

43ª Meia Maratona de S. João das Lampas

Finisher List 43ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
43ª Meia Maratona de S. João das Lampas												
1	ANDRE ALVES	399	1:18:02.6	1:17:59.3	1	Sen-M	1	VITORIA FUTEBOL CLUBE	0:33:34.5	1	0:54:51.4	1
2	FRANCISCO PEDRO	12	1:19:16.8	1:19:14.4	2	M45	1	ASSOCIAÇÃO VALE GRANDE	0:33:38.1	3	0:55:02.3	3
3	MARK RIBEIRO	398	1:19:57.3	1:19:54.3	3	Sen-M	2	VITORIA FUTEBOL CLUBE	0:33:34.7	2	0:54:59.8	2
4	JOÃO GINJA	15	1:20:51.8	1:20:49.0	4	M50	1	Linda-a-Pastora Sporting Clube	0:35:05.6	7	0:58:19.2	5
5	ARTUR OLIVEIRA	96	1:21:10.2	1:21:07.0	5	M45	2	Casa do Benfica em Algueirão Mem Martins	0:34:48.5	5	0:57:59.0	4
6	DANIEL ALMEIDA	310	1:21:44.7	1:21:41.0	6	S23-M	1	CCD Sintrense	0:35:05.0	6	0:58:19.3	6
7	MARCELO SANTOS	397	1:22:22.7	1:22:20.1	7	Sen-M	3	VITORIA FUTEBOL CLUBE	0:34:07.8	4	0:58:27.2	7
8	ANTÓNIO PINTO	274	1:23:21.8	1:23:19.2	8	M40	1		0:35:08.0	9	0:58:57.3	8
9	JOÃO PIRES	198	1:24:35.7	1:24:33.0	9	M40	2		0:35:49.4	10	1:00:19.2	10
10	ANTÓNIO ANTUNES	231	1:25:08.9	1:25:05.9	10	M45	3	Linda-a-Pastora Sporting Clube	0:37:23.0	19	1:01:45.6	13
11	FÁBIO PEREIRA	266	1:25:19.3	1:25:15.7	11	Sen-M	4	Sporting Clube de Casainhos	0:36:50.7	13	1:01:27.5	11
12	PAULO SILVA	234	1:25:28.1	1:25:25.5	12	M45	4	Linda-a-Pastora Sporting Clube	0:37:05.7	16	1:01:42.1	12
13	VIRGÍLIO GOMES	419	1:26:04.1	1:26:00.7	13	M50	2	Clube de praças da Armada	0:36:42.8	11	1:01:45.9	14
14	GONÇALO OLIVEIRA	146	1:26:22.8	1:26:19.6	14	Sen-M	5		0:35:05.9	8	0:58:57.7	9
15	CARLOS LOPES	152	1:27:09.7	1:27:01.1	15	M45	5	Casa do Benfica em Algueirão Mem Martins	0:36:59.7	14	1:02:16.0	18
16	PEDRO SIMÕES	332	1:27:18.8	1:27:09.5	16	M40	3		0:37:09.9	17	1:02:13.9	17
17	HENRIQUE JANOTA	49	1:27:32.7	1:27:30.1	17	M45	6	Caracóis de Pedra	0:37:16.1	18	1:02:11.8	16
18	JULIO FINOTE	309	1:27:34.6	1:27:30.8	18	M50	3	CCD Sintrense	0:36:48.6	12	1:02:20.2	19
19	DAVID KARIM	86	1:27:36.1	1:27:29.6	19	M40	4	AUTO JACINTO	0:38:08.9	24	1:03:12.5	22
20	PEDRO BOLEIXA	358	1:27:38.7	1:27:35.8	20	M45	7	Associação Cultural Sambrasense	0:37:00.9	15	1:02:08.8	15
21	JOÃO SILVA	102	1:27:44.4	1:27:41.0	21	Sen-M	6	Casa do Benfica em Algueirão Mem Martins	0:37:54.1	21	1:03:09.0	20
22	JOÃO AFONSO	480	1:27:44.9	1:27:39.4	22	M40	5		0:38:35.2	32	1:03:28.1	25
23	TELMO NOGUEIRA	123	1:27:53.0	1:27:45.5	23	Sen-M	7		0:38:30.8	30	1:03:19.3	23
24	MIGUEL SOBRAL	227	1:28:01.4	1:27:58.5	24	M40	6	Associação GDAK	0:38:01.1	23	1:03:26.6	24
25	BRUNO MARCELINO	299	1:28:17.8	1:28:15.2	25	Sen-M	8		0:37:51.8	20	1:03:11.4	21
26	DAVID SILVA	161	1:28:47.8	1:28:41.7	26	Sen-M	9	O MUNDO DA CORRIDA	0:38:27.0	29	1:03:35.6	26
27	SAMUEL SEBASTIAO	89	1:29:05.0	1:28:42.7	27	Sen-M	10	Caracóis de Pedra	0:39:14.2	44	1:04:21.6	29
28	JOSÉ SANTOS	372	1:29:05.2	1:29:01.7	28	M40	7		0:38:12.3	27	1:04:06.5	28
29	HUGO BATISTA	121	1:29:42.1	1:29:38.3	29	M40	8		0:38:10.6	25	1:03:56.1	27
30	BRUNO DIAS	311	1:29:57.1	1:29:53.7	30	M40	9	CCD Sintrense	0:38:46.0	34	1:05:05.1	35
31	JOSÉ BORGES	220	1:30:07.8	1:30:02.6	31	M40	10	Linda-a-Pastora Sporting Clube	0:39:02.0	38	1:04:59.7	34
32	ALEXANDRE SOARES	232	1:30:33.4	1:30:14.9	32	M55	1	BOAVISTA DO PICO AÇORES	0:39:11.6	42	1:04:58.6	33
33	MARCO FERNANDES	160	1:30:46.5	1:30:43.5	33	M40	11	M.T.B.A	0:38:14.9	28	1:04:25.1	30
34	NELSON FELIX	172	1:30:48.3	1:30:42.3	34	M40	12	Correr Queluz	0:38:48.5	36	1:05:23.8	40
35	JOSÉ GOMES	202	1:31:01.4	1:30:56.3	35	M55	2		0:39:11.1	40	1:05:20.9	38
36	TIAGO SILVA	55	1:31:11.7	1:31:07.8	36	Sen-M	11	Linda-a-Pastora Sporting Clube	0:38:41.3	33	1:05:12.1	36
37	JORGE GONCALVES	255	1:31:36.4	1:31:33.5	37	M50	4	a broca lda	0:39:07.5	39	1:05:21.9	39
38	ALVARO OLIVEIRA	94	1:31:41.9	1:31:38.6	38	M50	5	Casa do Benfica em Algueirão Mem Martins	0:38:12.1	26	1:05:16.9	37
39	PEDRO BARREIRÃO	135	1:31:54.4	1:31:49.1	39	Sen-M	12		0:37:59.6	22	1:04:31.1	32
40	HUGO PALMEIRO	100	1:31:54.9	1:31:46.9	40	M40	13	Casa do Benfica em Algueirão Mem Martins	0:39:58.1	54	1:05:55.5	43

43ª Meia Maratona de S. João das Lampas

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
41	NELSON LOURO	317	1:32:04.4	1:31:58.1	41	Sen-M	13		0:38:48.4	35	1:05:24.3	41
42	SAMUEL MARQUES	112	1:32:22.4	1:32:08.6	42	M40	14		0:39:32.2	49	1:06:15.1	46
43	ARETINO MOTA	52	1:32:28.7	1:32:11.8	43	M55	3	Linda-a-Pastora Sporting Clube	0:39:49.8	50	1:06:50.1	50
44	JOSE MARCELINO	54	1:32:50.9	1:32:47.0	44	M55	4	Linda-a-Pastora Sporting Clube	0:39:11.3	41	1:05:55.5	44
45	ORLANDO CORREIA	199	1:32:53.1	1:32:50.1	45	M45	8	Linda-a-Pastora Sporting Clube	0:39:20.7	46	1:06:02.4	45
46	ALMIRO FEIJÃO	53	1:33:03.6	1:32:59.9	46	M60	1	Linda-a-Pastora Sporting Clube	0:39:13.0	43	1:06:30.1	47
47	SÉRGIO FERNANDES	143	1:33:15.5	1:33:06.2	47	Sen-M	14		0:39:30.1	48	1:06:37.1	49
48	ANTÓNIO VILELA	32	1:33:29.3	1:33:21.0	48	M45	9	Real Academia	0:41:35.4	71	1:08:06.9	56
49	SÉRGIO PIRES	333	1:33:47.8	1:33:53.9	49	M40	15		0:41:16.0	66	1:08:30.1	60
50	CARLOS PEDRO	217	1:34:00.0	1:33:54.6	50	M45	10	Linda-a-Pastora Sporting Clube	0:40:16.1	57	1:07:23.1	51
51	EDGAR TRIGO	36	1:34:02.8	1:34:00.2	51	M50	6	CCD Sintrense	0:39:17.2	45	1:05:46.1	42
52	NELSON CUSTÓDIO	238	1:34:21.3	1:34:09.0	52	M40	16	CDCR CTT Lisboa	0:44:44.8	130	1:10:05.8	70
53	RICARDO LOBO	301	1:34:23.2	1:34:13.0	53	M45	11		0:39:56.9	53	1:07:31.2	53
54	JOAQUIM OLIVEIRA	224	1:34:37.3	1:34:34.2	54	M50	7	Clube EDP Lisboa	0:40:01.9	56	1:07:36.8	54
55	JOÃO PAIXÃO	275	1:34:45.8	1:34:41.9	55	M45	12	NAPA - Núcleo Amigos Perna Assada	0:39:55.5	51	1:07:27.6	52
56	JULIO FERNANDES	409	1:35:06.5	1:34:57.7	56	M40	17	Grupo Desportivo Roche Portugal	0:41:08.3	63	1:08:21.8	59
57	PAULO GOMES	345	1:35:09.1	1:34:53.8	57	Sen-M	15		0:39:29.2	47	1:06:36.8	48
58	ANTÓNIO PAIAS	424	1:35:26.0	1:35:22.4	58	M60	2	Correr Lisboa	0:40:35.3	59	1:08:32.9	61
59	RUI MACHINHO	47	1:35:38.8	1:35:25.9	59	M40	18		0:39:58.9	55	1:07:38.9	55
60	ANDRE CABRAL	302	1:35:39.8	1:35:21.9	60	M40	19		0:41:03.9	62	1:08:44.0	63
61	PEDRO PIRES	421	1:35:49.9	1:35:41.7	61	M50	8	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	0:41:27.4	68	1:09:22.5	66
62	LUÍS QUEIRÓS	422	1:35:56.3	1:35:28.4	62	M45	13		0:40:57.1	60	1:08:36.2	62
63	FELIPE SOUZA	365	1:36:27.4	1:36:08.0	63	Sen-M	16		0:41:26.0	67	1:08:09.2	57
64	JAIME MAURÍCIO	158	1:36:53.4	1:36:50.8	64	M45	14	M.T.B.A	0:40:58.7	61	1:09:19.3	65
65	RUI SILVA	258	1:36:54.5	1:36:49.0	65	Sen-M	17	Linda-a-Pastora Sporting Clube	0:41:08.8	64	1:08:50.0	64
66	LUIS SILVA	163	1:37:39.6	1:37:32.8	66	Sen-M	18	Grupo Sportivo Adicense	0:41:59.2	73	1:09:52.0	68
67	NUNO HENRIQUES	193	1:37:45.6	1:37:41.9	67	M40	20	GDCTINCM	0:42:02.3	76	1:09:55.9	69
68	TÚLIO COELHO	64	1:37:57.7	1:37:30.5	68	M50	9		0:44:11.2	113	1:12:05.4	89
69	ANTÓNIO ROQUE	25	1:38:09.8	1:37:46.6	69	Sen-M	19	Caracóis de Pedra	0:42:06.4	77	1:09:47.7	67
70	FERNANDO FEIJÃO	165	1:38:24.3	1:38:21.2	70	M60	3	Linda-a-Pastora Sporting Clube	0:41:28.8	69	1:10:20.4	72
71	RUI SANTOS	321	1:38:25.8	1:38:10.5	71	M40	21		0:43:04.3	90	1:11:15.3	81
72	ROGERIO AZEVEDO	433	1:38:35.1	1:38:31.6	72	M45	15	CCD Sintrense	0:40:30.4	58	1:10:27.4	74
73	CARLOS ALCOBIA	336	1:38:42.5	1:38:34.4	73	M40	22	RUN 4 FUN	0:42:13.9	78	1:10:30.5	75
74	RICARDO SILVA	197	1:38:52.9	1:38:28.7	74	Sen-M	20		0:42:21.1	82	1:10:43.6	76
75	EDUARDO LEITE	210	1:39:03.6	1:38:58.3	75	M40	23		0:43:34.2	103	1:12:24.3	90
76	TIAGO RIBEIRO	426	1:39:16.9	1:39:07.3	76	Sen-M	21		0:38:32.2	31	1:04:29.4	31
77	MARTA CONCEIÇÃO	115	1:39:22.6	1:39:15.4	1	Sen-F	1		0:43:21.3	96	1:11:37.3	85
78	FERNANDO ANDRADE	92	1:39:25.2	1:39:01.0	77	M40	24	Os Perigosos	0:43:05.2	91	1:11:18.6	82
79	MIGUEL FERNANDES	87	1:39:29.7	1:39:17.2	78	M40	25	AUTO JACINTO	0:42:32.0	83	1:10:44.9	77
80	JOSÉ NUNES	73	1:39:32.7	1:39:26.5	79	M50	10		0:42:18.7	80	1:11:37.1	84
81	FÁBIO PORTELA	195	1:39:40.1	1:39:32.5	80	Sen-M	22	Linda-a-Pastora Sporting Clube	0:43:10.9	93	1:12:04.4	88
82	JORGE SIMÃO	350	1:39:47.0	1:39:44.0	81	M60	4	CCD PM Cascais	0:41:31.2	70	1:10:49.9	79

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Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
83	JOÃO QUEIROZ	389	1:39:50.0	1:39:21.5	82	M45	16	CCD Siemens	0:42:53.2	86	1:11:49.6	87
84	JORGE NABAIS	50	1:40:26.5	1:39:59.2	83	Sen-M	23	RJ Team	0:42:01.0	74	1:10:18.0	71
85	JORGE LEITE	40	1:40:31.9	1:40:23.7	84	M45	17		0:43:34.1	102	1:12:32.0	93
86	RUTE MARTINS	51	1:40:35.9	1:40:08.5	2	Sen-F	2	RJ Team	0:42:01.4	75	1:10:24.4	73
87	NUNO MARTINS	56	1:40:38.1	1:40:28.8	85	M40	26	Linda-a-Pastora Sporting Clube	0:42:19.2	81	1:10:46.6	78
88	RICARDO PINELA	24	1:40:39.5	1:40:22.4	86	Sen-M	24		0:44:29.3	120	1:13:10.5	104
89	VASCO ASCENSÃO	237	1:40:41.4	1:40:29.7	87	M45	18	CDCR CTT Lisboa	0:43:48.1	107	1:12:41.5	95
90	DIAMANTINO GAMITO	113	1:40:47.3	1:40:41.9	88	M50	11	Linda-a-Pastora Sporting Clube	0:42:37.7	84	1:11:36.7	83
91	CARLOS COSTA	98	1:41:08.0	1:40:38.6	89	M50	12	Casa do Benfica em Algueirão Mem Martins	0:43:57.8	111	1:12:43.7	96
92	CARLOS FRANÇA	1	1:41:18.7	1:41:05.3	90	M40	27	CAD a Correr	0:42:39.0	85	1:11:40.3	86
93	PEDRO CRUZ	261	1:41:20.6	1:40:52.4	91	M40	28		0:43:36.3	105	1:12:57.4	101
94	RICARDO SANTOS	435	1:41:23.8	1:40:59.1	92	M45	19	TIBA	0:43:49.5	109	1:12:47.6	99
95	CÁTIA NASCIMENTO	130	1:41:28.9	1:41:22.2	3	Sen-F	3		0:43:00.9	88	1:12:29.4	92
96	NUNO SILVA	144	1:41:49.4	1:41:27.1	93	M45	20		0:41:12.2	65	1:11:02.6	80
97	HELDER TAVARES	250	1:41:53.3	1:41:31.7	94	M40	29	Varitintas	0:43:24.1	99	1:12:25.4	91
98	PATRICIA CALDAS	88	1:41:55.6	1:41:32.5	4	Sen-F	4	Caracóis de Pedra	0:44:35.3	125	1:13:42.1	110
99	PEDRO CARRASQUEIRA	97	1:41:57.5	1:41:34.3	95	Sen-M	25	Casa do Benfica em Algueirão Mem Martins	0:44:34.7	123	1:13:42.9	111
100	TIAGO ALMEIDA	256	1:41:58.3	1:41:35.6	96	Sen-M	26	Caracóis de Pedra	0:43:23.8	98	1:12:37.5	94
101	CARLOS BAPTISTA	265	1:42:00.3	1:41:50.4	97	M55	5	Sporting Clube de Casainhos	0:43:49.7	110	1:13:13.8	106
102	ARMINDO TEIXEIRA	267	1:42:00.7	1:41:50.6	98	Sen-M	27	Sporting Clube de Casainhos	0:43:48.8	108	1:13:14.3	107
103	MARCO LOURENÇO	226	1:42:02.0	1:41:32.4	99	M40	30		0:44:40.3	127	1:14:04.9	114
104	RUI MONICA	128	1:42:34.1	1:42:14.4	100	M45	21		0:44:18.8	115	1:13:51.0	112
105	TIAGO PORTO	83	1:42:42.3	1:42:24.7	101	Sen-M	28		0:43:30.0	101	1:12:46.8	98
106	HENRIQUE ANTUNES	34	1:43:02.2	1:42:40.1	102	Sen-M	29		0:43:22.5	97	1:13:17.1	109
107	HUMBERTO CASTANHEIRA	75	1:43:02.6	1:42:51.0	103	M50	13		0:44:25.9	117	1:14:11.9	115
108	FERNANDO CAÇOTE	305	1:43:03.0	1:43:00.2	104	Sen-M	30		0:38:58.1	37	1:08:17.1	58
109	ANTÓNIO SENGO	241	1:43:03.2	1:42:46.1	105	M40	31	CDCR CTT Lisboa	0:46:31.4	181	1:14:51.6	124
110	RICARDO LEITÃO	438	1:43:12.6	1:42:45.4	106	M40	32		0:45:20.1	145	1:14:29.1	118
111	JOÃO ROSINHA	188	1:43:12.9	1:42:44.4	107	M45	22		0:45:18.7	144	1:14:27.7	117
112	JORGE SOUSA	403	1:43:17.6	1:42:55.6	108	M55	6		0:43:18.2	94	1:12:46.6	97
113	ANTÓNIO FERREIRA	175	1:43:19.4	1:43:13.5	109	Sen-M	31		0:43:10.1	92	1:13:01.4	103
114	JORGE MIMOSO	211	1:43:31.9	1:43:09.6	110	M45	23		0:45:05.3	139	1:14:36.5	121
115	ARMANDO DIAS	177	1:43:36.3	1:43:33.6	111	M50	14		0:43:02.7	89	1:13:12.4	105
116	JOÃO FÉLIX	390	1:43:43.9	1:43:21.6	112	M45	24		0:42:53.5	87	1:12:55.7	100
117	RICARDO SANTOS	119	1:43:48.6	1:43:33.8	113	M45	25		0:45:01.8	137	1:14:30.9	119
118	JOÃO PINTO	117	1:43:49.9	1:43:35.6	114	M50	15		0:45:02.8	138	1:14:32.8	120
119	PEDRO MARQUES	249	1:43:53.7	1:43:28.9	115	Sen-M	32		0:45:26.0	148	1:14:44.8	123
120	PAULO NUNES	114	1:43:59.2	1:43:49.5	116	M45	26		0:43:18.9	95	1:13:16.5	108
121	LUÍS ANDRADE	246	1:44:30.3	1:44:16.7	117	M45	27	CDCR CTT Lisboa	0:44:12.9	114	1:14:25.5	116
122	RUI SILVA	84	1:44:39.1	1:44:33.3	118	M45	28	CD Estrela	0:44:34.8	124	1:15:41.1	131
123	JOÃO FRAZÃO	18	1:44:54.5	1:44:41.6	119	Sen-M	33		0:44:38.8	126	1:14:52.8	125
124	JOSÉ INOCÊNCIO	101	1:44:59.9	1:44:52.0	120	M65	1	Casa do Benfica em Algueirão Mem Martins	0:44:49.0	131	1:14:57.2	126

