



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	694	MARCO CARDOSO	M	31	1	00:34:10.83	00:34:09.09	CDR RIBEIRINHO
2	664	FILIPE JANUARIO	M	34	2	00:34:43.62	00:34:41.37	C MILLENNIUM
3	323	DANIEL PINHEIRO	M	35	3	00:35:37.46	00:35:35.69	
4	794	LUIS SALGADO	M	42	1	00:35:48.73	00:35:48.73	AMINHACORRIDA
5	663	ANDRE JANUARIO	M	34	4	00:36:23.21	00:36:22.10	C MILLENNIUM
6	312	KEVIN BEAL	M	32	5	00:36:56.78	00:36:54.35	PERSAN ATHLETIC CLUB
7	534	RUI CABEÇAS	M	45	1	00:37:03.61	00:37:01.20	ID VIEIRENSE
8	354	TIAGO CASTELA	M	30	6	00:38:31.93	00:38:30.57	DCI-CCDRP MEALHADA
9	110	PAULO COSTA	M	52	1	00:38:38.76	00:38:38.08	RB RUNNING
10	337	RUI HENRIQUES	M	38	7	00:39:00.52	00:38:58.78	SS MONTEPIO
11	701	ANTÓNIO ARAÚJO	M	52	2	00:39:14.48	00:39:12.04	
12	199	NUNO SILVA	M	38	8	00:39:17.71	00:39:15.69	FF PAZ MUNDIAL E UNIFICAÇÃO
13	151	LUIS REBELO	M	53	3	00:39:25.74	00:39:25.74	FALCÕES SELVAGENS
14	626	DUARTE COSTA	M	34	9	00:39:40.00	00:39:39.75	
15	723	PAULO QUEIRÓS	M	48	2	00:40:01.05	00:39:55.33	
16	313	HENRIQUE JANOTA	M	45	3	00:40:03.96	00:40:01.35	CARACOIS DE PEDRA
17	791	JOÃO SIMÕES	M	47	4	00:40:05.09	00:40:01.10	AMINHACORRIDA
18	109	VITOR M MARTINS	M	48	5	00:40:11.37	00:40:07.17	C COLAB AGEAS
19	122	AIRES A PRATAS	M	62	1	00:40:20.12	00:40:18.44	CA ODIMARQ
20	808	CHRISTOPH FETKENHEUER	M	31	10	00:40:39.06	00:40:34.76	
21	733	JOSÉ GOUVEIA	M	49	6	00:40:50.69	00:40:49.57	
22	188	JOAQUIM OLIVEIRA	M	51	4	00:40:56.60	00:40:53.62	CP EDP LISBOA
23	751	JOSÉ SILVA	M	54	5	00:41:00.51	00:40:58.69	
24	722	GUSTAVO P P SANTOS	M	45	7	00:41:14.36	00:41:10.12	CF OS BELENENSES
25	69	JOSÉ MANUEL GOMES	M	57	1	00:41:20.20	00:41:17.33	
26	515	GIL XAVIER ALVES	M	41	2	00:41:27.39	00:41:25.48	UNIDOS DA MANUTENÇÃO
27	765	JOSÉ D SANTOS	M	40	3	00:41:30.42	00:41:26.83	
28	746	FERNANDO MARTINS	M	47	8	00:41:39.35	00:41:35.71	
29	179	JOÃO PASTOR	M	45	9	00:41:43.32	00:41:41.77	AA MAFRA
30	116	PIERRE LE BACCON	M	33	11	00:41:53.97	00:41:49.42	C COLAB AGEAS
31	37	RICARDO RAMALHETE	M	39	12	00:41:57.75	00:41:54.01	
32	821	FÁBIO SAMUEL E MARMELO	M	30	13	00:42:05.03	00:41:57.64	
33	613	RUI FERREIRA	M	40	4	00:42:06.35	00:42:03.57	
34	283	LUIS ZÊZERE	M	41	5	00:42:10.95	00:42:06.20	CCD CREDITO AGRICOLA
35	699	PAULO CHAINHO	M	53	6	00:42:12.00	00:42:08.32	GDR SÃO FRANCISCO SERRA
36	805	JOÃO PATEIRA	M	40	6	00:42:18.62	00:42:17.17	



# Corrida da Árvore

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37	806	BENVINDA SANTOS	F	23	1	00:42:19.03	00:42:17.63	JUVENTUDE VIDIGALENSE
38	424	CARLOS BRANCO	M	45	10	00:42:40.66	00:42:36.72	SS CGD
39	426	DIOGO BRANCO	M	18	14	00:42:40.85	00:42:36.65	SS CGD
40	753	PETER STEINHAUSEN	M	65	1	00:42:46.49	00:42:44.80	
41	566	VITOR BATISTA	M	48	11	00:42:58.21	00:42:54.01	
42	425	DANIEL VERISSIMO	M	36	15	00:42:58.95	00:42:57.51	SS CGD
43	321	ANDRÉ WIBORG	M	59	2	00:43:03.61	00:43:00.57	
44	302	PAULO ALMEIDA	M	53	7	00:43:06.54	00:43:04.54	
45	85	JOSÉ SILVA	M	44	7	00:43:09.00	00:42:55.96	CORRER LISBOA
46	852	PALMIRA QUINHAMA	F	40	1	00:43:09.93	00:43:08.13	CORRER LISBOA
47	845	VALTER RIBEIRO	M	27	16	00:43:13.19	00:42:59.02	
48	704	ANIBAL COSTA	M	47	12	00:43:23.38	00:43:18.87	SPEM
49	730	JOAO BRAZ	M	54	8	00:43:34.25	00:43:28.60	CA ODIMARQ
50	163	EDMUNDO FONTE	M	55	3	00:43:37.42	00:43:35.29	
51	614	CÁTIA NASCIMENTO	F	37	2	00:43:37.75	00:43:37.42	
52	519	CARLOS MONTEIRO	M	57	4	00:43:52.58	00:43:50.59	UNIDOS DA MANUTENÇÃO
53	804	ARTUR PAIVA FERREIRA	M	53	9	00:44:04.37	00:43:42.23	
54	778	SÉRGIO NUNES	M	43	8	00:44:09.42	00:44:06.55	TURRES TRAIL TEAM
55	265	PEDRO CANELAS	M	45	13	00:44:17.26	00:44:11.41	GRUPO CORRIDA JCS
56	362	ANTÓNIO J NUNES	M	0	17	00:44:17.28	00:44:07.41	LISBON MOONLIGHT RUNNERS
57	431	JOAQUIM FRADE	M	62	2	00:44:28.47	00:44:25.18	SS CGD
58	598	GUILHERME CARDOSO	M	25	18	00:44:33.41	00:44:15.53	C BENFICA ABRANTES
59	399	RUI OLIVEIRA	M	47	14	00:44:34.09	00:44:33.53	TRANQUILIDADE
60	559	PAULO NUNES	M	44	9	00:44:39.36	00:44:38.26	CORRER LISBOA
61	561	MARTA CONCEIÇÃO	F	33	2	00:44:39.86	00:44:39.61	
62	784	ANDRÉ VAZ	M	32	19	00:44:42.34	00:44:30.30	
63	731	PEDRO MARTINS	M	36	20	00:45:02.72	00:44:55.20	
64	217	JOSE GASPAR	M	45	15	00:45:07.15	00:44:59.21	QUARTETO
65	527	NUNO SANTOS	M	40	10	00:45:07.45	00:44:59.07	
66	132	FERNANDO ALMEIDA	M	39	21	00:45:14.29	00:45:10.38	GELPEIXE
67	450	TIAGO AVELÃS	M	42	11	00:45:22.69	00:45:18.65	SS CGD
68	452	PEDRO COUTINHO	M	36	22	00:45:25.98	00:45:15.42	
69	369	PEDRO PINTO	M	32	23	00:45:30.00	00:45:18.36	
70	429	HENRIQUE AMADOR	M	46	16	00:45:33.14	00:45:29.60	SS CGD
71	684	ANDRE SILVA	M	17	24	00:45:39.67	00:45:33.72	C MILLENNIUM
72	466	MIGUEL FIGUEIREDO	M	44	12	00:45:48.30	00:45:41.25	CLUBE ANACOM
73	465	PAULO GOULART	M	49	17	00:45:48.52	00:45:41.53	CLUBE ANACOM



