



# 7º Trilho das Lampas - Trail Curto RunSox

11 de Maio, 2019

<https://werun.pt/resultados/7-trilho-das-lampas-trail-curto-runsox/>

| Pos. | Dorsal | Nome              | Tempo Bruto | Tempo Líquido | Escalão | Equipa                           | Pos. Escalão |
|------|--------|-------------------|-------------|---------------|---------|----------------------------------|--------------|
| 1    | 568    | NUNO CARRASQUEIRO | 01:06:03    | 01:06:03      | M4044   | CASA BENFICA TORRES VEDRAS TRAIL | 1            |
| 2    | 5589   | GONALO PRUDNCIO | 01:06:28    | 01:06:28      | M2439   | TEAM URBAN OBSTACLES             | 1            |
| 3    | 572    | VICTOR CERQUEIRA  | 01:07:28    | 01:07:28      | M2439   | CASA BENFICA TORRES VEDRAS TRAIL | 2            |
| 4    | 603    | PAULO FERREIRA    | 01:08:32    | 01:08:32      | M4549   | PINHAL NOVO A CORRER             | 1            |
| 5    | 908    | TIAGO SOUSA       | 01:09:19    | 01:09:19      | M2439   | GO! RUNNERS                      | 3            |
| 6    | 703    | PEDRO MARTINS     | 01:11:33    | 01:11:33      | M2439   |                                  | 4            |
| 7    | 521    | FERNANDO SANTOS   | 01:12:20    | 01:12:20      | M5054   | CLUBE DE PRAAS DA ARMADA        | 1            |
| 8    | 886    | PEDRO MAIO        | 01:12:25    | 01:12:07      | M2439   | MARVILA JOVEM                    | 5            |
| 9    | 746    | BRUNO DIAS        | 01:13:11    | 01:13:11      | M4044   | MAG8 BIKE TEAM                   | 2            |
| 10   | 569    | JOAQUIM FRAZO    | 01:13:15    | 01:13:15      | M4044   | CASA BENFICA TORRES VEDRAS TRAIL | 3            |
| 11   | 906    | DIOGO SOUSA       | 01:13:28    | 01:13:28      | M2439   | GO! RUNNERS                      | 6            |
| 12   | 764    | ROBERTO RODRIGUES | 01:13:51    | 01:13:50      | M2439   | GO!Runners                       | 7            |
| 13   | 372    | TELMO NOGUEIRA    | 01:14:21    | 01:14:18      | M2439   | AMINHACORRIDA                    | 8            |
| 14   | 909    | NUNO MAGRO        | 01:14:51    | 01:14:51      | M4044   | GO! RUNNERS                      | 4            |
| 15   | 916    | HUGO FERREIRA     | 01:15:16    | 01:15:14      | M4044   |                                  | 5            |
| 16   | 755    | RAFAEL OLIVEIRA   | 01:15:57    | 01:15:57      | M0023   |                                  | 1            |
| 17   | 5519   | LUIS PEREIRA      | 01:16:40    | 01:16:39      | M4549   | Rio mouro paies                 | 2            |
| 18   | 627    | BRUNO AMARO       | 01:16:54    | 01:16:46      | M4044   | RUN FOR FRIENDS                  | 6            |

|    |      |                               |          |          |       |                                  |    |
|----|------|-------------------------------|----------|----------|-------|----------------------------------|----|
| 19 | 5578 | NUNO CAFÉ                     | 01:17:16 | 01:17:15 | M4044 | AMINHACORRIDA/MY PROTEIN         | 7  |
| 20 | 883  | CHRISTOPHER WALLACE           | 01:19:03 | 01:18:27 | M2439 |                                  | 9  |
| 21 | 664  | GONÇALO CARVALHO              | 01:19:05 | 01:19:05 | M2439 | CROSSFIT ALPHADEN                | 10 |
| 22 | 5559 | EMANUEL FREITAS               | 01:19:15 | 01:19:13 | M2439 |                                  | 11 |
| 23 | 917  | JOÃO PAULO MAIA               | 01:19:26 | 01:19:25 | M5559 | FALCÕES SELVAGENS                | 1  |
| 24 | 620  | MIGUEL SEQUEIRA               | 01:20:31 | 01:20:26 | M2439 | LINDA-A-PASTORA SPORTING CLUBE   | 12 |
| 25 | 527  | JOÃO ROSINHA ROSINHA          | 01:21:41 | 01:21:35 | M4549 | ARSM                             | 3  |
| 26 | 383  | JORGE PINHO                   | 01:21:51 | 01:21:46 | M4044 |                                  | 8  |
| 27 | 759  | MÁRIO LOURENÇO                | 01:22:34 | 01:22:33 | M5054 | CLUBE DE PRAÇAS DA ARMADA        | 2  |
| 28 | 518  | ALEXANDRE CANTANHEDE          | 01:22:49 | 01:22:48 | M4044 | CLUBE DE PRAÇAS DA ARMADA        | 9  |
| 29 | 5587 | PEDRO ALEIXO                  | 01:22:52 | 01:22:52 | M2439 | TEAM URBAN OBSTACLES             | 13 |
| 30 | 741  | EDUARDO FERREIRA              | 01:23:48 | 01:23:47 | M2439 | CASA BENFICA TORRES VEDRAS TRAIL | 14 |
| 31 | 5509 | ANTONIO ALMEIDA               | 01:23:54 | 01:23:53 | M5559 | NUCLEO DESPORTIVO AUTOCOOPE      | 2  |
| 32 | 744  | FÁBIO TELES                   | 01:24:00 | 01:23:59 | M0023 | SINTRA                           | 2  |
| 33 | 5590 | BRUNO CARRIÇO                 | 01:24:17 | 01:24:17 | M2439 | TEAM URBAN OBSTACLES             | 15 |
| 34 | 856  | JOSÉ ANTÓNIO ESTEVES DA COSTA | 01:24:54 | 01:24:16 | M2439 |                                  | 16 |
| 35 | 5515 | JOSÉ COSTA                    | 01:25:05 | 01:25:03 | M5054 |                                  | 3  |
| 36 | 5542 | VASCO MIGUEL                  | 01:25:09 | 01:25:07 | M4044 | wildest                          | 10 |
| 37 | 813  | NUNO RODRIGUES                | 01:25:28 | 01:25:21 | M4044 | JAVALIS, AMIZADE E GLÓRIA        | 11 |
| 38 | 5009 | RUI LUCIANO                   | 01:26:04 | 01:25:43 | M2439 |                                  | 17 |
| 39 | 830  | JOÃO QUEIROZ                  | 01:26:49 | 01:26:40 | M4549 | CCD SIEMENS                      | 4  |
| 40 | 874  | BRADLEY AHRENS                | 01:26:50 | 01:26:16 | M2439 |                                  | 18 |
| 41 | 388  | TIAGOS DIAS                   | 01:27:24 | 01:26:28 | M2439 |                                  | 19 |

