

43ª Meia Maratona de S. João das Lampas

Finisher List 2ª Meia Rampa

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k
2ª Meia Rampa										
1	RAFAEL CÂNDIDO	759	0:49:06.4	0:49:03.1	1	Sen-M	1	União Desportiva Alfarelos	0:34:21.9	1
2	MARCO PINTO	757	0:49:07.6	0:49:04.6	2	Sen-M	2	União Desportiva Alfarelos	0:34:22.6	2
3	LUÍS CARDOSO	758	0:50:57.7	0:50:54.2	3	Sen-M	3	União Desportiva Alfarelos	0:35:40.2	3
4	RICARDO DAMIÃO	767	0:52:07.5	0:52:02.1	4	M40	1		0:36:57.6	4
5	RUI HENRIQUES	755	0:53:14.0	0:53:10.5	5	Sen-M	4	Serviços Sociais Montepio	0:37:14.9	5
6	TOMÁS MORAIS	730	0:54:33.7	0:54:25.3	6	Sen-M	5		0:38:26.0	8
7	RUI GRAZINA	739	0:54:43.4	0:54:39.4	7	M55	1	CCD Sintrense	0:38:10.5	6
8	FERNANDO ALVES	728	0:54:54.7	0:54:51.6	8	M50	1	URBAN RUN TEAM	0:38:17.6	7
9	JOSÉ GEADA	789	0:55:59.5	0:55:56.4	9	M45	1	GDCTINCM	0:39:13.8	9
10	NUNO RAMOS	736	0:58:19.4	0:58:06.2	10	Sen-M	6		0:40:39.6	10
11	SÉRGIO COSTA	722	1:00:45.7	1:00:29.1	11	M40	2		0:42:24.6	12
12	FÁBIO TELES	742	1:00:57.7	1:00:33.3	12	S23-M	1		0:42:02.4	11
13	DUARTE COSTA	717	1:02:33.1	1:02:29.3	13	Sen-M	7		0:42:59.5	14
14	LUÍS PEDRO	326	1:03:54.2	1:03:38.1	14	M40	3	AUTO JACINTO	0:44:15.7	15
15	PERE LÓPEZ	430	1:05:59.5	1:05:42.7	15	S23-M	2		0:46:53.7	20
16	VARELA SÃO	745	1:06:29.0	1:06:23.3	1	F40	1	Correr Queluz	0:46:46.6	18
17	JOÃO MARQUES	790	1:07:34.0	1:07:30.5	16	M40	4	SS CGD	0:46:49.5	19
18	ORLANDO DIAS	703	1:08:02.7	1:07:38.3	17	M50	2		0:46:32.1	17
19	PAULA CARDOSO	761	1:08:11.8	1:07:58.5	2	F40	2	União Desportiva Alfarelos	0:47:29.8	22
