



Class	Num	Nome	Sx	Idd	Pos Escal	Pos Hovione	Sexo	T. Bruto	T. Líquido	Equipe
1	641	RICARDO JORDÃO	M	35	1			00:35:04.10	00:35:03.55	CUA BENAVENTENSE
2	590	TIAGO NOGUEIRA	M	37	2			00:35:07.14	00:35:07.15	AMINHACORRIDA
3	571	JOSÉ SILVA	M	48	1			00:35:41.61	00:35:40.63	ASS VALE GRANDE
4	622	LUIS MANUEL RODRIGUES	M	47	2			00:36:12.01	00:36:08.58	GRCD LEIÃO
5	464	TIAGO CASTELA	M	30	3			00:36:15.11	00:36:15.11	DCI-CCDRP MEALHADA
6	122	NELSON PEREIRA	M	41	1			00:36:27.58	00:36:23.28	GAREHOTELRUNINNG
7	21	DAVID LOPES	M	31	4			00:36:36.83	00:36:36.00	PERFEITA HARMONIA
8	491	BRUNO PIRES	M	36	5			00:36:44.20	00:36:42.94	GDC BANCO PORTUGAL
9	198	NUNO SILVA	M	38	6			00:36:59.15	00:36:57.02	FF PAZ MUNDIAL E UNIFICAÇÃO
10	496	ANTONIO SIMOES	M	48	3			00:37:16.30	00:37:15.75	GDC BANCO PORTUGAL
11	602	JOSE GEADA	M	47	4			00:37:19.41	00:37:18.07	
12	499	FERNANDO MARTINS	M	47	5			00:37:22.38	00:37:22.04	GDC BANCO PORTUGAL
13	313	LUIS REBELO	M	53	1			00:37:34.54	00:37:34.51	FALCÕES SELVAGENS
14	446	PEDRO BURRICA	M	43	2			00:37:40.96	00:37:40.96	GRCD LEIÃO
15	309	HENRIQUE JANOTA	M	45	6			00:37:42.48	00:37:41.21	CARACOIS DE PEDRA
16	110	LUIS CRUZ	M	46	7			00:38:11.62	00:38:11.03	CRUZ E AMIGOS DA CORRIDA
17	333	RAFAEL SEQUEIRA	M	22	7			00:38:14.73	00:38:14.59	CORRER LOURES
18	130	TIAGO MARQUES	M	35	8			00:38:18.38	00:38:15.58	
19	115	ANTONIO SANTOS	M	59	1			00:38:20.60	00:38:19.50	ASS VALE GRANDE
20	647	MARCO QUEDAS	M	34	9			00:38:26.02	00:38:24.13	ARC MEALHADA
21	229	JOAQUIM OLIVEIRA	M	51	2			00:38:28.39	00:38:26.90	CP EDP LISBOA
22	668	ANTONIO FONSECA	M	41	3			00:38:29.56	00:38:26.78	CRUZ E AMIGOS DA CORRIDA
23	515	BRUNO PEREIRA	M	24	10			00:38:32.56	00:38:19.03	
24	49	CARLOS PEREIRA	M	50	3			00:38:39.31	00:38:38.30	CORRER LOURES
25	111	PAULO LOPES	M	49	8			00:38:46.93	00:38:44.12	CRUZ E AMIGOS DA CORRIDA
26	109	VITOR CANDEIAS	M	44	4			00:38:54.76	00:38:54.45	CRUZ E AMIGOS DA CORRIDA
27	152	JOSE SILVA	M	54	4			00:38:58.88	00:38:57.67	AMANTES DA CORRIDA
28	121	NUNO SOARES	M	35	11	1		00:39:04.02	00:38:58.85	
29	465	EDUARDO SANTOS	M	39	12			00:39:11.52	00:39:10.39	GELPEIXE
30	651	SAMUEL CATAS	M	18	13			00:39:17.01	00:39:17.01	ARC MEALHADA
31	594	PEDRO PEREIRA	M	33	14			00:39:17.75	00:39:17.11	AMINHACORRIDA
32	613	RAFAEL VIANA	M	30	15			00:39:21.93	00:39:19.42	
33	343	MIGUEL FERREIRA	M	44	5			00:39:29.82	00:39:23.92	
34	321	NUNO PEREIRA	M	37	16			00:39:33.35	00:39:20.77	OS SALOIOS
35	214	CARLOS FERREIRA	M	46	9			00:39:34.65	00:39:30.30	INFANTADO FC
36	501	LUIS RIO	M	46	10			00:39:37.73	00:39:37.18	GDC BANCO PORTUGAL



37	19	MÁRCIO PIMENTA	M	31	17	2	00:39:59.36	00:39:55.50	
38	549	JOSE BAPTISTA	M	46	11		00:40:00.95	00:39:57.64	GD SANTANDER TOTTA
39	93	RICARDO RAMALHETE	M	40	6		00:40:12.83	00:40:08.67	
40	167	PAULO SANTOS	M	42	7		00:40:23.51	00:40:14.31	SALIOIS
41	459	FERNANDO JORGE CORREIA TAVARES	M	46	12		00:40:28.48	00:40:24.48	OS DUROS
42	151	ANIBAL COSTA	M	47	13		00:40:29.03	00:40:28.22	
43	467	FERNANDO ALMEIDA	M	39	18		00:40:44.21	00:40:39.20	GELPEIXE
44	466	ORLANDO SILVA	M	60	1		00:40:44.33	00:40:41.08	GELPEIXE
45	445	TIAGO FILIPE MARQUES PONTES	M	21	19		00:40:47.00	00:40:36.61	
46	290	SÉRGIO PIRES	M	42	8		00:40:50.25	00:40:47.01	
47	675	SILVINO PATRAO	M	31	20		00:40:57.98	00:40:56.12	
48	485	RICARDO DO VALE	M	26	21		00:41:04.13	00:40:34.44	
49	556	ANASTACIO VALADAS	M	64	2		00:41:05.77	00:41:04.46	GD SANTANDER TOTTA
50	372	CARLOS FERREIRA	M	47	14		00:41:14.98	00:41:12.91	BOADELA
51	219	JOSE CANELA	M	42	9		00:41:15.26	00:41:12.90	INFANTADO FC
52	218	ANTONIO CUNHA	M	39	22		00:41:17.00	00:41:12.77	INFANTADO FC
53	494	JOSE MONTEIRO	M	61	3		00:41:32.30	00:41:24.51	GDC BANCO PORTUGAL
54	215	NUNO HENRIQUES	M	41	10		00:41:35.60	00:41:34.21	INFANTADO FC
55	621	MANUEL ROCHA	M	43	11		00:41:42.30	00:41:42.30	RUNNERS DE KINTAL
56	623	PEDRO TRIGO	M	33	23		00:41:45.22	00:41:37.72	
57	456	NUNO HÉLDER SILVA	M	29	24		00:41:47.35	00:41:36.37	
58	197	RUBEN FORTES	M	35	25		00:41:48.34	00:41:47.45	CLUBE ANA
59	188	PEDRO VICENTE	M	41	12		00:41:48.95	00:41:34.19	PORTUGAL TROTTER
60	206	GONÇALO FERREIRA	M	44	13		00:41:56.14	00:41:44.68	
61	662	JOSE PEREIRA	M	42	14		00:42:01.74	00:41:59.51	
62	503	NUNO PIRES	M	25	26		00:42:05.51	00:42:01.48	GDC BANCO PORTUGAL
63	529	CARLOS NEVES	M	31	27		00:42:06.70	00:42:06.70	
64	212	NUNO SILVA	M	39	28		00:42:07.97	00:42:02.26	INFANTADO FC
65	463	JOAQUIM RAMALHO	M	48	15		00:42:11.05	00:42:09.60	CORRER LISBOA
66	179	ADILSON LINO	M	45	16		00:42:13.70	00:42:13.61	
67	523	JOÃO CARVALHO	M	55	2		00:42:15.18	00:41:48.84	N SCP DE LOURES
68	355	RUI SOVERAL	M	41	15		00:42:15.97	00:42:00.90	CARREGUEIRA RUNNERS
69	546	PAULO ALVES	M	40	16		00:42:18.08	00:42:08.96	GD SANTANDER TOTTA
70	509	LUIS BERNANRDO	M	45	17	3	00:42:22.51	00:41:48.10	
71	281	JOSÉ PINTO	M	55	3		00:42:24.51	00:42:13.24	
72	532	RUBEN CHAVES	M	28	29	4	00:42:24.76	00:42:23.06	BEAR CAVE TRAIL-OCR
73	85	ANGELO GODINHO	M	35	30		00:42:25.47	00:42:17.51	BIGUP