74	712	ANTONIO REBELO	M	46	18	00:45:51.49	00:45:34.73	
75	393	VIRGILIO MADEIRA	M	58	5	00:46:01.89	00:45:52.18	TRANQUILIDADE
76	98	MIGUEL T SOUSA	M	42	13	00:46:04.00	00:45:37.24	C COLAB AGEAS
77	97	GIL CARNEIRO	M	40	14	00:46:07.14	00:46:07.14	MARGIL
78	573	FRANCISCO GAMA	M	53	10	00:46:08.80	00:45:47.92	
79	96	ANA M CORREIA	F	38	3	00:46:09.49	00:45:41.47	MARGIL
80	401	FILIPE GONÇALVES	M	45	19	00:46:09.67	00:45:58.70	
81	802	NUNO GONÇALO	M	30	25	00:46:27.26	00:45:56.69	
82	445	PEDRO FONTOURA	M	47	20	00:46:34.35	00:46:26.80	SS CGD
83	327	BRUNO DUQUE	M	36	26	00:46:48.47	00:46:24.86	SS MONTEPIO
84	783	JOAO SACADURA	M	32	27	00:46:52.85	00:46:41.92	
85	164	JOSÉ CRUZ	M	43	15	00:47:00.74	00:46:55.99	RUN FOR LUNCH
86	768	FERNANDO ANACLETO	M	65	2	00:47:06.87	00:47:04.04	
87	789	ALVARO RODRIGUES	M	38	28	00:47:09.22	00:46:29.51	
88	343	HÉLDER COTRIM	M	38	29	00:47:09.57	00:47:07.88	
89	432	JOSE AUGUSTO	M	39	30	00:47:10.89	00:46:49.78	SS CGD
90	459	CEDRIC MONTEIRO	M	31	31	00:47:23.20	00:47:14.52	CASEBRE
91	763	JOÃO CATARRO	M	29	32	00:47:30.67	00:47:04.23	
92	184	FERNANDO COSTA	M	41	16	00:47:34.04	00:47:26.62	
93	211	MIGUEL FRIAS	M	42	17	00:47:38.61	00:47:36.97	
94	266	PEDRO COSTA	M	33	33	00:47:39.97	00:47:31.63	GRUPO CORRIDA JCS
95	264	PATRICIA SANTIAGO	F	37	4	00:47:41.01	00:47:12.63	GRUPO CORRIDA JCS
96	477	SALVADOR BOURA	M	25	34	00:47:49.22	00:47:29.90	
97	209	TIAGO FERREIRA	M	39	35	00:47:51.79	00:47:32.88	OPTICALIA RUNNING TEAM
98	11	JOÃO GUTERRES	M	43	18	00:47:52.48	00:47:46.99	
99	532	HUGO MATIAS	M	29	36	00:48:06.39	00:47:44.02	PERNETAS
100	595	JOSE GUERREIRO	M	60	3	00:48:08.08	00:47:47.49	SS MONTEPIO
101	191	ANTÓNIO AMARAL	M	40	19	00:48:13.97	00:48:12.43	GUIZO RUNNERS
102	172	BRUNO F M BALEIZÃO	M	33	37	00:48:15.44	00:47:59.58	
103	352	TIAGO MONTEIRO	M	33	38	00:48:17.00	00:47:15.24	
104	810	VERA SANTOS	F	35	5	00:48:19.18	00:48:14.25	
105	782	JOÃO CALDAS	M	52	11	00:48:19.22	00:48:06.34	ND AUTOCOOPE
106	417	JORGE FERREIRA	M	46	21	00:48:22.38	00:47:55.98	AON
107	335	PAULO RODRIGUES	M	42	20	00:48:23.05	00:48:19.23	SS MONTEPIO
108	414	JOSE BASTOS	M	51	12	00:48:23.61	00:47:56.25	AON
109	649	FERNANDO RODRIGUES	M	53	13	00:48:27.91	00:48:13.31	C MILLENNIUM
110	322	JOÃO FERNANDES	M	36	39	00:48:29.29	00:48:08.71	



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111	767	RUI LAPA	M	42	21	00:48:32.50	00:48:24.34	
112	514	JUAN PEREZ	M	33	40	00:48:36.63	00:48:27.24	
113	788	SARUNAS JURGAITIS	M	28	41	00:48:41.00	00:48:32.36	
114	762	JOAQUIM PINHEIRO	M	38	42	00:48:42.75	00:48:15.73	
115	379	HELDER VALADAS	M	37	43	00:48:45.18	00:48:33.85	OS PERIGOSOS
116	269	RUI PINTO	M	52	14	00:48:49.04	00:48:42.17	GRUPO CORRIDA JCS
117	316	ANTÓNIO FERNANDES	M	61	4	00:48:49.10	00:48:39.29	A VALE SILENCIO
118	482	LEONEL A F S JOSÉ	M	48	22	00:48:50.82	00:48:17.67	LINDA-A-PASTORA SC
119	851	PEDRO PROENÇA	M	47	23	00:48:52.00	00:48:34.74	
120	12	RUI MENDES	M	46	24	00:48:52.80	00:48:50.07	
121	222	PAULO DUARTE	M	52	15	00:48:53.01	00:48:36.14	GDCT UNICRE
122	166	TIAGO DELGADO	M	32	44	00:49:01.40	00:48:42.81	
123	290	PEDRO PEDRO	M	33	45	00:49:05.15	00:49:00.38	CCD CREDITO AGRICOLA
124	836	JOAO PEDRO VEIGA	M	29	46	00:49:06.47	00:48:38.17	
125	15	ÁLVARO GOMES	M	44	22	00:49:12.84	00:49:10.65	TERRAS FUNDEIRAS
126	786	DAVID BERRY	M	56	6	00:49:14.72	00:48:48.83	
127	104	PAULO FIGUEIREDO	M	35	47	00:49:14.87	00:48:57.20	C COLAB AGEAS
128	201	ALFREDO FALCÃO	M	52	16	00:49:16.38	00:48:55.11	RUN 4 FUN
129	229	EDUARDO RIBEIRO	M	50	17	00:49:17.27	00:49:00.07	GDCT UNICRE
130	740	ANTÓNIO NEVES	M	33	48	00:49:17.64	00:49:00.27	EPIC TEAM
131	305	DÉBORA ARNEDO	F	36	6	00:49:19.72	00:49:01.38	
132	381	CARLOS SOUSA	M	60	5	00:49:20.77	00:49:09.71	OS PERIGOSOS
133	752	VANDA MURTEIRA	F	43	7	00:49:22.07	00:49:10.13	AKI VAMOS NÓS
134	660	JOSE RODRIGUES	M	67	3	00:49:23.57	00:49:21.12	C MILLENNIUM
135	556	MANUEL ALVES	M	50	18	00:49:27.03	00:49:22.77	
136	829	NUNO BELA	M	37	49	00:49:31.76	00:49:19.45	
137	822	DIOGO RODRIGUES	M	37	50	00:49:32.62	00:49:20.96	
138	310	MIGUEL OLIVEIRA	M	43	23	00:49:36.93	00:49:25.40	CORRER LISBOA
139	817	GUILHERME GONÇALVES	M	57	7	00:49:37.32	00:49:28.50	C FERROV PORTUGAL
140	792	JORGE AMARAL	M	49	25	00:49:38.62	00:49:34.98	AMINHACORRIDA
141	306	MARIA RAPOSO	F	35	8	00:49:49.46	00:49:47.51	
142	818	VITOR GONZAS	M	51	19	00:49:50.39	00:49:41.15	C FERROV PORTUGAL
143	287	MIGUEL VINAGRE	M	42	24	00:49:52.87	00:49:33.70	CCD CREDITO AGRICOLA
144	318	FILIPA VELOSO	F	28	3	00:49:55.91	00:49:05.04	DAVID E FILIPA
145	319	DAVID NEVES	M	36	51	00:49:56.18	00:49:05.24	DAVID E FILIPA
146	703	PEDRO GONÇALVES	M	47	26	00:49:58.95	00:49:40.66	SPEM
147	292	RUI MELO	M	46	27	00:50:08.47	00:50:02.96	CCD CREDITO AGRICOLA



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148	169	FRANCISCO MACHETA	M	45	28	00:50:11.96	00:49:56.00	
149	569	SEVERINO CRUZ	M	55	8	00:50:13.30	00:49:54.81	AFIS-OVAR
150	102	MIGUEL F ESTEVES	M	34	52	00:50:14.05	00:49:51.05	C COLAB AGEAS
151	216	MIGUEL FIGUEIREDO	M	43	25	00:50:21.87	00:50:14.05	QUARTETO
152	666	JOSE BRANCO	M	67	4	00:50:24.17	00:50:10.75	C MILLENNIUM
153	656	TIAGO ROSA	M	34	53	00:50:26.15	00:50:15.41	C MILLENNIUM
154	303	FRANCISCO PASSOS	M	56	9	00:50:29.19	00:50:06.30	
155	546	JOÃO RIBEIRO	M	63	6	00:50:32.94	00:50:23.03	GDC FIDELIDADE
156	495	FERNANDO FARIA	M	36	54	00:50:41.88	00:50:38.32	
157	377	JOSÉ M VEIGA	M	57	10	00:50:48.40	00:50:19.99	
158	44	PAULO PALMINHA	M	47	29	00:50:52.28	00:50:42.73	
159	136	JOSÉ VAZ	M	59	11	00:50:56.74	00:50:48.66	CLUBE ANACOM
160	420	JOÃO PASSEIRO	M	55	12	00:50:59.70	00:50:43.72	ADC CATUJAL
161	419	ALMERINDO SILVA	M	58	13	00:50:59.79	00:50:42.98	ADC CATUJAL
162	19	ANTÓNIO OLIVEIRA	M	21	55	00:51:01.54	00:50:59.14	
163	307	ANTONIO NOGUEIRA	M	45	30	00:51:02.16	00:50:33.68	FARMACIA DOS LUSIADAS
164	82	NUNO SARAIVA	M	33	56	00:51:02.31	00:50:36.14	
165	623	FILIPE MARTINS	M	38	57	00:51:04.34	00:50:55.66	
166	304	INÊS ARNEDE	F	36	9	00:51:05.75	00:50:47.50	
167	259	MARINA ABRANTES	F	38	10	00:51:10.25	00:51:04.90	GRUPO CORRIDA JCS
168	727	MIGUEL ROBIN	M	45	31	00:51:11.26	00:51:03.44	
169	427	FERNANDO LIMA	M	48	32	00:51:12.75	00:51:08.68	SS CGD
170	710	JOSÉ BARREIRA	M	54	20	00:51:16.66	00:50:56.45	
171	275	ANTÓNIO JOSÉ AMARAL	M	51	21	00:51:16.97	00:51:11.36	CCD CREDITO AGRICOLA
172	320	FREDERICO WIBORG	M	46	33	00:51:21.24	00:50:58.79	
173	642	LUIS BAIXINHO	M	34	58	00:51:22.42	00:51:11.87	C MILLENNIUM
174	780	CARLOS FERREIRA	M	61	7	00:51:23.64	00:51:09.18	ND AUTOOCOOPE
175	289	PEDRO FERNANDES	M	33	59	00:51:24.80	00:51:18.89	CCD CREDITO AGRICOLA
176	815	RICARDO BORDALO	M	48	34	00:51:25.93	00:51:09.24	
177	593	OLENA DOROSH	F	21	4	00:51:26.48	00:51:19.04	
178	329	FILIPE DUARTE	M	32	60	00:51:28.98	00:50:50.68	SS MONTEPIO
179	650	PAULO PAIS	M	53	22	00:51:31.02	00:51:18.45	C MILLENNIUM
180	400	FRANCISCO PEREIRA	M	50	23	00:51:31.78	00:51:14.22	TRANQUILIDADE
181	341	JAIME GOMES	M	61	8	00:51:37.54	00:51:16.27	SS MONTEPIO
182	587	MIGUEL CHUMBO	M	21	61	00:51:38.44	00:51:01.55	
183	95	GONÇALO SILVA	M	39	62	00:51:38.88	00:51:23.74	
184	349	RUI L SANTOS	M	43	26	00:51:45.93	00:51:33.13	AKI VAMOS NÓS





