



# I São Silvestre Baía do Seixal

22 de Dezembro, 2018

<https://werun.pt/resultados/sao-silvestre-baia-do-seixal/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	532	JOSÉ GASPAR	00:30:45	00:30:45	M4044	ODIMARQ	1
2	830	JOÃO FERNANDES	00:30:51	00:30:51	M0034	Casa do Benfica de Faro	1
3	761	PEDRO ARSÉNIO	00:31:17	00:31:17	M3539	CF Os Belenenses	1
4	914	MIGUEL QUARESMA	00:31:38	00:31:38	M3539	RUN TEJO	2
5	572	HELDER SANTOS	00:32:26	00:32:25	M0034	MOITA A CORRER	2
6	913	FILIPE REBELO	00:32:32	00:32:32	M0034	RUN TEJO	3
7	343	RODRIGO CARRILHO	00:33:49	00:33:48	M3539	CASA SPORT LISBOA E BENFICA VENDAS NOVAS	3
8	662	JOÃO JESUS	00:34:27	00:34:26	M0034	AMICICLO GRÂNDOLA	4
9	401	PEDRO AMIGO	00:34:31	00:34:28	M3539	CCR ALTO DO MOINHO	4
10	883	MARCO PINTO	00:34:31	00:34:30	M0034	F.F. PAZ MUNDIAL E UNIFICAÇÃO	5
11	561	LEONTINO LAMPREIA	00:34:55	00:34:55	M0034	CASA BENFICA SEIXAL	6
12	726	RUI BALTAZAR	00:35:11	00:35:11	M5054	Cube Desportivo e Recreativo Ribeirinhos	1
13	294	PEDRO FERNANDES	00:35:16	00:35:16	M3539	VFC	5
14	346	ANTÓNIO REIS	00:35:17	00:35:17	M4044	CARREGUEIRA RUNNERS	2
15	535	PEDRO GOMES	00:35:19	00:35:15	M0034		7
16	557	FLÁVIO SANTOS	00:35:20	00:35:14	M0034	FF paz mundial	8
17	911	DAVID FERNANDES	00:35:21	00:35:21	M4044	RUN TEJO	3

18	395	JOÃO CANIÇO	00:35:31	00:35:31	M3539	3B Triatlo	6
19	929	JOSÉ CAMELO	00:35:33	00:35:32	M4549		1
20	228	CARLOS MANUEL RIBEIRO CERQUEIRA	00:35:36	00:35:33	M4044	A NATUREZA ENSINA	4
21	478	PAULO CANTANTE	00:35:43	00:35:43	M4549		2
22	377	CARLOS CAETANO	00:35:48	00:35:47	M4549	Clube Desportivo e Cultural do Casal do Marco	3
23	886	EDMIR CORREIA	00:35:49	00:35:46	M0034	GD SÃO DOMINGOS	9
24	412	NUNO LOPES	00:35:54	00:35:54	M0034		10
25	863	NELSON REBELO	00:36:06	00:36:05	M0034	J.O.M.A	11
26	128	NUNO SILVA	00:36:08	00:36:07	M3539	F.F. PAZ MUNDIAL E UNIFICAÇÃO	7
27	894	NUNO ANTUNES	00:36:22	00:36:22	M4044	URBAN RUN TEAM	5
28	916	PAULO ARRENEGA	00:36:29	00:36:28	M5054	RUN TEJO	2
29	498	DAVID LOPES	00:36:37	00:36:37	M0034	URBAN RUN TEAM	12
30	23	LUÍS SAIOTE	00:36:39	00:36:39	M4549		4
31	833	BERNARD LEHMANN	00:36:44	00:36:44	M0034		13
32	720	DIOGO SILVA	00:36:46	00:36:46	M3539		8
33	558	RUI HENRIQUES	00:36:47	00:36:46	M4549	FF paz mundial	5
34	461	JOÃO CORREIA	00:36:49	00:36:49	M5559	CATA-Clube de Atletismo Amora	1
35	873	PEDRO RIBEIRO	00:36:50	00:36:49	M4549	A NATUREZA ENSINA	6
36	466	INÊS MARQUES	00:36:59	00:36:59	F0034	ESCOLA ATLETISMO COIMBRA J.PAIVA	1
37	842	JOÃO TURÉ	00:37:07	00:37:00	M0034	GD SÃO DOMINGOS	14
38	910	BRUNO CARVALHO	00:37:11	00:37:10	M3539	RUN TEJO	9
39	872	PEDRO NUNES	00:37:16	00:37:11	M0034	SOLAR DOS LEÕES	15
40	901	RICARDO OLIVEIRA	00:37:16	00:37:15	M3539	CLUBE DE PRAÇAS DA ARMADA	10

41	825	FERNANDO MARTINS	00:37:30	00:37:29	M4549	GDC BANCO DE PORTUGAL	7
42	666	ALAOR NASCIMENTO	00:37:38	00:37:33	M0034	CATA-Clube de Atletismo de Amora	16
43	509	MIGUEL SOBRAL	00:37:43	00:37:43	M4044	A NATUREZA ENSINA	6
44	375	CARLOS PARREIRA	00:37:54	00:37:54	M4044	Clube Desportivo e Cultural do Casal do Marco	7
45	817	CARLOS PEREIRA	00:38:01	00:38:00	M5054	CORRER LOURES	3
46	745	EDUARDO LOURENÇO	00:38:08	00:38:07	M5054	Clube de Atletismo Amigos do Parque da Paz	4
47	565	DUARTE COSTA	00:38:09	00:38:09	M3539	RUN FOR FRIENDS	11
48	420	ARTUR VALENTIM	00:38:09	00:38:07	M4044		8
49	775	NUNO VALENTE	00:38:11	00:38:09	M3539	BEJA ATLÉTICO CLUBE	12
50	379	JOSE GOMES	00:38:16	00:38:15	M5559		2
51	596	FILIPE BAPTISTA	00:38:20	00:38:19	M0034	SFRAA	17
52	739	JOÃO TRINDADE	00:38:22	00:38:17	M0034	CORRER LISBOA	18
53	743	JOÃO CARVALHO LOPES	00:38:25	00:38:25	M6064	LEBRE	1
54	915	NUNO NAIA	00:38:28	00:38:26	M4044	RUN TEJO	9
55	893	JOÃO ANTUNES	00:38:37	00:38:37	M4549	URBAN RUN TEAM	8
56	80	PAULO SANTOS	00:38:38	00:38:33	M5054	CCR ALTO DO MOINHO	5
57	903	LAURA GRILO	00:38:41	00:38:35	F0034	CLUBE DE PRAÇAS DA ARMADA	2
58	210	JOÃO PAIXÃO	00:38:46	00:38:45	M4549	NAPA - Núcleo de Amigos da Perna Assada	9
59	289	HUGO SEQUEIRA	00:38:47	00:38:42	M3539		13
60	61	CARLOS ALBERTO LIMA	00:38:48	00:38:47	M4549	A NATUREZA ENSINA	10
61	729	JOSÉ GONÇALVES	00:38:52	00:38:52	M5054	AMIGOS DO ATLETISMO DE MAFRA	6
62	104	PAULO NORTON	00:38:57	00:38:48	M4044		10
63	899	JOSÉ SILVA	00:38:59	00:38:57	M5559	CASA BENFICA SEIXAL	3

64	70	VASCO BELCHIOR	00:39:00	00:38:48	M3539	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	14
65	624	PEDRO GONÇALVES	00:39:01	00:38:56	M3539	CCR ALTO DO MOINHO	15
66	477	PAULO SARTY	00:39:03	00:38:55	M4549		11
67	193	SÉRGIO PARDAL	00:39:06	00:39:01	M0034		19
68	46	MIGUEL BARBA	00:39:07	00:38:53	M4044	PENICHE A CORRER	11
69	728	NELSON LOURENÇO	00:39:10	00:39:10	M4549	AMIGOS DO ATLETISMO DE MAFRA	12
70	172	TIAGO NOGUEIRA	00:39:11	00:39:10	M3539	AMINHACORRIDA/MYPROTEIN	16
71	536	SÉRGIO OLIVEIRA	00:39:21	00:39:14	M0034		20
72	810	JOSÉ CARLOS MARTINS MARCELINO	00:39:34	00:39:31	M5559	ODIMARQ	4
73	861	GUILHERME HORA	00:39:36	00:39:34	M4044	INDIVIDUAL	12
74	64	TIAGO CORREIA	00:39:36	00:39:29	M4044	Sharish Gin/GD Piranhas do Alqueva	13
75	871	CARLOS PEREIRA	00:39:39	00:39:38	M4044	F.F. PAZ MUNDIAL E UNIFICAÇÃO	14
76	646	RAUL RODRIGUES	00:39:39	00:39:38	M6064	g.d.chelas	2
77	543	PAULO SILVA	00:39:41	00:39:41	M3539	CCR ALTO DO MOINHO	17
78	390	NUNO ALVES	00:39:42	00:39:41	M4044	Clube Olímpico de Oeiras	15
79	632	RICARDO CASTANHO	00:39:43	00:39:42	M4044	CCR ALTO DO MOINHO	16
80	173	NUNO CAFE	00:39:46	00:39:39	M3539	Aminhacorrída/Gmail.com	18
81	511	CARLOS LINO FIGUEIREDO DE JESUS	00:39:48	00:39:47	M4044	A20KM TRAIL RUNNING TEAM	17
82	866	PEDRO FERNANDES	00:39:52	00:39:49	M4044	NAPA - Núcleo de Amigos da Perna Assada	18
83	209	ALEXANDRE FIGUEIREDO	00:39:52	00:39:52	M4549	NAPA - Núcleo de Amigos da Perna Assada	13
84	167	PAULO GUIMARÃES	00:39:55	00:39:46	M4044	AMINHACORRIDA/MYPROTEIN	19
85	84	ALBERTO RODRIGUES	00:39:55	00:39:49	M5559	CCR ALTO DO MOINHO	5

