

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	João Fernandes	471	1:14:59.1	1:14:57.1	1	Sen-M	1	Casa do Benfica FARO	0:32:37.2	1	0:54:12.5	1
2	Luis Baço	479	1:18:26.9	1:18:24.9	2	M40	1	Vitoria futebol clube	0:33:31.9	2	0:56:16.0	2
3	Luis Miguel	456	1:18:42.0	1:18:42.0	3	M40	2	LMG Mira Sintra	0:33:50.8	4	0:56:17.8	3
4	Márcio Azevedo	474	1:19:29.2	1:19:27.2	4	Sen-M	2	CDOL - Clube Desportivo	0:33:32.1	3	0:56:27.5	4
5	José Camacho	297	1:20:15.5	1:20:12.3	5	Sen-M	3	LINDA-A-PASTORA	0:34:22.2	5	0:57:30.8	5
6	Nuno Vaz	56	1:22:57.9	1:22:55.8	6	Sen-M	4	Caracóis de Pedra	0:34:57.4	7	0:58:50.7	6
7	Artur Oliveira	159	1:22:58.2	1:22:55.7	7	M45	1	CASA DO BENFICA	0:34:57.1	6	0:58:50.8	7
8	José Pais	170	1:23:12.8	1:23:09.1	8	M45	2	Correr Lisboa	0:36:10.1	11	1:00:23.6	10
9	João Ferreira	498	1:23:48.6	1:23:46.0	9	M40	3		0:36:11.1	12	1:00:23.9	11
10	Diogo Garcia	175	1:23:57.6	1:23:54.0	10	Sen-M	5	Correr Lisboa	0:36:09.2	10	1:00:22.3	9
11	Julio Finote	115	1:24:05.2	1:24:01.5	11	M45	3	CCD Sintrense	0:36:11.4	13	1:00:33.7	12
12	Marco Lopes	221	1:24:13.2	1:24:04.8	12	Sen-M	6	Caracois do asfalto	0:35:32.7	9	1:00:20.3	8
13	João Pimentel	492	1:25:36.7	1:25:33.1	13	Sen-M	7	Escola de Atletismo de Coimbra	0:37:05.0	15	1:01:42.4	14
14	Paulo Garcia	480	1:26:09.4	1:26:07.3	14	M45	4	Os Galgos	0:37:24.8	18	1:01:50.8	15
15	Miguel Pinto	390	1:26:33.1	1:26:29.7	15	M40	4	Federação da Família para a	0:37:23.5	17	1:02:21.8	17
16	Paulo Silva	288	1:27:09.5	1:27:07.1	16	M45	5	N.A.Z.Aboboda	0:37:00.2	14	1:02:40.8	19
17	Nuno Soares	114	1:27:22.9	1:27:16.5	17	Sen-M	8	Correr Lisboa	0:37:28.5	19	1:02:09.8	16
18	Paulo Carvalho	367	1:28:31.9	1:28:29.0	18	M45	6	Federação da Família para a	0:37:50.9	22	1:02:36.6	18
19	José Borges	298	1:29:19.4	1:29:16.4	19	M40	5	LINDA-A-PASTORA	0:38:06.9	26	1:04:01.8	22
20	Armindo	378	1:29:22.6	1:29:17.6	20	Sen-M	9	Sporting clube de casainhos	0:38:33.1	30	1:04:04.7	23
21	Emílio Paulino	448	1:29:31.6	1:29:27.0	21	M55	1	ACPortalegre/UTSM	0:37:57.5	25	1:03:59.2	21
22	Frederico	111	1:29:41.1	1:29:38.2	22	Sen-M	10	Correr Lisboa	0:39:02.2	31	1:05:00.3	24
23	António	7	1:29:55.2	1:29:53.5	23	Sen-M	11	Os Galgos	0:37:39.2	21	1:03:19.9	20
24	Ricardo	444	1:30:15.2	1:30:10.4	24	Sen-M	12		0:39:19.6	34	1:05:22.9	25
25	José Marcelino	272	1:31:15.6	1:31:11.0	25	M55	2	Clube Desportivo Estrela	0:39:21.0	36	1:05:24.0	26
26	Flávio Santos	28	1:31:16.8	1:31:11.0	26	S23-M	1	Federação da Família para a	0:38:28.2	28	1:06:43.1	38
27	Vitor Pinto	460	1:31:39.8	1:31:34.2	27	Sen-M	13	Amigos Vale Silêncio	0:39:17.7	33	1:06:19.4	32
28	Miguel machado	485	1:31:41.8	1:31:31.6	28	M45	7	Faceta Subtil	0:40:01.9	48	1:06:10.5	30
29	Luis F. C.	44	1:31:46.3	1:31:40.7	29	Sen-M	14	RUN 4 FUN	0:40:30.9	57	1:06:55.0	41
30	João Pedro	436	1:31:59.0	1:31:50.3	30	M45	8		0:39:50.6	46	1:06:23.2	33
31	José Gomes	352	1:31:59.6	1:31:54.6	31	M55	3		0:40:21.8	55	1:06:56.3	42
32	Hugo B	477	1:32:10.9	1:32:08.0	32	M40	6	Travesseiros de Sintra	0:38:27.9	27	1:05:30.4	27
33	Humberto Viais*	112	1:32:15.4	1:32:05.3	33	M55	4	LINDA-A-PASTORA	0:39:19.7	35	1:06:03.5	29
34	Vitor Martins	40	1:32:21.4	1:32:13.1	34	M45	9	Clube recreativo Alturense	0:40:20.5	53	1:06:50.1	40
35	Antonio Afonso	236	1:32:31.9	1:32:24.6	35	M45	10	Clube recreativo Alturense	0:40:20.2	52	1:08:05.2	53

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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	Tom Harder	478	1:32:49.9	1:32:47.6	36	S23-M	2		0:35:28.3	8	1:01:14.1	13
37	Filipa Sá-Maia	61	1:32:56.8	1:32:52.6	1	Sen-F	1		0:39:37.4	42	1:06:39.3	36
38	Paulo Gomes	381	1:32:56.8	1:32:48.1	37	Sen-M	15	EVELX - Associação de Estilos	0:39:11.5	32	1:05:38.5	28
39	Luis Correia	462	1:32:58.9	1:32:50.6	38	Sen-M	16	Amigos Vale Silêncio	0:39:33.7	38	1:06:34.8	34
40	Carlos P.	184	1:33:00.6	1:32:56.1	39	M45	11	CASA DO BENFICA	0:39:37.1	39	1:06:38.8	35
41	Jaime Mauricio	204	1:33:39.3	1:33:34.8	40	M40	7	RunLovers	0:39:46.5	45	1:07:06.9	43
42	Orlando correiea	351	1:33:45.4	1:33:39.0	41	M45	12	LINDA-A-PASTORA	0:40:12.6	51	1:07:43.5	49
43	Jorge Fonseca	154	1:33:52.5	1:33:48.5	42	Sen-M	17	CCD Sintrense	0:40:06.9	50	1:07:32.3	47
44	Fábio Pereira	377	1:33:54.4	1:33:49.2	43	Sen-M	18	Sporting clube de casainhos	0:39:37.3	41	1:06:39.7	37
45	Mário Rodrigues	67	1:34:20.2	1:34:16.5	44	M50	1	Federação da Família para a	0:39:43.2	44	1:07:28.2	45
46	Carlos Caetano	33	1:34:32.4	1:34:31.0	45	M45	13		0:40:24.6	56	1:07:45.8	50
47	Carlos Moura	405	1:35:01.7	1:34:58.3	46	Sen-M	19		0:38:28.5	29	1:06:16.3	31
48	João Trindade	73	1:35:02.0	1:34:51.6	47	S23-M	3	Correr Lisboa	0:40:50.0	61	1:07:54.5	51
49	Rui Vale	75	1:35:05.1	1:34:58.6	48	Sen-M	20	Correr Lisboa	0:41:13.2	67	1:07:59.0	52
50	Alexandre Lucas	49	1:35:14.8	1:34:53.6	49	Sen-M	21	Caracóis de Pedra	0:40:58.3	64	1:08:36.6	54
51	Carlos Baptista	379	1:35:18.8	1:35:13.6	50	M55	5	Sporting clube de casainhos	0:40:56.3	63	1:08:46.5	56
52	Joao Caetano	224	1:35:32.7	1:35:13.7	51	Sen-M	22		0:41:09.0	66	1:08:43.9	55
53	João Pedro	165	1:35:40.7	1:35:35.7	52	Sen-M	23	CASA DO BENFICA	0:39:37.1	40	1:07:25.9	44
54	Vitor Silva	177	1:35:40.8	1:35:34.0	53	M50	2	CASA DO BENFICA	0:40:04.6	49	1:07:29.6	46
55	Jorge Nabais	248	1:35:43.7	1:35:30.9	54	Sen-M	24		0:40:46.6	60	1:09:25.9	61
56	Rita Ribeiro	96	1:36:14.6	1:36:03.9	2	S23-F	1	Correr Lisboa	0:41:22.5	72	1:09:09.5	58
57	Bruno Dias	109	1:36:15.2	1:36:12.7	55	M40	8	CCD Sintrense	0:40:50.3	62	1:09:18.8	59
58	Bruno Carvalho	365	1:36:30.9	1:36:07.0	56	Sen-M	25	Prudas Running Team	0:39:51.2	47	1:07:33.5	48
59	Germano Silva	274	1:36:32.7	1:36:27.7	57	M60	1	REAL ACADEMIA	0:41:34.9	74	1:09:27.8	62
60	Sérgio Pires	55	1:36:34.3	1:36:30.0	58	M40	9		0:41:19.5	71	1:09:32.9	63
61	André Santos	85	1:36:42.7	1:36:34.4	59	M40	10	Grupo Recreativo e Desportivo	0:42:41.3	88	1:09:56.9	66
62	Fernando	264	1:36:51.8	1:36:30.6	60	Sen-M	26	Os Perigosos	0:42:02.4	78	1:09:56.6	65
63	Filipe Costa	72	1:37:00.0	1:36:47.5	61	Sen-M	27	Encontro d'Iguarias Running	0:41:19.1	70	1:08:53.8	57
64	Luis Pedro	383	1:37:40.5	1:37:10.7	62	M40	11	AutoJacinto	0:42:45.2	90	1:10:28.9	69
65	Eduardo Leite	131	1:38:10.6	1:38:01.6	63	M40	12		0:42:45.7	91	1:10:46.0	72
66	Andre Cabral	332	1:38:12.9	1:37:58.4	64	M40	13		0:41:57.3	76	1:10:28.9	68
67	Carlos Lopes	305	1:38:46.1	1:38:36.2	65	M40	14	Aminhacorrida/Myprotein	0:42:30.6	85	1:11:02.6	75
68	ANTÓNIO	473	1:38:52.7	1:38:45.1	66	M55	6	CLUBE ATLETISMO AMIGOS	0:40:43.3	58	1:09:41.1	64
69	Carlos Jesus	133	1:39:16.6	1:39:10.7	67	M40	15	A20Km Trail Running Team	0:42:49.1	93	1:11:24.4	77
70	Amilcar	259	1:39:49.7	1:39:28.6	68	Sen-M	28		0:42:32.6	86	1:10:52.3	73
71	Carlos Pascoal	329	1:39:56.6	1:39:46.0	69	M50	3		0:42:25.8	81	1:11:28.7	80
72	Amélia Costa	489	1:40:20.5	1:40:16.3	3	F50	1	C.C.R. Alto do Moinho	0:42:49.9	94	1:12:00.9	84

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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	Pedro Gabriel	410	1:40:20.9	1:40:16.2	70	M40	16	C. A. Amigos Parque da Paz	0:42:59.1	98	1:12:00.0	83
74	Carlos Costa	158	1:40:27.8	1:40:20.2	71	M45	14	CASA DO BENFICA	0:42:15.3	80	1:11:07.6	76
75	Daniel Anjos	99	1:40:28.0	1:40:24.2	72	Sen-M	29	Clube recreativo Alturense	0:41:57.6	77	1:10:54.4	74
76	Rui Fialho	411	1:40:38.9	1:40:15.3	73	Sen-M	30		0:43:36.2	105	1:12:12.1	86
77	Maria Frias	443	1:40:55.5	1:40:53.6	4	F50	2	Amigos do Atletismo de Mafra	0:42:50.6	95	1:12:05.2	85
78	Sérgio Pedro	94	1:41:07.5	1:40:41.8	74	Sen-M	31	TINTO RUNNING TEAM	0:42:33.9	87	1:12:20.7	87
79	Tiago Almeida	50	1:41:11.6	1:40:50.5	75	Sen-M	32	Caracóis de Pedra	0:43:34.9	104	1:12:31.2	89
80	Ricardo Santos	461	1:41:16.7	1:41:08.0	76	Sen-M	33	Amigos Vale Silêncio	0:41:52.3	75	1:10:40.0	70
81	Carlos França	29	1:41:28.3	1:41:18.2	77	Sen-M	34	CAD a Correr	0:42:48.3	92	1:11:51.0	81
82	Miguel Ribeiro	167	1:41:35.5	1:41:30.9	78	M45	15	MR Running	0:41:03.9	65	1:10:22.0	67
83	Vasco Ascensão	143	1:41:39.4	1:41:32.7	79	M45	16	CDCR dos CTT	0:42:28.5	83	1:11:58.1	82
84	Manuel Oliveira	487	1:41:41.7	1:41:17.0	80	M40	17	Travesseiros de Sintra	0:42:27.3	82	1:11:26.7	79
85	Cátia	330	1:41:47.7	1:41:36.6	5	Sen-F	2	Correr Lisboa	0:43:46.1	109	1:13:01.8	93
86	Paulo Sousa	34	1:41:54.1	1:41:42.8	81	M40	18		0:43:45.7	108	1:13:00.3	92
87	Ricardo Silva	328	1:42:00.3	1:41:31.4	82	Sen-M	35		0:44:01.7	115	1:12:47.1	90
88	Patrícia Caldas	52	1:42:09.4	1:41:48.1	6	Sen-F	3	Caracóis de Pedra	0:46:06.1	160	1:14:41.3	111
89	Joaquim Cunha	382	1:42:10.0	1:41:44.2	83	M45	17	AutoJacinto	0:46:01.6	159	1:14:37.0	109
90	Luís Andrade	145	1:42:14.0	1:42:07.1	84	M45	18	CDCR dos CTT	0:43:26.2	101	1:13:09.2	96
91	João Rosinha	8	1:42:20.0	1:41:57.9	85	M40	19	ARSM	0:44:47.6	128	1:13:54.8	101
92	Rainer	255	1:42:39.4	1:42:15.8	86	M50	4		0:43:34.0	102	1:13:30.1	98
93	Hildebrand	140	1:42:56.6	1:42:34.4	87	M40	20	Monsanto Running Team	0:44:20.1	118	1:13:58.6	102
94	Roberto Caneira	327	1:43:15.9	1:43:05.7	88	M40	21	SCD Glória do Ribatejo	0:43:56.7	113	1:13:37.4	100
95	Joaquim Costa	164	1:43:24.1	1:43:15.4	89	M65	1	CASA DO BENFICA	0:46:13.0	162	1:15:09.4	117
96	Hélder Guerreiro	491	1:43:30.1	1:43:21.8	90	M40	22	Juventude Atlético Clube	0:43:49.9	111	1:13:21.4	97
97	Nelson Mota	399	1:43:45.8	1:43:29.7	91	M45	19	Ccd Tranquilidade	0:44:39.3	122	1:14:55.0	114
98	Luis Roussado	385	1:43:52.1	1:43:21.1	92	M45	20	AutoJacinto	0:43:34.3	103	1:12:57.8	91
99	Jorge Nogueira	469	1:44:16.2	1:44:09.6	93	S23-M	4	Alturense	0:40:21.3	54	1:10:42.4	71
100	Márcio Pimenta	134	1:44:17.2	1:43:58.8	94	Sen-M	36	shelltox runners	0:44:58.8	132	1:14:33.6	108
101	David Cardoso	342	1:44:27.9	1:44:20.1	95	Sen-M	37	Mercenários da Penha	0:44:55.2	130	1:15:15.0	120
102	Pedro Silva	188	1:44:38.7	1:44:33.7	96	M40	23	Azelhas do guiador	0:45:09.7	135	1:15:21.0	121
103	Eduardo Manuel	225	1:44:43.5	1:44:31.4	97	M40	24	Atómicos	0:44:44.2	126	1:14:50.1	113
104	FILIPE BOLÉO	210	1:44:52.0	1:44:35.5	98	M45	21	CLUBE ANACOM	0:46:46.9	173	1:16:38.2	134
105	Jorge Leite	245	1:44:58.6	1:44:42.2	99	M45	22		0:43:52.5	112	1:14:06.7	103
106	Rui Monteiro	87	1:45:02.4	1:44:33.3	100	Sen-M	38		0:44:59.9	133	1:14:15.2	104
107	Jorge Mimoso	252	1:45:02.7	1:44:47.1	101	M45	23	Gangue das 6h10	0:45:52.6	150	1:15:49.6	127
108	Victor Silva	336	1:45:03.2	1:44:55.4	102	M50	5	Associação de Atletismo Lebres	0:44:56.1	131	1:16:04.6	130
109	Mário Monteiro	197	1:45:06.3	1:44:58.6	103	M45	24	Os Galgos	0:42:09.0	79	1:11:24.5	78

