

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
1	Antonio Sousa	478	1:16:00.3	1:15:58.2	1	M45	1	GFD RUNNING	0:33:25.2	1	0:54:44.3	1
2	João Ginja	125	1:18:47.2	1:18:45.2	2	M50	1	Club Futebol os Belenenses	0:34:15.5	3	0:56:36.6	2
3	João Catalão	430	1:20:08.5	1:20:00.5	3	Sen-M	1		0:35:23.0	7	0:57:50.6	6
4	João Caldeira	44	1:20:16.5	1:20:14.5	4	M55	1	Linda a Pastora S.C.	0:34:42.3	5	0:57:22.3	4
5	João Ferreira	459	1:20:55.1	1:20:52.7	5	M40	1		0:34:42.0	4	0:57:23.4	5
6	Artur Oliveira	269	1:21:15.0	1:21:12.4	6	M45	2	Casa do Benfica em Algueirão	0:34:00.9	2	0:57:00.8	3
7	Leonardo Coelho	501	1:21:32.0	1:21:28.6	7	S23-M	1	RunLovers	0:35:47.1	13	0:58:56.2	7
8	Joao Hora	428	1:22:43.5	1:22:38.5	8	M40	2		0:35:27.3	9	0:59:45.4	13
9	José Manuel	192	1:22:49.2	1:22:45.9	9	M45	3	A Natureza Ensina	0:35:36.4	11	0:59:10.1	9
10	Joaquim Frazão	506	1:22:52.9	1:22:50.1	10	M40	3	Casa Benfica Torres Vedras	0:35:24.3	8	0:59:11.6	10
11	Fernando Silva	434	1:23:01.2	1:22:58.8	11	M50	2	URBAN RUN TEAM	0:35:09.3	6	0:58:57.2	8
12	Julio Finote	284	1:23:38.8	1:23:35.7	12	M45	4	GRUPO DESPORTIVO E	0:35:37.0	12	0:59:22.3	12
13	José Camacho	508	1:23:41.2	1:23:38.0	13	Sen-M	2		0:36:23.9	19	1:00:17.3	16
14	Carlos Manuel	189	1:23:41.8	1:23:38.6	14	Sen-M	3	A Natureza Ensina	0:36:24.0	20	1:00:17.1	15
15	Maillard Vincent	410	1:23:59.7	1:23:45.3	15	Sen-M	4	SAM Sportinlove	0:35:35.9	10	0:59:17.0	11
16	António	70	1:24:40.9	1:24:37.4	16	Sen-M	5	Os Galgos	0:36:05.0	15	1:00:21.6	17
17	António Fortuna	362	1:25:07.2	1:25:03.3	17	Sen-M	6	David Vaz Associação	0:35:49.8	14	1:00:00.7	14
18	Miguel Pinto	323	1:25:23.8	1:25:20.3	18	M40	4	Federação da Família para a	0:36:43.8	21	1:01:02.4	21
19	Nelson Fonseca	225	1:26:01.7	1:25:57.6	19	Sen-M	7	Jobrinde - Montes Saloios	0:36:16.7	17	1:00:44.6	18
20	Mário Firmino	305	1:26:25.7	1:26:23.2	20	Sen-M	8	Dolce Furadouro	0:36:20.5	18	1:00:50.7	20
21	Didier Valente	407	1:26:38.0	1:26:34.3	21	M45	5	Monsanto Running Team	0:37:15.6	23	1:02:24.3	22
22	Paulo Sérgio	118	1:26:46.1	1:26:44.0	22	M40	5	Grupo Recreativo Estrela do	0:36:09.3	16	1:00:47.0	19
23	Flávio Santos	102	1:27:42.8	1:27:39.6	23	S23-M	2	Federação da Família para a	0:36:45.9	22	1:03:17.1	25
24	Francisco Monte	321	1:28:05.5	1:27:59.3	24	Sen-M	9	O MUNDO DA CORRIDA	0:37:46.9	25	1:02:54.9	23
25	Tiago Martins	339	1:28:17.9	1:28:11.1	25	Sen-M	10		0:38:29.4	27	1:03:09.5	24
26	David Karim	49	1:28:31.0	1:28:24.2	26	Sen-M	11		0:38:42.1	29	1:03:35.2	26
27	Julio Fernandes	462	1:29:08.3	1:28:53.2	27	M40	6	OCS - Proaventuras	0:38:26.8	26	1:03:49.0	28
28	Vitor Silva	257	1:29:57.9	1:29:39.9	28	M50	3	Casa do Benfica em Algueirão	0:39:06.3	34	1:04:29.6	30
29	Fernando Feijão	281	1:29:58.0	1:29:43.6	29	M60	1	GRUPO DESPORTIVO E	0:39:01.4	31	1:04:33.5	31
30	Orlando Correia	384	1:30:50.7	1:30:46.1	30	M45	6	Linda a Pastora S.C.	0:39:32.2	43	1:04:42.8	32
31	António Santos	435	1:30:58.4	1:30:51.6	31	M55	2		0:39:44.5	49	1:05:28.8	36
32	Edgar Trigo	104	1:31:01.2	1:30:58.2	32	M45	7	Federação da Família para a	0:39:20.7	38	1:05:27.7	35
33	Pedro Serra	343	1:31:06.6	1:30:52.9	33	Sen-M	12	Tartarugas Solidárias	0:39:32.1	42	1:05:29.0	37
34	Vitor Marques	3	1:31:21.6	1:31:15.6	34	Sen-M	13		0:39:54.6	53	1:05:35.4	38
35	Carlos Manuel	325	1:31:29.1	1:31:22.5	35	Sen-M	14		0:38:30.0	28	1:03:58.3	29

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
36	João Paixão	229	1:31:29.3	1:31:25.7	36	M45	8	NAPA Núcleo Amigos Perna	0:39:16.3	36	1:05:38.3	40
37	Fredrico Lazaro	285	1:31:30.7	1:31:24.1	37	Sen-M	15	GRUPO DESPORTIVO E	0:39:39.9	47	1:05:40.3	43
38	Isabel Silva	429	1:31:33.0	1:31:25.0	1	Sen-F	1		0:39:54.7	54	1:05:38.4	41
39	Mário Rodrigues	489	1:31:40.9	1:31:37.8	38	M50	4	Federação da Família para a	0:37:21.1	24	1:03:38.5	27
40	João Pastor	397	1:31:44.8	1:31:39.2	39	M45	9	Amigos do Atletismo de Mafra	0:39:57.5	58	1:06:02.3	46
41	Luis Oliveira	261	1:31:55.4	1:31:50.0	40	M45	10	Casa do Benfica em Algueirão	0:39:18.8	37	1:06:12.1	51
42	Paulo Gomes	467	1:31:59.4	1:31:34.3	41	Sen-M	16		0:39:39.2	46	1:04:44.2	33
43	Sérgio Pires	61	1:32:00.1	1:31:51.6	42	M40	7		0:39:53.2	52	1:06:09.7	49
44	Vasco Tavares	9	1:32:05.7	1:31:56.0	43	M40	8	Correr Lisboa	0:39:03.9	32	1:05:23.4	34
45	Duarte Barbosa	457	1:32:09.8	1:32:01.2	44	M45	11	Turres Trail Clube	0:39:00.1	30	1:05:36.1	39
46	Germano Silva	458	1:32:12.1	1:32:07.6	45	M55	3	REAL ACADEMIA	0:39:32.4	44	1:05:38.9	42
47	Jorge Pardal	43	1:32:22.2	1:32:15.1	46	M40	9	Tartarugas Solidárias	0:39:57.0	57	1:06:24.1	54
48	Nuno Anjos	416	1:32:34.4	1:32:29.7	47	M40	10	amigosdacorrída.com	0:39:46.7	51	1:06:06.8	48
49	José Manuel	204	1:32:36.4	1:32:31.7	48	M55	4		0:39:57.7	59	1:06:11.5	50
50	Rafael Abrunhosa	364	1:32:41.6	1:32:19.6	49	M50	5		0:40:15.9	69	1:06:20.5	53
51	Eduardo Santos	54	1:33:01.5	1:32:52.6	50	Sen-M	17		0:40:13.5	65	1:06:52.2	58
52	José Marcelino	133	1:33:10.0	1:33:07.6	51	M50	6	Clube Desportivo Estrela	0:39:45.2	50	1:06:02.7	47
53	Alexandre Lucas	157	1:33:11.7	1:32:59.9	52	Sen-M	18	Caracóis de Pedra	0:39:04.3	33	1:05:44.3	44
54	Hélder Lopes	268	1:33:19.9	1:33:17.1	53	M45	12	Casa do Benfica em Algueirão	0:41:38.4	91	1:07:47.3	68
55	Patricia Rivotti	137	1:33:23.1	1:33:12.8	2	F40	1	Sport União Colarense	0:40:07.6	63	1:06:48.0	57
56	Carlos Baptista	318	1:33:38.7	1:33:30.2	54	M55	5	S.C.Casinhos	0:40:14.5	67	1:07:01.6	61
57	José Pita	282	1:33:39.0	1:33:29.8	55	M50	7	GRUPO DESPORTIVO E	0:40:13.4	64	1:07:00.6	60
58	Pedro Soares	399	1:33:42.3	1:33:36.6	56	M40	11		0:39:28.2	41	1:05:49.4	45
59	Paulo Pereira	487	1:33:46.3	1:33:34.8	57	M50	8	Tranquilidade Açoreana Clube	0:41:22.8	87	1:07:57.8	70
60	Ricardo Soeiro	463	1:34:00.3	1:33:44.6	58	Sen-M	19	Grupo Desportivo Roche	0:39:41.9	48	1:06:44.3	56
61	Miguel Ribeiro	39	1:34:07.2	1:34:01.6	59	M45	13		0:40:07.0	62	1:07:27.6	65
62	Tiago Machado	398	1:34:07.5	1:33:59.8	60	M40	12		0:40:14.7	68	1:07:25.7	64
63	Bruno Taveira	277	1:34:24.9	1:34:21.1	61	Sen-M	20	Núcleo Atletismo Vialonga	0:41:14.2	85	1:08:09.1	75
64	Diogo Sousa	242	1:34:32.9	1:34:26.9	62	Sen-M	21	GO!Runners	0:39:54.9	55	1:06:53.3	59
65	Gilberto Dias	494	1:34:36.5	1:34:31.1	63	M55	6	Amigos do Atletismo de Mafra	0:41:10.0	83	1:08:19.7	78
66	Pedro Joao Reis	141	1:34:39.9	1:34:31.3	64	M45	14		0:41:03.2	81	1:08:04.5	73
67	José Maria	385	1:34:43.4	1:34:38.0	65	M50	9	David Vaz Associação	0:39:34.8	45	1:06:16.2	52
68	Maria Frias	360	1:34:49.8	1:34:48.7	3	F50	1	Amigos do Atletismo de Mafra	0:40:52.1	77	1:08:04.5	72
69	Armando Dias	100	1:34:56.4	1:34:53.2	66	M50	10	Os Galgos	0:40:00.1	61	1:07:42.8	67
70	Carlos Cardoso	217	1:35:00.1	1:34:56.3	67	M65	1	GD Banco BPI	0:40:41.1	74	1:07:58.7	71
71	Rui Grazina	252	1:35:15.0	1:35:10.8	68	M55	7	CCD Sintrense	0:39:21.5	39	1:06:27.3	55
72	Carlos Abrunhosa	366	1:35:19.3	1:34:56.5	69	M45	15	Millenniumbcp	0:40:29.3	73	1:07:41.7	66

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
73	Nuno Vaz	158	1:35:25.8	1:34:55.0	70	Sen-M	22	Caracóis de Pedra	0:42:32.3	121	1:10:07.6	100
74	Jorge Sirgado	492	1:35:41.7	1:35:35.3	71	M45	16		0:40:27.1	72	1:07:49.8	69
75	Joaquim Palma	394	1:35:45.0	1:35:35.7	72	M60	2	Caracóis de Pedra	0:40:53.5	79	1:08:57.3	85
76	José Correia	502	1:35:46.9	1:35:35.1	73	M45	17	CCD Siemens	0:40:14.4	66	1:08:54.7	82
77	Bruno Canhão	480	1:36:03.4	1:35:54.3	74	Sen-M	23		0:39:25.4	40	1:07:15.4	63
78	Rui Vale	55	1:36:04.6	1:35:54.4	75	Sen-M	24	Correr Lisboa	0:41:58.2	101	1:08:46.0	81
79	Amílcar Feliciano	22	1:36:06.0	1:36:00.1	76	Sen-M	25		0:40:48.4	76	1:08:09.2	76
80	Luis Monteiro	373	1:36:18.4	1:36:07.2	77	M45	18	Clube Novo Banco	0:42:03.6	104	1:09:35.7	94
81	Vasco Ascensão	170	1:36:24.3	1:36:07.8	78	M45	19	CDCR dos CTT	0:41:49.0	95	1:09:00.1	86
82	Ricardo Martins	88	1:36:29.8	1:36:24.6	79	M40	13	OutSystems Olímpico de	0:40:42.5	75	1:08:29.8	79
83	Sérgio Pontes	128	1:36:29.9	1:36:19.0	80	M40	14	Lx Run	0:41:41.8	92	1:09:07.4	87
84	Marco Oliveira	421	1:36:32.5	1:36:12.8	81	M40	15	O MUNDO DA CORRIDA	0:41:53.2	97	1:09:18.9	89
85	António Pedro	402	1:36:48.8	1:36:28.0	82	M45	20	Salamandrecos	0:41:30.1	90	1:09:08.0	88
86	Luís F Da Costa	97	1:36:51.6	1:36:23.5	83	Sen-M	26	RUN 4 FUN	0:42:07.7	105	1:09:46.5	96
87	Paulo Marques	240	1:37:16.0	1:37:11.0	84	M40	16	GO!Runners	0:39:55.6	56	1:07:11.0	62
88	Carlos Alexandre	498	1:37:17.0	1:37:13.2	85	M40	17		0:40:20.9	70	1:08:16.4	77
89	Marco Lourenço	475	1:37:28.8	1:37:15.6	86	Sen-M	27		0:40:21.7	71	1:08:44.1	80
90	Tiago Baleia	156	1:37:42.1	1:37:01.3	87	Sen-M	28	Caracóis de Pedra	0:43:18.6	140	1:11:13.5	116
91	David Santos	412	1:37:52.4	1:37:39.6	88	M50	11	Os Perigosos	0:42:12.1	110	1:09:27.8	91
92	Luis Pires	168	1:38:01.9	1:37:43.3	89	M45	21	Clube Vodafone	0:41:20.7	86	1:09:23.4	90
93	Rodrigo Rodrigo	150	1:38:04.4	1:37:54.3	90	M50	12		0:40:56.5	80	1:09:34.7	92
94	Alice Roma	359	1:38:08.6	1:37:57.0	4	F40	2	Amigos do Atletismo de Mafra	0:41:42.8	93	1:09:37.4	95
95	Pedro Dorey	331	1:38:10.8	1:37:49.8	91	Sen-M	29		0:43:12.4	132	1:10:50.7	111
96	Alexandre	231	1:38:18.7	1:38:13.7	92	M40	18	NAPA Núcleo Amigos Perna	0:42:01.3	103	1:10:12.5	101
97	Eduardo Leite	40	1:38:23.4	1:38:12.8	93	M40	19	Sport União Colareense	0:42:09.9	109	1:10:31.6	107
98	André Coelho	337	1:38:28.6	1:38:24.4	94	M40	20	Os Galgos	0:41:44.1	94	1:09:57.6	99
99	Paulo Duarte	449	1:38:42.1	1:38:37.4	95	M40	21		0:39:59.4	60	1:08:07.6	74
100	Helder Tavares	77	1:38:45.5	1:38:31.5	96	M40	22	Varitintas	0:41:54.7	99	1:09:55.0	98
101	Nuno Miguel	251	1:38:49.0	1:38:28.2	97	M40	23	Tranquilidade Açoreana Clube	0:43:15.5	137	1:11:18.5	119
102	Vítor Santos	262	1:38:51.9	1:38:34.8	98	M45	22	Casa do Benfica em Algueirão	0:42:08.7	107	1:10:42.3	109
103	Marco Caseiro	91	1:38:55.9	1:38:41.4	99	Sen-M	30	Os Perigosos	0:42:30.0	119	1:10:23.1	105
104	Fernando	92	1:38:55.9	1:38:39.2	100	Sen-M	31	Os Perigosos	0:42:26.6	115	1:10:19.2	103
105	Fernando Rosete	32	1:39:00.9	1:38:34.0	101	M45	23	RUN 4 FUN	0:42:09.8	108	1:09:49.0	97
106	João Pereira	283	1:39:05.6	1:38:59.1	102	M50	13	GRUPO DESPORTIVO E	0:43:11.2	131	1:10:58.3	114
107	João Rodrigues	393	1:39:06.8	1:38:56.5	103	M55	8	Caracóis de Pedra	0:40:53.4	78	1:08:57.1	84
108	Pedro Baleia	162	1:39:11.6	1:38:23.2	104	Sen-M	32	Caracóis de Pedra	0:42:15.5	112	1:10:13.6	102
109	Pedro Figueira	143	1:39:17.5	1:38:51.2	105	Sen-M	33		0:42:54.6	126	1:10:47.5	110

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
110	Mário Monteiro	338	1:39:18.5	1:39:14.9	106	M40	24	Os Galgos	0:41:54.2	98	1:10:58.2	113
111	Tiago Almeida	155	1:39:20.4	1:39:08.9	107	Sen-M	34	Caracóis de Pedra	0:42:17.4	114	1:10:27.3	106
112	José de Matos	317	1:39:34.3	1:39:25.2	108	M50	14		0:41:58.6	102	1:10:32.6	108
113	Joaquim Cunha	441	1:39:38.6	1:39:27.6	109	M45	24	Auto Jacinto	0:41:04.5	82	1:08:56.5	83
114	Rita Ribeiro	11	1:39:41.9	1:39:32.1	5	S23-F	1	Correr Lisboa	0:43:26.0	143	1:11:29.2	125
115	João Trindade	176	1:39:42.3	1:39:32.0	110	S23-M	3	CDCR dos CTT	0:43:25.2	141	1:11:28.4	123
116	Paulo Ribeiro	453	1:39:42.3	1:39:32.6	111	M50	15	Correr Lisboa	0:43:26.1	144	1:11:28.4	122
117	André Santos	119	1:39:45.7	1:39:38.8	112	M40	25		0:42:35.7	122	1:11:21.7	121
118	Rui Moura	105	1:39:46.8	1:39:24.7	113	M40	26		0:44:44.9	181	1:12:58.0	145
119	Helder Valadas	89	1:39:56.0	1:39:40.3	114	Sen-M	35	Os Perigosos	0:42:28.4	116	1:11:12.5	115
120	António Coelho	270	1:39:57.7	1:39:49.6	115	M60	3	Casa do Benfica em Algueirão	0:43:14.0	135	1:11:35.8	126
121	Narciso Sá	266	1:39:58.6	1:39:50.9	116	M50	16	Casa do Benfica em Algueirão	0:43:14.7	136	1:11:37.0	127
122	João Limão	213	1:40:04.5	1:39:50.1	117	M40	27		0:41:56.1	100	1:10:19.8	104
123	Ana Isabel Brás	328	1:40:26.3	1:40:22.0	6	Sen-F	2	CCD PM Cascais	0:42:29.4	118	1:10:55.4	112
124	Rui Manuel	445	1:40:31.0	1:40:23.4	118	M50	17		0:41:12.0	84	1:09:35.5	93
125	João Moura	493	1:40:31.6	1:40:25.8	119	M60	4	REAL ACADEMIA	0:43:13.1	134	1:12:02.3	134
126	Carson John	58	1:40:47.9	1:40:33.0	120	Sen-M	36	Vegan Runners	0:43:32.8	148	1:12:27.4	138
127	Paulo Ferreira	68	1:40:53.7	1:40:41.7	121	M45	25	Correr Lisboa	0:44:42.6	179	1:13:10.8	148
128	Sérgio Feliciano	1	1:40:53.9	1:40:42.7	122	M40	28	Correr Lisboa	0:44:43.3	180	1:13:12.2	150
129	Marco Fernandes	200	1:40:57.3	1:40:36.9	123	Sen-M	37	Atibá	0:43:04.5	129	1:11:51.0	129
130	José Sérgio	310	1:41:10.7	1:40:51.4	124	Sen-M	38		0:42:17.3	113	1:11:14.6	117
131	Helena Martins	465	1:41:12.7	1:41:06.8	7	F50	2	Amigos do Atletismo de Mafra	0:43:07.1	130	1:11:52.3	130
132	João Pedro Silva	481	1:41:21.9	1:41:18.4	125	Sen-M	39		0:42:47.4	124	1:11:56.2	132
133	Luis Veloso	177	1:41:24.9	1:41:08.2	126	M45	26	CDCR dos CTT	0:42:29.1	117	1:11:28.6	124
134	João Santos	312	1:41:27.9	1:41:10.9	127	M45	27	Mira Q Corredores	0:43:12.8	133	1:12:19.8	136
135	Rui Lopes	378	1:41:42.1	1:41:37.1	128	M65	2	Clube Novo Banco	0:43:29.0	145	1:12:28.4	139
136	Paulo Sérgio	315	1:42:01.1	1:41:41.7	129	M40	29	Matilha Running	0:51:57.5	368	1:12:14.9	135
137	Hugo Carago	370	1:42:04.9	1:42:00.3	130	M40	30	Clube Novo Banco	0:41:23.7	88	1:12:35.1	140
138	José António	448	1:42:05.9	1:41:29.4	131	M40	31	Clube Zupper	0:44:49.0	185	1:12:57.9	144
139	Miguel Barreiros	190	1:42:09.0	1:41:57.8	132	M40	32		0:44:18.9	165	1:13:27.8	153
140	Luis Bastos	497	1:42:18.8	1:42:04.5	133	M50	18	CCD Siemens	0:43:02.9	128	1:12:51.4	143
141	Fernando	334	1:42:20.6	1:41:58.5	134	M45	28	Atibá	0:44:45.1	182	1:13:14.1	151
142	Pedro Santos	330	1:42:28.1	1:42:15.5	135	M40	33		0:42:39.7	123	1:11:43.7	128
143	Albísio F.	81	1:42:29.4	1:42:17.8	136	M60	5		0:42:13.7	111	1:11:21.4	120
144	Hildebrand	365	1:42:37.5	1:42:30.6	137	M40	34		0:42:08.5	106	1:11:52.7	131
145	Michelangelo	405	1:42:42.5	1:42:18.5	138	M50	19		0:44:52.7	190	1:13:47.9	160
146	Duarte Nuno	454	1:42:51.9	1:42:43.5	139	Sen-M	40	Correr Lisboa	0:44:18.2	164	1:13:02.0	147

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
147	Samuel	161	1:42:58.0	1:42:44.4	140	Sen-M	41	Caracóis de Pedra	0:43:18.5	139	1:12:46.2	142
148	Nuno Alcobia	505	1:42:59.3	1:42:42.7	141	M40	35		0:44:54.7	193	1:14:13.3	162
149	André Cabral	167	1:43:00.2	1:42:50.5	142	M40	36		0:44:01.0	157	1:13:39.1	157
150	Luís Andrade	178	1:43:01.2	1:42:46.4	143	M40	37	CDCR dos CTT	0:44:00.0	156	1:13:40.4	158
151	Jorge Pascoal	129	1:43:07.6	1:42:53.3	144	Sen-M	42		0:45:19.9	203	1:14:56.0	183
152	David Cardoso	280	1:43:13.0	1:43:07.9	145	Sen-M	43	Mercenários da Penha	0:44:37.4	175	1:14:23.1	171
153	Luís Alves	207	1:43:24.6	1:43:15.2	146	Sen-M	44	CAD a Correr	0:44:27.0	167	1:13:55.0	161
154	Nélson Custódio	171	1:43:26.8	1:43:09.2	147	M40	38	CDCR dos CTT	0:44:32.9	173	1:14:20.4	169
155	Nuno Cabeça	18	1:43:27.5	1:43:12.2	148	M45	29		0:44:23.1	166	1:14:15.1	166
156	Hugo Paulo	380	1:43:29.0	1:43:21.5	149	Sen-M	45		0:43:37.6	149	1:13:16.0	152
157	Pedro Miguel	164	1:43:31.1	1:43:21.5	150	Sen-M	46	Cada a Correr	0:44:27.0	168	1:13:31.5	155
158	Joana Castro	241	1:43:32.6	1:43:27.3	8	Sen-F	3	GO!Runners	0:45:08.1	198	1:14:35.4	175
159	Ana Teresa	419	1:43:50.5	1:43:47.4	9	Sen-F	4		0:41:51.9	96	1:12:22.3	137
160	Rafael Assunção	298	1:43:58.0	1:43:26.6	151	Sen-M	47	Carapaus de corrida	0:44:46.2	183	1:13:12.1	149
161	Fernando	16	1:44:00.2	1:43:52.9	152	M45	30		0:43:42.2	151	1:13:47.2	159
162	Rainer Hoffmann	212	1:44:02.3	1:43:35.8	153	M50	20		0:43:32.7	147	1:13:32.5	156
163	Joao Pires	194	1:44:04.3	1:43:44.6	154	M45	31		0:46:05.0	226	1:14:53.4	179
164	Tiago Ramos	433	1:44:13.3	1:44:07.6	155	M40	39		0:43:42.9	152	1:14:32.1	173
165	Paulo Lourinho	38	1:44:16.4	1:43:49.6	156	M45	32	Clube Atletismo Amigos de	0:45:21.1	204	1:15:09.2	186
166	André Wiborg	53	1:44:16.8	1:43:42.0	157	M55	9	WL84	0:47:09.5	257	1:16:12.2	208
167	Pedro Rodrigues	452	1:44:23.8	1:44:04.1	158	M45	33	OFICINA DO PEDRO	0:46:00.1	219	1:15:12.6	187
168	João Ascensão	179	1:44:35.2	1:44:18.4	159	Sen-M	48	CDCR dos CTT	0:44:51.1	187	1:14:14.5	165
169	Marco Rasteiro	245	1:44:37.1	1:44:30.0	160	Sen-M	49	GO!Runners	0:44:54.5	192	1:15:20.0	191
170	João Correia	400	1:44:37.8	1:44:30.3	161	Sen-M	50		0:45:07.2	196	1:14:55.6	181
171	Nuno Cruz	390	1:44:38.0	1:44:30.6	162	Sen-M	51		0:45:07.4	197	1:14:55.7	182
172	Sérgio Pedro	10	1:44:40.6	1:44:17.5	163	Sen-M	52	TINTO RUNNING TEAM	0:42:32.1	120	1:12:41.5	141
173	Luís Caldeira	183	1:44:43.4	1:44:29.0	164	M45	34	OCS - Proaventuras	0:44:32.6	170	1:15:04.3	185
174	Ricardo Jesus	13	1:44:43.9	1:44:31.9	165	M45	35		0:46:08.4	229	1:15:34.7	196
175	Amílcar Ribeiral	85	1:44:45.9	1:44:41.1	166	M65	3	Marcha e Corrida do Jamor	0:44:52.1	189	1:14:47.9	178
176	João Paulo	342	1:44:46.9	1:44:44.2	167	M45	36	Casa Benfica Torres Vedras	0:43:41.9	150	1:14:36.8	176
177	Jose Manuel	235	1:44:48.7	1:44:47.6	168	M60	6		0:44:56.3	194	1:15:36.9	197
178	Valter Almeida	420	1:44:56.8	1:44:23.7	169	Sen-M	53	atletadesofa.com	0:45:54.4	215	1:15:30.5	192
179	Miguel Marques	335	1:44:57.0	1:44:23.9	170	Sen-M	54	atletadesofa.com	0:45:54.9	217	1:15:32.2	194
180	Rui Gama	377	1:45:06.5	1:45:01.8	171	M45	37	Clube Novo Banco	0:44:04.0	158	1:14:55.3	180
181	João Pereira	273	1:45:06.7	1:44:48.7	172	Sen-M	55	Casa do Benfica em Algueirão	0:43:54.5	155	1:14:16.8	167
182	Daniel Sampaio	386	1:45:07.5	1:44:57.3	173	Sen-M	56	SIMECQ	0:43:49.9	153	1:14:16.9	168
183	Bruno Cardoso	172	1:45:09.4	1:44:51.0	174	Sen-M	57	CDCR dos CTT	0:44:32.6	172	1:14:21.8	170