86	571	PAULO VIEIRA	00:39:55	00:39:35	M5054		7
87	488	CRISTIANO PAES	00:39:56	00:39:45	M4549	RUNNING CLUB SANTA CASA	14
88	678	LUÍS NUNES	00:39:58	00:39:56	M3539	Rebent@Bolha	19
89	396	RODRIGO GONÇALVES SILVA	00:39:58	00:39:58	M5054	A NATUREZA ENSINA	8
90	569	PAULO PINTO	00:40:00	00:39:58	M4549	A NATUREZA ENSINA	15
91	246	PAULO BRUNO	00:40:21	00:40:03	M4549	INDIVIDUAL	16
92	65	PEDRO SIMÃO	00:40:23	00:40:15	M4044	Sharishgin/gdpiranhasdoalqueva	20
93	828	SÉRGIO PIRES	00:40:27	00:40:15	M4044		21
94	109	BRUNO CARLOS	00:40:30	00:40:28	M3539		20
95	424	PAULO LOPES	00:40:33	00:40:27	M4549	INDIVIDUAL	17
96	275	DAVID LEITÃO	00:40:34	00:40:18	M0034	PENICHE A CORRER	21
97	472	MARIO AFONSO	00:40:37	00:40:37	M0034	CCR ALTO DO MOINHO	22
98	620	PEDRO MARTINS	00:40:37	00:40:37	M3539	CCR ALTO DO MOINHO	21
99	467	RUI AFONSO	00:40:40	00:40:40	M4549	CCR ALTO DO MOINHO	18
100	612	PEDRO DUARTE MORAIS	00:40:42	00:40:32	M4549		19
101	815	PETER STEINHAUSEN	00:40:49	00:40:49	M6569		1
102	781	MÁRIO PIMENTA	00:41:01	00:40:24	M4044		22
103	778	JOÃO TEIXEIRA	00:41:01	00:40:43	M0034		23
104	734	RICARDO LOBO	00:41:01	00:40:50	M4549	A NATUREZA ENSINA	20
105	750	BRUNO ESTEVES	00:41:04	00:41:04	M4044	CATA-Clube de Atletismo de Amora	23
106	835	VALTER REALISTA	00:41:04	00:40:58	M3539	CCMQMC	22
107	759	NUNO CORREIA	00:41:05	00:41:05	M5054	GDINE - GD Instituto Nacional de Estatística	9
108	836	LUIS CASCAO	00:41:11	00:41:08	M4549		21

109	169	JOSÉ AMARO	00:41:12	00:41:12	M4044	AMINHACORRIDA/MYPROTEIN	24
110	631	LUIS PEREIRA	00:41:14	00:40:58	M4549	CCR ALTO DO MOINHO	22
111	110	MIGUEL TRAVANCA	00:41:15	00:41:06	M5054		10
112	274	BRUNO SANTOS	00:41:18	00:41:18	M4044	CARREGUEIRA RUNNERS	25
113	400	JOSÉ AMIGO	00:41:18	00:41:17	M6569	CCR ALTO DO MOINHO	2
114	15	FILIPE PEDRO	00:41:19	00:41:09	M3539	CAVALAS VELOZES	23
115	705	HORÁCIO OLIVEIRA	00:41:20	00:40:54	M4044	Trindade Bikers	26
116	848	LUCILIA SOARES	00:41:21	00:41:20	F5559	GD SÃO DOMINGOS	1
117	321	GONÇALO FERREIRA	00:41:23	00:41:23	M4549	GDINE - GD Instituto Nacional de Estatística	23
118	404	MANUEL AMARO	00:41:24	00:41:03	M6064	CCR ALTO DO MOINHO	3
119	849	RUI NEVES	00:41:36	00:41:33	M4549	GD SÃO DOMINGOS	24
120	63	VASCO LEVITA	00:41:45	00:41:35	M4549		25
121	347	EDUARDO LUÍS	00:41:45	00:41:38	M4044	ATÓMICOS	27
122	647	VICTOR DIAS	00:41:47	00:41:43	M5054	g.d.chelas	11
123	337	NUNO SANTOS DE ALMEIDA	00:41:48	00:41:19	M3539		24
124	105	VITOR LEBRE	00:41:53	00:41:40	M4044		28
125	345	VITOR JORGE	00:41:58	00:41:49	M5559	CA AMIGOS DE BELÉM	6
126	486	GERMANO SILVA	00:42:00	00:41:57	M6064		4
127	921	ANTÓNIO MOITA	00:42:03	00:42:02	M5559	TÂLENTOS TEAM	7
128	483	PAULO FERREIRA	00:42:04	00:42:01	M4044		29
129	313	LUIS JOSE	00:42:06	00:42:06	M4549		26
130	584	NUNO CESÁRIO	00:42:09	00:41:55	M4549	MOITA A CORRER	27
131	857	AGOSTINHO SILVA	00:42:13	00:41:52	M3539	CASA BENFICA SEIXAL	25

132	465	AMÉLIA COSTA	00:42:14	00:42:14	F5054	CCR ALTO DO MOINHO	1
133	106	JORGE VAZ	00:42:14	00:42:14	M4549	CORRER LISBOA	28
134	217	SUSANA RAMOS	00:42:20	00:42:11	F3539		1
135	216	RUI OLIVEIRA	00:42:20	00:42:08	M4044		30
136	107	JACINTO GOMES	00:42:21	00:42:20	M5559		8
137	891	LUÍS MIGUEL CALHA	00:42:22	00:42:21	M5054	CLUBE DE PRAÇAS DA ARMADA	12
138	267	ALEXANDRE CANTANHEDE	00:42:25	00:42:25	M4044	CCR ALTO DO MOINHO	31
139	946	PEDRO FRIAS	00:42:26	00:42:10	M4044	CR DA CRUZ DE PAU	32
140	45	RUI VIEIRA	00:42:28	00:42:03	M4044		33
141	715	JOÃO MARAL	00:42:30	00:42:21	M4549	SSCGD	29
142	516	CÉSAR GOMES	00:42:31	00:42:31	M4549	pace.makers	30
143	454	BRUNO CANHÃO	00:42:32	00:42:26	M0034		24
144	674	ANTÓNIO MOURO	00:42:34	00:42:33	M4044		34
145	236	CÉLIA CECÍLIO	00:42:34	00:42:32	F4549	NAPA - Núcleo de Amigos da Perna Assada	1
146	858	CARLOS SEMIDE	00:42:41	00:42:23	M4044	FCA Motor Village	35
147	421	JOAO SANTOS	00:42:41	00:42:41	M5054	CLUBE DE PRAÇAS DA ARMADA	13
148	640	JOSÉ NUNES	00:42:44	00:42:16	M5054		14
149	496	JOSÉ CARDOSO	00:42:50	00:42:50	M5559	INDIVIDUAL	9
150	846	HERLANDER MARTINS	00:42:54	00:42:48	M6064	GD SÃO DOMINGOS	5
151	340	ricardo do vale	00:42:56	00:42:41	M0034		25
152	307	DINA OLIVEIRA	00:42:58	00:42:57	F3539	Casa do Povo de Corroios	2
153	322	ANDRÉ SANTOS	00:43:01	00:42:21	M3539	LH Ginásio	26
154	867	FÁBIO SANTOS	00:43:04	00:42:43	M0034	Casa do Benfica- BTT- Charneca de Caparica	26

155	287	JOSE CATITA	00:43:06	00:42:58	M6064	INDIVIDUAL	6
156	71	MARCO CUNHA	00:43:08	00:43:08	M0034	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	27
157	876	SÍLVIA OLIVEIRA	00:43:08	00:43:07	F4044	UPG-SPORTS TEAM	1
158	865	RICARDO MARQUES	00:43:10	00:43:06	M3539	NAPA - Núcleo de Amigos da Perna Assada	27
159	756	JOSÉ BORGES	00:43:10	00:43:06	M5559	CF Os Belenenses	10
160	433	PEDRO MIGUEL PEREIRA	00:43:14	00:43:03	M0034		28
161	73	FÁBIO ALVES	00:43:15	00:42:47	M0034	Tiropakote	29
162	521	NUNO PEIXEIRO	00:43:15	00:42:41	M4044		36
163	266	JOSE LANÇA	00:43:15	00:43:13	M6569	CCR ALTO DO MOINHO	3
164	69	TIAGO DUARTE	00:43:19	00:43:06	M3539	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	28
165	206	CARLOS PEREIRINHA	00:43:21	00:42:39	M4549	Grupo desportivo Independente	31
166	732	ARTUR JOSÉ CARVALHO	00:43:25	00:43:20	M5559	CORRER LISBOA	11
167	441	JOSE SERRANO	00:43:29	00:43:29	M4549	MONSANTO RUNNING TEAM	32
168	439	INÊS MARQUES	00:43:30	00:43:23	F4044	99PROVASGRATUITAS	2
169	198	BRUNO MIGUEL VIEGAS CARVALHO	00:43:30	00:43:05	M0034	BANDIDOS	30
170	721	ÁLVARO COELHO	00:43:32	00:43:31	M6064		7
171	932	RICARDO SANTOS	00:43:35	00:43:22	M4044	MOITA A CORRER	37
172	361	SFUAP COVA DA PIEDADE	00:43:42	00:43:31	M5054	SFUAP	15
173	683	FILIPE FIDALGO	00:43:43	00:43:21	M3539	CASA BENFICA SEIXAL	29
174	382	NUNO RAMOS	00:43:46	00:43:05	M3539		30
175	694	JOÃO TOMÁS	00:43:46	00:43:45	M6064	CASA BENFICA SEIXAL	8
176	843	ELISA VARELA	00:43:47	00:43:45	F4549	GD SÃO DOMINGOS	2



