

10^{KM}
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2019

CORRIDA DAS
CASTANHAS
9ª EDIÇÃO



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	25	ANDRE COSTA	M	29	1	00:33:42.49	00:33:42.49	C PRAÇAS ARMADA/ CPA TRAIL TEAM
2	619	VASCO MARTA	M	28	2	00:35:21.11	00:35:21.11	RUN TEJO
3	215	PAULO ALVES	M	41	1	00:36:09.46	00:36:09.46	GDCT IN CM
4	368	RODRIGO GUERRA	M	44	2	00:36:14.62	00:36:12.45	AA MAFRA
5	646	JOSÉ BANHA	M	28	3	00:36:49.89	00:36:49.89	BEJA ATLÉTICO CLUBE
6	610	DAVID FERNANDES	M	45	1	00:37:53.15	00:37:51.30	RUN TEJO
7	515	HUGO FERREIRA	M	43	3	00:38:07.07	00:38:07.07	LINDA A PASTORA SC
8	599	CARLOS FREITAS	M	48	2	00:38:27.15	00:38:27.15	RUN TEJO
9	543	PEDRO BARREIRÃO	M	33	4	00:38:59.83	00:38:56.54	GDC BANCO DE PORTUGAL
10	609	KCENIA BOUGROVA	F	25	1	00:39:01.81	00:39:01.81	RUN TEJO
11	87	JOÃO PEREIRA	M	28	5	00:39:23.79	00:39:21.76	
12	695	DIOGO AZEVEDO	M	40	4	00:39:25.41	00:39:23.40	AMINHACORRIDA
13	687	ALEXANDRA SOUSA	F	36	1	00:39:26.60	00:39:26.60	RUN TEJO
14	382	JOSÉ LOPES	M	55	1	00:39:32.00	00:39:26.63	
15	616	ELIAS FORTES	M	53	3	00:39:43.31	00:39:43.31	RUN TEJO
16	519	DAVID LOPES	M	33	6	00:39:48.31	00:39:39.40	RUNNERS GRAFANIL
17	523	NUNO SILVA	M	24	7	00:39:55.11	00:39:45.24	FAMÍLIA LOURENÇO SILVA
18	212	VITOR MARTINS	M	50	4	00:40:00.10	00:40:00.10	C COLABORADORES AGEAS
19	593	PAULO PIRES	M	53	5	00:40:23.65	00:40:20.64	SS CGD
20	106	JOSÉ SANTOS	M	50	6	00:40:24.25	00:40:19.21	CCDT METRO LX
21	544	FERNANDO MARTINS	M	48	7	00:40:28.62	00:40:26.45	GDC BANCO DE PORTUGAL
22	178	JOSÉ LUÍS SIMÕES	M	60	2	00:40:36.84	00:40:34.35	GD SOC FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
23	531	FERNANDO GOMES	M	46	8	00:40:41.79	00:40:38.95	FERRARIS DA SERAFINA
24	545	LUÍS RIO	M	48	9	00:40:42.00	00:40:21.98	GDC BANCO DE PORTUGAL
25	126	FERNANDO VICENTE	M	54	10	00:40:53.32	00:40:51.88	
26	134	JOÃO GUTERRES	M	44	5	00:41:32.86	00:41:30.95	CORRER LISBOA
27	213	NUNO HENRIQUES	M	44	6	00:41:38.07	00:41:38.07	GDCT IN CM
28	468	LUIS GODINHO	M	53	11	00:41:44.92	00:41:39.61	C MILLENNIUM BCP
29	638	JOSE BAPTISTA	M	38	7	00:41:48.99	00:41:47.63	GD SANTANDER TOTTA
30	293	CESAR SILVA	M	29	8	00:41:57.85	00:41:29.89	PLURAL DREAM TEAM
31	217	ANDRÉ COELHO	M	45	12	00:42:03.54	00:42:00.45	OS GALGOS
32	483	JOSÉ PINTO	M	56	3	00:42:07.65	00:41:57.22	CLÍNICA DR.CAUTEA
33	437	NIKOLAUS VIRGOLINI	M	25	9	00:42:09.59	00:41:42.49	IBET
34	214	NUNO SOUSA	M	45	13	00:42:16.57	00:42:15.22	GDCT IN CM
35	428	FRANCISCO GONÇALVES	M	24	10	00:42:17.89	00:42:10.01	

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36	34	RUI HENRIQUES	M	46	14	00:42:26.92	00:42:26.92	FF PAZ MUNDIAL
37	150	HÉLDER COTRIM	M	39	8	00:42:27.11	00:42:25.24	FF PAZ MUNDIAL
38	722	LUIS VALVERDE	M	54	15	00:42:35.36	00:42:33.32	RUN TEJO
39	77	ANTÓNIO SANTOS	M	57	4	00:42:39.00	00:42:34.05	CAA BELÉM
40	104	JOAO OLIVEIRA	M	43	9	00:42:39.29	00:42:36.21	CCDT METRO LX
41	717	ORLANDO CORREIA	M	48	16	00:42:53.30	00:42:46.41	
42	86	RUI POMBINHO	M	56	5	00:43:01.09	00:42:51.01	VALE DE MADEIROS
43	47	SADIQ KASSAMO	M	45	17	00:43:09.34	00:43:05.45	URBAN RUN TEAM
44	498	CARLOS MERALTO	M	27	11	00:43:09.97	00:43:05.23	
45	275	PAULO NUNES	M	46	18	00:43:14.39	00:43:09.95	CORRER LISBOA
46	107	BARROS COSTA	M	63	6	00:43:15.55	00:43:11.62	CCDT METRO LX
47	408	FILIPE COSTA	M	26	12	00:43:16.26	00:43:16.26	CCD SIEMENS
48	163	JOÃO SEDAS NUNES	M	55	7	00:43:17.67	00:43:15.09	
49	570	JOAO RIBEIROQ	M	55	8	00:43:18.00	00:42:56.29	CCD TRANQUILIDADE
50	276	PAULO MARTINS FERREIRA	M	38	10	00:43:39.57	00:43:36.51	CLUBE EDP LISBOA
51	631	ANASTACIO VALADAS	M	66	1	00:43:47.57	00:43:47.57	GD SANTANDER TOTTA
52	530	MANUEL SOARES	M	54	19	00:43:58.34	00:43:55.17	FERRARIS DA SERAFINA
53	270	GONÇALO PORÊLO	M	37	11	00:44:01.03	00:43:22.18	
54	383	CARLOS MARQUES	M	47	20	00:44:04.75	00:43:46.16	
55	558	DIOGO RODRIGUES	M	29	13	00:44:05.12	00:43:52.66	BULIMUNDO
56	598	SOFIA ARGENTINA	F	40	2	00:44:07.51	00:44:04.51	SS CGD
57	636	MANUEL ALVES	M	29	14	00:44:14.16	00:44:09.46	GD SANTANDER TOTTA
58	12	RUI FIGUEIREDO	M	44	12	00:44:22.17	00:44:18.60	
59	612	HELENA MIRANDA	F	34	2	00:44:28.75	00:44:28.75	RUN TEJO
60	578	VIRGILIO MADEIRA	M	60	9	00:44:28.95	00:44:15.97	CCD TRANQUILIDADE
61	493	PEDRO LUZIO	M	43	13	00:44:31.21	00:44:12.22	SS CGD
62	488	DIOGO BRANCO	M	20	15	00:44:34.43	00:44:23.38	SS CGD
63	566	ABDEREZECK BENAISSA	M	39	14	00:44:39.34	00:44:12.24	
64	299	MANUEL PEDRO FERNANDES	M	24	16	00:44:41.88	00:44:07.63	
65	491	JOAO P MARQUES	M	42	15	00:44:42.87	00:44:35.55	SS CGD
66	295	DAVID VIEGAS	M	30	17	00:44:46.57	00:44:41.48	
67	588	JOAQUIM FRADE	M	64	10	00:44:46.97	00:44:44.93	SS CGD
68	109	RUI PASTOR	M	47	21	00:44:54.96	00:44:23.12	CCDT METRO LX
69	584	HENRIQUE AMADOR	M	48	22	00:44:58.75	00:44:56.59	SS CGD
70	524	MÁRCIO SILVA	M	25	18	00:45:01.51	00:44:51.62	FAMÍLIA LOURENÇO SILVA
71	174	CARLOS FERNANDES	M	56	11	00:45:13.37	00:44:59.76	KEEPRUNNING
72	26	RENATO MULLER DA SILVA	M	44	16	00:45:19.65	00:45:15.82	