20	NUNO SANTOS	762	1:09:14.4	1:09:01.4	18	Sen-M	8	União Desportiva Alfarelos	0:47:00.4	21
21	ANTÓNIO SOUSA	259	1:09:18.6	1:09:06.6	19	M40	5		0:42:50.2	13
22	ELSA OLIVEIRA	711	1:11:25.0	1:10:56.1	3	F50	1	Casa do Benfica em Algueirão Mem Martins	0:49:37.5	24
23	JOÃO REIS	764	1:12:06.0	1:11:50.9	20	M55	2	CDCR CTT Lisboa	0:49:50.5	25
24	RODRIGO SOUSA	744	1:13:56.2	1:13:43.6	21	Sen-M	9	M.T.B.A	0:51:34.7	29
25	TERESA CARDOSO	756	1:14:01.7	1:13:35.8	4	F40	3	Serviços Sociais Montepio	0:52:01.3	32
26	BRUNO CARDOSO	239	1:14:41.2	1:14:28.7	22	M40	6	CDCR CTT Lisboa	0:49:21.8	23
27	JUN LIANG	763	1:14:50.0	1:14:25.8	5	F40	4		0:51:34.3	27
28	ANTONIO CARDOSO	760	1:14:53.9	1:14:25.1	23	M45	2	União Desportiva Alfarelos	0:51:58.1	31
29	TIAGO RODRIGUES	785	1:16:52.0	1:16:25.4	24	Sen-M	10	Caracóis de Pedra	0:54:23.1	39
30	FILIPA FERRO	720	1:17:06.5	1:16:58.9	6	F40	5	G. D. R. da Reboleira	0:53:08.1	34
31	ANA TELO	718	1:18:15.6	1:18:12.6	7	F40	6	CA VALE FIGUEIRA	0:55:06.0	42
32	GONÇALO AZENHA	749	1:18:19.7	1:17:52.5	25	Sen-M	11		0:52:33.9	33
33	CARLA MENDES	704	1:18:23.6	1:18:06.5	8	F40	7	Tartarugas Solidárias	0:53:37.9	36
34	MANUEL GRAÇA	733	1:19:15.8	1:19:08.5	26	M65	1		0:54:50.5	41
35	JOÃO ANTUNES	479	1:19:34.9	1:19:19.2	27	M45	3		0:53:08.8	35
36	DAVID LOPES	272	1:19:45.8	1:19:18.0	28	M45	4	Caracóis de Pedra	0:51:34.4	28
37	ANDRÉ SILVA	729	1:19:46.9	1:19:33.7	29	S23-M	3	CD ARNEIRO	0:54:21.1	38
38	ISABEL SANTOS	746	1:20:36.6	1:20:26.2	9	F50	2	LOURDETE PERFUMARIAS	0:56:45.3	45
39	PAULO GONÇALVES	752	1:22:05.5	1:21:44.5	30	M60	1		0:55:49.6	43
40	PAULINO PACHECO	149	1:22:19.0	1:22:00.3	31	M60	2		0:54:23.6	40