177	844	ANABELA CARVALHO	00:43:48	00:43:45	F5054	GD SÃO DOMINGOS	2
178	852	CARLOS MARTINS	00:43:49	00:43:38	M4549		33
179	562	NUNO SANTOS	00:43:51	00:43:23	M0034		31
180	560	ANTÓNIO RAMOS	00:43:52	00:43:49	M4549	FF paz mundial	34
181	592	FERNANDO FRAÚSTO	00:43:54	00:43:46	M0034		32
182	515	FLAVIO RAMALHO	00:43:57	00:43:56	M0034	grupo desportivo águias da moita	33
183	938	ANDRÉ DANIEL	00:43:57	00:43:39	M0034		34
184	585	PEDRO MACHADO	00:43:57	00:43:46	M4549		35
185	83	PAULA ANTUNES	00:44:00	00:43:59	F4549	CCR ALTO DO MOINHO	3
186	233	MARCOS LIMA	00:44:01	00:43:59	M0034	RASTAPA	35
187	243	RUI SOVERAL	00:44:01	00:43:57	M4044	CARREGUEIRA RUNNERS	38
188	907	ALCINDO RAMALHO	00:44:03	00:43:45	M3539	CCR ALTO DO MOINHO	31
189	129	HELENA MOREIRA	00:44:03	00:43:58	F4044	F.F. PAZ MUNDIAL E UNIFICAÇÃO	3
190	248	HENRIQUE AMADOR	00:44:03	00:43:55	M4549	SS CGD	36
191	103	JUSTINIANO SILVA	00:44:03	00:43:51	M5054	Renault Run Club	16
192	98	JOAO VIEGAS	00:44:04	00:44:04	M5054	Amorense	17
193	856	FRANCISCO FURÃO	00:44:05	00:43:34	M3539	BARREIRO	32
194	269	ALZIRA SOBRAL	00:44:05	00:43:49	F5559	CCR ALTO DO MOINHO	2
195	291	JOSÉ ADRO	00:44:06	00:44:05	M5559	CARREGUEIRA RUNNERS	12
196	727	CARLOS RODRIGUES	00:44:08	00:44:04	M6064	AMIGOS DO ATLETISMO DE MAFRA	9
197	918	TELMA SOFIA SILVA	00:44:09	00:43:58	F0034	RUN TEJO	3
198	917	PEDRO FAVINHA	00:44:09	00:44:08	M4549	RUN TEJO	37
199	403	ANTONIO CERDEIRA	00:44:09	00:44:08	M6064	CCR ALTO DO MOINHO	10

200	74	PEDRO CARDOSO	00:44:10	00:43:38	M4044	LIBRe	39
201	538	RICARDO BASÍLIO	00:44:12	00:44:05	M4044		40
202	900	MARCELINO ALM EIDA	00:44:13	00:43:56	M4549	CASA BENFICA SEIXAL	38
203	651	EDGAR SANTOS	00:44:14	00:43:02	M3539	LA Alumínios Sport/ Nutrend	33
204	131	GUSTAVO EVORA	00:44:15	00:43:50	M5054	Asas do Millenium	18
205	667	PEDRO PINHO LOPES	00:44:19	00:44:13	M4044		41
206	928	VITOR HUGO	00:44:21	00:44:08	M3539	SERRADO FC ATLETISMO	34
207	168	ANA AMARO	00:44:22	00:44:20	F4044	AMINHACORRIDA/MYPROTEIN	4
208	180	JOÃO PEDRO FONSECA	00:44:24	00:43:52	M4044	Bifanas de Corrida	42
209	658	PAULO SANTOS	00:44:26	00:44:16	M5054	LOURDETE PERFUMARIAS	19
210	552	FILIPA VELOSO	00:44:28	00:44:28	F0034		4
211	6	ADOLFO AMEIXA	00:44:30	00:44:20	M4044	CDCCM-BIKERS DO PIOR	43
212	630	PEDRO PEREIRA	00:44:32	00:44:12	M3539	CCR ALTO DO MOINHO	35
213	189	NUNO VENES	00:44:40	00:44:32	M4044		44
214	709	BRUNO DIAS	00:44:41	00:44:26	M4044	SS CGD	45
215	758	ANDRÉ GOMES	00:44:43	00:44:36	M0034	CF Os Belenenses	36
216	944	JOÃO MENESES	00:44:44	00:44:09	M4044		46
217	56	ALEXANDRA SILVA	00:44:47	00:44:24	F4044	AMINHACORRIDA	5
218	370	AMILCAR SANTOS	00:44:49	00:44:15	M5559	Clube Desportivo e Cultural do Casal do Marco	13
219	809	NELSON LOURENÇO	00:44:50	00:44:39	M4549		39
220	675	LUIS APOLINÁRIO	00:44:53	00:44:27	M5054	AMADORA	20
221	699	JOÃO SILVA	00:44:53	00:44:47	M5559	Zátapeques de Fernão Ferro	14
222	262	MANUEL CLEMENTE	00:44:56	00:44:51	M6569	CCR ALTO DO MOINHO	4

223	28	BERNARDO FILIPITSCH	00:44:59	00:44:41	M3539		36
224	25	CARLOS JOSÉ DA SILVA GASPAR GASPAR	00:45:02	00:44:29	M4549		40
225	874	ISABEL BOAVIDA	00:45:03	00:44:35	F3539	AMADORA	3
226	795	BRUNO ESPADEIRO	00:45:04	00:44:07	M4044	BE ENERGY	47
227	414	FERNANDO OLIVEIRA	00:45:06	00:44:58	M3539		37
228	961	BRUNO ORNELAS	00:45:06	00:45:04	M4044	INDIVIDUAL	48
229	170	CARLA TABAIO	00:45:07	00:45:05	F0034	Aminhacorrida/Gmail.com	5
230	303	JOSÉ CARVALHO	00:45:08	00:44:36	M4044	Bullet Run	49
231	628	PAULO FERREIRA	00:45:11	00:44:44	M5054	CCR ALTO DO MOINHO	21
232	696	JOSÉ CUNHA	00:45:12	00:45:02	M5054	Zátópeques de Fernão Ferro	22
233	800	CARLOS JESUS	00:45:17	00:44:38	M3539	ccsint	38
234	919	VITOR GONÇALVES	00:45:18	00:45:17	M5054	RUN TEJO	23
235	284	ANTONIO SANTOS	00:45:18	00:45:13	M6569	CORRER LISBOA	5
236	556	ISABEL SANTOS	00:45:18	00:45:09	F4549	FF paz mundial	4
237	754	JOAO MESQUITA	00:45:20	00:45:00	M5559		15
238	374	MANUEL JANEIRO	00:45:21	00:44:58	M5559	Clube Desportivo e Cultural do Casal do Marco	16
239	199	CÂNDIDO POÇAS	00:45:23	00:44:58	M4549	BANDIDOS	41
240	438	JOSÉ MIRA	00:45:27	00:45:12	M5559	99PROVASGRATUITAS	17
241	330	SIMÃO CORRENTE	00:45:28	00:44:58	M0034	Bullet Run	37
242	820	PAULO PIRES	00:45:30	00:44:51	M5054	SS CGD	24
243	440	JORGE SILVA	00:45:31	00:45:03	M4549	CD Mar e Serra	42
244	145	PEDRO SANTOS	00:45:33	00:45:17	M4549	CLUBE MILLENNIUM BCP	43
245	150	EDUARDO FERREIRA	00:45:34	00:44:54	M4044	CLUBE MILLENNIUM BCP	50

246	413	LILIANA FILIPE	00:45:35	00:45:27	F3539		4
247	288	AUGUSTO SEMEDO	00:45:36	00:45:30	M6064	INDIVIDUAL	11
248	242	NUNO CABANAS	00:45:39	00:45:19	M4549		44
249	930	HERMINIO BENTO	00:45:39	00:45:39	M6064		12
250	240	JOÃO REBELO	00:45:40	00:45:25	M5054	CATA-Clube de Atletismo de Amora	25
251	66	PEDRO SOARES	00:45:40	00:45:11	M4549		45
252	755	JORGE MORGADO	00:45:44	00:45:32	M5559	CF Os Belenenses	18
253	682	JOSÉ AMARO	00:45:49	00:45:34	M4044	LIZ RUNNERS	51
254	599	JOSÉ CRUZ	00:45:50	00:45:35	M4044	RUN FOR LUNCH	52
255	774	JOSÉ TAVARES	00:45:51	00:45:45	M5054		26
256	526	JOAO BENTO	00:45:56	00:45:42	M4044		53
257	520	RAMIRO HENRIQUES	00:45:56	00:45:24	M5559		19
258	959	PEDRO MIRANDA	00:45:57	00:45:48	M4044		54
259	220	NUNO MARTINS	00:45:57	00:45:07	M0034		38
260	791	HENRIQUE OLIVEIRA	00:45:59	00:45:24	M4549	CASA BENFICA SEIXAL	46
261	333	FILIPE MARQUES	00:46:00	00:44:50	M0034	Tudo ao Molhe	39
262	1	LUÍS BALINHO	00:46:00	00:45:55	M4044	NUCLEO DO SPORTING CP DO SEIXAL	55
263	970	RAFAEL ROQUE	00:46:04	00:44:47	M0034		40
264	366	JOAQUIM MENDES	00:46:06	00:46:06	M4549	Clube Desportivo e Cultural do Casal do Marco	47
265	735	JAIME LAMEGO	00:46:06	00:45:34	M5559		20
266	967	PAULO NUNES	00:46:09	00:46:02	M4549		48
267	864	ANTÓNIO RICO	00:46:12	00:46:10	M4549	NAPA - Núcleo de Amigos da Perna Assada	49

