



Seixal Night Run

15 de Junho, 2019

<https://werun.pt/resultados/seixal-night-run/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	3319	PLAÇIDO JESUS	00:31:31	00:31:31	M0099	CLUBE DE PRAÇAS DA ARMADA	1
2	3193	ANDRE COSTA	00:32:15	00:32:15	M0099	CPA TRAIL TEAM/CLUBE DE PRAÇAS DA ARMADA	2
3	269	MARCO GOMES	00:32:30	00:32:27	M0099	CPPEA	3
4	3317	FILIPE REBELO	00:32:59	00:32:58	M0099	RUN TEJO	4
5	270	RICARDO ABREU	00:33:38	00:33:37	M0099	CLUBE PEDRO PESSOA ESCOLA DE ATLETISMO	5
6	3318	RICARDO JORDÃO	00:34:04	00:34:03	M0099	CLUBE DE PRAÇAS DA ARMADA	6
7	3275	JOÃO RIBEIRO	00:37:15	00:37:12	M0099		7
8	3339	TIAGO NOGUEIRA	00:37:19	00:37:17	M0099	AMINHACORRIDA	8
9	300	INÊS MARQUES	00:37:19	00:37:14	F0099	ESCOLA ATLETISMO COIMBRA J.PAIVA	1
10	3204	RUI CANELAS	00:37:23	00:37:21	M0099	AMCF - ARRABIDA TRAIL TEAM	9
11	297	JOÃO PIMENTEL	00:37:24	00:37:20	M0099	ESCOLA ATLETISMO COIMBRA J.PAIVA	10
12	3373	SORAIA TAVARES	00:37:25	00:37:25	F0099	SCP	2
13	3170	MIGUEL SOBRAL	00:37:29	00:37:29	M0099	A NATUREZA ENSINA	11
14	245	CARLOS CAETANO	00:37:41	00:37:37	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	12
15	224	LUIS TRINDADE	00:37:48	00:37:44	M0099	CCR ALTO DO MOINHO	13
16	162	TIAGO MORAIS	00:37:49	00:37:45	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	14
17	238	JOÃO FILIPE	00:37:54	00:37:49	M0099	LH Ginasio	15

18	207	ANTÓNIO MASSANO	00:37:58	00:37:54	M0099	CASA BENFICA SEIXAL	16
19	244	CARLOS PARREIRA	00:38:00	00:37:55	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	17
20	3374	EDUARDO FERNANDES	00:38:11	00:38:10	M0099	ALTO DO MOINHO	18
21	109	GONÇALO MARQUES	00:38:14	00:37:54	M0099		19
22	107	NUNO MARQUES	00:38:15	00:37:57	M0099		20
23	3322	ALEXANDRE TIAGO	00:38:18	00:38:14	M0099	A NATUREZA ENSINA	21
24	212	JOÃO CRUZ	00:38:21	00:38:17	M0099	CASA BENFICA SEIXAL	22
25	3185	CLEBY A. ARAÚJO ARAÚJO	00:38:48	00:38:48	M0099	ANE	23
26	216	HERNANI FERNANDES	00:38:49	00:38:44	M0099	CASA BENFICA SEIXAL	24
27	3172	HUGO MIGUEL MARTINS SEQUEIRA	00:38:52	00:38:45	M0099		25
28	205	RUI PANÇA	00:38:55	00:38:52	M0099	CASA BENFICA SEIXAL	26
29	3369	LUIS SANCHES	00:39:00	00:38:54	M0099	AASEIXAL	27
30	222	RICARDO CASTANHO	00:39:18	00:39:17	M0099	CCR ALTO DO MOINHO	28
31	169	AGOSTINHO GONÇALVES	00:39:24	00:39:19	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	29
32	3245	RUBEN COSTA	00:39:40	00:39:35	M0099	INDIVIDUAL	30
33	3098	SAMUEL MARQUES	00:40:09	00:40:00	M0099		31
34	3305	CARLOS FERREIRA	00:40:16	00:40:09	M0099	F.F. PAZ MUNDIAL E UNIFICAÇÃO	32
35	3117	MIGUEL CRUZ	00:40:18	00:40:18	M0099	BARREIRO	33
36	242	PAULO SOUSA	00:40:28	00:40:28	M0099	LH Ginasio	34
37	3347	MIGUEL SANTOS	00:40:30	00:40:30	M0099	URBAN RUN TEAM	35
38	3232	RICARDO SILVEIRA	00:40:34	00:40:28	M0099	ALMADA	36
39	3352	RUI NEVES	00:40:34	00:40:29	M0099	GD SÃO DOMINGOS	37
40	3321	DANIEL LOURO	00:40:45	00:40:45	M0099		38