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
184	António José	451	1:45:13.9	1:44:52.2	175	M40	40	to-ze- iciar	0:44:51.0	186	1:14:29.4	172
185	Hugo Guerreiro	76	1:45:21.2	1:45:06.6	176	Sen-M	58	Varitintas	0:44:36.9	174	1:14:14.5	164
186	Nuno Silva	15	1:45:24.9	1:45:13.7	177	M40	41	Lx Run	0:43:26.0	142	1:13:00.0	146
187	Liberto Santos	107	1:45:31.6	1:45:22.8	178	M50	21		0:42:50.5	125	1:11:59.7	133
188	Joao Silva	292	1:45:33.8	1:45:13.7	179	M45	38	SS CGD	0:44:37.8	176	1:14:59.4	184
189	Carlos Nabiça	367	1:45:43.3	1:45:32.3	180	M50	22	Clube Novo Banco	0:45:38.4	210	1:15:44.6	201
190	Carlos Oleastro	263	1:45:47.0	1:45:31.3	181	M50	23	Casa do Benfica em Algueirão	0:45:27.0	206	1:15:33.9	195
191	João Silva	456	1:45:50.1	1:45:26.3	182	M45	39	Turres Trail Clube	0:43:50.7	154	1:14:38.5	177
192	Eduardo Ribeiro	30	1:46:00.0	1:45:46.1	183	Sen-M	59		0:45:42.7	211	1:15:38.7	198
193	António Rico	230	1:46:13.5	1:46:08.8	184	M40	42	NAPA Núcleo Amigos Perna	0:44:07.3	160	1:13:30.4	154
194	Ildebrando Aires	4	1:46:21.1	1:45:53.1	185	M40	43		0:44:32.6	171	1:15:38.8	199
195	Sérgio Martins	246	1:46:24.4	1:45:53.2	186	Sen-M	60	Sernache	0:45:22.6	205	1:15:55.1	203
196	Nivardo	504	1:46:24.4	1:45:43.7	187	M55	10		0:45:30.9	208	1:15:44.4	200
197	Paulo Trindade	116	1:46:33.3	1:46:27.0	188	M40	44	O MUNDO DA CORRIDA	0:44:31.0	169	1:15:56.5	204
198	Pedro Serra	491	1:46:43.7	1:46:32.8	189	M40	45	Lisboa	0:44:38.6	177	1:15:18.3	190
199	Marta Abrantes	432	1:46:52.9	1:46:39.9	10	F40	3	ABSANT RUNNERS	0:44:17.5	163	1:15:13.4	189
200	Pedro Trabucho	216	1:47:17.8	1:46:55.0	190	M50	24	GD Banco BPI	0:45:08.6	199	1:15:49.6	202
201	Rui Silva	132	1:47:31.5	1:47:07.9	191	M45	40	Clube Desportivo Estrela	0:43:29.5	146	1:14:34.1	174
202	Joaquim Santos	198	1:47:34.7	1:47:26.1	192	M45	41		0:45:09.4	200	1:16:06.3	207
203	Carlos Costa	272	1:47:37.9	1:47:28.6	193	M45	42	Casa do Benfica em Algueirão	0:44:06.2	159	1:15:31.0	193
204	Pedro Ribeiro	33	1:48:00.7	1:47:33.1	194	Sen-M	61	RUN 4 FUN	0:46:11.7	230	1:17:07.8	216
205	Jorge Paulo	114	1:48:00.9	1:47:31.8	195	M55	11	RUN 4 FUN	0:46:54.0	248	1:17:34.4	226
206	Henrique Amador	290	1:48:02.4	1:47:41.6	196	M45	43	SS CGD	0:46:51.8	247	1:17:29.3	224
207	Joao Pedro	291	1:48:10.5	1:47:58.0	197	Sen-M	62	SS CGD	0:46:00.9	223	1:16:39.1	212
208	João Navarro	140	1:48:11.7	1:48:03.6	198	M40	46		0:44:41.2	178	1:16:23.9	210
209	Mário Rui Ribeiro	209	1:48:31.7	1:48:01.2	199	Sen-M	63		0:47:22.6	266	1:17:52.9	232
210	Jorge Leite	2	1:48:31.8	1:48:26.3	200	M45	44		0:43:18.2	138	1:15:12.8	188
211	Charles	227	1:48:35.0	1:48:15.1	201	M50	25	RunLovers	0:46:34.5	236	1:17:06.0	215
212	Ines Peixoto	466	1:48:40.2	1:48:15.8	11	Sen-F	5		0:45:52.4	214	1:16:27.5	211
213	Daniel Machado	336	1:48:40.8	1:48:36.3	202	Sen-M	64	Os Galgos	0:45:06.3	195	1:16:58.3	214
214	Jorge Alves	265	1:48:43.9	1:48:24.8	203	M50	26	Casa do Benfica em Algueirão	0:47:14.2	262	1:17:21.6	219
215	Filipe Correia	73	1:48:46.6	1:48:24.4	204	M40	47	SS CGD	0:45:49.3	213	1:16:04.6	206
216	João Rosinha	201	1:48:49.0	1:48:27.0	205	M40	48	ARSM	0:46:49.8	245	1:17:51.4	231
217	Sérgio Costa	468	1:48:50.2	1:48:41.3	206	M40	49	Esquilos Ninja	0:46:24.4	232	1:17:10.6	217
218	Luís Vieira	79	1:48:53.0	1:48:38.3	207	M40	50	Varitintas	0:44:10.6	162	1:14:14.3	163
219	Rute Matos	477	1:48:56.1	1:48:40.6	12	F40	4		0:46:38.9	238	1:17:58.4	235
220	Nuno Gonçalves	6	1:49:10.2	1:48:58.3	208	M40	51	GDCTINCM	0:46:26.4	233	1:17:42.9	228

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k	
221	Tiago Guerreiro	473	1:49:16.1	1:48:43.9	209	Sen-M	65			0:46:59.8	251	1:18:11.9	239
222	Carlos Rangel	238	1:49:26.0	1:49:12.5	210	M60	7			0:47:40.8	273	1:18:59.4	253
223	Aldina Marques	348	1:49:27.8	1:49:08.8	13	F40	5	Os Galgos		0:44:48.9	184	1:16:15.8	209
224	Carlos Silva	264	1:49:33.2	1:49:22.2	211	M50	27	Casa do Benfica em Algueirão	0:46:45.4	244	1:17:44.0	229	
225	Mário Santos	303	1:49:34.3	1:49:30.1	212	M45	45	Dolce Furadouro	0:46:04.8	225	1:17:22.1	220	
226	Rafaela Santos	304	1:49:36.1	1:49:31.9	14	S23-F	2	Dolce Furadouro	0:46:06.1	227	1:17:23.4	222	
227	Carlos Peralta	196	1:49:38.7	1:49:16.2	213	M45	46			0:46:00.4	221	1:17:23.0	221
228	Rui Trindade	182	1:49:40.0	1:49:05.6	214	M45	47	Clube Desportivo Estrela	0:45:18.9	202	1:17:15.3	218	
229	João Veiga	327	1:49:55.2	1:49:44.4	215	Sen-M	66	Correr Lisboa	0:45:58.1	218	1:17:32.9	225	
230	Jorge Lozano	208	1:50:04.5	1:49:31.7	216	Sen-M	67			0:46:30.7	235	1:17:57.7	234
231	Carlos Sousa	93	1:50:07.7	1:49:50.5	217	M60	8	Os Perigosos	0:46:02.5	224	1:17:24.8	223	
232	Patrícia Lourenço	67	1:50:17.7	1:50:09.2	15	Sen-F	6	GO!Runners	0:46:55.7	250	1:18:36.8	248	
233	António José	131	1:50:19.8	1:50:02.2	218	M55	12	Escola Nun'Álvares	0:46:42.7	242	1:18:07.5	237	
234	Filipe Branco	313	1:50:22.5	1:50:00.7	219	M45	48	a.m.c.d.titularia	0:46:38.9	239	1:18:36.1	247	
235	Ricardo Pinela	66	1:50:23.4	1:50:01.1	220	Sen-M	68			0:47:12.0	261	1:18:31.8	246
236	Sergio Eira	379	1:50:29.3	1:50:21.9	221	M45	49	Clube Novo Banco	0:46:41.5	241	1:18:41.7	249	
237	Manuel Romano	21	1:50:30.9	1:50:00.9	222	M50	28	RUN 4 FUN	0:47:03.4	253	1:18:50.3	251	
238	Luis Ferreira	243	1:50:39.3	1:50:28.9	223	M50	29			0:47:03.8	254	1:19:20.4	260
239	Luisa Palminhas	228	1:50:40.1	1:50:29.6	16	F40	6	RunLovers	0:47:04.4	255	1:19:20.5	261	
240	Alexandra	447	1:50:45.5	1:50:30.3	17	Sen-F	7	Marcha e Corrida do Jamor	0:47:11.2	259	1:18:14.9	241	
241	Sónia Brandão	215	1:50:48.7	1:50:22.0	18	F40	7	GD Banco BPI	0:47:53.4	278	1:19:18.8	258	
242	Lucia Ventura	29	1:50:50.8	1:50:38.8	19	F40	8	Georunners	0:44:07.6	161	1:16:02.1	205	
243	Vitor Amado	188	1:50:52.8	1:50:45.9	224	M60	9			0:46:41.2	240	1:17:50.7	230
244	Rodolfo Carneiro	354	1:50:55.5	1:50:29.8	225	Sen-M	69			0:48:15.8	286	1:19:33.1	266
245	Leonel Adérito	476	1:50:59.0	1:50:16.9	226	M45	50	Sport Clube Alfragide	0:48:27.2	292	1:19:50.2	269	
246	Carlos Teixeira	485	1:51:06.9	1:51:00.8	227	M55	13	Lebres e Tartarugas	0:46:06.9	228	1:18:22.4	242	
247	José Manuel	307	1:51:16.1	1:50:48.7	228	M55	14	RUN 4 FUN	0:47:41.2	274	1:19:32.3	265	
248	Nuno Borges	401	1:51:20.7	1:51:02.6	229	M40	52			0:46:00.5	222	1:18:09.7	238
249	Bruno Matias	271	1:51:23.6	1:50:41.8	230	Sen-M	70	Casa do Benfica em Algueirão	0:46:42.8	243	1:18:00.8	236	
250	Rui Salvado	69	1:51:28.2	1:51:09.3	231	M45	51	Corrida Noturna do Parque	0:48:27.6	293	1:20:11.4	274	
251	José Rolão	60	1:51:28.3	1:51:09.8	232	M60	10	Corrida Noturna do Parque	0:48:28.7	295	1:20:12.0	275	
252	Bruno Dias	383	1:51:30.2	1:51:01.9	233	M40	53			0:48:28.7	296	1:20:23.3	281
253	Pedro Carvalho	17	1:51:31.5	1:51:02.7	234	M40	54			0:48:28.8	297	1:20:21.9	279
254	Rui Almeida	127	1:51:32.4	1:51:27.3	235	M40	55	Mercenários da Penha	0:45:43.9	212	1:17:38.0	227	
255	Douglas Fry	101	1:51:32.7	1:51:24.6	236	M60	11	Clube Desportivo de Mafra	0:47:33.3	269	1:19:12.8	255	
256	José Duarte	259	1:51:38.2	1:51:19.1	237	M50	30	Casa do Benfica em Algueirão	0:49:26.0	320	1:21:02.7	290	
257	Viegas Ricardo	151	1:51:39.7	1:51:35.5	238	M40	56			0:46:54.2	249	1:18:30.3	245

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
258	Luis Miguel Silva	274	1:51:40.9	1:51:17.3	239	M40	57	GD Banco BPI	0:47:20.5	264	1:19:23.0	262
259	Fernando	442	1:51:42.7	1:51:31.2	240	M55	15	Tranquilidade Açoreana Clube	0:47:27.5	268	1:19:16.7	256
260	Sara Velho	471	1:51:47.0	1:51:32.6	20	F40	9	Clube da Natureza de Alvito	0:46:36.1	237	1:18:58.5	252
261	Nuno Marques	221	1:51:56.8	1:51:36.3	241	M50	31	RunLovers	0:48:49.3	300	1:20:33.0	282
262	João Leitão	223	1:51:56.8	1:51:36.9	242	M45	52	RunLovers	0:49:03.1	311	1:21:55.7	303
263	Elisabete Gomes	148	1:52:01.2	1:51:57.6	21	F40	10	Casa Benfica Torres Vedras	0:45:13.2	201	1:19:11.1	254
264	Jorge Serra	99	1:52:12.5	1:51:55.0	243	M50	32		0:51:18.4	363	1:23:59.3	330
265	Fernando Morais	136	1:52:17.4	1:51:53.6	244	M50	33	O MUNDO DA CORRIDA	0:47:11.8	260	1:19:19.6	259
266	Paulo Silva Pabsi	499	1:52:20.3	1:52:07.3	245	M55	16	Treino Turístico de Odivelas	0:49:40.9	326	1:21:19.1	298
267	José Reis	139	1:52:22.3	1:52:12.6	246	M60	12		0:44:51.8	188	1:16:52.1	213
268	João Afonso	173	1:52:23.5	1:52:08.6	247	M45	53	CDCR dos CTT	0:47:55.5	279	1:19:51.8	270
269	Mário José Silva	495	1:52:25.9	1:52:16.2	248	M45	54		0:45:33.5	209	1:18:26.9	244
270	Fernando Galrito	503	1:52:27.6	1:52:18.9	249	M50	34	Clube Desportivo de Mafra	0:47:34.5	270	1:19:39.4	267
271	Carlos Jesus	82	1:52:29.4	1:52:22.0	250	Sen-M	71		0:47:46.4	276	1:19:55.7	272
272	Rui Fernandes	474	1:52:34.1	1:52:06.6	251	M45	55		0:46:16.1	231	1:17:54.3	233
273	Carla Mendes	437	1:52:40.2	1:51:21.4	22	F40	11	Tartarugas Solidárias	0:47:36.0	271	1:19:18.7	257
274	Rui Vieira	482	1:52:40.4	1:52:28.7	252	M45	56	PORTELA RUNNING POINT	0:49:41.7	328	1:21:22.5	299
275	Mário Lopes	90	1:53:00.2	1:52:43.4	253	M45	57	Os Perigosos	0:48:51.6	301	1:21:14.0	296
276	Filipe Arcadinho	95	1:53:00.7	1:52:43.6	254	Sen-M	72	Os Perigosos	0:48:51.9	302	1:21:15.0	297
277	António Fernando	332	1:53:02.0	1:52:37.7	255	M55	17	VIA3Runners	0:49:03.6	313	1:20:49.1	286
278	Julio Ferreira	372	1:53:06.5	1:52:43.7	256	M60	13	Clube Novo Banco	0:47:22.3	265	1:19:47.9	268
279	Victor Silva	210	1:53:17.9	1:52:37.6	257	M50	35	Associação de Atletismo	0:49:05.8	314	1:21:03.6	291
280	Carlos Miguel	181	1:53:20.5	1:53:06.3	258	M40	58	Wikaboo	0:48:19.3	287	1:20:51.5	287
281	Tiago Costa	197	1:53:20.5	1:53:07.2	259	Sen-M	73	Wikaboo	0:48:20.3	288	1:20:53.0	288
282	Alexandre Reis	267	1:53:22.2	1:53:06.1	260	M55	18	Casa do Benfica em Algueirão	0:48:32.3	298	1:20:42.3	284
283	Davide Mendes	355	1:53:24.7	1:53:13.7	261	M40	59	Sport União Colareense	0:46:51.8	246	1:19:28.7	264
284	Isabel Santos	103	1:53:27.1	1:53:20.8	23	F40	12	Federação da Família para a	0:47:37.5	272	1:20:41.9	283
285	Gabriel Moreira	349	1:53:34.2	1:53:08.7	262	M60	14		0:50:27.3	352	1:22:47.0	313
286	Diogo Barros	80	1:53:48.6	1:53:33.3	263	M40	60	Varitintas	0:48:23.3	290	1:21:07.9	294
287	Dúlio Parreira	147	1:53:55.6	1:53:54.3	264	Sen-M	74	Casa Benfica Torres Vedras	0:39:14.2	35	1:11:16.5	118
288	Carlos Marques	357	1:53:57.8	1:53:44.3	265	Sen-M	75		0:47:51.1	277	1:19:28.1	263
289	Paulo Oliveira	220	1:53:57.9	1:53:32.1	266	Sen-M	76	GD Banco BPI	0:48:52.0	303	1:21:24.6	301
290	José Bordalo	279	1:54:04.2	1:53:57.4	267	M65	4	O MUNDO DA CORRIDA	0:47:27.4	267	1:20:20.9	278
291	Ricardo Valente	297	1:54:23.0	1:53:51.2	268	Sen-M	77	Carapaus de corrida	0:50:26.4	350	1:22:53.3	316
292	Alexandre Pitta	406	1:54:26.3	1:54:18.3	269	M45	58		0:47:17.8	263	1:20:17.9	277
293	Filipe Gonçalves	344	1:54:50.6	1:54:39.9	270	M45	59		0:48:12.7	284	1:20:23.0	280
294	João Alberto Dias	234	1:54:52.6	1:54:44.1	271	M50	36		0:49:41.0	327	1:22:14.5	308

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
295	José Carlos	124	1:54:55.6	1:54:48.0	272	M45	60	NAZABOBODA	0:44:52.7	191	1:18:14.8	240
296	Carlos Silva	418	1:55:01.0	1:54:34.8	273	Sen-M	78		0:48:24.8	291	1:20:48.6	285
297	João Pereira	341	1:55:02.4	1:54:39.7	274	Sen-M	79		0:45:27.3	207	1:18:23.2	243
298	Rogério Machado	84	1:55:22.3	1:55:07.5	275	Sen-M	80		0:47:46.2	275	1:21:22.8	300
299	Gonçalo Amaral	411	1:55:23.3	1:55:04.8	276	Sen-M	81		0:50:53.0	358	1:22:54.7	318
300	Carla Rebelo	57	1:55:31.1	1:55:02.2	24	F40	13	RUN 4 FUN	0:49:03.1	312	1:22:06.1	307
301	Rúben Maurício	352	1:55:35.1	1:55:29.5	277	Sen-M	82	Runners da Frente Ribeirinha	0:47:10.3	258	1:19:55.1	271
302	James Simon	472	1:55:36.7	1:55:06.5	278	M50	37		0:49:02.0	309	1:21:50.6	302
303	Eduardo Pinto	75	1:55:40.7	1:55:24.3	279	Sen-M	83	Varitintas	0:48:20.9	289	1:21:07.1	293
304	Orlando Duarte	135	1:55:42.6	1:55:08.5	280	M60	15	EM'FORÇA SPEM	0:50:11.7	340	1:21:56.4	305
305	Fernando	500	1:55:42.6	1:55:15.5	281	M60	16	Tranquilidade Açoreana Clube	0:49:28.2	322	1:22:04.6	306
306	Sérgio Simões	19	1:55:43.4	1:55:19.5	282	Sen-M	84	CAAPP	0:49:38.4	324	1:22:26.7	309
307	Alfredo Falcao	206	1:55:51.2	1:55:22.8	283	M50	38	RUN 4 FUN	0:48:14.9	285	1:21:01.8	289
308	Pedro Antunes	42	1:56:00.7	1:55:53.2	284	M40	61		0:46:00.3	220	1:21:11.0	295
309	Tiago J. G.	52	1:56:18.1	1:56:06.3	285	Sen-M	85		0:48:06.5	281	1:21:05.4	292
310	Carla Morgado	56	1:56:26.9	1:56:13.0	25	F40	14		0:50:03.1	335	1:22:55.3	319
311	Jorge Costa	31	1:56:32.4	1:56:22.1	286	M40	62	Correr Lisboa	0:47:04.6	256	1:25:17.8	346
312	Adelino Trindade	288	1:56:32.7	1:56:21.2	287	M45	61	Correr Lisboa	0:47:02.9	252	1:25:16.9	345
313	Tiago Pinto	319	1:56:38.1	1:56:24.3	288	Sen-M	86	Correr Lisboa	0:45:54.6	216	1:18:46.8	250
314	Fernando Lima	289	1:56:43.5	1:56:22.0	289	M45	62	SS CGD	0:48:58.7	306	1:21:56.2	304
315	Pedro Ramos	153	1:57:00.5	1:56:41.4	290	M45	63		0:48:28.1	294	1:20:15.7	276
316	Carlos Semide	450	1:57:01.9	1:56:28.6	291	M40	63		0:50:11.6	339	1:23:52.8	328
317	Hugo Santos	123	1:57:27.3	1:56:56.9	292	Sen-M	87	Falcões Selvagens	0:49:26.2	321	1:22:52.7	315
318	Rogério Pina	439	1:57:32.6	1:57:17.8	293	M60	17	CLUBE ANACOM	0:50:44.5	356	1:24:39.7	337
319	João Carlos Brito	423	1:57:36.2	1:57:09.3	294	M45	64		0:50:06.2	337	1:23:06.7	320
320	Ivo Claro	353	1:57:38.5	1:56:17.5	295	Sen-M	88	Tartarugas Solidárias	0:50:01.7	334	1:23:12.9	322
321	José Aires	484	1:57:42.0	1:57:21.2	296	M55	19	Tranquilidade Açoreana Clube	0:50:19.2	345	1:24:02.2	332
322	Hugo Silva	166	1:57:46.7	1:57:25.4	297	M40	64		0:50:09.6	338	1:23:20.8	323
323	Ricardo	160	1:57:58.3	1:57:43.3	298	Sen-M	89	Caracóis de Pedra	0:50:18.8	344	1:23:12.1	321
324	Rui Freixo	163	1:58:08.0	1:57:40.6	299	Sen-M	90		0:49:50.6	331	1:22:42.6	311
325	Heitor Gomes	8	1:58:18.8	1:58:04.4	300	M45	65	Georunners	0:52:48.9	377	1:24:59.7	343
326	Ricardo Figueira	469	1:58:27.2	1:58:18.4	301	M40	65	Esquilos Ninja	0:46:27.5	234	1:20:05.1	273
327	Luis Lino	296	1:58:28.4	1:57:57.0	302	Sen-M	91	Carapaus de corrida	0:50:35.9	354	1:24:11.9	334
328	Luis de Barros	20	1:58:45.5	1:58:24.2	303	M45	66		0:50:26.3	349	1:24:33.6	336
329	Delfim Machado	250	1:58:52.9	1:58:44.7	304	M50	39		0:48:41.3	299	1:22:54.4	317
330	Roberta Da S. N.	65	1:59:04.7	1:58:52.8	26	F40	15	TORQUATO ASSESSORIA	0:48:12.3	283	1:22:34.7	310
331	Ricardo Bordalo	479	1:59:07.0	1:58:57.4	305	M45	67		0:50:26.5	351	1:25:26.4	348