268	736	CHANTAL XHERVELLE	00:46:16	00:45:44	F5054	CPPEA	3
269	691	VITOR PINTO	00:46:18	00:45:56	M3539		39
270	219	RICARDO SERRA	00:46:23	00:46:23	M4044	CARREGUEIRA RUNNERS	56
271	450	HUGO RAMIRES	00:46:27	00:45:29	M4044	Casa Benfica Charneca da Caparica	57
272	482	RUI MARQUES	00:46:28	00:46:07	M4044		58
273	587	NUNO GOMES	00:46:28	00:46:13	M4044	INDIVIDUAL	59
274	14	MANUEL REGO	00:46:30	00:46:13	M4549	F.F. PAZ MUNDIAL E UNIFICAÇÃO	50
275	190	MIGUEL OLIVEIRA	00:46:31	00:45:55	M0034		41
276	297	TIAGO ADRIAO	00:46:31	00:46:11	M0034	IMASAMS	42
277	878	MARTA FONSECA	00:46:31	00:46:13	F3539	HCRUNNERS	5
278	91	RICARDO SILVA	00:46:32	00:46:13	M3539		40
279	82	ANTONIO PEREIRA	00:46:32	00:45:53	M6064	CCR ALTO DO MOINHO	13
280	308	DOMINGOS GATO	00:46:34	00:46:15	M4549	D. Gato	51
281	301	JORGE FERREIRA	00:46:34	00:46:23	M5559		21
282	185	PAULO PEREIRA	00:46:34	00:45:49	M4044		60
283	35	PAULO JORGE LOURO FOLGADO	00:46:35	00:46:15	M0034		43
284	534	ROGÉRIO MACHADO	00:46:38	00:46:29	M3539		41
285	522	RUBEN AMADOR	00:46:38	00:45:21	F0034	Crossfit Seixal	6
286	87	TIAGO LANÇA	00:46:39	00:46:04	M0034	PENICHE A CORRER	44
287	443	FERNANDO FERNANDES	00:46:39	00:45:59	M3539	PENICHE A CORRER	42
288	654	PEDRO MIGUEL JORGE	00:46:40	00:46:33	M3539	Trail run Salão	43
289	615	BERNARDO REIS	00:46:41	00:46:25	M0034		45
290	34	HUGO HILARIO	00:46:41	00:46:19	M3539	Trevo	44

291	484	PEDRO MALAQUIAS	00:46:42	00:46:31	M0034		46
292	79	JOÃO CARVALHO	00:46:43	00:46:43	M6064	CCR ALTO DO MOINHO	14
293	963	JOSE LUIS	00:46:43	00:46:34	M4044		61
294	399	JOSÉ MARTINS	00:46:46	00:46:46	M7099	Zatopeques de Fernão Ferro	1
295	767	SONIA BRUNO	00:46:46	00:46:27	F4044	Seixal	6
296	701	PEDRO LOPES	00:46:47	00:46:31	M3539	SS CGD	45
297	457	HUGO FILIPE DA COSTA MORAIS CALADO	00:46:47	00:46:33	M3539	Runner Pump BPlanet	46
298	200	NUNO COUTO	00:46:47	00:46:31	M4044	SIDÓNIOS	62
299	479	RUI REIS	00:46:48	00:46:02	M5054	CGI	27
300	508	NELSON SILVA	00:46:51	00:46:11	M4044		63
301	253	JULIETA MOTA	00:46:52	00:46:38	F4549	As Primeiras	5
302	671	LUIS CARDOSO	00:46:58	00:46:44	M4549	Runners Pump BPlanet	52
303	213	RUI RAMOS	00:47:01	00:46:49	M4044		64
304	426	BRUNO AMARO	00:47:01	00:46:49	M3539		47
305	644	TIAGO DIAS	00:47:02	00:46:46	M0034		47
306	264	NUNO GOMES	00:47:02	00:46:35	M4549	CCR ALTO DO MOINHO	53
307	402	FRANCISCO PINTO	00:47:04	00:46:48	M5559	CCR ALTO DO MOINHO	22
308	629	PAULO AIRES	00:47:05	00:46:37	M5559	CCR ALTO DO MOINHO	23
309	397	ANTÓNIO JOSÉ TADEU COSTA	00:47:05	00:46:27	M5559		24
310	653	MARGARIDA CORREIA	00:47:06	00:46:35	F0034		7
311	221	FREDERICO DUARTE	00:47:07	00:46:50	M4549	INDIVIDUAL	54
312	773	HUGO BALAU	00:47:08	00:45:59	M0034		48
313	816	CELIA AZENHA	00:47:08	00:46:23	M4549	SANTANDER TOTTA	55

314	252	FRANCISCO ROSÁRIO	00:47:09	00:46:59	M4549	NUCLEO DO SPORTING CP DO SEIXAL	56
315	695	ALEXANDRE CRUZ	00:47:11	00:46:48	M3539		48
316	356	PAULO FRANCISCO	00:47:11	00:46:50	M5054	A NATUREZA ENSINA	28
317	573	MARTIM XAVIER	00:47:17	00:47:01	M0034	MOITA A CORRER	49
318	517	JOSÉ BORDALO	00:47:17	00:47:00	M6569	O MUNDO DA CORRIDA	6
319	437	XAVIER SOUSA	00:47:20	00:47:04	M4549	MOITA A CORRER	57
320	207	FILIPE GONÇALVES	00:47:20	00:46:51	M4549		58
321	660	LUIS SANTOS	00:47:22	00:47:09	M5054	A.A.Lebres do Sado	29
322	435	MARCOS TEIXEIRA	00:47:25	00:47:08	M0034		50
323	559	RAUL SANTOS	00:47:25	00:47:15	M6064	FF paz mundial	15
324	296	JOSÉ ADRIÃO	00:47:33	00:47:16	M4549	IMASAMS	59
325	806	LUIS LAVRADOR	00:47:33	00:47:16	M4044		65
326	607	JOÃO CALISTO	00:47:34	00:47:22	M5559		25
327	794	ANTÓNIO ALMEIDA	00:47:35	00:47:23	M5559	VIA3Runners	26
328	491	PAULO JORGE GONÇALVES DA SILVA	00:47:35	00:47:01	M5054	PINHAL NOVO A CORRER	30
329	335	HUGO TORRES	00:47:36	00:47:23	M4044	Team Bock	66
330	945	JOSE MARTINS	00:47:40	00:47:20	M6064	A NATUREZA ENSINA	16
331	10	NUNO NUNES	00:47:49	00:47:39	M4044		67
332	684	ANTONIO MARQUES	00:47:50	00:47:19	M5559	ANE	27
333	763	NUNO FRAGOSO	00:47:50	00:47:16	M4044	LINCES DA BELA VISTA	68
334	586	ADELINO GOMES	00:47:52	00:47:28	M4549	AMADORA	60
335	782	HELENA MARQUES	00:47:53	00:47:02	F4549		6
336	649	VLADIMIRO BRAVO	00:47:54	00:47:36	M3539		49

337	143	LUIS FILIPE BAIXINHO	00:47:56	00:47:04	M3539	CLUBE MILLENNIUM BCP	50
338	742	LUIS HENRIQUES	00:47:57	00:47:34	M0034	GRAFANIL RUNNERS	51
339	847	FERNANDO GUERREIRO	00:47:57	00:47:54	M7099	GD SÃO DOMINGOS	2
340	278	PEDRO PALHA	00:47:58	00:46:45	M3539		51
341	357	JÚLIO MATOS	00:47:58	00:47:38	M4549	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	61
342	250	ORLINDO FIGUEIREDO	00:48:04	00:47:56	M7099	SERVIÇOS SOCIAIS CAIXA GERAL DEPÓSITOS	3
343	545	PEDRO HIPÓLITO	00:48:05	00:47:46	M4549	A NATUREZA ENSINA	62
344	933	VASCO PESSOA	00:48:06	00:48:06	M0034	CLUBE RECREATIVO O RAMALHA	52
345	258	PEDRO COSTA	00:48:07	00:47:10	M0034		53
346	818	CARLOS NORONHA	00:48:07	00:47:01	M3539		52
347	360	SFUAP COVA DA PIEDADE	00:48:07	00:47:54	M5054	SFUAP	31
348	447	PEDRO DUARTE	00:48:07	00:43:25	M3539	GALHETEIRO	53
349	896	JOAQUIM GUERREIRO	00:48:11	00:47:30	M4549	LEBRES DO SADO	63
350	925	NATERCIA PINTO	00:48:11	00:48:01	F5559	INDIVIDUAL	3
351	120	FILIPE SILVA	00:48:15	00:47:47	M4044	CCD TRANQUILIDADE	69
352	860	ANTÓNIO JERÓNIMO	00:48:15	00:48:07	M3539	SERRADO FC ATLETISMO	54
353	239	PLAMEN DAMYANOV	00:48:16	00:47:52	M3539		55
354	689	LUIS VITORINO	00:48:18	00:48:12	M4044	RUN AND SMILE	70
355	884	CARMEN HENRIQUES	00:48:22	00:48:18	F4044	RUN AND SMILE	7
356	234	LUCAS PEIXOTO	00:48:27	00:48:23	M0034	RASTAPATA	54
357	9	RICARDO MIGUEL BATISTA	00:48:28	00:48:18	M4044		71
358	49	PEDRO NEVES	00:48:28	00:48:14	M4044	CCDCM / Bikeres do Pior	72
359	889	PAULO GANDUM	00:48:30	00:48:09	M4044	ACPORTALEGRE / UTSM	73