43ª Meia Maratona de S. João das Lampas

Finisher List 43ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
125	RAINER HOFFMANN	14	1:45:05.3	1:44:40.8	121	M50	16		0:43:36.7	106	1:13:52.9	113
126	NUNO CABEÇA	270	1:45:13.4	1:44:44.8	122	M50	17		0:45:37.9	153	1:15:45.7	132
127	AVELINO RODRIGUES	343	1:45:16.6	1:44:59.5	123	M45	29		0:46:14.8	169	1:15:58.5	136
128	PEDRO FONTOURA	340	1:45:24.1	1:45:12.2	124	M45	30	SS CGD	0:44:58.8	136	1:15:46.5	133
129	PEDRO PEREIRA	328	1:45:26.2	1:45:17.9	125	M40	33	Bombeiros voluntários de Montemor-o-Novo	0:45:33.6	150	1:16:12.5	144
130	EDUARDO LUÍS	39	1:45:33.2	1:45:19.6	126	M40	34	Atómicos	0:44:41.6	128	1:15:09.2	128
131	JOSÉ JACINTO	181	1:45:48.5	1:45:39.9	127	M45	31		0:44:34.3	121	1:14:59.5	127
132	CARLOS FERREIRA	331	1:46:00.8	1:45:48.3	128	M55	7		0:45:23.9	146	1:16:01.2	138
133	JOÃO BARBADO	191	1:46:01.1	1:45:33.5	129	M50	18		0:45:55.8	160	1:16:00.8	137
134	MIGUEL SEQUEIRA	45	1:46:07.0	1:45:58.0	130	Sen-M	34	Linda-a-Pastora Sporting Clube	0:44:55.3	134	1:17:40.5	166
135	RUI CABRAL	46	1:46:07.0	1:46:00.2	131	M45	32	Linda-a-Pastora Sporting Clube	0:44:56.1	135	1:17:41.9	167
136	PEDRO RAMOS	116	1:46:09.5	1:45:50.9	132	M50	19		0:46:18.1	172	1:16:40.3	150
137	DAVID MONTEIRO	420	1:46:10.6	1:45:36.2	133	Sen-M	35		0:47:08.4	199	1:17:53.6	170
138	RUI ALMEIDA	59	1:46:14.9	1:45:56.9	134	M45	33	Corrida Noturna Parque das Nações	0:46:24.8	176	1:16:52.4	153
139	BRUNO SILVA	360	1:46:25.2	1:45:54.4	135	M40	35		0:47:02.4	195	1:17:20.6	161
140	RITA ANTUNES	203	1:46:26.2	1:46:16.1	5	Sen-F	5	CD ARNEIRO	0:45:26.1	149	1:16:12.6	145
141	BELCHIOR BARROCAS	205	1:46:27.9	1:46:17.8	136	M50	20	CD ARNEIRO	0:45:26.0	147	1:16:06.5	140
142	RICARDO GANHÃO	296	1:46:39.9	1:46:20.5	137	Sen-M	36		0:44:06.9	112	1:15:22.3	129
143	JOSÉ ROLÃO	60	1:46:44.2	1:46:28.1	138	M60	5	Corrida Noturna Parque das Nações	0:46:21.0	174	1:16:07.0	141
144	PAULA MARTINS	383	1:46:47.1	1:46:26.8	6	Sen-F	6		0:44:51.3	133	1:16:16.7	147
145	JOÃO SILVA	134	1:46:48.0	1:46:38.2	139	M50	21		0:45:17.0	142	1:15:53.1	134
146	FILIPE SILVA	235	1:46:55.7	1:46:26.4	140	M40	36		0:45:13.9	140	1:15:23.0	130
147	LEONEL NEVES	6	1:46:56.8	1:46:41.4	141	M65	2	Amigos Vale Silêncio	0:45:34.7	151	1:16:55.9	155
148	SÉRGIO PEDRO	82	1:47:02.4	1:46:31.9	142	Sen-M	37	TINTO RUNNING TEAM	0:45:17.4	143	1:15:57.5	135
149	ANA VIGIA	295	1:47:08.6	1:47:00.7	7	F45	1		0:45:54.1	159	1:17:15.4	160
150	CLÁUDIO MACATRÃO	404	1:47:09.1	1:46:56.9	143	Sen-M	38		0:47:25.3	201	1:17:10.7	159
151	BOGDAN SANDU	33	1:47:13.2	1:46:51.3	144	Sen-M	39		0:42:18.2	79	1:12:59.0	102
152	JOÃO CAETANO	318	1:47:50.4	1:47:38.8	145	M45	34		0:44:27.5	119	1:16:14.5	146
153	HÉLIO GARCIA	221	1:47:52.3	1:47:21.3	146	M40	37		0:46:56.0	193	1:17:23.0	162
154	RICARDO TRIGUEIRO	190	1:47:58.3	1:47:51.9	147	Sen-M	40	Grupo Sportivo Adicense	0:44:20.7	116	1:16:17.9	148
155	TIAGO RAMOS	324	1:48:30.1	1:48:19.2	148	M40	38		0:44:50.8	132	1:16:54.9	154
156	JORGE CARMO	427	1:48:35.9	1:48:19.6	149	Sen-M	41		0:45:46.5	155	1:16:43.1	151
157	LIBERTO SANTOS	214	1:48:37.2	1:48:15.0	150	M50	22		0:45:14.3	141	1:17:00.2	156
158	BRUNO DIAS	315	1:48:40.1	1:48:19.3	151	M40	39		0:46:29.7	178	1:18:04.5	172
159	NUNO SANTIAGO	307	1:48:49.4	1:48:29.1	152	M40	40		0:47:33.8	203	1:18:10.1	174
160	PAULO SANTOS	377	1:48:49.7	1:48:38.3	153	M50	23	LOURDETE PERFUMARIAS	0:46:02.4	162	1:17:48.8	169
161	RICARDO JORGE	230	1:48:51.2	1:48:22.0	154	Sen-M	42	ETX	0:46:17.3	171	1:17:06.8	158
162	JOSÉ DUARTE	103	1:48:56.9	1:48:46.4	155	M55	8	Casa do Benfica em Algueirão Mem Martins	0:46:02.1	161	1:17:04.1	157
163	FRANCISCO JORGE	48	1:48:57.4	1:48:27.1	156	M50	24		0:48:31.0	218	1:19:10.2	186
164	JOÃO LEITÃO	155	1:48:57.6	1:48:44.2	157	M45	35	M.T.B.A	0:46:31.2	180	1:17:27.5	163
165	JOÃO NAVARRO	478	1:49:03.5	1:48:21.8	158	M40	41		0:45:49.5	156	1:16:22.4	149
166	NELSON MOTA	380	1:49:10.1	1:48:56.0	159	M45	36	CCD Tranquilidade	0:46:08.7	163	1:17:27.8	164

43ª Meia Maratona de S. João das Lampas

Finisher List 43ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
167	HUGO FERNANDES	434	1:49:26.7	1:49:18.3	160	Sen-M	43		0:44:25.9	118	1:16:50.4	152
168	HÉLDER PIRES	71	1:49:35.5	1:49:06.2	161	M40	42		0:46:33.3	182	1:18:15.3	175
169	ALEXANDRE LUCAS	28	1:49:53.7	1:49:29.9	162	Sen-M	44	Caracóis de Pedra	0:44:34.3	122	1:16:02.4	139
170	EMANUEL SEVERINO	286	1:49:59.7	1:49:31.8	163	Sen-M	45	Salamandrecos	0:49:39.6	241	1:21:08.5	209
171	PEDRO ANTUNES	68	1:50:01.9	1:49:42.5	164	M40	43		0:46:34.6	184	1:17:43.0	168
172	PEDRO PROENÇA	167	1:50:03.7	1:49:56.7	165	M45	37		0:48:02.3	214	1:19:45.4	190
173	ARMANDO CRUZ	327	1:50:04.6	1:49:45.7	166	M50	25		0:46:43.1	189	1:18:26.7	179
174	PEDRO VARANDA	387	1:50:26.3	1:50:19.5	167	M45	38		0:46:09.4	164	1:18:08.3	173
175	EDUARDO CABRITA	379	1:50:34.9	1:50:27.1	168	M45	39	CCD Tranquilidade	0:46:15.8	170	1:18:24.0	178
176	JOSÉ SIMÕES	141	1:50:40.4	1:50:26.9	169	M55	9	O MUNDO DA CORRIDA	0:43:35.5	104	1:14:44.0	122
177	JOSÉ ALVES	396	1:50:45.7	1:50:29.8	170	M45	40		0:48:52.5	223	1:20:42.1	203
178	LUIS ALVES	262	1:50:52.1	1:50:31.1	171	M40	44		0:47:59.6	212	1:19:41.3	188
179	JOSÉ MAIO	206	1:50:55.6	1:50:45.1	172	M55	10	CD ARNEIRO	0:48:36.2	221	1:20:42.1	204
180	ARTUR CARVALHO	131	1:50:57.8	1:50:37.7	173	M45	41	Correr Queluz	0:46:28.7	177	1:18:17.4	176
181	JOÃO FARIA	349	1:51:01.2	1:50:38.9	174	M50	26	CCD PM Cascais	0:50:24.6	257	1:20:59.9	207
182	FRANCISCO TEIXEIRA	313	1:51:04.7	1:50:48.2	175	Sen-M	46		0:48:09.6	216	1:20:35.4	199
183	ANABELA FERREIRA	95	1:51:12.8	1:50:42.9	8	F45	2	Casa do Benfica em Algueirão Mem Martins	0:47:43.2	206	1:20:00.9	194
184	MÁRIO FILIPE	29	1:51:35.0	1:51:16.5	176	M50	27	Salamandrecos	0:45:42.4	154	1:20:04.4	195
185	JORGE FERREIRA	477	1:51:42.1	1:51:24.3	177	M45	42		0:46:47.9	190	1:19:07.9	184
186	JOÃO PEREIRA	388	1:51:56.4	1:51:35.1	178	M45	43		0:47:46.5	207	1:19:54.0	192
187	MICHELANGELO	353	1:52:16.8	1:51:55.7	179	M50	28		0:45:37.6	152	1:18:00.4	171
188	JOÃO VEIGA	425	1:52:17.5	1:51:56.2	180	Sen-M	47		0:46:21.1	175	1:18:23.0	177
189	DAVID SIMÃO	294	1:52:17.7	1:51:57.4	181	M45	44		0:46:30.4	179	1:17:35.6	165
190	HUGO GUERREIRO	251	1:52:30.4	1:52:08.2	182	M40	45	Varitintas	0:46:41.7	188	1:19:05.5	183
191	JOÃO PEREIRA	304	1:52:36.8	1:52:23.2	183	Sen-M	48		0:45:49.8	157	1:19:02.2	182
192	NUNO GAMEIRO	429	1:52:51.6	1:52:41.5	184	Sen-M	49	Saúde ao Quadrado	0:45:52.8	158	1:18:59.6	181
193	PAULO SOUSA	16	1:52:54.0	1:52:39.3	185	M45	45		0:46:18.5	173	1:20:37.1	200
194	CARLOS JESUS	382	1:52:59.5	1:52:52.5	186	Sen-M	50		0:46:59.4	194	1:19:46.3	191
195	RUI FARIA	406	1:53:07.0	1:52:55.2	187	M45	46	RUN 4 FUN	0:46:40.4	187	1:19:26.0	187
196	NUNO PEREIRA	176	1:53:30.5	1:53:04.0	188	M40	46		0:46:34.4	183	1:19:09.8	185
197	PAULO SANTOS	369	1:53:37.8	1:53:18.4	189	M50	29	Renault Run Club	0:46:11.6	165	1:16:10.2	143
198	JOSE BOUCEIRO	363	1:53:38.0	1:53:18.9	190	M50	30	ADCR Policia Judiciaria	0:46:12.1	167	1:16:09.9	142
199	ALBISIO MAGALHAES	4	1:53:46.4	1:53:14.5	191	M65	3		0:46:39.3	185	1:20:41.5	202
200	PEDRO BUENO	204	1:53:46.8	1:53:35.1	192	M50	31	CD ARNEIRO	0:48:35.0	220	1:21:06.3	208
201	MARIO JERÓNIMO	344	1:53:57.1	1:53:38.9	193	M45	47		0:46:13.7	168	1:21:21.9	210
202	SÉRGIO SIMÕES	140	1:53:59.4	1:53:24.6	194	Sen-M	51		0:46:55.2	192	1:20:29.5	198
203	MIGUEL TAVARES	66	1:54:03.7	1:53:44.9	195	M45	48	BRT - Beer Run Team	0:47:30.8	202	1:20:08.1	196
204	DOUGLAS FRY	207	1:54:09.5	1:53:41.3	196	M60	6		0:48:56.1	226	1:21:37.2	213
205	BRUNO BATISTA	325	1:54:10.4	1:53:54.6	197	Sen-M	52		0:51:04.3	267	1:23:43.6	232
206	SÉRGIO BASTOS	316	1:54:18.3	1:53:58.8	198	M40	47		0:49:25.4	235	1:22:43.9	225
207	GONÇALO MELO	418	1:54:21.4	1:54:10.0	199	M50	32	RUN 4 FUN	0:49:46.3	244	1:22:36.9	219
208	JORGE FILIPE	354	1:54:42.1	1:54:16.8	200	M50	33	P4R	0:49:08.5	230	1:21:36.7	212

43ª Meia Maratona de S. João das Lampas

Finisher List 43ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
209	JOÃO PEREIRA	137	1:54:47.3	1:54:35.2	201	M45	49		0:50:11.6	253	1:22:33.8	217
210	SERGIO PEREIRA	412	1:54:48.5	1:54:41.9	202	M40	48		0:50:05.2	250	1:22:26.8	215
211	RUI DIAS	43	1:55:31.6	1:55:06.1	203	M40	49		0:50:05.0	249	1:23:47.5	234
212	RUI JULIAO	41	1:55:31.9	1:55:05.9	204	M50	34	Georunners	0:50:02.1	248	1:23:47.5	235
213	RUI TRINDADE	74	1:55:32.0	1:55:00.4	205	M50	35		0:49:56.4	247	1:23:40.6	230
214	JOSÉ BRANQUINHO	440	1:56:01.4	1:55:46.3	206	M65	4	Arcos de Valdevez	0:44:42.3	129	1:18:40.4	180
215	JOSÉ DIAS	439	1:56:12.8	1:55:39.5	207	M40	50		0:47:17.2	200	1:19:59.6	193
216	ANDRÉ BEJA	173	1:56:14.2	1:55:54.3	208	M40	51		0:50:46.7	262	1:24:16.0	242
217	ALEXANDRE PALMEIRO	225	1:56:15.9	1:55:56.9	209	Sen-M	53		0:47:49.7	208	1:20:44.1	206
218	NUNO PINTÃO	385	1:56:17.0	1:56:02.7	210	M45	50		0:48:53.8	224	1:22:34.9	218
219	CARLOS TEIXEIRA	77	1:56:18.6	1:56:05.7	211	M55	11		0:49:06.1	229	1:22:42.0	222
220	NUNO CABANAS	212	1:56:21.4	1:56:07.5	212	M45	51		0:51:36.0	274	1:24:19.5	244
221	GERMANO BERNARDO	213	1:56:32.3	1:56:19.6	213	M60	7	PRAZER DA CORRIDA	0:52:05.3	280	1:24:50.7	248
222	PEDRO RODOLFO	306	1:56:33.6	1:56:04.2	214	Sen-M	54		0:47:08.3	198	1:21:32.0	211
223	VITOR SILVA	108	1:56:51.4	1:56:19.6	215	M50	36	Casa do Benfica em Algueirão Mem Martins	0:47:40.1	204	1:20:40.4	201
224	CRISTINA CARVALHO	99	1:56:51.6	1:56:21.9	9	F45	3	Casa do Benfica em Algueirão Mem Martins	0:47:42.9	205	1:20:42.3	205
225	LÚIS AFONSO	42	1:56:51.6	1:56:26.9	216	M45	52	Georunners	0:50:06.4	251	1:23:49.6	236
226	ANTÓNIO PINTO	35	1:57:13.9	1:57:02.8	217	M55	12	Correr Queluz	0:49:40.6	242	1:23:46.0	233
227	STEFANO CAMMARATA	400	1:57:22.8	1:57:01.9	218	M45	53		0:50:19.0	255	1:24:01.9	238
228	PEDRO SANTOS	342	1:57:35.1	1:57:07.9	219	M45	54		0:47:58.4	210	1:23:20.9	228
229	FRANCISCO FARINHA	9	1:57:40.5	1:57:29.6	220	Sen-M	55	Correr Queluz	0:48:30.1	217	1:22:41.2	221
230	PAULO MAURICIO	303	1:57:42.5	1:57:32.0	221	Sen-M	56		0:48:31.4	219	1:22:42.3	223
231	SÉRGIO CÂMARA	260	1:57:43.5	1:57:35.0	222	M45	55		0:48:41.0	222	1:22:38.4	220
232	ANTONIO TEIXEIRA	314	1:57:43.8	1:57:18.6	223	M40	52		0:49:23.7	234	1:22:43.3	224
233	VÍTOR AGUILAR	229	1:57:51.6	1:57:42.9	224	M65	5		0:51:58.3	277	1:25:49.3	258
234	JOAO BOGALHEIRO	110	1:57:55.3	1:57:40.3	225	M45	56		0:49:16.2	231	1:23:17.1	227
235	NUNO ALVES	189	1:58:04.8	1:57:57.7	226	M40	53		0:47:05.4	196	1:22:45.8	226
236	PEDRO RODRIGUES	395	1:58:07.6	1:57:42.5	227	M50	37		0:49:19.7	233	1:23:50.0	237
237	SEBASTIEN DELEU	436	1:58:08.6	1:57:43.9	228	M45	57	TIBA	0:47:08.2	197	1:22:31.9	216
238	CESAR SILVESTRE	58	1:58:18.0	1:57:56.3	229	M40	54	Bruxos Runners	0:51:14.5	270	1:25:32.4	257
239	JOSÉ RATO	184	1:58:28.7	1:58:13.4	230	M60	8	60%VIP	0:50:14.0	254	1:25:06.5	252
240	MARIA FIGUEIREDO	355	1:58:32.8	1:58:09.4	10	F45	4	P4R	0:50:08.3	252	1:24:53.6	250
241	HELDER VALADAS	90	1:58:38.1	1:58:13.8	231	Sen-M	57	Os Perigosos	0:49:52.0	245	1:24:03.7	239
242	MARCO CASEIRO	91	1:58:38.2	1:58:14.2	232	M40	55	Os Perigosos	0:49:52.2	246	1:24:03.8	240
243	CARLA RODRIGUES	153	1:58:52.9	1:58:24.0	11	F45	5	Casa do Benfica em Algueirão Mem Martins	0:49:37.6	240	1:23:29.1	229
244	RICARDO DENGUE	346	1:59:10.8	1:58:57.3	233	M40	56		0:48:55.2	225	1:24:04.6	241
245	MÁRIO GASPAR	228	1:59:27.0	1:59:13.2	234	M50	38		0:46:39.4	186	1:20:16.3	197
246	MARCELINO ALMEIDA	393	1:59:29.7	1:59:22.0	235	M55	13		0:48:01.5	213	1:19:44.6	189
247	PEDRO CARMO	126	1:59:50.8	1:59:17.9	236	M40	57		0:50:29.4	258	1:25:10.7	255
248	CARLOS OLEASTRO	57	1:59:53.0	1:59:26.4	237	M55	14		0:52:03.3	279	1:26:59.1	266
249	PAULO TRINDADE	407	1:59:56.9	1:59:34.1	238	M45	58	O MUNDO DA CORRIDA	0:49:19.7	232	1:23:41.9	231
250	DANIEL PINHO	323	1:59:58.8	1:59:35.5	239	Sen-M	58		0:50:35.3	260	1:25:08.4	254