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73	637	CARLA DIAS	F	49	1	00:45:24.73	00:45:23.02	GD SANTANDER TOTTA
74	182	CEDRIC MONTEIRO	M	32	19	00:45:45.36	00:45:38.92	CHAVES
75	718	MIGUEL ROCHA	M	48	23	00:45:52.71	00:45:41.68	CF OS BELENENSES
76	667	PAULO LIMA	M	51	24	00:45:53.00	00:41:56.97	GENERALI
77	441	DANIEL SIMAO	M	31	20	00:46:12.44	00:45:43.63	IBET
78	44	NUNO CENTENO	M	40	17	00:46:13.06	00:45:40.13	
79	289	GUSTAVO BASTOS	M	43	18	00:46:13.50	00:45:47.20	
80	186	GONÇALO CARVALHO	M	28	21	00:46:13.54	00:45:37.33	#SUPERAÇÃO
81	486	CARLOS BRANCO	M	46	25	00:46:14.00	00:46:03.08	SS CGD
82	292	PEDRO LAVRADOR	M	32	22	00:46:22.32	00:46:14.04	100 ESTRILHOS
83	358	CARLOS AMARO	M	38	19	00:46:26.66	00:46:06.60	GRUPO BARRAQUEIRO
84	397	EDUARDO RIBEIRO	M	52	26	00:46:26.75	00:46:24.14	GDCT UNICRE
85	370	RUI PEREIRA	M	55	12	00:46:30.34	00:46:27.40	
86	78	JOSE GORDINHO	M	55	13	00:46:41.10	00:46:35.63	CAA BELÉM
87	85	JOAO ABRANTES	M	63	14	00:46:41.27	00:46:35.27	A NATUREZA ENSINA - ANE
88	484	PEDRO GOMES	M	44	20	00:46:42.85	00:46:05.57	
89	581	ANTONIO NASCIMENTO	M	62	15	00:46:43.05	00:46:36.37	SS CGD
90	278	TOMÁS FARIA	M	38	21	00:46:59.16	00:46:55.33	
91	135	PAULO FRANCISCO	M	50	27	00:47:01.48	00:46:47.13	SRCDRF MONTE GODEL
92	421	FRANCISCO GAMA	M	55	16	00:47:01.70	00:46:48.99	
93	426	JORGE SIMÕES	M	49	28	00:47:05.57	00:46:44.28	LINDA A PASTORA SC
94	427	JOÃO RIBEIRA	M	46	29	00:47:06.21	00:47:00.33	CAPTAIN FLY
95	563	FERNANDO COSTA	M	43	22	00:47:07.79	00:46:42.23	
96	549	TIAGO DIOGO	M	42	23	00:47:09.55	00:46:51.64	GDC BANCO DE PORTUGAL
97	367	SÍLVIA GOMES	F	43	3	00:47:10.17	00:46:53.01	MTBA
98	401	JOSÉ VAZ	M	36	24	00:47:11.09	00:47:07.81	GDCT UNICRE
99	655	VÍTOR AMADO	M	65	2	00:47:12.68	00:47:08.09	
100	50	JOÃO FERNANDES	M	38	25	00:47:13.76	00:46:55.02	
101	137	PEDRO VICENTE	M	55	17	00:47:16.06	00:47:05.67	
102	179	NUNO PINTO	M	44	26	00:47:21.52	00:47:10.14	
103	177	RUI VENTURA	M	58	18	00:47:22.70	00:47:12.99	
104	138	CLÁUDIA TORRES	F	38	4	00:47:22.90	00:47:14.02	
105	592	NOEMIA SEQUEIRA	F	51	2	00:47:24.55	00:47:19.95	SS CGD
106	328	VITOR SILVA	M	34	23	00:47:29.72	00:47:26.17	CROSSFIT MONTIJO
107	247	RUI M S HENRIQUES	M	48	30	00:47:30.79	00:47:23.45	
108	271	LUÍS MATA	M	46	31	00:47:35.64	00:47:11.11	MAIS CRIANÇAS DO QUE ADULTOS
109	208	PIERRE LE BACCON	M	35	27	00:47:39.70	00:47:22.11	C COLABORADORES AGEAS

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110	145	JOAO PEDRO FRAGOSO	M	45	32	00:47:41.39	00:47:31.16	CLUBE VODAFONE
111	580	ANDRE FILIPE	M	29	24	00:47:43.65	00:47:40.25	SS CGD
112	495	MARINA DOMINGUES	F	37	5	00:47:44.11	00:47:17.53	
113	656	JOSÉ EUSÉBIO	M	50	33	00:47:47.85	00:47:40.44	GUIZO RUNNERS
114	13	JOSE GASPAR	M	46	34	00:47:49.79	00:47:45.55	
115	516	BRUNO COSTA	M	27	25	00:47:54.01	00:47:48.39	
116	615	TELMA S SILVA	F	28	3	00:47:58.94	00:47:21.78	RUN TEJO
117	455	FERNANDO RODRIGUES	M	55	19	00:48:01.73	00:47:35.28	C MILLENNIUM BCP
118	705	ROGERIO FERNANDES	M	46	35	00:48:04.82	00:47:55.24	GENERALI
119	453	FERNANDO FERREIRA	M	73	3	00:48:12.84	00:47:27.66	C MILLENNIUM BCP
120	248	NUNO MALAQUIAS	M	42	28	00:48:13.83	00:47:39.85	
121	243	JORGE ABRAÇOS	M	39	29	00:48:14.00	00:48:14.00	418, I'M A TEAPOT
122	506	TITO NASCIMENTO	M	39	30	00:48:18.50	00:47:53.08	
123	266	JOANA FELICIANO	F	31	4	00:48:25.00	00:47:44.15	OS BURKHO
124	151	ANA ARAÚJO	F	46	3	00:48:25.73	00:48:11.38	SRCDRF MONTE GODEL
125	618	RUI SILVA	M	47	36	00:48:38.00	00:48:34.18	RUN TEJO
126	406	ARTUR CARVALHO	M	52	37	00:48:38.60	00:48:25.75	
127	357	PAULO CORDEIRO	M	49	38	00:48:43.42	00:48:36.48	
128	632	FERNANDO FERNANDES	M	50	39	00:48:43.49	00:48:34.45	GD SANTANDER TOTTA
129	686	RUI MENA	M	48	40	00:48:47.08	00:48:25.10	PORTUGAL RUNNING
130	245	JOÃO MARQUES	M	54	41	00:48:48.63	00:48:17.88	GRD RIBEIRA DA LAGE
131	142	JOÃO ROMANA	M	22	26	00:48:51.97	00:48:12.89	ROMARLOS
132	540	JOSÉ MONTEIRO	M	63	20	00:49:03.88	00:48:39.72	GDC BANCO DE PORTUGAL
133	71	JOSÉ MIGUEL BARRADAS	M	40	31	00:49:10.08	00:49:03.26	
134	572	NUNO FRANCO	M	46	42	00:49:12.56	00:48:59.45	CCD TRANQUILIDADE
135	277	HÉLIO SANTOS	M	34	27	00:49:15.64	00:49:11.17	TEAM SALAMANDRAS
136	11	RUI MENDES	M	47	43	00:49:16.92	00:49:00.53	
137	697	HENRIQUE	M	49	44	00:49:18.74	00:49:13.28	AMINHACORRIDA
138	560	NUNO BOTELHO	M	45	45	00:49:21.81	00:48:44.10	
139	699	JOSE MAGALHAES	M	52	46	00:49:23.77	00:49:02.25	GENERALI
140	103	NUNO CONDEÇO	M	39	32	00:49:31.23	00:49:05.84	
141	306	ANTONIO SABUGUEIRO	M	22	28	00:49:31.33	00:49:27.85	
142	305	ALICE NEVES	F	21	5	00:49:31.78	00:49:28.88	
143	622	FILIPE CASTRO	M	36	33	00:49:35.34	00:49:33.57	RUN TEJO
144	388	ADELINO GOMES	M	50	47	00:49:36.69	00:49:09.22	
145	591	MIGUEL DIAS	M	44	34	00:49:41.68	00:49:36.06	SS CGD
146	162	RAMIRO MADUREIRA	M	40	35	00:49:41.69	00:49:28.93	