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
332	Pedro Singeis	248	1:59:31.4	1:59:01.0	306	M45	68	BJWHF	0:51:27.2	365	1:24:50.8	341
333	Lúis Costa	346	1:59:35.2	1:59:08.9	307	M40	66	amigosdacorrída.com	0:50:14.7	343	1:23:24.8	324
334	Paulo Picão	363	1:59:46.5	1:59:13.0	308	M40	67	Monsanto Running Team	0:50:12.3	341	1:24:42.5	339
335	Paulo Calvino	96	1:59:48.7	1:59:23.3	309	M40	68	Põe-Te a Milhas!	0:49:50.2	330	1:24:47.6	340
336	Teodoro Trindade	126	1:59:57.0	1:59:29.4	310	M55	20	RUN 4 FUN	0:49:51.3	332	1:23:48.2	327
337	Alexandre Ribeiro	23	1:59:57.3	1:59:44.2	311	Sen-M	92		0:48:54.8	304	1:24:01.5	331
338	Sara Cartaxo	24	2:00:01.3	1:59:48.5	27	Sen-F	8		0:48:56.7	305	1:24:02.3	333
339	Fernando Lopo	278	2:00:33.4	2:00:29.9	312	M65	5	Núcleo Atletismo Vialonga	0:49:06.5	315	1:24:59.1	342
340	Tânia A. R.	149	2:00:43.5	2:00:14.6	28	Sen-F	9		0:50:53.2	359	1:25:27.1	349
341	Tiago Marques	333	2:00:43.9	2:00:14.7	313	Sen-M	93		0:50:52.9	357	1:25:27.8	351
342	Tania Azevedo	144	2:00:44.1	2:00:14.8	29	Sen-F	10		0:50:54.0	360	1:25:27.8	350
343	Henrique Ruivo	324	2:01:20.9	2:00:53.5	314	M55	21	Tartarugas Solidárias	0:50:04.7	336	1:24:23.2	335
344	Sergio Amaral	294	2:01:56.5	2:01:34.9	315	M40	69	SS CGD	0:52:43.9	376	1:29:09.3	374
345	Rodrigo Sousa	226	2:01:59.8	2:01:39.6	316	Sen-M	94	RunLovers	0:49:03.0	310	1:22:43.9	312
346	Jorge Paulino	87	2:02:03.7	2:01:54.4	317	M60	18	Clube Desportivo de Mafra	0:52:39.0	375	1:28:08.3	369
347	José Alexandre	115	2:02:06.0	2:01:59.3	318	M40	70		0:49:22.7	319	1:23:31.4	325
348	José Pereira	94	2:02:22.1	2:02:04.5	319	M60	19	Os Perigosos	0:53:46.3	394	1:28:23.0	371
349	Luis Gomes	293	2:02:56.9	2:02:45.0	320	Sen-M	95	SS CGD	0:48:03.2	280	1:22:49.0	314
350	Miguel Castela	322	2:03:01.6	2:02:42.9	321	M45	69	Associação de Atletismo	0:50:13.1	342	1:26:33.1	361
351	Luis Sousa	193	2:03:11.0	2:02:50.7	322	M45	70		0:52:55.0	378	1:28:06.4	368
352	Ricardo Teixeira	86	2:03:22.7	2:02:51.4	323	Sen-M	96		0:49:01.7	308	1:23:46.9	326
353	Bruno Dias	414	2:03:39.4	2:03:11.2	324	M40	71	SS CGD	0:49:12.4	317	1:25:41.2	354
354	Manuel Graça	340	2:03:40.9	2:03:31.1	325	M65	6		0:50:23.8	347	1:25:29.6	352
355	Manuel Canané	5	2:03:43.6	2:03:27.1	326	M50	40	Correr Lisboa	0:50:54.8	361	1:27:35.5	365
356	José Castro	36	2:03:47.5	2:03:21.6	327	M55	22	Clube Atletismo Amigos de	0:54:07.7	402	1:28:25.0	372
357	Fernando	369	2:03:56.1	2:03:42.6	328	M50	41	Clube Novo Banco	0:52:08.8	370	1:26:44.5	362
358	Rogério Falcao	276	2:03:58.5	2:03:42.2	329	M50	42		0:50:24.9	348	1:25:24.0	347
359	Diogo Leite	486	2:04:00.9	2:03:51.8	330	M45	71		0:48:11.3	282	1:25:04.9	344
360	Jorge Monteiro	371	2:04:03.9	2:03:40.6	331	M50	43	Clube Novo Banco	0:51:54.4	367	1:27:12.8	364
361	Luis Pinto	351	2:04:17.1	2:03:49.6	332	M50	44		0:49:44.9	329	1:25:45.0	355
362	Sonia Saro	381	2:04:34.1	2:04:17.6	30	Sen-F	11		0:50:28.5	353	1:26:29.2	359
363	Cesar Domingos	237	2:04:36.4	2:04:25.8	333	M40	72	Bruxos Runners	0:51:44.8	366	1:28:19.0	370
364	Jorge Marques	120	2:04:43.9	2:04:19.9	334	Sen-M	97		0:53:52.1	395	1:29:42.1	378
365	André Carronha	122	2:04:45.2	2:04:09.8	335	Sen-M	98	N. A. PAPAGAIOS DE	0:53:30.1	388	1:29:35.9	377
366	António Bogas	260	2:04:55.8	2:04:46.7	336	M50	45	Casa do Benfica em Algueirão	0:50:42.9	355	1:27:03.5	363
367	Francisco Amaro	78	2:04:59.1	2:04:43.0	337	M50	46	Varitintas	0:49:59.7	333	1:25:36.7	353
368	Iris Mauricio	224	2:05:02.7	2:04:42.6	31	F40	16	RunLovers	0:54:03.5	399	1:30:31.7	387

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
369	Miguel Matos	444	2:05:03.9	2:04:42.5	338	M45	72	Tranquilidade Açoreana Clube	0:53:27.8	387	1:28:27.4	373
370	Bruno Afonso	12	2:05:05.2	2:04:48.0	339	Sen-M	99		0:49:38.7	325	1:26:05.3	356
371	Marco Vaz	154	2:05:12.4	2:05:04.0	340	Sen-M	100	Falcões Selvagens	0:49:08.7	316	1:26:24.5	358
372	Susana Amorim	483	2:05:23.6	2:05:12.2	32	Sen-F	12	Correr Lisboa	0:52:08.1	369	1:29:23.1	375
373	Ricardo Luis	464	2:05:28.9	2:05:13.5	341	Sen-M	101	Grupo Desportivo Roche	0:49:31.9	323	1:26:31.2	360
374	Tita Luís	72	2:05:35.9	2:05:14.2	33	Sen-F	13	Tranquilidade Açoreana Clube	0:53:45.5	393	1:29:50.0	380
375	Fernando Oliveira	214	2:05:43.0	2:04:23.8	342	M50	47	Tartarugas Solidárias	0:49:01.1	307	1:23:57.3	329
376	Germano Sousa	187	2:05:54.4	2:05:27.5	343	M60	20	PRAZER DA CORRIDA	0:54:23.9	407	1:30:23.9	384
377	Filipa Ferro	64	2:05:54.5	2:05:27.9	34	F40	17	RUN 4 FUN	0:54:24.5	408	1:30:26.4	385
378	Pedro Macedo	45	2:05:56.0	2:05:37.6	344	M50	48	Celta de Vigo	0:55:13.9	419	1:32:20.8	406
379	Marco Aparício	28	2:06:16.4	2:05:52.0	345	M40	73		0:53:57.0	396	1:30:11.1	382
380	Pedro Azevedo	59	2:06:25.4	2:06:12.7	346	M45	73		0:53:41.5	392	1:30:36.4	392
381	Paulo Louro	63	2:06:25.7	2:06:12.5	347	M50	49	Correr Lisboa	0:53:37.2	390	1:30:35.3	390
382	José Lindo	239	2:06:31.3	2:06:27.9	348	M65	7	C. A. Vale de Figueira	0:53:18.2	386	1:30:03.9	381
383	Anabela Ferreira	255	2:07:03.4	2:06:44.8	35	F40	18	Casa do Benfica em Algueirão	0:52:33.5	374	1:29:35.8	376
384	Tânia Lages	26	2:08:13.9	2:07:50.8	36	Sen-F	14		0:53:58.1	397	1:30:12.6	383
385	Humberto Barros	392	2:08:24.1	2:07:59.7	349	Sen-M	102	Kaninos	0:53:02.6	382	1:30:28.7	386
386	Joao Paulo	488	2:08:44.4	2:08:19.2	350	M50	50	Kaninos	0:53:03.1	383	1:30:34.1	389
387	Nuno Vicente	311	2:09:04.0	2:08:44.3	351	M40	74		0:52:57.1	379	1:29:46.4	379
388	Eugénia Cid	496	2:09:14.8	2:08:44.8	37	F40	19		0:54:59.0	417	1:31:55.3	400
389	Francisco Pereira	443	2:09:25.4	2:09:08.6	352	M50	51	Tranquilidade Açoreana Clube	0:51:19.3	364	1:27:53.3	367
390	Pedro Lopes	152	2:09:25.7	2:08:55.3	353	M40	75	Mafra	0:55:23.6	421	1:32:46.3	408
391	Rogério Matos	329	2:09:25.9	2:08:57.1	354	M55	23	RUN 4 FUN	0:56:28.0	430	1:33:51.7	412
392	Jósé Manuel	46	2:09:37.9	2:09:32.2	355	M55	24		0:50:19.3	346	1:26:06.5	357
393	Gonçalo Delca	509	2:09:50.8	2:09:18.8	356	M40	76		0:57:55.7	440	1:37:26.8	424
394	Marco Cachinho	309	2:10:14.7	2:09:49.6	357	Sen-M	103	Kaninos	0:53:00.3	381	1:30:33.2	388
395	João Ralha	47	2:10:20.8	2:09:51.7	358	M55	25	RUN 4 FUN	0:56:26.9	427	1:33:52.8	414
396	Patricia C. P.	426	2:10:22.3	2:09:59.8	38	F40	20		0:54:55.5	415	1:32:19.8	405
397	Christopher	142	2:10:23.7	2:10:12.2	359	M40	77		0:54:12.2	403	1:33:26.7	410
398	Gabriel Antonio	314	2:10:25.5	2:09:54.0	360	M50	52	a.m.c.d.tituaría	0:52:16.4	373	1:27:45.2	366
399	Miguel Dias	374	2:10:43.4	2:10:13.2	361	M45	74	Clube Novo Banco	0:54:54.6	414	1:32:00.0	401
400	Luis Lisboa	388	2:10:48.6	2:10:41.3	362	M55	26	Amigos Vale Silencio	0:53:40.8	391	1:31:20.9	398
401	Abílio Tavares	169	2:11:00.3	2:10:46.7	363	M60	21		0:53:34.6	389	1:31:01.1	393
402	Sandra	404	2:11:02.8	2:10:43.9	39	Sen-F	15	Os Galgos	0:54:48.5	411	1:32:49.0	409
403	Jacinto Pereira	403	2:11:07.7	2:10:57.6	364	M60	22	SIMECQ	0:54:51.7	413	1:32:11.6	403
404	Sónia Parreira	146	2:11:10.4	2:11:06.6	40	Sen-F	16	Casa Benfica Torres Vedras	0:49:18.6	318	1:24:42.1	338
405	Inês Filipe	299	2:11:31.2	2:11:04.2	41	Sen-F	17		0:54:06.6	401	1:31:24.0	399

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
406	José Cipriano	306	2:11:33.6	2:11:06.5	365	Sen-M	104		0:54:05.7	400	1:31:14.9	396
407	Nuno Côrte-Real	361	2:11:34.3	2:11:08.8	366	M50	53		0:57:05.1	436	1:35:00.8	417
408	Vitor Rui de	417	2:11:38.0	2:11:09.4	367	M65	8		0:55:09.2	418	1:32:25.2	407
409	Luis Proença	358	2:12:07.5	2:11:41.5	368	M45	75		0:54:50.3	412	1:33:55.0	415
410	Adalberto Grilo	185	2:12:14.6	2:11:44.9	369	M55	27	RUN 4 FUN	0:56:27.3	428	1:33:51.4	411
411	Milton Teles	50	2:12:45.5	2:12:28.4	370	M50	54		0:53:07.9	385	1:31:04.8	394
412	António Sanches	218	2:12:52.8	2:12:25.2	371	M60	23	GD Banco BPI	0:56:35.2	432	1:34:21.3	416
413	Flávio Martins	211	2:12:58.7	2:12:27.8	372	Sen-M	105		0:56:01.7	423	1:33:52.6	413
414	Jorge Mimoso	249	2:13:17.1	2:12:43.4	373	M45	76		0:52:12.8	371	1:31:11.1	395
415	Joaquim	391	2:13:17.1	2:12:44.1	374	M40	78		0:52:14.2	372	1:31:15.5	397
416	Paulo Alves	184	2:13:31.2	2:13:23.6	375	Sen-M	106	SPEM	0:54:43.2	410	1:32:05.7	402
417	Fernando Fiães	470	2:14:18.5	2:13:45.8	376	M50	55		0:54:15.5	405	1:32:12.8	404
418	Patrícia Pedro	253	2:15:05.7	2:14:41.3	42	F50	3	Casa do Benfica em Algueirão	0:59:01.2	444	1:37:43.3	427
419	Joaquim Cruz	258	2:15:05.9	2:14:41.5	377	M55	28	Casa do Benfica em Algueirão	0:59:01.2	443	1:37:43.5	428
420	Fernando Dias	41	2:17:26.8	2:16:56.4	378	M50	56	RUN 4 FUN	0:56:38.9	434	1:37:53.4	430
421	Ricardo Ramos	175	2:17:43.8	2:17:25.6	379	M40	79	CDCR dos CTT	0:53:05.1	384	1:30:35.5	391
422	Bruno Neves	134	2:18:05.1	2:17:41.0	380	Sen-M	107		0:54:28.5	409	1:35:01.9	418
423	Miguel Pinhal	71	2:18:10.8	2:17:49.1	381	M45	77	Tranquilidade Açoreana Clube	0:55:18.7	420	1:36:14.4	420
424	João Castro	438	2:18:50.5	2:18:35.5	382	M55	29	CLUBE ANACOM	0:57:25.2	438	1:37:06.2	422
425	Deolinda Santos	425	2:18:51.4	2:18:19.3	43	F40	21		0:57:55.2	439	1:37:27.9	425
426	Ana Pereira	14	2:19:22.6	2:18:52.9	44	F40	22	Runners da Frente Ribeirinha	0:56:27.7	429	1:37:10.2	423
427	Paulo Soares	112	2:20:02.3	2:19:46.6	383	Sen-M	108	CCD Siemens	0:56:14.4	424	1:36:57.9	421
428	Suzana Malha	27	2:20:21.3	2:19:57.3	45	F40	23		0:58:01.7	441	1:38:35.6	433
429	Sónia Ferreira	256	2:20:22.1	2:20:03.5	46	Sen-F	18	Casa do Benfica em Algueirão	0:54:17.9	406	1:35:25.8	419
430	Paula Soares	254	2:20:22.3	2:19:52.6	47	F40	24	Casa do Benfica em Algueirão	0:56:35.6	433	1:38:05.9	431
431	Carlos Cagica	109	2:21:57.8	2:21:42.6	384	M50	57	CCD Siemens	0:56:15.9	425	1:37:29.1	426
432	Daniel Pereira	62	2:23:39.6	2:23:08.4	385	M40	80		0:56:25.5	426	1:38:17.9	432
433	Hélia Cristina	326	2:23:39.6	2:23:26.4	48	Sen-F	19		0:58:13.8	442	1:40:10.5	435
434	Celina Jorge	236	2:23:50.3	2:23:27.6	49	Sen-F	20		1:00:02.8	447	1:41:32.1	438
435	Filipe Moraes	431	2:25:55.2	2:25:44.4	386	M40	81	Lx Run	0:56:47.5	435	1:40:51.5	436
436	Ana Catarina	244	2:29:02.6	2:28:55.3	50	F40	25		0:59:09.9	445	1:45:53.6	439
437	Hugo Reis	219	2:29:15.1	2:28:47.5	387	Sen-M	109	GD Banco BPI	0:57:08.4	437	1:41:28.5	437
438	Paulo Ricardo	375	2:32:48.9	2:32:34.4	388	M50	58	Clube Novo Banco	1:00:40.1	448	1:45:58.7	440
439	Fábio Pio Dias	35	2:35:35.3	2:35:21.6	389	M45	78		1:03:25.5	449	1:48:04.2	441
440	Edgar Santos	408	2:35:35.3	2:35:29.5	390	Sen-M	110	Mercenários da Penha	0:54:01.0	398	1:37:47.7	429
441	Inês Kol	165	DSQ		51	Sen-F	21			-1		-1
442	António Sengo	174	DSQ		391	Sen-M	111	CDCR dos CTT		-1		-1

41ª Meia Maratona de S. João das Lampas

Finisher List 41ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
443	Nuno Oliveira	180	DSQ		392	Sen-M	112	CDCR dos CTT		-1		-1
444	Tanilma Marques	436	DSQ	1:40:13.6	52	F50	4			-1		-1

Number of records: 444

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
41ª Meia Maratona de S. João das Lampas											
m											
Seniors-M											
1		João Catalão	430	1:20:08.5	1:20:00.5	3	Sen-M	3		0:35:23.0	0:57:50.6
2		José Camacho	508	1:23:41.2	1:23:38.0	13	Sen-M	13		0:36:23.9	1:00:17.3
3		Carlos Manuel Ribeiro	189	1:23:41.8	1:23:38.6	14	Sen-M	14	A Natureza Ensina	0:36:24.0	1:00:17.1
4		Maillard Vincent Guy Louis	410	1:23:59.7	1:23:45.3	15	Sen-M	15	SAM Sportinlove	0:35:35.9	0:59:17.0
5		António Figueiredo	70	1:24:40.9	1:24:37.4	16	Sen-M	16	Os Galgos	0:36:05.0	1:00:21.6
6		António Fortuna	362	1:25:07.2	1:25:03.3	17	Sen-M	17	David Vaz Associação	0:35:49.8	1:00:00.7
7		Nelson Fonseca	225	1:26:01.7	1:25:57.6	19	Sen-M	19	Jobrinde - Montes Saloios	0:36:16.7	1:00:44.6
8		Mário Firmino	305	1:26:25.7	1:26:23.2	20	Sen-M	20	Dolce Furadouro	0:36:20.5	1:00:50.7
9		Francisco Monte	321	1:28:05.5	1:27:59.3	24	Sen-M	24	O MUNDO DA CORRIDA	0:37:46.9	1:02:54.9
10		Tiago Martins Ribeiro	339	1:28:17.9	1:28:11.1	25	Sen-M	25		0:38:29.4	1:03:09.5
11		David Karim	49	1:28:31.0	1:28:24.2	26	Sen-M	26		0:38:42.1	1:03:35.2
12		Pedro Serra	343	1:31:06.6	1:30:52.9	33	Sen-M	33	Tartarugas Solidárias	0:39:32.1	1:05:29.0
13		Vitor Marques	3	1:31:21.6	1:31:15.6	34	Sen-M	34		0:39:54.6	1:05:35.4
14		Carlos Manuel Ferreira Da	325	1:31:29.1	1:31:22.5	35	Sen-M	35		0:38:30.0	1:03:58.3
15		Fredrico Lazaro	285	1:31:30.7	1:31:24.1	37	Sen-M	37	GRUPO DESPORTIVO E RECREATIVO DE	0:39:39.9	1:05:40.3
16		Paulo Gomes	467	1:31:59.4	1:31:34.3	41	Sen-M	42		0:39:39.2	1:04:44.2
17		Eduardo Santos	54	1:33:01.5	1:32:52.6	50	Sen-M	51		0:40:13.5	1:06:52.2
18		Alexandre Lucas	157	1:33:11.7	1:32:59.9	52	Sen-M	53	Caracóis de Pedra	0:39:04.3	1:05:44.3
19		Ricardo Soeiro	463	1:34:00.3	1:33:44.6	58	Sen-M	60	Grupo Desportivo Roche Portugal	0:39:41.9	1:06:44.3
20		Bruno Taveira	277	1:34:24.9	1:34:21.1	61	Sen-M	63	Núcleo Atletismo Vialonga	0:41:14.2	1:08:09.1
21		Diogo Sousa	242	1:34:32.9	1:34:26.9	62	Sen-M	64	GO!Runners	0:39:54.9	1:06:53.3
22		Nuno Vaz	158	1:35:25.8	1:34:55.0	70	Sen-M	73	Caracóis de Pedra	0:42:32.3	1:10:07.6
23		Bruno Canhão	480	1:36:03.4	1:35:54.3	74	Sen-M	77		0:39:25.4	1:07:15.4
24		Rui Vale	55	1:36:04.6	1:35:54.4	75	Sen-M	78	Correr Lisboa	0:41:58.2	1:08:46.0
25		Amilcar Feliciano	22	1:36:06.0	1:36:00.1	76	Sen-M	79		0:40:48.4	1:08:09.2
26		Luís F Da Costa Carvalho	97	1:36:51.6	1:36:23.5	83	Sen-M	86	RUN 4 FUN	0:42:07.7	1:09:46.5
27		Marco Lourenço	475	1:37:28.8	1:37:15.6	86	Sen-M	89		0:40:21.7	1:08:44.1
28		Tiago Baleia	156	1:37:42.1	1:37:01.3	87	Sen-M	90	Caracóis de Pedra	0:43:18.6	1:11:13.5
29		Pedro Dorey	331	1:38:10.8	1:37:49.8	91	Sen-M	95		0:43:12.4	1:10:50.7
30		Marco Caseiro	91	1:38:55.9	1:38:41.4	99	Sen-M	103	Os Perigosos	0:42:30.0	1:10:23.1
31		Fernando Andrade	92	1:38:55.9	1:38:39.2	100	Sen-M	104	Os Perigosos	0:42:26.6	1:10:19.2
32		Pedro Baleia	162	1:39:11.6	1:38:23.2	104	Sen-M	108	Caracóis de Pedra	0:42:15.5	1:10:13.6
33		Pedro Figueira	143	1:39:17.5	1:38:51.2	105	Sen-M	109		0:42:54.6	1:10:47.5
34		Tiago Almeida	155	1:39:20.4	1:39:08.9	107	Sen-M	111	Caracóis de Pedra	0:42:17.4	1:10:27.3
35		Helder Valadas	89	1:39:56.0	1:39:40.3	114	Sen-M	119	Os Perigosos	0:42:28.4	1:11:12.5
36		Carson John	58	1:40:47.9	1:40:33.0	120	Sen-M	126	Vegan Runners	0:43:32.8	1:12:27.4

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
37		Marco Fernandes	200	1:40:57.3	1:40:36.9	123	Sen-M	129	Atibá	0:43:04.5	1:11:51.0
38		José Sérgio Santos Lopes	310	1:41:10.7	1:40:51.4	124	Sen-M	130		0:42:17.3	1:11:14.6
39		João Pedro Silva	481	1:41:21.9	1:41:18.4	125	Sen-M	132		0:42:47.4	1:11:56.2
40		Duarte Nuno Ornelas Costa	454	1:42:51.9	1:42:43.5	139	Sen-M	146	Correr Lisboa	0:44:18.2	1:13:02.0
41		Samuel Sebastião	161	1:42:58.0	1:42:44.4	140	Sen-M	147	Caracóis de Pedra	0:43:18.5	1:12:46.2
42		Jorge Pascoal	129	1:43:07.6	1:42:53.3	144	Sen-M	151		0:45:19.9	1:14:56.0
43		David Cardoso	280	1:43:13.0	1:43:07.9	145	Sen-M	152	Mercenários da Penha	0:44:37.4	1:14:23.1
44		Luís Alves	207	1:43:24.6	1:43:15.2	146	Sen-M	153	CAD a Correr	0:44:27.0	1:13:55.0
45		Hugo Paulo	380	1:43:29.0	1:43:21.5	149	Sen-M	156		0:43:37.6	1:13:16.0
46		Pedro Miguel Carvalho	164	1:43:31.1	1:43:21.5	150	Sen-M	157	Cada a Correr	0:44:27.0	1:13:31.5
47		Rafael Assunção	298	1:43:58.0	1:43:26.6	151	Sen-M	160	Carapaus de corrida	0:44:46.2	1:13:12.1
48		João Ascensão	179	1:44:35.2	1:44:18.4	159	Sen-M	168	CDCR dos CTT	0:44:51.1	1:14:14.5
49		Marco Rasteiro	245	1:44:37.1	1:44:30.0	160	Sen-M	169	GOIRunners	0:44:54.5	1:15:20.0
50		João Correia	400	1:44:37.8	1:44:30.3	161	Sen-M	170		0:45:07.2	1:14:55.6
51		Nuno Cruz	390	1:44:38.0	1:44:30.6	162	Sen-M	171		0:45:07.4	1:14:55.7
52		Sérgio Pedro	10	1:44:40.6	1:44:17.5	163	Sen-M	172	TINTO RUNNING TEAM	0:42:32.1	1:12:41.5
53		Valter Almeida	420	1:44:56.8	1:44:23.7	169	Sen-M	178	atletadesofa.com	0:45:54.4	1:15:30.5
54		Miguel Marques	335	1:44:57.0	1:44:23.9	170	Sen-M	179	atletadesofa.com	0:45:54.9	1:15:32.2
55		João Pereira	273	1:45:06.7	1:44:48.7	172	Sen-M	181	Casa do Benfica em Algueirão Mem Martins -	0:43:54.5	1:14:16.8
56		Daniel Sampaio	386	1:45:07.5	1:44:57.3	173	Sen-M	182	SIMECQ	0:43:49.9	1:14:16.9
57		Bruno Cardoso	172	1:45:09.4	1:44:51.0	174	Sen-M	183	CDCR dos CTT	0:44:32.6	1:14:21.8
58		Hugo Guerreiro	76	1:45:21.2	1:45:06.6	176	Sen-M	185	Varitintas	0:44:36.9	1:14:14.5
59		Eduardo Ribeiro	30	1:46:00.0	1:45:46.1	183	Sen-M	192		0:45:42.7	1:15:38.7
60		Sérgio Martins	246	1:46:24.4	1:45:53.2	186	Sen-M	195	Sernache	0:45:22.6	1:15:55.1
61		Pedro Ribeiro	33	1:48:00.7	1:47:33.1	194	Sen-M	204	RUN 4 FUN	0:46:11.7	1:17:07.8
62		Joao Pedro Marques	291	1:48:10.5	1:47:58.0	197	Sen-M	207	SS CGD	0:46:00.9	1:16:39.1
63		Mário Rui Ribeiro	209	1:48:31.7	1:48:01.2	199	Sen-M	209		0:47:22.6	1:17:52.9
64		Daniel Machado	336	1:48:40.8	1:48:36.3	202	Sen-M	213	Os Galgos	0:45:06.3	1:16:58.3
65		Tiago Guerreiro	473	1:49:16.1	1:48:43.9	209	Sen-M	221		0:46:59.8	1:18:11.9
66		João Veiga	327	1:49:55.2	1:49:44.4	215	Sen-M	229	Correr Lisboa	0:45:58.1	1:17:32.9
67		Jorge Lozano	208	1:50:04.5	1:49:31.7	216	Sen-M	230		0:46:30.7	1:17:57.7
68		Ricardo Pinela	66	1:50:23.4	1:50:01.1	220	Sen-M	235		0:47:12.0	1:18:31.8
69		Rodolfo Carneiro	354	1:50:55.5	1:50:29.8	225	Sen-M	244		0:48:15.8	1:19:33.1
70		Bruno Matias	271	1:51:23.6	1:50:41.8	230	Sen-M	249	Casa do Benfica em Algueirão Mem Martins -	0:46:42.8	1:18:00.8
71		Carlos Jesus	82	1:52:29.4	1:52:22.0	250	Sen-M	271		0:47:46.4	1:19:55.7
72		Filipe Arcadinho	95	1:53:00.7	1:52:43.6	254	Sen-M	276	Os Perigosos	0:48:51.9	1:21:15.0
73		Tiago Costa	197	1:53:20.5	1:53:07.2	259	Sen-M	281	Wikaboo	0:48:20.3	1:20:53.0
74		Dúlio Parreira	147	1:53:55.6	1:53:54.3	264	Sen-M	287	Casa Benfica Torres Vedras	0:39:14.2	1:11:16.5
75		Carlos Marques	357	1:53:57.8	1:53:44.3	265	Sen-M	288		0:47:51.1	1:19:28.1
76		Paulo Oliveira Lopes	220	1:53:57.9	1:53:32.1	266	Sen-M	289	GD Banco BPI	0:48:52.0	1:21:24.6
77		Ricardo Valente	297	1:54:23.0	1:53:51.2	268	Sen-M	291	Carapaus de corrida	0:50:26.4	1:22:53.3
78		Carlos Silva	418	1:55:01.0	1:54:34.8	273	Sen-M	296		0:48:24.8	1:20:48.6

