2:19:36.1	2:19:21.9	389	Sen-M	443		0:56:27.3	531	1:38:14.4	542
105		Paulo Alves	21	2:21:14.9	2:21:07.3	392	Sen-M	450	SPEM	0:56:37.4	536	1:39:39.1	546
106		Jens Bierfeld	142	2:21:42.0	2:21:14.0	393	Sen-M	451		0:57:24.8	539	1:39:31.4	545
107		Ricardo Miguel	382	2:22:00.9	2:21:27.0	394	Sen-M	453		0:56:47.6	537	1:41:00.2	550
108		Tiago Almeida	464	2:22:09.0	2:21:49.6	396	Sen-M	455	Correr Lisboa	0:58:16.0	547	1:41:07.7	551
109		Marco Paulo	313	2:23:09.0	2:22:46.8	398	Sen-M	457	Kaninos	0:53:13.0	496	1:35:39.3	527
110		Guilherme	291	2:26:08.0	2:25:43.9	400	Sen-M	462		0:54:53.0	514	1:41:35.3	555
111		Ivo Alexandre	550	2:38:44.2	2:36:33.4	406	Sen-M	474	Tartarugas Solidárias	0:50:34.4	442	1:52:40.6	571
112		Jorge Nunes	81	DSQ		408	Sen-M	476	GD Banco BPI		14		15
113		Nelson Luciano	502	DSQ		409	Sen-M	477			78		91
114		António Cumbre	529	DSQ		410	Sen-M	478	Pernas de Gafanhoto		81		94

#### Sub23-M

1		Flávio FFWPU	491	1:23:53.7	1:23:50.8	6	S23-M	6	Federação da Família	0:34:44.8	88	1:00:16.4	101
2		Leonardo	258	1:26:15.6	1:26:09.3	9	S23-M	9	RunLovers	0:35:00.7	89	1:00:58.1	103
3		Osman Aziz	131	2:02:02.9	2:01:57.8	315	S23-M	342	Zulisnatis	0:44:49.3	293	1:20:41.0	340

#### Veteranos M40

1		João Ferreira	532	1:19:34.4	1:19:33.5	1	M40	1	C A S centro atletismo	0:33:10.2	83	0:57:23.5	97
2		Paulo Silva	215	1:24:50.7	1:24:49.0	7	M40	7	N.A.Z.Abóboda	0:35:04.6	91	1:01:07.5	104
3		Luciano	293	1:25:51.8	1:25:51.6	8	M40	8	Casa do Benfica no	0:35:40.9	94	1:01:25.7	107
4		Ricardo Damião	213	1:26:23.3	1:26:21.2	10	M40	10	N.A.Z.Abóboda	0:35:12.7	92	1:01:19.8	106
5		José Pais	426	1:27:30.5	1:27:29.3	13	M40	14	Correr Lisboa	0:36:06.8	99	1:02:56.8	111
6		Nuno Silva	553	1:29:08.7	1:29:07.3	16	M40	17	Correr Lisboa	0:36:11.5	101	1:03:34.0	114
7		João Fernando	551	1:29:24.6	1:29:15.8	17	M40	18	Dolce Furadouro	0:36:47.7	108	1:03:47.4	115

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
8		José Carlos	227	1:29:48.0	1:29:41.1	19	M40	20	ABSANTRUNNERS	0:37:43.6	118	1:04:29.1	117
9		Hugo P B	402	1:30:17.5	1:30:15.9	23	M40	24		0:37:06.8	113	1:04:39.9	122
10		Nuno Lopes	381	1:30:34.3	1:30:30.3	24	M40	25		0:37:37.6	117	1:04:59.7	124
11		Nuno Anjos	231	1:32:09.3	1:32:06.6	36	M40	37	amigosdacorrída.com	0:37:15.4	115	1:06:09.2	136
12		Carlos Caetano	23	1:32:27.1	1:32:25.8	37	M40	38		0:36:58.9	110	1:05:10.4	127
13		Luis Aires	209	1:32:35.4	1:32:28.7	38	M40	39	N.A.Z.Abóboda	0:39:02.4	133	1:06:43.0	141
14		Jorge Monteiro	451	1:33:32.7	1:33:29.2	42	M40	43	NAPA Núcleo Amigos	0:38:03.6	121	1:06:37.8	139
15		Pedro Gomes	479	1:33:54.3	1:33:46.3	44	M40	45		0:38:05.6	122	1:06:39.9	140
16		Alexandre	467	1:33:57.7	1:33:56.0	46	M40	47	BOTA LAMBRA	0:39:18.8	136	1:07:33.9	146
17		Manuel	477	1:34:04.2	1:34:02.3	48	M40	49	Aminhacorrída/Kalenji	0:38:16.8	126	1:07:29.1	144
18		Nuno Manuel	552	1:35:22.5	1:35:14.6	53	M40	54	Clube de Futebol Os	0:39:43.0	145	1:08:18.7	151
19		Rui Lacerda	386	1:36:45.0	1:36:40.1	58	M40	59	GRCD Leião	0:39:27.1	140	1:08:42.6	154
20		Jaime Mauricio	256	1:37:39.7	1:37:38.1	64	M40	66	RunLovers	0:38:13.2	125	1:08:17.9	150
21		Sergio Jacinto	401	1:37:55.5	1:37:38.4	65	M40	67		0:41:08.0	172	1:10:33.0	172
22		Pedro Gabriel	53	1:38:21.7	1:38:13.2	66	M40	69	C.A. Amigos Parque	0:41:55.9	193	1:10:58.9	180
23		Paulo Marques	480	1:38:57.7	1:38:40.4	71	M40	74	GO!Runners	0:41:29.4	181	1:10:58.8	179
24		Pedro Joao	65	1:39:26.3	1:39:03.8	80	M40	83		0:42:04.4	200	1:11:43.6	185
25		Luís Veloso	134	1:39:59.1	1:39:49.1	87	M40	90	CTT Running	0:40:05.7	148	1:10:06.2	169
26		Nuno	412	1:40:34.8	1:40:23.3	92	M40	95		0:41:09.4	174	1:12:15.2	197
27		Rodrigo Guerra	496	1:40:57.6	1:40:53.9	96	M40	99	Amigos Atletismo	0:44:14.1	263	1:11:55.7	192
28		Mario Zoro	497	1:40:57.6	1:40:52.5	97	M40	100	Amigos Atletismo	0:44:13.3	262	1:13:28.3	221
29		Carlos Jesus	531	1:41:12.9	1:40:58.9	98	M40	101	O MUNDO DA	0:42:06.0	203	1:12:26.2	199
30		Mário Monteiro	393	1:41:31.7	1:41:27.1	101	M40	104	Os Galgos	0:42:29.7	214	1:12:58.8	210
31		Hugo Miguel	362	1:41:33.0	1:41:29.7	102	M40	105		0:41:25.5	178	1:13:16.1	214
32		Tiago Joaquim	390	1:41:41.9	1:41:38.0	104	M40	107		0:41:41.4	185	1:12:33.7	203
33		Rui F F L	216	1:42:19.8	1:42:13.5	112	M40	115		0:42:35.2	217	1:13:18.3	217
34		Joao Goncalves	384	1:42:37.3	1:42:31.8	115	M40	118		0:43:02.0	224	1:13:48.7	225
35		Sérgio Pires	69	1:42:44.9	1:42:17.0	117	M40	120		0:42:44.8	220	1:13:38.5	223
36		João Valente	345	1:44:34.8	1:44:16.5	129	M40	133	GO!Runners	0:44:21.3	270	1:15:21.0	245
37		Pedro Manuel	240	1:44:53.5	1:44:39.0	133	M40	137		0:42:17.0	210	1:14:29.6	234
38		Ricardo	233	1:45:43.3	1:45:13.3	145	M40	149	amigosdacorrída.com	0:44:36.8	282	1:15:54.7	254
39		Carlos Manuel	458	1:45:53.4	1:45:40.9	147	M40	151		0:40:51.4	166	1:13:41.4	224
40		Nelson Alcino	409	1:45:54.4	1:45:35.6	148	M40	152		0:44:02.9	255	1:16:24.3	269

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
41		André Almeida	352	1:46:29.4	1:46:23.6	156	M40	160	Amigos Atletismo	0:42:15.9	209	1:14:56.6	239
42		Paulo Freitas	57	1:46:39.1	1:46:27.0	158	M40	162		0:43:11.6	229	1:16:08.0	261
43		Pedro Miguel	228	1:46:40.4	1:46:14.5	159	M40	163	ABSANTRUNNERS	0:44:48.6	290	1:16:28.4	270
44		Ildebrando Aires	56	1:46:51.5	1:46:41.2	163	M40	168		0:43:23.5	231	1:16:09.4	263
45		Rui Esteves	494	1:46:54.0	1:46:45.2	164	M40	169	Tartarugas Solidárias	0:44:27.3	277	1:16:47.9	279
46		Carlos Lopes	476	1:47:48.2	1:47:41.1	174	M40	179	Aminhacorrida/Kalenji	0:43:58.5	250	1:16:51.5	281
47		Nelson Colaço	558	1:48:45.8	1:48:42.9	184	M40	191	NAPA Núcleo Amigos	0:44:59.7	297	1:18:04.3	303
48		António Rico	449	1:48:45.9	1:48:43.0	185	M40	192	NAPA Núcleo Amigos	0:44:59.9	298	1:18:04.5	304
49		Jorge Ribeiro	262	1:48:58.4	1:48:49.5	187	M40	194	RunLovers	0:44:36.3	280	1:18:13.2	305
50		João Campos	1	1:49:09.6	1:48:47.3	188	M40	196	PAVNESE.COM	0:46:05.9	329	1:19:04.3	319
51		Carlos	567	1:49:27.8	1:49:23.7	193	M40	202		0:42:18.7	212	1:17:09.9	290
52		Mário Rodrigues	86	1:50:08.8	1:50:02.5	196	M40	205	GD Banco BPI	0:44:07.1	258	1:16:34.4	272
53		André Cabral	486	1:50:37.5	1:50:07.7	200	M40	210		0:45:43.8	321	1:18:47.8	314
54		Pedro Silva	520	1:50:42.5	1:50:36.1	202	M40	212		0:43:09.2	227	1:16:48.2	280
55		Paulo Gandum	563	1:50:51.3	1:50:34.5	205	M40	215	AC Portalegre / UTSM	0:44:27.2	276	1:18:52.0	317
56		Luís Andrade	135	1:50:52.9	1:50:43.9	206	M40	216	CTT Running	0:45:16.7	313	1:18:44.5	313
57		Paulo Calvino	4	1:50:55.0	1:50:29.6	207	M40	217	Põe-Te a Milhas	0:43:43.4	243	1:17:27.9	296
58		Pedro Miguel C	77	1:51:15.8	1:51:12.1	209	M40	219		0:44:05.9	257	1:18:17.0	308
59		Luís Caldeira	343	1:51:59.5	1:51:44.6	215	M40	226		0:47:37.0	371	1:21:20.4	355
60		Jorge Pardal	219	1:52:14.6	1:52:06.6	220	M40	231	Tartarugas Solidárias	0:43:57.7	249	1:19:04.9	320
61		José Carlos	285	1:52:30.7	1:52:07.8	221	M40	232	CAPEP	0:44:39.8	284	1:16:57.6	285
62		Rui Manuel Dias	52	1:53:30.3	1:53:07.5	234	M40	247	Pi-Linha Runners	0:46:10.7	331	1:20:34.7	339
63		Horácio Oliveira	369	1:53:47.2	1:53:30.8	238	M40	251	Academia de Atletismo	0:47:05.1	352	1:20:59.8	346
64		António Rebelo	140	1:54:03.0	1:53:40.8	241	M40	254	CTT Running	0:41:56.6	194	1:16:01.5	258
65		Fernando Costa	534	1:54:04.9	1:53:38.4	242	M40	255		0:45:18.7	314	1:19:56.1	328
66		Heitor Gomes	18	1:55:06.7	1:54:45.1	248	M40	262	Georunners	0:47:20.1	360	1:21:36.2	358
67		João Rosinha	61	1:55:31.0	1:55:29.8	256	M40	270	AERGois Trail	0:47:12.3	354	1:22:37.4	380
68		Luis Mendes	555	1:57:01.5	1:56:58.2	264	M40	280	NAPA Núcleo Amigos	0:45:01.2	301	1:22:28.6	376
69		Rui Moura	298	1:57:05.7	1:56:43.2	266	M40	284	Team Rhynos	0:43:51.9	245	1:15:43.6	251
70		António	299	1:57:05.9	1:56:43.7	267	M40	285	Team Rhynos	0:43:51.5	244	1:15:42.7	250
71		Paulo Nunes	120	1:57:09.6	1:56:56.7	271	M40	290	Correr Lisboa	0:48:37.0	393	1:24:18.1	399
72		Luis Chambel	99	1:57:14.1	1:56:53.1	273	M40	292		0:46:49.5	342	1:21:56.1	362
73		Paulo Sousa	13	1:57:43.0	1:57:20.3	276	M40	296		0:49:01.5	401	1:23:59.1	395

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
74		Paulo Trindade	474	1:57:50.3	1:57:46.1	277	M40	297	O MUNDO DA	0:46:13.2	332	1:22:22.5	375
75		Nuno Borges	441	1:58:08.0	1:58:01.3	279	M40	299		0:46:07.7	330	1:22:43.1	383
76		Sérgio Bastos	78	1:58:08.2	1:57:30.6	280	M40	300		0:50:45.1	447	1:26:11.8	430
77		Luis Calheiros	84	1:58:32.5	1:58:24.2	286	M40	306	GD Banco BPI	0:48:25.9	388	1:24:13.3	398
78		Lino Silva	470	1:58:40.4	1:58:11.8	287	M40	307	Alverca Urban	0:49:09.6	405	1:24:27.3	404
79		Zé Mi Martins	443	1:59:00.3	1:58:27.0	291	M40	311	SS CGD	0:50:00.0	426	1:25:37.0	417
80		Pedro Torrinha	196	1:59:55.9	1:59:23.8	301	M40	325	SS CGD	0:49:22.8	412	1:25:09.3	410
81		Bruno Mendes	145	1:59:58.5	1:59:42.1	302	M40	326		0:48:49.3	396	1:27:18.3	447
82		Tiago Gamboa	463	2:03:31.9	2:02:45.0	325	M40	356	Amigos Atletismo	0:49:47.9	421	1:26:12.0	431
83		Pedro Barrela	93	2:04:17.8	2:04:11.1	327	M40	359	GD Banco BPI	0:48:52.7	400	1:25:37.4	418
84		Pedro Ac	55	2:04:30.1	2:04:00.9	330	M40	363		0:49:08.3	402	1:25:49.6	422
85		Pedro Santos	62	2:05:35.8	2:05:12.0	334	M40	368		0:51:31.5	464	1:28:21.7	456
86		Carlos	183	2:05:36.4	2:05:27.4	336	M40	370	SS CGD	0:50:12.9	438	1:28:58.0	464
87		Luis Miguel	524	2:05:55.9	2:05:21.4	337	M40	371		0:53:12.0	495	1:31:36.1	487
88		Nuno Santiago	10	2:08:39.0	2:08:26.7	346	M40	385		0:51:02.4	455	1:31:42.7	490
89		Pedro Loureiro	548	2:08:47.6	2:08:37.7	348	M40	387		0:50:00.8	427	1:28:46.5	460
90		Nuno Vicente	290	2:11:48.9	2:11:25.0	360	M40	404		0:54:51.4	513	1:34:36.8	522
91		João Faustino	166	2:15:40.5	2:15:03.9	379	M40	431	AngeRun	0:56:32.6	534	1:37:45.4	539
92		Rui Soares	375	2:17:20.7	2:17:03.1	385	M40	437	CCD PM CASCAIS	0:55:41.0	523	1:37:03.3	535
93		Nuno Alexandre	54	2:20:21.9	2:20:01.8	391	M40	449		0:50:55.9	451	1:35:06.3	524
94		Nuno Ameixial	72	2:27:36.9	2:26:59.1	401	M40	465	Friends2Run	1:00:42.9	559	1:44:00.0	562
95		Joel Silva	41	2:29:01.3	2:28:38.4	404	M40	468		0:55:52.5	526	1:44:14.4	563

#### Veteranos M45

1		José Manuel	136	1:23:42.1	1:23:39.8	5	M45	5	CTT Running	0:35:01.2	90	1:00:17.3	102
2		Fernando	186	1:26:48.8	1:26:47.3	12	M45	13	SS CGD	0:35:45.2	96	1:02:01.1	109
3		António Afonso	397	1:29:46.2	1:29:42.7	18	M45	19	C. R. alturense	0:38:50.0	130	1:05:15.5	129
4		Artur Oliveira	66	1:30:01.5	1:29:59.2	21	M45	22		0:34:12.4	87	1:01:16.2	105
5		Pedro J C	348	1:30:07.9	1:30:03.0	22	M45	23	GRCD Leião	0:37:45.5	119	1:04:47.6	123
6		João Paixão	448	1:31:28.4	1:31:26.0	29	M45	30	NAPA Núcleo Amigos	0:37:05.8	112	1:05:06.0	126
7		Jorge Caiado	561	1:31:37.0	1:31:06.3	30	M45	31	Amigosdacorrída.com	0:38:55.1	131	1:06:28.9	138
8		João Pedro	151	1:33:50.2	1:33:43.4	43	M45	44		0:37:28.2	116	1:06:17.0	137
9		Joaquim	539	1:34:45.6	1:34:43.7	50	M45	51	Clube EDP - Lisboa	0:40:07.3	150	1:08:34.3	153
10		Mario Gomes	399	1:35:08.2	1:35:02.5	51	M45	52	AÇOREANA	0:39:05.2	135	1:08:00.1	148