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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	Carlos Pereira	482	1:45:09.9	1:45:02.6	104	M45	25		0:42:42.6	89	1:13:01.8	95
111	Ricardo Teixeira	234	1:45:18.6	1:45:14.6	105	Sen-M	39		0:41:28.4	73	1:12:22.7	88
112	Joao Cabeleira	431	1:45:23.5	1:44:55.1	106	M45	26	Clube do Stress	0:47:37.4	195	1:17:04.6	141
113	Paulo Isménio	137	1:45:24.8	1:45:13.6	107	M40	25	Jobrinde - Montes Saloios	0:45:31.0	142	1:15:26.5	124
114	João Pedro	110	1:45:33.7	1:45:22.8	108	M50	6	SS CGD	0:44:53.0	129	1:15:30.2	125
115	José Carlos	316	1:45:47.5	1:45:26.2	109	M45	27		0:45:16.9	138	1:15:21.2	122
116	Paulo Santos	81	1:45:49.9	1:45:37.4	110	M50	7	Lisrunning	0:45:14.2	137	1:16:20.6	133
117	Francisco	412	1:45:55.1	1:45:38.0	111	Sen-M	40	Correr Queluz	0:44:12.2	116	1:14:40.0	110
118	Bruno Silva	260	1:45:55.5	1:45:15.7	112	M40	26	Os Faíscas	0:46:47.3	174	1:17:06.5	142
119	Gonçalo Lopes	422	1:45:59.5	1:45:37.3	113	Sen-M	41	RUN 4 FUN	0:43:45.3	107	1:14:16.0	105
120	Nelson Louro	173	1:46:00.4	1:45:41.1	114	Sen-M	42	Correr Queluz	0:44:46.3	127	1:15:12.0	119
121	António Batalha	256	1:46:08.9	1:45:44.5	115	M60	2	Scalabis Night Runners	0:43:49.0	110	1:14:44.9	112
122	Marco Caseiro	78	1:46:21.5	1:46:00.8	116	M40	27	Os Perigosos	0:44:35.0	121	1:15:11.3	118
123	Fernando Coito	361	1:46:25.9	1:46:19.8	117	Sen-M	43	Amigos do Atletismo de Mafra	0:43:59.9	114	1:14:58.7	116
124	Ricardo	68	1:46:32.4	1:46:16.3	118	Sen-M	44	Caracóis de Pedra	0:45:18.7	139	1:15:21.5	123
125	João Cardoso	119	1:46:35.6	1:46:09.4	119	M40	28	CCD Sintrense	0:45:45.5	147	1:16:18.6	132
126	Sérgio Costa	216	1:46:39.5	1:46:16.7	120	M40	29	Esquilos Ninja	0:44:42.1	123	1:14:57.3	115
127	sonia neves	433	1:46:42.3	1:46:38.3	7	F40	1	Correr Lisboa	0:46:09.4	161	1:16:45.4	136
128	Armando	434	1:46:43.9	1:46:40.5	121	M40	30	Correr Lisboa	0:37:35.9	20	1:16:45.0	135
129	Luís Veloso	152	1:46:48.9	1:46:41.2	122	M45	28	CDCR dos CTT	0:42:29.0	84	1:13:35.7	99
130	ALVARO PINTO	207	1:46:53.7	1:46:45.3	123	M60	3	REAL ACADEMIA	0:46:00.3	154	1:17:03.3	140
131	Rui Grazina	118	1:47:28.6	1:47:25.0	124	M55	7	CCD Sintrense	0:39:42.6	43	1:09:19.1	60
132	José Santos	12	1:47:29.6	1:47:27.1	125	M45	29	Os Galgos	0:39:23.5	37	1:06:47.9	39
133	Fernando Alvim	300	1:47:29.8	1:47:18.0	126	M40	31	Alvins e os Esquilos	0:47:23.0	190	1:17:58.9	152
134	Carlos Traquino	21	1:47:31.6	1:47:28.1	127	Sen-M	45		0:43:24.7	100	1:14:23.7	106
135	Vasco Monte e	388	1:47:45.1	1:47:18.3	128	M45	30	VS40	0:46:01.2	157	1:16:05.4	131
136	NUNO CABEÇA	122	1:47:51.0	1:47:28.2	129	M45	31		0:46:26.5	167	1:17:40.6	148
137	Ildebrando Aires	142	1:47:55.6	1:47:37.9	130	M40	32	Team Rafa	0:45:09.2	134	1:17:46.5	150
138	Rodrigo Correia	116	1:48:06.6	1:47:51.6	131	Sen-M	46	CCD Sintrense	0:47:12.2	182	1:18:25.8	159
139	José Miguel	494	1:48:08.2	1:47:59.1	132	M40	33	Aminhacorrida/Myprotein	0:46:00.5	155	1:18:00.6	153
140	Armando Dias	195	1:48:23.7	1:48:16.6	133	M50	8	Os Galgos	0:44:14.6	117	1:17:42.9	149
141	Hélio Garcia	91	1:48:32.9	1:48:00.2	134	M40	34		0:46:00.9	156	1:17:20.7	146
142	João Caetano	359	1:48:50.6	1:48:44.0	135	M45	32		0:45:31.6	143	1:16:53.9	138
143	Inês Peixoto	380	1:48:51.4	1:48:42.7	8	F40	2	EVELX - Associação de Estilos	0:45:34.7	145	1:16:58.1	139
144	Helder Gomes	357	1:49:00.6	1:48:48.3	136	M45	33	SCD Glória do Ribatejo	0:45:53.3	151	1:17:34.6	147
145	Hugo Paulo	42	1:49:11.6	1:48:49.3	137	M40	35	STRENDURE Running Team	0:44:20.3	119	1:15:33.8	126
146	Bruno Matias	178	1:49:29.7	1:48:46.7	138	Sen-M	47	CASA DO BENFICA	0:45:51.6	149	1:17:12.2	143

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	João Damásio	181	1:49:39.7	1:49:20.0	139	M40	36	Correr Queluz	0:46:49.6	175	1:18:04.9	155
148	Cristina	180	1:49:44.2	1:49:37.7	9	F45	1	CASA DO BENFICA	0:48:05.0	211	1:19:31.6	172
149	Aníbal Brito	490	1:49:45.5	1:49:24.0	140	Sen-M	48	cotas&code	0:47:05.2	176	1:19:07.8	165
150	Euclides	160	1:49:45.9	1:49:43.6	141	Sen-M	49	CASA DO BENFICA	0:48:08.8	214	1:19:36.4	174
151	Miguel Barradas	486	1:49:47.1	1:49:26.9	142	M45	34	Correr Lisboa	0:48:37.3	223	1:19:39.0	176
152	Nélson Custódio	149	1:49:50.5	1:49:44.6	143	M40	37	CDCR dos CTT	0:44:43.8	124	1:15:55.6	128
153	Bruno Cardoso	150	1:49:52.0	1:49:45.6	144	Sen-M	50	CDCR dos CTT	0:44:43.8	125	1:15:56.3	129
154	António Duarte	497	1:49:58.2	1:49:19.4	145	M55	8	G.D. Igreja Nova	0:48:54.8	238	1:19:53.9	181
155	Albísio	193	1:50:00.5	1:49:27.0	146	M60	4		0:45:12.7	136	1:16:45.5	137
156	Mário Jerónimo	333	1:50:01.4	1:49:46.4	147	M45	35		0:45:26.7	141	1:18:59.7	164
157	Ana Amaro	308	1:50:04.3	1:49:55.2	10	F40	3	Aminhacorrida/Myprotein	0:46:01.5	158	1:18:04.4	154
158	Miguel Pedro	451	1:50:09.1	1:49:32.0	148	M45	36		0:48:58.8	240	1:19:42.1	177
159	Rute Matos	364	1:50:09.5	1:50:00.8	11	F45	2	sem equipa	0:46:24.6	166	1:18:49.0	163
160	Carlos Nabiça	413	1:50:11.8	1:49:47.9	149	M50	9		0:46:42.0	172	1:18:31.7	161
161	Carmen	46	1:50:19.0	1:50:03.6	12	F50	3	Associação Vale Grande	0:45:58.0	153	1:18:21.0	156
162	Luís Alves	244	1:50:25.8	1:50:21.7	150	M40	38	One Buy Shop Runners	0:47:36.6	193	1:19:22.0	170
163	Rui Mónica	232	1:50:46.0	1:50:28.4	151	M40	39	Correr Lisboa	0:47:51.4	202	1:19:18.9	168
164	António Carreto	277	1:50:54.9	1:50:37.7	152	Sen-M	51	Correr Lisboa	0:45:56.2	152	1:17:17.0	145
165	Helder Valadas	76	1:51:04.8	1:50:43.0	153	Sen-M	52	Os Perigosos	0:47:21.5	186	1:19:16.8	167
166	Carlos Martinho	243	1:51:05.9	1:51:01.5	154	M45	37	One Buy Shop Runners	0:47:44.7	197	1:19:38.7	175
167	Filipe Arcadinho	80	1:51:06.2	1:50:45.5	155	Sen-M	53	Os Perigosos	0:47:22.1	187	1:19:20.4	169
168	Fernando	132	1:51:12.4	1:50:36.0	156	M45	38		0:45:51.1	148	1:17:15.5	144
169	Carlos Mendes	117	1:51:12.7	1:51:07.7	157	M50	10	CCD Sintrense	0:48:07.0	213	1:20:28.3	192
170	Anabela Ferreira	182	1:51:13.7	1:51:07.1	13	F45	3	CASA DO BENFICA	0:48:05.7	212	1:20:27.0	191
171	Oswaldo Almada	341	1:51:14.7	1:50:52.3	158	M40	40		0:47:05.2	177	1:19:09.1	166
172	Carlos Silva	299	1:51:15.3	1:50:45.9	159	Sen-M	54		0:46:37.5	170	1:18:28.9	160
173	João Leitão	202	1:51:19.3	1:51:06.5	160	M45	39	RunLovers	0:45:25.9	140	1:18:23.4	157
174	Joaquim	120	1:51:29.3	1:51:10.2	161	M40	41	Gangue das 6h10	0:48:39.4	226	1:20:20.8	188
175	Nelson Santos*	18	1:51:30.3	1:51:17.2	162	Sen-M	55		0:50:04.6	263	1:21:04.0	199
176	José Duarte	198	1:51:34.5	1:51:28.4	163	M55	9	CASA DO BENFICA	0:47:39.5	196	1:20:18.0	187
177	Carlos Jesus	166	1:51:51.4	1:51:39.5	164	Sen-M	56		0:45:32.9	144	1:18:25.3	158
178	Camila Gomes	3	1:51:51.7	1:51:28.4	14	Sen-F	4		0:48:51.7	234	1:20:53.6	198
179	Renato Gomes	4	1:51:52.0	1:51:28.8	165	M40	42		0:48:51.1	233	1:20:53.3	197
180	João Pereira	25	1:51:55.1	1:51:45.8	166	Sen-M	57		0:45:36.0	146	1:17:55.4	151
181	Adelino	74	1:51:58.9	1:51:41.0	167	M45	40	Correr Lisboa	0:47:53.0	204	1:20:14.9	186
182	Diogo Alfarelos	407	1:52:12.7	1:52:01.4	168	Sen-M	58		0:47:51.5	203	1:19:52.9	180
183	Rui Silva	271	1:52:16.1	1:51:38.9	169	M45	41	Clube Desportivo Estrela	0:49:45.9	258	1:21:26.9	204

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	Luis Pires	17	1:52:29.1	1:52:19.4	170	M45	42		0:42:56.3	97	1:14:23.9	107
185	Carlos Oleastro	157	1:52:33.8	1:52:13.5	171	M55	10	CASA DO BENFICA	0:47:22.9	189	1:20:04.5	182
186	Joao Passeiro	283	1:52:37.7	1:52:04.7	172	M55	11		0:48:11.9	216	1:20:13.0	184
187	Pedro Carvalho	128	1:52:39.5	1:52:20.9	173	M45	43	Matraquilhos	0:48:51.0	232	1:21:59.3	213
188	Jorge Serra	397	1:52:41.1	1:52:16.6	174	M50	11	Ccd Tranquilidade	0:50:41.6	280	1:24:00.4	241
189	Bruno Duque	392	1:52:49.0	1:52:18.7	175	Sen-M	59	Serviços Sociais Montepio	0:48:32.3	221	1:20:39.7	193
190	Tiago Ramos	426	1:52:55.9	1:52:39.9	176	M40	43		0:47:59.1	207	1:21:21.4	201
191	Luis Bastos	345	1:52:57.2	1:52:46.6	177	M50	12	CCD Siemens	0:47:36.9	194	1:21:26.6	203
192	David	501	1:53:03.8	1:52:56.1	178	Sen-M	60	Correr Lisboa	0:47:07.8	180	1:19:46.4	179
193	Nuno Cruz	130	1:53:06.4	1:52:52.9	179	Sen-M	61		0:47:47.3	201	1:20:11.8	183
194	Tiago Rodrigues	126	1:53:15.4	1:52:56.3	180	M40	44	Matraquilhos	0:48:38.6	225	1:21:20.2	200
195	Paulo Trindade	302	1:53:20.1	1:53:11.7	181	M40	45	O MUNDO DA CORRIDA	0:46:32.1	169	1:20:24.3	189
196	Nuno Marques	200	1:53:32.2	1:53:11.2	182	M50	13	RunLovers	0:47:59.7	208	1:20:13.2	185
197	luis nunes	292	1:53:38.7	1:53:26.9	183	M40	46	marvila jovem	0:48:10.5	215	1:20:49.4	196
198	Manuel Rego	53	1:53:42.8	1:53:20.2	184	M45	44		0:48:22.8	219	1:21:56.3	212
199	Pedro Ramos	22	1:53:43.0	1:53:31.1	185	M50	14		0:49:05.0	244	1:22:26.9	222
200	Mário Ribeiro	230	1:53:48.1	1:53:09.3	186	M40	47	Amigos do Atletismo de Mafra	0:50:17.2	271	1:22:31.8	224
201	Luis Graça	495	1:53:48.9	1:53:14.0	187	M45	45		0:48:50.7	230	1:21:21.8	202
202	Jorge Ferreira	472	1:54:04.2	1:53:49.9	188	M45	46		0:47:18.9	184	1:20:25.9	190
203	Germano	249	1:54:20.2	1:53:31.1	189	M60	5	PRAZER DA CORRIDA	0:49:55.6	259	1:22:15.0	216
204	Jorge	307	1:54:36.3	1:54:10.6	190	M50	15	Tiburons	0:47:10.4	181	1:19:27.1	171
205	Nuno Tavares	475	1:54:38.0	1:54:32.6	191	Sen-M	62	CDOL - Clube Desportivo	0:51:08.9	295	1:22:32.9	225
206	Miguel Azevedo	306	1:54:48.3	1:54:23.3	192	M45	47	Tiburons	0:48:21.4	218	1:22:23.5	219
207	Gonçalo Fontes	311	1:54:49.1	1:54:32.0	193	M50	16	RUN 4 FUN	0:47:46.1	200	1:21:29.5	205
208	Alfredo Falcão	312	1:54:52.2	1:54:35.7	194	M50	17	RUN 4 FUN	0:47:44.7	198	1:20:39.9	194
209	André Wiborg	391	1:54:57.3	1:54:23.0	195	M55	12	WL84	0:52:59.3	335	1:25:23.6	257
210	Rui Almeida	26	1:55:03.6	1:54:51.8	196	M45	48	Corrida Noturna do Parque das	0:49:01.6	242	1:21:41.5	209
211	Rui Trindade	276	1:55:12.5	1:54:33.9	197	M45	49	Clube Desportivo Estrela	0:49:45.1	257	1:22:15.0	215
212	Antonio	484	1:55:13.6	1:54:48.4	198	Sen-M	63	Travesseiros de Sintra	0:47:06.9	179	1:18:42.8	162
213	Artur	309	1:55:17.0	1:54:45.3	199	M45	50	Pi-Linha Runners	0:50:04.3	262	1:22:59.5	230
214	Carlos Jesus	442	1:55:20.8	1:54:54.9	200	M50	18	Núcleo Amigos Atletismo Lagos	0:52:21.4	319	1:24:37.0	249
215	Rui Vasco	108	1:55:26.4	1:55:09.4	201	Sen-M	64	MR Running	0:48:50.5	229	1:22:26.8	221
216	Mária Santos	107	1:55:26.7	1:55:11.1	15	Sen-F	5	MR Running	0:48:52.3	235	1:22:27.9	223
217	Manuel Braga	358	1:55:33.9	1:55:23.1	202	M55	13	STjoãooliveirateam	0:48:32.9	222	1:22:22.2	218
218	Nuno Afonso	439	1:55:50.9	1:55:26.4	203	Sen-M	65		0:48:40.2	227	1:21:54.2	211
219	José Rolão	24	1:55:57.0	1:55:45.7	204	M60	6	Corrida Noturna do Parque das	0:49:06.0	246	1:22:44.0	227
220	Eduardo Pinto	100	1:56:01.5	1:55:31.3	205	Sen-M	66	Varitintas- Loja de tintas em	0:50:35.0	275	1:22:52.0	229

