

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1	ISAC NADER	7735	M	JunM	16:48:00	16:47:00	Sport Lisboa e Benfica ELITE
2	DUARTE GOMES	7734	M	JunM	16:50:00	16:49:00	Sport Lisboa e Benfica ELITE
3	JOSÉ PINTO	7730	M	SenM	17:01:00	16:59:00	Sport Lisboa e Benfica ELITE
4	SAMUEL FREIRE	7728	M	SenM	18:02:00	37:12:00	Sport Lisboa e Benfica ELITE
5	LUIS ARTUR DA SILVA	17554	M	Vet5M	18:14:00	28:35:00	
6	JOÃO VIEIRA	7733	M	SenM	18:31:00	18:29:00	Sport Lisboa e Benfica ELITE
7	DIOGO PINHÃO	7731	M	SenM	18:51:00	18:49:00	Sport Lisboa e Benfica ELITE
8	CLEMENT DUPIN	17553	M		19:02:00	29:23:00	
9	ALEXANDRE FAUSTINO	7419	M	JunM	20:18:00	20:17:00	Fundação Salesianos
10	BERNARDO CRUZ	7064	M	JunM	21:58:00	21:56:00	Casa do Benfica de Reguengos de Monsaraz
11	MATILDE RODRIGUES	7813	F	SenF	21:58:00	21:56:00	
12	ARTUR ANTUNES	7689	M	SenM	22:17:00	22:17:00	
13	ALMIR DE CARVALHO	7234	M	Vet2M	22:37:00	22:17:00	
14	CLAUDIO SANTOS	7442	M	SenM	22:58:00	22:40:00	
15	JOSE AUGUSTO NUNES FERREIRA	7716	M	Vet5M	23:01:00	23:01:00	
16	CARLOS FERREIRA	7717	M	Vet5M	23:06:00	23:06:00	
17	RITA BACELAR	5961	F	Vet3F	23:16:00	23:13:00	
18	ANDREIA FILIPA	7651	F	SenF	23:44:00	23:41:00	
19	ANTONIO PINTO	7157	M	Vet1M	23:45:00	23:42:00	
20	TIAGO CABECINHAS	6106	M	SenM	23:46:00	23:36:00	Grupo Alegre Unido Bajouca
21	TIAGO RIBEIRO	6751	M	SenM	23:46:00	22:50:00	
22	LUIS MENDES	5099	M	Vet2M	23:50:00	23:16:00	
23	GONÇALO MENDONÇA	5114	M	Vet2M	23:59:00	22:29:00	Os Divertidos
24	DIOGO GUERRA	5822	M	JunM	24:00:00	23:53:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
25	MIGUEL JOTA	5823	M	JunM	24:09:00	24:02:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
26	JOSÉ CALADO	5279	M	Vet3M	24:16:00	32:57:00	
27	MICAEL GARCIA	5278	M	SenM	24:16:00	32:57:00	
28	PAULO COSTA	7190	M	SenM	24:19:00	22:46:00	Topamos-te à légua
29	LUIS SILVA	7723	M	JunM	24:36:00	24:00:00	
30	JOSÉ MORENO	7116	M	Vet5M	24:40:00	24:38:00	
31	FREDERICO SILVA LEAL	7841	M	SenM	24:55:00	24:52:00	
32	NUNO FRANÇA	17812	M	SenM	25:00:00	41:20:00	
33	CLAUDIA FIUZA	17813	F	SenF	25:00:00	41:20:00	
34	TIAGO ANTUNES	6947	M	SenM	25:09:00	23:38:00	
35	JOAO GRADE	5109	M	SenM	25:10:00	25:08:00	
36	JOANA MOREIRA	7866	F		25:27:00	25:25:00	
37	ANTÓNIO DIAS	6148	M	SenM	25:34:00	24:44:00	Comando Toril
38	JOSÉ GARCIA	6487	M	SenM	25:40:00	24:18:00	Cergal Lads
39	MIGUEL DIOGO	6422	M	SenM	25:40:00	24:18:00	Cergal Lads
40	RICARDO CRUZ	7641	M		25:49:00	25:35:00	
41	JOSE CUNHA	5472	M	Vet3M	25:50:00	25:27:00	
42	DIOGO MOREIRA	8058	M		25:55:00	25:53:00	
43	MADALENA CABRAL	7507	F		25:56:00	34:00:00	
44	RENATO DIOGO	6421	M	SenM	26:12:00	24:30:00	Cergal Lads

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
45	HUGO FERNANDES	7197	M	SenM	26:13:00	25:22:00	
46	DIOGO BRANCO	7129	M	SenM	26:23:00	25:21:00	
47	FILIPE MONTEIRO	6661	M	SenM	26:34:00	24:57:00	
48	NUNO LUIS COSTA SANTOS	7861	M	Vet1M	26:37:00	45:43:00	
49	NUNO BRAGA	7024	M	SenM	26:37:00	25:06:00	Vingadores
50	CARLOS TAVARES	7248	M	SenM	26:39:00	34:25:00	Serviços Sociais Montepio
51	RICARDO MIRANDA	8033	M	SenM	26:41:00	24:29:00	Colaboradores SLB
52	JOSE FERNANDES	6840	M	Vet5M	26:41:00	26:38:00	
53	MARIA ODILIA DE GOUVEIA RODRIGUES TAVEIRA	6537	F	Vet3F	26:43:00	26:43:00	Andorinhas Gloriosas
54	FILOMENA MARIA RODRIGUES TAVEIRA	6539	F	Vet2F	26:43:00	26:43:00	Andorinhas Gloriosas
55	MANUEL DA SILVA CORREIA TAVEIRA	6538	M	Vet5M	26:43:00	26:43:00	Andorinhas Gloriosas
56	NUNO MIGUEL TARRAÇO GARCIA	6540	M	Vet2M	26:47:00	26:47:00	Andorinhas
57	VITOR COELHO	7786	M	Vet1M	26:51:00	26:42:00	
58	RUI SILVA	6966	M	Vet2M	27:04:00	25:34:00	Os taifas E.N.
59	RAUL FLOR	6574	M	Vet3M	27:12:00	26:50:00	
60	DANIEL MOTTA	6177	M	SenM	27:17:00	26:59:00	
61	DIOGO CARDOSO	6140	M		27:24:00	26:48:00	
62	JOÃO MARQUES	7483	F	Vet2F	27:29:00	26:22:00	
63	EDMUNDO SILVA	7849	M	Vet3M	27:30:00	27:28:00	
64	LUÍS OLIVEIRA	7856	M	Vet1M	27:31:00	27:30:00	
65	PAULO SANTOS	7852	M	Vet2M	27:32:00	27:30:00	
66	DIOGO ALEXANDRE	7096	M		27:37:00	27:30:00	
67	AFONSO MACHADO	6266	M	SenM	27:37:00	27:35:00	Chupa Chupa
68	PAULO PURVIS	5130	M	Vet1M	27:43:00	27:39:00	
69	ALEXANDRE GUIMARÃES	5296	M	SenM	27:43:00	27:40:00	
70	SOFIA PIRES	6575	F	JunF	27:53:00	27:51:00	
71	ROSA HENRIQUES	6107	F	Vet2F	28:08:00	28:02:00	Grupo Alegre Unido
72	RODRIGO FERNANDES	7066	M		27:13:00	27:43:00	
73	BRUNO SANTOS	6558	M	SenM	28:13:00	28:00:00	
74	FRANCISCO PASSINHAS	7194	M	SenM	28:18:00	28:14:00	
75	ORLANDO ÉVORA	8579	M	Vet2M	28:20:00	28:09:00	
76	BERNARDO SILVA	5494	M	SenM	28:21:00	27:19:00	
77	MIGUEL ESTORNINHO	7765	M	SenM	28:25:00	26:07:00	
78	DAVID SILVA	6514	M	SenM	28:25:00	27:00:00	
79	SANTIAGO SOUSA	6371	M	SenM	28:32:00	28:30:00	Chupa Chupa
80	TOMAS VENTURA	6329	M	JunM	28:35:00	27:26:00	
81	JOÃO VENTURA	6331	M	Vet2M	28:35:00	27:27:00	
82	JOSE VAZ	5979	M	Vet2M	28:41:00	26:59:00	
83	ANTÓNIO VELOSO	7845	M	Vet5M	28:52:00	28:51:00	
84	CATARINA VEIGA	7972	F	Vet2F	28:57:00	28:55:00	Colaboradores SLB
85	FRANCISCO FERREIRA LOPES	7860	M	JunM	29:06:00	28:48:00	
86	SÉRGIO MANUEL NUNES LOPES	7857	M	SenM	29:09:00	28:52:00	
87	MIGUEL FERREIRA	8021	M	SenM	29:10:00	26:56:00	Colaboradores SLB
88	GONÇALO SOARES	5156	M	SenM	29:10:00	27:31:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
89	MARIA FIGUEIREDO	8013	F	Vet3F	29:11:00	35:02:00	Colaboradores SLB
90	ALEXANDRA CARRASQUEIRA	6302	M	Vet3M	29:17:00	27:19:00	
91	DAVID DUARTE	7744	M		29:19:00	27:59:00	
92	ALEXANDRE EVORA	7640	M	JunM	29:23:00	29:10:00	
93	HORTENSE FARIA	5991	F	Vet3F	29:23:00	29:18:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
94	FÁBIO DUARTE	7772	M	SenM	29:27:00	35:06:00	
95	INÊS MATOS	7136	F		29:30:00	29:22:00	
96	SIMÃO VELHO	7080	M	JunM	29:36:00	28:56:00	
97	FRANCISCO COSTA	6687	M	JunM	29:38:00	28:23:00	
98	LUIS SANTANA	6998	M	Vet4M	29:39:00	29:36:00	Clube Desportivo Ribeiense
99	JOÃO BERNARDINO	5725	M	Vet3M	29:41:00	27:42:00	
100	GUILHERME BRITO	6789	M	JunM	29:42:00	29:31:00	
101	PAULO LOISAS	5031	M	Vet2M	29:44:00	29:22:00	
102	JOSÉ BRITO	7068	M	Vet3M	29:45:00	29:33:00	
103	JOÃO FARINHA	7796	M	SenM	29:51:00	29:34:00	Bragança Farinha
104	RUI RIBEIRO	6449	M	SenM	29:52:00	26:40:00	
105	ANA BRAGANÇA	7797	F	SenF	29:52:00	29:35:00	Bragança Farinha
106	ANTÓNIO TEIXEIRA	7120	M	Vet4M	30:00:00	27:58:00	
107	JOÃO VAZ	5745	M	SenM	30:02:00	29:44:00	
108	JOAO MACHADO	6267	M	SenM	30:09:00	30:06:00	Chupa Chupa
109	PAULO NUNES	5924	M	Vet1M	30:09:00	30:07:00	Portugalparagliding
110	LILIANA MATOS	6049	F	JunF	30:12:00	28:02:00	Manilhas
111	ILIDIO PARDAL	17802	M	Vet5M	30:13:00	40:25:00	
112	ANTONIO GRILO	17998	M	Vet3M	30:13:00	40:25:00	
113	LUIS GRILO	17997	M	Vet3M	30:13:00	40:26:00	
114	SUSANA LOPES	5952	F	Vet2F	30:15:00	30:06:00	
115	CLÁUDIA PITA	6617	F	SenF	30:16:00	30:08:00	
116	TIAGO MOREIRA	8059	M	JunM	30:21:00	30:18:00	
117	PEDRO JORGE	6432	M	SenM	30:23:00	30:19:00	
118	MARISA DIAS	7768	F	SenF	30:23:00	30:20:00	
119	ANTONIO JACINTO	5141	M	Vet2M	30:27:00	30:27:00	
120	PEDRO DUARTE	6526	M	SenM	30:33:00	28:50:00	
121	ANTÓNIO DIAS	7771	M	Vet2M	30:35:00	29:54:00	
122	VITOR VICENTE	5017	M	SenM	30:39:00	30:31:00	
123	LUÍS CARNEIRO PINTO	7660	M	SenM	30:44:00	30:16:00	PROCENSUS
124	FREDERICO BRAGA	7719	M	SenM	30:45:00	30:17:00	Procensus
125	HUGO QUINTAL	7231	M	SenM	30:46:00	30:25:00	
126	FABIO MARQUES	7200	M	SenM	30:52:00	30:43:00	
127	RUI COELHO	6091	M	SenM	30:56:00	30:29:00	
128	MIGUEL ROBERTO	6310	M	Vet1M	30:59:00	29:06:00	
129	MARCELO ROBERTO	6311	M	Vet3M	30:59:00	29:07:00	
130	ANTONIO PESCADA	6971	M	Vet5M	31:01:00	30:56:00	Individual
131	ANDREIA PIRES	7272	F	SenF	31:01:00	29:27:00	
132	JOAQUIM MOREIRA	7698	M	Vet4M	31:01:00	31:01:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
133	CARLOS PEDRO MOREIRA	7697	M	SenM	31:02:00	31:02:00	Caetana & Manuel
134	RICARDO PIRES	7027	M	Vet1M	31:03:00	29:36:00	
135	CATARINA AMBRÓSIO	5110	F	SenF	31:04:00	30:36:00	Ainda sem nome...lol SLB
136	FRANCISCO GONCALVES	5032	M	JunM	31:08:00	30:42:00	DFK OFFICE
137	PAULO MARAVILHA	5113	M	Vet2M	31:12:00	29:43:00	Os Divertidos
138	LUIS MACHADO	6754	M	Vet3M	31:15:00	29:34:00	
139	JOÃO ANTUNES	5315	M	SenM	31:16:00	29:52:00	YLDinhos
140	RODRIGO TEIXEIRA	7001	M	SenM	31:21:00	30:31:00	Guizo Runners
141	RAQUEL MENDES	6670	F	JunF	31:22:00	29:30:00	ATSEP Runners
142	RUI MENDES	6669	M	Vet2M	31:22:00	29:32:00	ATSEP Runners
143	PEDRO AFONSO ESTORNINHO	7763	M	SenM	31:27:00	29:10:00	
144	SUSANA GOMES	7341	F	SenF	31:31:00	31:26:00	
145	LEONOR GIRÃO	5901	F	SenF	31:33:00	30:10:00	
146	RAFAEL PEREIRA	7155	M		31:34:00	30:53:00	
147	ILÍDIA JOSÉ	7513	F	SenF	31:36:00	30:39:00	Escola de Atletismo do Montijo-A.F.D.D
148	TIAGO CORUJO	8607	M	SenM	31:42:00	30:48:00	Hospital da Luz
149	ANA VELHO	7079	F	JunF	31:43:00	31:02:00	
150	ALBINO PACHECO	8533	M	Vet4M	31:47:00	31:32:00	
151	ANDRÉ FERREIRA	8598	M	SenM	31:48:00	28:06:00	
152	PAULO HORTA	6744	M	Vet1M	31:49:00	31:09:00	
153	RICARDO GIL	5038	M	SenM	31:49:00	31:22:00	
154	ALEX SIMÕES	8050	M	SenM	31:53:00	30:04:00	Colaboradores SLB
155	RITA PARREIRA	5853	F	JunF	31:54:00	31:26:00	
156	JORGE CARRASQUEIRA	6301	M	Vet3M	31:54:00	29:56:00	
157	RUI CARRASQUEIRA	5584	M	Vet4M	31:56:00	29:56:00	
158	BRUNO BASTOS	5646	M	SenM	31:57:00	31:27:00	
159	BRUNO NAVE	5776	M	SenM	31:57:00	31:48:00	#1904
160	CELSO NAVE	5777	M	SenM	31:58:00	31:48:00	#1904
161	PEDRO VIEIRA	7705	M	SenM	32:03:00	29:29:00	
162	SÉRGIO MENDES	5649	M	SenM	32:03:00	30:29:00	
163	FERNANDO OLIVEIRA	5578	M	Vet1M	32:07:00	31:48:00	
164	RUI CASTELO	5962	M	SenM	32:09:00	31:27:00	
165	MAIQUEL FERREIRA	7412	M	SenM	32:12:00	27:16:00	Team Bandarras
166	EMANUEL TAVEIRA	5470	M	Vet2M	32:13:00	31:45:00	barreiro
167	SANDRA MESTRE	7580	F	SenF	32:14:00	30:35:00	TABAQUEIRA
168	TIAGO ANTUNES	7193	M	SenM	32:14:00	30:40:00	
169	INÊS COSTA	6013	F	JunF	32:16:00	30:37:00	
170	MÁRIO DUARTE	6506	M	Vet3M	32:17:00	31:41:00	Link
171	ANTONIO MILHARADAS	7510	M	Vet3M	32:19:00	32:01:00	
172	ABÍLIO GONÇALVES	8511	M	SenM	32:19:00	32:17:00	
173	PAULO MADEIRA	7853	M	Vet2M	32:19:00	32:17:00	
174	JOSÉ SOARES	7851	M	Vet1M	32:19:00	32:18:00	
175	NUNO PIRES	6459	M	SenM	32:21:00	30:51:00	
176	JORGE SILVA	5842	M	Vet5M	32:22:00	30:19:00	ARANA

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
177	JOAO RIBEIRO	6967	M	Vet3M	32:23:00	39:36:00	
178	ROSA SILVA LEAL	8542	F	SenF	32:25:00	32:22:00	Irmandade da Adega
179	JORGE PINTO	7329	M	SenM	32:30:00	30:30:00	COFINA RUNNERS
180	SÉRGIO SILVA	7156	M	SenM	32:33:00	30:33:00	CHERRY'S
181	FRANCISCO GOMES	6818	M	SenM	32:34:00	31:03:00	
182	MARIA SALDANHA	6819	F	SenF	32:34:00	31:03:00	
183	FRANCISCO SERRANITO	6607	M	Vet3M	32:34:00	32:02:00	Serranitos
184	LUÍS MANUEL MARTINS DA SILVA	5203	M	Vet4M	32:35:00	32:25:00	
185	ISABEL NASCIMENTO	5202	F	Vet3F	32:36:00	32:26:00	
186	LEONOR MACEDO	7026	F		32:36:00	31:11:00	Os pernetas!!!
187	NUNO REIS	6869	M	Vet1M	32:37:00	32:01:00	
188	CLAUDIA SANTOS	5185	F	SenF	32:40:00	32:37:00	Pimpolha
189	JOÃO ARNAUT	6144	M	SenM	32:42:00	31:51:00	Comando Toril
190	HENRIQUE VILHENA	5934	M	Vet5M	32:43:00	31:59:00	
191	JORGE ALVES	5179	F	SenF	32:44:00	31:04:00	Audioteam
192	TERESA ALVES DOS REIS	5181	F	SenF	32:44:00	31:04:00	
193	VANESSA SILVA	5834	F	SenF	32:44:00	32:41:00	
194	MARIO TAROUCA	7121	M	SenM	32:45:00	30:43:00	
195	FÁBIO GOMES	8549	M	SenM	32:45:00	32:01:00	
196	PAULO LOPES	6230	M	Vet4M	32:46:00	31:42:00	BENFIT
197	CARLOTA PEREIRA	7454	F	SenF	32:48:00	32:21:00	
198	EURICO ANTUNES	5427	M	SenM	32:49:00	32:20:00	
199	FERNANDO FRANCISCO	5312	M	Vet2M	32:52:00	32:21:00	
200	FRANCISCO MOTA	6280	M	SenM	32:56:00	32:26:00	
201	ANA PAULA	5284	F	Vet1F	32:58:00	32:58:00	Prolicht
202	MÁRIO ANTÓNIO VILAR	7006	M	Vet4M	32:58:00	31:58:00	
203	IVANDRO CARLOS MOREIRA	5781	M	SenM	32:59:00	30:39:00	IvandroTeam
204	CAROLINA MACEDO	7023	F	SenF	32:59:00	31:27:00	Vingadores
205	JOANA MENDES	8520	F	SenF	33:02:00	30:09:00	
206	CATARINA RIBEIRO	7974	F	JunF	33:02:00	32:12:00	Colaboradores SLB
207	FERNANDO MENDES	8519	M	Vet4M	33:02:00	30:10:00	
208	SILVIA FERREIRA	5947	F	SenF	33:04:00	30:52:00	
209	AFONSO LUÍS	6346	M	SenM	33:06:00	31:47:00	Individual
210	TÂNIA BOTO	7125	F	SenF	33:07:00	33:07:00	
211	RICARDO FERREIRA	8603	M	Vet2M	33:07:00	32:22:00	
212	NUNO SANTOS SILVA	5128	M	Vet2M	33:08:00	31:40:00	
213	PAULO AGUIAR	7126	M	SenM	33:08:00	32:55:00	
214	JOSÉ PEREIRA	5073	M	Vet3M	33:08:00	32:28:00	
215	ANA AGUIAR	7124	F	SenF	33:09:00	32:56:00	
216	NUNO BONACHO	5060	M	JunM	33:11:00	31:05:00	Individual
217	MARCO CORDEIRO	7692	M	SenM	33:13:00	29:59:00	
218	JOAQUIM REMEDIO	5481	M	Vet2M	33:13:00	32:33:00	
219	JORGE CORDEIRO	7693	M	Vet2M	33:14:00	30:02:00	
220	CLAUDIA VALENTIM	17876	F	SenF	33:14:00	32:45:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
221	BRUNO MARTIONS	7070	M	SenM	33:15:00	30:37:00	
222	BRUNO NUNES	7623	M	SenM	33:15:00	30:18:00	Izzie team
223	DUARTE PEDRO	7044	M	SenM	33:15:00	30:38:00	
224	TIAGO CARVALHO	7622	M	SenM	33:16:00	30:20:00	Izzie team
225	SUSANA SIMÃO	7511	F	SenF	33:16:00	32:17:00	
226	ANTÓNIO CATARINO	5606	M	SenM	33:16:00	31:42:00	
227	ALEXANDRE CARDOSO	5711	M	SenM	33:16:00	31:43:00	
228	MARGARIDA SANTOS	7508	F	Vet2F	33:19:00	30:44:00	
229	PEDRO HENRIQUES	6981	M	Vet5M	33:19:00	32:57:00	
230	RICARDO SANTOS	6365	M	SenM	33:22:00	31:58:00	TEAM FACERAS
231	VASCO MATIAS	7565	M	SenM	33:25:00	33:06:00	TABAQUEIRA
232	JOSÉ REZA	7493	M	Vet5M	33:27:00	33:25:00	
233	CARLOS ASCENSO	5946	M	Vet1M	33:27:00	31:15:00	Seixeira-Juncal
234	MIGUEL ANTUNES	6524	M	SenM	33:27:00	30:15:00	
235	SÉRGIO MADALENO	6184	M	Vet2M	33:28:00	31:54:00	
236	BEATRIZ SILVA	6147	F	JunF	33:29:00	32:39:00	Comando Toril
237	INÊS RODRIGUES	5463	F	SenF	33:31:00	33:26:00	
238	JOSÉ CLEMENTE FRAZÃO DOS SANTOS	6618	M	Vet5M	33:32:00	32:56:00	
239	MARIA VIRGINIA JESUS FERNANDES CARREIRA SANTOS	6619	F	Vet3F	33:32:00	32:55:00	
240	ANDREIA PALMEIRÃO	6742	F	Vet1F	33:33:00	32:53:00	
241	JOÃO CABRITO	7203	M	Vet2M	33:35:00	33:25:00	
242	ZÉLIA CABRITO	7202	F	Vet3F	33:35:00	33:25:00	
243	CARLOS OLIVEIRA	7036	M	Vet5M	33:35:00	33:35:00	as lentinhas
244	PEDRO GONÇALO CORREIA	8028	M	SenM	33:41:00	31:09:00	Colaboradores SLB
245	CARLA ALMEIDA	5627	F	Vet2F	33:41:00	31:49:00	
246	HUGO ALMEIDA	5919	F	JunF	33:41:00	31:49:00	
247	DANIELA REGANHA	6511	F	JunF	33:42:00	31:53:00	
248	JOÃO CONTREIRAS	5240	M	SenM	33:43:00	38:21:00	
249	RICARDO CAETANO	5307	M	SenM	33:44:00	32:39:00	
250	ADOLFO SOARES	7844	M	Vet1M	33:46:00	33:44:00	
251	MARIA CORREIA	5831	F	Vet3F	33:48:00	32:25:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
252	JOÃO CORNACHO	6586	M	SenM	33:48:00	32:25:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
253	MARGARIDA CALADO	7618	F		33:48:00	33:17:00	
254	JOÃO PEDRO CALADO	7617	M	Vet3M	33:49:00	33:16:00	
255	ANDRÉ CALADO	7619	M	SenM	33:49:00	33:17:00	
256	RUI CALADO	7621	M	SenM	33:50:00	33:18:00	
257	ANTONIO CARPINTEIRO	5599	M	Vet5M	33:53:00	33:29:00	SS CGD
258	SERGIO MATOS	5263	M	SenM	33:53:00	33:31:00	
259	SOFIA CUNHA	5264	F	SenF	33:53:00	33:31:00	
260	ANA PATRÍCIA FERREIRA	6587	F	SenF	33:57:00	32:59:00	
261	MARCIA FERREIRA	5199	F	Vet3F	33:59:00	33:16:00	
262	PEDRO AFONSO	7745	M	SenM	34:00:00	32:39:00	
263	BORJA CRUZ MORALES	6600	M	SenM	34:03:00	32:04:00	
264	MARIO HERBELLA MENDUIÑA	6626	M	SenM	34:03:00	32:03:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
265	ALBERT MEDINA CARRIÓN	6604	M	SenM	34:03:00	32:03:00	
266	ADRIÁN MOLARES SEQUEIROS	6630	M	SenM	34:03:00	32:03:00	Erasmus Team
267	ELSO ASCENSO	5949	M	Vet1M	34:03:00	31:52:00	
268	ANA-ALICE PEREIRA	6850	F	Vet3F	34:04:00	33:53:00	
269	CÉSAR MAGALHÃES	6550	M	Vet5M	34:07:00	32:43:00	
270	GONÇALO RUIVO	5014	M	Vet1M	34:10:00	33:51:00	
271	DANIEL MARTINEZ	5501	M	SenM	34:11:00	32:34:00	
272	ANDRÉ GROSSINHO	5517	M	SenM	34:17:00	32:05:00	
273	DIOGO REGANHA	6510	M	SenM	34:19:00	32:30:00	
274	JOÃO GONÇALVES	6090	M	SenM	34:25:00	33:57:00	
275	JORGE FERNANDES	7739	M	SenM	34:25:00	33:19:00	
276	MÁRIO DUARTE	5697	M	Vet2M	34:26:00	32:14:00	GENTIL 2018
277	ANA DUARTE	5893	F	SenF	34:26:00	32:14:00	
278	ANDRE MARTINS	8586	M	SenM	34:26:00	32:48:00	
279	HÉLIO GODINHO	6623	M	Vet1M	34:27:00	34:17:00	
280	TIAGO SARDO	5167	M	SenM	34:27:00	34:27:00	
281	GONÇALO GODINHO	8583	M	JunM	34:27:00	34:18:00	Godinho's
282	RUI GRAÇA	6611	M	SenM	34:29:00	33:07:00	
283	DAVID DIAS	6609	M	JunM	34:29:00	33:07:00	
284	MÓNICA MARQUES	8022	F	SenF	34:31:00	34:25:00	Colaboradores SLB
285	ASSIS FERNANDES	6760	M	Vet2M	34:31:00	33:57:00	
286	SANDRA ANDRÉ	7280	F	Vet1F	34:35:00	34:13:00	
287	MARIA ARMANDA SEMEÃO	5396	F	SenF	34:41:00	34:18:00	
288	ADRIANA FIGUEIRA	7793	F	SenF	34:41:00	34:12:00	
289	PATRÍCIA SOFIA DA CRUZ PINTO	8552	F	Vet1F	34:41:00	34:18:00	
290	LUÍS PEREIRA	6851	M	Vet5M	34:46:00	34:35:00	
291	NATÁLIA HENRIQUES	6222	F	Vet1F	34:47:00	34:36:00	RB Running
292	TIAGO TAVARES	6146	M	Vet1M	34:49:00	33:57:00	Comando Toril
293	MIGUEL LUÍS	6621	M	SenM	34:51:00	33:31:00	
294	CHRISTIAN GUIMARÃES	7233	M	SenM	34:56:00	34:38:00	
295	LINA ROSARIO	7519	F	SenF	35:00:00	34:21:00	Família Claro & Rosário
296	TIAGO MEDALHO	5732	M	SenM	35:04:00	34:36:00	
297	CARLA AMARO	7055	F	SenF	35:07:00	34:39:00	As frangas
298	FÁTIMA FONSECA	7054	F	SenF	35:08:00	34:40:00	As frangas
299	JOANA MATOS	7509	F		35:08:00	32:33:00	
300	ANTÓNIO JOSÉ GONÇALVES	7418	M	SenM	35:08:00	34:48:00	
301	AMILCAR FIGUEIREDO	6094	M	Vet5M	35:09:00	33:33:00	
302	VITOS BARREIROS	5988	M	Vet2M	35:10:00	45:19:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
303	ANA BARREIROS	5987	F	Vet2F	35:10:00	45:19:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
304	MATILDE SANTOS	6571	F	Vet3F	35:14:00	34:15:00	
305	ANA RODRIGUES	6572	F	Vet3F	35:14:00	34:15:00	
306	MARIA SOUSA	6340	F	Vet1F	35:16:00	34:48:00	
307	SILVIA DIAS	7192	F	Vet1F	35:19:00	33:46:00	Topamos-te à légua
308	RITA AUGUSTO	6627	F	SenF	35:24:00	35:11:00	Falcões Selvagens