|    |      |                                   |          |          |       |                                   |    |
|----|------|-----------------------------------|----------|----------|-------|-----------------------------------|----|
| 42 | 789  | TIAGO PORTO                       | 01:27:40 | 01:27:20 | M2439 |                                   | 20 |
| 43 | 573  | CARLOS MARTINS                    | 01:27:57 | 01:27:42 | M4549 | CCD Crédito Agrícola              | 5  |
| 44 | 788  | RUI PEREIRA                       | 01:28:12 | 01:28:10 | M2439 | POLRUNNERS                        | 21 |
| 45 | 612  | ANTÓNIO MARTINHO ANTÓNIO MARTINHO | 01:28:29 | 01:28:23 | M5559 |                                   | 3  |
| 46 | 561  | BRUNO MARTINS                     | 01:28:33 | 01:28:33 | M2439 |                                   | 22 |
| 47 | 5575 | ANABELA CARVALHO                  | 01:28:36 | 01:28:34 | F5559 | GD SÃO DOMINGOS                   | 1  |
| 48 | 575  | LUÍS ZÊZERE                       | 01:28:49 | 01:28:34 | M4044 | CCD Crédito Agrícola              | 12 |
| 49 | 921  | ARISTIDES BORDALO                 | 01:29:11 | 01:29:06 | M5054 |                                   | 4  |
| 50 | 38   | RICARDO SANTOS                    | 01:29:52 | 01:29:30 | M4549 | CLUBE EDP LISBOA                  | 6  |
| 51 | 5540 | VITOR CANTO                       | 01:29:54 | 01:29:24 | M4549 | LINDA-A-PASTORA SPORTING CLUBE    | 7  |
| 52 | 562  | LUIS COSTA                        | 01:29:54 | 01:29:48 | M4549 |                                   | 8  |
| 53 | 5516 | RICARDO LADISLAU                  | 01:29:59 | 01:29:59 | M4044 |                                   | 13 |
| 54 | 889  | MARCO DUARTE                      | 01:30:03 | 01:29:34 | M2439 |                                   | 23 |
| 55 | 588  | LUÍS BENAVENTE                    | 01:30:16 | 01:30:11 | M4549 | GDAZAMBUJA - TRAIL TEAM           | 9  |
| 56 | 600  | EDUARDO MOREIRA                   | 01:30:23 | 01:30:01 | M4549 |                                   | 10 |
| 57 | 858  | DAVID NOGUEIRA MOREIRA            | 01:30:32 | 01:30:23 | M2439 | TERRORES DO MONTE                 | 24 |
| 58 | 389  | PEDRO SOBREIRA                    | 01:30:33 | 01:30:16 | M4044 | DÁ-LHE COM FORÇA MAIS DEVAGARINHO | 14 |
| 59 | 570  | JORGE ALMEIDA                     | 01:31:05 | 01:31:04 | M5054 | CASA BENFICA TORRES VEDRAS TRAIL  | 5  |
| 60 | 760  | ANDRÉ VALÉRIO                     | 01:31:05 | 01:30:19 | M2439 |                                   | 25 |
| 61 | 742  | RUI SALVADOR                      | 01:31:10 | 01:30:26 | M2439 |                                   | 26 |
| 62 | 5508 | FÁBIO RODRIGUES                   | 01:31:14 | 01:31:01 | M2439 | AI NÓS JAMOR                      | 27 |
| 63 | 581  | FERNANDO ROSA                     | 01:31:31 | 01:31:28 | M5559 | RUN&SMILE                         | 4  |
| 64 | 869  | RUI FILIPE FERREIRA               | 01:32:09 | 01:31:45 | M4044 | PapaTrilhos                       | 15 |

|    |      |                  |          |          |       |                             |    |
|----|------|------------------|----------|----------|-------|-----------------------------|----|
| 65 | 882  | SHAUNA DALY      | 01:32:13 | 01:31:38 | F2439 |                             | 1  |
| 66 | 39   | BRUNO CAMPOS     | 01:32:37 | 01:31:29 | M4044 | PORTUGAL RUNNING            | 16 |
| 67 | 914  | INÊS CLAUDINA    | 01:32:40 | 01:32:14 | F2439 |                             | 2  |
| 68 | 503  | JOÃO PEDRO       | 01:32:40 | 01:32:23 | M2439 | CDCR DOS CTT                | 28 |
| 69 | 127  | CARLOS MAGALHÃES | 01:32:48 | 01:32:45 | M5054 | NUCLEO DESPORTIVO AUTOCOOPE | 6  |
| 70 | 786  | JULIO MOREIRA    | 01:33:06 | 01:33:05 | M4044 | POLRUNNERS                  | 17 |
| 71 | 5554 | RUI CARNEIRO     | 01:33:06 | 01:32:31 | M5054 |                             | 7  |
| 72 | 673  | PEDRO TAVARES    | 01:33:19 | 01:33:04 | M2439 | RacingBikes                 | 29 |
| 73 | 342  | INÊS MARQUES     | 01:33:20 | 01:33:16 | F4044 | 99PROVASGRATUITAS TEAM      | 1  |
| 74 | 674  | MANUEL BRAGA     | 01:33:22 | 01:33:19 | M5559 | STJOAOOLIVEIRATEAM          | 5  |
| 75 | 910  | TIAGO MARQUES    | 01:33:23 | 01:32:55 | M2439 | GO!Runners                  | 30 |
| 76 | 190  | ARMÉNIO PONTES   | 01:33:38 | 01:33:35 | M4044 |                             | 18 |
| 77 | 5571 | PAULO GONÇALVES  | 01:34:03 | 01:33:20 | M5054 | MARVILA JOVEM               | 8  |
| 78 | 5535 | DUARTE RIBEIRO   | 01:34:35 | 01:34:01 | M2439 | KINGSFAMILY                 | 31 |
| 79 | 392  | JORGE SOBRINHO   | 01:34:56 | 01:34:50 | M5054 |                             | 9  |
| 80 | 520  | SANDRA OLIVEIRA  | 01:35:10 | 01:35:06 | F4044 | CLUBE DE PRAÇAS DA ARMADA   | 2  |
| 81 | 868  | PEDRO CORDEIRO   | 01:35:17 | 01:34:48 | M4549 | MÓVEIS                      | 11 |
| 82 | 870  | JULIO RODRIGUES  | 01:35:46 | 01:35:15 | M4044 | MÓVEIS                      | 19 |
| 83 | 85   | JOÃO AFONSO      | 01:35:47 | 01:35:40 | M4549 | CDCR DOS CTT                | 12 |
| 84 | 649  | JOÃO CARVALHO    | 01:35:48 | 01:35:30 | M2439 | GÁFETE RUNNERS              | 32 |
| 85 | 378  | RICARDO TIAGO    | 01:35:51 | 01:35:13 | M5054 | SALAMANDRECOS               | 10 |
| 86 | 659  | GONÇALO VICENTE  | 01:36:13 | 01:35:19 | M4044 |                             | 20 |
| 87 | 768  | NUNO SANTOS      | 01:36:18 | 01:35:25 | M2439 | CARACÓIS DE PEDRA           | 33 |