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	Fernando	507	1:56:01.8	1:55:49.1	206	M55	14		0:50:44.6	283	1:24:07.8	244
222	Samuel	51	1:56:14.3	1:55:53.8	207	Sen-M	67	Caracóis de Pedra	0:43:06.9	99	1:19:33.6	173
223	manuel romano	293	1:56:33.2	1:56:24.7	208	M55	15	marvila jovem	0:49:21.0	251	1:23:09.0	234
224	João Veiga	279	1:56:39.2	1:56:22.2	209	Sen-M	68		0:47:05.9	178	1:21:35.5	208
225	Jorge Sousa	481	1:56:39.3	1:56:22.0	210	M50	19	Correr Lisboa	0:46:38.9	171	1:19:42.7	178
226	Rui Pereira	363	1:56:42.4	1:56:33.8	211	M50	20		0:47:27.6	192	1:22:24.7	220
227	Rui Vieira	331	1:56:56.7	1:56:43.7	212	M45	51	Portela Running Point	0:50:02.7	261	1:23:19.1	236
228	Alexandra Belo	441	1:56:57.2	1:56:43.7	16	F45	4		0:50:02.2	260	1:23:18.5	235
229	Fernando	395	1:56:58.6	1:56:47.5	213	M55	16	Ccd Tranquilidade	0:48:24.6	220	1:22:42.6	226
230	David Lopes	47	1:57:08.1	1:56:40.2	214	M45	52		0:48:16.2	217	1:21:44.6	210
231	Carlos Teixeira	343	1:57:50.6	1:57:30.1	215	M55	17	lebres e tartarugas	0:49:45.0	256	1:24:30.8	247
232	Rafael Sousa	476	1:57:53.5	1:57:38.6	216	S23-M	5		0:48:53.5	236	1:21:35.4	207
233	Emanuel	64	1:57:57.3	1:57:20.6	217	Sen-M	69	Salamandrecos	0:52:40.5	330	1:26:39.4	278
234	Carlos Rangel	270	1:58:12.7	1:58:02.4	218	M65	2		0:50:54.4	287	1:24:55.1	252
235	Nuno Pitta	450	1:58:13.9	1:57:45.9	219	M45	53		0:53:04.5	338	1:27:26.6	288
236	Carla Morgado	9	1:58:34.7	1:58:07.1	17	F45	5		0:51:46.8	306	1:25:39.8	260
237	David Simão	127	1:58:39.9	1:58:21.7	220	M45	54		0:48:50.7	231	1:23:00.5	231
238	Jorge Nunes	282	1:58:42.1	1:58:26.1	221	M40	48		0:50:39.2	279	1:24:51.2	251
239	Rui Manuel Dias	92	1:58:43.9	1:58:12.5	222	M40	49	Pi-Linha Runners	0:50:32.3	273	1:24:57.9	253
240	Luis Afonso	93	1:58:44.8	1:58:14.4	223	M45	55	Georunners	0:50:05.5	264	1:23:01.6	232
241	David	186	1:58:52.1	1:58:37.0	224	Sen-M	70	Grupo Recreativo e Desportivo	0:47:58.9	206	1:23:22.2	237
242	Luísa Palminhas	185	1:58:52.2	1:58:37.2	18	F45	6		0:48:00.5	209	1:23:24.7	238
243	Paulo Sérgio	141	1:58:52.6	1:58:42.0	225	M45	56	Matilha Running	0:51:38.1	304	1:25:09.1	254
244	Paulo Pereira	493	1:59:01.1	1:58:28.7	226	M50	21	CCD TRANQUILIDADE	0:50:47.9	285	1:26:02.6	267
245	João Afonso	146	1:59:07.7	1:59:00.9	227	M45	57	CDCR dos CTT	0:49:44.3	255	1:25:27.5	258
246	Carla Jardim	502	1:59:11.9	1:59:02.2	19	F45	7	Amigos do Atletismo de Mafra	0:52:20.6	317	1:27:06.5	283
247	Manuel	326	1:59:23.7	1:58:45.5	228	M45	58		0:48:37.9	224	1:22:21.8	217
248	Agostinho Matos	223	1:59:30.3	1:59:26.3	229	Sen-M	71	Correr Lisboa	0:49:17.6	249	1:25:52.4	264
249	Paula Martins	455	1:59:31.5	1:59:15.4	20	Sen-F	6	SS CGD	0:49:05.9	245	1:25:40.2	261
250	Paulo Farinha	169	1:59:39.9	1:59:24.7	230	M45	59		0:48:03.8	210	1:23:04.5	233
251	Tiago Silva	483	1:59:42.1	1:59:32.6	231	M40	50		0:47:26.4	191	1:21:31.3	206
252	Douglas Fry	284	1:59:57.6	1:59:30.9	232	M60	7	Clube Desportivo de Mafra	0:50:54.6	288	1:25:29.1	259
253	isidro serra	275	2:00:01.7	1:59:43.5	233	M60	8		0:47:18.5	183	1:22:00.7	214
254	Sergio Simoes	15	2:00:13.0	1:59:52.8	234	M40	51		0:50:55.1	289	1:24:47.5	250
255	David Monteiro	285	2:00:16.1	1:59:41.7	235	Sen-M	72		0:51:50.6	307	1:26:49.0	280
256	Helder Manuel	97	2:00:27.5	1:59:57.2	236	M40	52	Varitintas- Loja de tintas em	0:50:14.1	267	1:23:48.1	239
257	Pedro Teixeira	48	2:00:39.5	2:00:11.3	237	M45	60	Team Ercília	0:51:04.0	293	1:25:55.8	265

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	Miguel Pinho	174	2:00:43.8	2:00:25.4	238	M45	61	Correr Queluz	0:49:36.6	253	1:24:04.7	243
259	Diogo Rodrigues	54	2:00:44.8	1:58:24.5	239	Sen-M	73	Team Ercília	0:49:11.8	247	1:24:03.6	242
260	ROGÉRIO PINA	209	2:00:48.2	2:00:32.2	240	M60	9	CLUBE ANACOM	0:52:31.0	327	1:27:53.8	297
261	Antonio Soares	465	2:00:49.8	2:00:24.2	241	M55	18		0:53:01.4	336	1:27:12.2	285
262	Rui Martins*	148	2:00:59.5	2:00:52.2	242	M50	22	CDCR dos CTT	0:50:35.4	276	1:26:50.2	281
263	João Faustino	423	2:01:03.1	2:00:35.5	243	M40	53	As Lebres de Algés	0:54:42.0	351	1:27:56.3	298
264	Luís Avó	425	2:01:18.7	2:00:36.8	244	M40	54		0:52:05.1	313	1:26:38.2	277
265	filipe branco	286	2:01:37.2	2:01:25.3	245	M45	62	a.m.c.d.titularia	0:47:54.1	205	1:26:30.2	274
266	ismael faizal	290	2:01:40.7	2:01:08.4	246	M40	55	marvila jovem	0:50:36.2	278	1:26:06.5	268
267	Nuno Fontes	310	2:01:43.0	2:01:21.8	247	Sen-M	74		0:49:17.9	250	1:24:32.2	248
268	Marina Marques	45	2:01:44.6	2:01:26.5	21	F45	8	RUN 4 FUN	0:51:57.0	309	1:26:28.3	272
269	Jorge Paulo	58	2:01:44.9	2:01:27.9	248	M60	10	RUN 4 FUN	0:50:15.2	268	1:26:15.1	270
270	Jose Silva	155	2:01:48.6	2:01:40.9	249	M45	63		0:50:16.5	270	1:25:12.7	256
271	Jose Aires	398	2:02:00.8	2:01:28.9	250	M60	11	Ccd Tranquilidade	0:51:37.6	303	1:26:55.5	282
272	vitoe aguilhar	313	2:02:11.2	2:02:03.0	251	M65	3	RUN 4 FUN	0:51:18.0	298	1:26:29.5	273
273	Luis Calheiro	406	2:02:16.2	2:01:56.4	252	M40	56	O MUNDO DA CORRIDA	0:49:27.8	252	1:24:14.3	245
274	Tom SANCHEZ	226	2:02:21.3	2:02:06.7	253	Sen-M	75		0:49:00.9	241	1:26:08.3	269
275	António Almeida	496	2:02:23.3	2:01:45.7	254	M55	19	VIA3Runners	0:54:45.1	353	1:29:32.8	316
276	Filipa Ferro	315	2:02:29.8	2:02:20.4	22	F40	4	RUN 4 FUN	0:51:27.3	300	1:27:50.4	296
277	António Bogas	156	2:02:51.3	2:02:28.9	255	M50	23	CASA DO BENFICA	0:56:17.2	375	1:32:53.1	338
278	José Dias	488	2:03:04.9	2:02:50.6	256	M60	12		0:49:14.5	248	1:25:10.9	255
279	Elisa Dabrio	446	2:03:15.0	2:02:58.1	23	F45	9		0:53:43.8	347	1:28:31.5	302
280	Herculano	445	2:03:15.3	2:02:58.9	257	M50	24		0:53:44.4	348	1:28:31.2	301
281	João Correia	261	2:03:20.1	2:02:56.7	258	M55	20	Jobrinde - Montes Saloios	0:52:21.6	320	1:28:17.4	300
282	Hugo Mateus	386	2:03:23.9	2:03:12.4	259	M40	57		0:49:04.0	243	1:23:51.8	240
283	Margarida Forte	340	2:03:36.0	2:03:17.0	24	Sen-F	7	RUN 4 FUN	0:52:52.6	334	1:28:41.4	305
284	Pedro Ribeiro	339	2:03:36.7	2:03:17.4	260	Sen-M	76	RUN 4 FUN	0:52:52.2	332	1:28:40.2	304
285	Sara Monte e	387	2:03:45.0	2:03:18.3	25	Sen-F	8	VS40	0:51:24.6	299	1:28:04.0	299
286	Susana Santos	189	2:04:00.0	2:03:36.9	26	Sen-F	9	Azelhas do guiador	0:51:58.2	310	1:27:33.6	291
287	André Carvalho	190	2:04:00.2	2:03:37.5	261	Sen-M	77	Azelhas do guiador	0:51:58.8	311	1:27:34.3	292
288	Jose santos	403	2:04:01.7	2:03:51.7	262	M50	25	xanucha	0:52:16.7	314	1:28:41.5	306
289	Alexandra	376	2:04:08.4	2:03:51.8	27	Sen-F	10	CCD PM Cascais	0:51:33.7	302	1:29:09.3	312
290	Luis Santos	192	2:04:11.8	2:03:43.3	263	M50	26	A.A.Lebres do Sado	0:52:32.1	328	1:29:20.9	314
291	Carlos	320	2:04:15.2	2:03:53.0	264	M55	21		0:48:53.7	237	1:24:15.4	246
292	Noelia Martínez	430	2:04:19.4	2:03:48.1	28	Sen-F	11		0:53:08.4	340	1:28:53.3	308
293	António Pinto	171	2:04:25.7	2:04:07.7	265	M55	22	Correr Queluz	0:50:09.1	265	1:25:59.2	266
294	Rodrigo Sousa	205	2:04:35.5	2:04:12.5	266	Sen-M	78	RunLovers	0:51:15.2	297	1:25:46.1	263

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	Francisco	396	2:04:40.7	2:04:24.5	267	M50	27	Ccd Tranquilidade	0:50:49.8	286	1:26:20.0	271
296	Alexandre Reis	153	2:04:54.5	2:04:34.3	268	M55	23	CASA DO BENFICA	0:52:26.1	324	1:29:21.7	315
297	Teodoro	57	2:04:58.2	2:04:35.3	269	M55	24	RUN 4 FUN	0:52:33.8	329	1:27:30.8	290
298	Jorge Esteves	325	2:04:58.3	2:04:36.1	270	M50	28	RUN 4 FUN	0:50:47.1	284	1:27:16.0	286
299	Sónia Ferreira	161	2:05:09.7	2:05:03.6	29	Sen-F	12	CASA DO BENFICA	0:50:57.0	290	1:27:43.6	295
300	Eduardo	323	2:05:15.6	2:05:00.2	271	M50	29	Clube Vodafone	0:52:00.5	312	1:28:36.3	303
301	Christopher	421	2:05:19.5	2:05:00.1	272	M40	58		0:50:43.8	281	1:27:29.2	289
302	Luigi Cianci	424	2:05:21.0	2:04:53.4	273	M60	13	As Lebres de Algés	0:54:42.5	352	1:30:17.0	321
303	Fernando	466	2:05:28.4	2:05:15.3	274	M55	25		0:53:18.5	342	1:30:22.8	324
304	Heitor Gomes*	400	2:05:47.2	2:05:16.3	275	M45	64		0:51:38.9	305	1:26:41.6	279
305	Helena Leitão	201	2:05:54.8	2:05:40.6	30	F45	10	RunLovers	0:53:20.9	343	1:29:42.6	318
306	Carlos Sousa	79	2:05:56.1	2:05:35.1	276	M60	14	Os Perigosos	0:47:21.5	185	1:22:48.7	228
307	Bruno Costa	281	2:06:03.5	2:05:52.9	277	Sen-M	79		0:48:56.2	239	1:25:43.7	262
308	Diogo Bobone	168	2:06:13.3	2:05:59.5	278	M45	65		0:50:31.9	272	1:27:37.3	294
309	António Santos	408	2:06:28.5	2:05:52.5	279	M45	66	Salamandrecos	0:58:03.8	392	1:34:39.7	351
310	Mário Lopes	77	2:07:12.4	2:06:50.7	280	M45	67	Os Perigosos	0:50:35.6	277	1:27:24.3	287
311	Telmo Sousa	69	2:07:36.4	2:07:21.7	281	Sen-M	80	Encontro d'Iguarias Running	0:50:44.5	282	1:27:11.9	284
312	Ana Costa	71	2:07:37.2	2:07:21.0	31	Sen-F	13	Encontro d'Iguarias Running	0:52:52.5	333	1:29:10.3	313
313	Mario Batista	219	2:07:39.2	2:07:01.8	282	M40	59	ADA Desnivel	0:53:31.3	346	1:28:53.1	307
314	Luis Barros	432	2:08:10.9	2:07:42.8	283	M45	68	Clube do Stress	0:53:04.5	337	1:31:03.4	331
315	Paulo Louro	176	2:08:33.2	2:08:25.5	284	M50	30	Correr Lisboa	0:49:41.7	254	1:30:07.5	320
316	Alexandre	103	2:08:34.8	2:08:27.1	285	Sen-M	81	ApalpaTerreno	0:52:22.9	322	1:28:55.9	309
317	Fábio Rodrigues	136	2:08:41.2	2:08:22.2	286	Sen-M	82	shelltox runners	0:53:14.0	341	1:30:24.0	325
318	Sara Ideias	104	2:08:45.6	2:08:37.9	32	F40	5	ApalpaTerreno	0:52:23.3	323	1:28:56.0	310
319	César Diogo	211	2:08:46.6	2:08:30.5	287	M40	60	Bruxos Runners	0:51:11.4	296	1:27:37.0	293
320	Nuno Moreira	212	2:09:03.8	2:08:38.9	288	Sen-M	83	Alverca Urban Runners	0:55:22.0	359	1:32:07.5	334
321	José Magalhães	318	2:09:27.2	2:08:59.8	289	M50	31	RUN 4 FUN	0:55:00.5	356	1:32:48.5	337
322	António	374	2:09:27.2	2:08:59.8	290	M50	32	RUN 4 FUN	0:54:52.3	354	1:32:03.2	333
323	JOSE	262	2:09:44.3	2:09:35.7	291	M45	69		0:52:40.5	331	1:30:49.7	328
324	Jorge Miguel	438	2:09:48.9	2:09:24.0	292	M45	70		0:52:26.4	325	1:30:47.6	327
325	João Reis	147	2:10:33.3	2:10:27.1	293	M50	33	CDCR dos CTT	0:51:30.0	301	1:29:40.8	317
326	Miguel Castela	335	2:10:42.7	2:10:13.4	294	M45	71	Associação de Atletismo Lebres	0:52:20.2	316	1:33:10.2	339
327	José Moga	454	2:11:00.3	2:10:22.6	295	M60	15	Amigos Vale Silêncio	0:58:16.5	396	1:34:25.4	345
328	francisco Amaro	106	2:11:07.9	2:10:36.4	296	M50	34	Varitintas- Loja de tintas em	0:52:20.6	318	1:30:22.0	323
329	Ana Mendes	468	2:11:29.9	2:10:52.3	33	F50	4		0:55:51.9	369	1:33:39.6	341
330	Ricardo Pinela	30	2:11:48.1	2:11:21.9	297	Sen-M	84		0:47:45.5	199	1:20:43.0	195
331	João Pedro	304	2:11:56.1	2:11:40.6	298	M40	61		0:55:30.8	362	1:34:21.1	344