74	221	EDUARDO LUÍS	M	40	17		00:42:30.32	00:42:18.82	ATÓMICOS
75	573	MARCO DUARTE	M	31	31		00:42:42.38	00:42:31.86	
76	176	ANTÓNIO MARÇAL MARÇAL	M	58	4		00:42:51.83	00:42:50.93	
77	350	NUNO SANTOS DE ALMEIDA	M	37	32		00:42:56.76	00:42:40.30	
78	566	RUI DUARTE	M	42	18		00:43:03.35	00:43:02.30	
79	399	MANUEL RODRIGUES	M	58	5		00:43:06.64	00:43:03.28	CA PATAMEIRAS
80	370	VASCO GRILO	M	20	33		00:43:08.16	00:42:34.00	
81	415	JOAQUIM FRADE	M	62	4		00:43:10.35	00:43:08.48	SS CGD
82	349	NELSON PESTANA	M	30	34		00:43:10.93	00:42:36.27	
83	18	CARLOS RESA	M	36	35		00:43:14.04	00:43:07.18	
84	502	JOAO RODRIGUES	M	38	36		00:43:14.84	00:42:41.47	GDC BANCO PORTUGAL
85	181	MIGUEL SOUSA	M	34	37		00:43:14.91	00:42:55.99	
86	108	JOÃO CRUZ	M	55	6	5	00:43:17.26	00:43:17.13	CRUZ E AMIGOS DA CORRIDA
87	397	OSCAR SANTOS	M	61	5		00:43:17.92	00:43:09.77	CA PATAMEIRAS
88	276	HUGO FLORES	M	18	38		00:43:19.63	00:43:02.49	GRCD LEIÃO
89	24	RUDI OLIVEIRA	M	31	39		00:43:19.83	00:42:58.37	
90	81	LUÍS CORREIA	M	42	19	6	00:43:24.69	00:43:21.45	CRIMINALISTIC RUNNERS
91	245	HENRIQUE FERREIRA	M	47	18		00:43:29.96	00:43:15.93	AMCD TITUARIA
92	407	TIAGO PINTO	M	39	40		00:43:31.48	00:43:10.63	
93	648	RICARDO OLIVEIRA	M	18	41		00:43:33.37	00:43:32.67	ARC MEALHADA
94	615	PAULO GOMES	M	44	20		00:43:34.79	00:43:27.80	
95	40	RUI SANTOS	M	43	21		00:43:41.00	00:43:41.00	
96	267	PAULO BOTELHO	M	44	22	7	00:43:49.98	00:43:32.45	JOBRINDE - MONTES SALOIOS
97	68	ALEXANDRE CARDANA	M	35	42		00:43:50.73	00:43:39.74	DIRTRUNNERS
98	500	ANA REBELO	F	25	1		00:43:53.83	00:43:47.98	GDC BANCO PORTUGAL
99	378	ANTONIO COSTA	M	50	5		00:44:06.41	00:43:55.70	GEORUNNERS
100	241	FILIPE BRANCO	M	48	19		00:44:06.68	00:43:53.11	AMCD TITUARIA
101	440	CARLOS SANTOS	M	37	43		00:44:08.66	00:43:44.93	ACD BOCAL
102	493	JOAQUIM FERREIRA	M	57	7		00:44:09.61	00:44:01.76	GDC BANCO PORTUGAL
103	348	JOÃO MARQUES	M	40	23		00:44:10.35	00:43:55.48	CARREGUEIRARUNNERS
104	576	VIRGILIO MADEIRA	M	59	8		00:44:11.88	00:43:54.62	CCD TRANQUILIDADE
105	604	FILIPE ESTANISLAU	M	29	44		00:44:13.08	00:43:43.38	
106	244	LUIS FERREIRA	M	51	6	8	00:44:21.44	00:44:08.42	AMCD TITUARIA
107	498	PEDRO BARREIRAO	M	31	45		00:44:22.32	00:44:19.24	GDC BANCO PORTUGAL
108	342	JOSE MELO	M	42	24		00:44:22.44	00:43:52.75	HOVIONE
109	236	RICARDO TRIGUEIRO	M	35	46	9	00:44:23.38	00:44:07.18	SL BESUNTAS
110	280	PEDRO VIEIRA	M	47	20		00:44:27.01	00:44:23.62	GRUPO CORRER LOURES



111	429	VITOR AZEVEDO	M	39	47		00:44:30.59	00:44:22.86	OS SALOIOS
112	178	VITOR CUNHA	M	34	48		00:44:33.29	00:44:27.35	
113	617	CARLOS BATISTA	M	44	25		00:44:35.69	00:44:29.13	
114	200	HELENA MOREIRA	F	41	1		00:44:41.23	00:44:38.99	CARACÓIS DE PEDRA
115	589	ANTÓNIO ALMEIDA	M	38	49		00:44:42.13	00:44:37.44	
116	84	RUBEN COTRIM	M	27	50		00:44:42.68	00:44:33.47	DIRTRUNNERS
117	251	CARLOS MARTINS	M	44	26		00:44:46.95	00:44:41.05	CCDCAM
118	162	JOAO HEITOR	M	67	6		00:44:49.34	00:44:38.10	AGUIAS DE PAÇO DE ARCOS
119	396	SERGIO MONTES	M	40	27		00:44:53.51	00:44:41.75	
120	161	ÁLVARO RAMOS FERREIRA	M	36	51	10	00:44:55.62	00:44:24.28	
121	126	FILIPE VICENTE	M	45	21		00:44:56.25	00:44:41.19	
122	478	JOSÉ CHARRUA	M	38	52	11	00:44:56.60	00:44:55.94	
123	650	VITOR FERREIRA	M	72	7		00:44:58.13	00:44:55.44	ARC MEALHADA
124	213	PEDRO FERREIRA	M	41	28		00:44:58.24	00:44:54.45	INFANTADO FC
125	312	JOÃO LOPES	M	34	53		00:44:58.43	00:44:38.70	
126	259	PEDRO PEDRO	M	33	54	12	00:44:58.52	00:44:52.40	CCDCAM
127	220	FERNANDO REIS	M	47	22		00:44:58.55	00:44:55.73	INFANTADO FC
128	535	SÉRGIO NUNES	M	41	29		00:44:58.71	00:44:33.82	MARVILA JOVEM
129	624	JOSÉ SILVA	M	34	55		00:44:59.00	00:44:54.57	FF PAZ MUNDIAL E UNIFICAÇÃO
130	196	JOAO COSTA	M	47	23		00:45:03.63	00:44:48.69	
131	608	AFONSO RODRIGUES	M	39	56		00:45:08.34	00:45:01.44	GDCF RUNNING TEAM
132	441	MARCO BATISTA	M	36	57		00:45:11.12	00:44:41.23	ACD BOCAL
133	207	ANTÓNIO AMARAL	M	40	30		00:45:19.15	00:45:11.36	GUIZO RUNNERS
134	384	FRANCISCO AZEVEDO	M	18	58		00:45:19.25	00:45:06.03	
135	449	DAVID BOITA	M	35	59		00:45:21.35	00:44:51.34	GRCD LEIÃO
136	310	JOÃO RIBEIRA	M	39	60		00:45:22.28	00:45:17.91	CAPTAIN FLY
137	299	QUIM SANDE	M	58	9		00:45:23.86	00:44:58.72	
138	522	GILBERTO ROCHA	M	30	61		00:45:29.78	00:44:52.31	
139	425	JOSÉ AUGUSTO	M	56	10		00:45:32.27	00:45:22.90	FALCÕES SELVAGENS
140	142	VICENTE BÔTO	M	45	24		00:45:32.51	00:45:29.23	CORRER LISBOA
141	265	CLÁUDIO DIAS	M	44	31		00:45:38.00	00:45:37.57	
142	586	FERNANDO CELESTINO	M	59	11		00:45:39.86	00:45:26.07	CCD TRANQUILIDADE
143	287	JOÃO FERNANDES	M	37	62		00:45:40.42	00:45:23.51	
144	331	BRUNO PANDAIO	M	41	32		00:45:48.45	00:45:45.08	DOLCE FURADOURO
145	272	MIGUEL OLIVEIRA	M	43	33		00:45:51.66	00:45:44.95	CORRER LISBOA
146	637	ANTÓNIO FERNANDES	M	61	8		00:45:56.13	00:45:47.62	A VALE SILENCIO
147	495	ADELINO SEMEDO	M	64	9		00:46:00.39	00:45:51.86	GDC BANCO PORTUGAL