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
79		João Pereira	341	1:55:02.4	1:54:39.7	274	Sen-M	297		0:45:27.3	1:18:23.2
80		Rogério Machado	84	1:55:22.3	1:55:07.5	275	Sen-M	298		0:47:46.2	1:21:22.8
81		Gonçalo Amaral Alves	411	1:55:23.3	1:55:04.8	276	Sen-M	299		0:50:53.0	1:22:54.7
82		Rúben Maurício	352	1:55:35.1	1:55:29.5	277	Sen-M	301	Runners da Frente Ribeirinha da Póvoa Santa Iria	0:47:10.3	1:19:55.1
83		Eduardo Pinto	75	1:55:40.7	1:55:24.3	279	Sen-M	303	Varitintas	0:48:20.9	1:21:07.1
84		Sérgio Simões	19	1:55:43.4	1:55:19.5	282	Sen-M	306	CAAPP	0:49:38.4	1:22:26.7
85		Tiago J. G. Mendonca	52	1:56:18.1	1:56:06.3	285	Sen-M	309		0:48:06.5	1:21:05.4
86		Tiago Pinto	319	1:56:38.1	1:56:24.3	288	Sen-M	313	Correr Lisboa	0:45:54.6	1:18:46.8
87		Hugo Santos	123	1:57:27.3	1:56:56.9	292	Sen-M	317	Falcões Selvagens	0:49:26.2	1:22:52.7
88		Ivo Claro	353	1:57:38.5	1:56:17.5	295	Sen-M	320	Tartarugas Solidárias	0:50:01.7	1:23:12.9
89		Ricardo Domingues	160	1:57:58.3	1:57:43.3	298	Sen-M	323	Caracóis de Pedra	0:50:18.8	1:23:12.1
90		Rui Freixo	163	1:58:08.0	1:57:40.6	299	Sen-M	324		0:49:50.6	1:22:42.6
91		Luis Lino	296	1:58:28.4	1:57:57.0	302	Sen-M	327	Carapaus de corrida	0:50:35.9	1:24:11.9
92		Alexandre Ribeiro	23	1:59:57.3	1:59:44.2	311	Sen-M	337		0:48:54.8	1:24:01.5
93		Tiago Marques	333	2:00:43.9	2:00:14.7	313	Sen-M	341		0:50:52.9	1:25:27.8
94		Rodrigo Sousa	226	2:01:59.8	2:01:39.6	316	Sen-M	345	RunLovers	0:49:03.0	1:22:43.9
95		Luis Gomes	293	2:02:56.9	2:02:45.0	320	Sen-M	349	SS CGD	0:48:03.2	1:22:49.0
96		Ricardo Teixeira Dias	86	2:03:22.7	2:02:51.4	323	Sen-M	352		0:49:01.7	1:23:46.9
97		Jorge Marques	120	2:04:43.9	2:04:19.9	334	Sen-M	364		0:53:52.1	1:29:42.1
98		André Carronha	122	2:04:45.2	2:04:09.8	335	Sen-M	365	N. A. PAPAGAIOS DE CASCAIS	0:53:30.1	1:29:35.9
99		Bruno Afonso	12	2:05:05.2	2:04:48.0	339	Sen-M	370		0:49:38.7	1:26:05.3
100		Marco Vaz	154	2:05:12.4	2:05:04.0	340	Sen-M	371	Falcões Selvagens	0:49:08.7	1:26:24.5
101		Ricardo Luis	464	2:05:28.9	2:05:13.5	341	Sen-M	373	Grupo Desportivo Roche Portugal	0:49:31.9	1:26:31.2
102		Humberto Barros	392	2:08:24.1	2:07:59.7	349	Sen-M	385	Kaninos	0:53:02.6	1:30:28.7
103		Marco Cachinho	309	2:10:14.7	2:09:49.6	357	Sen-M	394	Kaninos	0:53:00.3	1:30:33.2
104		José Cipriano	306	2:11:33.6	2:11:06.5	365	Sen-M	406		0:54:05.7	1:31:14.9
105		Flávio Martins	211	2:12:58.7	2:12:27.8	372	Sen-M	413		0:56:01.7	1:33:52.6
106		Paulo Alves	184	2:13:31.2	2:13:23.6	375	Sen-M	416	SPEM	0:54:43.2	1:32:05.7
107		Bruno Neves	134	2:18:05.1	2:17:41.0	380	Sen-M	422		0:54:28.5	1:35:01.9
108		Paulo Soares	112	2:20:02.3	2:19:46.6	383	Sen-M	427	CCD Siemens	0:56:14.4	1:36:57.9
109		Hugo Reis	219	2:29:15.1	2:28:47.5	387	Sen-M	437	GD Banco BPI	0:57:08.4	1:41:28.5
110		Edgar Santos	408	2:35:35.3	2:35:29.5	390	Sen-M	440	Mercenários da Penha	0:54:01.0	1:37:47.7
111		António Sengo	174	DSQ		391	Sen-M	442	CDCR dos CTT		
112		Nuno Oliveira	180	DSQ		392	Sen-M	443	CDCR dos CTT		

Sub23-M

1		Leonardo Coelho	501	1:21:32.0	1:21:28.6	7	S23-M	7	RunLovers	0:35:47.1	0:58:56.2
2		Flávio Santos F.f.w.p.u.	102	1:27:42.8	1:27:39.6	23	S23-M	23	Federação da Família para a Paz Mundial e	0:36:45.9	1:03:17.1
3		João Trindade	176	1:39:42.3	1:39:32.0	110	S23-M	115	CDCR dos CTT	0:43:25.2	1:11:28.4

Veteranos M40

1		João Ferreira	459	1:20:55.1	1:20:52.7	5	M40	5		0:34:42.0	0:57:23.4
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41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
2		Joao Hora Faustino	428	1:22:43.5	1:22:38.5	8	M40	8		0:35:27.3	0:59:45.4
3		Joaquim Frazão	506	1:22:52.9	1:22:50.1	10	M40	10	Casa Benfica Torres Vedras	0:35:24.3	0:59:11.6
4		Miguel Pinto	323	1:25:23.8	1:25:20.3	18	M40	18	Federação da Família para a Paz Mundial e	0:36:43.8	1:01:02.4
5		Paulo Sérgio Lopes Jesus	118	1:26:46.1	1:26:44.0	22	M40	22	Grupo Recreativo Estrela do Bonfim	0:36:09.3	1:00:47.0
6		Julio Fernandes	462	1:29:08.3	1:28:53.2	27	M40	27	OCS - Proaventuras	0:38:26.8	1:03:49.0
7		Sérgio Pires	61	1:32:00.1	1:31:51.6	42	M40	43		0:39:53.2	1:06:09.7
8		Vasco Tavares	9	1:32:05.7	1:31:56.0	43	M40	44	Correr Lisboa	0:39:03.9	1:05:23.4
9		Jorge Pardal	43	1:32:22.2	1:32:15.1	46	M40	47	Tartarugas Solidárias	0:39:57.0	1:06:24.1
10		Nuno Anjos	416	1:32:34.4	1:32:29.7	47	M40	48	amigosdacorrida.com	0:39:46.7	1:06:06.8
11		Pedro Soares	399	1:33:42.3	1:33:36.6	56	M40	58		0:39:28.2	1:05:49.4
12		Tiago Machado	398	1:34:07.5	1:33:59.8	60	M40	62		0:40:14.7	1:07:25.7
13		Ricardo Martins	88	1:36:29.8	1:36:24.6	79	M40	82	OutSystems Olímpico de Oeiras	0:40:42.5	1:08:29.8
14		Sérgio Pontes	128	1:36:29.9	1:36:19.0	80	M40	83	Lx Run	0:41:41.8	1:09:07.4
15		Marco Oliveira	421	1:36:32.5	1:36:12.8	81	M40	84	O MUNDO DA CORRIDA	0:41:53.2	1:09:18.9
16		Paulo Marques	240	1:37:16.0	1:37:11.0	84	M40	87	GO!Runners	0:39:55.6	1:07:11.0
17		Carlos Alexandre Pereira	498	1:37:17.0	1:37:13.2	85	M40	88		0:40:20.9	1:08:16.4
18		Alexandre Figueiredo	231	1:38:18.7	1:38:13.7	92	M40	96	NAPA Núcleo Amigos Perna Assada	0:42:01.3	1:10:12.5
19		Eduardo Leite	40	1:38:23.4	1:38:12.8	93	M40	97	Sport União Colareense	0:42:09.9	1:10:31.6
20		André Coelho	337	1:38:28.6	1:38:24.4	94	M40	98	Os Galgos	0:41:44.1	1:09:57.6
21		Paulo Duarte	449	1:38:42.1	1:38:37.4	95	M40	99		0:39:59.4	1:08:07.6
22		Helder Tavares	77	1:38:45.5	1:38:31.5	96	M40	100	Varitintas	0:41:54.7	1:09:55.0
23		Nuno Miguel Rodrigues	251	1:38:49.0	1:38:28.2	97	M40	101	Tranquilidade Açoreana Clube	0:43:15.5	1:11:18.5
24		Mário Monteiro	338	1:39:18.5	1:39:14.9	106	M40	110	Os Galgos	0:41:54.2	1:10:58.2
25		André Santos	119	1:39:45.7	1:39:38.8	112	M40	117		0:42:35.7	1:11:21.7
26		Rui Moura	105	1:39:46.8	1:39:24.7	113	M40	118		0:44:44.9	1:12:58.0
27		João Limão	213	1:40:04.5	1:39:50.1	117	M40	122		0:41:56.1	1:10:19.8
28		Sérgio Feliciano	1	1:40:53.9	1:40:42.7	122	M40	128	Correr Lisboa	0:44:43.3	1:13:12.2
29		Paulo Sérgio Augusto Alves	315	1:42:01.1	1:41:41.7	129	M40	136	Matilha Running	0:51:57.5	1:12:14.9
30		Hugo Carago	370	1:42:04.9	1:42:00.3	130	M40	137	Clube Novo Banco	0:41:23.7	1:12:35.1
31		José António Barros Soares	448	1:42:05.9	1:41:29.4	131	M40	138	Clube Zupper	0:44:49.0	1:12:57.9
32		Miguel Barreiros	190	1:42:09.0	1:41:57.8	132	M40	139		0:44:18.9	1:13:27.8
33		Pedro Santos	330	1:42:28.1	1:42:15.5	135	M40	142		0:42:39.7	1:11:43.7
34		Hildebrand Castro	365	1:42:37.5	1:42:30.6	137	M40	144		0:42:08.5	1:11:52.7
35		Nuno Alcobia	505	1:42:59.3	1:42:42.7	141	M40	148		0:44:54.7	1:14:13.3
36		André Cabral	167	1:43:00.2	1:42:50.5	142	M40	149		0:44:01.0	1:13:39.1
37		Lúis Andrade	178	1:43:01.2	1:42:46.4	143	M40	150	CDCR dos CTT	0:44:00.0	1:13:40.4
38		Nélson Custódio	171	1:43:26.8	1:43:09.2	147	M40	154	CDCR dos CTT	0:44:32.9	1:14:20.4
39		Tiago Ramos	433	1:44:13.3	1:44:07.6	155	M40	164		0:43:42.9	1:14:32.1
40		António José Marques	451	1:45:13.9	1:44:52.2	175	M40	184	to-ze- iciar	0:44:51.0	1:14:29.4
41		Nuno Silva	15	1:45:24.9	1:45:13.7	177	M40	186	Lx Run	0:43:26.0	1:13:00.0
42		António Rico	230	1:46:13.5	1:46:08.8	184	M40	193	NAPA Núcleo Amigos Perna Assada	0:44:07.3	1:13:30.4
43		Ildebrando Aires	4	1:46:21.1	1:45:53.1	185	M40	194		0:44:32.6	1:15:38.8

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
44		Paulo Trindade	116	1:46:33.3	1:46:27.0	188	M40	197	O MUNDO DA CORRIDA	0:44:31.0	1:15:56.5
45		Pedro Serra	491	1:46:43.7	1:46:32.8	189	M40	198	Lisboa	0:44:38.6	1:15:18.3
46		João Navarro	140	1:48:11.7	1:48:03.6	198	M40	208		0:44:41.2	1:16:23.9
47		Filipe Correia	73	1:48:46.6	1:48:24.4	204	M40	215	SS CGD	0:45:49.3	1:16:04.6
48		João Rosinha	201	1:48:49.0	1:48:27.0	205	M40	216	ARSM	0:46:49.8	1:17:51.4
49		Sérgio Costa	468	1:48:50.2	1:48:41.3	206	M40	217	Esquilos Ninja	0:46:24.4	1:17:10.6
50		Luís Vieira	79	1:48:53.0	1:48:38.3	207	M40	218	Varitintas	0:44:10.6	1:14:14.3
51		Nuno Gonçalves	6	1:49:10.2	1:48:58.3	208	M40	220	GDCTINCM	0:46:26.4	1:17:42.9
52		Nuno Borges Pereira	401	1:51:20.7	1:51:02.6	229	M40	248		0:46:00.5	1:18:09.7
53		Bruno Dias	383	1:51:30.2	1:51:01.9	233	M40	252		0:48:28.7	1:20:23.3
54		Pedro Carvalho	17	1:51:31.5	1:51:02.7	234	M40	253		0:48:28.8	1:20:21.9
55		Rui Almeida	127	1:51:32.4	1:51:27.3	235	M40	254	Mercenários da Penha	0:45:43.9	1:17:38.0
56		Viegas Ricardo	151	1:51:39.7	1:51:35.5	238	M40	257		0:46:54.2	1:18:30.3
57		Luis Miguel Silva Neves	274	1:51:40.9	1:51:17.3	239	M40	258	GD Banco BPI	0:47:20.5	1:19:23.0
58		Carlos Miguel Antunes	181	1:53:20.5	1:53:06.3	258	M40	280	Wikaboo	0:48:19.3	1:20:51.5
59		Davide Mendes	355	1:53:24.7	1:53:13.7	261	M40	283	Sport União Colareense	0:46:51.8	1:19:28.7
60		Diogo Barros	80	1:53:48.6	1:53:33.3	263	M40	286	Varitintas	0:48:23.3	1:21:07.9
61		Pedro Antunes	42	1:56:00.7	1:55:53.2	284	M40	308		0:46:00.3	1:21:11.0
62		Jorge Costa	31	1:56:32.4	1:56:22.1	286	M40	311	Correr Lisboa	0:47:04.6	1:25:17.8
63		Carlos Semide	450	1:57:01.9	1:56:28.6	291	M40	316		0:50:11.6	1:23:52.8
64		Hugo Silva	166	1:57:46.7	1:57:25.4	297	M40	322		0:50:09.6	1:23:20.8
65		Ricardo Figueira	469	1:58:27.2	1:58:18.4	301	M40	326	Esquilos Ninja	0:46:27.5	1:20:05.1
66		Luís Costa	346	1:59:35.2	1:59:08.9	307	M40	333	amigosdacorrída.com	0:50:14.7	1:23:24.8
67		Paulo Picão	363	1:59:46.5	1:59:13.0	308	M40	334	Monsanto Running Team	0:50:12.3	1:24:42.5
68		Paulo Calvino	96	1:59:48.7	1:59:23.3	309	M40	335	Põe-Te a Milhas!	0:49:50.2	1:24:47.6
69		Sergio Amaral	294	2:01:56.5	2:01:34.9	315	M40	344	SS CGD	0:52:43.9	1:29:09.3
70		José Alexandre Silva	115	2:02:06.0	2:01:59.3	318	M40	347		0:49:22.7	1:23:31.4
71		Bruno Dias	414	2:03:39.4	2:03:11.2	324	M40	353	SS CGD	0:49:12.4	1:25:41.2
72		Cesar Domingos Diogo	237	2:04:36.4	2:04:25.8	333	M40	363	Bruxos Runners	0:51:44.8	1:28:19.0
73		Marco Aparício	28	2:06:16.4	2:05:52.0	345	M40	379		0:53:57.0	1:30:11.1
74		Nuno Vicente	311	2:09:04.0	2:08:44.3	351	M40	387		0:52:57.1	1:29:46.4
75		Pedro Lopes	152	2:09:25.7	2:08:55.3	353	M40	390	Mafra	0:55:23.6	1:32:46.3
76		Gonçalo Delca	509	2:09:50.8	2:09:18.8	356	M40	393		0:57:55.7	1:37:26.8
77		Christopher Jeppson	142	2:10:23.7	2:10:12.2	359	M40	397		0:54:12.2	1:33:26.7
78		Joaquim Fernandes	391	2:13:17.1	2:12:44.1	374	M40	415		0:52:14.2	1:31:15.5
79		Ricardo Ramos	175	2:17:43.8	2:17:25.6	379	M40	421	CDCR dos CTT	0:53:05.1	1:30:35.5
80		Daniel Pereira	62	2:23:39.6	2:23:08.4	385	M40	432		0:56:25.5	1:38:17.9
81		Filipe Moraes	431	2:25:55.2	2:25:44.4	386	M40	435	Lx Run	0:56:47.5	1:40:51.5

Veteranos M45

1		Antonio Sousa	478	1:16:00.3	1:15:58.2	1	M45	1	GFD RUNNING	0:33:25.2	0:54:44.3
2		Artur Oliveira	269	1:21:15.0	1:21:12.4	6	M45	6	Casa do Benfica em Algueirão Mem Martins -	0:34:00.9	0:57:00.8

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
3		José Manuel Neves	192	1:22:49.2	1:22:45.9	9	M45	9	A Natureza Ensina	0:35:36.4	0:59:10.1
4		Julio Finote	284	1:23:38.8	1:23:35.7	12	M45	12	GRUPO DESPORTIVO E RECREATIVO DE	0:35:37.0	0:59:22.3
5		Didier Valente	407	1:26:38.0	1:26:34.3	21	M45	21	Monsanto Running Team	0:37:15.6	1:02:24.3
6		Orlando Correia	384	1:30:50.7	1:30:46.1	30	M45	30	Linda a Pastora S.C.	0:39:32.2	1:04:42.8
7		Edgar Trigo F.f.w.p.u.	104	1:31:01.2	1:30:58.2	32	M45	32	Federação da Família para a Paz Mundial e	0:39:20.7	1:05:27.7
8		João Paixão	229	1:31:29.3	1:31:25.7	36	M45	36	NAPA Núcleo Amigos Perna Assada	0:39:16.3	1:05:38.3
9		João Pastor	397	1:31:44.8	1:31:39.2	39	M45	40	Amigos do Atletismo de Mafra	0:39:57.5	1:06:02.3
10		Luis Oliveira	261	1:31:55.4	1:31:50.0	40	M45	41	Casa do Benfica em Algueirão Mem Martins -	0:39:18.8	1:06:12.1
11		Duarte Barbosa	457	1:32:09.8	1:32:01.2	44	M45	45	Turres Trail Clube	0:39:00.1	1:05:36.1
12		Hélder Lopes	268	1:33:19.9	1:33:17.1	53	M45	54	Casa do Benfica em Algueirão Mem Martins -	0:41:38.4	1:07:47.3
13		Miguel Ribeiro	39	1:34:07.2	1:34:01.6	59	M45	61		0:40:07.0	1:07:27.6
14		Pedro Joao Reis	141	1:34:39.9	1:34:31.3	64	M45	66		0:41:03.2	1:08:04.5
15		Carlos Abrunhosa	366	1:35:19.3	1:34:56.5	69	M45	72	Millenniumbcp	0:40:29.3	1:07:41.7
16		Jorge Sirgado	492	1:35:41.7	1:35:35.3	71	M45	74		0:40:27.1	1:07:49.8
17		José Correia Lopes	502	1:35:46.9	1:35:35.1	73	M45	76	CCD Siemens	0:40:14.4	1:08:54.7
18		Luis Monteiro	373	1:36:18.4	1:36:07.2	77	M45	80	Clube Novo Banco	0:42:03.6	1:09:35.7
19		Vasco Ascensão	170	1:36:24.3	1:36:07.8	78	M45	81	CDCR dos CTT	0:41:49.0	1:09:00.1
20		António Pedro Santos	402	1:36:48.8	1:36:28.0	82	M45	85	Salamandrecos	0:41:30.1	1:09:08.0
21		Luis Pires	168	1:38:01.9	1:37:43.3	89	M45	92	Clube Vodafone	0:41:20.7	1:09:23.4
22		Vítor Santos	262	1:38:51.9	1:38:34.8	98	M45	102	Casa do Benfica em Algueirão Mem Martins -	0:42:08.7	1:10:42.3
23		Fernando Rosete	32	1:39:00.9	1:38:34.0	101	M45	105	RUN 4 FUN	0:42:09.8	1:09:49.0
24		Joaquim Cunha	441	1:39:38.6	1:39:27.6	109	M45	113	Auto Jacinto	0:41:04.5	1:08:56.5
25		Paulo Ferreira	68	1:40:53.7	1:40:41.7	121	M45	127	Correr Lisboa	0:44:42.6	1:13:10.8
26		Luis Veloso	177	1:41:24.9	1:41:08.2	126	M45	133	CDCR dos CTT	0:42:29.1	1:11:28.6
27		João Santos	312	1:41:27.9	1:41:10.9	127	M45	134	Mira Q Corredores	0:43:12.8	1:12:19.8
28		Fernando Figueiredo	334	1:42:20.6	1:41:58.5	134	M45	141	Atibá	0:44:45.1	1:13:14.1
29		Nuno Cabeça	18	1:43:27.5	1:43:12.2	148	M45	155		0:44:23.1	1:14:15.1
30		Fernando Monteiro	16	1:44:00.2	1:43:52.9	152	M45	161		0:43:42.2	1:13:47.2
31		Joao Pires	194	1:44:04.3	1:43:44.6	154	M45	163		0:46:05.0	1:14:53.4
32		Paulo Lourinho	38	1:44:16.4	1:43:49.6	156	M45	165	Clube Atletismo Amigos de Belém	0:45:21.1	1:15:09.2
33		Pedro Rodrigues	452	1:44:23.8	1:44:04.1	158	M45	167	OFICINA DO PEDRO	0:46:00.1	1:15:12.6
34		Luis Caldeira	183	1:44:43.4	1:44:29.0	164	M45	173	OCS - Proaventuras	0:44:32.6	1:15:04.3
35		Ricardo Jesus	13	1:44:43.9	1:44:31.9	165	M45	174		0:46:08.4	1:15:34.7
36		João Paulo Santos	342	1:44:46.9	1:44:44.2	167	M45	176	Casa Benfica Torres Vedras	0:43:41.9	1:14:36.8
37		Rui Gama	377	1:45:06.5	1:45:01.8	171	M45	180	Clube Novo Banco	0:44:04.0	1:14:55.3
38		Joao Silva	292	1:45:33.8	1:45:13.7	179	M45	188	SS CGD	0:44:37.8	1:14:59.4
39		João Silva	456	1:45:50.1	1:45:26.3	182	M45	191	Turres Trail Clube	0:43:50.7	1:14:38.5
40		Rui Silva	132	1:47:31.5	1:47:07.9	191	M45	201	Clube Desportivo Estrela	0:43:29.5	1:14:34.1
41		Joaquim Santos	198	1:47:34.7	1:47:26.1	192	M45	202		0:45:09.4	1:16:06.3
42		Carlos Costa	272	1:47:37.9	1:47:28.6	193	M45	203	Casa do Benfica em Algueirão Mem Martins -	0:44:06.2	1:15:31.0
43		Henrique Amador	290	1:48:02.4	1:47:41.6	196	M45	206	SS CGD	0:46:51.8	1:17:29.3
44		Jorge Leite	2	1:48:31.8	1:48:26.3	200	M45	210		0:43:18.2	1:15:12.8

