

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Esc.	Equipa	Tempo
1	209	JOSE SILVA	M	34	M0034	1	RB RUNNING	00:35:46
2	172	RICARDO CABO	M	26	M0034	2	INDIVIDUAL	00:36:40
3	99	NUNO SOARES	M	34	M0034	3	CORRER LISBOA	00:36:50
4	134	ÉLIO BARREIRA	M	40	M4044	1	INDIVIDUAL	00:37:12
5	178	LUIS RODRIGUES	M	46	M4549	1	INDIVIDUAL	00:37:19
6	85	WILSON PINA	M	30	M0034	4	VALEJAS AC	00:37:22
7	262	JOSE GOMES	M	43	M4044	2		00:38:24
8	119	PEDRO MARQUES	M	41	M4044	3	GD CHELAS	00:38:33
9	183	RUI J F HENRIQUES	M	36	M3539	1	SS MONTEPIO GERAL	00:38:40
10	59	JOSE LOPES	M	52	M5054	1	RB RUNNING	00:39:16
11	18	JORGE AMARAL	M	47	M4549	2	AMINHACORRIDA	00:39:21
12	130	LUÍS ALVES	M	46	M4549	3	10 PRAS 11	00:39:48
13	250	PEDRO MARQUES	M	52	M5054	2	CONQUISTA GINASIO	00:39:59
14	44	ANTÓNIO SANTOS	M	53	M5054	3	CAA BELÉM	00:40:14
15	226	ISIDRO DUARTE	M	49	M4549	4	RB RUNNING	00:40:27
16	124	JOSE MARCELINO	M	53	M5054	4	INDIVIDUAL	00:40:57
17	210	PAULO S P RODRIGUES	M	49	M4549	5	INDIVIDUAL	00:41:02
18	27	ANDRÉ MELO	M	34	M0034	5	CORRER LISBOA	00:41:04
19	127	JOSÉ SANTOS	M	47	M4549	6	INDIVIDUAL	00:41:30
20	204	ALFREDO VALENTE	M	53	M5054	5	AB CAMPOLIDE	00:41:37
21	98	RUI FERREIRA	M	38	M3539	2	INDIVIDUAL	00:41:42
22	125	JOSE REIS	M	55	M5559	1	INDIVIDUAL	00:42:00
23	20	LUCILIA SOARES	F	54	F5099	1	AMINHACORRIDA	00:42:17
24	244	ADRIANO ARAUJO	M	39	M3539	3	CONQUISTA GINASIO	00:42:49
25	88	PEDRO INÁCIO	M	33	M0034	6	VALEJAS AC	00:42:57
26	87	FERNANDO CORDA	M	49	M4549	7	VALEJAS AC	00:42:57
27	176	NELSON DIAS	M	55	M5559	2	CLINICA SANTA MADALENA	00:43:11
28	186	RODRIGO CORREIA	M	18	M0034	7	INDIVIDUAL	00:43:17
29	28	BRUNO GARCIA	M	38	M3539	4	CORRER LISBOA	00:43:19
30	42	HERNANI J FERNANDES	M	45	M4549	8	INDIVIDUAL	00:43:28
31	78	HUGO LAMPREIA	M	42	M4044	4	VALEJAS AC	00:43:29
32	249	BRUNO LOPEZ	M	44	M4044	5	RUN FOR FRIENDS	00:43:40
33	232	RUI MERENDAS	M	43	M4044	6	INDIVIDUAL	00:43:43
34	13	PEDRO TEIXEIRA	M	43	M4044	7	PORTELAS	00:43:44
35	48	PEDRO SOUSA	M	59	M5559	3	INDIVIDUAL	00:43:53
36	152	FILIFE PEREIRA	M	25	M0034	8	INDIVIDUAL	00:43:54
37	60	CARLOS M MARQUES	M	37	M3539	5	INDIVIDUAL	00:44:00
38	57	ARLINDO DUARTE	M	51	M5054	6	AÇOREANA	00:44:11
39	117	MANUEL TAVARES	M	57	M5559	4	RUN PIRILAMPO	00:44:21