|     |      |                   |          |          |       |                                   |    |
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| 88  | 571  | JOÃO MIRANDA      | 01:36:25 | 01:36:24 | M2439 | CASA BENFICA TORRES VEDRAS TRAIL  | 34 |
| 89  | 654  | CARLOS PÁSCOA     | 01:36:38 | 01:35:58 | M6099 | INDIVIDUAL                        | 1  |
| 90  | 617  | CARLOS GONÇALVES  | 01:36:48 | 01:36:48 | M2439 | SSCGD                             | 35 |
| 91  | 863  | ROGÉRIO VENÂNCIO  | 01:36:56 | 01:36:55 | M6099 | O MUNDO DA CORRIDA                | 2  |
| 92  | 593  | SONIA FERNANDES   | 01:37:12 | 01:36:52 | F4044 |                                   | 3  |
| 93  | 533  | FILIPE CAGICA     | 01:38:05 | 01:37:48 | M2439 |                                   | 36 |
| 94  | 5574 | LUIS MARTINS      | 01:38:08 | 01:38:01 | M2439 | Lavre running                     | 37 |
| 95  | 799  | FERNANDO PEREIRA  | 01:38:36 | 01:38:17 | M5054 | CLUBE VODAFONE                    | 11 |
| 96  | 512  | CARLOS CORREIA    | 01:38:40 | 01:38:23 | M4549 | CLUBE AVENTURA DE MONFORTE        | 13 |
| 97  | 781  | DANIEL PEDRO      | 01:38:42 | 01:38:13 | M2439 |                                   | 38 |
| 98  | 5568 | ARLETE REGO       | 01:38:43 | 01:38:13 | F2439 | GO!RUNNERS / OUTPRO STORE         | 3  |
| 99  | 667  | VITOR SILVA       | 01:38:45 | 01:38:29 | M2439 | TEAM SALAMANDRAS                  | 39 |
| 100 | 678  | LUIS AIRES        | 01:38:49 | 01:38:49 | M5054 | 100 ESTRILHOS                     | 12 |
| 101 | 774  | MÁRIO FERREIRA    | 01:38:52 | 01:38:15 | M4549 |                                   | 14 |
| 102 | 730  | HELDER ROSSA      | 01:38:58 | 01:38:26 | M4044 | RBWCYCLINGTEAM                    | 21 |
| 103 | 864  | EVA ALVES         | 01:40:05 | 01:39:28 | F2439 |                                   | 4  |
| 104 | 820  | ARMANDO TRIGUEIRO | 01:40:38 | 01:40:07 | M4549 |                                   | 15 |
| 105 | 381  | DANIEL SAMPAIO    | 01:40:39 | 01:40:22 | M4044 | AMINHACORRIDA                     | 22 |
| 106 | 902  | VICENTE BOTO      | 01:40:46 | 01:40:38 | M4549 |                                   | 16 |
| 107 | 822  | RUI HENRIQUES     | 01:40:47 | 01:39:41 | M4044 |                                   | 23 |
| 108 | 824  | PAULO MARTINS     | 01:40:47 | 01:39:44 | M5054 | AMIGOS ATLETISMO VILA FRANCA XIRA | 13 |
| 109 | 723  | BEATRIZ SÉCIO     | 01:40:50 | 01:40:32 | F0023 | MÃE E FILHA                       | 1  |
| 110 | 775  | ANTONIO MARQUES   | 01:41:37 | 01:40:51 | M5559 | ANE                               | 6  |

|     |      |                    |          |          |       |                                |    |
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| 111 | 737  | HUGO MATOS         | 01:41:38 | 01:41:33 | M4044 | OS COXOS                       | 24 |
| 112 | 896  | SARA BARATA        | 01:41:43 | 01:41:26 | F2439 | BRUNOSEMPRE. BABA MAMBO        | 5  |
| 113 | 920  | JORGE COSTA        | 01:42:02 | 01:41:42 | M5054 | SERVIÇOS SOCIAIS MONTEPIO      | 14 |
| 114 | 860  | GONALO VENTURA    | 01:42:18 | 01:41:53 | M2439 | COMPANHEIROS DO TRAIL          | 40 |
| 115 | 707  | NUNO GALVO        | 01:42:34 | 01:41:23 | M5559 | SIMECQ                         | 7  |
| 116 | 685  | RMULLO MENEZES    | 01:42:35 | 01:41:53 | M2439 | VILT RUNNERS                   | 41 |
| 117 | 5537 | JOO REIS          | 01:42:47 | 01:42:13 | M2439 | KINGSFAMILY                    | 42 |
| 118 | 587  | ALEXANDRE GUERRA   | 01:43:16 | 01:42:17 | M4044 |                                | 25 |
| 119 | 721  | RUI MARQUES        | 01:43:20 | 01:42:51 | M5054 | STJOAOOLIVEIRATEAM             | 15 |
| 120 | 912  | PEDRO SANTOS       | 01:43:26 | 01:42:24 | M4549 | CLUBE MILLENNIUM BCP           | 17 |
| 121 | 911  | JOO ALBERTO       | 01:43:26 | 01:43:26 | M5054 | MONTES SALOIOS TRAIL TEAM      | 16 |
| 122 | 776  | SECUNDINO CARVALHO | 01:43:43 | 01:43:25 | M2439 |                                | 43 |
| 123 | 642  | JORGE SIMES       | 01:44:15 | 01:42:52 | M4549 | LINDA-A-PASTORA SPORTING CLUBE | 18 |
| 124 | 5524 | ANTNIO CARMO      | 01:44:20 | 01:43:48 | M5054 | Papa Trilhos do CAAL           | 17 |
| 125 | 660  | RODRIGO SOUSA      | 01:44:22 | 01:44:22 | M2439 | RUNLOVERS                      | 44 |
| 126 | 586  | JOO PARDAL        | 01:44:23 | 01:43:53 | M4549 | LINDA-A-PASTORA SPORTING CLUBE | 19 |
| 127 | 854  | EVA BRAZ           | 01:44:25 | 01:43:36 | F2439 | GRCD LEIO                     | 6  |
| 128 | 590  | CARLOS FERREIRA    | 01:44:29 | 01:44:27 | M6099 | NUCLEO DESPORTIVO AUTOCOOPE    | 3  |
| 129 | 5562 | PATRICIA GERALDES  | 01:44:32 | 01:44:27 | F5054 |                                | 1  |
| 130 | 303  | MAFALDA MARTINHO   | 01:44:35 | 01:44:30 | F2439 |                                | 7  |
| 131 | 55   | PAULO NUNES        | 01:44:36 | 01:44:30 | M4549 |                                | 20 |
| 132 | 656  | INS RIJO          | 01:44:39 | 01:44:10 | F2439 |                                | 8  |
| 133 | 5565 | JOANA MONTEIRO     | 01:44:51 | 01:44:22 | F2439 | GO!RUNNERS / OUTPRO STORE      | 9  |