# Corrida da Árvore

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185	232	MIGUEL VELEZ	M	54	24	00:51:51.73	00:51:34.82	
186	131	CARLOS ANTUNES	M	66	5	00:51:51.74	00:51:37.63	CA ODIMARQ
187	473	CARLOS GIL	M	44	27	00:51:53.45	00:51:31.03	
188	478	RUI HENRIQUES	M	46	35	00:51:55.57	00:51:29.87	
189	689	MARIO DURO	M	40	28	00:51:56.43	00:51:53.98	C MILLENNIUM
190	787	PEDRO TEIXEIRA	M	45	36	00:51:57.32	00:51:45.22	TEAM ERCÍLIA
191	324	RICARDO DIAS	M	35	63	00:52:01.16	00:51:27.13	
192	747	FRANCISCO HEITOR	M	41	29	00:52:01.84	00:51:33.33	
193	831	PEDRO MOTA	M	36	64	00:52:02.23	00:51:27.10	
194	748	GONÇALO TAVARES	M	42	30	00:52:02.71	00:51:35.44	
195	651	FILIPA VILAR	F	32	5	00:52:03.57	00:51:50.98	C MILLENNIUM
196	567	LUIS BOIÇA	M	48	37	00:52:04.00	00:52:04.00	BIKE NUTRITIONSHOP
197	498	TOMÁS PEREIRA	M	20	65	00:52:04.36	00:51:38.13	
198	439	ORLINDO FIGUEIREDO	M	70	6	00:52:05.36	00:52:03.55	SS CGD
199	582	MIGUEL SERRA	M	19	66	00:52:08.46	00:51:44.12	
200	276	ANTÓNIO PINTO AMARAL	M	40	31	00:52:09.70	00:52:02.98	CCD CREDITO AGRICOLA
201	106	TITO TEIXEIRA	M	40	32	00:52:10.86	00:51:53.19	C COLAB AGEAS
202	386	FERNANDO AGOSTINHO	M	39	67	00:52:11.94	00:52:02.36	EL CORTE INGLÉS RUNNING TEAM
203	719	FILIFE MIL-HOMENS	M	28	68	00:52:12.25	00:51:29.79	
204	560	ALEXANDRE MATEUS	M	42	33	00:52:13.23	00:51:54.81	
205	204	FREDERICO MORAIS	M	38	69	00:52:15.51	00:51:42.95	
206	385	PAULA ALMEIDA	F	48	1	00:52:16.13	00:51:32.14	
207	152	JOAO RODRIGUES	M	38	70	00:52:18.12	00:51:59.62	FALCÕES SELVAGENS
208	734	ELISABETE SANTOS	F	38	11	00:52:18.84	00:52:00.62	
209	516	LUÍS BRAZÃO	M	69	7	00:52:26.05	00:52:23.73	UNIDOS DA MANUTENÇÃO
210	226	FERNANDO LUZ	M	48	38	00:52:29.05	00:52:12.75	GDCT UNICRE
211	344	CARLOS ALVES	M	55	14	00:52:30.83	00:52:13.67	
212	118	PEDRO TAVARES	M	37	71	00:52:32.43	00:51:54.25	
213	428	FRANCISCO CLÉRIGO	M	64	9	00:52:34.46	00:52:26.09	SS CGD
214	76	RICARDO LEITÃO	M	41	34	00:52:37.68	00:52:04.48	
215	706	ANTÓNIO MARTINS	M	53	25	00:52:37.82	00:52:24.25	
216	471	DAVID AZEDO	M	29	72	00:52:37.88	00:52:26.74	
217	339	TERESA CARDOSO	F	38	12	00:52:37.90	00:52:15.92	SS MONTEPIO
218	665	JORGE SALVADO	M	55	15	00:52:39.13	00:52:02.60	C MILLENNIUM
219	392	CARLOS BARGADO	M	53	26	00:52:40.22	00:52:19.93	TRANQUILIDADE
220	442	PAULA MARTINS	F	37	13	00:52:41.54	00:52:36.92	SS CGD
221	160	DIOGO AMBRÓSIO	M	25	73	00:52:54.75	00:52:24.18	PUXA CARROÇA



222	522	JORGE ENCANTADO	M	31	74	00:52:56.70	00:52:24.09	
223	773	CARLOS TEIXEIRA	M	57	16	00:53:01.04	00:52:23.35	LEBRES E TARTARUGAS
224	301	GUILHERME LUZ	M	24	75	00:53:03.11	00:52:33.47	
225	261	MAZOEL SANTOS	M	32	76	00:53:03.85	00:52:56.70	GRUPO CORRIDA JCS
226	652	FERNANDO ALMEIDA	M	49	39	00:53:05.73	00:52:50.73	C MILLENNIUM
227	644	LEONEL BRANDAO	M	50	27	00:53:05.85	00:52:52.89	C MILLENNIUM
228	364	NUNO E SANTO	M	47	40	00:53:06.73	00:52:33.51	LISBON MOONLIGHT RUNNERS
229	577	ARLINDO DUARTE	M	53	28	00:53:07.20	00:52:35.47	LISBON MOONLIGHT RUNNERS
230	279	JOANA PUGA	F	31	6	00:53:09.51	00:52:39.34	CCD CREDITO AGRICOLA
231	574	ANTONIO SILVA	M	48	41	00:53:09.51	00:52:44.09	
232	812	MIGUEL RODRIGUES	M	33	77	00:53:10.86	00:52:35.40	LSC RUNNING TEAM
233	382	PEDRO CONFRARIA	M	40	35	00:53:14.12	00:53:02.36	CARVALHO CONFRARIA
234	282	LUIS DAMIÃO	M	50	29	00:53:15.89	00:53:08.55	CCD CREDITO AGRICOLA
235	803	DANIEL ROSE	M	36	78	00:53:17.29	00:52:40.51	LSC RUNNING TEAM
236	592	JOAO SOUSA	M	35	79	00:53:17.68	00:52:41.61	LSC RUNNING TEAM
237	814	EMANUEL SANTOS	M	66	8	00:53:18.97	00:53:10.21	
238	59	M <sup>A</sup> LURDES GONÇALVES	F	50	2	00:53:21.32	00:52:47.30	
239	315	JOSÉ MOGA	M	59	17	00:53:25.11	00:53:14.10	A VALE SILENCIO
240	180	JOSE FREITAS	M	56	18	00:53:28.69	00:52:55.75	ASAS DE ALMADA
241	47	MARISA SERRA	F	46	3	00:53:30.66	00:53:24.30	ANSELMINHO RUNNERS
242	63	ADRIANO ZAMBUJEIRO	M	41	36	00:53:30.82	00:53:24.42	ANSELMINHO RUNNERS
243	193	VITOR MARTINS	M	67	9	00:53:33.44	00:53:33.44	
244	244	BRUNO LUCAS	M	37	80	00:53:38.38	00:53:10.16	GRUPO CORRIDA JCS
245	497	FILIPPE CORREIA	M	21	81	00:53:39.65	00:53:13.18	
246	585	ARTUR J CARVALHO	M	50	30	00:53:39.96	00:53:23.82	
247	717	MIGUEL RIBEIRO	M	45	42	00:53:40.72	00:53:28.01	
248	653	RICARDO NUNES	M	42	37	00:53:43.24	00:53:31.04	C MILLENNIUM
249	453	RAFAELA GONÇALVES	F	24	7	00:53:46.28	00:53:44.24	
250	277	ANTÓNIO SANTOS	M	46	43	00:53:46.63	00:53:41.06	CCD CREDITO AGRICOLA
251	16	JOSÉ BALULA	M	46	44	00:53:48.29	00:53:12.17	
252	790	FABIANO FERREIRA	M	37	82	00:53:49.37	00:53:13.62	BENFICA EM FORMA
253	584	AFONSO ALCASO	M	19	83	00:53:49.78	00:53:25.55	
254	298	RUI FONSECA	M	27	84	00:53:56.65	00:53:43.34	
255	764	JOAQUIM MENDES	M	53	31	00:54:03.48	00:53:56.61	
256	533	MÁRIO FILIPE	M	59	19	00:54:04.01	00:53:41.82	PERNETAS
257	776	JOÃO M BATISTA	M	57	20	00:54:04.59	00:54:04.13	
258	397	FERNANDO CELESTINO	M	59	21	00:54:15.19	00:54:04.69	TRANQUILIDADE