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147	582	CATIA FONSECA	F	37	6	00:49:42.20	00:49:33.89	SS CGD
148	377	JOÃO TEIXEIRA	M	50	48	00:49:44.93	00:49:18.28	
149	364	ANTONIO VIEIRA	M	70	4	00:49:46.40	00:49:36.53	
150	234	MARIA DE OLIVEIRA	F	54	4	00:49:50.43	00:49:48.45	
151	644	CARLOS TEIXEIRA	M	47	49	00:49:58.80	00:49:52.49	GD SANTANDER TOTTA
152	27	MÁRIO SANTOS	M	45	50	00:49:59.26	00:49:50.09	
153	361	JOSE MARTINS	M	30	29	00:49:59.54	00:49:25.81	
154	48	JOÃO SIMÕES	M	29	30	00:50:02.38	00:49:23.16	
155	698	RUI BRAS	M	43	36	00:50:02.86	00:49:24.95	GENERALI
156	555	MIGUEL BRADFORD FERREIRA	M	31	31	00:50:06.00	00:49:51.54	GUANACOS
157	621	MARIO RIBEIRO	M	54	51	00:50:06.32	00:50:03.69	RUN TEJO
158	424	GONÇALO GOUVEIA	M	30	32	00:50:07.81	00:49:29.98	
159	220	RUI MONTEIRO	M	52	52	00:50:08.81	00:49:59.57	
160	80	ANTÓNIO PINA	M	58	21	00:50:09.34	00:50:09.34	CAA BELÉM
161	345	JOSE L VIDAIS	M	50	53	00:50:13.14	00:49:47.79	CCD CREDITO AGRICOLA
162	477	ARMANDO PINHO	M	47	54	00:50:17.08	00:50:08.95	C VODAFONE
163	350	RUI MELO	M	48	55	00:50:21.63	00:49:56.74	CCD CREDITO AGRICOLA
164	335	CLAUDIO RODRIGUES	M	32	33	00:50:22.22	00:49:58.51	OS CUNHADOS
165	227	GRAÇA ROLDÃO	F	55	1	00:50:23.20	00:50:11.27	OS TUGAS
166	660	VERA SIMÕES	F	44	7	00:50:25.64	00:50:23.07	GENERALI
167	447	VITOR SILVA	M	38	37	00:50:26.31	00:49:49.03	
168	723	SANDRA BAILOTE	F	48	5	00:50:27.11	00:50:18.85	OLIMPICO CLUBE LAGOS
169	191	ÂNGELO DIAS	M	39	38	00:50:31.58	00:49:57.93	BAQUINHAS
170	606	PAULO MORAIS	M	48	56	00:50:40.80	00:50:39.26	RUN TEJO
171	614	RUI PARREIRA	M	54	57	00:50:44.00	00:50:44.00	RUN TEJO
172	600	CLAUDIA BORRALHO	F	46	6	00:50:44.25	00:50:44.25	RUN TEJO
173	505	FÁBIO ALEXANDRE	M	28	34	00:50:44.49	00:50:33.65	
174	681	JOÃO REIS	M	55	22	00:50:46.21	00:50:39.91	GENERALI
175	189	RUI CAMPAINHA	M	39	39	00:50:50.13	00:50:16.19	BAQUINHAS
176	190	PEDRO LIMA	M	38	40	00:50:50.28	00:50:15.59	BAQUINHAS
177	324	FILOMENA SANTOS	F	45	7	00:50:52.61	00:50:49.23	RUNNING CLUB SANTA CASA
178	352	ALMERINDO SILVA	M	60	23	00:50:54.36	00:50:19.27	ADC CATUJAL
179	228	ANTONIO PEREIRA	M	55	24	00:50:57.82	00:50:35.61	OS TUGAS
180	127	RAFAEL AZRIEL	M	49	58	00:51:01.76	00:50:31.13	
181	18	JOÃO MOITEIRO	M	47	59	00:51:02.03	00:50:34.21	
182	422	PAULO MOURA	M	37	41	00:51:03.91	00:50:26.92	
183	97	PAULO ALVES	M	49	60	00:51:04.93	00:50:40.10	

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184	101	JOSÉ TOMÉ	M	53	61	00:51:10.14	00:50:37.52	GRUPO BARRAQUEIRO
185	657	PEDRO CARVALHO	M	43	42	00:51:15.84	00:50:44.80	
186	389	JOAO LUZ	M	43	43	00:51:19.28	00:51:14.58	A PANDILHA JOVEM
187	84	NUNO BERTON	M	47	62	00:51:20.64	00:51:17.95	
188	241	PEDRO GONÇALVES	M	30	35	00:51:23.54	00:50:28.17	418, I'M A TEAPOT
189	474	GUILHERME GONÇALVES	M	59	25	00:51:23.98	00:51:12.67	C FERROV PORTUGAL
190	121	PEDRO CLETO	M	46	63	00:51:24.67	00:50:54.60	
191	658	ZÉLIA PEDRO	F	32	6	00:51:25.70	00:51:23.28	GENERALI
192	596	SANDRO COSTA	M	39	44	00:51:25.92	00:50:59.75	SS CGD
193	206	MIGUEL TRUNINGER SOUSA	M	44	45	00:51:26.66	00:51:07.79	C COLABORADORES AGEAS
194	672	HUGO SILVA	M	32	36	00:51:28.03	00:51:18.04	GENERALI
195	604	ROSA FREITAS	F	54	8	00:51:29.80	00:51:28.06	RUN TEJO
196	575	FERNANDO CELESTINO	M	60	26	00:51:31.26	00:51:15.62	CCD TRANQUILIDADE
197	320	RITA SANTOS	F	28	7	00:51:33.10	00:51:22.68	MALUCOS DA CORRIDA
198	703	JOAO RIBEIRO	M	46	64	00:51:35.81	00:51:33.72	GENERALI
199	539	JOAQUIM FERRÃO	M	59	27	00:51:39.34	00:51:31.23	GDC BANCO DE PORTUGAL
200	140	ESMERALDO GONÇALVES	M	47	65	00:51:40.79	00:51:34.32	
201	385	RODRIGO SOUSA	M	38	46	00:51:46.23	00:51:28.20	MTBA
202	23	BRUNO LOPES	M	33	37	00:51:49.76	00:51:26.69	#BEIRHEMIOS
203	22	RUI OLIVEIRA	M	35	47	00:51:50.39	00:51:24.62	#BEIRHEMIOS
204	349	PEDRO FERNANDES	M	35	48	00:51:53.00	00:51:29.14	CCD CREDITO AGRICOLA
205	436	JOAO MENDES	M	25	38	00:51:54.17	00:51:25.79	IBET
206	258	FILIPE PEREIRA	M	37	49	00:51:54.82	00:51:20.35	
207	724	VITOR TEODORO	M	41	50	00:51:55.33	00:51:22.91	
208	647	JONAS SUMARES	M	27	39	00:51:56.52	00:51:16.86	
209	257	MARCOS PEREIRA	M	64	28	00:52:00.98	00:51:26.83	
210	590	MIGUEL ANGELO	M	43	51	00:52:04.98	00:51:47.99	SS CGD
211	365	MIGUEL ROBIN	M	47	66	00:52:05.15	00:51:44.20	
212	520	RUI LUIS	M	30	40	00:52:11.65	00:52:00.81	RUNNERS GRAFANIL
213	487	CARLOS LEITAO	M	56	29	00:52:12.12	00:52:05.13	SS CGD
214	485	ANA ALMEIDA	F	38	8	00:52:12.22	00:52:04.51	SS CGD
215	216	RICARDO ALVES	M	43	52	00:52:19.43	00:52:06.55	GDCT IN CM
216	353	JOÃO PASSEIRO	M	57	30	00:52:23.22	00:51:48.31	ADC CATUJAL
217	40	CARLOS NEVES	M	39	53	00:52:39.30	00:52:16.20	
218	20	HARUN AR RASHID	M	35	54	00:52:45.24	00:52:42.48	
219	351	JOÃO MATOS	M	57	31	00:52:48.01	00:52:17.48	
220	279	PAULO MAGALHÃES	M	40	55	00:52:49.43	00:52:37.44	M&M

