



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	97	CARLOS FREITAS	M	48	1	00:35:55.16	00:35:52.90	RUNTEJO
2	62	CARLOS A S ALMEIDA	M	46	2	00:36:47.18	00:36:47.18	
3	92	JOSÉ SIMÕES	M	45	3	00:38:09.54	00:38:09.54	AA MAFRA
4	35	SÉRGIO MALHEIRO SANTOS	M	37	1	00:38:35.44	00:38:35.44	
5	39	RUI HENRIQUES	M	46	4	00:38:38.89	00:38:38.89	FF PAZ MUNDIAL E UNIFICAÇÃO
6	45	JORGE CORREIA	M	47	5	00:38:43.51	00:38:42.73	GDR REBOLEIRA
7	34	ALEXANDRA SOUSA	F	36	1	00:39:13.21	00:39:13.21	JOMA
8	31	HUGO DOMINGOS	M	40	1	00:39:22.82	00:39:22.82	LINDA-A-PASTORA SC
9	120	ISIDRO DUARTE	M	51	1	00:39:23.74	00:39:22.32	RB RUNNING
10	108	CARLOS LOPES	M	44	2	00:40:10.27	00:40:01.59	A MINHA CORRIDA
11	107	FABIO PRATAS	M	34	2	00:40:12.44	00:40:09.97	A MINHA CORRIDA
12	30	VALTER RIBEIRO	M	28	3	00:40:48.98	00:40:47.80	
13	38	RUI CARMO	M	21	4	00:40:54.26	00:40:52.92	LINDA-A-PASTORA SC
14	85	AURELIO AGUIAR	M	63	1	00:41:24.89	00:41:24.89	A VALE SILENCIO
15	116	TIAGO DIAS	M	30	5	00:42:49.17	00:42:44.69	
16	26	SÉRGIO PONTES	M	41	3	00:42:52.08	00:42:49.15	
17	63	JOAQUIM SANTOS	M	51	2	00:43:19.31	00:43:17.71	LINDA-A-PASTORA SC
18	33	GONÇALO FERREIRA	M	45	6	00:43:19.92	00:43:18.20	LINDA-A-PASTORA SC
19	66	MARCOS OLIVEIRA	M	46	7	00:43:46.61	00:43:41.54	
20	37	SIMON HABERSTROH	M	28	6	00:44:00.00	00:44:00.00	
21	99	AVELINO SOARES	M	52	3	00:44:33.27	00:44:31.81	RUNTEJO
22	50	JORGE CAMPANIÇO	M	39	7	00:45:09.62	00:45:04.86	
23	102	NUNO NAIA	M	44	4	00:45:27.81	00:45:26.13	RUNTEJO
24	95	VITOR GONÇALVES	M	52	4	00:45:29.79	00:45:28.52	RUNTEJO
25	29	JOAO HEITOR	M	68	2	00:46:24.73	00:46:24.73	ÁGUIAS PAÇO ARCOS
26	40	NUNO BOGALHEIRO	M	46	8	00:46:37.26	00:46:37.26	A VALE SILÊNCIO
27	106	JOSE CASTRO	M	42	5	00:46:39.89	00:46:37.31	RUNTEJO
28	77	INES MARQUES	F	42	1	00:46:40.00	00:46:38.07	99PROVASGRATUITAS TEAM
29	90	CARLOS RODRIGUES	M	62	3	00:47:37.68	00:47:35.12	AA MAFRA
30	48	MIGUEL DIAS	M	43	6	00:47:51.48	00:47:48.64	SS CGD
31	113	VITOR SILVA	M	43	7	00:47:52.02	00:47:49.82	
32	43	JOÃO FERNANDES	M	38	8	00:47:58.77	00:47:50.03	
33	100	RUI ASCENSAO	M	42	8	00:48:00.00	00:48:00.00	RUNTEJO
34	20	PEDRO CARVALHO	M	42	9	00:48:01.71	00:47:56.89	
35	121	ETELVINA VIDAL	F	51	1	00:48:15.00	00:48:15.00	
36	105	DARIO MARQUES	M	28	9	00:49:08.80	00:49:07.27	RUNTEJO