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
309	MARISA SIMÕES	7725	F	SenF	35:28:00	35:04:00	
310	DAVID MASSENA	7724	M	SenM	35:28:00	35:04:00	
311	GABRIELA CORDEIRO	7455	F	Vet1F	35:29:00	33:27:00	Sangue do Pico
312	SAMIR AHMAD	5021	M	SenM	35:29:00	34:19:00	
313	BRUNO PIRES	6590	M	SenM	35:30:00	34:45:00	
314	FORTUNATO SANTOS	6748	M	Vet5M	35:30:00	35:30:00	
315	GILBERTO MOTA	7011	M	SenM	35:31:00	34:44:00	
316	GONÇALO ALVES	7990	M	SenM	35:31:00	32:50:00	Colaboradores SLB
317	PAULO ESTORNINHO	7764	M	Vet3M	35:31:00	33:17:00	
318	CATARINA PINTO	7474	F	JunF	35:32:00	35:03:00	
319	HELDER ALVES	7991	M	Vet2M	35:34:00	32:53:00	Colaboradores SLB
320	PAULO PIRES	7802	M	Vet1M	35:36:00	33:44:00	Palas Viradas
321	FLÁVIA ALEGRIA	7803	F	Vet2F	35:36:00	33:45:00	Palas Viradas
322	FRANCISCO BAMBI	8501	M		35:37:00	35:34:00	
323	EVA NASCIMENTO	8508	F	SenF	35:38:00	35:35:00	
324	TOMÁS LUCAS	7144	M	JunM	35:42:00	34:33:00	
325	ROGÉRIO COSTA	5068	M	Vet3M	35:43:00	35:06:00	
326	MIGUEL MORUJO	6824	M	Vet2M	35:46:00	33:34:00	
327	TIAGO FIGUEIREDO	6283	M	Vet2M	35:47:00	33:34:00	
328	TIAGO SILVA	5337	M	SenM	35:47:00	34:46:00	
329	AMERICO SOUSA	5353	M	Vet5M	35:49:00	34:28:00	
330	NUNO DELGADO	6373	M	Vet2M	35:49:00	35:36:00	
331	PAULO COSTA	6019	M	Vet1M	35:51:00	35:44:00	
332	LEONOR PAULOS	7106	F		35:55:00	35:48:00	
333	PEDRO GALHARDO	8573	M	Vet1M	35:56:00	35:22:00	
334	JOANA MARIA TRAPELA MARQUES GARCIA	17909	F	SenF	35:59:00	33:14:00	Os Madrugadores - Amílcar Oliveira
335	SARA CÂNDIDO	5115	F	SenF	36:02:00	34:33:00	Os Divertidos
336	LUIS FERREIRA	5513	M	Vet2M	36:04:00	35:11:00	Coise Equipe
337	CAROLINA CRAVO	7145	F	JunF	36:04:00	34:53:00	
338	LUIS CRAVO	7146	M	Vet1M	36:04:00	34:53:00	
339	AMILCAR BAPTISTA	6980	M	Vet5M	36:05:00	35:52:00	
340	MARCO SERGIO DA MATA NETO CHOURIÇO	6578	M	Vet1M	36:06:00	34:43:00	
341	HUGO CLARO	7748	M	SenM	36:06:00	33:54:00	
342	JOÃO LOPES	5072	M	Vet3M	36:08:00	35:29:00	
343	INNA PROKOPIEVA	5621	F	SenF	36:09:00	34:51:00	
344	BELMIRO PARADINHA	5491	M	Vet5M	36:12:00	35:08:00	
345	NÉLIA ISIDORO	7872	F	SenF	36:12:00	34:06:00	Hospital da Luz
346	ANDREIA CRISTÓVÃO	7871	F	SenF	36:12:00	34:07:00	Hospital da Luz
347	ANA RITA ANDRADE	5155	F	SenF	36:15:00	34:36:00	
348	INES FILIPA DIAS	5268	F	SenF	36:16:00	34:26:00	
349	MIGUEL ANDRÉ	7282	F		36:18:00	35:56:00	
350	MÁRIO DIAS	5267	M	Vet2M	36:18:00	34:26:00	
351	JOANA NUNES	5507	F	Vet1F	36:19:00	36:06:00	
352	ALEXANDRA MOTA	7133	F	SenF	36:21:00	35:56:00	



Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
353	RICARDO SANTANA	7135	M	SenM	36:21:00	35:56:00	
354	SERGIO SANTOS	7704	M	SenM	36:22:00	33:48:00	
355	DIOGO FONSECA	7709	M	SenM	36:23:00	33:49:00	
356	RODRIGO RODRIGUES	7433	M		36:27:00	35:32:00	
357	MILENE SOFIA AGUILAR	6579	F	SenF	36:29:00	35:06:00	
358	JOSÉ ESTEVES	6078	M	Vet3M	36:31:00	36:00:00	
359	ANA TOMÉ	6973	F	SenF	36:31:00	35:09:00	
360	LUÍS MOUTINHO	8006	M	Vet2M	36:32:00	34:19:00	Colaboradores SLB
361	HUMBERTO NEVES	6018	M	Vet5M	36:32:00	35:49:00	
362	MIGUEL SANTOS	5746	M	SenM	36:33:00	36:15:00	
363	BRUNO VAZ	5747	M	SenM	36:33:00	36:15:00	
364	SOFIA FREIRE	5678	F	SenF	36:34:00	36:18:00	
365	CARLA REAL	5082	F	SenF	36:37:00	36:17:00	
366	JOANA GALVÃO	7441	F	SenF	36:39:00	35:14:00	
367	JOSÉ GALVÃO	7440	M	Vet4M	36:39:00	35:14:00	
368	JOÃO CUNHA	7887	M	SenM	36:39:00	35:06:00	Hospital da Luz
369	ALEXANDRE GUEDES	6398	M	Vet1M	36:41:00	35:37:00	BENFIT
370	SANDRA SOUSA	6660	F	Vet1F	36:41:00	35:43:00	As Primeiras
371	JOÃO COELHO	7243	M		36:42:00	34:58:00	Liberty Seguros
372	MARCELO FERREIRA	5198	M	Vet3M	36:43:00	35:58:00	
373	MIGUEL COELHO	7244	M		36:44:00	35:02:00	Liberty Seguros
374	PEDRO COELHO	7245	M	Vet2M	36:44:00	35:00:00	Liberty Seguros
375	ANA MATIAS	6570	F	SenF	36:47:00	35:49:00	
376	NUNO ANDRÉ	7281	F	SenF	36:47:00	36:26:00	
377	ANA CUNHA	7652	F	Vet2F	36:48:00	36:43:00	
378	MARCELO SEBASTIÃO	6871	M	JunM	36:49:00	33:43:00	
379	ANTÓNIO SEBASTIÃO	6868	M	SenM	36:49:00	33:42:00	
380	HUGO OLIVEIRA	7994	M	SenM	36:49:00	33:40:00	Colaboradores SLB
381	MARIANA RODRIGUES	8014	F	SenF	36:50:00	33:41:00	Colaboradores SLB
382	JORGE MATA	6954	M	Vet2M	36:51:00	34:55:00	
383	HD CLARA	7801	M	SenM	36:52:00	34:38:00	
384	ROBERTO SILVA	5317	M	Vet1M	36:55:00	36:50:00	TEAM Joaquim da Mota
385	CESÁRIO LOBO DA FONSECA	6454	M	Vet4M	36:55:00	36:09:00	
386	JOÃO FEITEIRA	7776	M	JunM	36:55:00	36:11:00	
387	MARIA GONÇALVES	6521	F	SenF	36:56:00	36:09:00	
388	ANA RITA PATROCÍNIO	6946	F	SenF	36:57:00	33:42:00	
389	LILIANA GARCIA	5002	F	SenF	37:04:00	33:37:00	
390	ADRIANA PALMEIRO	5009	F	SenF	37:04:00	33:36:00	
391	RUI RODRIGUES	7434	M	Vet1M	37:04:00	36:11:00	
392	JOSÉ PIRES MARQUES	7250	M	Vet5M	37:04:00	37:04:00	Os Madrugadores - Amílcar Oliveira
393	MARTA PERALTA	5809	F	SenF	37:05:00	36:17:00	
394	CATARINA PERALTA	5810	F	SenF	37:05:00	36:17:00	
395	RAQUEL FRANCISCO	8587	F	SenF	37:05:00	35:28:00	
396	ALEXANDRE PIRES	7409	M	SenM	37:06:00	36:53:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
397	FILIPE RIBEIRO	7287	M	SenM	37:06:00	36:03:00	
398	ANDRÉ FERNANDES	7198	M	SenM	37:06:00	36:07:00	
399	STEPHANE CATARINO	7547	F	SenF	37:08:00	36:08:00	TABAQUEIRA
400	RITA NOGUEIRA	7430	F	SenF	37:09:00	34:36:00	
401	SERGIO RIBEIRO	5358	M	Vet1M	37:09:00	36:07:00	
402	FRANCISCO MARTINHO	7431	M	SenM	37:09:00	34:37:00	
403	JOÃO SILVA	5706	M	SenM	37:10:00	34:50:00	
404	DIOGO ROCHA	5705	M	SenM	37:10:00	34:48:00	
405	ANA PICA	6195	F	Vet3F	37:14:00	37:03:00	
406	ANA SILVA	5336	F	SenF	37:14:00	36:14:00	
407	DANILO MELO	8606	M	SenM	37:15:00	35:45:00	
408	CATARINA SALVADO	7395	F	SenF	37:15:00	34:54:00	
409	ANDREIA RODRIGUES	7410	F	SenF	37:16:00	37:03:00	
410	VANESSA FIALHO	7570	F	SenF	37:16:00	35:39:00	TABAQUEIRA
411	SUSANA PIRES	7271	F	Vet3F	37:19:00	35:45:00	
412	RODRIGO ANDRADE	5247	M	JunM	37:21:00	34:24:00	
413	MIGUEL ALEXANDRE	6423	M	SenM	37:21:00	35:02:00	
414	ANA NEVES	6017	F	SenF	37:23:00	36:40:00	
415	AMÍLCAR RAMOS	6939	M	Vet4M	37:27:00	40:58:00	
416	RUBEN RAMOS	6893	M	SenM	37:27:00	38:01:00	
417	ANTÓNIO RAMOS	5604	M	Vet5M	37:28:00	36:36:00	
418	SARA SILVA	6216	F	SenF	37:28:00	37:28:00	
419	JOSÉ LOPES	6215	M	SenM	37:28:00	37:28:00	
420	MARTA SANTOS	7214	F	Vet1F	37:29:00	35:32:00	
421	PAULA CARVALHO	6143	F	SenF	37:29:00	36:58:00	
422	HUGO RAMALHO	7635	M	Vet1M	37:30:00	35:10:00	
423	JENNY PESARO	6104	F	SenF	37:33:00	37:23:00	
424	JOÃO FREITAS	6105	M	SenM	37:33:00	37:24:00	
425	CÁTIA PATRÍCIO	6816	F	SenF	37:33:00	35:52:00	Maluquinhas da corrida
426	MARIANA TEIXEIRA	7275	F	SenF	37:35:00	35:32:00	
427	RICARDO SANTOS	6355	M	SenM	37:36:00	35:05:00	
428	JOÃO PAULO MARTINS	7662	M	Vet1M	37:37:00	35:36:00	
429	TIAGO SÁ	6258	M	Vet1M	37:38:00	36:38:00	
430	SILVIA ALVES	7661	F	SenF	37:41:00	36:09:00	
431	MARIA CUNHA	7191	F	SenF	37:42:00	36:08:00	Topamos-te à légua
432	GERMANO FIGUEIREDO	7230	M	Vet5M	37:47:00	34:35:00	
433	JAIME VALENTE	17944	M	SenM	37:48:00	35:05:00	
434	ANTONIO SERRAO	5011	M	Vet1M	37:49:00	35:41:00	
435	CATARINA SANTINHOS	5012	F	SenF	37:50:00	35:42:00	
436	ARIANA LOPES	5211	F	Vet1F	37:50:00	37:26:00	
437	CRISTIANO FREITAS PINTO	7251	M	Vet5M	37:51:00	37:47:00	Os Madrugadores - Amílcar Oliveira
438	NUNO CARVALHO	5789	M	Vet3M	37:52:00	36:16:00	
439	ALDA PEREIRA	6403	F	Vet2F	37:54:00	34:55:00	
440	JOÃO PAULO	5140	M	SenM	37:54:00	36:30:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
441	JOÃO PRAIA	7491	M	SenM	37:54:00	36:00:00	Primos da Ponte
442	CATARINA RIBEIRO	6752	F	SenF	37:55:00	36:54:00	
443	FRANCISCO PEREIRA	5903	M	SenM	38:00:00	34:57:00	
444	JOSÉ ALMEIDA	6684	M	Vet2M	38:01:00	36:06:00	ROD
445	CÁTIA COSTA	5138	F	SenF	38:01:00	37:21:00	
446	ANTÓNIO ALMEIDA	6322	M	Vet2M	38:01:00	36:06:00	ROD
447	MIGUEL MORGADO	7780	M	JunM	38:04:00	36:56:00	
448	MARIANA AMÊNDOA	7490	F	SenF	38:05:00	36:12:00	Primos da Ponte
449	HUGO PEREIRA	6384	M	SenM	38:05:00	37:10:00	
450	MARTA MENDES	6828	F	SenF	38:06:00	36:13:00	Mendes Vicente
451	JOSÉ VICENTE	6827	M	Vet1M	38:06:00	36:13:00	Mendes Vicente
452	SARA SOUSA	7682	F	SenF	38:07:00	36:19:00	Casa do Benfica em Almodôvar
453	RAFAEL HAN B	8054	M	SenM	38:07:00	36:08:00	
454	SUSANA CHAROLA	5778	F	SenF	38:11:00	38:02:00	
455	HUGO FIGUEIREDO	7050	M	Vet2M	38:13:00	35:25:00	
456	MIGUEL FIGUEIREDO	8604	M		38:13:00	35:24:00	
457	INÊS RIBEIRO	8594	F	SenF	38:15:00	35:36:00	
458	PAULA BRILHANTE	6066	F	SenF	38:15:00	35:29:00	
459	PAULO PINTO	7653	M	SenM	38:20:00	38:08:00	
460	RUI GONÇALVES	5010	M	SenM	38:20:00	34:54:00	
461	ANDRÉ VICENTE	6137	M	SenM	38:24:00	36:17:00	
462	VÂNIA MARISA RODRIGUES	6138	F	SenF	38:24:00	36:17:00	
463	MADALENA CARDOSO LOPES	6385	F	SenF	38:24:00	36:39:00	
464	INÊS LOPES	7514	F	JunF	38:25:00	36:29:00	
465	HELENA AMÊNDOA	7492	F	SenF	38:25:00	36:30:00	Primos da Ponte
466	LARA OLIVEIRA	5651	F	SenF	38:25:00	36:23:00	
467	NUNO OLIVEIRA	5650	M	SenM	38:26:00	36:23:00	
468	PEDRO MOTA	6065	M	SenM	38:26:00	35:41:00	
469	ELIZAVETA KOPTOVA	5622	F	JunF	38:27:00	37:06:00	
470	SARA VERDUGO	5222	F	Vet3F	38:29:00	37:53:00	Fonte dos Corações
471	ANTÓNIO VERDUGO	5223	M	Vet4M	38:29:00	37:53:00	Fonte dos Corações
472	VICTOR RAMOS	6902	M	Vet5M	38:30:00	37:43:00	
473	CRISTINA RODRIGUES	6629	F	SenF	38:32:00	38:27:00	
474	FABIO OLIVEIRA	5314	M	SenM	38:33:00	37:07:00	YLDinhos
475	CÉLIA DOMINGUES	7446	F	SenF	38:34:00	35:39:00	
476	TATIANA BÓIA	6700	F	SenF	38:35:00	36:38:00	
477	NUNO MIGUEL DOS SANTOS DE CARVALHO	5259	M	Vet1M	38:35:00	37:09:00	A FIRMA
478	PAULO LUÍS	6622	M	Vet3M	38:36:00	38:36:00	
479	RICARDO RODRIGUES	6366	M	SenM	38:39:00	37:15:00	TEAM FACERAS
480	OLIVIA OLIVEIRA	6383	F	SenF	38:41:00	37:46:00	
481	ANTONIO MATOS	7751	M	Vet4M	38:43:00	38:26:00	Todos por um
482	FRANCISCO BATISTA	5177	M	Vet2M	38:44:00	38:24:00	
483	FERNANDA SALVADOR	5178	F	Vet2F	38:44:00	38:25:00	
484	MIGUEL LOPES	7331	M	SenM	38:45:00	35:32:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
485	JOÃO LIBÂNIO	7688	M	SenM	38:45:00	35:33:00	
486	HUGO MARRAFA	7398	M	SenM	38:46:00	35:34:00	
487	JOÃO PINTO	5077	M	SenM	38:47:00	36:48:00	
488	HENRIQUE MARTINEZ	5502	M	JunM	38:50:00	37:15:00	
489	EDUARDO ALMEIDA	5051	M	Vet3M	38:51:00	37:27:00	
490	MAGDA SANTOS	5052	F	Vet1F	38:51:00	37:27:00	
491	CARLA CRUZ	5168	F	Vet1F	38:51:00	37:09:00	
492	ARMANDO AMORIM	5074	M	Vet2M	38:52:00	38:13:00	
493	JOÃO PEREIRA	5066	M	Vet3M	38:52:00	38:13:00	
494	MARGARIDA SIMÃO	7787	F	SenF	38:55:00	36:41:00	
495	JOÃO MONTEIRO	6662	M	Vet5M	38:55:00	37:18:00	
496	CARLA FONSECA	7028	F	SenF	38:56:00	37:23:00	Os taifas E.N.
497	CELIA RAMOS	5283	F	Vet1F	38:58:00	38:58:00	Prolight
498	DANIELA LOPES	7258	F	SenF	38:59:00	37:26:00	Sport Lisboa e Benfica
499	NELSON FONSECA	6016	M	Vet1M	39:00:00	38:45:00	
500	MAFALDA ANJO	6878	F	SenF	39:08:00	36:45:00	Piquis
501	MARCIA MATOS	7752	F	Vet2F	39:08:00	38:51:00	Todos por um
502	MARLENE PINTO	6573	F	SenF	39:10:00	38:11:00	
503	MÁRCIA PINTO	6569	F	SenF	39:10:00	38:10:00	
504	SERGIO FAUSTINO	5916	M	SenM	39:13:00	38:04:00	
505	SUSANA VIANA	7397	F	SenF	39:13:00	38:46:00	
506	HENRIQUE FAUSTINO	5915	M	Vet5M	39:14:00	38:04:00	
507	CAROLINA VILHENA	6214	F	JunF	39:15:00	36:47:00	Manilhas
508	SOFIA SANTOS	7139	F	SenF	39:18:00	38:09:00	CBE Team SLB
509	CARLA MARQUES	7480	F		39:18:00	38:09:00	
510	ANTÓNIO MARQUES	7482	M	Vet2M	39:18:00	38:10:00	
511	ANTÓNIO AUGUSTO MATOS	6048	M	Vet5M	39:20:00	36:52:00	Manilhas
512	LUÍS RATÃO	7259	M	Vet2M	39:21:00	36:53:00	
513	MANUEL JORGE	5630	M	Vet5M	39:23:00	36:26:00	
514	RUI RODRIGUES	6657	M	Vet1M	39:23:00	37:49:00	Os taifas E.N.
515	RAFAELA PERALTA	5090	F	SenF	39:24:00	37:55:00	
516	NUNO SANTOS SILVA	5540	M	Vet1M	39:25:00	34:50:00	
517	JOAO SORDO	7453	M	Vet4M	39:28:00	38:45:00	
518	TÓ CAÇADOR	6071	M	SenM	39:29:00	39:02:00	Furões do Alentejo
519	MARIANA MAXIMO	17834	F	SenF	39:29:00	50:02:00	
520	ANDREA ALMEIDA	8602	F	Vet2F	39:30:00	38:46:00	
521	RAQUEL D`OLIVEIRA	5539	F	Vet1F	39:31:00	34:56:00	
522	PATRÍCIA SILVA	6597	F	SenF	39:31:00	37:09:00	
523	JORGE RAMOS	5282	M	Vet2M	39:32:00	39:32:00	Prolight
524	CATARINA RAMOS	7778	F	SenF	39:34:00	35:56:00	Team Boda
525	MARCO RAMOS	7777	M	Vet1M	39:34:00	35:56:00	Team Boda
526	PEDRO HENRIQUES	5122	M	SenM	39:35:00	36:44:00	
527	MARGARIDA MARINHO	5121	F	SenF	39:36:00	36:44:00	
528	TÂNIA GOMES	7908	F	SenF	39:36:00	36:25:00	Colaboradores SLB

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
529	JOSE CARDOSO	17535	M	SenM	39:37:00	36:53:00	
530	MANUEL PIMENTA	8522	M	Vet5M	39:37:00	36:44:00	
531	INÊS CARRILHO	7215	F	SenF	39:37:00	39:16:00	
532	SOFIA LEMOS	7049	F	SenF	39:38:00	39:38:00	
533	DIOGO LOUREIRO	7524	M	SenM	39:39:00	38:50:00	
534	ANDREIA BÓIA	6699	F	SenF	39:40:00	37:43:00	
535	MÁRIO LOUREIRO	7525	M	Vet1M	39:40:00	38:50:00	
536	FERNANDO CLEMENTINO	6731	M	Vet3M	39:45:00	39:08:00	Casa do Benfica em Algueirão Mem Martins-Sintra
537	ARSÉNIO RAMOS	6490	M	Vet5M	39:47:00	37:35:00	
538	ANA PAULA OLIVEIRA	7010	F	SenF	39:49:00	39:01:00	
539	LEIDIANE APARECIDA RODRIGUES	5495	F	SenF	39:51:00	37:27:00	
540	HUGO VEIGA	5496	M	Vet1M	39:51:00	37:27:00	
541	JOSÉ MONTEIRO	5455	M	Vet5M	39:53:00	38:13:00	
542	JORGE BECHO	6001	M	SenM	39:55:00	39:13:00	
543	LILIANA ANTUNES	7782	F	SenF	39:56:00	39:41:00	Guepardos
544	OTILIO PEIXOTO	6242	M	Vet3M	39:58:00	37:57:00	
545	SARA DIOGO	5236	F	SenF	39:59:00	38:45:00	
546	MARIA FILIPE	5237	F	Vet3F	39:59:00	38:44:00	
547	ANA MESTRE	6986	F	SenF	40:02:00	38:03:00	Mestres
548	RUBEN ALMEIDA	6037	M	SenM	40:04:00	39:53:00	
549	HELIO ALMEIDA	6213	M	Vet4M	40:04:00	39:54:00	
550	ÂNGELA VIEIRA	7394	F	SenF	40:06:00	39:51:00	
551	PAULO VELHO	6847	M	Vet3M	40:06:00	39:24:00	
552	FÁTIMA MOURA	6848	F	Vet2F	40:06:00	39:25:00	
553	JOSÉ PICA	5707	M	SenM	40:10:00	39:37:00	
554	ANA GODINHO	5708	F	SenF	40:12:00	39:41:00	
555	SOFIA SIMPLÍCIO	6679	F	SenF	40:13:00	38:59:00	JONAS TEAM
556	PEDRO AIRES	6207	M	Vet1M	40:15:00	37:20:00	
557	MIGUEL BENTO	6251	M	Vet1M	40:15:00	37:21:00	
558	GONÇALO LOPES	6021	M	JunM	40:16:00	38:29:00	Casa do Benfica
559	FATIMA GOMES	6764	F	Vet2F	40:16:00	39:53:00	Casa Benfica Seixal
560	HELENA FERREIRA	5577	F	SenF	40:17:00	39:33:00	
561	ANTÓNIO MOURA	7684	M	Vet4M	40:17:00	40:09:00	
562	ANA ANDRADE	6181	F	SenF	40:21:00	37:52:00	
563	CLÁUDIA ANDRADE	6180	F	SenF	40:21:00	37:52:00	
564	FREDERICA SIMPLÍCIO	6680	F	JunF	40:22:00	39:08:00	JONAS TEAM
565	MAXIMIANO SANTOS	6677	M	Vet5M	40:22:00	39:07:00	JONAS TEAM
566	ISALDA COVAS	5057	F	Vet3F	40:23:00	40:23:00	
567	ANA CUNHA	7842	F	SenF	40:27:00	38:01:00	
568	GUILHERME DRAY	5986	M	Vet2M	40:29:00	39:03:00	
569	BRUNO PIRES	6460	M	SenM	40:29:00	39:00:00	
570	CARINA CORREIA	7072	F	SenF	40:30:00	39:48:00	
571	DIOGO SANTOS	7095	M	SenM	40:31:00	39:48:00	
572	RICARDO SANTOS	6252	M	Vet1M	40:31:00	37:17:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
573	ANA PERPETUO	6253	F	Vet1F	40:32:00	37:18:00	
574	ALEXANDRE SOARES	6410	M	Vet1M	40:33:00	40:19:00	
575	DIOGO CHAGAS	7589	M	SenM	40:33:00	39:24:00	TABAQUEIRA
576	JORGE CONDEZ	6759	M	Vet1M	40:34:00	39:50:00	FG Power
577	CARLA CUBAL	7606	F	SenF	40:34:00	39:25:00	TABAQUEIRA
578	MARÍLIA ANTUNES	5005	F	SenF	40:34:00	39:53:00	
579	JOANA BORGES	5095	F	SenF	40:35:00	39:57:00	
580	PAULO BRANCO	5096	M	SenM	40:36:00	39:59:00	
581	DOMINGOS BRAGANÇA	6651	M	SenM	40:42:00	39:38:00	
582	TÂNIA FORMIGO	6652	F	SenF	40:43:00	39:38:00	
583	ANA MARQUES	7445	F	SenF	40:46:00	37:51:00	
584	VERA FERREIRA	7048	F	JunF	40:50:00	40:50:00	
585	ANDRÉ NETO	7827	M	JunM	40:51:00	37:16:00	Os Netos
586	DANIEL FERREIRA	7315	M	JunM	40:55:00	40:55:00	
587	SÉRGIO MACHADO	7101	M	SenM	40:57:00	40:57:00	
588	MARCO OLIVEIRA	5927	M	SenM	40:59:00	38:27:00	DXC
589	PAULO COELHO	7461	M	SenM	41:01:00	40:06:00	Atlantico
590	ANDREIA PEREIRA	6199	F	SenF	41:04:00	38:30:00	
591	MARISA PEREIRA	6200	F	SenF	41:04:00	38:31:00	
592	PAULO JORGE MONTEIRO RODRIGUES	6508	M	Vet2M	41:04:00	40:53:00	
593	SONIA AURELIO	6509	F	Vet1F	41:04:00	40:53:00	
594	BEATRIZ SILVA	5895	F	SenF	41:07:00	39:34:00	
595	ANDRE SILVA	6513	M	SenM	41:11:00	39:44:00	
596	ROBERTO LEAL	6376	M	SenM	41:13:00	39:54:00	
597	VÂNIA FERREIRA	6377	F	SenF	41:13:00	39:55:00	
598	TERESA SEQUEIRA	5457	F	Vet1F	41:16:00	38:52:00	
599	NUNO ALMEIDA	5532	M	Vet3M	41:16:00	38:52:00	
600	PAULO GONÇALVES	7059	M	Vet2M	41:19:00	40:27:00	
601	PEDRO DOMINGUES	7628	M	Vet1M	41:23:00	40:34:00	Os Borgas
602	FILIPE ESPARTEIRO	7629	M	Vet1M	41:23:00	40:34:00	Os Borgas
603	CARLA MARTINEZ	5500	F	Vet2F	41:23:00	39:50:00	
604	HELENA PARREIRA	6368	F	Vet1F	41:25:00	41:22:00	Pinhal novo a correr
605	CRISTINA RODRIGUES	6493	F	Vet1F	41:25:00	41:21:00	Pinhal novo a correr
606	FATIMA PEREIRA	7154	F	Vet2F	41:26:00	40:33:00	
607	DÁRIO SILVA	6079	M	SenM	41:27:00	38:15:00	
608	CARLA CARDEIRA	6961	F	Vet2F	41:28:00	41:25:00	Pinhal Novo a Correr
609	RAQUEL ANTAO	6877	F	SenF	41:30:00	39:07:00	PIQUIS
610	MARIANA ANTUNES	7512	F	SenF	41:30:00	40:49:00	
611	PAULO FONSECA	6247	M	SenM	41:30:00	38:17:00	
612	RODOLFO MOITA	6269	M	SenM	41:30:00	38:17:00	
613	SERGIO SILVA	6512	M	Vet2M	41:31:00	40:04:00	
614	JOSÉ VEIGAS	5013	M	Vet5M	41:32:00	40:11:00	
615	ANDREIA MACHADO	7386	F	SenF	41:40:00	41:40:00	
616	FILIPA FIGUEIREDO	6028	F	SenF	41:41:00	40:36:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
617	JORGE BRAZ	6031	F	SenF	41:41:00	40:37:00	
618	JOÃO FÉLIX	7879	M	SenM	41:46:00	48:24:00	Hospital da Luz
619	DANIELA TEIXEIRA	7870	F	SenF	41:46:00	48:24:00	Hospital da Luz
620	CÁTIA FERNANDES	6029	F	SenF	41:47:00	40:43:00	
621	RUI PIRES	8039	M	Vet2M	41:48:00	38:34:00	Colaboradores SLB
622	OLÍVIA ALVES	8024	F	Vet1F	41:49:00	38:35:00	Colaboradores SLB
623	PALMIRA MECHA	5471	F	Vet2F	41:57:00	41:27:00	barreiro
624	MARIA PANEIRO	17544	M	Vet3M	41:57:00	40:38:00	
625	RAQUEL FIGUEIREDO	5509	F	SenF	41:57:00	38:44:00	
626	HUMBERTO GAMEIRO	7726	M	Vet3M	41:57:00	40:37:00	
627	BRUNO MIGUEL	5508	M	Vet1M	41:58:00	38:48:00	
628	RUI GOMES	5258	M	SenM	42:03:00	39:34:00	
629	LUÍS SILVA	6598	M	Vet4M	42:04:00	39:41:00	
630	LAURA SIMÕES	8052	F	SenF	42:05:00	40:15:00	Colaboradores SLB
631	MARTIM TOMAS	7831	M		42:05:00	39:33:00	
632	MATILDE TOMAS	7830	F		42:05:00	39:34:00	
633	ANA NEVES	5213	F	Vet3F	42:05:00	41:44:00	
634	JOAO ROSARIO	7520	M	SenM	42:06:00	41:27:00	Família Claro & Rosário
635	DIOGO RODRIGUES	7834	M		42:06:00	39:36:00	
636	ELISA RODRIGUES	5209	F	Vet3F	42:06:00	41:43:00	
637	MARIA JOÃO	5214	F	Vet3F	42:06:00	41:44:00	
638	ANA VEIGA	8525	F		42:09:00	38:33:00	
639	RITA FERNANDES	8521	F	SenF	42:09:00	39:17:00	
640	CARLOS RODRIGUES	7832	M	Vet1M	42:10:00	39:39:00	Tertulia da Julia
641	DINA PINTO	7667	F	SenF	42:11:00	41:14:00	
642	LUIS PINTO	7665	M	Vet4M	42:11:00	41:14:00	
643	MARIANA NETO	7784	F	JunF	42:14:00	42:14:00	Os Netos
644	JOÃO NETO	7783	M	Vet3M	42:14:00	38:38:00	Os Netos
645	MIGUEL MENDES	5111	M	Vet1M	42:15:00	39:05:00	Ainda sem nome...lol SLB
646	SONIA MOITA	7037	F	Vet1F	42:15:00	42:11:00	as lentinhas
647	CATARINA PEREIRA	6807	F	SenF	42:16:00	41:06:00	A Póvoa é Linda...
648	ANA MENDÃO	6159	F	SenF	42:17:00	39:22:00	
649	JOSÉ BOLÉO	6022	M	Vet3M	42:18:00	39:18:00	
650	CÁTIA FELÍCIO	7976	F	SenF	42:18:00	41:03:00	Colaboradores SLB
651	RITA GONÇALVES	8037	F	SenF	42:19:00	41:02:00	Colaboradores SLB
652	NUNO REIS	6658	M	Vet1M	42:20:00	40:46:00	Os taifas E.N.
653	CARLOS BORGES SOUSA	5079	M	Vet5M	42:24:00	42:24:00	
654	GONÇALO CORREIA	6160	M	SenM	42:24:00	39:15:00	
655	ANGELA GONCALVES	5362	F	SenF	42:26:00	40:12:00	
656	AMADEU GONCALVES	5361	M	Vet3M	42:26:00	40:13:00	
657	JORGE ABREU	6173	F	Vet1F	42:27:00	41:09:00	individual
658	NUNO PEREIRA	5065	M	Vet2M	42:27:00	41:50:00	
659	VICTOR SANTOS	6644	M	Vet4M	42:28:00	42:28:00	
660	MARISA CORREIA	8016	F	SenF	42:29:00	39:58:00	Colaboradores SLB