|     |      |                        |          |          |       |                                   |    |
|-----|------|------------------------|----------|----------|-------|-----------------------------------|----|
| 134 | 785  | NUNO MENDES            | 01:45:07 | 01:44:46 | M4549 | STJOAOOLIVEIRATEAM                | 21 |
| 135 | 5507 | HELENA SÉCIO           | 01:45:17 | 01:44:56 | F5054 | MÃE E FILHA                       | 2  |
| 136 | 156  | LUÍS FOUTO SILVA       | 01:45:20 | 01:45:05 | M4549 |                                   | 22 |
| 137 | 683  | MANUEL FERNANDES       | 01:45:41 | 01:45:00 | M2439 | VILT RUNNERS                      | 45 |
| 138 | 622  | SILVIA GOMES           | 01:45:45 | 01:45:18 | F4044 | LINDA-A-PASTORA SPORTING CLUBE    | 4  |
| 139 | 657  | JOÃO PINTO             | 01:45:45 | 01:45:32 | M4044 | RUN FOR FRIENDS                   | 26 |
| 140 | 601  | JULIO COSTA            | 01:46:25 | 01:44:56 | M4044 |                                   | 27 |
| 141 | 857  | CARLOS TRABULO         | 01:46:29 | 01:46:04 | M6099 |                                   | 4  |
| 142 | 576  | PEDRO FERNANDES        | 01:46:33 | 01:46:16 | M2439 | CCD Crédito Agrícola              | 46 |
| 143 | 391  | SERGIO SERRA           | 01:46:41 | 01:46:24 | M2439 | DÁ-LHE COM FORÇA MAIS DEVAGARINHO | 47 |
| 144 | 922  | HELDER RODRIGUES       | 01:46:52 | 01:46:16 | M4044 | GRUPETA RUNNING TEAM              | 28 |
| 145 | 5580 | DIOGO SOARES           | 01:47:01 | 01:46:09 | M2439 |                                   | 48 |
| 146 | 594  | ANA MONTEIRO           | 01:47:22 | 01:47:01 | F4044 |                                   | 5  |
| 147 | 515  | GUILHERME GOMES        | 01:47:58 | 01:47:37 | M0023 | STJOAOOLIVEIRATEAM                | 3  |
| 148 | 5570 | HELDER MANUEL OLIVEIRA | 01:48:00 | 01:47:25 | M2439 |                                   | 49 |
| 149 | 5560 | NUNO MIGUEL CODEÇO     | 01:48:01 | 01:47:55 | M4044 | Dublin O'Seven                    | 29 |
| 150 | 584  | IRIS RODRIGUES         | 01:48:02 | 01:47:32 | F0023 | LINDA-A-PASTORA SPORTING CLUBE    | 2  |
| 151 | 618  | PAULO VARELA           | 01:48:04 | 01:47:34 | M4549 | LINDA-A-PASTORA SPORTING CLUBE    | 23 |
| 152 | 897  | INÊS CAMPOS            | 01:48:04 | 01:47:44 | F2439 | BRUNOSEMPRE. BABA MAMBO           | 10 |
| 153 | 5546 | LUIS RODRIGUES         | 01:48:29 | 01:47:45 | M2439 |                                   | 50 |
| 154 | 505  | RICARDO LAMELAS SANTOS | 01:49:08 | 01:48:52 | M4044 | STJOAOOLIVEIRATEAM                | 30 |
| 155 | 5521 | RUI FLORES             | 01:49:12 | 01:48:29 | M4044 |                                   | 31 |
| 156 | 803  | MIGUEL ANTÓNIO         | 01:49:19 | 01:48:42 | M4044 |                                   | 32 |

|     |      |                     |          |          |       |                                |    |
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| 157 | 899  | ÁLVARO FERREIRA     | 01:49:30 | 01:49:26 | M5054 | BRUNOSEMPRE. BABA MAMBO        | 18 |
| 158 | 651  | CATARINA AMARO      | 01:49:40 | 01:49:27 | F2439 | RUN FOR FRIENDS                | 11 |
| 159 | 780  | DUARTE ABREU        | 01:49:42 | 01:48:48 | M4044 |                                | 33 |
| 160 | 508  | AVELINO RILHAS      | 01:49:48 | 01:49:32 | M2439 | STJOAOOLIVEIRATEAM             | 51 |
| 161 | 672  | JOÃO SOARES         | 01:49:48 | 01:48:18 | M5054 |                                | 19 |
| 162 | 690  | ANTONIO CAETANO     | 01:49:59 | 01:49:42 | M4549 | STJOAOOLIVEIRATEAM             | 24 |
| 163 | 5566 | BRUNO MONTEIRO      | 01:50:13 | 01:49:44 | M2439 | GO!RUNNERS / OUTPRO STORE      | 52 |
| 164 | 866  | MIGUEL POEIRA       | 01:50:52 | 01:50:07 | M2439 | ATKRSD RUNNING                 | 53 |
| 165 | 5557 | TOMÁS NAZÁRIO       | 01:51:20 | 01:50:04 | M0023 | CBE                            | 4  |
| 166 | 891  | ANTONIO DUARTE      | 01:51:21 | 01:50:48 | M6099 | 60%VIP                         | 5  |
| 167 | 557  | FERNANDO GRAVE      | 01:51:24 | 01:50:47 | M4549 | AFTER NIGHT                    | 25 |
| 168 | 807  | FRANCISCA SILVA     | 01:51:48 | 01:51:12 | F2439 |                                | 12 |
| 169 | 800  | BALTASAR NOGUEIRA   | 01:51:49 | 01:51:13 | M4549 |                                | 26 |
| 170 | 5060 | NUNO BAIXINHO       | 01:51:56 | 01:51:04 | M4044 |                                | 34 |
| 171 | 5514 | ABEL COSTA          | 01:51:58 | 01:50:51 | M4549 | Gfi Portugal                   | 27 |
| 172 | 14   | RITA FERNANDES      | 01:52:26 | 01:52:23 | F4549 | EVELX                          | 1  |
| 173 | 619  | SONIA SEQUEIRA      | 01:52:45 | 01:52:19 | F4044 | LINDA-A-PASTORA SPORTING CLUBE | 6  |
| 174 | 534  | ERICA CABRAL        | 01:52:51 | 01:52:27 | M2439 |                                | 54 |
| 175 | 221  | CARLOS MANUEL PEDRO | 01:53:00 | 01:52:28 | M4549 | CLUBE TAP PORTUGAL             | 28 |
| 176 | 5504 | GONÇALO CARDOSO     | 01:53:55 | 01:53:32 | M4044 |                                | 35 |
| 177 | 767  | TERESA CARDOSO      | 01:54:00 | 01:53:41 | F4044 | SERVIÇOS SOCIAIS MONTEPIO      | 7  |
| 178 | 772  | SOLANGE AZEVEDO     | 01:54:22 | 01:53:35 | F2439 |                                | 13 |
| 179 | 895  | HÉLDER SANTOS       | 01:54:38 | 01:54:22 | M4044 | BRUNOSEMPRE. BABA MAMBO        | 36 |

