

# DONA ESTEFÂNIA



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	249	DIOGO RAMALHEIRA	M	30	1	00:32:52.29	00:32:51.59	
2	329	PAULO GOMES	M	41	1	00:34:55.06	00:34:54.80	AMINHACORRIDA
3	251	HUGO SILVA	M	31	2	00:35:59.00	00:35:58.50	RB RUNNING
4	146	PEDRO MIGUEL	M	36	3	00:35:59.44	00:35:59.28	RB RUNNING
5	308	DIDIER VALENTE	M	46	1	00:37:08.88	00:37:08.43	MONSANTO RUNNING
6	324	CARLOS FREITAS	M	47	2	00:37:17.39	00:37:16.81	RUN TEJO
7	248	JOSÉ SIMÕES	M	44	2	00:37:21.71	00:37:21.69	
8	253	TONY ALMEIDA	M	36	4	00:37:24.27	00:37:23.57	RB RUNNING
9	128	ANTÓNIO ARAÚJO	M	53	1	00:37:44.64	00:37:44.31	
10	35	CLÁUDIO MIRA	M	53	2	00:38:58.13	00:38:58.10	GAA VF XIRA
11	250	ISIDRO DUARTE	M	50	3	00:39:00.26	00:39:00.26	RB RUNNING
12	233	MIGUEL LOURENÇO	M	45	3	00:39:05.96	00:39:03.74	
13	93	PEDRO MAIA	M	45	4	00:39:40.35	00:39:39.33	AA MAFRA
14	94	ALEXANDRE PIMENTA	M	35	5	00:39:40.67	00:39:39.32	AA MAFRA
15	222	JOAO CARDOSO	M	56	1	00:39:46.67	00:39:46.33	
16	120	DUARTE COSTA	M	34	6	00:39:52.00	00:39:51.88	CORRER LISBOA
17	1193	JOSE MARQUES	M	50	4	00:39:53.00	00:39:53.00	
18	189	JOSÉ GOMES	M	57	2	00:39:56.68	00:39:54.76	
19	162	JOÃO NUNES	M	54	5	00:40:00.89	00:40:00.86	
20	224	JORGE AMARAL	M	49	5	00:40:43.00	00:40:42.95	AMINHACORRIDA
21	221	JOÃO SILVA	M	43	3	00:41:04.00	00:41:04.00	
22	136	ANTÓNIO SANTOS	M	55	3	00:41:06.91	00:41:06.13	CAA BELEM
23	239	RUI NUNES	M	40	4	00:41:07.60	00:41:05.70	
24	237	JOAO MARREIROS	M	54	6	00:41:25.24	00:41:22.74	
25	318	LUCILIA SOARES	F	56	1	00:41:32.94	00:41:32.20	GD. GALINHEIRA
26	50	ANTONIO ALMEIDA	M	46	6	00:41:35.89	00:41:28.47	FICALHO RUNNERS
27	209	HRISTIYAN STEFANOV	M	25	7	00:42:32.59	00:42:30.87	SOFTINSA
28	200	NUNO NAIÁ	M	43	5	00:42:37.06	00:42:35.71	
29	17	INÊS BRITO	F	46	1	00:42:37.71	00:42:36.24	CORRER LISBOA
30	210	OLIVIER DELMOTTE	M	46	7	00:42:41.04	00:42:36.89	SOFTINSA
31	151	RUI M MATOS	M	55	4	00:42:44.03	00:42:41.76	
32	177	JOSÉ RAMALHO	M	51	7	00:42:51.49	00:42:50.04	CORRER LISBOA
33	143	NELSON DIAS	M	57	5	00:42:57.03	00:42:54.29	RB RUNNING
34	252	RUI COSTA	M	32	8	00:43:15.00	00:43:13.37	RB RUNNING
35	38	PEDRO PROENÇA	M	38	9	00:43:16.01	00:43:08.49	
36	175	CRISTINA CABRAL	F	50	2	00:43:27.57	00:43:25.21	LIBERTY SEGUROS/ACLIS