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
661	MÁRIO JORGE	6201	M	SenM	42:30:00	40:13:00	
662	ELSA LOPES	5148	F	Vet2F	42:31:00	41:07:00	
663	PAULO LOPES	7140	M	Vet3M	42:31:00	41:07:00	
664	ANA JORGE	6202	F	Vet3F	42:32:00	40:15:00	
665	ANA REIS	6703	F	SenF	42:33:00	39:59:00	
666	RITA ELEUTÉRIO	6111	F	Vet1F	42:33:00	40:47:00	
667	DINA PIRES	17543	F	SenF	42:35:00	39:55:00	
668	PEDRO SANTOS	7779	M	SenM	42:37:00	38:59:00	Team Boda
669	ANTÓNIO TEIXEIRA CORREIA	5277	M	Vet5M	42:40:00	42:28:00	Gang das Corridas
670	MANUELA DOURADO	5142	F	Vet3F	42:40:00	42:20:00	
671	FILIPE LOPES	8527	M	SenM	42:44:00	41:25:00	
672	JACQUELINE JOE DURÃO DE QUEIRÓS RODRIGUES	7633	F	Vet1F	42:44:00	41:24:00	
673	SUSANA ALEXADRA MARTINS ESTEVES	7634	F	Vet1F	42:44:00	41:25:00	
674	JOANA LEITÃO	6127	F	SenF	42:47:00	41:55:00	Família Leitão
675	VANESSA LEITÃO	6126	F	SenF	42:47:00	41:58:00	Família Leitão
676	DAISY PEREIRA	6835	F	SenF	42:48:00	39:37:00	
677	JOSÉ FERNANDO REIS GONÇALVES	5404	M	Vet5M	42:48:00	42:45:00	
678	ANA MONTEIRO	7956	F	Vet2F	42:49:00	40:37:00	Colaboradores SLB
679	DORA SANTOS	5201	F	Vet3F	42:49:00	42:32:00	
680	CRISTIANO FRAZÃO	7650	M		42:50:00	41:54:00	
681	SÍLVIA SANTOS	6659	F	SenF	42:51:00	41:53:00	As Primeiras
682	NADIA MOITA	7038	F		42:48:00	42:48:00	as lentinhas
683	ISABEL MORAIS	5286	F	Vet3F	42:57:00	42:39:00	
684	SUSANA TOMÉ	7770	F	Vet1F	43:00:00	41:33:00	
685	BRUNO FRANÇA	6666	M	SenM	43:03:00	39:37:00	
686	MÁRIO GONZALES	8534	M	Vet5M	43:04:00	41:57:00	
687	MARTA MARQUES	7150	F	SenF	43:05:00	42:59:00	
688	FILIPA COITO	6836	F	SenF	43:05:00	39:32:00	
689	CLÁUDIA BAPTISTA	6641	F	Vet3F	43:05:00	39:31:00	
690	MARIA DA LUZ LOPES	6297	F	Vet3F	43:05:00	42:38:00	
691	SERGIO COSTA	7130	M	Vet1M	43:06:00	42:58:00	Guida
692	CARINA MARTINHO	6158	F	SenF	43:08:00	40:13:00	
693	PEDRO MARGARIDO	5161	M	Vet3M	43:09:00	40:27:00	Velha Guarda
694	BAMBI DAMIÃO	8502	M	Vet4M	43:12:00	43:11:00	
695	MANUEL PIRES	5595	M	Vet5M	43:13:00	42:01:00	
696	MARIA RAMOS	6903	F	Vet3F	43:17:00	42:29:00	
697	SUSANA LAGARTIXO	5989	F	SenF	43:17:00	42:52:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
698	JOANA CRUZ	6110	F	SenF	43:23:00	41:28:00	
699	JOSÉ MORENO	7115	M	Vet5M	43:27:00	43:23:00	
700	FERNANDA SIMOES	7549	F	SenF	43:27:00	43:08:00	TABAQUEIRA
701	MARTA SA	7574	F	SenF	43:27:00	43:08:00	TABAQUEIRA
702	DANIEL SALVADOR	6957	M	SenM	43:28:00	40:52:00	
703	SARA SIMÕES	6958	F	SenF	43:29:00	40:52:00	
704	ANTÓNIO SIMÕES	6959	M	Vet4M	43:29:00	40:52:00	



Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
705	SUSANA GUEDELHA	5193	F	Vet3F	43:30:00	43:30:00	Resineiros Corgas
706	ANA BAPTISTA	6530	F	SenF	43:30:00	42:19:00	
707	FILIPA RODRIGUES	6557	F	SenF	43:31:00	42:18:00	
708	FERNANDO GOMES	5120	M	Vet5M	43:32:00	40:57:00	
709	JOÃO MENDES	8003	M	SenM	43:36:00	40:09:00	Colaboradores SLB
710	PATRÍCIA EIRA	8025	F	SenF	43:36:00	40:08:00	Colaboradores SLB
711	JAVIER MATEO GIRÓN	7182	M	SenM	43:37:00	42:37:00	
712	CARINA BEXIGA	7179	F	SenF	43:37:00	42:35:00	
713	BRUNO SUSTELO	6907	M	SenM	43:41:00	43:08:00	
714	NIDIA FERREIRA	6887	F	Vet1F	43:41:00	43:26:00	marvila jovem
715	MÁRIO RIBEIRO	5818	M	Vet4M	43:42:00	42:58:00	
716	MARGARIDA FONSECA	7032	F	Vet3F	43:43:00	43:06:00	
717	VANESSA FERREIRA	7333	F	SenF	43:48:00	42:26:00	
718	ANA MARGARIDA FARINHA	5443	F	SenF	43:50:00	41:56:00	
719	ADELINO SOARES	6194	M	Vet5M	43:50:00	43:40:00	DINOS
720	PAULA COSTA	5434	F	Vet2F	43:50:00	43:03:00	
721	SOFIA HIPÓLITO	7920	F	SenF	43:52:00	41:11:00	Hospital da Luz
722	LUÍS FILIPE	5771	M	SenM	43:52:00	41:41:00	
723	DONZILIA BAPTISTA	5433	F	Vet3F	43:52:00	43:04:00	
724	CARLA BARBOSA	6829	F	Vet1F	43:56:00	43:11:00	
725	ANDRÉ ANTUNES	6497	M	SenM	43:56:00	41:01:00	
726	INÊS GONÇALVES	7694	F	SenF	43:58:00	41:31:00	
727	TERESA MAIO	7699	F	SenF	43:59:00	41:29:00	
728	JOSE PEIXE	7426	M	Vet4M	44:00:00	43:16:00	
729	CRISTINA MORAIS	6498	F	SenF	44:02:00	41:08:00	
730	MARIANA SOARES	5034	F	Vet3F	44:06:00	44:03:00	Correr Lisboa
731	MARIA IRENE DE ANDRADE	5399	F	Vet3F	44:11:00	43:53:00	
732	JOSÉ ESTEVES	5401	M	Vet2M	44:11:00	43:53:00	
733	JOANA GAVINHOS	5635	F	SenF	44:12:00	42:24:00	SLBENFICATEAM
734	FILIPA TEIXEIRA	8593	F	SenF	44:14:00	41:35:00	
735	LÚCIA ESTEVES	5400	F	SenF	44:16:00	43:57:00	
736	FÁTIMA CRUZ	5089	F	Vet2F	44:17:00	43:59:00	
737	ANGELO RIBEIRO	5015	M	SenM	44:18:00	43:06:00	
738	RANI SANTOS	7873	F	SenF	44:20:00	44:04:00	Hospital da Luz
739	INÊS RIBEIRO	7232	F	JunF	44:21:00	43:39:00	
740	DIOGO RIBEIRO	7201	M	SenM	44:21:00	43:40:00	
741	MARIA OLIVEIRA	5512	F	Vet3F	44:21:00	44:07:00	
742	JOEL COSTA	5431	M	SenM	44:22:00	43:35:00	
743	ANDREIA LOURENÇO	5432	F	SenF	44:22:00	43:38:00	
744	MARTA CRISTINA MORGADO	7105	F	SenF	44:25:00	42:27:00	
745	JOÃO MAIA	5807	M	Vet5M	44:26:00	44:22:00	
746	JOSE PIRES	5801	M	Vet5M	44:27:00	41:49:00	
747	JOSE CALDEIRA	6259	M	Vet4M	44:34:00	43:43:00	
748	GUILHERME DOMINGUES	5648	M	Vet5M	44:35:00	43:26:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
749	DANIELA DOMINGUES	5865	F	SenF	44:35:00	43:27:00	
750	MARIA DA GRAÇA CARVALHO	6453	F	Vet3F	44:35:00	43:49:00	
751	BRUNO BASTO	7846	M	SenM	44:38:00	44:37:00	
752	JOÃO PESTANA	5285	M	Vet2M	44:38:00	44:38:00	Prolight
753	ANA ROSA	7952	F	SenF	44:39:00	42:49:00	Colaboradores SLB
754	CATARINA LOPES	5212	F	Vet3F	44:39:00	44:17:00	
755	RODRIGO CRISTINO	7393	M		44:39:00	42:43:00	
756	SUSANA RODRIGUES	5195	F	Vet1F	44:39:00	41:32:00	
757	MARCO BRITO	5194	M	Vet1M	44:39:00	41:32:00	
758	PAULO PEREIRA	5196	M	Vet1M	44:41:00	41:33:00	
759	RICARDO VASCONCELOS	6601	M	SenM	44:43:00	42:30:00	
760	JOSÉ PEDRO VEIGAS	5965	M	Vet1M	44:43:00	43:08:00	
761	PEDRO FAVIANA	7560	M	SenM	44:44:00	43:36:00	TABAQUEIRA
762	CATARINA DANIEL	7552	F	SenF	44:51:00	43:44:00	TABAQUEIRA
763	ANA CRISTINA CORREIA	5852	F	SenF	44:54:00	44:24:00	
764	MARIA MANUELA CORREIA	5851	F	Vet3F	44:55:00	44:24:00	
765	LUIS CONCEIÇÃO	5511	M	Vet1M	44:57:00	43:29:00	
766	PEDRO OLIVEIRA	7807	M	Vet3M	44:57:00	43:14:00	Run Forest
767	ANTÓNIO CRUZ	7805	M	Vet5M	44:58:00	43:15:00	Run Forest
768	TÂNIA LUZ	5311	F	SenF	45:01:00	43:59:00	
769	LUÍS LAMEIRA PINTO	5389	M	Vet5M	45:01:00	42:21:00	
770	ALEXANDRE MATIAS	5658	M	SenM	45:04:00	42:29:00	
771	DENISON SANTOS	5217	M	SenM	45:05:00	43:38:00	
772	DAVID CARREIRA	7227	M	SenM	45:11:00	42:38:00	
773	SANDRA AMENDOEIRA	7342	F	Vet2F	45:12:00	44:42:00	URBANOS 1
774	VÂNIA CALADO	7225	F	SenF	45:13:00	42:43:00	
775	CRISTIANA OLIVEIRA	5027	F	SenF	45:14:00	44:47:00	
776	DANIEL FERNANDES	6749	M	Vet4M	45:14:00	44:14:00	
777	CRISTINA CARPINTEIRO	5951	F	Vet1F	45:16:00	43:05:00	
778	LINO RAMOS	5087	M	Vet2M	45:18:00	42:34:00	
779	GINA SOUSA	7033	F	Vet3F	45:18:00	45:13:00	as lentinhas
780	JOSÉ MANUEL VENÂNCIO MACHADO	7257	M	Vet5M	45:21:00	45:01:00	Os Madrugadores - Amílcar Oliveira
781	LIBÂNIA SILVA	7338	F	Vet3F	45:24:00	45:24:00	Rochalazan
782	HUGO FURTADO	6548	M	Vet1M	45:25:00	44:02:00	
783	JOSÉ SANTOS	6560	F	Vet3F	45:27:00	45:13:00	
784	MARIANA SANTOS	6559	F	SenF	45:27:00	45:13:00	
785	VIVIANA FERREIRA	7696	F	SenF	45:37:00	43:09:00	
786	CARLA VARGAS	7695	F	SenF	45:37:00	43:10:00	
787	CARLA VAZ	7967	F	SenF	45:38:00	44:50:00	Colaboradores SLB
788	PEDRO BRETES	7172	M	SenM	45:39:00	45:20:00	
789	VÍTOR DOMINGUES	5458	M	Vet3M	45:43:00	44:31:00	
790	JÚLIO SANTOS	5069	M	Vet3M	45:43:00	45:04:00	
791	CARLOS REBELO	5067	M	Vet4M	45:45:00	45:05:00	
792	MARIA RAMALHO	6968	F	JunF	45:51:00	43:37:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
793	ANABELA MARQUES	7035	F	Vet2F	45:52:00	45:48:00	as lentinhas
794	ISABEL SOUSA	7034	F	Vet3F	45:53:00	45:48:00	as lentinhas
795	PAULO OLIVEIRA	5028	M	Vet3M	45:54:00	45:54:00	
796	JOANA CARRILHO	6638	F	SenF	45:55:00	43:50:00	
797	BRUNO ALMEIDA	5331	M	SenM	45:55:00	42:14:00	
798	DORA PEGO	5029	F	Vet1F	45:56:00	45:29:00	
799	AMBROSIO FARIA	5866	M	Vet5M	45:56:00	42:33:00	
800	MARIA MARQUES	7183	F	Vet3F	45:56:00	42:16:00	
801	CELIA FARIA	5868	F	SenF	45:57:00	42:32:00	
802	LÚCIA FERREIRA	5330	F	SenF	45:57:00	42:18:00	
803	CAROLINA SOUSA	7875	F	SenF	46:00:00	45:25:00	Hospital da Luz
804	ARMINDO LOURENÇO	17914	M	Vet5M	46:02:00	45:31:00	
805	TÂNIA SÁ	6486	F	SenF	46:07:00	44:32:00	
806	MÓNICA PEREIRA	6271	F	SenF	46:08:00	44:12:00	Os Tis
807	LUÍS RIBEIRO	6270	M	SenM	46:08:00	44:14:00	Os Tis
808	TIAGO MATOS	6485	M	SenM	46:10:00	44:35:00	
809	CARLOTA RAMALHO	6970	F	Vet1F	46:12:00	43:55:00	Ramalhos
810	ANA PARDAL	6953	F	Vet1F	46:13:00	44:22:00	
811	JOAQUIM RAMALHO	6969	M	Vet3M	46:17:00	43:59:00	
812	ALTAMIRO PINTO	7322	M	Vet5M	46:18:00	46:10:00	Os Madrugadores - Amílcar Oliveira
813	JOÃO LOPES	6438	M	Vet5M	46:18:00	46:18:00	
814	MADALENA ATALHO	6977	F	Vet1F	46:18:00	45:03:00	Las Rojas
815	MILITINO COSTA	7544	M	Vet5M	46:18:00	46:14:00	
816	SOL SOLER	6441	F	Vet1F	46:19:00	46:19:00	Las Rojas
817	DIOGO RIBEIRO	5378	M	JunM	46:21:00	44:45:00	
818	RUI RIBEIRO	5377	M	Vet1M	46:21:00	44:42:00	
819	JORGE ABRANTES	6442	M	Vet3M	46:25:00	46:12:00	
820	ANABELA MOURA	7060	F	Vet2F	46:26:00	45:32:00	
821	PATRÍCIA ALVES	5289	F	SenF	46:26:00	45:29:00	
822	ALEXANDRA VICENTE	7041	F	SenF	46:26:00	45:28:00	
823	CATIA ABRANTES	6450	F	SenF	46:26:00	46:12:00	
824	JOSÉ LOUREIRO	6086	M	Vet5M	46:27:00	46:07:00	
825	MARIA ALEXANDRA LOUREIRO	6087	F	Vet3F	46:27:00	46:06:00	
826	ISABEL TOMÁS	6275	F	SenF	46:29:00	44:24:00	
827	CRISTINA TORRES	6276	F	SenF	46:29:00	44:24:00	
828	PEDRO MELO	7083	M	SenM	46:29:00	56:16:00	
829	VITOR SEQUEIRA	5354	M	Vet5M	46:31:00	46:31:00	
830	ÂNGELA MONTEIRO	5094	F	Vet1F	46:32:00	46:14:00	
831	ISAURA MONTEIRO	5660	F	SenF	46:32:00	46:32:00	
832	RITA RODRIGUES	7918	F	SenF	46:33:00	45:14:00	Hospital da Luz
833	SERGIO DA CUNHA	5661	M	Vet1M	46:33:00	46:15:00	
834	RAQUEL BÁRBARA	5815	F	JunF	46:35:00	46:21:00	
835	CRISTINA BÁRBARA	5817	F	Vet2F	46:36:00	46:21:00	
836	ANA BÁRBARA	5816	F	Vet3F	46:37:00	46:21:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
837	CRISTINA ALMEIDA	6895	F	Vet2F	46:38:00	46:01:00	
838	JOÃO DUARTE	7743	M	SenM	46:41:00	44:34:00	
839	NUNO DUARTE	5611	M	Vet1M	46:41:00	44:34:00	-
840	LAURA SILVA	7122	F	SenF	46:46:00	46:18:00	
841	HENRIQUE MARTINS	6965	M	SenM	46:46:00	46:19:00	
842	FATIMA SILVA	6055	F	Vet3F	46:47:00	45:19:00	Lisbon South Bay Running Club
843	JORGE SOUSA	5417	M	Vet5M	46:51:00	46:39:00	
844	MARLENE FITAS	6589	F	SenF	46:51:00	46:05:00	
845	LUIS ROUPA	6832	M	SenM	46:54:00	46:08:00	
846	JOÃO ANTUNES	6209	M	Vet4M	46:58:00	46:45:00	
847	ALEXANDRE SERRANO	6050	M	SenM	46:59:00	44:17:00	Manilhas
848	MARIA ANTUNES	6458	F	Vet3F	47:01:00	46:48:00	
849	CARLA DIAS	6831	F	Vet1F	47:01:00	46:07:00	
850	MARIA CIDALIA VIEIRA	6833	F	Vet1F	47:02:00	46:08:00	
851	JOSÉ CORREIA	17927	M	Vet2M	47:04:00	46:29:00	
852	ANA MATOS	6047	F	SenF	47:08:00	44:27:00	Manilhas
853	CAROLINA JANEIRO	6117	F	JunF	47:14:00	46:22:00	
854	ANA JANEIRO	6118	F	Vet3F	47:15:00	46:23:00	
855	RUTE ALMEIDA	5257	F	SenF	47:15:00	44:35:00	
856	MACARENA ÁVILA	7485	F	SenF	47:26:00	47:11:00	PROGEA - Arquitetura Engenharia Unipessoal, Lda
857	HILÁRIO LUÍS	7942	M	Vet2M	47:28:00	45:38:00	Hospital da Luz
858	MARIA FRIAS	7943	F	Vet3F	47:28:00	45:39:00	Hospital da Luz
859	MANUELA GAMBOA	7143	F	Vet1F	47:28:00	46:18:00	
860	CLAUDIA FIGUEIRA	7423	F	SenF	47:29:00	44:12:00	
861	ANABELA ARAUJO	6771	F	SenF	47:30:00	45:32:00	
862	RUI TAVARES	6636	M	Vet1M	47:30:00	44:58:00	
863	RITA GASPAR	6612	F	SenF	47:30:00	46:30:00	
864	LILIANA ALMEIDA	6637	F	SenF	47:30:00	45:01:00	
865	JOEL MOREIRA	5459	M	SenM	47:31:00	46:47:00	
866	FERNANDO SANTOS	7270	M	Vet1M	47:32:00	46:49:00	
867	BRUNO ALVES	5461	M	SenM	47:32:00	46:49:00	
868	OLGA PROKOPIEVA	5620	F	Vet3F	47:32:00	46:12:00	
869	ANDRE MOREIRA	5460	M	SenM	47:33:00	46:49:00	
870	ELISABETE MARTINS ROBALO	6910	F	SenF	47:34:00	47:20:00	Ozendo
871	ALEXANDRA CARRIÇO	6911	F	Vet1F	47:34:00	47:20:00	Ozendo
872	ANABELA COELHO	7941	F	Vet1F	47:35:00	45:32:00	Hospital da Luz
873	LAURINDA NAMORA	5366	F	Vet3F	47:36:00	47:28:00	RUN AS WE SPEAK
874	RITA BORBINHA	15531	F	SenF	47:41:00	35:15:00	
875	ALEXANDRA ALVES	5180	F	Vet3F	47:42:00	45:55:00	
876	AISSATO SEIDI	7046	F	Vet2F	47:53:00	46:18:00	
877	CARLA RODRIGUES	17929	F	Vet2F	47:58:00	47:52:00	
878	EDITE SILVA	5593	M	Vet5M	47:58:00	47:13:00	GDCT Unicre
879	MARIA MATEUS	5235	F	Vet1F	48:01:00	45:28:00	
880	MARTA PEREIRA	8512	M	SenM	48:05:00	44:36:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
881	RUI RAMOS	6319	M	SenM	48:05:00	44:50:00	
882	INES ALVOEIRO	5275	F	SenF	48:05:00	47:33:00	
883	PEDRO CASTELO	6515	M	SenM	48:06:00	47:33:00	
884	ANA RAQUEL GERALDES	6642	F	SenF	48:06:00	48:06:00	
885	JOÃO BORGES	7098	M		48:06:00	46:54:00	
886	TITA ANDRÉ	6643	F	Vet3F	48:06:00	47:18:00	
887	JOSE RAMOS	7213	M	Vet1M	48:07:00	47:31:00	
888	CELSO FRANCISCO	6212	M	SenM	48:09:00	45:58:00	
889	CILA ÉVORA	7690	F	Vet3F	48:09:00	47:19:00	
890	JOÃO LANÇA	5672	M	SenM	48:11:00	45:29:00	
891	ANA PAULA LANÇA	5670	F	Vet3F	48:12:00	45:30:00	
892	FLORIVAL LANÇA	5668	M	Vet5M	48:13:00	45:34:00	
893	ANTONIO LANÇA	5669	M	SenM	48:13:00	45:32:00	
894	DIANA OLIVEIRA	7806	F	SenF	48:16:00	46:34:00	Run Forest
895	BETA FREITAS	6219	F	Vet2F	48:16:00	47:03:00	
896	RAQUEL FREITAS	6220	F	SenF	48:16:00	47:03:00	
897	MARIA FRANCISCA CRISTÓVÃO	5020	F	JunF	48:31:00	48:08:00	Os Cotas Saltitantes
898	MARIA SANCHES	7110	F	Vet2F	48:31:00	48:31:00	
899	PAULO VARELA	5024	M	Vet1M	48:32:00	47:25:00	
900	IRIS CRUZ	7804	F	SenF	48:35:00	46:52:00	Run Forest
901	ANA GUERRA	5667	F	SenF	48:40:00	45:56:00	
902	SÍLVIA PEREIRA	6565	F	SenF	48:44:00	47:03:00	
903	HUGO MATADO	6566	M	SenM	48:44:00	47:03:00	
904	JOANA GONZALEZ	6009	F	SenF	48:45:00	47:25:00	
905	INÊS LUIS	7639	F	SenF	48:47:00	47:51:00	
906	JOAQUIM AMADOR	5581	M	Vet5M	48:47:00	47:51:00	
907	JOSE COSTA	6020	M	Vet5M	48:48:00	48:27:00	
908	PAULA SOFIA MIRANDA	7404	F	SenF	48:51:00	48:39:00	
909	ROSA PAULO	5767	F	Vet3F	48:52:00	47:09:00	Run2Finish.PT
910	JERÓNIMO GUALDINO	5220	M	Vet5M	48:52:00	46:30:00	Coac Coruche outdoor adventure club
911	MATEUS RICARDO	5234	M	Vet1M	48:53:00	46:19:00	
912	GUILHERMINA GUALDINO	5221	F	Vet3F	48:53:00	46:31:00	Coac Coruche outdoor adventure club
913	CONCEIÇÃO SANTOS	5765	F	Vet3F	48:54:00	47:12:00	Run2Finish.PT
914	JOAQUIM DEUS	6217	M	Vet5M	49:03:00	47:33:00	
915	EMÍDIO DIOGO	5849	M	Vet5M	49:06:00	48:05:00	ARANAV
916	JOSÉ GLÓRIA	6777	M	Vet4M	49:06:00	48:41:00	
917	GILBERTO MARTINS	5844	M	Vet5M	49:07:00	48:05:00	ARANAV
918	ROSA GLÓRIA	6776	F	Vet3F	49:09:00	48:47:00	
919	FERNANDO MARTINS	6246	M	Vet1M	49:14:00	46:07:00	
920	MONICA JORGE	6411	F	SenF	49:22:00	49:22:00	
921	A. GOMES GOMES	5527	M	SenM	49:22:00	49:08:00	
922	NATÁLIA DA BARCA	5744	F	SenF	49:24:00	58:49:00	
923	VITOR VITAL	6046	M	Vet3M	49:28:00	46:24:00	
924	MARIA SILVA	6051	F	Vet3F	49:28:00	46:24:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
925	NUNO RAMOS	6489	M	SenM	49:36:00	47:30:00	
926	RUTE GONÇALVES	5696	F	Vet2F	49:38:00	47:28:00	
927	TÂNIA BRIGANTI	5692	F	SenF	49:38:00	47:29:00	
928	ISABEL PRIMOROSO	6005	F	Vet2F	49:39:00	49:30:00	individual
929	VITOR PRIMOROSO	6006	M	Vet2M	49:39:00	49:30:00	individual
930	SUSANA FEIO	7012	F	SenF	49:40:00	49:25:00	
931	MARTA COSTA	6825	F	SenF	49:41:00	46:54:00	
932	JOSÉ FERNANDES	6826	M	SenM	49:42:00	46:55:00	
933	TÂNIA FERREIRA	7320	F	SenF	49:45:00	48:49:00	Jorge Fernandes
934	ANA BRANCO	7406	F	Vet1F	49:48:00	49:07:00	
935	CIDÁLIA GODINHO	7378	F	SenF	49:49:00	49:10:00	Fronteira Running
936	RAFAEL BRANCO	7405	M		49:50:00	49:09:00	
937	JEAN ANDERSON	5395	F	Vet3F	49:51:00	47:09:00	
938	RUI PIRES	5269	M	Vet2M	49:53:00	47:52:00	
939	SONIA PIRES	5270	F	SenF	49:53:00	47:52:00	
940	BELMIRO BARBOSA	5363	M	Vet5M	50:06:00	49:37:00	
941	MILTON NOGUEIRA	17567	M	Vet3M	50:08:00	58:26:00	
942	SANDRA BORGES	7097	F	Vet1F	50:13:00	49:01:00	
943	LIBÂNIA FORMIGO	6650	F	Vet2F	50:16:00	49:13:00	
944	CARLOS FORMIGO	6649	M	Vet3M	50:16:00	49:13:00	
945	CLÁUDIA MELO	5530	F	Vet1F	50:18:00	50:01:00	
946	VASCO MELO	5531	M	Vet5M	50:19:00	50:01:00	
947	MARIA DA CONCEIÇÃO LEITÃO	6129	F	Vet3F	50:20:00	49:31:00	Família Leitão
948	ANTÓNIO LEITÃO	6130	M	Vet5M	50:20:00	49:32:00	Família Leitão
949	CLÁUDIA SILVA	6299	F	SenF	50:32:00	47:57:00	
950	MARIA RASTEIRO	7069	F	Vet3F	50:34:00	50:32:00	
951	CATARINA ALMEIDA	6753	F	Vet3F	50:38:00	49:36:00	
952	CONSTANTINO SILVÉRIO	6750	M	Vet5M	50:38:00	49:37:00	
953	JOSÉ LUÍS PAIS	5392	M	Vet5M	50:40:00	50:30:00	INDIVIDUAL
954	HELENA FERNANDES GOMES	7228	F	SenF	50:42:00	47:31:00	
955	ANDREIA INOCÊNCIO	6857	F	SenF	50:44:00	50:32:00	Casa do Benfica em Algueirão Mem Martins-Sintra
956	MARIA INOCÊNCIO	6856	F	Vet3F	50:44:00	50:32:00	Casa do Benfica em Algueirão Mem Martins-Sintra
957	NEUZA MIRA	7031	F	SenF	50:47:00	50:22:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
958	RUTE FIGUEIREDO	6584	F	SenF	50:47:00	50:20:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
959	CRISTIANA FLAMINO	5996	F	JunF	50:49:00	49:36:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
960	MARIA MIRA	5990	F	Vet2F	50:51:00	49:39:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
961	ISABEL NOBRE	5933	F	Vet3F	50:51:00	50:17:00	CLUBE ATLETISMO AMIGOS DE BELEM
962	MARIA JOSE LOBATO	5932	F	Vet3F	50:51:00	50:17:00	CLUBE ATLETISMO AMIGOS DE BELEM
963	SUSANA FLAMINO	5992	F	Vet1F	50:51:00	49:40:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
964	MÁRIO DIAS	6324	M	Vet5M	50:53:00	50:30:00	
965	RITA PIRES	5909	F	SenF	50:54:00	49:54:00	
966	FERNANDA NUNES	5506	F	Vet3F	51:02:00	50:50:00	
967	CRISPIM NUNES	5505	M	Vet5M	51:03:00	50:50:00	
968	ANA CRUZ	7756	F	JunF	51:05:00	50:21:00	Sport Arronches e benfica