41	3210	MÁRIO LOURENÇO	00:40:54	00:40:50	M0099		39
42	3360	JOSE MOREIRA	00:40:58	00:40:55	M0099		40
43	3361	PEDRO SOARES	00:40:58	00:40:55	M0099		41
44	3253	RITA FERNANDES	00:40:58	00:40:54	F0099		3
45	100	LUÍS CUNHA	00:41:01	00:41:01	M0099	LMSC SPORTS	42
46	3140	NUNO ROQUE	00:41:04	00:40:54	M0099	NCAFB	43
47	3201	ARMANDO REIS	00:41:05	00:40:51	M0099	HOUSEMARTINS	44
48	121	CARLOS FONSECA	00:41:09	00:41:09	M0099	ZATOPEQUES DE FERNÃO FERRO	45
49	3156	SADIQ KASSAMO	00:41:10	00:41:05	M0099	URBAN RUN TEAM	46
50	3357	ANTÓNIO REIS	00:41:11	00:41:10	M0099	CLUBE DESPORTIVO RIBEIRINHO	47
51	271	PEDRO PESSOA	00:41:11	00:41:07	M0099	CLUBE PEDRO PESSOA ESCOLA DE ATLETISMO	48
52	3115	JORGE PAULO	00:41:17	00:41:13	M0099	CASA BENFICA SEIXAL	49
53	3333	HORÁCIO OLIVEIRA	00:41:18	00:41:12	M0099	AASEIXAL	50
54	3323	LUIS AURÉLIO	00:41:19	00:41:19	M0099	BRR nightRUNNERS	51
55	3141	MIGUEL JACOB	00:41:21	00:41:21	M0099	NCAFB	52
56	3171	RUI CARVALHO	00:41:21	00:41:10	M0099	A NATUREZA ENSINA	53
57	236	PAULO SILVA	00:41:23	00:41:18	M0099	LH Ginasio	54
58	3315	VITOR LOBO	00:41:31	00:41:31	M0099		55
59	3038	FERNANDO MIGUEL	00:41:33	00:41:14	M0099		56
60	3359	OCTAVIO AMARO	00:41:44	00:41:42	M0099	DUARTE AMARO	57
61	3242	PEDRO PEREIRA	00:42:01	00:41:53	M0099	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO	58
62	3080	DINA OLIVEIRA	00:42:18	00:42:14	F0099	INDIVIDUAL	4
63	3241	PAULO ALMEIDA	00:42:36	00:42:28	M0099	Associação de jovens da landeira	59

64	171	JOSÉ AMIGO	00:42:36	00:42:31	M0099		60
65	201	RENATO CRISTINA	00:42:38	00:42:34	M0099	CASA BENFICA SEIXAL	61
66	243	NUNO GASPAR	00:42:49	00:42:49	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	62
67	3068	ANTONIO RUA	00:42:50	00:42:28	M0099	EX FEDERADOS	63
68	3109	PEDRO GONÇALVES	00:42:56	00:42:37	M0099	O MEU PT OBRIGOU-ME A VIR	64
69	3342	LUIS ESTÊVÃO	00:42:58	00:42:49	M0099		65
70	116	JORGE MONTEIRO	00:42:58	00:42:54	M0099	ZATOPEQUES DE FERNÃO FERRO	66
71	263	RUI GOMES	00:42:59	00:42:50	M0099	SEIXAL-RUNNING	67
72	296	PEDRO TUBAL	00:43:00	00:42:57	M0099		68
73	3329	ANTÓNIO MOITA	00:43:02	00:43:02	M0099	LAVRADIO	69
74	3124	LUIS PIRES	00:43:10	00:42:59	M0099		70
75	3006	ÁLVARO GOMES	00:43:10	00:43:04	M0099	TERRAS FUNDEIRAS	71
76	3228	SÉRGIO FERREIRA	00:43:14	00:43:14	M0099	UNIÃO RECREATIVA JUVENTUDE DE FERNÃO FERRO	72
77	298	AMÉLIA COSTA	00:43:23	00:43:17	F0099	ALTO DO MOINHO	5
78	3000	LUÍS BALINHO	00:43:24	00:43:18	M0099	NÚCLEO SPORTING CP DO SEIXAL	73
79	163	PAULO SANTOS	00:43:34	00:43:34	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	74
80	3125	CIPRIANO MARTINS	00:43:37	00:43:33	M0099		75
81	3061	ANTÓNIO RAMOS	00:43:38	00:43:31	M0099	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	76
82	3092	BRUNO MIGUEL VIEGAS CARVALHO	00:43:38	00:43:25	M0099	BANDIDOS	77
83	232	MANUEL SEQUEIRA	00:43:39	00:43:23	M0099	CCR ALTO DO MOINHO	78
84	247	AMÍLCAR SANTOS	00:43:40	00:43:33	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	79
85	3334	ELISA VARELA	00:43:41	00:43:37	F0099	GD SÃO DOMINGOS	6

86	3336	ANABELA CARVALHO	00:43:41	00:43:39	F0099	GD SÃO DOMINGOS	7
87	197	JOSÉ CUNHA	00:43:41	00:43:26	M0099	ZATOPEQUES DE FERNÃO FERRO	80
88	3313	CARLOS VILAS PINTO	00:43:59	00:43:53	M0099	ALTO DO MOINHO	81
89	3183	ORLINDO FIGUEIREDO	00:44:00	00:43:55	M0099	C.R.D.-AGUIAS UNIDAS	82
90	3097	PAULO JORGE LOURO FOLGADO	00:44:04	00:43:58	M0099	ANE	83
91	233	PEDRO OLIVEIRA	00:44:04	00:44:01	M0099	LH Ginasio	84
92	3240	FRANCISCO FURÃO	00:44:12	00:44:05	M0099		85
93	3338	CARLA TABAIO	00:44:12	00:44:08	F0099	AMINHACORRIDA	8
94	217	CRISTINA MOURATO	00:44:19	00:44:14	F0099	CASA BENFICA SEIXAL	9
95	3364	JOSÉ RODRIGUES	00:44:25	00:44:14	M0099	CLUBE RECREATIVO DA CRUZ DE PAU	86
96	3093	CÂNDIDO POÇAS	00:44:25	00:44:13	M0099	BANDIDOS	87
97	119	PAULO BASÍLIO	00:44:28	00:44:11	M0099	ZATOPEQUES DE FERNÃO FERRO	88
98	3314	MIGUEL PINTO	00:44:32	00:44:25	M0099		89
99	3325	RICARDO ROMÃO	00:44:35	00:44:23	M0099		90
100	3238	DAVID NEVES	00:44:37	00:44:33	M0099	AMINHACORRIDA	91
101	3237	FILIPA VELOSO	00:44:37	00:44:33	F0099	AMINHACORRIDA	10
102	3070	TELMO FREIRE	00:44:39	00:44:34	M0099	ÁLAMO ROAD & TRAIL TEAM	92
103	3246	RICARDO BRUNHETA	00:44:41	00:44:35	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	93
104	3331	NUNO MIGUEL CORREIA	00:44:58	00:44:58	M0099	GDINE	94
105	3051	ALEXANDRE CRUZ	00:45:10	00:45:04	M0099		95
106	101	INES MARQUES	00:45:20	00:45:20	F0099	99PROVASGRATUITAS	11
107	102	JORGE BARROS	00:45:21	00:45:00	M0099	99PROVASGRATUITAS	96
108	262	LUIS CALHEIROS	00:45:26	00:45:16	M0099	SEIXAL-RUNNING	97

