

## LISTAGEM EXTRA OFICIAL (PARA CONFERÊNCIA DE TEMPO)

### MEMORIAL FRANCISCO LAZARO

**Patrocínio:** ASS ATLETISMO LISBOA

**Apoio:** XISTARCA

**Data:** 15/07/2012

**Classif.:** Relatório Geral Masculino e Feminino

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Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
1	601	FABIO OLIVEIRA	33	M2034	1	M					ODIMARQ ALUMINIOS	00:33:32
2	24	PEDRO ARSENIO	29	M2034	2	M					ADRC MATA BENFICA	00:33:33
3	479	PAULO ALDEAGAS	33	M2034	3	M					GD DIANA	00:35:01
4	9	VITOR LIMA	44	M4044	1	M					NUCLEOEIRAS7SPORTZONE	00:35:11
5	61	HUGO ADELINO	38	M3539	1	M					A VALE SILENCIO	00:35:58
6	126	PEDRO DA SILVA	41	M4044	2	M					FSE COLLONGE BELLERIVE	00:36:06
7	68	JOSE GOMES	39	M3539	2	M					OESTE RUNNING	00:36:58
8	454	PAULO ALVES	34	M2034	4	M					GD IN CASA MOEDA	00:37:12
9	129	RICARDO FRANCO	27	M2034	5	M					WIKABOO	00:37:15
10	71	JOAQUIM RODRIGUES	43	M4044	3	M					OESTE RUNNING	00:37:36
11	51	SERGIO SANTOS	48	M4549	1	M					CCDT AUT ALMADA	00:37:52
12	72	JOAO FRANCO	58	M5559	1	M					OESTE RUNNING	00:37:57
13	70	VITOR SANTOS	38	M3539	3	M					OESTE RUNNING	00:37:59

14	73	EMANUEL BANDEIRA	35	M3539	4	M	OESTE RUNNING	00:38:11
15	257	RICARDO CABO	22	M2034	6	M	INDIVIDUAL	00:38:14
16	610	JOSE BORGES	36	M3539	5	M	C F BENFICA	00:38:31
17	460	JOAO F FERREIRA	34	M2034	7	M	INDIVIDUAL	00:38:35
18	295	RUI J F HENRIQUES	32	M2034	8	M	INDIVIDUAL	00:38:42
19	263	NUNO M S F ALVES	35	M3539	6	M	INDIVIDUAL	00:38:56
20	66	LUIS REBELO	48	M4549	2	M	OESTE RUNNING	00:39:13
21	418	SAUL RAFAEL	40	M4044	4	M	INDIVIDUAL	00:39:17
22	155	JOSE GUIMARAES	38	M3539	7	M	C F BENFICA	00:39:26
23	462	SAMUEL GALVEIA	31	M2034	9	M	CADT PORTUCEL	00:39:36
24	283	JOÃO FERREIRA	41	M4044	5	M	INDIVIDUAL	00:39:44
25	22	NUNO M CORREIA	45	M4549	3	M	GD INE	00:39:50
26	486	RUI AGUIAR	37	M3539	8	M	ARSC TOLEDO	00:39:56
27	349	JOAQUIM ALVES	60	M6099	1	M	CCD O ALVITEJO	00:40:01
28	296	JOÃO ANDRADE	46	M4549	4	M	FOZ 365	00:40:03
29	504	JOAO COVAS	52	M5054	1	M	INDIVIDUAL	00:40:21
30	469	HERNANI FERNANDES	41	M4044	6	M	INDIVIDUAL	00:40:34