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37	234	PEDRO D MORAIS	M	44	6	00:43:35.00	00:43:32.87	
38	165	BRUNO SOUSA	M	19	10	00:43:48.21	00:43:45.72	OCR LAB
39	55	TIAGO BORGES	M	41	7	00:44:09.45	00:44:01.64	POWERED BY RABANADAS
40	95	HELENA MARTINS	F	56	3	00:44:18.00	00:44:15.89	AA MAFRA
41	124	TIAGO GUERRA	M	28	11	00:44:31.36	00:44:23.39	HERE 4 BEER
42	141	HUMBERTO CASTANHEIRA	M	52	8	00:44:49.77	00:44:45.02	
43	90	JORGE CAMPANIÇO	M	38	12	00:44:51.67	00:44:38.98	
44	126	DIOGO ASSUNÇÃO	M	29	13	00:44:58.85	00:44:50.38	HERE 4 BEER
45	205	JOAO SILVA	M	41	8	00:45:02.14	00:44:57.19	SOFTINSA
46	309	JOSÉ GABRIEL	M	60	1	00:45:22.00	00:45:18.38	
47	62	JORGE CARVALHO	M	32	14	00:45:29.49	00:45:17.20	
48	238	JORGE SOUSA	M	54	9	00:45:29.86	00:45:26.28	CORRER LISBOA
49	127	LÚCIO SANTOS	M	56	6	00:45:39.89	00:45:37.12	IUM
50	116	ARLINDO DUARTE	M	53	10	00:45:48.09	00:45:45.67	LISBON MOONLIGHT RUNNERS
51	168	VASCO RIBEIRO	M	44	9	00:45:50.83	00:45:45.91	WHS SE
52	192	RUI GUILHERME	M	44	10	00:46:10.38	00:45:57.33	
53	15	PEDRO AIRES	M	26	15	00:46:12.01	00:46:00.65	SPI GANG
54	159	JOSÉ NETO	M	61	2	00:46:43.41	00:46:43.41	TEAM NETO
55	104	PEDRO NETO	M	34	16	00:46:48.30	00:46:19.32	
56	211	PAULO RODRIGUES	M	43	11	00:46:58.12	00:46:53.07	SOFTINSA
57	137	ANDRÉ CAMPOS	M	33	17	00:47:00.12	00:46:16.53	
58	152	LUIS CARVALHO	M	41	12	00:47:02.76	00:46:47.94	
59	153	FLAVIO FERREIRA	M	26	18	00:47:02.89	00:46:47.59	
60	160	AMERICO RAMOS	M	59	7	00:47:07.85	00:47:01.70	
61	16	PEDRO SOUSA	M	31	19	00:47:22.92	00:47:12.61	SPI GANG
62	34	MANUEL CRUZ	M	52	11	00:47:27.70	00:47:19.50	
63	154	JORGE CURVELO	M	46	8	00:47:28.87	00:47:27.46	RUN TEJO
64	185	ANDRÉ MENDONÇA	M	35	20	00:47:29.71	00:47:27.62	ADRC MATA DE BENFICA
65	110	LUIS SANCHEZ	M	58	8	00:47:45.00	00:47:42.04	SS CGD
66	11	JOÃO MELO	M	38	21	00:47:51.00	00:47:46.04	URBAN RUN TEAM
67	107	FERNANDO CARREIRO	M	56	9	00:47:52.15	00:47:44.55	REST O CARTAXEIRO
68	106	PEDRO REIS	M	43	13	00:47:54.99	00:47:52.58	
69	321	CLAUDIA BORRALHO	F	44	2	00:47:56.07	00:47:55.67	RUN TEJO
70	171	JOSÉ ALVES	M	34	22	00:48:02.32	00:47:56.87	
71	99	ANTONIO ALMEIDA	M	54	12	00:48:05.19	00:48:03.33	ND AUTOCOOPE
72	79	TIAGO FERNANDES	M	36	23	00:48:05.48	00:48:05.48	
73	172	FRANCISCO PASSOS	M	56	10	00:48:07.80	00:48:01.08	