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|-----|------|----------------------------------|----------|----------|-------|---------------------------------------|----|
| 180 | 661  | PEDRO CANAVEIRA                  | 01:54:38 | 01:54:38 | M0023 |                                       | 5  |
| 181 | 823  | LUISA PISCO                      | 01:54:43 | 01:54:31 | F5559 | LESMAS ACELERADAS                     | 2  |
| 182 | 918  | FERNANDA RIBEIRO                 | 01:54:43 | 01:54:26 | F5054 | CORRER LISBOA                         | 3  |
| 183 | 919  | PEDRO VALENTIM                   | 01:54:45 | 01:54:28 | M5054 | CORRER LISBOA                         | 20 |
| 184 | 361  | CARLOS NOGUEIRA                  | 01:54:58 | 01:54:38 | M4549 | BRUNOSEMPRE. BABA MAMBO               | 29 |
| 185 | 753  | MARIA PASSOS                     | 01:55:21 | 01:53:32 | F4549 | Miudas Giras                          | 2  |
| 186 | 751  | GINA CARVALHO                    | 01:55:21 | 01:53:32 | F4549 | Miudas Giras                          | 3  |
| 187 | 5541 | SAMUEL TEIXEIRA                  | 01:55:36 | 01:55:01 | M2439 | Copo 3                                | 55 |
| 188 | 855  | JOAO NEVES                       | 01:55:52 | 01:55:40 | M2439 | RUN & SMILE                           | 56 |
| 189 | 677  | LU3 VIOLANTE                     | 01:56:07 | 01:55:34 | M4549 | PÉNABIKE TEAM                         | 30 |
| 190 | 711  | LUIS CORREIA                     | 01:56:09 | 01:54:58 | M5054 | SIMECQ                                | 21 |
| 191 | 359  | JORGE SERRA                      | 01:56:33 | 01:55:32 | M5054 |                                       | 22 |
| 192 | 358  | JOÃO SERRA                       | 01:56:33 | 01:55:33 | M4549 |                                       | 31 |
| 193 | 387  | BERNARDO SERRA                   | 01:56:34 | 01:55:33 | M0023 | Tranquilidade Atletismo Clube         | 6  |
| 194 | 538  | LUIS ESTEVENS                    | 01:56:50 | 01:56:01 | M2439 |                                       | 57 |
| 195 | 104  | ANTONIO SANTOS                   | 01:57:00 | 01:55:49 | M4549 |                                       | 32 |
| 196 | 105  | JOSÉ ANTÓNIO FERREIRA DOS SANTOS | 01:57:01 | 01:55:50 | M4549 | GRUPO DESPORTIVO BANCO SANTANDER TOTA | 33 |
| 197 | 716  | ROGERIO MORAIS                   | 01:57:32 | 01:56:57 | M5559 | ADA Desnível                          | 8  |
| 198 | 819  | PAULO LOPES                      | 01:57:33 | 01:56:55 | M4549 | RUN&SMILE                             | 34 |
| 199 | 812  | LURDES SILVA                     | 01:57:41 | 01:57:30 | F5054 | OS TUGAS                              | 4  |
| 200 | 597  | CATARINA RODRIGUES               | 01:57:59 | 01:57:31 | F4044 | GRCD LEIÃO - COBRAS TRAILISTAS        | 8  |
| 201 | 607  | GONÇALO SANTOS                   | 01:58:02 | 01:57:32 | M4044 | PORTO SALVO                           | 37 |
| 202 | 881  | FILIPE ALMEIDA                   | 01:58:20 | 01:57:16 | M4549 | CARAP AUS                             | 35 |

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| 203 | 644  | INÊS COSTA                     | 01:58:24 | 01:57:44 | F2439 |                             | 14 |
| 204 | 643  | JOAO COCHARRO                  | 01:58:25 | 01:57:44 | M4044 | Renault Run Club            | 38 |
| 205 | 693  | MARIA MAGRO                    | 01:58:25 | 01:57:44 | F4549 | CRAZY & RADICAL GIRLS       | 4  |
| 206 | 777  | JOÃO VICENTE                   | 01:58:26 | 01:58:03 | M5559 |                             | 9  |
| 207 | 877  | JULIO LEMOS                    | 01:58:27 | 01:57:21 | M4549 | CARAP AUS                   | 36 |
| 208 | 5530 | CARLOS ALBERTO DOS JESUS       | 01:58:29 | 01:58:29 | M5559 | INDIVIDUAL                  | 10 |
| 209 | 5522 | ALEXANDRE MIGUEL SILVA MARTINS | 01:58:50 | 01:58:45 | M4549 | wildest                     | 37 |
| 210 | 668  | HÉLIO SANTOS                   | 01:59:28 | 01:59:10 | M2439 | TEAM SALAMANDRAS            | 58 |
| 211 | 795  | HUGO MIGUEL FERREIRA           | 01:59:41 | 01:58:40 | M2439 | BEER RUNNERS                | 59 |
| 212 | 219  | ANTÓNIO IRIA                   | 01:59:56 | 01:59:56 | M5054 | CLUBE TAP PORTUGAL          | 23 |
| 213 | 40   | JOSÉ MARCHAN                   | 01:59:56 | 01:58:51 | M4044 | FRUFRESH RUNNERS            | 39 |
| 214 | 606  | VANESSA COSTA                  | 01:59:57 | 01:59:01 | F2439 | MONTES SALOIOS TRAIL TEAM   | 15 |
| 215 | 875  | TIAGO GOMES                    | 01:59:58 | 01:59:00 | M2439 | CARACÓIS DE PEDRA           | 60 |
| 216 | 125  | LUISA FERREIRA                 | 02:00:03 | 01:59:58 | F5054 | NUCLEO DESPORTIVO AUTOCOOPE | 5  |
| 217 | 582  | PEDRO SILVA                    | 02:00:12 | 01:58:50 | M4044 |                             | 40 |
| 218 | 5552 | LUIS SANTOS                    | 02:00:15 | 01:59:54 | M4044 | JÁ FOSTE                    | 41 |
| 219 | 5553 | MARIA ALMEIDA                  | 02:00:17 | 01:59:58 | F2439 | JÁ FOSTE                    | 16 |
| 220 | 501  | ANA CATARINA MENEZES           | 02:00:20 | 02:00:00 | F4044 | JÁ FOSTE                    | 9  |
| 221 | 626  | CATARINA GOMES                 | 02:00:20 | 02:00:06 | F2439 |                             | 17 |
| 222 | 522  | SAMUEL SILVA                   | 02:00:20 | 01:59:57 | M4044 |                             | 42 |
| 223 | 715  | FERNANDO ORVALHO               | 02:00:22 | 01:59:51 | M5559 |                             | 11 |
| 224 | 675  | ANDRÉ BEJA                     | 02:00:29 | 01:59:40 | M4044 |                             | 43 |
| 225 | 5510 | PATRÍCIA MONTEIRO              | 02:00:41 | 02:00:29 | F4044 | AI NÓS JAMOR                | 10 |