							SC1	SC2	SC3	Equipe	Tempo
31	97	PAULO RODRIGUES	45	M4549	5	M				INDIVIDUAL	00:40:36
32	461	OLIVIER BOONEN	47	M4549	6	M				INDIVIDUAL	00:40:39
33	602	PEDRO TAROUCA	44	M4044	7	M				INDIVIDUAL	00:40:40
34	319	PAULO GOMES	32	M2034	10	M				INDIVIDUAL	00:40:45
35	151	LUCILIA SOARES	50	F4599	1	F				SL BENFICA	00:40:49
36	455	RUI CORREIA	36	M3539	9	M				GD IN CASA MOEDA	00:40:50
37	431	PAULO A CALDEIRA	34	M2034	11	M				INDIVIDUAL	00:40:51
38	52	GRACIANO CAMPOS	56	M5559	2	M				CCDT AUT ALMADA	00:40:54
39	313	LUIS SALES	36	M3539	10	M				INDIVIDUAL	00:40:59
40	465	JOSE SOUSA	40	M4044	8	M				AA LEBRES SADO	00:40:59
41	477	PEDRO A MARQUES	37	M3539	11	M				INDIVIDUAL	00:41:11
42	453	RUI P S BERNARDO	45	M4549	7	M				INDIVIDUAL	00:41:34
43	43	JOAQUIM SANTOS	36	M3539	12	M				JG SEGUROS	00:42:07
44	612	PAULO TEIXEIRA	50	M5054	2	M				C F BENFICA	00:42:07
45	478	RAQUEL CABAÇO	25	F2034	1	F				GD DIANA	00:42:09
46	267	PEDRO M S FERNANDES	38	M3539	13	M				INDIVIDUAL	00:42:10
47	21	JOSE MAGALHAES	58	M5559	3	M				GD INE	00:42:22
48	370	EDGAR FRANÇISCO	46	M4549	8	M				UED ARRANHO	00:42:24
49	506	ARLINDO DUARTE	45	M4549	9	M				AÇOREANA C BANIF	00:42:35
50	492	RICARDO TAVARES	30	M2034	12	M				2 FAST 4 YOU	00:42:37
51	495	TITO L HENRIQUES	38	M3539	14	M				RADIO PIRATA	00:42:38
52	485	JORGE ANTUNES	38	M3539	15	M				ARSC TOLEDO	00:42:39
53	484	NOEL SARREIRA	32	M2034	13	M				ARSC TOLEDO	00:42:46
54	2	ARMANDO ALDEGALEGA	74	M6099	2	M				SPORTING CP	00:42:52
55	359	ANTONIO E GONÇALVES	47	M4549	10	M				METRO 2011	00:42:52
56	363	NUNO PITA	36	M3539	16	M				METRO 2011	00:42:52
57	362	ANTONIO B PEREIRA	48	M4549	11	M				METRO 2011	00:42:53

58	475	MANUEL B COSTA	56	M5559	4	M	METRO 2011	00:42:53
59	386	JOSE SILVA	48	M4549	12	M	ODIMARQ ALUMINIOS	00:42:55
60	310	JOÃO C L ALMEIDA	35	M3539	17	M	B ARGELIA PONTEVEL	00:42:57
61	436	NUNO J L RODRIGUES	35	M3539	18	M	CD GRUPO BES	00:42:58
62	124	OSCAR SANTOS	55	M5559	5	M	C F BENFICA	00:43:08
63	59	ARMANDO CORREIA	60	M6099	3	M	LESMAS ALOPRADAS	00:43:15
64	159	PEDRO NOGUEIRA	40	M4044	9	M	INDIVIDUAL	00:43:18
65	502	CARLOS CORREIA	39	M3539	19	M	INDIVIDUAL	00:43:20
66	480	CARLOS M G MARQUES	40	M4044	10	M	INDIVIDUAL	00:43:21
67	341	CARLOS SOUSA	54	M5054	3	M	INDIVIDUAL	00:43:27
68	493	LUIS ORVALHO	59	M5559	6	M	CCD O ALVITEJO	00:43:30

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Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
69	489	ALEXANDRA ALVES	29	F2034	2	F					AÇOREANA C BANIF	00:43:31
70	327	ALEXANDRE TEIXEIRA	48	M4549	13	M					INDIVIDUAL	00:43:33
71	105	CARLOS JACINTO	43	M4044	11	M					INDIVIDUAL	00:43:35
72	417	JOAO CAMACHO	35	M3539	20	M					INDIVIDUAL	00:43:35
73	366	RICARDO CONCEIÇÃO	26	M2034	14	M					INDIVIDUAL	00:43:41

74	476	ALEXANDRE DIAS	41	M4044	12	M	O CELEIRO DA MEMORIA	00:43:45
75	503	TIAGO CASTELA	24	M2034	15	M	INDIVIDUAL	00:43:47
76	255	CELSO GOUVEIA	45	M4549	14	M	INDIVIDUAL	00:43:53
77	330	PEDRO GABRIEL	37	M3539	21	M	CD GRUPO BES	00:43:54
78	371	LUIS FERREIRA	45	M4549	15	M	UED ARRANHO	00:44:02
79	74	ANTONIO ALMEIDA	41	M4044	13	M	RB RUNNING	00:44:11
80	69	FABIO FERREIRA	21	M2034	16	M	OESTE RUNNING	00:44:19
81	322	VITOR MOREIRA	59	M5559	7	M	INDIVIDUAL	00:44:25
82	64	LEONEL NEVES	58	M5559	8	M	A VALE SILENCIO	00:44:32
83	422	RUI MARQUES	38	M3539	22	M	IN TOTUM	00:44:42
84	487	ANTÓNIO INÁCIO	48	M4549	16	M	ARSC TOLEDO	00:44:45
85	254	LUIS M XAVIER	40	M4044	14	M	INDIVIDUAL	00:44:59
86	273	NUNO E SANTO	42	M4044	15	M	AÇOREANA C BANIF	00:45:00
87	507	PEDRO BURGUETTE	36	M3539	23	M	AÇOREANA C BANIF	00:45:00
88	89	JACINTO PEREIRA	55	M5559	9	M	CC LINDA A VELHA	00:45:02
89	375	ALEXANDRA LAMAS	40	F3544	1	F	INDIVIDUAL	00:45:04
90	483	JOAO REIS	41	M4044	16	M	ARSC TOLEDO	00:45:08
91	383	DOMINGOS PINTO-COELHO	37	M3539	24	M	PERNAS GAFANHOTO	00:45:16
92	1	ANDRE WIBORG	55	M5559	10	M	VFF 1896	00:45:19
93	357	NUNO ALMEIDA	27	M2034	17	M	INDIVIDUAL	00:45:20
94	382	RICARDO FRANCO	39	M3539	25	M	INDIVIDUAL	00:45:21
95	421	ANTONIO F P CASACA	50	M5054	4	M	INDIVIDUAL	00:45:22
96	369	FILIPE BRANCO	42	M4044	17	M	UED ARRANHO	00:45:26
97	396	ANTONIO R N MERUJO	53	M5054	5	M	INDIVIDUAL	00:45:26
98	38	FRANCISCO CLERIGO	58	M5559	11	M	SS CGD	00:45:27
99	373	PAULO TOMAS	39	M3539	26	M	UED ARRANHO	00:45:27
100	420	RUI SOEIRO	32	M2034	18	M	INDIVIDUAL	00:45:28
101	411	ORLANDO MARTINS	57	M5559	12	M	INDIVIDUAL	00:45:32