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	Adalberto Grilo	125	2:12:02.3	2:11:38.6	299	M55	26	RUN 4 FUN	0:56:17.6	376	1:34:20.0	343
333	Rogério Matos	435	2:12:02.6	2:11:57.8	300	M55	27	RUN 4 FUN	0:57:45.5	385	1:36:01.3	357
334	Manuel Graça	66	2:12:02.8	2:11:54.4	301	M65	4	Federação da Família para a	0:53:08.3	339	1:30:59.5	330
335	Lucia Ventura	235	2:12:12.0	2:11:44.3	34	F40	6	Georunners	0:55:43.2	365	1:33:26.0	340
336	Bruno	393	2:12:29.7	2:12:14.4	302	M40	62	Serviços Sociais Montepio	0:56:54.4	379	1:35:59.9	356
337	Anabela Sousa	427	2:12:29.9	2:12:15.4	35	F40	7	Serviços Sociais Montepio	0:56:55.7	380	1:36:05.3	358
338	Rui Dias	346	2:12:58.9	2:12:50.1	303	Sen-M	85	Os Galgos	0:52:18.6	315	1:30:19.3	322
339	Rui Fernandes	499	2:13:01.6	2:12:27.9	304	M45	72	Individual	0:51:06.0	294	1:29:43.5	319
340	José Rato	247	2:13:04.5	2:12:50.9	305	M60	16	60% VIP	0:55:50.1	367	1:34:35.9	350
341	José Gonçalves	215	2:13:13.2	2:12:32.3	306	M40	63		0:53:25.8	344	1:32:24.1	336
342	Luis Rosa	23	2:13:24.8	2:13:12.8	307	M40	64		0:52:29.6	326	1:31:38.4	332
343	GILBERTO	409	2:13:31.5	2:13:04.3	308	M65	5	CLUBE ATLETISMO AMIGOS	0:55:25.9	360	1:34:03.7	342
344	Luísa Paula	238	2:13:34.5	2:13:05.5	36	F40	8		0:58:06.1	393	1:35:51.0	354
345	Rúben Costa	459	2:13:38.9	2:13:20.0	309	M50	35	RUN 4 FUN	0:51:55.3	308	1:29:04.5	311
346	Cátia Luis	63	2:13:56.9	2:13:19.6	37	Sen-F	14	Salamandrecos	0:56:01.0	371	1:34:35.4	349
347	Nuno Madureira	447	2:15:24.6	2:15:01.0	310	Sen-M	86		0:55:44.4	366	1:35:17.7	352
348	RICARDO	187	2:15:34.9	2:15:21.1	311	M40	65	DESPORTIVO DE ODIVELAS	0:54:20.5	350	1:34:26.9	346
349	Ana Pauleta	90	2:15:43.0	2:15:18.0	38	F40	9	CASA DO BENFICA	0:56:16.1	373	1:36:18.4	361
350	João Miranda	59	2:16:02.9	2:15:36.0	312	M45	73	RUN 4 FUN	0:57:52.4	388	1:36:15.3	360
351	Paulo Calvino	43	2:16:31.7	2:16:21.3	313	M45	74	Põe-Te a Milhas	0:50:34.9	274	1:30:40.5	326
352	Luis Miguel	338	2:16:53.5	2:16:30.0	314	M40	66	C. A. Amigos Parque da Paz	0:58:00.4	391	1:36:42.1	363
353	Ana Telo	229	2:17:29.5	2:17:11.1	39	F45	11	LINDA-A-PASTORA	0:56:23.8	377	1:35:58.8	355
354	Raúl Matos	356	2:17:34.0	2:17:28.6	315	M50	36	RUN 4 FUN	0:57:45.3	384	1:36:13.6	359
355	Lena Sousa	70	2:17:40.2	2:17:25.4	40	Sen-F	15	Encontro d'Iguarias Running	0:55:09.3	358	1:36:30.8	362
356	RICARDO	437	2:17:47.3	2:17:33.8	316	M40	67		0:51:01.5	292	1:30:53.1	329
357	Margarida	470	2:17:49.6	2:17:35.2	41	F50	5		0:55:41.5	364	1:35:40.2	353
358	Leonel Neves	452	2:17:55.3	2:17:22.3	317	M60	17	Amigos Vale Silêncio	0:59:00.8	404	1:38:54.7	371
359	Artur Carvalho	172	2:18:17.6	2:17:58.3	318	M45	75	Correr Queluz	0:52:21.8	321	1:32:20.4	335
360	FERNANDO	139	2:18:43.5	2:18:26.7	319	M55	28	RUN 4 FUN	0:55:28.9	361	1:36:59.0	366
361	Vitor Gonçalves	241	2:18:51.2	2:18:15.2	320	M45	76	4 ao km	0:55:50.9	368	1:34:32.5	347
362	Isadora Costa	242	2:18:51.6	2:18:16.4	42	Sen-F	16	4 ao km	0:55:52.9	370	1:34:34.5	348
363	João Robalo	349	2:19:03.2	2:18:27.1	321	M55	29	Guerreiros do Rio	1:00:42.9	410	1:41:42.2	383
364	Francisco	334	2:19:09.0	2:18:48.9	322	M55	30	RUN 4 FUN	0:54:54.1	355	1:37:29.0	367
365	Alena Gamm	344	2:19:19.2	2:19:10.9	43	Sen-F	17		1:00:59.6	413	1:41:12.4	380
366	Joaquim	233	2:19:40.2	2:19:21.4	323	M50	37	Correr Queluz	0:53:26.4	345	1:36:55.4	365
367	António Teixeira	37	2:20:09.0	2:19:42.1	324	M55	31	Clube do Stress	0:58:28.4	402	1:39:29.0	373
368	Maria Raquel	278	2:20:17.3	2:19:39.2	44	Sen-F	18	Pernas de Gafanhoto	1:00:22.6	408	1:41:02.3	379

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	Ana Melo	191	2:20:43.7	2:20:25.7	45	F40	10	RUN 4 FUN	0:57:25.8	382	1:38:19.0	369
370	Carlos Silva	417	2:21:06.0	2:20:40.1	325	Sen-M	87	Fortissimos Running Team	0:55:38.0	363	1:36:46.4	364
371	Marco Aparício	228	2:21:15.6	2:21:03.2	326	Sen-M	88	Run & Bota-Abaixo	0:57:47.5	387	1:38:52.6	370
372	Odília Pereira	314	2:21:31.3	2:21:13.7	46	F45	12	Clube Vodafone	0:57:59.1	390	1:40:30.3	377
373	Paula Soares	183	2:22:06.4	2:21:41.9	47	F45	13	CASA DO BENFICA	0:56:17.2	374	1:43:02.3	388
374	Henriqueta	27	2:22:09.0	2:21:56.2	48	F55	1	Tartarugas Solidárias	0:58:19.7	398	1:39:48.2	374
375	Ana Azevedo	16	2:22:28.3	2:21:59.5	49	Sen-F	19		0:58:34.2	403	1:40:16.9	376
376	Celina Jorge	19	2:22:32.4	2:22:21.3	50	Sen-F	20		1:00:19.1	407	1:41:44.6	384
377	Renato	348	2:22:49.4	2:22:12.0	327	M40	68	Guerreiros do Rio	1:00:43.3	411	1:41:54.3	386
378	Fernando Fiães	301	2:23:33.9	2:23:16.9	328	M50	38		0:55:07.2	357	1:38:14.4	368
379	Goreti Cabeleira	506	2:24:11.0	2:23:47.0	51	F50	6	Caracóis de Corrida	0:58:26.3	400	1:40:44.1	378
380	JAIME	38	2:24:11.6	2:23:32.0	329	M50	39	MARINHA	1:02:22.4	419	1:44:50.5	392
381	Patricia Madeira	370	2:24:14.2	2:23:39.0	52	Sen-F	21	Cabral Fast Team	1:03:57.1	426	1:44:52.1	395
382	Rui Costa	372	2:24:16.6	2:23:40.6	330	M40	69	Cabral Fast Team	1:03:56.4	424	1:44:49.9	391
383	Joao Cardoso	369	2:24:16.9	2:23:42.6	331	Sen-M	89	Cabral Fast Team	1:03:58.2	427	1:44:51.7	394
384	Joan Cortina	371	2:24:18.5	2:23:43.3	332	M40	70	Cabral Fast Team	1:03:56.4	423	1:44:31.7	390
385	Ricardo	373	2:24:18.6	2:23:42.9	333	M45	77	Cabral Fast Team	1:03:55.3	421	1:44:30.9	389
386	Nelson Gomes	5	2:25:22.9	2:24:58.8	334	M40	71		0:50:12.8	266	1:26:35.0	275
387	Daniel Leitao	263	2:25:51.5	2:25:28.1	335	M55	32		1:02:11.0	418	1:44:56.4	396
388	Susana	246	2:26:08.4	2:25:53.9	53	Sen-F	22	60% VIP	0:58:25.5	399	1:41:56.9	387
389	António	463	2:26:17.8	2:25:57.1	336	M60	18	GCDFOIOS	1:01:21.4	416	1:44:51.0	393
390	Luis Lisboa	453	2:26:34.6	2:26:03.6	337	M55	33	Amigos Vale Silêncio	0:58:27.3	401	1:41:22.6	381
391	Nuno Dias	418	2:27:50.4	2:27:25.2	338	Sen-M	90	Fortissimos Running Team	0:57:45.8	386	1:39:15.5	372
392	Mario Filipe	65	2:28:23.5	2:26:59.6	339	M50	40	Salamandrecos	1:07:35.4	437	1:51:14.0	406
393	Francisco	317	2:28:38.3	2:27:57.7	340	Sen-M	91	Os Faíscas	0:57:08.0	381	1:41:33.5	382
394	Nuno Anjos	123	2:29:02.4	2:28:35.0	341	M40	72	O MUNDO DA CORRIDA	0:57:41.4	383	1:40:15.6	375
395	João Silva	353	2:31:43.6	2:31:06.8	342	M45	78	João Paulo Félix Atleta	1:00:37.1	409	1:50:30.4	404
396	Fábio Pio	39	2:33:01.1	2:32:24.0	343	M45	79	Amantes da Corrida	1:04:28.6	431	1:50:32.1	405
397	Patricia Xavier	2	2:33:03.0	2:32:27.9	54	F40	11	Rail runners	1:05:03.0	433	1:49:20.1	402
398	Paula Almeida	458	2:34:18.9	2:33:50.2	55	F45	14		1:01:44.5	417	1:48:10.9	399
399	Tânia Simões	267	2:34:20.0	2:33:49.0	56	Sen-F	23	Encontramo-nos na meta	1:03:56.9	425	1:48:24.4	401
400	Paulo Massano	269	2:34:20.2	2:33:48.7	344	Sen-M	92	Encontramo-nos na meta	1:03:52.9	420	1:48:02.0	397
401	Raúl Massano	268	2:34:20.6	2:33:49.0	345	Sen-M	93	Encontramo-nos na meta	1:03:55.7	422	1:48:22.3	400
402	Elisét Manuel	208	2:36:49.3	2:36:29.3	57	F40	12	Casa de Benfica em Abrantes	1:00:02.4	406	1:41:49.0	385
403	António Coelho	505	2:36:52.4	2:36:25.8	346	M45	80	Caracóis de Corrida	1:05:01.8	432	1:50:13.4	403
404	Ana Reis	1	2:37:10.1	2:36:34.4	58	F40	13	Rail runners	1:05:03.0	434	1:52:14.2	409
405	Daniela	347	2:37:10.2	2:36:34.8	59	F40	14	Guerreiros do Rio	1:00:46.1	412	1:48:10.4	398

42ª Meia Maratona de S. João das Lampas

Finisher List 42ª 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	Joaquim Mónica	163	2:38:38.5	2:38:12.8	347	M55	34	CASA DO BENFICA	1:04:23.9	429	1:51:57.1	407
407	Patrícia Pedro	162	2:38:41.2	2:38:15.4	60	F50	7	CASA DO BENFICA	1:04:25.2	430	1:51:57.7	408
408	Susana Amorim	86	DSQ	1:19:42.2	61	Sen-F	24	Correr Lisboa	0:53:54.6	349		-1
409	Hugo Guerreiro	101	DSQ	1:09:46.8	348	Sen-M	94	Varitintas- Loja de tintas em	0:48:47.9	228		-1
410	Susana Silva	102	DSQ	1:47:09.9	62	F40	15	Varitintas- Loja de tintas em	1:15:01.8	439		-1
411	João Ascensão	144	DSQ	1:12:49.4	349	Sen-M	95	CDCR dos CTT	0:46:18.5	163		-1
412	Fernando	179	DSQ	1:33:06.0	350	M65	6	CASA DO BENFICA	1:04:21.2	428		-1
413	Iris Mauricio	203	DSQ	1:43:38.7	63	F40	16	RunLovers	0:57:58.8	389		-1
414	Joaquim Santos	227	DSQ	2:08:41.4	351	M50	41	LINDA-A-PASTORA	0:44:33.5	120		-1
415	José Filipe	253	DSQ	1:23:03.4	352	M55	35		0:58:17.6	397		-1
416	gabriel antonio	287	DSQ	1:21:53.0	353	M50	42	a.m.c.d.tituaria	0:56:29.4	378		-1
417	Carlos Correia	14	DSQ	1:31:42.2	354	Sen-M	96		1:01:09.7	414		-1
418	Diana Monteiro	321	DSQ	1:23:16.1	64	Sen-F	25	Amigos Vale Silêncio	0:58:15.9	395		-1
419	Manuel Pedro	322	DSQ	1:31:11.9	355	M40	73		1:01:18.9	415		-1
420	Isabel Ucha	402	DSQ	1:39:35.5	65	F50	8	xanucha	1:08:16.6	438		-1
421	Teresa Scholz	414	DSQ	1:34:59.4	66	Sen-F	26		1:05:22.6	436		-1
422	Andre Ferreira	415	DSQ	1:34:58.7	356	Sen-M	97		1:05:21.1	435		-1
423	José Bouceiro	467	DSQ	1:06:33.2	357	M50	43	ADCR Polícia Judiciária	0:46:21.3	164		-1
424	Adelino	500	DSQ	1:23:15.9	358	M40	74	Monsanto Running Team	0:58:15.5	394		-1
425	Vasco Coelho	503	DSQ	2:40:21.7	359	M40	75	Caracóis de Corrida	0:59:41.7	405		-1
426	Eduardo Ribeiro	220	DSQ	1:06:06.1	360	Sen-M	98		0:44:38.6	441		-1
427	Abel Flores	449	DSQ	0:57:54.1	361	M55	36	ACPortalegre/UTSM	0:39:19.4	440		-1

Number of records: 427

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
42ª Meia Maratona de S. João das Lampas											
m											
Seniors-M											
1		João Fernandes	471	1:14:59.1	1:14:57.1	1	Sen-M	1	Casa do Benfica FARO	0:32:37.2	0:54:12.5
2		Márcio Azevedo	474	1:19:29.2	1:19:27.2	4	Sen-M	4	CDOL - Clube Desportivo Operário de Lagoa	0:33:32.1	0:56:27.5
3		José Camacho	297	1:20:15.5	1:20:12.3	5	Sen-M	5	LINDA-A-PASTORA SPORTING CLUBE	0:34:22.2	0:57:30.8
4		Nuno Vaz	56	1:22:57.9	1:22:55.8	6	Sen-M	6	Caracóis de Pedra	0:34:57.4	0:58:50.7
5		Diogo Garcia	175	1:23:57.6	1:23:54.0	10	Sen-M	10	Correr Lisboa	0:36:09.2	1:00:22.3
6		Marco Lopes	221	1:24:13.2	1:24:04.8	12	Sen-M	12	Caracois do asfalto	0:35:32.7	1:00:20.3
7		João Pimentel	492	1:25:36.7	1:25:33.1	13	Sen-M	13	Escola de Atletismo de Coimbra / J Paiva	0:37:05.0	1:01:42.4
8		Nuno Soares	114	1:27:22.9	1:27:16.5	17	Sen-M	17	Correr Lisboa	0:37:28.5	1:02:09.8
9		Armindo Teixeira	378	1:29:22.6	1:29:17.6	20	Sen-M	20	Sporting clube de casainhos	0:38:33.1	1:04:04.7
10		Frederico Lázaro	111	1:29:41.1	1:29:38.2	22	Sen-M	22	Correr Lisboa	0:39:02.2	1:05:00.3
11		António Figueiredo	7	1:29:55.2	1:29:53.5	23	Sen-M	23	Os Galgos	0:37:39.2	1:03:19.9
12		Ricardo Casanova	444	1:30:15.2	1:30:10.4	24	Sen-M	24		0:39:19.6	1:05:22.9
13		Vitor Pinto	460	1:31:39.8	1:31:34.2	27	Sen-M	27	Amigos Vale Silêncio	0:39:17.7	1:06:19.4
14		Luis F. C. Carvalho	44	1:31:46.3	1:31:40.7	29	Sen-M	29	RUN 4 FUN	0:40:30.9	1:06:55.0
15		Paulo Gomes	381	1:32:56.8	1:32:48.1	37	Sen-M	38	EVELX - Associação de Estilos de Vida Saudável	0:39:11.5	1:05:38.5
16		Luis Correia	462	1:32:58.9	1:32:50.6	38	Sen-M	39	Amigos Vale Silêncio	0:39:33.7	1:06:34.8
17		Jorge Fonseca	154	1:33:52.5	1:33:48.5	42	Sen-M	43	CCD Sintrense	0:40:06.9	1:07:32.3
18		Fábio Pereira	377	1:33:54.4	1:33:49.2	43	Sen-M	44	Sporting clube de casainhos	0:39:37.3	1:06:39.7
19		Carlos Moura	405	1:35:01.7	1:34:58.3	46	Sen-M	47		0:38:28.5	1:06:16.3
20		Rui Vale	75	1:35:05.1	1:34:58.6	48	Sen-M	49	Correr Lisboa	0:41:13.2	1:07:59.0
21		Alexandre Lucas	49	1:35:14.8	1:34:53.6	49	Sen-M	50	Caracóis de Pedra	0:40:58.3	1:08:36.6
22		Joao Caetano	224	1:35:32.7	1:35:13.7	51	Sen-M	52		0:41:09.0	1:08:43.9
23		João Pedro Silva	165	1:35:40.7	1:35:35.7	52	Sen-M	53	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:39:37.1	1:07:25.9
24		Jorge Nabais	248	1:35:43.7	1:35:30.9	54	Sen-M	55		0:40:46.6	1:09:25.9
25		Bruno Carvalho	365	1:36:30.9	1:36:07.0	56	Sen-M	58	Prudas Running Team	0:39:51.2	1:07:33.5
26		Fernando Andrade	264	1:36:51.8	1:36:30.6	60	Sen-M	62	Os Perigosos	0:42:02.4	1:09:56.6
27		Filipe Costa	72	1:37:00.0	1:36:47.5	61	Sen-M	63	Encontro d'Iguarias Running Team	0:41:19.1	1:08:53.8
28		Amílcar Feliciano	259	1:39:49.7	1:39:28.6	68	Sen-M	70		0:42:32.6	1:10:52.3
29		Daniel Anjos	99	1:40:28.0	1:40:24.2	72	Sen-M	75	Clube recreativo Alturense	0:41:57.6	1:10:54.4
30		Rui Fialho	411	1:40:38.9	1:40:15.3	73	Sen-M	76		0:43:36.2	1:12:12.1
31		Sérgio Pedro	94	1:41:07.5	1:40:41.8	74	Sen-M	78	TINTO RUNNING TEAM	0:42:33.9	1:12:20.7
32		Tiago Almeida	50	1:41:11.6	1:40:50.5	75	Sen-M	79	Caracóis de Pedra	0:43:34.9	1:12:31.2
33		Ricardo Santos	461	1:41:16.7	1:41:08.0	76	Sen-M	80	Amigos Vale Silêncio	0:41:52.3	1:10:40.0
34		Carlos França	29	1:41:28.3	1:41:18.2	77	Sen-M	81	CAD a Correr	0:42:48.3	1:11:51.0
35		Ricardo Silva	328	1:42:00.3	1:41:31.4	82	Sen-M	87		0:44:01.7	1:12:47.1
36		Márcio Pimenta	134	1:44:17.2	1:43:58.8	94	Sen-M	100	shelltox runners	0:44:58.8	1:14:33.6