360	341	MIGUEL DIAS	00:48:33	00:47:43	M4044	SS CGD	74
361	688	MIGUEL CORDEIRO	00:48:33	00:48:14	M3539	Seixal	56
362	204	JOAO CAMPOS	00:48:35	00:48:13	M4549	RONHONHÓS RUNNING TEAM	64
363	595	EDUARDO FIGUEIRA	00:48:35	00:48:05	M4549		65
364	62	ANA PAULA GUEDES	00:48:36	00:47:57	F4549	A NATUREZA ENSINA	7
365	733	ANDRÉ LEAL	00:48:37	00:47:35	M0034		55
366	328	ANA RITA CORRENTE	00:48:37	00:48:08	F0034	Bullet Run	8
367	757	MIGUEL GOMES	00:48:39	00:48:33	M4549	CF Os Belenenses	66
368	332	FILIPPE MATEUS	00:48:39	00:48:28	M0034	Team Bock	56
369	655	MIGUEL DIAS	00:48:41	00:48:19	M4044		75
370	285	PATRÍCIA FALCÃO	00:48:41	00:48:07	F4044	AMINHACORRIDA/MYPROTEIN	8
371	790	CARLOS MAGALHÃES	00:48:43	00:48:07	M4549	NÚCLEO DO SPORTING CP SEIXAL	67
372	602	MANUEL FLOR	00:48:47	00:48:17	M7099		4
373	12	JOÃO HENRIQUES	00:48:50	00:48:34	M4044	SS CGD	76
374	764	EURICO DURÃO	00:48:53	00:48:34	M6064		17
375	934	PAULO OLIVEIRA	00:48:54	00:48:51	M0034	CLUBE RECREATIVO O RAMALHA	57
376	718	EMANUEL AGUAS	00:48:55	00:48:33	M4044	SSCGD	77
377	690	RUI SOL-POSTO	00:48:57	00:47:56	M4044		78
378	881	RICARDO MESQUITA	00:48:59	00:48:50	M0034	SCD Glória do Ribatejo	58
379	101	PAULO MOUTINHO	00:49:03	00:48:32	M4549	H-Garra a Lebre	68
380	855	NUNO SOBRAL	00:49:05	00:48:56	M4044	SERRADO FC ATLETISMO	79
381	365	INÁCIO MENDES	00:49:06	00:48:43	M4044	Clube Desportivo e Cultural do Casal do Marco	80
382	868	LUCIANO CONTENTE	00:49:07	00:48:47	M4044	CASA BENFICA SEIXAL	81

383	570	MARINA MARQUES	00:49:09	00:49:01	F4549	RUN 4 FUN	8
384	116	JOÃO SILVA	00:49:10	00:48:57	M5559	ATR - ALGARVE TRAIL RUNNING	28
385	670	RICARDO ALVES	00:49:11	00:48:50	M3539	CASA BENFICA SEIXAL	57
386	968	JOSE PEREIRA	00:49:12	00:47:21	M4549		69
387	394	FILIPE SAMPAIO	00:49:16	00:48:36	M3539		58
388	165	JORGE AMARAL	00:49:17	00:49:09	M5054	AMINHACORRIDA/MYPROTEIN	32
389	320	MIGUEL BASTOS	00:49:17	00:49:05	M5054	GDINE - GD Instituto Nacional de Estatística	33
390	966	NUNO OLIVEIRA	00:49:18	00:48:18	M4044		82
391	555	LEONARDO PERIÇÃO	00:49:18	00:48:24	M0034	Maio Perição	59
392	93	LUÍS NETO	00:49:24	00:48:59	M5054	CARAPUS DE CORRIDA	34
393	737	MARIA DE LURDES GONÇALVES	00:49:27	00:49:21	F5054		4
394	875	CARLA PEREIRA	00:49:27	00:49:00	F0034	UCRD Praiense	9
395	841	DINIS FERNANDES	00:49:29	00:48:20	M0034		60
396	943	ANTÓNIO BATISTA	00:49:31	00:49:02	M7099	GD ESTRELA	5
397	533	RITA MACHADO	00:49:37	00:48:30	F0034		10
398	159	MARIO ROMAO	00:49:38	00:48:54	M4549	CLUBE MILLENNIUM BCP	70
399	753	CARLOS MESQUITA	00:49:44	00:49:23	M0034		61
400	212	PAULO ALMEIDA	00:49:45	00:49:02	M4044		83
401	854	JOAO PINTO	00:49:45	00:49:16	M5054		35
402	148	ANTONIO JOSE ALMEIDA	00:49:49	00:48:53	M5054	CLUBE MILLENNIUM BCP	36
403	295	PAULO MARQUES	00:49:49	00:48:40	M4549		71
404	179	ANABELA CONSTANTE	00:49:52	00:49:11	F4044	Bifanas de Corrida	9
405	259	TIAGO PINTO	00:49:55	00:49:28	M0034	CCR ALTO DO MOINHO	62

406	277	NUNO BERTON	00:49:57	00:49:21	M4549		72
407	123	ALMERINDO SILVA	00:49:58	00:48:55	M5559	A.D.C.CATUJAL	29
408	260	PATRICIA MARUJO	00:49:58	00:49:32	F0034	CCR ALTO DO MOINHO	11
409	124	JOÃO PASSEIRO	00:49:58	00:48:54	M5559	A.D.C.CATUJAL	30
410	8	LUIS COLAÇO	00:50:03	00:49:43	M4549		73
411	448	RAFAEL AZRIEL	00:50:06	00:49:42	M4549		74
412	13	NUNO SIMÃO	00:50:07	00:49:57	M5054		37
413	549	CARLA REBELO	00:50:07	00:49:59	F5054	RUN 4 FUN	5
414	130	CARLOS ALMEIDA	00:50:09	00:49:45	M3539		59
415	2	ARLINDO PARRA	00:50:09	00:49:58	M5559		31
416	490	HELENA ISABEL RECHARTE GONÇALVES	00:50:09	00:49:36	F4044	Pinhal a Correr	10
417	798	NUNO CABEDO	00:50:10	00:49:48	M5054	Equipa Megasa	38
418	58	GERMANO BERNARDO	00:50:12	00:48:56	M6064	PRAZER DA CORRIDA	18
419	676	VERA MATOS	00:50:12	00:49:44	F0034	Corroios	12
420	953	ADOLFO LOUREIRO	00:50:15	00:49:54	M6569	CR DA CRUZ DE PAU	7
421	446	TIAGO BOLETO	00:50:15	00:45:33	M3539	GALHETEIRO	60
422	783	JOSE VERMELHUDO	00:50:19	00:50:00	M5559	NAV RUNNERS	32
423	704	PAULO COSTA	00:50:22	00:49:06	M3539	Crossfit Seixal	61
424	194	MARIO JORGE RAMALHO	00:50:22	00:49:49	M4549	A NATUREZA ENSINA	75
425	805	FRANCISCO GUEDES	00:50:25	00:49:17	M4549	FGuedesTecnica	76
426	951	DIOGO COSTA	00:50:26	00:49:40	M7099	CR DA CRUZ DE PAU	6
427	877	PEDRO LOPES	00:50:26	00:50:17	M4549	SERRADO FC ATLETISMO	77
428	550	JORGE NUNES	00:50:27	00:49:44	M5054	INDIVIDUAL	39

429	768	RICARDO CAMPOS	00:50:30	00:49:56	M4044	LOURES	84
430	566	ARSÉNIO RODRIGUES	00:50:33	00:49:33	M4044	Tonheiros	85
431	589	ÁLVARO BRITO	00:50:37	00:49:31	M4044		86
432	513	ANTÓNIO CASAS NOVAS	00:50:37	00:49:32	M4044		87
433	669	CLAUDIO OLIVEIRA	00:50:39	00:49:26	M4044		88
434	703	CARLOS SOARES	00:50:41	00:50:28	M4549		78
435	793	JAIME REIS	00:50:42	00:50:06	M5054	CASA BENFICA SEIXAL	40
436	708	RUI DIAS	00:50:43	00:49:56	M3539	Guerreiros do running	62
437	381	LUIS SOUSA	00:50:43	00:50:27	M4044	ninguém nos pára	89
438	192	HENRIQUE PEREIRA	00:50:44	00:50:27	M4044	ninguém nos pára	90
439	235	JOEL MÓSCA	00:50:44	00:50:27	M5054	atletas à solta	41
440	642	ANTONIO ANTUNES	00:50:45	00:49:58	M3539	Guerreira dos Running	63
441	95	PEDRO LOPES	00:50:46	00:50:01	M4044		91
442	600	HUGO DINIS	00:50:46	00:49:55	M0034		63
443	888	JOSÉ TELES	00:50:48	00:50:25	M4044	Clube Desportivo e Cultural do Casal do Marco	92
444	48	ARLINDO ROLO	00:50:55	00:50:01	M5054		42
445	831	MARIA SANTOS	00:50:56	00:49:22	F4044	CCR ALTO DO MOINHO	11
446	711	RENATO CORREIA	00:50:57	00:50:10	M4044		93
447	298	MIGUEL PEREIRA	00:51:00	00:50:27	M4044	Imasamd	94
448	476	SANDRA LOPES	00:51:01	00:50:53	F0034		13
449	5	JOÃO MOITEIRO	00:51:01	00:50:26	M4549		79
450	789	TIAGO NÓBREGA	00:51:07	00:50:25	M0034		64
451	191	NUNO ALVINO	00:51:07	00:50:19	M4044		95