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
45		Mário Santos	303	1:49:34.3	1:49:30.1	212	M45	225	Dolce Furadouro	0:46:04.8	1:17:22.1
46		Carlos Peralta	196	1:49:38.7	1:49:16.2	213	M45	227		0:46:00.4	1:17:23.0
47		Rui Trindade	182	1:49:40.0	1:49:05.6	214	M45	228	Clube Desportivo Estrela	0:45:18.9	1:17:15.3
48		Filipe Branco	313	1:50:22.5	1:50:00.7	219	M45	234	a.m.c.d.titularia	0:46:38.9	1:18:36.1
49		Sergio Eira	379	1:50:29.3	1:50:21.9	221	M45	236	Clube Novo Banco	0:46:41.5	1:18:41.7
50		Leonel Adérito Fernandes De	476	1:50:59.0	1:50:16.9	226	M45	245	Sport Clube Alfragide	0:48:27.2	1:19:50.2
51		Rui Salvado	69	1:51:28.2	1:51:09.3	231	M45	250	Corrida Noturna do Parque das Nações	0:48:27.6	1:20:11.4
52		João Leitão	223	1:51:56.8	1:51:36.9	242	M45	262	RunLovers	0:49:03.1	1:21:55.7
53		João Afonso	173	1:52:23.5	1:52:08.6	247	M45	268	CDCR dos CTT	0:47:55.5	1:19:51.8
54		Mário José Silva Jerónimo	495	1:52:25.9	1:52:16.2	248	M45	269		0:45:33.5	1:18:26.9
55		Rui Fernandes	474	1:52:34.1	1:52:06.6	251	M45	272		0:46:16.1	1:17:54.3
56		Rui Vieira	482	1:52:40.4	1:52:28.7	252	M45	274	PORTELA RUNNING POINT	0:49:41.7	1:21:22.5
57		Mário Lopes	90	1:53:00.2	1:52:43.4	253	M45	275	Os Perigosos	0:48:51.6	1:21:14.0
58		Alexandre Pitta Livério	406	1:54:26.3	1:54:18.3	269	M45	292		0:47:17.8	1:20:17.9
59		Filipe Gonçalves	344	1:54:50.6	1:54:39.9	270	M45	293		0:48:12.7	1:20:23.0
60		José Carlos Nunes	124	1:54:55.6	1:54:48.0	272	M45	295	NAZABOBODA	0:44:52.7	1:18:14.8
61		Adelino Trindade	288	1:56:32.7	1:56:21.2	287	M45	312	Correr Lisboa	0:47:02.9	1:25:16.9
62		Fernando Lima	289	1:56:43.5	1:56:22.0	289	M45	314	SS CGD	0:48:58.7	1:21:56.2
63		Pedro Ramos	153	1:57:00.5	1:56:41.4	290	M45	315		0:48:28.1	1:20:15.7
64		João Carlos Brito	423	1:57:36.2	1:57:09.3	294	M45	319		0:50:06.2	1:23:06.7
65		Heitor Gomes	8	1:58:18.8	1:58:04.4	300	M45	325	Georunners	0:52:48.9	1:24:59.7
66		Luis de Barros	20	1:58:45.5	1:58:24.2	303	M45	328		0:50:26.3	1:24:33.6
67		Ricardo Bordalo	479	1:59:07.0	1:58:57.4	305	M45	331		0:50:26.5	1:25:26.4
68		Pedro Singeis	248	1:59:31.4	1:59:01.0	306	M45	332	BJWHF	0:51:27.2	1:24:50.8
69		Miguel Castela	322	2:03:01.6	2:02:42.9	321	M45	350	Associação de Atletismo Lebres do Sado	0:50:13.1	1:26:33.1
70		Luis Sousa	193	2:03:11.0	2:02:50.7	322	M45	351		0:52:55.0	1:28:06.4
71		Diogo Leite	486	2:04:00.9	2:03:51.8	330	M45	359		0:48:11.3	1:25:04.9
72		Miguel Matos	444	2:05:03.9	2:04:42.5	338	M45	369	Tranquilidade Açoreana Clube	0:53:27.8	1:28:27.4
73		Pedro Azevedo	59	2:06:25.4	2:06:12.7	346	M45	380		0:53:41.5	1:30:36.4
74		Miguel Dias	374	2:10:43.4	2:10:13.2	361	M45	399	Clube Novo Banco	0:54:54.6	1:32:00.0
75		Luis Proença	358	2:12:07.5	2:11:41.5	368	M45	409		0:54:50.3	1:33:55.0
76		Jorge Mimoso	249	2:13:17.1	2:12:43.4	373	M45	414		0:52:12.8	1:31:11.1
77		Miguel Pinhal	71	2:18:10.8	2:17:49.1	381	M45	423	Tranquilidade Açoreana Clube	0:55:18.7	1:36:14.4
78		Fábio Pio Dias	35	2:35:35.3	2:35:21.6	389	M45	439		1:03:25.5	1:48:04.2

Veteranos M50

1		João Ginja	125	1:18:47.2	1:18:45.2	2	M50	2	Club Futebol os Belenenses	0:34:15.5	0:56:36.6
2		Fernando Silva Alves	434	1:23:01.2	1:22:58.8	11	M50	11	URBAN RUN TEAM	0:35:09.3	0:58:57.2
3		Vitor Silva	257	1:29:57.9	1:29:39.9	28	M50	28	Casa do Benfica em Algueirão Mem Martins -	0:39:06.3	1:04:29.6
4		Mário Rodrigues	489	1:31:40.9	1:31:37.8	38	M50	39	Federação da Família para a Paz Mundial e	0:37:21.1	1:03:38.5
5		Rafael Abrunhosa	364	1:32:41.6	1:32:19.6	49	M50	50		0:40:15.9	1:06:20.5
6		José Marcelino	133	1:33:10.0	1:33:07.6	51	M50	52	Clube Desportivo Estrela	0:39:45.2	1:06:02.7

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
7		José Pita	282	1:33:39.0	1:33:29.8	55	M50	57	GRUPO DESPORTIVO E RECREATIVO DE	0:40:13.4	1:07:00.6
8		Paulo Pereira	487	1:33:46.3	1:33:34.8	57	M50	59	Tranquilidade Açoreana Clube	0:41:22.8	1:07:57.8
9		José Maria Oliveira	385	1:34:43.4	1:34:38.0	65	M50	67	David Vaz Associação	0:39:34.8	1:06:16.2
10		Armando Dias	100	1:34:56.4	1:34:53.2	66	M50	69	Os Galgos	0:40:00.1	1:07:42.8
11		David Santos	412	1:37:52.4	1:37:39.6	88	M50	91	Os Perigosos	0:42:12.1	1:09:27.8
12		Rodrigo Rodrigo Costa	150	1:38:04.4	1:37:54.3	90	M50	93		0:40:56.5	1:09:34.7
13		João Pereira	283	1:39:05.6	1:38:59.1	102	M50	106	GRUPO DESPORTIVO E RECREATIVO DE	0:43:11.2	1:10:58.3
14		José de Matos	317	1:39:34.3	1:39:25.2	108	M50	112		0:41:58.6	1:10:32.6
15		Paulo Ribeiro	453	1:39:42.3	1:39:32.6	111	M50	116	Correr Lisboa	0:43:26.1	1:11:28.4
16		Narciso Sá	266	1:39:58.6	1:39:50.9	116	M50	121	Casa do Benfica em Algueirão Mem Martins -	0:43:14.7	1:11:37.0
17		Rui Manuel Gonçalves Pereira	445	1:40:31.0	1:40:23.4	118	M50	124		0:41:12.0	1:09:35.5
18		Luis Bastos	497	1:42:18.8	1:42:04.5	133	M50	140	CCD Siemens	0:43:02.9	1:12:51.4
19		Michelangelo Cammarata	405	1:42:42.5	1:42:18.5	138	M50	145		0:44:52.7	1:13:47.9
20		Rainer Hoffmann	212	1:44:02.3	1:43:35.8	153	M50	162		0:43:32.7	1:13:32.5
21		Liberto Santos	107	1:45:31.6	1:45:22.8	178	M50	187		0:42:50.5	1:11:59.7
22		Carlos Nabiça	367	1:45:43.3	1:45:32.3	180	M50	189	Clube Novo Banco	0:45:38.4	1:15:44.6
23		Carlos Oleastro	263	1:45:47.0	1:45:31.3	181	M50	190	Casa do Benfica em Algueirão Mem Martins -	0:45:27.0	1:15:33.9
24		Pedro Trabucho	216	1:47:17.8	1:46:55.0	190	M50	200	GD Banco BPI	0:45:08.6	1:15:49.6
25		Charles Gonçalves	227	1:48:35.0	1:48:15.1	201	M50	211	RunLovers	0:46:34.5	1:17:06.0
26		Jorge Alves	265	1:48:43.9	1:48:24.8	203	M50	214	Casa do Benfica em Algueirão Mem Martins -	0:47:14.2	1:17:21.6
27		Carlos Silva	264	1:49:33.2	1:49:22.2	211	M50	224	Casa do Benfica em Algueirão Mem Martins -	0:46:45.4	1:17:44.0
28		Manuel Romano	21	1:50:30.9	1:50:00.9	222	M50	237	RUN 4 FUN	0:47:03.4	1:18:50.3
29		Luis Ferreira	243	1:50:39.3	1:50:28.9	223	M50	238		0:47:03.8	1:19:20.4
30		José Duarte	259	1:51:38.2	1:51:19.1	237	M50	256	Casa do Benfica em Algueirão Mem Martins -	0:49:26.0	1:21:02.7
31		Nuno Marques	221	1:51:56.8	1:51:36.3	241	M50	261	RunLovers	0:48:49.3	1:20:33.0
32		Jorge Serra	99	1:52:12.5	1:51:55.0	243	M50	264		0:51:18.4	1:23:59.3
33		Fernando Morais	136	1:52:17.4	1:51:53.6	244	M50	265	O MUNDO DA CORRIDA	0:47:11.8	1:19:19.6
34		Fernando Galrito Da Silva	503	1:52:27.6	1:52:18.9	249	M50	270	Clube Desportivo de Mafra	0:47:34.5	1:19:39.4
35		Victor Silva	210	1:53:17.9	1:52:37.6	257	M50	279	Associação de Atletismo Lebres do Sado	0:49:05.8	1:21:03.6
36		João Alberto Dias	234	1:54:52.6	1:54:44.1	271	M50	294		0:49:41.0	1:22:14.5
37		James Simon Houlthby	472	1:55:36.7	1:55:06.5	278	M50	302		0:49:02.0	1:21:50.6
38		Alfredo Falcao	206	1:55:51.2	1:55:22.8	283	M50	307	RUN 4 FUN	0:48:14.9	1:21:01.8
39		Delfim Machado	250	1:58:52.9	1:58:44.7	304	M50	329		0:48:41.3	1:22:54.4
40		Manuel Canané	5	2:03:43.6	2:03:27.1	326	M50	355	Correr Lisboa	0:50:54.8	1:27:35.5
41		Fernando Brandão	369	2:03:56.1	2:03:42.6	328	M50	357	Clube Novo Banco	0:52:08.8	1:26:44.5
42		Rogério Falcao	276	2:03:58.5	2:03:42.2	329	M50	358		0:50:24.9	1:25:24.0
43		Jorge Monteiro	371	2:04:03.9	2:03:40.6	331	M50	360	Clube Novo Banco	0:51:54.4	1:27:12.8
44		Luis Pinto	351	2:04:17.1	2:03:49.6	332	M50	361		0:49:44.9	1:25:45.0
45		António Bogas	260	2:04:55.8	2:04:46.7	336	M50	366	Casa do Benfica em Algueirão Mem Martins -	0:50:42.9	1:27:03.5
46		Francisco Amaro	78	2:04:59.1	2:04:43.0	337	M50	367	Varitintas	0:49:59.7	1:25:36.7
47		Fernando Oliveira	214	2:05:43.0	2:04:23.8	342	M50	375	Tartarugas Solidárias	0:49:01.1	1:23:57.3
48		Pedro Macedo	45	2:05:56.0	2:05:37.6	344	M50	378	Celta de Vigo	0:55:13.9	1:32:20.8

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
49		Paulo Louro	63	2:06:25.7	2:06:12.5	347	M50	381	Correr Lisboa	0:53:37.2	1:30:35.3
50		Joao Paulo Almeida	488	2:08:44.4	2:08:19.2	350	M50	386	Kaninos	0:53:03.1	1:30:34.1
51		Francisco Pereira	443	2:09:25.4	2:09:08.6	352	M50	389	Tranquilidade Açoreana Clube	0:51:19.3	1:27:53.3
52		Gabriel Antonio	314	2:10:25.5	2:09:54.0	360	M50	398	a.m.c.d.titularia	0:52:16.4	1:27:45.2
53		Nuno Côrte-Real	361	2:11:34.3	2:11:08.8	366	M50	407		0:57:05.1	1:35:00.8
54		Milton Teles Sobrinho	50	2:12:45.5	2:12:28.4	370	M50	411		0:53:07.9	1:31:04.8
55		Fernando Fiães	470	2:14:18.5	2:13:45.8	376	M50	417		0:54:15.5	1:32:12.8
56		Fernando Dias	41	2:17:26.8	2:16:56.4	378	M50	420	RUN 4 FUN	0:56:38.9	1:37:53.4
57		Carlos Cagica	109	2:21:57.8	2:21:42.6	384	M50	431	CCD Siemens	0:56:15.9	1:37:29.1
58		Paulo Ricardo	375	2:32:48.9	2:32:34.4	388	M50	438	Clube Novo Banco	1:00:40.1	1:45:58.7

Veteranos M55

1		João Caldeira	44	1:20:16.5	1:20:14.5	4	M55	4	Linda a Pastora S.C.	0:34:42.3	0:57:22.3
2		António Santos	435	1:30:58.4	1:30:51.6	31	M55	31		0:39:44.5	1:05:28.8
3		Germano Silva	458	1:32:12.1	1:32:07.6	45	M55	46	REAL ACADEMIA	0:39:32.4	1:05:38.9
4		José Manuel Gomes	204	1:32:36.4	1:32:31.7	48	M55	49		0:39:57.7	1:06:11.5
5		Carlos Baptista	318	1:33:38.7	1:33:30.2	54	M55	56	S.C.Casainhos	0:40:14.5	1:07:01.6
6		Gilberto Dias	494	1:34:36.5	1:34:31.1	63	M55	65	Amigos do Atletismo de Mafra	0:41:10.0	1:08:19.7
7		Rui Grazina	252	1:35:15.0	1:35:10.8	68	M55	71	CCD Sintrense	0:39:21.5	1:06:27.3
8		João Rodrigues	393	1:39:06.8	1:38:56.5	103	M55	107	Caracóis de Pedra	0:40:53.4	1:08:57.1
9		André Wiborg	53	1:44:16.8	1:43:42.0	157	M55	166	WL84	0:47:09.5	1:16:12.2
10		Nivardo Nepomuceno	504	1:46:24.4	1:45:43.7	187	M55	196		0:45:30.9	1:15:44.4
11		Jorge Paulo	114	1:48:00.9	1:47:31.8	195	M55	205	RUN 4 FUN	0:46:54.0	1:17:34.4
12		António José Tadeu	131	1:50:19.8	1:50:02.2	218	M55	233	Escola Nun'Álvares	0:46:42.7	1:18:07.5
13		Carlos Teixeira	485	1:51:06.9	1:51:00.8	227	M55	246	Lebres e Tartarugas	0:46:06.9	1:18:22.4
14		José Manuel Veiga	307	1:51:16.1	1:50:48.7	228	M55	247	RUN 4 FUN	0:47:41.2	1:19:32.3
15		Fernando Celestino	442	1:51:42.7	1:51:31.2	240	M55	259	Tranquilidade Açoreana Clube	0:47:27.5	1:19:16.7
16		Paulo Silva Pabsi	499	1:52:20.3	1:52:07.3	245	M55	266	Treino Turístico de Odivelas	0:49:40.9	1:21:19.1
17		António Fernando Almeida	332	1:53:02.0	1:52:37.7	255	M55	277	VIA3Runners	0:49:03.6	1:20:49.1
18		Alexandre Reis	267	1:53:22.2	1:53:06.1	260	M55	282	Casa do Benfica em Algueirão Mem Martins -	0:48:32.3	1:20:42.3
19		José Aires	484	1:57:42.0	1:57:21.2	296	M55	321	Tranquilidade Açoreana Clube	0:50:19.2	1:24:02.2
20		Teodoro Trindade	126	1:59:57.0	1:59:29.4	310	M55	336	RUN 4 FUN	0:49:51.3	1:23:48.2
21		Henrique Ruivo	324	2:01:20.9	2:00:53.5	314	M55	343	Tartarugas Solidárias	0:50:04.7	1:24:23.2
22		José Castro	36	2:03:47.5	2:03:21.6	327	M55	356	Clube Atletismo Amigos de Belém	0:54:07.7	1:28:25.0
23		Rogério Matos	329	2:09:25.9	2:08:57.1	354	M55	391	RUN 4 FUN	0:56:28.0	1:33:51.7
24		Jósé Manuel Filipe	46	2:09:37.9	2:09:32.2	355	M55	392		0:50:19.3	1:26:06.5
25		João Ralha	47	2:10:20.8	2:09:51.7	358	M55	395	RUN 4 FUN	0:56:26.9	1:33:52.8
26		Luis Lisboa Santos	388	2:10:48.6	2:10:41.3	362	M55	400	Amigos Vale Silencio	0:53:40.8	1:31:20.9
27		Adalberto Grilo	185	2:12:14.6	2:11:44.9	369	M55	410	RUN 4 FUN	0:56:27.3	1:33:51.4
28		Joaquim Cruz	258	2:15:05.9	2:14:41.5	377	M55	419	Casa do Benfica em Algueirão Mem Martins -	0:59:01.2	1:37:43.5
29		João Castro	438	2:18:50.5	2:18:35.5	382	M55	424	CLUBE ANACOM	0:57:25.2	1:37:06.2

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
Veteranos M60											
1		Fernando Feijão	281	1:29:58.0	1:29:43.6	29	M60	29	GRUPO DESPORTIVO E RECREATIVO DE	0:39:01.4	1:04:33.5
2		Joaquim Palma	394	1:35:45.0	1:35:35.7	72	M60	75	Caracóis de Pedra	0:40:53.5	1:08:57.3
3		António Coelho	270	1:39:57.7	1:39:49.6	115	M60	120	Casa do Benfica em Algueirão Mem Martins -	0:43:14.0	1:11:35.8
4		João Moura	493	1:40:31.6	1:40:25.8	119	M60	125	REAL ACADEMIA	0:43:13.1	1:12:02.3
5		Albísio F. Magalhães	81	1:42:29.4	1:42:17.8	136	M60	143		0:42:13.7	1:11:21.4
6		Jose Manuel Vicente Faustino	235	1:44:48.7	1:44:47.6	168	M60	177		0:44:56.3	1:15:36.9
7		Carlos Rangel	238	1:49:26.0	1:49:12.5	210	M60	222		0:47:40.8	1:18:59.4
8		Carlos Sousa	93	1:50:07.7	1:49:50.5	217	M60	231	Os Perigosos	0:46:02.5	1:17:24.8
9		Vitor Amado	188	1:50:52.8	1:50:45.9	224	M60	243		0:46:41.2	1:17:50.7
10		José Rolão	60	1:51:28.3	1:51:09.8	232	M60	251	Corrida Noturna do Parque das Nações	0:48:28.7	1:20:12.0
11		Douglas Fry	101	1:51:32.7	1:51:24.6	236	M60	255	Clube Desportivo de Mafra	0:47:33.3	1:19:12.8
12		José Reis	139	1:52:22.3	1:52:12.6	246	M60	267		0:44:51.8	1:16:52.1
13		Julio Ferreira	372	1:53:06.5	1:52:43.7	256	M60	278	Clube Novo Banco	0:47:22.3	1:19:47.9
14		Gabriel Moreira	349	1:53:34.2	1:53:08.7	262	M60	285		0:50:27.3	1:22:47.0
15		Orlando Duarte	135	1:55:42.6	1:55:08.5	280	M60	304	EMFORÇA SPEM	0:50:11.7	1:21:56.4
16		Fernando Andrade	500	1:55:42.6	1:55:15.5	281	M60	305	Tranquilidade Açoreana Clube	0:49:28.2	1:22:04.6
17		Rogério Pina	439	1:57:32.6	1:57:17.8	293	M60	318	CLUBE ANACOM	0:50:44.5	1:24:39.7
18		Jorge Paulino	87	2:02:03.7	2:01:54.4	317	M60	346	Clube Desportivo de Mafra	0:52:39.0	1:28:08.3
19		José Pereira	94	2:02:22.1	2:02:04.5	319	M60	348	Os Perigosos	0:53:46.3	1:28:23.0
20		Germano Sousa Bernardo	187	2:05:54.4	2:05:27.5	343	M60	376	PRAZER DA CORRIDA	0:54:23.9	1:30:23.9
21		Abilio Tavares	169	2:11:00.3	2:10:46.7	363	M60	401		0:53:34.6	1:31:01.1
22		Jacinto Pereira	403	2:11:07.7	2:10:57.6	364	M60	403	SIMECQ	0:54:51.7	1:32:11.6
23		António Sanches	218	2:12:52.8	2:12:25.2	371	M60	412	GD Banco BPI	0:56:35.2	1:34:21.3

Veteranos M65

1		Carlos Cardoso	217	1:35:00.1	1:34:56.3	67	M65	70	GD Banco BPI	0:40:41.1	1:07:58.7
2		Rui Lopes	378	1:41:42.1	1:41:37.1	128	M65	135	Clube Novo Banco	0:43:29.0	1:12:28.4
3		Amílcar Ribeiral	85	1:44:45.9	1:44:41.1	166	M65	175	Marcha e Corrida do Jamor	0:44:52.1	1:14:47.9
4		José Bordalo	279	1:54:04.2	1:53:57.4	267	M65	290	O MUNDO DA CORRIDA	0:47:27.4	1:20:20.9
5		Fernando Lopo	278	2:00:33.4	2:00:29.9	312	M65	339	Núcleo Atletismo Vialonga	0:49:06.5	1:24:59.1
6		Manuel Graça	340	2:03:40.9	2:03:31.1	325	M65	354		0:50:23.8	1:25:29.6
7		José Lindo	239	2:06:31.3	2:06:27.9	348	M65	382	C. A. Vale de Figueira	0:53:18.2	1:30:03.9
8		Vitor Rui de Sousa	417	2:11:38.0	2:11:09.4	367	M65	408		0:55:09.2	1:32:25.2

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Seniors-F

1		Isabel Silva	429	1:31:33.0	1:31:25.0	1	Sen-F	38		0:39:54.7	1:05:38.4
2		Ana Isabel Brás	328	1:40:26.3	1:40:22.0	6	Sen-F	123	CCD PM Cascais	0:42:29.4	1:10:55.4

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
3		Joana Castro	241	1:43:32.6	1:43:27.3	8	Sen-F	158	GO!Runners	0:45:08.1	1:14:35.4
4		Ana Teresa Machado	419	1:43:50.5	1:43:47.4	9	Sen-F	159		0:41:51.9	1:12:22.3
5		Ines Peixoto	466	1:48:40.2	1:48:15.8	11	Sen-F	212		0:45:52.4	1:16:27.5
6		Patrícia Lourenço	67	1:50:17.7	1:50:09.2	15	Sen-F	232	GO!Runners	0:46:55.7	1:18:36.8
7		Alexandra Machado	447	1:50:45.5	1:50:30.3	17	Sen-F	240	Marcha e Corrida do Jamor	0:47:11.2	1:18:14.9
8		Sara Cartaxo	24	2:00:01.3	1:59:48.5	27	Sen-F	338		0:48:56.7	1:24:02.3
9		Tânia A. R. Mendonça	149	2:00:43.5	2:00:14.6	28	Sen-F	340		0:50:53.2	1:25:27.1
10		Tania Azevedo	144	2:00:44.1	2:00:14.8	29	Sen-F	342		0:50:54.0	1:25:27.8
11		Sonia Saro	381	2:04:34.1	2:04:17.6	30	Sen-F	362		0:50:28.5	1:26:29.2
12		Susana Amorim	483	2:05:23.6	2:05:12.2	32	Sen-F	372	Correr Lisboa	0:52:08.1	1:29:23.1
13		Tita Luís	72	2:05:35.9	2:05:14.2	33	Sen-F	374	Tranquilidade Açoreana Clube	0:53:45.5	1:29:50.0
14		Tânia Lages	26	2:08:13.9	2:07:50.8	36	Sen-F	384		0:53:58.1	1:30:12.6
15		Sandra Rodrigues	404	2:11:02.8	2:10:43.9	39	Sen-F	402	Os Galgos	0:54:48.5	1:32:49.0
16		Sónia Parreira	146	2:11:10.4	2:11:06.6	40	Sen-F	404	Casa Benfica Torres Vedras	0:49:18.6	1:24:42.1
17		Inês Filipe	299	2:11:31.2	2:11:04.2	41	Sen-F	405		0:54:06.6	1:31:24.0
18		Sónia Ferreira	256	2:20:22.1	2:20:03.5	46	Sen-F	429	Casa do Benfica em Algueirão Mem Martins -	0:54:17.9	1:35:25.8
19		Hélia Cristina Marques	326	2:23:39.6	2:23:26.4	48	Sen-F	433		0:58:13.8	1:40:10.5
20		Celina Jorge	236	2:23:50.3	2:23:27.6	49	Sen-F	434		1:00:02.8	1:41:32.1
21		Inês Kol	165	DSQ		51	Sen-F	441			

Sub23-F

1		Rita Ribeiro	11	1:39:41.9	1:39:32.1	5	S23-F	114	Correr Lisboa	0:43:26.0	1:11:29.2
2		Rafaela Santos	304	1:49:36.1	1:49:31.9	14	S23-F	226	Dolce Furadouro	0:46:06.1	1:17:23.4

Veteranas F40

1		Patricia Rivotti	137	1:33:23.1	1:33:12.8	2	F40	55	Sport União Colareense	0:40:07.6	1:06:48.0
2		Alice Roma	359	1:38:08.6	1:37:57.0	4	F40	94	Amigos do Atletismo de Mafra	0:41:42.8	1:09:37.4
3		Marta Abrantes Dos Santos	432	1:46:52.9	1:46:39.9	10	F40	199	ABSANT RUNNERS	0:44:17.5	1:15:13.4
4		Rute Matos	477	1:48:56.1	1:48:40.6	12	F40	219		0:46:38.9	1:17:58.4
5		Aldina Marques	348	1:49:27.8	1:49:08.8	13	F40	223	Os Galgos	0:44:48.9	1:16:15.8
6		Luisa Palminhas	228	1:50:40.1	1:50:29.6	16	F40	239	RunLovers	0:47:04.4	1:19:20.5
7		Sónia Brandão	215	1:50:48.7	1:50:22.0	18	F40	241	GD Banco BPI	0:47:53.4	1:19:18.8
8		Lucia Ventura	29	1:50:50.8	1:50:38.8	19	F40	242	Georunners	0:44:07.6	1:16:02.1
9		Sara Velho	471	1:51:47.0	1:51:32.6	20	F40	260	Clube da Natureza de Alvito	0:46:36.1	1:18:58.5
10		Elisabete Gomes	148	1:52:01.2	1:51:57.6	21	F40	263	Casa Benfica Torres Vedras	0:45:13.2	1:19:11.1
11		Carla Mendes	437	1:52:40.2	1:51:21.4	22	F40	273	Tartarugas Solidárias	0:47:36.0	1:19:18.7
12		Isabel Santos F.f.w.p.u.	103	1:53:27.1	1:53:20.8	23	F40	284	Federação da Família para a Paz Mundial e	0:47:37.5	1:20:41.9
13		Carla Rebelo	57	1:55:31.1	1:55:02.2	24	F40	300	RUN 4 FUN	0:49:03.1	1:22:06.1
14		Carla Morgado	56	1:56:26.9	1:56:13.0	25	F40	310		0:50:03.1	1:22:55.3
15		Roberta Da S. N. de Melo	65	1:59:04.7	1:58:52.8	26	F40	330	TORQUATO ASSESSORIA ESPORTIVA	0:48:12.3	1:22:34.7
16		Iris Mauricio	224	2:05:02.7	2:04:42.6	31	F40	368	RunLovers	0:54:03.5	1:30:31.7
17		Filipa Ferro	64	2:05:54.5	2:05:27.9	34	F40	377	RUN 4 FUN	0:54:24.5	1:30:26.4