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| 226 | 684  | MIGUEL LOPES         | 02:00:50 | 02:00:09 | M2439 | VILT RUNNERS                           | 61 |
| 227 | 669  | SÉRGIO DIAS          | 02:01:14 | 02:00:57 | M2439 | TEAM SALAMANDRAS                       | 62 |
| 228 | 722  | HUGO FIGUEIREDO      | 02:01:14 | 02:00:34 | M4549 |                                        | 38 |
| 229 | 624  | MÁRIO NUNES          | 02:01:15 | 02:00:37 | M4549 |                                        | 39 |
| 230 | 623  | JOÃO JULIÃO          | 02:01:15 | 02:00:35 | M4044 |                                        | 44 |
| 231 | 687  | TIAGO FERREIRA       | 02:01:16 | 02:00:34 | M2439 |                                        | 63 |
| 232 | 797  | CLAUDIO CRUZ         | 02:01:19 | 02:00:09 | M4044 | ARRABIDA OBSTACLE RUNNERS              | 45 |
| 233 | 791  | MARCO CUSTODIO       | 02:01:23 | 02:00:36 | M4549 | M+C                                    | 40 |
| 234 | 790  | CARLA CLEMENTE       | 02:01:24 | 02:00:36 | F4044 | C+M                                    | 11 |
| 235 | 865  | TIAGO LOUREIRO       | 02:01:28 | 02:00:38 | M2439 |                                        | 64 |
| 236 | 888  | CLÁUDIA OLIVEIRA     | 02:01:37 | 02:01:37 | F2439 | DRAJÕES                                | 18 |
| 237 | 887  | JOÃO NUNES           | 02:01:37 | 02:01:37 | M2439 | DRAJÕES                                | 65 |
| 238 | 834  | VÂNIA SILVA          | 02:01:44 | 02:01:29 | F2439 |                                        | 19 |
| 239 | 681  | ADRIANA DOMINGOS     | 02:01:48 | 02:01:07 | F2439 | VILT RUNNERS                           | 20 |
| 240 | 5591 | AURELIANO DA LUZ     | 02:01:53 | 02:00:52 | M4044 | AS MÁQUINAS                            | 46 |
| 241 | 210  | NUNO AFONSO          | 02:01:55 | 02:00:50 | M4044 |                                        | 47 |
| 242 | 574  | JOÃO CAVALEIRO       | 02:02:05 | 02:01:50 | M4044 | CCD Crédito Agrícola                   | 48 |
| 243 | 5024 | JOÃO PEDRO FERNANDES | 02:02:11 | 02:01:50 | M2439 | CCD SIEMENS                            | 66 |
| 244 | 831  | ORLANDO DUARTE       | 02:02:12 | 02:01:31 | M6099 | EM'FORÇA                               | 6  |
| 245 | 792  | TERESA SANTO         | 02:02:15 | 02:02:15 | F4549 | ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO | 5  |
| 246 | 872  | RITA FIALHO          | 02:02:25 | 02:01:40 | F2439 | ÉVORA                                  | 21 |
| 247 | 867  | CAROLINA SERRÃO      | 02:02:26 | 02:01:42 | F2439 | ATKRSD RUNNING                         | 22 |
| 248 | 740  | RUI RUIVO            | 02:02:27 | 02:02:09 | M4549 |                                        | 41 |

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| 249 | 5558 | RICARDO PEREIRA          | 02:02:47 | 02:02:42 | M4549 | Dublin O'Seven                 | 42 |
| 250 | 375  | TANIA ALMEIDA            | 02:02:48 | 02:01:59 | F2439 |                                | 23 |
| 251 | 5538 | FILIPE LEDO              | 02:02:49 | 02:02:16 | M4044 |                                | 49 |
| 252 | 724  | GUSTAVO VINHA            | 02:02:51 | 02:02:32 | M4044 | A. T. R. CABRAS DOIDAS         | 50 |
| 253 | 770  | PAULO CORREIA            | 02:02:54 | 02:01:50 | M2439 | BEER RUNNERS                   | 67 |
| 254 | 925  | CRISTINA PEREIRA         | 02:02:57 | 02:02:00 | F4549 | FALCÕES SELVAGENS              | 6  |
| 255 | 696  | ANTÓNIO JOSÉ VAZ RIBEIRO | 02:03:06 | 02:02:15 | M5054 | CLUBE TAP PORTUGAL             | 24 |
| 256 | 924  | ANA MARTINS              | 02:03:16 | 02:02:20 | F5054 | FALCÕES SELVAGENS              | 6  |
| 257 | 898  | EUNICE RAQUEL            | 02:03:21 | 02:03:02 | F4044 | BRUNOSEMPRE. BABA MAMBO        | 12 |
| 258 | 894  | FERNANDO MANUEL          | 02:03:22 | 02:03:03 | M6099 | BRUNOSEMPRE. BABA MAMBO        | 7  |
| 259 | 5502 | AURÉLIO GOMES            | 02:03:33 | 02:03:11 | M6099 | GRUPETA RUNNING TEAM           | 8  |
| 260 | 516  | NUNO SOUSA               | 02:03:51 | 02:03:30 | M4044 |                                | 51 |
| 261 | 926  | RUI PEREIRA              | 02:04:08 | 02:03:11 | M4549 | FALCOES SELVAGENS              | 43 |
| 262 | 927  | LUIS REIS                | 02:04:08 | 02:03:14 | M5559 | FALCOES SELVAGENS              | 12 |
| 263 | 5506 | FERNANDO PEREIRA         | 02:04:11 | 02:03:01 | M4549 | AZEITÃO RUNNING                | 44 |
| 264 | 861  | DAVIDE ANTUNES           | 02:04:12 | 02:03:15 | M2439 | COPYIT                         | 68 |
| 265 | 862  | JOÃO ANTUNES             | 02:04:12 | 02:03:11 | M4549 | COPYIT                         | 45 |
| 266 | 5511 | ANTÓNIO DUARTE           | 02:04:16 | 02:04:08 | M6099 |                                | 9  |
| 267 | 682  | JOÃO PIMENTEL            | 02:04:37 | 02:03:54 | M4044 | VILT RUNNERS                   | 52 |
| 268 | 510  | JOAQUIM SANTOS           | 02:05:09 | 02:04:17 | M6099 | FALCOES SELVAGENS              | 10 |
| 269 | 532  | ANTÓNIO GERALDES         | 02:05:15 | 02:04:16 | M5559 | FALCÕES SELVAGENS              | 13 |
| 270 | 641  | CÉLIA SIMÕES             | 02:05:19 | 02:04:52 | F4549 | LINDA-A-PASTORA SPORTING CLUBE | 7  |
| 271 | 519  | MÁRCIA CANTANHEDE        | 02:05:20 | 02:04:58 | F2439 | CLUBE DE PRAÇAS DA ARMADA      | 24 |