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74	65	ANTONIO SANTOS	M	65	3	00:48:11.00	00:48:08.53	CORRER LISBOA
75	188	NUNO GOMES	M	42	14	00:48:13.93	00:48:07.72	
76	247	GONÇALO LOPES	M	42	15	00:48:20.33	00:48:13.15	GDCT UNICRE
77	202	CARLOS GUERRA	M	47	9	00:48:35.56	00:48:30.32	SOFTINSA
78	73	CARLOS ANTUNES	M	67	4	00:48:41.74	00:48:34.75	CA ODIMARQ
79	133	JOAO BRAZ	M	54	13	00:48:43.10	00:48:25.43	CA ODIMARQ
80	227	JOÃO CALISTO	M	57	11	00:48:43.92	00:48:33.19	
81	75	MARIA RAPOSO	F	35	1	00:48:44.26	00:48:44.07	
82	176	ISABEL NUNES	F	46	3	00:48:45.17	00:48:43.48	CORRER LISBOA
83	121	JOÃO TEIXEIRA	M	48	10	00:48:49.31	00:48:34.47	
84	157	JOÃO PARDAL	M	38	24	00:48:57.54	00:48:52.96	
85	193	MÓNICA CALADO	F	41	4	00:49:01.74	00:48:58.29	
86	199	IDALÉCIO BARROS	M	63	5	00:49:06.36	00:49:04.35	
87	173	CRISTINA GAVINHO	F	41	5	00:49:25.68	00:49:20.22	
88	218	TERESA SEPULVEDA	F	37	2	00:49:43.33	00:49:36.64	THE BEST
89	112	MIGUEL DIAS	M	42	16	00:49:52.54	00:49:46.10	SS CGD
90	92	JÚLIO FERREIRA	M	63	6	00:49:53.52	00:49:49.26	CARACÓIS SONOLENTOS
91	21	RUI MENDES	M	46	11	00:49:54.62	00:49:46.60	
92	164	SANDRA ALVES	F	42	6	00:49:56.06	00:49:53.23	OCR LAB
93	235	SAMUEL MARTINS	M	42	17	00:50:12.45	00:50:05.61	SOLERA RUNNERS
94	330	GENINHA ANDRADE	F	39	3	00:50:22.09	00:50:13.18	AMINHACORRIDA
95	37	SÉRGIO RODRIGUES	M	44	18	00:50:37.42	00:50:34.41	
96	49	JOSÉ GONÇALVES	M	43	19	00:50:47.00	00:50:47.00	
97	225	ANA AMARO	F	43	7	00:51:02.11	00:51:02.05	AMINHACORRIDA
98	74	PAULO SALGADO	M	45	12	00:51:16.59	00:51:10.67	
99	114	RENATO FERNANDES	M	41	20	00:51:24.98	00:51:10.81	
100	105	JOAO TABORDA	M	33	25	00:51:26.76	00:51:16.96	
101	80	RAFAELA GONÇALVES	F	24	4	00:51:28.15	00:51:26.31	
102	244	PAULO DUARTE	M	52	14	00:51:42.02	00:51:35.96	GDCT UNICRE
103	72	BRUNO GOMES	M	44	21	00:51:46.85	00:51:43.59	GOMAS TEAM
104	196	PEDRO FERREIRA	M	40	22	00:51:54.66	00:51:51.22	CLUBE ROBBIALAC
105	86	ADERITO CARRELHAS	M	64	7	00:52:17.35	00:52:15.69	
106	170	ARTUR FARINHA	M	55	12	00:52:23.98	00:52:06.07	
107	163	SANDRA CORDEIRO	M	47	13	00:52:40.62	00:52:35.35	
108	76	HUGO COLAÇO	M	40	23	00:52:41.72	00:52:41.72	
109	327	PAULA SIMOES	F	43	8	00:52:56.30	00:52:45.18	
110	328	NUNO CORREIA	M	51	15	00:52:56.49	00:52:45.25	

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111	148	NUNO TIMÓTEO	M	45	14	00:52:56.95	00:52:46.32	