148	654	NICOLAS SANDON	M	39	63		00:46:05.53	00:45:28.04	
149	16	RUI MARTINS	M	46	25	13	00:46:07.73	00:45:53.52	OS SALOIOS
150	242	EDGAR FRANCISCO	M	52	7		00:46:09.92	00:45:56.51	AMCD TITUARIA
151	278	JOÃO VILARES	M	33	64		00:46:10.27	00:45:47.89	
152	233	TIAGO FERNANDES	M	34	65		00:46:11.20	00:45:36.80	
153	567	EDUARDO PINTO	M	36	66		00:46:11.51	00:46:05.00	
154	77	TELMO LOPES	M	43	34		00:46:15.32	00:46:11.45	CORRER LOURES
155	13	PEDRO ANTUNES	M	42	35		00:46:18.53	00:45:43.94	OS ANTUNES
156	261	RUI MELO	M	47	26		00:46:21.24	00:46:14.88	CCDCAM
157	619	TOMAS MARTINS	M	24	67		00:46:21.60	00:46:01.14	
158	59	LUIS BAIXINHO	M	34	68		00:46:22.11	00:45:59.19	C MILLENNIUM BCP
159	146	IVONE DUARTE	F	37	2		00:46:22.23	00:46:06.80	
160	185	FRANCISCO GUERRA	M	37	69		00:46:32.15	00:46:24.18	ESTORIL
161	274	MANUEL FIGUEIREDO	M	30	70		00:46:32.42	00:46:23.20	
162	91	FILIPE VALE	M	33	71		00:46:40.94	00:46:15.07	
163	106	PAULO CARVALHO	M	41	36	14	00:46:42.65	00:46:12.97	
164	422	INÊS PINTO DA SILVA	F	28	3	15	00:46:48.27	00:46:37.76	
165	249	ANDRE MOTA	M	41	37		00:46:51.19	00:46:36.36	AMCD TITUARIA
166	587	NELSON MOTA	M	47	27		00:46:53.96	00:46:20.57	CCD TRANQUILIDADE
167	256	MIGUEL VINAGRE	M	42	38		00:46:56.70	00:46:26.78	CCDCAM
168	166	NUNO MOREIRA	M	42	39		00:47:01.77	00:46:47.28	CORRER LISBOA
169	547	LUIS GOMES	M	45	28		00:47:06.57	00:46:58.20	GD SANTANDER TOTTA
170	316	JORGE FERREIRA	M	59	12		00:47:08.99	00:47:08.99	HOVIONE
171	389	CARLOS MARINHO	M	37	72		00:47:09.23	00:46:51.40	
172	80	FERNANDO RODRIGUES	M	42	40	16	00:47:09.86	00:47:01.44	CRIMINALISTIC RUNNERS
173	409	BRUNO DIAS	M	41	41		00:47:11.58	00:47:05.08	SS CGD
174	460	VITOR MONTEIRO	M	55	13		00:47:16.15	00:47:11.68	OS DUROS
175	362	ZSOMBOR CZECHON	M	23	73		00:47:16.38	00:46:54.22	
176	123	FERNANDO TORRES	M	55	14		00:47:16.66	00:47:15.57	GAREHOTELRUNINNG
177	514	AUGUSTO FERNANDES	M	62	10	17	00:47:18.67	00:46:44.32	AMADORA
178	14	VERA DUARTE	F	45	2		00:47:19.81	00:47:17.06	CORRER LISBOA
179	17	ALVARO GOMES	M	44	42		00:47:21.10	00:47:16.00	TERRAS FUNDEIRAS
180	432	NUNO MACHADO	M	36	74		00:47:23.91	00:47:18.49	GUIZO RUNNERS
181	225	JOSÉ EUSÉBIO	M	49	29		00:47:26.31	00:47:21.68	GUIZO RUNNERS
182	128	FERNANDO LOPO	M	66	11		00:47:26.92	00:47:21.69	NA VIALONGA
183	105	FILIPE SILVA	M	40	43		00:47:29.27	00:46:57.01	
184	553	JOSE PEREIRA	M	48	30		00:47:29.27	00:46:55.66	GD SANTANDER TOTTA



185	630	GONÇALO DUARTE	M	30	75	18	00:47:32.32	00:47:05.20	GDC BANCO PORTUGAL
186	526	NUNO COELHO	M	49	31		00:47:33.66	00:46:57.85	ADCR PJ
187	257	NUNO SIMÕES	M	40	44		00:47:34.50	00:47:22.36	CCDCAM
188	562	ANDRÉ NOIVO	M	34	76		00:47:37.22	00:47:26.63	ZIPALHO TEAM
189	246	PAULO TOMAS	M	45	32		00:47:41.36	00:47:26.98	AMCD TITUARIA
190	253	JOÃO VIEIRA	M	59	15		00:47:43.20	00:47:11.84	CCDCAM
191	600	HUGO ALMEIDA	M	33	77		00:47:45.27	00:47:25.64	
192	674	GORETI VALENTE	M	40	45		00:47:46.66	00:47:37.37	
193	419	NOEMIA SEQUEIRA	F	50	1	19	00:47:46.98	00:47:28.61	SS CGD
194	455	MARCIO TEMTEM	M	36	78		00:47:48.56	00:47:17.11	
195	388	MANUEL FIDALGO	M	65	12		00:47:50.40	00:47:39.30	
196	394	LUIS C PEREIRA	M	36	79	20	00:47:51.07	00:47:42.92	
197	15	DAVID VEIGA	M	37	80		00:47:51.74	00:47:40.19	
198	10	PEDRO PEREIRA	M	51	8		00:47:53.45	00:47:27.55	C MILLENNIUM BCP
199	173	VITOR TEIXEIRA	M	50	9	21	00:47:54.04	00:47:52.18	CORRER LISBOA
200	217	HUGO RIBEIRO	M	42	46		00:48:01.01	00:47:55.29	INFANTADO FC
201	442	JOÃO BATISTA	M	41	47		00:48:01.67	00:48:01.67	ACD BOCAL
202	314	NUNO CARDOSO	M	47	33		00:48:01.93	00:47:51.24	
203	625	JOAQUIM MENDES MENDES	M	54	10		00:48:02.70	00:47:52.43	
204	382	DORA SIMOES	F	43	3	22	00:48:06.11	00:47:52.41	OS SALOIOS
205	628	DAVID PINTO	M	25	81		00:48:10.91	00:47:52.29	
206	255	MARCO BASTOS	M	38	82		00:48:10.97	00:47:40.15	CCDCAM
207	180	JOEL MÓSCA	M	50	11		00:48:13.03	00:48:00.64	
208	211	HENRIQUE PEREIRA	M	42	48		00:48:13.34	00:48:01.91	
209	664	JOAO GARCIA	M	31	83		00:48:15.20	00:48:05.40	
210	38	ANA JOSE	F	45	4		00:48:15.38	00:47:39.96	PNVTEAM
211	37	LUIS JOSE	M	48	34		00:48:16.61	00:47:41.48	PNVTEAM
212	186	JOÃO FRADE	M	45	35		00:48:17.90	00:48:07.39	
213	332	CARLOS SEQUEIRA	M	50	12		00:48:18.92	00:48:16.84	CORRER LOURES
214	34	JOÃO CANHOTO	M	48	36		00:48:19.98	00:48:12.96	CORRER LOURES
215	351	RICARDO CAMPOS	M	42	49		00:48:20.24	00:48:10.45	DESPORTIVO DE ODIVELAS
216	507	JOAO FERREIRA	M	58	16		00:48:21.19	00:47:46.61	
217	195	AURELIO ARAUJO	M	49	37		00:48:22.43	00:48:10.17	
218	616	PAULA GOMES	F	43	5		00:48:24.22	00:48:17.03	
219	443	ERNESTO GUIA	M	64	13		00:48:26.46	00:47:55.89	ACD BOCAL
220	488	DIOGO SOUSA	M	18	84		00:48:27.64	00:48:01.57	
221	237	PEDRO QUADRIO	M	45	38		00:48:30.02	00:47:53.31	BRUXOS RUNNERS