109	3223	ANTÓNIO PAULO FERREIRA	00:45:29	00:45:20	M0099	TARTARUGAS NOTURNAS	98
110	3194	PEDRO NEVES	00:45:30	00:45:18	M0099	42run	99
111	220	HUGO HILÁRIO	00:45:31	00:45:24	M0099	SECÇÃO ATLETISMO NUCLEO SCP SEIXAL	100
112	3110	GUSTAVO ÉVORA	00:45:36	00:45:15	M0099	ASAS DO MILÉNIO	101
113	3229	ÁLVARO BRITO	00:45:37	00:45:37	M0099		102
114	110	BEATRIZ RIEDEL FERREIRA	00:45:41	00:45:28	F0099		12
115	3303	ADOLFO AMEIXA	00:45:41	00:45:33	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	103
116	3078	NELSON ÉVORA	00:45:46	00:45:25	M0099	REDONDOS, FERNÃO FERRO	104
117	152	TIAGO DUARTE	00:45:46	00:45:30	M0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	105
118	231	ANTONIO GONÇALVES	00:45:47	00:45:47	M0099	CCR ALTO DO MOINHO	106
119	165	JOÃO BARRONA	00:45:47	00:45:41	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	107
120	3103	PEDRO HIPÓLITO	00:45:48	00:45:37	M0099	A NATUREZA ENSINA	108
121	229	MARCOS FAUSTINO	00:45:50	00:45:50	M0099	CCR ALTO DO MOINHO	109
122	180	MANUEL TIBÚRCIO	00:45:50	00:45:30	M0099	ASAS DO MILÉNIUM	110
123	3179	FERNANDO MARTINHO	00:45:52	00:45:41	M0099	LOVE26	111
124	3283	NUNO SILVA	00:45:55	00:45:36	M0099		112
125	3224	JOAO CRUZ	00:45:56	00:45:49	M0099	SÃO DOMINGOS DE RANA	113
126	177	ANTÓNIO COSTA	00:46:19	00:45:51	M0099	ASAS DO MILENIUM	114
127	3206	NUNO GOMES	00:46:21	00:46:12	M0099	INDIVIDUAL	115
128	3120	DANIEL REVÉS	00:46:26	00:46:17	M0099	LESMAS ALOPRADAS	116
129	3330	CLAUDIO OLIVEIRA	00:46:28	00:46:09	M0099		117
130	3259	MAURO CASTRO	00:46:28	00:46:05	M0099		118
131	3293	JOSÉ GONÇALVES	00:46:33	00:46:27	M0099	A NATUREZA ENSINA	119

132	3122	ANTÓNIO NETO	00:46:38	00:46:21	M0099		120
133	3260	RICARDO AMARAL	00:46:41	00:46:25	M0099	NAVIGATOR CLUBE SETUBAL	121
134	3132	FLORBELA EDRAI	00:46:42	00:46:35	F0099	FITRUNNERS	13
135	3191	OSVALDO BARROS	00:46:50	00:46:50	M0099		122
136	104	JOSE MIRA	00:46:54	00:46:33	M0099	99PROVASGRATUITAS	123
137	3026	SONIA FERNANDES	00:46:58	00:46:48	F0099		14
138	290	GONÇALO AZEVEDO	00:47:10	00:46:51	M0099		124
139	3056	PEDRO PEREIRA	00:47:11	00:46:53	M0099	BRR NIGHT RUNNERS	125
140	3182	JOSE BARROS	00:47:12	00:47:01	M0099		126
141	3192	PAULO FERNANDES	00:47:16	00:47:03	M0099		127
142	3021	LUIS ANTÓNIO ALVES	00:47:17	00:47:12	M0099		128
143	3102	FRANCISCO COSTA	00:47:25	00:47:25	M0099	BRRNIGHTRUNNERS	129
144	3316	NELSON SILVA	00:47:25	00:47:05	M0099		130
145	3069	MIGUEL ABRAÇOS	00:47:26	00:47:04	M0099	EX FEDERADOS	131
146	3227	ROGÉRIO AZEVEDO	00:47:27	00:47:15	M0099	CARAPINHA	132
147	246	GABRIEL TRAVANCA	00:47:29	00:47:22	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	133
148	3302	PEDRO NEVES	00:47:29	00:47:22	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	134
149	3247	AFONSO VERISSIMO	00:47:30	00:47:15	M0099	C. D. R. A GUIAS UNIDAS FOROS DE AMORS	135
150	249	JOAQUIM MENDES	00:47:30	00:47:21	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	136
151	3337	MIGUEL PALMA	00:47:31	00:47:12	M0099	AMINHACORRIDA	137
152	239	EDIRRONE CORNÉLIO	00:47:32	00:47:27	M0099	LH Ginasio	138