43ª Meia Maratona de S. João das Lampas

Finisher List 2ª Meia Rampa

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k
41	RALUCA MARTINS	727	1:22:30.4	1:22:19.3	10	F40	8	CD ARNEIRO	0:57:56.0	48
42	JOÃO SANTOS	721	1:22:55.9	1:22:47.0	32	M65	2	Veteranos de Massamá	0:56:53.8	46
43	ANA MELO	277	1:22:58.1	1:22:48.2	11	F40	9	RUN 4 FUN	0:57:19.9	47
44	PAULA CALISTO	708	1:23:20.7	1:22:57.6	12	Sen-F	1	Caracóis de Pedra	0:56:35.2	44
45	SANDRA ARRAIAS	702	1:24:07.1	1:23:40.3	13	Sen-F	2	Os Arraias	0:58:32.1	50
46	DIOGO ARRAIAS	701	1:24:07.3	1:23:40.7	33	M65	3	Os Arraias	0:58:38.2	51
47	PEDRO GALGUINHO	731	1:25:12.7	1:24:57.4	34	M45	5	CDCR CTT Lisboa	0:58:29.2	49
48	RUI CARVALHO	330	1:25:27.8	1:24:56.5	35	Sen-M	12		0:59:58.7	55
49	SANDRA COELHO	710	1:25:28.0	1:24:56.2	14	Sen-F	3	TINTO RUNNING TEAM	0:59:57.9	54
50	SUZI SOUSA	700	1:26:06.2	1:25:54.8	15	F40	10	SUDU	1:00:08.6	57
51	ANDREIA OLIVEIRA	765	1:26:27.9	1:26:17.4	16	F40	11		1:00:02.5	56
52	PEDRO BANON	707	1:26:31.6	1:26:12.4	36	M40	7	Tartarugas Solidárias	0:59:45.1	52
53	RUTE FERNANDES	724	1:26:31.8	1:26:14.5	17	Sen-F	4		0:59:47.4	53
54	GILBERTO GONÇALVES	166	1:26:32.7	1:26:08.7	37	M65	4	CLUBE ATLETISMO AMIGOS DE BELÉM	1:01:22.9	62
55	CARLOS FONSECA	787	1:27:43.4	1:27:10.8	38	M55	3		1:00:34.4	60
56	VICTOR SILVA	786	1:27:45.8	1:27:13.2	39	M50	3		1:00:24.4	59
57	MANUEL PEDRO	754	1:29:32.8	1:29:09.8	40	M45	6		1:00:17.1	58
58	AMADEU BRANDÃO	743	1:30:17.6	1:30:01.7	41	M65	5		1:00:56.1	61
59	RUBEN COSTA	416	1:30:38.7	1:30:25.8	42	M55	4	RUN 4 FUN	0:54:20.8	37
60	ACÁCIO MENDES	706	1:31:29.3	1:31:11.7	43	M65	6	Tartarugas Solidárias	1:02:49.7	65
61	DEOLINDA SANTOS	788	1:32:04.8	1:31:57.0	18	F40	12		1:04:02.3	66
62	SARA HENRIQUES	351	1:33:10.5	1:32:47.7	19	F40	13	CCD PM Cascais	1:02:40.5	63
63	DIOGO HENRIQUES	347	1:33:11.0	1:32:48.1	44	S23-M	4	CCD PM Cascais	1:02:41.4	64
64	PATRÍCIA PINO	723	1:33:32.2	1:32:57.9	20	F40	14		1:05:05.6	68
65	MADALENA PINA	713	1:33:51.6	1:33:41.9	21	F50	3	Linda-a-Pastora Sporting Clube	1:04:50.5	67
66	RAQUEL MARQUES	732	1:33:56.8	1:33:31.8	22	Sen-F	5		1:05:33.8	71
67	MARIA TRIGUEIRO	719	1:34:18.7	1:34:09.2	23	F40	15	Linda-a-Pastora Sporting Clube	1:05:21.8	70
68	MANUEL BAPTISTA	750	1:35:18.6	1:34:54.4	45	M50	4		1:05:18.6	69
69	PEDRO LUÍS	766	1:40:22.9	1:39:58.8	46	Sen-M	13		1:08:11.6	72
70	FÁTIMA MENDES	705	1:43:01.2	1:42:43.4	24	F60	1	Tartarugas Solidárias	1:10:16.5	74
71	HELENA LEITÃO	156	1:44:24.7	1:44:10.1	25	F40	16	M.T.B.A	1:09:38.8	73
72	MARIA MACEDO	738	1:47:23.5	1:47:14.3	26	F50	4		1:11:58.2	76
73	JOAQUIM ADELINO	753	1:48:02.1	1:47:29.2	47	M65	7	Amigos Vale Silêncio	1:10:53.7	75
74	CARLA MORGADO	133	1:59:37.6	1:59:30.2	27	F40	17		0:50:10.1	26
75	TERESA ALVES	740	2:01:23.4	2:00:52.8	28	F50	5	A C R Vimeiro	1:22:09.7	77