43ª Meia Maratona de S. João das Lampas

Finisher List 43ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
251	MIGUEL MARQUES	335	2:00:10.8	1:59:50.2	240	M40	58		0:46:50.9	191	1:24:18.1	243
252	LUIS SANTOS	384	2:00:15.2	1:59:45.3	241	M50	39		0:51:00.8	266	1:26:39.3	262
253	ANTÓNIO ALMEIDA	257	2:00:16.7	1:59:55.7	242	M55	15	VIA3Runners	0:52:32.7	288	1:27:12.1	268
254	RUI FIGUEIREDO	80	2:00:26.6	2:00:07.6	243	M40	59		0:50:54.3	264	1:25:18.5	256
255	MANUELA PINTO	142	2:00:26.7	2:00:12.8	12	F55	1	O MUNDO DA CORRIDA	0:52:08.9	282	1:26:39.9	263
256	NUNO ALVES	281	2:00:28.8	2:00:16.4	244	M40	60	RUN 4 FUN	0:50:47.2	263	1:26:30.7	261
257	MANUEL VALENÇA	375	2:00:29.6	2:00:22.8	245	Sen-M	59	Team Ercilia	0:49:00.9	228	1:24:41.1	247
258	TIAGO MARQUES	254	2:00:40.0	2:00:09.5	246	Sen-M	60		0:49:33.7	237	1:25:58.1	259
259	JOSÉ PEDRO	2	2:01:06.5	2:00:32.9	247	M45	59		0:51:37.0	275	1:24:32.2	246
260	PEDRO VICENTE	300	2:01:08.1	2:00:59.6	248	M55	16		0:50:35.1	259	1:26:45.8	265
261	JOSE OLIVEIRA	297	2:01:13.7	2:00:59.0	249	M45	60		0:51:26.1	271	1:26:40.4	264
262	PATRICIA MATOS	69	2:01:13.9	2:01:07.8	13	F45	6	Linda-a-Pastora Sporting Clube	0:52:11.0	283	1:28:05.8	273
263	ANA RACHA	374	2:01:51.6	2:01:33.2	14	F50	1		0:51:48.5	276	1:28:08.3	275
264	HUGO PINTO	367	2:02:05.7	2:01:48.6	250	M40	61		0:50:22.1	256	1:24:50.9	249
265	TITA LUIS	285	2:02:25.2	2:01:57.1	15	Sen-F	7	Salamandrecos	0:53:16.6	294	1:28:25.0	277
266	LUIS RAMOS	292	2:02:29.9	2:02:23.6	251	M40	62	Grupo Sportivo Adicense	0:47:50.3	209	1:24:24.5	245
267	JORGE PAULO	147	2:02:34.2	2:02:28.4	252	M60	9	RUN 4 FUN	0:53:11.4	292	1:28:23.2	276
268	NUNO GOMES	222	2:02:46.5	2:02:20.1	253	M40	63		0:48:56.5	227	1:25:02.2	251
269	PEDRO CARVALHO	289	2:03:07.8	2:02:46.8	254	Sen-M	61	One Buy Shop Runners	0:47:59.3	211	1:22:17.5	214
270	JORGE SOUSA	414	2:03:10.0	2:02:44.0	255	M45	61	Serviços Sociais Montepio	0:52:00.9	278	1:28:01.3	271
271	JOAO CUNHA	437	2:03:13.1	2:02:38.5	256	Sen-M	62		0:53:02.3	290	1:28:08.2	274
272	ALFREDO SOUSA	373	2:03:26.7	2:02:54.3	257	M60	10		0:54:38.6	318	1:30:00.2	286
273	JOSÉ HENRIQUES	368	2:03:39.1	2:03:16.5	258	M60	11	Os Perigosos	0:51:28.6	272	1:27:45.9	270
274	SANCHEZ TOM	169	2:03:52.4	2:03:32.4	259	Sen-M	63		0:49:34.9	238	1:25:07.9	253
275	MARIA BORGES	364	2:03:52.9	2:03:26.5	16	F50	2		0:51:34.0	273	1:28:04.4	272
276	TIAGO SANTOS	284	2:04:28.7	2:03:57.9	260	Sen-M	64		0:54:17.0	311	1:29:35.8	284
277	NUNO MARQUES	150	2:04:43.9	2:04:25.2	261	M50	40	RunLovers	0:49:32.4	236	1:26:07.5	260
278	SARA PORTELA	194	2:04:59.6	2:04:51.2	17	Sen-F	8	Linda-a-Pastora Sporting Clube	0:52:14.5	284	1:29:05.9	280
279	RUI MARTINS	244	2:05:19.2	2:05:03.0	262	M50	41	CDCR CTT Lisboa	0:53:58.5	306	1:30:08.0	288
280	PEDRO GOMES	17	2:05:46.5	2:05:24.8	263	Sen-M	65	SS CGD	0:55:02.8	320	1:30:22.5	291
281	ALEXANDRE REIS	93	2:05:50.9	2:05:20.4	264	M55	17	Casa do Benfica em Algueirão Mem Martins	0:52:21.6	285	1:29:21.2	281
282	LUIS PALMA	105	2:06:23.9	2:05:53.1	265	M45	62	Casa do Benfica em Algueirão Mem Martins	0:52:22.2	286	1:29:21.8	282
283	SONIA FERREIRA	106	2:06:23.9	2:05:53.7	18	Sen-F	9	Casa do Benfica em Algueirão Mem Martins	0:52:23.3	287	1:29:23.2	283
284	TEODORO TRINDADE	122	2:06:32.5	2:06:20.1	266	M55	18	RUN 4 FUN	0:54:13.7	310	1:30:03.2	287
285	SANDRA SIMÕES	405	2:06:32.6	2:06:22.0	19	F45	7	RUN 4 FUN	0:55:22.3	324	1:31:49.6	300
286	MARINA MARQUES	298	2:06:32.8	2:06:22.5	20	F45	8	RUN 4 FUN	0:55:22.6	325	1:31:50.0	301
287	ROGÉRIO MATOS	401	2:06:58.1	2:06:48.9	267	M55	19	RUN 4 FUN	0:53:56.6	305	1:30:15.0	289
288	EVA ROSA	196	2:07:41.0	2:07:33.6	21	F50	3		0:53:49.5	301	1:31:14.3	298
289	TÂNIA PATRÍCIA	118	2:07:58.5	2:07:48.0	22	Sen-F	10	Correr em Évora	0:53:44.7	299	1:30:51.6	296
290	NUNO MOREIRA	132	2:07:59.1	2:07:46.9	268	Sen-M	66	Alverca Urban Runners	0:53:42.7	298	1:30:49.8	294
291	ORLANDO DUARTE	392	2:08:06.1	2:07:33.7	269	M60	12		0:56:02.1	330	1:31:51.3	302
292	SARA GOMES	402	2:08:09.0	2:08:00.4	23	S23-F	1		0:53:05.8	291	1:30:48.4	293

43ª Meia Maratona de S. João das Lampas

Finisher List 43ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k
293	JOÉ FILIPE	288	2:08:31.5	2:08:20.7	270	M55	20		0:50:42.3	261	1:27:02.9	267
294	RICARDO OLIVEIRA	290	2:08:36.0	2:08:21.8	271	M45	63	MicroRunning	0:51:04.9	268	1:28:38.0	278
295	CATARINA VARGES	370	2:08:56.5	2:08:25.7	24	F45	9	Clube Ferroviário de Portugal	0:54:38.2	317	1:30:52.9	297
296	FRANCISCO AMARO	159	2:09:10.3	2:09:06.5	272	M50	42	M.T.B.A	0:53:53.1	302	1:30:35.1	292
297	RICARDO DIAS	381	2:09:21.8	2:08:55.7	273	M40	64		0:53:32.0	296	1:32:17.6	305
298	ISABEL VIEIRA	348	2:09:28.9	2:09:07.2	25	F45	10	CCD PM Cascais	0:53:48.4	300	1:32:03.4	304
299	MIGUEL CASTELA	209	2:09:29.1	2:09:13.1	274	M45	64	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	0:54:49.1	319	1:33:51.0	312
300	ANDRÉ LUZ	337	2:09:29.8	2:09:14.4	275	Sen-M	67		0:53:22.4	295	1:31:57.1	303
301	JORGE FERRO	248	2:09:39.8	2:09:29.8	276	M50	43		0:49:43.7	243	1:27:26.5	269
302	ISADORA COSTA	21	2:09:40.5	2:09:09.6	26	Sen-F	11	4 ao km	0:57:25.2	337	1:33:48.2	310
303	LUIS TRINCHEIRAS	291	2:10:08.8	2:09:35.0	277	M40	65		0:51:09.2	269	1:29:01.5	279
304	EDUARDO BERNARDO	8	2:10:13.7	2:10:03.1	278	M45	65	SUDU	0:54:04.2	307	1:31:31.6	299
305	JORGE NUNES	171	2:10:18.2	2:09:57.4	279	M40	66		0:54:12.1	309	1:33:07.6	307
306	HELENA CUSTÓDIO	37	2:11:24.9	2:11:11.6	27	Sen-F	12		0:54:33.4	313	1:33:28.7	309
307	RICARDO RAMOS	245	2:11:55.9	2:11:37.7	280	M40	67	CDCR CTT Lisboa	0:53:56.5	304	1:30:15.9	290
308	JOAO PAIVA	208	2:12:02.2	2:11:35.0	281	Sen-M	68		0:55:30.2	327	1:33:25.1	308
309	LUCINDA TAVARES	65	2:12:49.8	2:12:28.1	28	F40	1	BRT - Beer Run Team	0:57:44.1	339	1:35:53.5	319
310	JOÃO VEIGAS	7	2:13:01.3	2:12:28.5	282	Sen-M	69		0:54:37.2	316	1:30:51.4	295
311	ANTÓNIO DUARTE	201	2:13:11.1	2:12:54.0	283	M65	6	60%VIP	0:55:04.3	321	1:33:49.1	311
312	DAVID GONÇALVES	38	2:13:39.4	2:13:20.2	284	M40	68		0:53:33.6	297	1:35:05.0	316
313	LÚIS ROSA	61	2:13:41.9	2:13:25.5	285	M40	69	Corrida Noturna Parque das Nações	0:54:06.8	308	1:34:55.2	315
314	RODOLFO VEGA	357	2:13:56.9	2:13:28.2	286	M45	66		0:54:34.0	314	1:32:22.5	306
315	RICARDO PATO	200	2:14:06.7	2:13:31.5	287	Sen-M	70		0:58:48.0	345	1:37:44.3	323
316	JOÃO SANTOS	264	2:14:19.5	2:14:03.3	288	M50	44		0:55:35.6	328	1:35:36.9	318
317	JOSÉ SARAIVA	319	2:14:36.0	2:14:13.6	289	M55	21		0:55:14.1	322	1:34:20.5	313
318	IRIS MAURICIO	386	2:14:47.9	2:14:33.2	29	F40	2	M.T.B.A	0:55:44.8	329	1:36:35.8	321
319	JOSÉ GUIA	279	2:15:32.6	2:15:02.6	290	M65	7	SS CGD	0:56:54.9	334	1:37:56.1	326
320	RUI PEREIRA	312	2:15:56.4	2:15:28.7	291	Sen-M	71		0:54:36.3	315	1:35:27.1	317
321	ANTONIO FRANCO	413	2:15:57.7	2:15:29.9	292	M50	45	Serviços Sociais Montepio	0:53:13.4	293	1:29:42.6	285
322	VITOR GONÇALVES	20	2:16:56.3	2:16:25.2	293	M45	67	4 ao km	0:59:59.5	349	1:39:26.3	335
323	ANA ALEIXO	81	2:17:22.7	2:17:13.8	30	F40	3	Linda-a-Pastora Sporting Clube	0:58:02.9	340	1:38:23.2	332
324	RAÚL MATOS	233	2:17:54.4	2:17:44.8	294	M50	46	RUN 4 FUN	0:57:05.7	335	1:38:09.2	328
325	HENRIQUETA SOLIPA	179	2:18:07.1	2:17:48.5	31	F55	2		0:56:34.5	331	1:38:20.1	331
326	MARIA COSTA	187	2:18:24.5	2:17:57.0	32	F55	3		0:58:09.9	342	1:39:07.0	334
327	FRANCISCO AFONSO	428	2:18:27.1	2:18:15.0	295	M55	22	RUN 4 FUN	0:54:19.0	312	1:37:47.7	324
328	DANIEL BERTOLA	168	2:18:50.3	2:18:20.6	296	Sen-M	72		0:53:54.6	303	1:34:47.5	314
329	JOAO COSTA	62	2:18:53.1	2:18:31.6	297	M50	47		0:55:21.3	323	1:36:19.1	320
330	RUI MELO	219	2:18:53.3	2:18:27.7	298	M45	68		0:56:44.9	332	1:38:09.5	329
331	JOÃO MARGAÇA	215	2:18:53.4	2:18:27.8	299	M45	69	Infantado Futebol Clube	0:56:45.1	333	1:38:15.7	330
332	NUNO MADUREIRA	329	2:19:27.0	2:18:58.9	300	Sen-M	73		0:58:34.0	344	1:39:02.4	333
333	PAULO RUIVO	361	2:19:40.0	2:19:10.2	301	Sen-M	74		0:57:34.6	338	1:37:51.1	325
334	JOAQUIM LEAL	423	2:19:55.4	2:19:20.9	302	M55	23		0:55:26.6	326	1:36:42.2	322

43ª Meia Maratona de S. João das Lampas

Finisher List 43ª Meia Maratona de S. João das Lampas

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	P. Esc.	Clube	T9.1k	P9.1k	T15.1k	P15.1k		
335	GRAHAM BYRON	359	2:20:52.9	2:20:18.2	303	M60	13				0:58:18.6	343	1:38:04.9	327
336	HENRIQUE RUIVO	276	2:22:30.7	2:22:10.6	304	M55	24	Tartarugas Solidárias			1:00:26.2	353	1:43:19.2	343
337	VITOR SOUSA	282	2:22:33.7	2:22:05.8	305	M65	8				0:58:03.3	341	1:39:57.0	336
338	SUSANA PACHECO	186	2:22:56.3	2:22:39.6	33	Sen-F	13	60% VIP			1:00:54.8	356	1:42:18.5	340
339	MANUEL FARO	356	2:23:23.3	2:23:17.5	306	M50	48	Grupo Sportivo Adicense			0:59:40.6	347	1:42:31.3	341
340	MARIA FERREIRA	322	2:24:17.0	2:23:45.9	34	F45	11				1:00:54.3	355	1:42:17.0	339
341	JOÃO ALBERTO	22	2:25:35.2	2:25:15.4	307	M50	49	Montes Saloios Trail Team			1:00:27.1	354	1:43:20.7	344
342	SÓNIA SEQUEIRA	44	2:26:44.9	2:26:35.7	35	F40	4	Linda-a-Pastora Sporting Clube			1:00:05.4	351	1:44:03.5	347
343	PAULO MOUTINHO	341	2:27:13.9	2:26:20.9	308	M45	70				0:59:34.0	346	1:42:16.0	338
344	JOSE CORREIA	283	2:27:14.8	2:27:02.6	309	M60	14				1:00:17.3	352	1:42:58.1	342
345	PEDRO JAIME	293	2:28:33.0	2:28:16.2	310	M50	50	Salamandrecos			0:57:09.3	336	1:42:02.1	337
346	JOSÉ LINDO	127	2:30:55.6	2:30:47.1	311	M65	9	CA VALE DE FIGUEIRA			0:59:57.0	348	1:43:44.4	345
347	CRISTINA OLIVEIRA	236	2:31:16.8	2:31:00.2	36	F50	4	Linda-a-Pastora Sporting Clube			1:03:38.9	362	1:48:00.2	351
348	RICARDO CARVALHO	240	2:31:26.7	2:31:09.4	312	M45	71	CDCR CTT Lisboa			1:00:00.7	350	1:43:56.5	346
349	JOAQUIM GAMITO	148	2:33:35.7	2:33:17.4	313	M55	25				1:00:58.4	357	1:46:04.6	348
350	LUIS CALHEIROS	162	2:34:13.6	2:33:47.0	314	M45	72	O MUNDO DA CORRIDA			1:01:26.6	358	1:47:37.6	349
351	SANDRA SENAS	145	2:34:15.2	2:33:49.4	37	F40	5	100% tigerbox			1:01:38.8	359	1:47:56.8	350
352	ESMERALDO PEREIRA	394	2:38:01.4	2:37:29.1	315	M65	10				1:02:35.1	361	1:49:21.8	353
353	IVO MARQUES	164	2:40:45.3	2:40:38.2	316	Sen-M	75				1:02:24.5	360	1:49:10.2	352
354	FATIMA ABREU	417	3:03:38.5	3:03:25.7	38	F65	1	União Desportiva Alfovelos			1:14:45.0	363	2:10:38.5	354
355	FÁBIO DIAS	5	DSQ	1:26:12.4	317	M45	73					-1		-1

Number of records: 355

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
43ª Meia Maratona de S. João das Lampas											
f											
Seniors-F											
1		MARTA CONCEIÇÃO	115	1:39:22.6	1:39:15.4	1	Sen-F	77		0:43:21.3	1:11:37.3
2		RUTE MARTINS	51	1:40:35.9	1:40:08.5	2	Sen-F	86	RJ Team	0:42:01.4	1:10:24.4
3		CÁTIA NASCIMENTO	130	1:41:28.9	1:41:22.2	3	Sen-F	95		0:43:00.9	1:12:29.4
4		PATRICIA CALDAS	88	1:41:55.6	1:41:32.5	4	Sen-F	98	Caracóis de Pedra	0:44:35.3	1:13:42.1
5		RITA ANTUNES	203	1:46:26.2	1:46:16.1	5	Sen-F	140	CD ARNEIRO	0:45:26.1	1:16:12.6
6		PAULA MARTINS	383	1:46:47.1	1:46:26.8	6	Sen-F	144		0:44:51.3	1:16:16.7
7		TITA LUIS	285	2:02:25.2	2:01:57.1	15	Sen-F	265	Salamandrecos	0:53:16.6	1:28:25.0
8		SARA PORTELA	194	2:04:59.6	2:04:51.2	17	Sen-F	278	Linda-a-Pastora Sporting Clube	0:52:14.5	1:29:05.9
9		SONIA FERREIRA	106	2:06:23.9	2:05:53.7	18	Sen-F	283	Casa do Benfica em Algueirão Mem Martins	0:52:23.3	1:29:23.2
10		TÂNIA PATRÍCIA	118	2:07:58.5	2:07:48.0	22	Sen-F	289	Correr em Évora	0:53:44.7	1:30:51.6
11		ISADORA COSTA	21	2:09:40.5	2:09:09.6	26	Sen-F	302	4 ao km	0:57:25.2	1:33:48.2
12		HELENA CUSTÓDIO	37	2:11:24.9	2:11:11.6	27	Sen-F	306		0:54:33.4	1:33:28.7
13		SUSANA PACHECO	186	2:22:56.3	2:22:39.6	33	Sen-F	338	60% VIP	1:00:54.8	1:42:18.5
Sub23-F											
1		SARA GOMES	402	2:08:09.0	2:08:00.4	23	S23-F	292		0:53:05.8	1:30:48.4
Veteranas F40											
1		LUCINDA TAVARES	65	2:12:49.8	2:12:28.1	28	F40	309	BRT - Beer Run Team	0:57:44.1	1:35:53.5
2		IRIS MAURICIO	386	2:14:47.9	2:14:33.2	29	F40	318	M.T.B.A	0:55:44.8	1:36:35.8
3		ANA ALEIXO	81	2:17:22.7	2:17:13.8	30	F40	323	Linda-a-Pastora Sporting Clube	0:58:02.9	1:38:23.2
4		SÓNIA SEQUEIRA	44	2:26:44.9	2:26:35.7	35	F40	342	Linda-a-Pastora Sporting Clube	1:00:05.4	1:44:03.5
5		SANDRA SENAS	145	2:34:15.2	2:33:49.4	37	F40	351	100% tigerbox	1:01:38.8	1:47:56.8
Veteranas F45											
1		ANA VIGIA	295	1:47:08.6	1:47:00.7	7	F45	149		0:45:54.1	1:17:15.4
2		ANABELA FERREIRA	95	1:51:12.8	1:50:42.9	8	F45	183	Casa do Benfica em Algueirão Mem Martins	0:47:43.2	1:20:00.9
3		CRISTINA CARVALHO	99	1:56:51.6	1:56:21.9	9	F45	224	Casa do Benfica em Algueirão Mem Martins	0:47:42.9	1:20:42.3
4		MARIA FIGUEIREDO	355	1:58:32.8	1:58:09.4	10	F45	240	P4R	0:50:08.3	1:24:53.6
5		CARLA RODRIGUES	153	1:58:52.9	1:58:24.0	11	F45	243	Casa do Benfica em Algueirão Mem Martins	0:49:37.6	1:23:29.1
6		PATRICIA MATOS	69	2:01:13.9	2:01:07.8	13	F45	262	Linda-a-Pastora Sporting Clube	0:52:11.0	1:28:05.8
7		SANDRA SIMÕES	405	2:06:32.6	2:06:22.0	19	F45	285	RUN 4 FUN	0:55:22.3	1:31:49.6
8		MARINA MARQUES	298	2:06:32.8	2:06:22.5	20	F45	286	RUN 4 FUN	0:55:22.6	1:31:50.0
9		CATARINA VARGES	370	2:08:56.5	2:08:25.7	24	F45	295	Clube Ferroviário de Portugal	0:54:38.2	1:30:52.9
10		ISABEL VIEIRA	348	2:09:28.9	2:09:07.2	25	F45	298	CCD PM Cascais	0:53:48.4	1:32:03.4

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
11		MARIA FERREIRA	322	2:24:17.0	2:23:45.9	34	F45	340		1:00:54.3	1:42:17.0

Veteranas F50

1		ANA RACHA	374	2:01:51.6	2:01:33.2	14	F50	263		0:51:48.5	1:28:08.3
2		MARIA BORGES	364	2:03:52.9	2:03:26.5	16	F50	275		0:51:34.0	1:28:04.4
3		EVA ROSA	196	2:07:41.0	2:07:33.6	21	F50	288		0:53:49.5	1:31:14.3
4		CRISTINA OLIVEIRA	236	2:31:16.8	2:31:00.2	36	F50	347	Linda-a-Pastora Sporting Clube	1:03:38.9	1:48:00.2

Veteranas F55

1		MANUELA PINTO	142	2:00:26.7	2:00:12.8	12	F55	255	O MUNDO DA CORRIDA	0:52:08.9	1:26:39.9
2		HENRIQUETA SOLIPA	179	2:18:07.1	2:17:48.5	31	F55	325		0:56:34.5	1:38:20.1
3		MARIA COSTA	187	2:18:24.5	2:17:57.0	32	F55	326		0:58:09.9	1:39:07.0

Veteranas F65

1		FATIMA ABREU	417	3:03:38.5	3:03:25.7	38	F65	354	União Desportiva Alfovelos	1:14:45.0	2:10:38.5
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Seniors-M

1		ANDRE ALVES	399	1:18:02.6	1:17:59.3	1	Sen-M	1	VITORIA FUTEBOL CLUBE	0:33:34.5	0:54:51.4
2		MARK RIBEIRO	398	1:19:57.3	1:19:54.3	3	Sen-M	3	VITORIA FUTEBOL CLUBE	0:33:34.7	0:54:59.8
3		MARCELO SANTOS	397	1:22:22.7	1:22:20.1	7	Sen-M	7	VITORIA FUTEBOL CLUBE	0:34:07.8	0:58:27.2
4		FÁBIO PEREIRA	266	1:25:19.3	1:25:15.7	11	Sen-M	11	Sporting Clube de Casainhos	0:36:50.7	1:01:27.5
5		GONÇALO OLIVEIRA	146	1:26:22.8	1:26:19.6	14	Sen-M	14		0:35:05.9	0:58:57.7
6		JOÃO SILVA	102	1:27:44.4	1:27:41.0	21	Sen-M	21	Casa do Benfica em Algueirão Mem Martins	0:37:54.1	1:03:09.0
7		TELMO NOGUEIRA	123	1:27:53.0	1:27:45.5	23	Sen-M	23		0:38:30.8	1:03:19.3
8		BRUNO MARCELINO	299	1:28:17.8	1:28:15.2	25	Sen-M	25		0:37:51.8	1:03:11.4
9		DAVID SILVA	161	1:28:47.8	1:28:41.7	26	Sen-M	26	O MUNDO DA CORRIDA	0:38:27.0	1:03:35.6
10		SAMUEL SEBASTIAO	89	1:29:05.0	1:28:42.7	27	Sen-M	27	Caracóis de Pedra	0:39:14.2	1:04:21.6
11		TIAGO SILVA	55	1:31:11.7	1:31:07.8	36	Sen-M	36	Linda-a-Pastora Sporting Clube	0:38:41.3	1:05:12.1
12		PEDRO BARREIRÃO	135	1:31:54.4	1:31:49.1	39	Sen-M	39		0:37:59.6	1:04:31.1
13		NELSON LOURO	317	1:32:04.4	1:31:58.1	41	Sen-M	41		0:38:48.4	1:05:24.3
14		SÉRGIO FERNANDES	143	1:33:15.5	1:33:06.2	47	Sen-M	47		0:39:30.1	1:06:37.1
15		PAULO GOMES	345	1:35:09.1	1:34:53.8	57	Sen-M	57		0:39:29.2	1:06:36.8
16		FELIPE SOUZA	365	1:36:27.4	1:36:08.0	63	Sen-M	63		0:41:26.0	1:08:09.2
17		RUI SILVA	258	1:36:54.5	1:36:49.0	65	Sen-M	65	Linda-a-Pastora Sporting Clube	0:41:08.8	1:08:50.0
18		LUIS SILVA	163	1:37:39.6	1:37:32.8	66	Sen-M	66	Grupo Sportivo Adicense	0:41:59.2	1:09:52.0
19		ANTÓNIO ROQUE	25	1:38:09.8	1:37:46.6	69	Sen-M	69	Caracóis de Pedra	0:42:06.4	1:09:47.7
20		RICARDO SILVA	197	1:38:52.9	1:38:28.7	74	Sen-M	74		0:42:21.1	1:10:43.6
21		TIAGO RIBEIRO	426	1:39:16.9	1:39:07.3	76	Sen-M	76		0:38:32.2	1:04:29.4
22		FÁBIO PORTELA	195	1:39:40.1	1:39:32.5	80	Sen-M	81	Linda-a-Pastora Sporting Clube	0:43:10.9	1:12:04.4