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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		David Cardoso	342	1:44:27.9	1:44:20.1	95	Sen-M	101	Mercenários da Penha	0:44:55.2	1:15:15.0
38		Rui Monteiro	87	1:45:02.4	1:44:33.3	100	Sen-M	106		0:44:59.9	1:14:15.2
39		Ricardo Teixeira	234	1:45:18.6	1:45:14.6	105	Sen-M	111		0:41:28.4	1:12:22.7
40		Francisco Farinha	412	1:45:55.1	1:45:38.0	111	Sen-M	117	Correr Queluz	0:44:12.2	1:14:40.0
41		Gonçalo Lopes	422	1:45:59.5	1:45:37.3	113	Sen-M	119	RUN 4 FUN	0:43:45.3	1:14:16.0
42		Nelson Louro	173	1:46:00.4	1:45:41.1	114	Sen-M	120	Correr Queluz	0:44:46.3	1:15:12.0
43		Fernando Coito	361	1:46:25.9	1:46:19.8	117	Sen-M	123	Amigos do Atletismo de Mafra	0:43:59.9	1:14:58.7
44		Ricardo Domingues	68	1:46:32.4	1:46:16.3	118	Sen-M	124	Caracóis de Pedra	0:45:18.7	1:15:21.5
45		Carlos Traquino	21	1:47:31.6	1:47:28.1	127	Sen-M	134		0:43:24.7	1:14:23.7
46		Rodrigo Correia	116	1:48:06.6	1:47:51.6	131	Sen-M	138	CCD Sintrense	0:47:12.2	1:18:25.8
47		Bruno Matias	178	1:49:29.7	1:48:46.7	138	Sen-M	146	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:45:51.6	1:17:12.2
48		Aníbal Brito	490	1:49:45.5	1:49:24.0	140	Sen-M	149	cotas&code	0:47:05.2	1:19:07.8
49		Euclides Sanches	160	1:49:45.9	1:49:43.6	141	Sen-M	150	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:48:08.8	1:19:36.4
50		Bruno Cardoso	150	1:49:52.0	1:49:45.6	144	Sen-M	153	CDCR dos CTT	0:44:43.8	1:15:56.3
51		António Carreto	277	1:50:54.9	1:50:37.7	152	Sen-M	164	Correr Lisboa	0:45:56.2	1:17:17.0
52		Helder Valadas	76	1:51:04.8	1:50:43.0	153	Sen-M	165	Os Perigosos	0:47:21.5	1:19:16.8
53		Filipe Arcadinho	80	1:51:06.2	1:50:45.5	155	Sen-M	167	Os Perigosos	0:47:22.1	1:19:20.4
54		Carlos Silva	299	1:51:15.3	1:50:45.9	159	Sen-M	172		0:46:37.5	1:18:28.9
55		Nelson Santos*	18	1:51:30.3	1:51:17.2	162	Sen-M	175		0:50:04.6	1:21:04.0
56		Carlos Jesus	166	1:51:51.4	1:51:39.5	164	Sen-M	177		0:45:32.9	1:18:25.3
57		João Pereira	25	1:51:55.1	1:51:45.8	166	Sen-M	180		0:45:36.0	1:17:55.4
58		Diogo Alfarelos	407	1:52:12.7	1:52:01.4	168	Sen-M	182		0:47:51.5	1:19:52.9
59		Bruno Duque	392	1:52:49.0	1:52:18.7	175	Sen-M	189	Serviços Sociais Montepio	0:48:32.3	1:20:39.7
60		David Nascimento	501	1:53:03.8	1:52:56.1	178	Sen-M	192	Correr Lisboa	0:47:07.8	1:19:46.4
61		Nuno Cruz	130	1:53:06.4	1:52:52.9	179	Sen-M	193		0:47:47.3	1:20:11.8
62		Nuno Tavares	475	1:54:38.0	1:54:32.6	191	Sen-M	205	CDOL - Clube Desportivo Operário de Lagoa	0:51:08.9	1:22:32.9
63		Antonio Vasconcelos	484	1:55:13.6	1:54:48.4	198	Sen-M	212	Travesseiros de Sintra	0:47:06.9	1:18:42.8
64		Rui Vasco	108	1:55:26.4	1:55:09.4	201	Sen-M	215	MR Running	0:48:50.5	1:22:26.8
65		Nuno Afonso	439	1:55:50.9	1:55:26.4	203	Sen-M	218		0:48:40.2	1:21:54.2
66		Eduardo Pinto	100	1:56:01.5	1:55:31.3	205	Sen-M	220	Varitintas- Loja de tintas em Massamá	0:50:35.0	1:22:52.0
67		Samuel Sebastião	51	1:56:14.3	1:55:53.8	207	Sen-M	222	Caracóis de Pedra	0:43:06.9	1:19:33.6
68		João Veiga	279	1:56:39.2	1:56:22.2	209	Sen-M	224		0:47:05.9	1:21:35.5
69		Emanuel Severino	64	1:57:57.3	1:57:20.6	217	Sen-M	233	Salamandrecos	0:52:40.5	1:26:39.4
70		David Cavalheiro	186	1:58:52.1	1:58:37.0	224	Sen-M	241	Grupo Recreativo e Desportivo da Ribeira da Lage	0:47:58.9	1:23:22.2
71		Agostinho Matos	223	1:59:30.3	1:59:26.3	229	Sen-M	248	Correr Lisboa	0:49:17.6	1:25:52.4
72		David Monteiro	285	2:00:16.1	1:59:41.7	235	Sen-M	255		0:51:50.6	1:26:49.0
73		Diogo Rodrigues	54	2:00:44.8	1:58:24.5	239	Sen-M	259	Team Ercília	0:49:11.8	1:24:03.6
74		Nuno Fontes	310	2:01:43.0	2:01:21.8	247	Sen-M	267		0:49:17.9	1:24:32.2
75		Tom SANCHEZ	226	2:02:21.3	2:02:06.7	253	Sen-M	274		0:49:00.9	1:26:08.3
76		Pedro Ribeiro	339	2:03:36.7	2:03:17.4	260	Sen-M	284	RUN 4 FUN	0:52:52.2	1:28:40.2
77		André Carvalho	190	2:04:00.2	2:03:37.5	261	Sen-M	287	Azelhas do guiador	0:51:58.8	1:27:34.3
78		Rodrigo Sousa	205	2:04:35.5	2:04:12.5	266	Sen-M	294	RunLovers	0:51:15.2	1:25:46.1

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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		Bruno Costa	281	2:06:03.5	2:05:52.9	277	Sen-M	307		0:48:56.2	1:25:43.7
80		Telmo Sousa	69	2:07:36.4	2:07:21.7	281	Sen-M	311	Encontro d'Iguarias Running Team	0:50:44.5	1:27:11.9
81		Alexandre Palmeiro	103	2:08:34.8	2:08:27.1	285	Sen-M	316	ApalpaTerreno	0:52:22.9	1:28:55.9
82		Fábio Rodrigues	136	2:08:41.2	2:08:22.2	286	Sen-M	317	shelltox runners	0:53:14.0	1:30:24.0
83		Nuno Moreira	212	2:09:03.8	2:08:38.9	288	Sen-M	320	Alverca Urban Runners	0:55:22.0	1:32:07.5
84		Ricardo Pinela	30	2:11:48.1	2:11:21.9	297	Sen-M	330		0:47:45.5	1:20:43.0
85		Rui Dias	346	2:12:58.9	2:12:50.1	303	Sen-M	338	Os Galgos	0:52:18.6	1:30:19.3
86		Nuno Madureira	447	2:15:24.6	2:15:01.0	310	Sen-M	347		0:55:44.4	1:35:17.7
87		Carlos Silva	417	2:21:06.0	2:20:40.1	325	Sen-M	370	Fortissimos Running Team	0:55:38.0	1:36:46.4
88		Marco Aparício	228	2:21:15.6	2:21:03.2	326	Sen-M	371	Run & Bota-Abaixo	0:57:47.5	1:38:52.6
89		Joao Cardoso	369	2:24:16.9	2:23:42.6	331	Sen-M	383	Cabral Fast Team	1:03:58.2	1:44:51.7
90		Nuno Dias	418	2:27:50.4	2:27:25.2	338	Sen-M	391	Fortissimos Running Team	0:57:45.8	1:39:15.5
91		Francisco Loureiro	317	2:28:38.3	2:27:57.7	340	Sen-M	393	Os Faíscas	0:57:08.0	1:41:33.5
92		Paulo Massano	269	2:34:20.2	2:33:48.7	344	Sen-M	400	Encontramo-nos na meta	1:03:52.9	1:48:02.0
93		Raúl Massano	268	2:34:20.6	2:33:49.0	345	Sen-M	401	Encontramo-nos na meta	1:03:55.7	1:48:22.3
94		Hugo Guerreiro	101	DSQ	1:09:46.8	348	Sen-M	409	Varitintas- Loja de tintas em Massamá	0:48:47.9	
95		João Ascensão	144	DSQ	1:12:49.4	349	Sen-M	411	CDCR dos CTT	0:46:18.5	
96		Carlos Correia	14	DSQ	1:31:42.2	354	Sen-M	417		1:01:09.7	
97		Andre Ferreira	415	DSQ	1:34:58.7	356	Sen-M	422		1:05:21.1	
98		Eduardo Ribeiro	220	DSQ	1:06:06.1	360	Sen-M	426		0:44:38.6	

Sub23-M

1		Flávio Santos F.F.W.P.U.	28	1:31:16.8	1:31:11.0	26	S23-M	26	Federação da Família para a Paz Mundial e	0:38:28.2	1:06:43.1
2		Tom Harder	478	1:32:49.9	1:32:47.6	36	S23-M	36		0:35:28.3	1:01:14.1
3		João Trindade	73	1:35:02.0	1:34:51.6	47	S23-M	48	Correr Lisboa	0:40:50.0	1:07:54.5
4		Jorge Nogueira	469	1:44:16.2	1:44:09.6	93	S23-M	99	Alturense	0:40:21.3	1:10:42.4
5		Rafael Sousa	476	1:57:53.5	1:57:38.6	216	S23-M	232		0:48:53.5	1:21:35.4

Veteranos M40

1		Luis Baço	479	1:18:26.9	1:18:24.9	2	M40	2	Vitoria futebol clube	0:33:31.9	0:56:16.0
2		Luis Miguel Ginja	456	1:18:42.0	1:18:42.0	3	M40	3	LMG Mira Sintra	0:33:50.8	0:56:17.8
3		João Ferreira	498	1:23:48.6	1:23:46.0	9	M40	9		0:36:11.1	1:00:23.9
4		Miguel Pinto FFWPU	390	1:26:33.1	1:26:29.7	15	M40	15	Federação da Família para a Paz Mundial e	0:37:23.5	1:02:21.8
5		José Borges	298	1:29:19.4	1:29:16.4	19	M40	19	LINDA-A-PASTORA SPORTING CLUBE	0:38:06.9	1:04:01.8
6		Hugo B	477	1:32:10.9	1:32:08.0	32	M40	32	Travesseiros de Sintra	0:38:27.9	1:05:30.4
7		Jaime Mauricio	204	1:33:39.3	1:33:34.8	40	M40	41	RunLovers	0:39:46.5	1:07:06.9
8		Bruno Dias	109	1:36:15.2	1:36:12.7	55	M40	57	CCD Sintrense	0:40:50.3	1:09:18.8
9		Sérgio Pires	55	1:36:34.3	1:36:30.0	58	M40	60		0:41:19.5	1:09:32.9
10		André Santos	85	1:36:42.7	1:36:34.4	59	M40	61	Grupo Recreativo e Desportivo da Ribeira da Lage	0:42:41.3	1:09:56.9
11		Luis Pedro	383	1:37:40.5	1:37:10.7	62	M40	64	AutoJacinto	0:42:45.2	1:10:28.9
12		Eduardo Leite	131	1:38:10.6	1:38:01.6	63	M40	65		0:42:45.7	1:10:46.0
13		Andre Cabral	332	1:38:12.9	1:37:58.4	64	M40	66		0:41:57.3	1:10:28.9

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
14		Carlos Lopes	305	1:38:46.1	1:38:36.2	65	M40	67	Aminhacorrida/Myprotein	0:42:30.6	1:11:02.6
15		Carlos Jesus	133	1:39:16.6	1:39:10.7	67	M40	69	A20Km Trail Running Team	0:42:49.1	1:11:24.4
16		Pedro Gabriel	410	1:40:20.9	1:40:16.2	70	M40	73	C. A. Amigos Parque da Paz	0:42:59.1	1:12:00.0
17		Manuel Oliveira	487	1:41:41.7	1:41:17.0	80	M40	84	Travesseiros de Sintra	0:42:27.3	1:11:26.7
18		Paulo Sousa	34	1:41:54.1	1:41:42.8	81	M40	86		0:43:45.7	1:13:00.3
19		João Rosinha	8	1:42:20.0	1:41:57.9	85	M40	91	ARSM	0:44:47.6	1:13:54.8
20		Hildebrand Castro	140	1:42:56.6	1:42:34.4	87	M40	93	Monsanto Running Team	0:44:20.1	1:13:58.6
21		Roberto Caneira	327	1:43:15.9	1:43:05.7	88	M40	94	SCD Glória do Ribatejo	0:43:56.7	1:13:37.4
22		Hélder Guerreiro	491	1:43:30.1	1:43:21.8	90	M40	96	Juventude Atlético Clube	0:43:49.9	1:13:21.4
23		Pedro Silva	188	1:44:38.7	1:44:33.7	96	M40	102	Azelhas do guiador	0:45:09.7	1:15:21.0
24		Eduardo Manuel Coelho	225	1:44:43.5	1:44:31.4	97	M40	103	Atómicos	0:44:44.2	1:14:50.1
25		Paulo Isménio	137	1:45:24.8	1:45:13.6	107	M40	113	Jobrinde - Montes Saloios	0:45:31.0	1:15:26.5
26		Bruno Silva	260	1:45:55.5	1:45:15.7	112	M40	118	Os Faíscas	0:46:47.3	1:17:06.5
27		Marco Caseiro	78	1:46:21.5	1:46:00.8	116	M40	122	Os Perigosos	0:44:35.0	1:15:11.3
28		João Cardoso	119	1:46:35.6	1:46:09.4	119	M40	125	CCD Sintrense	0:45:45.5	1:16:18.6
29		Sérgio Costa	216	1:46:39.5	1:46:16.7	120	M40	126	Esquilos Ninja	0:44:42.1	1:14:57.3
30		Armando Monteiro	434	1:46:43.9	1:46:40.5	121	M40	128	Correr Lisboa	0:37:35.9	1:16:45.0
31		Fernando Alvim	300	1:47:29.8	1:47:18.0	126	M40	133	Alvins e os Esquilos	0:47:23.0	1:17:58.9
32		Ildebrando Aires	142	1:47:55.6	1:47:37.9	130	M40	137	Team Rafa	0:45:09.2	1:17:46.5
33		José Miguel Alvarez Amaro	494	1:48:08.2	1:47:59.1	132	M40	139	Aminhacorrida/Myprotein	0:46:00.5	1:18:00.6
34		Hélio Garcia	91	1:48:32.9	1:48:00.2	134	M40	141		0:46:00.9	1:17:20.7
35		Hugo Paulo	42	1:49:11.6	1:48:49.3	137	M40	145	STRENDURE Running Team	0:44:20.3	1:15:33.8
36		João Damásio	181	1:49:39.7	1:49:20.0	139	M40	147	Correr Queluz	0:46:49.6	1:18:04.9
37		Nélson Custódio	149	1:49:50.5	1:49:44.6	143	M40	152	CDCR dos CTT	0:44:43.8	1:15:55.6
38		Luís Alves	244	1:50:25.8	1:50:21.7	150	M40	162	One Buy Shop Runners	0:47:36.6	1:19:22.0
39		Rui Mónica	232	1:50:46.0	1:50:28.4	151	M40	163	Correr Lisboa	0:47:51.4	1:19:18.9
40		Oswaldo Almada	341	1:51:14.7	1:50:52.3	158	M40	171		0:47:05.2	1:19:09.1
41		Joaquim Fernandes	120	1:51:29.3	1:51:10.2	161	M40	174	Gangue das 6h10	0:48:39.4	1:20:20.8
42		Renato Gomes	4	1:51:52.0	1:51:28.8	165	M40	179		0:48:51.1	1:20:53.3
43		Tiago Ramos	426	1:52:55.9	1:52:39.9	176	M40	190		0:47:59.1	1:21:21.4
44		Tiago Rodrigues	126	1:53:15.4	1:52:56.3	180	M40	194	Matraquilhos	0:48:38.6	1:21:20.2
45		Paulo Trindade	302	1:53:20.1	1:53:11.7	181	M40	195	O MUNDO DA CORRIDA	0:46:32.1	1:20:24.3
46		luís nunes	292	1:53:38.7	1:53:26.9	183	M40	197	marvila jovem	0:48:10.5	1:20:49.4
47		Mário Ribeiro	230	1:53:48.1	1:53:09.3	186	M40	200	Amigos do Atletismo de Mafra	0:50:17.2	1:22:31.8
48		Jorge Nunes	282	1:58:42.1	1:58:26.1	221	M40	238		0:50:39.2	1:24:51.2
49		Rui Manuel Dias	92	1:58:43.9	1:58:12.5	222	M40	239	Pi-Linha Runners	0:50:32.3	1:24:57.9
50		Tiago Silva	483	1:59:42.1	1:59:32.6	231	M40	251		0:47:26.4	1:21:31.3
51		Sergio Simoes	15	2:00:13.0	1:59:52.8	234	M40	254		0:50:55.1	1:24:47.5
52		Helder Manuel Tavares	97	2:00:27.5	1:59:57.2	236	M40	256	Varitintas- Loja de tintas em Massamá	0:50:14.1	1:23:48.1
53		João Faustino	423	2:01:03.1	2:00:35.5	243	M40	263	As Lebres de Algés	0:54:42.0	1:27:56.3
54		Luís Avó	425	2:01:18.7	2:00:36.8	244	M40	264		0:52:05.1	1:26:38.2
55		ismael faizal	290	2:01:40.7	2:01:08.4	246	M40	266	marvila jovem	0:50:36.2	1:26:06.5