222	155	FRANCISCO MATA	M	40	50		00:48:30.07	00:48:30.07	
223	369	TIAGO MARQUES	M	31	85		00:48:30.96	00:48:05.40	
224	210	RENATO FRANCO	M	40	51		00:48:32.79	00:48:22.89	
225	398	RUTE SANTOS	F	51	2		00:48:32.97	00:48:23.96	CA PATAMEIRAS
226	39	ORLANDO FERREIRA	M	48	39		00:48:35.38	00:48:29.46	CORRER LOURES
227	192	ALMERINDO SILVA	M	58	17		00:48:35.62	00:48:14.11	ADC CATUJAL
228	29	HELENA PINTO	F	46	6		00:48:36.15	00:48:33.22	CORRER LOURES
229	450	JOSÉ CRUZ	M	47	40		00:48:38.87	00:47:57.82	
230	644	MIGUEL ROBIN	M	46	41		00:48:39.09	00:48:28.47	
231	224	LUIS SOUSA	M	43	52		00:48:39.71	00:48:25.85	MATAGALGÕES
232	430	NUNO MIGUEL LOURENÇO MATEUS	M	35	86		00:48:39.97	00:48:16.93	
233	480	TIAGO DANIEL SANTOS MARQUES	M	27	87		00:48:42.55	00:48:34.86	CORRER LISBOA
234	132	MAXIMIANO SANTOS	M	54	13		00:48:43.93	00:48:12.61	
235	318	NUNO FONTES	M	31	88		00:48:46.12	00:48:35.98	
236	479	NUNO MOREIRA	M	36	89		00:48:48.44	00:48:30.58	ALVERCA URBAN RUNNERS
237	410	CARLOS LEITAO	M	54	14		00:48:48.62	00:48:29.86	SS CGD
238	338	FÁBIO RODRIGUES	M	30	90		00:48:54.60	00:48:49.89	
239	293	ANDRÉ GOMES	M	26	91		00:48:56.16	00:48:30.21	
240	577	FILIPE SILVA	M	40	53	23	00:48:56.47	00:48:32.43	CCD TRANQUILIDADE
241	87	FILIPE GINJA DUARTE	M	32	92		00:48:57.64	00:48:08.20	
242	164	RICARDO SIMÕES	M	40	54		00:49:01.38	00:48:43.35	RUNNERS4LIFE
243	434	TIAGO MARTINS	M	40	55		00:49:01.94	00:48:54.67	CAPTAIN FLY
244	305	SÉRGIO CAMPOS	M	50	15		00:49:02.20	00:48:43.23	
245	147	RICARDO LOURENÇO	M	37	93		00:49:03.91	00:48:38.24	MONTANELAS RUNNING TEAM
246	525	ORLINDO FIGUEIREDO	M	70	14		00:49:04.96	00:49:02.79	SS CGD
247	294	SOFIA LOURENÇO	F	26	4		00:49:06.30	00:48:42.48	
248	593	VITOR SILVA	M	52	16		00:49:11.06	00:48:46.71	AMINHACORRIDA
249	57	MÁRIO BORDALO	M	29	94	1	00:49:12.03	00:48:53.88	
250	403	JOÃO AMORIM	M	29	95		00:49:12.86	00:48:46.44	TOA
251	193	JOÃO PASSEIRO	M	55	18		00:49:18.80	00:48:54.69	ADC CATUJAL
252	334	RAFAEL SOUSA	M	18	96		00:49:20.02	00:49:12.05	POLICE CHALLENGE TEAM
253	610	FILIPE MATEUS	M	30	97		00:49:25.81	00:49:12.06	
254	363	TIAGO FARIA	M	25	98		00:49:27.03	00:49:05.84	
255	565	PAULA LEMOS	F	51	3		00:49:30.79	00:49:29.93	
256	634	SERGIO JESUS	M	50	17		00:49:32.91	00:49:17.47	
257	258	PEDRO FERNANDES	M	33	99		00:49:34.63	00:49:27.77	CCDCAM
258	285	LEONEL BRANDÃO	M	50	18		00:49:34.69	00:49:10.91	C MILLENNIUM BCP



259	125	CARLOS LEÃO	M	58	19		00:49:35.03	00:49:23.00	CORRER LISBOA
260	201	LURDES GONÇALVES	F	50	4		00:49:37.18	00:49:31.84	
261	417	LUIS TAVARES	M	48	42		00:49:42.53	00:49:21.38	SS CGD
262	204	LUÍS SANTOS	M	43	56		00:49:42.70	00:49:37.06	GUIZO RUNNERS
263	518	TIAGO HENRIQUES	M	26	100		00:49:43.88	00:49:13.40	HOVIONE
264	223	ANTONIO MELGAO	M	38	101		00:49:46.22	00:49:08.46	
265	32	MARIA GONÇALVES	F	45	7	24	00:49:47.91	00:49:38.46	OS SALOIOS
266	477	RODRIGO OLIVEIRA	M	68	15	25	00:49:48.54	00:49:23.63	SC CASAINHOS
267	452	JOAQUIM AMARAL	M	43	57		00:49:49.08	00:49:28.33	GRCD LEIÃO
268	64	RENATO MATOS	M	42	58		00:49:57.75	00:49:45.43	
269	329	PEDRO FERREIRA	M	45	43		00:49:57.98	00:49:39.97	ALVERCA URBAN RUNNERS
270	31	FERNANDO OLIVEIRA	M	50	19		00:50:04.40	00:49:56.81	
271	273	MARTINHO DIAS	M	42	59		00:50:05.34	00:50:03.30	CORRER LISBOA
272	169	ANA MARTINS	F	51	5		00:50:05.50	00:49:46.30	FALCÕES SELVAGENS
273	582	FRANCISCO PEREIRA	M	51	20		00:50:08.51	00:49:35.30	CCD TRANQUILIDADE
274	373	FÁBIO JÚLIO	M	29	102		00:50:09.59	00:49:21.16	OS MANGAS
275	458	VICTOR SANTOS	M	43	60		00:50:10.33	00:49:58.48	
276	70	PEDRO MARCOS	M	34	103		00:50:10.37	00:49:42.34	
277	536	NUNO FERREIRA	M	35	104	26	00:50:12.56	00:49:46.90	MARVILA JOVEM
278	564	ANTÓNIO CASAS NOVAS	M	39	105	27	00:50:18.65	00:49:40.90	
279	62	JORGE ROCHA	M	39	106		00:50:18.65	00:49:54.38	
280	325	LUIS ALMEIDA	M	31	107		00:50:21.49	00:49:59.32	ALMEIDA BROTHERS
281	324	CARLOS ALMEIDA	M	35	108		00:50:22.57	00:50:04.13	ALMEIDA BROTHERS
282	275	ANA CARDOSO	F	29	5		00:50:25.27	00:50:15.62	
283	578	TAM AFONSO	M	65	16		00:50:29.73	00:50:06.86	CCD TRANQUILIDADE
284	100	JOÃO SEQUEIRA	M	27	109		00:50:31.06	00:50:15.72	
285	614	SÉRGIO RAFAEL FIGUEIRA OLIVEIRA	M	35	110		00:50:32.38	00:50:32.38	ALDEIA DE PAIO PIRES
286	612	VLADIMIR KOPTEV	M	40	61	28	00:50:33.50	00:49:58.87	
287	235	CESAR LADEIRO	M	34	111		00:50:41.37	00:49:56.98	
288	461	MANUEL COITO	M	38	112		00:50:42.05	00:50:31.52	
289	354	JOSÉ BORGES	M	55	20	29	00:50:42.12	00:50:38.74	
290	508	BRUNO BARROS	M	37	113		00:50:42.28	00:50:31.45	
291	133	JAIR PALAZZIN	M	49	44		00:50:46.03	00:50:46.03	T SHIRT BACANA
292	284	FREDERICO MORAIS	M	38	114		00:50:46.64	00:50:31.59	
293	144	CARLOS MORAIS	M	52	21		00:50:48.13	00:50:39.11	
294	437	JULIETA MOTA	F	45	8		00:50:50.43	00:50:25.63	AS PRIMEIRAS
295	470	JOÃO D'ALMEIDA	M	41	62		00:50:51.63	00:50:22.80	CAA BELÉM