153	215	PAULA JORGE	00:47:33	00:47:29	F0099	CASA BENFICA SEIXAL	15
154	3064	DAVID JERONIMO	00:47:35	00:47:15	M0099	EX FEDERADOS	139
155	3340	SUSANA FREITAS	00:47:37	00:47:33	F0099	BRUNOSEMPRE. BABA MAMBO	16
156	213	HENRIQUE OLIVEIRA	00:47:39	00:47:21	M0099	CASA BENFICA SEIXAL	140
157	118	NUNO MALTÊZ	00:47:42	00:47:23	M0099	ZATOPEQUES DE FERNÃO FERRO	141
158	3007	JOSÉ MORGADO	00:47:45	00:47:30	M0099	CSSPF	142
159	3225	RICARDO CARVALHO	00:47:45	00:47:17	M0099		143
160	3335	JOSÉ TORRES	00:47:47	00:47:42	M0099	GD SÃO DOMINGOS	144
161	123	JOSÉ MARTINS	00:47:47	00:47:43	M0099	ZATOPEQUES DE FERNÃO FERRO	145
162	251	PAULO PAIS	00:47:49	00:47:41	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	146
163	3332	FERNANDO GUERREIRO	00:47:49	00:47:45	M0099	GD SÃO DOMINGOS	147
164	164	MARCOLINO VERISSIMO	00:47:55	00:47:40	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	148
165	3341	RICARDO SANTOS	00:47:56	00:47:56	M0099	BRUNOSEMPRE. BABA MAMBO	149
166	3230	JORGE NUNES	00:48:02	00:47:53	M0099	INDIVIDUAL	150
167	105	MIGUEL LOPES	00:48:03	00:47:42	M0099	99PROVASGRATUITAS	151
168	230	JOÃO BATISTA	00:48:07	00:47:59	M0099	CCR ALTO DO MOINHO	152
169	3289	TÂNIA ALMEIDA	00:48:07	00:47:45	F0099	HUT RUNNERS WARRIOS	17
170	3019	ARLINDO ROLO	00:48:10	00:47:58	M0099		153
171	3018	LUIS MARQUES	00:48:11	00:47:57	M0099		154
172	3196	JOAO MIGUEL APOLINARIO	00:48:16	00:48:02	M0099	42run	155
173	3089	JOÃO PASSEIRO	00:48:18	00:48:06	M0099	A.D.C.CATUJAL	156
174	3088	ALMERINDO SILVA	00:48:19	00:48:05	M0099	A.D.C.CATUJAL	157
175	154	ANDRÉ LOURO	00:48:24	00:48:06	M0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	158

176	3023	GINA MARTINS	00:48:27	00:48:14	F0099		18
177	3022	DAVID BERNARDO	00:48:27	00:48:14	M0099		159
178	196	JOSÉ MORAIS	00:48:28	00:48:11	M0099	ZATOPEQUES DE FERNÃO FERRO	160
179	166	JOSÉ GARRIDO	00:48:31	00:48:25	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	161
180	3263	MARCO BASTOS	00:48:34	00:48:09	M0099		162
181	3046	ANA MONTEIRO	00:48:37	00:48:26	F0099	MONTEIRO	19
182	122	JOSÉ LOURENÇO	00:48:38	00:48:22	M0099	ZATOPEQUES DE FERNÃO FERRO	163
183	3066	JORGE VENANCIO	00:48:41	00:48:20	M0099	EX FEDERADOS	164
184	3363	DIOGO COSTA	00:48:44	00:48:33	M0099	CLUBE RECREATIVO DA CRUZ DE PAU	165
185	3178	VASCO ARNAUT	00:48:56	00:48:43	M0099	AMIGOS DO ORVALHO	166
186	260	DINIS MARTINZ	00:49:00	00:48:34	M0099	SEIXAL-RUNNING	167
187	206	CLÁUDIA MATOS	00:49:01	00:48:56	F0099	CASA BENFICA SEIXAL	20
188	208	TELMA TAVEIRA	00:49:01	00:49:01	F0099	CASA BENFICA SEIXAL	21
189	3072	NUNO GOMES	00:49:06	00:48:58	M0099		168
190	3150	PEDRO VARA	00:49:37	00:49:37	M0099		169
191	3195	LUIS COSTA	00:49:37	00:49:37	M0099	42run	170
192	115	ANTÓNIO MARTINS	00:49:39	00:49:39	M0099	ZATOPEQUES DE FERNÃO FERRO	171
193	3257	MANUEL FLOR	00:49:42	00:49:25	M0099		172
194	3163	MARCO SILVA	00:49:45	00:49:29	M0099	WE TT	173
195	3154	FERNANDO AGOSTINHO	00:49:53	00:49:44	M0099	EL CORTE INGLÉS RUNNING TEAM	174
196	3312	RENATO CORREIA	00:49:53	00:49:29	M0099	SEIXAL-RUNNING	175
197	234	CARLA LAMEIRAS	00:49:58	00:49:51	F0099	LH Ginasio	22
198	3035	JOÃO CONCEIÇÃO	00:50:06	00:49:43	M0099	AMINHACORRIDA	176