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
23		JORGE NABAIS	50	1:40:26.5	1:39:59.2	83	Sen-M	84	RJ Team	0:42:01.0	1:10:18.0
24		RICARDO PINELA	24	1:40:39.5	1:40:22.4	86	Sen-M	88		0:44:29.3	1:13:10.5
25		PEDRO CARRASQUEIRA	97	1:41:57.5	1:41:34.3	95	Sen-M	99	Casa do Benfica em Algueirão Mem Martins	0:44:34.7	1:13:42.9
26		TIAGO ALMEIDA	256	1:41:58.3	1:41:35.6	96	Sen-M	100	Caracóis de Pedra	0:43:23.8	1:12:37.5
27		ARMINDO TEIXEIRA	267	1:42:00.7	1:41:50.6	98	Sen-M	102	Sporting Clube de Casainhos	0:43:48.8	1:13:14.3
28		TIAGO PORTO	83	1:42:42.3	1:42:24.7	101	Sen-M	105		0:43:30.0	1:12:46.8
29		HENRIQUE ANTUNES	34	1:43:02.2	1:42:40.1	102	Sen-M	106		0:43:22.5	1:13:17.1
30		FERNANDO CAÇOTE	305	1:43:03.0	1:43:00.2	104	Sen-M	108		0:38:58.1	1:08:17.1
31		ANTÓNIO FERREIRA	175	1:43:19.4	1:43:13.5	109	Sen-M	113		0:43:10.1	1:13:01.4
32		PEDRO MARQUES	249	1:43:53.7	1:43:28.9	115	Sen-M	119		0:45:26.0	1:14:44.8
33		JOÃO FRAZÃO	18	1:44:54.5	1:44:41.6	119	Sen-M	123		0:44:38.8	1:14:52.8
34		MIGUEL SEQUEIRA	45	1:46:07.0	1:45:58.0	130	Sen-M	134	Linda-a-Pastora Sporting Clube	0:44:55.3	1:17:40.5
35		DAVID MONTEIRO	420	1:46:10.6	1:45:36.2	133	Sen-M	137		0:47:08.4	1:17:53.6
36		RICARDO GANHAO	296	1:46:39.9	1:46:20.5	137	Sen-M	142		0:44:06.9	1:15:22.3
37		SÉRGIO PEDRO	82	1:47:02.4	1:46:31.9	142	Sen-M	148	TINTO RUNNING TEAM	0:45:17.4	1:15:57.5
38		CLÁUDIO MACATRÃO	404	1:47:09.1	1:46:56.9	143	Sen-M	150		0:47:25.3	1:17:10.7
39		BOGDAN SANDU	33	1:47:13.2	1:46:51.3	144	Sen-M	151		0:42:18.2	1:12:59.0
40		RICARDO TRIGUEIRO	190	1:47:58.3	1:47:51.9	147	Sen-M	154	Grupo Sportivo Adicense	0:44:20.7	1:16:17.9
41		JORGE CARMO	427	1:48:35.9	1:48:19.6	149	Sen-M	156		0:45:46.5	1:16:43.1
42		RICARDO JORGE	230	1:48:51.2	1:48:22.0	154	Sen-M	161	ETX	0:46:17.3	1:17:06.8
43		HUGO FERNANDES	434	1:49:26.7	1:49:18.3	160	Sen-M	167		0:44:25.9	1:16:50.4
44		ALEXANDRE LUCAS	28	1:49:53.7	1:49:29.9	162	Sen-M	169	Caracóis de Pedra	0:44:34.3	1:16:02.4
45		EMANUEL SEVERINO	286	1:49:59.7	1:49:31.8	163	Sen-M	170	Salamandrecos	0:49:39.6	1:21:08.5
46		FRANCISCO TEIXEIRA	313	1:51:04.7	1:50:48.2	175	Sen-M	182		0:48:09.6	1:20:35.4
47		JOÃO VEIGA	425	1:52:17.5	1:51:56.2	180	Sen-M	188		0:46:21.1	1:18:23.0
48		JOÃO PEREIRA	304	1:52:36.8	1:52:23.2	183	Sen-M	191		0:45:49.8	1:19:02.2
49		NUNO GAMEIRO	429	1:52:51.6	1:52:41.5	184	Sen-M	192	Saúde ao Quadrado	0:45:52.8	1:18:59.6
50		CARLOS JESUS	382	1:52:59.5	1:52:52.5	186	Sen-M	194		0:46:59.4	1:19:46.3
51		SÉRGIO SIMÕES	140	1:53:59.4	1:53:24.6	194	Sen-M	202		0:46:55.2	1:20:29.5
52		BRUNO BATISTA	325	1:54:10.4	1:53:54.6	197	Sen-M	205		0:51:04.3	1:23:43.6
53		ALEXANDRE PALMEIRO	225	1:56:15.9	1:55:56.9	209	Sen-M	217		0:47:49.7	1:20:44.1
54		PEDRO RODOLFO	306	1:56:33.6	1:56:04.2	214	Sen-M	222		0:47:08.3	1:21:32.0
55		FRANCISCO FARINHA	9	1:57:40.5	1:57:29.6	220	Sen-M	229	Correr Queluz	0:48:30.1	1:22:41.2
56		PAULO MAURICIO	303	1:57:42.5	1:57:32.0	221	Sen-M	230		0:48:31.4	1:22:42.3
57		HELDER VALADAS	90	1:58:38.1	1:58:13.8	231	Sen-M	241	Os Perigosos	0:49:52.0	1:24:03.7
58		DANIEL PINHO	323	1:59:58.8	1:59:35.5	239	Sen-M	250		0:50:35.3	1:25:08.4
59		MANUEL VALENÇA	375	2:00:29.6	2:00:22.8	245	Sen-M	257	Team Ercília	0:49:00.9	1:24:41.1
60		TIAGO MARQUES	254	2:00:40.0	2:00:09.5	246	Sen-M	258		0:49:33.7	1:25:58.1
61		PEDRO CARVALHO	289	2:03:07.8	2:02:46.8	254	Sen-M	269	One Buy Shop Runners	0:47:59.3	1:22:17.5
62		JOAO CUNHA	437	2:03:13.1	2:02:38.5	256	Sen-M	271		0:53:02.3	1:28:08.2
63		SANCHEZ TOM	169	2:03:52.4	2:03:32.4	259	Sen-M	274		0:49:34.9	1:25:07.9
64		TIAGO SANTOS	284	2:04:28.7	2:03:57.9	260	Sen-M	276		0:54:17.0	1:29:35.8

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
65		PEDRO GOMES	17	2:05:46.5	2:05:24.8	263	Sen-M	280	SS CGD	0:55:02.8	1:30:22.5
66		NUNO MOREIRA	132	2:07:59.1	2:07:46.9	268	Sen-M	290	Alverca Urban Runners	0:53:42.7	1:30:49.8
67		ANDRÉ LUZ	337	2:09:29.8	2:09:14.4	275	Sen-M	300		0:53:22.4	1:31:57.1
68		JOAO PAIVA	208	2:12:02.2	2:11:35.0	281	Sen-M	308		0:55:30.2	1:33:25.1
69		JOÃO VEIGAS	7	2:13:01.3	2:12:28.5	282	Sen-M	310		0:54:37.2	1:30:51.4
70		RICARDO PATO	200	2:14:06.7	2:13:31.5	287	Sen-M	315		0:58:48.0	1:37:44.3
71		RUI PEREIRA	312	2:15:56.4	2:15:28.7	291	Sen-M	320		0:54:36.3	1:35:27.1
72		DANIEL BERTOLA	168	2:18:50.3	2:18:20.6	296	Sen-M	328		0:53:54.6	1:34:47.5
73		NUNO MADUREIRA	329	2:19:27.0	2:18:58.9	300	Sen-M	332		0:58:34.0	1:39:02.4
74		PAULO RUIVO	361	2:19:40.0	2:19:10.2	301	Sen-M	333		0:57:34.6	1:37:51.1
75		IVO MARQUES	164	2:40:45.3	2:40:38.2	316	Sen-M	353		1:02:24.5	1:49:10.2

Sub23-M

1		DANIEL ALMEIDA	310	1:21:44.7	1:21:41.0	6	S23-M	6	CCD Sintrense	0:35:05.0	0:58:19.3
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Veteranos M40

1		ANTÓNIO PINTO	274	1:23:21.8	1:23:19.2	8	M40	8		0:35:08.0	0:58:57.3
2		JOÃO PIRES	198	1:24:35.7	1:24:33.0	9	M40	9		0:35:49.4	1:00:19.2
3		PEDRO SIMÕES	332	1:27:18.8	1:27:09.5	16	M40	16		0:37:09.9	1:02:13.9
4		DAVID KARIM	86	1:27:36.1	1:27:29.6	19	M40	19	AUTO JACINTO	0:38:08.9	1:03:12.5
5		JOÃO AFONSO	480	1:27:44.9	1:27:39.4	22	M40	22		0:38:35.2	1:03:28.1
6		MIGUEL SOBRAL	227	1:28:01.4	1:27:58.5	24	M40	24	Associação GDAK	0:38:01.1	1:03:26.6
7		JOSÉ SANTOS	372	1:29:05.2	1:29:01.7	28	M40	28		0:38:12.3	1:04:06.5
8		HUGO BATISTA	121	1:29:42.1	1:29:38.3	29	M40	29		0:38:10.6	1:03:56.1
9		BRUNO DIAS	311	1:29:57.1	1:29:53.7	30	M40	30	CCD Sintrense	0:38:46.0	1:05:05.1
10		JOSÉ BORGES	220	1:30:07.8	1:30:02.6	31	M40	31	Linda-a-Pastora Sporting Clube	0:39:02.0	1:04:59.7
11		MARCO FERNANDES	160	1:30:46.5	1:30:43.5	33	M40	33	M.T.B.A	0:38:14.9	1:04:25.1
12		NELSON FELIX	172	1:30:48.3	1:30:42.3	34	M40	34	Correr Queluz	0:38:48.5	1:05:23.8
13		HUGO PALMEIRO	100	1:31:54.9	1:31:46.9	40	M40	40	Casa do Benfica em Algueirão Mem Martins	0:39:58.1	1:05:55.5
14		SAMUEL MARQUES	112	1:32:22.4	1:32:08.6	42	M40	42		0:39:32.2	1:06:15.1
15		SÉRGIO PIRES	333	1:33:47.8	1:33:53.9	49	M40	49		0:41:16.0	1:08:30.1
16		NELSON CUSTÓDIO	238	1:34:21.3	1:34:09.0	52	M40	52	CDCR CTT Lisboa	0:44:44.8	1:10:05.8
17		JULIO FERNANDES	409	1:35:06.5	1:34:57.7	56	M40	56	Grupo Desportivo Roche Portugal	0:41:08.3	1:08:21.8
18		RUI MACHINHO	47	1:35:38.8	1:35:25.9	59	M40	59		0:39:58.9	1:07:38.9
19		ANDRE CABRAL	302	1:35:39.8	1:35:21.9	60	M40	60		0:41:03.9	1:08:44.0
20		NUNO HENRIQUES	193	1:37:45.6	1:37:41.9	67	M40	67	GDCTINCM	0:42:02.3	1:09:55.9
21		RUI SANTOS	321	1:38:25.8	1:38:10.5	71	M40	71		0:43:04.3	1:11:15.3
22		CARLOS ALCOBIA	336	1:38:42.5	1:38:34.4	73	M40	73	RUN 4 FUN	0:42:13.9	1:10:30.5
23		EDUARDO LEITE	210	1:39:03.6	1:38:58.3	75	M40	75		0:43:34.2	1:12:24.3
24		FERNANDO ANDRADE	92	1:39:25.2	1:39:01.0	77	M40	78	Os Perigosos	0:43:05.2	1:11:18.6
25		MIGUEL FERNANDES	87	1:39:29.7	1:39:17.2	78	M40	79	AUTO JACINTO	0:42:32.0	1:10:44.9
26		NUNO MARTINS	56	1:40:38.1	1:40:28.8	85	M40	87	Linda-a-Pastora Sporting Clube	0:42:19.2	1:10:46.6

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
27		CARLOS FRANÇA	1	1:41:18.7	1:41:05.3	90	M40	92	CAD a Correr	0:42:39.0	1:11:40.3
28		PEDRO CRUZ	261	1:41:20.6	1:40:52.4	91	M40	93		0:43:36.3	1:12:57.4
29		HELDER TAVARES	250	1:41:53.3	1:41:31.7	94	M40	97	Varitintas	0:43:24.1	1:12:25.4
30		MARCO LOURENÇO	226	1:42:02.0	1:41:32.4	99	M40	103		0:44:40.3	1:14:04.9
31		ANTÓNIO SENGO	241	1:43:03.2	1:42:46.1	105	M40	109	CDCR CTT Lisboa	0:46:31.4	1:14:51.6
32		RICARDO LEITÃO	438	1:43:12.6	1:42:45.4	106	M40	110		0:45:20.1	1:14:29.1
33		PEDRO PEREIRA	328	1:45:26.2	1:45:17.9	125	M40	129	Bombeiros voluntários de Montemor-o-Novo	0:45:33.6	1:16:12.5
34		EDUARDO LUÍS	39	1:45:33.2	1:45:19.6	126	M40	130	Atómicos	0:44:41.6	1:15:09.2
35		BRUNO SILVA	360	1:46:25.2	1:45:54.4	135	M40	139		0:47:02.4	1:17:20.6
36		FILIPE SILVA	235	1:46:55.7	1:46:26.4	140	M40	146		0:45:13.9	1:15:23.0
37		HÉLIO GARCIA	221	1:47:52.3	1:47:21.3	146	M40	153		0:46:56.0	1:17:23.0
38		TIAGO RAMOS	324	1:48:30.1	1:48:19.2	148	M40	155		0:44:50.8	1:16:54.9
39		BRUNO DIAS	315	1:48:40.1	1:48:19.3	151	M40	158		0:46:29.7	1:18:04.5
40		NUNO SANTIAGO	307	1:48:49.4	1:48:29.1	152	M40	159		0:47:33.8	1:18:10.1
41		JOÃO NAVARRO	478	1:49:03.5	1:48:21.8	158	M40	165		0:45:49.5	1:16:22.4
42		HÉLDER PIRES	71	1:49:35.5	1:49:06.2	161	M40	168		0:46:33.3	1:18:15.3
43		PEDRO ANTUNES	68	1:50:01.9	1:49:42.5	164	M40	171		0:46:34.6	1:17:43.0
44		LUIS ALVES	262	1:50:52.1	1:50:31.1	171	M40	178		0:47:59.6	1:19:41.3
45		HUGO GUERREIRO	251	1:52:30.4	1:52:08.2	182	M40	190	Varitintas	0:46:41.7	1:19:05.5
46		NUNO PEREIRA	176	1:53:30.5	1:53:04.0	188	M40	196		0:46:34.4	1:19:09.8
47		SÉRGIO BASTOS	316	1:54:18.3	1:53:58.8	198	M40	206		0:49:25.4	1:22:43.9
48		SERGIO PEREIRA	412	1:54:48.5	1:54:41.9	202	M40	210		0:50:05.2	1:22:26.8
49		RUI DIAS	43	1:55:31.6	1:55:06.1	203	M40	211		0:50:05.0	1:23:47.5
50		JOSÉ DIAS	439	1:56:12.8	1:55:39.5	207	M40	215		0:47:17.2	1:19:59.6
51		ANDRÉ BEJA	173	1:56:14.2	1:55:54.3	208	M40	216		0:50:46.7	1:24:16.0
52		ANTONIO TEIXEIRA	314	1:57:43.8	1:57:18.6	223	M40	232		0:49:23.7	1:22:43.3
53		NUNO ALVES	189	1:58:04.8	1:57:57.7	226	M40	235		0:47:05.4	1:22:45.8
54		CESAR SILVESTRE	58	1:58:18.0	1:57:56.3	229	M40	238	Bruxos Runners	0:51:14.5	1:25:32.4
55		MARCO CASEIRO	91	1:58:38.2	1:58:14.2	232	M40	242	Os Perigosos	0:49:52.2	1:24:03.8
56		RICARDO DENGUE	346	1:59:10.8	1:58:57.3	233	M40	244		0:48:55.2	1:24:04.6
57		PEDRO CARMO	126	1:59:50.8	1:59:17.9	236	M40	247		0:50:29.4	1:25:10.7
58		MIGUEL MARQUES	335	2:00:10.8	1:59:50.2	240	M40	251		0:46:50.9	1:24:18.1
59		RUI FIGUEIREDO	80	2:00:26.6	2:00:07.6	243	M40	254		0:50:54.3	1:25:18.5
60		NUNO ALVES	281	2:00:28.8	2:00:16.4	244	M40	256	RUN 4 FUN	0:50:47.2	1:26:30.7
61		HUGO PINTO	367	2:02:05.7	2:01:48.6	250	M40	264		0:50:22.1	1:24:50.9
62		LUIS RAMOS	292	2:02:29.9	2:02:23.6	251	M40	266	Grupo Sportivo Adicense	0:47:50.3	1:24:24.5
63		NUNO GOMES	222	2:02:46.5	2:02:20.1	253	M40	268		0:48:56.5	1:25:02.2
64		RICARDO DIAS	381	2:09:21.8	2:08:55.7	273	M40	297		0:53:32.0	1:32:17.6
65		LUIS TRINCHEIRAS	291	2:10:08.8	2:09:35.0	277	M40	303		0:51:09.2	1:29:01.5
66		JORGE NUNES	171	2:10:18.2	2:09:57.4	279	M40	305		0:54:12.1	1:33:07.6
67		RICARDO RAMOS	245	2:11:55.9	2:11:37.7	280	M40	307	CDCR CTT Lisboa	0:53:56.5	1:30:15.9
68		DAVID GONÇALVES	38	2:13:39.4	2:13:20.2	284	M40	312		0:53:33.6	1:35:05.0