102	108	PAULO SANTOS	45	M4549	17	M		INDIVIDUAL	00:45:33
103	488	CARLOS ALEGRE	50	M5054	6	M		ARSC TOLEDO	00:45:33
104	250	NUNO A M SOARES	30	M2034	19	M		INDIVIDUAL	00:45:34
105	329	ANTONIO DIAS	31	M2034	20	M		INDIVIDUAL	00:45:37
106	611	RUI VIERA	41	M4044	18	M		C F BENFICA	00:45:50

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Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
107	452	JOSE C S BERNARDO	44	M4044	19	M					INDIVIDUAL	00:45:52
108	385	PAULO M D M ARRENEGA	45	M4549	18	M					INDIVIDUAL	00:45:58
109	334	MANUEL MAGALHÃES	45	M4549	19	M					VALADARES	00:46:06
110	336	MIGUEL RAMALHO	31	M2034	21	M					VALADARES	00:46:06
111	354	JOAO OLIVEIRA	36	M3539	27	M					INDIVIDUAL	00:46:12
112	424	JOSE GABRIEL	55	M5559	13	M					INDIVIDUAL	00:46:13
113	34	LUIS JESUS	44	M4044	20	M					SS CGD	00:46:15
114	67	PEDRO ANTUNES	38	M3539	28	M					OESTE RUNNING	00:46:16
115	154	PAULO LOPAO	46	M4549	20	M					C F BENFICA	00:46:17
116	317	FÁBIO FIDALGO	20	M2034	22	M					B ARGELIA PONTEVEL	00:46:31
117	280	NUNO C CARMO	38	M3539	29	M					INDIVIDUAL	00:46:36

118	600	SERGIO RAMOS	36	M3539	30	M	INDIVIDUAL	00:46:38
119	440	JOAO M M CADETE	46	M4549	21	M	INDIVIDUAL	00:46:43
120	490	MARGARIDA GODINHO	53	F4599	2	F	INDIVIDUAL	00:46:43
121	84	MANUEL MARTINS	55	M5559	14	M	SL CAMPOLIDE	00:46:47
122	608	JOSE C FORTE	53	M5054	7	M	REPORTPRO	00:46:47
123	409	LUIS M A LOUREIRO	27	M2034	23	M	INDIVIDUAL	00:46:53
124	466	HUMBERTO BRITO	37	M3539	31	M	INDIVIDUAL	00:46:55
125	607	ANTONIO CORREIA	54	M5054	8	M	GEORUNNERS	00:47:05
126	272	PAULO M G PATRÍCIO	41	M4044	21	M	INDIVIDUAL	00:47:07
127	298	ARTUR CORREIA	39	M3539	32	M	FOZ 365	00:47:08
128	3	LUZIA DIAS	41	F3544	2	F	SPORTING CP	00:47:14
129	403	ABÍLIO MARINHO	42	M4044	22	M	INDIVIDUAL	00:47:14
130	62	ANTONIO FERNANDES	55	M5559	15	M	A VALE SILENCIO	00:47:16
131	410	NELSON DIAS	51	M5054	9	M	INDIVIDUAL	00:47:16
132	416	JOAO SEQUEIRA	49	M4549	22	M	INDIVIDUAL	00:47:16
133	377	GONÇALO SILVA	34	M2034	24	M	QTA CALÇADA	00:47:19
134	44	NUNO FERNANDES	39	M3539	33	M	JG SEGUROS	00:47:26
135	80	RICARDO PEREIRA	32	M2034	25	M	SL CAMPOLIDE	00:47:30
136	63	LUCIANO TOMAS	55	M5559	16	M	A VALE SILENCIO	00:47:33
137	467	RUI TRINDADE	43	M4044	23	M	INDIVIDUAL	00:47:39
138	401	RUI A C MACHADO	51	M5054	10	M	INDIVIDUAL	00:47:42
139	286	HELENA GOIS	33	F2034	3	F	MOON7RUNNERS	00:47:44
140	344	AMERICO COSTA	54	M5054	11	M	TECNOSPIE	00:47:45
141	381	IDALECIO BARROS	57	M5559	17	M	INDIVIDUAL	00:47:48
142	311	RODRIGO SILVA	32	M2034	26	M	B ARGELIA PONTEVEL	00:47:49
143	414	NUNO VALENÇA	37	M3539	34	M	INDIVIDUAL	00:47:53
144	274	HUGO PARRA	35	M3539	35	M	INDIVIDUAL	00:47:54