41ª Meia Maratona de S. João das Lampas

Result List AG 41ª Meia Maratona de S. João das Lampas

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
18		Anabela Ferreira	255	2:07:03.4	2:06:44.8	35	F40	383	Casa do Benfica em Algueirão Mem Martins -	0:52:33.5	1:29:35.8
19		Eugénia Cid	496	2:09:14.8	2:08:44.8	37	F40	388		0:54:59.0	1:31:55.3
20		Patricia C. P. Cecilio Caeiro	426	2:10:22.3	2:09:59.8	38	F40	396		0:54:55.5	1:32:19.8
21		Deolinda Santos	425	2:18:51.4	2:18:19.3	43	F40	425		0:57:55.2	1:37:27.9
22		Ana Pereira	14	2:19:22.6	2:18:52.9	44	F40	426	Runners da Frente Ribeirinha da Póvoa Santa Iria	0:56:27.7	1:37:10.2
23		Suzana Malha	27	2:20:21.3	2:19:57.3	45	F40	428		0:58:01.7	1:38:35.6
24		Paula Soares	254	2:20:22.3	2:19:52.6	47	F40	430	Casa do Benfica em Algueirão Mem Martins -	0:56:35.6	1:38:05.9
25		Ana Catarina Pereira Quintas	244	2:29:02.6	2:28:55.3	50	F40	436		0:59:09.9	1:45:53.6

Veteranas F50

1		Maria Frias	360	1:34:49.8	1:34:48.7	3	F50	68	Amigos do Atletismo de Mafra	0:40:52.1	1:08:04.5
2		Helena Martins	465	1:41:12.7	1:41:06.8	7	F50	131	Amigos do Atletismo de Mafra	0:43:07.1	1:11:52.3
3		Patrícia Pedro	253	2:15:05.7	2:14:41.3	42	F50	418	Casa do Benfica em Algueirão Mem Martins -	0:59:01.2	1:37:43.3
4		Tanilma Marques Ferraz	436	DSQ	1:40:13.6	52	F50	444			

Number of records: 444

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
41ª Meia Maratona de S. João das Lampas													
m													
1		1	Antonio	478	1:16:00.3	1:15:58.2	M45	1	GFD RUNNING	0:33:25.2	1	0:54:44.3	1
2		2	João Ginja	125	1:18:47.2	1:18:45.2	M50	1	Club Futebol os	0:34:15.5	3	0:56:36.6	2
3		3	João Catalão	430	1:20:08.5	1:20:00.5	Sen-M	1		0:35:23.0	7	0:57:50.6	6
4		4	João	44	1:20:16.5	1:20:14.5	M55	1	Linda a Pastora S.C.	0:34:42.3	5	0:57:22.3	4
5		5	João Ferreira	459	1:20:55.1	1:20:52.7	M40	1		0:34:42.0	4	0:57:23.4	5
6		6	Artur Oliveira	269	1:21:15.0	1:21:12.4	M45	2	Casa do Benfica em	0:34:00.9	2	0:57:00.8	3
7		7	Leonardo	501	1:21:32.0	1:21:28.6	S23-M	1	RunLovers	0:35:47.1	13	0:58:56.2	7
8		8	Joao Hora	428	1:22:43.5	1:22:38.5	M40	2		0:35:27.3	9	0:59:45.4	13
9		9	José Manuel	192	1:22:49.2	1:22:45.9	M45	3	A Natureza Ensina	0:35:36.4	11	0:59:10.1	9
10		10	Joaquim	506	1:22:52.9	1:22:50.1	M40	3	Casa Benfica Torres	0:35:24.3	8	0:59:11.6	10
11		11	Fernando	434	1:23:01.2	1:22:58.8	M50	2	URBAN RUN TEAM	0:35:09.3	6	0:58:57.2	8
12		12	Julio Finote	284	1:23:38.8	1:23:35.7	M45	4	GRUPO	0:35:37.0	12	0:59:22.3	12
13		13	José	508	1:23:41.2	1:23:38.0	Sen-M	2		0:36:23.9	19	1:00:17.3	16
14		14	Carlos	189	1:23:41.8	1:23:38.6	Sen-M	3	A Natureza Ensina	0:36:24.0	20	1:00:17.1	15
15		15	Maillard	410	1:23:59.7	1:23:45.3	Sen-M	4	SAM Sportinlove	0:35:35.9	10	0:59:17.0	11
16		16	António	70	1:24:40.9	1:24:37.4	Sen-M	5	Os Galgos	0:36:05.0	15	1:00:21.6	17
17		17	António	362	1:25:07.2	1:25:03.3	Sen-M	6	David Vaz Associação	0:35:49.8	14	1:00:00.7	14
18		18	Miguel Pinto	323	1:25:23.8	1:25:20.3	M40	4	Federação da Família	0:36:43.8	21	1:01:02.4	21
19		19	Nelson	225	1:26:01.7	1:25:57.6	Sen-M	7	Jobrinde - Montes	0:36:16.7	17	1:00:44.6	18
20		20	Mário	305	1:26:25.7	1:26:23.2	Sen-M	8	Dolce Furadouro	0:36:20.5	18	1:00:50.7	20
21		21	Didier	407	1:26:38.0	1:26:34.3	M45	5	Monsanto Running	0:37:15.6	23	1:02:24.3	22
22		22	Paulo Sérgio	118	1:26:46.1	1:26:44.0	M40	5	Grupo Recreativo	0:36:09.3	16	1:00:47.0	19
23		23	Flávio Santos	102	1:27:42.8	1:27:39.6	S23-M	2	Federação da Família	0:36:45.9	22	1:03:17.1	25
24		24	Francisco	321	1:28:05.5	1:27:59.3	Sen-M	9	O MUNDO DA	0:37:46.9	25	1:02:54.9	23
25		25	Tiago Martins	339	1:28:17.9	1:28:11.1	Sen-M	10		0:38:29.4	27	1:03:09.5	24
26		26	David Karim	49	1:28:31.0	1:28:24.2	Sen-M	11		0:38:42.1	29	1:03:35.2	26
27		27	Julio	462	1:29:08.3	1:28:53.2	M40	6	OCS - Proaventuras	0:38:26.8	26	1:03:49.0	28
28		28	Vitor Silva	257	1:29:57.9	1:29:39.9	M50	3	Casa do Benfica em	0:39:06.3	34	1:04:29.6	30
29		29	Fernando	281	1:29:58.0	1:29:43.6	M60	1	GRUPO	0:39:01.4	31	1:04:33.5	31
30		30	Orlando	384	1:30:50.7	1:30:46.1	M45	6	Linda a Pastora S.C.	0:39:32.2	43	1:04:42.8	32

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T. Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
31		31	António	435	1:30:58.4	1:30:51.6	M55	2		0:39:44.5	49	1:05:28.8	36
32		32	Edgar Trigo	104	1:31:01.2	1:30:58.2	M45	7	Federação da Família	0:39:20.7	38	1:05:27.7	35
33		33	Pedro Serra	343	1:31:06.6	1:30:52.9	Sen-M	12	Tartarugas Solidárias	0:39:32.1	42	1:05:29.0	37
34		34	Vitor	3	1:31:21.6	1:31:15.6	Sen-M	13		0:39:54.6	53	1:05:35.4	38
35		35	Carlos	325	1:31:29.1	1:31:22.5	Sen-M	14		0:38:30.0	28	1:03:58.3	29
36		36	João Paixão	229	1:31:29.3	1:31:25.7	M45	8	NAPA Núcleo Amigos	0:39:16.3	36	1:05:38.3	40
37		37	Fredrico	285	1:31:30.7	1:31:24.1	Sen-M	15	GRUPO	0:39:39.9	47	1:05:40.3	43
38		39	Mário	489	1:31:40.9	1:31:37.8	M50	4	Federação da Família	0:37:21.1	24	1:03:38.5	27
39		40	João Pastor	397	1:31:44.8	1:31:39.2	M45	9	Amigos do Atletismo	0:39:57.5	58	1:06:02.3	46
40		41	Luis Oliveira	261	1:31:55.4	1:31:50.0	M45	10	Casa do Benfica em	0:39:18.8	37	1:06:12.1	51
41		42	Paulo Gomes	467	1:31:59.4	1:31:34.3	Sen-M	16		0:39:39.2	46	1:04:44.2	33
42		43	Sérgio Pires	61	1:32:00.1	1:31:51.6	M40	7		0:39:53.2	52	1:06:09.7	49
43		44	Vasco	9	1:32:05.7	1:31:56.0	M40	8	Correr Lisboa	0:39:03.9	32	1:05:23.4	34
44		45	Duarte	457	1:32:09.8	1:32:01.2	M45	11	Turres Trail Clube	0:39:00.1	30	1:05:36.1	39
45		46	Germano	458	1:32:12.1	1:32:07.6	M55	3	REAL ACADEMIA	0:39:32.4	44	1:05:38.9	42
46		47	Jorge Pardal	43	1:32:22.2	1:32:15.1	M40	9	Tartarugas Solidárias	0:39:57.0	57	1:06:24.1	54
47		48	Nuno Anjos	416	1:32:34.4	1:32:29.7	M40	10	amigosdacorrida.com	0:39:46.7	51	1:06:06.8	48
48		49	José Manuel	204	1:32:36.4	1:32:31.7	M55	4		0:39:57.7	59	1:06:11.5	50
49		50	Rafael	364	1:32:41.6	1:32:19.6	M50	5		0:40:15.9	69	1:06:20.5	53
50		51	Eduardo	54	1:33:01.5	1:32:52.6	Sen-M	17		0:40:13.5	65	1:06:52.2	58
51		52	José	133	1:33:10.0	1:33:07.6	M50	6	Clube Desportivo	0:39:45.2	50	1:06:02.7	47
52		53	Alexandre	157	1:33:11.7	1:32:59.9	Sen-M	18	Caracóis de Pedra	0:39:04.3	33	1:05:44.3	44
53		54	Hélder Lopes	268	1:33:19.9	1:33:17.1	M45	12	Casa do Benfica em	0:41:38.4	91	1:07:47.3	68
54		56	Carlos	318	1:33:38.7	1:33:30.2	M55	5	S.C.Casainhos	0:40:14.5	67	1:07:01.6	61
55		57	José Pita	282	1:33:39.0	1:33:29.8	M50	7	GRUPO	0:40:13.4	64	1:07:00.6	60
56		58	Pedro	399	1:33:42.3	1:33:36.6	M40	11		0:39:28.2	41	1:05:49.4	45
57		59	Paulo Pereira	487	1:33:46.3	1:33:34.8	M50	8	Tranquilidade	0:41:22.8	87	1:07:57.8	70
58		60	Ricardo	463	1:34:00.3	1:33:44.6	Sen-M	19	Grupo Desportivo	0:39:41.9	48	1:06:44.3	56
59		61	Miguel	39	1:34:07.2	1:34:01.6	M45	13		0:40:07.0	62	1:07:27.6	65
60		62	Tiago	398	1:34:07.5	1:33:59.8	M40	12		0:40:14.7	68	1:07:25.7	64
61		63	Bruno	277	1:34:24.9	1:34:21.1	Sen-M	20	Núcleo Atletismo	0:41:14.2	85	1:08:09.1	75
62		64	Diogo Sousa	242	1:34:32.9	1:34:26.9	Sen-M	21	GO!Runners	0:39:54.9	55	1:06:53.3	59
63		65	Gilberto Dias	494	1:34:36.5	1:34:31.1	M55	6	Amigos do Atletismo	0:41:10.0	83	1:08:19.7	78

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T. Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
64		66	Pedro Joao	141	1:34:39.9	1:34:31.3	M45	14		0:41:03.2	81	1:08:04.5	73
65		67	José Maria	385	1:34:43.4	1:34:38.0	M50	9	David Vaz Associação	0:39:34.8	45	1:06:16.2	52
66		69	Armando	100	1:34:56.4	1:34:53.2	M50	10	Os Galgos	0:40:00.1	61	1:07:42.8	67
67		70	Carlos	217	1:35:00.1	1:34:56.3	M65	1	GD Banco BPI	0:40:41.1	74	1:07:58.7	71
68		71	Rui Grazina	252	1:35:15.0	1:35:10.8	M55	7	CCD Sintrense	0:39:21.5	39	1:06:27.3	55
69		72	Carlos	366	1:35:19.3	1:34:56.5	M45	15	Millenniumbcp	0:40:29.3	73	1:07:41.7	66
70		73	Nuno Vaz	158	1:35:25.8	1:34:55.0	Sen-M	22	Caracóis de Pedra	0:42:32.3	121	1:10:07.6	100
71		74	Jorge	492	1:35:41.7	1:35:35.3	M45	16		0:40:27.1	72	1:07:49.8	69
72		75	Joaquim	394	1:35:45.0	1:35:35.7	M60	2	Caracóis de Pedra	0:40:53.5	79	1:08:57.3	85
73		76	José Correia	502	1:35:46.9	1:35:35.1	M45	17	CCD Siemens	0:40:14.4	66	1:08:54.7	82
74		77	Bruno	480	1:36:03.4	1:35:54.3	Sen-M	23		0:39:25.4	40	1:07:15.4	63
75		78	Rui Vale	55	1:36:04.6	1:35:54.4	Sen-M	24	Correr Lisboa	0:41:58.2	101	1:08:46.0	81
76		79	Amilcar	22	1:36:06.0	1:36:00.1	Sen-M	25		0:40:48.4	76	1:08:09.2	76
77		80	Luis Monteiro	373	1:36:18.4	1:36:07.2	M45	18	Clube Novo Banco	0:42:03.6	104	1:09:35.7	94
78		81	Vasco	170	1:36:24.3	1:36:07.8	M45	19	CDCR dos CTT	0:41:49.0	95	1:09:00.1	86
79		82	Ricardo	88	1:36:29.8	1:36:24.6	M40	13	OutSystems Olímpico	0:40:42.5	75	1:08:29.8	79
80		83	Sérgio	128	1:36:29.9	1:36:19.0	M40	14	Lx Run	0:41:41.8	92	1:09:07.4	87
81		84	Marco	421	1:36:32.5	1:36:12.8	M40	15	O MUNDO DA	0:41:53.2	97	1:09:18.9	89
82		85	António	402	1:36:48.8	1:36:28.0	M45	20	Salamandrecos	0:41:30.1	90	1:09:08.0	88
83		86	Luís F Da	97	1:36:51.6	1:36:23.5	Sen-M	26	RUN 4 FUN	0:42:07.7	105	1:09:46.5	96
84		87	Paulo	240	1:37:16.0	1:37:11.0	M40	16	GO!Runners	0:39:55.6	56	1:07:11.0	62
85		88	Carlos	498	1:37:17.0	1:37:13.2	M40	17		0:40:20.9	70	1:08:16.4	77
86		89	Marco	475	1:37:28.8	1:37:15.6	Sen-M	27		0:40:21.7	71	1:08:44.1	80
87		90	Tiago Baleia	156	1:37:42.1	1:37:01.3	Sen-M	28	Caracóis de Pedra	0:43:18.6	140	1:11:13.5	116
88		91	David Santos	412	1:37:52.4	1:37:39.6	M50	11	Os Perigosos	0:42:12.1	110	1:09:27.8	91
89		92	Luis Pires	168	1:38:01.9	1:37:43.3	M45	21	Clube Vodafone	0:41:20.7	86	1:09:23.4	90
90		93	Rodrigo	150	1:38:04.4	1:37:54.3	M50	12		0:40:56.5	80	1:09:34.7	92
91		95	Pedro Dorey	331	1:38:10.8	1:37:49.8	Sen-M	29		0:43:12.4	132	1:10:50.7	111
92		96	Alexandre	231	1:38:18.7	1:38:13.7	M40	18	NAPA Núcleo Amigos	0:42:01.3	103	1:10:12.5	101
93		97	Eduardo	40	1:38:23.4	1:38:12.8	M40	19	Sport União Colarenses	0:42:09.9	109	1:10:31.6	107
94		98	André	337	1:38:28.6	1:38:24.4	M40	20	Os Galgos	0:41:44.1	94	1:09:57.6	99
95		99	Paulo Duarte	449	1:38:42.1	1:38:37.4	M40	21		0:39:59.4	60	1:08:07.6	74
96		100	Helder	77	1:38:45.5	1:38:31.5	M40	22	Varitintas	0:41:54.7	99	1:09:55.0	98

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
97		101	Nuno Miguel	251	1:38:49.0	1:38:28.2	M40	23	Tranquilidade	0:43:15.5	137	1:11:18.5	119
98		102	Vítor Santos	262	1:38:51.9	1:38:34.8	M45	22	Casa do Benfica em	0:42:08.7	107	1:10:42.3	109
99		103	Marco	91	1:38:55.9	1:38:41.4	Sen-M	30	Os Perigosos	0:42:30.0	119	1:10:23.1	105
100		104	Fernando	92	1:38:55.9	1:38:39.2	Sen-M	31	Os Perigosos	0:42:26.6	115	1:10:19.2	103
101		105	Fernando	32	1:39:00.9	1:38:34.0	M45	23	RUN 4 FUN	0:42:09.8	108	1:09:49.0	97
102		106	João Pereira	283	1:39:05.6	1:38:59.1	M50	13	GRUPO	0:43:11.2	131	1:10:58.3	114
103		107	João	393	1:39:06.8	1:38:56.5	M55	8	Caracóis de Pedra	0:40:53.4	78	1:08:57.1	84
104		108	Pedro Baleia	162	1:39:11.6	1:38:23.2	Sen-M	32	Caracóis de Pedra	0:42:15.5	112	1:10:13.6	102
105		109	Pedro	143	1:39:17.5	1:38:51.2	Sen-M	33		0:42:54.6	126	1:10:47.5	110
106		110	Mário	338	1:39:18.5	1:39:14.9	M40	24	Os Galgos	0:41:54.2	98	1:10:58.2	113
107		111	Tiago	155	1:39:20.4	1:39:08.9	Sen-M	34	Caracóis de Pedra	0:42:17.4	114	1:10:27.3	106
108		112	José de	317	1:39:34.3	1:39:25.2	M50	14		0:41:58.6	102	1:10:32.6	108
109		113	Joaquim	441	1:39:38.6	1:39:27.6	M45	24	Auto Jacinto	0:41:04.5	82	1:08:56.5	83
110		115	João	176	1:39:42.3	1:39:32.0	S23-M	3	CDCR dos CTT	0:43:25.2	141	1:11:28.4	123
111		116	Paulo Ribeiro	453	1:39:42.3	1:39:32.6	M50	15	Correr Lisboa	0:43:26.1	144	1:11:28.4	122
112		117	André Santos	119	1:39:45.7	1:39:38.8	M40	25		0:42:35.7	122	1:11:21.7	121
113		118	Rui Moura	105	1:39:46.8	1:39:24.7	M40	26		0:44:44.9	181	1:12:58.0	145
114		119	Helder	89	1:39:56.0	1:39:40.3	Sen-M	35	Os Perigosos	0:42:28.4	116	1:11:12.5	115
115		120	António	270	1:39:57.7	1:39:49.6	M60	3	Casa do Benfica em	0:43:14.0	135	1:11:35.8	126
116		121	Narciso Sá	266	1:39:58.6	1:39:50.9	M50	16	Casa do Benfica em	0:43:14.7	136	1:11:37.0	127
117		122	João Limão	213	1:40:04.5	1:39:50.1	M40	27		0:41:56.1	100	1:10:19.8	104
118		124	Rui Manuel	445	1:40:31.0	1:40:23.4	M50	17		0:41:12.0	84	1:09:35.5	93
119		125	João Moura	493	1:40:31.6	1:40:25.8	M60	4	REAL ACADEMIA	0:43:13.1	134	1:12:02.3	134
120		126	Carson John	58	1:40:47.9	1:40:33.0	Sen-M	36	Vegan Runners	0:43:32.8	148	1:12:27.4	138
121		127	Paulo	68	1:40:53.7	1:40:41.7	M45	25	Correr Lisboa	0:44:42.6	179	1:13:10.8	148
122		128	Sérgio	1	1:40:53.9	1:40:42.7	M40	28	Correr Lisboa	0:44:43.3	180	1:13:12.2	150
123		129	Marco	200	1:40:57.3	1:40:36.9	Sen-M	37	Atibá	0:43:04.5	129	1:11:51.0	129
124		130	José Sérgio	310	1:41:10.7	1:40:51.4	Sen-M	38		0:42:17.3	113	1:11:14.6	117
125		132	João Pedro	481	1:41:21.9	1:41:18.4	Sen-M	39		0:42:47.4	124	1:11:56.2	132
126		133	Luis Veloso	177	1:41:24.9	1:41:08.2	M45	26	CDCR dos CTT	0:42:29.1	117	1:11:28.6	124
127		134	João Santos	312	1:41:27.9	1:41:10.9	M45	27	Mira Q Corredores	0:43:12.8	133	1:12:19.8	136
128		135	Rui Lopes	378	1:41:42.1	1:41:37.1	M65	2	Clube Novo Banco	0:43:29.0	145	1:12:28.4	139
129		136	Paulo Sérgio	315	1:42:01.1	1:41:41.7	M40	29	Matilha Running	0:51:57.5	368	1:12:14.9	135

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T. Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
130		137	Hugo Carago	370	1:42:04.9	1:42:00.3	M40	30	Clube Novo Banco	0:41:23.7	88	1:12:35.1	140
131		138	José António	448	1:42:05.9	1:41:29.4	M40	31	Clube Zupper	0:44:49.0	185	1:12:57.9	144
132		139	Miguel	190	1:42:09.0	1:41:57.8	M40	32		0:44:18.9	165	1:13:27.8	153
133		140	Luis Bastos	497	1:42:18.8	1:42:04.5	M50	18	CCD Siemens	0:43:02.9	128	1:12:51.4	143
134		141	Fernando	334	1:42:20.6	1:41:58.5	M45	28	Atibá	0:44:45.1	182	1:13:14.1	151
135		142	Pedro Santos	330	1:42:28.1	1:42:15.5	M40	33		0:42:39.7	123	1:11:43.7	128
136		143	Albísio F.	81	1:42:29.4	1:42:17.8	M60	5		0:42:13.7	111	1:11:21.4	120
137		144	Hildebrand	365	1:42:37.5	1:42:30.6	M40	34		0:42:08.5	106	1:11:52.7	131
138		145	Michelangelo	405	1:42:42.5	1:42:18.5	M50	19		0:44:52.7	190	1:13:47.9	160
139		146	Duarte Nuno	454	1:42:51.9	1:42:43.5	Sen-M	40	Correr Lisboa	0:44:18.2	164	1:13:02.0	147
140		147	Samuel	161	1:42:58.0	1:42:44.4	Sen-M	41	Caracóis de Pedra	0:43:18.5	139	1:12:46.2	142
141		148	Nuno Alcobia	505	1:42:59.3	1:42:42.7	M40	35		0:44:54.7	193	1:14:13.3	162
142		149	André Cabral	167	1:43:00.2	1:42:50.5	M40	36		0:44:01.0	157	1:13:39.1	157
143		150	Luís Andrade	178	1:43:01.2	1:42:46.4	M40	37	CDCR dos CTT	0:44:00.0	156	1:13:40.4	158
144		151	Jorge	129	1:43:07.6	1:42:53.3	Sen-M	42		0:45:19.9	203	1:14:56.0	183
145		152	David	280	1:43:13.0	1:43:07.9	Sen-M	43	Mercenários da Penha	0:44:37.4	175	1:14:23.1	171
146		153	Luís Alves	207	1:43:24.6	1:43:15.2	Sen-M	44	CAD a Correr	0:44:27.0	167	1:13:55.0	161
147		154	Nélson	171	1:43:26.8	1:43:09.2	M40	38	CDCR dos CTT	0:44:32.9	173	1:14:20.4	169
148		155	Nuno	18	1:43:27.5	1:43:12.2	M45	29		0:44:23.1	166	1:14:15.1	166
149		156	Hugo Paulo	380	1:43:29.0	1:43:21.5	Sen-M	45		0:43:37.6	149	1:13:16.0	152
150		157	Pedro Miguel	164	1:43:31.1	1:43:21.5	Sen-M	46	Cada a Correr	0:44:27.0	168	1:13:31.5	155
151		160	Rafael	298	1:43:58.0	1:43:26.6	Sen-M	47	Carapaus de corrida	0:44:46.2	183	1:13:12.1	149
152		161	Fernando	16	1:44:00.2	1:43:52.9	M45	30		0:43:42.2	151	1:13:47.2	159
153		162	Rainer	212	1:44:02.3	1:43:35.8	M50	20		0:43:32.7	147	1:13:32.5	156
154		163	Joao Pires	194	1:44:04.3	1:43:44.6	M45	31		0:46:05.0	226	1:14:53.4	179
155		164	Tiago Ramos	433	1:44:13.3	1:44:07.6	M40	39		0:43:42.9	152	1:14:32.1	173
156		165	Paulo	38	1:44:16.4	1:43:49.6	M45	32	Clube Atletismo	0:45:21.1	204	1:15:09.2	186
157		166	André	53	1:44:16.8	1:43:42.0	M55	9	WL84	0:47:09.5	257	1:16:12.2	208
158		167	Pedro	452	1:44:23.8	1:44:04.1	M45	33	OFICINA DO PEDRO	0:46:00.1	219	1:15:12.6	187
159		168	João	179	1:44:35.2	1:44:18.4	Sen-M	48	CDCR dos CTT	0:44:51.1	187	1:14:14.5	165
160		169	Marco	245	1:44:37.1	1:44:30.0	Sen-M	49	GO!Runners	0:44:54.5	192	1:15:20.0	191
161		170	João Correia	400	1:44:37.8	1:44:30.3	Sen-M	50		0:45:07.2	196	1:14:55.6	181
162		171	Nuno Cruz	390	1:44:38.0	1:44:30.6	Sen-M	51		0:45:07.4	197	1:14:55.7	182