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
969	JOANA BAIÃO	5018	F	Vet1F	51:05:00	50:42:00	Os Cotas Saltitantes
970	SANDRA BATISTA	7755	F	Vet1F	51:05:00	50:22:00	Sport Arronches e benfica
971	CLOTILDE FERREIRA	5487	F	Vet3F	51:09:00	51:04:00	
972	CÉSAR FERNANDES	5230	M	Vet1M	51:11:00	48:34:00	
973	MANUELA SANTOS	5231	F	Vet3F	51:11:00	48:35:00	
974	MARIA BEATRIZ SILVA	5618	F	SenF	51:12:00	47:30:00	
975	ANDRÉ DIAS	5617	M	SenM	51:13:00	47:30:00	
976	ANA SILVA	7897	F	Vet3F	51:18:00	51:18:00	Hospital da Luz
977	ISIDRO SIMÕES	6004	M	Vet3M	51:19:00	48:56:00	
978	ANDREIA TOMÁS	7895	F	SenF	51:21:00	51:21:00	Hospital da Luz
979	MARGARIDA TOMÁS	7898	F	SenF	51:22:00	51:22:00	Hospital da Luz
980	CARLOS SILVA	7701	M	Vet3M	51:22:00	49:49:00	
981	JOAO ALVES	7323	M	SenM	51:23:00	49:09:00	
982	ORLANDO REGUINGA	7700	M	SenM	51:23:00	49:50:00	
983	SARA LOPES	7324	F	SenF	51:23:00	49:09:00	
984	PAULO BENTO	6232	M	Vet2M	51:26:00	48:01:00	
985	SUSE LOPES	6178	F	SenF	51:28:00	50:21:00	
986	LUIS CARVALHO	7018	M	Vet1M	51:28:00	50:21:00	
987	NUNO VALENTE	8023	M	Vet2M	51:29:00	51:29:00	Colaboradores SLB
988	VADIM MIGIRIN	7554	M	SenM	51:31:00	58:45:00	TABAQUEIRA
989	RUI PEDRO GAMEIRO	5828	M	SenM	51:31:00	48:43:00	Winnerules
990	JOSÉ FARIA	7188	M	Vet2M	51:33:00	51:02:00	
991	MARIO ANTUNES	7189	M	SenM	51:33:00	51:02:00	
992	LUIS MENDES	5468	M	Vet1M	51:35:00	51:03:00	barreiro
993	FILIPE ROSA	5774	M	SenM	51:35:00	48:47:00	Winnerules
994	MARIA MECHA	5469	F	Vet1F	51:35:00	51:04:00	barreiro
995	JOÃO PEDRO OLIVEIRA	5035	M	Vet2M	51:36:00	51:08:00	
996	CATARINA OLIVEIRA	5037	F	SenF	51:36:00	51:09:00	
997	CARLA OLIVEIRA	5036	F	Vet2F	51:36:00	51:09:00	
998	ANTONIO NEGRAO	6010	M	JunM	51:38:00	51:21:00	
999	MARIANA BATISTA	5997	F	Vet3F	51:40:00	51:22:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
1000	ANA CARDOSO	7438	F	SenF	51:40:00	51:11:00	
1001	MANUEL OLIVEIRA	5998	M	Vet4M	51:41:00	51:22:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
1002	RICARDO PAIVA	7439	M	SenM	51:41:00	51:12:00	
1003	ARMANDO RAMOS	7005	M	Vet5M	51:42:00	51:05:00	Individual
1004	MARTIM RAMOS	7017	M		51:43:00	51:05:00	
1005	INÊS PEREIRA	6735	F	SenF	51:47:00	51:00:00	
1006	MARIA GONÇALVES	8551	F	Vet3F	51:47:00	50:49:00	
1007	ANABELA PEREIRA	6736	F	Vet2F	51:47:00	51:01:00	
1008	BEATRIZ ALVES	7647	F		51:49:00	51:35:00	Clube Brisa
1009	SANDRA BRITO	7648	F	Vet2F	51:49:00	51:49:00	Clube Brisa
1010	CRISTINA MARQUES	6904	F	SenF	51:49:00	50:40:00	
1011	CLAUDIA SOUSA	5123	F	Vet1F	51:50:00	50:32:00	
1012	DUARTE NETO	5147	M	SenM	51:50:00	50:32:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1013	SANDRA PINTO	7654	F	SenF	51:50:00	51:39:00	
1014	MICHAEL RIBEIRO	5614	M	SenM	51:51:00	48:06:00	
1015	RITA RODRIGUES	5619	F	SenF	51:51:00	48:06:00	
1016	JOÃO FARIA	6809	M	Vet4M	51:52:00	49:30:00	
1017	HUGO GONÇALVES	7993	M	SenM	51:53:00	49:58:00	Colaboradores SLB
1018	IVO BRAVO	6536	M	SenM	51:53:00	49:04:00	Winnerules
1019	JOSE ROSARIO	5870	M	SenM	51:55:00	48:57:00	TEAM PISSA
1020	ANA BEATRIZ REGO	6810	F	SenF	51:55:00	51:40:00	
1021	MONICA REGO	6811	F	Vet1F	51:56:00	51:41:00	
1022	CÉLIA FERNANDES	7065	F	Vet2F	51:56:00	51:25:00	
1023	ADELINO MAGALHÃES	5836	M	Vet4M	52:01:00	51:02:00	ARANAV
1024	ALICE MAGALHÃES	5837	F	Vet3F	52:01:00	51:00:00	ARANAV
1025	ELISABETE VEIGA	5210	F	Vet3F	52:05:00	51:41:00	
1026	FÁTIMA OLIVEIRA	6800	F	Vet1F	52:06:00	51:20:00	
1027	CÉLIA TOMÉ	7800	F	Vet1F	52:07:00	51:20:00	
1028	PEDRO ANTUNES	5871	M	Vet5M	52:07:00	51:22:00	
1029	PAULO TOMÉ	7799	M	Vet2M	52:08:00	51:21:00	
1030	MARINA GAITAS MARINA GAITAS	7718	F	Vet1F	52:10:00	51:33:00	LINCES DE MONTEMOR
1031	JOANA PEDREIRINHO	7534	F	SenF	52:10:00	52:10:00	LINCES DE MONTEMOR
1032	CARLOS SOUSA	6820	M	Vet2M	52:11:00	51:24:00	
1033	MIGUEL VALENTE	8019	M	Vet2M	52:12:00	51:53:00	Colaboradores SLB
1034	CLAUDINO PIRES	17889	M	Vet4M	52:12:00	50:37:00	
1035	ANA SILVA	7411	F	Vet3F	52:13:00	50:37:00	
1036	CLÁUDIA GERALDES	6647	F	Vet1F	52:13:00	51:21:00	
1037	MADALENA PINTO	6648	F	JunF	52:13:00	51:22:00	
1038	ANDREIA FERREIRA	6645	F	SenF	52:13:00	51:21:00	
1039	PAULO FRADIQUE	6655	M	SenM	52:13:00	49:33:00	Beleles
1040	CRISTINA VICENTE	6656	F	SenF	52:13:00	49:30:00	Beleles
1041	MÓNICA AMARO	5764	F	SenF	52:14:00	51:07:00	Run for Friends
1042	LIUDMILA BOTELHO	5243	F	SenF	52:14:00	49:38:00	
1043	JOÃO SILVA	6654	M	SenM	52:14:00	49:31:00	Beleles
1044	SOLANGE SILVA	6289	F	SenF	52:15:00	49:38:00	
1045	JOÃO PINTO	6985	M	SenM	52:15:00	50:55:00	
1046	TIAGO VERÍSSIMO	7912	M	SenM	52:16:00	50:15:00	Colaboradores SLB
1047	SÓNIA FERREIRA	7321	F	Vet1F	52:18:00	51:22:00	Jorge Fernandes
1048	CLÁUDIA BAPTISTA	6640	F	SenF	52:21:00	48:48:00	
1049	MARTA TOMAS	7829	M	Vet1M	52:23:00	49:53:00	
1050	SANDRA FERNANDES	7833	F	Vet1F	52:24:00	49:51:00	
1051	JOANA BEATO	6092	F	SenF	52:27:00	51:45:00	
1052	CARLOS RIBEIRO	7809	M	Vet4M	52:27:00	51:42:00	RIBEIRO
1053	FERNANDA BEATO	6093	F	Vet3F	52:27:00	51:45:00	
1054	CATARINA RODRIGUES	7627	F	SenF	52:29:00	52:25:00	
1055	ANA MARGARIDA PALMEIRO	7532	F	SenF	52:30:00	51:53:00	LINCES DE MONTEMOR
1056	PAULA LATAS	5000	F	SenF	52:31:00	51:31:00	



Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1057	CRISTINA PALMEIRO	7531	F	Vet2F	52:32:00	51:56:00	LINCES DE MONTEMOR
1058	CAROLINA PALMA	6357	F	SenF	52:34:00	48:47:00	
1059	PATRICIA REBOCHO	6955	F	SenF	52:36:00	52:20:00	Correr Soc Rec da Granja
1060	HELENA GONSALVES	6956	F	SenF	52:36:00	52:21:00	Correr Soc Rec da Granja
1061	ISABEL SILVA	5970	F	Vet2F	52:37:00	50:47:00	Casa do Benfica em Castelo Branco
1062	TIAGO SILVA	6023	M	JunM	52:38:00	50:50:00	Casa do Benfica em Castelo Branco
1063	ILDA CRUZ	5971	F	Vet3F	52:38:00	50:48:00	Casa do Benfica em Castelo Branco
1064	MARCELO SILVA	5969	M	Vet2M	52:38:00	50:49:00	Casa do Benfica em Castelo Branco
1065	MARIA ALFAIATE	7626	F	Vet2F	52:38:00	50:56:00	
1066	ERMELINDA FERREIRA	6378	F	Vet3F	52:40:00	51:24:00	
1067	JOSÉ FERREIRA	6375	M	Vet4M	52:40:00	51:25:00	
1068	JOSÉ ANTUNES	7473	M	Vet5M	52:41:00	50:25:00	
1069	ANA RAPOULA	7472	F	Vet3F	52:41:00	50:27:00	
1070	TIAGO ALMEIDA	6429	M	SenM	52:43:00	1:01:22	
1071	ANA PRAXEDES	8577	F	Vet2F	52:47:00	52:16:00	
1072	MONICA GONÇALVES	8575	F	Vet2F	52:47:00	52:16:00	
1073	HELENA PEREIRA	8576	F	Vet2F	52:47:00	52:16:00	
1074	ISAURA MEDEIROS	7100	F	SenF	52:49:00	52:26:00	
1075	INÉS MARTINHO	7539	F	SenF	52:49:00	50:16:00	
1076	SILVIA MARTINS	7825	F	SenF	52:51:00	52:12:00	
1077	CELINA SANTOS	7620	F	Vet2F	52:52:00	49:10:00	
1078	MARIA CORREIA	7407	F	Vet2F	52:52:00	49:09:00	
1079	MARIA PAULA PEREIRA	7826	F	Vet1F	52:52:00	51:17:00	
1080	LUÍSA MARTINHO	7540	F	Vet3F	52:53:00	50:21:00	
1081	NUNO CARNEIRO	5239	M	Vet1M	52:57:00	52:24:00	
1082	CRISTINA ALMEIDA	5488	F	Vet2F	52:57:00	52:42:00	N. A. PAPAGAIOS DE CASCAIS
1083	MARILIA PEREIRA	5743	F	Vet3F	52:58:00	52:24:00	SS CGD
1084	MARIA CARNEIRO	5238	F	Vet1F	52:59:00	52:27:00	
1085	ROGER BERTOLO	7286	M	SenM	52:59:00	50:57:00	
1086	VITOR CARDOSO	5070	M	Vet4M	53:00:00	52:21:00	
1087	ANTONIO BRANDÃO	5071	M	Vet5M	53:00:00	52:20:00	
1088	ISMENIA TEIXEIRA	5482	F	Vet3F	53:07:00	52:22:00	
1089	MARIA COSTA	5605	F	Vet3F	53:08:00	1:02:51	
1090	HERMINIO FLORES	7518	M	Vet4M	53:10:00	52:05:00	
1091	HERMINIO FLORES	7517	M	Vet4M	53:11:00	52:07:00	
1092	ANDREIA AMARO	6891	F	SenF	53:18:00	52:21:00	
1093	MADALENA AMARO	6892	F	JunF	53:19:00	53:19:00	
1094	AMÉLIA CAPUCHO	6890	F	Vet3F	53:19:00	52:22:00	
1095	MARIANA ALVES	7424	F	SenF	53:22:00	52:59:00	
1096	JOSÉ LOPES	5046	M	JunM	53:22:00	51:53:00	
1097	RITA RODRIGUES	6095	F	SenF	53:22:00	53:00:00	
1098	INÉS FERNANDES LOPES	5045	F	JunF	53:24:00	51:53:00	
1099	RUTE ESTEVES	6945	F	SenF	53:25:00	50:10:00	
1100	RITA FERNANDES	6944	F	SenF	53:25:00	50:10:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1101	NÁDIA FILIPA DESCALÇO BERNARDO	5977	F	SenF	53:25:00	53:11:00	
1102	EDUARDO ALEXANDRE	7283	M	Vet5M	53:25:00	51:43:00	
1103	MARIA ASSUNÇÃO DESCALÇO	5978	F	Vet3F	53:26:00	53:12:00	
1104	SÉRGIO FELICIANO	6774	M	Vet1M	53:27:00	53:24:00	
1105	DUARTE SOUSA	6602	M	Vet2M	53:30:00	50:00:00	
1106	ISABEL FULGÊNCIO	7336	F	SenF	53:31:00	53:31:00	Rochalazan
1107	JOSE MARIA NATARIO	7354	M	Vet3M	53:33:00	53:12:00	
1108	LURDES RIBEIRO	7355	F	Vet3F	53:33:00	53:11:00	
1109	JOSÉ SILVA	7339	M	Vet1M	53:37:00	53:37:00	Vidrofornense
1110	PATRICIA ROSARIO	7340	F	SenF	53:37:00	53:37:00	
1111	SANDRA SERRA	7337	F	SenF	53:37:00	53:37:00	Rochalazan
1112	MARIA LOURENÇO	7111	F	Vet3F	53:38:00	53:10:00	
1113	JOÃO SÁ	6747	M	JunM	53:40:00	52:43:00	
1114	CEU LAVADO	5601	F	Vet3F	53:41:00	51:15:00	SS CGD
1115	JOAQUIM LAVADO	5603	M	Vet5M	53:43:00	51:16:00	SS CGD
1116	PAULO GUERREIRO	5225	M	Vet1M	53:44:00	53:39:00	
1117	MARIA PALMA	7289	F	Vet3F	53:44:00	53:36:00	
1118	ANA GOMES	7955	F	JunF	53:47:00	51:38:00	Colaboradores SLB
1119	FELISMINA SOUSA	7681	F	Vet2F	53:49:00	52:01:00	Casa do Benfica em Almodôvar
1120	PAULO FALLEN	6014	M	Vet3M	53:51:00	51:35:00	
1121	TERESA FALLEN	6015	F	Vet3F	53:51:00	51:36:00	
1122	ANA CATARINA SILVA	6780	F	SenF	53:53:00	53:41:00	Campos
1123	PATRICIA CAMPOS	6779	F	SenF	53:53:00	53:41:00	Campos
1124	ANA SANTOS	5766	F	SenF	53:55:00	52:11:00	Run2Finish.PT
1125	SILVIA NAMORADO	5769	F	SenF	53:55:00	52:12:00	Run2Finish.PT
1126	ANA ELISA	5768	F	Vet2F	53:55:00	52:11:00	Run2Finish.PT
1127	MÂNCIOS ABOIM	5406	M	Vet5M	53:56:00	51:11:00	SingaRunners
1128	CÉLIA PACHECO	7529	F	SenF	53:56:00	53:20:00	LINCES DE MONTEMOR
1129	CARINA LUCAS	7530	F	SenF	53:56:00	53:21:00	LINCES DE MONTEMOR
1130	SUSANA TAVARES DOS SANTOS	7528	F	Vet1F	53:56:00	53:20:00	LINCES DE MONTEMOR
1131	JOANA MACHADO	7997	F	SenF	53:57:00	51:32:00	Colaboradores SLB
1132	JOÃO JOAQUIM	8004	M	SenM	53:57:00	51:32:00	Colaboradores SLB
1133	JOÃO GOMES	8001	M	Vet2M	53:59:00	51:50:00	Colaboradores SLB
1134	MARIA FRANCISCO	5288	F	Vet3F	53:59:00	52:32:00	
1135	LUIS FAUSTINO	5287	M	Vet4M	53:59:00	52:32:00	
1136	ANA AGUIAR	5785	F	Vet2F	54:00:00	53:01:00	Os Galgos de Tancos
1137	MARIANA AGUIAR	5786	F	JunF	54:00:00	53:02:00	Os Galgos de Tancos
1138	JOÃO BRITO	6681	M	Vet2M	54:01:00	52:51:00	JONAS TEAM
1139	ANTÓNIO SIMPLÍCIO	6678	M	Vet3M	54:01:00	52:51:00	JONAS TEAM
1140	SOFIA GUERREIRO	5728	F	SenF	54:01:00	54:01:00	
1141	HELENA JESUS	5567	F	SenF	54:01:00	54:01:00	
1142	PAULO FARTO	6229	M	Vet2M	54:02:00	53:53:00	
1143	PEDRO SÁ	6745	M	Vet2M	54:02:00	53:05:00	
1144	RITA COSTA	8036	F	SenF	54:03:00	53:38:00	Colaboradores SLB

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1145	ANA LOURENÇO	7951	F	SenF	54:04:00	53:39:00	Colaboradores SLB
1146	VANESSA MELO	7325	F	SenF	54:04:00	51:46:00	
1147	JOSÉ RATO	5080	M	Vet5M	54:04:00	53:56:00	
1148	CARLOS MANUEL	7326	M	SenM	54:04:00	51:46:00	
1149	EMÍLIA RATO	5081	F	Vet3F	54:05:00	53:57:00	
1150	LUCIA PARREIRA	5826	F	Vet3F	54:07:00	52:55:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
1151	FÁTIMA GOMES	7985	F	Vet2F	54:08:00	51:59:00	Colaboradores SLB
1152	ANA CELINA SILVA	6187	F	SenF	54:08:00	53:47:00	
1153	ALEXANDRE FONSECA	6186	M	SenM	54:09:00	53:46:00	
1154	CUSTODIA ROLA	6585	F	Vet3F	54:09:00	52:56:00	BOMBEIROS VOLUNTARIOS DE MONTEMOR-O-NOVO
1155	SÓNIA SÁ	6746	F	Vet1F	54:11:00	53:13:00	
1156	VICTOR SALGUEIRO	5143	M	Vet5M	54:15:00	53:31:00	
1157	SUANA MARTINS	7494	F	SenF	54:18:00	53:53:00	
1158	RUI PEREIRA	6738	M	SenM	54:19:00	53:15:00	
1159	VITOR CORDEIRO	7211	M	SenM	54:19:00	52:32:00	
1160	RUI MARTINS	7216	M	SenM	54:19:00	52:32:00	
1161	ISABEL SANTOS	6527	F	Vet2F	54:19:00	52:27:00	
1162	RITA PEREIRA	6737	F	SenF	54:21:00	53:18:00	
1163	MANUEL ESPIGUINHA	7444	M	Vet2M	54:34:00	53:53:00	
1164	ANTONIO ALBINO	7443	M	Vet5M	54:34:00	53:53:00	
1165	HELENA FONSECA	5127	F	SenF	54:37:00	52:28:00	ELES E ELAS
1166	MIGUEL PEREIRA	7575	M	SenM	54:38:00	1:01:45	TABAQUEIRA
1167	ANA SANTOS	6862	M	JunM	54:40:00	53:39:00	
1168	MARISA LUÍS	7236	F	SenF	54:43:00	54:36:00	
1169	ANA CARVALHO	7142	F	Vet3F	54:43:00	54:11:00	INDIVIDUAL
1170	DINIS OLIVEIRA	7416	M	Vet1M	54:47:00	54:42:00	
1171	HELENA PEDROSO	7311	F	Vet3F	54:47:00	54:08:00	
1172	SANDRA SANTOS	7680	F	Vet1F	54:48:00	53:07:00	Piruka
1173	CLAUDIA RUIVO	7679	F	Vet2F	54:48:00	53:07:00	Piruka
1174	CONCEIÇÃO REIS	7417	F	Vet1F	54:49:00	54:44:00	
1175	ANTÓNIO CUNHA	6762	M	Vet3M	54:49:00	52:16:00	
1176	ANA CUNHA	6761	F	Vet3F	54:49:00	52:16:00	
1177	ANA LUCIA	17817	F	SenF	54:50:00	53:51:00	
1178	ADELIA SOARES	7047	F	Vet1F	54:53:00	53:36:00	Ricardo Soares HBL
1179	NUNO CONCEIÇÃO	8500	M	SenM	54:54:00	52:37:00	
1180	NUNO RETO	7149	M		54:55:00	54:48:00	
1181	ANTÓNIO PINTO	6167	M	Vet4M	54:55:00	54:48:00	
1182	DOMINGOS FELÍCIO	5297	M	Vet3M	54:55:00	54:48:00	
1183	GABRIELA PINTO	6168	F	Vet3F	54:55:00	54:48:00	
1184	DIOGO FRANCISCO GOMES	6100	M	SenM	54:56:00	54:33:00	
1185	NELSON PAIS	7332	M	SenM	54:56:00	52:13:00	
1186	JOSÉ MENDES	5339	M	Vet1M	54:56:00	53:24:00	Mendes
1187	SÃO MENDES	5338	F	Vet3F	54:57:00	53:25:00	Mendes
1188	JOSÉ MENDES	6628	M	SenM	54:57:00	52:14:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1189	ROGÉRIO REBELO	6616	M	SenM	54:58:00	45:23:00	
1190	OLGA SANTOS	5439	F	Vet3F	54:58:00	53:24:00	Clube Novo Banco
1191	ANA RITA TEIXEIRA	6620	F	SenF	54:58:00	45:24:00	
1192	HÉLIA DIAS	8578	F	Vet3F	54:59:00	53:58:00	
1193	GRAÇA PAIS	6529	F	Vet3F	55:00:00	52:57:00	
1194	ANTÓNIO PAIS	6528	M	Vet4M	55:00:00	52:59:00	
1195	JOAQUIM HENRIQUES	7760	M	Vet1M	55:03:00	54:03:00	
1196	JOSÉ DINIZ	6979	M	Vet5M	55:03:00	51:45:00	
1197	SUSANA MORAIS	6068	M	SenM	55:03:00	51:45:00	
1198	JORGE MARQUES	7187	M	Vet5M	55:04:00	53:06:00	
1199	TERESA POEIRAS	7759	F	SenF	55:05:00	54:06:00	
1200	NÁDIA MATOS	7740	F	SenF	55:07:00	54:22:00	
1201	MARIA JOÃO SILVA	7821	F	Vet2F	55:09:00	55:09:00	
1202	NATÁLIA CARMO	7822	F	Vet2F	55:09:00	54:35:00	
1203	ALEXANDRE MOURA	5890	M	Vet5M	55:10:00	55:10:00	
1204	JOSE MATOS	7741	M	Vet5M	55:17:00	54:32:00	
1205	ELEUTERIO MATOS	7742	M	Vet5M	55:17:00	54:32:00	
1206	JOSÉ LONGO	6775	M	Vet4M	55:19:00	53:02:00	
1207	TÂNIA RILHÓ	6507	F	SenF	55:19:00	58:54:00	
1208	ANA FERREIRA	7479	F	Vet1F	55:21:00	53:38:00	
1209	MONICA FREIRE	7478	F	Vet1F	55:21:00	53:39:00	
1210	JOAO PIRES	7477	M	Vet1M	55:21:00	53:38:00	
1211	FLORBELA LEITE	7002	F	Vet2F	55:22:00	54:31:00	Guizo Runners
1212	ELISABETE BRANCO	6894	M	SenM	55:22:00	58:55:00	
1213	PAULA MACHADO	7538	F	Vet3F	55:22:00	54:35:00	Guizo Runners
1214	CATARINA FERNANDES	6841	F	SenF	55:22:00	51:52:00	
1215	SUSANA ALVES	5405	F	Vet1F	55:23:00	51:52:00	
1216	JOANA PINTO	7284	F	SenF	55:24:00	52:25:00	
1217	ANABELA FRANCISCO	7285	F	Vet3F	55:24:00	52:25:00	
1218	HELENA SARAIVA	7515	F	Vet3F	55:27:00	55:02:00	
1219	CARLOS GONÇALVES	7971	M	Vet5M	55:30:00	53:16:00	Colaboradores SLB
1220	JOÃO OLIVEIRA	7516	M	Vet4M	55:31:00	55:05:00	
1221	ANA FILIPA MORGADO	7384	F	SenF	55:31:00	54:07:00	
1222	EMÍLIA PIRES	5596	F	Vet3F	55:33:00	54:21:00	
1223	SILVIA LAVADO	5995	F	Vet1F	55:36:00	55:14:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
1224	ANTÓNIO MEDALHO	6282	M	Vet4M	55:36:00	54:45:00	
1225	FERNANDA MOTA	6279	M	Vet3M	55:36:00	54:44:00	
1226	MIGUEL MOTA	6281	M	Vet3M	55:36:00	54:45:00	
1227	MARIA JOSÉ	5001	F	Vet3F	55:37:00	55:23:00	
1228	ROSA TEIXEIRA	5994	F	Vet2F	55:39:00	55:16:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
1229	DIGNA LOPES	5993	F	Vet2F	55:40:00	55:17:00	BOMBEIROS VOLUNTÁRIOS DE MONTEMOR-O-NOVO
1230	DULCE PEREIRA	7582	F	SenF	55:40:00	53:23:00	TABAQUEIRA
1231	CARLOS FREITAS	7607	M	SenM	55:40:00	53:22:00	TABAQUEIRA
1232	MARIA FILOMENA COSTA	7553	F	SenF	55:40:00	53:22:00	TABAQUEIRA

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1233	MARIANA PAIVA	5473	F	SenF	55:42:00	53:02:00	
1234	RICARDO DIAS	5476	M	SenM	55:42:00	53:02:00	
1235	HUMBERTO M.FILIFE	5097	M	Vet5M	55:44:00	55:30:00	
1236	JORGE FONSECA	6380	M	Vet5M	55:44:00	54:35:00	A Póvoa é Linda ...
1237	SANDRA NETO	7266	F	Vet2F	55:45:00	55:35:00	TÁLENTOS TEAM
1238	HELENA GABOLEIRO	6755	F	Vet1F	55:45:00	55:37:00	
1239	LUIS PEREIRA	6808	M	Vet3M	55:45:00	54:34:00	A Póvoa é linda...
1240	ALDA LUZ	6321	M	Vet3M	55:46:00	55:28:00	
1241	CARLA FIGUEIREDO	6783	F	Vet1F	55:47:00	55:39:00	
1242	JOAQUIM RODRIGUES	6136	F	Vet3F	55:47:00	55:47:00	
1243	RITA FARINHA	6689	F	JunF	55:48:00	54:34:00	
1244	SUSANA FARINHA	6688	F	Vet1F	55:50:00	54:37:00	
1245	CATARINA PAIVA	5475	F	SenF	55:51:00	53:09:00	
1246	CRISTINA FRANCO	8056	F	SenF	55:52:00	53:54:00	
1247	PRISCILA FERNANDES	8055	F	SenF	55:52:00	53:53:00	
1248	CLÁUDIA HAN	8053	F	SenF	55:52:00	53:53:00	
1249	ANA CRISTINA VIEIRA	5484	F	Vet3F	55:56:00	53:20:00	Vimos todos
1250	IDALINA TEIXEIRA	5483	F	Vet3F	55:56:00	53:21:00	Vimos todos
1251	FATIMA DIAS	5294	F	Vet3F	55:56:00	53:26:00	
1252	ANTÓNIO DEDEIRAS	5295	M	Vet3M	55:56:00	53:27:00	
1253	JOSÉ CARLOS GONÇALVES	5485	M	Vet2M	55:59:00	53:22:00	Vimos todos
1254	PAULA ROCHA	5486	F	Vet3F	55:59:00	53:21:00	Vimos todos
1255	DIAMANTINO ANDRADE ALMEIDA	7714	M	Vet5M	56:05:00	55:47:00	
1256	ARMINDO ANDRADE ALMEIDA	7713	M	Vet5M	56:05:00	55:47:00	
1257	PAULO TIMÓTEO	7204	M	SenM	56:07:00	54:58:00	
1258	SANDRINA RODRIGUES	5914	F	SenF	56:07:00	54:58:00	
1259	HELENA DIOGO	8550	F	SenF	56:09:00	55:26:00	
1260	VANESSA ANTÓNIO	8548	F	SenF	56:09:00	55:25:00	
1261	MARINA RIBEIRO	5819	F	Vet3F	56:15:00	55:33:00	
1262	NATALINA BEATO	5820	F	Vet3F	56:15:00	55:32:00	
1263	BEATRIZ SIMÕES	7004	F	JunF	56:16:00	53:49:00	
1264	MANUEL RIBEIRO	7691	M	Vet5M	56:17:00	55:32:00	
1265	ANA SIMOES	6353	F	SenF	56:17:00	53:50:00	
1266	VITOR AUGUSTO	6784	M	Vet4M	56:20:00	55:44:00	
1267	INES AUGUSTO	6787	F	SenF	56:21:00	55:46:00	
1268	ANA SERGIO	6786	F	Vet3F	56:21:00	55:45:00	
1269	VITOR AUGUSTO	6785	M	SenM	56:21:00	55:48:00	
1270	JOÃO SANTOS	6205	M	Vet4M	56:22:00	54:33:00	
1271	HELENA SANTOS	6206	F	Vet3F	56:22:00	54:34:00	
1272	RUI REIS	6262	M	SenM	56:23:00	54:56:00	
1273	BENVINDA SANTOS	7260	F	Vet3F	56:24:00	55:46:00	
1274	ANDREIA DUARTE	6263	F	SenF	56:24:00	54:57:00	
1275	CARLOS SILVA	5894	M	Vet4M	56:25:00	54:35:00	
1276	LUCIANA SILVA	6740	F	Vet3F	56:32:00	54:20:00	NUCLEO DESPORTIVO AUTOCOOPE