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| 272 | 905  | MARIA GLÓRIA       | 02:05:23 | 02:05:03 | F5054 | OPRATICANTE                            | 7  |
| 273 | 904  | ARMINDA BASILIO    | 02:05:24 | 02:05:03 | F4044 | OPRATICANTE                            | 13 |
| 274 | 5533 | ANA CANAVEIRA      | 02:05:26 | 02:04:28 | F5054 | CCD TRANQUILIDADE                      | 8  |
| 275 | 5556 | MARIA GOLINELLI    | 02:05:28 | 02:05:01 | F4549 | AMARAL                                 | 8  |
| 276 | 778  | MÓNICA LOPES       | 02:05:33 | 02:05:05 | F4044 | STJOAOOLIVEIRATEAM                     | 14 |
| 277 | 702  | JOANA FALCÃO       | 02:05:56 | 02:05:28 | F2439 | LINDA-A-PASTORA SPORTING CLUBE         | 25 |
| 278 | 514  | ERNESTO GOMES      | 02:05:59 | 02:05:08 | M4549 | STJOAOOLIVEIRATEAM                     | 46 |
| 279 | 513  | SUSANA GOMES       | 02:05:59 | 02:05:10 | F4549 | STJOAOOLIVEIRATEAM                     | 9  |
| 280 | 578  | SÓNIA ANDRADE      | 02:06:13 | 02:05:57 | F4549 | CCD Crédito Agrícola                   | 10 |
| 281 | 548  | DANIEL DUARTE      | 02:06:13 | 02:05:32 | M2439 | OS CARACÓIS FURIOSOS                   | 69 |
| 282 | 686  | RUI UMBELINO       | 02:06:19 | 02:05:38 | M4044 | VILT RUNNERS                           | 53 |
| 283 | 665  | MARINA LEITAO      | 02:06:19 | 02:05:50 | F2439 | OS GALGOS                              | 26 |
| 284 | 699  | JOAO CARVALHO      | 02:06:37 | 02:06:10 | M2439 |                                        | 70 |
| 285 | 5573 | NIDIA FERREIRA     | 02:06:39 | 02:05:54 | F4044 | MARVILA JOVEM                          | 15 |
| 286 | 901  | NANCY BOTO         | 02:06:56 | 02:06:50 | F2439 |                                        | 27 |
| 287 | 762  | DIANA NEVES        | 02:06:57 | 02:06:09 | F2439 |                                        | 28 |
| 288 | 688  | NATALIA FERANANDES | 02:06:58 | 02:06:13 | F5559 | Centro de Marcha e Corrida de Odivelas | 3  |
| 289 | 763  | RUI MAIA           | 02:07:03 | 02:06:14 | M4044 |                                        | 54 |
| 290 | 591  | ANTONIO FERNANDES  | 02:07:22 | 02:07:22 | M4044 | NUCLEO DESPORTIVO AUTOCOOPE            | 55 |
| 291 | 592  | CELIA FERREIRA     | 02:07:23 | 02:06:20 | F4044 | NUCLEO DESPORTIVO AUTOCOOPE            | 16 |
| 292 | 871  | ÂNGELO MARCOS      | 02:07:41 | 02:06:58 | M2439 |                                        | 71 |
| 293 | 802  | SONIA AZOIA        | 02:08:32 | 02:07:30 | F2439 | BEER RUNNERS                           | 29 |
| 294 | 735  | ARMANDO TEIXEIRA   | 02:08:37 | 02:08:24 | M5559 | Papa Kms                               | 14 |

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| 295 | 671  | JORGE PEREIRA         | 02:08:38 | 02:07:43 | M5559 | JOBINDE MONTES SALOIOS         | 15 |
| 296 | 885  | ALEJANDRA FREITAS     | 02:09:25 | 02:08:30 | F4044 | SOMAS1KM                       | 17 |
| 297 | 808  | IVO ALEXANDRE MARQUES | 02:09:38 | 02:09:29 | M2439 |                                | 72 |
| 298 | 810  | MARIA CECÍLIA SANTOS  | 02:09:43 | 02:09:09 | F2439 |                                | 30 |
| 299 | 809  | EDUARDO ROSA          | 02:09:43 | 02:09:08 | M4549 | SINTRA                         | 47 |
| 300 | 826  | PAULA BATALHA         | 02:10:00 | 02:09:06 | F5054 | CLUBE MILLENNIUM BCP           | 9  |
| 301 | 5529 | PEDRO FERREIRA        | 02:10:08 | 02:09:47 | M5054 |                                | 25 |
| 302 | 556  | RUI AMARO             | 02:10:22 | 02:09:49 | M2439 |                                | 73 |
| 303 | 555  | JOANA LOPES           | 02:10:23 | 02:10:23 | F2439 |                                | 31 |
| 304 | 876  | MARIO CARMONA         | 02:10:23 | 02:09:33 | M5054 |                                | 26 |
| 305 | 5555 | JOSE AMARAL           | 02:10:32 | 02:10:04 | M5559 | AMARAL                         | 16 |
| 306 | 827  | OLGA LOPES            | 02:10:37 | 02:10:18 | F4044 | CLUBE MILLENNIUM BCP           | 18 |
| 307 | 828  | NUNO LOPES            | 02:10:39 | 02:10:20 | M4549 | CLUBE MILLENNIUM BCP           | 48 |
| 308 | 915  | ANTÓNIO LIMA          | 02:10:45 | 02:09:48 | M6099 |                                | 11 |
| 309 | 718  | SUSANA GOMES          | 02:10:46 | 02:10:09 | F4044 | ADA Desnível                   | 19 |
| 310 | 602  | ANA NUNES             | 02:10:50 | 02:10:20 | F2439 | RBWCYCLINGTEAM                 | 32 |
| 311 | 5547 | ALBERTO LOPES         | 02:11:51 | 02:11:16 | M4044 | copo3                          | 56 |
| 312 | 646  | ANA SANTOS            | 02:11:52 | 02:10:39 | F4044 | TSUMOMMIES                     | 20 |
| 313 | 729  | MARIA TRIGUEIRO       | 02:12:15 | 02:11:47 | F4549 | LINDA-A-PASTORA SPORTING CLUBE | 11 |
| 314 | 377  | CARLA MONTEIRO        | 02:12:17 | 02:11:57 | F4044 | AMINHACORRIDA                  | 21 |
| 315 | 787  | RUTE DIAS             | 02:12:21 | 02:11:50 | F2439 |                                | 33 |
| 316 | 923  | FRANCISCO SILVA       | 02:12:21 | 02:11:27 | M5559 | FALCÕES SELVAGENS              | 17 |
| 317 | 928  | ADELAIDE BIRITE       | 02:12:25 | 02:11:48 | F2439 |                                | 34 |