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
145	303	PEDRO CARVALHO	39	M3539	36	M					INDIVIDUAL	00:47:54
146	335	MIGUEL OLIVEIRA	39	M3539	37	M					VALADARES	00:47:56
147	412	ANDRE CID	39	M3539	38	M					INDIVIDUAL	00:47:59
148	613	FERNANDO PIRES	42	M4044	24	M					C F BENFICA	00:47:59
149	350	TAM AFONSO	59	M5559	18	M					AÇOREANA C BANIF	00:48:02
150	429	TIAGO L FERREIRA	30	M2034	27	M					INDIVIDUAL	00:48:07
151	76	TEODORO TRINDADE	51	M5054	12	M					RIUN 4 FUN	00:48:11
152	156	JOSE DIAS	54	M5054	13	M					C F BENFICA	00:48:12
153	399	MARCO CHARRUA	44	M4044	25	M					INDIVIDUAL	00:48:18
154	324	PEDRO RODRIGUES	42	M4044	26	M					RAIL RUNNERS	00:48:19
155	458	RICARDO DIAS	25	M2034	28	M					INDIVIDUAL	00:48:21
156	19	FERNANDO FARIA	32	M2034	29	M					FARIA NAVALHA	00:48:22
157	90	LUIS ALMEIDA	51	M5054	14	M					CC LINDA A VELHA	00:48:27
158	443	VITORIO M P DAMAS	31	M2034	30	M					CORRER POR NÓS	00:48:31
159	444	TIAGO J F RODRIGUES	34	M2034	31	M					CORRER POR NÓS	00:48:41
160	45	JOSE MAGRO	42	M4044	27	M					O MUNDO CORRIDA	00:48:43
161	345	GONÇALO OLIVEIRA	50	M5054	15	M					GDCT UNICRE	00:48:43



162	437	PEDRO CUNHA	49	M4549	23	M	CCDT METRO LX	00:48:45
163	427	PAULA PENEDO	35	F3544	3	F	RAIL RUNNERS	00:48:47
164	107	MARIO SOUSA	58	M5559	19	M	INDIVIDUAL	00:48:53
165	374	VITOR FERREIRA	48	M4549	24	M	CP ALCANENA	00:48:59
166	499	LUIS SANTOS	45	M4549	25	M	INDIVIDUAL	00:49:02
167	104	ANTONIO MARTINS	47	M4549	26	M	INDIVIDUAL	00:49:05
168	472	JOANA DOMINGOS	35	F3544	4	F	VITORIA	00:49:05
169	446	RUBEN BAHAMONDE	31	M2034	32	M	HERMES	00:49:06
170	100	ANTONIO CASTRO	68	M6099	4	M	INDIVIDUAL	00:49:07
171	387	DAVIDE M A R GOMES	31	M2034	33	M	INDIVIDUAL	00:49:09
172	75	JORGE ESTEVES	47	M4549	27	M	RIUN 4 FUN	00:49:12
173	103	VITOR M M TEIXEIRA	52	M5054	16	M	INDIVIDUAL	00:49:17
174	275	BRUNO COURINHA	35	M3539	39	M	MOON7RUNNERS	00:49:17
175	95	JOSE NASCIMENTO	48	M4549	28	M	INDIVIDUAL	00:49:18
176	11	MANUEL AZEVEDO	55	M5559	20	M	MULTIFLOW	00:49:19
177	269	PEDRO ALMEIDA	53	M5054	17	M	INDIVIDUAL	00:49:19
178	340	ALBERTO MARINHO	34	M2034	34	M	INDIVIDUAL	00:49:19
179	356	MARCO CAMPOS	30	M2034	35	M	INDIVIDUAL	00:49:23
180	433	RICARDO CAPELO	27	M2034	36	M	U1QZZDRB	00:49:29
181	435	MIGUEL TORGAL	35	M3539	40	M	INDIVIDUAL	00:49:41
182	26	RICARDO COELHO	41	M4044	28	M	SS CGD	00:49:52