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
11		Luís Oliveira	280	1:35:09.0	1:35:00.7	52	M45	53	CASA DO BENFICA	0:39:03.0	134	1:08:04.7	149
12		David Simão	172	1:36:02.8	1:35:33.8	56	M45	57	Correr Lisboa	0:50:08.5	434	1:07:30.3	145
13		Miguel Ribeiro	419	1:36:31.1	1:36:27.8	57	M45	58		0:40:32.9	159	1:09:28.2	162
14		Carlos Viseu	391	1:37:11.9	1:36:57.2	62	M45	64	CLUBE DESPORTIVO	0:40:21.4	157	1:09:38.0	165
15		Carlos Eduardo	490	1:38:30.0	1:38:28.3	67	M45	70		0:39:37.2	144	1:09:28.2	161
16		Orlando	575	1:39:00.6	1:38:57.9	72	M45	75		0:40:09.7	151	1:09:46.4	167
17		Paulo Lourinho	243	1:39:01.9	1:38:51.5	73	M45	76	Clube Atletismo	0:41:47.7	189	1:11:49.3	189
18		Paulo	355	1:39:08.2	1:38:57.0	74	M45	77		0:40:16.7	155	1:10:15.7	170
19		Pedro Rosa	453	1:39:37.8	1:39:36.7	82	M45	85	Belém runners	0:41:04.4	169	1:11:28.8	182
20		Carlos Vitorino	31	1:39:39.5	1:39:38.6	83	M45	86	Grupo Cicloturismo	0:42:09.8	205	1:12:22.4	198
21		Artur Pereira	45	1:39:40.4	1:39:36.2	84	M45	87	Magic Runners -	0:40:48.5	163	1:11:47.2	188
22		Apolo Pereira	440	1:40:23.3	1:40:15.6	90	M45	93	Belém runners	0:41:32.3	183	1:11:35.9	184
23		Arlindo	406	1:40:42.3	1:40:32.0	94	M45	97		0:42:02.5	199	1:12:35.1	204
24		Antonio	333	1:41:45.3	1:41:31.0	105	M45	108	REAL ACADEMIA	0:42:17.7	211	1:12:45.8	207
25		Pedro Glória	522	1:42:08.6	1:41:48.1	109	M45	112	OFICINA DO PEDRO	0:42:12.5	207	1:13:18.8	219
26		Luis Pinto	357	1:42:43.0	1:42:21.7	116	M45	119	GRCD Leião	0:43:52.8	246	1:14:04.1	230
27		Paulo Oliveira	374	1:43:06.7	1:43:04.1	122	M45	126	CCD PM CASCAIS	0:41:45.1	186	1:13:10.2	211
28		Fernando	103	1:43:57.4	1:43:47.5	127	M45	131	RUN 4 FUN	0:40:58.3	168	1:12:27.1	200
29		Jorge Leite	76	1:44:11.0	1:44:06.8	128	M45	132		0:41:25.6	179	1:13:17.4	215
30		Ricardo Moita	509	1:45:42.4	1:45:12.4	143	M45	147		0:45:23.1	316	1:16:43.6	277
31		José Campos	232	1:45:43.3	1:45:17.5	144	M45	148	amigosdacorrída.com	0:44:40.5	287	1:15:59.3	256
32		Filipe Branco	237	1:45:52.1	1:45:34.9	146	M45	150	u.r.d.arranhó	0:44:54.6	295	1:17:08.8	289
33		Nelson Mota	324	1:45:55.2	1:45:46.9	149	M45	153	AÇOREANA	0:44:15.2	265	1:16:33.4	271
34		Mario Duarte	160	1:46:00.8	1:45:27.1	150	M45	154	SMO RUNNERS	0:42:40.1	218	1:14:29.9	235
35		Nuno Coelho	327	1:46:09.3	1:45:56.8	152	M45	156	AÇOREANA	0:44:25.6	275	1:16:03.7	259
36		Francisco	321	1:46:24.0	1:46:17.5	155	M45	159	AÇOREANA	0:44:16.9	266	1:16:35.0	273
37		Pedro Fontoura	193	1:46:31.3	1:46:27.9	157	M45	161	SS CGD	0:44:12.2	260	1:16:54.9	284
38		Rui Silva	270	1:46:43.9	1:46:39.6	161	M45	166	CD Estrela	0:44:19.9	268	1:16:38.2	274
39		Joao Silva	190	1:46:48.3	1:46:33.3	162	M45	167	SS CGD	0:44:20.8	269	1:17:00.8	287
40		Nuno Gomes	113	1:46:58.1	1:46:33.1	165	M45	170	C.A. Amigos Parque	0:45:30.0	318	1:17:10.7	291
41		Pedro M F	407	1:47:17.6	1:46:57.0	169	M45	174	Clube do Stress	0:46:05.5	328	1:17:36.0	298
42		Ricardo Tiago	527	1:47:43.1	1:47:17.8	173	M45	178	TARTARUGAS	0:44:08.3	259	1:17:02.1	288
43		Rui Vieira	105	1:47:58.5	1:47:42.1	176	M45	182	PORTELA RUNNING	0:47:03.6	350	1:18:59.4	318

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
44		Vitor Venda	493	1:48:26.7	1:48:14.1	181	M45	188		0:42:50.8	221	1:16:22.8	268
45		Vasco	133	1:49:53.1	1:49:44.1	194	M45	203	CTT Running	0:41:46.4	188	1:15:14.6	243
46		Pedro Miguel	416	1:50:11.7	1:50:02.8	198	M45	208		0:43:31.3	234	1:17:11.1	292
47		Charles Lima	251	1:51:46.3	1:51:34.8	214	M45	225	RunLovers	0:46:29.6	336	1:19:30.1	324
48		João Almeida	565	1:52:05.5	1:51:45.0	216	M45	227		0:43:41.7	240	1:16:00.4	257
49		João Félix	417	1:52:10.5	1:51:45.9	219	M45	230		0:45:00.3	300	1:19:55.7	327
50		Paulo Gamboa	414	1:52:56.2	1:52:54.1	226	M45	237	Clube Atlético das	0:47:16.8	357	1:21:49.2	360
51		João Leitão	257	1:53:06.9	1:52:56.9	228	M45	241	RunLovers	0:44:49.1	291	1:20:16.5	333
52		Joao Bogalheiro	170	1:53:07.9	1:52:55.0	229	M45	242	Amigos Vale Silencio	0:45:03.0	303	1:19:23.4	322
53		Sidónio Dias	281	1:53:17.5	1:52:55.7	230	M45	243	CASA DO BENFICA	0:45:49.3	323	1:19:12.2	321
54		Rui Trindade	310	1:53:29.8	1:52:53.9	233	M45	246	CD Estrela	0:46:19.8	333	1:20:54.7	344
55		Luis Menem	521	1:53:31.9	1:53:05.3	235	M45	248	Correr Lisboa	0:45:51.5	324	1:20:58.9	345
56		Carlos Guerra	116	1:53:51.5	1:53:20.7	239	M45	252		0:48:17.6	386	1:22:09.6	368
57		Pedro Singeis	115	1:53:51.6	1:53:21.5	240	M45	253		0:48:18.4	387	1:22:10.8	369
58		Virgínio Pateiro	230	1:54:56.4	1:54:53.8	244	M45	258	Jimbras Running	0:44:40.3	286	1:20:20.5	335
59		Luis Filipe	344	1:58:28.3	1:58:01.5	285	M45	305	Alverca Urban	0:48:38.0	394	1:24:19.9	402
60		Rui A Ferreira	466	1:59:31.9	1:59:00.5	298	M45	321		0:50:46.6	448	1:26:27.6	437
61		Ricardo Bordalo	112	1:59:33.8	1:59:06.0	299	M45	323		0:49:08.4	403	1:24:59.3	409
62		Francisco	100	2:00:00.6	1:59:39.6	303	M45	327	Varitintas	0:49:32.4	415	1:26:10.5	429
63		Jorge Brito	570	2:01:06.2	2:00:51.7	308	M45	334		0:51:05.6	457	1:27:04.4	444
64		Nuno Marques	249	2:01:54.6	2:01:37.4	314	M45	341	RunLovers	0:49:53.9	423	1:26:35.9	440
65		Miguel Castela	123	2:02:08.5	2:02:01.6	317	M45	344	Associação de	0:49:18.1	410	1:28:13.5	455
66		João Antunes	316	2:03:11.3	2:03:02.3	321	M45	350		0:47:24.6	366	1:27:11.8	446
67		Diogo Leite	361	2:05:23.7	2:05:10.2	333	M45	367		0:49:44.4	420	1:28:44.5	459
68		Joao Almeida	189	2:05:36.3	2:05:26.4	335	M45	369	SS CGD	0:50:11.8	435	1:28:57.0	463
69		José Sampaio	530	2:06:24.6	2:05:55.6	339	M45	373		0:51:22.9	460	1:29:13.6	469
70		António	146	2:06:50.4	2:06:15.1	340	M45	376		1:01:10.5	562	1:36:13.6	530
71		Frederico	385	2:06:55.7	2:06:21.7	341	M45	377	WL84	0:55:29.9	522	1:33:41.6	509
72		Carlos Alberto	507	2:07:31.6	2:07:07.8	342	M45	378	corroios	0:50:23.9	440	1:30:00.4	473
73		Joaquim	576	2:08:40.4	2:08:09.0	347	M45	386	SS CGD	0:50:59.3	453	1:30:59.4	482
74		João Alberto	2	2:09:52.1	2:09:26.9	351	M45	393	Jobrinde - Montes	0:52:44.4	488	1:31:21.7	484
75		Pedro Araújo E	569	2:10:13.9	2:09:58.9	353	M45	395		0:51:04.7	456	1:30:48.6	479
76		Luís Pereira	304	2:10:31.2	2:10:12.0	355	M45	397	CLUBE ANACOM	0:53:25.5	501	1:32:57.3	502

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
77		Armando	330	2:11:35.3	2:11:27.6	359	M45	403	AÇOREANA	0:59:48.4	557	1:37:07.7	536
78		José Magalhães	114	2:12:08.5	2:11:59.9	363	M45	409	RUN 4 FUN	0:51:26.0	461	1:31:57.9	493
79		Vitor Gonçalves	30	2:12:15.1	2:11:44.3	366	M45	413	4 ao Km	0:55:00.4	516	1:34:36.3	521
80		Pedro Azevedo	164	2:12:18.9	2:11:55.1	367	M45	415	LeYatletas	0:53:29.8	502	1:35:03.0	523
81		Paulo Cerqueira	51	2:16:51.7	2:16:16.9	383	M45	435		0:57:43.8	541	1:38:03.6	541
82		Luis Proença	118	2:18:14.8	2:17:47.3	387	M45	439		0:55:56.6	527	1:38:23.0	543
83		Eduardo	110	2:22:07.4	2:21:34.6	395	M45	454		0:58:00.2	545	1:40:13.0	547
84		Vitor Rui de	207	2:27:52.8	2:27:35.6	402	M45	466		1:01:42.1	564	1:44:51.8	565
85		Mario Santos	332	2:28:51.1	2:28:22.7	403	M45	467	Monte da Lua Runners	0:59:39.3	555	1:44:21.1	564
86		António Pedro	432	2:33:45.4	2:33:24.6	405	M45	471	Salamandrecos	1:03:54.4	570	1:50:54.3	570

#### Veteranos M50

1		João Ginja	208	1:20:06.5	1:20:05.7	2	M50	2	Clube de Futebol Os	0:33:27.5	84	0:57:32.3	98
2		Fernando Alves	309	1:23:16.2	1:23:14.5	4	M50	4	Amigos Atletismo	0:34:01.3	86	0:58:56.2	100
3		Jorge Rodrigues	214	1:27:36.4	1:27:34.3	14	M50	15	N.A.Z.Abóboda	0:36:06.2	97	1:03:03.7	113
4		João Maia	127	1:31:15.0	1:31:12.9	27	M50	28	Falcões Selvagens	0:36:50.9	109	1:05:11.4	128
5		Carlos Marques	210	1:31:22.4	1:31:20.1	28	M50	29	Clube de Futebol Os	0:36:30.3	104	1:04:36.9	121
6		José Carlos	372	1:31:57.7	1:31:53.7	34	M50	35	CD Estrela	0:38:08.3	124	1:05:33.7	132
7		António Santos	468	1:34:41.8	1:34:35.1	49	M50	50	Clube Atletismo	0:37:56.4	120	1:06:06.3	135
8		Jose Manuel	295	1:36:46.7	1:36:40.1	59	M50	60		0:39:30.5	142	1:09:30.8	163
9		José Simões	67	1:37:26.8	1:37:01.9	63	M50	65	O MUNDO DA	0:39:30.9	143	1:09:05.6	160
10		Pedro Pires	444	1:39:24.8	1:39:14.9	78	M50	81	Associação de	0:40:31.4	158	1:10:34.6	174
11		Rui Pedro Juliao	7	1:39:26.3	1:39:04.4	79	M50	82	Georunners	0:42:05.2	202	1:11:44.1	186
12		Fernando Silva	395	1:39:41.9	1:39:34.4	85	M50	88	C. R. alturense	0:41:10.9	175	1:11:28.9	183
13		José Serra	438	1:40:43.6	1:40:40.4	95	M50	98		0:41:29.6	182	1:11:51.0	191
14		Joaquim	222	1:41:20.0	1:41:10.5	99	M50	102	Associação de	0:41:04.4	170	1:12:03.9	195
15		José Maio	392	1:41:34.8	1:41:18.8	103	M50	106	CLUBE DESPORTIVO	0:42:55.3	222	1:13:25.7	220
16		José Manuel	540	1:41:51.1	1:41:48.9	106	M50	109	Proaventuras	0:39:29.5	141	1:10:48.9	176
17		Armando Dias	264	1:42:17.1	1:42:12.6	111	M50	114	Os Galgos	0:41:54.8	192	1:12:55.6	208
18		David Faustino	185	1:43:01.2	1:42:54.2	121	M50	124	SS CGD	0:41:54.2	191	1:13:18.5	218
19		Rui Manuel	117	1:43:40.2	1:43:32.4	125	M50	129	Escola Secundario	0:40:45.5	161	1:11:50.1	190
20		José Brito	446	1:44:44.5	1:44:39.3	131	M50	135		0:43:19.2	230	1:14:41.1	236
21		Luis Bastos	506	1:45:07.3	1:45:00.0	136	M50	140	Siemens CCD	0:43:37.2	239	1:16:12.3	264
22		José Bouceiro	462	1:46:22.3	1:46:04.3	154	M50	158	ADCR PJ	0:43:42.3	241	1:15:48.1	253

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
23		Victor Silva	122	1:47:17.3	1:47:10.6	168	M50	173	Associação de	0:45:47.5	322	1:17:55.4	302
24		Rui Barreiros	398	1:47:32.3	1:47:19.8	170	M50	175		0:41:59.8	195	1:14:42.3	237
25		Francisco	6	1:48:15.1	1:47:52.2	179	M50	186		0:46:52.2	343	1:18:23.0	309
26		Rui Vasques	376	1:49:18.6	1:49:15.9	191	M50	200	CCD PM CASCAIS	0:44:14.8	264	1:17:42.2	299
27		Joao Passeiro	248	1:49:22.1	1:49:02.4	192	M50	201		0:45:11.8	311	1:17:51.7	301
28		Carlos Nabiça	125	1:50:12.9	1:49:46.9	199	M50	209		0:44:25.3	274	1:17:46.3	300
29		Pedro Trabucho	85	1:51:05.7	1:50:51.0	208	M50	218	GD Banco BPI	0:44:59.9	299	1:18:43.8	312
30		Luis Miguel	20	1:53:00.6	1:52:33.4	227	M50	238	Associação de	0:47:06.5	353	1:21:10.3	351
31		Fernando	83	1:55:15.0	1:54:44.8	250	M50	264	GD Banco BPI	0:48:11.1	381	1:22:05.5	365
32		Vítor Gameiro	152	1:55:25.5	1:55:15.6	253	M50	267		0:45:56.7	326	1:20:42.8	341
33		Carlos Fonseca	450	1:55:28.9	1:55:23.9	255	M50	269	NAPA Núcleo Amigos	0:43:33.0	236	1:20:29.6	336
34		Carlos Lopes	252	1:56:06.6	1:55:50.8	259	M50	274	RunLovers	0:49:53.4	422	1:25:45.6	421
35		António	44	1:56:10.3	1:55:46.9	260	M50	276	VIA3Runners	0:49:14.5	408	1:23:54.8	394
36		Walter Palma	523	1:56:53.3	1:56:35.2	263	M50	279	Ginásio Clube	0:47:16.5	356	1:22:21.0	374
37		Luis Sousa	499	1:58:20.1	1:58:04.8	283	M50	303		0:48:26.1	389	1:24:10.2	397
38		Ruben Costa	300	1:58:45.1	1:58:32.9	288	M50	308	RUN 4 FUN	0:50:47.9	449	1:26:09.7	427
39		Antonio	182	1:59:19.8	1:58:46.3	294	M50	316	SS CGD	0:49:59.8	425	1:25:35.9	415
40		José Manuel	75	2:00:23.7	2:00:19.6	306	M50	330		0:45:51.9	325	1:21:01.3	347
41		Vitor Silva	287	2:01:34.1	2:01:15.0	311	M50	337	CASA DO BENFICA	0:50:41.7	443	1:27:35.0	449
42		Miguel Baptista	536	2:02:17.4	2:02:13.2	318	M50	345		0:40:16.7	156	1:28:01.6	451
43		João Reis	137	2:03:46.8	2:03:38.1	326	M50	357	CTT Running	0:48:51.4	397	1:26:45.3	443
44		Jorge Alexandre	301	2:05:10.5	2:04:57.0	332	M50	366	RUN 4 FUN	0:51:38.8	467	1:28:31.7	457
45		Jaime Trabucho	489	2:11:22.7	2:10:43.9	358	M50	402	CAAPP	0:55:45.8	525	1:35:24.7	525
46		Hermínio	245	2:11:49.8	2:11:24.3	361	M50	406		0:52:00.6	481	1:32:28.6	497
47		Rogério Matos	482	2:12:09.3	2:11:56.9	365	M50	412	RUN 4 FUN	0:51:41.7	468	1:30:28.6	475
48		Gabriel Antonio	239	2:13:26.9	2:12:49.7	373	M50	423	u.r.d.arranhó	0:52:30.9	484	1:35:26.1	526
49		António Pereira	473	2:13:48.6	2:13:12.7	374	M50	425	O MUNDO DA	0:54:53.7	515	1:34:33.3	519
50		Fernando Fiães	149	2:22:27.1	2:21:48.7	397	M50	456		0:55:45.6	524	1:36:40.6	532
51		Júlio Verde	155	2:40:22.9	2:39:48.2	407	M50	475		1:01:11.5	563	1:49:06.2	567