199	3073	RÚBEN PAGAIME	00:50:07	00:49:56	M0099	CDAPN	177
200	3166	SOFIA MASSANO	00:50:07	00:50:00	F0099		23
201	3235	ROGÉRIO COSTA	00:50:11	00:50:04	M0099		178
202	3011	NUNO MESTRE	00:50:13	00:49:49	M0099	SO WHAT	179
203	3123	ANDREIA CASTANHEIRA	00:50:14	00:49:57	F0099	BRRNIGHTRUNNERS	24
204	150	RAUL FRANCO	00:50:15	00:50:01	M0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	180
205	3207	RUI BAPTISTA	00:50:31	00:50:21	M0099	Azeitão	181
206	3043	JORGE SARAIVA	00:50:39	00:50:16	M0099	RUNMÁTICOS	182
207	175	JORGE GOIS GOIS	00:50:45	00:50:37	M0099	CLUBE DESPORTIVO ASAS DO MILÉNIO	183
208	3261	VASCO BERNARDO	00:50:49	00:50:36	M0099	NAVIGATOR CLUBE SETUBAL	184
209	3306	HÉLDER MOURISCO	00:50:56	00:50:46	M0099		185
210	3181	JOÃO CARVALHO	00:51:02	00:51:02	M0099	INDIVIDUAL	186
211	3104	CLIDIA COELHO	00:51:04	00:50:55	F0099	A N E	25
212	3087	ANA ROSÁRIO	00:51:15	00:51:07	F0099	A NATUREZA ENSINA	26
213	3085	PAULO DANTAS	00:51:18	00:51:18	M0099		187
214	227	ALZIRA SOBRAL	00:51:21	00:51:07	F0099	CCR ALTO DO MOINHO	27
215	3262	CRISTINA SANTA	00:51:38	00:51:29	F0099	KOTAS BOA FORMA	28
216	167	JOSÉ PULIDO	00:51:40	00:51:34	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	188
217	3254	MARCO MARTINS	00:51:40	00:51:13	M0099		189
218	3295	GONÇALO GIL	00:51:42	00:51:22	M0099		190
219	3309	MARTA MELO	00:51:44	00:51:44	F0099	CASA BENFICA SEIXAL	29
220	3027	HENRIQUE VELOSO	00:51:47	00:51:32	M0099		191
221	3376	SOLANGE SOUSA	00:51:48	00:51:39	F0099	KOTAS BOA FORMA	30

222	3280	GERMANO BERNARDO	00:51:49	00:51:18	M0099	PRAZER DA CORRIDA	192
223	3175	LUÍS MIGUEL BAPTISTA	00:51:49	00:51:37	M0099	AMIGOS DO ORVALHO	193
224	3350	BRUNO TABAIO	00:51:56	00:51:31	M0099	AMINHACORRIDA	194
225	3299	JOSÉ PALMA	00:52:00	00:51:39	M0099		195
226	168	ANTÓNIO RELVAS	00:52:05	00:51:47	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	196
227	3279	CARLOS MARTINS	00:52:06	00:51:45	M0099		197
228	3119	PAULO REVÉS	00:52:09	00:51:57	M0099	LESMAS ALOPRADAS	198
229	240	HÉLDER FERNANDES	00:52:13	00:52:13	M0099	LH Ginasio	199
230	3281	JOÃO FILIPE VEIGAS	00:52:14	00:51:45	M0099		200
231	103	MARIO CARVALHO	00:52:15	00:51:52	M0099	99PROVASGRATUITAS	201
232	3100	JOÃO BORRALHEIRA	00:52:20	00:52:20	M0099	AMORA	202
233	3310	PAULA LEÃO	00:52:22	00:52:08	F0099	CASA BENFICA SEIXAL	31
234	161	VITOR JORGE	00:52:22	00:52:14	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	203
235	3236	JOÃO SOUSA	00:52:23	00:52:17	M0099		204
236	3252	SÉRGIO MANUEL SIMÕES	00:52:24	00:52:15	M0099		205
237	160	ANTÓNIO RIBEIRO	00:52:24	00:52:04	M0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	206
238	170	MARGARIDA AMIGO	00:52:25	00:52:17	F0099		32
239	3286	LUIS ALMEIDA	00:52:28	00:52:06	M0099	HUT RUNNERS WARRIORS	207
240	3099	CARLOS BORRALHEIRA	00:52:29	00:52:29	M0099	AMORA	208
241	3065	FERNANDO JERONIMO	00:52:29	00:52:09	M0099	EX FEDERADOS	209
242	3147	RUI SANTOS	00:52:33	00:52:08	M0099		210
243	3221	LILIANA COELHO	00:52:34	00:52:23	F0099	REMAX ALMADA GIRLS	33
244	3266	MARLENE SILVA	00:52:50	00:52:40	F0099	KOTAS BOA FORMA	34