296	360	NELSON MOREIRA	M	33	115		00:51:05.12	00:51:00.36	CORRER LOURES
297	511	JOAO FERNANDES	M	34	116		00:51:05.70	00:50:48.94	
298	575	CARLOS BARGADO	M	53	22		00:51:05.94	00:50:51.52	CCD TRANQUILIDADE
299	583	JOAO SERRA	M	46	45		00:51:07.02	00:50:57.07	CCD TRANQUILIDADE
300	618	SUSANA SALDANHA	F	28	6		00:51:08.77	00:50:41.64	
301	609	ALEXANDRE DRAKE	M	50	23		00:51:12.12	00:50:33.44	OS GALGOS
302	516	VITOR TEIXEIRA	M	45	46	2	00:51:12.28	00:51:08.20	
303	640	FRANCISCO BANDO	M	67	17		00:51:17.00	00:51:00.59	
304	231	JOÃO BENTO	M	35	117		00:51:18.56	00:51:07.22	
305	638	JOSE MONTEIRO	M	61	18		00:51:18.81	00:51:02.20	
306	58	PEDRO OLIVEIRA	M	39	118	30	00:51:20.58	00:50:58.39	
307	361	SOFIA BARATA	F	37	7		00:51:21.34	00:50:52.64	
308	431	LÚCIA TOBIAS	F	31	8		00:51:21.66	00:51:12.58	
309	53	FERNANDO MANUEL CLAUDINO	M	65	19		00:51:23.78	00:51:09.37	BRUNO SEMPRE
310	148	INÉS BERNARDO	F	36	9	3	00:51:25.13	00:50:58.99	C MILLENNIUM BCP
311	344	VITOR LOURENÇO	M	50	24		00:51:28.73	00:51:03.80	JOBRINDE - MONTES SALOIOS
312	61	RICARDO COSTA	M	37	119		00:51:31.73	00:51:03.38	
313	153	RUI SILVA	M	54	25		00:51:35.69	00:51:13.33	FALCÕES SELVAGENS
314	413	FRANCISCO CLERIGO	M	64	20		00:51:36.06	00:51:15.70	SS CGD
315	497	GINA CHEIO	F	47	9		00:51:40.23	00:51:36.26	GDC BANCO PORTUGAL
316	114	HUGO MIGUEL VIEIRA	M	40	63		00:51:45.50	00:51:00.56	
317	307	ANDRÉ NUNES	M	27	120		00:51:46.91	00:51:18.94	
318	505	JOAO SILVA	M	39	121		00:51:48.88	00:51:35.00	GDC BANCO PORTUGAL
319	216	ANTONIO PICARETA	M	41	64		00:51:50.99	00:51:44.36	INFANTADO FC
320	633	ANTONIO MARTINS	M	53	26		00:51:58.05	00:51:38.89	
321	457	MIGUEL MARQUES	M	57	21		00:52:01.59	00:51:45.11	
322	51	AIRES ILDEFONSO	M	63	21		00:52:05.82	00:51:39.02	Cabeleireiro Moda Jovem
323	462	ANA BARREIROS	F	35	10		00:52:08.51	00:51:52.29	AGRUPAMENTO DOS IVOS
324	262	RUI TOMÁS	M	47	47		00:52:09.45	00:52:01.75	CCDCAM
325	168	LUIS REIS	M	55	22		00:52:10.15	00:51:47.21	FALCÕES SELVAGENS
326	421	SANDRO COSTA	M	37	122		00:52:12.95	00:52:12.95	SS CGD
327	414	FRANCISCO VIEIRA	M	49	48		00:52:14.79	00:51:58.08	SS CGD
328	359	MATEUS DOS SANTOS	M	24	123		00:52:15.24	00:51:56.48	
329	504	ANA MARTINS	F	42	10		00:52:16.17	00:52:04.31	GDC BANCO PORTUGAL
330	340	TÂNIA CABRITO	F	35	11	31	00:52:17.05	00:51:51.99	
331	254	LÚISA MOURÃO	F	38	12		00:52:17.91	00:52:08.71	CCDCAM
332	552	LINO OLIVEIRA	M	72	22		00:52:19.48	00:52:09.88	GD SANTANDER TOTTA



333	202	NUNO SÍLVIO FERREIRA	M	38	124		00:52:23.63	00:52:18.39	
334	289	PEDRO BARROSO	M	36	125		00:52:30.91	00:52:17.59	
335	25	CARLOS DIAS	M	62	23		00:52:32.17	00:52:05.79	
336	469	ANDRE LOPES	M	30	126		00:52:32.96	00:51:56.97	GELPEIXE
337	665	RUI ALMEIDA	M	46	49		00:52:33.00	00:52:06.95	
338	521	NUNO MADUREIRA	M	37	127		00:52:36.37	00:52:04.10	
339	301	MIGUEL MELO	M	50	27	32	00:52:37.82	00:52:23.20	
340	269	DIOGO SANTOS	M	18	128		00:52:49.46	00:52:46.75	CARACOIS DE PEDRA
341	199	PEDRO MACEDO	M	35	129		00:52:50.28	00:52:36.91	CARACÓIS DE PEDRA
342	56	PAULO ROSA	M	53	28		00:52:50.39	00:52:41.99	
343	268	LUIS SANTOS	M	45	50		00:52:50.93	00:52:48.27	CARACÓIS DE PEDRA
344	375	JOÃO OLIVEIRA	M	35	130		00:52:51.42	00:52:04.80	OS MANGAS
345	158	RUI SERAFIM	M	45	51		00:52:56.10	00:52:29.50	LX RUN
346	83	SÍLVIA LIMA	F	51	6		00:52:57.62	00:52:51.68	CRIMINALISTIC RUNNERS
347	667	LUÍS BOLETO	M	41	65		00:53:10.79	00:52:35.50	
348	177	CLÁUDIA MENDONÇA	F	40	11		00:53:11.80	00:52:57.24	
349	426	RICARDO SILVA	M	26	131		00:53:14.00	00:53:03.34	FALCÕES SELVAGENS
350	568	FÁBIO MARQUES	M	28	132		00:53:14.72	00:52:53.77	
351	635	PAULO MARTINS	M	48	52		00:53:17.09	00:53:10.45	INFANTADO FC
352	283	ALEXANDRE QUADRIO	M	47	53		00:53:27.12	00:53:23.07	
353	605	NUNO EMÍDIO	M	39	133		00:53:29.43	00:53:00.69	GESTIRUNNER
354	150	FILIPA BRANDÃO	F	41	12		00:53:30.30	00:53:25.80	CORRER LOURES
355	174	VANDA PEREIRA	F	41	13		00:53:30.82	00:53:01.36	
356	222	PEDRO FILIPE	M	46	54		00:53:34.55	00:53:09.66	
357	364	PAULO FILIPE	M	43	66		00:53:34.86	00:53:08.91	
358	66	NUNO REBELO	M	38	134	33	00:53:37.35	00:53:01.42	
359	474	JOSÉ ANDRADE	M	49	55		00:53:45.34	00:53:41.65	CORRER LOURES
360	317	LUCIANO REIS	M	58	23	34	00:53:48.74	00:53:06.20	
361	22	JOÃO MARGAÇA	M	44	67		00:53:49.47	00:53:45.68	
362	44	SANDRA CRUZ	F	42	14		00:53:51.39	00:53:37.86	OS SALOIOS
363	286	CARLOS MANUEL OLIVEIRA	M	55	24		00:53:53.32	00:53:38.12	
364	563	SOFIA FRANÇA	F	37	13		00:53:53.93	00:53:44.00	ZIPALHO TEAM
365	476	HUMBERTO SOEIMA	M	32	135		00:53:54.30	00:53:18.80	
366	42	FILIPA FRANCISCO	F	41	15		00:53:57.14	00:53:41.85	
367	296	ELISABETE ASSUNÇÃO	F	47	16		00:54:02.27	00:53:45.88	
368	117	CARLOS DIOGO	M	47	56		00:54:06.06	00:53:13.95	
369	124	MÁRIO ROGADO	M	38	136		00:54:10.38	00:53:58.43	CORRER LISBOA