#### Veteranos M55

1		João Caldeira	224	1:22:17.2	1:22:15.7	3	M55	3	LINDA-A-PASTORA	0:34:01.1	85	0:58:55.2	99
2		Emílio Paulino	498	1:26:30.4	1:26:25.0	11	M55	11	AC Portalegre / UTSM	0:35:35.2	93	1:01:48.0	108
3		Germano Silva	225	1:32:07.5	1:32:05.7	35	M55	36	LINDA-A-PASTORA	0:38:30.1	128	1:06:05.2	134

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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		Carlos Baptista	454	1:35:44.6	1:35:40.6	55	M55	56	Sporting Clube de	0:39:44.9	147	1:08:51.8	156
5		Jaime Lamego	439	1:36:59.1	1:36:56.9	61	M55	62	Xtreme Level	0:39:20.8	137	1:08:56.6	158
6		Fernando	560	1:38:52.7	1:38:51.6	70	M55	73	Individual	0:40:15.7	154	1:10:39.8	175
7		Alcindo Almeida	274	1:40:40.3	1:40:29.7	93	M55	96	CASA DO BENFICA	0:41:06.7	171	1:10:55.7	178
8		Luis Silveira	501	1:44:57.7	1:44:41.3	134	M55	138	Individual	0:44:25.0	272	1:15:48.1	252
9		António Merujo	331	1:45:27.6	1:45:19.0	141	M55	145	Spot Clube União	0:43:02.6	225	1:15:03.5	240
10		João Rodrigues	516	1:47:34.2	1:47:28.4	171	M55	176	Caracóis de Pedra	0:42:01.6	197	1:15:13.7	242
11		Pedro Massano	434	1:48:08.5	1:47:44.8	178	M55	185	CDM	0:44:45.4	288	1:16:54.4	283
12		André Wiborg	158	1:48:50.3	1:48:17.2	186	M55	193	WL84	0:47:40.0	373	1:19:49.0	326
13		Alvaro Pinto	314	1:50:40.6	1:50:15.2	201	M55	211	REAL ACADEMIA	0:45:10.6	310	1:18:48.0	315
14		Paulo Silva	360	1:52:09.8	1:51:47.9	218	M55	229	Treino Turistico de	0:46:39.7	339	1:20:34.2	338
15		Rui Rodrigues	39	1:52:49.0	1:52:33.7	225	M55	236	Gangue das 6h10	0:47:27.7	368	1:21:12.5	352
16		Virgilio Oliveira	226	1:53:43.6	1:53:25.0	237	M55	250	ADCR PJ	0:45:03.3	304	1:20:33.9	337
17		Fernando	329	1:56:13.5	1:56:01.9	261	M55	277	AÇOREANA	0:47:02.0	348	1:22:10.9	370
18		José Castro	241	1:57:12.7	1:56:55.1	272	M55	291	Clube Atletismo	0:50:12.6	437	1:24:01.3	396
19		Joao Correia	566	1:58:47.3	1:58:23.0	289	M55	309		0:51:31.0	463	1:27:07.0	445
20		Júlio Castro	242	1:58:53.6	1:58:38.1	290	M55	310	Clube Atletismo	0:49:38.9	418	1:25:16.1	411
21		António Ventura	518	1:59:26.3	1:58:59.7	295	M55	317	REAL ACADEMIA	0:50:49.9	450	1:26:20.2	433
22		Carlos Sousa	202	2:01:42.5	2:01:15.1	312	M55	339	Os Perigosos	0:47:04.9	351	1:23:26.8	388
23		Alexandre Reis	279	2:02:05.5	2:01:49.6	316	M55	343	CASA DO BENFICA	0:47:24.0	364	1:25:43.0	420
24		Henrique Ruivo	174	2:03:12.9	2:03:04.6	322	M55	352	Tartarugas Solidárias	0:46:04.1	327	1:28:07.8	453
25		José Catita	305	2:04:28.4	2:04:05.0	329	M55	362	Garmin - C.O.O.	0:51:47.3	472	1:28:42.5	458
26		João Lima	33	2:07:51.9	2:07:22.3	343	M55	380	4 ao Km	0:52:42.6	487	1:30:56.7	481
27		Teodoro	156	2:12:09.3	2:11:56.9	364	M55	411	RUN 4 FUN	0:51:35.5	466	1:31:38.8	488
28		Jose Nogueira	40	2:13:16.9	2:13:03.1	371	M55	421	Gangue das 6h10	0:54:14.2	507	1:33:24.6	505
29		Alexandre José	246	2:13:23.0	2:12:59.0	372	M55	422		0:51:57.6	479	1:31:25.6	485
30		Luigi Cianci	167	2:15:40.3	2:15:04.9	378	M55	430	AngeRun	0:56:33.9	535	1:36:52.2	534
31		Luis Lisboa	436	2:18:05.0	2:17:52.5	386	M55	438	Amigos Vale Silencio	0:54:12.9	506	1:35:58.6	529
32		Joaquim Cruz	275	2:20:10.8	2:19:50.1	390	M55	447	CASA DO BENFICA	0:59:36.0	552	1:41:22.6	554
33		Daniel Soares	107	2:23:47.4	2:23:23.3	399	M55	460		0:59:44.7	556	1:42:50.7	561

#### Veteranos M60

1		Jose Manuel	108	1:39:17.3	1:39:15.7	77	M60	80		0:41:13.7	176	1:11:45.9	187
2		Albísio	335	1:39:33.3	1:39:18.9	81	M60	84		0:40:36.4	160	1:10:34.0	173

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
3		Henrique	234	1:42:54.9	1:42:24.0	118	M60	121	amigosdacorrida.com	0:42:31.2	215	1:14:13.1	231
4		Gilberto Dias	162	1:43:48.4	1:43:42.6	126	M60	130	Amigos Atletismo	0:42:12.5	208	1:13:52.3	227
5		Vitor Amado	32	1:44:47.6	1:44:42.0	132	M60	136	GRD "Os Fixes"	0:42:10.1	206	1:13:53.8	228
6		Carlos Cardoso	91	1:44:59.8	1:44:55.4	135	M60	139	GD Banco BPI	0:43:54.9	247	1:15:21.2	246
7		João Moura	554	1:46:41.8	1:46:25.1	160	M60	165	REAL ACADEMIA	0:44:25.0	273	1:16:07.9	260
8		Albano Alves	325	1:51:29.2	1:51:04.7	213	M60	224	AÇOREANA	0:49:37.3	417	1:22:38.4	381
9		Albino Tomás	106	1:53:41.4	1:53:39.7	236	M60	249	Clube Atlético das	0:47:17.2	358	1:21:44.5	359
10		Carlos Rangel	283	1:54:38.8	1:54:12.5	243	M60	256		0:50:01.3	429	1:23:51.7	392
11		Paulo	269	1:58:05.9	1:57:52.2	278	M60	298	Veteranos de	0:49:21.1	411	1:25:24.8	414
12		Rogério Pina	296	1:59:29.4	1:59:10.7	297	M60	319	CLUBE ANACOM	0:49:42.2	419	1:26:26.9	436
13		Jorge Paulino	433	2:06:07.1	2:05:39.8	338	M60	372	CDM	0:53:16.7	498	1:31:43.9	491
14		Germano	483	2:08:20.5	2:07:51.1	345	M60	383	Prazer da Corrida	0:53:20.5	499	1:31:28.4	486
15		Diogo Arraias	58	2:09:01.9	2:08:32.7	350	M60	389	Os Arraias	0:51:48.6	475	1:30:41.3	477
16		Abílio Tavares	442	2:16:11.3	2:16:05.4	380	M60	432		0:52:38.1	485	1:34:02.4	514
17		António	92	2:16:55.5	2:16:24.1	384	M60	436	GD Banco BPI	0:58:06.2	546	1:39:13.9	544

#### Veteranos M65

1		Gumersindo	485	1:42:07.2	1:42:06.3	108	M65	111	Vitória Futebol Clube -	0:41:36.5	184	1:12:32.0	202
2		Arlindo Deus	235	1:45:12.7	1:44:47.1	138	M65	142	amigosdacorrida.com	0:44:00.1	253	1:15:11.1	241
3		Manuel Faisca	461	1:51:18.2	1:50:54.0	210	M65	220	Associação Cultural	0:47:23.7	363	1:19:56.6	329
4		António Belo	236	1:52:09.0	1:51:43.3	217	M65	228	amigosdacorrida.com	0:47:19.5	359	1:21:15.7	354
5		Mário Machado	317	1:53:19.9	1:53:07.7	231	M65	244	Revista Spiridon	0:47:38.6	372	1:22:14.7	371
6		Amíulcar	282	1:53:28.2	1:53:11.7	232	M65	245	CASA DO BENFICA	0:47:42.1	374	1:20:54.6	343
7		Jose Guia	192	2:02:45.2	2:02:29.5	320	M65	349	SS CGD	0:49:11.8	406	1:25:17.5	412
8		Manuel Graça	294	2:10:15.7	2:10:07.5	354	M65	396		0:51:01.9	454	1:29:12.1	468
9		João Santos	268	2:10:31.4	2:10:16.5	356	M65	398	Veteranos de	0:53:21.8	500	1:32:35.1	499
10		António	394	2:12:34.7	2:12:29.7	369	M65	418	Os Galgos	0:51:41.8	469	1:32:27.6	496
11		José Emílio	312	2:18:22.2	2:18:20.0	388	M65	441	Clube de Atletismo	0:52:17.5	483	1:33:54.9	512

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#### Seniors-F

1		Ana Isabel Brás	373	1:43:06.2	1:43:04.6	4	Sen-F	125	CCD PM CASCAIS	0:41:45.8	187	1:13:11.9	212
2		Paula Penedo	212	1:46:41.1	1:46:37.4	5	Sen-F	164	N.A.Z.Abóboda	0:43:35.7	237	1:16:41.7	276

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
3		Marta Dos	229	1:49:01.3	1:48:53.3	8	Sen-F	195	ABSANTRUNNERS	0:45:13.5	312	1:17:29.6	297
4		Inês Peixoto	544	1:49:15.4	1:48:55.0	9	Sen-F	197		0:45:04.4	306	1:17:14.6	294
5		Patricia Caldas	337	1:50:09.6	1:49:56.2	10	Sen-F	207		0:45:07.0	309	1:18:16.4	307
6		Sónia Saro	364	1:53:02.4	1:52:30.3	12	Sen-F	239		0:46:26.1	334	1:21:07.6	348
7		Rita Lança	284	1:54:38.8	1:54:12.4	14	Sen-F	257		0:50:00.9	428	1:23:51.7	393
8		Marta Silveira	541	1:57:08.6	1:56:55.7	19	Sen-F	289	Correr Lisboa	0:48:37.0	392	1:24:18.5	401
9		Julie Chatelain	367	1:59:16.5	1:58:55.0	22	Sen-F	314		0:47:30.5	369	1:25:37.4	419
10		Inês Mariquitos	223	2:01:03.5	2:00:48.0	26	Sen-F	332		0:50:04.7	431	1:26:07.1	424
11		Isabel	14	2:02:37.8	2:02:22.8	29	Sen-F	348		0:51:58.6	480	1:28:58.2	465
12		Andreia Maria	161	2:03:11.8	2:03:04.7	30	Sen-F	351	Tartarugas Solidárias	0:51:10.5	459	1:28:09.6	454
13		Carla Andre	564	2:06:50.1	2:06:28.2	36	Sen-F	375		0:54:07.1	504	1:32:31.3	498
14		Alexandra Dinis	42	2:08:05.2	2:07:27.6	38	Sen-F	381		0:51:45.7	471	1:30:27.8	474
15		Andreia Pereira	3	2:08:37.4	2:08:23.7	39	Sen-F	384	O MUNDO DA	0:51:07.0	458	1:32:06.1	494
16		Sandra Arraias	59	2:09:02.0	2:08:33.2	40	Sen-F	390	Os Arraias	0:51:48.3	474	1:30:49.6	480
17		Kirsten Lex	141	2:09:37.0	2:09:09.7	42	Sen-F	392		0:52:09.6	482	1:31:00.0	483
18		Patrícia	5	2:10:45.5	2:10:38.1	43	Sen-F	399	Tartarugas Solidárias	0:53:05.0	492	1:32:41.7	500
19		Isadora Costa	29	2:12:15.2	2:11:45.4	48	Sen-F	414	4 ao Km	0:55:01.3	517	1:34:36.2	520
20		Vanessa Pais	339	2:18:21.2	2:18:09.5	53	Sen-F	440	RUNning	0:57:03.6	538	1:37:15.0	537
21		Cláudia Duarte	545	2:23:44.6	2:23:29.5	60	Sen-F	458	GD Banco BPI	0:57:34.9	540	1:42:28.1	558
22		Celina Jorge	49	2:23:55.2	2:23:39.7	62	Sen-F	461		0:59:08.9	551	1:42:34.0	559
23		Sónia	27	2:26:31.8	2:25:59.0	63	Sen-F	463		0:58:37.0	550	1:41:21.2	553
24		Hélia Cristina	429	2:29:01.5	2:28:55.9	65	Sen-F	469		1:00:43.2	560	1:46:39.5	566
25		Rute Pinheiro	535	2:31:06.2	2:30:28.4	66	Sen-F	470		0:58:28.6	549	1:42:01.4	557
26		Lucília Faustino	559	2:38:44.1	2:38:30.2	68	Sen-F	473		1:03:25.7	569	1:54:38.3	573

#### Sub23-F

1		Inês Marques	533	1:26:31.8	1:26:30.3	1	S23-F	12	ProAventuras	0:36:06.5	98	1:02:03.5	110
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#### Veteranas F40

1		Chantal	403	1:36:59.5	1:36:58.7	2	F40	63	CPPEA PEDRO	0:39:21.9	138	1:08:54.6	157
2		Dulcinea Silva	147	1:38:00.6	1:37:58.0	3	F40	68	os cansados	0:40:10.1	152	1:09:46.5	168
3		Rute Matos	475	1:47:48.9	1:47:42.1	6	F40	180	Aminhacorrida/Kalenji	0:44:00.1	252	1:16:52.3	282
4		Carla Mendes	104	1:48:05.6	1:48:02.7	7	F40	184	Tartarugas Solidárias	0:44:37.4	283	1:17:22.6	295
5		Sara Velho	404	1:51:23.1	1:51:10.8	11	F40	222		0:45:38.1	319	1:19:41.8	325

## 40ª Meia Maratona de S. João das Lampas

### Result List AG 40ª 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
6		Claudia Sofia	420	1:55:33.6	1:55:14.7	15	F40	271		0:47:43.6	375	1:22:37.0	379
7		Sónia Brandão	89	1:56:08.5	1:55:46.7	16	F40	275	GD Banco BPI	0:46:29.4	335	1:22:16.9	372
8		Celia Cecilio	556	1:57:01.5	1:56:58.7	17	F40	281	NAPA Núcleo Amigos	0:45:05.0	307	1:22:39.3	382
9		Teresa	197	1:57:15.7	1:57:01.0	20	F40	293	SS CGD	0:48:01.1	378	1:23:27.0	389
10		Luisa Palminhas	259	1:59:13.6	1:59:04.8	21	F40	313	RunLovers	0:49:11.8	407	1:26:21.9	435
11		Dulce Reis	351	1:59:30.5	1:59:12.6	23	F40	320		0:47:02.5	349	1:23:18.7	387
12		Carla Morgado	353	1:59:33.1	1:59:12.1	24	F40	322		0:50:07.9	433	1:25:36.3	416
13		Sara Cunha	46	2:00:33.3	2:00:19.1	25	F40	331	Magic Runners -	0:50:05.0	432	1:26:08.3	425
14		Anabela	336	2:01:34.6	2:01:15.6	27	F40	338	Varitintas	0:50:42.1	444	1:27:28.0	448
15		Natasha Dias	537	2:02:17.4	2:02:12.9	28	F40	346		0:50:11.8	436	1:28:02.2	452
16		Ana Mendes	562	2:03:28.2	2:02:53.5	31	F40	355	Veteranos de	0:51:56.7	478	1:29:03.2	467
17		Lucia Ventura	11	2:04:20.0	2:04:00.9	33	F40	360		0:50:56.2	452	1:29:21.2	470
18		Catarina Varges	421	2:04:44.7	2:04:14.0	34	F40	364	Associação de	0:51:53.6	477	1:28:52.3	461
19		Ângela Susano	139	2:06:37.6	2:06:10.3	35	F40	374	CTT Running	0:51:32.0	465	1:24:48.8	408
20		Ana Paula	508	2:07:31.6	2:07:06.9	37	F40	379	C.A. Amigos Parque	0:50:25.0	441	1:29:59.5	472
21		Vanuza Silva	379	2:09:34.7	2:09:09.8	41	F40	391	GRCD Leião	0:54:11.9	505	1:33:25.3	506
22		Paula Cardoso	342	2:12:01.4	2:11:50.2	46	F40	408	Salamandrecos	0:53:02.7	491	1:32:58.1	503
23		Sandra Simões	16	2:12:09.2	2:11:57.7	47	F40	410	RUN 4 FUN	0:51:48.0	473	1:31:40.1	489
24		Sandra Cardoso	549	2:12:25.1	2:12:15.2	49	F40	416		0:53:13.1	497	1:34:09.5	515
25		Deolinda Santos	427	2:14:13.2	2:13:56.8	52	F40	427		0:56:29.0	533	1:36:27.0	531
26		Iris Mauricio	255	2:18:30.2	2:18:19.7	54	F40	442	RunLovers	0:55:05.5	518	1:37:41.7	538
27		Helena Leitão	254	2:19:39.9	2:19:28.6	55	F40	444	RunLovers	0:58:17.6	548	1:40:37.5	548
28		Sofia Freire	168	2:20:10.1	2:19:34.6	57	F40	446	AngeRun	0:56:29.0	532	1:37:54.7	540
29		Sofia Cardoso	169	2:20:11.3	2:19:34.8	58	F40	448	AngeRun	0:56:22.0	529	1:36:51.3	533
30		Silvina Maria	153	2:21:59.6	2:21:51.1	59	F40	452		0:57:49.1	542	1:40:49.1	549
31		Patrícia	431	2:33:45.8	2:33:25.9	67	F40	472	Salamandrecos	1:03:57.9	571	1:50:43.2	569