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
69		LUÍS ROSA	61	2:13:41.9	2:13:25.5	285	M40	313	Corrida Noturna Parque das Nações	0:54:06.8	1:34:55.2
Veteranos M45											
1		FRANCISCO PEDRO	12	1:19:16.8	1:19:14.4	2	M45	2	ASSOCIAÇÃO VALE GRANDE	0:33:38.1	0:55:02.3
2		ARTUR OLIVEIRA	96	1:21:10.2	1:21:07.0	5	M45	5	Casa do Benfica em Algueirão Mem Martins	0:34:48.5	0:57:59.0
3		ANTÓNIO ANTUNES	231	1:25:08.9	1:25:05.9	10	M45	10	Linda-a-Pastora Sporting Clube	0:37:23.0	1:01:45.6
4		PAULO SILVA	234	1:25:28.1	1:25:25.5	12	M45	12	Linda-a-Pastora Sporting Clube	0:37:05.7	1:01:42.1
5		CARLOS LOPES	152	1:27:09.7	1:27:01.1	15	M45	15	Casa do Benfica em Algueirão Mem Martins	0:36:59.7	1:02:16.0
6		HENRIQUE JANOTA	49	1:27:32.7	1:27:30.1	17	M45	17	Caracóis de Pedra	0:37:16.1	1:02:11.8
7		PEDRO BOLEIXA	358	1:27:38.7	1:27:35.8	20	M45	20	Associação Cultural Sambrasense	0:37:00.9	1:02:08.8
8		ORLANDO CORREIA	199	1:32:53.1	1:32:50.1	45	M45	45	Linda-a-Pastora Sporting Clube	0:39:20.7	1:06:02.4
9		ANTÓNIO VILELA	32	1:33:29.3	1:33:21.0	48	M45	48	Real Academia	0:41:35.4	1:08:06.9
10		CARLOS PEDRO	217	1:34:00.0	1:33:54.6	50	M45	50	Linda-a-Pastora Sporting Clube	0:40:16.1	1:07:23.1
11		RICARDO LOBO	301	1:34:23.2	1:34:13.0	53	M45	53		0:39:56.9	1:07:31.2
12		JOÃO PAIXÃO	275	1:34:45.8	1:34:41.9	55	M45	55	NAPA - Núcleo Amigos Perna Assada	0:39:55.5	1:07:27.6
13		LUÍS QUEIRÓS	422	1:35:56.3	1:35:28.4	62	M45	62		0:40:57.1	1:08:36.2
14		JAIME MAURÍCIO	158	1:36:53.4	1:36:50.8	64	M45	64	M.T.B.A	0:40:58.7	1:09:19.3
15		ROGERIO AZEVEDO	433	1:38:35.1	1:38:31.6	72	M45	72	CCD Sintrense	0:40:30.4	1:10:27.4
16		JOÃO QUEIROZ	389	1:39:50.0	1:39:21.5	82	M45	83	CCD Siemens	0:42:53.2	1:11:49.6
17		JORGE LEITE	40	1:40:31.9	1:40:23.7	84	M45	85		0:43:34.1	1:12:32.0
18		VASCO ASCENSÃO	237	1:40:41.4	1:40:29.7	87	M45	89	CDCR CTT Lisboa	0:43:48.1	1:12:41.5
19		RICARDO SANTOS	435	1:41:23.8	1:40:59.1	92	M45	94	TIBA	0:43:49.5	1:12:47.6
20		NUNO SILVA	144	1:41:49.4	1:41:27.1	93	M45	96		0:41:12.2	1:11:02.6
21		RUI MONICA	128	1:42:34.1	1:42:14.4	100	M45	104		0:44:18.8	1:13:51.0
22		JOÃO ROSINHA	188	1:43:12.9	1:42:44.4	107	M45	111		0:45:18.7	1:14:27.7
23		JORGE MIMOSO	211	1:43:31.9	1:43:09.6	110	M45	114		0:45:05.3	1:14:36.5
24		JOÃO FÉLIX	390	1:43:43.9	1:43:21.6	112	M45	116		0:42:53.5	1:12:55.7
25		RICARDO SANTOS	119	1:43:48.6	1:43:33.8	113	M45	117		0:45:01.8	1:14:30.9
26		PAULO NUNES	114	1:43:59.2	1:43:49.5	116	M45	120		0:43:18.9	1:13:16.5
27		LUÍS ANDRADE	246	1:44:30.3	1:44:16.7	117	M45	121	CDCR CTT Lisboa	0:44:12.9	1:14:25.5
28		RUI SILVA	84	1:44:39.1	1:44:33.3	118	M45	122	CD Estrela	0:44:34.8	1:15:41.1
29		AVELINO RODRIGUES	343	1:45:16.6	1:44:59.5	123	M45	127		0:46:14.8	1:15:58.5
30		PEDRO FONTOURA	340	1:45:24.1	1:45:12.2	124	M45	128	SS CGD	0:44:58.8	1:15:46.5
31		JOSÉ JACINTO	181	1:45:48.5	1:45:39.9	127	M45	131		0:44:34.3	1:14:59.5
32		RUI CABRAL	46	1:46:07.0	1:46:00.2	131	M45	135	Linda-a-Pastora Sporting Clube	0:44:56.1	1:17:41.9
33		RUI ALMEIDA	59	1:46:14.9	1:45:56.9	134	M45	138	Corrida Noturna Parque das Nações	0:46:24.8	1:16:52.4
34		JOÃO CAETANO	318	1:47:50.4	1:47:38.8	145	M45	152		0:44:27.5	1:16:14.5
35		JOÃO LEITÃO	155	1:48:57.6	1:48:44.2	157	M45	164	M.T.B.A	0:46:31.2	1:17:27.5
36		NELSON MOTA	380	1:49:10.1	1:48:56.0	159	M45	166	CCD Tranquilidade	0:46:08.7	1:17:27.8
37		PEDRO PROENÇA	167	1:50:03.7	1:49:56.7	165	M45	172		0:48:02.3	1:19:45.4
38		PEDRO VARANDA	387	1:50:26.3	1:50:19.5	167	M45	174		0:46:09.4	1:18:08.3
39		EDUARDO CABRITA	379	1:50:34.9	1:50:27.1	168	M45	175	CCD Tranquilidade	0:46:15.8	1:18:24.0

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
40		JOSÉ ALVES	396	1:50:45.7	1:50:29.8	170	M45	177		0:48:52.5	1:20:42.1
41		ARTUR CARVALHO	131	1:50:57.8	1:50:37.7	173	M45	180	Correr Queluz	0:46:28.7	1:18:17.4
42		JORGE FERREIRA	477	1:51:42.1	1:51:24.3	177	M45	185		0:46:47.9	1:19:07.9
43		JOÃO PEREIRA	388	1:51:56.4	1:51:35.1	178	M45	186		0:47:46.5	1:19:54.0
44		DAVID SIMÃO	294	1:52:17.7	1:51:57.4	181	M45	189		0:46:30.4	1:17:35.6
45		PAULO SOUSA	16	1:52:54.0	1:52:39.3	185	M45	193		0:46:18.5	1:20:37.1
46		RUI FARIA	406	1:53:07.0	1:52:55.2	187	M45	195	RUN 4 FUN	0:46:40.4	1:19:26.0
47		MARIO JERÓNIMO	344	1:53:57.1	1:53:38.9	193	M45	201		0:46:13.7	1:21:21.9
48		MIGUEL TAVARES	66	1:54:03.7	1:53:44.9	195	M45	203	BRT - Beer Run Team	0:47:30.8	1:20:08.1
49		JOÃO PEREIRA	137	1:54:47.3	1:54:35.2	201	M45	209		0:50:11.6	1:22:33.8
50		NUNO PINTÃO	385	1:56:17.0	1:56:02.7	210	M45	218		0:48:53.8	1:22:34.9
51		NUNO CABANAS	212	1:56:21.4	1:56:07.5	212	M45	220		0:51:36.0	1:24:19.5
52		LUÍS AFONSO	42	1:56:51.6	1:56:26.9	216	M45	225	Georunners	0:50:06.4	1:23:49.6
53		STEFANO CAMMARATA	400	1:57:22.8	1:57:01.9	218	M45	227		0:50:19.0	1:24:01.9
54		PEDRO SANTOS	342	1:57:35.1	1:57:07.9	219	M45	228		0:47:58.4	1:23:20.9
55		SÉRGIO CÂMARA	260	1:57:43.5	1:57:35.0	222	M45	231		0:48:41.0	1:22:38.4
56		JOAO BOGALHEIRO	110	1:57:55.3	1:57:40.3	225	M45	234		0:49:16.2	1:23:17.1
57		SEBASTIEN DELEU	436	1:58:08.6	1:57:43.9	228	M45	237	TIBA	0:47:08.2	1:22:31.9
58		PAULO TRINDADE	407	1:59:56.9	1:59:34.1	238	M45	249	O MUNDO DA CORRIDA	0:49:19.7	1:23:41.9
59		JOSÉ PEDRO	2	2:01:06.5	2:00:32.9	247	M45	259		0:51:37.0	1:24:32.2
60		JOSE OLIVEIRA	297	2:01:13.7	2:00:59.0	249	M45	261		0:51:26.1	1:26:40.4
61		JORGE SOUSA	414	2:03:10.0	2:02:44.0	255	M45	270	Serviços Sociais Montepio	0:52:00.9	1:28:01.3
62		LUIS PALMA	105	2:06:23.9	2:05:53.1	265	M45	282	Casa do Benfica em Algueirão Mem Martins	0:52:22.2	1:29:21.8
63		RICARDO OLIVEIRA	290	2:08:36.0	2:08:21.8	271	M45	294	MicroRunning	0:51:04.9	1:28:38.0
64		MIGUEL CASTELA	209	2:09:29.1	2:09:13.1	274	M45	299	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	0:54:49.1	1:33:51.0
65		EDUARDO BERNARDO	8	2:10:13.7	2:10:03.1	278	M45	304	SUDU	0:54:04.2	1:31:31.6
66		RODOLFO VEGA	357	2:13:56.9	2:13:28.2	286	M45	314		0:54:34.0	1:32:22.5
67		VITOR GONÇALVES	20	2:16:56.3	2:16:25.2	293	M45	322	4 ao km	0:59:59.5	1:39:26.3
68		RUI MELO	219	2:18:53.3	2:18:27.7	298	M45	330		0:56:44.9	1:38:09.5
69		JOÃO MARGAÇA	215	2:18:53.4	2:18:27.8	299	M45	331	Infantado Futebol Clube	0:56:45.1	1:38:15.7
70		PAULO MOUTINHO	341	2:27:13.9	2:26:20.9	308	M45	343		0:59:34.0	1:42:16.0
71		RICARDO CARVALHO	240	2:31:26.7	2:31:09.4	312	M45	348	CDCR CTT Lisboa	1:00:00.7	1:43:56.5
72		LUIS CALHEIROS	162	2:34:13.6	2:33:47.0	314	M45	350	O MUNDO DA CORRIDA	1:01:26.6	1:47:37.6
73		FÁBIO DIAS	5	DSQ	1:26:12.4	317	M45	355			

Veteranos M50

1		JOÃO GINJA	15	1:20:51.8	1:20:49.0	4	M50	4	Linda-a-Pastora Sporting Clube	0:35:05.6	0:58:19.2
2		VIRGÍLIO GOMES	419	1:26:04.1	1:26:00.7	13	M50	13	Clube de praças da Armada	0:36:42.8	1:01:45.9
3		JULIO FINOTE	309	1:27:34.6	1:27:30.8	18	M50	18	CCD Sintrense	0:36:48.6	1:02:20.2
4		JORGE GONCALVES	255	1:31:36.4	1:31:33.5	37	M50	37	a broca lda	0:39:07.5	1:05:21.9
5		ALVARO OLIVEIRA	94	1:31:41.9	1:31:38.6	38	M50	38	Casa do Benfica em Algueirão Mem Martins	0:38:12.1	1:05:16.9
6		EDGAR TRIGO	36	1:34:02.8	1:34:00.2	51	M50	51	CCD Sintrense	0:39:17.2	1:05:46.1

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
7		JOAQUIM OLIVEIRA	224	1:34:37.3	1:34:34.2	54	M50	54	Clube EDP Lisboa	0:40:01.9	1:07:36.8
8		PEDRO PIRES	421	1:35:49.9	1:35:41.7	61	M50	61	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	0:41:27.4	1:09:22.5
9		TÚLIO COELHO	64	1:37:57.7	1:37:30.5	68	M50	68		0:44:11.2	1:12:05.4
10		JOSÉ NUNES	73	1:39:32.7	1:39:26.5	79	M50	80		0:42:18.7	1:11:37.1
11		DIAMANTINO GAMITO	113	1:40:47.3	1:40:41.9	88	M50	90	Linda-a-Pastora Sporting Clube	0:42:37.7	1:11:36.7
12		CARLOS COSTA	98	1:41:08.0	1:40:38.6	89	M50	91	Casa do Benfica em Algueirão Mem Martins	0:43:57.8	1:12:43.7
13		HUMBERTO CASTANHEIRA	75	1:43:02.6	1:42:51.0	103	M50	107		0:44:25.9	1:14:11.9
14		ARMANDO DIAS	177	1:43:36.3	1:43:33.6	111	M50	115		0:43:02.7	1:13:12.4
15		JOÃO PINTO	117	1:43:49.9	1:43:35.6	114	M50	118		0:45:02.8	1:14:32.8
16		RAINER HOFFMANN	14	1:45:05.3	1:44:40.8	121	M50	125		0:43:36.7	1:13:52.9
17		NUNO CABEÇA	270	1:45:13.4	1:44:44.8	122	M50	126		0:45:37.9	1:15:45.7
18		JOÃO BARBADO	191	1:46:01.1	1:45:33.5	129	M50	133		0:45:55.8	1:16:00.8
19		PEDRO RAMOS	116	1:46:09.5	1:45:50.9	132	M50	136		0:46:18.1	1:16:40.3
20		BELCHIOR BARROCAS	205	1:46:27.9	1:46:17.8	136	M50	141	CD ARNEIRO	0:45:26.0	1:16:06.5
21		JOÃO SILVA	134	1:46:48.0	1:46:38.2	139	M50	145		0:45:17.0	1:15:53.1
22		LIBERTO SANTOS	214	1:48:37.2	1:48:15.0	150	M50	157		0:45:14.3	1:17:00.2
23		PAULO SANTOS	377	1:48:49.7	1:48:38.3	153	M50	160	LOURDETE PERFUMARIAS	0:46:02.4	1:17:48.8
24		FRANCISCO JORGE	48	1:48:57.4	1:48:27.1	156	M50	163		0:48:31.0	1:19:10.2
25		ARMANDO CRUZ	327	1:50:04.6	1:49:45.7	166	M50	173		0:46:43.1	1:18:26.7
26		JOÃO FARIA	349	1:51:01.2	1:50:38.9	174	M50	181	CCD PM Cascais	0:50:24.6	1:20:59.9
27		MÁRIO FILIPE	29	1:51:35.0	1:51:16.5	176	M50	184	Salamandrecos	0:45:42.4	1:20:04.4
28		MICHELANGELO	353	1:52:16.8	1:51:55.7	179	M50	187		0:45:37.6	1:18:00.4
29		PAULO SANTOS	369	1:53:37.8	1:53:18.4	189	M50	197	Renault Run Club	0:46:11.6	1:16:10.2
30		JOSE BOUCEIRO	363	1:53:38.0	1:53:18.9	190	M50	198	ADCR Policia Judiciaria	0:46:12.1	1:16:09.9
31		PEDRO BUENO	204	1:53:46.8	1:53:35.1	192	M50	200	CD ARNEIRO	0:48:35.0	1:21:06.3
32		GONÇALO MELO	418	1:54:21.4	1:54:10.0	199	M50	207	RUN 4 FUN	0:49:46.3	1:22:36.9
33		JORGE FILIPE	354	1:54:42.1	1:54:16.8	200	M50	208	P4R	0:49:08.5	1:21:36.7
34		RUI JULIAO	41	1:55:31.9	1:55:05.9	204	M50	212	Georunners	0:50:02.1	1:23:47.5
35		RUI TRINDADE	74	1:55:32.0	1:55:00.4	205	M50	213		0:49:56.4	1:23:40.6
36		VITOR SILVA	108	1:56:51.4	1:56:19.6	215	M50	223	Casa do Benfica em Algueirão Mem Martins	0:47:40.1	1:20:40.4
37		PEDRO RODRIGUES	395	1:58:07.6	1:57:42.5	227	M50	236		0:49:19.7	1:23:50.0
38		MÁRIO GASPAS	228	1:59:27.0	1:59:13.2	234	M50	245		0:46:39.4	1:20:16.3
39		LUIS SANTOS	384	2:00:15.2	1:59:45.3	241	M50	252		0:51:00.8	1:26:39.3
40		NUNO MARQUES	150	2:04:43.9	2:04:25.2	261	M50	277	RunLovers	0:49:32.4	1:26:07.5
41		RUI MARTINS	244	2:05:19.2	2:05:03.0	262	M50	279	CDCR CTT Lisboa	0:53:58.5	1:30:08.0
42		FRANCISCO AMARO	159	2:09:10.3	2:09:06.5	272	M50	296	M.T.B.A	0:53:53.1	1:30:35.1
43		JORGE FERRO	248	2:09:39.8	2:09:29.8	276	M50	301		0:49:43.7	1:27:26.5
44		JOÃO SANTOS	264	2:14:19.5	2:14:03.3	288	M50	316		0:55:35.6	1:35:36.9
45		ANTONIO FRANCO	413	2:15:57.7	2:15:29.9	292	M50	321	Serviços Sociais Montepio	0:53:13.4	1:29:42.6
46		RAÚL MATOS	233	2:17:54.4	2:17:44.8	294	M50	324	RUN 4 FUN	0:57:05.7	1:38:09.2
47		JOAO COSTA	62	2:18:53.1	2:18:31.6	297	M50	329		0:55:21.3	1:36:19.1
48		MANUEL FARO	356	2:23:23.3	2:23:17.5	306	M50	339	Grupo Sportivo Adicense	0:59:40.6	1:42:31.3

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class	Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
49		JOÃO ALBERTO	22	2:25:35.2	2:25:15.4	307	M50	341	Montes Saloios Trail Team	1:00:27.1	1:43:20.7
50		PEDRO JAIME	293	2:28:33.0	2:28:16.2	310	M50	345	Salamandrecos	0:57:09.3	1:42:02.1

Veteranos M55

1		ALEXANDRE SOARES	232	1:30:33.4	1:30:14.9	32	M55	32	BOAVISTA DO PICO AÇORES	0:39:11.6	1:04:58.6
2		JOSÉ GOMES	202	1:31:01.4	1:30:56.3	35	M55	35		0:39:11.1	1:05:20.9
3		ARETINO MOTA	52	1:32:28.7	1:32:11.8	43	M55	43	Linda-a-Pastora Sporting Clube	0:39:49.8	1:06:50.1
4		JOSE MARCELINO	54	1:32:50.9	1:32:47.0	44	M55	44	Linda-a-Pastora Sporting Clube	0:39:11.3	1:05:55.5
5		CARLOS BAPTISTA	265	1:42:00.3	1:41:50.4	97	M55	101	Sporting Clube de Casinhos	0:43:49.7	1:13:13.8
6		JORGE SOUSA	403	1:43:17.6	1:42:55.6	108	M55	112		0:43:18.2	1:12:46.6
7		CARLOS FERREIRA	331	1:46:00.8	1:45:48.3	128	M55	132		0:45:23.9	1:16:01.2
8		JOSÉ DUARTE	103	1:48:56.9	1:48:46.4	155	M55	162	Casa do Benfica em Algueirão Mem Martins	0:46:02.1	1:17:04.1
9		JOSÉ SIMÕES	141	1:50:40.4	1:50:26.9	169	M55	176	O MUNDO DA CORRIDA	0:43:35.5	1:14:44.0
10		JOSÉ MAIO	206	1:50:55.6	1:50:45.1	172	M55	179	CD ARNEIRO	0:48:36.2	1:20:42.1
11		CARLOS TEIXEIRA	77	1:56:18.6	1:56:05.7	211	M55	219		0:49:06.1	1:22:42.0
12		ANTÓNIO PINTO	35	1:57:13.9	1:57:02.8	217	M55	226	Correr Queluz	0:49:40.6	1:23:46.0
13		MARCELINO ALMEIDA	393	1:59:29.7	1:59:22.0	235	M55	246		0:48:01.5	1:19:44.6
14		CARLOS OLEASTRO	57	1:59:53.0	1:59:26.4	237	M55	248		0:52:03.3	1:26:59.1
15		ANTÓNIO ALMEIDA	257	2:00:16.7	1:59:55.7	242	M55	253	VIA3Runners	0:52:32.7	1:27:12.1
16		PEDRO VICENTE	300	2:01:08.1	2:00:59.6	248	M55	260		0:50:35.1	1:26:45.8
17		ALEXANDRE REIS	93	2:05:50.9	2:05:20.4	264	M55	281	Casa do Benfica em Algueirão Mem Martins	0:52:21.6	1:29:21.2
18		TEODORO TRINDADE	122	2:06:32.5	2:06:20.1	266	M55	284	RUN 4 FUN	0:54:13.7	1:30:03.2
19		ROGÉRIO MATOS	401	2:06:58.1	2:06:48.9	267	M55	287	RUN 4 FUN	0:53:56.6	1:30:15.0
20		JOÉ FILIPE	288	2:08:31.5	2:08:20.7	270	M55	293		0:50:42.3	1:27:02.9
21		JOSÉ SARAIVA	319	2:14:36.0	2:14:13.6	289	M55	317		0:55:14.1	1:34:20.5
22		FRANCISCO AFONSO	428	2:18:27.1	2:18:15.0	295	M55	327	RUN 4 FUN	0:54:19.0	1:37:47.7
23		JOAQUIM LEAL	423	2:19:55.4	2:19:20.9	302	M55	334		0:55:26.6	1:36:42.2
24		HENRIQUE RUIVO	276	2:22:30.7	2:22:10.6	304	M55	336	Tartarugas Solidárias	1:00:26.2	1:43:19.2
25		JOAQUIM GAMITO	148	2:33:35.7	2:33:17.4	313	M55	349		1:00:58.4	1:46:04.6

Veteranos M60

1		ALMIRO FEIJÃO	53	1:33:03.6	1:32:59.9	46	M60	46	Linda-a-Pastora Sporting Clube	0:39:13.0	1:06:30.1
2		ANTÓNIO PAIAS	424	1:35:26.0	1:35:22.4	58	M60	58	Correr Lisboa	0:40:35.3	1:08:32.9
3		FERNANDO FEIJÃO	165	1:38:24.3	1:38:21.2	70	M60	70	Linda-a-Pastora Sporting Clube	0:41:28.8	1:10:20.4
4		JORGE SIMÃO	350	1:39:47.0	1:39:44.0	81	M60	82	CCD PM Cascais	0:41:31.2	1:10:49.9
5		JOSÉ ROLÃO	60	1:46:44.2	1:46:28.1	138	M60	143	Corrida Noturna Parque das Nações	0:46:21.0	1:16:07.0
6		DOUGLAS FRY	207	1:54:09.5	1:53:41.3	196	M60	204		0:48:56.1	1:21:37.2
7		GERMANO BERNARDO	213	1:56:32.3	1:56:19.6	213	M60	221	PRAZER DA CORRIDA	0:52:05.3	1:24:50.7
8		JOSÉ RATO	184	1:58:28.7	1:58:13.4	230	M60	239	60%VIP	0:50:14.0	1:25:06.5
9		JORGE PAULO	147	2:02:34.2	2:02:28.4	252	M60	267	RUN 4 FUN	0:53:11.4	1:28:23.2
10		ALFREDO SOUSA	373	2:03:26.7	2:02:54.3	257	M60	272		0:54:38.6	1:30:00.2
11		JOSÉ HENRIQUES	368	2:03:39.1	2:03:16.5	258	M60	273	Os Perigosos	0:51:28.6	1:27:45.9

43ª Meia Maratona de S. João das Lampas

Result List AG 43ª Meia Maratona de S. João das Lampas

Class Esc.	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km	T. 15.1km
12	ORLANDO DUARTE	392	2:08:06.1	2:07:33.7	269	M60	291		0:56:02.1	1:31:51.3
13	GRAHAM BYRON	359	2:20:52.9	2:20:18.2	303	M60	335		0:58:18.6	1:38:04.9
14	JOSE CORREIA	283	2:27:14.8	2:27:02.6	309	M60	344		1:00:17.3	1:42:58.1