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221	99	FERNANDO GONÇALVES	M	49	67	00:52:49.72	00:52:15.82	GRUPO BARRAQUEIRO
222	416	HELDER FURTADO	M	36	56	00:52:49.96	00:52:13.35	
223	713	SARA LOBO	F	24	8	00:52:50.21	00:52:17.17	
224	707	LUIS PILAR	M	53	68	00:52:50.51	00:52:40.65	
225	133	HUGO SANTOS	M	42	57	00:52:51.31	00:52:35.98	FALCÕES SELVAGENS
226	255	TIAGO PITA	M	29	41	00:52:53.54	00:52:13.38	OS BURKHO
227	321	DIOGO SANTOS	M	27	42	00:52:53.68	00:52:42.52	MALUCOS DA CORRIDA
228	379	ADRIANO COTRIM	M	78	5	00:52:58.05	00:52:55.80	FF PAZ MUNDIAL
229	319	ELSA SILVA	F	42	9	00:52:59.59	00:52:49.24	MALUCOS DA CORRIDA
230	210	RUI FILIPE GARCIA	M	40	58	00:53:01.52	00:52:42.82	C COLABORADORES AGEAS
231	435	MARTA SILVA	F	31	9	00:53:01.71	00:52:32.69	IBET
232	337	MANUEL PEREIRA	M	62	32	00:53:02.68	00:52:55.23	
233	233	JOSE FIDALGO	M	53	69	00:53:03.13	00:52:56.55	
234	639	ANTONIO SOUSA	M	34	43	00:53:05.51	00:52:50.74	GD SANTANDER TOTTA
235	443	Mª JOAO SEBASTIAO	F	29	10	00:53:05.63	00:52:35.66	IBET
236	602	MÁRIO NUNES	M	47	70	00:53:05.83	00:52:30.05	GENERALI
237	587	JOAO SILVEIRA	M	51	71	00:53:06.23	00:53:01.80	SS CGD
238	253	FILIPA CARAPUÇO	F	41	10	00:53:06.42	00:52:59.21	
239	451	JOSE REBELO	M	53	72	00:53:06.97	00:52:48.06	C MILLENNIUM BCP
240	251	VANESSA SEQUEIRA	F	36	11	00:53:09.69	00:52:52.98	MARVILA JOVEM
241	366	RICARDO LAMELAS DOS SANTOS	M	42	59	00:53:16.93	00:52:59.77	MTBA
242	541	ANTÓNIO SIMÕES	M	49	73	00:53:17.58	00:53:08.55	GDC BANCO DE PORTUGAL
243	542	GINA CHEIO	F	48	9	00:53:18.14	00:53:08.97	GDC BANCO DE PORTUGAL
244	716	MARCO SILVA	M	40	60	00:53:19.73	00:52:57.83	
245	391	FILIPE MACHADO	M	26	44	00:53:24.64	00:53:01.71	
246	249	SOFIA BASTOS	F	40	12	00:53:25.07	00:52:50.76	
247	231	LUÍS FIGUEIREDO	M	57	33	00:53:31.55	00:53:22.68	
248	346	LUIS DAMIAO	M	52	74	00:53:32.38	00:53:10.39	CCD CREDITO AGRICOLA
249	374	HENRIQUE PARENTE	M	27	45	00:53:32.77	00:53:19.81	
250	393	BEATRIZ GONÇALVES	F	18	11	00:53:36.09	00:53:27.45	QUARENTÕES NA BISGA
251	503	LUIS PINTO	M	40	61	00:53:37.56	00:53:05.72	TRILHOS & BIGODES
252	573	CARLOS BARGADO	M	54	75	00:53:38.22	00:53:16.10	CCD TRANQUILIDADE
253	551	ALEXANDRE MATEUS	M	43	62	00:53:39.00	00:53:11.70	
254	489	FERNANDO LIMA	M	50	76	00:53:41.94	00:53:38.13	SS CGD
255	203	FERNANDO JORGE MATIAS	M	63	34	00:53:45.70	00:53:22.90	C COLABORADORES AGEAS
256	392	HUGO LOURENÇO	M	30	46	00:53:47.09	00:53:26.05	
257	690	JOEL DA CRUZ	M	28	47	00:53:49.66	00:53:26.96	

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258	611	MANUEL PEREIRA	M	50	77	00:53:51.93	00:53:26.45	GENERALI
259	653	NUNO SERRA	M	48	78	00:53:57.53	00:53:50.16	
260	98	ALEXANDRE RIBEIRO	M	47	79	00:53:57.78	00:53:24.29	GRUPO BARRAQUEIRO
261	311	ALBERTO ROMÃO	M	57	35	00:53:57.82	00:53:27.09	
262	192	VANDA MAIA	F	43	13	00:53:59.58	00:53:56.79	FF PAZ MUNDIAL
263	285	JOÃO LIMPO	M	40	63	00:54:05.99	00:53:48.92	100 ESTRILHOS
264	651	INÊS PAULINO	F	36	14	00:54:18.82	00:54:12.27	
265	407	EDMUNDO COSTA	M	59	36	00:54:20.49	00:53:51.92	CCD SIEMENS
266	521	JEANE ABREU	F	52	10	00:54:23.07	00:53:48.67	EU MESMA
267	282	BRUNO FILIPE MATIAS BALEIZÃO	M	34	48	00:54:24.29	00:54:13.11	
268	504	MIGUEL HORTA	M	43	64	00:54:27.47	00:53:53.03	TRILHOS & BIGODES
269	648	JOSÉ MARIA PEDRO	M	65	6	00:54:32.32	00:54:04.09	
270	684	MARIA RAIMUNDO NUNES	F	39	15	00:54:35.46	00:54:04.37	
271	595	RICARDO ISIDORO	M	41	65	00:54:35.47	00:54:04.18	SS CGD
272	221	MARIO LUIS RIBEIRO DE GONZAGA DE SOUSA	M	45	80	00:54:36.35	00:54:00.04	CAPTAN FLY
273	557	RENATO ANTUNES	M	28	49	00:54:37.31	00:54:25.15	BULIMUNDO
274	589	SEVERINO ROSA	M	63	37	00:54:47.24	00:54:19.59	SS CGD
275	594	PEDRO FONTOURA	M	49	81	00:54:50.32	00:51:06.71	SS CGD
276	294	ANTONIO CASAS NOVAS	M	41	66	00:54:53.88	00:54:17.00	PLURAL DREAM TEAM
277	52	LUIS RODRIGUES	M	52	82	00:54:55.39	00:54:43.13	
278	537	PEDRO SIMÕES	M	43	67	00:55:08.25	00:54:53.60	
279	668	ANDRÉ COSTA	M	28	50	00:55:12.98	00:54:28.67	KIRA
280	56	IVO CRUZ	M	35	68	00:55:22.40	00:55:04.61	
281	160	MARIO ALVES	M	64	38	00:55:22.90	00:55:07.41	
282	165	FRANCISCO BANDO	M	68	7	00:55:29.45	00:55:03.26	
283	108	RAFAEL SANTOS	M	52	83	00:55:29.65	00:55:04.78	CCDT METRO LX
284	301	CLÁUDIO CRUZ	M	44	69	00:55:31.00	00:55:24.65	ARRÁBIDA OBSTACLE RUNNERS
285	131	CARLOS MARQUES	M	22	51	00:55:32.25	00:54:56.44	ROMARLOS
286	95	ANTÓNIO FONSECA	M	73	8	00:55:32.41	00:55:13.49	
287	623	RICARDO RIBEIRO	M	35	70	00:55:33.32	00:55:07.47	
288	302	SÓNIA ALMEIDA	F	45	11	00:55:33.94	00:55:28.65	
289	325	ANIBAL CARVALHO	M	68	9	00:55:34.46	00:55:09.20	
290	715	SOFIA ESCARIA	F	23	12	00:55:34.91	00:55:15.96	
291	419	JOANA LEITE	F	30	13	00:55:35.78	00:55:32.82	
292	37	FERNANDO OLIVEIRA	M	44	71	00:55:37.88	00:55:02.07	
293	387	ARTUR VICENTE	M	62	39	00:55:40.52	00:55:24.37	100 ESTRILHOS
294	478	RAÚL JESUS	M	51	84	00:55:41.76	00:55:24.55	100 ESTRILHOS