112	23	JOAO MOITEIRO	M	46	15	00:52:57.53	00:52:45.39	
113	43	HENRIQUE COELHO	M	37	26	00:53:10.49	00:53:00.52	OPTICALIA RUNNING TEAM
114	85	TIAGO BRITO	M	29	27	00:53:16.08	00:53:16.08	
115	87	FILIPA MOITA	F	30	5	00:53:20.21	00:53:15.80	
116	150	DAVID ALMEIDA	M	46	16	00:53:23.28	00:53:05.78	
117	63	RUI GONÇALVES	M	58	13	00:53:31.45	00:53:17.55	
118	18	CARLOS JUNIOR	M	44	24	00:53:39.86	00:53:25.30	
119	139	PEDRO BISCAIA	M	44	25	00:53:54.22	00:53:42.76	
120	118	NUNO AVÓ	M	51	16	00:53:56.20	00:53:43.72	LISBON MOONLIGHT RUNNERS
121	201	SERGIO PEREIRA	M	45	17	00:54:19.47	00:54:13.45	SOFTINSA
122	84	MANUEL SEQUEIRA	M	67	8	00:54:20.24	00:54:09.94	GDCT REPSOL POLÍMEROS
123	255	FABIO GAUDENCIO	M	35	28	00:54:20.77	00:54:20.77	
124	140	SELMA R SILVA	F	52	4	00:54:21.08	00:54:11.81	SPORTING
125	60	SILVIA ROSA	F	44	9	00:54:25.51	00:54:25.51	OS PRIMOS
126	240	DANIELA ALVES	F	33	6	00:54:26.63	00:54:26.63	
127	123	GONCALO AMORIM	M	40	26	00:54:27.56	00:54:12.13	
128	167	ANA PEREIRA	F	33	7	00:54:42.58	00:54:38.12	CLUBE CIMPOR
129	220	INES CAMPOS	F	35	8	00:55:02.99	00:54:59.49	
130	147	JOANA PINTO	F	35	9	00:55:32.03	00:55:23.35	
131	183	NELI BARREIROS	F	42	10	00:55:36.56	00:55:01.64	MULHERES DA MARATONA 2019
132	138	CARLOS CONSTANTINO	M	44	27	00:55:38.81	00:55:27.61	
133	180	JOSÉ L LOPES	M	61	9	00:56:05.95	00:56:05.84	AMIGOS ESTRELA
134	166	PEDRO DUARTE	M	37	29	00:56:11.97	00:56:04.67	
135	113	PEDRO MEDEIROS	M	42	28	00:56:18.69	00:56:18.49	SS CGD
136	46	MIGUEL GAMA	M	49	18	00:56:32.80	00:56:28.67	
137	97	FRANCISCO COITO	M	66	10	00:56:36.74	00:54:53.89	CLUB MARGINAL
138	98	MANUEL GOMES	M	52	17	00:56:36.99	00:54:54.92	CLUB MARGINAL
139	135	RUTE SOARES	F	37	10	00:56:37.28	00:56:29.50	
140	122	PAULO PADRÃO	M	50	18	00:56:39.07	00:56:24.51	
141	228	JULIA CALISTO	F	54	5	00:56:41.21	00:56:29.49	
142	186	BÁRBARA ABREU	F	24	11	00:56:42.72	00:56:08.54	MULHERES DA MARATONA 2019
143	54	TIAGO GIL	M	30	30	00:56:43.00	00:56:31.97	SPI GANG
144	14	JOÃO FREIRE	M	31	31	00:56:43.80	00:56:31.38	SPI GANG
145	191	VASCO REBELO	M	51	19	00:56:43.87	00:56:28.64	RUN 4 FUN
146	216	SOFIA CÂNDIDO	F	46	11	00:56:56.23	00:56:48.94	THE BEST
147	24	JULIETA SANTOS	F	57	6	00:57:05.77	00:56:57.69	TARTARUGAS SOLIDÁRIAS