Number of records: 75

43ª Meia Maratona de S. João das Lampas

Result List AG 2ª Meia Rampa

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km
2ª Meia Rampa										
m										
Seniors-M										
1		RAFAEL CÂNDIDO	759	0:49:06.4	0:49:03.1	1	Sen-M	1	União Desportiva Alfoanelos	0:34:21.9
2		MARCO PINTO	757	0:49:07.6	0:49:04.6	2	Sen-M	2	União Desportiva Alfoanelos	0:34:22.6
3		LUÍS CARDOSO	758	0:50:57.7	0:50:54.2	3	Sen-M	3	União Desportiva Alfoanelos	0:35:40.2
4		RUI HENRIQUES	755	0:53:14.0	0:53:10.5	5	Sen-M	5	Serviços Sociais Montepio	0:37:14.9
5		TOMÁS MORAIS	730	0:54:33.7	0:54:25.3	6	Sen-M	6		0:38:26.0
6		NUNO RAMOS	736	0:58:19.4	0:58:06.2	10	Sen-M	10		0:40:39.6
7		DUARTE COSTA	717	1:02:33.1	1:02:29.3	13	Sen-M	13		0:42:59.5
8		NUNO SANTOS	762	1:09:14.4	1:09:01.4	18	Sen-M	20	União Desportiva Alfoanelos	0:47:00.4
9		RODRIGO SOUSA	744	1:13:56.2	1:13:43.6	21	Sen-M	24	M.T.B.A	0:51:34.7
10		TIAGO RODRIGUES	785	1:16:52.0	1:16:25.4	24	Sen-M	29	Caracóis de Pedra	0:54:23.1
11		GONÇALO AZENHA	749	1:18:19.7	1:17:52.5	25	Sen-M	32		0:52:33.9
12		RUI CARVALHO	330	1:25:27.8	1:24:56.5	35	Sen-M	48		0:59:58.7
13		PEDRO LUÍS	766	1:40:22.9	1:39:58.8	46	Sen-M	69		1:08:11.6
Sub23-M										
1		FÁBIO TELES	742	1:00:57.7	1:00:33.3	12	S23-M	12		0:42:02.4
2		PERE LÓPEZ	430	1:05:59.5	1:05:42.7	15	S23-M	15		0:46:53.7
3		ANDRÉ SILVA	729	1:19:46.9	1:19:33.7	29	S23-M	37	CD ARNEIRO	0:54:21.1
4		DIOGO HENRIQUES	347	1:33:11.0	1:32:48.1	44	S23-M	63	CCD PM Cascais	1:02:41.4
Veteranos M40										
1		RICARDO DAMIÃO	767	0:52:07.5	0:52:02.1	4	M40	4		0:36:57.6
2		SÉRGIO COSTA	722	1:00:45.7	1:00:29.1	11	M40	11		0:42:24.6
3		LUÍS PEDRO	326	1:03:54.2	1:03:38.1	14	M40	14	AUTO JACINTO	0:44:15.7
4		JOÃO MARQUES	790	1:07:34.0	1:07:30.5	16	M40	17	SS CGD	0:46:49.5
5		ANTÓNIO SOUSA	259	1:09:18.6	1:09:06.6	19	M40	21		0:42:50.2
6		BRUNO CARDOSO	239	1:14:41.2	1:14:28.7	22	M40	26	CDCR CTT Lisboa	0:49:21.8
7		PEDRO BANON	707	1:26:31.6	1:26:12.4	36	M40	52	Tartarugas Solidárias	0:59:45.1
Veteranos M45										
1		JOSÉ GEADA	789	0:55:59.5	0:55:56.4	9	M45	9	GDCTINCM	0:39:13.8
2		ANTONIO CARDOSO	760	1:14:53.9	1:14:25.1	23	M45	28	União Desportiva Alfoanelos	0:51:58.1
3		JOÃO ANTUNES	479	1:19:34.9	1:19:19.2	27	M45	35		0:53:08.8
4		DAVID LOPES	272	1:19:45.8	1:19:18.0	28	M45	36	Caracóis de Pedra	0:51:34.4
5		PEDRO GALGUINHO	731	1:25:12.7	1:24:57.4	34	M45	47	CDCR CTT Lisboa	0:58:29.2

43ª Meia Maratona de S. João das Lampas

Result List AG 2ª Meia Rampa

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km
6		MANUEL PEDRO	754	1:29:32.8	1:29:09.8	40	M45	57		1:00:17.1

Veteranos M50

1		FERNANDO ALVES	728	0:54:54.7	0:54:51.6	8	M50	8	URBAN RUN TEAM	0:38:17.6
2		ORLANDO DIAS	703	1:08:02.7	1:07:38.3	17	M50	18		0:46:32.1
3		VICTOR SILVA	786	1:27:45.8	1:27:13.2	39	M50	56		1:00:24.4
4		MANUEL BAPTISTA	750	1:35:18.6	1:34:54.4	45	M50	68		1:05:18.6

Veteranos M55

1		RUI GRAZINA	739	0:54:43.4	0:54:39.4	7	M55	7	CCD Sintrense	0:38:10.5
2		JOÃO REIS	764	1:12:06.0	1:11:50.9	20	M55	23	CDCR CTT Lisboa	0:49:50.5
3		CARLOS FONSECA	787	1:27:43.4	1:27:10.8	38	M55	55		1:00:34.4
4		RUBEN COSTA	416	1:30:38.7	1:30:25.8	42	M55	59	RUN 4 FUN	0:54:20.8