37	82	JOÃO CALISTO	M	58	1	00:49:13.1200:49:06.94
38	114	PEDRO LUZIO	M	42	10	00:49:20.6800:49:09.27
39	84	ANDRE LABORINHO	M	51	5	00:49:20.9200:49:18.89CORRER LISBOA
40	16	MIGUEL LOPES	M	63	4	00:49:32.8600:49:32.86CCR-CCR
41	115	JOAQUIM BARROSO	M	55	2	00:49:39.5300:49:33.42
42	46	CATIA FONSECA	F	37	2	00:49:43.6900:49:40.18SS CGD
43	52	JOSÉ NETO	M	62	5	00:49:47.8400:49:46.98TEAM NETO
44	103	PAULO SILVA	M	53	6	00:49:50.0000:49:50.00RUNTEJO
45	18	PEDRO BARROSO	M	37	10	00:49:52.3200:49:48.17
46	89	FILIPE SALVADINHO	M	37	11	00:50:03.9000:50:00.76GD O INDEPENDENTE - BARREIRO
47	81	TÂNIA SERRAO	F	36	3	00:50:10.4900:50:06.52
48	88	ROBERTO BETTENCOURT	M	43	11	00:51:06.8800:51:03.49
49	25	GERMANO BERNARDO	M	63	6	00:51:17.7800:51:07.68PRAZER DA CORRIDA
50	79	NUNO PRATA	M	47	9	00:51:46.9200:51:37.51
51	13	RAFAEL AZRIEL	M	49	10	00:51:57.7800:51:51.71
52	53	MARCIO NETO	M	40	12	00:52:07.8100:52:02.98TEAM NETO
53	78	JOAO OLIVEIRA	M	21	12	00:52:14.1500:52:08.77
54	27	RUTE SOBRAL	F	43	2	00:52:21.1200:52:14.47
55	94	ROSA FREITAS	F	53	2	00:52:29.0000:52:23.01RUNTEJO
56	24	PAULO SOUSA	M	46	11	00:52:30.6100:52:27.72
57	68	SÉRGIO RODRIGUES	M	45	12	00:52:43.7600:52:38.81
58	60	TAM AFONSO	M	66	7	00:52:47.0400:52:45.11TRANQUILIDADE ATLETISMO CLUBE
59	10	RICARDO CARVALHO	M	43	13	00:52:47.8600:52:42.79LEBRES DAS CONCHAS
60	98	ANA GIL	F	58	3	00:53:15.3700:53:09.06RUNTEJO
61	12	RAUL MOITA	M	63	8	00:54:29.0100:54:29.01
62	76	MIGUEL LOPES	M	43	14	00:54:50.9000:54:43.9699PROVASGRATUITAS TEAM
63	23	MANUELA VELOSO	F	67	1	00:55:11.3800:51:10.15
64	28	JORGE ALMEIDA	M	70	9	00:55:28.8400:55:23.55
65	61	RUI MARTINS	M	25	13	00:55:42.3000:55:31.17
66	70	ANA HENRIQUE	F	45	3	00:55:52.1600:55:49.11
67	72	PEDRO COSTA	M	46	13	00:55:59.9500:55:48.32
68	44	MIGUEL FILIPE PINTO	M	32	14	00:56:01.5900:55:56.51SPRINGKODE
69	83	JÚLIA CALISTO	F	55	4	00:56:19.0100:56:12.51
70	55	JOSE CORREIA	M	59	3	00:56:50.0000:56:50.00
71	86	CARLOS CHANÇA	M	44	15	00:56:55.2700:56:50.94EGGBITE - SPORTS APP TEST TEAM
72	65	DAVID ALMEIDA	M	47	14	00:58:09.5700:58:04.71
73	32	CHEILA NEIVA	F	36	4	00:58:11.7900:58:10.41



74	19	DORA SOUSA	F	42	4	00:58:29.1000:58:23.26
75	93	GUILHERMINA CRUZ	F	53	5	00:58:30.8900:58:24.21RUNTEJO
76	101	CARLA COELHO	F	44	5	00:58:31.2000:58:24.23RUNTEJO
77	71	DARIO LADEIRA	M	31	15	00:59:01.2400:58:55.61
78	47	MIGUEL ANGELO	M	43	16	00:59:15.0300:59:03.49SS CGD
79	109	VANDA FERREIRA	F	41	6	00:59:40.4100:59:37.06A MINHA CORRIDA
80	49	CATARINA AMADOR	F	39	5	00:59:49.2200:59:40.76
81	80	TIAGO ESTEVES	M	35	16	00:59:55.0300:59:47.69
82	21	PAULO FRANÇA	M	57	4	01:00:20.1001:00:18.68UNICRE
83	64	ARLINDO BRÁS	M	55	5	01:00:40.2501:00:37.68
84	56	MARIA DE LOURDES BENTO	F	62	2	01:01:02.2601:01:02.26
85	91	ANDRE MARQUET	M	38	17	01:01:11.6001:01:02.60
86	54	JOSÉ EDUARDO MATOS	M	25	18	01:01:43.5101:01:39.73
87	74	FRANCISCO BEIRAO	M	53	7	01:02:08.7801:01:58.46
88	104	PAULA TOSCANO	F	61	3	01:03:36.4701:03:29.63RUNTEJO
89	58	GERTRUDES NEVES	M	42	17	01:03:37.2101:03:31.43
90	57	NELSON CASTELÔA	M	53	8	01:03:37.3501:03:31.32
91	110	ANDREIA TEODORICO	F	34	6	01:03:40.1001:03:36.66A MINHA CORRIDA
92	42	ANDREIA CLEMENTE	F	36	7	01:04:16.1501:04:12.40
93	96	CARLOS ALVES	M	41	18	01:04:41.8501:04:34.06RUNTEJO
94	67	DORA ARENGA	F	46	7	01:04:53.2201:04:47.71
95	117	PEDRO LUIS	M	35	19	01:04:58.4001:04:48.95
96	118	NEO RODRIGUES	M	35	20	01:04:58.6701:04:58.67
97	87	JOSÉ CATITA	M	60	10	01:05:12.2401:05:02.34
98	119	GILBERTO GONÇALVES	M	70	11	01:05:13.7001:05:07.81AMIGOS BELEM
99	59	CLÁUDIA TAM	F	37	8	01:05:18.2601:05:07.97TRANQUILIDADE ATLETISMO CLUBE
100	11	JOANA DARC CHOURIÇO	F	55	6	01:07:58.3001:07:55.10RUNNINGCLUB SANTA CASA
101	122	ALEXANDRA MIRANDA	F	50	7	01:08:52.0001:08:52.00
102	123	ANA BARATA	F	48	8	01:08:52.0001:08:52.00
103	111	BELA CUNHA	F	41	9	01:10:32.7301:10:22.76A MINHA CORRIDA
104	124	DAVIDE AMADO	M	39	21	01:11:06.0001:11:06.00
105	125	MARISA RODRIGUES	F	40	10	01:11:07.0001:11:07.00
106	126	LUIS PEREIRA	M	47	15	01:12:15.0001:12:15.00
107	17	MÁRIO PIRES	M	60	12	01:12:43.5301:12:33.67

Total de registros: 107