Veteranos M65

1	JOSÉ INOCÊNCIO	101	1:44:59.9	1:44:52.0	120	M65	124	Casa do Benfica em Algueirão Mem Martins	0:44:49.0	1:14:57.2
2	LEONEL NEVES	6	1:46:56.8	1:46:41.4	141	M65	147	Amigos Vale Silêncio	0:45:34.7	1:16:55.9
3	ALBISIO MAGALHAES	4	1:53:46.4	1:53:14.5	191	M65	199		0:46:39.3	1:20:41.5
4	JOSÉ BRANQUINHO	440	1:56:01.4	1:55:46.3	206	M65	214	Arcos de Valdevez	0:44:42.3	1:18:40.4
5	VÍTOR AGUILAR	229	1:57:51.6	1:57:42.9	224	M65	233		0:51:58.3	1:25:49.3
6	ANTÓNIO DUARTE	201	2:13:11.1	2:12:54.0	283	M65	311	60%VIP	0:55:04.3	1:33:49.1
7	JOSÉ GUIA	279	2:15:32.6	2:15:02.6	290	M65	319	SS CGD	0:56:54.9	1:37:56.1
8	VITOR SOUSA	282	2:22:33.7	2:22:05.8	305	M65	337		0:58:03.3	1:39:57.0
9	JOSÉ LINDO	127	2:30:55.6	2:30:47.1	311	M65	346	CA VALE DE FIGUEIRA	0:59:57.0	1:43:44.4
10	ESMERALDO PEREIRA	394	2:38:01.4	2:37:29.1	315	M65	352		1:02:35.1	1:49:21.8

Number of records: 355

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
43ª Meia Maratona de S. João das Lampas												
m												
1	1	ANDRE ALVES	399	1:18:02.6	1:17:59.3	Sen-M	1	VITORIA FUTEBOL CLUBE	0:33:34.5	1	0:54:51.4	1
2	2	FRANCISCO PEDRO	12	1:19:16.8	1:19:14.4	M45	1	ASSOCIAÇÃO VALE GRANDE	0:33:38.1	3	0:55:02.3	3
3	3	MARK RIBEIRO	398	1:19:57.3	1:19:54.3	Sen-M	2	VITORIA FUTEBOL CLUBE	0:33:34.7	2	0:54:59.8	2
4	4	JOÃO GINJA	15	1:20:51.8	1:20:49.0	M50	1	Linda-a-Pastora Sporting Clube	0:35:05.6	7	0:58:19.2	5
5	5	ARTUR OLIVEIRA	96	1:21:10.2	1:21:07.0	M45	2	Casa do Benfica em Algueirão Mem	0:34:48.5	5	0:57:59.0	4
6	6	DANIEL ALMEIDA	310	1:21:44.7	1:21:41.0	S23-M	1	CCD Sintrense	0:35:05.0	6	0:58:19.3	6
7	7	MARCELO SANTOS	397	1:22:22.7	1:22:20.1	Sen-M	3	VITORIA FUTEBOL CLUBE	0:34:07.8	4	0:58:27.2	7
8	8	ANTÓNIO PINTO	274	1:23:21.8	1:23:19.2	M40	1		0:35:08.0	9	0:58:57.3	8
9	9	JOÃO PIRES	198	1:24:35.7	1:24:33.0	M40	2		0:35:49.4	10	1:00:19.2	10
10	10	ANTÓNIO ANTUNES	231	1:25:08.9	1:25:05.9	M45	3	Linda-a-Pastora Sporting Clube	0:37:23.0	19	1:01:45.6	13
11	11	FÁBIO PEREIRA	266	1:25:19.3	1:25:15.7	Sen-M	4	Sporting Clube de Casainhos	0:36:50.7	13	1:01:27.5	11
12	12	PAULO SILVA	234	1:25:28.1	1:25:25.5	M45	4	Linda-a-Pastora Sporting Clube	0:37:05.7	16	1:01:42.1	12
13	13	VIRGÍLIO GOMES	419	1:26:04.1	1:26:00.7	M50	2	Clube de praças da Armada	0:36:42.8	11	1:01:45.9	14
14	14	GONÇALO OLIVEIRA	146	1:26:22.8	1:26:19.6	Sen-M	5		0:35:05.9	8	0:58:57.7	9
15	15	CARLOS LOPES	152	1:27:09.7	1:27:01.1	M45	5	Casa do Benfica em Algueirão Mem	0:36:59.7	14	1:02:16.0	18
16	16	PEDRO SIMÕES	332	1:27:18.8	1:27:09.5	M40	3		0:37:09.9	17	1:02:13.9	17
17	17	HENRIQUE JANOTA	49	1:27:32.7	1:27:30.1	M45	6	Caracóis de Pedra	0:37:16.1	18	1:02:11.8	16
18	18	JULIO FINOTE	309	1:27:34.6	1:27:30.8	M50	3	CCD Sintrense	0:36:48.6	12	1:02:20.2	19
19	19	DAVID KARIM	86	1:27:36.1	1:27:29.6	M40	4	AUTO JACINTO	0:38:08.9	24	1:03:12.5	22
20	20	PEDRO BOLEIXA	358	1:27:38.7	1:27:35.8	M45	7	Associação Cultural Sambrasense	0:37:00.9	15	1:02:08.8	15
21	21	JOÃO SILVA	102	1:27:44.4	1:27:41.0	Sen-M	6	Casa do Benfica em Algueirão Mem	0:37:54.1	21	1:03:09.0	20
22	22	JOÃO AFONSO	480	1:27:44.9	1:27:39.4	M40	5		0:38:35.2	32	1:03:28.1	25
23	23	TELMO NOGUEIRA	123	1:27:53.0	1:27:45.5	Sen-M	7		0:38:30.8	30	1:03:19.3	23
24	24	MIGUEL SOBRAL	227	1:28:01.4	1:27:58.5	M40	6	Associação GDAK	0:38:01.1	23	1:03:26.6	24
25	25	BRUNO MARCELINO	299	1:28:17.8	1:28:15.2	Sen-M	8		0:37:51.8	20	1:03:11.4	21
26	26	DAVID SILVA	161	1:28:47.8	1:28:41.7	Sen-M	9	O MUNDO DA CORRIDA	0:38:27.0	29	1:03:35.6	26
27	27	SAMUEL SEBASTIAO	89	1:29:05.0	1:28:42.7	Sen-M	10	Caracóis de Pedra	0:39:14.2	44	1:04:21.6	29
28	28	JOSÉ SANTOS	372	1:29:05.2	1:29:01.7	M40	7		0:38:12.3	27	1:04:06.5	28
29	29	HUGO BATISTA	121	1:29:42.1	1:29:38.3	M40	8		0:38:10.6	25	1:03:56.1	27
30	30	BRUNO DIAS	311	1:29:57.1	1:29:53.7	M40	9	CCD Sintrense	0:38:46.0	34	1:05:05.1	35
31	31	JOSÉ BORGES	220	1:30:07.8	1:30:02.6	M40	10	Linda-a-Pastora Sporting Clube	0:39:02.0	38	1:04:59.7	34
32	32	ALEXANDRE SOARES	232	1:30:33.4	1:30:14.9	M55	1	BOAVISTA DO PICO AÇORES	0:39:11.6	42	1:04:58.6	33
33	33	MARCO FERNANDES	160	1:30:46.5	1:30:43.5	M40	11	M.T.B.A	0:38:14.9	28	1:04:25.1	30
34	34	NELSON FELIX	172	1:30:48.3	1:30:42.3	M40	12	Correr Queluz	0:38:48.5	36	1:05:23.8	40
35	35	JOSÉ GOMES	202	1:31:01.4	1:30:56.3	M55	2		0:39:11.1	40	1:05:20.9	38
36	36	TIAGO SILVA	55	1:31:11.7	1:31:07.8	Sen-M	11	Linda-a-Pastora Sporting Clube	0:38:41.3	33	1:05:12.1	36
37	37	JORGE GONCALVES	255	1:31:36.4	1:31:33.5	M50	4	a broca Ida	0:39:07.5	39	1:05:21.9	39
38	38	ALVARO OLIVEIRA	94	1:31:41.9	1:31:38.6	M50	5	Casa do Benfica em Algueirão Mem	0:38:12.1	26	1:05:16.9	37

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
39	39	PEDRO BARREIRÃO	135	1:31:54.4	1:31:49.1	Sen-M	12		0:37:59.6	22	1:04:31.1	32
40	40	HUGO PALMEIRO	100	1:31:54.9	1:31:46.9	M40	13	Casa do Benfica em Algueirão Mem	0:39:58.1	54	1:05:55.5	43
41	41	NELSON LOURO	317	1:32:04.4	1:31:58.1	Sen-M	13		0:38:48.4	35	1:05:24.3	41
42	42	SAMUEL MARQUES	112	1:32:22.4	1:32:08.6	M40	14		0:39:32.2	49	1:06:15.1	46
43	43	ARETINO MOTA	52	1:32:28.7	1:32:11.8	M55	3	Linda-a-Pastora Sporting Clube	0:39:49.8	50	1:06:50.1	50
44	44	JOSE MARCELINO	54	1:32:50.9	1:32:47.0	M55	4	Linda-a-Pastora Sporting Clube	0:39:11.3	41	1:05:55.5	44
45	45	ORLANDO CORREIA	199	1:32:53.1	1:32:50.1	M45	8	Linda-a-Pastora Sporting Clube	0:39:20.7	46	1:06:02.4	45
46	46	ALMIRO FEIJÃO	53	1:33:03.6	1:32:59.9	M60	1	Linda-a-Pastora Sporting Clube	0:39:13.0	43	1:06:30.1	47
47	47	SÉRGIO FERNANDES	143	1:33:15.5	1:33:06.2	Sen-M	14		0:39:30.1	48	1:06:37.1	49
48	48	ANTÓNIO VILELA	32	1:33:29.3	1:33:21.0	M45	9	Real Academia	0:41:35.4	71	1:08:06.9	56
49	49	SÉRGIO PIRES	333	1:33:47.8	1:33:53.9	M40	15		0:41:16.0	66	1:08:30.1	60
50	50	CARLOS PEDRO	217	1:34:00.0	1:33:54.6	M45	10	Linda-a-Pastora Sporting Clube	0:40:16.1	57	1:07:23.1	51
51	51	EDGAR TRIGO	36	1:34:02.8	1:34:00.2	M50	6	CCD Sintrense	0:39:17.2	45	1:05:46.1	42
52	52	NELSON CUSTÓDIO	238	1:34:21.3	1:34:09.0	M40	16	CDCR CTT Lisboa	0:44:44.8	130	1:10:05.8	70
53	53	RICARDO LOBO	301	1:34:23.2	1:34:13.0	M45	11		0:39:56.9	53	1:07:31.2	53
54	54	JOAQUIM OLIVEIRA	224	1:34:37.3	1:34:34.2	M50	7	Clube EDP Lisboa	0:40:01.9	56	1:07:36.8	54
55	55	JOÃO PAIXÃO	275	1:34:45.8	1:34:41.9	M45	12	NAPA - Núcleo Amigos Perna Assada	0:39:55.5	51	1:07:27.6	52
56	56	JULIO FERNANDES	409	1:35:06.5	1:34:57.7	M40	17	Grupo Desportivo Roche Portugal	0:41:08.3	63	1:08:21.8	59
57	57	PAULO GOMES	345	1:35:09.1	1:34:53.8	Sen-M	15		0:39:29.2	47	1:06:36.8	48
58	58	ANTÓNIO PAIAS	424	1:35:26.0	1:35:22.4	M60	2	Correr Lisboa	0:40:35.3	59	1:08:32.9	61
59	59	RUI MACHINHO	47	1:35:38.8	1:35:25.9	M40	18		0:39:58.9	55	1:07:38.9	55
60	60	ANDRE CABRAL	302	1:35:39.8	1:35:21.9	M40	19		0:41:03.9	62	1:08:44.0	63
61	61	PEDRO PIRES	421	1:35:49.9	1:35:41.7	M50	8	ASSOCIAÇÃO DE ATLETISMO LEBRES	0:41:27.4	68	1:09:22.5	66
62	62	LUÍS QUEIRÓS	422	1:35:56.3	1:35:28.4	M45	13		0:40:57.1	60	1:08:36.2	62
63	63	FELIPE SOUZA	365	1:36:27.4	1:36:08.0	Sen-M	16		0:41:26.0	67	1:08:09.2	57
64	64	JAIME MAURÍCIO	158	1:36:53.4	1:36:50.8	M45	14	M.T.B.A	0:40:58.7	61	1:09:19.3	65
65	65	RUI SILVA	258	1:36:54.5	1:36:49.0	Sen-M	17	Linda-a-Pastora Sporting Clube	0:41:08.8	64	1:08:50.0	64
66	66	LUIS SILVA	163	1:37:39.6	1:37:32.8	Sen-M	18	Grupo Sportivo Adicense	0:41:59.2	73	1:09:52.0	68
67	67	NUNO HENRIQUES	193	1:37:45.6	1:37:41.9	M40	20	GDCTINCM	0:42:02.3	76	1:09:55.9	69
68	68	TÚLIO COELHO	64	1:37:57.7	1:37:30.5	M50	9		0:44:11.2	113	1:12:05.4	89
69	69	ANTÓNIO ROQUE	25	1:38:09.8	1:37:46.6	Sen-M	19	Caracóis de Pedra	0:42:06.4	77	1:09:47.7	67
70	70	FERNANDO FEIJÃO	165	1:38:24.3	1:38:21.2	M60	3	Linda-a-Pastora Sporting Clube	0:41:28.8	69	1:10:20.4	72
71	71	RUI SANTOS	321	1:38:25.8	1:38:10.5	M40	21		0:43:04.3	90	1:11:15.3	81
72	72	ROGERIO AZEVEDO	433	1:38:35.1	1:38:31.6	M45	15	CCD Sintrense	0:40:30.4	58	1:10:27.4	74
73	73	CARLOS ALCOBIA	336	1:38:42.5	1:38:34.4	M40	22	RUN 4 FUN	0:42:13.9	78	1:10:30.5	75
74	74	RICARDO SILVA	197	1:38:52.9	1:38:28.7	Sen-M	20		0:42:21.1	82	1:10:43.6	76
75	75	EDUARDO LEITE	210	1:39:03.6	1:38:58.3	M40	23		0:43:34.2	103	1:12:24.3	90
76	76	TIAGO RIBEIRO	426	1:39:16.9	1:39:07.3	Sen-M	21		0:38:32.2	31	1:04:29.4	31
77	78	FERNANDO ANDRADE	92	1:39:25.2	1:39:01.0	M40	24	Os Perigosos	0:43:05.2	91	1:11:18.6	82
78	79	MIGUEL FERNANDES	87	1:39:29.7	1:39:17.2	M40	25	AUTO JACINTO	0:42:32.0	83	1:10:44.9	77
79	80	JOSÉ NUNES	73	1:39:32.7	1:39:26.5	M50	10		0:42:18.7	80	1:11:37.1	84
80	81	FÁBIO PORTELA	195	1:39:40.1	1:39:32.5	Sen-M	22	Linda-a-Pastora Sporting Clube	0:43:10.9	93	1:12:04.4	88

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
81	82	JORGE SIMÃO	350	1:39:47.0	1:39:44.0	M60	4	CCD PM Cascais	0:41:31.2	70	1:10:49.9	79
82	83	JOÃO QUEIROZ	389	1:39:50.0	1:39:21.5	M45	16	CCD Siemens	0:42:53.2	86	1:11:49.6	87
83	84	JORGE NABAIS	50	1:40:26.5	1:39:59.2	Sen-M	23	RJ Team	0:42:01.0	74	1:10:18.0	71
84	85	JORGE LEITE	40	1:40:31.9	1:40:23.7	M45	17		0:43:34.1	102	1:12:32.0	93
85	87	NUNO MARTINS	56	1:40:38.1	1:40:28.8	M40	26	Linda-a-Pastora Sporting Clube	0:42:19.2	81	1:10:46.6	78
86	88	RICARDO PINELA	24	1:40:39.5	1:40:22.4	Sen-M	24		0:44:29.3	120	1:13:10.5	104
87	89	VASCO ASCENSÃO	237	1:40:41.4	1:40:29.7	M45	18	CDCR CTT Lisboa	0:43:48.1	107	1:12:41.5	95
88	90	DIAMANTINO GAMITO	113	1:40:47.3	1:40:41.9	M50	11	Linda-a-Pastora Sporting Clube	0:42:37.7	84	1:11:36.7	83
89	91	CARLOS COSTA	98	1:41:08.0	1:40:38.6	M50	12	Casa do Benfica em Algueirão Mem	0:43:57.8	111	1:12:43.7	96
90	92	CARLOS FRANÇA	1	1:41:18.7	1:41:05.3	M40	27	CAD a Correr	0:42:39.0	85	1:11:40.3	86
91	93	PEDRO CRUZ	261	1:41:20.6	1:40:52.4	M40	28		0:43:36.3	105	1:12:57.4	101
92	94	RICARDO SANTOS	435	1:41:23.8	1:40:59.1	M45	19	TIBA	0:43:49.5	109	1:12:47.6	99
93	96	NUNO SILVA	144	1:41:49.4	1:41:27.1	M45	20		0:41:12.2	65	1:11:02.6	80
94	97	HELDER TAVARES	250	1:41:53.3	1:41:31.7	M40	29	Varitintas	0:43:24.1	99	1:12:25.4	91
95	99	PEDRO	97	1:41:57.5	1:41:34.3	Sen-M	25	Casa do Benfica em Algueirão Mem	0:44:34.7	123	1:13:42.9	111
96	100	TIAGO ALMEIDA	256	1:41:58.3	1:41:35.6	Sen-M	26	Caracóis de Pedra	0:43:23.8	98	1:12:37.5	94
97	101	CARLOS BAPTISTA	265	1:42:00.3	1:41:50.4	M55	5	Sporting Clube de Casainhos	0:43:49.7	110	1:13:13.8	106
98	102	ARMINDO TEIXEIRA	267	1:42:00.7	1:41:50.6	Sen-M	27	Sporting Clube de Casainhos	0:43:48.8	108	1:13:14.3	107
99	103	MARCO LOURENÇO	226	1:42:02.0	1:41:32.4	M40	30		0:44:40.3	127	1:14:04.9	114
100	104	RUI MONICA	128	1:42:34.1	1:42:14.4	M45	21		0:44:18.8	115	1:13:51.0	112
101	105	TIAGO PORTO	83	1:42:42.3	1:42:24.7	Sen-M	28		0:43:30.0	101	1:12:46.8	98
102	106	HENRIQUE ANTUNES	34	1:43:02.2	1:42:40.1	Sen-M	29		0:43:22.5	97	1:13:17.1	109
103	107	HUMBERTO	75	1:43:02.6	1:42:51.0	M50	13		0:44:25.9	117	1:14:11.9	115
104	108	FERNANDO CAÇOTE	305	1:43:03.0	1:43:00.2	Sen-M	30		0:38:58.1	37	1:08:17.1	58
105	109	ANTÓNIO SENGO	241	1:43:03.2	1:42:46.1	M40	31	CDCR CTT Lisboa	0:46:31.4	181	1:14:51.6	124
106	110	RICARDO LEITÃO	438	1:43:12.6	1:42:45.4	M40	32		0:45:20.1	145	1:14:29.1	118
107	111	JOÃO ROSINHA	188	1:43:12.9	1:42:44.4	M45	22		0:45:18.7	144	1:14:27.7	117
108	112	JORGE SOUSA	403	1:43:17.6	1:42:55.6	M55	6		0:43:18.2	94	1:12:46.6	97
109	113	ANTÓNIO FERREIRA	175	1:43:19.4	1:43:13.5	Sen-M	31		0:43:10.1	92	1:13:01.4	103
110	114	JORGE MIMOSO	211	1:43:31.9	1:43:09.6	M45	23		0:45:05.3	139	1:14:36.5	121
111	115	ARMANDO DIAS	177	1:43:36.3	1:43:33.6	M50	14		0:43:02.7	89	1:13:12.4	105
112	116	JOÃO FÉLIX	390	1:43:43.9	1:43:21.6	M45	24		0:42:53.5	87	1:12:55.7	100
113	117	RICARDO SANTOS	119	1:43:48.6	1:43:33.8	M45	25		0:45:01.8	137	1:14:30.9	119
114	118	JOÃO PINTO	117	1:43:49.9	1:43:35.6	M50	15		0:45:02.8	138	1:14:32.8	120
115	119	PEDRO MARQUES	249	1:43:53.7	1:43:28.9	Sen-M	32		0:45:26.0	148	1:14:44.8	123
116	120	PAULO NUNES	114	1:43:59.2	1:43:49.5	M45	26		0:43:18.9	95	1:13:16.5	108
117	121	LÚIS ANDRADE	246	1:44:30.3	1:44:16.7	M45	27	CDCR CTT Lisboa	0:44:12.9	114	1:14:25.5	116
118	122	RUI SILVA	84	1:44:39.1	1:44:33.3	M45	28	CD Estrela	0:44:34.8	124	1:15:41.1	131
119	123	JOÃO FRAZÃO	18	1:44:54.5	1:44:41.6	Sen-M	33		0:44:38.8	126	1:14:52.8	125
120	124	JOSÉ INOCÊNCIO	101	1:44:59.9	1:44:52.0	M65	1	Casa do Benfica em Algueirão Mem	0:44:49.0	131	1:14:57.2	126
121	125	RAINER HOFFMANN	14	1:45:05.3	1:44:40.8	M50	16		0:43:36.7	106	1:13:52.9	113
122	126	NUNO CABEÇA	270	1:45:13.4	1:44:44.8	M50	17		0:45:37.9	153	1:15:45.7	132