370	444	PEDRO COELHO	M	40	68	35	00:54:16.05	00:54:09.16	CAPTAIN FLY
371	451	ANGELICA GAFANHA	F	45	17		00:54:20.33	00:53:59.74	GRCD LEIÃO
372	182	NUNO MOLERO	M	45	57		00:54:22.02	00:54:14.43	
373	433	NUNO CAMPISO	M	41	69		00:54:34.19	00:54:01.20	HOVIONE
374	311	LUÍS SOBRAL	M	55	25		00:54:35.36	00:54:24.06	
375	607	PEDRO FLORES	M	42	70	36	00:54:37.91	00:54:15.24	ALVERCA URBAN RUNNERS
376	412	FERNANDO ALVES	M	56	26	37	00:54:51.64	00:54:10.23	SS CGD
377	160	CAROLINA SOBRAL	F	26	14	38	00:54:55.17	00:54:23.87	
378	102	JOÃO DE ABREU	M	36	137		00:54:59.86	00:54:54.47	CORRER LOURES
379	475	ANGELA SANTOS	F	30	15	4	00:55:12.15	00:54:36.73	
380	232	HUGO SANTA MARIA	M	41	71		00:55:12.23	00:54:59.57	SANTA MARIA
381	319	RICARDO LEITÃO	M	35	138		00:55:19.49	00:55:07.72	OS SALOIOS
382	347	ANA NETO	F	39	16		00:55:20.24	00:54:44.24	
383	542	PEDRO DIAS	M	46	58		00:55:26.62	00:55:17.91	GD SANTANDER TOTTA
384	165	HELENA PEREIRA	F	41	18		00:55:27.78	00:55:14.09	
385	135	JOSÉ BAIXINHO	M	60	24		00:55:30.17	00:55:09.38	SANTIAGO FC
386	228	BRUNO HENRIQUES	M	40	72		00:55:39.84	00:55:12.66	
387	227	ANDRÉ BARBOSA	M	29	139		00:55:42.20	00:55:37.06	QA HOTWHEELS
388	528	HUGO SERAFIM	M	35	140	39	00:55:45.29	00:55:07.30	FALCÕES SELVAGENS
389	527	JOSÉ CAEIRO	M	26	141		00:55:46.30	00:55:05.64	FALCÕES SELVAGENS
390	279	CRISTINA PITA	F	30	17		00:55:46.96	00:55:25.50	
391	140	NÂNCI BÔTO	F	25	18		00:55:48.02	00:55:41.82	CORRER LISBOA
392	170	RUI PEREIRA	M	48	59		00:55:50.59	00:55:18.19	FALCÕES SELVAGENS
393	472	HUGO MONTEIRO	M	38	142		00:55:51.04	00:55:19.54	H&S
394	191	LUIS NABAIS	M	36	143		00:55:53.27	00:55:47.42	
395	366	CLÁUDIO MILHEIRO	M	41	73		00:55:53.33	00:55:35.73	
396	190	ANABELA RUIVO	F	45	19		00:55:54.00	00:55:45.14	
397	288	CATARINA PONTES	F	43	20		00:55:54.25	00:55:32.48	CORRER LISBOA
398	97	ALEXANDRA PESTANA	F	46	21		00:55:56.32	00:55:33.85	
399	558	CARLOS PEREIRA	M	44	74		00:56:01.21	00:55:51.82	GD SANTANDER TOTTA
400	550	LUIS MILHEIRO	M	58	27		00:56:02.35	00:55:52.30	GD SANTANDER TOTTA
401	561	MIGUEL COSTA	M	18	144		00:56:04.47	00:56:04.47	GD SANTANDER TOTTA
402	320	ARTUR BENTO	M	38	145		00:56:07.22	00:55:54.63	OS SALOIOS
403	390	JOAQUIM MARQUES	M	44	75		00:56:08.12	00:55:44.26	OS BOLHA NO PÉ
404	92	HELDER SANTOS	M	40	76		00:56:08.44	00:56:03.35	CORRER LISBOA
405	385	FILIPA FEITEIRA	F	36	19		00:56:10.62	00:55:48.21	OS BOLHA NO PÉ
406	448	JOSÉ MARTINS BARATA	M	75	25		00:56:13.04	00:56:05.36	GRCD LEIÃO