#### Veteranas F50

1		Manuela Pinto	68	1:53:05.4	1:52:38.1	13	F50	240	O MUNDO DA	0:47:21.1	362	1:21:09.7	350
2		Amélia Costa	557	1:57:02.1	1:56:59.7	18	F50	282	NAPA Núcleo Amigos	0:45:04.2	305	1:22:36.8	378
3		Henriqueta	70	2:10:45.7	2:10:38.3	44	F50	400	Tartarugas Solidárias	0:53:05.3	493	1:32:45.7	501
4		Elsa Maria	302	2:11:49.4	2:11:37.4	45	F50	405	RUN 4 FUN	0:54:17.6	508	1:33:46.5	511
5		Sandra	48	2:13:16.7	2:13:03.9	50	F50	420	Magic Runners -	0:51:28.7	462	1:33:22.8	504
6		Ana Paula Pinto	35	2:13:48.2	2:13:30.6	51	F50	424	Grupo Cicloturismo	0:53:01.7	489	1:34:25.6	517

## 40ª Meia Maratona de S. João das Lampas

### **Result List AG 40ª Meia Maratona de S. João das Lampas**

<b>Class</b>	<b>Escalão</b>	<b>Nome</b>	<b>Dorsal</b>	<b>T. Bruto</b>	<b>T.Net</b>	<b>C.Sex</b>	<b>Esc.</b>	<b>C. Geral</b>	<b>Clube</b>	<b>T. 10km</b>	<b>Pos. 10k</b>	<b>T. 18km</b>	<b>Pos. 18k</b>
7		Patrícia Pedro	278	2:20:06.3	2:19:44.8	56	F50	445	CASA DO BENFICA	0:59:36.1	553	1:41:20.5	552
8		Célia Azenha	542	2:23:45.5	2:23:37.5	61	F50	459		1:00:52.7	561	1:42:50.6	560
9		Catarina	47	2:26:50.9	2:26:31.1	64	F50	464	Magic Runners -	0:59:51.2	558	1:41:39.5	556

#### **Veteranas F60**

1		Analice Silva	488	2:03:54.4	2:03:51.7	32	F60	358	O MUNDO DA	0:51:49.2	476	1:29:02.6	466
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Number of records: 478

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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
<b>40ª Meia Maratona de S. João das Lampas</b>													
<b>m</b>													
1		1	João Ferreira	532	1:19:34.4	1:19:33.5	M40	1	C A S centro atletismo	0:33:10.2	83	0:57:23.5	97
2		2	João Ginja	208	1:20:06.5	1:20:05.7	M50	1	Clube de Futebol Os	0:33:27.5	84	0:57:32.3	98
3		3	João Caldeira	224	1:22:17.2	1:22:15.7	M55	1	LINDA-A-PASTORA	0:34:01.1	85	0:58:55.2	99
4		4	Fernando Alves	309	1:23:16.2	1:23:14.5	M50	2	Amigos Atletismo Mafra	0:34:01.3	86	0:58:56.2	100
5		5	José Manuel	136	1:23:42.1	1:23:39.8	M45	1	CTT Running	0:35:01.2	90	1:00:17.3	102
6		6	Flávio FFWPU	491	1:23:53.7	1:23:50.8	S23-M	1	Federação da Família	0:34:44.8	88	1:00:16.4	101
7		7	Paulo Silva	215	1:24:50.7	1:24:49.0	M40	2	N.A.Z.Abóboda	0:35:04.6	91	1:01:07.5	104
8		8	Luciano Contente	293	1:25:51.8	1:25:51.6	M40	3	Casa do Benfica no	0:35:40.9	94	1:01:25.7	107
9		9	Leonardo Coelho	258	1:26:15.6	1:26:09.3	S23-M	2	RunLovers	0:35:00.7	89	1:00:58.1	103
10		10	Ricardo Damião	213	1:26:23.3	1:26:21.2	M40	4	N.A.Z.Abóboda	0:35:12.7	92	1:01:19.8	106
11		11	Emílio Paulino	498	1:26:30.4	1:26:25.0	M55	2	AC Portalegre / UTSM	0:35:35.2	93	1:01:48.0	108
12		13	Fernando	186	1:26:48.8	1:26:47.3	M45	2	SS CGD	0:35:45.2	96	1:02:01.1	109
13		14	José Pais	426	1:27:30.5	1:27:29.3	M40	5	Correr Lisboa	0:36:06.8	99	1:02:56.8	111
14		15	Jorge Rodrigues	214	1:27:36.4	1:27:34.3	M50	3	N.A.Z.Abóboda	0:36:06.2	97	1:03:03.7	113
15		16	Nelson Fonseca	205	1:28:35.8	1:28:33.7	Sen-M	1	Jobrinde - Montes	0:35:42.3	95	1:02:58.5	112
16		17	Nuno Silva	553	1:29:08.7	1:29:07.3	M40	6	Correr Lisboa	0:36:11.5	101	1:03:34.0	114
17		18	João Fernando	551	1:29:24.6	1:29:15.8	M40	7	Dolce Furadouro	0:36:47.7	108	1:03:47.4	115
18		19	António Afonso	397	1:29:46.2	1:29:42.7	M45	3	C. R. alturense	0:38:50.0	130	1:05:15.5	129
19		20	José Carlos	227	1:29:48.0	1:29:41.1	M40	8	ABSANTRUNNERS	0:37:43.6	118	1:04:29.1	117
20		21	Pedro Simões	526	1:29:57.3	1:29:45.6	Sen-M	2	People Outdoor	0:37:14.3	114	1:04:30.2	118
21		22	Artur Oliveira	66	1:30:01.5	1:29:59.2	M45	4		0:34:12.4	87	1:01:16.2	105
22		23	Pedro J C	348	1:30:07.9	1:30:03.0	M45	5	GRCD Leião	0:37:45.5	119	1:04:47.6	123
23		24	Hugo P B	402	1:30:17.5	1:30:15.9	M40	9		0:37:06.8	113	1:04:39.9	122
24		25	Nuno Lopes	381	1:30:34.3	1:30:30.3	M40	10		0:37:37.6	117	1:04:59.7	124
25		26	Pedro Cardoso	425	1:31:01.9	1:31:00.3	Sen-M	3	Correr Lisboa	0:36:09.4	100	1:03:51.5	116
26		27	António	263	1:31:05.7	1:31:01.4	Sen-M	4	Os Galgos	0:37:05.5	111	1:05:03.6	125
27		28	João Maia	127	1:31:15.0	1:31:12.9	M50	4	Falcões Selvagens	0:36:50.9	109	1:05:11.4	128
28		29	Carlos Marques	210	1:31:22.4	1:31:20.1	M50	5	Clube de Futebol Os	0:36:30.3	104	1:04:36.9	121
29		30	João Paixão	448	1:31:28.4	1:31:26.0	M45	6	NAPA Núcleo Amigos	0:37:05.8	112	1:05:06.0	126
30		31	Jorge Caiado	561	1:31:37.0	1:31:06.3	M45	7	Amigosdacorrída.com	0:38:55.1	131	1:06:28.9	138

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		32	Luis Miguel	365	1:31:40.3	1:31:39.1	Sen-M	5	Amigos Atletismo Mafra	0:36:23.9	103	1:04:33.6	119
32		33	Miguel Sobral	546	1:31:45.5	1:31:43.6	Sen-M	6	AGDAK	0:36:43.8	107	1:04:34.3	120
33		34	Carlos Manuel	430	1:31:57.3	1:31:53.0	Sen-M	7		0:38:06.7	123	1:05:31.2	130
34		35	José Carlos	372	1:31:57.7	1:31:53.7	M50	6	CD Estrela	0:38:08.3	124	1:05:33.7	132
35		36	Germano Silva	225	1:32:07.5	1:32:05.7	M55	3	LINDA-A-PASTORA	0:38:30.1	128	1:06:05.2	134
36		37	Nuno Anjos	231	1:32:09.3	1:32:06.6	M40	11	amigosdacorrida.com	0:37:15.4	115	1:06:09.2	136
37		38	Carlos Caetano	23	1:32:27.1	1:32:25.8	M40	12		0:36:58.9	110	1:05:10.4	127
38		39	Luis Aires	209	1:32:35.4	1:32:28.7	M40	13	N.A.Z.Abóboda	0:39:02.4	133	1:06:43.0	141
39		40	David Karim	22	1:32:39.1	1:32:28.1	Sen-M	8		0:39:24.4	139	1:07:01.2	142
40		41	Vitor Marques	377	1:33:20.7	1:33:16.1	Sen-M	9	Runners da Frente	0:36:36.3	105	1:05:47.2	133
41		42	Marcos Rastrilla	413	1:33:31.2	1:33:29.4	Sen-M	10	CERRR Igualada	0:36:22.4	102	1:05:31.9	131
42		43	Jorge Monteiro	451	1:33:32.7	1:33:29.2	M40	14	NAPA Núcleo Amigos	0:38:03.6	121	1:06:37.8	139
43		44	João Pedro	151	1:33:50.2	1:33:43.4	M45	8		0:37:28.2	116	1:06:17.0	137
44		45	Pedro Gomes	479	1:33:54.3	1:33:46.3	M40	15		0:38:05.6	122	1:06:39.9	140
45		46	Rui Cabral	405	1:33:55.7	1:33:51.5	Sen-M	11	N. A. PAPAGAIOS	0:38:40.8	129	1:07:21.0	143
46		47	Alexandre	467	1:33:57.7	1:33:56.0	M40	16	BOTA LAMBRA	0:39:18.8	136	1:07:33.9	146
47		48	Luís Varzea	396	1:34:02.2	1:33:54.4	Sen-M	12	C. R. alturense	0:41:08.1	173	1:08:33.1	152
48		49	Manuel	477	1:34:04.2	1:34:02.3	M40	17	Aminhacorrída/Kalenji	0:38:16.8	126	1:07:29.1	144
49		50	António Santos	468	1:34:41.8	1:34:35.1	M50	7	Clube Atletismo Amigos	0:37:56.4	120	1:06:06.3	135
50		51	Joaquim	539	1:34:45.6	1:34:43.7	M45	9	Clube EDP - Lisboa	0:40:07.3	150	1:08:34.3	153
51		52	Mario Gomes	399	1:35:08.2	1:35:02.5	M45	10	AÇOREANA	0:39:05.2	135	1:08:00.1	148
52		53	Luís Oliveira	280	1:35:09.0	1:35:00.7	M45	11	CASA DO BENFICA DE	0:39:03.0	134	1:08:04.7	149
53		54	Nuno Manuel	552	1:35:22.5	1:35:14.6	M40	18	Clube de Futebol Os	0:39:43.0	145	1:08:18.7	151
54		55	Eduardo Santos	452	1:35:42.3	1:35:38.0	Sen-M	13	Gelpeixe	0:39:44.8	146	1:08:50.2	155
55		56	Carlos Baptista	454	1:35:44.6	1:35:40.6	M55	4	Sporting Clube de	0:39:44.9	147	1:08:51.8	156
56		57	David Simão	172	1:36:02.8	1:35:33.8	M45	12	Correr Lisboa	0:50:08.5	434	1:07:30.3	145
57		58	Miguel Ribeiro	419	1:36:31.1	1:36:27.8	M45	13		0:40:32.9	159	1:09:28.2	162
58		59	Rui Lacerda	386	1:36:45.0	1:36:40.1	M40	19	GRCD Leião	0:39:27.1	140	1:08:42.6	154
59		60	Jose Manuel	295	1:36:46.7	1:36:40.1	M50	8		0:39:30.5	142	1:09:30.8	163
60		61	Dinis Cartas	341	1:36:48.1	1:36:37.4	Sen-M	14		0:40:15.4	153	1:09:39.7	166
61		62	Jaime Lamego	439	1:36:59.1	1:36:56.9	M55	5	Xtreme Level	0:39:20.8	137	1:08:56.6	158
62		64	Carlos Viseu	391	1:37:11.9	1:36:57.2	M45	14	CLUBE DESPORTIVO	0:40:21.4	157	1:09:38.0	165
63		65	José Simões	67	1:37:26.8	1:37:01.9	M50	9	O MUNDO DA	0:39:30.9	143	1:09:05.6	160

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		66	Jaime Mauricio	256	1:37:39.7	1:37:38.1	M40	20	RunLovers	0:38:13.2	125	1:08:17.9	150
65		67	Sergio Jacinto	401	1:37:55.5	1:37:38.4	M40	21		0:41:08.0	172	1:10:33.0	172
66		69	Pedro Gabriel	53	1:38:21.7	1:38:13.2	M40	22	C.A. Amigos Parque da	0:41:55.9	193	1:10:58.9	180
67		70	Carlos Eduardo	490	1:38:30.0	1:38:28.3	M45	15		0:39:37.2	144	1:09:28.2	161
68		71	Jose Renato	504	1:38:36.6	1:38:30.4	Sen-M	15	individual	0:40:49.4	165	1:10:55.3	177
69		72	Frederico	411	1:38:52.7	1:38:25.3	Sen-M	16		0:42:57.0	223	1:11:59.1	193
70		73	Fernando Sousa	560	1:38:52.7	1:38:51.6	M55	6	Individual	0:40:15.7	154	1:10:39.8	175
71		74	Paulo Marques	480	1:38:57.7	1:38:40.4	M40	23	GO!Runners	0:41:29.4	181	1:10:58.8	179
72		75	Orlando Carvalho	575	1:39:00.6	1:38:57.9	M45	16		0:40:09.7	151	1:09:46.4	167
73		76	Paulo Lourinho	243	1:39:01.9	1:38:51.5	M45	17	Clube Atletismo Amigos	0:41:47.7	189	1:11:49.3	189
74		77	Paulo Rodrigues	355	1:39:08.2	1:38:57.0	M45	18		0:40:16.7	155	1:10:15.7	170
75		78	Nuno Soares	495	1:39:08.7	1:39:06.0	Sen-M	17	Correr Lisboa	0:36:39.0	106	1:10:23.7	171
76		79	Fábio Nunes	211	1:39:15.3	1:39:01.6	Sen-M	18	N.A.Z.Abóboda	0:40:06.3	149	1:09:37.0	164
77		80	Jose Manuel	108	1:39:17.3	1:39:15.7	M60	1		0:41:13.7	176	1:11:45.9	187
78		81	Pedro Pires	444	1:39:24.8	1:39:14.9	M50	10	Associação de Atletismo	0:40:31.4	158	1:10:34.6	174
79		82	Rui Pedro Juliao	7	1:39:26.3	1:39:04.4	M50	11	Georunners	0:42:05.2	202	1:11:44.1	186
80		83	Pedro Joao Reis	65	1:39:26.3	1:39:03.8	M40	24		0:42:04.4	200	1:11:43.6	185
81		84	Albísio	335	1:39:33.3	1:39:18.9	M60	2		0:40:36.4	160	1:10:34.0	173
82		85	Pedro Rosa	453	1:39:37.8	1:39:36.7	M45	19	Belém runners	0:41:04.4	169	1:11:28.8	182
83		86	Carlos Vitorino	31	1:39:39.5	1:39:38.6	M45	20	Grupo Cicloturismo	0:42:09.8	205	1:12:22.4	198
84		87	Artur Pereira	45	1:39:40.4	1:39:36.2	M45	21	Magic Runners -	0:40:48.5	163	1:11:47.2	188
85		88	Fernando Silva	395	1:39:41.9	1:39:34.4	M50	12	C. R. alturense	0:41:10.9	175	1:11:28.9	183
86		89	Nuno Rebelo	36	1:39:49.5	1:39:43.4	Sen-M	19		0:38:57.1	132	1:09:01.5	159
87		90	Luís Veloso	134	1:39:59.1	1:39:49.1	M40	25	CTT Running	0:40:05.7	148	1:10:06.2	169
88		91	Carlos Marques	383	1:40:11.3	1:39:36.7	Sen-M	20		0:43:06.5	226	1:12:39.4	205
89		92	Rafael Monteiro	64	1:40:21.7	1:40:16.3	Sen-M	21	Runners da Frente	0:40:57.6	167	1:11:26.6	181
90		93	Apolo Pereira	440	1:40:23.3	1:40:15.6	M45	22	Belém runners	0:41:32.3	183	1:11:35.9	184
91		94	Tiago Freitas	510	1:40:29.3	1:40:23.7	Sen-M	22		0:42:06.7	204	1:12:31.2	201
92		95	Nuno Gonçalves	412	1:40:34.8	1:40:23.3	M40	26		0:41:09.4	174	1:12:15.2	197
93		96	Alcindo Almeida	274	1:40:40.3	1:40:29.7	M55	7	CASA DO BENFICA DE	0:41:06.7	171	1:10:55.7	178
94		97	Arlindo	406	1:40:42.3	1:40:32.0	M45	23		0:42:02.5	199	1:12:35.1	204
95		98	José Serra	438	1:40:43.6	1:40:40.4	M50	13		0:41:29.6	182	1:11:51.0	191
96		99	Rodrigo Guerra	496	1:40:57.6	1:40:53.9	M40	27	Amigos Atletismo Mafra	0:44:14.1	263	1:11:55.7	192