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T. Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
163		172	Sérgio Pedro	10	1:44:40.6	1:44:17.5	Sen-M	52	TINTO RUNNING	0:42:32.1	120	1:12:41.5	141
164		173	Luís Caldeira	183	1:44:43.4	1:44:29.0	M45	34	OCS - Proaventuras	0:44:32.6	170	1:15:04.3	185
165		174	Ricardo	13	1:44:43.9	1:44:31.9	M45	35		0:46:08.4	229	1:15:34.7	196
166		175	Amilcar	85	1:44:45.9	1:44:41.1	M65	3	Marcha e Corrida do	0:44:52.1	189	1:14:47.9	178
167		176	João Paulo	342	1:44:46.9	1:44:44.2	M45	36	Casa Benfica Torres	0:43:41.9	150	1:14:36.8	176
168		177	Jose Manuel	235	1:44:48.7	1:44:47.6	M60	6		0:44:56.3	194	1:15:36.9	197
169		178	Valter	420	1:44:56.8	1:44:23.7	Sen-M	53	atletadesofa.com	0:45:54.4	215	1:15:30.5	192
170		179	Miguel	335	1:44:57.0	1:44:23.9	Sen-M	54	atletadesofa.com	0:45:54.9	217	1:15:32.2	194
171		180	Rui Gama	377	1:45:06.5	1:45:01.8	M45	37	Clube Novo Banco	0:44:04.0	158	1:14:55.3	180
172		181	João Pereira	273	1:45:06.7	1:44:48.7	Sen-M	55	Casa do Benfica em	0:43:54.5	155	1:14:16.8	167
173		182	Daniel	386	1:45:07.5	1:44:57.3	Sen-M	56	SIMECQ	0:43:49.9	153	1:14:16.9	168
174		183	Bruno	172	1:45:09.4	1:44:51.0	Sen-M	57	CDCR dos CTT	0:44:32.6	172	1:14:21.8	170
175		184	António José	451	1:45:13.9	1:44:52.2	M40	40	to-ze- iciar	0:44:51.0	186	1:14:29.4	172
176		185	Hugo	76	1:45:21.2	1:45:06.6	Sen-M	58	Varitintas	0:44:36.9	174	1:14:14.5	164
177		186	Nuno Silva	15	1:45:24.9	1:45:13.7	M40	41	Lx Run	0:43:26.0	142	1:13:00.0	146
178		187	Liberto	107	1:45:31.6	1:45:22.8	M50	21		0:42:50.5	125	1:11:59.7	133
179		188	Joao Silva	292	1:45:33.8	1:45:13.7	M45	38	SS CGD	0:44:37.8	176	1:14:59.4	184
180		189	Carlos	367	1:45:43.3	1:45:32.3	M50	22	Clube Novo Banco	0:45:38.4	210	1:15:44.6	201
181		190	Carlos	263	1:45:47.0	1:45:31.3	M50	23	Casa do Benfica em	0:45:27.0	206	1:15:33.9	195
182		191	João Silva	456	1:45:50.1	1:45:26.3	M45	39	Turres Trail Clube	0:43:50.7	154	1:14:38.5	177
183		192	Eduardo	30	1:46:00.0	1:45:46.1	Sen-M	59		0:45:42.7	211	1:15:38.7	198
184		193	António Rico	230	1:46:13.5	1:46:08.8	M40	42	NAPA Núcleo Amigos	0:44:07.3	160	1:13:30.4	154
185		194	Ildebrando	4	1:46:21.1	1:45:53.1	M40	43		0:44:32.6	171	1:15:38.8	199
186		195	Sérgio	246	1:46:24.4	1:45:53.2	Sen-M	60	Sernache	0:45:22.6	205	1:15:55.1	203
187		196	Nivardo	504	1:46:24.4	1:45:43.7	M55	10		0:45:30.9	208	1:15:44.4	200
188		197	Paulo	116	1:46:33.3	1:46:27.0	M40	44	O MUNDO DA	0:44:31.0	169	1:15:56.5	204
189		198	Pedro Serra	491	1:46:43.7	1:46:32.8	M40	45	Lisboa	0:44:38.6	177	1:15:18.3	190
190		200	Pedro	216	1:47:17.8	1:46:55.0	M50	24	GD Banco BPI	0:45:08.6	199	1:15:49.6	202
191		201	Rui Silva	132	1:47:31.5	1:47:07.9	M45	40	Clube Desportivo	0:43:29.5	146	1:14:34.1	174
192		202	Joaquim	198	1:47:34.7	1:47:26.1	M45	41		0:45:09.4	200	1:16:06.3	207
193		203	Carlos Costa	272	1:47:37.9	1:47:28.6	M45	42	Casa do Benfica em	0:44:06.2	159	1:15:31.0	193
194		204	Pedro	33	1:48:00.7	1:47:33.1	Sen-M	61	RUN 4 FUN	0:46:11.7	230	1:17:07.8	216
195		205	Jorge Paulo	114	1:48:00.9	1:47:31.8	M55	11	RUN 4 FUN	0:46:54.0	248	1:17:34.4	226

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
196		206	Henrique	290	1:48:02.4	1:47:41.6	M45	43	SS CGD	0:46:51.8	247	1:17:29.3	224
197		207	Joao Pedro	291	1:48:10.5	1:47:58.0	Sen-M	62	SS CGD	0:46:00.9	223	1:16:39.1	212
198		208	João Navarro	140	1:48:11.7	1:48:03.6	M40	46		0:44:41.2	178	1:16:23.9	210
199		209	Mário Rui	209	1:48:31.7	1:48:01.2	Sen-M	63		0:47:22.6	266	1:17:52.9	232
200		210	Jorge Leite	2	1:48:31.8	1:48:26.3	M45	44		0:43:18.2	138	1:15:12.8	188
201		211	Charles	227	1:48:35.0	1:48:15.1	M50	25	RunLovers	0:46:34.5	236	1:17:06.0	215
202		213	Daniel	336	1:48:40.8	1:48:36.3	Sen-M	64	Os Galgos	0:45:06.3	195	1:16:58.3	214
203		214	Jorge Alves	265	1:48:43.9	1:48:24.8	M50	26	Casa do Benfica em	0:47:14.2	262	1:17:21.6	219
204		215	Filipe Correia	73	1:48:46.6	1:48:24.4	M40	47	SS CGD	0:45:49.3	213	1:16:04.6	206
205		216	João	201	1:48:49.0	1:48:27.0	M40	48	ARSM	0:46:49.8	245	1:17:51.4	231
206		217	Sérgio Costa	468	1:48:50.2	1:48:41.3	M40	49	Esquilos Ninja	0:46:24.4	232	1:17:10.6	217
207		218	Luís Vieira	79	1:48:53.0	1:48:38.3	M40	50	Varitintas	0:44:10.6	162	1:14:14.3	163
208		220	Nuno	6	1:49:10.2	1:48:58.3	M40	51	GDCTINCM	0:46:26.4	233	1:17:42.9	228
209		221	Tiago	473	1:49:16.1	1:48:43.9	Sen-M	65		0:46:59.8	251	1:18:11.9	239
210		222	Carlos	238	1:49:26.0	1:49:12.5	M60	7		0:47:40.8	273	1:18:59.4	253
211		224	Carlos Silva	264	1:49:33.2	1:49:22.2	M50	27	Casa do Benfica em	0:46:45.4	244	1:17:44.0	229
212		225	Mário Santos	303	1:49:34.3	1:49:30.1	M45	45	Dolce Furadouro	0:46:04.8	225	1:17:22.1	220
213		227	Carlos	196	1:49:38.7	1:49:16.2	M45	46		0:46:00.4	221	1:17:23.0	221
214		228	Rui Trindade	182	1:49:40.0	1:49:05.6	M45	47	Clube Desportivo	0:45:18.9	202	1:17:15.3	218
215		229	João Veiga	327	1:49:55.2	1:49:44.4	Sen-M	66	Correr Lisboa	0:45:58.1	218	1:17:32.9	225
216		230	Jorge Lozano	208	1:50:04.5	1:49:31.7	Sen-M	67		0:46:30.7	235	1:17:57.7	234
217		231	Carlos Sousa	93	1:50:07.7	1:49:50.5	M60	8	Os Perigosos	0:46:02.5	224	1:17:24.8	223
218		233	António José	131	1:50:19.8	1:50:02.2	M55	12	Escola Nun'Álvares	0:46:42.7	242	1:18:07.5	237
219		234	Filipe Branco	313	1:50:22.5	1:50:00.7	M45	48	a.m.c.d.tituaria	0:46:38.9	239	1:18:36.1	247
220		235	Ricardo	66	1:50:23.4	1:50:01.1	Sen-M	68		0:47:12.0	261	1:18:31.8	246
221		236	Sergio Eira	379	1:50:29.3	1:50:21.9	M45	49	Clube Novo Banco	0:46:41.5	241	1:18:41.7	249
222		237	Manuel	21	1:50:30.9	1:50:00.9	M50	28	RUN 4 FUN	0:47:03.4	253	1:18:50.3	251
223		238	Luis Ferreira	243	1:50:39.3	1:50:28.9	M50	29		0:47:03.8	254	1:19:20.4	260
224		243	Vitor Amado	188	1:50:52.8	1:50:45.9	M60	9		0:46:41.2	240	1:17:50.7	230
225		244	Rodolfo	354	1:50:55.5	1:50:29.8	Sen-M	69		0:48:15.8	286	1:19:33.1	266
226		245	Leonel	476	1:50:59.0	1:50:16.9	M45	50	Sport Clube Alfragide	0:48:27.2	292	1:19:50.2	269
227		246	Carlos	485	1:51:06.9	1:51:00.8	M55	13	Lebres e Tartarugas	0:46:06.9	228	1:18:22.4	242
228		247	José Manuel	307	1:51:16.1	1:50:48.7	M55	14	RUN 4 FUN	0:47:41.2	274	1:19:32.3	265

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k	
229		248	Nuno Borges	401	1:51:20.7	1:51:02.6	M40	52			0:46:00.5	222	1:18:09.7	238
230		249	Bruno Matias	271	1:51:23.6	1:50:41.8	Sen-M	70	Casa do Benfica em	0:46:42.8	243	1:18:00.8	236	
231		250	Rui Salvado	69	1:51:28.2	1:51:09.3	M45	51	Corrida Noturna do	0:48:27.6	293	1:20:11.4	274	
232		251	José Rolão	60	1:51:28.3	1:51:09.8	M60	10	Corrida Noturna do	0:48:28.7	295	1:20:12.0	275	
233		252	Bruno Dias	383	1:51:30.2	1:51:01.9	M40	53		0:48:28.7	296	1:20:23.3	281	
234		253	Pedro	17	1:51:31.5	1:51:02.7	M40	54		0:48:28.8	297	1:20:21.9	279	
235		254	Rui Almeida	127	1:51:32.4	1:51:27.3	M40	55	Mercenários da Penha	0:45:43.9	212	1:17:38.0	227	
236		255	Douglas Fry	101	1:51:32.7	1:51:24.6	M60	11	Clube Desportivo de	0:47:33.3	269	1:19:12.8	255	
237		256	José Duarte	259	1:51:38.2	1:51:19.1	M50	30	Casa do Benfica em	0:49:26.0	320	1:21:02.7	290	
238		257	Viegas	151	1:51:39.7	1:51:35.5	M40	56		0:46:54.2	249	1:18:30.3	245	
239		258	Luis Miguel	274	1:51:40.9	1:51:17.3	M40	57	GD Banco BPI	0:47:20.5	264	1:19:23.0	262	
240		259	Fernando	442	1:51:42.7	1:51:31.2	M55	15	Tranquilidade	0:47:27.5	268	1:19:16.7	256	
241		261	Nuno	221	1:51:56.8	1:51:36.3	M50	31	RunLovers	0:48:49.3	300	1:20:33.0	282	
242		262	João Leitão	223	1:51:56.8	1:51:36.9	M45	52	RunLovers	0:49:03.1	311	1:21:55.7	303	
243		264	Jorge Serra	99	1:52:12.5	1:51:55.0	M50	32		0:51:18.4	363	1:23:59.3	330	
244		265	Fernando	136	1:52:17.4	1:51:53.6	M50	33	O MUNDO DA	0:47:11.8	260	1:19:19.6	259	
245		266	Paulo Silva	499	1:52:20.3	1:52:07.3	M55	16	Treino Turístico de	0:49:40.9	326	1:21:19.1	298	
246		267	José Reis	139	1:52:22.3	1:52:12.6	M60	12		0:44:51.8	188	1:16:52.1	213	
247		268	João Afonso	173	1:52:23.5	1:52:08.6	M45	53	CDCR dos CTT	0:47:55.5	279	1:19:51.8	270	
248		269	Mário José	495	1:52:25.9	1:52:16.2	M45	54		0:45:33.5	209	1:18:26.9	244	
249		270	Fernando	503	1:52:27.6	1:52:18.9	M50	34	Clube Desportivo de	0:47:34.5	270	1:19:39.4	267	
250		271	Carlos Jesus	82	1:52:29.4	1:52:22.0	Sen-M	71		0:47:46.4	276	1:19:55.7	272	
251		272	Rui	474	1:52:34.1	1:52:06.6	M45	55		0:46:16.1	231	1:17:54.3	233	
252		274	Rui Vieira	482	1:52:40.4	1:52:28.7	M45	56	PORTELA RUNNING	0:49:41.7	328	1:21:22.5	299	
253		275	Mário Lopes	90	1:53:00.2	1:52:43.4	M45	57	Os Perigosos	0:48:51.6	301	1:21:14.0	296	
254		276	Filipe	95	1:53:00.7	1:52:43.6	Sen-M	72	Os Perigosos	0:48:51.9	302	1:21:15.0	297	
255		277	António	332	1:53:02.0	1:52:37.7	M55	17	VIA3Runners	0:49:03.6	313	1:20:49.1	286	
256		278	Julio Ferreira	372	1:53:06.5	1:52:43.7	M60	13	Clube Novo Banco	0:47:22.3	265	1:19:47.9	268	
257		279	Victor Silva	210	1:53:17.9	1:52:37.6	M50	35	Associação de	0:49:05.8	314	1:21:03.6	291	
258		280	Carlos	181	1:53:20.5	1:53:06.3	M40	58	Wikaboo	0:48:19.3	287	1:20:51.5	287	
259		281	Tiago Costa	197	1:53:20.5	1:53:07.2	Sen-M	73	Wikaboo	0:48:20.3	288	1:20:53.0	288	
260		282	Alexandre	267	1:53:22.2	1:53:06.1	M55	18	Casa do Benfica em	0:48:32.3	298	1:20:42.3	284	
261		283	Davide	355	1:53:24.7	1:53:13.7	M40	59	Sport União Colarense	0:46:51.8	246	1:19:28.7	264	

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
262		285	Gabriel	349	1:53:34.2	1:53:08.7	M60	14		0:50:27.3	352	1:22:47.0	313
263		286	Diogo Barros	80	1:53:48.6	1:53:33.3	M40	60	Varitintas	0:48:23.3	290	1:21:07.9	294
264		287	Dúlio	147	1:53:55.6	1:53:54.3	Sen-M	74	Casa Benfica Torres	0:39:14.2	35	1:11:16.5	118
265		288	Carlos	357	1:53:57.8	1:53:44.3	Sen-M	75		0:47:51.1	277	1:19:28.1	263
266		289	Paulo	220	1:53:57.9	1:53:32.1	Sen-M	76	GD Banco BPI	0:48:52.0	303	1:21:24.6	301
267		290	José Bordalo	279	1:54:04.2	1:53:57.4	M65	4	O MUNDO DA	0:47:27.4	267	1:20:20.9	278
268		291	Ricardo	297	1:54:23.0	1:53:51.2	Sen-M	77	Carapaus de corrida	0:50:26.4	350	1:22:53.3	316
269		292	Alexandre	406	1:54:26.3	1:54:18.3	M45	58		0:47:17.8	263	1:20:17.9	277
270		293	Filipe	344	1:54:50.6	1:54:39.9	M45	59		0:48:12.7	284	1:20:23.0	280
271		294	João Alberto	234	1:54:52.6	1:54:44.1	M50	36		0:49:41.0	327	1:22:14.5	308
272		295	José Carlos	124	1:54:55.6	1:54:48.0	M45	60	NAZABOBODA	0:44:52.7	191	1:18:14.8	240
273		296	Carlos Silva	418	1:55:01.0	1:54:34.8	Sen-M	78		0:48:24.8	291	1:20:48.6	285
274		297	João Pereira	341	1:55:02.4	1:54:39.7	Sen-M	79		0:45:27.3	207	1:18:23.2	243
275		298	Rogério	84	1:55:22.3	1:55:07.5	Sen-M	80		0:47:46.2	275	1:21:22.8	300
276		299	Gonçalo	411	1:55:23.3	1:55:04.8	Sen-M	81		0:50:53.0	358	1:22:54.7	318
277		301	Rúben	352	1:55:35.1	1:55:29.5	Sen-M	82	Runners da Frente	0:47:10.3	258	1:19:55.1	271
278		302	James Simon	472	1:55:36.7	1:55:06.5	M50	37		0:49:02.0	309	1:21:50.6	302
279		303	Eduardo	75	1:55:40.7	1:55:24.3	Sen-M	83	Varitintas	0:48:20.9	289	1:21:07.1	293
280		304	Orlando	135	1:55:42.6	1:55:08.5	M60	15	EM'FORÇA SPEM	0:50:11.7	340	1:21:56.4	305
281		305	Fernando	500	1:55:42.6	1:55:15.5	M60	16	Tranquilidade	0:49:28.2	322	1:22:04.6	306
282		306	Sérgio	19	1:55:43.4	1:55:19.5	Sen-M	84	CAAPP	0:49:38.4	324	1:22:26.7	309
283		307	Alfredo	206	1:55:51.2	1:55:22.8	M50	38	RUN 4 FUN	0:48:14.9	285	1:21:01.8	289
284		308	Pedro	42	1:56:00.7	1:55:53.2	M40	61		0:46:00.3	220	1:21:11.0	295
285		309	Tiago J. G.	52	1:56:18.1	1:56:06.3	Sen-M	85		0:48:06.5	281	1:21:05.4	292
286		311	Jorge Costa	31	1:56:32.4	1:56:22.1	M40	62	Correr Lisboa	0:47:04.6	256	1:25:17.8	346
287		312	Adelino	288	1:56:32.7	1:56:21.2	M45	61	Correr Lisboa	0:47:02.9	252	1:25:16.9	345
288		313	Tiago Pinto	319	1:56:38.1	1:56:24.3	Sen-M	86	Correr Lisboa	0:45:54.6	216	1:18:46.8	250
289		314	Fernando	289	1:56:43.5	1:56:22.0	M45	62	SS CGD	0:48:58.7	306	1:21:56.2	304
290		315	Pedro	153	1:57:00.5	1:56:41.4	M45	63		0:48:28.1	294	1:20:15.7	276
291		316	Carlos	450	1:57:01.9	1:56:28.6	M40	63		0:50:11.6	339	1:23:52.8	328
292		317	Hugo Santos	123	1:57:27.3	1:56:56.9	Sen-M	87	Falcões Selvagens	0:49:26.2	321	1:22:52.7	315
293		318	Rogério Pina	439	1:57:32.6	1:57:17.8	M60	17	CLUBE ANACOM	0:50:44.5	356	1:24:39.7	337
294		319	João Carlos	423	1:57:36.2	1:57:09.3	M45	64		0:50:06.2	337	1:23:06.7	320

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T. Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
295		320	Ivo Claro	353	1:57:38.5	1:56:17.5	Sen-M	88	Tartarugas Solidárias	0:50:01.7	334	1:23:12.9	322
296		321	José Aires	484	1:57:42.0	1:57:21.2	M55	19	Tranquilidade	0:50:19.2	345	1:24:02.2	332
297		322	Hugo Silva	166	1:57:46.7	1:57:25.4	M40	64		0:50:09.6	338	1:23:20.8	323
298		323	Ricardo	160	1:57:58.3	1:57:43.3	Sen-M	89	Caracóis de Pedra	0:50:18.8	344	1:23:12.1	321
299		324	Rui Freixo	163	1:58:08.0	1:57:40.6	Sen-M	90		0:49:50.6	331	1:22:42.6	311
300		325	Heitor	8	1:58:18.8	1:58:04.4	M45	65	Georunners	0:52:48.9	377	1:24:59.7	343
301		326	Ricardo	469	1:58:27.2	1:58:18.4	M40	65	Esquilos Ninja	0:46:27.5	234	1:20:05.1	273
302		327	Luis Lino	296	1:58:28.4	1:57:57.0	Sen-M	91	Carapaus de corrida	0:50:35.9	354	1:24:11.9	334
303		328	Luis de	20	1:58:45.5	1:58:24.2	M45	66		0:50:26.3	349	1:24:33.6	336
304		329	Delfim	250	1:58:52.9	1:58:44.7	M50	39		0:48:41.3	299	1:22:54.4	317
305		331	Ricardo	479	1:59:07.0	1:58:57.4	M45	67		0:50:26.5	351	1:25:26.4	348
306		332	Pedro	248	1:59:31.4	1:59:01.0	M45	68	BJWHF	0:51:27.2	365	1:24:50.8	341
307		333	Luís Costa	346	1:59:35.2	1:59:08.9	M40	66	amigosdacorrida.com	0:50:14.7	343	1:23:24.8	324
308		334	Paulo Picão	363	1:59:46.5	1:59:13.0	M40	67	Monsanto Running	0:50:12.3	341	1:24:42.5	339
309		335	Paulo	96	1:59:48.7	1:59:23.3	M40	68	Põe-Te a Milhas!	0:49:50.2	330	1:24:47.6	340
310		336	Teodoro	126	1:59:57.0	1:59:29.4	M55	20	RUN 4 FUN	0:49:51.3	332	1:23:48.2	327
311		337	Alexandre	23	1:59:57.3	1:59:44.2	Sen-M	92		0:48:54.8	304	1:24:01.5	331
312		339	Fernando	278	2:00:33.4	2:00:29.9	M65	5	Núcleo Atletismo	0:49:06.5	315	1:24:59.1	342
313		341	Tiago	333	2:00:43.9	2:00:14.7	Sen-M	93		0:50:52.9	357	1:25:27.8	351
314		343	Henrique	324	2:01:20.9	2:00:53.5	M55	21	Tartarugas Solidárias	0:50:04.7	336	1:24:23.2	335
315		344	Sergio	294	2:01:56.5	2:01:34.9	M40	69	SS CGD	0:52:43.9	376	1:29:09.3	374
316		345	Rodrigo	226	2:01:59.8	2:01:39.6	Sen-M	94	RunLovers	0:49:03.0	310	1:22:43.9	312
317		346	Jorge	87	2:02:03.7	2:01:54.4	M60	18	Clube Desportivo de	0:52:39.0	375	1:28:08.3	369
318		347	José	115	2:02:06.0	2:01:59.3	M40	70		0:49:22.7	319	1:23:31.4	325
319		348	José Pereira	94	2:02:22.1	2:02:04.5	M60	19	Os Perigosos	0:53:46.3	394	1:28:23.0	371
320		349	Luis Gomes	293	2:02:56.9	2:02:45.0	Sen-M	95	SS CGD	0:48:03.2	280	1:22:49.0	314
321		350	Miguel	322	2:03:01.6	2:02:42.9	M45	69	Associação de	0:50:13.1	342	1:26:33.1	361
322		351	Luis Sousa	193	2:03:11.0	2:02:50.7	M45	70		0:52:55.0	378	1:28:06.4	368
323		352	Ricardo	86	2:03:22.7	2:02:51.4	Sen-M	96		0:49:01.7	308	1:23:46.9	326
324		353	Bruno Dias	414	2:03:39.4	2:03:11.2	M40	71	SS CGD	0:49:12.4	317	1:25:41.2	354
325		354	Manuel	340	2:03:40.9	2:03:31.1	M65	6		0:50:23.8	347	1:25:29.6	352
326		355	Manuel	5	2:03:43.6	2:03:27.1	M50	40	Correr Lisboa	0:50:54.8	361	1:27:35.5	365
327		356	José Castro	36	2:03:47.5	2:03:21.6	M55	22	Clube Atletismo	0:54:07.7	402	1:28:25.0	372