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
183	314	ARLINDO BRÁS	48	M4549	29	M					AMIGOS ESTRELA	00:49:53
184	391	JOSE BORGES	33	M2034	37	M					INDIVIDUAL	00:49:53
185	498	CARLOS MACHADO	36	M3539	41	M					INDIVIDUAL	00:49:56
186	471	MARIO VITORIA	42	M4044	29	M					VITORIA	00:49:59
187	604	RUI MATOS	34	M2034	38	M					MM	00:50:00
188	500	CARLOS SA	42	M4044	30	M					GD CHELAS	00:50:06
189	47	ARMANDO GONÇALVES	59	M5559	21	M					CCDT AUT ALMADA	00:50:10
190	481	ANTONIO MOREIRA	55	M5559	22	M					INDIVIDUAL	00:50:16
191	392	FERNANDO SILVA	34	M2034	39	M					INDIVIDUAL	00:50:26
192	494	NUNO EVANGELISTA	31	M2034	40	M					A 20 AM ALMEIRIM	00:50:26
193	114	ALEXANDRE ABADE	38	M3539	42	M					INDIVIDUAL	00:50:30
194	288	PEDRO FIGUEIREDO	38	M3539	43	M					INDIVIDUAL	00:50:33
195	297	VIC BLANCHARD	68	M6099	5	M					FOZ 365	00:50:37
196	270	MANUEL PEREIRA	55	M5559	23	M					GYM 2010	00:50:40
197	281	AMÁVEL LUZ	51	M5054	18	M					INDIVIDUAL	00:50:42
198	65	JOSE TORRES	53	M5054	19	M					A VALE SILENCIO	00:50:44
199	93	FERNANDO DIAS	51	M5054	20	M					INDIVIDUAL	00:50:47
200	25	LUIS MADEIRA	42	M4044	31	M					SS CGD	00:50:52
201	428	NUNO SÁ	37	M3539	44	M					RAIL RUNNERS	00:50:58
202	496	CARLOS CABRAL	51	M5054	21	M					SINDETELCO	00:51:03
203	112	ANTONIO A FERNANDES	75	M6099	6	M					INDIVIDUAL	00:51:06
204	8	TOMAS SOUSA	35	M3539	45	M					OS SUPERS	00:51:14
205	323	PEDRO SÁ	36	M3539	46	M					RAIL RUNNERS	00:51:14

206	260	CARLOS A V OLEASTRO	49	M4549	30	M		INDIVIDUAL	00:51:15
207	464	MANUEL SEQUEIRA	61	M6099	7	M		AA LEBRES SADO	00:51:19
208	92	JOSE MONTEIRO	55	M5559	24	M		INDIVIDUAL	00:51:23
209	353	JOSE SERRA	58	M5559	25	M		INDIVIDUAL	00:51:30
210	333	NUNO VEIGA	43	M4044	32	M		VALADARES	00:51:40
211	312	SAMUEL FONSECA	27	M2034	41	M		INDIVIDUAL	00:51:57
212	470	LUIS DE CARVALHO	36	M3539	47	M		INDIVIDUAL	00:51:59
213	49	JOSE MORAIS	50	M5054	22	M		CCDT AUT ALMADA	00:52:04
214	128	NELSON VIEIRA	38	M3539	48	M		CCDT AUT ALMADA	00:52:04
215	389	JOAO BRANCO	53	M5054	23	M		EQUIPA BRANCO	00:52:05
216	152	CECILIA NICOLAU	47	F4599	3	F		AA LEBRES SADO	00:52:08
217	501	MAYER RAPOSO	65	M6099	8	M		AA LEBRES SADO	00:52:08
218	457	JOAO FREIRE	46	M4549	31	M		GD IN CASA MOEDA	00:52:11
219	456	JOSE LIBERATO	36	M3539	49	M		GD IN CASA MOEDA	00:52:12
220	497	VERGILIO FERRAZ	63	M6099	9	M		SINDETELCO	00:52:18

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Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
221	20	CARLA A LOPES	39	F3544	5	F					GD INE	00:52:31