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295	459	PEDRO BROCO	M	46	85	00:55:42.74	00:55:08.54	C MILLENNIUM BCP
296	462	MARIO MENDES	M	55	40	00:55:42.87	00:55:23.52	C MILLENNIUM BCP
297	417	MARIANA SARAIVA	F	44	16	00:55:43.29	00:55:26.39	100 ESTRILHOS
298	164	JOSE MONTEIRO	M	62	41	00:55:47.99	00:55:22.55	
299	564	NICOLAS GÉNEAU	M	35	72	00:55:50.23	00:55:22.90	
300	402	FERNANDO LUZ	M	49	86	00:55:59.29	00:55:57.48	GDCT UNICRE
301	471	NUNO ANJOS	M	52	87	00:56:05.96	00:55:36.29	C MILLENNIUM BCP
302	147	HORÁCIO ALEXANDRE	M	58	42	00:56:07.47	00:55:57.64	
303	380	JAIME VEIGA	M	56	43	00:56:07.98	00:55:59.73	
304	425	AIMO OLAVI TUORINIEMI	M	64	44	00:56:11.08	00:56:09.57	
305	475	MANUEL ANTONIO	M	62	45	00:56:12.63	00:56:04.54	C FERROV PORTUGAL
306	218	CARLOS GARCIA	M	47	88	00:56:12.83	00:55:58.51	OS GALGOS
307	464	HUGO TROLHO	M	43	73	00:56:20.66	00:55:59.37	C MILLENNIUM BCP
308	219	ANTONIO PAIS	M	72	10	00:56:24.14	00:55:43.65	CCD O ALVITEJO
309	269	RAFAEL MURTA	M	35	74	00:56:24.37	00:55:40.80	
310	533	JOAO VIEIRA	M	46	89	00:56:26.75	00:56:09.78	
311	429	BERNARDO ABECASSIS	M	29	52	00:56:26.78	00:55:58.06	IBET
312	514	ANABELA SANTOS	F	46	12	00:56:28.42	00:56:10.94	LINDA A PASTORA SC
313	721	ANTÓNIO LIMA	M	56	46	00:56:28.54	00:56:09.76	
314	330	ELSA FRANCISCO	F	48	13	00:56:30.25	00:56:18.53	
315	577	TAM AFONSO	M	66	11	00:56:33.14	00:56:28.43	CCD TRANQUILIDADE
316	197	LILIANA OLIVEIRA	F	30	14	00:56:36.70	00:56:19.45	SANOFIANOS
317	433	ANTONIO ROLDÃO	M	40	75	00:56:41.29	00:56:10.07	IBET
318	605	JOÃO FERREIRA	M	47	90	00:56:45.36	00:56:22.47	GENERALI
319	59	JOAO RICARDO SERRA	M	44	76	00:56:46.45	00:56:40.37	MONTIJO
320	313	RAUL GIRÃO	M	62	47	00:56:46.53	00:56:37.56	URBAN RUN TEAM
321	334	PEDRO RAINHO	M	33	53	00:56:49.42	00:56:20.22	OS CUNHADOS
322	444	PATRÍCIA MACHADO	F	37	17	00:56:51.27	00:56:47.84	GUIZO RUNNERS
323	445	MIGUEL GUILHERME	M	38	77	00:56:51.42	00:56:47.88	GUIZO RUNNERS
324	585	JOAO CORREIA	M	58	48	00:56:55.83	00:56:29.30	SS CGD
325	183	JOÃO CARVALHO	M	26	54	00:56:57.98	00:56:23.83	
326	232	JOAQUIM PALMA	M	65	12	00:57:08.13	00:56:43.60	
327	58	RAFAELA GONÇALVES	F	25	15	00:57:08.33	00:57:05.00	
328	394	GONÇALO OLIVEIRA	M	57	49	00:57:13.70	00:57:08.71	GDCT UNICRE
329	60	BARBOTIN DAVID	M	34	55	00:57:15.65	00:57:10.07	TOKANDAR
330	61	MARÍLIA RIBEIRO	F	36	18	00:57:15.75	00:57:09.81	TOKANDAR
331	83	RUBEN LOURENÇO	M	37	78	00:57:17.46	00:57:09.41	

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332	375	JOÃO PEREIRA	M	27	56	00:57:22.25	00:57:08.20	
333	222	HENRIQUE CAPELAS	M	29	57	00:57:24.92	00:53:46.46	
334	702	REGINA BORGES	F	45	14	00:57:27.72	00:56:59.43	GENERALI
335	409	VITOR TEIXEIRA	M	56	50	00:57:28.76	00:57:03.02	CCD SIEMENS
336	373	HUGO FRADIQUE	M	39	79	00:57:29.27	00:57:15.26	
337	273	KARIN SALK	F	29	16	00:57:29.85	00:56:50.60	
338	274	JOSÉ MONTEIRO	M	26	58	00:57:29.88	00:56:51.04	
339	239	RICARDO DINIS	M	34	59	00:57:30.77	00:57:18.87	
340	607	ALBERTO SANTOS	M	58	51	00:57:35.92	00:57:09.11	GENERALI
341	154	MÁRIO COELHO	M	54	91	00:57:36.56	00:57:10.58	AA LEBRES DO SADO
342	420	PEDRO PALRÃO	M	53	92	00:57:37.85	00:57:27.33	
343	14	PAULO ANTUNES	M	47	93	00:57:46.86	00:57:41.93	
344	200	MÁRIO FERNANDES FERNANDES	M	30	60	00:57:47.03	00:57:31.13	SANOFIANOS
345	153	ANTONIO RIBEIRO	M	55	52	00:57:48.04	00:57:44.12	QUARTETO
346	173	JOAQUIM VARANDA	M	57	53	00:57:48.22	00:57:34.64	KEEPRUNNING
347	434	RICARDO CORREIA	M	28	61	00:57:55.33	00:57:27.83	IBET
348	548	CÉLIA MINAU	F	44	19	00:57:56.70	00:57:47.32	GDC BANCO DE PORTUGAL
349	172	PEDRO DIAS	M	45	94	00:58:00.57	00:57:47.21	KEEPRUNNING
350	194	EDGAR RAMOS	M	46	95	00:58:10.88	00:57:49.78	
351	403	PAULO DORES	M	48	96	00:58:11.44	00:58:09.57	
352	499	VERA TRINDADE	F	29	17	00:58:12.24	00:57:46.02	CORRER LISBOA
353	629	PEDRO DIAS	M	48	97	00:58:14.68	00:58:01.05	GD SANTANDER TOTTA
354	440	MAFALDA DIAS	F	32	18	00:58:18.81	00:57:48.79	IBET
355	82	JOSÉ CASTRO	M	61	54	00:58:24.45	00:57:48.71	CAA BELÉM
356	454	DELFINA ALEXANDRE	F	51	15	00:58:30.86	00:57:56.35	C MILLENNIUM BCP
357	652	CÁTIA PAULINO	F	26	19	00:58:32.73	00:58:25.50	
358	157	VAGNER SIMPLÍCIO	M	34	62	00:58:33.86	00:58:00.17	CAPTAIN FLY
359	634	LUCIO SILVA	M	53	98	00:58:51.09	00:58:33.10	GD SANTANDER TOTTA
360	316	CÉSAR VIEGAS	M	62	55	00:58:57.69	00:58:39.75	PAVITENIS LDA
361	65	NUNO CUNHA	M	40	80	00:59:01.82	00:58:37.59	
362	569	ARTUR GAIO	M	36	81	00:59:02.21	00:58:39.83	CCD TRANQUILIDADE
363	66	FRANCISCO GONÇALVES	M	50	99	00:59:02.99	00:58:38.96	
364	675	FILIPE NUNES	M	36	82	00:59:04.15	00:58:40.76	GENERALI
365	529	LUÍS BRAZÃO	M	71	13	00:59:05.62	00:59:02.32	FERRARIS DA SERAFINA
366	418	TIAGO FERNANDES	M	35	83	00:59:06.60	00:58:57.16	
367	461	PAULO CARREIRA	M	51	100	00:59:19.10	00:58:58.03	C MILLENNIUM BCP
368	254	IVO MARQUES	M	37	84	00:59:34.21	00:59:19.24	GRUPO BARRAQUEIRO