# Corrida da Árvore

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259	153	PAULO GONÇALVES	M	50	32	00:54:17.66	00:53:54.88	CLUBE NOVO BANCO
260	676	ARTUR LEITE	M	53	33	00:54:20.90	00:54:06.86	C MILLENNIUM
261	686	JOAO CALADO	M	52	34	00:54:22.08	00:54:08.53	C MILLENNIUM
262	607	SANDRA ALVES	F	46	4	00:54:25.01	00:54:17.99	RUN FORREST RUN
263	408	LUIS TEIXEIRA	M	36	85	00:54:25.09	00:53:54.60	AON
264	398	GONÇALO SENA	M	38	86	00:54:25.76	00:54:10.75	TRANQUILIDADE
265	391	ANTONIO SENA	M	46	45	00:54:25.98	00:54:10.19	TRANQUILIDADE
266	496	EDUARDO D BERNARDO	M	46	46	00:54:27.82	00:54:26.12	
267	288	NUNO SIMÕES	M	40	38	00:54:28.51	00:54:23.27	CCD CREDITO AGRICOLA
268	507	JOÃO PEREIRA	M	54	35	00:54:33.23	00:54:26.91	AC PORTALEGRE
269	176	AIRES ILDEFONSO	M	63	10	00:54:34.49	00:54:31.37	
270	113	PAULO M C NUNES	M	52	36	00:54:35.87	00:54:03.11	
271	837	ANA VEIGA	F	28	8	00:54:36.11	00:54:31.79	
272	129	ANA PAULA TELO	F	45	5	00:54:36.91	00:54:32.84	LINDA-A-PASTORA SC
273	505	JOSÉ M PEDRO	M	63	11	00:54:40.25	00:54:12.78	
274	242	ANTONIO ROQUE	M	32	87	00:54:45.95	00:54:17.27	GRUPO CORRIDA JCS
275	468	FRANCISCO COSTA	M	40	39	00:54:48.35	00:54:39.05	
276	198	JOAO PINTO	M	49	47	00:54:48.50	00:54:39.69	
277	687	ANDRE CALADO	M	21	88	00:54:51.95	00:54:38.45	C MILLENNIUM
278	470	JOÃO FERREIRA	M	47	48	00:54:52.45	00:54:34.82	
279	280	JOÃO VIEIRA	M	59	22	00:54:53.70	00:54:47.76	CCD CREDITO AGRICOLA
280	798	JOÃO ALMEIDA	M	41	40	00:54:54.79	00:54:30.43	CAA BELÉM
281	480	MEAGAN CARTY	F	42	14	00:54:58.00	00:54:52.15	
282	769	IDALÉCIO BARROS	M	63	12	00:55:00.79	00:54:57.83	
283	260	MARINA MARQUES	F	26	9	00:55:01.19	00:54:29.39	GRUPO CORRIDA JCS
284	521	MARTA ENCANTADO	F	30	10	00:55:02.37	00:54:30.47	TIME FOR ME
285	627	CELSO LARGUINHO	M	34	89	00:55:02.55	00:54:54.33	RUN FORREST RUN
286	750	RAFAEL VARGAS	M	25	90	00:55:06.38	00:54:32.81	
287	415	CARLOTA ANDRADE	F	28	11	00:55:06.58	00:54:37.56	AON
288	284	LUISA MOURÃO	F	38	15	00:55:08.52	00:55:01.47	CCD CREDITO AGRICOLA
289	90	PAULO BORGES	M	49	49	00:55:15.52	00:54:59.46	
290	823	JOAQUIM LAVOS	M	37	91	00:55:15.79	00:55:04.03	C FERROV PORTUGAL
291	688	TANIA DURO	F	38	16	00:55:17.53	00:55:07.10	C MILLENNIUM
292	325	CARLOS M F ELIAS	M	48	50	00:55:18.11	00:55:05.14	
293	203	JOSÉ CALHEIROS	M	43	41	00:55:19.37	00:55:09.34	
294	693	EMILIA ARSENIO	F	49	6	00:55:19.79	00:55:06.45	C MILLENNIUM
295	43	BEATRIZ SÉCIO	F	20	12	00:55:20.80	00:54:42.82	





# Corrida da Árvore

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296	430	JOÃO CORREIA	M	56	23	00:55:21.78	00:55:14.17	SS CGD
297	456	JORGE LEMOS	M	46	51	00:55:23.88	00:55:09.51	
298	238	ÁLVARO CARAMONA	M	45	52	00:55:24.23	00:55:18.51	GRUPO CORRIDA JCS
299	443	PAULO BAILÃO	M	47	53	00:55:30.69	00:54:59.50	SS CGD
300	174	LUIS C ALMEIDA	M	47	54	00:55:31.91	00:55:24.59	RUN FOR LUNCH
301	351	RICARDO SILVA	M	40	42	00:55:36.90	00:54:54.86	
302	475	JORGE FERRO	M	51	37	00:55:38.99	00:55:09.48	
303	433	JOSÉ DIMAS	M	49	55	00:55:40.93	00:55:20.38	SS CGD
304	156	MANUEL PEREIRA	M	60	13	00:55:47.26	00:55:41.01	
305	588	ALBERTO CANCELINO	M	41	43	00:55:49.34	00:55:35.71	
306	435	LUIS BASTOS	M	56	24	00:55:51.56	00:55:28.77	SS CGD
307	62	RICARDO RIBEIRO	M	33	92	00:55:59.15	00:55:26.67	
308	170	JOSÉ EUSÉBIO	M	49	56	00:56:04.14	00:56:01.89	GUIZO RUNNERS
309	809	MARIO SOBRAL	M	43	44	00:56:05.22	00:55:38.96	CORRER LISBOA
310	744	RITA MACHADO	F	30	13	00:56:07.07	00:56:01.67	
311	14	CARLOS MORAIS	M	52	38	00:56:07.25	00:56:00.62	
312	155	MIGUEL MARQUES	M	57	25	00:56:08.31	00:55:52.53	
313	853	ANTONIO LIMA	M	55	26	00:56:09.93	00:56:07.67	
314	444	PAULO MARTINS	M	50	39	00:56:10.25	00:55:48.49	SS CGD
315	219	CARLOS MACHADO	M	48	57	00:56:12.23	00:55:38.48	FC ESTRELAS LISBOA
316	669	KARSTEN SOMMER	F	47	7	00:56:12.50	00:55:35.99	C MILLENNIUM
317	22	HUGO COLAÇO	M	40	45	00:56:13.89	00:55:47.31	
318	78	M <sup>a</sup> INÊS ABRANTES	F	33	14	00:56:14.16	00:55:44.71	BALHELHAS
319	520	JOANA GORDO	F	32	15	00:56:15.66	00:55:43.56	TIME FOR ME
320	583	CLAUDIA ALCASO	F	44	17	00:56:16.54	00:55:54.09	
321	257	JOSÉ PECEGUEIRO	M	32	93	00:56:27.08	00:54:37.47	GRUPO CORRIDA JCS
322	221	MIGUEL PEDRO	M	47	58	00:56:28.16	00:55:55.80	FRAQUINHOSTEAM
323	231	NUNO NUNES	M	43	46	00:56:30.04	00:55:49.23	
324	390	ARTUR GAIO	M	34	94	00:56:34.19	00:56:07.20	TRANQUILIDADE
325	272	TIAGO RODRIGUES	M	34	95	00:56:34.56	00:56:00.60	GRUPO CORRIDA JCS
326	338	SAMUEL SANTOS	M	35	96	00:56:35.49	00:56:15.98	SS MONTEPIO
327	215	ANTONIO RIBEIRO	M	53	40	00:56:37.05	00:56:28.23	QUARTETO
328	218	PAULO VAZ	M	45	59	00:56:37.94	00:56:29.62	QUARTETO
329	39	LUIS GODINHO	M	45	60	00:56:40.53	00:56:06.05	US RUN & FUN
330	138	RAFAEL MARTINS	M	36	97	00:56:42.86	00:56:09.59	
331	274	VASCO RODEIA	M	48	61	00:56:45.42	00:56:15.60	GRUPO CORRIDA JCS
332	540	CARLOS MARTINS	M	46	62	00:56:47.06	00:56:23.35	GDC FIDELIDADE