Veteranos M60

1		PAULO GONÇALVES	752	1:22:05.5	1:21:44.5	30	M60	39		0:55:49.6
2		PAULINO PACHECO	149	1:22:19.0	1:22:00.3	31	M60	40		0:54:23.6

Veteranos M65

1		MANUEL GRAÇA	733	1:19:15.8	1:19:08.5	26	M65	34		0:54:50.5
2		JOÃO SANTOS	721	1:22:55.9	1:22:47.0	32	M65	42	Veteranos de Massamá	0:56:53.8
3		DIOGO ARRAIAS	701	1:24:07.3	1:23:40.7	33	M65	46	Os Arraias	0:58:38.2
4		GILBERTO GONÇALVES	166	1:26:32.7	1:26:08.7	37	M65	54	CLUBE ATLETISMO AMIGOS DE BELÉM	1:01:22.9
5		AMADEU BRANDÃO	743	1:30:17.6	1:30:01.7	41	M65	58		1:00:56.1
6		ACÁCIO MENDES	706	1:31:29.3	1:31:11.7	43	M65	60	Tartarugas Solidárias	1:02:49.7
7		JOAQUIM ADELINO	753	1:48:02.1	1:47:29.2	47	M65	73	Amigos Vale Silêncio	1:10:53.7

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Seniors-F

1		PAULA CALISTO	708	1:23:20.7	1:22:57.6	12	Sen-F	44	Caracóis de Pedra	0:56:35.2
2		SANDRA ARRAIAS	702	1:24:07.1	1:23:40.3	13	Sen-F	45	Os Arraias	0:58:32.1
3		SANDRA COELHO	710	1:25:28.0	1:24:56.2	14	Sen-F	49	TINTO RUNNING TEAM	0:59:57.9
4		RUTE FERNANDES	724	1:26:31.8	1:26:14.5	17	Sen-F	53		0:59:47.4
5		RAQUEL MARQUES	732	1:33:56.8	1:33:31.8	22	Sen-F	66		1:05:33.8

Veteranas F40

1		VARELA SÃO	745	1:06:29.0	1:06:23.3	1	F40	16	Correr Queluz	0:46:46.6
2		PAULA CARDOSO	761	1:08:11.8	1:07:58.5	2	F40	19	União Desportiva Alfovelos	0:47:29.8
3		TERESA CARDOSO	756	1:14:01.7	1:13:35.8	4	F40	25	Serviços Sociais Montepio	0:52:01.3
4		JUN LIANG	763	1:14:50.0	1:14:25.8	5	F40	27		0:51:34.3

43ª Meia Maratona de S. João das Lampas

Result List AG 2ª Meia Rampa

Class Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km
5	FILIPA FERRO	720	1:17:06.5	1:16:58.9	6	F40	30	G. D. R. da Reboleira	0:53:08.1
6	ANA TELO	718	1:18:15.6	1:18:12.6	7	F40	31	CA VALE FIGUEIRA	0:55:06.0
7	CARLA MENDES	704	1:18:23.6	1:18:06.5	8	F40	33	Tartarugas Solidárias	0:53:37.9
8	RALUCA MARTINS	727	1:22:30.4	1:22:19.3	10	F40	41	CD ARNEIRO	0:57:56.0
9	ANA MELO	277	1:22:58.1	1:22:48.2	11	F40	43	RUN 4 FUN	0:57:19.9
10	SUZI SOUSA	700	1:26:06.2	1:25:54.8	15	F40	50	SUDU	1:00:08.6
11	ANDREIA OLIVEIRA	765	1:26:27.9	1:26:17.4	16	F40	51		1:00:02.5
12	DEOLINDA SANTOS	788	1:32:04.8	1:31:57.0	18	F40	61		1:04:02.3
13	SARA HENRIQUES	351	1:33:10.5	1:32:47.7	19	F40	62	CCD PM Cascais	1:02:40.5
14	PATRÍCIA PINO	723	1:33:32.2	1:32:57.9	20	F40	64		1:05:05.6
15	MARIA TRIGUEIRO	719	1:34:18.7	1:34:09.2	23	F40	67	Linda-a-Pastora Sporting Clube	1:05:21.8
16	HELENA LEITÃO	156	1:44:24.7	1:44:10.1	25	F40	71	M.T.B.A	1:09:38.8
17	CARLA MORGADO	133	1:59:37.6	1:59:30.2	27	F40	74		0:50:10.1