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369	310	ELIN BERGLIE	F	45	16	00:59:36.76	00:59:33.30	
370	712	ANDRE PIRES	M	34	63	00:59:38.94	00:59:19.22	COFINA RUNNERS
371	55	ELISEO MOREIRA	M	62	56	00:59:40.72	00:59:10.80	
372	711	TIAGO M DIAS	M	41	85	00:59:59.39	00:59:23.50	COFINA RUNNERS
373	28	MIGUEL REDMONT	M	49	101	01:00:06.13	00:59:39.65	
374	513	ANA NETO	F	41	20	01:00:08.00	00:59:51.72	LINDA A PASTORA SC
375	73	CARLOS CAEIRO	M	45	102	01:00:08.59	01:00:02.48	CAEIRO RUN
376	224	MARINA OLSSON	F	45	17	01:00:09.11	01:00:04.96	
377	204	JOÃO FILIPE FRADE	M	48	103	01:00:09.89	00:59:51.24	C COLABORADORES AGEAS
378	597	SERGIO AMARAL	M	43	86	01:00:10.39	00:59:52.48	SS CGD
379	207	MÓNICA TRUNINGER SOUSA	F	47	18	01:00:14.28	00:59:55.03	C COLABORADORES AGEAS
380	202	ANA PAULA MATIAS	F	54	19	01:00:14.40	00:59:56.09	C COLABORADORES AGEAS
381	211	VANDA SEQUEIRA	F	47	20	01:00:14.82	00:59:55.94	C COLABORADORES AGEAS
382	79	LUIZ ROSA	M	66	14	01:00:18.93	00:59:50.08	CAA BELÉM
383	586	JOAO GUEGUES	M	52	104	01:00:19.42	00:59:47.60	SS CGD
384	96	CARLA PEREIRA	F	48	21	01:00:20.01	00:59:50.44	
385	677	BRUNO ALEXANDRE	M	39	87	01:00:22.50	01:00:08.15	GENERALI
386	288	DURVALINO RIBEIRO	M	38	88	01:00:31.30	01:00:07.29	THE LISBON MBA CLASS OF 2019
387	67	ANTONIO FIGUEIREDO	M	59	57	01:00:33.49	01:00:21.54	CLUBE EDP LISBOA
388	517	PAULO ROMEIRO	M	43	89	01:00:34.00	01:00:00.00	
389	120	JORGE SANTOS	M	54	105	01:00:40.90	01:00:10.67	
390	398	CARLOS VIEGAS	M	61	58	01:00:43.61	01:00:40.28	GDCT UNICRE
391	457	VIRGILIO FERREIRA	M	65	15	01:00:44.99	01:00:27.47	C MILLENNIUM BCP
392	482	ALEXANDRA PINTO	F	24	20	01:00:46.53	01:00:25.58	CLÍNICA DR. CAUTELA
393	88	ALEXANDRE SILVA	M	39	90	01:00:47.35	01:00:34.97	
394	89	SARA CATITA	F	34	21	01:00:47.50	01:00:33.97	
395	430	MARGARIDA SERRA	F	39	21	01:00:54.27	01:00:23.38	IBET
396	466	FERNANDA FERREIRA	F	42	22	01:00:57.51	01:00:08.90	C MILLENNIUM BCP
397	314	MARIA TERESA MARTINS	F	60	2	01:00:59.61	01:00:52.40	SS CGD
398	175	NUNO GONÇALVES	M	66	16	01:01:06.36	01:00:52.31	KEEPRUNNING
399	139	SANDRA GONÇALVES	F	46	22	01:01:06.48	01:01:06.48	
400	339	NINA HONRADO	F	30	22	01:01:07.63	01:01:01.97	
401	654	ETELVINA PAULINO	F	60	3	01:01:09.39	01:01:03.30	
402	696	GENINHA ANDRADE	F	41	23	01:01:09.51	01:01:03.09	AMINHACORRIDA
403	714	VITOR ESCARIA	M	48	106	01:01:10.10	01:00:50.80	
404	342	ANDREIA RODRIGUES	F	43	24	01:01:12.65	01:00:46.95	CCD CREDITO AGRÍCOLA
405	528	PAULA ANTUNES	F	40	25	01:01:15.59	01:00:48.81	

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406	312	HELGA GIRÃO	F	67	1	01:01:26.07	01:01:17.47	URBAN RUN TEAM
407	31	ISABEL REDMONT	F	49	23	01:01:30.08	01:01:03.60	
408	317	MARIA CÉU VIEGAS	F	57	4	01:01:35.48	01:01:17.67	PAVITENIS LDA
409	333	CATARINA GOMES	F	32	23	01:01:39.50	01:01:09.79	OS CUNHADOS
410	666	SÉRGIO VENTURA	M	37	91	01:01:57.19	01:01:37.04	GENERALI
411	664	SUSANA MONTEIRO	F	26	24	01:01:57.45	01:01:37.87	GENERALI
412	665	ANIBAL FRANCISCO	M	57	59	01:01:58.37	01:01:58.37	GENERALI
413	414	ODILIA PEREIRA	F	48	24	01:02:05.84	01:01:39.39	CLUBE VODAFONE
414	446	ANA MARIA RAMOS	F	44	26	01:02:11.81	01:01:41.45	
415	260	ELISABETE ÁGUAS	F	54	25	01:02:20.35	01:01:43.82	CCD O ALVITEJO
416	438	BARBARA FERNANDES	F	25	25	01:02:32.86	01:02:04.74	IBET
417	81	JÚLIO CASTRO	M	60	60	01:02:42.94	01:02:07.85	CAA BELÉM
418	102	VANDA MARTINS	F	42	27	01:02:45.43	01:02:19.02	
419	304	FILIPA RIBEIRO	F	37	28	01:03:04.20	01:02:30.84	
420	348	PAULA NETO	F	55	5	01:03:09.55	01:02:44.73	CCD CREDITO AGRICOLA
421	268	JOÃO SANTOS	M	70	17	01:03:10.51	01:02:51.14	VETERANOS DE MASSAMÁ
422	395	PEDRO SARRASQUEIRO	M	39	92	01:03:15.36	01:03:11.48	GDCT UNICRE
423	473	RITA MINA	F	47	26	01:03:23.58	01:03:07.00	LINDA A PASTORA SC
424	390	MIGUEL SILVA	M	24	64	01:03:25.64	01:03:03.47	
425	526	ANDRÉ MARQUES	M	34	65	01:03:27.43	01:03:11.01	
426	476	CARLOS ALVES	M	62	61	01:03:27.57	01:02:52.56	C FERROV PORTUGAL
427	670	LUIS SEMEDO	M	47	107	01:03:28.27	01:03:14.14	GENERALI
428	673	MARTA DE SOUSA	F	51	27	01:03:28.40	01:03:14.26	GENERALI
429	571	LUIS PALMEIRO	M	49	108	01:03:30.58	01:03:09.20	CCD TRANQUILIDADE
430	463	ANA RAMA	F	42	29	01:03:30.83	01:03:09.58	C MILLENNIUM BCP
431	479	IVA OLIVEIRA	F	45	28	01:03:35.10	01:03:07.86	ML
432	650	LUIS MILHEIRO	M	59	62	01:03:39.06	01:03:24.79	GD SANTANDER TOTTA
433	633	JOSE MONTEIRO	M	70	18	01:03:39.37	01:03:36.24	GD SANTANDER TOTTA
434	143	NUNO PIRES	M	25	66	01:03:39.84	01:03:10.73	
435	378	PAULO PADRÃO	M	51	109	01:03:41.27	01:03:13.88	
436	583	DORA PIRES	F	53	29	01:03:41.78	01:03:26.18	SS CGD
437	152	RITA PEREIRA	F	33	26	01:03:45.05	01:03:12.60	
438	156	RENATO DOMINGOS	M	32	67	01:03:45.26	01:03:12.57	
439	303	JOANA RODRIGUES	F	37	30	01:03:52.00	01:03:22.64	
440	449	EDUARDO PINTO	M	51	110	01:03:57.76	01:03:34.70	C MILLENNIUM BCP
441	283	LUIS AIRES	M	51	111	01:04:05.15	01:03:49.13	100 ESTRILHOS
442	290	CARLA PEREIRA	F	50	30	01:04:06.84	01:03:50.34	100 ESTRILHOS