# Corrida da Árvore

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333	36	ANTÓNIO J G POMBINHO	M	60	14	00:56:58.55	00:56:49.79	
334	643	INES BERNARDO	F	36	18	00:57:00.13	00:56:47.89	C MILLENNIUM
335	161	PEDRO AMBRÓSIO	M	54	41	00:57:01.14	00:56:29.97	PUXA CARROÇA
336	342	BRUNO MADEIRA	M	40	47	00:57:03.56	00:57:01.02	
337	418	GONÇALO MOURA	M	36	98	00:57:04.37	00:56:34.67	AON
338	679	MARIANA CAMPOS	F	17	16	00:57:04.91	00:56:52.70	C MILLENNIUM
339	709	FABIO GAUDENCIO	M	35	99	00:57:14.65	00:56:51.20	
340	150	NUNO MOLERO	M	45	63	00:57:17.95	00:56:41.40	
341	407	MIGUEL ESTEVES	M	47	64	00:57:20.17	00:56:49.59	AON
342	637	OSCAR LOPES	M	38	100	00:57:20.46	00:57:08.68	BITXOS DA CORRIDA
343	639	VANESSA PEREIRA	F	30	17	00:57:20.80	00:57:08.89	BITXOS DA CORRIDA
344	796	PAULA FÉLIX	F	46	8	00:57:24.85	00:57:19.31	CROSSFIT ALPHADEN
345	89	DAVID FERREIRA	M	21	101	00:57:26.16	00:56:53.86	
346	286	MIGUEL MENDANHA	M	41	48	00:57:28.39	00:57:21.96	CCD CREDITO AGRICOLA
347	355	ADRIANO COTRIM	M	76	10	00:57:32.33	00:57:30.47	
348	630	LUIS REVÉS	M	44	49	00:57:32.70	00:57:12.19	CCD SIEMENS
349	685	LUIS SILVA	M	51	42	00:57:33.00	00:57:21.40	C MILLENNIUM
350	655	EDUARDO PINTO	M	50	43	00:57:33.38	00:57:19.09	C MILLENNIUM
351	548	LUÍS NUNES	M	39	102	00:57:33.50	00:57:09.49	GDC FIDELIDADE
352	404	HELENA COSTA	F	48	9	00:57:38.20	00:57:10.65	AON
353	807	JOSE CARLOS CORREIA	M	50	44	00:57:39.02	00:57:16.35	
354	575	JOAO SOARES	M	32	103	00:57:39.73	00:57:04.94	LSC RUNNING TEAM
355	115	PAULO J PINTO	M	53	45	00:57:40.90	00:57:27.96	C COLAB AGEAS
356	766	ÉLIO LAVADO	M	32	104	00:57:45.31	00:57:13.17	LISBON MOONLIGHT RUNNERS
357	295	ADELAIDE A S A SCALPELLI	F	52	10	00:57:48.65	00:57:43.40	
358	248	DIOGO FÉLIX	M	25	105	00:57:49.90	00:57:18.42	GRUPO CORRIDA JCS
359	625	JOSE VERMELHUDO	M	58	27	00:57:51.92	00:57:19.46	
360	618	JOÃO CORREIA	M	27	106	00:57:57.22	00:57:22.68	LSC RUNNING TEAM
361	827	ANDRE FIGUEIREDO	M	41	50	00:58:01.41	00:57:46.42	
362	832	MIGUEL REDMONT	M	47	65	00:58:03.56	00:57:30.77	
363	317	ANTÓNIO JORGE	M	65	11	00:58:10.16	00:58:01.15	
364	797	JORGE ALMEIDA	M	69	12	00:58:12.64	00:57:48.07	CAA BELÉM
365	596	LUIS REIS	M	61	15	00:58:15.51	00:57:54.62	SS MONTEPIO
366	20	CARLOS J CASAL	M	43	51	00:58:16.21	00:58:13.08	
367	234	VITOR SANTOS	M	46	66	00:58:17.73	00:57:44.20	CARAPAUS DE CORRIDA
368	406	HENRIQUE KOENDERS	M	39	107	00:58:20.55	00:57:53.57	AON
369	389	MANUEL BARRENTO	M	36	108	00:58:23.45	00:58:20.04	TIVE UMA IDEIA



370	536	PEDRO FERREIRA	M	42	52	00:58:23.69	00:57:41.16	CONQUILHAS
371	55	CATIA RAMOS	F	38	19	00:58:24.17	00:57:44.07	
372	56	LUIZ PEREIRA	M	37	109	00:58:24.22	00:57:43.80	
373	86	LUIS ALBUQUERQUE	M	46	67	00:58:28.65	00:57:49.90	
374	84	FILIPE LEITE	M	38	110	00:58:31.17	00:57:40.18	BONECO LEITE
375	366	VITOR LEMOS	M	37	111	00:58:31.21	00:58:16.57	
376	554	BRUNO PEREIRA	M	23	112	00:58:32.10	00:58:32.10	
377	629	CARLOS CAGICA	M	52	46	00:58:38.22	00:58:19.23	CCD SIEMENS
378	581	JOAO SERRA	M	45	68	00:58:46.92	00:58:21.89	
379	634	ELISABETE AGUAS	F	52	11	00:58:48.54	00:58:33.33	CCD O ALVITEJO
380	775	JOÃO VALÉRIO	M	63	16	00:58:52.87	00:58:12.83	LEBRES E TARTARUGAS
381	139	PEDRO IGREJA	M	38	113	00:58:53.04	00:58:23.48	
382	525	SÉRGIO PEREIRA	M	45	69	00:58:56.64	00:58:49.05	CLUBE VODAFONE
383	34	SONIA DANTAS	F	39	20	00:59:03.26	00:58:20.19	
384	657	ANA CARVALHO	F	41	21	00:59:03.89	00:58:53.15	C MILLENNIUM
385	299	LILIANA OLIVEIRA	F	28	18	00:59:03.98	00:58:33.86	
386	411	BRUNO VINAGRE	M	37	114	00:59:04.70	00:58:45.58	AON
387	855	MARIO COELHO	M	52	47	00:59:05.00	00:58:24.08	LEBRES DO SADO
388	300	FRANCISCO F MENDONÇA	M	25	115	00:59:08.68	00:58:37.93	
389	847	ROZIREZ FERREIRA	F	35	22	00:59:12.05	00:58:38.25	
390	227	NUNO AZEVEDO	M	43	53	00:59:12.09	00:58:55.79	GDCT UNICRE
391	774	FREDERICO SOUSA	M	54	48	00:59:13.67	00:58:36.15	LEBRES E TARTARUGAS
392	502	RUI FREIXO	M	32	116	00:59:13.72	00:58:23.22	
393	667	JOAO CARVALHO	M	54	49	00:59:14.13	00:59:02.49	C MILLENNIUM
394	49	NÉLSON RAMOS	M	39	117	00:59:14.89	00:58:35.03	KENIANOS AZUIS
395	48	NUNO LOPES	M	40	54	00:59:15.29	00:58:35.44	KENIANOS AZUIS
396	145	ANA MONTEIRO	F	28	19	00:59:16.42	00:58:32.92	
397	785	JOANA VAZ	F	34	20	00:59:17.21	00:59:06.86	
398	622	MÁRCIO RIBEIRO	M	24	118	00:59:21.70	00:59:12.99	
399	816	CARLOS SILVA	M	32	119	00:59:22.51	00:58:51.25	FORTÍSSIMOS RUNNING TEAM
400	611	VITOR PEREIRA	M	48	70	00:59:32.09	00:59:16.88	
401	135	JOÃO CASTRO	M	57	28	00:59:37.13	00:59:34.13	CLUBE ANACOM
402	846	RUI LANÇA	M	40	55	00:59:42.46	00:59:21.40	
403	606	PAULO SOUSA	M	45	71	00:59:42.61	00:59:21.64	
404	761	JOAO BARBOSA	M	12	120	00:59:45.13	00:59:13.66	CA QUEIJAS
405	838	NUNO MARQUES	M	49	72	00:59:47.69	00:59:02.23	
406	499	JOÃO LIMA	M	57	29	00:59:48.58	00:59:30.72	4 AO KM