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		100	Mario Zooro	497	1:40:57.6	1:40:52.5	M40	28	Amigos Atletismo Mafra	0:44:13.3	262	1:13:28.3	221
98		101	Carlos Jesus	531	1:41:12.9	1:40:58.9	M40	29	O MUNDO DA	0:42:06.0	203	1:12:26.2	199
99		102	Joaquim	222	1:41:20.0	1:41:10.5	M50	14	Associação de Atletismo	0:41:04.4	170	1:12:03.9	195
100		103	Afzal Aziz	130	1:41:28.8	1:41:23.7	Sen-M	23	Zulisnatis	0:44:49.2	292	1:13:58.2	229
101		104	Mário Monteiro	393	1:41:31.7	1:41:27.1	M40	30	Os Galgos	0:42:29.7	214	1:12:58.8	210
102		105	Hugo Miguel	362	1:41:33.0	1:41:29.7	M40	31		0:41:25.5	178	1:13:16.1	214
103		106	José Maio	392	1:41:34.8	1:41:18.8	M50	15	CLUBE DESPORTIVO	0:42:55.3	222	1:13:25.7	220
104		107	Tiago Joaquim	390	1:41:41.9	1:41:38.0	M40	32		0:41:41.4	185	1:12:33.7	203
105		108	Antonio Angelino	333	1:41:45.3	1:41:31.0	M45	24	REAL ACADEMIA	0:42:17.7	211	1:12:45.8	207
106		109	José Manuel	540	1:41:51.1	1:41:48.9	M50	16	Proaventuras	0:39:29.5	141	1:10:48.9	176
107		110	Ricardo Alves	292	1:41:57.5	1:41:48.5	Sen-M	24	Casa do Benfica no	0:42:32.0	216	1:13:36.6	222
108		111	Gumersindo	485	1:42:07.2	1:42:06.3	M65	1	Vitória Futebol Clube -	0:41:36.5	184	1:12:32.0	202
109		112	Pedro Glória	522	1:42:08.6	1:41:48.1	M45	25	OFICINA DO PEDRO	0:42:12.5	207	1:13:18.8	219
110		113	Nuno Martins	8	1:42:12.6	1:42:01.5	Sen-M	25	wikaboo	0:42:04.6	201	1:12:42.9	206
111		114	Armando Dias	264	1:42:17.1	1:42:12.6	M50	17	Os Galgos	0:41:54.8	192	1:12:55.6	208
112		115	Rui F F F L Silva	216	1:42:19.8	1:42:13.5	M40	33		0:42:35.2	217	1:13:18.3	217
113		116	Fábio Silva	363	1:42:30.9	1:42:27.6	Sen-M	26	Associação Jorge Pina	0:41:25.0	177	1:13:15.6	213
114		117	Jorge Nabais	124	1:42:35.2	1:42:17.3	Sen-M	27		0:41:53.9	190	1:12:57.5	209
115		118	Joao Goncalves	384	1:42:37.3	1:42:31.8	M40	34		0:43:02.0	224	1:13:48.7	225
116		119	Luis Pinto	357	1:42:43.0	1:42:21.7	M45	26	GRCD Leão	0:43:52.8	246	1:14:04.1	230
117		120	Sérgio Pires	69	1:42:44.9	1:42:17.0	M40	35		0:42:44.8	220	1:13:38.5	223
118		121	Henrique Adrega	234	1:42:54.9	1:42:24.0	M60	3	amigosdacorrída.com	0:42:31.2	215	1:14:13.1	231
119		122	Ricardo Vitorino	580	1:42:57.3	1:42:53.8	Sen-M	28		0:40:49.4	164	1:11:59.9	194
120		123	Helder Valadas	198	1:42:57.5	1:42:29.8	Sen-M	29	Os Perigosos	0:42:22.5	213	1:13:17.6	216
121		124	David Faustino	185	1:43:01.2	1:42:54.2	M50	18	SS CGD	0:41:54.2	191	1:13:18.5	218
122		126	Paulo Oliveira	374	1:43:06.7	1:43:04.1	M45	27	CCD PM CASCAIS	0:41:45.1	186	1:13:10.2	211
123		127	Ruben Costa	101	1:43:08.7	1:43:01.5	Sen-M	30		0:40:47.0	162	1:12:13.1	196
124		128	Nuno Sabino	400	1:43:27.8	1:42:55.9	Sen-M	31	AÇOREANA	0:43:36.7	238	1:13:52.2	226
125		129	Rui Manuel	117	1:43:40.2	1:43:32.4	M50	19	Escola Secundario	0:40:45.5	161	1:11:50.1	190
126		130	Gilberto Dias	162	1:43:48.4	1:43:42.6	M60	4	Amigos Atletismo Mafra	0:42:12.5	208	1:13:52.3	227
127		131	Fernando Rosete	103	1:43:57.4	1:43:47.5	M45	28	RUN 4 FUN	0:40:58.3	168	1:12:27.1	200
128		132	Jorge Leite	76	1:44:11.0	1:44:06.8	M45	29		0:41:25.6	179	1:13:17.4	215
129		133	João Valente	345	1:44:34.8	1:44:16.5	M40	36	GO!Runners	0:44:21.3	270	1:15:21.0	245

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		134	Diogo Sousa	481	1:44:35.8	1:44:20.0	Sen-M	32	GOIRunners	0:44:24.4	271	1:15:24.0	247
131		135	José Brito	446	1:44:44.5	1:44:39.3	M50	20		0:43:19.2	230	1:14:41.1	236
132		136	Vitor Amado	32	1:44:47.6	1:44:42.0	M60	5	GRD "Os Fixes"	0:42:10.1	206	1:13:53.8	228
133		137	Pedro Manuel	240	1:44:53.5	1:44:39.0	M40	37		0:42:17.0	210	1:14:29.6	234
134		138	Luis Silveira	501	1:44:57.7	1:44:41.3	M55	8	Individual	0:44:25.0	272	1:15:48.1	252
135		139	Carlos Cardoso	91	1:44:59.8	1:44:55.4	M60	6	GD Banco BPI	0:43:54.9	247	1:15:21.2	246
136		140	Luis Bastos	506	1:45:07.3	1:45:00.0	M50	21	Siemens CCD	0:43:37.2	239	1:16:12.3	264
137		141	David Leite	109	1:45:08.8	1:45:01.7	Sen-M	33		0:43:43.0	242	1:15:18.4	244
138		142	Arlindo Deus	235	1:45:12.7	1:44:47.1	M65	2	amigosdacorrída.com	0:44:00.1	253	1:15:11.1	241
139		143	Sérgio Castro Da	79	1:45:14.2	1:44:51.8	Sen-M	34	Ninjas de Monsanto	0:44:02.4	254	1:15:41.5	249
140		144	Steven Santos	154	1:45:22.0	1:44:56.7	Sen-M	35		0:43:10.8	228	1:14:27.7	233
141		145	António Merujo	331	1:45:27.6	1:45:19.0	M55	9	Spot Clube União	0:43:02.6	225	1:15:03.5	240
142		146	João Pereira	50	1:45:28.7	1:45:13.3	Sen-M	36		0:43:59.5	251	1:14:54.5	238
143		147	Ricardo Moita	509	1:45:42.4	1:45:12.4	M45	30		0:45:23.1	316	1:16:43.6	277
144		148	José Campos	232	1:45:43.3	1:45:17.5	M45	31	amigosdacorrída.com	0:44:40.5	287	1:15:59.3	256
145		149	Ricardo	233	1:45:43.3	1:45:13.3	M40	38	amigosdacorrída.com	0:44:36.8	282	1:15:54.7	254
146		150	Filipe Branco	237	1:45:52.1	1:45:34.9	M45	32	u.r.d.arranhó	0:44:54.6	295	1:17:08.8	289
147		151	Carlos Manuel	458	1:45:53.4	1:45:40.9	M40	39		0:40:51.4	166	1:13:41.4	224
148		152	Nelson Alcino Da	409	1:45:54.4	1:45:35.6	M40	40		0:44:02.9	255	1:16:24.3	269
149		153	Nelson Mota	324	1:45:55.2	1:45:46.9	M45	33	AÇOREANA	0:44:15.2	265	1:16:33.4	271
150		154	Mario Duarte	160	1:46:00.8	1:45:27.1	M45	34	SMO RUNNERS	0:42:40.1	218	1:14:29.9	235
151		155	João Apolinário	517	1:46:04.9	1:46:01.7	Sen-M	37	Caracóis de Pedra	0:42:01.6	198	1:15:56.1	255
152		156	Nuno Coelho	327	1:46:09.3	1:45:56.8	M45	35	AÇOREANA	0:44:25.6	275	1:16:03.7	259
153		157	Marco Caseiro	200	1:46:14.3	1:45:46.7	Sen-M	38	Os Perigosos	0:44:13.2	261	1:16:14.8	265
154		158	José Bouceiro	462	1:46:22.3	1:46:04.3	M50	22	ADCR PJ	0:43:42.3	241	1:15:48.1	253
155		159	Francisco Pereira	321	1:46:24.0	1:46:17.5	M45	36	AÇOREANA	0:44:16.9	266	1:16:35.0	273
156		160	André Almeida	352	1:46:29.4	1:46:23.6	M40	41	Amigos Atletismo Mafra	0:42:15.9	209	1:14:56.6	239
157		161	Pedro Fontoura	193	1:46:31.3	1:46:27.9	M45	37	SS CGD	0:44:12.2	260	1:16:54.9	284
158		162	Paulo Freitas	57	1:46:39.1	1:46:27.0	M40	42		0:43:11.6	229	1:16:08.0	261
159		163	Pedro Miguel	228	1:46:40.4	1:46:14.5	M40	43	ABSANTRUNNERS	0:44:48.6	290	1:16:28.4	270
160		165	João Moura	554	1:46:41.8	1:46:25.1	M60	7	REAL ACADEMIA	0:44:25.0	273	1:16:07.9	260
161		166	Rui Silva	270	1:46:43.9	1:46:39.6	M45	38	CD Estrela	0:44:19.9	268	1:16:38.2	274
162		167	Joao Silva	190	1:46:48.3	1:46:33.3	M45	39	SS CGD	0:44:20.8	269	1:17:00.8	287

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		168	Ildebrando Aires	56	1:46:51.5	1:46:41.2	M40	44		0:43:23.5	231	1:16:09.4	263
164		169	Rui Esteves	494	1:46:54.0	1:46:45.2	M40	45	Tartarugas Solidárias	0:44:27.3	277	1:16:47.9	279
165		170	Nuno Gomes	113	1:46:58.1	1:46:33.1	M45	40	C.A. Amigos Parque da	0:45:30.0	318	1:17:10.7	291
166		171	Eduardo Manuel	111	1:47:04.9	1:46:53.6	Sen-M	39	Atómicos	0:44:17.7	267	1:16:21.6	267
167		172	Tiago Marques	311	1:47:10.6	1:46:51.7	Sen-M	40	GRCD Leião	0:44:49.9	294	1:16:46.5	278
168		173	Victor Silva	122	1:47:17.3	1:47:10.6	M50	23	Associação de Atletismo	0:45:47.5	322	1:17:55.4	302
169		174	Pedro M F Nunes	407	1:47:17.6	1:46:57.0	M45	41	Clube do Stress	0:46:05.5	328	1:17:36.0	298
170		175	Rui Barreiros	398	1:47:32.3	1:47:19.8	M50	24		0:41:59.8	195	1:14:42.3	237
171		176	João Rodrigues	516	1:47:34.2	1:47:28.4	M55	10	Caracóis de Pedra	0:42:01.6	197	1:15:13.7	242
172		177	Daniel Machado	265	1:47:41.8	1:47:35.6	Sen-M	41	Os Galgos	0:42:44.8	219	1:15:29.1	248
173		178	Ricardo Tiago	527	1:47:43.1	1:47:17.8	M45	42	TARTARUGAS	0:44:08.3	259	1:17:02.1	288
174		179	Carlos Lopes	476	1:47:48.2	1:47:41.1	M40	46	Aminhacorrída/Kalenji	0:43:58.5	250	1:16:51.5	281
175		181	Sérgio Pedro	334	1:47:56.3	1:47:31.8	Sen-M	42	Tinto Running Team	0:44:34.8	279	1:17:00.3	286
176		182	Rui Vieira	105	1:47:58.5	1:47:42.1	M45	43	PORTELA RUNNING	0:47:03.6	350	1:18:59.4	318
177		183	Armando Correia	455	1:48:01.5	1:47:41.4	Sen-M	43	Sporting Clube de	0:46:48.9	341	1:18:25.9	310
178		185	Pedro Massano	434	1:48:08.5	1:47:44.8	M55	11	CDM	0:44:45.4	288	1:16:54.4	283
179		186	Francisco	6	1:48:15.1	1:47:52.2	M50	25		0:46:52.2	343	1:18:23.0	309
180		187	Helder Tavares	177	1:48:23.8	1:48:02.7	Sen-M	44	Varitintas	0:43:57.0	248	1:16:20.2	266
181		188	Vitor Venda	493	1:48:26.7	1:48:14.1	M45	44		0:42:50.8	221	1:16:22.8	268
182		189	Angelo Relvas	34	1:48:32.5	1:48:27.0	Sen-M	45	Runners da Frente	0:41:27.4	180	1:14:14.5	232
183		190	Andrè Mota	238	1:48:38.4	1:48:21.3	Sen-M	46	u.r.d.arranhó	0:44:56.2	296	1:17:11.2	293
184		191	Nelson Colaço	558	1:48:45.8	1:48:42.9	M40	47	NAPA Núcleo Amigos	0:44:59.7	297	1:18:04.3	303
185		192	António Rico	449	1:48:45.9	1:48:43.0	M40	48	NAPA Núcleo Amigos	0:44:59.9	298	1:18:04.5	304
186		193	André Wiborg	158	1:48:50.3	1:48:17.2	M55	12	WL84	0:47:40.0	373	1:19:49.0	326
187		194	Jorge Ribeiro	262	1:48:58.4	1:48:49.5	M40	49	RunLovers	0:44:36.3	280	1:18:13.2	305
188		196	João Campos	1	1:49:09.6	1:48:47.3	M40	50	PAVNESC.COM	0:46:05.9	329	1:19:04.3	319
189		198	Paulo Gomes	543	1:49:15.9	1:48:54.8	Sen-M	47		0:38:25.6	127	1:07:52.6	147
190		199	Tiago Baleia	515	1:49:16.5	1:49:14.1	Sen-M	48	Caracóis de Pedra	0:43:32.9	235	1:16:08.8	262
191		200	Rui Vasques	376	1:49:18.6	1:49:15.9	M50	26	CCD PM CASCAIS	0:44:14.8	264	1:17:42.2	299
192		201	Joao Passeiro	248	1:49:22.1	1:49:02.4	M50	27		0:45:11.8	311	1:17:51.7	301
193		202	Carlos Alexandre	567	1:49:27.8	1:49:23.7	M40	51		0:42:18.7	212	1:17:09.9	290
194		203	Vasco Ascensão	133	1:49:53.1	1:49:44.1	M45	45	CTT Running	0:41:46.4	188	1:15:14.6	243
195		204	Nuno Silva	315	1:49:57.0	1:49:48.9	Sen-M	49	GRD "Os Fixes"	0:42:01.3	196	1:16:40.5	275

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		205	Mário Rodrigues	86	1:50:08.8	1:50:02.5	M40	52	GD Banco BPI	0:44:07.1	258	1:16:34.4	272
197		206	Samuel	338	1:50:09.2	1:49:55.7	Sen-M	50		0:45:06.4	308	1:18:16.1	306
198		208	Pedro Miguel	416	1:50:11.7	1:50:02.8	M45	46		0:43:31.3	234	1:17:11.1	292
199		209	Carlos Nabiça	125	1:50:12.9	1:49:46.9	M50	28		0:44:25.3	274	1:17:46.3	300
200		210	André Cabral	486	1:50:37.5	1:50:07.7	M40	53		0:45:43.8	321	1:18:47.8	314
201		211	Alvaro Pinto	314	1:50:40.6	1:50:15.2	M55	13	REAL ACADEMIA	0:45:10.6	310	1:18:48.0	315
202		212	Pedro Silva	520	1:50:42.5	1:50:36.1	M40	54		0:43:09.2	227	1:16:48.2	280
203		213	El Mai Mounir	297	1:50:46.0	1:50:19.3	Sen-M	51		0:47:20.2	361	1:19:56.7	330
204		214	João Veiga	306	1:50:46.2	1:50:29.5	Sen-M	52		0:45:01.4	302	1:18:50.0	316
205		215	Paulo Gandum	563	1:50:51.3	1:50:34.5	M40	55	AC Portalegre / UTSM	0:44:27.2	276	1:18:52.0	317
206		216	Luís Andrade	135	1:50:52.9	1:50:43.9	M40	56	CTT Running	0:45:16.7	313	1:18:44.5	313
207		217	Paulo Calvino	4	1:50:55.0	1:50:29.6	M40	57	Põe-Te a Milhas	0:43:43.4	243	1:17:27.9	296
208		218	Pedro Trabucho	85	1:51:05.7	1:50:51.0	M50	29	GD Banco BPI	0:44:59.9	299	1:18:43.8	312
209		219	Pedro Miguel C C	77	1:51:15.8	1:51:12.1	M40	58		0:44:05.9	257	1:18:17.0	308
210		220	Manuel Faisca	461	1:51:18.2	1:50:54.0	M65	3	Associação Cultural	0:47:23.7	363	1:19:56.6	329
211		221	Nuno Lucas	528	1:51:19.3	1:51:13.2	Sen-M	53	Pernas de Gafanhoto	0:47:36.0	370	1:21:15.0	353
212		223	Gonçalo Lopes	24	1:51:23.9	1:51:09.8	Sen-M	54	RUN 4 FUN	0:44:45.9	289	1:18:43.6	311
213		224	Albano Alves	325	1:51:29.2	1:51:04.7	M60	8	AÇOREANA	0:49:37.3	417	1:22:38.4	381
214		225	Charles Lima	251	1:51:46.3	1:51:34.8	M45	47	RunLovers	0:46:29.6	336	1:19:30.1	324
215		226	Luís Caldeira	343	1:51:59.5	1:51:44.6	M40	59		0:47:37.0	371	1:21:20.4	355
216		227	João Almeida	565	1:52:05.5	1:51:45.0	M45	48		0:43:41.7	240	1:16:00.4	257
217		228	António Belo	236	1:52:09.0	1:51:43.3	M65	4	amigosdacorrida.com	0:47:19.5	359	1:21:15.7	354
218		229	Paulo Silva	360	1:52:09.8	1:51:47.9	M55	14	Treino Turístico de	0:46:39.7	339	1:20:34.2	338
219		230	João Félix	417	1:52:10.5	1:51:45.9	M45	49		0:45:00.3	300	1:19:55.7	327
220		231	Jorge Pardal	219	1:52:14.6	1:52:06.6	M40	60	Tartarugas Solidárias	0:43:57.7	249	1:19:04.9	320
221		232	José Carlos	285	1:52:30.7	1:52:07.8	M40	61	CAPEP	0:44:39.8	284	1:16:57.6	285
222		233	Miguel Barreiros	157	1:52:31.2	1:52:07.4	Sen-M	55		0:45:19.8	315	1:19:23.4	323
223		234	Marco Mendes	25	1:52:36.7	1:52:04.3	Sen-M	56		0:47:00.4	346	1:20:09.8	332
224		235	Tiago Pinto	26	1:52:37.3	1:52:04.3	Sen-M	57	Correr Lisboa	0:46:59.9	345	1:20:08.6	331
225		236	Rui Rodrigues	39	1:52:49.0	1:52:33.7	M55	15	Gangue das 6h10	0:47:27.7	368	1:21:12.5	352
226		237	Paulo Gamboa	414	1:52:56.2	1:52:54.1	M45	50	Clube Atlético das	0:47:16.8	357	1:21:49.2	360
227		238	Luis Miguel	20	1:53:00.6	1:52:33.4	M50	30	Associação de Atletismo	0:47:06.5	353	1:21:10.3	351
228		241	João Leitão	257	1:53:06.9	1:52:56.9	M45	51	RunLovers	0:44:49.1	291	1:20:16.5	333