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443	291	DUARTE GONÇALVES	M	43	93	01:04:07.29	01:03:35.75	
444	336	JOÃO WANG DE ABREU	M	31	68	01:04:07.53	01:03:45.10	
445	680	SÉRGIO PIRES	M	42	94	01:04:08.85	01:03:37.24	GENERALI
446	280	PEDRO MATOS	M	39	95	01:04:10.97	01:03:59.44	M&M
447	286	SÓNIA DIAS	F	42	31	01:04:20.14	01:04:04.30	100 ESTRILHOS
448	338	ISABEL MAGALHÃES	F	63	6	01:04:28.54	01:04:20.71	
449	603	CARLA NUNES	F	41	32	01:04:40.71	01:04:05.18	GENERALI
450	246	FRANCISCO SARRASQUEIRO	M	72	19	01:04:43.65	01:04:39.98	CORRER LISBOA
451	693	JORGE SOUSA	M	55	63	01:04:43.77	01:04:03.66	
452	149	MARIA MILHO	F	38	33	01:04:47.97	01:04:09.22	
453	148	TIAGO MONTEIRO	M	35	96	01:04:48.01	01:04:08.99	
454	706	ANA PINA	F	48	31	01:04:48.68	01:04:38.64	
455	110	MANUEL SEQUEIRA	M	69	20	01:04:56.66	01:04:21.28	GDCT REPSOL POLÍMEROS
456	432	MARCOS SOUSA	M	42	97	01:05:08.95	01:04:37.44	IBET
457	100	JOSÉ DIAS	M	62	64	01:05:09.50	01:04:49.79	GRUPO BARRAQUEIRO
458	465	CARLOS BRANDÃO	M	45	112	01:05:10.58	01:05:04.66	C MILLENNIUM BCP
459	522	DALILA ARAÚJO	F	31	27	01:05:10.91	01:04:47.94	VIALONGA RUNNERS
460	49	MARIA JOAO SIMOES	F	51	32	01:05:28.52	01:05:14.58	
461	679	JOÃO FARINHA	M	44	98	01:05:30.03	01:05:16.32	GENERALI
462	300	RICARDO BARBOSA	M	30	69	01:05:31.54	01:04:50.46	
463	496	CARLOS GASOPO	M	56	65	01:05:38.14	01:05:14.15	
464	363	JOSE BRAVO	M	46	113	01:05:38.43	01:05:14.62	
465	256	ANTÓNIO SEIXAS	M	24	70	01:05:47.89	01:05:08.03	OS BURKHO
466	399	PAULO FRANÇA	M	57	66	01:05:52.58	01:05:49.59	GDCT UNICRE
467	400	ANA MADEIRA	F	46	33	01:05:52.70	01:05:49.63	GDCT UNICRE
468	396	BENTO CORREIA	M	58	67	01:05:52.94	01:05:48.11	GDCT UNICRE
469	669	SARA AMORIM	F	29	28	01:06:08.33	01:05:23.56	KIRA
470	645	MARTA GOMES	F	28	29	01:06:08.56	01:05:30.04	
471	184	CATARINA ROCHA	F	27	30	01:06:31.46	01:05:58.32	
472	53	ANTÓNIO ABRANTES	M	64	68	01:06:48.00	01:06:24.23	
473	411	TILA ROSADO	F	46	34	01:06:57.70	01:06:41.26	
474	624	ANTÓNIO COSTA	M	30	71	01:07:10.56	01:06:41.17	
475	565	JOANA COSTA	F	33	31	01:07:13.37	01:06:44.09	
476	70	RUI XAVIER	M	52	114	01:07:17.41	01:07:05.33	CLUBE EDP LISBOA
477	343	CARLA DOMINGOS	F	39	34	01:07:17.64	01:06:46.26	CCD CREDITO AGRICOLA
478	347	MIGUEL VINAGRE	M	44	99	01:07:17.68	01:06:46.50	CCD CREDITO AGRICOLA
479	229	JOÃO ALMEIDA	M	53	115	01:07:28.84	01:07:15.37	