222	434	JOAO C. FERREIRA	40	M4044	33	M	U1QZZDRB	00:52:39
223	425	PEDRO FERREIRA	37	M3539	50	M	INDIVIDUAL	00:52:43
224	339	RUI ALMEIDA	35	M3539	51	M	INDIVIDUAL	00:52:45
225	111	FILIPE RIBEIRO	38	M3539	52	M	INDIVIDUAL	00:52:49
226	405	SHEZAD ANAVARALI	30	M2034	42	M	INDIVIDUAL	00:52:58
227	125	ABEL CARVALHO	54	M5054	24	M	A QUINTA CONCHAS	00:53:01
228	50	LUIS GONÇALVES	52	M5054	25	M	CCDT AUT ALMADA	00:53:08
229	259	DANIEL VILABRIL	31	M2034	43	M	PERNAS GAFANHOTO	00:53:10
230	98	LUIS VICENTE	51	M5054	26	M	INDIVIDUAL	00:53:13
231	81	ANTONIO LIMA	49	M4549	32	M	SL CAMPOLIDE	00:53:20
232	121	VITOR PASSARINHO	46	M4549	33	M	C F BENFICA	00:53:23
233	364	RAFAEL A V SANTOS	45	M4549	34	M	METRO 2011	00:53:27
234	99	JOAO DUARTE	59	M5559	26	M	INDIVIDUAL	00:53:32
235	441	RUI J FRANGO	46	M4549	35	M	GARMIN CO OEIRAS	00:53:53
236	442	CARLOS LOURENÇO	50	M5054	27	M	GARMIN CO OEIRAS	00:53:53
237	106	ARTUR PINTO	50	M5054	28	M	INDIVIDUAL	00:53:59
238	365	RUI R ARAÚJO	54	M5054	29	M	METRO 2011	00:54:00
239	289	JOAO CAMPOS	39	M3539	53	M	INDIVIDUAL	00:54:08
240	463	JOSE GALVEIA	59	M5559	27	M	CADT PORTUCEL	00:54:08
241	113	GONÇALO MALHEIRO	39	M3539	54	M	INDIVIDUAL	00:54:18
242	60	JOSEMIR LIMA	60	M6099	10	M	LESMAS ALOPRADAS	00:54:24
243	122	DINIS SANTOS	58	M5559	28	M	C F BENFICA	00:54:39
244	123	AMERICO SANTOS	54	M5054	30	M	C F BENFICA	00:54:39
245	299	NUNO JACINTO	41	M4044	34	M	INDIVIDUAL	00:54:52
246	309	VITOR M P GONCALVES	42	M4044	35	M	INDIVIDUAL	00:54:53
247	18	ANDRE TAVARES	23	M2034	44	M	FARIA NAVALHA	00:54:56
248	94	ALBERTO SOARES	50	M5054	31	M	INDIVIDUAL	00:54:59
249	53	JOAQUIM MACHADO	59	M5559	29	M	CCDT AUT ALMADA	00:55:03

250	118	JORGE BRITO	41	M4044	36	M		CD QUARTEIRA	00:55:03
251	119	JOSE AMARO	52	M5054	32	M		CD QUARTEIRA	00:55:04
252	397	RUI M P S CARNEIRO	56	M5559	30	M		JOÃO CARNEIRO SAD	00:55:04
253	384	JOSE M HENRIQUES	41	M4044	37	M		INDIVIDUAL	00:55:05
254	447	LUISA FREITAS	31	F2034	4	F		HERMES	00:55:07
255	157	JORGE MARQUES	59	M5559	31	M		INDIVIDUAL	00:55:08
256	328	JOÃO CUNHA	55	M5559	32	M		C AMIGOS PARQUE PAZ	00:55:33
257	346	PAULO DUARTE	46	M4549	36	M		GDCT UNICRE	00:55:33
258	347	PAULO FRANÇA	50	M5054	33	M		GDCT UNICRE	00:55:33

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
259	12	JOSE BAIXINHO	54	M5054	34	M					SANTIAGO FC	00:55:37
260	31	ALBERTINO SEMEDO	53	M5054	35	M					SS CGD	00:55:56
261	398	ALVARO FURTADO	52	M5054	36	M					SS CGD	00:55:56
262	307	ANTONIO FERREIRA	62	M6099	11	M					INDIVIDUAL	00:56:02
263	316	FERNANDO MATIAS	46	M4549	37	M					AMIGOS ESTRELA	00:56:05
264	258	MÁRIO RIBEIRO	39	M3539	55	M					INDIVIDUAL	00:56:08
265	351	ISABEL BUÉ	30	F2034	5	F					INDIVIDUAL	00:56:21