407	454	JOÃO RIBEIRO	M	29	121	00:59:54.65	00:59:52.48	
408	517	MIGUEL BARBOSA	M	63	17	00:59:56.02	00:59:49.74	UNIDOS DA MANUTENÇÃO
409	518	MANUEL SOARES	M	53	50	00:59:59.49	00:59:54.02	UNIDOS DA MANUTENÇÃO
410	449	TERESA MARTINS	M	58	30	00:59:59.97	00:59:54.56	SS CGD
411	446	PEDRO MEDEIROS	M	42	56	01:00:02.12	00:59:57.52	SS CGD
412	214	ANA SOUSA	F	26	21	01:00:14.82	00:59:51.33	SHE WOLF
413	213	PAULA PEREIRA	F	35	23	01:00:16.87	00:59:53.86	SHE WOLF
414	526	CARLOS CORREIA	M	50	51	01:00:22.68	01:00:02.21	CLUBE VODAFONE
415	576	ANA P MIRANDA	F	27	22	01:00:25.46	01:00:23.81	LSC RUNNING TEAM
416	447	RUI JOSÉ OLIVEIRA	M	51	52	01:00:27.65	01:00:27.65	SS CGD
417	555	ANDREIA CASTANHEIRA	F	36	24	01:00:29.22	01:00:20.85	
418	695	CARLOS ALBERTO DOS JESUS	M	53	53	01:00:29.38	00:59:50.50	
419	202	MÁRIO FERREIRA	M	45	73	01:00:29.42	00:59:41.76	
420	119	JOÃO FILIPE FRADE	M	46	74	01:00:30.51	01:00:01.38	C COLAB AGEAS
421	208	FRANCISCA SILVA	F	34	23	01:00:30.86	00:59:43.01	
422	60	CARLOS SILVA	M	42	57	01:00:31.72	00:59:57.69	
423	508	PAULA TABORDA	F	44	25	01:00:31.94	01:00:12.07	SS CGD
424	795	EUNICE LOURENÇO	F	42	26	01:00:32.11	01:00:28.78	AMINHACORRIDA
425	824	TERESA MORENO	F	52	12	01:00:32.49	01:00:28.10	
426	205	BALTASAR NOGUEIRA	M	45	75	01:00:38.28	00:59:50.43	
427	580	NUNO OLIVEIRA	M	40	58	01:00:40.44	01:00:09.91	
428	296	JOAO COSTA	M	49	76	01:00:41.50	01:00:17.00	
429	771	JOÃO NEVES	M	41	59	01:00:42.87	01:00:12.70	
430	233	ANTÓNIO JUBILADO	M	61	18	01:00:42.87	01:00:21.37	
431	17	MANUEL SEQUEIRA	M	67	13	01:00:44.00	01:00:44.00	GDCT REPSOL POLÍMEROS
432	105	RUI F GARCIA	M	38	122	01:00:44.01	01:00:15.10	C COLAB AGEAS
433	117	FERNANDO J MATIAS	M	61	19	01:00:44.22	01:00:15.08	C COLAB AGEAS
434	330	JOÃO DIEGUES	M	46	77	01:00:44.88	01:00:23.02	SS MONTEPIO
435	421	ALVARO FURTADO	M	59	31	01:00:45.54	01:00:08.03	SS CGD
436	35	JOAO MARQUES	M	41	60	01:00:46.42	01:00:06.10	
437	813	SARA GOMES	F	21	24	01:00:46.46	01:00:21.44	
438	28	CARLOS SILVA	M	32	123	01:00:50.29	01:00:32.70	ARB
439	793	TINA OLIVEIRA	F	53	13	01:00:50.96	01:00:41.01	AMINHACORRIDA
440	54	JOAQUIM F C PINTO	M	59	32	01:00:51.08	01:00:14.98	
441	826	FILIPA FIGUEIREDO	F	44	27	01:00:51.25	01:00:34.19	
442	474	CLÁUDIO MILHEIRO	M	41	61	01:01:00.04	01:00:29.41	
443	476	PEDRO DUARTE	M	35	124	01:01:04.80	01:00:39.86	



444	479	JOÃO AZEDO	M	55	33	01:01:05.27	01:00:53.45	
445	738	SOFIA RAIMUNDO	F	22	25	01:01:05.76	01:01:00.27	
446	99	ANA P MATIAS	M	52	54	01:01:13.58	01:00:45.85	C COLAB AGEAS
447	225	CARLOS VIEGAS	M	59	34	01:01:13.84	01:00:56.56	GDCT UNICRE
448	114	VANDA SEQUEIRA	F	45	14	01:01:13.97	01:00:46.13	C COLAB AGEAS
449	718	FILIPA SIMÕES	F	28	26	01:01:16.48	01:00:33.39	
450	387	CARLOS SILVÉRIO	M	52	55	01:01:21.28	01:01:01.30	
451	529	HUGO CASACA	M	39	125	01:01:29.17	01:01:29.17	FUSION 2 FIGHT TEAM
452	677	JOAQUIM FULGENCIO	M	60	20	01:01:30.36	01:00:54.67	C MILLENNIUM
453	848	SUSANA AGONIA	F	46	15	01:01:33.29	01:00:57.96	
454	483	JOANA S PENÃO	F	35	28	01:01:37.92	01:01:17.82	PERNAS DE PAU
455	484	ANDREINA S SILVA	F	30	27	01:01:38.79	01:01:18.82	PERNAS DE PAU
456	100	JOANA MORIM	F	35	29	01:01:40.73	01:01:13.94	C COLAB AGEAS
457	646	ANTONIO FERNANDES	M	53	56	01:01:41.46	01:01:30.32	C MILLENNIUM
458	448	SERGIO AMARAL	M	42	62	01:01:42.26	01:01:21.66	SS CGD
459	434	LIDIA BAILÃO	F	48	16	01:01:42.98	01:01:10.86	SS CGD
460	538	BRUNO VAZ	M	39	126	01:01:43.43	01:01:18.75	GDC FIDELIDADE
461	640	BEATRIZ FIGUEIREDO	F	41	30	01:01:43.43	01:01:18.71	GDC FIDELIDADE
462	544	HELENA VASCONCELOS	F	44	31	01:01:43.63	01:01:19.28	GDC FIDELIDADE
463	692	PAULO ARSENIO	M	47	78	01:01:45.73	01:01:25.34	C MILLENNIUM
464	736	DAVID OLIVEIRA	M	35	127	01:01:46.21	01:01:37.90	
465	563	CHIARA BEDINI	F	44	32	01:01:47.37	01:01:04.95	
466	38	FILIFE JUNOT	M	35	128	01:01:48.58	01:01:10.01	
467	839	ANTONIO DONATO	M	53	57	01:01:54.12	01:01:08.87	
468	185	JOÃO BORGES	M	50	58	01:01:59.15	01:01:24.71	
469	760	PATRICIA BARBOSA	F	17	28	01:02:05.18	01:01:32.23	CA QUEIJAS
470	383	JOÃO CARVALHO	M	49	79	01:02:06.62	01:01:53.61	CARVALHO CONFRARIA
471	353	MARIA MILHO	F	36	33	01:02:07.60	01:01:06.82	
472	402	EDMUNDO SIMOES	M	61	21	01:02:08.83	01:01:27.43	
473	373	MANUEL REIA	M	70	14	01:02:19.65	01:01:42.91	CAA BELÉM
474	641	CARLA COSTA	F	35	34	01:02:22.14	00:59:56.30	
475	141	JULIO C COSTA	M	48	80	01:02:25.27	01:01:53.71	COSTA TAEM
476	412	LUIS NETO	M	31	129	01:02:25.85	01:01:54.79	AON
477	673	LUIS SILVA	M	49	81	01:02:30.19	01:02:15.00	C MILLENNIUM
478	239	JORGE SILVA	M	42	63	01:02:38.02	01:02:38.02	GRUPO CORRIDA JCS
479	469	IRINA PEDRO	F	37	35	01:02:39.49	01:02:29.74	
480	645	PEDRO SÁ	M	45	82	01:02:44.91	01:02:30.62	C MILLENNIUM





# Corrida da Árvore

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481	659	PEDRO DELGADO	M	50	59	01:02:45.04	01:02:09.90	C MILLENNIUM
482	140	ROSANGELA COSTA	F	45	17	01:02:47.75	01:02:15.07	COSTA TAEM
483	350	MARIA SILVA	F	48	18	01:02:50.02	01:02:06.90	
484	725	HUGO GOMES	M	35	130	01:02:54.22	01:02:42.46	
485	726	HUGO LUÍS	M	37	131	01:02:54.37	01:02:43.69	
486	535	ALDA CALDEIRA	F	22	29	01:02:57.75	01:02:31.25	
487	729	MÁRIO LOBO	M	45	83	01:02:57.82	01:02:15.92	LOPES FAMILY & FRIENDS
488	711	LUÍS LOPES	M	38	132	01:02:57.97	01:02:16.42	
489	356	JOAQUIM GRILO	M	41	64	01:02:59.78	01:02:11.10	BOAVISTA RUNNERS
490	440	PATRICIA TAVARES	F	38	36	01:03:05.31	01:02:33.48	SS CGD
491	65	GABRIEL MARCONDES	M	29	133	01:03:06.49	01:02:27.35	
492	66	PAULA ALMEIDA	F	46	19	01:03:06.55	01:02:27.74	
493	29	VASCO PIPA	M	54	60	01:03:16.18	01:02:54.54	
494	739	RENATO ARAÚJO	M	22	134	01:03:18.26	01:03:13.20	
495	297	JOSÉ A BARREIROS	M	47	84	01:03:18.92	01:02:39.77	
496	842	GISELA PADRE	F	51	20	01:03:27.42	01:02:54.12	NAV RUNNERS
497	513	NUNO ANDRADE	M	43	65	01:03:27.71	01:02:34.78	REMECHIDOS
498	363	HELENA SANTOS	F	55	21	01:03:29.32	01:02:53.93	LISBON MOONLIGHT RUNNERS
499	27	JORGE PIRES	M	63	22	01:03:30.77	01:02:55.45	
500	758	ARTUR P A SILVA	M	25	135	01:03:31.31	01:02:59.83	CA QUEIJAS
501	682	JOSE REBELO	M	51	61	01:03:32.30	01:03:18.23	C MILLENNIUM
502	658	NUNO ANJOS	M	51	62	01:03:32.41	01:03:17.98	C MILLENNIUM
503	103	MÓNICA T SOUSA	F	45	22	01:03:32.60	01:03:04.00	C COLAB AGEAS
504	619	FILIPE COQUIM	M	29	136	01:03:42.30	01:03:23.78	
505	620	MAURO SANTOS	M	32	137	01:03:42.46	01:03:24.35	
506	612	PAULO JERÓNIMO	M	55	35	01:03:44.11	01:03:11.87	
507	830	DIOGO SANTOS	M	33	138	01:03:45.38	01:03:10.09	
508	236	ALEXANDRA CENTENO	F	45	23	01:03:47.38	01:03:16.89	GRUPO CORRIDA JCS
509	235	LUIS VIEIRA	M	46	85	01:03:51.06	01:02:06.74	
510	175	TATIANA ILDEFONSO	F	35	37	01:03:51.95	01:03:38.26	
511	258	LUIZ VAZ	M	32	139	01:03:57.20	01:03:25.32	GRUPO CORRIDA JCS
512	223	PAULO FRANÇA	M	55	36	01:03:57.79	01:03:40.16	GDCT UNICRE
513	192	ISILDA BARRADAS	F	67	24	01:03:59.45	01:03:57.42	
514	360	FÁTIMA GRILO	F	36	38	01:04:07.55	01:03:16.87	GERAÇÃO SAUDÁVEL
515	558	HELDER SANTOS	M	40	66	01:04:09.03	01:04:03.30	
516	370	RAÚL COSTA	M	57	37	01:04:11.16	01:03:54.58	CLUBE ROBBIALAC
517	40	HELENA SÉCIO	F	52	25	01:04:16.06	01:03:38.83	