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
56		Luis Calheiro	406	2:02:16.2	2:01:56.4	252	M40	273	O MUNDO DA CORRIDA	0:49:27.8	1:24:14.3
57		Hugo Mateus	386	2:03:23.9	2:03:12.4	259	M40	282		0:49:04.0	1:23:51.8
58		Christopher Jeppson	421	2:05:19.5	2:05:00.1	272	M40	301		0:50:43.8	1:27:29.2
59		Mario Batista	219	2:07:39.2	2:07:01.8	282	M40	313	ADA Desnivel	0:53:31.3	1:28:53.1
60		César Diogo Silvestre	211	2:08:46.6	2:08:30.5	287	M40	319	Bruxos Runners	0:51:11.4	1:27:37.0
61		João Pedro Alves	304	2:11:56.1	2:11:40.6	298	M40	331		0:55:30.8	1:34:21.1
62		Bruno Rodrigues	393	2:12:29.7	2:12:14.4	302	M40	336	Serviços Sociais Montepio	0:56:54.4	1:35:59.9
63		José Gonçalves	215	2:13:13.2	2:12:32.3	306	M40	341		0:53:25.8	1:32:24.1
64		Luis Rosa	23	2:13:24.8	2:13:12.8	307	M40	342		0:52:29.6	1:31:38.4
65		RICARDO CAMPOS	187	2:15:34.9	2:15:21.1	311	M40	348	DESPORTIVO DE ODIVELAS	0:54:20.5	1:34:26.9
66		Luis Miguel Boleto	338	2:16:53.5	2:16:30.0	314	M40	352	C. A. Amigos Parque da Paz	0:58:00.4	1:36:42.1
67		RICARDO VIEGAS	437	2:17:47.3	2:17:33.8	316	M40	356		0:51:01.5	1:30:53.1
68		Renato Saragoça	348	2:22:49.4	2:22:12.0	327	M40	377	Guerreiros do Rio	1:00:43.3	1:41:54.3
69		Rui Costa	372	2:24:16.6	2:23:40.6	330	M40	382	Cabral Fast Team	1:03:56.4	1:44:49.9
70		Joan Cortina	371	2:24:18.5	2:23:43.3	332	M40	384	Cabral Fast Team	1:03:56.4	1:44:31.7
71		Nelson Gomes	5	2:25:22.9	2:24:58.8	334	M40	386		0:50:12.8	1:26:35.0
72		Nuno Anjos	123	2:29:02.4	2:28:35.0	341	M40	394	O MUNDO DA CORRIDA	0:57:41.4	1:40:15.6
73		Manuel Pedro	322	DSQ	1:31:11.9	355	M40	419		1:01:18.9	
74		Adelino Carvalho	500	DSQ	1:23:15.9	358	M40	424	Monsanto Running Team	0:58:15.5	
75		Vasco Coelho	503	DSQ	2:40:21.7	359	M40	425	Caracóis de Corrida	0:59:41.7	

Veteranos M45

1		Artur Oliveira	159	1:22:58.2	1:22:55.7	7	M45	7	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:34:57.1	0:58:50.8
2		José Pais	170	1:23:12.8	1:23:09.1	8	M45	8	Correr Lisboa	0:36:10.1	1:00:23.6
3		Julio Finote	115	1:24:05.2	1:24:01.5	11	M45	11	CCD Sintrense	0:36:11.4	1:00:33.7
4		Paulo Garcia	480	1:26:09.4	1:26:07.3	14	M45	14	Os Galgos	0:37:24.8	1:01:50.8
5		Paulo Silva	288	1:27:09.5	1:27:07.1	16	M45	16	N.A.Z.Aboboda	0:37:00.2	1:02:40.8
6		Paulo Carvalho FFWPU	367	1:28:31.9	1:28:29.0	18	M45	18	Federação da Família para a Paz Mundial e	0:37:50.9	1:02:36.6
7		Miguel machado	485	1:31:41.8	1:31:31.6	28	M45	28	Faceta Subtil	0:40:01.9	1:06:10.5
8		João Pedro Gameiro	436	1:31:59.0	1:31:50.3	30	M45	30		0:39:50.6	1:06:23.2
9		Vitor Martins	40	1:32:21.4	1:32:13.1	34	M45	34	Clube recreativo Alturense	0:40:20.5	1:06:50.1
10		Antonio Afonso	236	1:32:31.9	1:32:24.6	35	M45	35	Clube recreativo Alturense	0:40:20.2	1:08:05.2
11		Carlos P. Lopes*	184	1:33:00.6	1:32:56.1	39	M45	40	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:39:37.1	1:06:38.8
12		Orlando correiea Correia	351	1:33:45.4	1:33:39.0	41	M45	42	LINDA-A-PASTORA SPORTING CLUBE	0:40:12.6	1:07:43.5
13		Carlos Caetano	33	1:34:32.4	1:34:31.0	45	M45	46		0:40:24.6	1:07:45.8
14		Carlos Costa	158	1:40:27.8	1:40:20.2	71	M45	74	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:42:15.3	1:11:07.6
15		Miguel Ribeiro	167	1:41:35.5	1:41:30.9	78	M45	82	MR Running	0:41:03.9	1:10:22.0
16		Vasco Ascensão	143	1:41:39.4	1:41:32.7	79	M45	83	CDCR dos CTT	0:42:28.5	1:11:58.1
17		Joaquim Cunha	382	1:42:10.0	1:41:44.2	83	M45	89	AutoJacinto	0:46:01.6	1:14:37.0
18		Luis Andrade	145	1:42:14.0	1:42:07.1	84	M45	90	CDCR dos CTT	0:43:26.2	1:13:09.2
19		Nelson Mota	399	1:43:45.8	1:43:29.7	91	M45	97	Cod Tranquilidade	0:44:39.3	1:14:55.0
20		Luis Roussado	385	1:43:52.1	1:43:21.1	92	M45	98	AutoJacinto	0:43:34.3	1:12:57.8

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
21		FILIPE BOLÉO	210	1:44:52.0	1:44:35.5	98	M45	104	CLUBE ANACOM	0:46:46.9	1:16:38.2
22		Jorge Leite	245	1:44:58.6	1:44:42.2	99	M45	105		0:43:52.5	1:14:06.7
23		Jorge Mimoso	252	1:45:02.7	1:44:47.1	101	M45	107	Gangue das 6h10	0:45:52.6	1:15:49.6
24		Mário Monteiro	197	1:45:06.3	1:44:58.6	103	M45	109	Os Galgos	0:42:09.0	1:11:24.5
25		Carlos Pereira	482	1:45:09.9	1:45:02.6	104	M45	110		0:42:42.6	1:13:01.8
26		Joao Cabelreira	431	1:45:23.5	1:44:55.1	106	M45	112	Clube do Stress	0:47:37.4	1:17:04.6
27		José Carlos Amaral	316	1:45:47.5	1:45:26.2	109	M45	115		0:45:16.9	1:15:21.2
28		Luis Veloso	152	1:46:48.9	1:46:41.2	122	M45	129	CDCR dos CTT	0:42:29.0	1:13:35.7
29		José Santos	12	1:47:29.6	1:47:27.1	125	M45	132	Os Galgos	0:39:23.5	1:06:47.9
30		Vasco Monte e Freitas	388	1:47:45.1	1:47:18.3	128	M45	135	VS40	0:46:01.2	1:16:05.4
31		NUNO CABEÇA	122	1:47:51.0	1:47:28.2	129	M45	136		0:46:26.5	1:17:40.6
32		João Caetano	359	1:48:50.6	1:48:44.0	135	M45	142		0:45:31.6	1:16:53.9
33		Helder Gomes	357	1:49:00.6	1:48:48.3	136	M45	144	SCD Glória do Ribatejo	0:45:53.3	1:17:34.6
34		Miguel Barradas	486	1:49:47.1	1:49:26.9	142	M45	151	Correr Lisboa	0:48:37.3	1:19:39.0
35		Mário Jerónimo	333	1:50:01.4	1:49:46.4	147	M45	156		0:45:26.7	1:18:59.7
36		Miguel Pedro	451	1:50:09.1	1:49:32.0	148	M45	158		0:48:58.8	1:19:42.1
37		Carlos Martinho	243	1:51:05.9	1:51:01.5	154	M45	166	One Buy Shop Runners	0:47:44.7	1:19:38.7
38		Fernando Monteiro	132	1:51:12.4	1:50:36.0	156	M45	168		0:45:51.1	1:17:15.5
39		João Leitão	202	1:51:19.3	1:51:06.5	160	M45	173	RunLovers	0:45:25.9	1:18:23.4
40		Adelino Trindade	74	1:51:58.9	1:51:41.0	167	M45	181	Correr Lisboa	0:47:53.0	1:20:14.9
41		Rui Silva	271	1:52:16.1	1:51:38.9	169	M45	183	Clube Desportivo Estrela	0:49:45.9	1:21:26.9
42		Luis Pires	17	1:52:29.1	1:52:19.4	170	M45	184		0:42:56.3	1:14:23.9
43		Pedro Carvalho	128	1:52:39.5	1:52:20.9	173	M45	187	Matraquilhos	0:48:51.0	1:21:59.3
44		Manuel Rego	53	1:53:42.8	1:53:20.2	184	M45	198		0:48:22.8	1:21:56.3
45		Luis Graça	495	1:53:48.9	1:53:14.0	187	M45	201		0:48:50.7	1:21:21.8
46		Jorge Ferreira	472	1:54:04.2	1:53:49.9	188	M45	202		0:47:18.9	1:20:25.9
47		Miguel Azevedo	306	1:54:48.3	1:54:23.3	192	M45	206	Tiburons	0:48:21.4	1:22:23.5
48		Rui Almeida	26	1:55:03.6	1:54:51.8	196	M45	210	Corrida Noturna do Parque das Nações	0:49:01.6	1:21:41.5
49		Rui Trindade	276	1:55:12.5	1:54:33.9	197	M45	211	Clube Desportivo Estrela	0:49:45.1	1:22:15.0
50		Artur Denominato	309	1:55:17.0	1:54:45.3	199	M45	213	Pi-Linha Runners	0:50:04.3	1:22:59.5
51		Rui Vieira	331	1:56:56.7	1:56:43.7	212	M45	227	Portela Running Point	0:50:02.7	1:23:19.1
52		David Lopes	47	1:57:08.1	1:56:40.2	214	M45	230		0:48:16.2	1:21:44.6
53		Nuno Pitta	450	1:58:13.9	1:57:45.9	219	M45	235		0:53:04.5	1:27:26.6
54		David Simão	127	1:58:39.9	1:58:21.7	220	M45	237		0:48:50.7	1:23:00.5
55		Luis Afonso	93	1:58:44.8	1:58:14.4	223	M45	240	Georunners	0:50:05.5	1:23:01.6
56		Paulo Sérgio Augusto Alves	141	1:58:52.6	1:58:42.0	225	M45	243	Matilha Running	0:51:38.1	1:25:09.1
57		João Afonso	146	1:59:07.7	1:59:00.9	227	M45	245	CDCR dos CTT	0:49:44.3	1:25:27.5
58		Manuel Carvalho	326	1:59:23.7	1:58:45.5	228	M45	247		0:48:37.9	1:22:21.8
59		Paulo Farinha	169	1:59:39.9	1:59:24.7	230	M45	250		0:48:03.8	1:23:04.5
60		Pedro Teixeira	48	2:00:39.5	2:00:11.3	237	M45	257	Team Ercília	0:51:04.0	1:25:55.8
61		Miguel Pinho	174	2:00:43.8	2:00:25.4	238	M45	258	Correr Queluz	0:49:36.6	1:24:04.7
62		filipe branco	286	2:01:37.2	2:01:25.3	245	M45	265	a.m.c.d.tituaria	0:47:54.1	1:26:30.2

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
63		Jose Silva	155	2:01:48.6	2:01:40.9	249	M45	270		0:50:16.5	1:25:12.7
64		Heitor Gomes*	400	2:05:47.2	2:05:16.3	275	M45	304		0:51:38.9	1:26:41.6
65		Diogo Bobone	168	2:06:13.3	2:05:59.5	278	M45	308		0:50:31.9	1:27:37.3
66		António Santos	408	2:06:28.5	2:05:52.5	279	M45	309	Salamandrecos	0:58:03.8	1:34:39.7
67		Mário Lopes	77	2:07:12.4	2:06:50.7	280	M45	310	Os Perigosos	0:50:35.6	1:27:24.3
68		Luis Barros	432	2:08:10.9	2:07:42.8	283	M45	314	Clube do Stress	0:53:04.5	1:31:03.4
69		JOSE OLIVEIRA	262	2:09:44.3	2:09:35.7	291	M45	323		0:52:40.5	1:30:49.7
70		Jorge Miguel Sotana	438	2:09:48.9	2:09:24.0	292	M45	324		0:52:26.4	1:30:47.6
71		Miguel Castela	335	2:10:42.7	2:10:13.4	294	M45	326	Associação de Atletismo Lebres do Sado	0:52:20.2	1:33:10.2
72		Rui Fernandes	499	2:13:01.6	2:12:27.9	304	M45	339	Individual	0:51:06.0	1:29:43.5
73		João Miranda	59	2:16:02.9	2:15:36.0	312	M45	350	RUN 4 FUN	0:57:52.4	1:36:15.3
74		Paulo Calvino	43	2:16:31.7	2:16:21.3	313	M45	351	Põe-Te a Milhas	0:50:34.9	1:30:40.5
75		Artur Carvalho	172	2:18:17.6	2:17:58.3	318	M45	359	Correr Queluz	0:52:21.8	1:32:20.4
76		Vitor Gonçalves	241	2:18:51.2	2:18:15.2	320	M45	361	4 ao km	0:55:50.9	1:34:32.5
77		Ricardo Valadares	373	2:24:18.6	2:23:42.9	333	M45	385	Cabral Fast Team	1:03:55.3	1:44:30.9
78		João Silva	353	2:31:43.6	2:31:06.8	342	M45	395	João Paulo Félix Atleta	1:00:37.1	1:50:30.4
79		Fábio Pio	39	2:33:01.1	2:32:24.0	343	M45	396	Amantes da Corrida	1:04:28.6	1:50:32.1
80		António Coelho	505	2:36:52.4	2:36:25.8	346	M45	403	Caracóis de Corrida	1:05:01.8	1:50:13.4