40	11	JOÃO M FERREIRA	M	46	M4549	9	INDIVIDUAL	00:44:27
41	37	ANDRÉ MENDONÇA	M	33	M0034	9	ADRC MATA BENFICA	00:44:30
42	245	AMANDIO CAETANO	M	53	M5054	7	CONQUISTA GINASIO	00:44:31
43	86	SANDRA BARROS	F	45	F4049	1	VALEJAS AC	00:44:37
44	269	INES MARQUES	F	39	F0039	1		00:44:48

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Esc.	Equipa	Tempo
45	102	RICARDO MENDES	M	37	M3539	6	INDIVIDUAL	00:44:50
46	162	CARLOS CRAVEIRA	M	44	M4044	8	GRCD LEIÃO	00:44:56
47	168	PEDRO FAVINHA	M	43	M4044	9	INDIVIDUAL	00:44:56
48	82	JOSÉ TOMÁS	M	41	M4044	10	VALEJAS AC	00:44:58
49	114	JUVENAL MOREIRA	M	52	M5054	8	ND AUTOCOOPE	00:45:04
50	196	JORGE MORGADO	M	54	M5054	9	SS CGD	00:45:05
51	54	VIRGÍLIO MADEIRA	M	57	M5559	5	AÇOREANA	00:45:12
52	195	JOAQUIM FRADE	M	60	M6099	1	SS CGD	00:45:17
53	208	LUIS ANTUNES	M	44	M4044	11	RB RUNNING	00:45:27
54	38	EDUARDO COELHO	M	33	M0034	10	ADRC MATA BENFICA	00:45:32
55	29	HELDER VALADAS	M	35	M3539	7	OS PERIGOSOS	00:45:37
56	216	JOAO HEITOR	M	65	M6099	2	C AGUIAS PAÇO ARCOS	00:45:41
57	135	JOSÉ R L F M FERNANDES	M	37	M3539	8	RUNNING CLUB LISBOA	00:45:52
58	65	FERNANDO FARIA	M	36	M3539	9	INDIVIDUAL	00:46:07
59	182	ARMANDO CORREIA	M	64	M6099	3	LESMAS ALOPRADAS	00:46:23
60	145	JOÃO L G BOGALHEIRO	M	46	M4549	10	A VALE SILENCIO	00:46:35
61	70	PAULO GOMES	M	43	M4044	12	3 DELTA	00:46:37
62	120	RODRIGO A C S C OPA	M	40	M4044	13	INDIVIDUAL	00:46:58
63	159	JOSE MONTEIRO	M	59	M5559	6	INDIVIDUAL	00:47:19
64	17	CARLOS FRANÇA	M	37	M3539	10	INDIVIDUAL	00:47:35
65	71	JOSÉ TAVARES	M	48	M4549	11	3 DELTA	00:47:35
66	123	RUI COSTA	M	30	M0034	11	GYRAD, LDA	00:47:42
67	21	DINIS RIBAS	M	45	M4549	12	DESP LAMEIRA GRANDE	00:47:49
68	155	MANUEL SILVA	M	61	M6099	4	VETERANOS DE MASSAMÁ	00:47:52
69	225	ANTONIO FERNANDES	M	59	M5559	7	A VALE SILENCIO	00:47:55
70	61	PEDRO P REIS	M	41	M4044	14	INDIVIDUAL	00:48:01
71	223	JOAO CALISTO	M	55	M5559	8	INDIVIDUAL	00:48:04
72	129	AUGUSTO FERNANDES	M	52	M5054	10	10 PRAS 11	00:48:12
73	46	N N	M	35	M3539	11	INDIVIDUAL	00:48:21
74	268	MIGUEL LOPES	M	40	M4044	15		00:48:39
75	181	NUNO C CARMO	M	42	M4044	16	ACD COTOVIA	00:48:40
76	72	CARLOS BATISTA	M	42	M4044	17	3 DELTA	00:48:49