518	375	LUISA HENRIQUES	M	40	67	01:04:19.07	01:03:52.56	
519	509	PEDRO TABORDA	M	45	86	01:04:21.91	01:04:00.34	SS CGD
520	661	VIRGILIO FERREIRA	M	63	23	01:04:27.12	01:03:49.21	C MILLENNIUM
521	523	ISABEL SANTOS	F	57	26	01:04:28.96	01:03:48.55	
522	549	PEDRO APARÍCIO	M	36	140	01:04:33.00	01:04:33.00	GDC FIDELIDADE
523	745	CARLOS TOMÉ	M	51	63	01:04:35.14	01:03:59.44	QUARENTOES NA BISGA
524	340	TIAGO SILVA	M	40	68	01:04:37.44	01:04:17.97	SS MONTEPIO
525	376	NADINE EUGÉNIA	F	27	30	01:04:46.19	01:04:01.25	
526	293	ANTÓNIO PINHO	M	65	15	01:04:49.74	01:04:48.41	AA LEBRES SADO
527	492	ANA PAULO	F	25	31	01:04:51.21	01:04:18.35	TIME FOR ME
528	108	VITOR J RAMOS	M	46	87	01:04:55.16	01:04:26.72	C COLAB AGEAS
529	91	PEDRO FARO	M	50	64	01:05:04.64	01:04:48.65	
530	638	SOFIA AMBRIOSO	F	40	39	01:05:05.94	01:04:56.24	
531	23	LUISA COSTA	F	49	27	01:05:15.59	01:04:40.03	QUARENTOES NA BISGA
532	422	ANTONIO CARPINTEIRO	M	73	16	01:05:17.40	01:05:05.50	SS CGD
533	230	FRANCISCO FREIRE	M	38	141	01:05:19.00	01:04:21.33	
534	854	TERESA TEIXEIRA	F	61	28	01:05:23.67	01:05:05.91	TARTARUGAS SOLIDARIAS
535	162	JUDITE M BASILIO	F	54	29	01:05:27.39	01:04:56.30	
536	458	ALEXANDRE ARANA	M	52	65	01:05:27.94	01:04:49.57	
537	457	SUZANNE COLLINS	F	54	30	01:05:28.22	01:04:49.86	
538	394	TAM AFONSO	M	65	17	01:05:28.55	01:05:13.69	TRANQUILIDADE
539	348	LEONOR OLIVEIRA	F	44	40	01:05:30.34	01:05:17.96	AKI VAMOS NÓS
540	384	LUIS OLIVEIRA	M	33	142	01:05:34.31	01:05:17.05	
541	112	RUI CARVALHO	M	53	66	01:05:36.16	01:05:13.91	
542	359	JOSÉ MATEUS	M	70	18	01:05:43.40	01:04:55.14	GERAÇÃO SAUDÁVEL
543	146	BRUNO FERREIRA	M	38	143	01:05:48.32	01:05:04.79	
544	850	ELIZABETE SANTOS	F	40	41	01:05:50.05	01:05:37.91	AKI VAMOS NÓS
545	438	MIGUEL ANGELO	M	42	69	01:05:51.91	01:05:19.61	SS CGD
546	683	LUIS MENDES	M	61	24	01:05:52.50	01:05:26.84	C MILLENNIUM
547	801	PATRICIA SERRANO	F	25	32	01:05:54.32	01:05:11.38	
548	800	JOÃO RIBEIRO	M	26	144	01:05:54.56	01:05:11.62	
549	799	JOSÉ RIBEIRO	M	57	38	01:05:56.28	01:05:11.41	
550	672	CARLOS CONCEIÇÃO	M	55	39	01:06:01.42	01:05:31.91	C MILLENNIUM
551	488	SILVIA PINTO	F	34	33	01:06:02.59	01:05:17.70	WONDERWOMEN
552	597	JORGE R CARDOSO	M	59	40	01:06:04.12	01:05:34.19	C BENFICA ABRANTES
553	481	RUTE LORETI	F	49	31	01:06:04.25	01:05:38.28	
554	705	Mª JOAO SIMOES	F	49	32	01:06:10.34	01:05:27.50	SPEM



555	371	JOSÉ VILELA	M	53	67	01:06:15.34	01:05:57.98	CLUBE ROBBIALAC
556	680	NELSON GUIMARAES	M	70	19	01:06:16.70	01:06:01.70	C MILLENNIUM
557	189	ANDREIA MESSIAS	F	32	34	01:06:29.72	01:05:55.51	
558	742	ORLANDO SILVA	M	65	20	01:06:30.73	01:05:50.31	
559	159	ISABEL MAGALHÃES	F	61	33	01:06:31.77	01:06:10.86	
560	158	MARTA SIMÃO	F	41	42	01:06:31.81	01:06:11.00	
561	143	VANESSA MARTINS	F	28	35	01:06:32.16	01:06:13.62	
562	779	JOSÉ CATITA	M	59	41	01:06:32.89	01:05:56.75	
563	395	CLAUDIA TAM	F	36	43	01:06:35.26	01:05:59.47	TRANQUILIDADE
564	547	JOSÉ OLIVEIRA	M	61	25	01:06:38.62	01:06:14.06	GDC FIDELIDADE
565	441	PAULO ANDRADE	M	46	88	01:06:39.63	01:05:57.67	SS CGD
566	224	GONÇALO OLIVEIRA	M	55	42	01:06:48.91	01:06:33.06	GDCT UNICRE
567	631	PEDRO COSTA	M	35	145	01:06:50.57	01:06:30.94	
568	732	ANA R ANDRADE	F	41	44	01:06:56.73	01:06:14.80	
569	616	CLAUDIA MATOS	F	39	45	01:07:01.13	01:06:53.80	RUN FORREST RUN
570	81	VANESSA BORGES	F	34	36	01:07:14.62	01:06:50.61	
571	551	SUSANA OLIVEIRA	F	41	46	01:07:18.03	01:06:51.70	GDC FIDELIDADE
572	503	TANIA DIMAS	F	48	34	01:07:19.78	01:07:19.78	
573	504	CÉLIA CATARINO	F	50	35	01:07:19.90	01:07:02.61	
574	599	SAMUEL RAMOS	M	31	146	01:07:21.30	01:06:56.33	
575	635	VICTOR RODRIGUES	M	50	68	01:07:29.35	01:07:15.96	CCD O ALVITEJO
576	268	RODRIGO LEAL	M	39	147	01:07:29.47	01:06:59.60	GRUPO CORRIDA JCS
577	263	PATRICIA RUSSO	F	40	47	01:07:29.78	01:07:22.01	GRUPO CORRIDA JCS
578	251	FLÁVIO GONÇALVES	M	21	148	01:07:29.87	01:06:59.93	GRUPO CORRIDA JCS
579	743	NUNO GONÇALVES	M	64	26	01:07:31.73	01:07:04.79	KEEP RUNNING
580	336	RICARDO FERREIRA	M	42	70	01:07:33.30	01:07:13.36	SS MONTEPIO
581	675	LEONEL FERREIRINHA	M	69	21	01:07:39.52	01:07:01.31	C MILLENNIUM
582	755	NUNO DIAS	M	33	149	01:07:40.04	01:07:40.04	
583	770	JOAO LAZARO	M	34	150	01:07:40.64	01:07:40.64	
584	13	PEDRO SILVA	M	26	151	01:07:44.02	01:07:44.02	
585	721	TIAGO MARQUES	M	25	152	01:07:44.94	01:07:44.94	
586	849	ANA PINTO	F	24	37	01:07:49.12	01:07:38.95	
587	487	ANA CORREIA	F	38	48	01:07:51.76	01:07:06.11	WONDERWOMEN
588	681	BERNARDO BRANDAO	M	27	153	01:07:53.68	01:07:40.62	C MILLENNIUM
589	111	FERNANDA INACIO	F	43	49	01:07:57.74	01:07:42.79	
590	405	PATRICIA ANDRE	F	29	38	01:08:03.99	01:07:34.13	AON
591	206	SANDRA MARTINS	F	40	50	01:08:04.41	01:07:29.58	4 AO KM