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos. 15.1k
123	127	AVELINO RODRIGUES	343	1:45:16.6	1:44:59.5	M45	29		0:46:14.8	169	1:15:58.5	136
124	128	PEDRO FONTOURA	340	1:45:24.1	1:45:12.2	M45	30	SS CGD	0:44:58.8	136	1:15:46.5	133
125	129	PEDRO PEREIRA	328	1:45:26.2	1:45:17.9	M40	33	Bombeiros voluntários de	0:45:33.6	150	1:16:12.5	144
126	130	EDUARDO LUÍS	39	1:45:33.2	1:45:19.6	M40	34	Atómicos	0:44:41.6	128	1:15:09.2	128
127	131	JOSÉ JACINTO	181	1:45:48.5	1:45:39.9	M45	31		0:44:34.3	121	1:14:59.5	127
128	132	CARLOS FERREIRA	331	1:46:00.8	1:45:48.3	M55	7		0:45:23.9	146	1:16:01.2	138
129	133	JOÃO BARBADO	191	1:46:01.1	1:45:33.5	M50	18		0:45:55.8	160	1:16:00.8	137
130	134	MIGUEL SEQUEIRA	45	1:46:07.0	1:45:58.0	Sen-M	34	Linda-a-Pastora Sporting Clube	0:44:55.3	134	1:17:40.5	166
131	135	RUI CABRAL	46	1:46:07.0	1:46:00.2	M45	32	Linda-a-Pastora Sporting Clube	0:44:56.1	135	1:17:41.9	167
132	136	PEDRO RAMOS	116	1:46:09.5	1:45:50.9	M50	19		0:46:18.1	172	1:16:40.3	150
133	137	DAVID MONTEIRO	420	1:46:10.6	1:45:36.2	Sen-M	35		0:47:08.4	199	1:17:53.6	170
134	138	RUI ALMEIDA	59	1:46:14.9	1:45:56.9	M45	33	Corrida Noturna Parque das Nações	0:46:24.8	176	1:16:52.4	153
135	139	BRUNO SILVA	360	1:46:25.2	1:45:54.4	M40	35		0:47:02.4	195	1:17:20.6	161
136	141	BELCHIOR	205	1:46:27.9	1:46:17.8	M50	20	CD ARNEIRO	0:45:26.0	147	1:16:06.5	140
137	142	RICARDO GANHÃO	296	1:46:39.9	1:46:20.5	Sen-M	36		0:44:06.9	112	1:15:22.3	129
138	143	JOSÉ ROLÃO	60	1:46:44.2	1:46:28.1	M60	5	Corrida Noturna Parque das Nações	0:46:21.0	174	1:16:07.0	141
139	145	JOÃO SILVA	134	1:46:48.0	1:46:38.2	M50	21		0:45:17.0	142	1:15:53.1	134
140	146	FILÍPE SILVA	235	1:46:55.7	1:46:26.4	M40	36		0:45:13.9	140	1:15:23.0	130
141	147	LEONEL NEVES	6	1:46:56.8	1:46:41.4	M65	2	Amigos Vale Silêncio	0:45:34.7	151	1:16:55.9	155
142	148	SÉRGIO PEDRO	82	1:47:02.4	1:46:31.9	Sen-M	37	TINTO RUNNING TEAM	0:45:17.4	143	1:15:57.5	135
143	150	CLÁUDIO MACATRÃO	404	1:47:09.1	1:46:56.9	Sen-M	38		0:47:25.3	201	1:17:10.7	159
144	151	BOGDAN SANDU	33	1:47:13.2	1:46:51.3	Sen-M	39		0:42:18.2	79	1:12:59.0	102
145	152	JOÃO CAETANO	318	1:47:50.4	1:47:38.8	M45	34		0:44:27.5	119	1:16:14.5	146
146	153	HÉLIO GARCIA	221	1:47:52.3	1:47:21.3	M40	37		0:46:56.0	193	1:17:23.0	162
147	154	RICARDO TRIGUEIRO	190	1:47:58.3	1:47:51.9	Sen-M	40	Grupo Sportivo Adicense	0:44:20.7	116	1:16:17.9	148
148	155	TIAGO RAMOS	324	1:48:30.1	1:48:19.2	M40	38		0:44:50.8	132	1:16:54.9	154
149	156	JORGE CARMO	427	1:48:35.9	1:48:19.6	Sen-M	41		0:45:46.5	155	1:16:43.1	151
150	157	LIBERTO SANTOS	214	1:48:37.2	1:48:15.0	M50	22		0:45:14.3	141	1:17:00.2	156
151	158	BRUNO DIAS	315	1:48:40.1	1:48:19.3	M40	39		0:46:29.7	178	1:18:04.5	172
152	159	NUNO SANTIAGO	307	1:48:49.4	1:48:29.1	M40	40		0:47:33.8	203	1:18:10.1	174
153	160	PAULO SANTOS	377	1:48:49.7	1:48:38.3	M50	23	LOURDETE PERFUMARIAS	0:46:02.4	162	1:17:48.8	169
154	161	RICARDO JORGE	230	1:48:51.2	1:48:22.0	Sen-M	42	ETX	0:46:17.3	171	1:17:06.8	158
155	162	JOSÉ DUARTE	103	1:48:56.9	1:48:46.4	M55	8	Casa do Benfica em Algueirão Mem	0:46:02.1	161	1:17:04.1	157
156	163	FRANCISCO JORGE	48	1:48:57.4	1:48:27.1	M50	24		0:48:31.0	218	1:19:10.2	186
157	164	JOÃO LEITÃO	155	1:48:57.6	1:48:44.2	M45	35	M.T.B.A	0:46:31.2	180	1:17:27.5	163
158	165	JOÃO NAVARRO	478	1:49:03.5	1:48:21.8	M40	41		0:45:49.5	156	1:16:22.4	149
159	166	NELSON MOTA	380	1:49:10.1	1:48:56.0	M45	36	CCD Tranquilidade	0:46:08.7	163	1:17:27.8	164
160	167	HUGO FERNANDES	434	1:49:26.7	1:49:18.3	Sen-M	43		0:44:25.9	118	1:16:50.4	152
161	168	HÉLDER PIRES	71	1:49:35.5	1:49:06.2	M40	42		0:46:33.3	182	1:18:15.3	175
162	169	ALEXANDRE LUCAS	28	1:49:53.7	1:49:29.9	Sen-M	44	Caracóis de Pedra	0:44:34.3	122	1:16:02.4	139
163	170	EMANUEL SEVERINO	286	1:49:59.7	1:49:31.8	Sen-M	45	Salamandrecos	0:49:39.6	241	1:21:08.5	209
164	171	PEDRO ANTUNES	68	1:50:01.9	1:49:42.5	M40	43		0:46:34.6	184	1:17:43.0	168

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
165	172	PEDRO PROENÇA	167	1:50:03.7	1:49:56.7	M45	37		0:48:02.3	214	1:19:45.4	190
166	173	ARMANDO CRUZ	327	1:50:04.6	1:49:45.7	M50	25		0:46:43.1	189	1:18:26.7	179
167	174	PEDRO VARANDA	387	1:50:26.3	1:50:19.5	M45	38		0:46:09.4	164	1:18:08.3	173
168	175	EDUARDO CABRITA	379	1:50:34.9	1:50:27.1	M45	39	CCD Tranquilidade	0:46:15.8	170	1:18:24.0	178
169	176	JOSÉ SIMÕES	141	1:50:40.4	1:50:26.9	M55	9	O MUNDO DA CORRIDA	0:43:35.5	104	1:14:44.0	122
170	177	JOSÉ ALVES	396	1:50:45.7	1:50:29.8	M45	40		0:48:52.5	223	1:20:42.1	203
171	178	LUIS ALVES	262	1:50:52.1	1:50:31.1	M40	44		0:47:59.6	212	1:19:41.3	188
172	179	JOSÉ MAIO	206	1:50:55.6	1:50:45.1	M55	10	CD ARNEIRO	0:48:36.2	221	1:20:42.1	204
173	180	ARTUR CARVALHO	131	1:50:57.8	1:50:37.7	M45	41	Correr Queluz	0:46:28.7	177	1:18:17.4	176
174	181	JOÃO FARIA	349	1:51:01.2	1:50:38.9	M50	26	CCD PM Cascais	0:50:24.6	257	1:20:59.9	207
175	182	FRANCISCO TEIXEIRA	313	1:51:04.7	1:50:48.2	Sen-M	46		0:48:09.6	216	1:20:35.4	199
176	184	MÁRIO FILIPE	29	1:51:35.0	1:51:16.5	M50	27	Salamandrecos	0:45:42.4	154	1:20:04.4	195
177	185	JORGE FERREIRA	477	1:51:42.1	1:51:24.3	M45	42		0:46:47.9	190	1:19:07.9	184
178	186	JOÃO PEREIRA	388	1:51:56.4	1:51:35.1	M45	43		0:47:46.5	207	1:19:54.0	192
179	187	MICHELANGELO	353	1:52:16.8	1:51:55.7	M50	28		0:45:37.6	152	1:18:00.4	171
180	188	JOÃO VEIGA	425	1:52:17.5	1:51:56.2	Sen-M	47		0:46:21.1	175	1:18:23.0	177
181	189	DAVID SIMÃO	294	1:52:17.7	1:51:57.4	M45	44		0:46:30.4	179	1:17:35.6	165
182	190	HUGO GUERREIRO	251	1:52:30.4	1:52:08.2	M40	45	Varitintas	0:46:41.7	188	1:19:05.5	183
183	191	JOÃO PEREIRA	304	1:52:36.8	1:52:23.2	Sen-M	48		0:45:49.8	157	1:19:02.2	182
184	192	NUNO GAMEIRO	429	1:52:51.6	1:52:41.5	Sen-M	49	Saúde ao Quadrado	0:45:52.8	158	1:18:59.6	181
185	193	PAULO SOUSA	16	1:52:54.0	1:52:39.3	M45	45		0:46:18.5	173	1:20:37.1	200
186	194	CARLOS JESUS	382	1:52:59.5	1:52:52.5	Sen-M	50		0:46:59.4	194	1:19:46.3	191
187	195	RUI FARIA	406	1:53:07.0	1:52:55.2	M45	46	RUN 4 FUN	0:46:40.4	187	1:19:26.0	187
188	196	NUNO PEREIRA	176	1:53:30.5	1:53:04.0	M40	46		0:46:34.4	183	1:19:09.8	185
189	197	PAULO SANTOS	369	1:53:37.8	1:53:18.4	M50	29	Renault Run Club	0:46:11.6	165	1:16:10.2	143
190	198	JOSE BOUCEIRO	363	1:53:38.0	1:53:18.9	M50	30	ADCR Policia Judiciaria	0:46:12.1	167	1:16:09.9	142
191	199	ALBISIO MAGALHAES	4	1:53:46.4	1:53:14.5	M65	3		0:46:39.3	185	1:20:41.5	202
192	200	PEDRO BUENO	204	1:53:46.8	1:53:35.1	M50	31	CD ARNEIRO	0:48:35.0	220	1:21:06.3	208
193	201	MARIO JERÓNIMO	344	1:53:57.1	1:53:38.9	M45	47		0:46:13.7	168	1:21:21.9	210
194	202	SÉRGIO SIMÕES	140	1:53:59.4	1:53:24.6	Sen-M	51		0:46:55.2	192	1:20:29.5	198
195	203	MIGUEL TAVARES	66	1:54:03.7	1:53:44.9	M45	48	BRT - Beer Run Team	0:47:30.8	202	1:20:08.1	196
196	204	DOUGLAS FRY	207	1:54:09.5	1:53:41.3	M60	6		0:48:56.1	226	1:21:37.2	213
197	205	BRUNO BATISTA	325	1:54:10.4	1:53:54.6	Sen-M	52		0:51:04.3	267	1:23:43.6	232
198	206	SÉRGIO BASTOS	316	1:54:18.3	1:53:58.8	M40	47		0:49:25.4	235	1:22:43.9	225
199	207	GONÇALO MELO	418	1:54:21.4	1:54:10.0	M50	32	RUN 4 FUN	0:49:46.3	244	1:22:36.9	219
200	208	JORGE FILIPE	354	1:54:42.1	1:54:16.8	M50	33	P4R	0:49:08.5	230	1:21:36.7	212
201	209	JOÃO PEREIRA	137	1:54:47.3	1:54:35.2	M45	49		0:50:11.6	253	1:22:33.8	217
202	210	SERGIO PEREIRA	412	1:54:48.5	1:54:41.9	M40	48		0:50:05.2	250	1:22:26.8	215
203	211	RUI DIAS	43	1:55:31.6	1:55:06.1	M40	49		0:50:05.0	249	1:23:47.5	234
204	212	RUI JULIAO	41	1:55:31.9	1:55:05.9	M50	34	Georunners	0:50:02.1	248	1:23:47.5	235
205	213	RUI TRINDADE	74	1:55:32.0	1:55:00.4	M50	35		0:49:56.4	247	1:23:40.6	230
206	214	JOSÉ BRANQUINHO	440	1:56:01.4	1:55:46.3	M65	4	Arcos de Valdevez	0:44:42.3	129	1:18:40.4	180

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
207	215	JOSÉ DIAS	439	1:56:12.8	1:55:39.5	M40	50		0:47:17.2	200	1:19:59.6	193
208	216	ANDRÉ BEJA	173	1:56:14.2	1:55:54.3	M40	51		0:50:46.7	262	1:24:16.0	242
209	217	ALEXANDRE	225	1:56:15.9	1:55:56.9	Sen-M	53		0:47:49.7	208	1:20:44.1	206
210	218	NUNO PINTÃO	385	1:56:17.0	1:56:02.7	M45	50		0:48:53.8	224	1:22:34.9	218
211	219	CARLOS TEIXEIRA	77	1:56:18.6	1:56:05.7	M55	11		0:49:06.1	229	1:22:42.0	222
212	220	NUNO CABANAS	212	1:56:21.4	1:56:07.5	M45	51		0:51:36.0	274	1:24:19.5	244
213	221	GERMANO	213	1:56:32.3	1:56:19.6	M60	7	PRAZER DA CORRIDA	0:52:05.3	280	1:24:50.7	248
214	222	PEDRO RODOLFO	306	1:56:33.6	1:56:04.2	Sen-M	54		0:47:08.3	198	1:21:32.0	211
215	223	VITOR SILVA	108	1:56:51.4	1:56:19.6	M50	36	Casa do Benfica em Algueirão Mem	0:47:40.1	204	1:20:40.4	201
216	225	LUÍS AFONSO	42	1:56:51.6	1:56:26.9	M45	52	Georunners	0:50:06.4	251	1:23:49.6	236
217	226	ANTÓNIO PINTO	35	1:57:13.9	1:57:02.8	M55	12	Correr Queluz	0:49:40.6	242	1:23:46.0	233
218	227	STEFANO	400	1:57:22.8	1:57:01.9	M45	53		0:50:19.0	255	1:24:01.9	238
219	228	PEDRO SANTOS	342	1:57:35.1	1:57:07.9	M45	54		0:47:58.4	210	1:23:20.9	228
220	229	FRANCISCO FARINHA	9	1:57:40.5	1:57:29.6	Sen-M	55	Correr Queluz	0:48:30.1	217	1:22:41.2	221
221	230	PAULO MAURICIO	303	1:57:42.5	1:57:32.0	Sen-M	56		0:48:31.4	219	1:22:42.3	223
222	231	SÉRGIO CÂMARA	260	1:57:43.5	1:57:35.0	M45	55		0:48:41.0	222	1:22:38.4	220
223	232	ANTÓNIO TEIXEIRA	314	1:57:43.8	1:57:18.6	M40	52		0:49:23.7	234	1:22:43.3	224
224	233	VÍTOR AGUILAR	229	1:57:51.6	1:57:42.9	M65	5		0:51:58.3	277	1:25:49.3	258
225	234	JOAO BOGALHEIRO	110	1:57:55.3	1:57:40.3	M45	56		0:49:16.2	231	1:23:17.1	227
226	235	NUNO ALVES	189	1:58:04.8	1:57:57.7	M40	53		0:47:05.4	196	1:22:45.8	226
227	236	PEDRO RODRIGUES	395	1:58:07.6	1:57:42.5	M50	37		0:49:19.7	233	1:23:50.0	237
228	237	SEBASTIEN DELEU	436	1:58:08.6	1:57:43.9	M45	57	TIBA	0:47:08.2	197	1:22:31.9	216
229	238	CESAR SILVESTRE	58	1:58:18.0	1:57:56.3	M40	54	Bruxos Runners	0:51:14.5	270	1:25:32.4	257
230	239	JOSÉ RATO	184	1:58:28.7	1:58:13.4	M60	8	60%VIP	0:50:14.0	254	1:25:06.5	252
231	241	HELDER VALADAS	90	1:58:38.1	1:58:13.8	Sen-M	57	Os Perigosos	0:49:52.0	245	1:24:03.7	239
232	242	MARCO CASEIRO	91	1:58:38.2	1:58:14.2	M40	55	Os Perigosos	0:49:52.2	246	1:24:03.8	240
233	244	RICARDO DENGUE	346	1:59:10.8	1:58:57.3	M40	56		0:48:55.2	225	1:24:04.6	241
234	245	MÁRIO GASPARE	228	1:59:27.0	1:59:13.2	M50	38		0:46:39.4	186	1:20:16.3	197
235	246	MARCELINO ALMEIDA	393	1:59:29.7	1:59:22.0	M55	13		0:48:01.5	213	1:19:44.6	189
236	247	PEDRO CARMO	126	1:59:50.8	1:59:17.9	M40	57		0:50:29.4	258	1:25:10.7	255
237	248	CARLOS OLEASTRO	57	1:59:53.0	1:59:26.4	M55	14		0:52:03.3	279	1:26:59.1	266
238	249	PAULO TRINDADE	407	1:59:56.9	1:59:34.1	M45	58	O MUNDO DA CORRIDA	0:49:19.7	232	1:23:41.9	231
239	250	DANIEL PINHO	323	1:59:58.8	1:59:35.5	Sen-M	58		0:50:35.3	260	1:25:08.4	254
240	251	MIGUEL MARQUES	335	2:00:10.8	1:59:50.2	M40	58		0:46:50.9	191	1:24:18.1	243
241	252	LUIS SANTOS	384	2:00:15.2	1:59:45.3	M50	39		0:51:00.8	266	1:26:39.3	262
242	253	ANTÓNIO ALMEIDA	257	2:00:16.7	1:59:55.7	M55	15	VIA3Runners	0:52:32.7	288	1:27:12.1	268
243	254	RUI FIGUEIREDO	80	2:00:26.6	2:00:07.6	M40	59		0:50:54.3	264	1:25:18.5	256
244	256	NUNO ALVES	281	2:00:28.8	2:00:16.4	M40	60	RUN 4 FUN	0:50:47.2	263	1:26:30.7	261
245	257	MANUEL VALENÇA	375	2:00:29.6	2:00:22.8	Sen-M	59	Team Ercília	0:49:00.9	228	1:24:41.1	247
246	258	TIAGO MARQUES	254	2:00:40.0	2:00:09.5	Sen-M	60		0:49:33.7	237	1:25:58.1	259
247	259	JOSÉ PEDRO	2	2:01:06.5	2:00:32.9	M45	59		0:51:37.0	275	1:24:32.2	246
248	260	PEDRO VICENTE	300	2:01:08.1	2:00:59.6	M55	16		0:50:35.1	259	1:26:45.8	265