407	141	ANA RITA BÔTO	F	40	22	00:56:16.19	00:56:09.70	CORRER LISBOA	
408	631	CORNELIA LACKNER	F	49	23	00:56:25.09	00:56:02.09	MOITA RUNNING	
409	95	RAQUEL ROCHA	F	29	20	00:56:25.33	00:56:14.47		
410	543	RITA RAMOS	F	38	21	00:56:32.78	00:56:07.30	GD SANTANDER TOTTA	
411	323	ANA ROCHA	F	25	22	00:56:33.85	00:56:06.56	CORRER LISBOA	
412	512	ISABEL FARIA	F	31	23	00:56:33.99	00:56:13.75		
413	291	PAULO JERÓNIMO	M	55	28	00:56:38.20	00:55:58.12		
414	136	JUDITE BAIXINHO	F	32	24	00:56:42.42	00:56:21.62	SANTIAGO FC	
415	63	CAMILA ROCHA	F	37	25	00:56:45.05	00:56:20.31		
416	383	PEDRO FONTES	M	38	146	00:56:45.50	00:56:20.76	OS BOLHA NO PÉ	
417	386	PAULA SANTOS	F	45	24	00:56:45.61	00:56:21.76	OS BOLHA NO PÉ	
418	341	GILBERTO GONÇALVES	M	99	26	00:56:48.28	00:56:20.33	CAA BELÉM	
419	337	PLINIO MARQUES	M	40	77	00:56:48.60	00:56:18.18		
420	250	LUÍZ RIBEIRO ROSA	M	65	27	00:56:49.70	00:56:20.08	CAA BELÉM	
421	489	RUI ZENOGLIO	M	44	78	00:56:52.90	00:56:24.02		
422	172	JOSE PEREIRA	M	20	147	00:56:53.10	00:55:59.42	MONTANELAS RUNNING TEAM	
423	226	CARLOS HORTA	M	55	29	40	00:56:54.05	00:56:48.94	QA HOTWHEELS
424	371	DAVID VIEGAS	M	28	148	00:56:55.62	00:56:36.66		
425	655	STEVEN FIELDS	M	57	30	00:57:00.78	00:56:24.61		
426	45	ANTONIO BARBAS	M	50	29	00:57:01.13	00:56:42.61		
427	666	JORGE COSTA	M	43	79	41	00:57:07.27	00:56:29.87	
428	297	ÓSCAR ASSUNÇÃO	M	49	60	00:57:07.65	00:56:51.04		
429	368	ANTONINA HONRADO	F	29	26	42	00:57:09.17	00:56:50.34	NINA HONRADO
430	252	CARLOS SILVA	M	54	30	00:57:11.02	00:57:06.61	CCDCAM	
431	531	PAULA CUNHA	F	37	27	00:57:13.69	00:56:54.07	DN RUNNERS	
432	139	JOÃO FERREIRA	M	29	149	00:57:15.13	00:56:57.33		
433	569	NELSON GRAÇA	M	30	150	00:57:15.96	00:56:55.42		
434	490	VERA TRINDADE	F	27	28	00:57:20.52	00:57:03.05		
435	591	TINA OLIVEIRA	F	54	7	00:57:31.91	00:57:15.62	AMINHACORRIDA	
436	143	EDGAR GONÇALVES	M	38	151	00:57:37.01	00:57:28.38		
437	629	CATARINA RAMOS	F	28	29	00:57:45.51	00:57:30.68	GDC BANCO PORTUGAL	
438	298	ADELINA BRUM	F	49	25	00:57:53.38	00:57:48.60	CORRER LOURES	
439	391	VANESSA BEM	F	31	30	00:57:57.31	00:57:41.84		
440	447	FERNANDO PESTANA	M	71	28	00:58:04.88	00:58:04.88	GRCD LEIÃO	
441	12	SOFIA ANTUNES	F	38	31	5	00:58:06.60	00:57:32.15	OS ANTUNES
442	234	PAULA COSTA	F	44	26	00:58:10.03	00:57:52.36		
443	584	LUIS SILVA	M	44	80	00:58:10.12	00:57:31.33	CCD TRANQUILIDADE	



444	585	ISABEL MOTA	F	44	27		00:58:12.69	00:57:52.38	CCD TRANQUILIDADE
445	138	MAGDA FERREIRA	F	29	32		00:58:20.45	00:58:03.37	
446	540	LUIS COITO	M	47	61		00:58:24.99	00:58:03.97	GD SANTANDER TOTTA
447	116	CARLA PINTO FERNANDES	F	41	28		00:58:29.78	00:58:26.76	CORRER LISBOA
448	69	RICARDO MARQUES	M	37	152		00:58:36.05	00:57:49.48	
449	365	PEDRO LOPES	M	42	81		00:58:52.56	00:58:39.95	STRAVISTA VP
450	60	MARIA DO CÉU FERREIRA RIBEIRO DUARTE	F	49	29		00:58:54.60	00:58:50.53	CORRER LOURES
451	78	CRISTINA REBOLA	F	44	30		00:58:54.75	00:58:50.29	CORRER LOURES
452	263	SÉRGIO TAVARES	M	35	153		00:58:58.08	00:58:33.19	CCDCAM
453	627	ESMERALDA RAMALHO	F	46	31		00:59:01.35	00:58:43.60	CORRER LISBOA
454	184	JORGE ASSUNÇÃO	M	47	62		00:59:01.44	00:58:41.86	GRCD LEIÃO
455	574	INÊS DE OLIVEIRA	F	24	33		00:59:04.00	00:58:53.14	CORRER LISBOA
456	99	BÁRBARA VALENTE	F	24	34		00:59:04.54	00:58:48.75	
457	243	GABRIEL ANTONIO	M	54	31		00:59:04.79	00:58:20.02	AMCD TITUARIA
458	533	ANA FILIPA SILVA	F	38	35	6	00:59:04.84	00:58:32.51	
459	183	ANABELA ASSUNÇÃO	F	46	32		00:59:05.16	00:58:45.23	GRCD LEIÃO
460	626	ISABEL REIS	F	44	33		00:59:05.79	00:58:46.37	
461	357	JOAQUIM CARDOSO	M	46	63		00:59:10.40	00:58:20.62	
462	673	RUTE OLIVEIRA	F	30	36		00:59:19.16	00:58:58.94	
463	560	MARIO COSTA	M	42	82		00:59:21.42	00:59:12.58	GD SANTANDER TOTTA
464	50	TATIANA ILDEFONSO	F	35	37		00:59:26.94	00:58:55.78	Cabeleireiro Moda Jovem
465	416	LIDIA BILAO	F	48	34		00:59:34.84	00:58:51.23	SS CGD
466	420	PAULO BILAO	M	47	64		00:59:35.11	00:58:54.35	SS CGD
467	374	TIAGO OLIVEIRA	M	31	154		00:59:39.06	00:58:53.62	OS MANGAS
468	55	FILOMENA COSTA	F	51	8		00:59:39.75	00:59:36.91	CORRER LISBOA
469	554	PAULA FIGUEIREDO	F	60	9		00:59:41.50	00:59:02.45	GD SANTANDER TOTTA
470	555	JOSE BARATA	M	57	31		00:59:41.82	00:59:04.64	GD SANTANDER TOTTA
471	636	DINA LOBO	F	45	35		00:59:43.06	00:59:27.08	
472	239	NUNO SERRANO	M	37	155		01:00:07.15	00:59:52.58	
473	308	JOÃO SEGURO	M	37	156		01:00:17.08	00:59:48.23	
474	484	FREDERIC KAHN	M	60	29		01:00:31.53	01:00:06.31	
475	473	SUSANA FONSECA	F	41	36	43	01:00:41.51	01:00:09.97	H&S
476	73	VITOR LUCAS	M	54	32	44	01:00:51.02	01:00:17.98	
477	159	SOFIA RIBOIRA	F	26	38		01:00:52.39	01:00:23.60	
478	194	FLAVIO MATIAS	M	33	157		01:00:52.73	01:00:21.46	HOVIONE
479	339	JOSE MOREIRA	M	28	158	7	01:00:53.03	01:00:46.86	
480	118	BERNARDO DUARTE	M	26	159	45	01:00:53.72	01:00:53.72	HOTWHEELS