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1277	JOÃO GRAÇA	6739	M	Vet5M	56:32:00	54:21:00	NUCLEO DESPORTIVO AUTOCOOPE
1278	CAROLINA COSTA	5374	M	Vet4M	56:33:00	56:27:00	
1279	DANIELA FERREIRA	5208	F	SenF	56:33:00	55:45:00	
1280	CARLA FERREIRA	5205	F	Vet1F	56:35:00	55:47:00	
1281	DIOGO FERREIRA	5207	M	SenM	56:39:00	55:45:00	
1282	VITOR QUINTAS	5216	M	Vet5M	56:40:00	56:15:00	
1283	VITOR FERREIRA	5206	M	Vet1M	56:40:00	55:46:00	
1284	HENRIQUE CASTRO	6936	M	Vet4M	56:45:00	55:25:00	
1285	ANA ROLO	7327	F	Vet1F	56:47:00	56:21:00	Individual
1286	GUILHERME LINO	5908	M	JunM	56:47:00	54:02:00	
1287	CONCEIÇÃO GONÇALVES	6937	F	Vet3F	56:48:00	55:28:00	
1288	RICARDO ALVES	5447	M	Vet1M	56:49:00	54:12:00	
1289	ALINA OLIVEIRA	5446	F	Vet2F	56:51:00	54:14:00	
1290	LUIS ANDRADE	5250	M	Vet2M	56:51:00	53:36:00	
1291	CARLA SILVA	5907	F	Vet2F	56:52:00	54:07:00	
1292	TIAGO TEIXEIRA	6922	M	SenM	56:53:00	56:53:00	Pragança Team
1293	CAROLINA VICENTE	6918	F	JunF	56:54:00	56:54:00	Pragança Team
1294	ANDREIA VICENTE DE AZEVEDO	6919	F	SenF	56:56:00	56:56:00	Pragança Team
1295	PATRÍCIA TEIXEIRA	6921	F	SenF	56:57:00	56:57:00	Pragança Team
1296	GONÇALO AZEVEDO	6920	M	SenM	56:57:00	56:57:00	Pragança Team
1297	GONÇALO ANDRADE	5248	M	JunM	56:57:00	53:41:00	
1298	CARLA SIMÕES	5251	F	Vet1F	56:58:00	53:41:00	
1299	FRANCISCO VICENTE	6917	M	Vet2M	56:58:00	56:58:00	Pragança Team
1300	JOÃO GASPAR	7176	M	SenM	56:58:00	1:06:32	
1301	JOÃO FERNANDES	6889	M	Vet3M	56:58:00	53:53:00	
1302	MARIA HELENA BATISTA	5637	F	Vet3F	56:59:00	53:36:00	
1303	ALICE MILHO	7950	F	Vet3F	57:01:00	56:46:00	Colaboradores SLB
1304	LETICIA MACHADO	8046	F		57:01:00	56:45:00	Colaboradores SLB
1305	JOÃO REIS	6898	M	Vet3M	57:02:00	54:07:00	
1306	EMILIA GONCALVES	5636	F	Vet3F	57:02:00	53:39:00	
1307	TELMO LEITÃO	6128	M	SenM	57:05:00	56:15:00	Família Leitão
1308	JOÃO AGUIAR	7798	M	JunM	57:13:00	57:05:00	
1309	TÂNIA CAETANO	6265	F	SenF	57:14:00	57:06:00	
1310	A GOMES	5526	M	Vet5M	57:14:00	56:59:00	individual
1311	CÁTIA CAETANO	6264	F	SenF	57:14:00	57:07:00	
1312	ALEXANDRA COURELA	17911	F	Vet1F	57:16:00	55:24:00	
1313	ISABEL CARMO	5554	F	Vet3F	57:16:00	57:03:00	Sunset Runners
1314	GABRIELA BARQUEIRO	5553	F	Vet1F	57:16:00	57:03:00	Sunset Runners
1315	LEONOR ALMEIDA	6685	F	Vet2F	57:17:00	55:21:00	ROD
1316	CATARINA PAULO	7413	F	SenF	57:19:00	52:21:00	Team Bandarras
1317	RITA FERREIRA	7414	F		57:19:00	52:20:00	Team Bandarras
1318	FERNANDA OSÓRIO	6323	F	Vet3F	57:19:00	55:24:00	ROD
1319	MÁRIO COSTA	7415	M		57:20:00	52:21:00	Team Bandarras
1320	MARIA ALMEIDA	5738	F	Vet2F	57:21:00	57:16:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1321	ANTONIO LOURENCO	5456	M	Vet2M	57:24:00	54:42:00	
1322	MARIA ADILIA	6488	F	Vet3F	57:26:00	57:21:00	
1323	PAULO MAÇAS	6293	M	Vet3M	57:27:00	57:12:00	
1324	MARIA ESTELA MAÇÃS	6296	F	Vet2F	57:27:00	57:11:00	
1325	PAULA ALVES	6386	F	Vet3F	57:31:00	57:01:00	
1326	FERNANDA ALVES	6387	F	Vet3F	57:32:00	57:01:00	
1327	MARIA MOREIRA	6388	F	Vet3F	57:33:00	57:01:00	
1328	ORQUIDEA PINTO	6131	F	Vet2F	57:34:00	57:25:00	Equipa Dynamite
1329	PAULA PINTO	6132	F	JunF	57:34:00	57:25:00	Equipa Dynamite
1330	TIAGO TEIXEIRA	5792	M	SenM	57:36:00	55:06:00	GENTIL 2018
1331	NAZARÉ SILVA	5589	F	Vet2F	57:37:00	57:37:00	GDCT Unicre
1332	FÁTIMA RIBEIRO	5590	F	Vet3F	57:37:00	56:46:00	GDCT Unicre
1333	GERTRUDES FIALHO	5691	F	Vet3F	57:38:00	55:09:00	
1334	ISABEL DUARTE	5737	F	Vet2F	57:39:00	55:10:00	
1335	ANABELA SANTOS	6714	F	Vet1F	57:41:00	55:12:00	A Bela Equipa
1336	VITOR MALHEIROCATITA	5242	M	SenM	57:42:00	55:31:00	
1337	JOÃO CARLOS TEIXEIRA DOS SANTOS	5244	M	Vet3M	57:42:00	57:11:00	
1338	ROSA SILVA	5116	F	Vet2F	57:42:00	57:08:00	
1339	ANA RITA DAVID	7131	F	SenF	57:43:00	55:32:00	
1340	CONSTANÇA MAROTO	5717	F	JunF	57:46:00	55:20:00	GENTIL 2018
1341	SAMUEL MAROTO	5716	M	Vet1M	57:46:00	55:21:00	GENTIL 2018
1342	SARA ALEXANDRA DE CARVALHO RAMOS E BORGES	5078	F	SenF	57:47:00	57:15:00	
1343	FÁTIMA MAROTO	5718	F	Vet1F	57:47:00	55:22:00	GENTIL 2018
1344	PAULA FRAGOSO	5557	F	SenF	57:48:00	55:19:00	
1345	JOÃO GROSSINHO	5516	M	SenM	57:48:00	55:20:00	
1346	DANIELA FERREIRA	7506	F		57:57:00	57:38:00	
1347	TIAGO COSTA	7377	M	SenM	57:58:00	56:28:00	EPAL
1348	INÊS SANTOS	7082	F	SenF	57:59:00	57:46:00	Wolfpack
1349	DIOGO PIRES	7090	M	SenM	57:59:00	57:42:00	Rio-Frio SLB
1350	JOÃO FERREIRA	7505	M	SenM	58:00:00	57:40:00	
1351	NUNO ROSÁRIO	7081	M	Vet1M	58:00:00	57:47:00	
1352	FRANCISCO PIRES	7093	M	Vet4M	58:01:00	57:44:00	Rio-Frio SLB
1353	MARIA COELHO	5880	F	Vet2F	58:03:00	57:53:00	Casa Benfica Vila F xira
1354	VITOR SANTOS	6949	M	Vet4M	58:03:00	57:53:00	
1355	MARIA RODRIGUES	5881	F	Vet3F	58:03:00	57:53:00	Casa Benfica Vila F xira
1356	SUSANA RODRIGUES	7892	F	SenF	58:07:00	56:29:00	Hospital da Luz
1357	VANDA RODRIGUES	7945	F	SenF	58:08:00	56:29:00	Hospital da Luz
1358	ISABEL GUEDELHA	5187	F	Vet2F	58:09:00	55:41:00	GUEDELHA SLB4EVER
1359	ANA GUEDELHA	5189	F	SenF	58:09:00	55:41:00	GUEDELHA SLB4EVER
1360	LOIS GUEDELHA	5188	M	SenM	58:09:00	55:41:00	GUEDELHA SLB4EVER
1361	MARIO GUEDELHA	5186	M	Vet2M	58:14:00	55:46:00	GUEDELHA SLB4EVER
1362	CAROLINA DINIS	6191	F	SenF	58:15:00	56:03:00	Gloriosos Team
1363	MÓNICA FERNANDES	6193	F	SenF	58:15:00	56:04:00	Gloriosos Team
1364	DANIEL DIAS	17808	M	SenM	58:18:00	55:23:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1365	CLAUDIA DIAS	17810	F	SenF	58:18:00	55:23:00	
1366	RITA SIMÕES	7501	F		58:20:00	57:03:00	CATEDRAL DA CERVEJA
1367	ANTÓNIO SIMÕES	7503	M	Vet2M	58:20:00	57:02:00	CATEDRAL DA CERVEJA
1368	IRENE NEVES	7310	F	Vet3F	58:20:00	58:20:00	Gloriosos Team
1369	FATIMA FIGUEIREDO	7502	F	Vet2F	58:21:00	57:05:00	CATEDRAL DA CERVEJA
1370	MIGUEL SIMÕES	7500	M	SenM	58:21:00	57:03:00	CATEDRALDACERVEJA
1371	FERNANDO GASPAR	6766	M	Vet4M	58:22:00	57:55:00	
1372	CRISTINA CASSAM	6192	F	Vet1F	58:22:00	56:09:00	Gloriosos Team
1373	MARIA DA GRAÇA ALVES	6765	F	Vet3F	58:23:00	57:57:00	
1374	ANTÓNIO PAINHA	6255	M	Vet3M	58:24:00	57:57:00	
1375	CATARINA PAINHA	6257	F	Vet2F	58:24:00	57:59:00	
1376	TERESA NETO	6172	F	Vet2F	58:24:00	57:58:00	
1377	MARIA TERESA SILVA	5166	F	Vet3F	58:24:00	57:27:00	
1378	PATRÍCIA FRANCO	5172	F	SenF	58:26:00	56:00:00	
1379	MARIA FRANCO	5173	F	Vet3F	58:27:00	56:00:00	
1380	ETELVINA LOPES	7357	M	Vet2M	58:27:00	58:01:00	
1381	JOAO DUARTE	6234	M	Vet1M	58:28:00	55:18:00	
1382	HENRIQUE BRANDÃO	5791	M	Vet4M	58:29:00	55:20:00	
1383	JULIO LIMA	6393	M	Vet5M	58:29:00	56:18:00	
1384	ANA CATARINA GASPAR	6767	F	SenF	58:29:00	58:03:00	
1385	RITA CALDEIRA	7387	F	SenF	58:29:00	57:41:00	GDCT Unicre
1386	CATIA CALDEIRA	7388	M		58:30:00	57:41:00	
1387	LUISA GASPAR	7217	F	Vet3F	58:30:00	58:04:00	MARRIOTT FRIENDS
1388	LEONARDO ALMEIDA	5827	M	SenM	58:31:00	55:06:00	
1389	ANTÓNIO ESPERANÇA	5135	M	Vet5M	58:34:00	58:03:00	
1390	MARIA DE FÁTIMA MORGADO BAPTISTA ROLO SANTOS	5245	F	Vet3F	58:36:00	58:36:00	
1391	GUILHERMINO SILVA	5165	M	Vet4M	58:39:00	57:41:00	
1392	HELENA SILVA	7422	F	Vet3F	58:40:00	58:29:00	
1393	JULIA REBELO	7421	F	Vet3F	58:41:00	58:30:00	
1394	SARA SIMOES	6358	F	Vet1F	58:42:00	58:37:00	
1395	RUI SIMOES	6361	M	Vet1M	58:42:00	58:37:00	
1396	PEDRO SAUDE	5479	M	Vet2M	58:42:00	58:42:00	Os Primos
1397	CONCEIÇÃO GARCIA	6112	F	Vet3F	58:44:00	58:14:00	
1398	MARIA ISABEL SILVA	7775	F	Vet3F	58:45:00	57:30:00	
1399	ANA LOBO	7108	F	SenF	58:47:00	58:13:00	Associação O Companheiro
1400	MARIA JOSÉ	8011	F	Vet1F	58:47:00	58:12:00	Colaboradores SLB
1401	RÚBEN ALMEIDA	8038	M	SenM	58:48:00	58:13:00	Colaboradores SLB
1402	MARIA FILOMENA ALVES	5628	F	Vet3F	58:50:00	57:09:00	
1403	ANTÓNIO LEIRIA	5335	M	Vet5M	58:51:00	58:15:00	
1404	NUNO DOMINGOS	7239	M	SenM	58:53:00	57:19:00	
1405	PATRÍCIA FERNANDES	7240	F	SenF	58:54:00	57:21:00	
1406	CLARISSE HENRIQUES	7241	F	Vet2F	58:54:00	57:20:00	
1407	JOSE CARVALHO	5393	M	Vet4M	58:56:00	58:56:00	
1408	MARILIA CARVALHO	5394	F	Vet3F	58:57:00	58:49:00	



Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1409	MARIA DE LURDES COSTA E SILVA	7707	F	Vet3F	58:58:00	58:43:00	
1410	CARMEN SANTOS	6908	F	SenF	59:01:00	58:29:00	
1411	HUGO MARQUES	6845	M	SenM	59:02:00	56:04:00	
1412	ILDA MARQUES	6846	F	Vet3F	59:02:00	56:04:00	
1413	MILÚ EUSÉBIO	6088	F	Vet3F	59:03:00	58:11:00	Guizo Runners
1414	FILIPA EUSÉBIO	7353	F	SenF	59:03:00	58:10:00	Guizo Runners
1415	CARLOS BRÍZIDO	7708	M	Vet5M	59:03:00	58:49:00	
1416	ISABEL BENTO	6089	F	Vet2F	59:03:00	58:12:00	GUIZO RUNNERS
1417	ANA CRISTINA SANTOS ROBLES	6722	F	Vet3F	59:06:00	58:16:00	
1418	TERESA SANTOS	5525	F	Vet3F	59:06:00	58:16:00	
1419	SÓNIA ARSÉNIO	6988	F	SenF	59:09:00	58:19:00	
1420	RICARDO VINAGRE	6990	M	SenM	59:09:00	58:18:00	
1421	SÓNIA ARSÉNIO	6989	F	Vet3F	59:10:00	58:19:00	
1422	DANIELA RODRIGUES	7645	F	JunF	59:11:00	56:18:00	
1423	CLÁUDIA CORREIA	7977	F	SenF	59:12:00	57:22:00	Colaboradores SLB
1424	RUTE QUEIRÓS	6171	F	Vet2F	59:13:00	59:13:00	Os Antigos
1425	ANA COSTA	6169	F	SenF	59:13:00	59:13:00	Os Antigos
1426	ROSA MARIA COSTA	6170	F	Vet3F	59:13:00	59:13:00	Os Antigos
1427	SANDRA QUELHAS	6389	F	Vet1F	59:22:00	58:00:00	
1428	MARISA RODRIGUES	7646	F	SenF	59:23:00	56:30:00	
1429	INÊS DUARTE	17809	F	SenF	59:23:00	56:29:00	
1430	LILIANA FELIX	5806	F	SenF	59:24:00	57:15:00	
1431	ANA LIMA	6392	F	Vet3F	59:29:00	57:19:00	
1432	SOFIA TEIXEIRA	5805	M	SenM	59:29:00	57:19:00	
1433	HELDER TEIXEIRA	5804	M	SenM	59:30:00	57:19:00	
1434	RITA MARQUES	7678	F	JunF	59:30:00	58:05:00	Marques
1435	CARMEN MARQUES	7675	F	SenF	59:31:00	58:05:00	Marques
1436	FILOMENA RODRIGUES	7402	F	Vet3F	59:31:00	56:39:00	
1437	DIANA MARQUES	7676	F		59:31:00	58:06:00	Marques
1438	AMILCAR RODRIGUES	7401	M	Vet3M	59:36:00	56:43:00	
1439	FERNANDO MATEUS	6397	M	Vet3M	59:39:00	57:18:00	
1440	MANUELA SANTOS	6517	F	Vet3F	59:39:00	59:12:00	
1441	FILIPE SOARES	5373	M	Vet1M	59:40:00	58:37:00	
1442	ANA SANTOS	6972	F	Vet2F	59:42:00	58:38:00	
1443	AFONSO ROMÃO	7484	M		59:44:00	59:44:00	
1444	PAULO FACA	5848	M	Vet4M	59:44:00	58:44:00	ARANAV
1445	LUÍS ALBERTO ANICO DA CUNHA	7185	M	Vet3M	59:46:00	57:06:00	
1446	TÂNIA CUNHA	7186	F	SenF	59:46:00	57:06:00	
1447	JULIO LOUSA	5241	M	SenM	59:48:00	59:12:00	
1448	LUIS LEMOS	7330	M	Vet2M	59:49:00	59:12:00	
1449	ISABEL LOPES	6204	F	Vet3F	59:50:00	59:13:00	
1450	SAUDADE MALHEIROS	6208	F	Vet3F	59:50:00	59:12:00	
1451	TIAGO MATEUS	6519	M	SenM	59:52:00	59:28:00	
1452	INÊS MATEUS	6518	F	SenF	59:52:00	59:26:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1453	CÉLIA OLIVEIRA	5889	F	SenF	59:54:00	59:20:00	
1454	MARIA PAGAIME	5276	F	Vet3F	59:55:00	59:12:00	C. D. Amigos de Paco Nassa
1455	CATARINA JOSE	8601	F	SenF	59:57:00	58:46:00	
1456	ADRIANA COELHO	5576	F	SenF	59:58:00	59:58:00	
1457	PEDRO MARQUES	5754	M	Vet2M	59:59:00	58:03:00	
1458	MARIA DE DEUS COELHO	6457	F	Vet3F	59:59:00	59:59:00	
1459	ANTÓNIO COELHO	6456	M	Vet5M	59:59:00	59:59:00	
1460	JOAQUIM MADUREIRA	5755	M	Vet5M	59:59:00	58:03:00	
1461	HUGO GONÇALVES	7812	M	SenM	1:00:00	58:05:00	
1462	RUI CEZERILO	7523	M	Vet3M	1:00:00	57:33:00	
1463	BRUNO SILVA	5575	M	SenM	1:00:01	1:00:01	
1464	FILIPE DUARTE	5727	M	SenM	1:00:03	1:00:03	
1465	HERNÂNI MIRANDA	7527	M		1:00:04	59:24:00	Produções Caf
1466	FERNANDA LEIRIA	8514	F	Vet3F	1:00:06	59:31:00	
1467	ALICE FIGUEIRA	5333	F	Vet3F	1:00:07	59:31:00	
1468	CLÁUDIA PESTANA	5050	F	SenF	1:00:10	59:37:00	
1469	MARIA NEVES	7175	F	Vet3F	1:00:11	59:16:00	
1470	CÉSAR VILAÇA	7174	M	Vet5M	1:00:11	59:15:00	
1471	FILIPA FARIA	7061	F	SenF	1:00:12	59:31:00	Produções Caf
1472	SANDRA SILVA	7655	F	SenF	1:00:14	57:59:00	Mo Farah de Pegões
1473	ANA MARQUES	7656	F	SenF	1:00:14	57:58:00	Mo Farah de Pegões
1474	LAURA CARDADOR	7308	F	Vet1F	1:00:14	57:59:00	Mo Farah de Pegões
1475	PAULA CANANÃO	7309	F	Vet1F	1:00:14	58:00:00	Mo Farah de Pegões
1476	CRISTINA GRILO	5687	F	Vet1F	1:00:16	59:19:00	As Incansáveis
1477	TELMA PEREIRA	5689	F	SenF	1:00:17	59:21:00	As Incansáveis
1478	FÁTIMA MACHADO	7291	F	Vet3F	1:00:17	59:47:00	
1479	ALBERTINA SOUSA	7290	F	Vet3F	1:00:18	59:48:00	
1480	TERESA PEREIRA	7910	F	Vet2F	1:00:19	57:57:00	Colaboradores SLB
1481	SANDRA NOGUEIRA	8040	F	SenF	1:00:20	57:59:00	Colaboradores SLB
1482	MARGARIDA CORREIA	8047	F		1:00:20	57:59:00	Colaboradores SLB
1483	NICOLE NEGRÃO	8048	F		1:00:21	58:03:00	Colaboradores SLB
1484	LILIANA PAIS	6305	F	SenF	1:00:23	57:01:00	
1485	ELISA ALVES	5602	F	Vet3F	1:00:25	58:14:00	SS CGD
1486	HUGO MIGUEL RAIMUNDO	5426	M	JunM	1:00:29	57:34:00	sabores do paco
1487	CATIA FERREIRA	6039	F	SenF	1:00:31	1:00:28	
1488	MARIA FERREIRA	6038	F	Vet3F	1:00:32	1:00:28	
1489	JULIANA MANGAS	6122	F	SenF	1:00:32	58:40:00	
1490	MARIA PAULO	7637	F	Vet1F	1:00:32	54:17:00	
1491	GRACINDA PEREIRA	6045	F	Vet3F	1:00:32	1:00:28	
1492	EDUARDO FERREIRA	6041	M	Vet5M	1:00:33	1:00:29	
1493	MARIA REIS	6124	F	SenF	1:00:33	58:41:00	
1494	TÂNIA NOBERTO	5869	F	SenF	1:00:34	57:39:00	
1495	BERNARDO AMARO	5742	M	SenM	1:00:34	59:28:00	Run for Friends
1496	MARINA CARVALHANA	6121	F	SenF	1:00:35	58:43:00	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1497	MIGUEL BERTOLO	5425	M	SenM	1:00:35	57:40:00	sabores do paco
1498	BRUNO CENTEIO	6123	M	SenM	1:00:36	58:42:00	
1499	HELENA ALMEIDA	6356	F	Vet2F	1:00:37	57:24:00	
1500	VANESSA PEREIRA	5833	F	SenF	1:00:38	57:23:00	
1501	LÍDIA SILVA	5843	F	Vet3F	1:00:38	58:35:00	ARANAV
1502	CARLA PEREIRA	5832	F	SenF	1:00:41	57:25:00	
1503	ANTONIO LIMAO	5665	M	Vet5M	1:00:44	1:00:44	
1504	JORGE FERREIRA	6545	M	SenM	1:00:45	1:00:03	
1505	ALDINA PAIVA	5435	F	Vet3F	1:00:45	1:00:11	Clube Novo Banco
1506	MARGARIDA LIMÃO	5664	F	Vet3F	1:00:46	1:00:46	
1507	SÓNIA TEIXEIRA	6544	F	SenF	1:00:46	1:00:04	Velozes mas Cansados
1508	PEDRO DIAS	7209	M		1:00:46	57:48:00	Dias
1509	MIGUEL MENDES	6927	M	SenM	1:00:47	57:47:00	
1510	MANUEL DIAS	7208	M	Vet1M	1:00:47	57:49:00	Dias
1511	MARISA AFONSO	7757	F	Vet3F	1:00:47	59:27:00	
1512	JOAQUIM MENDES	6905	M	Vet1M	1:00:48	57:49:00	
1513	ANABELA SANTOS	6256	F	Vet3F	1:00:48	59:26:00	
1514	ANA NABARRO	5666	M	SenM	1:00:48	1:00:48	
1515	MAURO SILVA	6547	M	SenM	1:00:48	1:00:08	
1516	LAURA SILVA	6546	F	SenF	1:00:48	1:00:07	
1517	CLAUDIA PIRES	5709	F	SenF	1:00:48	57:57:00	
1518	HELENA PIRES	5710	F	Vet3F	1:00:49	57:57:00	
1519	RICARDO LIMÃO	5663	M	SenM	1:00:49	1:00:49	
1520	DENISE AFONSO	8596	F	SenF	1:00:49	58:06:00	
1521	SANDRA BRITO	5059	F	Vet1F	1:00:49	1:00:42	
1522	MARTA CARMO	8595	F	SenF	1:00:49	58:07:00	
1523	PAULO SOBREIRA	6734	M	Vet2M	1:00:50	1:00:43	
1524	JOÃO MANUEL TAVARES ENCARNAÇÃO	5058	M	Vet5M	1:00:50	1:00:43	
1525	CLAUDINO PEDRO	6993	M	Vet1M	1:00:52	1:00:49	Clube Desportivo Ribeirense
1526	HÉLDER AMADO	6996	M	SenM	1:00:53	1:00:45	Clube Desportivo Ribeirense
1527	FERNANDO FIEL	7715	M	Vet1M	1:00:54	1:00:48	Clube Desportivo Ribeirense
1528	DIANA FRANCO	6994	F	SenF	1:00:55	1:00:48	Clube Desportivo Ribeirense
1529	BRUNO SANTOS	5117	M	SenM	1:01:01	1:01:01	
1530	JOSÉ OLIVEIRA	6814	M	Vet5M	1:01:02	59:10:00	
1531	SOFIA DE FREITAS	7839	F	Vet2F	1:01:02	1:00:33	
1532	DINA GOMES	5119	F	Vet1F	1:01:02	58:29:00	
1533	LÍDIA OLIVEIRA	6813	F	Vet3F	1:01:03	59:11:00	
1534	CARLA SANTOS	5118	F	Vet1F	1:01:03	58:31:00	
1535	MELANIE OLIVEIRA DA SILVA	7840	F	Vet1F	1:01:04	1:00:36	
1536	ANA PAULA GOMES FERREIRA	7837	F	Vet3F	1:01:04	1:00:35	
1537	JOÃO MARQUES	17602	M	Vet5M	1:01:04	59:00:00	
1538	VERA MARQUES	7711	F	SenF	1:01:07	59:02:00	
1539	SILVANA MARQUES	7710	F	SenF	1:01:07	59:02:00	
1540	ANA CLEMENTINO	6732	F	Vet2F	1:01:08	58:42:00	Casa do Benfica em Algueirão Mem Martins-Sintra