452	146	RUI ARTUR BAPTISTA	00:51:09	00:50:13	M5054	CLUBE MILLENNIUM BCP	43
453	510	SÓNIA FRANÇA	00:51:10	00:50:31	F4044		12
454	583	FERNANDO FILIPE	00:51:10	00:50:46	M5054		44
455	518	FERNANDO MIGUEL	00:51:11	00:50:01	M3539		64
456	119	PEDRO DE ALMEIDA	00:51:11	00:49:59	M0034	LA Alumínios Sport	65
457	958	JOÃO HENRIQUE	00:51:16	00:50:46	M0034		66
458	290	PEDRO BASTOS	00:51:18	00:50:09	M4549		80
459	309	JOANA PIÇARRA	00:51:18	00:51:00	F4044		13
460	698	ORLANDO SILVA	00:51:28	00:51:18	M5559		33
461	845	GONÇALO REBELO	00:51:36	00:50:23	M5559	GD SÃO DOMINGOS	34
462	702	ISAURA LIBERAL ROCHA	00:51:36	00:51:16	F3539	Infiltrados	6
463	792	PEDRO OLIVEIRA	00:51:40	00:51:03	M0034	CASA BENFICA SEIXAL	67
464	464	RUI FLORES	00:51:42	00:51:00	M4044		96
465	3	LUIS ROMANEIRO	00:51:44	00:51:16	M5559	CORRIDAS E COMIDAS	35
466	824	HELDER SANTOS	00:51:45	00:51:42	M4044	CORRER LISBOA	97
467	869	JACINTO BATISTA	00:51:49	00:51:26	M5559	CASA BENFICA SEIXAL	36
468	656	NUNO GONÇALVES	00:51:56	00:51:21	M4044		98
469	712	VITOR SANTOS	00:51:57	00:51:28	M4549	S Team	81
470	270	ANTÓNIO SOBRAL	00:51:57	00:51:28	M6064	CCR ALTO DO MOINHO	19
471	21	AMÉRICO FRANCISCO	00:52:00	00:50:49	M4044		99
472	902	LUÍS CONCEIÇÃO	00:52:01	00:51:38	M4044	CLUBE DE PRAÇAS DA ARMADA	100
473	353	CARLOS ARAGONEZ	00:52:02	00:51:24	M4549	Clube Atletismo Amigos Parque da Paz	82
474	506	RUI CHAGAS	00:52:06	00:51:22	M4549		83

475	352	ANA ARAGONEZ	00:52:06	00:51:28	F4044	Clube Atletismo Amigos Parque da Paz	14
476	427	SÉRGIO NUNES	00:52:06	00:50:49	M4044	MARVILA JOVEM	101
477	463	LUIS MIGUEL MORAIS	00:52:07	00:51:43	M5559		37
478	751	AGOSTINHO MARQUES	00:52:08	00:51:17	M6064	Casa do Benfica do Seixal	20
479	471	ANTÓNIO RAMINHOS	00:52:09	00:51:26	M6569	CCR ALTO DO MOINHO	8
480	271	DIOGO CORTINHAS	00:52:09	00:52:05	M0034	RASTAPATA	68
481	862	HENRIQUE ESTEVES	00:52:11	00:51:36	M3539		65
482	697	JOSÉ MORAIS	00:52:12	00:52:01	M5559	Zátópeques de Fernão Ferro	38
483	523	JOÃO ROCHA	00:52:13	00:51:17	M5054		45
484	139	LEONEL BRANDAO	00:52:13	00:51:19	M5054	CLUBE MILLENNIUM BCP	46
485	182	BRUNO SILVA	00:52:15	00:51:27	M3539	Bifanas de Corrida	66
486	338	PEDRO ALMEIDA	00:52:18	00:51:26	M4044	Bifanas de Corrida	102
487	247	PEDRO SILVA	00:52:18	00:51:17	M0034		69
488	334	ADORAÇÃO BATISTA	00:52:22	00:51:59	F4044	CCR ALTO DO MOINHO	15
489	241	FERNANDA REBELO	00:52:23	00:52:12	F4549	CATA-Clube de Atletismo de Amora	9
490	378	NUNO CABAÇO	00:52:26	00:51:10	M3539	Super Patos	67
491	154	ALEXANDRA COSTA	00:52:38	00:51:44	F4549	CLUBE MILLENNIUM BCP	10
492	223	HÉLIO AUGUSTO	00:52:38	00:52:16	M4044	Azeitao Running	103
493	261	MARGARIDA AMIGO	00:52:40	00:52:13	F5559	CCR ALTO DO MOINHO	4
494	897	LUIS GOMES FIDALGO	00:52:41	00:51:56	M4549	LEBRES DO SADO	84
495	837	RUTE PAIS	00:52:42	00:52:34	F3539	RUN4FUN	7
496	730	JOÃO PRELHAZ	00:52:45	00:52:07	M4044		104
497	581	JOSÉ PALMA	00:52:47	00:51:33	M5559		39

498	731	ARTUR FERREIRA	00:52:48	00:52:12	M4044		105
499	700	ADRIANO CUNHA	00:52:49	00:51:39	M6064		21
500	808	TELMO FREIRE	00:52:50	00:52:17	M0034		70
501	376	MÁRIO RESENDE	00:52:56	00:51:58	M5054	Clube Desportivo e Cultural do Casal do Marco	47
502	134	PEDRO NEIVA	00:52:59	00:52:15	M4549		85
503	564	EDUARDO RODRIGUES	00:53:01	00:52:19	M4549	MOITA A CORRER	86
504	480	SÉRGIO RAFAEL FIGUEIRA OLIVEIRA	00:53:02	00:52:49	M3539		68
505	597	MIGUEL MELO CRUZ	00:53:04	00:52:20	M3539		69
506	598	HELDER MENDONÇA	00:53:05	00:52:19	M3539		70
507	140	FERNANDO RODRIGUES	00:53:05	00:52:14	M5054	CLUBE MILLENNIUM BCP	48
508	744	FILIPA BARREIROS	00:53:06	00:52:35	F0034	BARREIRO	14
509	839	JOÃO HENRIQUE	00:53:08	00:52:53	M4549		87
510	195	SOFIA PINHEIRO	00:53:09	00:52:36	F4044	A NATUREZA ENSINA	16
511	530	VANESSA FLÓRIDO	00:53:10	00:52:36	F0034		15
512	529	RUI MENDES	00:53:10	00:52:35	M0034		71
513	936	EUNICE RAQUEL	00:53:12	00:53:11	F4044		17
514	937	FERNANDO CLAUDINO	00:53:12	00:53:09	M6569		9
515	813	SÉRGIO FILIPE	00:53:13	00:52:37	M4549		88
516	283	RUI AMARAL	00:53:13	00:52:27	M4549		89
517	147	PAULO PAIS	00:53:14	00:52:20	M5054	CLUBE MILLENNIUM BCP	49
518	590	NUNO CARVALHO	00:53:15	00:52:06	M0034	Kaloricos	72
519	812	JOY JOY	00:53:17	00:52:12	F4549		11
520	942	JORGE SOUSA	00:53:17	00:52:15	M5054	CORRER LISBOA	50

521	594	JOSE CORREIA	00:53:17	00:52:56	M5559		40
522	113	NUNO MOLERO	00:53:18	00:52:53	M4549		90
523	924	FERNANDA RIBEIRO	00:53:21	00:52:35	F5054	CORRER LISBOA	6
524	256	ANA MELO	00:53:23	00:53:16	F4044	RUN 4 FUN	18
525	673	ANTÓNIO PESSOA	00:53:24	00:52:56	M6064	Clube do Sargento da Armada	22
526	672	ALBANO GINJA	00:53:24	00:52:56	M6064	Clube do Sargento da Armada	23
527	151	PEDRO MANUEL PEREIRA	00:53:25	00:52:56	M5054	CLUBE MILLENNIUM BCP	51
528	639	PATRICIA GERALDES	00:53:26	00:52:58	F5054		7
529	802	ELSA RODRIGUES	00:53:26	00:52:55	F0034	Runners Pump BPlanet	16
530	76	ROSA AFONSO	00:53:30	00:52:38	F5054	CCR ALTO DO MOINHO	8
531	965	JOÃO FIALHO	00:53:32	00:52:31	M3539	DESPORTIVO DE ODIVELAS	71
532	964	RITA CAPUCHO	00:53:35	00:52:34	F4044	DESPORTIVO DE ODIVELAS	19
533	133	ANDRÉ BARBOSA	00:53:39	00:53:26	M0034	ZÊZERETREK	73
534	314	JOSÉ BARBOSA	00:53:39	00:53:13	M0034		74
535	588	PAULO ABADIA	00:53:39	00:52:50	M4549	Team bizarro	91
536	315	RODOLFO CARNEIRO	00:53:42	00:53:17	M0034		75
537	826	ADELINO FORTUNATO	00:53:44	00:52:37	M6569	Casa do Benfica do Seixal	10
538	429	MANUELA FOLGADO	00:53:48	00:53:30	F6569	FALCÕES SELVAGENS	1
539	760	PAULA SIMÕES	00:53:50	00:53:18	F4044	A NATUREZA ENSINA	20
540	785	ANTÓNIO LOURENÇO	00:53:54	00:52:43	M3539	Equipa Megasa	72
541	432	SOFIA MASSANO	00:53:57	00:53:25	F4044		21
542	840	MARIA FERNANDES	00:53:57	00:52:48	F5054		9
543	788	BRUNO MARQUES	00:53:59	00:53:10	M3539	Equipa Megasa	73



544	474	CARLOS FINO	00:54:01	00:53:16	M5054		52
545	342	CÁTIA FONSECA	00:54:01	00:53:11	F3539	SS CGD	8
546	44	ANDRÉ SILVA	00:54:01	00:53:01	M0034		76
547	389	MIGUEL REDMONT	00:54:02	00:53:04	M4549		92
548	677	JOÃO CARLOS RESENDE	00:54:03	00:53:57	M4044		106
549	423	CATARINA BARREIRO	00:54:03	00:53:21	F0034	Seixal	17
550	796	JORGE BORBINHA	00:54:05	00:53:04	M0034		77
551	81	ISAURA PEREIRA	00:54:07	00:53:48	F6064	CCR ALTO DO MOINHO	1
552	137	MARIA JOÃO	00:54:08	00:53:49	F5054	TÁLENTOS TEAM	10
553	784	MANUEL ARSÉNIO	00:54:10	00:53:41	M4549	Equipa Megasa	93
554	318	NUNO MORAIS	00:54:11	00:53:22	M4044		107
555	416	SOFIA MORGADO	00:54:14	00:53:50	F4549		12
556	741	MARINO RODRIGUES	00:54:15	00:53:51	M0034	GRAFANIL RUNNERS	78
557	299	CARLA SILVA	00:54:15	00:53:44	F4549	IMASAMS	13
558	501	JOSÉ CATITA	00:54:15	00:53:26	M6064		24
559	740	FÁBIO SIMÕES	00:54:17	00:53:53	M0034	GRAFANIL RUNNERS	79
560	619	GILBERTO GONÇALVES	00:54:19	00:53:41	M7099	CLUBE ATLETISMO AMIGOS DE BELÉM	7
561	215	CARLA LAMEIRAS	00:54:19	00:53:39	F3539	LH Ginásio	9
562	367	RUI CATARINO	00:54:25	00:53:49	M3539	Clube Desportivo e Cultural do Casal do Marco	74
563	797	HENRIQUE NEVES	00:54:31	00:53:32	M7099		8
564	53	BRUNO ABRANTES	00:54:33	00:53:26	M4044	FALCÕES SELVAGENS	108
565	362	SFUAP COVA DA PIEDADE	00:54:33	00:54:21	F5054	SFUAP	11
566	473	ANTÓNIO VARELA	00:54:36	00:54:22	M5054	INDIVIDUAL	53