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		242	Joao Bogalheiro	170	1:53:07.9	1:52:55.0	M45	52	Amigos Vale Silencio	0:45:03.0	303	1:19:23.4	322
230		243	Sidónio Dias	281	1:53:17.5	1:52:55.7	M45	53	CASA DO BENFICA DE	0:45:49.3	323	1:19:12.2	321
231		244	Mário Machado	317	1:53:19.9	1:53:07.7	M65	5	Revista Spiridon	0:47:38.6	372	1:22:14.7	371
232		245	Amíulcar Ribeiro	282	1:53:28.2	1:53:11.7	M65	6	CASA DO BENFICA DE	0:47:42.1	374	1:20:54.6	343
233		246	Rui Trindade	310	1:53:29.8	1:52:53.9	M45	54	CD Estrela	0:46:19.8	333	1:20:54.7	344
234		247	Rui Manuel Dias	52	1:53:30.3	1:53:07.5	M40	62	Pi-Linha Runners	0:46:10.7	331	1:20:34.7	339
235		248	Luis Menem	521	1:53:31.9	1:53:05.3	M45	55	Correr Lisboa	0:45:51.5	324	1:20:58.9	345
236		249	Albino Tomás	106	1:53:41.4	1:53:39.7	M60	9	Clube Atlético das	0:47:17.2	358	1:21:44.5	359
237		250	Virgilio Oliveira	226	1:53:43.6	1:53:25.0	M55	16	ADCR PJ	0:45:03.3	304	1:20:33.9	337
238		251	Horácio Oliveira	369	1:53:47.2	1:53:30.8	M40	63	Academia de Atletismo	0:47:05.1	352	1:20:59.8	346
239		252	Carlos Guerra	116	1:53:51.5	1:53:20.7	M45	56		0:48:17.6	386	1:22:09.6	368
240		253	Pedro Singeis	115	1:53:51.6	1:53:21.5	M45	57		0:48:18.4	387	1:22:10.8	369
241		254	António Rebelo	140	1:54:03.0	1:53:40.8	M40	64	CTT Running	0:41:56.6	194	1:16:01.5	258
242		255	Fernando Costa	534	1:54:04.9	1:53:38.4	M40	65		0:45:18.7	314	1:19:56.1	328
243		256	Carlos Rangel	283	1:54:38.8	1:54:12.5	M60	10		0:50:01.3	429	1:23:51.7	392
244		258	Virginio Pateiro	230	1:54:56.4	1:54:53.8	M45	58	Jimbras Running	0:44:40.3	286	1:20:20.5	335
245		259	Helder Santos	519	1:54:58.7	1:54:46.1	Sen-M	58		0:47:01.7	347	1:21:27.1	357
246		260	Jorge Atalaia	87	1:54:59.9	1:54:30.3	Sen-M	59	GD Banco BPI	0:48:10.6	379	1:22:07.9	366
247		261	Francisco Freire	90	1:55:00.7	1:54:31.1	Sen-M	60	GD Banco BPI	0:48:11.9	382	1:22:08.0	367
248		262	Heitor Gomes	18	1:55:06.7	1:54:45.1	M40	66	Georunners	0:47:20.1	360	1:21:36.2	358
249		263	Miguel Angel	456	1:55:11.5	1:55:01.1	Sen-M	61		0:48:52.6	399	1:23:47.3	391
250		264	Fernando Morais	83	1:55:15.0	1:54:44.8	M50	31	GD Banco BPI	0:48:11.1	381	1:22:05.5	365
251		265	António Dinis	437	1:55:21.9	1:55:01.8	Sen-M	62		0:45:29.0	317	1:21:57.4	363
252		266	António Ivar	289	1:55:22.3	1:54:54.0	Sen-M	63		0:48:29.2	390	1:24:22.7	403
253		267	Vítor Gameiro	152	1:55:25.5	1:55:15.6	M50	32		0:45:56.7	326	1:20:42.8	341
254		268	Rui Alegre	19	1:55:27.6	1:55:09.4	Sen-M	64		0:47:26.1	367	1:21:51.4	361
255		269	Carlos Fonseca	450	1:55:28.9	1:55:23.9	M50	33	NAPA Núcleo Amigos	0:43:33.0	236	1:20:29.6	336
256		270	João Rosinha	61	1:55:31.0	1:55:29.8	M40	67	AERGois Trail Running	0:47:12.3	354	1:22:37.4	380
257		272	Ricardo Silva	150	1:55:38.7	1:55:13.0	Sen-M	65		0:43:27.7	232	1:20:51.8	342
258		273	João Barreira	15	1:56:00.8	1:55:49.3	Sen-M	66	RUN 4 FUN	0:46:31.1	337	1:21:07.6	349
259		274	Carlos Lopes	252	1:56:06.6	1:55:50.8	M50	34	RunLovers	0:49:53.4	422	1:25:45.6	421
260		276	António Fernando	44	1:56:10.3	1:55:46.9	M50	35	VIA3Runners	0:49:14.5	408	1:23:54.8	394
261		277	Fernando	329	1:56:13.5	1:56:01.9	M55	17	AÇOREANA	0:47:02.0	348	1:22:10.9	370

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		278	Bruno Matias	286	1:56:31.8	1:56:03.6	Sen-M	67	CASA DO BENFICA DE	0:47:45.4	376	1:22:34.1	377
263		279	Walter Palma	523	1:56:53.3	1:56:35.2	M50	36	Ginásio Clube Português	0:47:16.5	356	1:22:21.0	374
264		280	Luis Mendes	555	1:57:01.5	1:56:58.2	M40	68	NAPA Núcleo Amigos	0:45:01.2	301	1:22:28.6	376
265		283	Nelson Ferreira	320	1:57:05.5	1:56:44.3	Sen-M	68	Team Rhynos	0:44:40.2	285	1:20:20.3	334
266		284	Rui Moura	298	1:57:05.7	1:56:43.2	M40	69	Team Rhynos	0:43:51.9	245	1:15:43.6	251
267		285	António Marques	299	1:57:05.9	1:56:43.7	M40	70	Team Rhynos	0:43:51.5	244	1:15:42.7	250
268		286	Andre Judice	415	1:57:06.7	1:56:39.2	Sen-M	69		0:46:44.0	340	1:22:18.3	373
269		287	Jorge Lozano	513	1:57:07.6	1:56:56.7	Sen-M	70		0:48:52.0	398	1:23:45.4	390
270		288	André Malhado	180	1:57:07.9	1:56:57.3	Sen-M	71		0:45:41.2	320	1:21:26.2	356
271		290	Paulo Nunes	120	1:57:09.6	1:56:56.7	M40	71	Correr Lisboa	0:48:37.0	393	1:24:18.1	399
272		291	José Castro	241	1:57:12.7	1:56:55.1	M55	18	Clube Atletismo Amigos	0:50:12.6	437	1:24:01.3	396
273		292	Luis Chambel	99	1:57:14.1	1:56:53.1	M40	72		0:46:49.5	342	1:21:56.1	362
274		294	Paulo Trigo	378	1:57:28.4	1:57:22.4	Sen-M	72	Runners da Frente	0:46:55.0	344	1:23:00.3	384
275		295	Diogo Barros	247	1:57:31.3	1:57:11.1	Sen-M	73	Varitintas	0:47:15.0	355	1:22:00.8	364
276		296	Paulo Sousa	13	1:57:43.0	1:57:20.3	M40	73		0:49:01.5	401	1:23:59.1	395
277		297	Paulo Trindade	474	1:57:50.3	1:57:46.1	M40	74	O MUNDO DA	0:46:13.2	332	1:22:22.5	375
278		298	Paulo Quaresma	269	1:58:05.9	1:57:52.2	M60	11	Veteranos de Massamá	0:49:21.1	411	1:25:24.8	414
279		299	Nuno Borges	441	1:58:08.0	1:58:01.3	M40	75		0:46:07.7	330	1:22:43.1	383
280		300	Sérgio Bastos	78	1:58:08.2	1:57:30.6	M40	76		0:50:45.1	447	1:26:11.8	430
281		301	Antonio João	547	1:58:13.8	1:57:54.3	Sen-M	74		0:49:15.7	409	1:24:38.8	407
282		302	Eduardo	525	1:58:18.2	1:57:45.3	Sen-M	75	SS CGD	0:48:16.3	385	1:23:13.9	386
283		303	Luis Sousa	499	1:58:20.1	1:58:04.8	M50	37		0:48:26.1	389	1:24:10.2	397
284		304	Nuno Anastácio	260	1:58:25.7	1:58:16.8	Sen-M	76	RunLovers	0:46:32.8	338	1:23:04.1	385
285		305	Luis Filipe	344	1:58:28.3	1:58:01.5	M45	59	Alverca Urban Runners	0:48:38.0	394	1:24:19.9	402
286		306	Luis Calheiros	84	1:58:32.5	1:58:24.2	M40	77	GD Banco BPI	0:48:25.9	388	1:24:13.3	398
287		307	Lino Silva	470	1:58:40.4	1:58:11.8	M40	78	Alverca Urban Runners	0:49:09.6	405	1:24:27.3	404
288		308	Ruben Costa	300	1:58:45.1	1:58:32.9	M50	38	RUN 4 FUN	0:50:47.9	449	1:26:09.7	427
289		309	Joao Correia	566	1:58:47.3	1:58:23.0	M55	19		0:51:31.0	463	1:27:07.0	445
290		310	Júlio Castro	242	1:58:53.6	1:58:38.1	M55	20	Clube Atletismo Amigos	0:49:38.9	418	1:25:16.1	411
291		311	Zé Mi Martins	443	1:59:00.3	1:58:27.0	M40	79	SS CGD	0:50:00.0	426	1:25:37.0	417
292		312	Hugo Duarte	217	1:59:00.6	1:58:33.9	Sen-M	77		0:48:33.4	391	1:24:32.1	406
293		315	Pedro Lopes	194	1:59:19.6	1:58:54.0	Sen-M	78	SS CGD	0:48:47.1	395	1:25:19.6	413
294		316	Antonio Negrinho	182	1:59:19.8	1:58:46.3	M50	39	SS CGD	0:49:59.8	425	1:25:35.9	415

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		317	António Ventura	518	1:59:26.3	1:58:59.7	M55	21	REAL ACADEMIA	0:50:49.9	450	1:26:20.2	433
296		318	Ricardo Silva	253	1:59:27.8	1:59:17.8	Sen-M	79	RunLovers	0:47:24.4	365	1:24:32.0	405
297		319	Rogério Pina	296	1:59:29.4	1:59:10.7	M60	12	CLUBE ANACOM	0:49:42.2	419	1:26:26.9	436
298		321	Rui A Ferreira	466	1:59:31.9	1:59:00.5	M45	60		0:50:46.6	448	1:26:27.6	437
299		323	Ricardo Bordalo	112	1:59:33.8	1:59:06.0	M45	61		0:49:08.4	403	1:24:59.3	409
300		324	Rodrigo Sousa	261	1:59:38.2	1:59:27.8	Sen-M	80	RunLovers	0:50:42.1	445	1:26:21.0	434
301		325	Pedro Torrinha	196	1:59:55.9	1:59:23.8	M40	80	SS CGD	0:49:22.8	412	1:25:09.3	410
302		326	Bruno Mendes	145	1:59:58.5	1:59:42.1	M40	81		0:48:49.3	396	1:27:18.3	447
303		327	Francisco Amaro	100	2:00:00.6	1:59:39.6	M45	62	Varitintas	0:49:32.4	415	1:26:10.5	429
304		328	Adriano Pimentel	514	2:00:04.1	2:00:00.8	Sen-M	81	Caracóis de Pedra	0:49:23.2	413	1:26:13.3	432
305		329	Bruno Afonso	143	2:00:12.7	2:00:02.2	Sen-M	82		0:48:11.1	380	1:24:18.1	400
306		330	José Manuel	75	2:00:23.7	2:00:19.6	M50	40		0:45:51.9	325	1:21:01.3	347
307		333	Miguel Marques	175	2:01:04.6	2:00:48.9	Sen-M	83	Gangue das 6h10	0:50:04.2	430	1:26:06.2	423
308		334	Jorge Brito	570	2:01:06.2	2:00:51.7	M45	63		0:51:05.6	457	1:27:04.4	444
309		335	Paulo Neves	503	2:01:11.2	2:00:47.5	Sen-M	84	Salamandrecos	0:56:14.0	528	1:28:53.7	462
310		336	Rui Lança	121	2:01:21.7	2:00:50.0	Sen-M	85		0:49:30.6	414	1:26:32.9	439
311		337	Vitor Silva	287	2:01:34.1	2:01:15.0	M50	41	CASA DO BENFICA DE	0:50:41.7	443	1:27:35.0	449
312		339	Carlos Sousa	202	2:01:42.5	2:01:15.1	M55	22	Os Perigosos	0:47:04.9	351	1:23:26.8	388
313		340	Paulo Lopes	469	2:01:48.3	2:01:18.7	Sen-M	86	Alverca Urban Runners	0:49:35.0	416	1:26:44.7	442
314		341	Nuno Marques	249	2:01:54.6	2:01:37.4	M45	64	RunLovers	0:49:53.9	423	1:26:35.9	440
315		342	Osman Aziz	131	2:02:02.9	2:01:57.8	S23-M	3	Zulisnatis	0:44:49.3	293	1:20:41.0	340
316		343	Alexandre Reis	279	2:02:05.5	2:01:49.6	M55	23	CASA DO BENFICA DE	0:47:24.0	364	1:25:43.0	420
317		344	Miguel Castela	123	2:02:08.5	2:02:01.6	M45	65	Associação de Atletismo	0:49:18.1	410	1:28:13.5	455
318		345	Miguel Baptista	536	2:02:17.4	2:02:13.2	M50	42		0:40:16.7	156	1:28:01.6	451
319		347	Mikael Saraiva	460	2:02:31.2	2:01:57.8	Sen-M	87	Hepafiltra	0:50:21.5	439	1:26:08.3	426
320		349	Jose Guia	192	2:02:45.2	2:02:29.5	M65	7	SS CGD	0:49:11.8	406	1:25:17.5	412
321		350	João Antunes	316	2:03:11.3	2:03:02.3	M45	66		0:47:24.6	366	1:27:11.8	446
322		352	Henrique Ruivo	174	2:03:12.9	2:03:04.6	M55	24	Tartarugas Solidárias	0:46:04.1	327	1:28:07.8	453
323		353	David Cardoso	303	2:03:27.7	2:03:10.3	Sen-M	88	Mercenários da Penha	0:48:12.4	383	1:26:32.1	438
324		354	Rui Almeida	307	2:03:28.2	2:03:10.8	Sen-M	89	Mercenários da Penha	0:48:13.1	384	1:26:36.6	441
325		356	Tiago Gamboa	463	2:03:31.9	2:02:45.0	M40	82	Amigos Atletismo Mafra	0:49:47.9	421	1:26:12.0	431
326		357	João Reis	137	2:03:46.8	2:03:38.1	M50	43	CTT Running	0:48:51.4	397	1:26:45.3	443
327		359	Pedro Barrela	93	2:04:17.8	2:04:11.1	M40	83	GD Banco BPI	0:48:52.7	400	1:25:37.4	418