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1541	JOSÉ SILVA	17936	M	Vet3M	1:01:08	57:49:00	
1542	MARTA CÂNDIDO	6042	F	SenF	1:01:09	1:01:04	
1543	ANA CATRINA COSTA LEAL	7838	F	Vet1F	1:01:10	1:00:41	
1544	JOSÉ ROSINHA	7067	M	Vet5M	1:01:10	1:00:37	
1545	CRISTINA PECANTE	5332	F	Vet3F	1:01:10	1:00:37	
1546	EDUARDO CÂNDIDO	6044	M	Vet4M	1:01:11	1:01:05	
1547	JOÃO SILVA	5655	M	SenM	1:01:11	57:51:00	Las Cucarachas
1548	JOÃO ÉVORA	7112	M	SenM	1:01:11	58:44:00	Casa do Benfica em Algueirão Mem Martins-Sintra
1549	JOSE ALMEIDA	6427	M	Vet5M	1:01:12	57:30:00	
1550	ANA SILVA	6364	F	SenF	1:01:12	57:52:00	Las Cucarachas
1551	MANUEL FILIPE	7113	M	Vet5M	1:01:12	58:46:00	Casa do Benfica em Algueirão Mem Martins-Sintra
1552	FRANCISCO FELIZARDO	7670	M	Vet5M	1:01:12	59:48:00	
1553	JAIME SILVA	17937	M		01:01:12	57:53:00	
1554	JAIME SILVA	17938	M	Vet1M	1:01:13	57:54:00	
1555	RITA SANTOS	7671	F	SenF	1:01:13	59:49:00	
1556	CARLOS SANTOS	7672	M	Vet5M	1:01:13	59:49:00	
1557	ANDRE MACHADO	6595	M	SenM	1:01:14	1:01:14	
1558	VANESSA MACHADO	6596	F	SenF	1:01:14	1:01:14	
1559	ANA VICENTE	7625	F	SenF	1:01:15	58:21:00	Izzie team
1560	IVO FELIZARDO	7669	M	SenM	1:01:15	59:51:00	
1561	JOANA CARVALHO	7624	F	SenF	1:01:15	58:19:00	Izzie team
1562	MARIA ADELAIDE MENDES LOPES BESOURO	7253	F	Vet3F	1:01:16	1:00:58	Os Madrugadores - Amílcar Oliveira
1563	CLAUDIA FRANÇA	5888	F	SenF	1:01:16	59:01:00	
1564	ÂNGELA MARIA DA CÂMARA CANTO FOES BURGUETE	7252	F	Vet3F	1:01:16	1:00:56	Os Madrugadores - Amílcar Oliveira
1565	CARMINA DIONISIO	5688	F	SenF	1:01:18	1:00:23	
1566	MARIA FERREIRA	6254	F	Vet3F	1:01:19	1:01:02	Ferreira
1567	ROMILDA NERES	5686	F	SenF	1:01:19	1:00:21	As Incansáveis
1568	JOAQUINA CARRAJOLA	5683	F	Vet3F	1:01:19	1:00:23	As Incansáveis
1569	MARIA JORGE	5684	F	Vet3F	1:01:19	1:00:24	As Incansáveis
1570	BRUNO ROMEIRA	5887	M	SenM	1:01:19	59:03:00	
1571	MARIANA AMARAL	6465	F	SenF	1:01:20	58:13:00	
1572	RAQUEL VALENTE	7738	F	SenF	1:01:20	58:14:00	
1573	MARIANA BARRADAS	5918	F	JunF	1:01:24	58:22:00	Winnerules
1574	DANIEL MAURÍCIO	6030	M	SenM	1:01:25	58:23:00	Winnerules
1575	SANDRO HORTA	6599	M	Vet1M	1:01:27	57:36:00	
1576	MANUEL MOREIRA	5930	M	Vet3M	1:01:32	1:00:31	Glorioso
1577	PAULA MOREIRA	5931	F	Vet3F	1:01:32	1:00:31	
1578	CARLA BRIGANTI	5695	F	Vet2F	1:01:33	59:23:00	
1579	DANIELA VIANA	7132	F		1:01:34	59:23:00	
1580	LUÍSA SILVA	5694	F	Vet3F	1:01:34	59:21:00	
1581	ANA ISIDORO	5911	F	SenF	1:01:38	59:53:00	
1582	ISABEL PINELAS	6943	F	Vet3F	1:01:41	1:00:38	
1583	ELISABETE LOBATO	6082	F	Vet2F	1:01:42	1:00:10	
1584	CARLOS MIGUEL BRANCO	6535	M	Vet2M	1:01:43	1:00:11	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1585	IGOR GUERRA	17860	M	SenM	1:01:43	1:11:22	
1586	MARISA BRANCO	5647	F	Vet1F	1:01:43	1:00:10	
1587	HELENA AMENDOEIRA	6885	F	SenF	1:01:45	1:00:11	#passoapasso-runners Pontével
1588	MADALENA SEQUEIRA	6839	F	Vet3F	1:01:45	59:19:00	
1589	LURDES CAVALEIRO	6080	F	Vet3F	1:01:46	1:00:15	
1590	AURÉLIO SOBREIRA	6116	M	Vet5M	1:01:46	1:01:17	Trepa Montes
1591	MANUEL SEQUEIRA	6838	M	SenM	1:01:47	59:21:00	
1592	CARLOS SEQUEIRA	6837	M	Vet5M	1:01:48	59:21:00	
1593	PEDRO LEÃO	5293	M	SenM	1:01:50	59:00:00	
1594	PAULO LEÃO	5290	M	Vet3M	1:01:51	59:03:00	
1595	ANA PIRES	6003	F	SenF	1:01:53	59:23:00	
1596	LUIS PIRES	6002	M	SenM	1:01:54	59:22:00	
1597	MAFALDA BIRRA	5169	F	SenF	1:01:54	1:00:49	
1598	NEUZA VERISSIMO	5736	F	SenF	1:01:56	1:01:56	Chitas de Alcobaça
1599	MARIA LEÃO	5291	F	Vet3F	1:01:56	59:06:00	
1600	JOSÉ BIRRA	5171	M	Vet4M	1:01:57	1:00:52	
1601	LUIS ANTUNES	5591	M	Vet5M	1:01:57	1:01:05	GDCT Unicre
1602	ALMERINDA CARDOSO	5592	M	Vet2M	1:01:57	1:01:05	GDCT Unicre
1603	NUNO COSTA	5910	M	SenM	1:01:57	1:00:12	
1604	MARIA BIRRA	5170	F	Vet2F	1:01:58	1:00:52	
1605	CLÁUDIA RODRIGUES	7781	F	SenF	1:01:59	59:17:00	
1606	INÊS COSTA	7919	F	SenF	1:01:59	59:17:00	Hospital da Luz
1607	BRUNO BORREGO	5701	M	Vet1M	1:01:59	59:01:00	
1608	SARA GASPAR	5341	F	JunF	1:02:00	1:01:49	RUMO AO P3N7A
1609	MARIA SANTOS	7029	F	SenF	1:02:01	1:00:41	
1610	AIDA ALVES	5830	F	SenF	1:02:03	59:28:00	
1611	NUNO FIGUEIREDO	7030	M	SenM	1:02:03	1:00:42	
1612	TERESA VIEIRA	5829	F	SenF	1:02:03	59:28:00	
1613	ROSANIA FERNANDES	5342	F	Vet2F	1:02:04	1:01:53	RUMO AO P3N7A
1614	JOSE COELHO	7195	M	Vet4M	1:02:04	1:00:27	
1615	ANTONIO GASPAR	5340	M	Vet2M	1:02:05	1:01:55	RUMO AO P3N7A
1616	ANA PATRICIA AMARO	6849	F	SenF	1:02:05	1:00:43	
1617	DANIELA CRUZ	7476	F	SenF	1:02:06	1:00:28	Família Falcato Lopes dos Santos
1618	MARIA ISABEL COELHO	7196	F	Vet3F	1:02:06	1:00:29	
1619	MANUEL PALMA	5779	M	Vet1M	1:02:06	1:00:18	
1620	JOAQUIM PALMA	5780	M	Vet5M	1:02:06	1:00:18	
1621	SOFIA SABINO	5204	F	Vet1F	1:02:07	1:00:45	
1622	RAFAEL REIS	7269	M	Vet1M	1:02:09	1:01:15	
1623	SARA BARREIROS	6858	F	SenF	1:02:09	1:02:09	Perder Ou Ganhar É Desporto
1624	LUIS SANTOS	7475	M	SenM	1:02:09	1:00:30	Falcato Lopes dos Santos!
1625	JOÃO CARVALHO	6859	M	SenM	1:02:10	1:02:10	Perder Ou Ganhar É Desporto
1626	TATIANA AMORIM	5928	F	SenF	1:02:10	59:21:00	
1627	MARIA SARAIVA	5929	F	Vet2F	1:02:10	59:20:00	
1628	JOANA PENETRA	5281	F	SenF	1:02:12	1:02:12	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1629	JOSÉ PENETRA	5280	M	Vet5M	1:02:12	1:00:24	
1630	JOSÉ SILVA	7499	M	Vet5M	1:02:16	59:57:00	CATEDRAL DA CERVEJA
1631	ADJUTO SILVA	5594	M	Vet5M	1:02:16	1:02:16	GDCT Unicre
1632	JOSÉ ANTÓNIO GIL FELICIANO SARAIVA	7312	M	Vet4M	1:02:17	1:01:56	
1633	HELENA JARDIM	5134	F	Vet3F	1:02:17	1:02:09	
1634	MARIA DE LURDES SOBRAL	7314	F	Vet3F	1:02:18	1:01:57	
1635	MARIA HELENA SARAIVA	7313	F	Vet3F	1:02:18	1:01:57	
1636	NUNO RETO	7147	M		1:02:18	1:02:09	
1637	DIOGO MARTINS	7902	M	SenM	1:02:21	58:52:00	Hospital da Luz
1638	ANDREIA VAZ	5131	F	SenF	1:02:22	1:02:11	
1639	SANDRA BRITO	5535	F	Vet1F	1:02:22	1:02:10	
1640	ANTÓNIO RETO	7148	M	Vet2M	1:02:22	1:02:15	
1641	RUI MATA	7899	M	Vet1M	1:02:22	58:52:00	Hospital da Luz
1642	CARLA MARTA	5132	F	Vet1F	1:02:23	1:02:13	
1643	ANÁLIA PINTO	5298	F	Vet3F	1:02:24	1:02:13	
1644	VITOR CARVALHO	7356	M	Vet4M	1:02:24	1:01:11	Marriott Lisboa
1645	LEONOR CARVALHO	6059	F	Vet3F	1:02:24	1:01:11	
1646	LÚCIA DIAS	5983	F	SenF	1:02:27	1:02:02	Corre c'o Bento
1647	ANA PINTO	5299	F	Vet3F	1:02:27	1:02:16	
1648	MARIA ANDRÉ	6033	F	Vet3F	1:02:29	1:00:40	
1649	JOSÉ LOPES	6032	M	Vet4M	1:02:30	1:00:40	
1650	MIGUEL FERREIRA	5133	M	Vet5M	1:02:31	1:02:20	
1651	MARIA GUILHERMINA SILVA	7071	F	Vet3F	1:02:31	1:00:45	
1652	JOÃO MIGUEL RODRIGUES SILVA TRIGO CASTRO	6316	M	JunM	1:02:32	1:00:46	
1653	ANTÓNIO ALVES PRATES	6306	M	Vet5M	1:02:33	1:00:46	
1654	VITOR MATOS	5190	M	Vet3M	1:02:33	1:11:15	
1655	CLÁUDIA CARVALHO	5160	F	SenF	1:02:34	1:01:07	
1656	CELSO PINTO	5367	M	Vet1M	1:02:34	59:28:00	
1657	RITA ROCHA	6231	F	SenF	1:02:36	1:01:10	
1658	MARIA PEÇA	5159	F	Vet3F	1:02:36	1:01:09	
1659	ILDA DIAS	5615	F	Vet2F	1:02:37	58:54:00	
1660	ALDINA MENDES	5616	F	Vet3F	1:02:38	58:54:00	
1661	ANA GUERREIRO	7276	F	Vet3F	1:02:38	1:02:28	
1662	AMÉLIA SANTOS	7278	F	Vet3F	1:02:39	1:02:28	
1663	VITOR CORREIA	7277	M	Vet5M	1:02:40	1:02:28	
1664	MARIA AMÁLIA PASCOAL	8581	F	Vet3F	1:02:40	59:37:00	
1665	CARLA SANTOS	16565	F	SenF	1:02:41	59:42:00	Colaboradores SLB
1666	TERESA FERREIRA	6556	F	Vet3F	1:02:42	59:23:00	CFBelenenses
1667	GRAÇA CORREIA	15317	F	Vet2F	1:02:42	59:44:00	Junta de Freguesia de Benfica
1668	JORGE SANTOS	15146	M	Vet2M	1:02:43	59:44:00	
1669	NADIA FILIPA MARQUES	8582	F	SenF	1:02:43	59:38:00	
1670	ANA FILIPA PINTO	7127	F	SenF	1:02:43	1:01:26	
1671	ANTÓNIO PINTO	7128	M	Vet4M	1:02:44	1:01:27	
1672	CARINA ESTEVES	7658	F	SenF	1:02:45	1:02:20	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1673	JOAQUIM ESTEVES	7657	M	Vet5M	1:02:45	1:02:20	
1674	BENVINDA ESTEVES	7659	F	Vet3F	1:02:45	1:02:21	
1675	MANUEL SABINO	6085	M	Vet5M	1:02:46	1:01:26	
1676	MARTA FERNANDES	8580	F	SenF	1:02:47	1:01:57	A Correr Por Ti
1677	DULCE SILVA	7758	F	Vet3F	1:02:47	1:01:56	
1678	HUGO DIAS	7904	M	SenM	1:02:49	59:19:00	Hospital da Luz
1679	PEDRO MARTINS	7901	M	Vet3M	1:02:49	59:22:00	Hospital da Luz
1680	MATILDE BRIGIDO	6062	F	Vet3F	1:02:50	58:31:00	Correndo Andando
1681	PAULO JORGE LOPES	5047	F	Vet1F	1:02:51	1:10:19	
1682	DOMINGOS GIL	5039	M	Vet4M	1:02:52	1:02:23	
1683	MARIA GIL	5040	F	Vet3F	1:02:52	1:02:52	
1684	ANA SANTOS	7074	F	Vet3F	1:02:56	1:02:40	
1685	DULCE PEREIRA	5685	F	Vet2F	1:03:00	1:02:02	As Incansáveis
1686	FLORENTINA ZABUMBA	5690	F	Vet2F	1:03:01	1:02:03	
1687	GABRIEL REGO	5344	M	JunM	1:03:02	1:00:16	TACLUBE
1688	TERESA NASCIMENTO	5920	F	Vet1F	1:03:04	1:03:04	
1689	DIOGO ALVES	5346	M	SenM	1:03:04	1:00:16	TACLUBE
1690	JOANA RODRIGUES	5923	F	SenF	1:03:04	1:03:04	
1691	LUCILIA NASCIMENTO	5922	F	Vet3F	1:03:04	1:03:04	
1692	CARLOS NASCIMENTO	5921	F	Vet3F	1:03:04	1:04:17	
1693	ANTONIO FERNANDES	7458	M	Vet3M	1:03:05	1:01:26	
1694	LUIS SIMOES	7457	M	Vet1M	1:03:06	1:01:26	
1695	JOAQUIM ALVES	5345	M	Vet4M	1:03:06	1:00:18	TACLUBE
1696	LUIS REGO	5343	M	Vet2M	1:03:06	1:00:18	TACLUBE
1697	FERNANDO SIMOES	7459	M	Vet3M	1:03:07	1:01:26	
1698	LUIS FERNANDES	7456	M	Vet1M	1:03:07	1:01:29	
1699	JOAQUIM SIMOES	7460	M	Vet5M	1:03:08	1:01:27	
1700	VITOR PEREIRA	5349	M	Vet3M	1:03:09	1:00:20	TACLUBE
1701	RITA VALENTE	7636	F	SenF	1:03:11	1:01:20	
1702	CONCEICAO MADEIRA	6349	F	Vet3F	1:03:14	1:02:24	
1703	SARA SANTOS	7885	F	SenF	1:03:14	1:00:18	Hospital da Luz
1704	JOÃO GUSTAVO	8600	M	SenM	1:03:15	1:00:16	
1705	NEUZA MILAGAIA	7886	F	SenF	1:03:15	1:00:18	Hospital da Luz
1706	OLINDA BARBOSA	17906	F	Vet3F	1:03:16	1:01:36	
1707	CLARA AMARO	7638	F	Vet3F	1:03:23	1:01:44	
1708	MARIA PARDAL	6243	F	Vet3F	1:03:23	1:02:17	
1709	JOSÉ PIRES	5571	M	Vet3M	1:03:24	1:02:15	
1710	GRISELA RODRIGUES	5572	F	Vet3F	1:03:25	1:02:17	
1711	ABÍLIO VEIGA	5573	M	Vet5M	1:03:25	1:02:17	
1712	CARLOS MADEIRA	6350	M	Vet5M	1:03:25	1:02:35	
1713	ANA SANTOS	6683	F	Vet2F	1:03:28	1:00:56	
1714	ADÉLIA PARDAL	5570	F	Vet3F	1:03:29	1:02:19	
1715	ANA COELHO	7403	F	Vet1F	1:03:32	1:01:21	
1716	ARIANA MEIA-VIA	6653	F	SenF	1:03:33	1:03:11	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1717	MARIANA RIBEIRO	6861	F	JunF	1:03:33	1:02:32	
1718	MARIA ANTUNES	17905	F	Vet3F	1:03:35	1:01:55	
1719	CELESTE SILVA	7702	F	Vet3F	1:03:35	1:02:03	
1720	ANDREIA SILVA	7703	F	SenF	1:03:36	1:02:03	
1721	LINA MOHAMED	17904	F	Vet3F	1:03:42	1:02:03	
1722	TÂNIA MOHAMED	17907	F	SenF	1:03:45	1:02:07	
1723	DIANA PLÍNIO	6439	F	SenF	1:03:47	1:01:05	Captain Fly
1724	JOSÉ DIOGO	6906	M	Vet5M	1:03:49	1:03:15	Peniche a correr
1725	MÁRCIA GUERREIRO	5145	F	Vet1F	1:03:51	1:01:50	
1726	LUÍS LOPES	5146	M	Vet1M	1:03:52	1:01:50	
1727	HELENA SANTOS	6863	F	Vet3F	1:03:53	1:02:49	
1728	CARLOS RIBEIRO	6860	M	Vet3M	1:03:53	1:02:50	
1729	MANUEL ALVES	6227	M	Vet2M	1:03:54	1:01:14	
1730	MICAELA BARREIRO	5449	F	Vet3F	1:03:55	1:02:12	
1731	DELFIN TEIXEIRA	5448	M	Vet4M	1:03:55	1:03:55	
1732	HUGO MENDES	6924	M	SenM	1:03:56	1:01:16	
1733	MANUELA DIOGO	7178	F	Vet3F	1:04:00	1:03:27	Peniche a Correr
1734	ANA DUARTE	8530	F	Vet3F	1:04:01	1:01:25	
1735	ANA MARIA CARVALHO DUARTE	7824	F	Vet3F	1:04:02	1:01:27	
1736	LIDIA PEREIRA	5586	F	Vet3F	1:04:03	1:03:51	
1737	MARIA DA CONCEIÇÃO CORREIA	5006	F	Vet3F	1:04:03	1:03:50	
1738	SOFIA CAEIRO	7823	F	SenF	1:04:04	1:01:29	
1739	DIDIER PIRES	6672	F	Vet2F	1:04:06	1:01:09	
1740	SOFIA PEREIRA	6842	F	SenF	1:04:06	1:01:09	
1741	ANA FILIPE	5412	F	SenF	1:04:06	1:01:52	Chão do Galego
1742	FERNANDO CHALANA	7855	M	Vet4M	1:04:06	1:04:05	
1743	RUTE SALGUEIRO	5409	F	SenF	1:04:06	1:01:53	Chão do Galego
1744	PEDRO FRANCO	7854	M	Vet2M	1:04:07	1:04:05	
1745	ROSA PEREIRA	6843	F	Vet3F	1:04:08	1:01:13	
1746	MANUEL PEREIRA	6844	M	Vet5M	1:04:08	1:01:12	
1747	GONÇALO OSÓRIO	6268	M	SenM	1:04:08	1:04:05	Chupa Chupa
1748	JOÃO RIBEIRO	7463	M	SenM	1:04:08	1:02:22	Grupo Desportivo do Castelo
1749	ALEXANDRE CARVALHO	7464	M	Vet1M	1:04:08	1:02:20	Grupo Desportivo do Castelo
1750	ANTÓNIO COSTA	5712	M	Vet5M	1:04:09	1:02:42	
1751	PAULO BARRA	7630	M	Vet3M	1:04:09	1:02:24	Grupo Desportivo do Castelo
1752	HELENA BARRA	7631	F	Vet3F	1:04:09	1:02:22	Grupo Desportivo do Castelo
1753	VASCO DUARTE	6542	M	SenM	1:04:09	1:04:06	Chupa Chupa
1754	RUI CAEIRO	8526	M	Vet3M	1:04:10	1:02:23	Grupo Desportivo do Castelo
1755	MARIA JOSÉ BARRADAS	5955	F	Vet3F	1:04:11	1:02:22	
1756	JOÃO CASTRO	5750	M	Vet5M	1:04:11	1:02:11	
1757	EVA GUERREIRO	5954	F	Vet3F	1:04:12	1:04:12	
1758	ANA MARIA SILVA	5953	F	Vet3F	1:04:12	1:02:22	
1759	SANDRA MARTINS	6308	F	Vet1F	1:04:12	1:02:55	
1760	JOÃO MARTINS	6309	M	JunM	1:04:13	1:02:56	



Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1761	CARLOS MARTINS	6307	M	Vet1M	1:04:13	1:02:56	
1762	CÁTIA MARTINS	5751	F	SenF	1:04:14	1:02:15	
1763	LEONILDE CASTRO	5752	F	Vet3F	1:04:14	1:02:14	
1764	ISABEL MENDES	7867	F	Vet3F	1:04:16	1:02:39	Hospital da Luz
1765	TÂNIA MARTINS	7868	F	SenF	1:04:16	1:02:40	Hospital da Luz
1766	FERNANDO MARTINS	7307	M	Vet5M	1:04:17	1:03:45	
1767	NELSON MENDES	5403	M	SenM	1:04:17	1:01:34	
1768	MARIA FERREIRA	7350	F	Vet3F	1:04:17	1:03:45	B&D
1769	PATRICIA GONÇALVES	6317	F	SenF	1:04:17	1:02:56	
1770	CRISTINA SOARES	6318	F	Vet1F	1:04:18	1:02:55	
1771	VÍTOR PEDROSO	5885	M	JunM	1:04:18	1:02:07	
1772	JOSÉ LUIS VAZ	5402	M	Vet3M	1:04:18	1:01:35	
1773	FERNANDO RAPOSO	6369	M	Vet5M	1:04:19	1:02:22	
1774	CLAUDIA RAPOSO	6370	F	Vet2F	1:04:19	1:02:22	
1775	ISABEL ANTUNES	6603	F	SenF	1:04:21	1:01:22	
1776	SOFIA COSTA	5886	F	Vet1F	1:04:21	1:02:10	
1777	JOÃO SOUSA	5884	M	SenM	1:04:21	1:02:11	
1778	JOÃO BOLILA	6152	M	Vet4M	1:04:23	1:03:18	Bolila
1779	CRISTINA BOLILA	6151	F	Vet3F	1:04:24	1:03:18	Bolila
1780	VITOR RODRIGUES	5840	M	Vet5M	1:04:24	1:04:24	ARANAV
1781	CATARINA BOLILA	6150	F	SenF	1:04:24	1:03:17	Bolila
1782	ISABEL RODRIGUES	5424	F	Vet3F	1:04:25	1:01:14	
1783	SERGIO BERNARDO	6197	M	Vet1M	1:04:26	1:02:53	SPORT LISBOA BERNARDOS
1784	JOSÉ MONTEIRO	5423	M	Vet5M	1:04:26	1:01:12	
1785	ANA MARGARIDA BASTOS	5436	F	SenF	1:04:26	1:04:01	Clube Novo Banco
1786	ANA SOFIA SANTOS	5437	F	SenF	1:04:27	1:04:00	Clube Novo Banco
1787	ELSA REGATÃO	5438	F	Vet1F	1:04:28	1:04:02	Clube Novo Banco
1788	PAULO RIBEIRO	5440	M	Vet3M	1:04:28	1:04:02	Clube Novo Banco
1789	ISA CABANO	7345	F	Vet3F	1:04:29	1:03:32	
1790	AMELIA ALVES	5385	F	Vet3F	1:04:30	1:02:53	ALVES
1791	CARLOS CABANO	7343	M	Vet3M	1:04:31	1:03:32	
1792	MIGUEL CABANO	7344	M	SenM	1:04:31	1:03:33	
1793	DANIEL GOULÃO	6294	M	SenM	1:04:33	1:01:38	Equipa Goulão
1794	MARIA SAUDE	5480	F	Vet2F	1:04:34	1:01:15	Os Primos
1795	ANA GOULÃO	6295	F	SenF	1:04:34	1:01:39	Equipa Goulão
1796	SARA ALVES	6567	F	SenF	1:04:35	1:02:14	
1797	ISABEL BRAZ	6040	F	Vet3F	1:04:36	1:01:40	
1798	ANA RODRIGUES	5422	F	SenF	1:04:36	1:01:26	
1799	JORGE GOUVEIA	5878	M	Vet3M	1:04:37	1:01:31	
1800	MARTA GOUVEIA	5879	F	SenF	1:04:37	1:01:31	
1801	LUIS ALVES	5386	M	Vet5M	1:04:38	1:03:02	ALVES
1802	CARLOS ALVES	6568	M	Vet3M	1:04:38	1:02:16	
1803	ORQUIDEA ROMÃO	5465	F	Vet3F	1:04:38	1:04:32	
1804	ARMANDO ROMÃO	5464	M	Vet5M	1:04:38	1:04:32	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1805	MARGARIDA RELVA	7615	F	Vet3F	1:04:40	1:03:32	
1806	ANDREIA MARQUES	6024	F	SenF	1:04:40	1:02:38	
1807	MARIA GONÇALVES	7616	F	Vet3F	1:04:43	1:03:32	
1808	ANA VILHENA	6923	F	SenF	1:04:44	1:02:04	
1809	ANTÓNIO MARQUES	6025	M	Vet3M	1:04:47	1:02:42	
1810	LURDES CARAPINHA	7219	F	Vet3F	1:04:50	1:03:32	As Habituais
1811	SILVINA CANTEIRO	5547	F	Vet3F	1:04:50	1:04:43	
1812	AUGUSTA MARQUES	7220	F	Vet3F	1:04:50	1:03:35	As Habituais
1813	MARIA DO CARMO GOULÃO	5550	F	Vet3F	1:04:50	1:04:44	
1814	MARIA DE FÁTIMA CUNHA	5548	F	Vet3F	1:04:53	1:04:46	
1815	JULIANA PEREIRA	6155	F	SenF	1:04:55	1:03:25	
1816	TIAGO CHAMBEL	6156	M	SenM	1:04:55	1:03:21	
1817	ANTONIO MARTINHO	6182	M	Vet4M	1:04:56	1:03:24	
1818	SARA MAURICO	7613	F	SenF	1:04:57	1:03:20	
1819	JOANA MAURICIO	7614	F	SenF	1:04:57	1:03:21	
1820	JUSTINA AFONSO	6975	F	SenF	1:04:57	1:04:38	Serrado FC Atletismo
1821	SUSANA OLIVEIRA	7683	F	SenF	1:04:58	1:04:38	Serrado FC Atletismo
1822	ANA AMARO	8541	F	Vet3F	1:05:00	1:02:34	
1823	MARIANA AMARO	5233	F	JunF	1:05:04	1:02:37	
1824	PEDRO FARRUSCO	7013	M	SenM	1:05:05	1:03:42	Team sagres
1825	JOÃO BORRECHO	7016	M	SenM	1:05:05	1:03:42	Team sagres
1826	LUÍS ANTÓNIO DIAS	6026	M	Vet2M	1:05:09	1:03:51	
1827	ELISABETE JORGE	5958	F	Vet1F	1:05:10	1:03:52	
1828	PATRÍCIA CANAVERDE	6815	F	Vet2F	1:05:10	1:02:09	Winnerules
1829	MARIANA DE PAIVA	6817	F	SenF	1:05:10	1:02:06	Winnerules
1830	FLORBELA AMARO	5232	F	Vet1F	1:05:10	1:05:10	
1831	GRAÇA BARRADAS	5917	F	Vet2F	1:05:11	1:02:08	Winnerules
1832	CRISTINA REIS	6976	F	SenF	1:05:11	1:02:07	Winnerules
1833	JOSÉ ANTÓNIO CARNEIRO	5957	M	Vet4M	1:05:11	1:03:55	
1834	MIGUEL TAFULA	7073	M	Vet2M	1:05:11	1:02:11	Winnerules
1835	CONCEIÇÃO CARNEIRO	5956	F	Vet2F	1:05:11	1:03:53	
1836	GILDA AMARO	8540	F	SenF	1:05:11	1:02:44	
1837	MARIA JULIETA OLIVEIRA	17896	F	Vet3F	1:05:13	1:04:09	
1838	RUBEN GARCIA	6165	M	JunM	1:05:13	1:03:46	SPORT LISBOA BERNARDOS
1839	JOÃO BERNARDO	6164	M	JunM	1:05:14	1:03:44	SPORT LISBOA BERNARDOS
1840	JOÃO PEREIRA	7773	M	Vet3M	1:05:14	1:04:09	
1841	JOSÉ SILVA	5560	M	Vet5M	1:05:15	1:01:55	
1842	SARA BRAGA	6462	F	SenF	1:05:15	1:01:45	
1843	FILOMENA PEREIRA	7774	F	Vet3F	1:05:15	1:04:12	Pereira
1844	CÁTIA BRAGA	6461	F	SenF	1:05:16	1:01:44	
1845	MARIA LUISA MANUEL	8574	F	Vet3F	1:05:16	1:03:58	
1846	MARIA SILVA	5561	F	Vet3F	1:05:17	1:01:57	
1847	ANTÓNIO RODRIGUES	7057	M	Vet3M	1:05:22	1:02:42	
1848	INÊS BERNARDO	6198	M	JunM	1:05:22	1:03:52	SPORT LISBOA BERNARDOS