77	33	CARLOS SOUSA	M	59	M5559	9	OS PERIGOSOS	00:48:52
78	43	ANTÓNIO J VARELA	M	50	M5054	11	INDIVIDUAL	00:49:03
79	100	DUARTE COSTA	M	32	M0034	12	CORRER LISBOA	00:49:03
80	180	MÁRIO REIS	M	42	M4044	18	INDIVIDUAL	00:49:06
81	238	HENRIQUE FERREIRA	M	46	M4549	13	EQUIPA	00:49:16
82	45	PAULO LOURINHO	M	47	M4549	14	CAA BELÉM	00:49:17
83	140	VITOR M R C PASSARINHO	M	51	M5054	12	INDIVIDUAL	00:49:30
84	221	JOSÉ CARLOS FERRAZ	M	54	M5054	13	GINÁSIO C QUELUZ	00:49:35
85	89	NUNO GOMES	M	40	M4044	19	INDIVIDUAL	00:50:05
86	107	RUI FENANDES	M	45	M4549	15	INDIVIDUAL	00:50:07
87	188	TIAGO GAMBOA	M	41	M4044	20	INDIVIDUAL	00:50:15
88	84	JORGE BRITO	M	45	M4549	16	VALEJAS AC	00:50:22

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Esc.	Equipa	Tempo
89	56	NUNO E SANTO	M	46	M4549	17	AÇOREANA	00:50:28
90	58	PEDRO BURGUETTE	M	41	M4044	21	AÇOREANA	00:50:29
91	235	FRANCISCO BANDO	M	65	M6099	5	INDIVIDUAL	00:50:30
92	53	FERNANDO CELESTINO	M	57	M5559	10	AÇOREANA	00:50:31
93	22	LUIS COSTA	M	47	M4549	18	DESP LAMEIRA GRANDE	00:50:33
94	93	JOSÉ A PEDRO	M	44	M4044	22	INDIVIDUAL	00:50:50
95	241	IDALECIO BARROS	M	61	M6099	6	INDIVIDUAL	00:50:56
96	94	MANUEL DIAS	M	49	M4549	19	INDIVIDUAL	00:50:56
97	80	JOSE GALAMA	M	66	M6099	7	VALEJAS AC	00:50:58
98	19	TINA OLIVEIRA	F	52	F5099	2	AMINHACORRIDA	00:51:00
99	139	JOÃO J FERNANDES	M	35	M3539	12	INDIVIDUAL	00:51:27
100	185	VITOR M N A MARTINS	M	65	M6099	8	INDIVIDUAL	00:51:48
101	75	FILIPE MARQUES	M	18	M0034	13	SOFIMAGOS	00:51:52
102	252	ANDRE VALENTIM	M	25	M0034	14	JF BENFICA	00:51:56
103	171	RAFAEL FERNANDES	M	19	M0034	15	SRCD TESOUREIRA	00:51:57
104	251	CARLOS CUSTODIO	M	32	M0034	16	JF BENFICA	00:51:57
105	170	CELSO PEREIRA	M	37	M3539	13	SRCD TESOUREIRA	00:52:00
106	175	LUÍS FIGUEIREDO	M	54	M5054	14	INDIVIDUAL	00:52:02
107	95	ARLINDO ROLO	M	47	M4549	20	INDIVIDUAL	00:52:08
108	253	MANUEL SOBREDA	M	49	M4549	21	JF BENFICA	00:52:14
109	14	DAVID PINHEIRO	M	38	M3539	14	CCD-AT	00:52:20
110	138	JORGE ESTEVES	M	52	M5054	15	RUN 4 FUN	00:52:22
111	68	ÁLVARO GOMES	M	43	M4044	23	INDIVIDUAL	00:52:23
112	36	MARTA NUNES	F	33	F0039	2	INDIVIDUAL	00:52:24
113	76	RICARDO LAMPREIA	M	37	M3539	15	VALEJAS AC	00:52:26
114	143	RICARDO LOURA	M	28	M0034	17	INDIVIDUAL	00:52:33