567	326	CARLA SOBRAL	00:54:36	00:53:52	F4549		14
568	300	ANABELA GONÇALVES	00:54:38	00:53:55	F4044		22
569	563	LUIS MORGADO	00:54:38	00:54:14	M4549		94
570	27	CARLOS ARAÚJO	00:54:39	00:53:55	M4549		95
571	659	RICARDO CONCEIÇÃO	00:54:40	00:54:28	M0034	LOURDETE PERFUMARIAS	80
572	636	EDMUNDO PAULINO	00:54:40	00:54:13	M6569		11
573	197	ELSA LUIS	00:54:41	00:54:00	F4549	Bifanas de Corrida	15
574	829	SERGIO RODELO	00:54:41	00:54:10	M4549	RUN CREW TRAIL MONTIJO	96
575	941	CÉLIA SILVEIRA	00:54:43	00:54:11	F4549	CLUBE DE PRAÇAS DA ARMADA	16
576	822	LUIS AZEVEDO	00:54:47	00:54:44	M5054	CORRER LISBOA	54
577	89	VICTOR FREITAS	00:54:48	00:54:19	M4549	Team Freitas	97
578	748	CARLOS BERNARDINO	00:54:50	00:54:02	M4549		98
579	823	PATRICIA AZEVEDO	00:54:51	00:54:48	F0034	CORRER LISBOA	18
580	710	GONÇALO SILVA	00:54:53	00:54:13	M3539	LISBOA	75
581	327	SANDRA ROCHA	00:54:54	00:53:45	F4044		23
582	895	PAULO MOTA	00:54:56	00:54:12	M5054	LEBRES DO SADO	55
583	531	SOFIA MARCHÃ	00:55:01	00:54:21	F0034		19
584	88	SÓNIA FREITAS	00:55:03	00:54:16	F4549	Team Freitas	17
585	553	JOÃO PEDRO PERIÇÃO DE ALMEIDA	00:55:15	00:54:24	M5054	Maio Pericão	56
586	324	MIGUEL MELO	00:55:16	00:54:54	M5054		57
587	94	SABIR KANJI	00:55:17	00:54:41	M3539	SSCGD	76
588	188	RUDOLF VAN BEZOUWEN	00:55:19	00:55:04	M0034		81
589	603	JOANA FLOR	00:55:23	00:54:54	F0034		20

590	582	MARIA FILIPE	00:55:24	00:55:00	F4549		18
591	222	FERNANDO PEREIRA	00:55:27	00:55:04	M4549	Azeitao Running	99
592	851	ANDREIA OLIVEIRA	00:55:29	00:55:20	F4044	RUN 4 FUN	24
593	497	RICARDO SANTOS	00:55:31	00:54:47	M0034		82
594	331	SÉRGIO SERAFIM	00:55:32	00:54:47	M4044		109
595	39	RITA CERTÃ	00:55:32	00:54:30	M4044	TARTARUGAS SOLIDÁRIAS	110
596	707	NUNO ESTACIO	00:55:33	00:55:04	M4044		111
597	693	ANA HENRIQUE	00:55:34	00:55:18	F4549	BRRNIGHTRUNNERS	19
598	504	MARISA PEREIRA	00:55:34	00:54:56	F4044		25
599	706	ANA BORGES	00:55:35	00:55:06	F4044		26
600	776	ELISIÁRIO CARVALHO	00:55:37	00:55:16	M4549	elisiario.com	100
601	214	ANTÓNIO FERNANDES	00:55:41	00:54:59	M5054		58
602	606	JULIA CALISTO	00:55:45	00:55:32	F5559	INDIVIDUAL	5
603	135	ALFREDO JORGE MARTINHO	00:55:47	00:54:58	M4044	Marítimo Lisboa Clube	112
604	648	ISMAR FERREIRA	00:55:50	00:55:18	M5559		41
605	155	VANDA ROSA	00:55:54	00:55:03	F4044	CLUBE MILLENNIUM BCP	27
606	611	MARIA CÉU MOVILHA	00:55:54	00:55:04	F5054		12
607	765	OSVALDO PIRES	00:55:57	00:54:54	M3539		77
608	957	OSCAR MARQUES	00:55:57	00:55:06	M6569	CLUBE MILLENNIUM BCP	12
609	834	SUSANA LEITÃO	00:55:58	00:55:12	F4044		28
610	372	TERESA MORAIS	00:56:03	00:55:45	F4549	Clube Desportivo e Cultural do Casal do Marco	20
611	364	BRUNO RAMOS	00:56:03	00:55:42	M4044	Clube Desportivo e Cultural do Casal do Marco	113

612	368	VITOR GODINHO	00:56:03	00:55:43	M4549	Clube Desportivo e Cultural do Casal do Marco	101
613	948	JOSE RODRIGUES	00:56:07	00:55:45	M5559	CR DA CRUZ DE PAU	42
614	227	JOÃO CONCEIÇÃO	00:56:10	00:55:14	M4044	Asas do Millenium	114
615	387	SÉRGIO CRUZ	00:56:12	00:54:39	M4044		115
616	152	INES REGALADO BERNARDO	00:56:13	00:55:23	F3539	CLUBE MILLENNIUM BCP	10
617	386	ELSA RUIZ	00:56:16	00:55:08	F3539		11
618	956	LUIS FILIPE SILVA	00:56:16	00:55:16	M5054	CLUBE MILLENNIUM BCP	59
619	551	RAFAEL NEVES	00:56:18	00:55:44	M4044	OCR PORTUGAL	116
620	391	MIGUEL VIEIRA	00:56:20	00:55:42	M4044		117
621	257	DIOGO TEIXEIRA	00:56:20	00:55:24	M0034		83
622	183	TIAGO JORGE PINHAL	00:56:22	00:55:30	M0034		84
623	418	INÁCIO CACCIATORI	00:56:24	00:55:38	M4044		118
624	339	PAULO ANGÉLICA	00:56:28	00:56:09	M4044		119
625	719	RITA CUNHA	00:56:30	00:55:15	F0034		21
626	494	RUI GRAÇA	00:56:34	00:55:32	M5054	INDIVIDUAL	60
627	385	PJ CASTANHEIRA	00:56:35	00:55:59	M4549		102
628	29	MANUEL MORAIS	00:56:38	00:55:35	M4549		103
629	503	NELSON ALEXANDRE PIMENTEL DA SILVA CORREIA	00:56:40	00:55:33	M3539	FIRST BLOOD TEAM	78
630	26	OCTAVIO VALENTE	00:56:41	00:55:38	M4044		120
631	398	ANTÓNIO MATEUS	00:56:44	00:56:38	M7099	Zatopeques de Fernão Ferro	9
632	475	RITA CORREIA	00:56:46	00:55:29	F3539	Crossfit Seixal	12
633	593	MARTA GONÇALVES	00:56:51	00:55:41	F0034	Fofis	22

634	67	ALEKSANDRA DAMYANOVA	00:56:51	00:56:23	F0034		23
635	637	INÊS CORDEIRO	00:56:56	00:56:18	F3539		13
636	445	ROGÉRIO SOUSA	00:57:01	00:56:17	M5054		61
637	723	PAULO PALITOS	00:57:05	00:56:34	M5054		62
638	722	CARLOS BEIRÃO	00:57:06	00:56:35	M5054		63
639	125	JOSÉ BAIXINHO	00:57:06	00:56:27	M6064	SANTIAGO FUTEBOL CLUBE	25
640	363	SFUAP COVA DA PIEDADE	00:57:09	00:56:57	F4044	SFUAP	29
641	57	MANUEL DIAS	00:57:09	00:56:15	M5054		64
642	417	JORGE ALMEIDA	00:57:10	00:56:33	M6569	CA AMIGOS DE BELÉM	13
643	38	LUÍS CABAÇA	00:57:18	00:56:14	M4044	TARTARUGAS SOLIDÁRIAS	121
644	890	ANA RAMOS	00:57:20	00:56:41	F4549	ACPORTALEGRE / UTSM	21
645	766	RUBEN COSTA	00:57:21	00:56:14	M5054	RUN 4 FUN	65
646	138	MÁRIO EMÍDIO	00:57:21	00:56:48	M5054	TĂLENTOS TEAM	66
647	286	VIRGILIO BLANCO	00:57:21	00:56:48	M5559	A NATUREZA ENSINA	43
648	282	VANDA DUARTE	00:57:25	00:56:39	F3539		14
649	663	MARCO CARVALHO	00:57:29	00:56:50	M4044	ARMOTORSPORT	122
650	383	JOSE GONCALVES	00:57:33	00:55:55	M5559		44
651	804	CORNELIA LACKNER	00:57:36	00:56:51	F5054	GRUPO RECREATIVO DA QUINTA DA LOMBA	13
652	203	JOSE ALVES	00:57:36	00:56:43	M4044		123
653	174	BRUNO TABAIO TABAIO	00:57:39	00:56:38	M0034	Aminhacorrída/Gmail.com	85
654	409	RITA GUEDES	00:57:39	00:56:35	F0034	Laughter to death	24
655	410	BRUNO SALGUEIRO	00:57:40	00:56:36	M0034	Laughter to death	86
656	388	JORGE LIMA	00:57:41	00:57:15	M5054		67