Veteranas F50

1	ELSA OLIVEIRA	711	1:11:25.0	1:10:56.1	3	F50	22	Casa do Benfica em Algueirão Mem Martins	0:49:37.5
2	ISABEL SANTOS	746	1:20:36.6	1:20:26.2	9	F50	38	LOURDETE PERFUMARIAS	0:56:45.3
3	MADALENA PINA	713	1:33:51.6	1:33:41.9	21	F50	65	Linda-a-Pastora Sporting Clube	1:04:50.5
4	MARIA MACEDO	738	1:47:23.5	1:47:14.3	26	F50	72		1:11:58.2
5	TERESA ALVES	740	2:01:23.4	2:00:52.8	28	F50	75	A C R Vimeiro	1:22:09.7

Veteranas F60

1	FÁTIMA MENDES	705	1:43:01.2	1:42:43.4	24	F60	70	Tartarugas Solidárias	1:10:16.5
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Number of records: 75

43ª Meia Maratona de S. João das Lampas

Result List MF 2ª Meia Rampa

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k
2ª Meia Rampa											
m											
1		1	RAFAEL CÂNDIDO	759	0:49:06.4	0:49:03.1	Sen-M	1	União Desportiva Alfoanelos	0:34:21.9	1
2		2	MARCO PINTO	757	0:49:07.6	0:49:04.6	Sen-M	2	União Desportiva Alfoanelos	0:34:22.6	2
3		3	LUÍS CARDOSO	758	0:50:57.7	0:50:54.2	Sen-M	3	União Desportiva Alfoanelos	0:35:40.2	3
4		4	RICARDO DAMIÃO	767	0:52:07.5	0:52:02.1	M40	1		0:36:57.6	4
5		5	RUI HENRIQUES	755	0:53:14.0	0:53:10.5	Sen-M	4	Serviços Sociais Montepio	0:37:14.9	5
6		6	TOMÁS MORAIS	730	0:54:33.7	0:54:25.3	Sen-M	5		0:38:26.0	8
7		7	RUI GRAZINA	739	0:54:43.4	0:54:39.4	M55	1	CCD Sintrense	0:38:10.5	6
8		8	FERNANDO ALVES	728	0:54:54.7	0:54:51.6	M50	1	URBAN RUN TEAM	0:38:17.6	7
9		9	JOSÉ GEADA	789	0:55:59.5	0:55:56.4	M45	1	GDCTINCM	0:39:13.8	9
10		10	NUNO RAMOS	736	0:58:19.4	0:58:06.2	Sen-M	6		0:40:39.6	10
11		11	SÉRGIO COSTA	722	1:00:45.7	1:00:29.1	M40	2		0:42:24.6	12
12		12	FÁBIO TELES	742	1:00:57.7	1:00:33.3	S23-M	1		0:42:02.4	11
13		13	DUARTE COSTA	717	1:02:33.1	1:02:29.3	Sen-M	7		0:42:59.5	14
14		14	LUÍS PEDRO	326	1:03:54.2	1:03:38.1	M40	3	AUTO JACINTO	0:44:15.7	15
15		15	PERE LÓPEZ	430	1:05:59.5	1:05:42.7	S23-M	2		0:46:53.7	20
16		17	JOÃO MARQUES	790	1:07:34.0	1:07:30.5	M40	4	SS CGD	0:46:49.5	19
17		18	ORLANDO DIAS	703	1:08:02.7	1:07:38.3	M50	2		0:46:32.1	17
18		20	NUNO SANTOS	762	1:09:14.4	1:09:01.4	Sen-M	8	União Desportiva Alfoanelos	0:47:00.4	21
19		21	ANTÓNIO SOUSA	259	1:09:18.6	1:09:06.6	M40	5		0:42:50.2	13
20		23	JOÃO REIS	764	1:12:06.0	1:11:50.9	M55	2	CDCR CTT Lisboa	0:49:50.5	25
21		24	RODRIGO SOUSA	744	1:13:56.2	1:13:43.6	Sen-M	9	M.T.B.A	0:51:34.7	29
22		26	BRUNO CARDOSO	239	1:14:41.2	1:14:28.7	M40	6	CDCR CTT Lisboa	0:49:21.8	23
23		28	ANTONIO CARDOSO	760	1:14:53.9	1:14:25.1	M45	2	União Desportiva Alfoanelos	0:51:58.1	31
24		29	TIAGO RODRIGUES	785	1:16:52.0	1:16:25.4	Sen-M	10	Caracóis de Pedra	0:54:23.1	39
25		32	GONÇALO AZENHA	749	1:18:19.7	1:17:52.5	Sen-M	11		0:52:33.9	33
26		34	MANUEL GRAÇA	733	1:19:15.8	1:19:08.5	M65	1		0:54:50.5	41
27		35	JOÃO ANTUNES	479	1:19:34.9	1:19:19.2	M45	3		0:53:08.8	35
28		36	DAVID LOPES	272	1:19:45.8	1:19:18.0	M45	4	Caracóis de Pedra	0:51:34.4	28
29		37	ANDRÉ SILVA	729	1:19:46.9	1:19:33.7	S23-M	3	CD ARNEIRO	0:54:21.1	38
30		39	PAULO GONÇALVES	752	1:22:05.5	1:21:44.5	M60	1		0:55:49.6	43

