

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
1	918	Paulo Pinheiro	SCP	1	00:31:11	00:31:11	SENM
2	920	Ruben Pessoa	SCP	2	00:31:13	00:31:13	SENM
3	917	Hugo Ganchas	SLB	3	00:31:14	00:31:14	SENM
4	147	Nuno Carraça	Nucleo Atletismo de Cucujães	4	00:31:21	00:31:21	SENM
5	238	Marco Miguel	Clube de Praças da Armada	5	00:31:52	00:31:52	SENM
6	465	Pedro Sousa	Associação Desportiva Leões Apelaçenenses	41	00:45:22	00:45:22	SENM
7	868	David Tavares	Inglese Futebol Clube	1	00:32:29	00:32:29	JUNM
8	988	Jose Gaspar	GOFIT	1	00:32:33	00:32:33	M40
9	910	Ricardo Ferreira	Inglese Futebol Clube	2	00:32:49	00:32:49	JUNM
10	895	Luis Rações	Inglese Futebol Clube	2	00:33:04	00:33:04	M40
11	888	João Vaz	Inglese Futebol Clube	1	00:33:33	00:33:33	M45
12	882	Hugo Gil	Inglese Futebol Clube	6	00:33:40	00:33:40	SENM
13	921	Kalai	Salvador do Campo	7	00:33:57	00:33:57	SENM
14	890	José Oliveira	Inglese Futebol Clube	3	00:34:10	00:34:10	JUNM
15	799	Hugo Rodrigues	UA Povoense	8	00:34:13	00:34:13	SENM
16	247	Pedro Gomes	Clube de Atletismo Odimarq	3	00:34:55	00:34:55	M40
17	931	Luis Baço	A Minha Corrida	4	00:35:13	00:35:13	M40
18	906	Pedro Guimarães	Inglese Futebol Clube	1	00:35:19	00:35:19	M35
19	872	Eusébio Rosa	Inglese Futebol Clube	2	00:35:19	00:35:19	M45
20	871	Domingos Carneiro	Inglese Futebol Clube	5	00:35:29	00:35:29	M40
21	337	Luis Brito	Clube Atletismo Vale de Figueira	6	00:35:34	00:35:34	M40
22	899	Marco Gomes	Inglese Futebol Clube	7	00:35:44	00:35:44	M40
23	819	Rodrigo Noivo	ARRABIDA TRAIL TEAM	2	00:35:46	00:35:46	M35
24	848	Felisberto Alves	Centro Desportivo Universitário de Lisboa	9	00:35:49	00:35:49	SENM
25	581	Nelson Santos	CAPenafirme	8	00:35:57	00:35:57	M40
26	772	Fernando Cortez	Correr Lisboa	1	00:36:01	00:36:01	M50
27	802	Joaquim Cerqueira	UA Povoense	4	00:36:04	00:36:04	JUNM
28	805	Paulo Albino	UA Povoense	9	00:36:05	00:36:05	M40
29	794	Alexandre Monteiro	UA Povoense	2	00:36:07	00:36:07	M50
30	869	David Vilas	Inglese Futebol Clube	10	00:36:10	00:36:10	SENM
31	133	Paulo Silvestre	INDIVIDUAL	3	00:36:18	00:36:18	M45
32	801	João Veiga	UA Povoense	1	00:36:28	00:36:28	M55
33	867	David Ferreira	Inglese Futebol Clube	5	00:36:35	00:36:35	JUNM
34	564	Hugo Adelino	Amigos Vale do Silêncio	10	00:36:40	00:36:40	M40
35	371	Pedro Silva	PGTRI	11	00:36:46	00:36:46	SENM
36	885	João Inocêncio	Inglese Futebol Clube	4	00:36:55	00:36:55	M45
37	820	Diogo Azevedo	Vitória Futebol Clube	3	00:36:56	00:36:56	M35
38	886	João Pinto	Inglese Futebol Clube	6	00:37:10	00:37:10	JUNM
39	463	Miguel Ruivo	Associação Desportiva Leões Apelaçenenses	12	00:37:17	00:37:17	SENM
40	807	Rafael Almeida	UA Povoense	7	00:37:23	00:37:23	JUNM
41	741	Bruno Carvalho	FC R ROSSÃO	4	00:37:26	00:37:26	M35
42	727	André Jesus	Clube Oriental Lisboa	13	00:37:27	00:37:27	SENM
43	1122	Paulo Silvestre	INDIVIDUAL	5	00:37:28	00:37:28	M45
44	806	Paulo Arrenega	UA Povoense	3	00:37:34	00:37:34	M50

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
45	1084	Hugo Batista	INDIVIDUAL	11	00:37:37	00:37:37	M40
46	883	Hugo Glorias	Inglesees Futebol Clube	8	00:37:49	00:37:49	JUNM
47	911	Ricardo Pita	Inglesees Futebol Clube	5	00:37:50	00:37:50	M35
48	75	Bruno Maia	Clube de Praças da Armada	12	00:37:53	00:37:53	M40
49	644	Pedro Ribeiro	A Natureza ensina	6	00:37:59	00:37:59	M45
50	368	Paulo Sequeira	Amigos dos Lobos	6	00:38:01	00:38:01	M35
51	751	José Baptista	O gordo do Aldi	14	00:38:18	00:38:18	SENM
52	735	João Ferreira	INDIVIDUAL	7	00:38:20	00:38:20	M35
53	375	Rui Henriques	Federação da Família para a Paz Mundial e Uni	13	00:38:26	00:38:26	M40
54	482	Pedro Cerol	O gordo do Aldi	15	00:38:32	00:38:32	SENM
55	933	André Costa	A Minha Corrida	16	00:38:38	00:38:38	SENM
56	963	Tiago Sousa	GO!Runners	8	00:38:44	00:38:44	M35
57	804	José Teixeira	UA Povoense	14	00:38:47	00:38:47	M40
58	922	Lília Martins	SCP	1	00:38:48	00:38:48	SENF
59	889	Joaquim Machado	Inglesees Futebol Clube	7	00:38:59	00:38:59	M45
60	908	Pedro Moreira	Inglesees Futebol Clube	17	00:39:02	00:39:02	SENM
61	459	Tiago Castela	DCI-CCDRP Mealhada	18	00:39:07	00:39:07	SENM
62	521	Orlando Ramos	Nucleo Atletismo do Penteado	15	00:39:10	00:39:10	M40
63	493	João Vieira	Corre Cardoso	19	00:39:11	00:39:11	SENM
64	814	João Ginja	LINDA A PASTORA SPORTING CLUBE	4	00:39:12	00:39:12	M50
65	12	Hugo Domingos	LINDA A PASTORA SPORTING CLUBE	9	00:39:13	00:39:13	M35
66	583	Vitor Santos	CAPenafirme	16	00:39:16	00:39:16	M40
67	418	Sandro Silva	INDIVIDUAL	10	00:39:18	00:39:18	M35
68	864	Bernardino Pereira	Inglesees Futebol Clube	20	00:39:20	00:39:20	SENM
69	687	Ricardo Baixinho	Referees	21	00:39:20	00:39:20	SENM
70	590	Alexis Martins	NÚCLEO SPORTINGUISTA DA LOURINHÃ	22	00:39:21	00:39:21	SENM
71	206	Nuno Lopes	CCDAT	17	00:39:22	00:39:22	M40
72	905	Pedro Duarte	Inglesees Futebol Clube	23	00:39:22	00:39:22	SENM
73	138	Miguel Fernandes	INDIVIDUAL	11	00:39:23	00:39:23	M35
74	540	Luis Martins	Amcf - Arrabida Trail Team	18	00:39:26	00:39:26	M40
75	746	Antonio Machado	FC R ROSSÃO	8	00:39:28	00:39:28	M45
76	288	José Marcelino	LINDA A PASTORA SPORTING CLUBE	2	00:39:33	00:39:33	M55
77	539	Gonçalo Leite	CDOM	9	00:39:34	00:39:34	JUNM
78	974	Carlos Branco	INDIVIDUAL	12	00:39:36	00:39:36	M35
79	172	Aretino Mota	LINDA A PASTORA SPORTING CLUBE	3	00:39:38	00:39:38	M55
80	582	Carlos Serra	CAPenafirme	13	00:39:41	00:39:41	M35
81	677	Manuel Eliseu	CNATRIL TRIATLO	24	00:39:45	00:39:45	SENM
82	800	João Afonso	UA Povoense	1	00:39:46	00:39:46	M60
83	446	Ricardo Luís	GO!Runners	14	00:39:48	00:39:48	M35
84	870	Diogo Lampreia	Inglesees Futebol Clube	10	00:39:50	00:39:50	JUNM
85	1104	Fernando	INDIVIDUAL	9	00:39:51	00:39:51	M45
86	844	Alexandre Idefonso	Centro Desportivo Universitário de Lisboa	11	00:40:03	00:40:03	JUNM
87	179	António Lopes	LINDA A PASTORA SPORTING CLUBE	5	00:40:08	00:40:08	M50
88	1027	Mario Rodrigues	Federação da Família para a Paz Mundial e Uni	6	00:40:11	00:40:11	M50

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
89	9	João Maia	Falcões Selvagens	4	00:40:14	00:40:14	M55
90	891	José Silva	Ingleses Futebol Clube	7	00:40:16	00:40:16	M50
91	173	Almiro Feijão	LINDA A PASTORA SPORTING CLUBE	5	00:40:17	00:40:17	M55
92	231	Fernando Feijao	Clube Millennium bcp	2	00:40:20	00:40:20	M60
93	907	Pedro Moniz	Ingleses Futebol Clube	12	00:40:31	00:40:31	JUNM
94	527	Luís Cipriano	AMCR Fonte Grada	19	00:40:37	00:40:37	M40
95	157	Alexandre Felício	Correr Lisboa	25	00:40:39	00:40:39	SENM
96	287	Nuno Carvalhinho	Triatlo ClubeTap	20	00:40:45	00:40:45	M40
97	912	Tiago Lampreia	Ingleses Futebol Clube	13	00:40:49	00:40:49	JUNM
98	761	Vitor Antunes	CAMARNAL	21	00:40:51	00:40:51	M40
99	184	Márcio Azevedo	particular	26	00:40:52	00:40:52	SENM
100	841	Filipe Pedro	ACRMEALHADA	14	00:40:55	00:40:55	JUNM
101	840	Marco Quedas	ACRMEALHADA	27	00:40:55	00:40:55	SENM
102	654	Hélder Onofre	CAPenafirme	22	00:41:01	00:41:01	M40
103	129	Constantino Araujo	SPORTING CLUBE REBOLEIRA E DAMAIA	8	00:41:02	00:41:02	M50
104	155	António Nunes	CASA DO PESSOAL DA RTP	10	00:41:03	00:41:03	M45
105	596	Bruno Silva	INDIVIDUAL	28	00:41:03	00:41:03	SENM
106	423	Maria Simões	NSLF- Vilar Formoso	1	00:41:04	00:41:04	F45
107	796	Daniel Alexandre	UA Povoense	15	00:41:12	00:41:12	JUNM
108	94	Joao Jesus	GDST	11	00:41:12	00:41:12	M45
109	966	Apolo Pereira	INDIVIDUAL	12	00:41:16	00:41:16	M45
110	914	Vasco Duarte	Ingleses Futebol Clube	29	00:41:19	00:41:19	SENM
111	331	José Amigo	CCR ALTO MOINHO	1	00:41:20	00:41:20	M65
112	877	Filipa Rodrigues	Ingleses Futebol Clube	2	00:41:20	00:41:20	SENF
113	676	Marco Martins	Técnico Rugby Running Team	15	00:41:21	00:41:21	M35
114	394	Renato Santana	Fartlek grupo de corrida	16	00:41:24	00:41:24	M35
115	338	Luis Vieira	Clube Atletismo Vale de Figueira	13	00:41:24	00:41:24	M45
116	743	Carlos Machado	FC R ROSSÃO	14	00:41:39	00:41:39	M45
117	929	Jorge Amaral	A Minha Corrida	15	00:41:42	00:41:42	M45
118	174	Antonio Graça	LINDA A PASTORA SPORTING CLUBE	9	00:41:45	00:41:45	M50
119	177	António Sande	LINDA A PASTORA SPORTING CLUBE	6	00:41:45	00:41:45	M55
120	329	Brigitte Cardoso	GDC FIDELIDADE	3	00:41:46	00:41:46	SENF
121	364	Armando Monteiro	Correr Lisboa	23	00:41:47	00:41:47	M40
122	20	Ricardo Correia	G D Ramalhete	17	00:41:53	00:41:53	M35
123	500	Carlos Monteiro	Grupo Desp. Sº Domingos	7	00:41:53	00:41:53	M55
124	755	João Matos	INDIVIDUAL	30	00:41:53	00:41:53	SENM
125	560	Paulo Povia	Amigos Vale do Silêncio	10	00:42:01	00:42:01	M50
126	277	João Paradinha	INDIVIDUAL	24	00:42:03	00:42:03	M40
127	409	Nelson Costa	N. A. PAPAGAIOS DE CASCAIS	16	00:42:04	00:42:04	M45
128	68	José Serrano	Monsanto Running Team	17	00:42:08	00:42:08	M45
129	13	Guilherme Hora	INDIVIDUAL	25	00:42:10	00:42:10	M40
130	503	Jose Serra	g.d.chelas	11	00:42:12	00:42:12	M50
131	513	Marco Francisco	INDIVIDUAL	31	00:42:15	00:42:15	SENM
132	219	Nelson Costa	Clube Millennium bcp	4	00:42:17	00:42:17	SENF