Veteranos M50

1		Mário Rodrigues F.F.W.P.U.	67	1:34:20.2	1:34:16.5	44	M50	45	Federação da Família para a Paz Mundial e	0:39:43.2	1:07:28.2
2		Vitor Silva	177	1:35:40.8	1:35:34.0	53	M50	54	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:40:04.6	1:07:29.6
3		Carlos Pascoal	329	1:39:56.6	1:39:46.0	69	M50	71		0:42:25.8	1:11:28.7
4		Rainer Hoffmann	255	1:42:39.4	1:42:15.8	86	M50	92		0:43:34.0	1:13:30.1
5		Victor Silva	336	1:45:03.2	1:44:55.4	102	M50	108	Associação de Atletismo Lebres do Sado	0:44:56.1	1:16:04.6
6		João Pedro Silva	110	1:45:33.7	1:45:22.8	108	M50	114	SS CGD	0:44:53.0	1:15:30.2
7		Paulo Santos	81	1:45:49.9	1:45:37.4	110	M50	116	Lisrunning	0:45:14.2	1:16:20.6
8		Armando Dias	195	1:48:23.7	1:48:16.6	133	M50	140	Os Galgos	0:44:14.6	1:17:42.9
9		Carlos Nabiça	413	1:50:11.8	1:49:47.9	149	M50	160		0:46:42.0	1:18:31.7
10		Carlos Mendes	117	1:51:12.7	1:51:07.7	157	M50	169	CCD Sintrense	0:48:07.0	1:20:28.3
11		Jorge Serra	397	1:52:41.1	1:52:16.6	174	M50	188	Ccd Tranquilidade	0:50:41.6	1:24:00.4
12		Luis Bastos	345	1:52:57.2	1:52:46.6	177	M50	191	CCD Siemens	0:47:36.9	1:21:26.6
13		Nuno Marques	200	1:53:32.2	1:53:11.2	182	M50	196	RunLovers	0:47:59.7	1:20:13.2
14		Pedro Ramos	22	1:53:43.0	1:53:31.1	185	M50	199		0:49:05.0	1:22:26.9
15		Jorge Figueiredo	307	1:54:36.3	1:54:10.6	190	M50	204	Tiburons	0:47:10.4	1:19:27.1
16		Gonçalo Fontes de Melo	311	1:54:49.1	1:54:32.0	193	M50	207	RUN 4 FUN	0:47:46.1	1:21:29.5
17		Alfredo Falcão	312	1:54:52.2	1:54:35.7	194	M50	208	RUN 4 FUN	0:47:44.7	1:20:39.9
18		Carlos Jesus	442	1:55:20.8	1:54:54.9	200	M50	214	Núcleo Amigos Atletismo Lagos	0:52:21.4	1:24:37.0
19		Jorge Sousa	481	1:56:39.3	1:56:22.0	210	M50	225	Correr Lisboa	0:46:38.9	1:19:42.7
20		Rui Pereira	363	1:56:42.4	1:56:33.8	211	M50	226		0:47:27.6	1:22:24.7
21		Paulo Pereira	493	1:59:01.1	1:58:28.7	226	M50	244	CCD TRANQUILIDADE	0:50:47.9	1:26:02.6
22		Rui Martins*	148	2:00:59.5	2:00:52.2	242	M50	262	CDCR dos CTT	0:50:35.4	1:26:50.2

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
23		António Bogas	156	2:02:51.3	2:02:28.9	255	M50	277	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:56:17.2	1:32:53.1
24		Herculano Araújo	445	2:03:15.3	2:02:58.9	257	M50	280		0:53:44.4	1:28:31.2
25		Jose santos	403	2:04:01.7	2:03:51.7	262	M50	288	xanucha	0:52:16.7	1:28:41.5
26		Luis Santos	192	2:04:11.8	2:03:43.3	263	M50	290	A.A.Lebres do Sado	0:52:32.1	1:29:20.9
27		Francisco Pereira	396	2:04:40.7	2:04:24.5	267	M50	295	Ccd Tranquilidade	0:50:49.8	1:26:20.0
28		Jorge Esteves	325	2:04:58.3	2:04:36.1	270	M50	298	RUN 4 FUN	0:50:47.1	1:27:16.0
29		Eduardo Mendes	323	2:05:15.6	2:05:00.2	271	M50	300	Clube Vodafone	0:52:00.5	1:28:36.3
30		Paulo Louro	176	2:08:33.2	2:08:25.5	284	M50	315	Correr Lisboa	0:49:41.7	1:30:07.5
31		José Magalhães	318	2:09:27.2	2:08:59.8	289	M50	321	RUN 4 FUN	0:55:00.5	1:32:48.5
32		António Desidério*	374	2:09:27.2	2:08:59.8	290	M50	322	RUN 4 FUN	0:54:52.3	1:32:03.2
33		João Reis	147	2:10:33.3	2:10:27.1	293	M50	325	CDCR dos CTT	0:51:30.0	1:29:40.8
34		francisco Amaro	106	2:11:07.9	2:10:36.4	296	M50	328	Varitintas- Loja de tintas em Massamá	0:52:20.6	1:30:22.0
35		Rúben Costa	459	2:13:38.9	2:13:20.0	309	M50	345	RUN 4 FUN	0:51:55.3	1:29:04.5
36		Raúl Matos	356	2:17:34.0	2:17:28.6	315	M50	354	RUN 4 FUN	0:57:45.3	1:36:13.6
37		Joaquim Coutinho	233	2:19:40.2	2:19:21.4	323	M50	366	Correr Queluz	0:53:26.4	1:36:55.4
38		Fernando Fiães	301	2:23:33.9	2:23:16.9	328	M50	378		0:55:07.2	1:38:14.4
39		JAIME TRABUCHO	38	2:24:11.6	2:23:32.0	329	M50	380	MARINHA	1:02:22.4	1:44:50.5
40		Mário Filipe	65	2:28:23.5	2:26:59.6	339	M50	392	Salamandrecos	1:07:35.4	1:51:14.0
41		Joaquim Santos	227	DSQ	2:08:41.4	351	M50	414	LINDA-A-PASTORA SPORTING CLUBE	0:44:33.5	
42		gabriel antonio	287	DSQ	1:21:53.0	353	M50	416	a.m.c.d.tituaria	0:56:29.4	
43		José Bouceiro	467	DSQ	1:06:33.2	357	M50	423	ADCR Polícia Judiciária	0:46:21.3	

Veteranos M55

1		Emílio Paulino	448	1:29:31.6	1:29:27.0	21	M55	21	ACPortalegre/UTSM	0:37:57.5	1:03:59.2
2		José Marcelino	272	1:31:15.6	1:31:11.0	25	M55	25	Clube Desportivo Estrela	0:39:21.0	1:05:24.0
3		José Gomes	352	1:31:59.6	1:31:54.6	31	M55	31		0:40:21.8	1:06:56.3
4		Humberto Viais*	112	1:32:15.4	1:32:05.3	33	M55	33	LINDA-A-PASTORA SPORTING CLUBE	0:39:19.7	1:06:03.5
5		Carlos Baptista	379	1:35:18.8	1:35:13.6	50	M55	51	Sporting clube de casinhos	0:40:56.3	1:08:46.5
6		ANTÓNIO SANTOS	473	1:38:52.7	1:38:45.1	66	M55	68	CLUBE ATLETISMO AMIGOS DE BELÉM	0:40:43.3	1:09:41.1
7		Rui Grazina	118	1:47:28.6	1:47:25.0	124	M55	131	CCD Sintrense	0:39:42.6	1:09:19.1
8		António Duarte	497	1:49:58.2	1:49:19.4	145	M55	154	G.D. Igreja Nova	0:48:54.8	1:19:53.9
9		José Duarte	198	1:51:34.5	1:51:28.4	163	M55	176	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:47:39.5	1:20:18.0
10		Carlos Oleastro	157	1:52:33.8	1:52:13.5	171	M55	185	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:47:22.9	1:20:04.5
11		Joao Passeiro	283	1:52:37.7	1:52:04.7	172	M55	186		0:48:11.9	1:20:13.0
12		André Wiborg	391	1:54:57.3	1:54:23.0	195	M55	209	WL84	0:52:59.3	1:25:23.6
13		Manuel Braga	358	1:55:33.9	1:55:23.1	202	M55	217	STJoãooliveirateam	0:48:32.9	1:22:22.2
14		Fernando Ferreira	507	1:56:01.8	1:55:49.1	206	M55	221		0:50:44.6	1:24:07.8
15		manuel romano	293	1:56:33.2	1:56:24.7	208	M55	223	marvila jovem	0:49:21.0	1:23:09.0
16		Fernando Celestino	395	1:56:58.6	1:56:47.5	213	M55	229	Ccd Tranquilidade	0:48:24.6	1:22:42.6
17		Carlos Teixeira	343	1:57:50.6	1:57:30.1	215	M55	231	lebres e tartarugas	0:49:45.0	1:24:30.8
18		Antonio Soares	465	2:00:49.8	2:00:24.2	241	M55	261		0:53:01.4	1:27:12.2
19		António Almeida	496	2:02:23.3	2:01:45.7	254	M55	275	VIA3Runners	0:54:45.1	1:29:32.8

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
20		João Correia	261	2:03:20.1	2:02:56.7	258	M55	281	Jobrinde - Montes Saloios	0:52:21.6	1:28:17.4
21		Carlos Gonçalves	320	2:04:15.2	2:03:53.0	264	M55	291		0:48:53.7	1:24:15.4
22		António Pinto	171	2:04:25.7	2:04:07.7	265	M55	293	Correr Queluz	0:50:09.1	1:25:59.2
23		Alexandre Reis	153	2:04:54.5	2:04:34.3	268	M55	296	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:52:26.1	1:29:21.7
24		Teodoro Trindade	57	2:04:58.2	2:04:35.3	269	M55	297	RUN 4 FUN	0:52:33.8	1:27:30.8
25		Fernando Brandão	466	2:05:28.4	2:05:15.3	274	M55	303		0:53:18.5	1:30:22.8
26		Adalberto Grilo	125	2:12:02.3	2:11:38.6	299	M55	332	RUN 4 FUN	0:56:17.6	1:34:20.0
27		Rogério Matos	435	2:12:02.6	2:11:57.8	300	M55	333	RUN 4 FUN	0:57:45.5	1:36:01.3
28		FERNANDO DIAS	139	2:18:43.5	2:18:26.7	319	M55	360	RUN 4 FUN	0:55:28.9	1:36:59.0
29		João Robalo	349	2:19:03.2	2:18:27.1	321	M55	363	Guerreiros do Rio	1:00:42.9	1:41:42.2
30		Francisco Afonso	334	2:19:09.0	2:18:48.9	322	M55	364	RUN 4 FUN	0:54:54.1	1:37:29.0
31		António Teixeira Duarte	37	2:20:09.0	2:19:42.1	324	M55	367	Clube do Stress	0:58:28.4	1:39:29.0
32		Daniel Leitao	263	2:25:51.5	2:25:28.1	335	M55	387		1:02:11.0	1:44:56.4
33		Luis Lisboa Santos	453	2:26:34.6	2:26:03.6	337	M55	390	Amigos Vale Silêncio	0:58:27.3	1:41:22.6
34		Joaquim Mónica	163	2:38:38.5	2:38:12.8	347	M55	406	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	1:04:23.9	1:51:57.1
35		José Filipe	253	DSQ	1:23:03.4	352	M55	415		0:58:17.6	
36		Abel Flores	449	DSQ	0:57:54.1	361	M55	427	ACPortalegre/UTSM	0:39:19.4	

Veteranos M60

1		Germano Silva	274	1:36:32.7	1:36:27.7	57	M60	59	REAL ACADEMIA	0:41:34.9	1:09:27.8
2		António Batalha	256	1:46:08.9	1:45:44.5	115	M60	121	Scalabis Night Runners	0:43:49.0	1:14:44.9
3		ALVARO PINTO	207	1:46:53.7	1:46:45.3	123	M60	130	REAL ACADEMIA	0:46:00.3	1:17:03.3
4		Albísio Magalhães	193	1:50:00.5	1:49:27.0	146	M60	155		0:45:12.7	1:16:45.5
5		Germano Bernardo	249	1:54:20.2	1:53:31.1	189	M60	203	PRAZER DA CORRIDA	0:49:55.6	1:22:15.0
6		José Rolão	24	1:55:57.0	1:55:45.7	204	M60	219	Corrida Noturna do Parque das Nações	0:49:06.0	1:22:44.0
7		Douglas Fry	284	1:59:57.6	1:59:30.9	232	M60	252	Clube Desportivo de Mafra	0:50:54.6	1:25:29.1
8		isidro serra	275	2:00:01.7	1:59:43.5	233	M60	253		0:47:18.5	1:22:00.7
9		ROGÉRIO PINA	209	2:00:48.2	2:00:32.2	240	M60	260	CLUBE ANACOM	0:52:31.0	1:27:53.8
10		Jorge Paulo	58	2:01:44.9	2:01:27.9	248	M60	269	RUN 4 FUN	0:50:15.2	1:26:15.1
11		Jose Aires	398	2:02:00.8	2:01:28.9	250	M60	271	Ccd Tranquilidade	0:51:37.6	1:26:55.5
12		José Dias Mateus	488	2:03:04.9	2:02:50.6	256	M60	278		0:49:14.5	1:25:10.9
13		Luigi Cianci	424	2:05:21.0	2:04:53.4	273	M60	302	As Lebres de Algés	0:54:42.5	1:30:17.0
14		Carlos Sousa	79	2:05:56.1	2:05:35.1	276	M60	306	Os Perigosos	0:47:21.5	1:22:48.7
15		José Moga	454	2:11:00.3	2:10:22.6	295	M60	327	Amigos Vale Silêncio	0:58:16.5	1:34:25.4
16		José Rato	247	2:13:04.5	2:12:50.9	305	M60	340	60% VIP	0:55:50.1	1:34:35.9
17		Leonel Neves	452	2:17:55.3	2:17:22.3	317	M60	358	Amigos Vale Silêncio	0:59:00.8	1:38:54.7
18		António Sanches	463	2:26:17.8	2:25:57.1	336	M60	389	GCDFOIOS	1:01:21.4	1:44:51.0

Veteranos M65

1		Joaquim Costa	164	1:43:24.1	1:43:15.4	89	M65	95	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:46:13.0	1:15:09.4
2		Carlos Rangel	270	1:58:12.7	1:58:02.4	218	M65	234		0:50:54.4	1:24:55.1
3		vitor aguilar Aguilar	313	2:02:11.2	2:02:03.0	251	M65	272	RUN 4 FUN	0:51:18.0	1:26:29.5

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
4		Manuel Graça F.F.W.P.U.	66	2:12:02.8	2:11:54.4	301	M65	334	Federação da Família para a Paz Mundial e	0:53:08.3	1:30:59.5
5		GILBERTO GONÇALVES	409	2:13:31.5	2:13:04.3	308	M65	343	CLUBE ATLETISMO AMIGOS DE BELÉM	0:55:25.9	1:34:03.7
6		Fernando Ferreira	179	DSQ	1:33:06.0	350	M65	412	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	1:04:21.2	

W

Seniors-F

1		Filipa Sá-Maia	61	1:32:56.8	1:32:52.6	1	Sen-F	37		0:39:37.4	1:06:39.3
2		Cátia Nascimento	330	1:41:47.7	1:41:36.6	5	Sen-F	85	Correr Lisboa	0:43:46.1	1:13:01.8
3		Patrícia Caldas	52	1:42:09.4	1:41:48.1	6	Sen-F	88	Caracóis de Pedra	0:46:06.1	1:14:41.3
4		Camila Gomes	3	1:51:51.7	1:51:28.4	14	Sen-F	178		0:48:51.7	1:20:53.6
5		Mária Santos	107	1:55:26.7	1:55:11.1	15	Sen-F	216	MR Running	0:48:52.3	1:22:27.9
6		Paula Martins	455	1:59:31.5	1:59:15.4	20	Sen-F	249	SS CGD	0:49:05.9	1:25:40.2
7		Margarida Forte	340	2:03:36.0	2:03:17.0	24	Sen-F	283	RUN 4 FUN	0:52:52.6	1:28:41.4
8		Sara Monte e Freitas	387	2:03:45.0	2:03:18.3	25	Sen-F	285	VS40	0:51:24.6	1:28:04.0
9		Susana Santos	189	2:04:00.0	2:03:36.9	26	Sen-F	286	Azelhas do guiador	0:51:58.2	1:27:33.6
10		Alexandra Machado	376	2:04:08.4	2:03:51.8	27	Sen-F	289	CCD PM Cascais	0:51:33.7	1:29:09.3
11		Noelia Martínez Sánchez	430	2:04:19.4	2:03:48.1	28	Sen-F	292		0:53:08.4	1:28:53.3
12		Sónia Ferreira	161	2:05:09.7	2:05:03.6	29	Sen-F	299	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:50:57.0	1:27:43.6
13		Ana Costa	71	2:07:37.2	2:07:21.0	31	Sen-F	312	Encontro d'Iguarias Running Team	0:52:52.5	1:29:10.3
14		Cátia Luis	63	2:13:56.9	2:13:19.6	37	Sen-F	346	Salamandrecos	0:56:01.0	1:34:35.4
15		Lena Sousa	70	2:17:40.2	2:17:25.4	40	Sen-F	355	Encontro d'Iguarias Running Team	0:55:09.3	1:36:30.8
16		Isadora Costa	242	2:18:51.6	2:18:16.4	42	Sen-F	362	4 ao km	0:55:52.9	1:34:34.5
17		Alena Gamm	344	2:19:19.2	2:19:10.9	43	Sen-F	365		1:00:59.6	1:41:12.4
18		Maria Raquel Gaudêncio	278	2:20:17.3	2:19:39.2	44	Sen-F	368	Pernas de Gafanhoto	1:00:22.6	1:41:02.3
19		Ana Azevedo	16	2:22:28.3	2:21:59.5	49	Sen-F	375		0:58:34.2	1:40:16.9
20		Celina Jorge	19	2:22:32.4	2:22:21.3	50	Sen-F	376		1:00:19.1	1:41:44.6
21		Patrícia Madeira	370	2:24:14.2	2:23:39.0	52	Sen-F	381	Cabral Fast Team	1:03:57.1	1:44:52.1
22		Susana Pacheco	246	2:26:08.4	2:25:53.9	53	Sen-F	388	60% VIP	0:58:25.5	1:41:56.9
23		Tânia Simões	267	2:34:20.0	2:33:49.0	56	Sen-F	399	Encontramo-nos na meta	1:03:56.9	1:48:24.4
24		Susana Amorim	86	DSQ	1:19:42.2	61	Sen-F	408	Correr Lisboa	0:53:54.6	
25		Diana Monteiro	321	DSQ	1:23:16.1	64	Sen-F	418	Amigos Vale Silêncio	0:58:15.9	
26		Teresa Scholz	414	DSQ	1:34:59.4	66	Sen-F	421		1:05:22.6	