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1849	VITOR DIAS	6563	M	Vet5M	1:05:23	1:03:37	MANUGUTI & FRIEND'S
1850	NUNO NEGRINHO	6562	M	SenM	1:05:23	1:03:35	MANUGUTI & FRIEND'S
1851	CARLA MARIA FIGUEIREDO PAIS SOUSA	5863	F	Vet2F	1:05:23	1:04:26	
1852	CELESTE RODRIGUES	7056	F	Vet3F	1:05:24	1:02:45	
1853	PAULA CRISTINA ALVES ROSA DIOGO	5098	F	Vet2F	1:05:25	1:04:27	
1854	RAÚL CERVEIRA	5634	M	Vet5M	1:05:26	1:03:55	
1855	DINIS GARCIA	6166	M	JunM	1:05:26	1:03:55	SPORT LISBOA BERNARDOS
1856	SONIA GARCIA	6163	F	Vet1F	1:05:26	1:03:55	SPORT LISBOA BERNARDOS
1857	BRUNO ZACARIAS	6663	M	SenM	1:05:39	1:02:06	
1858	INÉS COITO	6668	F	SenF	1:05:39	1:02:09	
1859	DIOGO PAULINO	6667	M	SenM	1:05:40	1:02:05	
1860	ORLANDO BAPTISTA	7471	M	Vet5M	1:05:40	1:02:06	
1861	JORGE FREITAS	5176	M	Vet5M	1:05:49	1:05:00	
1862	MARIA MONTEIRO	5175	M	Vet5M	1:05:49	1:05:02	
1863	ANDRÉ PIRES	5568	M	SenM	1:05:53	1:05:53	
1864	TÂNIA CORRALES	5569	F	SenF	1:05:53	1:04:43	
1865	SILVIA RISCADOR	6056	F	SenF	1:05:55	1:05:13	
1866	MIGUEL RODRIGUES	5092	M	SenM	1:05:56	1:04:49	
1867	ADÉLIA SILVA	5093	F	Vet3F	1:05:57	1:04:50	
1868	LUIS GONÇALVES	6057	M	SenM	1:05:57	1:05:16	
1869	JOSE GONÇALVES	6058	M	Vet5M	1:05:58	1:05:17	
1870	FÁTIMA FÉLIX	7334	F	SenF	1:05:58	1:03:52	
1871	MARIA ANA HENRIQUES	6359	F	SenF	1:05:58	1:02:44	
1872	SUSANA PORTAS	6360	F	SenF	1:05:58	1:02:45	
1873	SANDRA HENRIQUES	7335	F	Vet3F	1:05:59	1:03:52	
1874	AGOSTINHO ALMEIDA	5713	M	Vet1M	1:06:05	1:11:51	
1875	BRUNA RODRIGUES	5858	F	SenF	1:06:06	1:03:55	
1876	PAULO GOMES	5714	M	Vet1M	1:06:07	1:11:55	
1877	LILIANA FONSECA	5854	F	SenF	1:06:07	1:03:54	
1878	SÍLVIA MARTINS	5856	F	Vet1F	1:06:07	1:03:56	
1879	CARLA ALMEIDA	5715	F	Vet1F	1:06:08	1:11:54	
1880	CARLOS CUNHA	5083	M	Vet2M	1:06:10	1:05:28	
1881	RUY FERNANDES	5372	M	Vet2M	1:06:10	1:05:28	
1882	RUI FERNANDES	5371	M	Vet1M	1:06:10	1:05:27	
1883	ISABEL LOPES	5084	F	Vet3F	1:06:10	1:05:27	
1884	ANA GOMES	6287	F	SenF	1:06:11	1:05:24	
1885	ANGELA MARTINS	6284	F	SenF	1:06:11	1:05:26	
1886	VERA GOMES	7810	F	SenF	1:06:14	1:05:26	
1887	FILOMENA HORTINHA	8543	F	Vet3F	1:06:14	1:05:56	
1888	LUISA FERREIRA	8544	F	Vet2F	1:06:14	1:05:57	
1889	JORGE SILVA	6675	M	Vet4M	1:06:15	1:05:03	Silva
1890	MÁRCIA SILVA	6673	F	SenF	1:06:15	1:05:05	Silva
1891	MARIA AMÉLIA SILVA	6674	F	Vet3F	1:06:15	1:05:04	Silva
1892	BARBARA FERRAZ	6286	F	SenF	1:06:16	1:05:32	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1893	PEDRO MELO	6285	M	SenM	1:06:17	1:05:32	
1894	JORGE DIONÍSIO	6185	M	SenM	1:06:18	1:04:47	
1895	TÂNIA CARLOS	6505	F	SenF	1:06:18	1:02:54	Link
1896	ALEXANDRE VICENTE	6504	M	SenM	1:06:18	1:06:18	Link
1897	NUNO RODRIGUES	8518	M	SenM	1:06:19	1:04:50	
1898	ANA MARCÃO	6188	F	SenF	1:06:19	1:04:49	
1899	SAMUEL FIGUEIREDO	7811	M	SenM	1:06:19	1:05:35	
1900	ALEXANDRE JOSÉ RODRIGUES	8515	M	SenM	1:06:20	1:04:50	
1901	ANA LOUREIRO	5580	F	Vet2F	1:06:20	1:05:26	
1902	SUSANA CORREIA	6390	F	SenF	1:06:20	1:04:23	
1903	PEDRO MARTINHO	5182	M	SenM	1:06:20	1:04:14	
1904	VANDA GRAZINA	5183	F	SenF	1:06:21	1:04:15	
1905	CÉLIA RAMOS	6189	F	SenF	1:06:21	1:04:16	
1906	MARCO MASSANO	6190	M	SenM	1:06:22	1:04:15	
1907	JOANA AMADOR	5579	F	SenF	1:06:23	1:05:29	
1908	INÊS RODRIGUES	6135	F	SenF	1:06:24	1:03:21	
1909	ANA SALGUEIRO	17857	F	SenF	1:06:24	1:04:38	
1910	ANA MARQUES	5266	F	Vet3F	1:06:24	1:04:38	
1911	ANTONIO MARQUES	5265	M	Vet3M	1:06:24	1:04:38	
1912	MARGARIDA TRINDADE	5151	F	JunF	1:06:24	1:03:22	Aquae Scalabis
1913	MADALENA NUNES	5152	F	JunF	1:06:25	1:03:23	Aquae Scalabis
1914	ANTÓNIO ALMEIDA	5273	M	Vet3M	1:06:26	1:04:43	
1915	SIMÃO VENTURA	5899	M	JunM	1:06:26	1:04:18	BENFICA GO
1916	JOSÉ VENTURA	5897	M	Vet3M	1:06:26	1:04:18	BENFICA GO
1917	ANA ALMEIDA	5274	F	SenF	1:06:27	1:04:44	
1918	FILIPE COELHO	5900	M	SenM	1:06:27	1:04:18	BENFICA GO
1919	ÂNGELA GARCIA	7089	F	Vet1F	1:06:28	1:06:15	Rio-Frio SLB
1920	BRUNO RAINHO	5600	M	SenM	1:06:29	1:04:20	SS CGD
1921	MARIA GARCIA	7087	F	Vet3F	1:06:29	1:06:14	Rio-Frio SLB
1922	ANA GONÇALVES	5163	F	SenF	1:06:29	1:04:22	
1923	ANA FERREIRA	7088	F	SenF	1:06:29	1:06:16	Rio-Frio SLB
1924	MARIA MARQUES	7348	F		1:06:30	1:05:24	
1925	JOSÉ MARTINS	5499	M	Vet3M	1:06:30	1:03:35	
1926	PATRÍCIA MARTINS	5498	F	SenF	1:06:30	1:03:36	
1927	TIAGO PAIVA	5200	M	SenM	1:06:31	1:04:06	
1928	MARCO CAVACO	6516	M	SenM	1:06:31	1:04:08	
1929	MARILYNE COELHO	6452	F	Vet1F	1:06:32	1:05:50	Táxis dos Moleanos / sosi
1930	NELSON COELHO	6451	M	Vet1M	1:06:32	1:05:51	Táxis dos Moleanos / sosi
1931	ARLINDO CARDOSO	8529	M	Vet5M	1:06:33	1:05:24	
1932	VERA SIMPLICIO	5813	F	SenF	1:06:33	1:03:41	Macara e Silva
1933	ANGELA FERREIRA	7346	F	Vet1F	1:06:34	1:05:27	
1934	MARCO LIBERATO	6491	M	SenM	1:06:35	1:05:13	
1935	JOAO MACARA E SILVA	5811	M	SenM	1:06:35	1:03:41	Macara e Silva
1936	SOFIA REAL	5629	F	SenF	1:06:35	1:05:14	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1937	HÉLDER FREITAS	5624	M	SenM	1:06:35	1:05:15	
1938	SARA AFONSO	7750	F	SenF	1:06:36	1:04:13	
1939	ARLINDO SILVA	7749	M	Vet3M	1:06:40	1:04:18	
1940	MARIA RODRIGUES	7091	F	Vet3F	1:06:41	1:06:26	Rio-Frio SLB
1941	PATRÍCIA SEQUEIRA	6333	F	JunF	1:06:41	1:04:57	
1942	VERA JARDINO	8043	F		1:06:42	1:06:27	Colaboradores SLB
1943	VERA MONTEIRO	6334	F	SenF	1:06:42	1:04:56	evelx
1944	MARIA ANES	7094	F	Vet2F	1:06:43	1:06:27	Rio-Frio SLB
1945	ANTONIO PEREIRA	5812	M	SenM	1:06:43	1:03:50	Macara e Silva
1946	JOÃO BAPTISTA	6034	M	Vet5M	1:06:44	1:06:21	Família BB
1947	INÊS VENTURA	5896	F	SenF	1:06:45	1:04:36	BENFICA GO
1948	MARIA VENTURA	5898	F	Vet3F	1:06:45	1:04:36	BENFICA GO
1949	JOANA DUARTE	6176	F	SenF	1:06:47	1:03:15	Pássaros do Sul
1950	JOSÉ CUNHA	5699	F	Vet2F	1:06:47	1:03:48	
1951	HERLANDER GONÇALVES	6073	M	SenM	1:06:47	1:03:16	Pássaros do Sul
1952	ROSANGELA NERES	5700	F	Vet1F	1:06:47	1:03:46	
1953	ANA LUISA	6077	M	SenM	1:06:47	1:03:14	Pássaros do Sul
1954	JOANA LOURENÇO	7470	F	SenF	1:06:48	1:04:17	
1955	SILVIA REIS	6925	F	SenF	1:06:49	1:03:41	
1956	MÁRCIA SANTOS	7469	F	SenF	1:06:49	1:04:18	
1957	HEBER SILVA	6926	M	SenM	1:06:50	1:03:42	
1958	ISABEL JOAQUIM	5329	F	Vet3F	1:06:50	1:03:04	
1959	JOANA MOITA	6119	F	Vet3F	1:06:51	1:05:05	
1960	MARTA MARQUES	5693	F	SenF	1:06:52	1:04:39	
1961	MARIA FLAMINO	6120	F	Vet3F	1:06:52	1:05:04	
1962	ADELAIDE ESQUITO	6036	F	Vet3F	1:06:55	1:06:31	Família BB
1963	CRISTINA NARCISO	5126	F	Vet3F	1:06:59	1:03:52	Red Runners
1964	MARCELA FERNANDES	5124	F	SenF	1:07:00	1:03:52	Red Runners
1965	MARIA DE FÁTIMA CURINHA CARVALHO	6000	F	Vet3F	1:07:00	1:04:56	
1966	BENVINDO MANUEL CURINHA CARVALHO	5999	M	Vet5M	1:07:03	1:04:58	
1967	RUI SOARES	5125	M	Vet3M	1:07:03	1:03:58	Red Runners
1968	JOSE FORTUNATO	5016	M	Vet5M	1:07:04	1:06:41	Cotas Saltitantes
1969	FRANCISCO BAIÃO	5019	M	Vet5M	1:07:05	1:06:41	Os Cotas Saltitantes
1970	ANA SOUSA	6141	F	Vet1F	1:07:05	1:04:39	Futebolês Benfica da Nazaré
1971	SUSANA RODRIGUES	5855	F	SenF	1:07:05	1:04:55	
1972	ANTÓNIO FANECA	6142	M	Vet5M	1:07:06	1:04:40	Futebolês Benfica da Nazaré
1973	IRINA BANDEIRA	5857	F	SenF	1:07:08	1:07:08	
1974	ANAISA SULTANE	6691	F	SenF	1:07:09	1:03:45	
1975	SILVIA FERREIRA SANTOS	6690	F	Vet1F	1:07:10	1:03:40	
1976	SILVIA FERREIRA SANTOS	6692	F	Vet2F	1:07:11	1:03:43	
1977	JOSÉ VALÉRIO	5555	M	Vet5M	1:07:13	1:06:39	
1978	AMÉLIA VALÉRIO	5556	F	Vet3F	1:07:13	1:06:41	
1979	JOAQUINA MARQUES	6303	F	Vet3F	1:07:14	1:06:01	
1980	EDUARDO MARQUES	6304	M	Vet4M	1:07:14	1:06:01	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
1981	ALEXANDRA FRAGOSO	6102	F	Vet1F	1:07:17	1:05:18	
1982	ELISABETE GONÇALVES	6103	F	Vet1F	1:07:17	1:05:18	
1983	ANA PIINTO	7835	F	Vet3F	1:07:19	1:07:16	Ana Pinto
1984	CÉLIA VIOLANTE	5698	F	SenF	1:07:19	1:04:34	
1985	DULCE ESPINHEIRO	5733	F	Vet2F	1:07:19	1:04:34	
1986	RODRIGO PINHO	6769	M	JunM	1:07:21	1:06:28	
1987	CLARISSE CARRIÇO	5653	F	Vet3F	1:07:21	1:05:56	
1988	FRANCISCO CARRIÇO	5652	M	Vet5M	1:07:22	1:05:56	
1989	MARIA PEREIRA	5608	F	Vet3F	1:07:23	1:05:18	
1990	ILDA MOREIRA	6770	F	Vet3F	1:07:23	1:06:30	
1991	SARA SANTOS	6768	F	SenF	1:07:23	1:06:32	
1992	PATRÍCIA PEDRO	6531	F	SenF	1:07:25	1:04:19	
1993	SUSANA GONÇALVES	6533	F	SenF	1:07:25	1:04:22	
1994	VERA PAIS	6532	F	SenF	1:07:25	1:04:19	
1995	AIDA GONÇALVES	6394	F	Vet3F	1:07:25	1:04:52	APERTA4RUN
1996	EMILIA CONTENTE	6101	F	Vet3F	1:07:27	1:05:28	
1997	CARLOS OLIVEIRA	5503	F	Vet3F	1:07:36	1:04:42	
1998	MARIA OLIVEIRA	5504	F	Vet3F	1:07:36	1:04:45	
1999	CARLOS CAÇADOR	6363	M	Vet3M	1:07:40	1:06:16	
2000	FERNANDA CAÇADOR	6362	F	Vet2F	1:07:40	1:07:40	
2001	CARLA SILVA	6931	F	SenF	1:07:43	1:04:43	
2002	TANIA NASCIMENTO	7526	F	SenF	1:07:43	1:04:42	
2003	CÁTIA PALMA	6218	F	SenF	1:07:44	1:04:43	
2004	CARLA DIAS	5313	F	SenF	1:07:45	1:07:04	
2005	CLAUDIA CARVALHO	5150	F	Vet3F	1:07:55	1:04:50	
2006	CELESTE AUGUSTO	5153	F	Vet3F	1:07:57	1:04:53	Aquae Scalabis
2007	BRUNO SILVA	5729	M	Vet1M	1:07:59	1:05:15	Castanheira da Serra
2008	FERNANDO SILVA	5730	M	Vet5M	1:08:01	1:05:18	Castanheira da Serra
2009	MARIA DE FATIMA	7428	F	Vet3F	1:08:02	1:08:02	
2010	ROSA PEREIRA	7883	F	Vet2F	1:08:09	1:05:00	Hospital da Luz
2011	SUSANA RODRIGUES	7884	F	SenF	1:08:10	1:05:00	Hospital da Luz
2012	ANABELA .	5964	F	Vet3F	1:08:11	1:05:36	Amorense
2013	MARIA ALINA QUEIJO	5963	F	Vet2F	1:08:11	1:05:36	Amorense
2014	MARIANA NUNES	6719	F	JunF	1:08:22	1:06:53	
2015	MARTA PEDRO	6718	F	SenF	1:08:22	1:06:53	
2016	CATARINA BARREIROS	6720	F	JunF	1:08:23	1:06:54	
2017	SANDRA BESSA	6983	F	Vet1F	1:08:24	1:08:04	
2018	JOAQUIM RIBEIRO	6982	M	Vet3M	1:08:24	1:08:05	Nucleo de Karate e Atletismo de Roriz
2019	BLANDINA BRAGA	6984	F	Vet3F	1:08:25	1:08:05	Nucleo de Karate e Atletismo de Roriz
2020	SÓNIA RIBEIRO	5872	F	Vet1F	1:08:25	1:06:37	
2021	LUIS SOUSA	5874	M	SenM	1:08:26	1:06:37	
2022	ANA PAULA NOGUEIRA	5873	F	Vet3F	1:08:26	1:06:37	
2023	CRISTIANA VARANDAS	6721	F	SenF	1:08:26	1:06:58	
2024	OLINDA ALMEIDA	5875	F	Vet3F	1:08:27	1:06:37	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2025	ANABELA CARNEIRO	5798	F	Vet2F	1:08:28	1:07:40	
2026	ISILDA VEIGA	5757	F	Vet1F	1:08:29	1:07:40	
2027	LEONOR VEIGA	5758	F	Vet3F	1:08:29	1:07:40	
2028	TITO SARAMAGO	5759	M	SenM	1:08:29	1:07:19	
2029	ANDRÉ GUILHERME	5760	M	SenM	1:08:29	1:07:22	
2030	OFÉLIA CARREIRA	5192	F	SenF	1:08:29	1:06:25	
2031	ADRIANA CARREIRA	5191	F	SenF	1:08:29	1:06:24	
2032	RUTE PEREIRA	5761	F	SenF	1:08:30	1:07:21	
2033	JOAO SANTOS	5803	M	JunM	1:08:31	1:05:51	
2034	ANA PIRES	5023	F	SenF	1:08:31	1:05:47	
2035	RITA DUARTE	5546	F	Vet1F	1:08:31	1:05:41	
2036	SUSANA VILELA	5529	F	Vet1F	1:08:31	1:05:42	
2037	CARLA PIRES	5800	F	Vet1F	1:08:31	1:05:51	
2038	DEOLINDA PIRES	5802	F	Vet3F	1:08:33	1:05:54	
2039	MARIO FIGUEIRA	7588	M	SenM	1:08:34	1:06:57	TABAQUEIRA
2040	CARLA ANTUNES	7579	F	SenF	1:08:36	1:06:59	TABAQUEIRA
2041	MARIA REIS	6043	F	Vet3F	1:08:37	1:08:18	Maria Reis
2042	ANA MARQUES	7746	F	Vet2F	1:08:38	1:08:16	Ana Marques
2043	RICARDO VINHA	5790	M	SenM	1:08:38	1:08:17	Susana Vinha
2044	ANA VARELA	5623	F	SenF	1:08:38	1:08:17	
2045	ADELINO CARRIÇO	7207	M	Vet5M	1:08:39	1:06:40	
2046	ILIDIA CARRIÇO	7206	F	Vet3F	1:08:39	1:06:39	
2047	LÚCIA ALVES	8516	F	SenF	1:08:39	1:07:09	
2048	CLEMENTINA EIRA	6336	F	Vet3F	1:08:39	1:08:39	evelx
2049	MÁRCIA ALVES	8517	F	JunF	1:08:41	1:07:09	
2050	MAFALDA CASIMIRO	8561	F		1:08:42	1:07:53	Urbanos
2051	MARIA SIMÕES	6335	F	Vet2F	1:08:42	1:08:42	evelx
2052	HELENA MONTEIRO	6337	F	Vet3F	1:08:43	1:08:43	e
2053	RUTE CASIMIRO	8565	F	Vet1F	1:08:44	1:07:56	Urbanos
2054	ROSEMBERG PAIM	8605	M	Vet3M	1:08:47	1:06:27	
2055	AIDA SEIXAS	7366	F	Vet2F	1:08:50	1:06:11	Basquetebol SUB19F
2056	TERESA TRAPELA	6241	F	Vet3F	1:08:50	1:06:12	Os Madrugadores
2057	MARIA RUIVO	6897	F	Vet3F	1:08:50	1:06:11	
2058	ELSA MARISA	5306	F	SenF	1:08:52	1:07:00	
2059	RICARDO RUIVO	6896	M	Vet4M	1:08:52	1:06:14	
2060	RAFAELA RODRIGUES	7177	F	Vet1F	1:08:54	1:08:30	
2061	ÁLVARO DUQUE	6239	M	Vet5M	1:08:54	1:06:15	Os Madrugadores
2062	ANA SANDE	6867	F	Vet1F	1:08:55	1:08:30	
2063	FILOMENA MARTINS	6154	F	Vet3F	1:08:58	1:07:01	Correr para a Vitória
2064	ISABEL ALVES	6153	F	Vet3F	1:09:01	1:07:03	Correr para a Vitória
2065	MARIA LEONOR MONTEIRO	6951	F		1:09:02	1:07:20	
2066	FRANCISCA CUNHA	5451	F	Vet3F	1:09:02	1:07:40	RED GIRLS
2067	FÁTIMA NUNES	5450	F	Vet3F	1:09:02	1:07:37	RED GIRLS
2068	CAROLINA GORJAO	7643	M	JunM	1:09:02	1:07:22	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2069	BEATRIZ DUARTE	6244	F	SenF	1:09:03	1:05:56	
2070	ISABEL APERTA	6396	F	Vet3F	1:09:04	1:06:28	
2071	ANA GONÇALVES	6395	F	SenF	1:09:05	1:06:30	APERTA4RUN
2072	GUIDA DUARTE	6248	F	Vet1F	1:09:05	1:05:57	
2073	INÊS CÉSAR	5226	F	SenF	1:09:07	1:07:26	
2074	ROSA MARTINS	6245	F	Vet1F	1:09:08	1:05:57	
2075	MARIA DUARTE	6249	F	Vet3F	1:09:08	1:05:56	
2076	MARIANA ZINA	5702	F	JunF	1:09:09	1:06:00	
2077	ILDA CARDOSO	5453	F	Vet3F	1:09:09	1:07:45	RED GIRLS
2078	DIANA CORDEIRO	7542	F	SenF	1:09:10	1:07:44	
2079	GRAÇA BROTAS	7541	F	SenF	1:09:11	1:07:45	
2080	PAULA ZINA	5704	F	Vet2F	1:09:11	1:06:02	
2081	LUIS ZINA	5703	M	Vet3M	1:09:12	1:06:03	
2082	MARGARIDA CÉSAR	6351	F	SenF	1:09:13	1:07:40	
2083	SARA VENÂNCIO	6341	F	SenF	1:09:14	1:09:14	
2084	CHARLÈNE ANDRADE	6291	F	SenF	1:09:17	1:08:41	
2085	ANA MARGARIDA ANTUNES	6290	F	SenF	1:09:17	1:08:42	
2086	PAULO ABRANTES	5587	M	Vet3M	1:09:20	1:08:30	GDCT Unicre
2087	EMÍLIA FERRÃO	5588	F	Vet3F	1:09:20	1:08:31	GDCT Unicre
2088	SÓNIA PEREIRA	6995	F	Vet1F	1:09:21	1:09:14	Clube Desportivo Ribeirense
2089	MARIA SILVA	6992	F	Vet3F	1:09:22	1:09:15	Clube Desportivo Ribeirense
2090	SOFIA GOMES	6864	F	SenF	1:09:23	1:06:36	
2091	JOÃO PEDRO CORREIA	5625	M	Vet1M	1:09:24	1:07:21	
2092	TERESA FERREIRA	5626	F	Vet1F	1:09:24	1:07:22	
2093	LEONOR SOUSA	5514	F	Vet3F	1:09:24	1:08:25	Coise Equipe
2094	ERIC SOUSA	5515	M	SenM	1:09:25	1:08:25	Coise Equipe
2095	HELENA CHAGAS	6866	F	Vet3F	1:09:26	1:06:39	
2096	FELICIANO BARATA	7986	M	Vet5M	1:09:26	1:06:58	Colaboradores SLB
2097	VITOR CHAGAS	6865	M	Vet3M	1:09:26	1:06:41	
2098	ELISABETE MARTINS	7903	F	Vet2F	1:09:28	1:09:28	Hospital da Luz
2099	SONIA MOÇO	7900	F	SenF	1:09:29	1:05:59	Hospital da Luz
2100	VERA RODRIGUES	5902	F	Vet3F	1:09:29	1:07:52	
2101	SÓNIA SILVA	5904	F	Vet3F	1:09:30	1:07:53	
2102	CÉLIA CUNHA BOA	5452	F	Vet2F	1:09:31	1:08:08	RED GIRLS
2103	RUI FERREIRA	5797	M	Vet2M	1:09:32	1:07:13	
2104	PAULA AFONSO	5454	F	Vet1F	1:09:32	1:08:08	RED GIRLS
2105	GONÇALO FERREIRA	6948	M			1:08:32	A caminhar
2106	ÁLVARO BARREIRAS	6852	M	Vet1M	1:09:36	1:08:34	A caminhar
2107	PRIMAVERA FERREIRA	6854	F	Vet1F	1:09:36	1:08:33	A caminhar
2108	JOÃO FERREIRA	6853	M	Vet2M	1:09:38	1:08:34	A caminhar
2109	MÓNICA PERES	5659	F	Vet1F	1:09:39	1:09:04	
2110	DIOGO DAMIÃO	8568	M	JunM	1:09:39	1:06:28	Boxe SLB
2111	RAFAEL DAMIÃO	8571	M	JunM	1:09:39	1:06:28	Boxe SLB
2112	RUI RIBEIRO DE ALMEIDA	5721	M	Vet5M	1:09:44	1:07:23	



Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2113	JOÃO RIBEIRO DE ALMEIDA	5720	M	SenM	1:09:44	1:07:23	
2114	MARIA RIBEIRO DE ALMEIDA	5722	F	Vet3F	1:09:47	1:07:24	
2115	EURICO PERES	5662	M	Vet5M	1:09:49	1:09:15	
2116	ANDREIA FIÚZA	6070	F	Vet1F	1:09:55	1:08:44	
2117	JOSE MARQUES	7449	M	Vet5M	1:09:55	1:08:44	JP
2118	LUÍS FIÚZA	6069	M	Vet1M	1:09:56	1:08:43	
2119	MARTA CASQUEIRO	5054	F	Vet1F	1:09:57	1:07:00	
2120	SÉRGIO RAMOS	5053	M	Vet2M	1:09:57	1:07:00	Familia Ramos
2121	CATARINA ESTEVES	6723	F	Vet1F	1:09:57	1:08:45	Jp
2122	MARIA ISABEL MELÃO TEIXEIRA	7448	F	Vet3F	1:09:58	1:08:46	JP
2123	SANDRA BARBOSA	6610	F	Vet1F	1:09:59	1:08:37	
2124	RUI ALMEIDA	5359	M	Vet5M	1:09:59	1:07:40	Super Lentos
2125	BIANCA ALMEIDA	5360	F	SenF	1:10:00	1:07:40	Super Lentos
2126	SAMUEL CARREIRA	6060	M	SenM	1:10:00	1:05:46	Correndo Andando
2127	CATARINA GASPAR	7020	F		1:10:00	1:08:56	
2128	ALICE FRANCISCO	6063	F	Vet3F	1:10:00	1:05:40	Correndo Andando
2129	ANTÓNIO BARBOSA	6224	M	Vet1M	1:10:01	1:08:39	Barbosa
2130	CATARINA BARBOSA	6226	F	JunF	1:10:01	1:08:40	Barbosa
2131	SUSANA BARBOSA	6225	F	Vet1F	1:10:02	1:08:40	Barbosa
2132	PAULA SILVA	7019	F	Vet2F	1:10:04	1:09:00	
2133	SARA GASPAR	7021	F		1:10:05	1:09:01	
2134	JOÃO ANTUNES	5936	M	Vet2M	1:10:07	1:09:05	Turbo Caracóis
2135	JOANA REBELO	5063	F	SenF	1:10:07	1:09:46	
2136	CARLOS SOARES	7223	M	Vet4M	1:10:09	1:08:53	ARPE
2137	ANDRÉ RELVAS	5938	M	SenM	1:10:09	1:09:07	Turbo Caracóis
2138	CATARINA ANTUNES	5935	F	SenF	1:10:09	1:09:08	Turbo Caracóis
2139	MARTA RELVAS	5940	F	JunF	1:10:10	1:09:08	Turbo Caracóis
2140	ANTÓNIO RUI ESTREITO	7221	M	Vet4M	1:10:10	1:08:55	ARPE
2141	CÉLIA ESTREITO	7222	F	Vet3F	1:10:10	1:08:55	ARPE
2142	ISABEL ANTUNES	5937	F	Vet3F	1:10:10	1:09:10	Turbo Caracóis
2143	DINA SOARES	7224	F	Vet3F	1:10:10	1:10:10	
2144	HELENA RELVAS	5939	F	Vet2F	1:10:11	1:09:11	Turbo Caracóis
2145	PAULO GUILHERME	5613	M	Vet2M	1:10:12	1:06:51	Os Primos
2146	JOSÉ JOAQUIM REBELO	5061	M	Vet4M	1:10:12	1:09:51	
2147	MARIA ROSA REBELO	5064	F	Vet2F	1:10:12	1:09:50	
2148	ANA SOFIA ANTUNES DE CARVALHO	5612	F	Vet1F	1:10:12	1:06:51	Os Primos
2149	LAURA REBELO	5062	F	JunF	1:10:13	1:09:52	
2150	CARLA FARINHA	5415	F	SenF	1:10:13	1:07:55	Chão do Galego
2151	CELESTE SALGUEIRO	5410	F	Vet3F	1:10:14	1:07:59	Chão do Galego
2152	FILOMENA SALGUEIRO	5413	F	Vet3F	1:10:15	1:07:59	Chão do Galego
2153	GRACIETE MOTA	6404	F	SenF	1:10:16	1:08:13	Família Costa
2154	ELSA COSTA	7561	F	SenF	1:10:16	1:08:13	TABAQUEIRA
2155	JOAQUIM COSTA	6406	M	Vet4M	1:10:17	1:08:13	Família Costa
2156	INÊS GAMEIRO	6061	F	SenF	1:10:19	1:05:59	Correndo Andando

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2157	SOFIA GAMEIRO	6183	F	SenF	1:10:19	1:06:01	Correndo Andando
2158	SÉRGIO GAMEIRO	6133	M	Vet4M	1:10:19	1:06:01	Correndo Andando
2159	NUNO ABRANTES	6064	M	SenM	1:10:20	1:06:00	Correndo Andando
2160	ISAQUE DA SILVA	6162	M	Vet4M	1:10:26	1:07:57	ONDA TEAM
2161	MAURO BRAZÃO	8547	M	SenM	1:10:29	1:09:22	EUROPCAR
2162	BRUNO BARBOSA	8545	M	SenM	1:10:29	1:09:22	EUROPCAR
2163	MARTA SILVA	7319	F	Vet1F	1:10:30	1:09:24	
2164	MARIA ANTONIA MOTA	6405	F	Vet3F	1:10:30	1:08:26	Família Costa
2165	MARIA NATÁLIA COSTA	6407	F	Vet3F	1:10:30	1:08:26	Família Costa
2166	ANA BEATRIZ DE JESUS ARSÉNIO	7298	F	SenF	1:10:34	1:08:45	HP Sem. Femininos
2167	TIAGO FERREIRA	7107	M	SenM	1:10:37	1:08:33	Associação O Companheiro
2168	ISABEL PATO	7109	F	SenF	1:10:37	1:08:33	Associação O Companheiro
2169	RAQUEL SOFIA DUARTE DE SOUSA PIMENTA ABREU	7306	F	SenF	1:10:38	1:08:47	HP Sem. Femininos
2170	ANDREIA FILIPA FERREIRA LEAL	7305	F	SenF	1:10:38	1:08:46	HP Sem. Femininos
2171	SUSANA CRUZ	6161	F	Vet2F	1:10:38	1:08:09	ONDA TEAM
2172	LUIS MAIA	7025	M	SenM	1:10:39	1:09:04	Vingadores
2173	JOÃO GASPAR	6352	M	SenM	1:10:40	1:09:04	
2174	MARTA GASPAR	7022	F	SenF	1:10:40	1:09:08	Vingadores
2175	IRINA SOFIA SADRINHA MARQUES	7292	F	SenF	1:10:41	1:08:47	HP Sem. Femininos
2176	JOÃO LIMA	5352	M	Vet2M	1:10:41	1:07:45	SLimaBenfica
2177	PATRÍCIA ALMEIDA	5981	F	SenF	1:10:45	1:09:26	
2178	HUGO PARREIRA	5982	M	SenM	1:10:49	1:09:30	
2179	MARIA DOMINGOS	6997	F	Vet3F	1:10:53	1:10:48	Clube Desportivo Ribeiense
2180	MARIA HENRIQUES	6991	F	Vet3F	1:10:56	1:10:53	Clube Desportivo Ribeiense
2181	ORLANDO FAUSTINO	6054	M	Vet5M	1:11:03	1:09:39	Sempre Fixe
2182	ANA FAUSTINO	6053	F	Vet3F	1:11:03	1:09:41	Sempre Fixe
2183	OLGA LISBOA	8589	F	Vet1F	1:11:05	1:09:39	
2184	ASCENÇÃO FARINHA	5414	F	Vet3F	1:11:09	1:08:52	Chão do Galego
2185	FERNANDO FARINHA	5416	M	Vet5M	1:11:10	1:09:03	Chão do Galego
2186	MARIA SANTOS	6083	F	Vet3F	1:11:11	1:09:47	Sempre Fixe
2187	MARIA CAETANO	6084	F	Vet3F	1:11:11	1:09:49	
2188	EUNICE LIMA	5351	F	Vet2F	1:11:14	1:08:21	SLimaBenfica
2189	MARTA GASPAR	5398	F	SenF	1:11:15	1:08:19	SLimaBenfica
2190	LUÍS FILGUEIRAS	6930	M	Vet4M	1:11:15	1:08:51	
2191	HERMINIA CONCEIÇÃO	6928	F	Vet3F	1:11:16	1:08:53	
2192	PAULA FILGUEIRAS	6929	F	Vet3F	1:11:16	1:08:51	
2193	SUSANA QUINTEIRO	6007	F	Vet2F	1:11:16	1:09:55	
2194	GLÓRIA MARTINS	5794	F	Vet1F	1:11:17	1:08:58	
2195	ZÉLIA CALDEIRA	5795	F	SenF	1:11:17	1:08:59	
2196	BRUNO SANCHO	5271	M	Vet1M	1:11:17	1:08:22	
2197	MENA GASPAR	6433	F	SenF	1:11:18	1:08:09	
2198	MARIA JOÃO PÃO-MOLE	5796	F	Vet2F	1:11:18	1:08:58	
2199	PAULA GASPAR	6435	F	SenF	1:11:18	1:08:09	
2200	ANA CATARINO	6434	F	SenF	1:11:18	1:08:10	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2201	LUIS NUNES	6805	M	Vet1M	1:11:18	1:08:21	
2202	TÂNIA ROCHA	6235	F	SenF	1:11:25	1:08:47	Os Madrugadores
2203	ANABELA GONÇALVES	6008	F	Vet2F	1:11:25	1:10:05	
2204	ANA NIZA	6812	F	Vet2F	1:11:26	1:10:05	FunBus
2205	PEDRO ROCHA	6236	M	JunM	1:11:27	1:08:49	Os Madrugadores
2206	JORGE ROCHA	6238	M	Vet4M	1:11:27	1:08:49	Os Madrugadores
2207	SANDRA DUQUE	6240	F	Vet1F	1:11:34	1:08:57	Os Madrugadores
2208	CLARA ROCHA	6237	F	Vet2F	1:11:35	1:08:57	Os Madrugadores
2209	JOEL ESTEVES	6437	M	SenM	1:11:38	1:11:38	
2210	SANDRA PIRES	7273	F	Vet1F	1:11:41	1:10:06	
2211	MARIA GRACIETE CARVALHO	7274	F	Vet3F	1:11:41	1:10:07	
2212	EZEQUIEL PEREIRA	5420	M	Vet3M	1:11:43	1:11:43	
2213	PATRÍCIA LOPES	6436	F	SenF	1:11:45	1:11:45	
2214	NATÉRCIA PEREIRA	5421	F	Vet2F	1:11:45	1:10:42	
2215	DIANA SOUTO	5292	F	SenF	1:11:48	1:08:59	
2216	TERESA SILVA	6426	F	Vet1F	1:11:48	1:08:04	
2217	BRUNA FÉLIX	8564	F		1:11:49	1:11:01	Urbanos
2218	JOSE MANUEL SILVA	6425	M	Vet5M	1:11:50	1:08:07	
2219	VANIA CARNEIRO	6478	F	SenF	1:11:50	1:08:05	
2220	NEUZA CARPINTEIRO	8560	F	SenF	1:11:51	1:11:04	Urbanos
2221	BEATRIZ FÉLIX	8558	F		1:11:51	1:11:01	Urbanos
2222	ANTÓNIO CARPINTEIRO	8557	M	Vet5M	1:11:52	1:11:05	Urbanos
2223	FÁTIMA FÉLIX	8566	F	Vet1F	1:11:52	1:11:02	Urbanos
2224	LUIS TRIGUEIRO	6802	M	SenM	1:11:52	1:09:18	SL Besuntas
2225	DAVID BARATA	6803	M	SenM	1:11:53	1:09:19	SL Besuntas
2226	VANDA OLIVEIRA	5368	F	Vet3F	1:12:01	1:10:40	
2227	ALDA GRAVE	5369	F	Vet3F	1:12:02	1:10:41	
2228	SANDRA SANTOS	5356	F	Vet2F	1:12:04	1:08:58	
2229	JOSÉ FARIA DA PONTE	7436	M	Vet5M	1:12:06	1:08:44	
2230	MARIA MARTINS	5355	F	Vet1F	1:12:06	1:12:06	
2231	ANA NUNES	6758	F	Vet3F	1:12:07	1:09:15	
2232	EVANGELISTA ÂNGELO	7497	M	Vet5M	1:12:07	1:10:51	
2233	FERNANDO ALEXANDRE	7117	M	Vet5M	1:12:09	1:10:50	
2234	INES MAURICIO	5370	F	Vet3F	1:12:09	1:09:04	
2235	ISABEL ALEXANDRE	7118	F	Vet3F	1:12:09	1:10:51	
2236	LAURA MARTINS	5740	F	Vet3F	1:12:10	1:09:53	
2237	CATARINA MONTEIRO	6400	F	Vet1F	1:12:10	1:09:53	
2238	PAULO MAGALHÃES	8570	M	Vet2M	1:12:10	1:08:59	Boxe SLB
2239	ISABEL ÂNGELO	7496	F	Vet3F	1:12:11	1:10:54	
2240	NATALINA LINO	7119	F	Vet3F	1:12:11	1:10:53	
2241	CARLA LOPES	8567	F	SenF	1:12:12	1:09:03	Boxe SLB
2242	PATRÍCIA VERÍSSIMO	6402	F	SenF	1:12:15	1:09:58	
2243	VANDA SOUSA	5734	F	SenF	1:12:17	1:10:20	Os CC's
2244	MAFALDA BRITES	5726	F	Vet1F	1:12:17	1:10:20	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2245	EVARISTO SOUSA	5735	M	Vet5M	1:12:18	1:10:23	Os CC's
2246	FILIPE CURADO	6401	M	SenM	1:12:18	1:10:02	
2247	ALICE PINHEIRO	5262	F	Vet2F	1:12:18	1:12:18	
2248	SALVADOR SEITA	5310	M	JunM	1:12:19	1:10:42	Casa do Benfica de Moura
2249	MIGUEL PIÇARRA	5253	M	JunM	1:12:20	1:10:39	Casa do Benfica de Moura
2250	MATILDE ALVES	7432	F	Vet1F	1:12:20	1:10:42	
2251	MARIA CÉSAR	5227	F	Vet2F	1:12:22	1:10:42	
2252	FERNANDO MARTINS	5741	M	Vet5M	1:12:25	1:10:06	
2253	SÓNIA GORJAO	7644	F	Vet1F	1:12:26	1:10:45	
2254	LUDOVINA MONTEIRO	6950	F	Vet1F	1:12:27	1:10:46	
2255	MARTA SANTOS	5048	F	SenF	1:12:27	1:10:46	Casa do Benfica de Moura
2256	INÊS NUNES	6756	F	SenF	1:12:30	1:09:38	
2257	MARIA HELENA BAIÃO	5925	F	Vet3F	1:12:31	1:10:23	CASA DO BENFICA DE ALCÁCER DO SAL
2258	MARIA DULCE TAVARES	5980	F	Vet3F	1:12:31	1:10:22	CASA DO BENFICA DE ALCÁCER DO SAL
2259	VITOR NUNES	6757	M	Vet5M	1:12:31	1:09:38	
2260	MARIA ROMANA	5076	F	JunF	1:12:37	1:10:55	
2261	RUI MARQUES	6399	M	Vet1M	1:12:37	1:10:14	
2262	MANUELA ROMANA	5049	F	Vet1F	1:12:37	1:10:56	
2263	JAIME SOUSA	7015	M	Vet5M	1:12:40	1:12:09	
2264	MARTA SOUSA	7014	F	SenF	1:12:40	1:12:08	
2265	ANTONIO MANUEL SILVA FERREIRA ANTONIO FERREIRA	5552	M	Vet5M	1:12:42	1:12:09	
2266	JOÃO DOS REIS ARAÚJO	7255	M	Vet5M	1:12:44	1:10:04	Os Madrugadores - Amílcar Oliveira
2267	VÍTOR LOPES	8572	M	Vet5M	1:12:44	1:09:31	Boxe SLB
2268	MARIANA CASCALHEIRA	5675	F	Vet1F	1:12:48	1:10:09	
2269	JOÃO MADEIRA	5674	M	Vet2M	1:12:50	1:10:12	
2270	ANA BELA ALFARO	6593	F	Vet3F	1:12:56	1:11:11	
2271	MARINA SANTOS	6594	F	SenF	1:12:57	1:11:11	
2272	VANDA RICARDO	5397	F	SenF	1:12:58	1:09:38	
2273	INÊS ALFARO	6591	F	SenF	1:12:58	1:11:12	
2274	JOSÉ NEVES	5466	M	Vet1M	1:12:58	1:09:30	
2275	LUIS CARVALHO	5518	M	SenM	1:12:59	1:10:30	
2276	ELSA COSTA	5255	F	Vet2F	1:13:00	1:10:54	
2277	CARLOS ALFARO	6592	M	Vet5M	1:13:00	1:11:14	
2278	PAULO PIRES	5418	M	Vet1M	1:13:00	1:10:08	
2279	SANDRA CODINHA	5419	F	Vet2F	1:13:00	1:10:09	
2280	DANIELA QUEIROZ	6715	F	SenF	1:13:00	1:10:29	A Bela Equipa
2281	ANA BRANCO	6444	F	Vet2F	1:13:01	1:09:20	
2282	ELISABETE QUEIRÓS	8532	F	Vet1F	1:13:01	1:10:30	A Bela Equipa
2283	VÂNIA RICARDO	5467	F	SenF	1:13:02	1:09:37	
2284	ANA PAULA CARVALHO	8531	F	Vet2F	1:13:03	1:10:32	A Bela Equipa
2285	MARCOLINA TOMÁS	5003	F	Vet3F	1:13:04	1:09:30	
2286	ISABEL GOMES	5004	F	Vet3F	1:13:05	1:09:30	
2287	LISA MALTEZ	5559	F	SenF	1:13:07	1:09:41	
2288	JOANA BRITES	5749	F	SenF	1:13:09	1:09:44	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2289	RUI CUNHA	5229	M	Vet1M	1:13:09	1:10:51	
2290	RENATO MIGUEL MONTEIRO CORREIA	5558	M	SenM	1:13:10	1:09:46	
2291	MARIA COSTA	5254	F	Vet3F	1:13:12	1:11:06	
2292	SANDRA MESTRE	5533	F	SenF	1:13:12	1:10:57	
2293	SUSANA MESTRE	5524	F	SenF	1:13:12	1:10:57	
2294	ROSALINA SANTOS	5724	F	Vet3F	1:13:14	1:11:10	
2295	TIAGO JACINTO	5941	M	SenM	1:13:16	1:09:54	
2296	JOSÉ CORREIA	5723	M	Vet2M	1:13:17	1:11:11	
2297	RUI SILVA	5523	M	SenM	1:13:17	1:11:01	Silva Team
2298	RUI TRINDADE	5497	M	SenM	1:13:17	1:11:01	
2299	CÁTIA MENDES	7666	F	SenF	1:13:17	1:09:53	
2300	ANA JACINTO	5942	F	SenF	1:13:17	1:09:53	
2301	TOMÁS PICOTO	7761	M		1:13:18	1:09:57	Picoto
2302	ANTÓNIO PAIVA	5325	M	Vet5M	1:13:21	1:11:34	SEIXALINOS
2303	RUI BÉRTOLO	6695	M	Vet4M	1:13:21	1:12:00	Speed Family
2304	JOSÉ RODRIGUES	5328	M	Vet5M	1:13:22	1:11:35	
2305	EZEQUIEL GOMES	6876	M	Vet5M	1:13:28	1:13:04	
2306	ANABELA GOMES	6875	F	Vet3F	1:13:29	1:13:29	
2307	ISABEL ROSA	6447	F	Vet2F	1:13:34	1:09:49	
2308	ANA ROSA	6443	F	SenF	1:13:34	1:09:49	
2309	TIAGO LOPES	6576	M	JunM	1:13:38	1:11:18	
2310	TERESA LOPES	5926	F	Vet2F	1:13:39	1:11:18	DXC
2311	CARINA MAURICIO	6372	F	SenF	1:13:40	1:12:26	
2312	MONIA COELHO	6525	F	SenF	1:13:42	1:12:28	Correr com Elas!
2313	TIAGO PICOTO	7762	M	JunM	1:13:42	1:10:20	Picoto
2314	MANUEL SILVA	5943	M	Vet5M	1:13:47	1:10:35	
2315	EDUARDO VEIGA	6704	M	Vet1M	1:13:47	1:10:48	familia veiga
2316	PATRICIA CARROLA	5656	F	SenF	1:13:49	1:13:32	PR Carrola
2317	TIAGO VEIGA	6706	M	Vet1M	1:13:51	1:10:54	familia veiga
2318	MARIA CARROLA	5657	F	Vet3F	1:13:52	1:13:35	PR Carrola
2319	CRISTALINA VEIGA	6705	M	Vet2M	1:13:55	1:10:57	familia veiga
2320	NURIA BRANCO	6484	M	SenM	1:13:55	1:11:03	
2321	GUSTAVO CORREIA	8044	M		1:13:57	1:11:15	Colaboradores SLB
2322	LARA COXIXO	5860	F	SenF	1:13:58	1:11:11	
2323	ANA CRISTINA NUNES	7238	F	Vet3F	1:14:00	1:13:54	
2324	CATARINA SANTOS	7973	F	SenF	1:14:02	1:11:20	Colaboradores SLB
2325	CARLA GATINHO	5861	F	SenF	1:14:06	1:11:19	
2326	ANA BAIÃO	6445	F	Vet1F	1:14:10	1:10:29	
2327	RUI BAIÃO	6446	M	Vet1M	1:14:10	1:10:31	
2328	PEDRO MIGUEL PINTO RAMOS	5055	M	Vet1M	1:14:14	1:13:38	
2329	HELDER JORGE	5489	M	SenM	1:14:14	1:12:11	ASSOCIAÇÃO RICO DUELO
2330	MANUEL RAMOS	5197	M	Vet5M	1:14:14	1:13:38	
2331	NELSON JORGE	6134	M	SenM	1:14:15	1:14:15	Associação Rico Duelo
2332	CLARA COELHO	6698	F	Vet3F	1:14:19	1:12:54	Speed Family