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
249	261	JOSE OLIVEIRA	297	2:01:13.7	2:00:59.0	M45	60		0:51:26.1	271	1:26:40.4	264
250	264	HUGO PINTO	367	2:02:05.7	2:01:48.6	M40	61		0:50:22.1	256	1:24:50.9	249
251	266	LUIS RAMOS	292	2:02:29.9	2:02:23.6	M40	62	Grupo Sportivo Adicense	0:47:50.3	209	1:24:24.5	245
252	267	JORGE PAULO	147	2:02:34.2	2:02:28.4	M60	9	RUN 4 FUN	0:53:11.4	292	1:28:23.2	276
253	268	NUNO GOMES	222	2:02:46.5	2:02:20.1	M40	63		0:48:56.5	227	1:25:02.2	251
254	269	PEDRO CARVALHO	289	2:03:07.8	2:02:46.8	Sen-M	61	One Buy Shop Runners	0:47:59.3	211	1:22:17.5	214
255	270	JORGE SOUSA	414	2:03:10.0	2:02:44.0	M45	61	Serviços Sociais Montepio	0:52:00.9	278	1:28:01.3	271
256	271	JOAO CUNHA	437	2:03:13.1	2:02:38.5	Sen-M	62		0:53:02.3	290	1:28:08.2	274
257	272	ALFREDO SOUSA	373	2:03:26.7	2:02:54.3	M60	10		0:54:38.6	318	1:30:00.2	286
258	273	JOSÉ HENRIQUES	368	2:03:39.1	2:03:16.5	M60	11	Os Perigosos	0:51:28.6	272	1:27:45.9	270
259	274	SANCHEZ TOM	169	2:03:52.4	2:03:32.4	Sen-M	63		0:49:34.9	238	1:25:07.9	253
260	276	TIAGO SANTOS	284	2:04:28.7	2:03:57.9	Sen-M	64		0:54:17.0	311	1:29:35.8	284
261	277	NUNO MARQUES	150	2:04:43.9	2:04:25.2	M50	40	RunLovers	0:49:32.4	236	1:26:07.5	260
262	279	RUI MARTINS	244	2:05:19.2	2:05:03.0	M50	41	CDCR CTT Lisboa	0:53:58.5	306	1:30:08.0	288
263	280	PEDRO GOMES	17	2:05:46.5	2:05:24.8	Sen-M	65	SS CGD	0:55:02.8	320	1:30:22.5	291
264	281	ALEXANDRE REIS	93	2:05:50.9	2:05:20.4	M55	17	Casa do Benfica em Algueirão Mem	0:52:21.6	285	1:29:21.2	281
265	282	LUIS PALMA	105	2:06:23.9	2:05:53.1	M45	62	Casa do Benfica em Algueirão Mem	0:52:22.2	286	1:29:21.8	282
266	284	TEODORO TRINDADE	122	2:06:32.5	2:06:20.1	M55	18	RUN 4 FUN	0:54:13.7	310	1:30:03.2	287
267	287	ROGÉRIO MATOS	401	2:06:58.1	2:06:48.9	M55	19	RUN 4 FUN	0:53:56.6	305	1:30:15.0	289
268	290	NUNO MOREIRA	132	2:07:59.1	2:07:46.9	Sen-M	66	Alverca Urban Runners	0:53:42.7	298	1:30:49.8	294
269	291	ORLANDO DUARTE	392	2:08:06.1	2:07:33.7	M60	12		0:56:02.1	330	1:31:51.3	302
270	293	JOÉ FILIPE	288	2:08:31.5	2:08:20.7	M55	20		0:50:42.3	261	1:27:02.9	267
271	294	RICARDO OLIVEIRA	290	2:08:36.0	2:08:21.8	M45	63	MicroRunning	0:51:04.9	268	1:28:38.0	278
272	296	FRANCISCO AMARO	159	2:09:10.3	2:09:06.5	M50	42	M.T.B.A	0:53:53.1	302	1:30:35.1	292
273	297	RICARDO DIAS	381	2:09:21.8	2:08:55.7	M40	64		0:53:32.0	296	1:32:17.6	305
274	299	MIGUEL CASTELA	209	2:09:29.1	2:09:13.1	M45	64	ASSOCIAÇÃO DE ATLETISMO LEBRES	0:54:49.1	319	1:33:51.0	312
275	300	ANDRÉ LUZ	337	2:09:29.8	2:09:14.4	Sen-M	67		0:53:22.4	295	1:31:57.1	303
276	301	JORGE FERRO	248	2:09:39.8	2:09:29.8	M50	43		0:49:43.7	243	1:27:26.5	269
277	303	LUIS TRINCHEIRAS	291	2:10:08.8	2:09:35.0	M40	65		0:51:09.2	269	1:29:01.5	279
278	304	EDUARDO	8	2:10:13.7	2:10:03.1	M45	65	SUDU	0:54:04.2	307	1:31:31.6	299
279	305	JORGE NUNES	171	2:10:18.2	2:09:57.4	M40	66		0:54:12.1	309	1:33:07.6	307
280	307	RICARDO RAMOS	245	2:11:55.9	2:11:37.7	M40	67	CDCR CTT Lisboa	0:53:56.5	304	1:30:15.9	290
281	308	JOAO PAIVA	208	2:12:02.2	2:11:35.0	Sen-M	68		0:55:30.2	327	1:33:25.1	308
282	310	JOÃO VEIGAS	7	2:13:01.3	2:12:28.5	Sen-M	69		0:54:37.2	316	1:30:51.4	295
283	311	ANTÓNIO DUARTE	201	2:13:11.1	2:12:54.0	M65	6	60%VIP	0:55:04.3	321	1:33:49.1	311
284	312	DAVID GONÇALVES	38	2:13:39.4	2:13:20.2	M40	68		0:53:33.6	297	1:35:05.0	316
285	313	LUÍS ROSA	61	2:13:41.9	2:13:25.5	M40	69	Corrida Noturna Parque das Nações	0:54:06.8	308	1:34:55.2	315
286	314	RODOLFO VEGA	357	2:13:56.9	2:13:28.2	M45	66		0:54:34.0	314	1:32:22.5	306
287	315	RICARDO PATO	200	2:14:06.7	2:13:31.5	Sen-M	70		0:58:48.0	345	1:37:44.3	323
288	316	JOÃO SANTOS	264	2:14:19.5	2:14:03.3	M50	44		0:55:35.6	328	1:35:36.9	318
289	317	JOSÉ SARAIVA	319	2:14:36.0	2:14:13.6	M55	21		0:55:14.1	322	1:34:20.5	313
290	319	JOSÉ GUIA	279	2:15:32.6	2:15:02.6	M65	7	SS CGD	0:56:54.9	334	1:37:56.1	326

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
291	320	RUI PEREIRA	312	2:15:56.4	2:15:28.7	Sen-M	71		0:54:36.3	315	1:35:27.1	317
292	321	ANTONIO FRANCO	413	2:15:57.7	2:15:29.9	M50	45	Serviços Sociais Montepio	0:53:13.4	293	1:29:42.6	285
293	322	VITOR GONÇALVES	20	2:16:56.3	2:16:25.2	M45	67	4 ao km	0:59:59.5	349	1:39:26.3	335
294	324	RAÚL MATOS	233	2:17:54.4	2:17:44.8	M50	46	RUN 4 FUN	0:57:05.7	335	1:38:09.2	328
295	327	FRANCISCO AFONSO	428	2:18:27.1	2:18:15.0	M55	22	RUN 4 FUN	0:54:19.0	312	1:37:47.7	324
296	328	DANIEL BERTOLA	168	2:18:50.3	2:18:20.6	Sen-M	72		0:53:54.6	303	1:34:47.5	314
297	329	JOAO COSTA	62	2:18:53.1	2:18:31.6	M50	47		0:55:21.3	323	1:36:19.1	320
298	330	RUI MELO	219	2:18:53.3	2:18:27.7	M45	68		0:56:44.9	332	1:38:09.5	329
299	331	JOÃO MARGAÇA	215	2:18:53.4	2:18:27.8	M45	69	Infantado Futebol Clube	0:56:45.1	333	1:38:15.7	330
300	332	NUNO MADUREIRA	329	2:19:27.0	2:18:58.9	Sen-M	73		0:58:34.0	344	1:39:02.4	333
301	333	PAULO RUIVO	361	2:19:40.0	2:19:10.2	Sen-M	74		0:57:34.6	338	1:37:51.1	325
302	334	JOAQUIM LEAL	423	2:19:55.4	2:19:20.9	M55	23		0:55:26.6	326	1:36:42.2	322
303	335	GRAHAM BYRON	359	2:20:52.9	2:20:18.2	M60	13		0:58:18.6	343	1:38:04.9	327
304	336	HENRIQUE RUIVO	276	2:22:30.7	2:22:10.6	M55	24	Tartarugas Solidárias	1:00:26.2	353	1:43:19.2	343
305	337	VITOR SOUSA	282	2:22:33.7	2:22:05.8	M65	8		0:58:03.3	341	1:39:57.0	336
306	339	MANUEL FARO	356	2:23:23.3	2:23:17.5	M50	48	Grupo Sportivo Adicense	0:59:40.6	347	1:42:31.3	341
307	341	JOÃO ALBERTO	22	2:25:35.2	2:25:15.4	M50	49	Montes Saloios Trail Team	1:00:27.1	354	1:43:20.7	344
308	343	PAULO MOUTINHO	341	2:27:13.9	2:26:20.9	M45	70		0:59:34.0	346	1:42:16.0	338
309	344	JOSE CORREIA	283	2:27:14.8	2:27:02.6	M60	14		1:00:17.3	352	1:42:58.1	342
310	345	PEDRO JAIME	293	2:28:33.0	2:28:16.2	M50	50	Salamandrecos	0:57:09.3	336	1:42:02.1	337
311	346	JOSÉ LINDO	127	2:30:55.6	2:30:47.1	M65	9	CA VALE DE FIGUEIRA	0:59:57.0	348	1:43:44.4	345
312	348	RICARDO CARVALHO	240	2:31:26.7	2:31:09.4	M45	71	CDCR CTT Lisboa	1:00:00.7	350	1:43:56.5	346
313	349	JOAQUIM GAMITO	148	2:33:35.7	2:33:17.4	M55	25		1:00:58.4	357	1:46:04.6	348
314	350	LUIS CALHEIROS	162	2:34:13.6	2:33:47.0	M45	72	O MUNDO DA CORRIDA	1:01:26.6	358	1:47:37.6	349
315	352	ESMERALDO	394	2:38:01.4	2:37:29.1	M65	10		1:02:35.1	361	1:49:21.8	353
316	353	IVO MARQUES	164	2:40:45.3	2:40:38.2	Sen-M	75		1:02:24.5	360	1:49:10.2	352
317	355	FÁBIO DIAS	5	DSQ	1:26:12.4	M45	73			-1		-1

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
1	77	MARTA CONCEIÇÃO	115	1:39:22.6	1:39:15.4	Sen-F	1		0:43:21.3	96	1:11:37.3	85
2	86	RUTE MARTINS	51	1:40:35.9	1:40:08.5	Sen-F	2	RJ Team	0:42:01.4	75	1:10:24.4	73
3	95	CÁTIA NASCIMENTO	130	1:41:28.9	1:41:22.2	Sen-F	3		0:43:00.9	88	1:12:29.4	92
4	98	PATRICIA CALDAS	88	1:41:55.6	1:41:32.5	Sen-F	4	Caracóis de Pedra	0:44:35.3	125	1:13:42.1	110
5	140	RITA ANTUNES	203	1:46:26.2	1:46:16.1	Sen-F	5	CD ARNEIRO	0:45:26.1	149	1:16:12.6	145
6	144	PAULA MARTINS	383	1:46:47.1	1:46:26.8	Sen-F	6		0:44:51.3	133	1:16:16.7	147
7	149	ANA VIGIA	295	1:47:08.6	1:47:00.7	F45	1		0:45:54.1	159	1:17:15.4	160
8	183	ANABELA FERREIRA	95	1:51:12.8	1:50:42.9	F45	2	Casa do Benfica em Algueirão Mem	0:47:43.2	206	1:20:00.9	194
9	224	CRISTINA CARVALHO	99	1:56:51.6	1:56:21.9	F45	3	Casa do Benfica em Algueirão Mem	0:47:42.9	205	1:20:42.3	205
10	240	MARIA FIGUEIREDO	355	1:58:32.8	1:58:09.4	F45	4	P4R	0:50:08.3	252	1:24:53.6	250
11	243	CARLA RODRIGUES	153	1:58:52.9	1:58:24.0	F45	5	Casa do Benfica em Algueirão Mem	0:49:37.6	240	1:23:29.1	229
12	255	MANUELA PINTO	142	2:00:26.7	2:00:12.8	F55	1	O MUNDO DA CORRIDA	0:52:08.9	282	1:26:39.9	263
13	262	PATRICIA MATOS	69	2:01:13.9	2:01:07.8	F45	6	Linda-a-Pastora Sporting Clube	0:52:11.0	283	1:28:05.8	273
14	263	ANA RACHA	374	2:01:51.6	2:01:33.2	F50	1		0:51:48.5	276	1:28:08.3	275
15	265	TITA LUIS	285	2:02:25.2	2:01:57.1	Sen-F	7	Salamandrecos	0:53:16.6	294	1:28:25.0	277
16	275	MARIA BORGES	364	2:03:52.9	2:03:26.5	F50	2		0:51:34.0	273	1:28:04.4	272
17	278	SARA PORTELA	194	2:04:59.6	2:04:51.2	Sen-F	8	Linda-a-Pastora Sporting Clube	0:52:14.5	284	1:29:05.9	280
18	283	SONIA FERREIRA	106	2:06:23.9	2:05:53.7	Sen-F	9	Casa do Benfica em Algueirão Mem	0:52:23.3	287	1:29:23.2	283
19	285	SANDRA SIMÕES	405	2:06:32.6	2:06:22.0	F45	7	RUN 4 FUN	0:55:22.3	324	1:31:49.6	300
20	286	MARINA MARQUES	298	2:06:32.8	2:06:22.5	F45	8	RUN 4 FUN	0:55:22.6	325	1:31:50.0	301
21	288	EVA ROSA	196	2:07:41.0	2:07:33.6	F50	3		0:53:49.5	301	1:31:14.3	298
22	289	TÂNIA PATRÍCIA	118	2:07:58.5	2:07:48.0	Sen-F	10	Correr em Évora	0:53:44.7	299	1:30:51.6	296
23	292	SARA GOMES	402	2:08:09.0	2:08:00.4	S23-F	1		0:53:05.8	291	1:30:48.4	293
24	295	CATARINA VARGES	370	2:08:56.5	2:08:25.7	F45	9	Clube Ferroviário de Portugal	0:54:38.2	317	1:30:52.9	297
25	298	ISABEL VIEIRA	348	2:09:28.9	2:09:07.2	F45	10	CCD PM Cascais	0:53:48.4	300	1:32:03.4	304
26	302	ISADORA COSTA	21	2:09:40.5	2:09:09.6	Sen-F	11	4 ao km	0:57:25.2	337	1:33:48.2	310
27	306	HELENA CUSTÓDIO	37	2:11:24.9	2:11:11.6	Sen-F	12		0:54:33.4	313	1:33:28.7	309
28	309	LUCINDA TAVARES	65	2:12:49.8	2:12:28.1	F40	1	BRT - Beer Run Team	0:57:44.1	339	1:35:53.5	319
29	318	IRIS MAURICIO	386	2:14:47.9	2:14:33.2	F40	2	M.T.B.A	0:55:44.8	329	1:36:35.8	321
30	323	ANA ALEIXO	81	2:17:22.7	2:17:13.8	F40	3	Linda-a-Pastora Sporting Clube	0:58:02.9	340	1:38:23.2	332
31	325	HENRIQUETA SOLIPA	179	2:18:07.1	2:17:48.5	F55	2		0:56:34.5	331	1:38:20.1	331
32	326	MARIA COSTA	187	2:18:24.5	2:17:57.0	F55	3		0:58:09.9	342	1:39:07.0	334
33	338	SUSANA PACHECO	186	2:22:56.3	2:22:39.6	Sen-F	13	60% VIP	1:00:54.8	356	1:42:18.5	340
34	340	MARIA FERREIRA	322	2:24:17.0	2:23:45.9	F45	11		1:00:54.3	355	1:42:17.0	339
35	342	SÓNIA SEQUEIRA	44	2:26:44.9	2:26:35.7	F40	4	Linda-a-Pastora Sporting Clube	1:00:05.4	351	1:44:03.5	347
36	347	CRISTINA OLIVEIRA	236	2:31:16.8	2:31:00.2	F50	4	Linda-a-Pastora Sporting Clube	1:03:38.9	362	1:48:00.2	351
37	351	SANDRA SENAS	145	2:34:15.2	2:33:49.4	F40	5	100% tigerbox	1:01:38.8	359	1:47:56.8	350
38	354	FATIMA ABREU	417	3:03:38.5	3:03:25.7	F65	1	União Desportiva Alfornelos	1:14:45.0	363	2:10:38.5	354

43ª Meia Maratona de S. João das Lampas

Result List MF 43ª Meia Maratona de S. João das Lampas

Class	C. Geral	Nome	Dors	T. Bruto	T.Chip	Esc. P.	Esc. Clube	T. 9.1km	Pos. 9.1k	T. 15.1km	Pos.
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Number of records: 355

43ª Meia Maratona de S. João das Lampas

Team Results 43ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
43ª Meia Maratona de S. João das Lampas				
1. VITORIA FUTEBOL CLUBE 1 4:00:22,65				
399	ANDRE ALVES	VITORIA FUTEBOL CLUBE	Seniors-M	1:18:02.6
398	MARK RIBEIRO	VITORIA FUTEBOL CLUBE	Seniors-M	1:19:57.3
397	MARCELO SANTOS	VITORIA FUTEBOL CLUBE	Seniors-M	1:22:22.7
2. Linda-a-Pastora Sporting Clube 1 4:11:29,00				
15	JOÃO GINJA	Linda-a-Pastora Sporting Clube	Veteranos M50	1:20:51.8
231	ANTÓNIO ANTUNES	Linda-a-Pastora Sporting Clube	Veteranos M45	1:25:08.9
234	PAULO SILVA	Linda-a-Pastora Sporting Clube	Veteranos M45	1:25:28.1
3. Casa do Benfica em Algueirão Mem Martins 1 4:16:04,36				
96	ARTUR OLIVEIRA	Casa do Benfica em Algueirão Mem Martins	Veteranos M45	1:21:10.2
152	CARLOS LOPES	Casa do Benfica em Algueirão Mem Martins	Veteranos M45	1:27:09.7
102	JOÃO SILVA	Casa do Benfica em Algueirão Mem Martins	Seniors-M	1:27:44.4
4. CCD Sintrense 1 4:19:16,63				
310	DANIEL ALMEIDA	CCD Sintrense	Sub23-M	1:21:44.7
309	JULIO FINOTE	CCD Sintrense	Veteranos M50	1:27:34.6
311	BRUNO DIAS	CCD Sintrense	Veteranos M40	1:29:57.1
5. Caracóis de Pedra 1 4:34:47,71				
49	HENRIQUE JANOTA	Caracóis de Pedra	Veteranos M45	1:27:32.7
89	SAMUEL SEBASTIAO	Caracóis de Pedra	Seniors-M	1:29:05.0
25	ANTÓNIO ROQUE	Caracóis de Pedra	Seniors-M	1:38:09.8
6. Sporting Clube de Casainhos 1 4:49:20,50				
266	FÁBIO PEREIRA	Sporting Clube de Casainhos	Seniors-M	1:25:19.3
265	CARLOS BAPTISTA	Sporting Clube de Casainhos	Veteranos M55	1:42:00.3
267	ARMINDO TEIXEIRA	Sporting Clube de Casainhos	Seniors-M	1:42:00.7
7. M.T.B.A 1 4:56:37,61				
160	MARCO FERNANDES	M.T.B.A	Veteranos M40	1:30:46.5
158	JAIME MAURÍCIO	M.T.B.A	Veteranos M45	1:36:53.4
155	JOÃO LEITÃO	M.T.B.A	Veteranos M45	1:48:57.6
8. CDCR CTT Lisboa 1 4:58:06,13				
238	NELSON CUSTÓDIO	CDCR CTT Lisboa	Veteranos M40	1:34:21.3
237	VASCO ASCENSÃO	CDCR CTT Lisboa	Veteranos M45	1:40:41.4
241	ANTÓNIO SENGO	CDCR CTT Lisboa	Veteranos M40	1:43:03.2
9. Correr Queluz 1 5:19:00,15				
172	NELSON FELIX	Correr Queluz	Veteranos M40	1:30:48.3
131	ARTUR CARVALHO	Correr Queluz	Veteranos M45	1:50:57.8
35	ANTÓNIO PINTO	Correr Queluz	Veteranos M55	1:57:13.9
10. O MUNDO DA CORRIDA 1 5:19:25,27				
161	DAVID SILVA	O MUNDO DA CORRIDA	Seniors-M	1:28:47.8
141	JOSÉ SIMÕES	O MUNDO DA CORRIDA	Veteranos M55	1:50:40.4
407	PAULO TRINDADE	O MUNDO DA CORRIDA	Veteranos M45	1:59:56.9
11. CD ARNEIRO 1 5:23:49,88				
203	RITA ANTUNES	CD ARNEIRO	Seniors-F	1:46:26.2
205	BELCHIOR BARROCAS	CD ARNEIRO	Veteranos M50	1:46:27.9

43ª Meia Maratona de S. João das Lampas

Team Results 43ª Meia Maratona de S. João das Lampas

Dorsal	Nome	Clube	Escalão	Tempo
206	JOSÉ MAIO	CD ARNEIRO	Veteranos M55	1:50:55.6
12. RUN 4 FUN 1				5:26:11,16
336	CARLOS ALCOBIA	RUN 4 FUN	Veteranos M40	1:38:42.5
406	RUI FARIA	RUN 4 FUN	Veteranos M45	1:53:07.0
418	GONÇALO MELO	RUN 4 FUN	Veteranos M50	1:54:21.4
13. Grupo Sportivo Adicense 1				5:28:07,96
163	LUIS SILVA	Grupo Sportivo Adicense	Seniors-M	1:37:39.6
190	RICARDO TRIGUEIRO	Grupo Sportivo Adicense	Seniors-M	1:47:58.3
292	LUIS RAMOS	Grupo Sportivo Adicense	Veteranos M40	2:02:29.9
14. Os Perigosos 1				5:36:41,73
92	FERNANDO ANDRADE	Os Perigosos	Veteranos M40	1:39:25.2
90	HELDER VALADAS	Os Perigosos	Seniors-M	1:58:38.1
91	MARCO CASEIRO	Os Perigosos	Veteranos M40	1:58:38.2
15. CCD PM Cascais 1				5:40:17,26
350	JORGE SIMÃO	CCD PM Cascais	Veteranos M60	1:39:47.0
349	JOÃO FARIA	CCD PM Cascais	Veteranos M50	1:51:01.2
348	ISABEL VIEIRA	CCD PM Cascais	Veteranas F45	2:09:28.9
16. Salamandrecos 1				5:44:00,04
286	EMANUEL SEVERINO	Salamandrecos	Seniors-M	1:49:59.7
29	MÁRIO FILIPE	Salamandrecos	Veteranos M50	1:51:35.0
285	TITA LUIS	Salamandrecos	Seniors-F	2:02:25.2
17. Corrida Noturna Parque das Nações 1				5:46:41,15
59	RUI ALMEIDA	Corrida Noturna Parque das Nações	Veteranos M45	1:46:14.9
60	JOSÉ ROLÃO	Corrida Noturna Parque das Nações	Veteranos M60	1:46:44.2
61	LUÍS ROSA	Corrida Noturna Parque das Nações	Veteranos M40	2:13:41.9
18. SS CGD 1				6:06:43,44
340	PEDRO FONTOURA	SS CGD	Veteranos M45	1:45:24.1
17	PEDRO GOMES	SS CGD	Seniors-M	2:05:46.5
279	JOSÉ GUIA	SS CGD	Veteranos M65	2:15:32.6