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
133	851	Luís Messias	Centro Desportivo Universitário de Lisboa	16	00:42:18	00:42:18	JUNM
134	934	Miguel Carneiro	A Minha Corrida	18	00:42:18	00:42:18	M35
135	254	Peter Steinhausen	INDIVIDUAL	2	00:42:18	00:42:18	M65
136	854	Sara Baptista	Centro Desportivo Universitário de Lisboa	5	00:42:18	00:42:18	SENF
137	306	João Morais	Correr Queluz	26	00:42:21	00:42:21	M40
138	777	António Almeida	trio odemira	18	00:42:22	00:42:22	M45
139	602	Edgar Amorim	O gordo do Aldi	27	00:42:23	00:42:23	M40
140	142	Orlando Correia	LINDA A PASTORA SPORTING CLUBE	19	00:42:24	00:42:24	M45
141	97	Rui Machinho	GDST	28	00:42:26	00:42:26	M40
142	526	José Magalhães	AMCR Fonte Grada	20	00:42:29	00:42:29	M45
143	866	Carolina Carço	Inglesees Futebol Clube	6	00:42:30	00:42:30	SENF
144	495	Paulo Cardoso	Corre Cardoso	12	00:42:31	00:42:31	M50
145	833	Leonardo Cabaceira	Cabaceira Sports Run	32	00:42:31	00:42:31	SENM
146	788	Fernando Ribeiro	Café Timóteo	13	00:42:33	00:42:33	M50
147	720	José Massuca	Clube Oriental Lisboa	21	00:42:34	00:42:34	M45
148	312	Joaquim Figueiredo	c d r Ribeirinho - Baixa da Banheira	3	00:42:38	00:42:38	M60
149	1071	Ruben Wijnberg	INDIVIDUAL	22	00:42:39	00:42:39	M45
150	913	Tiago Silva	Inglesees Futebol Clube	17	00:42:41	00:42:41	JUNM
151	881	Hélio Marques	Inglesees Futebol Clube	29	00:42:41	00:42:41	M40
152	847	Manuel Amaro	Alto Moinho	4	00:42:42	00:42:42	M60
153	100	Jose Monteiro	GDST	3	00:42:42	00:42:42	M65
154	850	Nuno Pita	INDIVIDUAL	7	00:42:42	00:42:42	SENF
155	352	António Merujo	Armada Torriense	8	00:42:43	00:42:43	M55
156	505	Gabriel Gonçalves	g.d.chelas	5	00:42:44	00:42:44	M60
157	265	Artur Duarte	Pernas de Gafanhoto	23	00:42:47	00:42:47	M45
158	504	Jose Dias	g.d.chelas	14	00:42:47	00:42:47	M50
159	656	João Bronze	INDIVIDUAL	30	00:42:48	00:42:48	M40
160	192	Roland Zoder	LG Cham	24	00:42:48	00:42:48	M45
161	508	Tiago Farinha	g.d.chelas	19	00:42:49	00:42:49	M35
162	904	Patricia Romão	Inglesees Futebol Clube	1	00:42:51	00:42:51	JUNF
163	469	Abel Assemblano	Associação Desportiva Leões Apelaçonenses	20	00:42:52	00:42:52	M35
164	901	Nadia Sousa	Inglesees Futebol Clube	2	00:42:53	00:42:53	JUNF
165	473	Rodrigo Silva	A Natureza ensina	15	00:43:04	00:43:04	M50
166	832	Hugo Gaudêncio	Correr em Santo André	31	00:43:10	00:43:10	M40
167	897	Manuel Lopes	Inglesees Futebol Clube	33	00:43:10	00:43:10	SENM
168	108	Anastacio Valadas	GDST	6	00:43:11	00:43:11	M60
169	58	João Navarro	INDIVIDUAL	32	00:43:12	00:43:12	M40
170	216	Virgilio Costa	Clube Millennium bcp	25	00:43:16	00:43:16	M45
171	402	José Cunha	OS ZOTOPEQUES	16	00:43:17	00:43:17	M50
172	222	Joao Goncalves	Clube Millennium bcp	17	00:43:20	00:43:20	M50
173	855	Carlos Patricio	Centro Desportivo Universitário de Lisboa	18	00:43:24	00:43:24	M50
174	817	Filipe Pedro	Cavalas Velozes	21	00:43:25	00:43:25	M35
175	178	Francisco Santos	LINDA A PASTORA SPORTING CLUBE	26	00:43:28	00:43:28	M45
176	54	Paulo Lopes	CARRASCO & AMIGOS	27	00:43:29	00:43:29	M45

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
177	709	Hugo Farinha	Comprar Casa PDL	22	00:43:31	00:43:31	M35
178	372	Sérgio Pires	INDIVIDUAL	33	00:43:31	00:43:31	M40
179	449	Paulo Palma	Dream Runners Évora	19	00:43:32	00:43:32	M50
180	719	Gonçalo Mexia	Clube Oriental Lisboa	34	00:43:34	00:43:34	SENM
181	856	Paulo Gaspar	Centro Desportivo Universitário de Lisboa	34	00:43:35	00:43:35	M40
182	859	Alberto Chaiça	Inglesees Futebol Clube	35	00:43:37	00:43:37	M40
183	916	Rita Mineiro	ACRS Desterro	8	00:43:37	00:43:37	SENF
184	339	Vasco Gonçalves	Clube Atletismo Vale de Figueira	20	00:43:43	00:43:43	M50
185	892	Leonel Seleiro	Inglesees Futebol Clube	7	00:43:43	00:43:43	M60
186	825	Hugo Pimenta	g.d.chelas	18	00:43:45	00:43:45	JUNM
187	499	Herlander Martins	Grupo Desp. Sº Domingos	8	00:43:46	00:43:46	M60
188	240	Carlos Pedro	LINDA A PASTORA SPORTING CLUBE	28	00:43:47	00:43:47	M45
189	298	Bruno Pereira	INDIVIDUAL	36	00:43:49	00:43:49	M40
190	674	João Rosa	Clube Vodafone	37	00:43:50	00:43:50	M40
191	436	António Coelho	Casa do Benfica Algueirão Mem Martins	9	00:43:51	00:43:51	M60
192	447	Rui Antunes	INDIVIDUAL	21	00:43:54	00:43:54	M50
193	808	Mariana Sequeira	UA Povoense	9	00:43:54	00:43:54	SENF
194	938	Artur Basílio	O Praticante	38	00:43:55	00:43:55	M40
195	928	Carlos Lopes	A Minha Corrida	39	00:43:55	00:43:55	M40
196	941	João Saraiva	INDIVIDUAL	29	00:43:55	00:43:55	M45
197	725	Jorge Carvalho	Clube Oriental Lisboa	30	00:43:56	00:43:56	M45
198	1034	Carlos Lourenço	INDIVIDUAL	31	00:43:59	00:43:59	M45
199	768	Afonso Barata	INDIVIDUAL	19	00:44:06	00:44:06	JUNM
200	691	Pedro Proença	Referees	32	00:44:07	00:44:07	M45
201	811	Daniela Costa	UA Povoense	10	00:44:07	00:44:07	SENF
202	1029	Ines Almeida	INDIVIDUAL	11	00:44:09	00:44:09	SENF
203	189	Paulo Nunes	Correr Lisboa	40	00:44:10	00:44:10	M40
204	724	Ricardo Santos	Clube Oriental Lisboa	41	00:44:15	00:44:15	M40
205	728	Filipe Valente	Clube Oriental Lisboa	33	00:44:15	00:44:15	M45
206	274	Cátia Nascimento	Correr Lisboa	1	00:44:16	00:44:16	F35
207	261	José Carlos	N. A. PAPAGAIOS DE CASCAIS	9	00:44:16	00:44:16	M55
208	456	Mário Monteiro	Os Galgos	42	00:44:26	00:44:26	M40
209	392	Ricardo Nunes	INDIVIDUAL	43	00:44:27	00:44:27	M40
210	233	Carlos Esteves	Clube Vodafone	34	00:44:29	00:44:29	M45
211	146	Deolindo André	U.R.C.Abrunheira	10	00:44:29	00:44:29	M55
212	752	Luís Cascão	Asics Colombo	35	00:44:30	00:44:30	M45
213	151	Sérgio Manso	INDIVIDUAL	35	00:44:31	00:44:31	SENM
214	408	Paulo Marques	CNATRIL TRIATLO	44	00:44:33	00:44:33	M40
215	702	José Ramos	EXPLICOLÂNDIA Runners	45	00:44:33	00:44:33	M40
216	205	Antonio Almeida	INDIVIDUAL	22	00:44:33	00:44:33	M50
217	150	João Ferreira	Aero	36	00:44:35	00:44:35	SENM
218	559	Jorge Januário	Amigos Vale do Silêncio	46	00:44:38	00:44:38	M40
219	610	Antonio Rebelo	INDIVIDUAL	36	00:44:38	00:44:38	M45
220	221	Pedro Quaresma	Clube Millennium bcp	23	00:44:41	00:44:41	M50