Sub23-F

1		Rita Ribeiro	96	1:36:14.6	1:36:03.9	2	S23-F	56	Correr Lisboa	0:41:22.5	1:09:09.5
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Veteranas F40

1		sonia neves	433	1:46:42.3	1:46:38.3	7	F40	127	Correr Lisboa	0:46:09.4	1:16:45.4
2		Inês Peixoto	380	1:48:51.4	1:48:42.7	8	F40	143	EVELX - Associação de Estilos de Vida Saudável	0:45:34.7	1:16:58.1
3		Ana Amaro	308	1:50:04.3	1:49:55.2	10	F40	157	Aminhacorrida/Myprotein	0:46:01.5	1:18:04.4

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
4		Filipa Ferro	315	2:02:29.8	2:02:20.4	22	F40	276	RUN 4 FUN	0:51:27.3	1:27:50.4
5		Sara Ideias	104	2:08:45.6	2:08:37.9	32	F40	318	ApalpaTerreno	0:52:23.3	1:28:56.0
6		Lucia Ventura	235	2:12:12.0	2:11:44.3	34	F40	335	Georunners	0:55:43.2	1:33:26.0
7		Anabela Sousa	427	2:12:29.9	2:12:15.4	35	F40	337	Serviços Sociais Montepio	0:56:55.7	1:36:05.3
8		Luísa Paula Henriques	238	2:13:34.5	2:13:05.5	36	F40	344		0:58:06.1	1:35:51.0
9		Ana Pauleta	90	2:15:43.0	2:15:18.0	38	F40	349	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:56:16.1	1:36:18.4
10		Ana Melo	191	2:20:43.7	2:20:25.7	45	F40	369	RUN 4 FUN	0:57:25.8	1:38:19.0
11		Patricia Xavier	2	2:33:03.0	2:32:27.9	54	F40	397	Rail runners	1:05:03.0	1:49:20.1
12		Elisete Manuel	208	2:36:49.3	2:36:29.3	57	F40	402	Casa de Benfica em Abrantes	1:00:02.4	1:41:49.0
13		Ana Reis	1	2:37:10.1	2:36:34.4	58	F40	404	Rail runners	1:05:03.0	1:52:14.2
14		Daniela Carvalho	347	2:37:10.2	2:36:34.8	59	F40	405	Guerreiros do Rio	1:00:46.1	1:48:10.4
15		Susana Silva	102	DSQ	1:47:09.9	62	F40	410	Varitintas- Loja de tintas em Massamá	1:15:01.8	
16		Iris Mauricio	203	DSQ	1:43:38.7	63	F40	413	RunLovers	0:57:58.8	

Veteranas F45

1		Cristina Carvalho	180	1:49:44.2	1:49:37.7	9	F45	148	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:48:05.0	1:19:31.6
2		Rute Matos	364	1:50:09.5	1:50:00.8	11	F45	159	sem equipa	0:46:24.6	1:18:49.0
3		Anabela Ferreira	182	1:51:13.7	1:51:07.1	13	F45	170	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:48:05.7	1:20:27.0
4		Alexandra Belo	441	1:56:57.2	1:56:43.7	16	F45	228		0:50:02.2	1:23:18.5
5		Carla Morgado	9	1:58:34.7	1:58:07.1	17	F45	236		0:51:46.8	1:25:39.8
6		Luísa Palminhas	185	1:58:52.2	1:58:37.2	18	F45	242		0:48:00.5	1:23:24.7
7		Carla Jardim	502	1:59:11.9	1:59:02.2	19	F45	246	Amigos do Atletismo de Mafra	0:52:20.6	1:27:06.5
8		Marina Marques	45	2:01:44.6	2:01:26.5	21	F45	268	RUN 4 FUN	0:51:57.0	1:26:28.3
9		Elisa Dabrio	446	2:03:15.0	2:02:58.1	23	F45	279		0:53:43.8	1:28:31.5
10		Helena Leitão	201	2:05:54.8	2:05:40.6	30	F45	305	RunLovers	0:53:20.9	1:29:42.6
11		Ana Telo	229	2:17:29.5	2:17:11.1	39	F45	353	LINDA-A-PASTORA SPORTING CLUBE	0:56:23.8	1:35:58.8
12		Odília Pereira	314	2:21:31.3	2:21:13.7	46	F45	372	Clube Vodafone	0:57:59.1	1:40:30.3
13		Paula Soares	183	2:22:06.4	2:21:41.9	47	F45	373	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	0:56:17.2	1:43:02.3
14		Paula Almeida	458	2:34:18.9	2:33:50.2	55	F45	398		1:01:44.5	1:48:10.9

Veteranas F50

1		Amélia Costa	489	1:40:20.5	1:40:16.3	3	F50	72	C.C.R. Alto do Moinho	0:42:49.9	1:12:00.9
2		Maria Frias	443	1:40:55.5	1:40:53.6	4	F50	77	Amigos do Atletismo de Mafra	0:42:50.6	1:12:05.2
3		Carmen Ferreira*	46	1:50:19.0	1:50:03.6	12	F50	161	Associação Vale Grande	0:45:58.0	1:18:21.0
4		Ana Mendes	468	2:11:29.9	2:10:52.3	33	F50	329		0:55:51.9	1:33:39.6
5		Margarida Coelho	470	2:17:49.6	2:17:35.2	41	F50	357		0:55:41.5	1:35:40.2
6		Goreti Cabeleira	506	2:24:11.0	2:23:47.0	51	F50	379	Caracóis de Corrida	0:58:26.3	1:40:44.1
7		Patrícia Pedro	162	2:38:41.2	2:38:15.4	60	F50	407	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	1:04:25.2	1:51:57.7
8		Isabel Ucha silva	402	DSQ	1:39:35.5	65	F50	420	xanucha	1:08:16.6	

Veteranas F55

42ª Meia Maratona de S. João das Lampas

Result List AG 42ª 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
1		Henriqueta Solipa	27	2:22:09.0	2:21:56.2	48	F55	374	Tartarugas Solidárias	0:58:19.7	1:39:48.2

Number of records: 427

42ª Meia Maratona de S. João das Lampas

Team Results 42ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
42ª Meia Maratona de S. João das Lampas				
1. Correr Lisboa 1			4:14:33,36	
170	José Pais	Correr Lisboa	Veteranos M45	1:23:12.8
175	Diogo Garcia	Correr Lisboa	Seniors-M	1:23:57.6
114	Nuno Soares	Correr Lisboa	Seniors-M	1:27:22.9
2. LINDA-A-PASTORA SPORTING CLUBE 1			4:21:50,42	
297	José Camacho	LINDA-A-PASTORA SPORTING CLUBE	Seniors-M	1:20:15.5
298	José Borges	LINDA-A-PASTORA SPORTING CLUBE	Veteranos M40	1:29:19.4
112	Humberto Viais*	LINDA-A-PASTORA SPORTING CLUBE	Veteranos M55	1:32:15.4
3. Federação da Família para a Paz Mundial e Unificação 1			4:26:21,95	
390	Miguel Pinto FFWPU	Federação da Família para a Paz Mundial e	Veteranos M40	1:26:33.1
367	Paulo Carvalho FFWPU	Federação da Família para a Paz Mundial e	Veteranos M45	1:28:31.9
28	Flávio Santos F.F.W.P.U.	Federação da Família para a Paz Mundial e	Sub23-M	1:31:16.8
4. CASA DO BENFICA ALGUEIRÃO MEM-MARTINS 1			4:31:39,68	
159	Artur Oliveira	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	Veteranos M45	1:22:58.2
184	Carlos P. Lopes*	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	Veteranos M45	1:33:00.6
165	João Pedro Silva	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	Seniors-M	1:35:40.7
5. CCD Sintrense 1			4:34:13,12	
115	Julio Finote	CCD Sintrense	Veteranos M45	1:24:05.2
154	Jorge Fonseca	CCD Sintrense	Seniors-M	1:33:52.5
109	Bruno Dias	CCD Sintrense	Veteranos M40	1:36:15.2
6. Sporting clube de casainhos 1			4:38:35,84	
378	Armindo Teixeira	Sporting clube de casainhos	Seniors-M	1:29:22.6
377	Fábio Pereira	Sporting clube de casainhos	Seniors-M	1:33:54.4
379	Carlos Baptista	Sporting clube de casainhos	Veteranos M55	1:35:18.8
7. Caracóis de Pedra 1			4:39:24,39	
56	Nuno Vaz	Caracóis de Pedra	Seniors-M	1:22:57.9
49	Alexandre Lucas	Caracóis de Pedra	Seniors-M	1:35:14.8
50	Tiago Almeida	Caracóis de Pedra	Seniors-M	1:41:11.6
8. Os Galgos 1			4:41:11,05	
480	Paulo Garcia	Os Galgos	Veteranos M45	1:26:09.4
7	António Figueiredo	Os Galgos	Seniors-M	1:29:55.2
197	Mário Monteiro	Os Galgos	Veteranos M45	1:45:06.3
9. Clube recreativo Alturense 1			4:45:21,36	
40	Vitor Martins	Clube recreativo Alturense	Veteranos M45	1:32:21.4
236	Antonio Afonso	Clube recreativo Alturense	Veteranos M45	1:32:31.9
99	Daniel Anjos	Clube recreativo Alturense	Seniors-M	1:40:28.0
10. Amigos Vale Silêncio 1			4:45:55,50	
460	Vitor Pinto	Amigos Vale Silêncio	Seniors-M	1:31:39.8
462	Luis Correia	Amigos Vale Silêncio	Seniors-M	1:32:58.9
461	Ricardo Santos	Amigos Vale Silêncio	Seniors-M	1:41:16.7
11. AutoJacinto 1			5:03:42,78	
383	Luis Pedro	AutoJacinto	Veteranos M40	1:37:40.5
382	Joaquim Cunha	AutoJacinto	Veteranos M45	1:42:10.0

42ª Meia Maratona de S. João das Lampas

Team Results 42ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
385	Luis Roussado	AutoJacinto	Veteranos M45	1:43:52.1
12. Travesseiros de Sintra 1			5:09:06,25	
477	Hugo B	Travesseiros de Sintra	Veteranos M40	1:32:10.9
487	Manuel Oliveira	Travesseiros de Sintra	Veteranos M40	1:41:41.7
484	Antonio Vasconcelos	Travesseiros de Sintra	Seniors-M	1:55:13.6
13. CDCR dos CTT 1			5:10:42,43	
143	Vasco Ascensão	CDCR dos CTT	Veteranos M45	1:41:39.4
145	Luís Andrade	CDCR dos CTT	Veteranos M45	1:42:14.0
152	Luís Veloso	CDCR dos CTT	Veteranos M45	1:46:48.9
14. RUN 4 FUN 1			5:12:35,05	
44	Luis F. C. Carvalho	RUN 4 FUN	Seniors-M	1:31:46.3
422	Gonçalo Lopes	RUN 4 FUN	Seniors-M	1:45:59.5
311	Gonçalo Fontes de Melo	RUN 4 FUN	Veteranos M50	1:54:49.1
15. Os Perigosos 1			5:14:18,20	
264	Fernando Andrade	Os Perigosos	Seniors-M	1:36:51.8
78	Marco Caseiro	Os Perigosos	Veteranos M40	1:46:21.5
76	Helder Valadas	Os Perigosos	Seniors-M	1:51:04.8
16. Aminhacorrída/Myprotein 1			5:16:58,68	
305	Carlos Lopes	Aminhacorrída/Myprotein	Veteranos M40	1:38:46.1
494	José Miguel Alvarez Amaro	Aminhacorrída/Myprotein	Veteranos M40	1:48:08.2
308	Ana Amaro	Aminhacorrída/Myprotein	Veteranas F40	1:50:04.3
17. RunLovers 1			5:18:30,91	
204	Jaime Mauricio	RunLovers	Veteranos M40	1:33:39.3
202	João Leitão	RunLovers	Veteranos M45	1:51:19.3
200	Nuno Marques	RunLovers	Veteranos M50	1:53:32.2
18. Clube Desportivo Estrela 1			5:18:44,26	
272	José Marcelino	Clube Desportivo Estrela	Veteranos M55	1:31:15.6
271	Rui Silva	Clube Desportivo Estrela	Veteranos M45	1:52:16.1
276	Rui Trindade	Clube Desportivo Estrela	Veteranos M45	1:55:12.5
19. Amigos do Atletismo de Mafra 1			5:21:09,61	
443	Maria Frias	Amigos do Atletismo de Mafra	Veteranas F50	1:40:55.5
361	Fernando Coito	Amigos do Atletismo de Mafra	Seniors-M	1:46:25.9
230	Mário Ribeiro	Amigos do Atletismo de Mafra	Veteranos M40	1:53:48.1
20. Correr Queluz 1			5:21:35,37	
412	Francisco Farinha	Correr Queluz	Seniors-M	1:45:55.1
173	Nelson Louro	Correr Queluz	Seniors-M	1:46:00.4
181	João Damásio	Correr Queluz	Veteranos M40	1:49:39.7
21. MR Running 1			5:32:28,76	
167	Miguel Ribeiro	MR Running	Veteranos M45	1:41:35.5
108	Rui Vasco	MR Running	Seniors-M	1:55:26.4
107	Mária Santos	MR Running	Seniors-F	1:55:26.7
22. Ccd Tranquilidade 1			5:33:25,68	
399	Nelson Mota	Ccd Tranquilidade	Veteranos M45	1:43:45.8
397	Jorge Serra	Ccd Tranquilidade	Veteranos M50	1:52:41.1

42ª Meia Maratona de S. João das Lampas

Team Results 42ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
395	Fernando Celestino	Ccd Tranquilidade	Veteranos M55	1:56:58.6
23.	marvila jovem 1		5:51:52,77	
292	luis nunes	marvila jovem	Veteranos M40	1:53:38.7
293	manuel romano	marvila jovem	Veteranos M55	1:56:33.2
290	ismael faizal	marvila jovem	Veteranos M40	2:01:40.7
24.	Encontro d'Iguarias Running Team 1		5:52:13,76	
72	Filipe Costa	Encontro d'Iguarias Running Team	Seniors-M	1:37:00.0
69	Telmo Sousa	Encontro d'Iguarias Running Team	Seniors-M	2:07:36.4
71	Ana Costa	Encontro d'Iguarias Running Team	Seniors-F	2:07:37.2
25.	Azelhas do guiador 1		5:52:39,08	
188	Pedro Silva	Azelhas do guiador	Veteranos M40	1:44:38.7
189	Susana Santos	Azelhas do guiador	Seniors-F	2:04:00.0
190	André Carvalho	Azelhas do guiador	Seniors-M	2:04:00.2
26.	Varitintas- Loja de tintas em Massamá 1		6:07:37,01	
100	Eduardo Pinto	Varitintas- Loja de tintas em Massamá	Seniors-M	1:56:01.5
97	Helder Manuel Tavares	Varitintas- Loja de tintas em Massamá	Veteranos M40	2:00:27.5
106	francisco Amaro	Varitintas- Loja de tintas em Massamá	Veteranos M50	2:11:07.9
27.	Clube do Stress 1		6:13:43,53	
431	Joao Cabeleira	Clube do Stress	Veteranos M45	1:45:23.5
432	Luis Barros	Clube do Stress	Veteranos M45	2:08:10.9
37	António Teixeira Duarte	Clube do Stress	Veteranos M55	2:20:09.0
28.	Serviços Sociais Montepio 1		6:17:48,74	
392	Bruno Duque	Serviços Sociais Montepio	Seniors-M	1:52:49.0
393	Bruno Rodrigues	Serviços Sociais Montepio	Veteranos M40	2:12:29.7
427	Anabela Sousa	Serviços Sociais Montepio	Veteranas F40	2:12:29.9
29.	Salamandrecos 1		6:18:22,90	
64	Emanuel Severino	Salamandrecos	Seniors-M	1:57:57.3
408	António Santos	Salamandrecos	Veteranos M45	2:06:28.5
63	Cátia Luis	Salamandrecos	Seniors-F	2:13:56.9
30.	O MUNDO DA CORRIDA 1		6:24:38,81	
302	Paulo Trindade	O MUNDO DA CORRIDA	Veteranos M40	1:53:20.1
406	Luis Calheiro	O MUNDO DA CORRIDA	Veteranos M40	2:02:16.2
123	Nuno Anjos	O MUNDO DA CORRIDA	Veteranos M40	2:29:02.4
31.	Cabral Fast Team 1		7:12:47,83	
370	Patricia Madeira	Cabral Fast Team	Seniors-F	2:24:14.2
372	Rui Costa	Cabral Fast Team	Veteranos M40	2:24:16.6
369	Joao Cardoso	Cabral Fast Team	Seniors-M	2:24:16.9
32.	Guerreiros do Rio 1		7:19:02,98	
349	João Robalo	Guerreiros do Rio	Veteranos M55	2:19:03.2
348	Renato Saragoça	Guerreiros do Rio	Veteranos M40	2:22:49.4
347	Daniela Carvalho	Guerreiros do Rio	Veteranas F40	2:37:10.2
33.	Encontramo-nos na meta 1		7:43:00,97	
267	Tânia Simões	Encontramo-nos na meta	Seniors-F	2:34:20.0
269	Paulo Massano	Encontramo-nos na meta	Seniors-M	2:34:20.2

42ª Meia Maratona de S. João das Lampas

Team Results 42ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
268	Raúl Massano	Encontramo-nos na meta	Seniors-M	2:34:20.6