245	3264	HUGO OLIVEIRA	00:52:51	00:52:39	M0099	KOTAS BOA FORMA	211
246	153	PEDRO OLIVEIRA	00:52:54	00:52:54	M0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	212
247	3208	ANTÓNIO MARTINS	00:52:55	00:52:55	M0099	HOUSEMARTINS BELAS	213
248	3256	JOANA FLOR	00:52:58	00:52:41	F0099		35
249	3126	SABIR KANJI	00:53:03	00:52:41	M0099	SS CGD	214
250	223	MARISA RAMALHO	00:53:09	00:52:55	F0099	CCR ALTO DO MOINHO	36
251	3205	ANTÓNIO MARTINS	00:53:10	00:52:56	M0099	HOUSEMARTINS BELAS	215
252	3063	LUIS CUNHA	00:53:17	00:52:56	M0099	EX FEDERADOS	216
253	3233	JORGE ROSA	00:53:17	00:53:10	M0099		217
254	3047	CARLA MONTEIRO	00:53:18	00:53:06	F0099	MONTEIRO	37
255	3320	CATARINA PIRES	00:53:22	00:53:22	F0099		38
256	3186	LUIS DUARTE	00:53:28	00:53:09	M0099	CASA BENFICA SEIXAL	218
257	3090	CARLOS CABRAL	00:53:33	00:53:15	M0099	BRRNIGHTRUNNERS	219
258	3282	ALEXANDRE BENTO	00:53:33	00:53:08	M0099	RUN TEJO	220
259	3111	CELSO GODINHO	00:53:37	00:53:29	M0099		221
260	286	ANA FILIPA	00:53:41	00:53:32	F0099	99PROVASGRATUITAS	39
261	176	PAULA TRINDADE	00:53:42	00:53:33	F0099	CLUBE DESPORTIVO ASAS DO MILÉNIUM	40
262	3168	GONÇALO SILVA	00:53:43	00:53:25	M0099	WE TT	222
263	3372	SÓNIA SOFIA	00:53:47	00:53:27	F0099	LEVEL HC	41
264	3298	LUIS RIPADO	00:53:50	00:53:31	M0099	BMF	223
265	3052	JOSE MELO	00:53:51	00:53:32	M0099		224
266	3180	PATRICIA PEREIRA	00:53:51	00:53:40	M0099	LOVE26	225
267	126	MARIA MAGRO	00:53:56	00:53:46	F0099		42

268	3042	ADORAÇÃO BATISTA	00:53:58	00:53:35	F0099	RUNMÁTICOS	43
269	148	DULCE REIS	00:54:01	00:53:48	F0099	ACQUALIVE	44
270	3101	IRINA PEDRO	00:54:13	00:53:54	F0099	BRRNIGHTRUNNERS	45
271	235	RAQUEL MARTINS	00:54:17	00:54:11	F0099	LH Ginasio	46
272	182	JOÃO JORGE	00:54:18	00:53:58	M0099	GINÁSIO KALORIAS	226
273	3297	RODRIGO PEREIRINHA	00:54:23	00:54:02	M0099	BMF	227
274	252	RUI CATARINO	00:54:23	00:54:13	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	228
275	248	ANTÓNIO ALVES	00:54:23	00:54:14	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	229
276	3348	CÉLIA MENDES	00:54:25	00:54:02	F0099	RUNMÁTICOS	47
277	194	SUSANA COSTA	00:54:27	00:54:20	F0099	AROMAS DA HORTA	48
278	3161	MARIA FERNANDES	00:54:28	00:54:13	F0099		49
279	3269	CÉLINE DUPONT	00:54:30	00:54:18	F0099	KOTAS BOA FORMA	50
280	192	CATARINA BOTO FIGUEIREDO	00:54:39	00:54:33	F0099	AROMAS DA HORTA	51
281	211	CARLOS MATOS	00:54:45	00:54:19	M0099	CASA BENFICA SEIXAL	230
282	3076	JOANA GORRÃO	00:54:48	00:54:35	F0099	A NATUREZA ENSINA	52
283	125	ISABEL SANTOS	00:54:49	00:54:38	F0099	CRAZY&RADICAL GRILS	53
284	3077	VIRGILIO BLANCO	00:54:51	00:54:51	M0099	A NATUREZA ENSINA	231
285	3375	PEDRO LUIS	00:54:58	00:54:33	M0099		232
286	3294	JOAQUIM GUERREIRO	00:55:00	00:54:49	M0099	SETÚBAL	233
287	3222	TERESA SANTO	00:55:00	00:54:51	F0099	LEBRES DO SADO	54
288	183	MILENE CELESTINO	00:55:01	00:54:39	F0099	GINÁSIO KALORIAS	55
289	3288	SARA ALMEIDA	00:55:06	00:54:44	F0099	HUT RUNNERS WARRIORS	56

290	295	PAULA NASCIMENTO	00:55:11	00:54:55	F0099		57
291	3084	PEDRO CRISTIANO	00:55:12	00:54:52	M0099	BRR NIGHT RUNNERS	234
292	267	MARCIO RIBEIRO	00:55:18	00:54:52	M0099	SEIXAL-RUNNING	235
293	3198	PEDRO CARETAS	00:55:19	00:55:07	M0099	42run	236
294	3062	ORLANDO SANTOS	00:55:21	00:55:00	M0099	EX FEDERADOS	237
295	3231	VANDA FERREIRA	00:55:35	00:55:11	F0099	CLUBE DE PRAÇAS DA ARMADA	58
296	3040	ANDREIA PINA DA SILVA	00:55:35	00:55:12	F0099	RUNMÁTICOS	59
297	3366	PAULA FERREIRA	00:55:53	00:55:37	F0099	CLUBE RECREATIVO DA CRUZ DE PAU	60
298	3209	MANUEL MORAIS	00:56:03	00:55:41	M0099		238
299	3244	OCTAVIO VALENTE	00:56:03	00:55:41	M0099	PÉS LIGEIOS	239
300	3116	KARINA OLIVEIRA	00:56:11	00:56:05	F0099		61
301	3371	CATARINA MORAIS	00:56:21	00:56:02	F0099	LEVEL HC	62
302	3370	JOÃO MANSOS	00:56:21	00:56:02	M0099	LEVEL HC	240
303	3160	PEDRO NEVES	00:56:34	00:56:22	M0099		241
304	3216	CLAUDIA FERREIRA	00:56:52	00:56:22	F0099		63
305	3118	SOFIA AMBRIOSO	00:56:55	00:56:38	F0099	BRRNIGHTRUNNERS	64
306	3292	RUI CASIMIRO	00:57:04	00:56:54	M0099	KOTAS BOA FORMA	242
307	226	ANTONIO SOBRAL	00:57:10	00:56:47	M0099	CCR ALTO DO MOINHO	243
308	3003	MARISA PEREIRA	00:57:17	00:57:03	F0099		65
309	3002	SÓNIA FRANÇA	00:57:18	00:57:05	F0099		66
310	3174	LISA SANTOS	00:57:21	00:57:08	F0099	A NATUREZA ENSINA	67
311	3200	ANTÓNIO SAIOTE	00:57:24	00:57:08	M0099	SPORTING	244
312	3121	PAULO ANTUNES	00:57:26	00:57:17	M0099	LESMAS ALOPRADAS	245