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480	75	VITORINO NUNES	M	67	21	01:07:30.33	01:07:26.59	CAA BELÉM
481	574	CLAUDIA TAM	F	37	35	01:07:32.17	01:06:51.26	CCD TRANQUILIDADE
482	481	CAROLINA MELO DUARTE	F	34	32	01:07:40.92	01:07:02.65	ML
483	480	ANA ROBIN DE ANDRADE	F	42	36	01:07:42.49	01:07:01.24	ML
484	510	FRANCISCO COITO	M	67	22	01:07:44.59	01:07:34.86	CLUBE MARGINAL
485	423	OCTÁVIO AMARO	M	38	100	01:07:45.61	01:07:45.61	HUT RUNNERS
486	553	OLIVIA KPAKPO	F	37	37	01:07:53.33	01:06:57.47	
487	547	MÓNICA MIRA	F	34	33	01:07:57.18	01:07:41.47	GDC BANCO DE PORTUGAL
488	546	ANTÓNIO SILVA	M	34	72	01:07:57.70	01:07:39.23	GDC BANCO DE PORTUGAL
489	315	MÁRIO PEREIRA	M	52	116	01:08:02.38	01:07:44.11	PAVITENIS LDA
490	497	CLÁUDIA OLIVEIRA	F	36	38	01:08:13.78	01:07:53.33	
491	550	CLAUDIA FLORENTIM	F	41	39	01:08:17.34	01:08:00.49	GDC BANCO DE PORTUGAL
492	628	RAISSA COELHO	F	24	34	01:08:21.43	01:06:38.64	GD SANTANDER TOTTA
493	625	FABIO DIAS	M	48	117	01:08:22.05	01:07:10.02	GD SANTANDER TOTTA
494	112	MARIA TEIXEIRA	F	46	35	01:08:22.19	01:08:11.23	
495	412	HENRIQUE VILHENA	M	63	69	01:08:22.26	01:08:10.03	
496	384	CARLOS SEQUEIRA	M	51	118	01:08:40.11	01:08:00.77	CORRER LOURES
497	327	PAULO CECILIO	M	45	119	01:08:40.53	01:08:01.80	CROSSFIT MONTIJO
498	267	MANUEL AZEVEDO	M	62	70	01:08:49.97	01:08:25.72	VETERANOS DE MASSAMÁ
499	223	MARISA MARTINS	F	43	40	01:08:53.52	01:08:37.43	
500	124	BRUNO BERNARDO	M	41	101	01:08:53.59	01:08:37.11	
501	552	MARCO A R LOPES	M	47	120	01:08:54.66	01:08:42.24	PORTUGAL RUNNING
502	518	ANA ISABEL RAMOS	F	41	41	01:08:55.63	01:08:21.33	
503	195	FERNANDO ALVES	M	62	71	01:08:56.17	01:08:36.71	
504	490	FRANCISCO CLERIGO	M	66	23	01:08:57.62	01:08:29.18	SS CGD
505	237	CRISTINA EDRA	F	37	42	01:09:09.35	01:05:29.64	SMI RUNNERS
506	235	ANDRÉ TEIXEIRA	M	34	73	01:09:09.63	01:05:29.01	SMI RUNNERS
507	630	SANDRA CUNHA	F	45	36	01:09:14.20	01:08:45.22	GD SANTANDER TOTTA
508	467	CARLOS CONCEIÇÃO	M	56	72	01:09:14.42	01:08:54.83	C MILLENNIUM BCP
509	284	JOÃO GAMEIRO	M	37	102	01:09:19.21	01:08:57.05	THE LISBON MBA CLASS OF 2019
510	643	ISABEL ALAMO	F	51	37	01:09:20.79	01:09:08.01	
511	10	JOHNNY THOMASSEN	M	59	73	01:10:25.61	01:10:05.08	NORWAY
512	24	JOANA DARC CHOURIÇO	F	56	7	01:10:40.29	01:10:30.13	RUNNING CLUB SANTA CASA
513	689	ANTÓNIO VIDAS	M	55	74	01:11:10.63	01:10:47.30	CLUBE ANACOM
514	372	PAULO PINTO	M	55	75	01:11:13.82	01:11:00.99	
515	627	MARIA COELHO	F	44	43	01:11:13.94	01:09:30.71	GD SANTANDER TOTTA
516	371	MAFALDA PINTO	F	26	35	01:11:14.15	01:10:59.58	

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517	94	LUIGI ROSSI	M	70	24	01:11:18.83	01:11:10.29	
518	642	MANUEL BARATA	M	55	76	01:11:20.78	01:11:00.81	RUN TEJO
519	641	LUISA COSTA	F	51	38	01:11:20.99	01:10:59.26	RUN TEJO
520	538	ANTÓNIO PEREIRA	M	78	25	01:11:22.40	01:10:59.37	GDC BANCO DE PORTUGAL
521	710	ANDREIA VALE	F	41	44	01:11:30.80	01:10:59.04	COFINA RUNNERS
522	322	JORGE BAPTISTA	M	64	77	01:11:32.23	01:11:24.94	
523	661	BRUNO SOUSA	M	40	103	01:11:42.16	01:11:22.67	GENERALI
524	297	LÚCIA MESQUITA	F	26	36	01:11:58.10	01:11:34.01	
525	298	JOÃO RUFINO	M	24	74	01:11:58.52	01:11:32.21	
526	472	CARLA VAZ	F	47	39	01:12:13.84	01:11:41.50	C MILLENNIUM BCP
527	502	MARTA PORTUGAL	F	23	37	01:12:46.42	01:12:11.29	PORTUGAL
528	492	PAULO ANDRADE	M	48	121	01:13:07.30	01:12:27.39	SS CGD
529	111	VALDETE MIRANDA	F	31	38	01:13:13.80	01:13:13.80	
530	230	JOSÉ ALIPIO	M	62	78	01:13:23.95	01:13:17.69	
531	501	ANTONIO ALCOBIA PORTUGAL	M	53	122	01:13:27.17	01:12:52.03	PORTUGAL
532	508	ANA PAULA PARRACHO	F	53	40	01:14:12.26	01:13:39.37	CCD SIEMENS
533	568	SONIA QUINTAS	F	44	45	01:14:12.36	01:13:37.47	CCD SIEMENS
534	236	ROSA CORREIA	F	37	46	01:14:13.02	01:10:33.82	SMI RUNNERS
535	608	VERA LIMA	F	47	41	01:14:14.21	01:13:49.43	GENERALI
536	567	ANA ROXO	F	53	42	01:14:14.31	01:13:41.10	CCD SIEMENS
537	181	CLAUDIA CASCAIS	F	43	47	01:14:51.34	01:14:46.64	
538	626	PAULO COELHO	M	54	123	01:15:03.27	01:13:52.11	GD SANTANDER TOTTA
539	119	JOÃO PAULO ANTUNES	M	48	124	01:15:35.64	01:15:35.64	
540	128	JOANA GALVAO	F	28	39	01:16:24.91	01:14:58.10	
541	507	ANDRE SOUSA	M	28	75	01:16:55.53	01:16:32.86	VIALONGA RUNNERS
542	242	ANA MENDES	F	36	48	01:17:32.92	01:16:38.32	418, I'M A TEAPOT
543	244	VANDA ABRAÇOS	F	39	49	01:17:32.97	01:16:14.22	418, I'M A TEAPOT
544	180	PATRICIA CASIMIRO	F	25	40	01:17:41.09	01:16:13.10	#SUPERAÇÃO
545	155	MAYER RAPOSO	M	72	26	01:18:38.66	01:18:10.40	AA LEBRES DO SADO
546	509	ALEXANDRE CAVALHEIRO	M	45	125	01:18:43.73	01:18:01.58	
547	386	PATRICIA FRAGA	F	26	41	01:18:44.29	01:18:37.48	IRO
548	635	CARLOS ALVES	M	52	126	01:18:48.25	01:18:35.53	GD SANTANDER TOTTA
549	355	YOUSSARA ALMEIDA	F	23	42	01:19:40.00	01:19:16.00	MONOCELHA
550	376	SARA LUZ	F	24	43	01:20:19.09	01:20:04.52	
551	69	RICARDO SANTOS	M	47	127	01:21:27.37	01:20:55.35	CLUBE EDP LISBOA
552	68	NUNO GOMES	M	51	128	01:21:27.85	01:20:56.16	CLUBE EDP LISBOA
553	709	SOLANGE PEREIRA	F	34	44	01:21:56.94	01:21:48.01	COFINA RUNNERS

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554	356	MARTA PONTES	F	30	45	01:22:00.81	01:21:36.84	MONOCELHA
555	458	FOCK WAN	F	69	2	01:22:08.41	01:21:56.88	C MILLENNIUM BCP
556	442	DULCE BRITES	F	47	43	01:23:02.87	01:22:22.91	IBET
557	318	ANTÓNIO ROCHA	M	27	76	01:23:15.46	01:22:57.61	PAVITENIS LDA
558	576	MA FEE HUNG	F	69	3	01:23:48.61	01:23:19.73	CCD TRANQUILIDADE
559	601	CARLOS ALVES	M	42	104	01:24:19.17	01:23:41.16	RUN TEJO
560	309	MARLENE CUNHA	F	40	50	01:25:47.34	01:25:16.58	
561	158	GUSTAVO GAMA	M	51	129	01:25:47.41	01:25:24.71	
562	187	HÉLIO FREIXO	M	25	77	01:26:32.85	01:18:58.69	#SUPERAÇÃO
563	188	INÊS CASIMIRO	F	26	46	01:26:32.89	01:25:03.92	#SUPERAÇÃO
564	340	Mª CARMO ANJOS	F	73	4	01:28:14.00	01:28:14.00	CONDOR
565	720	BRUNA AGUIAR	F	27	47	01:31:00.37	01:22:33.69	
566	341	LUCINDA HENRIQUES	F	70	5	01:31:55.34	01:31:44.21	CONDOR

Total de registros: 566