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
221	59	Miguel Rocha	INDIVIDUAL	37	00:44:42	00:44:42	M45
222	1088	Pedro Almeida	SS CGD	47	00:44:43	00:44:43	M40
223	734	João Caldeira	Freixofeira	37	00:44:46	00:44:46	SENM
224	795	Ana Monteiro	UA Povoense	3	00:44:47	00:44:47	JUNF
225	764	Vasco Sousa	CNMAL	23	00:44:47	00:44:47	M35
226	1050	Bruno Espadeiro	INDIVIDUAL	24	00:44:48	00:44:48	M35
227	316	António Cumbr	Pernas de Gafanhoto	25	00:44:49	00:44:49	M35
228	272	Nuno Melo	My SBR Team	48	00:44:49	00:44:49	M40
229	557	Manuel Chinita	Amigos Vale do Silêncio	24	00:44:49	00:44:49	M50
230	299	Júlio Félix	Não Aplicável	38	00:44:49	00:44:49	SENM
231	250	Carlos Correia	Vestas	26	00:44:50	00:44:50	M35
232	758	Sérgio Ramos	kaninos	49	00:44:53	00:44:53	M40
233	722	José Botelho	Clube Oriental Lisboa	25	00:44:54	00:44:54	M50
234	948	Paulo Guia	INDIVIDUAL	50	00:44:56	00:44:56	M40
235	119	Mário Seabra	Grupo Recreativo Janz e Associados	38	00:44:57	00:44:57	M45
236	863	Beatriz Sanguino	Ingleses Futebol Clube	4	00:45:00	00:45:00	JUNF
237	268	Fernando Faria	INDIVIDUAL	27	00:45:01	00:45:01	M35
238	773	Luís Custódio	INDIVIDUAL	39	00:45:01	00:45:01	M45
239	357	Belchior Barrocas	CD ARNEIRO	26	00:45:01	00:45:01	M50
240	1037	Antonio Gonçalves	INDIVIDUAL	39	00:45:01	00:45:01	SENM
241	332	Paulo Figueiredo	Direct	28	00:45:04	00:45:04	M35
242	243	Paulo Fonseca	INDIVIDUAL	40	00:45:04	00:45:04	M45
243	164	Fernando Costa	INDIVIDUAL	51	00:45:05	00:45:05	M40
244	809	Mafalda Martinho	UA Povoense	12	00:45:05	00:45:05	SENF
245	38	Helder Branco	Clube Vodafone	41	00:45:07	00:45:07	M45
246	19	Luis Martins	Rest carla	27	00:45:09	00:45:09	M50
247	652	Anabela Carvalho	Grupo Desp. Sº Domingos	28	00:45:12	00:45:12	M50
248	186	Paulo Costa	S F U A P	42	00:45:19	00:45:19	M45
249	126	Hugo Códices	INDIVIDUAL	29	00:45:21	00:45:21	M35
250	1049	Mario Duarte	INDIVIDUAL	40	00:45:21	00:45:21	SENM
251	175	Jorge Rodrigues	LINDA A PASTORA SPORTING CLUBE	10	00:45:23	00:45:23	M60
252	354	José Maio	CD ARNEIRO	29	00:45:24	00:45:24	M50
253	262	Maria Madeira	N. A. PAPAGAIOS DE CASCAIS	2	00:45:25	00:45:25	F45
254	112	Carlos Teixeira	GDST	43	00:45:26	00:45:26	M45
255	567	Jorge Godinho	R4F	30	00:45:26	00:45:26	M50
256	471	Miguel Velez	camara lisboa clube	31	00:45:30	00:45:30	M50
257	365	Sonia Neves	Correr Lisboa	2	00:45:32	00:45:32	F35
258	101	Paulo Nunes	GDST	44	00:45:32	00:45:32	M45
259	460	David Reis	INDIVIDUAL	52	00:45:34	00:45:34	M40
260	404	Paulo Basílio	OS ZOTOPEQUES	32	00:45:35	00:45:35	M50
261	546	Pedro Gagliardini	HC Runners/Agregar	42	00:45:35	00:45:35	SENM
262	8	Manuel Correia	DXC.Technology	53	00:45:36	00:45:36	M40
263	880	Gonçalo Pirrolas	Ingleses Futebol Clube	43	00:45:37	00:45:37	SENM
264	552	Luís Correia	Amigos Vale do Silêncio	44	00:45:39	00:45:39	SENM

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
265	551	Ricardo Santos	Amigos Vale do Silêncio	45	00:45:39	00:45:39	SENM
266	355	Pedro Bueno	CD ARNEIRO	45	00:45:41	00:45:41	M45
267	52	Fernando Correia	CARRASCO & AMIGOS	33	00:45:41	00:45:41	M50
268	749	Joaquim Silva	Adcr	46	00:45:44	00:45:44	M45
269	1087	Carlos Proença	Individual	30	00:45:46	00:45:46	M35
270	430	Gonçalo Fragoso	ccd casa pia	46	00:45:49	00:45:49	SENM
271	944	João Simões	INDIVIDUAL	31	00:45:50	00:45:50	M35
272	659	Filipe Arcadinho	Os Perigosos	32	00:45:51	00:45:51	M35
273	984	Ana Alves	GOFIT	13	00:45:52	00:45:52	SENF
274	421	Sandro Costa	INDIVIDUAL	14	00:45:53	00:45:53	SENF
275	927	Nelson Coelho	AAPL	47	00:45:54	00:45:54	SENM
276	506	Raul Rodrigues	g.d.chelas	11	00:45:56	00:45:56	M55
277	518	Nuno Tempera	RunLovers	47	00:45:59	00:45:59	M45
278	803	Jorge Freitas	UA Povoense	12	00:46:00	00:46:00	M55
279	176	Henrique Romão	LINDA A PASTORA SPORTING CLUBE	11	00:46:01	00:46:01	M60
280	318	Eduardo Luís	Atómicos	33	00:46:04	00:46:04	M35
281	445	Ivan Costa	camara lisboa clube	48	00:46:04	00:46:04	SENM
282	624	Americo Pimenta	g.d.chelas	34	00:46:08	00:46:08	M50
283	168	Marco Caseiro	Os Perigosos	34	00:46:10	00:46:10	M35
284	300	Rafael Santos	INDIVIDUAL	48	00:46:11	00:46:11	M45
285	217	Carlos Abrunhosa	Clube Millennium bcp	49	00:46:14	00:46:14	M45
286	23	Rafael Abrunhosa	INDIVIDUAL	35	00:46:14	00:46:14	M50
287	1020	Jorge Borges	INDIVIDUAL	54	00:46:16	00:46:16	M40
288	525	João Alves	AMCR Fonte Grada	36	00:46:17	00:46:17	M50
289	696	Pedro Campos	INDIVIDUAL	55	00:46:18	00:46:18	M40
290	419	David Simoes	INDIVIDUAL	56	00:46:19	00:46:19	M40
291	943	Miguel Judas	INDIVIDUAL	57	00:46:19	00:46:19	M40
292	852	Miguel Vilares	Centro Desportivo Universitário de Lisboa	20	00:46:20	00:46:20	JUNM
293	120	Vitor Pereira	Grupo Recreativo Janz e Associados	58	00:46:20	00:46:20	M40
294	598	Rui Madruga	INDIVIDUAL	50	00:46:21	00:46:21	M45
295	745	Amilcar Calvino	FC R ROSSÃO	37	00:46:21	00:46:21	M50
296	194	Marta Conceição	Correr Lisboa	15	00:46:22	00:46:22	SENF
297	256	João Saramago	INDIVIDUAL	59	00:46:23	00:46:23	M40
298	295	António Inácio	GDRC Ponterralense	12	00:46:25	00:46:25	M60
299	1040	Luis Ramos	INDIVIDUAL	35	00:46:28	00:46:28	M35
300	909	Ricardo Damião	Ingleses Futebol Clube	60	00:46:31	00:46:31	M40
301	36	Sergio Oliveira	CAVEIRAS	61	00:46:31	00:46:31	M40
302	519	Luisa Palminhas	Individual	3	00:46:32	00:46:32	F45
303	893	Luis Aires	Ingleses Futebol Clube	51	00:46:32	00:46:32	M45
304	669	Rui Brito	Block Control	38	00:46:32	00:46:32	M50
305	1036	Joao Pimentel	INDIVIDUAL	36	00:46:33	00:46:33	M35
306	208	Fernando Ribeiro	Técnico Rugby Running Team	39	00:46:33	00:46:33	M50
307	662	Alberto Santos	nº 10 de Bustelo	40	00:46:33	00:46:33	M50
308	829	Eduardo Rodrigues	g.d.chelas	13	00:46:34	00:46:34	M55

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
309	253	João Santos	Clube de Praças da Armada	41	00:46:35	00:46:35	M50
310	641	Nelson Mota	Tranquilidade Açoreana Clube	52	00:46:36	00:46:36	M45
311	947	Mario Guia	INDIVIDUAL	62	00:46:39	00:46:39	M40
312	271	José Brito	INDIVIDUAL	14	00:46:40	00:46:40	M55
313	213	Oscar Marques	Clube Millennium bcp	13	00:46:41	00:46:41	M60
314	464	Edgar Monteiro	Associação Desportiva Leões Apelaçenenses	49	00:46:42	00:46:42	SENM
315	50	Brian Okane	Zatopeques	53	00:46:44	00:46:44	M45
316	199	Joao Correia	Jobrinde - Montes Saloios	15	00:46:47	00:46:47	M55
317	783	Carla Dias	INDIVIDUAL	3	00:46:48	00:46:48	F35
318	334	António Camacho	Clube Atletismo Vale de Figueira	4	00:46:55	00:46:55	M65
319	860	Alberto Fernandes	Inglesees Futebol Clube	14	00:46:57	00:46:57	M60
320	571	Pedro Andrade	R4F	54	00:46:58	00:46:58	M45
321	130	José Reis	SPORTING CLUBE REBOLEIRA E DAMAIA	15	00:46:58	00:46:58	M60
322	257	Jose Goncalves	peniche a correr	63	00:47:00	00:47:00	M40
323	90	Rui Rodrigues	Os Tugas	42	00:47:01	00:47:01	M50
324	502	Filipe Rodrigues	g.d.chelas	50	00:47:02	00:47:02	SENM
325	396	Albertino Neto	Equipa de Atletismo Soc. Rec. da Granja	55	00:47:04	00:47:04	M45
326	417	Manuel Franco	Casalinhense	51	00:47:11	00:47:11	
327	416	António Franco	Casalinhense	52	00:47:11	00:47:11	SENM
328	686	Rui Rodrigues	Referees	37	00:47:13	00:47:13	M35
329	509	Carlos sa	g.d.chelas	56	00:47:14	00:47:14	M45
330	510	Fausto sa	g.d.chelas	38	00:47:15	00:47:15	M35
331	207	Rui Horta	Os Lesmas	43	00:47:15	00:47:15	M50
332	623	Abel Costa	g.d.chelas	16	00:47:15	00:47:15	M60
333	42	João Pereira	MultiRunners	44	00:47:17	00:47:17	M50
334	380	Paulo Teixeira	INDIVIDUAL	39	00:47:19	00:47:19	M35
335	258	Vitor Manso	peniche a correr	16	00:47:21	00:47:21	M55
336	251	Tiago Veigas	Vestas	40	00:47:22	00:47:22	M35
337	165	Helder Valadas	Os Perigosos	41	00:47:22	00:47:22	M35
338	1095	Lino Ferreira	INDIVIDUAL	64	00:47:24	00:47:24	M40
339	474	Edgar Francisco	u.r.d.arranhò	45	00:47:26	00:47:26	M50
340	815	Aldina Marques	Os Galgos	4	00:47:28	00:47:28	F45
341	759	Paulo Lourinho	INDIVIDUAL	57	00:47:28	00:47:28	M45
342	946	Marco Julio	INDIVIDUAL	42	00:47:29	00:47:29	M35
343	270	Sérgio Costa	Esquilos Ninja	65	00:47:31	00:47:31	M40
344	276	Carlos Caeiro	INDIVIDUAL	17	00:47:32	00:47:32	M60
345	35	Fernando Ribeiro	CAVEIRAS	46	00:47:35	00:47:35	M50
346	673	Leonel José	Sport Clube Alfragide	58	00:47:36	00:47:36	M45
347	685	Helena Silva	Técnico Rugby Running Team	5	00:47:37	00:47:37	F45
348	388	Paulo Rana	INDIVIDUAL	47	00:47:37	00:47:37	M50
349	1000	Silvia Sobreira	CFBELENENSES	6	00:47:38	00:47:38	F45
350	302	Andre Ribeirete	Ultra-Leves do CPOC	66	00:47:39	00:47:39	M40
351	373	Nuno Santos	Federação da Família para a Paz Mundial e Uni	53	00:47:39	00:47:39	SENM
352	651	Rosaria Morgado	Grupo Desp. Sº Domingos	4	00:47:41	00:47:41	F35



Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
353	163	Isabel Santos	Federação da Família para a Paz Mundial e Uni	7	00:47:42	00:47:42	F45
354	645	Edmir Correia	Grupo Desp. Sº Domingos	54	00:47:42	00:47:42	SENM
355	671	João Sousa	ADCEO	48	00:47:43	00:47:43	M50
356	161	Raul Santos	Federação da Família para a Paz Mundial e Uni	18	00:47:43	00:47:43	M60
357	846	Cristiana Mineiro	Centro Desportivo Universitário de Lisboa	5	00:47:44	00:47:44	JUNF
358	461	Miguel Barradas	Correr Lisboa	67	00:47:44	00:47:44	M40
359	548	Leonel Neves	Amigos Vale do Silêncio	19	00:47:46	00:47:46	M60
360	1026	Bruno Silva	INDIVIDUAL	55	00:47:46	00:47:46	SENM
361	647	Jose Luis	Grupo Desp. Sº Domingos	49	00:47:48	00:47:48	M50
362	1004	Miguel Baptista	INDIVIDUAL	50	00:47:48	00:47:48	M50
363	661	Gonçalo Santos	ADCEO	43	00:47:49	00:47:49	M35
364	22	Vasco Armes	Carapaus de Corrida	59	00:47:49	00:47:49	M45
365	462	Marta Andrade	SFRAA	5	00:47:50	00:47:50	F35
366	480	Antonio Raimundo	INDIVIDUAL	68	00:47:51	00:47:51	M40
367	523	Vitor Martins	Nucleo Atletismo do Penteadado	17	00:47:55	00:47:55	M55
368	532	Venâncio Guerreiro	Coop a Sacavenense	20	00:47:55	00:47:55	M60
369	688	Hugo Ribeiro	Referees	44	00:47:57	00:47:57	M35
370	77	Miguel SaN-Payo	RUN 4 FUN	18	00:47:57	00:47:57	M55
371	1035	Joao Banha	INDIVIDUAL	56	00:47:58	00:47:58	SENM
372	169	Carlos Sousa	Os Perigosos	21	00:47:59	00:47:59	M60
373	214	Pedro Santos	Clube Millennium bcp	60	00:48:02	00:48:02	M45
374	1058	Nuno Marques	INDIVIDUAL	69	00:48:05	00:48:05	M40
375	203	Bruno Santos	GoRun Vendas Novas	70	00:48:05	00:48:05	M40
376	143	Vitor Santos	INDIVIDUAL	45	00:48:08	00:48:08	M35
377	121	Paulo Sergio	Grupo Recreativo Janz e Associados	71	00:48:08	00:48:08	M40
378	242	Hilario Torres	INDIVIDUAL	19	00:48:09	00:48:09	M55
379	443	Licínio Fidalgo	camara lisboa clube	20	00:48:09	00:48:09	M55
380	444	Joao Valhelas	camara lisboa clube	61	00:48:10	00:48:10	M45
381	405	Rui Filipe	OS ZOTOPEQUES	51	00:48:11	00:48:11	M50
382	637	Fernando Celestino	Tranquilidade Açoreana Clube	21	00:48:11	00:48:11	M55
383	520	Miguel Silva	OS ZOTOPEQUES	57	00:48:12	00:48:12	SENM
384	400	João Silva	OS ZOTOPEQUES	22	00:48:13	00:48:13	M55
385	455	João Saianda	Os Galgos	72	00:48:15	00:48:15	M40
386	578	Ricardo Sá	4RUN.pt	62	00:48:18	00:48:18	M45
387	190	José Cruz	Run for Lunch	73	00:48:20	00:48:20	M40
388	790	Sergio Nunes	marvila jovem	74	00:48:23	00:48:23	M40
389	1041	Nuno Lopes	INDIVIDUAL	75	00:48:23	00:48:23	M40
390	843	Vitor Ferreira	ACRMEALHADA	76	00:48:26	00:48:26	M40
391	167	Mário Lopes	Os Perigosos	63	00:48:26	00:48:26	M45
392	767	Pedro Martins	INDIVIDUAL	58	00:48:27	00:48:27	SENM
393	830	Gonçalo Martins	Clube Atlético do Trigache	59	00:48:29	00:48:29	SENM
394	704	Nuno Bogalheiro	Amigos Vale do Silêncio	77	00:48:30	00:48:30	M40
395	875	Fernando Rodrigues	Ingleses Futebol Clube	52	00:48:30	00:48:30	M50
396	467	Renato Cristina	Associação Desportiva Leões Apelaçonenses	64	00:48:33	00:48:33	M45

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
397	333	António Torres	INDIVIDUAL	23	00:48:33	00:48:33	M55
398	470	Rene Duarte	INDIVIDUAL	5	00:48:33	00:48:33	M65
399	335	Bruno Gonçalves	Clube Atletismo Vale de Figueira	60	00:48:33	00:48:33	SENM
400	422	Jorge Pereira	INDIVIDUAL	65	00:48:34	00:48:34	M45
401	667	Rui Gouveia	INDIVIDUAL	16	00:48:36	00:48:36	SENF
402	494	Ricardo Vieira	Corre Cardoso	21	00:48:39	00:48:39	JUNM
403	39	José Camelo	Clube Vodafone	78	00:48:39	00:48:39	M40
404	646	Paulo Cunha	Grupo Desp. Sº Domingos	66	00:48:39	00:48:39	M45
405	41	Rui Barbosa	Clube Vodafone	67	00:48:39	00:48:39	M45
406	507	Victor Dias	g.d.chelas	53	00:48:39	00:48:39	M50
407	528	Sérgio Cipriano	AMCR Fonte Grada	6	00:48:41	00:48:41	F35
408	553	António Fernandes	Amigos Vale do Silêncio	22	00:48:42	00:48:42	M60
409	442	Paulo Goncalves	camara lisboa clube	68	00:48:44	00:48:44	M45
410	787	Álvaro Ferreira	Café Timóteo	54	00:48:50	00:48:50	M50
411	690	João Cabral	Referees	46	00:48:52	00:48:52	M35
412	195	Mário Marques	INDIVIDUAL	24	00:48:55	00:48:55	M55
413	781	José Figueiredo	INDIVIDUAL	69	00:48:56	00:48:56	M45
414	853	Olga Mineiro	Centro Desportivo Universitário de Lisboa	8	00:48:57	00:48:57	F45
415	784	Henrique Ferreira	ADRC Mata de Benfica	70	00:48:57	00:48:57	M45
416	1006	João Faria	INDIVIDUAL	71	00:49:00	00:49:00	M45
417	584	Paulo Silva	Treino Turístico de Odivelas	25	00:49:08	00:49:08	M55
418	61	Rui Alegre	Lontra & Escalfeta	47	00:49:13	00:49:13	M35
419	475	José Freitas	Águas Livres de Caneças	48	00:49:14	00:49:14	M35
420	127	Ricardo Correia	INDIVIDUAL	49	00:49:15	00:49:15	M35
421	14	João Fernandes	INDIVIDUAL	50	00:49:16	00:49:16	M35
422	374	Hugo Rebelo	Federação da Família para a Paz Mundial e Uni	79	00:49:17	00:49:17	M40
423	1028	Carlos Constancio	INDIVIDUAL	51	00:49:18	00:49:18	M35
424	549	Carlos Pascoa	Amigos Vale do Silêncio	55	00:49:18	00:49:18	M50
425	595	Joao Saraiva	INDIVIDUAL	52	00:49:19	00:49:19	M35
426	684	José Pereira	Técnico Rugby Running Team	56	00:49:20	00:49:20	M50
427	628	Jorge Marques	g.d.chelas	72	00:49:22	00:49:22	M45
428	622	Carlos Rodrigues	g.d.chelas	73	00:49:22	00:49:22	M45
429	700	André Ramos	INDIVIDUAL	22	00:49:23	00:49:23	JUNM
430	619	Daniel Pouchinho	O gordo do Aldi	61	00:49:23	00:49:23	SENM
431	296	José Santos	Totós Desportivos	74	00:49:24	00:49:24	M45
432	362	Nuno Dias	CD ARNEIRO	23	00:49:25	00:49:25	JUNM
433	842	Ema Tomé	ACRMEALHADA	6	00:49:26	00:49:26	JUNF
434	313	Pedro Silva	INDIVIDUAL	62	00:49:26	00:49:26	SENM
435	775	Rui Santos	INDIVIDUAL	63	00:49:26	00:49:26	SENM
436	283	Nuno Sousa	INDIVIDUAL	64	00:49:27	00:49:27	SENM
437	831	Henrique Martins	Clube Atlético do Trigache	65	00:49:27	00:49:27	SENM
438	44	Paulo Moutinho	H-Garra a Lebre !!!	75	00:49:28	00:49:28	M45
439	47	Rui Fernandes	INDIVIDUAL	76	00:49:28	00:49:28	M45
440	579	Francisco sá	4RUN.pt	66	00:49:28	00:49:28	SENM

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
441	349	Luis Leão	STANLEY Security	53	00:49:29	00:49:29	M35
442	403	Jorge Durães	OS ZOTOPEQUES	57	00:49:31	00:49:31	M50
443	534	Luis Silva	MATILHA RADICAL	77	00:49:37	00:49:37	M45
444	237	José Lopes	INDIVIDUAL	58	00:49:41	00:49:41	M50
445	701	Miguel Gomes	INDIVIDUAL	78	00:49:42	00:49:42	M45
446	319	João Marques	Grupo Recreativo Desportivo Ribeira da Lage	59	00:49:44	00:49:44	M50
447	230	Nuno Mendes	Clube Millennium bcp	67	00:49:44	00:49:44	SENM
448	424	Cecília Nicolau	Associação de Atletismo Lebres do Sado	9	00:49:46	00:49:46	F45
449	414	Ricardo Silva	PAZ MUNDIAL E BOM ANO 2018	80	00:49:49	00:49:49	M40
450	43	Álvaro Ferreira	Amigos Vale do Silêncio	54	00:49:50	00:49:50	M35
451	639	João Serra	Tranquilidade Açoreana Clube	79	00:49:50	00:49:50	M45
452	730	Sebastião Guerra	MiTí	68	00:49:50	00:49:50	SENM
453	990	Marisa Ferreira	GOFIT	17	00:49:51	00:49:51	SENF
454	88	Graça Roldão	Os Tugas	10	00:49:52	00:49:52	F45
455	118	Nuno Sobral	GDST	81	00:49:52	00:49:52	M40
456	695	Bruno Martins	INDIVIDUAL	82	00:49:54	00:49:54	M40
457	810	Paula Fernandes	UA Povoense	7	00:49:55	00:49:55	F35
458	542	Carlos Reis	INDIVIDUAL	60	00:49:55	00:49:55	M50
459	879	Francisco Pessoa	Inglesees Futebol Clube	83	00:49:56	00:49:56	M40
460	587	José Realinho	INDIVIDUAL	69	00:49:56	00:49:56	SENM
461	977	Rui Morais	GOFIT	80	00:50:00	00:50:00	M45
462	241	Aldónio Fernandes	LINDA A PASTORA SPORTING CLUBE	23	00:50:01	00:50:01	M60
463	1090	Angela Cruz	SS CGD	11	00:50:03	00:50:03	F45
464	441	Tiago Fonseca	INDIVIDUAL	55	00:50:03	00:50:03	M35
465	377	Carlos Francisco	INDIVIDUAL	70	00:50:03	00:50:03	SENM
466	486	Miguel Lourenço	Corre Cardoso	71	00:50:05	00:50:05	SENM
467	1012	Nuno Pereira	INDIVIDUAL	56	00:50:07	00:50:07	M35
468	363	Sergio Caetano	INDIVIDUAL	84	00:50:11	00:50:11	M40
469	621	Roberto Bettencourt	INDIVIDUAL	85	00:50:11	00:50:11	M40
470	229	Pedro Fernandes	Clube Millennium bcp	86	00:50:14	00:50:14	M40
471	226	Eduardo Ferreira	Clube Millennium bcp	87	00:50:14	00:50:14	M40
472	3	José Alves	INDIVIDUAL	81	00:50:16	00:50:16	M45
473	378	Ricardo Bordalo	INDIVIDUAL	82	00:50:18	00:50:18	M45
474	411	Pedro Castro	INDIVIDUAL	88	00:50:20	00:50:20	M40
475	390	Artur Silva	INDIVIDUAL	83	00:50:20	00:50:20	M45
476	280	Pedro Trabucho	INDIVIDUAL	61	00:50:23	00:50:23	M50
477	76	Carlos Pena	GRD OS FIXES	84	00:50:24	00:50:24	M45
478	585	Claudia Abreu	INDIVIDUAL	8	00:50:29	00:50:29	F35
479	514	Rogério Machado	O running não morreu	57	00:50:29	00:50:29	M35
480	573	Rodolfo Neves	R4F	89	00:50:30	00:50:30	M40
481	433	Álvaro Silva	O gordo do Aldi	58	00:50:31	00:50:31	M35
482	580	Eduardo Carvalho	INDIVIDUAL	62	00:50:36	00:50:36	M50
483	93	Leonor Loureiro	Falcões Selvagens	7	00:50:37	00:50:37	JUNF
484	202	Rui Costa	CAVEIRAS	85	00:50:38	00:50:38	M45