43ª Meia Maratona de S. João das Lampas

Result List MF 2ª Meia Rampa

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k
31		40	PAULINO PACHECO	149	1:22:19.0	1:22:00.3	M60	2		0:54:23.6	40
32		42	JOÃO SANTOS	721	1:22:55.9	1:22:47.0	M65	2	Veteranos de Massamá	0:56:53.8	46
33		46	DIOGO ARRAIAS	701	1:24:07.3	1:23:40.7	M65	3	Os Arraias	0:58:38.2	51
34		47	PEDRO GALGUINHO	731	1:25:12.7	1:24:57.4	M45	5	CDCR CTT Lisboa	0:58:29.2	49
35		48	RUI CARVALHO	330	1:25:27.8	1:24:56.5	Sen-M	12		0:59:58.7	55
36		52	PEDRO BANON	707	1:26:31.6	1:26:12.4	M40	7	Tartarugas Solidárias	0:59:45.1	52
37		54	GILBERTO GONÇALVES	166	1:26:32.7	1:26:08.7	M65	4	CLUBE ATLETISMO AMIGOS DE	1:01:22.9	62
38		55	CARLOS FONSECA	787	1:27:43.4	1:27:10.8	M55	3		1:00:34.4	60
39		56	VICTOR SILVA	786	1:27:45.8	1:27:13.2	M50	3		1:00:24.4	59
40		57	MANUEL PEDRO	754	1:29:32.8	1:29:09.8	M45	6		1:00:17.1	58
41		58	AMADEU BRANDÃO	743	1:30:17.6	1:30:01.7	M65	5		1:00:56.1	61
42		59	RUBEN COSTA	416	1:30:38.7	1:30:25.8	M55	4	RUN 4 FUN	0:54:20.8	37
43		60	ACÁCIO MENDES	706	1:31:29.3	1:31:11.7	M65	6	Tartarugas Solidárias	1:02:49.7	65
44		63	DIOGO HENRIQUES	347	1:33:11.0	1:32:48.1	S23-M	4	CCD PM Cascais	1:02:41.4	64
45		68	MANUEL BAPTISTA	750	1:35:18.6	1:34:54.4	M50	4		1:05:18.6	69
46		69	PEDRO LUÍS	766	1:40:22.9	1:39:58.8	Sen-M	13		1:08:11.6	72
47		73	JOAQUIM ADELINO	753	1:48:02.1	1:47:29.2	M65	7	Amigos Vale Silêncio	1:10:53.7	75
w											
1		16	VARELA SÃO	745	1:06:29.0	1:06:23.3	F40	1	Correr Queluz	0:46:46.6	18
2		19	PAULA CARDOSO	761	1:08:11.8	1:07:58.5	F40	2	União Desportiva Alfovelos	0:47:29.8	22
3		22	ELSA OLIVEIRA	711	1:11:25.0	1:10:56.1	F50	1	Casa do Benfica em Algueirão Mem	0:49:37.5	24
4		25	TERESA CARDOSO	756	1:14:01.7	1:13:35.8	F40	3	Serviços Sociais Montepio	0:52:01.3	32
5		27	JUN LIANG	763	1:14:50.0	1:14:25.8	F40	4		0:51:34.3	27
6		30	FILIPA FERRO	720	1:17:06.5	1:16:58.9	F40	5	G. D. R. da Reboleira	0:53:08.1	34
7		31	ANA TELO	718	1:18:15.6	1:18:12.6	F40	6	CA VALE FIGUEIRA	0:55:06.0	42
8		33	CARLA MENDES	704	1:18:23.6	1:18:06.5	F40	7	Tartarugas Solidárias	0:53:37.9	36
9		38	ISABEL SANTOS	746	1:20:36.6	1:20:26.2	F50	2	LOURDETE PERFUMARIAS	0:56:45.3	45
10		41	RALUCA MARTINS	727	1:22:30.4	1:22:19.3	F40	8	CD ARNEIRO	0:57:56.0	48
11		43	ANA MELO	277	1:22:58.1	1:22:48.2	F40	9	RUN 4 FUN	0:57:19.9	47
12		44	PAULA CALISTO	708	1:23:20.7	1:22:57.6	Sen-F	1	Caracóis de Pedra	0:56:35.2	44
13		45	SANDRA ARRAIAS	702	1:24:07.1	1:23:40.3	Sen-F	2	Os Arraias	0:58:32.1	50
14		49	SANDRA COELHO	710	1:25:28.0	1:24:56.2	Sen-F	3	TINTO RUNNING TEAM	0:59:57.9	54
15		50	SUZI SOUSA	700	1:26:06.2	1:25:54.8	F40	10	SUDU	1:00:08.6	57