115	192	JOSE GUIA	M	67	M6099	9	SS CGD	00:52:45
116	77	SUSANA GOMES	F	47	F4049	2	VALEJAS AC	00:52:49
117	115	SERGIO BORGES	M	43	M4044	24	ND AUTOCOOPE	00:52:56
118	197	MIGUEL ANGELO	M	40	M4044	25	SS CGD	00:52:58
119	105	MARIA SILVA	F	47	F4049	3	INDIVIDUAL	00:53:31
120	218	JORGE PIMPIM SANTOS	M	38	M3539	16	INDIVIDUAL	00:53:37
121	32	JOSÉ HENRIQUES	M	61	M6099	10	OS PERIGOSOS	00:53:43
122	113	JOSE DIAS	M	58	M5559	11	ND AUTOCOOPE	00:53:48
123	247	JOAO BRANCO	M	34	M0034	18	INDIVIDUAL	00:53:55
124	264	JULIA CALISTO	F	52	F5099	3		00:53:59
125	265	MARIO SILVA	M	63	M6099	11		00:54:06
126	103	HÉLIO SILVA	M	37	M3539	17	INDIVIDUAL	00:54:18
127	137	TEODORO TRINDADE	M	55	M5559	12	RUN 4 FUN	00:54:32
128	104	HENRIQUE S MARTINS	M	56	M5559	13	INDIVIDUAL	00:54:54
129	255	LUIS SOARES	M	29	M0034	19	JF BENFICA	00:55:00
130	202	RUI RODRIGUES	M	50	M5054	16	AB CAMPOLIDE	00:55:12
131	187	JEREMIAS RIBEIRO	M	73	M6099	12	INDIVIDUAL	00:55:13
132	111	CARLOS FERREIRA	M	59	M5559	14	ND AUTOCOOPE	00:55:21

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Esc.	Equipa	Tempo
133	203	ANTONIO LIMA	M	53	M5054	17	AB CAMPOLIDE	00:55:22
134	220	ANDRÉ SANTOS	M	27	M0034	20	RUN FOR FRIENDS	00:55:23
135	62	ARMANDO LACERDA	M	61	M6099	13	INDIVIDUAL	00:55:28
136	215	JOSE L C LOPES	M	59	M5559	15	AMIGOS ESTRELA	00:55:35
137	51	TAM AFONSO	M	63	M6099	14	AÇOREANA	00:55:42
138	213	ANTONIO FONSECA	M	70	M6099	15	INDIVIDUAL	00:56:05
139	169	NELSON FERNANDES	M	42	M4044	26	SRCD TESOUREIRA	00:56:55
140	193	JOAO ALMEIDA	M	47	M4549	22	SS CGD	00:56:58
141	141	LURDES SILVA	F	48	F4049	4	INDIVIDUAL	00:57:03
142	30	BENTO VALENTE	M	51	M5054	18	OS PERIGOSOS	00:57:13
143	31	MÁRIO LOPES	M	47	M4549	23	OS PERIGOSOS	00:57:14
144	150	NUNO FRAGOSO	M	40	M4044	27	INDIVIDUAL	00:57:19
145	201	JOAO SOUSA	M	19	M0034	21	AB CAMPOLIDE	00:57:28
146	184	PAULO ANTUNES	M	48	M4549	24	LESMAS ALOPRADAS	00:57:29
147	200	BRUNO SOUSA	M	19	M0034	22	AB CAMPOLIDE	00:57:29
148	67	NUNO E C B MOREIRA	M	43	M4044	28	CCD-AT	00:57:44
149	50	JOÃO MELO	M	29	M0034	23	AÇOREANA	00:57:49
150	166	CARLOS ALFEIRÃO	M	36	M3539	18	LIKE A RUNNER	00:57:53
151	179	BRUNO SOUSA	M	37	M3539	19	INDIVIDUAL	00:58:12
152	222	FERNANDO P V SANTOS	M	34	M0034	24	INDIVIDUAL	00:58:12