481	96	GONÇALO SANTOS	M	30	160		01:00:53.82	01:00:30.00	
482	544	JOSE DELGADO	M	50	33	46	01:01:00.51	01:00:22.97	GD SANTANDER TOTTA
483	545	PATRICIA FIGUEIREDO	F	47	37	47	01:01:01.38	01:00:24.24	GD SANTANDER TOTTA
484	270	NATACHA MOUCO	F	24	39		01:01:09.79	01:00:15.88	PANDAS GORDOS
485	402	MARTA NUNES RIBEIRO	F	28	40		01:01:16.66	01:00:50.82	TOA
486	33	JOSE RICARDO SILVESTRE	M	48	65		01:01:16.89	01:01:06.45	CORRER LISBOA
487	30	ANA SILVESTRE	F	42	38		01:01:17.76	01:01:10.14	CORRER LISBOA
488	438	HELENA TAVARES	F	51	10		01:01:39.53	01:01:15.20	AS PRIMEIRAS
489	439	JOÃO MANUEL DE JESUS PEREIRA	M	51	34		01:01:42.96	01:01:39.74	CORRER LISBOA
490	271	JOÃO CAMPOS	M	25	161		01:01:52.30	01:01:01.07	PANDAS GORDOS
491	79	ANA ARAÚJO	F	25	41		01:01:58.87	01:01:49.26	
492	418	MANUEL BAPTISTA	M	53	35		01:02:02.00	01:01:38.89	SS CGD
493	264	SÓNIA ANDRADE	F	44	39	8	01:02:06.98	01:01:41.11	CCDCAM
494	76	SUSANA CARGALEIRO	F	27	42		01:02:07.06	01:01:47.75	
495	74	OLIVIA LUCAS	F	52	11		01:02:09.26	01:01:33.09	
496	322	CARLOS CONCEIÇÃO	M	55	32	9	01:02:13.25	01:02:13.25	
497	408	CARLA FERREIRA	F	40	40		01:02:16.25	01:01:56.04	
498	551	JOSE RIBEIRO	M	73	30		01:02:18.85	01:01:51.09	GD SANTANDER TOTTA
499	326	CARLOS VIEIRA	M	48	66		01:02:21.44	01:01:55.10	
500	336	PEDRO MARQUES	M	37	162		01:02:23.94	01:01:53.03	
501	661	ISABEL RODRIGUES	F	45	41		01:02:28.30	01:01:55.34	CORRER LISBOA
502	46	FATIMA ALMEIDA	F	58	12		01:03:16.90	01:02:58.53	
503	524	INÉS GONÇALVES	F	27	43		01:03:19.14	01:03:00.47	TUGAS NA ESTRADA
504	570	FILIPE NASCIMENTO	M	31	163		01:03:19.68	01:02:58.22	
505	277	GONÇALO PINTO	M	35	164		01:03:20.11	01:02:29.72	
506	423	FILIPA VINAGRE	F	23	44		01:03:20.42	01:02:27.56	
507	539	RITA SENRA PITA	F	30	45		01:03:23.34	01:03:00.89	SENRAPITA
508	538	MIGUEL SENRA PITA	M	38	165		01:03:25.68	01:03:03.49	SENRAPITA
509	468	TIAGO CASTANHEIRA	M	21	166		01:03:48.28	01:03:14.71	GELPEIXE
510	632	PATRÍCIA PIRES	F	25	46		01:03:48.51	01:03:15.35	GELPEIXE
511	645	ANA ROBIN	F	42	42		01:04:05.03	01:03:35.80	
512	557	HUGO CARDOSO	M	38	167		01:04:10.19	01:03:40.54	GD SANTANDER TOTTA
513	145	PEDRO MACHADO	M	35	168		01:04:22.41	01:03:57.19	MONTANELAS RUNNING TEAM
514	330	SÉRGIO RAMOS	M	44	83		01:04:41.79	01:04:19.69	ALVERCA URBAN RUNNERS
515	579	CLAUDIA TAM	F	36	47		01:04:44.22	01:04:09.33	CCD TRANQUILIDADE
516	72	SAMUEL JOAQUIM	M	65	31		01:04:49.28	01:04:32.53	
517	205	ISABEL GARCIA	F	51	13		01:05:04.59	01:04:57.76	



518	306	MARIANNA KATZ	F	28	48		01:05:06.55	01:04:44.40	
519	315	MARINA RODRIGUES	F	23	49		01:05:07.76	01:04:43.64	
520	67	ANA PEDRO	F	35	50	10	01:05:20.88	01:04:50.49	
521	300	NUNO LOURENCO	M	40	84	11	01:05:24.23	01:04:57.47	
522	537	LÚCIA VOLTA E SOUSA	F	35	51		01:05:25.37	01:04:49.62	
523	639	MIGUEL SILVA	M	73	32	48	01:05:25.41	01:05:05.39	
524	352	JOSÉ SAFARA	M	61	33	12	01:05:31.70	01:05:06.21	SAFADOS
525	597	RICARDO J L DIAS	M	26	169		01:05:41.10	01:05:19.40	
526	98	ELISABETE COUTO	F	33	52		01:05:50.63	01:05:31.42	
527	302	ROGÉRIO RIBEIRO	M	50	36		01:05:51.57	01:05:36.83	
528	492	ANTONIO PEREIRA	M	76	34	13	01:05:55.69	01:05:27.24	GDC BANCO PORTUGAL
529	20	LURDES ALVES	F	61	14		01:06:11.90	01:05:41.06	HOVIONE
530	646	PAULO ROBIN	M	47	67		01:06:23.68	01:05:54.51	
531	486	JOSE DIAS	M	43	85	14	01:06:40.14	01:06:08.31	
532	240	ISMAEL TEIXEIRA	M	43	86		01:06:41.96	01:06:09.85	
533	411	DANIEL VERISSIMO	M	36	170		01:07:21.01	01:06:39.42	SS CGD
534	611	CÉLIA CARVALHO	F	37	53		01:07:24.72	01:06:42.03	CCD-AT
535	588	CAMILA SÁVIO	F	37	54		01:07:25.10	01:06:42.38	
536	189	CELIA AZENHA	F	53	15		01:07:26.21	01:07:24.73	
537	335	FILIPA ALVES	F	32	55		01:07:26.40	01:07:18.02	POLICE CHALLENGE TEAM
538	387	ORLANDO SOUSA	M	55	33		01:07:27.44	01:06:37.82	
539	346	JOSÉ GONÇALVES	M	57	34		01:07:39.41	01:07:02.13	
540	506	ELSA SOUSA	F	46	43		01:07:41.51	01:07:13.52	CORRER LOURES
541	260	RITA PEDRO	F	34	56		01:08:11.56	01:07:36.19	CCDCAM
542	454	TERESA REIS	F	40	44		01:08:24.91	01:07:57.54	CORRER LOURES
543	94	RITA CAPUCHO	F	43	45		01:08:27.85	01:08:00.49	CORRER LOURES
544	327	RITA MELO	F	34	57		01:09:07.50	01:08:54.85	ESPECIAIS DE CORRIDA
545	328	JOÃO RIBEIRO	M	34	171		01:09:10.47	01:08:57.94	ESPECIAIS DE CORRIDA
546	601	MARIANA AMBRÓSIO	F	24	58		01:09:22.89	01:09:02.71	CC TEAM
547	52	MARIA PINTO	F	55	16		01:09:34.91	01:08:56.37	Cabeleireiro Moda Jovem
548	404	PAULA SOFIA MIRANDA	F	35	59		01:09:39.28	01:08:58.40	
549	89	SUSANA FREITAS	F	43	46		01:11:45.81	01:11:35.95	CORRER LISBOA
550	520	RODRIGO GOMES	M	18	172		01:11:47.03	01:11:02.32	
551	519	JORGE GOMES	M	42	87		01:11:47.26	01:11:02.29	
552	295	FRANCISCO MOCHINHO	M	69	35		01:12:15.07	01:11:51.36	ACADEMIA DO LUMIAR
553	572	BELMIRO PEREIRA	M	58	35		01:12:19.93	01:11:52.09	
554	90	NUNO FREITAS	M	42	88		01:14:30.84	01:14:30.84	CORRER LISBOA



555	292	RITA CARVALHINHO	F	44	47		01:15:21.00	01:14:58.26	CORRER LISBOA
556	119	LARA HERVETH	F	37	60		01:15:21.42	01:15:04.34	CORRER LISBOA
557	26	MARIA DA GLÓRIA DIAS	F	61	17		01:15:23.19	01:15:23.19	
558	156	CARLOS MORAIS	M	46	68		01:17:57.16	01:17:39.08	FALCÕES SELVAGENS
559	154	RUI OLIVEIRA OLIVEIRA	M	54	37	15	01:17:57.24	01:17:35.95	FALCÕES SELVAGENS
560	157	JOSÉ GOUVEIA	M	39	173		01:17:58.15	01:17:38.47	FALCÕES SELVAGENS
561	203	ANDRÉ SANTOS	M	26	174		01:18:25.94	01:18:17.53	GUIZO RUNNERS
562	405	JOSE ARRUDA	M	69	36		01:19:54.21	01:19:06.53	CONDOR
563	406	FOCK WAN	F	67	18		01:19:54.43	01:19:03.32	CONDOR
564	482	Mª CARMO ANJOS	F	71	19		01:22:03.33	01:21:18.09	CONDOR
565	483	LUCINDA HENRIQUES	F	69	20		01:22:07.26	01:21:25.99	CONDOR

Total de registros: 565