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
485	152	Carlos Machado	INDIVIDUAL	90	00:50:40	00:50:40	M40
486	873	Fernanda Gil	Ingleses Futebol Clube	12	00:50:41	00:50:41	F45
487	452	Elizabeth Duarte	Os Galgos	13	00:50:46	00:50:46	F45
488	1039	Alfredo Leite	INDIVIDUAL	91	00:50:46	00:50:46	M40
489	457	Rogério Gonçalves	Os Galgos	86	00:50:46	00:50:46	M45
490	315	Jorge Matinho	Coxos Voadores	63	00:50:49	00:50:49	M50
491	524	Luis Sousa	INDIVIDUAL	92	00:50:52	00:50:52	M40
492	353	Pedro Ramos	CCD PM CASCAIS	59	00:50:53	00:50:53	M35
493	522	Henrique Pereira	Nucleo Atletismo do Penteado	93	00:50:53	00:50:53	M40
494	683	Rui Gouveia	RG	94	00:50:53	00:50:53	M40
495	255	Joel Mósca	INDIVIDUAL	87	00:50:53	00:50:53	M45
496	512	Edgar Oliveira	INDIVIDUAL	18	00:50:53	00:50:53	SENF
497	1038	Antonio Sena	INDIVIDUAL	88	00:50:55	00:50:55	M45
498	412	Luís Pereira	INDIVIDUAL	95	00:50:57	00:50:57	M40
499	965	Antonio Santos	INDIVIDUAL	24	00:50:57	00:50:57	M60
500	361	José Sousa	CD ARNEIRO	6	00:50:57	00:50:57	M65
501	681	Nuno Peters	ADCEO	60	00:50:59	00:50:59	M35
502	48	Rui Henriques	INDIVIDUAL	89	00:51:00	00:51:00	M45
503	792	Helder Cruz	marvila jovem	61	00:51:04	00:51:04	M35
504	434	Carlos Silva	Casa do Benfica Algueirão Mem Martins	64	00:51:05	00:51:05	M50
505	894	Luis Fernandes	Ingleses Futebol Clube	96	00:51:06	00:51:06	M40
506	693	André Dias	Referees	62	00:51:07	00:51:07	M35
507	600	Manuel Crispim	UDCA	7	00:51:08	00:51:08	M65
508	104	Lara Veloso	GDST	9	00:51:11	00:51:11	F35
509	649	Ruben Semdo	Grupo Desp. Sº Domingos	26	00:51:11	00:51:11	M55
510	1089	André Noronha	SS CGD	65	00:51:12	00:51:12	M50
511	336	Pedro Rosendo	Clube Atletismo Vale de Figueira	72	00:51:13	00:51:13	SENM
512	614	Nuno Silva	RUN SHAR	63	00:51:14	00:51:14	M35
513	488	Nuno Coelho	ADCR PJ	90	00:51:14	00:51:14	M45
514	517	Nuno Marques	RunLovers	66	00:51:14	00:51:14	M50
515	648	Antonio Portijo	Grupo Desp. Sº Domingos	25	00:51:15	00:51:15	M60
516	74	Armindo Rodrigues	ESPIRITO INQUIETO outdoor	67	00:51:16	00:51:16	M50
517	435	António Bogas	Casa do Benfica Algueirão Mem Martins	68	00:51:17	00:51:17	M50
518	79	João Moreira	CCDTMetroLx	69	00:51:18	00:51:18	M50
519	131	Manuel Romano	RUN 4 FUN	70	00:51:24	00:51:24	M50
520	748	Tiago Neves	INDIVIDUAL	97	00:51:25	00:51:25	M40
521	678	Carlos Ferreira	NUCLEO DESPORTIVO AUTOCOOPE	26	00:51:27	00:51:27	M60
522	369	Leonor Candeias	Amigos dos Lobos	19	00:51:29	00:51:29	SENF
523	736	Andre Nunes	INDIVIDUAL	73	00:51:30	00:51:30	SENM
524	294	Nuno Lucas	Pernas de Gafanhoto	64	00:51:33	00:51:33	M35
525	483	Filipe Sebastião	INDIVIDUAL	91	00:51:37	00:51:37	M45
526	451	Bruno Palma	Dream Runners Évora	74	00:51:37	00:51:37	SENM
527	613	Susana Simoes	INDIVIDUAL	10	00:51:38	00:51:38	F35
528	1032	Joao Cunhaa	INDIVIDUAL	75	00:51:41	00:51:41	SENM

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
529	732	Antonio Guerreiro	URBAN RUN TEAM	8	00:51:43	00:51:43	M65
530	545	João Carvalho	HC Runners/Agregar	76	00:51:45	00:51:45	SENM
531	307	Valter Nunes	Direct	98	00:51:46	00:51:46	M40
532	604	Jorge Campos	INDIVIDUAL	65	00:51:48	00:51:48	M35
533	1097	Claudia Saraiva	INDIVIDUAL	20	00:51:48	00:51:48	SENF
534	1096	Pedro Oliveira	INDIVIDUAL	99	00:51:49	00:51:49	M40
535	633	João Fialho	Desportivo de Odivelas	66	00:51:53	00:51:53	M35
536	159	Cláudia Bico	CCD PM CASCAIS	11	00:51:54	00:51:54	F35
537	158	Paulo Oliveira	CCD PM CASCAIS	92	00:51:55	00:51:55	M45
538	721	Paulo Santos	Clube Oriental Lisboa	71	00:51:55	00:51:55	M50
539	1030	Joao Figueiredo	INDIVIDUAL	67	00:51:56	00:51:56	M35
540	608	Manuel Duarte	Carapaus de Corrida	27	00:51:56	00:51:56	M55
541	304	Nuno Charrua	INDIVIDUAL	100	00:51:57	00:51:57	M40
542	415	Ana Monteiro	INDIVIDUAL	14	00:51:58	00:51:58	F45
543	86	Miguel Ribas	INDIVIDUAL	93	00:51:58	00:51:58	M45
544	955	Jose Rola	INDIVIDUAL	27	00:51:58	00:51:58	M60
545	597	José Cruz	Falcões Selvagens	28	00:52:00	00:52:00	M55
546	477	José Gabriel	INDIVIDUAL	28	00:52:01	00:52:01	M60
547	529	Pedro Ferreira	AMCR Fonte Grada	101	00:52:02	00:52:02	M40
548	898	Manuel Rodrigues	Inglesees Futebol Clube	29	00:52:08	00:52:08	M55
549	1091	António Negrinho	SS CGD	72	00:52:15	00:52:15	M50
550	845	Bernardo Catalão	Centro Desportivo Universitário de Lisboa	24	00:52:20	00:52:20	JUNM
551	96	Carlos Henrique	GDST	73	00:52:21	00:52:21	M50
552	413	Pedro Monteiro	INDIVIDUAL	102	00:52:26	00:52:26	M40
553	249	Nuno Santiago	INDIVIDUAL	103	00:52:26	00:52:26	M40
554	252	Andreia Pereira	Running panda	21	00:52:26	00:52:26	SENF
555	793	Goncalo Correia	INDIVIDUAL	77	00:52:27	00:52:27	SENM
556	813	Zulmira Belo	INDIVIDUAL	15	00:52:28	00:52:28	F45
557	140	Antonio Teixeira	INDIVIDUAL	104	00:52:31	00:52:31	M40
558	930	Tina Oliveira	A Minha Corrida	94	00:52:31	00:52:31	M45
559	1092	Carlos Albano	SS CGD	95	00:52:31	00:52:31	M45
560	180	Rui Júlio	Os Gordos	105	00:52:32	00:52:32	M40
561	183	Sérgio Silva	Os Gordos	106	00:52:32	00:52:32	M40
562	239	João Marques	INDIVIDUAL	107	00:52:33	00:52:33	M40
563	232	Rui Tavares	UDCA Loucos do Pedal	108	00:52:34	00:52:34	M40
564	218	Paulo Pais	Clube Millennium bcp	74	00:52:38	00:52:38	M50
565	311	António Francisco	MRT	25	00:52:41	00:52:41	JUNM
566	753	Bruno Conceição	sempreaabrir	109	00:52:42	00:52:42	M40
567	592	Nuno Martins	Nunext	78	00:52:42	00:52:42	SENM
568	330	Margarida Amigo	CCR ALTO MOINHO	1	00:52:44	00:52:44	F55
569	395	Bruno Agostinho	INDIVIDUAL	96	00:52:45	00:52:45	M45
570	431	Márcia Silva	INDIVIDUAL	22	00:52:49	00:52:49	SENF
571	771	Tiago Andrade	sertanense	79	00:52:49	00:52:49	SENM
572	210	Pedro Pereira	Clube Millennium bcp	75	00:52:50	00:52:50	M50

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
573	849	Inês Freire	Centro Desportivo Universitário de Lisboa	23	00:52:50	00:52:50	SENF
574	458	Nuno Berton	INDIVIDUAL	97	00:52:51	00:52:51	M45
575	497	Fernando Guerreiro	Grupo Desp. Sº Domingos	9	00:52:53	00:52:53	M65
576	737	Miguel Matos	Dor de Burro	76	00:52:54	00:52:54	M50
577	289	José Monteiro	INDIVIDUAL	29	00:52:55	00:52:55	M60
578	472	Pedro Nobre	INDIVIDUAL	68	00:52:56	00:52:56	M35
579	386	Miguel Barradas	INDIVIDUAL	69	00:52:57	00:52:57	M35
580	798	Fernanda Nunes	UA Povoense	2	00:52:58	00:52:58	F55
581	99	Lino Oliveira	GDST	10	00:53:04	00:53:04	M65
582	200	Tiago Correia	Jobrinde - Montes Saloios	24	00:53:06	00:53:06	SENF
583	484	Manuel Mendes	INDIVIDUAL	110	00:53:07	00:53:07	M40
584	132	Joao Almeida	kaninos	77	00:53:20	00:53:20	M50
585	874	Fernando Marques	Ingleses Futebol Clube	11	00:53:21	00:53:21	M65
586	915	Virginia Pereira	Ingleses Futebol Clube	16	00:53:22	00:53:22	F45
587	263	Almerindo Silva	A.D.C.Catujal	30	00:53:25	00:53:25	M55
588	264	João Passeiro	A.D.C.Catujal	31	00:53:25	00:53:25	M55
589	55	Licinia Rego	CARRASCO & AMIGOS	17	00:53:26	00:53:26	F45
590	53	Carlos Folgado	CARRASCO & AMIGOS	32	00:53:26	00:53:26	M55
591	84	Filipa Ramos	malucos da corrida	12	00:53:28	00:53:28	F35
592	786	Nuno Guerreiro	OldElite	70	00:53:28	00:53:28	M35
593	448	Frederico Wiborg	VL 1984	98	00:53:29	00:53:29	M45
594	968	Joana Ferreira	INDIVIDUAL	13	00:53:31	00:53:31	F35
595	398	Orlando Silva	OS ZOTOPEQUES	33	00:53:31	00:53:31	M55
596	516	Pedro Bernardo	EAE Lazy Runners	111	00:53:33	00:53:33	M40
597	857	Agostinho Torres	Ingleses Futebol Clube	34	00:53:35	00:53:35	M55
598	682	João Pires	INDIVIDUAL	78	00:53:36	00:53:36	M50
599	960	Miguel Carrilho	INDIVIDUAL	112	00:53:38	00:53:38	M40
600	479	Jorge Garcia	CLUBE ANACOM	113	00:53:38	00:53:38	M40
601	153	Manuel Nobre	INDIVIDUAL	99	00:53:39	00:53:39	M45
602	896	Manuel Emidio	Ingleses Futebol Clube	30	00:53:40	00:53:40	M60
603	425	Miguel Castela	Associação de Atletismo Lebres do Sado	100	00:53:41	00:53:41	M45
604	344	José Lindo	Clube Atletismo Vale de Figueira	12	00:53:41	00:53:41	M65
605	769	Carla Bernardino	INDIVIDUAL	14	00:53:42	00:53:42	F35
606	692	Alberto Fernandes	Referees	71	00:53:43	00:53:43	M35
607	694	Tiago Trigo	Referees	101	00:53:43	00:53:43	M45
608	636	Fernando Andrade	Tranquilidade Açoreana Clube	31	00:53:43	00:53:43	M60
609	328	Ricardo Conceição	Decathlon Loures	80	00:53:46	00:53:46	SENM
610	1060	João Alves	INDIVIDUAL	114	00:53:47	00:53:47	M40
611	780	Tiago Paiva	NOS Corridas	72	00:53:51	00:53:51	M35
612	399	Luis Grave	OS ZOTOPEQUES	32	00:53:53	00:53:53	M60
613	321	Luis Martins	Grupeta Running Team	73	00:53:54	00:53:54	M35
614	70	Miguel Dias	RUN 4 FUN	102	00:53:55	00:53:55	M45
615	1021	Maria Maçanita	INDIVIDUAL	15	00:53:58	00:53:58	F35
616	986	Carlos Cabral	GOFIT	115	00:53:58	00:53:58	M40