153	227	PAULA GOMES	F	41	F4049	5	4 DELTA	00:58:14
154	126	MARIO SOBRAL	M	41	M4044	29	CORRER LISBOA	00:58:16
155	118	CECÍLIA TAVARES	F	49	F4049	6	RUN PIRILAMPO	00:59:50
156	158	MARCOS MARTINS	M	35	M3539	20	INDIVIDUAL	00:59:52
157	154	JOÃO SANTOS	M	67	M6099	16	VETERANOS DE MASSAMÁ	01:00:37
158	153	MANUEL AZEVEDO	M	59	M5559	16	VETERANOS DE MASSAMÁ	01:00:37
159	26	JULIETA SANTOS	F	56	F5099	4	TARTARUGAS SOLIDÁRIAS	01:00:44
160	74	CARLOS MARQUE	M	50	M5054	19	SOFIMAGOS	01:00:48
161	157	JOANNA BACHMATIUK	F	26	F0039	3	INDIVIDUAL	01:01:06
162	23	MARLENE OLIVEIRA	F	43	F4049	7	INDIVIDUAL	01:01:49
163	34	FRANCISCO L RIBEIRO	M	68	M6099	17	INDIVIDUAL	01:01:51
164	69	ADÉRITO GONÇALVES	M	44	M4044	30	INDIVIDUAL	01:01:57
165	161	PEDRO M SILVA	M	44	M4044	31	INDIVIDUAL	01:02:05
166	97	PAULO SOUSA	M	28	M0034	25	INDIVIDUAL	01:02:09
167	156	MARCO BARBOSA	M	29	M0034	26	INDIVIDUAL	01:02:11
168	257	PEDRO COSTA	M	34	M0034	27	JF BENFICA	01:02:12
169	142	GONÇALO M N V EUSÉBIO	M	36	M3539	21	INDIVIDUAL	01:02:20
170	25	CATARINA AFONSO	F	32	F0039	4	INDIVIDUAL	01:02:25
171	271	HELENA RIBEIRO	F	45	F4049	8		01:02:25
172	131	AMÉLIA FERNANDES	F	47	F4049	9	10 PRAS 11	01:02:33
173	261	ATLETA NÃO CADASTRADO	M	0	M0034	28		01:02:52
174	165	EDUARDO AMORIM	M	45	M4549	25	INDIVIDUAL	01:03:17
175	219	MARCO FERNANDES	M	27	M0034	29	RUN FOR FRIENDS	01:03:41
176	214	ANTONIO M M FERREIRA	M	66	M6099	18	INDIVIDUAL	01:03:55

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Esc.	Equipa	Tempo
177	128	PAULO CASTANHEIRA	M	42	M4044	32	INDIVIDUAL	01:03:59
178	149	MANUEL A PEREIRA	M	46	M4549	26	INDIVIDUAL	01:04:06
179	243	TERESA MENDES	F	41	F4049	10	10 PRAS 11	01:04:07
180	132	ANABELA PERES	F	52	F5099	5	10 PRAS 11	01:04:08
181	242	MANUEL MENDES	M	50	M5054	20	10 PRAS 11	01:04:08
182	148	JOÃO TAVARES	M	48	M4549	27	INDIVIDUAL	01:04:09
183	116	RUI MELÃO	M	52	M5054	21	INDIVIDUAL	01:04:22
184	260	CLAUDIA RIBEIRO	F	20	F0039	5	JF BENFICA	01:04:36
185	79	MARISA SIMÕES	F	51	F5099	6	VALEJAS AC	01:04:36
186	83	Mª JOÃO FRANCO	F	41	F4049	11	VALEJAS AC	01:04:36
187	81	ILDA SIMÕES	F	45	F4049	12	VALEJAS AC	01:04:38
188	47	JOANA SIMÕES	F	34	F0039	6	INDIVIDUAL	01:05:03