# Corrida da Árvore

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592	365	SOFIA GUEDES	F	42	51	01:08:05.34	01:07:30.63	LISBON MOONLIGHT RUNNERS
593	183	PATRÍCIA MACHADO	F	35	52	01:08:08.08	01:08:07.70	GUIZO RUNNERS
594	182	ISABEL GARCIA	F	50	36	01:08:08.22	01:08:05.81	GUIZO RUNNERS
595	728	ANA DUARTE	F	42	53	01:08:11.20	01:07:33.33	
596	700	JORGE DUARTE	M	52	69	01:08:11.22	01:07:34.03	
597	550	RICARDO CARMO	M	27	154	01:08:26.88	01:08:02.02	GDC FIDELIDADE
598	490	MARIA FARINHA	F	29	39	01:08:27.74	01:08:04.54	
599	545	HUGO DUARTE	M	34	155	01:08:28.02	01:08:03.07	GDC FIDELIDADE
600	294	CÉU NEVES	F	58	37	01:08:35.13	01:08:13.70	
601	58	NUNO OLIVEIRA	M	41	71	01:08:37.49	01:08:12.13	
602	602	MANUEL GARCIA	M	35	156	01:08:54.73	01:08:14.59	MONSANTO RUNNING TEAM
603	604	MARGARIDA GARCIA	F	32	40	01:08:59.72	01:08:19.65	
604	603	MANUEL VAZQUEZ	M	62	27	01:08:59.93	01:08:18.81	
605	586	NUNO SANTOS	M	20	157	01:09:00.89	01:08:24.38	
606	600	CAROLINA TORNEIRO	F	20	41	01:09:04.47	01:08:28.07	
607	77	ANTÓNIO ABRANTES	M	63	28	01:09:07.75	01:08:38.12	BALHELHAS
608	291	RITA PEDRO	F	34	42	01:09:09.68	01:09:04.06	CCD CREDITO AGRICOLA
609	125	ARTUR DINIS	M	60	29	01:09:13.38	01:08:53.58	ALGYMNS
610	572	M <sup>a</sup> CAROLINA VENÂNCIO	F	20	43	01:09:15.57	01:08:39.21	
611	781	HUMBERTO CORREIA	M	54	70	01:09:17.67	01:08:29.75	ND AUTOCOOPE
612	51	HELDER PALMA	M	47	89	01:09:18.51	01:08:57.10	SS MONTEPIO
613	542	CÉLIA BORGES	F	43	54	01:09:18.88	01:08:57.03	GDC FIDELIDADE
614	757	FERNANDA VIEIRA	F	58	38	01:09:21.97	01:08:47.47	NAV RUNNERS
615	844	FLORBELA MORAIS	F	42	55	01:09:37.44	01:09:01.88	
616	843	DANIEL RAMOS	M	41	72	01:09:38.07	01:09:02.59	
617	741	MONICA QUARENTA	F	44	56	01:09:38.66	01:09:27.86	TRANQUILIDADE
618	61	CARLA NEVES	F	34	44	01:09:45.83	01:09:22.36	
619	101	JOSÉ L CAETANO	M	65	22	01:09:46.57	01:09:18.39	C COLAB AGEAS
620	501	SARA REIS	F	42	57	01:09:49.00	01:09:44.47	SUNDAY TEAM
621	591	JOAO LANDEIRO	M	71	23	01:09:52.51	01:09:13.33	
622	715	LUIS LOPES	M	67	24	01:09:55.95	01:09:13.65	LOPES FAMILY & FRIENDS
623	720	SARA CARVALHA	F	43	58	01:09:57.34	01:09:15.89	LOPES FAMILY AND FRIENDS
624	33	IRYNA HUKOVSKA	F	37	59	01:09:58.37	01:09:14.95	
625	87	MÓNICA GRAÇA	F	41	60	01:10:07.76	01:09:27.39	
626	697	LARA SHAH	F	37	61	01:10:14.53	01:09:25.71	
627	610	MÁRIO PIRES	M	58	43	01:10:20.18	01:09:30.59	
628	662	LUIS JANUARIO	M	60	30	01:10:22.76	01:09:46.34	C MILLENNIUM



# Corrida da Árvore

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629	674	FERNANDO FERREIRA	M	71	25	01:10:38.38	01:10:23.01	C MILLENNIUM
630	52	MAYER RAPOSO	M	70	26	01:11:04.18	01:10:51.12	AA LEBRES SADO
631	311	LUIS REVEZ	M	52	71	01:11:32.58	01:10:54.70	
632	309	ELIZABETH R REVEZ	M	50	72	01:11:35.55	01:10:58.09	
633	624	MARIA CONCEIÇÃO	F	55	39	01:12:00.34	01:11:26.32	
634	841	ANA TERESA	F	52	40	01:12:07.12	01:11:33.26	NAV RUNNERS
635	749	TERESA VARGAS	F	50	41	01:12:11.22	01:11:38.02	
636	510	ANA GAUDENCIO	F	44	62	01:12:18.68	01:10:36.42	
637	462	RENATO VIEIRA	M	43	73	01:12:42.24	01:12:42.24	OS CARACÓIS FURIOSOS
638	207	EBERHARD WILHELM	M	70	27	01:12:47.14	01:12:23.49	4 AO KM
639	485	BEATRIZ P SANTOS	F	23	45	01:13:04.20	01:12:44.05	PERNAS DE PAU
640	24	LUIS COSTA	M	52	73	01:13:13.69	01:12:37.94	QUARENTOES NA BISGA
641	668	FERNANDO DOMINGUES	M	62	31	01:13:46.64	01:13:02.60	C MILLENNIUM
642	568	ALICE MOREIRA	F	57	42	01:13:46.72	01:13:02.68	
643	50	JOANA D CHOURIÇO	F	54	43	01:14:03.21	01:13:44.40	
644	228	VERA GODINHO	M	37	158	01:14:17.71	01:14:02.95	GDCT UNICRE
645	57	INÊS BRAVO	F	33	46	01:14:19.43	01:13:55.46	
646	181	LUÍS SANTOS	M	43	74	01:14:20.16	01:14:17.85	GUIZO RUNNERS
647	281	LINO GOMES	M	56	44	01:14:29.42	01:14:22.84	CCD CREDITO AGRICOLA
648	278	CÂNDIDA ESTEVES	F	46	44	01:14:29.60	01:14:23.28	CCD CREDITO AGRICOLA
649	579	RICARDO RIBEIRETE	M	12	159	01:15:36.67	01:14:46.24	ULTRA-LEVES DO CPOC
650	578	ANDRE RIBEIRETE	M	42	75	01:15:37.86	01:14:46.02	ULTRA-LEVES DO CPOC
651	735	ANTÓNIO VIDAS	M	53	74	01:15:38.93	01:10:38.93	CLUBE ANACOM
652	10	JOHNNY THOMASSEN	M	57	45	01:15:42.78	01:15:06.47	
653	777	SARA RIBALONGA	F	23	47	01:15:56.88	01:15:32.57	
654	636	HENRIQUE RUAS	M	77	28	01:16:22.16	01:16:06.46	CCD O ALVITEJO
655	328	FILIPE CASTRO	M	41	76	01:16:36.14	01:16:14.29	SS MONTEPIO
656	178	GUIOMAR TOMÉ	M	67	29	01:17:31.28	01:17:30.14	GUIZO RUNNERS
657	423	BARBARA BRÁS	F	20	48	01:17:48.65	01:17:39.03	SS CGD
658	437	MANUEL BRÁS	M	50	75	01:17:50.20	01:17:40.00	SS CGD
659	413	HENRIQUE CRUZ	M	29	160	01:17:57.80	01:17:57.80	AON
660	696	JOÃO FAUSTINO	M	47	90	01:18:38.34	01:17:49.16	
661	70	MARIA MACEDO	F	55	45	01:18:44.50	01:18:19.12	
662	220	RITA CARVALHINHO	F	43	63	01:19:42.51	01:18:54.14	CORRER LISBOA
663	511	PEDRO PEREIRA	M	45	91	01:20:57.69	01:19:13.06	
664	246	CATARINA VIEIRA	F	41	64	01:21:29.55	01:21:29.55	GRUPO CORRIDA JCS
665	237	ALEXANDRA RODRIGUES	F	42	65	01:21:32.30	01:21:32.30	GRUPO CORRIDA JCS





# Corrida da Árvore

18 MARÇO 2018

666	601	ANTÓNIO MARQUES	M	71	30	01:22:15.10	01:22:05.95	
667	467	CARLOS FAIAS	M	50	76	01:22:30.73	01:22:22.66	CLUBE ANACOM
668	168	MARTA SANTOS	F	40	66	01:22:37.78	01:21:46.21	
669	552	JORGE SILVA	M	43	77	01:22:38.99	01:21:47.07	
670	834	INES PEDRAS	F	27	49	01:23:29.00	01:22:46.24	
671	835	JORGE DUARTE	M	31	161	01:23:29.65	01:22:48.16	
672	833	RUI PEDRAS	M	59	46	01:23:30.05	01:22:46.57	
673	840	SARA DONATO	F	28	50	01:23:55.88	01:23:10.21	
674	828	JOSE M PEREIRA	M	55	47	01:25:10.19	01:24:45.52	
675	648	JOSE ARRUDA	M	69	31	01:26:29.74	01:25:50.87	C MILLENNIUM
676	647	FOCK WAN	F	67	46	01:26:30.04	01:25:51.16	C MILLENNIUM
677	30	M <sup>a</sup> CARMO ANJOS	F	71	47	01:27:40.08	01:27:19.70	CONDOR
678	31	LUCINDA HENRIQUES	F	69	48	01:27:41.55	01:27:22.38	CONDOR
679	177	MARIA PINTO	F	54	49	01:27:50.84	01:27:35.79	
680	74	ANABELA ARAUJO	F	39	67	01:30:56.60	01:30:05.03	
681	75	PATRICIA PINTO	F	35	68	01:31:12.20	01:30:20.83	

**Total de registros: 681**