266	29	PAULO COSTA	40	M4044	38	M	SS CGD	00:56:22
267	352	RODOLFO SERRA	29	M2034	45	M	INDIVIDUAL	00:56:22
268	404	MIRNA HLUBNA	31	F2034	6	F	INDIVIDUAL	00:56:25
269	605	NELSON MARQUES	35	M3539	56	M	O MEU	00:56:26
270	4	SARA LOUREIRO	24	F2034	7	F	SC CASAINHOS	00:56:34
271	256	PAULO NEVES	44	M4044	39	M	INDIVIDUAL	00:56:42
272	432	ELISEU PINTO	62	M6099	12	M	INDIVIDUAL	00:57:03
273	277	SANDRA MARTINS	50	F4599	4	F	4 AO KM	00:57:05
274	388	JOSE CATITA	54	M5054	37	M	GARMIN CO OEIRAS	00:57:05
275	372	HENRIQUE FERREIRA	41	M4044	40	M	UED ARRANHO	00:57:07
276	408	CARLOS COELHO	51	M5054	38	M	O MUNDO CORRIDA	00:57:14
277	367	ANTONIO MARTINS	51	M5054	39	M	MARTINITOS	00:57:16
278	451	MANUEL PAIS	34	M2034	46	M	HERMES	00:57:19
279	83	JOAQUIM CORREIA	50	M5054	40	M	SL CAMPOLIDE	00:57:59
280	300	ANA GUERREIRO	39	F3544	6	F	GD DIANA	00:58:00
281	158	PAULO FERNANDES	40	M4044	41	M	AA LEBRES SADO	00:58:03
282	361	ANTONIO C EDUARDO	58	M5559	33	M	METRO 2011	00:58:03
283	407	NUNO DUARTE	41	M4044	42	M	INDIVIDUAL	00:58:13
284	117	JOEL CARVALHO	54	M5054	41	M	INDIVIDUAL	00:58:16
285	343	JORGE GONÇALVES	33	M2034	47	M	MOON7RUNNERS	00:58:24
286	120	SERGIO GUERREIRO	35	M3539	57	M	INDIVIDUAL	00:58:28
287	423	VITOR J F RAMOS	41	M4044	43	M	INDIVIDUAL	00:58:29
288	459	DUARTE TEIXEIRA	32	M2034	48	M	INDIVIDUAL	00:58:30
289	282	PAULO CRUZ	52	M5054	42	M	INDIVIDUAL	00:58:32
290	376	JOAO P DIAS	39	M3539	58	M	INDIVIDUAL	00:58:32
291	13	JUDITE BAIXINHO	26	F2034	8	F	SANTIAGO FC	00:58:33
292	278	HENRIQUE VILHENA	56	M5559	34	M	INDIVIDUAL	00:58:34
293	30	ANA BRAS	46	F4599	5	F	SS CGD	00:58:35

294	360	ORLANDO S SOUSA	50	M5054	43	M		METRO 2011	00:58:35
295	36	SEVERINO ROSA	56	M5559	35	M		SS CGD	00:58:36
296	320	ANTÓNIO PIMPÃO	38	M3539	59	M		INDIVIDUAL	00:58:37

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Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
297	16	ALICE JUSTINO	60	F4599	6	F					CCD SEG SOCIAL LX	00:58:43
298	130	LOPES MONTEIRO	65	M6099	13	M					INDIVIDUAL	00:58:44
299	413	EUGENIA CID.	41	F3544	7	F					INDIVIDUAL	00:58:48
300	109	MARIA CLARA	50	F4599	7	F					INDIVIDUAL	00:58:55
301	491	CARLOS TOMÉ	61	M6099	14	M					INDIVIDUAL	00:59:03
302	293	MARISA TAVARES	32	F2034	9	F					MOON7RUNNERS	00:59:06
303	318	JOSÉ LUÍS LOPES	55	M5559	36	M					AMIGOS ESTRELA	00:59:30
304	77	Mª QUITERIA TEIXEIRA	36	F3544	8	F					GD MACEDO OCULISTA	00:59:34
305	14	JOAO BRANCO	64	M6099	15	M					AAE BNU	00:59:35
306	265	VASCO ALPALHÃO	42	M4044	44	M					ALPALHAO	00:59:37
307	116	ANA MARQUES	42	F3544	9	F					FALCOES SELVAGENS	00:59:39
308	276	JOÃO LIMA	52	M5054	44	M					4 AO KM	00:59:40
309	379	JOAO CORREIA	43	M4044	45	M					QTA CALÇADA	00:59:43

310	378	MARIO SILVA	44	M4044	46	M	QTA CALÇADA	00:59:44
311	380	MARTA CORREIA	20	F2034	10	F	QTA CALÇADA	00:59:44
312	415	NUNO NATÁRIO	37	M3539	60	M	INDIVIDUAL	00:59:58
313	390	ANA NASCIMENTO	41	F3544	10	F	EQUIPA BRANCO	01:00:01
314	17	CARLA PEREIRA	40	F3544	11	F	CCD SEG SOCIAL LX	01:00:23
315	102	RONALD FRANKEN	57	M5559	37	M	INDIVIDUAL	01:00:24
316	7	MERCEDES FONSECA	56	F4599	8	F	OS SUPERS	01:00:29
317	308	VITOR SANTOS	46	M4549	38	M	INDIVIDUAL	01:00:59
318	448	JORGE LOURENÇO	34	M2034	49	M	HERMES	01:01:02
319	609	HELDER VARANDAS	64	M6099	16	M	REPORTPRO	01:01:06
320	468	ANTONIO PINHO	60	M6099	17	M	AA LEBRES SADO	01:01:31
321	39	ELISABETE AGUAS	47	F4599	9	F	CCD O ALVITEJO	01:01:34
322	40	VICTOR RODRIGUES	45	M4549	39	M	CCD O ALVITEJO	01:01:35
323	332	JOAQUIM J C VALADARES	50	M5054	45	M	VALADARES	01:01:41
324	6	JOAQUIM FONSECA	56	M5559	38	M	OS SUPERS	01:01:50
325	285	ISADORA B COSTA	24	F2034	11	F	INDIVIDUAL	01:01:51
326	85	ARMINDO VELEZ	62	M6099	18	M	SL CAMPOLIDE	01:01:59
327	400	MANUEL PRATES	40	M4044	47	M	GD VIDENSE	01:02:07
328	15	MANUEL OLIVEIRA	72	M6099	19	M	AAE BNU	01:02:10
329	264	FERNANDO P RODRIGUES	69	M6099	20	M	INDIVIDUAL	01:02:28
330	606	JOSE M SIMÕES	56	M5559	39	M	GEORUNNERS	01:02:37
331	342	CRISTINA CUNHA	42	F3544	12	F	INDIVIDUAL	01:02:41
332	449	ANTERO LOURENÇO	60	M6099	21	M	HERMES	01:02:52
333	78	ARTUR DINIS	55	M5559	40	M	GD MACEDO OCULISTA	01:02:59
334	79	PAULA COUTO	48	F4599	10	F	GD MACEDO OCULISTA	01:02:59



Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
335	23	RUI HENRIQUES	64	M6099	22	M					ADRC MATA BENFICA	01:03:20
336	331	PAULO J GODINHO	45	M4549	40	M					INDIVIDUAL	01:03:30
337	266	ANA ALPALHÃO	39	F3544	13	F					ALPALHAO	01:03:58
338	5	ELISABETH LOUREIRO	56	F4599	11	F					SC CASAINHOS	01:04:38
339	301	JORGE MANUEL NARCISO	51	M5054	46	M					CC ARGANIL	01:04:54
340	419	RUI GONÇALVES	28	M2034	50	M					INDIVIDUAL	01:04:54
341	271	ISABEL MONTEIRO	25	F2034	12	F					INDIVIDUAL	01:05:10
342	304	MIGUEL S SANTOS	50	M5054	47	M					INDIVIDUAL	01:05:11
343	41	JOAO GOMES	61	M6099	23	M					JG SEGUROS	01:05:20
344	42	CARLOS V NEGRAO	52	M5054	48	M					JG SEGUROS	01:05:20
345	127	ANTONIO MOURAO	55	M5559	41	M					INDIVIDUAL	01:05:33
346	445	JOANA C BRANCO	25	F2034	13	F					INDIVIDUAL	01:05:53
347	482	JULIA CARMO	59	F4599	12	F					INDIVIDUAL	01:05:53
348	505	MANUEL GOMES	67	M6099	24	M					INDIVIDUAL	01:05:54
349	10	JOAQUIM LIMA	68	M6099	25	M					NUCLEOEIRAS7SPORTZONE	01:06:14
350	338	NUNO MARQUES	42	M4044	48	M					SEMPRE EM FESTA	01:06:46
351	348	ELINA MATONSE	28	F2034	14	F					INDIVIDUAL	01:06:51
352	32	ANDRE NORONHA	47	M4549	41	M					SS CGD	01:08:23
353	35	VERA ALMEIDA	32	F2034	15	F					SS CGD	01:08:23

354	37	CLAUDIA LOURENÇO	41	F3544	14	F	SS CGD	01:08:23
355	33	GONÇALO OLIVEIRA	26	M2034	51	M	SS CGD	01:08:24
356	473	ANA PIMENTA	36	F3544	15	F	INVESTEQUEST	01:08:52
357	57	ANTONIO TAVARES	47	M4549	42	M	CCDP MUN CASCAIS	01:08:55
358	58	JOSE FIALHO	52	M5054	49	M	CCDP MUN CASCAIS	01:09:00
359	368	ANDRE MARTINS	24	M2034	52	M	MARTINITOS	01:09:47
360	287	DAVID LOPES	33	M2034	53	M	INDIVIDUAL	01:11:05
361	54	Mª CARMO ANJOS	65	F4599	13	F	J FREG PORTELA	01:11:31
362	438	TIAGO RAMOS	30	M2034	54	M	WOLFPACK	01:12:53
363	439	JOAO FIGUEIRA	28	M2034	55	M	WOLFPACK	01:13:05
364	153	FRANCISCO MOUCHINHO	63	M6099	26	M	ACADEMIA LUMIAR	01:13:21
365	306	NELSON MOTA	42	M4044	49	M	AÇOREANA C BANIF	01:14:55
366	474	PEDRO PALMEIRO	30	M2034	56	M	INVESTEQUEST	01:15:18
367	337	JAIME PALMA	67	M6099	27	M	SEMPRE EM FESTA	01:15:23
368	315	JOSÉ R BRÁS	20	M2034	57	M	AMIGOS ESTRELA	01:15:52
369	55	FOCK YIOT	61	F4599	14	F	J FREG PORTELA	01:16:03
370	56	JOSE ARRUDA	63	M6099	28	M	J FREG PORTELA	01:16:03
371	450	MANUELA LOURENÇO	61	F4599	15	F	HERMES	01:17:38