313	3135	ANA PEREIRA	00:57:30	00:57:24	F0099		68
314	3255	MARIA MANUELA BARRETO	00:57:30	00:57:14	F0099	FALCÕES SELVAGENS	69
315	3248	ARMANDA SEMEÃO	00:57:44	00:57:34	F0099	C. D. R. AGUIAS UNIDAS FOROS DE AMORA	70
316	3220	NUNO CAETANO	00:58:00	00:57:49	M0099		246
317	3277	HUGO BARÃO	00:58:08	00:57:45	M0099	PÉS LIGEIOS	247
318	3048	CORNELIA LACKNER	00:58:18	00:58:18	F0099	GRQL	71
319	3134	MAFALDA RODRIGUES	00:58:21	00:58:07	F0099		72
320	3270	ANA GUIMARÃES	00:58:21	00:58:11	F0099		73
321	156	JOAQUIM PEDROSO	00:58:24	00:58:03	M0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	248
322	3094	FRANCISCO JORGE CARDOSO PAULOS	00:58:34	00:58:20	M0099	BANDIDOS	249
323	3030	HÉLIO ANTUNES	00:58:44	00:58:33	M0099		250
324	132	ALEXANDRE TOME	00:58:46	00:58:29	M0099	BOMBEIROS MISTOS SEIXAL	251
325	195	MARINA ISABEL COSTA LOPES	00:58:52	00:58:52	F0099	AROMAS DA HORTA	74
326	3067	JOAO NITA	00:58:53	00:58:53	M0099	EX FEDERADOS	252
327	3345	LUIS ALEIXO	00:58:56	00:58:34	M0099		253
328	117	LUÍS SANTOS	00:59:16	00:58:59	M0099	ZATOPEQUES DE FERNÃO FERRO	254
329	124	ANTÓNIO MATEUS	00:59:23	00:59:06	M0099	ZATOPEQUES DE FERNÃO FERRO	255
330	181	MARIA BICKMANN	00:59:32	00:59:12	F0099	GINÁSIO KALORIAS	75
331	3307	MARGARIDA PECEGUEIRO	00:59:37	00:59:21	F0099		76
332	3055	ANTONIO CAVACO	00:59:37	00:59:22	M0099		256
333	3169	CARLA OLEIRINHA	00:59:47	00:59:34	F0099	A NATUREZA ENSINA	77
334	3071	CESAR GUERRA	00:59:55	00:59:24	M0099	CT	257
335	120	AMÉRICO LOPES	01:00:01	00:59:45	M0099	ZATOPEQUES DE FERNÃO FERRO	258

336	3033	SERAFIM MARQUES	01:00:08	00:59:44	M0099	AMINHACORRIDA	259
337	3036	NUNO SANTOS	01:00:08	00:59:42	M0099	AMINHACORRIDA	260
338	3079	LÍGIA BRAGA	01:00:08	00:59:45	M0099	REDONDOS, FERNÃO FERRO	261
339	3031	HELENA CUNHA	01:00:08	00:59:45	F0099	AMINHACORRIDA	78
340	3243	PEDRO MARIANO	01:00:12	01:00:05	M0099	BARREIRO	262
341	3324	RUI SALVADOR	01:00:13	00:59:55	M0099		263
342	3184	JULIA ANDRADE	01:00:13	00:59:54	F0099	BRR NIGHT RUNNERS	79
343	3149	SILVIA FELIX	01:00:19	01:00:03	F0099		80
344	3239	ONDINA JESUS MARQUES	01:00:24	01:00:17	F0099		81
345	3296	JOÃO PALMA	01:00:31	01:00:12	M0099	BMF	264
346	157	JULIA ROMANO	01:00:39	01:00:20	F0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	82
347	3017	RUI SERRANO	01:00:43	01:00:17	M0099		265
348	3164	MARCO FERNANDES	01:00:47	01:00:29	M0099		266
349	3008	JOSÉ ALVES	01:00:51	01:00:27	M0099		267
350	3136	SOFIA CAPOTE	01:00:59	01:00:58	F0099	CASA BENFICA CHARNECA DE CAPARICA	83
351	3278	TIAGO SANTOS	01:01:14	01:01:05	M0099		268
352	3265	ELISA HONORIO	01:01:16	01:01:04	F0099	KOTAS BOA FORMA	84
353	3276	LUCIA CORTINHAL CORTINHAL	01:01:16	01:01:05	F0099	KOTAS BOA FORMA	85
354	3365	ANA SILVA	01:01:16	01:01:01	F0099	CLUBE RECREATIVO DA CRUZ DE PAU	86
355	3213	ESMERALDA ALVES	01:01:18	01:01:02	F0099		87
356	3212	ANTÓNIO SILVA PEREIRA	01:01:18	01:01:01	M0099	AMORA	269
357	3353	BRUNO AÇUCENA	01:01:21	01:00:56	M0099		270
358	3176	CÉLIA BAPTISTA	01:01:24	01:01:12	F0099	AMIGOS DO ORVALHO	88