43ª Meia Maratona de S. João das Lampas

Result List MF 2ª Meia Rampa

Class	Sex.	C. Geral	Nome	Dorsal	T. Bruto	T.Chip	Esc.	P. Esc.	Clube	T. 9.1km	Pos. 9.1k
16		51	ANDREIA OLIVEIRA	765	1:26:27.9	1:26:17.4	F40	11		1:00:02.5	56
17		53	RUTE FERNANDES	724	1:26:31.8	1:26:14.5	Sen-F	4		0:59:47.4	53
18		61	DEOLINDA SANTOS	788	1:32:04.8	1:31:57.0	F40	12		1:04:02.3	66
19		62	SARA HENRIQUES	351	1:33:10.5	1:32:47.7	F40	13	CCD PM Cascais	1:02:40.5	63
20		64	PATRÍCIA PINO	723	1:33:32.2	1:32:57.9	F40	14		1:05:05.6	68
21		65	MADALENA PINA	713	1:33:51.6	1:33:41.9	F50	3	Linda-a-Pastora Sporting Clube	1:04:50.5	67
22		66	RAQUEL MARQUES	732	1:33:56.8	1:33:31.8	Sen-F	5		1:05:33.8	71
23		67	MARIA TRIGUEIRO	719	1:34:18.7	1:34:09.2	F40	15	Linda-a-Pastora Sporting Clube	1:05:21.8	70
24		70	FÁTIMA MENDES	705	1:43:01.2	1:42:43.4	F60	1	Tartarugas Solidárias	1:10:16.5	74
25		71	HELENA LEITÃO	156	1:44:24.7	1:44:10.1	F40	16	M.T.B.A	1:09:38.8	73
26		72	MARIA MACEDO	738	1:47:23.5	1:47:14.3	F50	4		1:11:58.2	76
27		74	CARLA MORGADO	133	1:59:37.6	1:59:30.2	F40	17		0:50:10.1	26
28		75	TERESA ALVES	740	2:01:23.4	2:00:52.8	F50	5	A C R Vimeiro	1:22:09.7	77

Number of records: 75