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
617	393	David Cavalheiro	INDIVIDUAL	81	00:53:59	00:53:59	SENM
618	323	Miguel Lavrador	Técnico Rugby Running Team	103	00:54:02	00:54:02	M45
619	1053	Ines Caludina	INDIVIDUAL	25	00:54:02	00:54:02	SENF
620	64	Nuno Antunes	INDIVIDUAL	104	00:54:03	00:54:03	M45
621	291	Antonio Ribeiro	Clube TAP	79	00:54:03	00:54:03	M50
622	468	Ana Alves	Associação Desportiva Leões Apelaçenenses	26	00:54:04	00:54:04	SENF
623	466	Ricardo Alves	Associação Desportiva Leões Apelaçenenses	82	00:54:04	00:54:04	SENM
624	711	Bruna Santos	INDIVIDUAL	27	00:54:07	00:54:07	SENF
625	710	Hugo Ribeiro	INDIVIDUAL	83	00:54:07	00:54:07	SENM
626	876	Fernando Santos	Inglesees Futebol Clube	33	00:54:08	00:54:08	M60
627	642	Tam Afonso	Tranquilidade Açoreana Clube	13	00:54:08	00:54:08	M65
628	818	Americo Antonio	INDIVIDUAL	80	00:54:10	00:54:10	M50
629	290	Angelo Flor	INDIVIDUAL	34	00:54:10	00:54:10	M60
630	698	João Costa	ADCR PJ	105	00:54:14	00:54:14	M45
631	562	Hugo Marques	Amigos Vale do Silêncio	74	00:54:15	00:54:15	M35
632	166	Alcides Nunes	Os Perigosos	35	00:54:16	00:54:16	M55
633	599	Joaquim Crispim	UDCA	35	00:54:17	00:54:17	M60
634	125	Fernando Serrano	CNPN	106	00:54:18	00:54:18	M45
635	878	Francisco Cunha	Inglesees Futebol Clube	81	00:54:18	00:54:18	M50
636	1023	Manuel Graça	Federação da Família para a Paz Mundial e Uni	14	00:54:19	00:54:19	M65
637	718	Ana Pipio	Clube Oriental Lisboa	16	00:54:20	00:54:20	F35
638	699	Virgilio Oliveira	ADCR PJ	36	00:54:20	00:54:20	M55
639	717	Jorge Freitas	Clube Oriental Lisboa	107	00:54:21	00:54:21	M45
640	204	Adelaide Felizardo	GoRun Vendas Novas	17	00:54:22	00:54:22	F35
641	770	Pedro Júnior	INDIVIDUAL	84	00:54:22	00:54:22	SENM
642	657	Filipe Cruz	EAE Lazy Runners	75	00:54:23	00:54:23	M35
643	776	Gustavo Pereira	trio odemira	108	00:54:25	00:54:25	M45
644	607	Claúdio Rodrigues	Carapaus de Corrida	82	00:54:26	00:54:26	M50
645	308	Gilberto Gonçalves	Clube Atletismo Amigos de Belém	15	00:54:28	00:54:28	M65
646	62	Bruno Proenca	OCR Portugal	76	00:54:31	00:54:31	M35
647	63	Andreia Sarmento	OCR Portugal	28	00:54:32	00:54:32	SENF
648	689	Vanessa Gomes	Referees	29	00:54:34	00:54:34	SENF
649	742	José Amaro	LIZ RUBBERS	116	00:54:36	00:54:36	M40
650	187	Luis Almeida	Run for Lunch	109	00:54:36	00:54:36	M45
651	34	Ricardo Leitão	Lampas.org	117	00:54:38	00:54:38	M40
652	785	Tito Nascimento	OldElite	77	00:54:45	00:54:45	M35
653	570	José Ribeiro	R4F	118	00:54:46	00:54:46	M40
654	723	Rita Monteiro	Clube Oriental Lisboa	18	00:54:51	00:54:51	F35
655	994	Luis Boleto	GOFIT	119	00:54:51	00:54:51	M40
656	73	Helder Lourenço	Alverca Urban Runners	110	00:54:57	00:54:57	M45
657	481	Joao Frade	INDIVIDUAL	111	00:54:59	00:54:59	M45
658	839	Dulce Reis	INDIVIDUAL	18	00:55:02	00:55:02	F45
659	936	Emanuel Martins	A Minha Corrida	120	00:55:02	00:55:02	M40
660	515	Margarida Lucas	EAE Lazy Runners	30	00:55:02	00:55:02	SENF

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
661	123	Germano Bernardo	PRAZER DA CORRIDA	36	00:55:03	00:55:03	M60
662	738	João Reis	Dor de Burro	112	00:55:04	00:55:04	M45
663	1064	João Andrade	INDIVIDUAL	78	00:55:06	00:55:06	M35
664	117	Alexandre Batista	GDST	79	00:55:07	00:55:07	M35
665	324	Paulo Morais	CCDTMetroLx	121	00:55:10	00:55:10	M40
666	1099	Andre Pernas	INDIVIDUAL	85	00:55:17	00:55:17	SENM
667	716	Jorge Carreiras	Clube Oriental Lisboa	83	00:55:18	00:55:18	M50
668	544	Nuno Gaspar	INDIVIDUAL	80	00:55:21	00:55:21	M35
669	976	Maria Batista	GOFIT	19	00:55:22	00:55:22	F35
670	343	Virgilio Nascimento	Clube Atletismo Vale de Figueira	37	00:55:28	00:55:28	M60
671	162	Alzira Cruz	Federação da Família para a Paz Mundial e Uni	19	00:55:29	00:55:29	F45
672	935	Carla	A Minha Corrida	20	00:55:31	00:55:31	F35
673	837	João Soares	Kiko	26	00:55:31	00:55:31	JUNM
674	346	Conceição Rodrigues	Clube Atletismo Vale de Figueira	3	00:55:32	00:55:32	F55
675	744	Antonio Silva	FC R ROSSÃO	37	00:55:32	00:55:32	M55
676	212	Leonel Brandao	Clube Millennium bcp	84	00:55:34	00:55:34	M50
677	275	Bruno Fernandes	INDIVIDUAL	81	00:55:37	00:55:37	M35
678	259	Rui Dias	Movet	122	00:55:41	00:55:41	M40
679	1066	Magalhães Sénior	INDIVIDUAL	38	00:55:44	00:55:44	M60
680	569	Jorge Perez	R4F	38	00:55:45	00:55:45	M55
681	1059	Joao Ferreira	CORRER LISBOA	39	00:55:50	00:55:50	M55
682	1068	Isabel Nicolau	INDIVIDUAL	20	00:55:52	00:55:52	F45
683	706	Rui Pinheiro	atletico via rara	113	00:55:52	00:55:52	M45
684	454	Filipe Pimentel	Os Galgos	114	00:55:52	00:55:52	M45
685	1100	Carlos Dias	INDIVIDUAL	39	00:55:52	00:55:52	M60
686	675	Vanda Maia	Grupo Desportivo e Recreativo Ribeirinho	21	00:55:54	00:55:54	F35
687	485	Luísa Ralha	RUN 4 FUN	4	00:56:00	00:56:00	F55
688	791	Paulo Gonçalves	marvila jovem	85	00:56:00	00:56:00	M50
689	680	Nuno Duarte	SERUL - Unidos de Leceia	123	00:56:04	00:56:04	M40
690	29	Nuno Molero	INDIVIDUAL	115	00:56:06	00:56:06	M45
691	145	Carlos Pires	U.R.C.Abrunheira	116	00:56:09	00:56:09	M45
692	660	Luís Arcadinho	Os Perigosos	16	00:56:10	00:56:10	M65
693	246	Nuno Pombo	EQUIPA AFL	86	00:56:15	00:56:15	SENM
694	201	Rui Aldeano	INDIVIDUAL	31	00:56:16	00:56:16	SENF
695	197	Elisabete Águas	C.C.D. O Alvitejo	21	00:56:18	00:56:18	F45
696	490	Gislaine Costa	Correr Lisboa	22	00:56:20	00:56:20	F35
697	437	Henrique Ferreira	Correr Lisboa	82	00:56:20	00:56:20	M35
698	185	Paula Leite	INDIVIDUAL	22	00:56:22	00:56:22	F45
699	102	Antonio Castro	GDST	117	00:56:23	00:56:23	M45
700	900	Mariana Jorge	Inglesees Futebol Clube	8	00:56:26	00:56:26	JUNF
701	835	Hermínio Cabaceira	Cabaceira Sports Run	40	00:56:27	00:56:27	M55
702	620	Abilio Tavares	INDIVIDUAL	40	00:56:27	00:56:27	M60
703	144	Luis Canastra	Oeste BTT Team	124	00:56:28	00:56:28	M40
704	550	Ricardo Pereira	Amigos Vale do Silêncio	118	00:56:29	00:56:29	M45



Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
705	663	Maria Santos	nº 10 de Bustelo	23	00:56:30	00:56:30	F45
706	703	José Pereira	Amigos Vale do Silêncio	17	00:56:31	00:56:31	M65
707	586	Diogo Alves	INDIVIDUAL	87	00:56:32	00:56:32	SENM
708	949	Catarino Coito	INDIVIDUAL	125	00:56:34	00:56:34	M40
709	816	Luis Raquel	peniche a correr	86	00:56:34	00:56:34	M50
710	950	Carla Ferreira	INDIVIDUAL	23	00:56:35	00:56:35	F35
711	1047	Fernanda Prim	INDIVIDUAL	24	00:56:35	00:56:35	F35
712	282	Rui Ascensão	peniche a correr	126	00:56:35	00:56:35	M40
713	789	Luis Parrinha	marvila jovem	87	00:56:43	00:56:43	M50
714	862	António Pessoa	Inglesees Futebol Clube	41	00:56:44	00:56:44	M55
715	858	Albano Ginja	Inglesees Futebol Clube	41	00:56:45	00:56:45	M60
716	69	Sara Rodrigues	homes place parque das nações	32	00:56:45	00:56:45	SENF
717	1061	António Monteiro	INDIVIDUAL	18	00:56:46	00:56:46	M65
718	1098	Rui Ribeiro	INDIVIDUAL	127	00:56:50	00:56:50	M40
719	317	Victyor Dias	particular	88	00:56:50	00:56:50	M50
720	245	Ana Salé	Performance	25	00:56:51	00:56:51	F35
721	244	João Fernandes	Performance	83	00:56:51	00:56:51	M35
722	209	Pedro Machado	CAVEIRAS	89	00:56:54	00:56:54	M50
723	134	Luis Duarte	Runners da Frente Ribeirinha da Povia de Sant	128	00:56:55	00:56:55	M40
724	1073	Carla Costa	INDIVIDUAL	26	00:56:56	00:56:56	F35
725	135	Joao Pinheiro	Runners da Frente Ribeirinha da Povia de Sant	129	00:56:56	00:56:56	M40
726	1072	Jaime Beato	INDIVIDUAL	130	00:56:56	00:56:56	M40
727	248	Joao Duque	INDIVIDUAL	42	00:56:56	00:56:56	M60
728	565	João Luis	Centro Desportivo Universitário de Lisboa	119	00:56:58	00:56:58	M45
729	697	Jorge Rosa	INDIVIDUAL	120	00:56:59	00:56:59	M45
730	612	Sandra Serafim	INDIVIDUAL	27	00:57:00	00:57:00	F35
731	823	Manuela Gonçalves	S F U A P	24	00:57:00	00:57:00	F45
732	547	Sandra Batista	Amigos Vale do Silêncio	28	00:57:01	00:57:01	F35
733	1025	Hernani Gaspar	INDIVIDUAL	121	00:57:01	00:57:01	M45
734	558	Armando Almeida	Amigos Vale do Silêncio	42	00:57:01	00:57:01	M55
735	554	Paulo Barbeito	Amigos Vale do Silêncio	90	00:57:02	00:57:02	M50
736	563	Fernando Silva	Amigos Vale do Silêncio	91	00:57:03	00:57:03	M50
737	1069	Carlos Costa	Amigos Vale do Silêncio	92	00:57:03	00:57:03	M50
738	555	José Moga	Amigos Vale do Silêncio	43	00:57:03	00:57:03	M55
739	766	Vitor Pinto	Amigos Vale do Silêncio	88	00:57:03	00:57:03	SENM
740	989	João Galileu	GOFIT	122	00:57:06	00:57:06	M45
741	110	Tiago Canhoto	GDST	84	00:57:09	00:57:09	M35
742	1077	José Mateus	INDIVIDUAL	131	00:57:14	00:57:14	M40
743	627	Jorge Lopes	g.d.chelas	132	00:57:15	00:57:15	M40
744	37	Carlos Fernandes	Clube Vodafone	93	00:57:16	00:57:16	M50
745	650	Teresa Sousa	Grupo Desp. Sº Domingos	29	00:57:19	00:57:19	F35
746	979	Elizabete Dias	GOFIT	30	00:57:26	00:57:26	F35
747	985	Fernando Sousa	GOFIT	44	00:57:26	00:57:26	M55
748	658	Fátima Cardoso	INDIVIDUAL	33	00:57:28	00:57:28	SENF