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148	102	ANTÓNIO FARIA	M	63	11	00:57:17.52	00:57:04.37	
149	194	RAÚL COSTA	M	57	14	00:57:36.09	00:57:31.98	CLUBE ROBBIALAC
150	109	LUIS BASTOS	M	56	15	00:57:42.31	00:57:20.10	SS CGD
151	64	ANA GONÇALVES	F	30	12	00:57:53.47	00:57:38.51	
152	215	MARIA J GONÇALVES	F	50	7	00:57:55.68	00:57:48.65	THE BEST
153	158	CARLOS GONCALVES	M	69	12	00:57:57.98	00:57:53.75	
154	187	ROSÁRIO CARMO	F	51	8	00:57:58.73	00:57:54.98	
155	243	FABIOLA GONDIM	F	47	12	00:57:59.15	00:57:40.61	BIARAU
156	89	CATARINA AMADOR	F	38	13	00:58:24.14	00:58:11.61	
157	305	GONÇALO SEABRA	M	40	29	00:58:46.21	00:58:29.88	
158	66	ROSA DIAS	F	40	13	00:59:10.93	00:58:51.99	
159	77	SUSANA MAIA	F	30	14	00:59:15.20	00:59:00.75	SURI
160	78	RICARDO AUGUSTO	M	32	32	00:59:17.49	00:59:03.69	SURI
161	182	MADALENA PIRES	F	29	15	00:59:31.68	00:59:12.27	
162	29	DARIO LADEIRA	M	30	33	00:59:43.18	00:59:24.87	
163	325	ANABELA SALAZAR	F	46	14	00:59:48.08	00:59:38.86	RUN TEJO
164	156	LUÍS ROSÁRIO	M	45	19	00:59:48.22	00:59:38.29	RUN TEJO
165	59	RICARDO GOMES	M	25	34	00:59:49.24	00:59:49.24	OS PRIMOS
166	115	ANTÓNIO GUEDES	M	47	20	00:59:56.14	00:59:43.66	LISBON MOONLIGHT RUNNERS
167	117	HELENA SANTOS	F	55	9	00:59:56.50	00:59:43.32	LISBON MOONLIGHT RUNNERS
168	47	SANDRA GONÇALVES	F	32	16	01:00:16.70	01:00:12.95	
169	229	RUI PINTO	M	53	20	01:00:17.61	01:00:17.61	
170	22	ANA MADEIRA	F	37	17	01:00:18.53	01:00:12.35	
171	246	PAULO FRANÇA	M	56	16	01:00:33.08	01:00:27.46	GDCT UNICRE
172	245	GONÇALO OLIVEIRA	M	56	17	01:00:33.39	01:00:26.36	GDCT UNICRE
173	82	LUISA COSTA	F	49	15	01:00:36.44	00:59:22.32	QUARENTÕES NA BISGA
174	204	ANDRÉ RORIZ	M	29	35	01:00:50.91	01:00:50.91	SOFTINSA
175	161	RAMIRO SEQUEIRA	M	37	36	01:01:00.29	01:00:32.66	
176	42	PEDRO VIEIRA	M	37	37	01:01:01.84	01:00:52.10	OPTICALIA RUNNING TEAM
177	103	LURDES SILVA	F	49	16	01:01:23.48	01:01:17.25	
178	100	HUMBERTO CORREIA	M	54	21	01:01:32.33	01:01:11.69	ND AUTOCOOPE
179	223	EUNICE LOURENÇO	F	41	17	01:01:38.05	01:01:33.79	AMINHACORRIDA
180	155	MANUEL MAGALHÃES	M	75	13	01:01:42.41	01:01:38.08	CARACÓIS SONOLENTOS
181	68	RICARDO GASPAS	M	65	14	01:01:46.72	01:01:29.37	
182	178	JOAQUIM PALMEIRO	M	48	21	01:01:47.52	01:01:31.78	
183	179	ANA PALMEIRO	F	47	18	01:01:47.62	01:01:30.77	