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		361	Enrique Ortiz	457	2:04:20.9	2:04:09.3	Sen-M	90		0:49:54.0	424	1:27:36.0	450
329		362	José Catita	305	2:04:28.4	2:04:05.0	M55	25	Garmin - C.O.O.	0:51:47.3	472	1:28:42.5	458
330		363	Pedro Ac	55	2:04:30.1	2:04:00.9	M40	84		0:49:08.3	402	1:25:49.6	422
331		365	Tiago Almeida	272	2:04:46.9	2:04:10.7	Sen-M	91		0:53:01.9	490	1:29:23.7	471
332		366	Jorge Alexandre	301	2:05:10.5	2:04:57.0	M50	44	RUN 4 FUN	0:51:38.8	467	1:28:31.7	457
333		367	Diogo Leite	361	2:05:23.7	2:05:10.2	M45	67		0:49:44.4	420	1:28:44.5	459
334		368	Pedro Santos	62	2:05:35.8	2:05:12.0	M40	85		0:51:31.5	464	1:28:21.7	456
335		369	Joao Almeida	189	2:05:36.3	2:05:26.4	M45	68	SS CGD	0:50:11.8	435	1:28:57.0	463
336		370	Carlos Figueiredo	183	2:05:36.4	2:05:27.4	M40	86	SS CGD	0:50:12.9	438	1:28:58.0	464
337		371	Luis Miguel	524	2:05:55.9	2:05:21.4	M40	87		0:53:12.0	495	1:31:36.1	487
338		372	Jorge Paulino	433	2:06:07.1	2:05:39.8	M60	13	CDM	0:53:16.7	498	1:31:43.9	491
339		373	José Sampaio	530	2:06:24.6	2:05:55.6	M45	69		0:51:22.9	460	1:29:13.6	469
340		376	António Cardoso	146	2:06:50.4	2:06:15.1	M45	70		1:01:10.5	562	1:36:13.6	530
341		377	Frederico Wiborg	385	2:06:55.7	2:06:21.7	M45	71	WL84	0:55:29.9	522	1:33:41.6	509
342		378	Carlos Alberto	507	2:07:31.6	2:07:07.8	M45	72	corroios	0:50:23.9	440	1:30:00.4	473
343		380	João Lima	33	2:07:51.9	2:07:22.3	M55	26	4 ao Km	0:52:42.6	487	1:30:56.7	481
344		382	Luís Tonicher	74	2:08:07.5	2:07:29.9	Sen-M	92	Friends2Run	0:51:44.4	470	1:30:31.7	476
345		383	Germano	483	2:08:20.5	2:07:51.1	M60	14	Prazer da Corrida	0:53:20.5	499	1:31:28.4	486
346		385	Nuno Santiago	10	2:08:39.0	2:08:26.7	M40	88		0:51:02.4	455	1:31:42.7	490
347		386	Joaquim Carrilho	576	2:08:40.4	2:08:09.0	M45	73	SS CGD	0:50:59.3	453	1:30:59.4	482
348		387	Pedro Loureiro	548	2:08:47.6	2:08:37.7	M40	89		0:50:00.8	427	1:28:46.5	460
349		388	Pedro Louro	195	2:08:52.9	2:08:37.4	Sen-M	93	SS CGD	0:49:09.4	404	1:26:10.0	428
350		389	Diogo Arraias	58	2:09:01.9	2:08:32.7	M60	15	Os Arraias	0:51:48.6	475	1:30:41.3	477
351		393	João Alberto	2	2:09:52.1	2:09:26.9	M45	74	Jobrinde - Montes	0:52:44.4	488	1:31:21.7	484
352		394	Jorge Marques	132	2:10:02.9	2:09:45.2	Sen-M	94		0:53:47.6	503	1:32:11.5	495
353		395	Pedro Araújo E	569	2:10:13.9	2:09:58.9	M45	75		0:51:04.7	456	1:30:48.6	479
354		396	Manuel Graça	294	2:10:15.7	2:10:07.5	M65	8		0:51:01.9	454	1:29:12.1	468
355		397	Luís Pereira	304	2:10:31.2	2:10:12.0	M45	76	CLUBE ANACOM	0:53:25.5	501	1:32:57.3	502
356		398	João Santos	268	2:10:31.4	2:10:16.5	M65	9	Veteranos de Massamá	0:53:21.8	500	1:32:35.1	499
357		401	Ricardo Cano	244	2:10:46.7	2:10:30.6	Sen-M	95	Clube Atletismo Amigos	0:55:07.0	519	1:33:33.5	508
358		402	Jaime Trabucho	489	2:11:22.7	2:10:43.9	M50	45	CAAPP	0:55:45.8	525	1:35:24.7	525
359		403	Armando Parreira	330	2:11:35.3	2:11:27.6	M45	77	AÇOREANA	0:59:48.4	557	1:37:07.7	536
360		404	Nuno Vicente	290	2:11:48.9	2:11:25.0	M40	90		0:54:51.4	513	1:34:36.8	522

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		406	Hermínio	245	2:11:49.8	2:11:24.3	M50	46		0:52:00.6	481	1:32:28.6	497
362		407	Carlos Andrade	102	2:11:50.3	2:11:33.5	Sen-M	96	Runners da Frente	0:55:07.2	520	1:33:59.5	513
363		409	José Magalhães	114	2:12:08.5	2:11:59.9	M45	78	RUN 4 FUN	0:51:26.0	461	1:31:57.9	493
364		411	Teodoro Trindade	156	2:12:09.3	2:11:56.9	M55	27	RUN 4 FUN	0:51:35.5	466	1:31:38.8	488
365		412	Rogério Matos	482	2:12:09.3	2:11:56.9	M50	47	RUN 4 FUN	0:51:41.7	468	1:30:28.6	475
366		413	Vitor Gonçalves	30	2:12:15.1	2:11:44.3	M45	79	4 ao Km	0:55:00.4	516	1:34:36.3	521
367		415	Pedro Azevedo	164	2:12:18.9	2:11:55.1	M45	80	LeYatletas	0:53:29.8	502	1:35:03.0	523
368		417	Pedro Miguel	505	2:12:26.0	2:12:03.1	Sen-M	97		0:54:42.2	512	1:34:27.8	518
369		418	António Monteiro	394	2:12:34.7	2:12:29.7	M65	10	Os Galgos	0:51:41.8	469	1:32:27.6	496
370		419	Marco Vaz	129	2:12:37.3	2:12:24.8	Sen-M	98	Falcões Selvagens	0:54:18.2	509	1:33:31.9	507
371		421	Jose Nogueira	40	2:13:16.9	2:13:03.1	M55	28	Gangue das 6h10	0:54:14.2	507	1:33:24.6	505
372		422	Alexandre José	246	2:13:23.0	2:12:59.0	M55	29		0:51:57.6	479	1:31:25.6	485
373		423	Gabriel Antonio	239	2:13:26.9	2:12:49.7	M50	48	u.r.d.arranhó	0:52:30.9	484	1:35:26.1	526
374		425	António Pereira	473	2:13:48.6	2:13:12.7	M50	49	O MUNDO DA	0:54:53.7	515	1:34:33.3	519
375		426	Bruno Dias	349	2:13:55.1	2:13:30.2	Sen-M	99	SS CGD	0:47:56.0	377	1:30:45.0	478
376		428	Bruno Neves	492	2:14:21.7	2:13:57.9	Sen-M	100		0:53:09.9	494	1:34:16.1	516
377		429	Diogo André	568	2:15:37.9	2:14:00.0	Sen-M	101		0:55:24.0	521	1:35:48.3	528
378		430	Luigi Cianci	167	2:15:40.3	2:15:04.9	M55	30	AngeRun	0:56:33.9	535	1:36:52.2	534
379		431	João Faustino	166	2:15:40.5	2:15:03.9	M40	91	AngeRun	0:56:32.6	534	1:37:45.4	539
380		432	Abilio Tavares	442	2:16:11.3	2:16:05.4	M60	16		0:52:38.1	485	1:34:02.4	514
381		433	Nuno Moreira	471	2:16:31.4	2:16:03.2	Sen-M	102	Alverca Urban Runners	0:52:42.0	486	1:31:55.3	492
382		434	Tiago Oliveira	176	2:16:46.2	2:16:13.8	Sen-M	103		0:50:42.9	446	1:33:43.1	510
383		435	Paulo Cerqueira	51	2:16:51.7	2:16:16.9	M45	81		0:57:43.8	541	1:38:03.6	541
384		436	António Sanches	92	2:16:55.5	2:16:24.1	M60	17	GD Banco BPI	0:58:06.2	546	1:39:13.9	544
385		437	Rui Soares	375	2:17:20.7	2:17:03.1	M40	92	CCD PM CASCAIS	0:55:41.0	523	1:37:03.3	535
386		438	Luis Lisboa	436	2:18:05.0	2:17:52.5	M55	31	Amigos Vale Silencio	0:54:12.9	506	1:35:58.6	529
387		439	Luis Proença	118	2:18:14.8	2:17:47.3	M45	82		0:55:56.6	527	1:38:23.0	543
388		441	José Emílio Lindo	312	2:18:22.2	2:18:20.0	M65	11	Clube de Atletismo Vale	0:52:17.5	483	1:33:54.9	512
389		443	Nuno Madureira	368	2:19:36.1	2:19:21.9	Sen-M	104		0:56:27.3	531	1:38:14.4	542
390		447	Joaquim Cruz	275	2:20:10.8	2:19:50.1	M55	32	CASA DO BENFICA DE	0:59:36.0	552	1:41:22.6	554
391		449	Nuno Alexandre	54	2:20:21.9	2:20:01.8	M40	93		0:50:55.9	451	1:35:06.3	524
392		450	Paulo Alves	21	2:21:14.9	2:21:07.3	Sen-M	105	SPEM	0:56:37.4	536	1:39:39.1	546
393		451	Jens Bierfeld	142	2:21:42.0	2:21:14.0	Sen-M	106		0:57:24.8	539	1:39:31.4	545

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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		453	Ricardo Miguel	382	2:22:00.9	2:21:27.0	Sen-M	107		0:56:47.6	537	1:41:00.2	550
395		454	Eduardo Amorim	110	2:22:07.4	2:21:34.6	M45	83		0:58:00.2	545	1:40:13.0	547
396		455	Tiago Almeida	464	2:22:09.0	2:21:49.6	Sen-M	108	Correr Lisboa	0:58:16.0	547	1:41:07.7	551
397		456	Fernando Fiães	149	2:22:27.1	2:21:48.7	M50	50		0:55:45.6	524	1:36:40.6	532
398		457	Marco Paulo	313	2:23:09.0	2:22:46.8	Sen-M	109	Kaninos	0:53:13.0	496	1:35:39.3	527
399		460	Daniel Soares	107	2:23:47.4	2:23:23.3	M55	33		0:59:44.7	556	1:42:50.7	561
400		462	Guilherme	291	2:26:08.0	2:25:43.9	Sen-M	110		0:54:53.0	514	1:41:35.3	555
401		465	Nuno Ameixial	72	2:27:36.9	2:26:59.1	M40	94	Friends2Run	1:00:42.9	559	1:44:00.0	562
402		466	Vitor Rui de	207	2:27:52.8	2:27:35.6	M45	84		1:01:42.1	564	1:44:51.8	565
403		467	Mario Santos	332	2:28:51.1	2:28:22.7	M45	85	Monte da Lua Runners	0:59:39.3	555	1:44:21.1	564
404		468	Joel Silva	41	2:29:01.3	2:28:38.4	M40	95		0:55:52.5	526	1:44:14.4	563
405		471	António Pedro	432	2:33:45.4	2:33:24.6	M45	86	Salamandrecos	1:03:54.4	570	1:50:54.3	570
406		474	Ivo Alexandre	550	2:38:44.2	2:36:33.4	Sen-M	111	Tartarugas Solidárias	0:50:34.4	442	1:52:40.6	571
407		475	Júlio Verde	155	2:40:22.9	2:39:48.2	M50	51		1:01:11.5	563	1:49:06.2	567
408		476	Jorge Nunes	81	DSQ		Sen-M	112	GD Banco BPI		14		15
409		477	Nelson Luciano	502	DSQ		Sen-M	113			78		91
410		478	António Cumbre	529	DSQ		Sen-M	114	Pernas de Gafanhoto		81		94

#### W

1		12	Inês Marques	533	1:26:31.8	1:26:30.3	S23-F	1	ProAventuras	0:36:06.5	98	1:02:03.5	110
2		63	Chantal Xhervelle	403	1:36:59.5	1:36:58.7	F40	1	CPPEA PEDRO	0:39:21.9	138	1:08:54.6	157
3		68	Dulcinea Silva	147	1:38:00.6	1:37:58.0	F40	2	os cansados	0:40:10.1	152	1:09:46.5	168
4		125	Ana Isabel Brás	373	1:43:06.2	1:43:04.6	Sen-F	1	CCD PM CASCAIS	0:41:45.8	187	1:13:11.9	212
5		164	Paula Penedo	212	1:46:41.1	1:46:37.4	Sen-F	2	N.A.Z.Abóboda	0:43:35.7	237	1:16:41.7	276
6		180	Rute Matos	475	1:47:48.9	1:47:42.1	F40	3	Aminhacorrída/Kalenji	0:44:00.1	252	1:16:52.3	282
7		184	Carla Mendes	104	1:48:05.6	1:48:02.7	F40	4	Tartarugas Solidárias	0:44:37.4	283	1:17:22.6	295
8		195	Marta Dos	229	1:49:01.3	1:48:53.3	Sen-F	3	ABSANTRUNNERS	0:45:13.5	312	1:17:29.6	297
9		197	Inês Peixoto	544	1:49:15.4	1:48:55.0	Sen-F	4		0:45:04.4	306	1:17:14.6	294
10		207	Patricia Caldas	337	1:50:09.6	1:49:56.2	Sen-F	5		0:45:07.0	309	1:18:16.4	307
11		222	Sara Velho	404	1:51:23.1	1:51:10.8	F40	5		0:45:38.1	319	1:19:41.8	325
12		239	Sónia Saro	364	1:53:02.4	1:52:30.3	Sen-F	6		0:46:26.1	334	1:21:07.6	348
13		240	Manuela Pinto	68	1:53:05.4	1:52:38.1	F50	1	O MUNDO DA	0:47:21.1	362	1:21:09.7	350
14		257	Rita Lança	284	1:54:38.8	1:54:12.4	Sen-F	7		0:50:00.9	428	1:23:51.7	393
15		271	Claudia Sofia De	420	1:55:33.6	1:55:14.7	F40	6		0:47:43.6	375	1:22:37.0	379

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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
16		275	Sónia Brandão	89	1:56:08.5	1:55:46.7	F40	7	GD Banco BPI	0:46:29.4	335	1:22:16.9	372
17		281	Celia Cecílio	556	1:57:01.5	1:56:58.7	F40	8	NAPA Núcleo Amigos	0:45:05.0	307	1:22:39.3	382
18		282	Amélia Costa	557	1:57:02.1	1:56:59.7	F50	2	NAPA Núcleo Amigos	0:45:04.2	305	1:22:36.8	378
19		289	Marta Silveira	541	1:57:08.6	1:56:55.7	Sen-F	8	Correr Lisboa	0:48:37.0	392	1:24:18.5	401
20		293	Teresa	197	1:57:15.7	1:57:01.0	F40	9	SS CGD	0:48:01.1	378	1:23:27.0	389
21		313	Luisa Palminhas	259	1:59:13.6	1:59:04.8	F40	10	RunLovers	0:49:11.8	407	1:26:21.9	435
22		314	Julie Chatelain	367	1:59:16.5	1:58:55.0	Sen-F	9		0:47:30.5	369	1:25:37.4	419
23		320	Dulce Reis	351	1:59:30.5	1:59:12.6	F40	11		0:47:02.5	349	1:23:18.7	387
24		322	Carla Morgado	353	1:59:33.1	1:59:12.1	F40	12		0:50:07.9	433	1:25:36.3	416
25		331	Sara Cunha	46	2:00:33.3	2:00:19.1	F40	13	Magic Runners -	0:50:05.0	432	1:26:08.3	425
26		332	Inês Mariquitos	223	2:01:03.5	2:00:48.0	Sen-F	10		0:50:04.7	431	1:26:07.1	424
27		338	Anabela Ferreira	336	2:01:34.6	2:01:15.6	F40	14	Varitintas	0:50:42.1	444	1:27:28.0	448
28		346	Natasha Dias	537	2:02:17.4	2:02:12.9	F40	15		0:50:11.8	436	1:28:02.2	452
29		348	Isabel Conceição	14	2:02:37.8	2:02:22.8	Sen-F	11		0:51:58.6	480	1:28:58.2	465
30		351	Andreia Maria	161	2:03:11.8	2:03:04.7	Sen-F	12	Tartarugas Solidárias	0:51:10.5	459	1:28:09.6	454
31		355	Ana Mendes	562	2:03:28.2	2:02:53.5	F40	16	Veteranos de Massamá	0:51:56.7	478	1:29:03.2	467
32		358	Analice Silva	488	2:03:54.4	2:03:51.7	F60	1	O MUNDO DA	0:51:49.2	476	1:29:02.6	466
33		360	Lucia Ventura	11	2:04:20.0	2:04:00.9	F40	17		0:50:56.2	452	1:29:21.2	470
34		364	Catarina Vargès	421	2:04:44.7	2:04:14.0	F40	18	Associação de Atletismo	0:51:53.6	477	1:28:52.3	461
35		374	Ângela Susano	139	2:06:37.6	2:06:10.3	F40	19	CTT Running	0:51:32.0	465	1:24:48.8	408
36		375	Carla Andre	564	2:06:50.1	2:06:28.2	Sen-F	13		0:54:07.1	504	1:32:31.3	498
37		379	Ana Paula	508	2:07:31.6	2:07:06.9	F40	20	C.A. Amigos Parque da	0:50:25.0	441	1:29:59.5	472
38		381	Alexandra Dinis	42	2:08:05.2	2:07:27.6	Sen-F	14		0:51:45.7	471	1:30:27.8	474
39		384	Andreia Pereira	3	2:08:37.4	2:08:23.7	Sen-F	15	O MUNDO DA	0:51:07.0	458	1:32:06.1	494
40		390	Sandra Arraias	59	2:09:02.0	2:08:33.2	Sen-F	16	Os Arraias	0:51:48.3	474	1:30:49.6	480
41		391	Vanuza Silva	379	2:09:34.7	2:09:09.8	F40	21	GRCD Leião	0:54:11.9	505	1:33:25.3	506
42		392	Kirsten Lex	141	2:09:37.0	2:09:09.7	Sen-F	17		0:52:09.6	482	1:31:00.0	483
43		399	Patrícia	5	2:10:45.5	2:10:38.1	Sen-F	18	Tartarugas Solidárias	0:53:05.0	492	1:32:41.7	500
44		400	Henriqueta Solipa	70	2:10:45.7	2:10:38.3	F50	3	Tartarugas Solidárias	0:53:05.3	493	1:32:45.7	501
45		405	Elsa Maria	302	2:11:49.4	2:11:37.4	F50	4	RUN 4 FUN	0:54:17.6	508	1:33:46.5	511
46		408	Paula Cardoso	342	2:12:01.4	2:11:50.2	F40	22	Salamandrecos	0:53:02.7	491	1:32:58.1	503
47		410	Sandra Simões	16	2:12:09.2	2:11:57.7	F40	23	RUN 4 FUN	0:51:48.0	473	1:31:40.1	489
48		414	Isadora Costa	29	2:12:15.2	2:11:45.4	Sen-F	19	4 ao Km	0:55:01.3	517	1:34:36.2	520