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
749	1007	Paulo Simões	INDIVIDUAL	123	00:57:29	00:57:29	M45
750	1016	Catarina Rolo	INDIVIDUAL	34	00:57:29	00:57:29	SENF
751	1008	Jose Serafim	INDIVIDUAL	89	00:57:29	00:57:29	SENM
752	618	Guilherme Santos	RUN SHAR	90	00:57:33	00:57:33	SENM
753	967	Rui Godinho	INDIVIDUAL	91	00:57:33	00:57:33	SENM
754	601	Vasco Leal	INDIVIDUAL	133	00:57:34	00:57:34	M40
755	266	António Correia	INDIVIDUAL	43	00:57:35	00:57:35	M60
756	81	Alexandre Tam	INDIVIDUAL	85	00:57:39	00:57:39	M35
757	65	Vitor Santos	Carapaus de Corrida	124	00:57:46	00:57:46	M45
758	72	Agostinho Dias	Carapaus de Corrida	94	00:57:46	00:57:46	M50
759	348	Paulo Rosa	STANLEY Security	86	00:57:47	00:57:47	M35
760	149	Justino Lopes	INDIVIDUAL	45	00:57:49	00:57:49	M55
761	227	Carla Olimpio	Clube Millennium bcp	31	00:57:50	00:57:50	F35
762	1083	Paulo Costa	INDIVIDUAL	125	00:57:50	00:57:50	M45
763	156	Joana Fernandes	Correr Lisboa	35	00:57:50	00:57:50	SENF
764	978	Fernando Silva	GOFIT	126	00:57:51	00:57:51	M45
765	182	João Morais	Os Gordos	134	00:57:53	00:57:53	M40
766	78	Rafael Santos	CCDTMetroLx	95	00:57:55	00:57:55	M50
767	82	João Cruz	INDIVIDUAL	135	00:57:56	00:57:56	M40
768	763	Filipa Malheiro	2X1	32	00:57:58	00:57:58	F35
769	762	Alexandre Abade	2X1	136	00:57:58	00:57:58	M40
770	107	Luis Gatinho	GDST	127	00:58:01	00:58:01	M45
771	1045	Joaquim Moura	INDIVIDUAL	137	00:58:03	00:58:03	M40
772	958	Carla Mugeiro	INDIVIDUAL	33	00:58:04	00:58:04	F35
773	959	Albertino Novo	INDIVIDUAL	128	00:58:04	00:58:04	M45
774	1085	Luis Novo	INDIVIDUAL	27	00:58:05	00:58:05	JUNM
775	139	Luis Colaço	Os Gordos	138	00:58:05	00:58:05	M40
776	574	Ricardo Luis	R4F	139	00:58:06	00:58:06	M40
777	376	Gregório Pedro	INDIVIDUAL	46	00:58:13	00:58:13	M55
778	66	Nuno Clemente	Carapaus de Corrida	140	00:58:16	00:58:16	M40
779	902	Nuno Marques	Inglesees Futebol Clube	141	00:58:16	00:58:16	M40
780	46	Luis Proença	INDIVIDUAL	129	00:58:16	00:58:16	M45
781	1043	Pedro Coelho	INDIVIDUAL	130	00:58:18	00:58:18	M45
782	679	Paulo Gomes	O Prazer da Corrida	96	00:58:23	00:58:23	M50
783	113	Lucio Silva	GDST	97	00:58:24	00:58:24	M50
784	575	João Magalhães	R4F	47	00:58:24	00:58:24	M55
785	605	António Guimarães	INDIVIDUAL	92	00:58:24	00:58:24	SENM
786	211	Ines Bernardo	Clube Millennium bcp	34	00:58:25	00:58:25	F35
787	672	Filipe Vitorio	GCK	93	00:58:28	00:58:28	SENM
788	1051	Fernando Tomas	INDIVIDUAL	131	00:58:35	00:58:35	M45
789	1076	Nuno Bastos	INDIVIDUAL	132	00:58:36	00:58:36	M45
790	391	Vitaliy Stavruk	Vitaliy	94	00:58:40	00:58:40	SENM
791	865	Bernardo Gradissimo	Inglesees Futebol Clube	48	00:58:42	00:58:42	M55
792	347	Lúcia Dias	INDIVIDUAL	36	00:58:47	00:58:47	SENF

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
793	992	Nuno Victor	GOFIT	95	00:58:49	00:58:49	SENM
794	666	Hugo Chapelas	INDIVIDUAL	87	00:58:50	00:58:50	M35
795	1048	Antonio Duarte	INDIVIDUAL	19	00:58:51	00:58:51	M65
796	626	Maria Bica	g.d.chelas	35	00:58:52	00:58:52	F35
797	496	Joaquim Leitão	Grupo Desp. Sº Domingos	44	00:59:02	00:59:02	M60
798	779	Pedro Silveira	ADCEO	133	00:59:03	00:59:03	M45
799	341	Rui Luis	Clube Atletismo Vale de Figueira	45	00:59:07	00:59:07	M60
800	111	Antonio Ferreira	GDST	134	00:59:10	00:59:10	M45
801	997	Francisco Medeiros	GOFIT	49	00:59:13	00:59:13	M55
802	49	Pjelim Okane	Zatopeques	46	00:59:13	00:59:13	M60
803	665	Nuno Pauleta	INDIVIDUAL	142	00:59:16	00:59:16	M40
804	1067	David Almeida	INDIVIDUAL	135	00:59:19	00:59:19	M45
805	196	Victor Rodrigues	C.C.D. O Alvitejo	98	00:59:23	00:59:23	M50
806	616	Luciano Silva	RUN SHAR	47	00:59:23	00:59:23	M60
807	387	Abel Felicio	INDIVIDUAL	143	00:59:24	00:59:24	M40
808	40	Mauro Gonçalves	Clube Vodafone	144	00:59:32	00:59:32	M40
809	326	Joaquim Venâncio	Clube OGMA	48	00:59:32	00:59:32	M60
810	327	João Simões	Clube OGMA	99	00:59:33	00:59:33	M50
811	708	Maria Magro	Crazy & Radical Girls	36	00:59:40	00:59:40	F35
812	1094	Rita Martinho	INDIVIDUAL	37	00:59:44	00:59:44	F35
813	345	Clara Mina	Clube Atletismo Vale de Figueira	5	00:59:46	00:59:46	F55
814	340	Antonio Mina	Clube Atletismo Vale de Figueira	50	00:59:46	00:59:46	M55
815	1018	Maria Cordeiro	INDIVIDUAL	9	00:59:51	00:59:51	JUNF
816	606	José Guimarães	INDIVIDUAL	100	00:59:51	00:59:51	M50
817	106	Samuel Rosado	GDST	88	00:59:52	00:59:52	M35
818	476	Nuno Freitas	Águas Livres de Caneças	89	00:59:53	00:59:53	M35
819	154	Marco Gouveia	Casa do Benfica Algueirão Mem Martins	145	00:59:53	00:59:53	M40
820	438	Teresa Sousa	ADA Desnível	25	00:59:54	00:59:54	F45
821	432	Pedro Carmo	prigos	136	00:59:55	00:59:55	M45
822	320	Luis Rocha	INDIVIDUAL	146	00:59:57	00:59:57	M40
823	568	Diamantino Almeida	R4F	137	00:59:57	00:59:57	M45
824	572	Jorge Amieira	R4F	101	00:59:57	00:59:57	M50
825	33	Henrique Vilhena	Correr Queluz	49	00:59:58	00:59:58	M60
826	171	Lidia Lopes	GDST	6	01:00:00	01:00:00	F55
827	1070	Francisco Veloso	INDIVIDUAL	51	01:00:00	01:00:00	M55
828	170	Dinis Sousa	GDST	20	01:00:01	01:00:01	M65
829	754	Ana Gomes	sempreaabrir	38	01:00:06	01:00:06	F35
830	1074	Ricardo Mestre	INDIVIDUAL	90	01:00:06	01:00:06	M35
831	611	Sandro Morgado	ALBJE	96	01:00:07	01:00:07	SENM
832	439	Ana Martins	Falcões Selvagens	26	01:00:08	01:00:08	F45
833	440	Luís Reis	Falcões Selvagens	102	01:00:08	01:00:08	M50
834	942	Sandra Oliveira	O Praticante	39	01:00:10	01:00:10	F35
835	939	Arminda Basílio	O Praticante	40	01:00:10	01:00:10	F35
836	982	Mónica Lopes	GOFIT	41	01:00:14	01:00:14	F35

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
837	782	Eduardo Moutinho	INDIVIDUAL	138	01:00:17	01:00:17	M45
838	981	Elisabete Costa	GOFIT	42	01:00:31	01:00:31	F35
839	980	José Almeida	GOFIT	103	01:00:31	01:00:31	M50
840	987	Graça Nascimento	GOFIT	27	01:00:32	01:00:32	F45
841	115	Mario Costa	GDST	147	01:00:37	01:00:37	M40
842	1093	Cristiana Reis	SS CGD	43	01:00:39	01:00:39	F35
843	220	Pedro Murca	Clube Millennium bcp	104	01:00:46	01:00:46	M50
844	491	Sofia Correia	INDIVIDUAL	44	01:00:53	01:00:53	F35
845	492	Matilde Fernandes	Matilde Fernandes	28	01:00:53	01:00:53	F45
846	83	Jose Morujo	Familia Morujo	105	01:00:54	01:00:54	M50
847	181	Filipe Silva	Os Gordos	148	01:00:57	01:00:57	M40
848	453	Marisa Gonçalves	Os Galgos	45	01:01:00	01:01:00	F35
849	21	Martinho Dias	Correr Lisboa	149	01:01:00	01:01:00	M40
850	314	Alfredo Martinho	Marítimo Lisboa Clube	150	01:01:03	01:01:03	M40
851	124	Hélio Godinho	INDIVIDUAL	21	01:01:05	01:01:05	M65
852	141	Vitor Abranches	Falcões Selvagens	139	01:01:06	01:01:06	M45
853	410	Helena Rosa	N. A. PAPAGAIOS DE CASCAIS	29	01:01:08	01:01:08	F45
854	235	Paulo Silva	INDIVIDUAL	151	01:01:13	01:01:13	M40
855	478	Luis Fernandes	SCP	152	01:01:26	01:01:26	M40
856	1046	Casia Amacleto	INDIVIDUAL	46	01:01:27	01:01:27	F35
857	635	Cláudia Tam	Tranquilidade Açoreana Clube	47	01:01:31	01:01:31	F35
858	105	Luis Milheiro	GDST	52	01:01:48	01:01:48	M55
859	1024	Daniel Teles	INDIVIDUAL	97	01:01:54	01:01:54	SENM
860	27	Rui Melão	INDIVIDUAL	106	01:02:00	01:02:00	M50
861	1	Claudia Santos	INDIVIDUAL	30	01:02:23	01:02:23	F45
862	593	Isabel Santos	PRP	48	01:02:25	01:02:25	F35
863	128	José Finuras	Portela Running Point	140	01:02:25	01:02:25	M45
864	45	Jose Correia	NAV RUNNERS	53	01:02:35	01:02:35	M55
865	292	Liliana Brás	ALBJE	37	01:02:35	01:02:35	SENF
866	638	Helena Santos	Tranquilidade Açoreana Clube	7	01:02:49	01:02:49	F55
867	634	António Jorge	Tranquilidade Açoreana Clube	50	01:02:49	01:02:49	M60
868	561	Gabriela Marques	Amigos Vale do Silêncio	49	01:02:51	01:02:51	F35
869	10	Ana Martins	Falcões Selvagens	8	01:02:55	01:02:55	F55
870	1052	Joana Lamsin	INDIVIDUAL	50	01:03:00	01:03:00	F35
871	541	Maria Andrade	Somais1km	9	01:03:04	01:03:04	F55
872	1054	Paulo Patricio	INDIVIDUAL	91	01:03:08	01:03:08	M35
873	401	Elisio Costa	OS ZOTOPEQUES	51	01:03:19	01:03:19	M60
874	103	Daniel Simoes	GDST	153	01:03:24	01:03:24	M40
875	1079	Ana Fonseca	INDIVIDUAL	51	01:03:25	01:03:25	F35
876	747	Rui Alvares	Electro Arco	141	01:03:27	01:03:27	M45
877	774	Gonçalo Neto	INDIVIDUAL	107	01:03:27	01:03:27	M50
878	67	Célia Azenha	Associação de Atletismo Lebres do Sado	31	01:03:28	01:03:28	F45
879	903	Olga Monteiro	Inglesees Futebol Clube	33	01:03:38	01:03:38	F45
880	301	André Ribeiro	Ribeiro	98	01:03:48	01:03:48	SENM