184	226	JOSE AMARO	M	43	30	01:01:47.71	01:01:47.66	AMINHACORRIDA

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185	145	MARIA QUITÉRIA	F	44	19	01:01:47.82	01:01:32.99	
186	241	LUIS ALMEIDA	M	44	31	01:01:48.50	01:01:28.90	
187	203	ELISANDRA ROSA	F	31	18	01:01:53.07	01:01:45.20	SOFTINSA
188	52	RAQUEL MATA	F	32	19	01:01:53.97	01:01:46.14	POWERED BY RABANADAS
189	101	LUIGI ROSSI	M	69	15	01:02:31.53	01:02:18.34	
190	83	LUIS COSTA	M	52	22	01:03:49.26	01:02:33.90	QUARENTÕES NA BISGA
191	331	JOAO SEBORRO	M	51	23	01:04:01.94	01:03:42.22	
192	119	SOFIA GUEDES	F	43	20	01:04:31.67	01:04:18.13	LISBON MOONLIGHT RUNNERS
193	10	JOANA CHOURIÇO	F	54	10	01:05:09.96	01:05:03.84	
194	322	MARIA FORTES	F	42	21	01:05:35.69	01:05:21.36	
195	316	JOSE ANTONIO RIBEIRO	M	52	24	01:05:51.96	01:05:33.24	HOSPITAL
196	317	LEONARDO FERREIRO	M	22	38	01:05:52.23	01:05:33.36	HOSPITAL
197	88	MANUEL RAPOSO	M	70	16	01:06:09.30	01:05:58.37	AA LEBRES DO SADO
198	142	ANA PEREIRA	F	55	11	01:06:24.83	01:06:16.07	
199	307	MARIANA MIURIM	F	34	20	01:06:36.18	01:06:23.45	
200	36	DORA ARENGA	F	45	22	01:06:51.58	01:06:48.46	
201	53	CESAR GUERRA	M	48	22	01:07:20.83	01:07:00.47	CT
202	181	CRISTINA LOURENÇO	F	54	12	01:07:28.35	01:07:08.78	
203	30	SÉRGIO GONÇALVES	M	38	39	01:07:40.19	01:07:34.87	
204	315	JOANA BAGINHA	F	27	21	01:09:40.71	01:07:59.66	
205	198	ISABEL CASTANHEIRA	F	48	23	01:09:41.96	01:08:17.74	
206	197	JOSÉ DIAS	M	51	25	01:09:42.58	01:08:02.03	
207	33	MÁRIO PIRES	M	59	18	01:09:43.76	01:09:22.98	
208	40	NÍDIA SILVA	F	63	13	01:10:40.71	01:10:27.79	
209	56	JOHNNY THOMASSEN	M	58	19	01:11:07.22	01:10:47.85	NORGE
210	144	ELISA DIAS	F	54	14	01:11:50.38	01:11:40.37	CLINICA SANTA MADALENA
211	207	CARLOS PEREIRA	M	46	23	01:12:57.17	01:12:40.72	SOFTINSA
212	174	MARIANA FERRARIA	F	25	22	01:13:14.43	01:12:56.88	
213	28	MARIA PIMENTEL	F	29	23	01:13:14.83	01:12:58.46	
214	45	ANDREIA OLIVEIRA	F	27	24	01:13:15.66	01:12:57.76	
215	190	MARIA MACEDO	F	55	15	01:13:25.45	01:13:16.20	
216	323	CARLOS ALVES	M	40	32	01:13:37.33	01:13:21.33	RUN TEJO
217	51	ANTONIA MACHADO	F	64	16	01:14:59.79	01:14:47.57	FICALHO RUNNERS
218	71	SARA GOMES	F	41	24	01:18:47.14	01:18:29.87	GOMAS TEAM
219	319	ILÍDIO MONTEIRO	M	68	17	01:22:31.11	01:22:31.11	

Total de registros: 219