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
328		357	Fernando	369	2:03:56.1	2:03:42.6	M50	41	Clube Novo Banco	0:52:08.8	370	1:26:44.5	362
329		358	Rogério	276	2:03:58.5	2:03:42.2	M50	42		0:50:24.9	348	1:25:24.0	347
330		359	Diogo Leite	486	2:04:00.9	2:03:51.8	M45	71		0:48:11.3	282	1:25:04.9	344
331		360	Jorge	371	2:04:03.9	2:03:40.6	M50	43	Clube Novo Banco	0:51:54.4	367	1:27:12.8	364
332		361	Luis Pinto	351	2:04:17.1	2:03:49.6	M50	44		0:49:44.9	329	1:25:45.0	355
333		363	Cesar	237	2:04:36.4	2:04:25.8	M40	72	Bruxos Runners	0:51:44.8	366	1:28:19.0	370
334		364	Jorge	120	2:04:43.9	2:04:19.9	Sen-M	97		0:53:52.1	395	1:29:42.1	378
335		365	André	122	2:04:45.2	2:04:09.8	Sen-M	98	N. A. PAPAGAIOS DE	0:53:30.1	388	1:29:35.9	377
336		366	António	260	2:04:55.8	2:04:46.7	M50	45	Casa do Benfica em	0:50:42.9	355	1:27:03.5	363
337		367	Francisco	78	2:04:59.1	2:04:43.0	M50	46	Varitintas	0:49:59.7	333	1:25:36.7	353
338		369	Miguel Matos	444	2:05:03.9	2:04:42.5	M45	72	Tranquilidade	0:53:27.8	387	1:28:27.4	373
339		370	Bruno Afonso	12	2:05:05.2	2:04:48.0	Sen-M	99		0:49:38.7	325	1:26:05.3	356
340		371	Marco Vaz	154	2:05:12.4	2:05:04.0	Sen-M	100	Falcões Selvagens	0:49:08.7	316	1:26:24.5	358
341		373	Ricardo Luis	464	2:05:28.9	2:05:13.5	Sen-M	101	Grupo Desportivo	0:49:31.9	323	1:26:31.2	360
342		375	Fernando	214	2:05:43.0	2:04:23.8	M50	47	Tartarugas Solidárias	0:49:01.1	307	1:23:57.3	329
343		376	Germano	187	2:05:54.4	2:05:27.5	M60	20	PRAZER DA	0:54:23.9	407	1:30:23.9	384
344		378	Pedro	45	2:05:56.0	2:05:37.6	M50	48	Celta de Vigo	0:55:13.9	419	1:32:20.8	406
345		379	Marco	28	2:06:16.4	2:05:52.0	M40	73		0:53:57.0	396	1:30:11.1	382
346		380	Pedro	59	2:06:25.4	2:06:12.7	M45	73		0:53:41.5	392	1:30:36.4	392
347		381	Paulo Louro	63	2:06:25.7	2:06:12.5	M50	49	Correr Lisboa	0:53:37.2	390	1:30:35.3	390
348		382	José Lindo	239	2:06:31.3	2:06:27.9	M65	7	C. A. Vale de Figueira	0:53:18.2	386	1:30:03.9	381
349		385	Humberto	392	2:08:24.1	2:07:59.7	Sen-M	102	Kaninos	0:53:02.6	382	1:30:28.7	386
350		386	Joao Paulo	488	2:08:44.4	2:08:19.2	M50	50	Kaninos	0:53:03.1	383	1:30:34.1	389
351		387	Nuno Vicente	311	2:09:04.0	2:08:44.3	M40	74		0:52:57.1	379	1:29:46.4	379
352		389	Francisco	443	2:09:25.4	2:09:08.6	M50	51	Tranquilidade	0:51:19.3	364	1:27:53.3	367
353		390	Pedro Lopes	152	2:09:25.7	2:08:55.3	M40	75	Mafra	0:55:23.6	421	1:32:46.3	408
354		391	Rogério	329	2:09:25.9	2:08:57.1	M55	23	RUN 4 FUN	0:56:28.0	430	1:33:51.7	412
355		392	Jósé Manuel	46	2:09:37.9	2:09:32.2	M55	24		0:50:19.3	346	1:26:06.5	357
356		393	Gonçalo	509	2:09:50.8	2:09:18.8	M40	76		0:57:55.7	440	1:37:26.8	424
357		394	Marco	309	2:10:14.7	2:09:49.6	Sen-M	103	Kaninos	0:53:00.3	381	1:30:33.2	388
358		395	João Ralha	47	2:10:20.8	2:09:51.7	M55	25	RUN 4 FUN	0:56:26.9	427	1:33:52.8	414
359		397	Christopher	142	2:10:23.7	2:10:12.2	M40	77		0:54:12.2	403	1:33:26.7	410
360		398	Gabriel	314	2:10:25.5	2:09:54.0	M50	52	a.m.c.d.tituaria	0:52:16.4	373	1:27:45.2	366

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T. Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
361		399	Miguel Dias	374	2:10:43.4	2:10:13.2	M45	74	Clube Novo Banco	0:54:54.6	414	1:32:00.0	401
362		400	Luis Lisboa	388	2:10:48.6	2:10:41.3	M55	26	Amigos Vale Silencio	0:53:40.8	391	1:31:20.9	398
363		401	Abilio	169	2:11:00.3	2:10:46.7	M60	21		0:53:34.6	389	1:31:01.1	393
364		403	Jacinto	403	2:11:07.7	2:10:57.6	M60	22	SIMECQ	0:54:51.7	413	1:32:11.6	403
365		406	José	306	2:11:33.6	2:11:06.5	Sen-M	104		0:54:05.7	400	1:31:14.9	396
366		407	Nuno	361	2:11:34.3	2:11:08.8	M50	53		0:57:05.1	436	1:35:00.8	417
367		408	Vitor Rui de	417	2:11:38.0	2:11:09.4	M65	8		0:55:09.2	418	1:32:25.2	407
368		409	Luis Proença	358	2:12:07.5	2:11:41.5	M45	75		0:54:50.3	412	1:33:55.0	415
369		410	Adalberto	185	2:12:14.6	2:11:44.9	M55	27	RUN 4 FUN	0:56:27.3	428	1:33:51.4	411
370		411	Milton Teles	50	2:12:45.5	2:12:28.4	M50	54		0:53:07.9	385	1:31:04.8	394
371		412	António	218	2:12:52.8	2:12:25.2	M60	23	GD Banco BPI	0:56:35.2	432	1:34:21.3	416
372		413	Flávio	211	2:12:58.7	2:12:27.8	Sen-M	105		0:56:01.7	423	1:33:52.6	413
373		414	Jorge	249	2:13:17.1	2:12:43.4	M45	76		0:52:12.8	371	1:31:11.1	395
374		415	Joaquim	391	2:13:17.1	2:12:44.1	M40	78		0:52:14.2	372	1:31:15.5	397
375		416	Paulo Alves	184	2:13:31.2	2:13:23.6	Sen-M	106	SPEM	0:54:43.2	410	1:32:05.7	402
376		417	Fernando	470	2:14:18.5	2:13:45.8	M50	55		0:54:15.5	405	1:32:12.8	404
377		419	Joaquim	258	2:15:05.9	2:14:41.5	M55	28	Casa do Benfica em	0:59:01.2	443	1:37:43.5	428
378		420	Fernando	41	2:17:26.8	2:16:56.4	M50	56	RUN 4 FUN	0:56:38.9	434	1:37:53.4	430
379		421	Ricardo	175	2:17:43.8	2:17:25.6	M40	79	CDCR dos CTT	0:53:05.1	384	1:30:35.5	391
380		422	Bruno Neves	134	2:18:05.1	2:17:41.0	Sen-M	107		0:54:28.5	409	1:35:01.9	418
381		423	Miguel Pinhal	71	2:18:10.8	2:17:49.1	M45	77	Tranquilidade	0:55:18.7	420	1:36:14.4	420
382		424	João Castro	438	2:18:50.5	2:18:35.5	M55	29	CLUBE ANACOM	0:57:25.2	438	1:37:06.2	422
383		427	Paulo Soares	112	2:20:02.3	2:19:46.6	Sen-M	108	CCD Siemens	0:56:14.4	424	1:36:57.9	421
384		431	Carlos	109	2:21:57.8	2:21:42.6	M50	57	CCD Siemens	0:56:15.9	425	1:37:29.1	426
385		432	Daniel	62	2:23:39.6	2:23:08.4	M40	80		0:56:25.5	426	1:38:17.9	432
386		435	Filipe Moraes	431	2:25:55.2	2:25:44.4	M40	81	Lx Run	0:56:47.5	435	1:40:51.5	436
387		437	Hugo Reis	219	2:29:15.1	2:28:47.5	Sen-M	109	GD Banco BPI	0:57:08.4	437	1:41:28.5	437
388		438	Paulo	375	2:32:48.9	2:32:34.4	M50	58	Clube Novo Banco	1:00:40.1	448	1:45:58.7	440
389		439	Fábio Pio	35	2:35:35.3	2:35:21.6	M45	78		1:03:25.5	449	1:48:04.2	441
390		440	Edgar Santos	408	2:35:35.3	2:35:29.5	Sen-M	110	Mercenários da Penha	0:54:01.0	398	1:37:47.7	429
391		442	António	174	DSQ		Sen-M	111	CDCR dos CTT		-1		-1
392		443	Nuno Oliveira	180	DSQ		Sen-M	112	CDCR dos CTT		-1		-1

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
w													
1		38	Isabel Silva	429	1:31:33.0	1:31:25.0	Sen-F	1		0:39:54.7	54	1:05:38.4	41
2		55	Patricia	137	1:33:23.1	1:33:12.8	F40	1	Sport União Colarenses	0:40:07.6	63	1:06:48.0	57
3		68	Maria Frias	360	1:34:49.8	1:34:48.7	F50	1	Amigos do Atletismo	0:40:52.1	77	1:08:04.5	72
4		94	Alice Roma	359	1:38:08.6	1:37:57.0	F40	2	Amigos do Atletismo	0:41:42.8	93	1:09:37.4	95
5		114	Rita Ribeiro	11	1:39:41.9	1:39:32.1	S23-F	1	Correr Lisboa	0:43:26.0	143	1:11:29.2	125
6		123	Ana Isabel	328	1:40:26.3	1:40:22.0	Sen-F	2	CCD PM Cascais	0:42:29.4	118	1:10:55.4	112
7		131	Helena	465	1:41:12.7	1:41:06.8	F50	2	Amigos do Atletismo	0:43:07.1	130	1:11:52.3	130
8		158	Joana Castro	241	1:43:32.6	1:43:27.3	Sen-F	3	GO!Runners	0:45:08.1	198	1:14:35.4	175
9		159	Ana Teresa	419	1:43:50.5	1:43:47.4	Sen-F	4		0:41:51.9	96	1:12:22.3	137
10		199	Marta	432	1:46:52.9	1:46:39.9	F40	3	ABSANT RUNNERS	0:44:17.5	163	1:15:13.4	189
11		212	Ines Peixoto	466	1:48:40.2	1:48:15.8	Sen-F	5		0:45:52.4	214	1:16:27.5	211
12		219	Rute Matos	477	1:48:56.1	1:48:40.6	F40	4		0:46:38.9	238	1:17:58.4	235
13		223	Aldina	348	1:49:27.8	1:49:08.8	F40	5	Os Galgos	0:44:48.9	184	1:16:15.8	209
14		226	Rafaela	304	1:49:36.1	1:49:31.9	S23-F	2	Dolce Furadouro	0:46:06.1	227	1:17:23.4	222
15		232	Patrícia	67	1:50:17.7	1:50:09.2	Sen-F	6	GO!Runners	0:46:55.7	250	1:18:36.8	248
16		239	Luisa	228	1:50:40.1	1:50:29.6	F40	6	RunLovers	0:47:04.4	255	1:19:20.5	261
17		240	Alexandra	447	1:50:45.5	1:50:30.3	Sen-F	7	Marcha e Corrida do	0:47:11.2	259	1:18:14.9	241
18		241	Sónia	215	1:50:48.7	1:50:22.0	F40	7	GD Banco BPI	0:47:53.4	278	1:19:18.8	258
19		242	Lucia	29	1:50:50.8	1:50:38.8	F40	8	Georunners	0:44:07.6	161	1:16:02.1	205
20		260	Sara Velho	471	1:51:47.0	1:51:32.6	F40	9	Clube da Natureza de	0:46:36.1	237	1:18:58.5	252
21		263	Elisabete	148	1:52:01.2	1:51:57.6	F40	10	Casa Benfica Torres	0:45:13.2	201	1:19:11.1	254
22		273	Carla	437	1:52:40.2	1:51:21.4	F40	11	Tartarugas Solidárias	0:47:36.0	271	1:19:18.7	257
23		284	Isabel Santos	103	1:53:27.1	1:53:20.8	F40	12	Federação da Família	0:47:37.5	272	1:20:41.9	283
24		300	Carla Rebelo	57	1:55:31.1	1:55:02.2	F40	13	RUN 4 FUN	0:49:03.1	312	1:22:06.1	307
25		310	Carla	56	1:56:26.9	1:56:13.0	F40	14		0:50:03.1	335	1:22:55.3	319
26		330	Roberta Da	65	1:59:04.7	1:58:52.8	F40	15	TORQUATO	0:48:12.3	283	1:22:34.7	310
27		338	Sara Cartaxo	24	2:00:01.3	1:59:48.5	Sen-F	8		0:48:56.7	305	1:24:02.3	333
28		340	Tânia A. R.	149	2:00:43.5	2:00:14.6	Sen-F	9		0:50:53.2	359	1:25:27.1	349
29		342	Tania	144	2:00:44.1	2:00:14.8	Sen-F	10		0:50:54.0	360	1:25:27.8	350
30		362	Sonia Saro	381	2:04:34.1	2:04:17.6	Sen-F	11		0:50:28.5	353	1:26:29.2	359
31		368	Iris Mauricio	224	2:05:02.7	2:04:42.6	F40	16	RunLovers	0:54:03.5	399	1:30:31.7	387
32		372	Susana	483	2:05:23.6	2:05:12.2	Sen-F	12	Correr Lisboa	0:52:08.1	369	1:29:23.1	375

41ª Meia Maratona de S. João das Lampas

Result List MF 41ª Meia Maratona de S. João das Lampas

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
33		374	Tita Luís	72	2:05:35.9	2:05:14.2	Sen-F	13	Tranquilidade	0:53:45.5	393	1:29:50.0	380
34		377	Filipa Ferro	64	2:05:54.5	2:05:27.9	F40	17	RUN 4 FUN	0:54:24.5	408	1:30:26.4	385
35		383	Anabela	255	2:07:03.4	2:06:44.8	F40	18	Casa do Benfica em	0:52:33.5	374	1:29:35.8	376
36		384	Tânia Lages	26	2:08:13.9	2:07:50.8	Sen-F	14		0:53:58.1	397	1:30:12.6	383
37		388	Eugénia Cid	496	2:09:14.8	2:08:44.8	F40	19		0:54:59.0	417	1:31:55.3	400
38		396	Patricia C. P.	426	2:10:22.3	2:09:59.8	F40	20		0:54:55.5	415	1:32:19.8	405
39		402	Sandra	404	2:11:02.8	2:10:43.9	Sen-F	15	Os Galgos	0:54:48.5	411	1:32:49.0	409
40		404	Sónia	146	2:11:10.4	2:11:06.6	Sen-F	16	Casa Benfica Torres	0:49:18.6	318	1:24:42.1	338
41		405	Inês Filipe	299	2:11:31.2	2:11:04.2	Sen-F	17		0:54:06.6	401	1:31:24.0	399
42		418	Patrícia	253	2:15:05.7	2:14:41.3	F50	3	Casa do Benfica em	0:59:01.2	444	1:37:43.3	427
43		425	Deolinda	425	2:18:51.4	2:18:19.3	F40	21		0:57:55.2	439	1:37:27.9	425
44		426	Ana Pereira	14	2:19:22.6	2:18:52.9	F40	22	Runners da Frente	0:56:27.7	429	1:37:10.2	423
45		428	Suzana	27	2:20:21.3	2:19:57.3	F40	23		0:58:01.7	441	1:38:35.6	433
46		429	Sónia	256	2:20:22.1	2:20:03.5	Sen-F	18	Casa do Benfica em	0:54:17.9	406	1:35:25.8	419
47		430	Paula Soares	254	2:20:22.3	2:19:52.6	F40	24	Casa do Benfica em	0:56:35.6	433	1:38:05.9	431
48		433	Hélia Cristina	326	2:23:39.6	2:23:26.4	Sen-F	19		0:58:13.8	442	1:40:10.5	435
49		434	Celina Jorge	236	2:23:50.3	2:23:27.6	Sen-F	20		1:00:02.8	447	1:41:32.1	438
50		436	Ana Catarina	244	2:29:02.6	2:28:55.3	F40	25		0:59:09.9	445	1:45:53.6	439
51		441	Inês Kol	165	DSQ		Sen-F	21			-1		-1
52		444	Tanilma	436	DSQ	1:40:13.6	F50	4			-1		-1

Number of records: 444

41ª Meia Maratona de S. João das Lampas

Team Results 41ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
41ª Meia Maratona de S. João das Lampas				
1. Casa do Benfica em Algueirão Mem Martins - Sintra 1			4:23:08,52	
269	Artur Oliveira	Casa do Benfica em Algueirão Mem Martins - Sintra	Veteranos M45	1:21:15.0
257	Vitor Silva	Casa do Benfica em Algueirão Mem Martins - Sintra	Veteranos M50	1:29:57.9
261	Luis Oliveira	Casa do Benfica em Algueirão Mem Martins - Sintra	Veteranos M45	1:31:55.4
2. Federação da Família para a Paz Mundial e Unificação 1			4:24:07,94	
323	Miguel Pinto	Federação da Família para a Paz Mundial e Unificação	Veteranos M40	1:25:23.8
102	Flávio Santos F.f.w.p.u.	Federação da Família para a Paz Mundial e Unificação	Sub23-M	1:27:42.8
104	Edgar Trigo F.f.w.p.u.	Federação da Família para a Paz Mundial e Unificação	Veteranos M45	1:31:01.2
3. GRUPO DESPORTIVO E RECREATIVO DE MANIQUE DE CIMA 1			4:25:07,65	
284	Julio Finote	GRUPO DESPORTIVO E RECREATIVO DE	Veteranos M45	1:23:38.8
281	Fernando Feijão	GRUPO DESPORTIVO E RECREATIVO DE	Veteranos M60	1:29:58.0
285	Fredrico Lazaro	GRUPO DESPORTIVO E RECREATIVO DE	Seniors-M	1:31:30.7
4. Os Galgos 1			4:38:06,03	
70	António Figueiredo	Os Galgos	Seniors-M	1:24:40.9
100	Armando Dias	Os Galgos	Veteranos M50	1:34:56.4
337	André Coelho	Os Galgos	Veteranos M40	1:38:28.6
5. Amigos do Atletismo de Mafra 1			4:41:11,27	
397	João Pastor	Amigos do Atletismo de Mafra	Veteranos M45	1:31:44.8
494	Gilberto Dias	Amigos do Atletismo de Mafra	Veteranos M55	1:34:36.5
360	Maria Frias	Amigos do Atletismo de Mafra	Veteranas F50	1:34:49.8
6. Caracóis de Pedra 1			4:44:22,72	
157	Alexandre Lucas	Caracóis de Pedra	Seniors-M	1:33:11.7
158	Nuno Vaz	Caracóis de Pedra	Seniors-M	1:35:25.8
394	Joaquim Palma	Caracóis de Pedra	Veteranos M60	1:35:45.0
7. Correr Lisboa 1			4:47:52,37	
9	Vasco Tavares	Correr Lisboa	Veteranos M40	1:32:05.7
55	Rui Vale	Correr Lisboa	Seniors-M	1:36:04.6
11	Rita Ribeiro	Correr Lisboa	Sub23-F	1:39:41.9
8. O MUNDO DA CORRIDA 1			4:51:11,47	
321	Francisco Monte	O MUNDO DA CORRIDA	Seniors-M	1:28:05.5
421	Marco Oliveira	O MUNDO DA CORRIDA	Veteranos M40	1:36:32.5
116	Paulo Trindade	O MUNDO DA CORRIDA	Veteranos M40	1:46:33.3
9. GO!Runners 1			4:55:21,59	
242	Diogo Sousa	GO!Runners	Seniors-M	1:34:32.9
240	Paulo Marques	GO!Runners	Veteranos M40	1:37:16.0
241	Joana Castro	GO!Runners	Seniors-F	1:43:32.6
10. Os Perigosos 1			4:55:44,37	
412	David Santos	Os Perigosos	Veteranos M50	1:37:52.4
92	Fernando Andrade	Os Perigosos	Seniors-M	1:38:55.9
91	Marco Caseiro	Os Perigosos	Seniors-M	1:38:55.9
11. NAPA Núcleo Amigos Perna Assada 1			4:56:01,67	
229	João Paixão	NAPA Núcleo Amigos Perna Assada	Veteranos M45	1:31:29.3
231	Alexandre Figueiredo	NAPA Núcleo Amigos Perna Assada	Veteranos M40	1:38:18.7

41ª Meia Maratona de S. João das Lampas

Team Results 41ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
230	António Rico	NAPA Núcleo Amigos Perna Assada	Veteranos M40	1:46:13.5
12. Tartarugas Solidárias 1			4:56:09,12	
343	Pedro Serra	Tartarugas Solidárias	Seniors-M	1:31:06.6
43	Jorge Pardal	Tartarugas Solidárias	Veteranos M40	1:32:22.2
437	Carla Mendes	Tartarugas Solidárias	Veteranas F40	1:52:40.2
13. CDCR dos CTT 1			4:57:31,72	
170	Vasco Ascensão	CDCR dos CTT	Veteranos M45	1:36:24.3
176	João Trindade	CDCR dos CTT	Sub23-M	1:39:42.3
177	Luis Veloso	CDCR dos CTT	Veteranos M45	1:41:24.9
14. Casa Benfica Torres Vedras 1			4:59:41,08	
506	Joaquim Frazão	Casa Benfica Torres Vedras	Veteranos M40	1:22:52.9
342	João Paulo Santos	Casa Benfica Torres Vedras	Veteranos M45	1:44:46.9
148	Elisabete Gomes	Casa Benfica Torres Vedras	Veteranas F40	1:52:01.2
15. Clube Novo Banco 1			5:00:05,56	
373	Luis Monteiro	Clube Novo Banco	Veteranos M45	1:36:18.4
378	Rui Lopes	Clube Novo Banco	Veteranos M65	1:41:42.1
370	Hugo Carago	Clube Novo Banco	Veteranos M40	1:42:04.9
16. RunLovers 1			5:00:47,25	
501	Leonardo Coelho	RunLovers	Sub23-M	1:21:32.0
227	Charles Gonçalves	RunLovers	Veteranos M50	1:48:35.0
228	Luisa Palminhas	RunLovers	Veteranas F40	1:50:40.1
17. RUN 4 FUN 1			5:03:53,32	
97	Luís F Da Costa Carvalho	RUN 4 FUN	Seniors-M	1:36:51.6
32	Fernando Rosete	RUN 4 FUN	Veteranos M45	1:39:00.9
33	Pedro Ribeiro	RUN 4 FUN	Seniors-M	1:48:00.7
18. Tranquilidade Açoreana Clube 1			5:04:18,08	
487	Paulo Pereira	Tranquilidade Açoreana Clube	Veteranos M50	1:33:46.3
251	Nuno Miguel Rodrigues	Tranquilidade Açoreana Clube	Veteranos M40	1:38:49.0
442	Fernando Celestino	Tranquilidade Açoreana Clube	Veteranos M55	1:51:42.7
19. Sport União Colareense 1			5:05:11,41	
137	Patricia Rivotti	Sport União Colareense	Veteranas F40	1:33:23.1
40	Eduardo Leite	Sport União Colareense	Veteranos M40	1:38:23.4
355	Davide Mendes	Sport União Colareense	Veteranos M40	1:53:24.7
20. Dolce Furadouro 1			5:05:36,25	
305	Mário Firmino	Dolce Furadouro	Seniors-M	1:26:25.7
303	Mário Santos	Dolce Furadouro	Veteranos M45	1:49:34.3
304	Rafaela Santos	Dolce Furadouro	Sub23-F	1:49:36.1
21. Clube Desportivo Estrela 1			5:10:21,71	
133	José Marcelino	Clube Desportivo Estrela	Veteranos M50	1:33:10.0
132	Rui Silva	Clube Desportivo Estrela	Veteranos M45	1:47:31.5
182	Rui Trindade	Clube Desportivo Estrela	Veteranos M45	1:49:40.0
22. Varitintas 1			5:12:59,78	
77	Helder Tavares	Varitintas	Veteranos M40	1:38:45.5
76	Hugo Guerreiro	Varitintas	Seniors-M	1:45:21.2

41ª Meia Maratona de S. João das Lampas

Team Results 41ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
79	Luís Vieira	Varitintas	Veteranos M40	1:48:53.0
23.	GD Banco BPI 1		5:13:06,71	
217	Carlos Cardoso	GD Banco BPI	Veteranos M65	1:35:00.1
216	Pedro Trabucho	GD Banco BPI	Veteranos M50	1:47:17.8
215	Sónia Brandão	GD Banco BPI	Veteranas F40	1:50:48.7
24.	SS CGD 1		5:21:46,80	
292	Joao Silva	SS CGD	Veteranos M45	1:45:33.8
290	Henrique Amador	SS CGD	Veteranos M45	1:48:02.4
291	Joao Pedro Marques	SS CGD	Seniors-M	1:48:10.5
25.	Carapaus de corrida 1		5:36:49,49	
298	Rafael Assunção	Carapaus de corrida	Seniors-M	1:43:58.0
297	Ricardo Valente	Carapaus de corrida	Seniors-M	1:54:23.0
296	Luis Lino	Carapaus de corrida	Seniors-M	1:58:28.4
26.	CCD Siemens 1		5:38:08,21	
502	José Correia Lopes	CCD Siemens	Veteranos M45	1:35:46.9
497	Luis Bastos	CCD Siemens	Veteranos M50	1:42:18.8
112	Paulo Soares	CCD Siemens	Seniors-M	2:20:02.3
27.	Clube Desportivo de Mafra 1		5:46:04,13	
101	Douglas Fry	Clube Desportivo de Mafra	Veteranos M60	1:51:32.7
503	Fernando Galrito Da Silva	Clube Desportivo de Mafra	Veteranos M50	1:52:27.6
87	Jorge Paulino	Clube Desportivo de Mafra	Veteranos M60	2:02:03.7
28.	Lx Run 1		5:47:50,19	
128	Sérgio Pontes	Lx Run	Veteranos M40	1:36:29.9
15	Nuno Silva	Lx Run	Veteranos M40	1:45:24.9
431	Filipe Moraes	Lx Run	Veteranos M40	2:25:55.2
29.	Mercenários da Penha 1		6:10:20,84	
280	David Cardoso	Mercenários da Penha	Seniors-M	1:43:13.0
127	Rui Almeida	Mercenários da Penha	Veteranos M40	1:51:32.4
408	Edgar Santos	Mercenários da Penha	Seniors-M	2:35:35.3
30.	Kaninos 1		6:27:23,37	
392	Humberto Barros	Kaninos	Seniors-M	2:08:24.1
488	Joao Paulo Almeida	Kaninos	Veteranos M50	2:08:44.4
309	Marco Cachinho	Kaninos	Seniors-M	2:10:14.7