## 40ª Meia Maratona de S. João das Lampas

### Result List MF 40ª 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
49		416	Sandra Cardoso	549	2:12:25.1	2:12:15.2	F40	24		0:53:13.1	497	1:34:09.5	515
50		420	Sandra	48	2:13:16.7	2:13:03.9	F50	5	Magic Runners -	0:51:28.7	462	1:33:22.8	504
51		424	Ana Paula Pinto	35	2:13:48.2	2:13:30.6	F50	6	Grupo Cicloturismo	0:53:01.7	489	1:34:25.6	517
52		427	Deolinda Santos	427	2:14:13.2	2:13:56.8	F40	25		0:56:29.0	533	1:36:27.0	531
53		440	Vanessa Pais	339	2:18:21.2	2:18:09.5	Sen-F	20	RUNning	0:57:03.6	538	1:37:15.0	537
54		442	Iris Mauricio	255	2:18:30.2	2:18:19.7	F40	26	RunLovers	0:55:05.5	518	1:37:41.7	538
55		444	Helena Leitão	254	2:19:39.9	2:19:28.6	F40	27	RunLovers	0:58:17.6	548	1:40:37.5	548
56		445	Patrícia Pedro	278	2:20:06.3	2:19:44.8	F50	7	CASA DO BENFICA DE	0:59:36.1	553	1:41:20.5	552
57		446	Sofia Freire	168	2:20:10.1	2:19:34.6	F40	28	AngeRun	0:56:29.0	532	1:37:54.7	540
58		448	Sofia Cardoso	169	2:20:11.3	2:19:34.8	F40	29	AngeRun	0:56:22.0	529	1:36:51.3	533
59		452	Silvina Maria	153	2:21:59.6	2:21:51.1	F40	30		0:57:49.1	542	1:40:49.1	549
60		458	Cláudia Duarte	545	2:23:44.6	2:23:29.5	Sen-F	21	GD Banco BPI	0:57:34.9	540	1:42:28.1	558
61		459	Célia Azenha	542	2:23:45.5	2:23:37.5	F50	8		1:00:52.7	561	1:42:50.6	560
62		461	Celina Jorge	49	2:23:55.2	2:23:39.7	Sen-F	22		0:59:08.9	551	1:42:34.0	559
63		463	Sónia	27	2:26:31.8	2:25:59.0	Sen-F	23		0:58:37.0	550	1:41:21.2	553
64		464	Catarina	47	2:26:50.9	2:26:31.1	F50	9	Magic Runners -	0:59:51.2	558	1:41:39.5	556
65		469	Hélia Cristina	429	2:29:01.5	2:28:55.9	Sen-F	24		1:00:43.2	560	1:46:39.5	566
66		470	Rute Pinheiro	535	2:31:06.2	2:30:28.4	Sen-F	25		0:58:28.6	549	1:42:01.4	557
67		472	Patrícia Monteiro	431	2:33:45.8	2:33:25.9	F40	31	Salamandrecos	1:03:57.9	571	1:50:43.2	569
68		473	Lucilia Faustino	559	2:38:44.1	2:38:30.2	Sen-F	26		1:03:25.7	569	1:54:38.3	573

Number of records: 478

# 40ª Meia Maratona de S. João das Lampas

## Team Results 40ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
<b>40ª Meia Maratona de S. João das Lampas</b>				
<b>1. N.A.Z.Abóboda 1</b>			<b>4:18:50,47</b>	
215	Paulo Silva	N.A.Z.Abóboda	Veteranos M40	1:24:50.7
213	Ricardo Damião	N.A.Z.Abóboda	Veteranos M40	1:26:23.3
214	Jorge Rodrigues	N.A.Z.Abóboda	Veteranos M50	1:27:36.4
<b>2. Clube de Futebol Os Belenenses 1</b>			<b>4:26:51,55</b>	
208	João Ginja	Clube de Futebol Os Belenenses	Veteranos M50	1:20:06.5
210	Carlos Marques	Clube de Futebol Os Belenenses	Veteranos M50	1:31:22.4
552	Nuno Manuel Queija	Clube de Futebol Os Belenenses	Veteranos M40	1:35:22.5
<b>3. Correr Lisboa 1</b>			<b>4:27:41,24</b>	
426	José Pais	Correr Lisboa	Veteranos M40	1:27:30.5
553	Nuno Silva	Correr Lisboa	Veteranos M40	1:29:08.7
425	Pedro Cardoso	Correr Lisboa	Seniors-M	1:31:01.9
<b>4. Amigos Atletismo Mafra 1</b>			<b>4:35:54,25</b>	
309	Fernando Alves	Amigos Atletismo Mafra	Veteranos M50	1:23:16.2
365	Luis Miguel Santos	Amigos Atletismo Mafra	Seniors-M	1:31:40.3
496	Rodrigo Guerra	Amigos Atletismo Mafra	Veteranos M40	1:40:57.6
<b>5. C. R. alturense 1</b>			<b>4:43:30,50</b>	
397	António Afonso	C. R. alturense	Veteranos M45	1:29:46.2
396	Luís Varzea	C. R. alturense	Seniors-M	1:34:02.2
395	Fernando Silva	C. R. alturense	Veteranos M50	1:39:41.9
<b>6. Amigosdacorrída.com 1</b>			<b>4:46:41,31</b>	
561	Jorge Caiado	Amigosdacorrída.com	Veteranos M45	1:31:37.0
231	Nuno Anjos	amigosdacorrída.com	Veteranos M40	1:32:09.3
234	Henrique Adrega	amigosdacorrída.com	Veteranos M60	1:42:54.9
<b>7. GRCD Leião 1</b>			<b>4:49:36,04</b>	
348	Pedro J C Gouveia Gouveia	GRCD Leião	Veteranos M45	1:30:07.9
386	Rui Lacerda	GRCD Leião	Veteranos M40	1:36:45.0
357	Luis Pinto	GRCD Leião	Veteranos M45	1:42:43.0
<b>8. RunLovers 1</b>			<b>4:52:53,94</b>	
258	Leonardo Coelho	RunLovers	Sub23-M	1:26:15.6
256	Jaime Mauricio	RunLovers	Veteranos M40	1:37:39.7
262	Jorge Ribeiro	RunLovers	Veteranos M40	1:48:58.4
<b>9. CTT Running 1</b>			<b>4:53:34,42</b>	
136	José Manuel Neves	CTT Running	Veteranos M45	1:23:42.1
134	Luís Veloso	CTT Running	Veteranos M40	1:39:59.1
133	Vasco Ascensão	CTT Running	Veteranos M45	1:49:53.1
<b>10. NAPA Núcleo Amigos Perna Assada 1</b>			<b>4:53:47,07</b>	
448	João Paixão	NAPA Núcleo Amigos Perna Assada	Veteranos M45	1:31:28.4
451	Jorge Monteiro	NAPA Núcleo Amigos Perna Assada	Veteranos M40	1:33:32.7
558	Nelson Colaço	NAPA Núcleo Amigos Perna Assada	Veteranos M40	1:48:45.8
<b>11. Os Galgos 1</b>			<b>4:54:54,63</b>	
263	António Figueiredo	Os Galgos	Seniors-M	1:31:05.7
393	Mário Monteiro	Os Galgos	Veteranos M40	1:41:31.7

# 40ª Meia Maratona de S. João das Lampas

## Team Results 40ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
264	Armando Dias	Os Galgos	Veteranos M50	1:42:17.1
<b>12. SS CGD 1</b>			<b>4:56:21,36</b>	
186	Fernando Candeias	SS CGD	Veteranos M45	1:26:48.8
185	David Faustino	SS CGD	Veteranos M50	1:43:01.2
193	Pedro Fontoura	SS CGD	Veteranos M45	1:46:31.3
<b>13. Runners da Frente Ribeirinha da Póvoa de Santa Iria 1</b>			<b>5:02:15,02</b>	
377	Vitor Marques	Runners da Frente Ribeirinha da Póvoa de Santa	Seniors-M	1:33:20.7
64	Rafael Monteiro	Runners da Frente Ribeirinha da Póvoa de Santa	Seniors-M	1:40:21.7
34	Angelo Relvas	Runners da Frente Ribeirinha da Póvoa de Santa	Seniors-M	1:48:32.5
<b>14. individual 1</b>			<b>5:02:27,14</b>	
504	Jose Renato Rodrigues	individual	Seniors-M	1:38:36.6
560	Fernando Sousa	Individual	Veteranos M55	1:38:52.7
501	Luis Silveira	Individual	Veteranos M55	1:44:57.7
<b>15. AÇOREANA 1</b>			<b>5:04:31,34</b>	
399	Mario Gomes	AÇOREANA	Veteranos M45	1:35:08.2
400	Nuno Sabino	AÇOREANA	Seniors-M	1:43:27.8
324	Nelson Mota	AÇOREANA	Veteranos M45	1:45:55.2
<b>16. ABSANTRUNNERS 1</b>			<b>5:05:29,86</b>	
227	José Carlos Abrantes	ABSANTRUNNERS	Veteranos M40	1:29:48.0
228	Pedro Miguel Fernandes	ABSANTRUNNERS	Veteranos M40	1:46:40.4
229	Marta Dos Santos	ABSANTRUNNERS	Seniors-F	1:49:01.3
<b>17. Associação de Atletismo Lebres do Sado 1</b>			<b>5:08:02,28</b>	
444	Pedro Pires	Associação de Atletismo Lebres do Sado	Veteranos M50	1:39:24.8
222	Joaquim Fernandes	Associação de Atletismo Lebres do Sado	Veteranos M50	1:41:20.0
122	Victor Silva	Associação de Atletismo Lebres do Sado	Veteranos M50	1:47:17.3
<b>18. GO!Runners 1</b>			<b>5:08:08,44</b>	
480	Paulo Marques	GO!Runners	Veteranos M40	1:38:57.7
345	João Valente	GO!Runners	Veteranos M40	1:44:34.8
481	Diogo Sousa	GO!Runners	Seniors-M	1:44:35.8
<b>19. CASA DO BENFICA DE ALGUEIRÃO MEM MARTINS 1</b>			<b>5:09:06,94</b>	
280	Luís Oliveira	CASA DO BENFICA DE ALGUEIRÃO MEM	Veteranos M45	1:35:09.0
274	Alcindo Almeida	CASA DO BENFICA DE ALGUEIRÃO MEM	Veteranos M55	1:40:40.3
281	Sidónio Dias	CASA DO BENFICA DE ALGUEIRÃO MEM	Veteranos M45	1:53:17.5
<b>20. Aminhacorrída/Kalenji 1</b>			<b>5:09:41,46</b>	
477	Manuel Samouqueiro	Aminhacorrída/Kalenji	Veteranos M40	1:34:04.2
476	Carlos Lopes	Aminhacorrída/Kalenji	Veteranos M40	1:47:48.2
475	Rute Matos	Aminhacorrída/Kalenji	Veteranas F40	1:47:48.9
<b>21. Clube Atletismo Amigos de Belém 1</b>			<b>5:10:56,59</b>	
468	António Santos	Clube Atletismo Amigos de Belém	Veteranos M50	1:34:41.8
243	Paulo Lourinho	Clube Atletismo Amigos de Belém	Veteranos M45	1:39:01.9
241	José Castro	Clube Atletismo Amigos de Belém	Veteranos M55	1:57:12.7
<b>22. O MUNDO DA CORRIDA 1</b>			<b>5:11:45,22</b>	
67	José Simões	O MUNDO DA CORRIDA	Veteranos M50	1:37:26.8
531	Carlos Jesus	O MUNDO DA CORRIDA	Veteranos M40	1:41:12.9

# 40ª Meia Maratona de S. João das Lampas

## Team Results 40ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
68	Manuela Pinto	O MUNDO DA CORRIDA	Veteranas F50	1:53:05.4
<b>23.</b>	<b>CD Estrela 1</b>			<b>5:12:11,51</b>
372	José Carlos Marcelino	CD Estrela	Veteranos M50	1:31:57.7
270	Rui Silva	CD Estrela	Veteranos M45	1:46:43.9
310	Rui Trindade	CD Estrela	Veteranos M45	1:53:29.8
<b>24.</b>	<b>CCD PM CASCAIS 1</b>			<b>5:15:31,62</b>
373	Ana Isabel Brás	CCD PM CASCAIS	Seniors-F	1:43:06.2
374	Paulo Oliveira	CCD PM CASCAIS	Veteranos M45	1:43:06.7
376	Rui Vasques	CCD PM CASCAIS	Veteranos M50	1:49:18.6
<b>25.</b>	<b>REAL ACADEMIA 1</b>			<b>5:19:07,86</b>
333	Antonio Angelino	REAL ACADEMIA	Veteranos M45	1:41:45.3
554	João Moura	REAL ACADEMIA	Veteranos M60	1:46:41.8
314	Alvaro Pinto	REAL ACADEMIA	Veteranos M55	1:50:40.6
<b>26.</b>	<b>Caracóis de Pedra 1</b>			<b>5:22:55,77</b>
517	João Apolinário	Caracóis de Pedra	Seniors-M	1:46:04.9
516	João Rodrigues	Caracóis de Pedra	Veteranos M55	1:47:34.2
515	Tiago Baleia	Caracóis de Pedra	Seniors-M	1:49:16.5
<b>27.</b>	<b>GD Banco BPI 1</b>			<b>5:26:14,39</b>
91	Carlos Cardoso	GD Banco BPI	Veteranos M60	1:44:59.8
86	Mário Rodrigues	GD Banco BPI	Veteranos M40	1:50:08.8
85	Pedro Trabucho	GD Banco BPI	Veteranos M50	1:51:05.7
<b>28.</b>	<b>Tartarugas Solidárias 1</b>			<b>5:27:14,30</b>
494	Rui Esteves	Tartarugas Solidárias	Veteranos M40	1:46:54.0
104	Carla Mendes	Tartarugas Solidárias	Veteranas F40	1:48:05.6
219	Jorge Pardal	Tartarugas Solidárias	Veteranos M40	1:52:14.6
<b>29.</b>	<b>Os Perigosos 1</b>			<b>5:30:54,51</b>
198	Helder Valadas	Os Perigosos	Seniors-M	1:42:57.5
200	Marco Caseiro	Os Perigosos	Seniors-M	1:46:14.3
202	Carlos Sousa	Os Perigosos	Veteranos M55	2:01:42.5
<b>30.</b>	<b>RUN 4 FUN 1</b>			<b>5:31:22,27</b>
103	Fernando Rosete	RUN 4 FUN	Veteranos M45	1:43:57.4
24	Gonçalo Lopes	RUN 4 FUN	Seniors-M	1:51:23.9
15	João Barreira	RUN 4 FUN	Seniors-M	1:56:00.8
<b>31.</b>	<b>C.A. Amigos Parque da Paz 1</b>			<b>5:32:51,55</b>
53	Pedro Gabriel	C.A. Amigos Parque da Paz	Veteranos M40	1:38:21.7
113	Nuno Gomes	C.A. Amigos Parque da Paz	Veteranos M45	1:46:58.1
508	Ana Paula Guedes Cruz	C.A. Amigos Parque da Paz	Veteranas F40	2:07:31.6
<b>32.</b>	<b>Varitintas 1</b>			<b>5:45:55,85</b>
177	Helder Tavares	Varitintas	Seniors-M	1:48:23.8
247	Diogo Barros	Varitintas	Seniors-M	1:57:31.3
100	Francisco Amaro	Varitintas	Veteranos M45	2:00:00.6
<b>33.</b>	<b>u.r.d.arranhó 1</b>			<b>5:47:57,57</b>
237	Filipe Branco	u.r.d.arranhó	Veteranos M45	1:45:52.1
238	Andrè Mota	u.r.d.arranhó	Seniors-M	1:48:38.4

## 40ª Meia Maratona de S. João das Lampas

### Team Results 40ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
239	Gabriel Antonio	u.r.d.arranhó	Veteranos M50	2:13:26.9
<b>34.</b>	<b>Team Rhynos 1</b>			<b>5:51:17,28</b>
320	Nelson Ferreira	Team Rhynos	Seniors-M	1:57:05.5
298	Rui Moura	Team Rhynos	Veteranos M40	1:57:05.7
299	António Marques	Team Rhynos	Veteranos M40	1:57:05.9
<b>35.</b>	<b>Magic Runners - Enterprom brindes promocionais 1</b>			<b>5:53:30,48</b>
45	Artur Pereira	Magic Runners - Enterprom brindes promocionais	Veteranos M45	1:39:40.4
46	Sara Cunha	Magic Runners - Enterprom brindes promocionais	Veteranas F40	2:00:33.3
48	Sandra Magalhães	Magic Runners - Enterprom brindes promocionais	Veteranas F50	2:13:16.7
<b>36.</b>	<b>Alverca Urban Runners 1</b>			<b>5:58:57,10</b>
344	Luis Filipe Pessoa Dos	Alverca Urban Runners	Veteranos M45	1:58:28.3
470	Lino Silva	Alverca Urban Runners	Veteranos M40	1:58:40.4
469	Paulo Lopes	Alverca Urban Runners	Seniors-M	2:01:48.3
<b>37.</b>	<b>Gangue das 6h10 1</b>			<b>6:07:10,63</b>
39	Rui Rodrigues	Gangue das 6h10	Veteranos M55	1:52:49.0
175	Miguel Marques	Gangue das 6h10	Seniors-M	2:01:04.6
40	Jose Nogueira	Gangue das 6h10	Veteranos M55	2:13:16.9
<b>38.</b>	<b>Veteranos de Massamá 1</b>			<b>6:12:05,66</b>
269	Paulo Quaresma	Veteranos de Massamá	Veteranos M60	1:58:05.9
562	Ana Mendes	Veteranos de Massamá	Veteranas F40	2:03:28.2
268	João Santos	Veteranos de Massamá	Veteranos M65	2:10:31.4
<b>39.</b>	<b>4 ao Km 1</b>			<b>6:32:22,35</b>
33	João Lima	4 ao Km	Veteranos M55	2:07:51.9
30	Vitor Gonçalves	4 ao Km	Veteranos M45	2:12:15.1
29	Isadora Costa	4 ao Km	Seniors-F	2:12:15.2
<b>40.</b>	<b>Salamandrecos 1</b>			<b>6:46:58,10</b>
503	Paulo Neves	Salamandrecos	Seniors-M	2:01:11.2
342	Paula Cardoso	Salamandrecos	Veteranas F40	2:12:01.4
432	António Pedro Santos	Salamandrecos	Veteranos M45	2:33:45.4
<b>41.</b>	<b>AngeRun 1</b>			<b>6:51:31,09</b>
167	Luigi Cianci	AngeRun	Veteranos M55	2:15:40.3
166	João Faustino	AngeRun	Veteranos M40	2:15:40.5
168	Sofia Freire	AngeRun	Veteranas F40	2:20:10.1