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
881	615	Ana Fonseca	RUN SHAR	52	01:03:50	01:03:50	F35
882	1010	Manuel Trindade	INDIVIDUAL	52	01:03:50	01:03:50	M60
883	303	Ricardo Ribeirete	Ultra-Leves do CPOC	28	01:03:51	01:03:51	JUNM
884	310	Flávio Francisco	MRT	154	01:03:52	01:03:52	M40
885	429	Joaquim Fragoso	ccd casa pia	22	01:03:54	01:03:54	M65
886	1055	Manuel Prates	INDIVIDUAL	142	01:03:58	01:03:58	M45
887	1044	Nuno Oliveira	INDIVIDUAL	92	01:04:03	01:04:03	M35
888	538	Gessina Mendes	MATILHA RADICAL	32	01:04:10	01:04:10	F45
889	537	Mário Anjo	MATILHA RADICAL	108	01:04:10	01:04:10	M50
890	293	André Canova	ALBJE	155	01:04:12	01:04:12	M40
891	116	Susana Veloso	GDST	53	01:04:14	01:04:14	F35
892	122	Felipe Teixeira	Grupo Recreativo Janz e Associados	99	01:04:17	01:04:17	SENM
893	426	Mayer Raposo	Associação de Atletismo Lebres do Sado	23	01:04:20	01:04:20	M65
894	56	Daniel Ramos	Jobrinde - Montes Saloios	156	01:04:25	01:04:25	M40
895	715	Natalino Nunes	ATLETICO VIA RARA	157	01:04:26	01:04:26	M40
896	714	Carlos Correia	ATLETICO VIA RARA	54	01:04:27	01:04:27	M55
897	712	Carlos Vidais	ATLETICO VIA RARA	158	01:04:28	01:04:28	M40
898	740	Rui Taborda	Dor de Burro	109	01:04:29	01:04:29	M50
899	1019	Andrea Rodrigues	INDIVIDUAL	34	01:04:30	01:04:30	F45
900	531	Alfredo Sousa	Coop a Sacavenense	53	01:04:38	01:04:38	M60
901	193	Goncalo Cabral	INDIVIDUAL	93	01:04:51	01:04:51	M35
902	993	Leonel Pontes	GOFIT	159	01:04:52	01:04:52	M40
903	26	Rui Resina	Resinas	94	01:04:55	01:04:55	M35
904	25	Mario Resina	Resinas	95	01:04:55	01:04:55	M35
905	198	Henrique Ruas	C.C.D. O Alvitejo	24	01:04:57	01:04:57	M65
906	92	Inês Loureiro	Falcões Selvagens	35	01:04:58	01:04:58	F45
907	381	Carlos Coelho	Falcoes selvagens	143	01:04:59	01:04:59	M45
908	350	Ricardo Galo	STANLEY Security	96	01:05:03	01:05:03	M35
909	1075	Carlos Costa	INDIVIDUAL	160	01:05:11	01:05:11	M40
910	536	Patrícia Jeremias	MATILHA RADICAL	54	01:05:20	01:05:20	F35
911	535	Graça Pereira	MATILHA RADICAL	36	01:05:20	01:05:20	F45
912	1082	Paula Guedes	INDIVIDUAL	55	01:05:27	01:05:27	F35
913	543	Ana Guerreiro	INDIVIDUAL	37	01:05:44	01:05:44	F45
914	366	Valeria Santos	Homes place	38	01:05:46	01:05:46	F45
915	273	Natacha Pereira	INDIVIDUAL	38	01:06:01	01:06:01	SENF
916	973	Joana Moreira	INDIVIDUAL	56	01:06:09	01:06:09	F35
917	236	Maria Paula	INDIVIDUAL	10	01:06:11	01:06:11	JUNF
918	60	Inês Martins	Lontra & Escalfeta	39	01:06:12	01:06:12	SENF
919	630	Rute Teixeira	Corrida Noturna Parque das Nações	57	01:06:26	01:06:26	F35
920	631	Jorge Vaz	Corrida Noturna Parque das Nações	161	01:06:26	01:06:26	M40
921	85	Sandra Pires	CNPN	39	01:06:27	01:06:27	F45
922	821	Joana Ramalho	Famelga	40	01:06:28	01:06:28	SENF
923	137	Sara Fulgêncio	INDIVIDUAL	58	01:06:34	01:06:34	F35
924	136	Luís Catita	INDIVIDUAL	110	01:06:34	01:06:34	M50

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
925	707	Pedro Reis	Engimind	144	01:06:35	01:06:35	M45
926	861	Ana Rolo	Ingleses Futebol Clube	40	01:06:39	01:06:39	F45
927	591	Rui Pinto	Boxer	111	01:06:47	01:06:47	M50
928	733	David Mota	Freixofeira	100	01:06:53	01:06:53	SENM
929	834	José Cabaceira	Cabaceira Sports Run	55	01:07:00	01:07:00	M55
930	884	Jeremias Ribeiro	Ingleses Futebol Clube	1	01:07:01	01:07:01	M65
931	827	Adília Barbosa	g.d.chelas	10	01:07:11	01:07:11	F55
932	670	João Veigas	ADCEO	145	01:07:11	01:07:11	M45
933	640	Luís Neves	Tranquilidade Açoreana Clube	162	01:07:22	01:07:22	M40
934	389	Mario Pires	INDIVIDUAL	56	01:07:25	01:07:25	M55
935	160	Paulo Silva	GRCD Leiao	163	01:07:41	01:07:41	M40
936	972	Rui Fonseca	INDIVIDUAL	29	01:08:04	01:08:04	JUNM
937	739	Pedro Dias	Dor de Burro	146	01:08:05	01:08:05	M45
938	556	Emílio Gonçalves	Amigos Vale do Silêncio	112	01:08:06	01:08:06	M50
939	1042	Sandra Lourenço	INDIVIDUAL	59	01:08:10	01:08:10	F35
940	1086	Nancy Batista	INDIVIDUAL	41	01:08:20	01:08:20	SENF
941	24	Joaquim Santos	Falcões Selvagens	57	01:08:47	01:08:47	M55
942	594	Aquilino Ventura	PRP	147	01:09:15	01:09:15	M45
943	15	Carlos Pereira	Zatopeques	97	01:09:22	01:09:22	M35
944	956	Mariana Dinis	INDIVIDUAL	60	01:09:27	01:09:27	F35
945	957	Luis Mugeiro	INDIVIDUAL	98	01:09:28	01:09:28	M35
946	224	Fernando Ferreira	Clube Millennium bcp	25	01:09:53	01:09:53	M65
947	383	Ricardo Sousa	Night Lebres	99	01:10:01	01:10:01	M35
948	428	Magda Marques	Night Lebres	61	01:10:02	01:10:02	F35
949	533	Arquimínio Nunes	Coop a Sacavenense	54	01:10:52	01:10:52	M60
950	71	Paulo Oliveira	Familia Feijo e Afins	148	01:11:10	01:11:10	M45
951	625	Helena Serra	g.d.chelas	41	01:11:12	01:11:12	F45
952	114	Pedro Xavier	GDST	149	01:11:12	01:11:12	M45
953	940	Filomena Correia	O Praticante	11	01:11:15	01:11:15	F55
954	713	Jose Correia	ATLETICO VIA RARA	55	01:11:20	01:11:20	M60
955	750	Miguel Toro	Garfo	26	01:11:20	01:11:20	M65
956	384	Tito Pedroso	Night Lebres	100	01:11:25	01:11:25	M35
957	382	Jorge Carreiras	Night Lebres	101	01:11:25	01:11:25	M35
958	281	Ana Lopes	INDIVIDUAL	42	01:11:32	01:11:32	F45
959	797	Deolinda Urbano	UA Povoense	12	01:11:40	01:11:40	F55
960	824	Pedro Almeida	INDIVIDUAL	102	01:11:44	01:11:44	M35
961	1080	Sandra Joaquim	INDIVIDUAL	62	01:12:05	01:12:05	F35
962	836	Jorge Soares	Exemplo texto	150	01:12:05	01:12:05	M45
963	1081	Miguel Pinto	INDIVIDUAL	164	01:12:09	01:12:09	M40
964	971	Ricardo Pinto	INDIVIDUAL	165	01:12:15	01:12:15	M40
965	970	Carla Penedo	INDIVIDUAL	63	01:12:16	01:12:16	F35
966	356	Manuel Alves	CD ARNEIRO	113	01:12:17	01:12:17	M50
967	1063	Mariana Andrade	INDIVIDUAL	43	01:12:19	01:12:19	F45
968	359	Amdré Silva	CD ARNEIRO	30	01:12:19	01:12:19	JUNM

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
969	1062	Raúl Santos	INDIVIDUAL	114	01:12:20	01:12:20	M50
970	342	Antonio Moura	Clube Atletismo Vale de Figueira	56	01:13:00	01:13:00	M60
971	32	Cristina Cortez	Falcões Selvagens	44	01:13:05	01:13:05	F45
972	31	Carlos Morais	Falcões Selvagens	151	01:13:05	01:13:05	M45
973	822	João Filipe	Famelga	103	01:13:07	01:13:07	M35
974	609	Filipe Leite	INDIVIDUAL	104	01:13:20	01:13:20	M35
975	188	Carla Almeida	Run for Lunch	45	01:13:23	01:13:23	F45
976	450	Rita Palma	Dream Runners Évora	46	01:14:10	01:14:10	F45
977	5	Jorge Lopes	INDIVIDUAL	115	01:15:01	01:15:01	M50
978	566	Francisco Silvestre	INDIVIDUAL	58	01:15:01	01:15:01	M55
979	148	Luís Martins	NAV RUNNERS	57	01:15:15	01:15:15	M60
980	1005	Natasha Dias	INDIVIDUAL	47	01:15:30	01:15:30	F45
981	4	João Campos	Somais1km	152	01:15:30	01:15:30	M45
982	191	Cristina Maia	Run for Lunch	13	01:16:24	01:16:24	F55
983	632	Nuno Dias	LetsRunAzores	105	01:16:28	01:16:28	M35
984	1057	Teresa Geirinnhas	INDIVIDUAL	64	01:16:38	01:16:38	F35
985	1056	Alexandre Geirinhas	INDIVIDUAL	153	01:16:38	01:16:38	M45
986	351	Alvaro Carrapito	INDIVIDUAL	116	01:17:30	01:17:30	M50
987	360	Rita Maio	CD ARNEIRO	11	01:17:33	01:17:33	JUNF
988	358	Francelina Silva	CD ARNEIRO	117	01:17:33	01:17:33	M50
989	30	Rui Oliveira	Falcões Selvagens	118	01:18:49	01:18:49	M50
990	91	Nuno Loureiro	Falcões Selvagens	119	01:18:49	01:18:49	M50