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2333	DANIELA MARTINS	6606	F	SenF	1:14:19	1:12:08	
2334	MARILIA CARVALHO	6052	F	Vet3F	1:14:19	1:12:07	
2335	CÉLIA REIS	6870	F	Vet1F	1:14:19	1:13:27	
2336	LUIZA MARTINS	6605	F	Vet2F	1:14:19	1:12:07	
2337	MAFALDA SERRANITO	6608	F	Vet3F	1:14:19	1:13:28	Serranitos
2338	ALBERTO VALA	6694	M	Vet4M	1:14:23	1:12:55	Speed Family
2339	CRISTINA COELHO	6710	F	SenF	1:14:28	1:13:02	Speed Family
2340	ANA RODRIGUES	5542	F	SenF	1:14:32	1:11:34	
2341	HUGO RODRIGUES	5541	M	SenM	1:14:32	1:11:34	
2342	FILIPE NETO	6466	M	SenM	1:14:35	1:11:05	
2343	INÊS COELHO	6467	F	SenF	1:14:36	1:11:07	
2344	ROSÁRIO NETO	6468	F	Vet3F	1:14:37	1:11:16	
2345	RUI GATINHO	5859	M	Vet1M	1:14:38	1:11:51	
2346	FÁTIMA GONÇALVES	5324	F	Vet3F	1:14:39	1:12:56	SEIXALINOS
2347	MARIA BICHO	5320	F	Vet3F	1:14:40	1:12:57	SEIXALINOS
2348	CONCEIÇÃO NUNES	7237	F	Vet3F	1:14:41	1:14:33	
2349	FRANCISCO BANHA	5327	M	Vet5M	1:14:43	1:12:59	SEIXALINOS
2350	HERMENGARDA MENEZES	7543	F	Vet2F	1:14:43	1:13:00	
2351	JOSÉ VIEIRA	5323	M	Vet5M	1:14:45	1:12:59	SEIXALINOS
2352	FERNANDA OLIVEIRA	5322	F	Vet3F	1:14:46	1:13:03	SEIXALINOS
2353	MARIANA BANHA	5326	F	Vet3F	1:14:46	1:13:01	SEIXALINOS
2354	JULIA LUCIO	6978	F	Vet3F	1:14:46	1:12:44	
2355	MARIANA TENDA	6778	F	Vet1F	1:14:47	1:12:45	
2356	CRISTINA GONZAGA	5108	F	Vet1F	1:14:48	1:13:36	Correr com Elas!
2357	SUSANA MENDES	5756	F	Vet1F	1:14:48	1:13:36	Correr com Elas!
2358	JOÃO SILVA	6934	M	Vet1M	1:14:50	1:11:49	
2359	ADELINA REGO	5321	F	Vet3F	1:14:50	1:13:03	SEIXALINOS
2360	ISABEL SANTOS	5318	F	Vet3F	1:14:50	1:13:01	SEIXALINOS
2361	SANDRA SCHOFIELD	6933	F	Vet2F	1:14:50	1:11:47	
2362	ROSA PIRATA	5319	F	Vet3F	1:14:52	1:13:07	SEIXALINOS
2363	JORGE SOUSA	5948	M	Vet3M	1:14:52	1:11:23	Seixeira-Juncal
2364	IDALINA ASCENSO	5950	F	SenF	1:14:54	1:11:25	
2365	CLAUDIA BATISTA	6665	F	SenF	1:14:55	1:11:47	Estarolas
2366	CAROLINA BELDROEGAS	7452	F		1:14:55	1:14:05	
2367	JOÃO PEDRO FIGUEIRA MATOS	6664	M	SenM	1:14:55	1:11:48	Estarolas
2368	ELSA NOBRE	7450	F	Vet1F	1:15:06	1:14:15	
2369	ANA SANTOS	7447	F	Vet3F	1:15:07	1:14:17	
2370	GUILHERME FERREIRA	5682	M	SenM	1:15:10	1:13:55	
2371	ANA LIMA	5681	F	SenF	1:15:10	1:13:55	
2372	CÁTIA MACHADO	5680	F	SenF	1:15:10	1:13:56	
2373	MARIA BARATA	8009	F	Vet3F	1:15:17	1:12:50	Colaboradores SLB
2374	ACÁCIO SILVA	7102	M	Vet5M	1:15:18	1:13:41	
2375	MARIA ADÉLIA	7104	M	Vet5M	1:15:20	1:13:44	
2376	FRANCISCO MENDES	5347	M	Vet3M	1:15:22	1:12:00	TACLUBE

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2377	MARGARIDA MENDES	5348	M	JunM	1:15:24	1:12:00	TACLUBE
2378	SANDRO SILVA	6935	M	JunM	1:15:24	1:12:26	
2379	FRANCISCO MARTINS	7164	M	Vet5M	1:15:33	1:12:45	
2380	OLIVIA PINTO	7162	F	Vet3F	1:15:33	1:12:48	
2381	ANTONIO MARTINS	7165	M	Vet5M	1:15:34	1:12:46	
2382	MANUELA RASTEIRO	7163	F	Vet3F	1:15:35	1:12:48	
2383	HELDER ANTUNES	7169	M	Vet1M	1:15:36	1:12:46	
2384	ANTONIO SILVA	6288	M	Vet5M	1:15:36	1:15:36	
2385	ANABELA GELASIO	7171	F	Vet3F	1:15:36	1:12:49	
2386	MAFALDA PADRÃO	7168	F	SenF	1:15:37	1:12:45	
2387	ANA CAETANO	7317	F		1:15:37	1:14:25	Speed Family
2388	CARLA VALÉRIO	7316	F	Vet2F	1:15:40	1:14:27	Speed Family
2389	INÊS SILVÉRIO	6707	F	SenF	1:15:40	1:14:28	Speed Family
2390	RITA TRINDADE	6709	F	SenF	1:15:41	1:14:27	Speed Family
2391	SOFIA TRINDADE	6711	F	JunF	1:15:41	1:14:26	Speed Family
2392	JOÃO SILVA	6693	M	Vet5M	1:15:42	1:14:14	Speed Family
2393	ROSÁRIO PADRÃO	7167	F	Vet3F	1:15:43	1:12:53	
2394	LUZ MARQUES	7170	F	Vet3F	1:15:44	1:12:56	
2395	GASTÃO PADRÃO	7166	M	Vet5M	1:15:45	1:12:56	
2396	JOANA BÉRTOLO	6697	F	SenF	1:15:45	1:14:23	Speed Family
2397	CÉLIA XAREZ	6115	F	Vet2F	1:15:45	1:14:14	
2398	ISABEL CAETANO	6696	F	Vet3F	1:15:45	1:14:22	Speed Family
2399	MARIA CAETANO	6708	F	Vet3F	1:15:45	1:14:31	Speed Family
2400	ANA VAZ	6113	F	Vet2F	1:15:46	1:14:15	
2401	CARLOS TEIGAS	5219	M	Vet5M	1:15:46	1:14:15	
2402	MÁRIO VAZ	6114	M	Vet3M	1:15:47	1:14:15	
2403	FRANCISCO SEBASTIÃO	5597	M	Vet5M	1:15:48	1:15:27	
2404	JOSÉ LUÍS NABAIS FERNANDES	5753	M	Vet2M	1:15:49	1:13:01	
2405	ALMERINDA MAGALHÃES	6551	F	Vet3F	1:15:52	1:13:45	
2406	PAULO SEMEDO	5772	M	SenM	1:15:52	1:13:07	
2407	MANUELA FERREIRA	6549	F	Vet3F	1:15:53	1:13:46	
2408	FILIPA CONSTANTINO	5773	F	SenF	1:15:53	1:13:06	
2409	ANA MARTA	6332	F	SenF	1:16:08	1:16:08	
2410	INÊS LOPES	5379	F	SenF	1:16:17	1:14:11	
2411	ADELAIDE MARTINS	5381	F	Vet3F	1:16:18	1:14:12	
2412	MARIA CONCEIÇÃO	5384	F	Vet3F	1:16:19	1:14:13	
2413	LURDES PATO	5382	F	Vet3F	1:16:19	1:14:12	
2414	IRENE LOURINHO	5383	F	Vet3F	1:16:19	1:14:13	
2415	FERNANDO NUNES	6320	M	Vet5M	1:16:21	1:16:21	
2416	PAULO ALVES	6339	M	SenM	1:16:21	1:16:21	
2417	NAIR LOPES	5380	F	Vet3F	1:16:22	1:16:22	
2418	ILANA NUNES	6312	F	Vet1F	1:16:22	1:16:22	
2419	JOÃO CRUZ	7794	M	Vet4M	1:16:23	1:14:28	PRATA
2420	LEONOR AMARAL	6482	F	SenF	1:16:24	1:13:21	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2421	FERNANDO PRATA	7789	M	Vet4M	1:16:24	1:14:27	PRATA
2422	PEDRO PRATA	7791	M	SenM	1:16:25	1:14:29	PRATA
2423	MARIA FILOMENA PRATA	7790	F	Vet3F	1:16:25	1:14:27	PRATA
2424	TIAGO PRATA	7792	M	SenM	1:16:26	1:14:28	PRATA
2425	ISABEL CRUZ	7795	F	Vet3F	1:16:26	1:14:28	PRATA
2426	CECILIA BISCHOFF	6328	F	Vet3F	1:16:27	1:16:27	
2427	CESALTINA SANTOS	6798	F	Vet3F	1:16:27	1:15:42	
2428	MÁRIO SANTOS	6797	M	Vet5M	1:16:28	1:16:28	
2429	HELDER LEONG	6483	M	Vet1M	1:16:28	1:13:24	
2430	ADRIANA GEADA	7007	F	SenF	1:16:28	1:13:24	
2431	ANA RITA MARAFUZ	7864	F		1:16:31	1:13:08	
2432	INÊS PONTE	7383	F	SenF	1:16:31	1:13:05	Babes and babies
2433	TELMA RODRIGUES	8554	F	SenF	1:16:35	1:16:35	
2434	TÂNIA COSTA	8553	F	Vet2F	1:16:35	1:14:10	
2435	JORGE SANTOS	5654	M	Vet1M	1:16:35	1:14:10	
2436	MARIA DE FÁTIMA RIBEIRO	7865	F	Vet3F	1:16:36	1:13:13	
2437	MATILDE FARIA DA PONTE	7437	F	Vet3F	1:16:36	1:13:13	
2438	MARTA LOURENÇO	7381	F	SenF	1:16:40	1:13:13	
2439	VERA GONÇALVES	7382	F	SenF	1:16:41	1:13:15	
2440	DOMINGAS ALVES	6883	F	Vet3F	1:16:41	1:13:01	Girrasol
2441	MARIA RODRIGUES	6884	F	Vet3F	1:16:42	1:13:01	Girrasol
2442	INÊS CORREIA	6879	F	SenF	1:16:43	1:13:00	Girrasol
2443	ANA FÁTIMA	7352	F	JunF	1:16:45	1:14:12	
2444	FATIMA BERNARDO	7351	F	Vet3F	1:16:45	1:14:13	
2445	MARIA LEITÃO	5762	F	Vet3F	1:16:46	1:15:40	
2446	MARIA DIAS	5763	F	Vet3F	1:16:46	1:15:38	
2447	LUBÉLIA MEDALHAS	6881	F	Vet3F	1:16:47	1:13:06	Girrasol
2448	JOSÉ JORGE	5609	M	Vet4M	1:17:06	1:15:01	
2449	PEDRO ANTUNES	5607	M	Vet2M	1:17:07	1:14:58	
2450	DALILA GOMES	5610	F	SenF	1:17:16	1:15:09	
2451	CRISTINA CARPINTEIRO	5821	F	Vet1F	1:17:20	1:14:01	
2452	CONCEIÇÃO NUNES	5862	F	Vet3F	1:17:21	1:13:58	
2453	JOSÉ CARPINTEIRO	5814	M	Vet5M	1:17:24	1:14:01	
2454	JOSÉ SILVA	5528	M	Vet5M	1:17:25	1:15:04	
2455	BARBARA NUNES	5585	F	SenF	1:17:27	1:15:06	
2456	PEDRO BERNARDINO	5103	M	Vet1M	1:17:28	1:14:35	
2457	NELSON SOUSA	7039	M	Vet1M	1:17:28	1:13:55	
2458	MÁRIO BERNARDINO	5104	M	Vet5M	1:17:30	1:14:36	
2459	MARIA BERNARDINO	5105	F	Vet3F	1:17:30	1:14:38	
2460	MARIA ALMEIDA	6417	F	Vet3F	1:17:30	1:14:11	Beneditas
2461	CLÁUDIA SOUSA	7040	F	SenF	1:17:30	1:13:57	
2462	SARA GUERRA	6415	F	JunF	1:17:32	1:14:10	Beneditas
2463	JULIO FERREIRA	5906	M	Vet5M	1:17:33	1:16:26	
2464	MARIA LÚCIA HENRIQUES	6414	F	Vet3F	1:17:33	1:17:33	Beneditas



Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2465	MARIA ISABEL COELHO	6418	F	Vet3F	1:17:33	1:14:13	Beneditas
2466	JORGE FERREIRA	5905	M	SenM	1:17:34	1:16:31	
2467	JOAQUIM RIBEIRO	6273	M	Vet5M	1:17:36	1:15:42	
2468	ANABELA FERNANDES	5633	F	Vet3F	1:17:39	1:15:17	
2469	ANA TRINDADE	5563	F	SenF	1:17:41	1:14:25	
2470	TOMÁS PINHO	7076	M	JunM	1:17:42	1:15:40	
2471	TÂNIA FLORES	5566	F	Vet1F	1:17:42	1:14:25	
2472	MARIA FLORES	5565	F	Vet3F	1:17:43	1:14:30	
2473	JORGE TRINDADE	5562	M	Vet4M	1:17:44	1:14:31	
2474	ALFREDO FLORES	5564	M	Vet5M	1:17:45	1:14:31	
2475	RENATA SANTOS	6420	F	Vet1F	1:17:47	1:15:48	
2476	CARMEN SANTOS	6799	F	Vet3F	1:17:47	1:16:55	
2477	VÂNIA SILVA	6796	F	SenF	1:17:48	1:16:56	
2478	ELISABETE FERREIRA	7488	F	Vet1F	1:17:51	1:17:21	
2479	CARMINDA SILVA	6795	F	Vet3F	1:17:51	1:16:57	
2480	MARIANA FERREIRA	7486	F	JunF	1:17:51	1:17:22	os ferreirinhas
2481	NUNO FERREIRA	7487	M	Vet1M	1:17:52	1:17:23	
2482	ROSALINA FERREIRA	7489	F	Vet3F	1:17:52	1:17:23	
2483	MARIA TERESA HENRIQUES	6416	F	Vet3F	1:17:53	1:14:36	Beneditas
2484	LUÍSA FERREIRA	6272	F	Vet3F	1:17:54	1:15:59	
2485	MARIA RUFINO	6419	F	Vet3F	1:18:01	1:14:45	Beneditas
2486	MARIA JOSÉ HENRIQUES	6413	F	Vet3F	1:18:01	1:14:39	Beneditas
2487	MARIA ROMEIRAS	5839	F	Vet3F	1:18:02	1:17:00	
2488	EDUARDO EPIFÂNIO	7078	M	Vet2M	1:18:05	1:14:20	
2489	CRISTINA EPIFÂNIO	7077	F	Vet1F	1:18:07	1:14:23	
2490	JORGE PIRES	5838	M	Vet5M	1:18:10	1:17:09	
2491	RITA PINHO	7075	F	Vet2F	1:18:16	1:16:15	
2492	SARA OLIVEIRA	6932	F	SenF	1:18:16	1:16:14	
2493	MARIA BARRADAS	6554	F	SenF	1:18:36	1:17:38	
2494	ANA SOFIA FERNANDES	6555	F	SenF	1:18:37	1:17:39	
2495	ANTÓNIO FARIA	6553	M	JunM	1:18:37	1:17:39	
2496	NUNO SILVÉRIO	6552	M	SenM	1:18:42	1:18:42	
2497	ÂNGELA CARDOSO	7466	F	SenF	1:18:47	1:15:15	PSB-Team
2498	ANA ANTUNES	8599	F	Vet1F	1:18:47	1:15:15	
2499	ANA MARTINEZ	7468	F	SenF	1:18:47	1:15:18	PSB-Team
2500	MAFALDA ROSADO	7396	F	SenF	1:18:48	1:15:14	
2501	PAULO MARTINEZ	7467	M	Vet4M	1:18:50	1:15:21	PSB-Team
2502	MARIA VIEIRA	6635	F	Vet3F	1:18:53	1:18:53	
2503	CARLA ANTAS	5157	F	SenF	1:19:06	1:16:15	
2504	PAULO AFONSO	6888	M	SenM	1:19:07	1:14:57	
2505	MARTA CRUZ	6901	F	Vet1F	1:19:08	1:18:07	
2506	FRUTUOSO RODRIGUES	6900	M	Vet5M	1:19:11	1:18:06	
2507	CARLOS AFONSO	6873	M	Vet4M	1:19:16	1:15:22	
2508	CELESTE AFONSO	6872	F	Vet3F	1:19:18	1:15:25	

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2509	MARIA SALGADO	6874	F	Vet3F	1:19:19	1:15:23	
2510	RICARDO RODRIGUES	8032	M	SenM	1:19:23	1:18:16	Colaboradores SLB
2511	CIDÁLIA RODRIGUES	6899	M	SenM	1:19:23	1:18:17	
2512	CAROLINA FERREIRA	6729	F	JunF	1:19:29	1:15:23	
2513	FILIFE FERREIRA	6726	M	SenM	1:19:29	1:15:18	
2514	CÉLIA FERREIRA	6730	F	SenF	1:19:29	1:15:18	
2515	CARLOS AFONSO	6823	M	SenM	1:19:30	1:15:33	
2516	NADIA AFONSO	6822	F	SenF	1:19:30	1:15:32	
2517	CATARINA MOITA	6727	F	Vet1F	1:19:30	1:15:26	
2518	LARA GUIMARÃES	7820	F	SenF	1:19:31	1:16:52	
2519	GONÇALO GUIMARÃES	7819	M	SenM	1:19:35	1:16:56	
2520	NATÉRCIA PAIVA	7160	F	Vet1F	1:19:39	1:18:23	
2521	JOANA SILVA	7159	F		1:19:40	1:18:25	
2522	RITA PAULINO	7008	F	Vet3F	1:19:40	1:19:40	
2523	RUI ANTUNES	6345	M	Vet2M	1:19:40	1:19:40	
2524	CONCEIÇÃO MARQUES	7161	F	Vet3F	1:19:41	1:18:27	
2525	CARLOS ANTUNES	6344	M	Vet2M	1:19:42	1:19:42	
2526	MARIA MARGARIDA JESUS	5985	F	Vet3F	1:19:42	1:19:42	
2527	ALBERTO ANTUNES	6343	M	Vet5M	1:19:43	1:19:43	
2528	ISABEL SEBASTIÃO	5598	F	SenF	1:19:49	1:19:28	
2529	HORTENSE SEBASTIÃO	7151	F	Vet3F	1:19:49	1:19:30	
2530	HELENA MOREIRA	7992	F	Vet3F	1:19:53	1:18:25	Colaboradores SLB
2531	MARIA BERNARDO	8010	F	Vet3F	1:19:53	1:18:26	Colaboradores SLB
2532	MARGARIDA JESUS	5984	F	SenF	1:19:55	1:19:43	
2533	MARGARIDA TAVARES	6582	F	SenF	1:20:02	1:17:41	
2534	JOÃO PEDRO BERNARDINO	6702	M	SenM	1:20:05	1:16:30	
2535	ANA SERRA	6581	F	Vet1F	1:20:06	1:17:48	
2536	ISABEL MESTRE	6987	F	Vet3F	1:20:08	1:18:07	Mestres
2537	CARMO ANDRADE	7399	F	Vet3F	1:20:08	1:18:07	
2538	MARÍLIA SANTOS	6613	F	Vet3F	1:20:13	1:16:38	
2539	FILIFE SILVA	6634	M	SenM	1:20:46	1:16:44	
2540	BRUNA SILVA	6631	F	SenF	1:20:57	1:16:54	
2541	ANTÓNIO SILVA	6632	M	Vet4M	1:20:58	1:16:55	
2542	ANA PEDRO	7687	F	SenF	1:21:00	1:18:23	
2543	MARIA ESTEVÃO	6615	F	Vet3F	1:21:10	1:17:35	
2544	ANGELA SILVA	6633	F	Vet3F	1:21:11	1:17:37	
2545	CARLA CARREIRA	7785	F	Vet1F	1:21:12	1:17:26	
2546	MARIA CARAPINHA	6614	F	Vet3F	1:21:12	1:17:38	
2547	SÓNIA GOMES	7063	F	SenF	1:21:13	1:17:31	
2548	FILIPA SILVESTRE	8592	F	SenF	1:21:14	1:17:28	
2549	NUNO GOMES	7062	M	Vet1M	1:21:17	1:17:31	
2550	SARA PASSOS	7686	F	SenF	1:21:23	1:18:49	
2551	ANA RUA	6382	F	SenF	1:21:28	1:23:15	ADRC Mata de Benfica
2552	RICARDO MIRA	6381	M	Vet1M	1:21:29	1:22:19	ADRC Mata de Benfica

Lugar	Nome	Dorsal	Sexo	Escalão	Tempo	Chip	Equipa
2553	LUÍS VIEIRA	6492	M	SenM	1:21:42	1:21:42	
2554	CRISTIANA VIEIRA	6470	F	SenF	1:21:42	1:21:42	
2555	MARIA SANTARÉM	6479	F	Vet3F	1:21:43	1:21:43	
2556	BRUNO LOPES DA SILVA	5477	M	SenM	1:22:05	1:20:46	SLB Oeiras
2557	ANA BELA LOPES	5478	F	Vet3F	1:22:06	1:20:46	SLB Oeiras
2558	LUIA PEIXOTO	5544	F	Vet3F	1:22:19	1:22:08	As Benfiquistas
2559	TERESA MIGUEL	5545	F	Vet3F	1:22:21	1:22:08	As Benfiquistas
2560	JORGE VENTURA	5642	M	Vet5M	1:22:26	1:18:40	
2561	NIVALDO FREITAS	5638	M	SenM	1:22:42	1:18:51	
2562	INÉS VENTURA	5644	F	SenF	1:22:43	1:18:50	
2563	FILIPE LOPES	5975	M	SenM	1:22:43	1:19:38	Casa do Benfica em Castelo Branco
2564	MARIA OLIVIA LOPES	5974	F	Vet3F	1:22:48	1:19:42	Casa do Benfica em Castelo Branco
2565	JOÃO LOPES	5976	M	Vet5M	1:22:48	1:19:44	Casa do Benfica em Castelo Branco
2566	CÁTIA PINTO	6502	F	SenF	1:22:55	1:19:38	Link
2567	VIVIANA PINTO	6503	F	JunF	1:22:55	1:19:35	Link
2568	FÁTIMA PINTO	6500	F	Vet3F	1:22:57	1:19:43	Link
2569	ANA SANTARÉM	6475	F	SenF	1:22:59	1:22:59	
2570	FLÁVIA SANTARÉM	6469	F	SenF	1:23:00	1:23:00	
2571	PEDRO MAXIMIANO	6471	M	SenM	1:23:00	1:23:00	
2572	JOSÉ SANTOS	6472	M	Vet1M	1:23:03	1:23:03	
2573	PAULO ANTUNES	5640	M	Vet3M	1:23:10	1:19:05	
2574	SANDRA ANTUNES	5639	F	Vet1F	1:23:10	1:19:06	
2575	DAVID SANTARÉM	6476	M	SenM	1:23:28	1:23:28	
2576	MÓNICA SANTARÉM	6480	F	Vet1F	1:23:28	1:23:28	
2577	ANDREIA PINTO	6501	F	SenF	1:23:31	1:20:15	Link
2578	NUNO MARTINS	7137	M	SenM	1:23:34	1:20:16	
2579	MIGUEL VENTURA	5645	M	SenM	1:23:42	1:19:53	
2580	VITÓRIA SOUSA	6725	F	Vet3F	1:24:04	1:20:10	
2581	MARIA ESCARIGO	5376	F	SenF	1:24:07	1:15:37	
2582	VIRIATO SOUSA	6724	M	SenM	1:24:08	1:20:09	
2583	ISABEL FERNANDES	5641	F	Vet3F	1:24:12	1:20:17	
2584	JOÃO PINHÃO	5375	M	SenM	1:24:15	1:15:44	
2585	MARTA TEIXEIRA	7288	F	SenF	1:25:06	1:21:00	
2586	ANA DIAS	5643	F	SenF	1:25:09	1:21:02	
2587	GERTRUDES RAMOS	5300	F	Vet3F	1:26:25	1:26:25	
2588	ROSA BENTO	6999	F	Vet3F	1:32:06	1:30:31	Clube Desportivo Ribeiense
2589	LUIS PISSARRA	5892	M	Vet3M	1:35:50	1:35:35	