189	63	MARIA LACERDA	F	52	F5099	7	INDIVIDUAL	01:05:37
190	258	ELIZA FERNANDES	F	45	F4049	13	JF BENFICA	01:05:39
191	151	Mª CÉU J NEVES	F	56	F5099	8	INDIVIDUAL	01:05:46
192	206	JOAQUIM CORREIA	M	54	M5054	22	AB CAMPOLIDE	01:06:01
193	254	MONICA SOARES	F	25	F0039	7	JF BENFICA	01:06:27
194	73	HENRIQUE LEITE	M	39	M3539	22	3 DELTA	01:06:49
195	64	ANA PEREIRA	F	42	F4049	14	INDIVIDUAL	01:06:56
196	263	GILBERTO GONCALVES	M	67	M6099	19	CAA BELEM	01:07:20
197	160	MIGUEL SILVA	M	71	M6099	20	INDIVIDUAL	01:07:22
198	236	ANA C CALAFATE	F	49	F4049	15	TARTARUGAS SOLIDARIAS	01:08:39
199	122	JOÃO GUERRA	M	30	M0034	30	INDIVIDUAL	01:09:36
200	121	CARINA RODRIGUES	F	32	F0039	8	INDIVIDUAL	01:10:17
201	230	IVONE MINELI	F	47	F4049	16	INDIVIDUAL	01:10:22
202	55	IDALINA MADEIRA	F	55	F5099	9	AÇOREANA	01:10:23
203	239	ANGELA F GUERREIRO	F	35	F0039	9	ADRC MATA BENFICA	01:10:26
204	12	EBERHARD A WILHELM	M	68	M6099	21	4 AO KM	01:10:28
205	174	JOSÉ ALÍPIO	M	59	M5559	17	INDIVIDUAL	01:11:08
206	163	JOAO GOMES	M	65	M6099	22	VILA FRIA/JG SEGUROS	01:11:35
207	164	CARLOS BANDEIJAS	M	56	M5559	18	VILA FRIA/JG SEGUROS	01:11:37
208	217	HELDER VARANDAS	M	68	M6099	23	INDIVIDUAL	01:11:46
209	39	RUI HENRIQUES	M	68	M6099	24	ADRC MATA BENFICA	01:12:42
210	191	ANA C CASTRO	F	50	F5099	10	SS CGD	01:14:20
211	256	PATRICIA ALVES	F	42	F4049	17	JF BENFICA	01:14:32
212	146	JORGE SOUSA	M	66	M6099	25	INDIVIDUAL	01:16:20
213	231	ALEXANDRE SOARES	M	42	M4044	33	SALTITÕES	01:17:33
214	229	DARIO D DUARTE	M	24	M0034	31	6 DELTA	01:17:33
215	228	MAFALDA S ANDRE	F	30	F0039	10	5 DELTA	01:17:34
216	52	MA FEE HUNG	F	66	F5099	11	AÇOREANA	01:18:15
217	270	RITA RIBEIRO	F	23	F0039	11	CF BENFICA	01:22:38
218	66	Mª CARMO ANJOS	F	69	F5099	12	CONDOR	01:22:45
219	198	JOSE ARRUDA	M	67	M6099	26	CONDOR	01:23:36
220	199	FOCK Y WAN	F	65	F5099	13	CONDOR	01:23:37

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Esc.	Equipa	Tempo
221	259	SANDRA ANDRADE	F	37	F0039	12	JF BENFICA	01:24:20
222	212	CATARINA REIS	F	42	F4049	18	INDIVIDUAL	01:28:39
223	290	ATLETA NÃO CADASTRADO	M	0	M0034	32		01:28:39
224	289	ATLETA NÃO CADASTRADO	M	0	M0034	33		01:28:51
225	266	SOFIA KIETMANN	F	39	F0039	13		01:35:48
226	267	GERMANO BERNARDO	M	61	M6099	27		01:55:43