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| 318 | 900 | ELSA RANCHET           | 02:12:26 | 02:11:48 | F2439 | BOBBI                                    | 35 |
| 319 | 511 | JOÃO BARRIGOLA         | 02:13:01 | 02:11:52 | M2439 |                                          | 74 |
| 320 | 832 | ANA PEREIRA            | 02:13:06 | 02:12:42 | F5054 | RUNNERS DA FRENTE RIBEIRINHA DA P.S IRIA | 10 |
| 321 | 579 | JOANA PONTE            | 02:13:19 | 02:12:12 | F4044 |                                          | 22 |
| 322 | 89  | CATARINA FIGUEIRA      | 02:13:20 | 02:12:13 | F4044 | PORTUGAL RUNNING                         | 23 |
| 323 | 90  | NUNO ABRANTES          | 02:13:20 | 02:12:12 | M4044 | PORTUGAL RUNNING                         | 57 |
| 324 | 709 | SUSANA MENDES          | 02:13:23 | 02:12:09 | F4044 | SIMECQ                                   | 24 |
| 325 | 719 | FÁTIMA LUCAS           | 02:13:24 | 02:12:37 | F4549 | Centro de Marcha e Corrida de Odivelas   | 12 |
| 326 | 604 | ANTÓNIO ANTUNES        | 02:13:40 | 02:12:45 | M4044 | GUERREIROS DO RUNNING                    | 58 |
| 327 | 605 | RUI DIAS               | 02:13:42 | 02:12:55 | M4044 | GUERREIROS DO RUNNING                    | 59 |
| 328 | 929 | ANA RIBEIRO            | 02:13:42 | 02:12:27 | F2439 | TSUMOMMIES                               | 36 |
| 329 | 913 | BRUNO ALMEIDA          | 02:13:43 | 02:12:54 | M4044 | GUERREIROS DO RUNNING                    | 60 |
| 330 | 666 | ANABELA SANTOS         | 02:13:49 | 02:12:33 | F4549 | LINDA-A-PASTORA SPORTING CLUBE           | 13 |
| 331 | 545 | SUSANA CLIMAS          | 02:14:22 | 02:13:41 | F2439 | OS CARACÓIS FURIOSOS                     | 37 |
| 332 | 551 | ANTÓNIO SCHWALBACH     | 02:14:23 | 02:13:40 | M2439 | OS CARACÓIS FURIOSOS                     | 75 |
| 333 | 663 | ISABEL PINTO           | 02:14:24 | 02:13:12 | F4549 | TSUMMOMIES                               | 14 |
| 334 | 720 | ANA CRISTINA ABRUNHOSA | 02:14:28 | 02:13:41 | F4549 | Centro de Marcha e Corrida de Odivelas   | 15 |
| 335 | 648 | DÉBORA FERREIRA        | 02:14:36 | 02:13:57 | F2439 |                                          | 38 |
| 336 | 859 | ANA MENDES             | 02:16:09 | 02:15:27 | F2439 |                                          | 39 |
| 337 | 181 | MARCIA JANELA          | 02:16:09 | 02:15:28 | F2439 | RARAMURIS SINTRA                         | 40 |
| 338 | 798 | FILOMENA COSTA         | 02:16:17 | 02:15:13 | F5054 | ODIVELAS                                 | 11 |
| 339 | 504 | PEDRO GALGUINHO        | 02:16:24 | 02:15:59 | M4549 | CDCR DOS CTT                             | 49 |
| 340 | 638 | HUGO RODRIGUES         | 02:16:33 | 02:16:00 | M2439 | OS GALGOS DE TANCOS                      | 76 |

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| 341 | 640  | JOÃO BAPTISTA                | 02:16:34 | 02:16:02 | M5054 | OS GALGOS DE TANCOS                    | 27 |
| 342 | 645  | SÉRGIO CASTANHO              | 02:16:34 | 02:16:03 | M4549 | OS GALGOS DE TANCOS                    | 50 |
| 343 | 739  | RUI PESSOA                   | 02:16:42 | 02:16:36 | M4044 | COXOS                                  | 61 |
| 344 | 5513 | PAULO SOBERANO               | 02:16:43 | 02:15:36 | M5054 | Gfi Portugal                           | 28 |
| 345 | 903  | PATRICIA MONTEIRO DOS SANTOS | 02:16:49 | 02:16:04 | F4549 | SALAMANDRECOS                          | 16 |
| 346 | 650  | RICARDO PINTO                | 02:16:52 | 02:16:23 | M2439 | CMI - MONTANHISMO                      | 77 |
| 347 | 309  | DORA SIMOES                  | 02:16:57 | 02:16:37 | F4549 |                                        | 17 |
| 348 | 523  | NEUZA ALVES                  | 02:17:39 | 02:16:56 | F4044 | B.V. MONTEMOR-O-NOVO                   | 25 |
| 349 | 717  | CATHERINE DE FREITAS         | 02:17:41 | 02:17:08 | F5559 | ADA Desnível                           | 4  |
| 350 | 529  | ALEXANDRA CANDEIAS           | 02:17:45 | 02:16:49 | F4044 | MARRETAS                               | 26 |
| 351 | 542  | ANA ROSA RODRIGUES           | 02:17:46 | 02:16:48 | F5559 |                                        | 5  |
| 352 | 629  | JOÃO MANUEL VIEIRA           | 02:17:55 | 02:16:49 | M5559 | CENTRO DE MARCHA E CORRIDA DE ALENQUER | 18 |
| 353 | 825  | CARLA GOMES                  | 02:17:56 | 02:17:22 | F2439 | CARLA GOMES                            | 41 |
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| 356 | 754  | ELISABETE SANTOS             | 02:18:44 | 02:17:14 | F4549 | Miudas Giras                           | 18 |
| 357 | 769  | CARLA LARANJO                | 02:18:47 | 02:17:41 | F4044 | BEER RUNNERS                           | 27 |
| 358 | 5505 | PEDRO SOUSA                  | 02:19:11 | 02:17:54 | M2439 | SERVIÇOS SOCIAIS MONTEPIO              | 78 |
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| 361 | 817  | FLÁVIA FERNANDES             | 02:19:24 | 02:18:54 | F4044 |                                        | 28 |
| 362 | 816  | HENRIQUE FERNANDES           | 02:19:24 | 02:18:54 | M4044 |                                        | 63 |
| 363 | 126  | HELENA SANTOS                | 02:19:28 | 02:19:24 | F5054 | NUCLEO DESPORTIVO AUTOCOOPE            | 12 |

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| 365 | 805  | PAULO BORRALHO     | 02:19:33 | 02:19:33 | M5054 |                                        | 30 |
| 366 | 147  | PAULO SERRA        | 02:19:35 | 02:18:23 | M4044 | MATILHA DA ATALAIA                     | 64 |
| 367 | 710  | RICARDO NOBRE      | 02:19:38 | 02:18:26 | M2439 | SIMECQ                                 | 80 |
| 368 | 554  | PAULA SANTOS       | 02:19:45 | 02:18:51 | F4044 |                                        | 29 |
| 369 | 390  | DIDIER BRANCO      | 02:20:11 | 02:19:54 | M4044 | DÁ-LHE COM FORÇA MAIS DEVAGARINHO      | 65 |
| 370 | 374  | SÓNIA PINTO        | 02:20:13 | 02:19:25 | F4044 | AMINHACORRIDA                          | 30 |
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| 394 | 5572 | ANA SANTOS                | 02:26:41 | 02:26:30 | F5054 | MARVILA JOVEM                          | 14 |
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| 416 | 708  | OLGA GALVÃO           | 02:33:40 | 02:32:25 | F5559 | SIMECQ                                 | 10 |
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| 439 | 749  | ALEXANDRA RAMALHO | 02:50:07 | 02:49:04 | F2439 | Miudas Giras             | 52 |
| 440 | 653  | ANA RIBEIRO       | 02:52:46 | 02:51:43 | F2439 |                          | 53 |
| 441 | 122  | ALEXANDRA PIRES   | 02:52:47 | 02:51:46 | F5054 |                          | 20 |
| 442 | 595  | ANA SEABRA        | 02:52:49 | 02:51:46 | F5054 |                          | 21 |
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| 446 | 747  | ANA JUNÇA         | 02:56:12 | 02:54:22 | F4549 | Miudas Giras             | 29 |
| 447 | 752  | ANA EDUARDO       | 02:56:12 | 02:54:25 | F5054 | Miudas Giras             | 22 |
| 448 | 613  | CLÁUDIA SILVA     | 03:00:54 | 02:59:24 | F5054 | I FIT YOU                | 23 |
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