359	294	TOMÁS CARNEIRO	01:01:40	01:01:26	M0099		271
360	292	JOÃO BARROSO	01:01:41	01:01:26	M0099		272
361	3146	PAULO FERREIRA	01:01:58	01:01:31	M0099		273
362	3016	DANIEL CALDEIRINHA	01:02:01	01:02:01	M0099		274
363	3346	GONÇALO GOMES	01:02:05	01:01:37	M0099		275
364	3009	ANTÓNIO LOUSADA	01:02:29	01:02:05	M0099		276
365	106	JOÃO CARVALHO	01:02:39	01:02:39	M0099	ASAS DOMILENIUM/99PROVASGRATUITAS	277
366	174	MARIA CARVALHO	01:02:39	01:02:19	M0099	CD ASAS DO MILÉNIO	278
367	3326	MAGDA PINTO	01:03:05	01:02:43	F0099		89
368	3251	JOÃO FERREIRA	01:03:12	01:02:47	M0099	OS FERREIRA	279
369	3152	INÊS RODRIGUES	01:03:13	01:02:56	F0099		90
370	3151	DAVID RODRIGUES	01:03:13	01:03:13	M0099		280
371	221	LIDIA SANTOS	01:03:17	01:02:52	F0099	SECÇÃO ATLETISMO NUCLEO SCP SEIXAL	91
372	3034	JOSÉ PEDRO FERRABELO	01:03:17	01:02:53	M0099	AMINHACORRIDA	281
373	3311	SANDRA INÁCIO	01:03:33	01:03:21	F0099		92
374	3308	ANA SERRA	01:03:34	01:03:21	F0099		93
375	3367	RICARDO GASPAR	01:03:42	01:03:17	M0099	CLUBE RECREATIVO DA CRUZ DE PAU	282
376	237	RAQUEL LOPES	01:03:49	01:03:42	F0099	LH Ginasio	94
377	151	ANDREIA FRANCO	01:04:22	01:04:05	F0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	95
378	149	FILIPE FRANCO	01:04:24	01:04:06	M0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	283
379	3091	MARIANA BIZARRO	01:04:49	01:04:35	F0099	A NATUREZA ENSINA	96
380	3362	AGAPITO BELGA	01:04:50	01:04:36	M0099	CLUBE RECREATIVO DA CRUZ DE PAU	284
381	3005	CIINTHIA ALEXANDRA	01:04:51	01:04:51	F0099		97

382	3142	NUNO RAMOS	01:05:08	01:04:38	M0099		285
383	3143	DINA RAMOS	01:05:08	01:04:37	F0099		98
384	3250	PEDRO BENTO	01:05:25	01:05:01	M0099		286
385	3267	JOSÉ CAPUCHO	01:05:25	01:05:23	M0099	CASA DO BENFICA - BTT - CHARNECA DE CAPARICA	287
386	287	GONÇALO GABRIEL	01:05:42	01:05:32	M0099	LH Ginasio	288
387	288	ANA SOFIA LOURENÇO	01:05:42	01:05:42	F0099	LH Ginásio	99
388	3327	JOANA D'ARC CHOURIÇO	01:05:52	01:05:44	F0099	RUNNING CLUB SANTA CASA	100
389	159	EMÍLIO GONÇALVES	01:06:00	01:06:00	M0099	CICLOBAÍA	289
390	3285	JOÃO PEREIRA	01:07:50	01:07:28	M0099		290
391	3300	TÂNIA COSTA	01:08:28	01:08:06	F0099		101
392	261	HELENA DORES	01:08:28	01:08:02	F0099	SEIXAL-RUNNING	102
393	3328	RUBEN BRITO	01:08:29	01:08:07	M0099		291
394	3287	PAULA GEADA	01:08:52	01:08:39	F0099	KOTAS BOA FORMA	103
395	3291	CARLA GEADA	01:08:52	01:08:41	F0099	KOTAS BOA FORMA	104
396	3290	MANUEL GEADA	01:08:53	01:08:40	M0099	KOTAS BOA FORMA	292
397	3301	JOÃO COUTINHO	01:09:31	01:09:24	M0099	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	293
398	3199	IRENE MOTA PINTO	01:09:31	01:09:26	F0099		105
399	108	GRAZIELA MARQUES	01:10:43	01:10:25	F0099		106
400	268	FERNANDA VIEIRA	01:11:51	01:11:26	F0099	SEIXAL-RUNNING	107
401	3075	DOMINGOS GATO	01:12:26	01:12:26	M0099	A NATUREZA ENSINA	294
402	155	JOÃO SOUSA	01:12:28	01:12:01	M0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	295
403	158	ANA TEIXEIRA	01:12:28	01:12:01	F0099	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	108
404	291	SAMUEL GORRÃO	01:12:36	01:12:23	M0099	A NATUREZA ENSINA	296

405	3343	LUISA CANDEIAS	01:13:02	01:13:00	F0099	BRUNOSEMPRE. BABA MAMBO	109
406	3344	PEDRO BATISTA	01:13:03	01:13:00	M0099	BRUNOSEMPRE. BABA MAMBO	297
407	3020	CATARINA MILHANO	01:13:23	01:13:00	F0099		110
408	3108	SHEILA FALCÃO	01:15:44	01:15:17	F0099		111
409	3127	ELSA MARQUES	01:18:28	01:18:04	F0099	RUN MÁTICO	112
410	3128	ALCINO CARDOSO	01:18:30	01:18:30	M0099	RUN MÁTICO	298
411	3148	SILVIA FELIX	01:19:55	01:19:40	F0099		113
412	3173	ANA DUARTE	01:19:56	01:19:41	F0099		114