657	821	DORA PIRES	00:57:42	00:57:04	F5054	SS CGD	14
658	638	MÁRCIO RIBEIRO	00:57:43	00:56:39	M0034		87
659	625	JOAQUINA FLORES	00:57:44	00:57:02	F7099	CCR ALTO DO MOINHO	1
660	814	ANTÓNIO LOUSADA	00:57:45	00:56:52	M4549		104
661	634	MÁRIO RUI PEREIRA DA SILVA	00:57:47	00:56:49	M5559		45
662	853	ANDRÉ QUINTINO	00:57:49	00:57:26	M4549		105
663	161	RODOLFO LIMA	00:57:50	00:57:02	M5054	CLUBE MILLENNIUM BCP	68
664	36	NUNO OLIVEIRA	00:57:54	00:57:36	M4549	LUSO-ATLÂNTICA CORRETOR DE SEGUROS SA	106
665	679	HELENA COSTA	00:57:54	00:57:31	F5559		6
666	122	TIAGO CAMILO	00:57:54	00:56:41	M4044		124
667	121	PAULO LEITE	00:57:54	00:56:42	M4044		125
668	90	JORGE FERRO	00:57:56	00:56:52	M4549	INDIVIDUAL	107
669	311	VITOR VILHENA	00:57:58	00:56:45	M0034	Tudo ao Molhe	88
670	126	JUDITE BAIXINHO	00:58:02	00:57:23	F0034	SANTIAGO FUTEBOL CLUBE	25
671	118	HELENA CUNHA	00:58:07	00:57:15	F5559	Asas do Millenium	7
672	77	PAULO SOARES	00:58:08	00:56:59	M4549	CCR ALTO DO MOINHO	108
673	100	ANA ROSÁRIO	00:58:11	00:57:05	F4549		22
674	832	LEANDRO PEDRO	00:58:16	00:57:29	M0034	CCR ALTO DO MOINHO	89
675	355	BERNARDO MATIAS	00:58:20	00:57:18	M0034		90
676	132	CARLOS ALBERTO MARQUES H. MARTINS HORTA	00:58:21	00:58:08	M5559	ZÊZERETREK	46
677	280	NUNO ESPÍRITO SANTO	00:58:24	00:57:28	M4549	Lisbon Moonlight Runners	109
678	613	CLÁUDIA TAM	00:58:24	00:57:27	F3539	Tranquilidade Atletismo Clube	15

679	281	SANDRA MARTINS	00:58:24	00:57:29	F4044	4 AO KM	30
680	30	MAFALDA RODRIGUES	00:58:40	00:58:33	F4549		23
681	618	ANA BENTO	00:58:41	00:58:17	F4044		31
682	114	SAMUEL TRANCOSO	00:58:41	00:57:38	M4549		110
683	115	LENITA CRUZ	00:58:41	00:57:38	F3539		16
684	442	LUIS SILVA	00:58:43	00:57:55	M4549		111
685	184	CELESTE ALVES	00:58:44	00:58:14	F5559	Tiropakote	8
686	780	LUÍS SANTOS	00:58:45	00:58:01	F5559		9
687	575	JOSÉ ALVES	00:58:52	00:58:38	M6569	S. S. CAIXA GERAL DEPOSITOS	14
688	354	CARLOS MATIAS	00:58:53	00:57:52	M4549		112
689	574	ANA CATARINA PEREIRA QUINTAS	00:58:56	00:58:37	F4549	INDIVIDUAL	24
690	927	JOSÉ FALOPES	00:58:58	00:58:31	M4044	CCR ALTO DO MOINHO	126
691	541	ELISABETA SOUSA	00:58:58	00:58:43	F4044		32
692	336	JOAO SALAZAR	00:59:01	00:58:31	M5054		69
693	499	ALINE NOGUEIRA COSTA	00:59:02	00:58:25	F4044	Multiesportiva	33
694	752	KURT KASCHKE	00:59:05	00:58:44	M6064		26
695	18	DANIEL RAMOS	00:59:11	00:58:11	M4044	JOBRINDE - MONTES SALOIOS	127
696	304	DIOGO CARVALHO	00:59:13	00:58:43	M0034	Bullet Run	91
697	141	FERNANDO ALMEIDA	00:59:21	00:58:29	M5054	CLUBE MILLENNIUM BCP	70
698	393	LUIS MATIAS	00:59:30	00:58:51	M4044		128
699	954	JOSE GONÇALVES	00:59:38	00:59:03	M7099	CR DA CRUZ DE PAU	10
700	166	TINA OLIVEIRA	00:59:43	00:59:32	F5054	AMINHACORRIDA/MYPROTEIN	15
701	650	MIGUEL RODRIGUES	00:59:44	00:58:41	M0034		92

702	434	MARCELO FOITINHO	00:59:44	00:58:42	M0034		93
703	431	FREDERICO DINIS	00:59:44	00:58:42	M0034		94
704	714	CARLA RAMALHO	00:59:46	00:59:05	F4549	Felinas	25
705	470	VANDA SOUSA	00:59:52	00:59:13	F4044	Felinas	34
706	962	LUIS NEVES	00:59:53	00:58:56	M4549	CCD TRANQUILIDADE	113
707	811	BRUNO AÇUCENA	00:59:53	00:59:05	M4044		129
708	614	TAM AFONSO	00:59:57	00:59:00	M6569	Tranquilidade Atletismo Clube	15
709	681	JOÃO RATO	01:00:04	00:59:43	M7099		11
710	358	CELSO PEREIRA	01:00:13	00:59:55	M4549	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	114
711	898	JOÃO PEDRO EUSÉBIO	01:00:14	00:59:34	M4549		115
712	272	MAHOMED HASSANE	01:00:17	00:58:57	M3539		79
713	319	ELSA SOARES	01:00:20	00:59:48	F4044	GDINE - GD Instituto Nacional de Estatística	35
714	31	JUSTILIANO MEIRELES SILVA	01:00:23	00:59:16	M6569	FALCÕES SELVAGENS	16
715	22	RICARDO ANTUNES	01:00:26	00:59:36	M3539		80
716	20	HÉLIO ALEXANDRE DA ANTUNES	01:00:26	00:59:36	M0034	Paio Pires	95
717	19	TIAGO SANTOS	01:00:33	00:59:43	M3539	Aldeia de Paio Pires	81
718	493	MARIA ALCINA CORREIA	01:00:47	01:00:21	F6569	Grupo Desportivo "O Independente"	2
719	542	BEATRIZ SILVA	01:00:49	01:00:22	F5559	TÁLENTOS TEAM	10
720	351	CATARINA AMADOR	01:00:51	00:59:36	F3539		17
721	254	HELENA TAVARES	01:00:55	01:00:41	F5054		16
722	462	CAROLINA MATOS	01:00:56	01:00:42	F0034	As Primeiras	26
723	425	TERESA NICOLAU	01:00:56	01:00:52	F5559		11
724	255	ANA RODRIGUES	01:00:58	01:00:44	F4044	As Primeiras	36



725	117	SERAFIM MARQUES	01:01:12	01:00:17	M6569	Asas do Millenium	17
726	225	JOSÉ PEDRO FERRABELO	01:01:12	01:00:19	M6569	Asas do Millenium	18
727	544	ISABEL REDMONT	01:01:16	01:00:17	F4549		26
728	268	ANGELINA CAETANO	01:01:16	01:00:24	F6064	CCR ALTO DO MOINHO	2
729	218	RUI CUNHA	01:01:24	01:01:07	M4044		130
730	786	CRISTIANO ROSADO	01:01:26	01:00:58	M0034	Equipa Megasa	96
731	33	INÊS GILBERT	01:01:30	01:00:45	F3539		18
732	32	LUÍS AFONSO	01:01:34	01:00:49	M4549		116
733	645	NÍDIA MARTINS	01:01:38	01:00:23	F0034		27
734	344	CARLOS MARTINS	01:01:39	01:00:22	M5054		71
735	208	SIDÓNIA ATANÁZIO	01:01:41	01:01:03	F0034		28
736	926	SOFIA JESUS	01:01:43	01:01:29	F4044	INDIVIDUAL	37
737	316	MANUEL BAPTISTA	01:01:50	01:01:14	M5054		72
738	787	JULIO LOURENÇO	01:01:50	01:01:26	M5054	Equipa Megasa	73
739	912	EMILIANO VIEIRA	01:02:01	01:00:46	M3539	RUN TEJO	82
740	485	CARLOS MALAQUIAS	01:02:09	01:00:55	M6569		19
741	156	PAULA ISABEL BATALHA	01:02:15	01:01:33	F5054	CLUBE MILLENNIUM BCP	17
742	127	CESAR GUERRA	01:02:20	01:01:11	M4549		117
743	577	JOÃO FERREIRA	01:02:30	01:01:41	M4549	GINjinha Runners	118
744	224	JOAO MONTEIRO	01:02:40	01:01:23	M6064		27
745	567	CLÁUDIO CASARES	01:02:41	01:01:35	M3539		83
746	579	PEDRO SANTOS	01:02:47	01:01:41	M3539	Adhesive / Brand+Digital Designers	84
747	149	ROSÁRIO NOBRE	01:02:55	01:02:14	M5054	CLUBE MILLENNIUM BCP	74

748	717	JOSÉ MANUEL RALHETAS CAPUCHO	01:03:02	01:02:03	M5054	Casa do Benfica - BTT - Charneca de Caparica	75
749	449	SOFIA CAPOTE	01:03:05	01:02:06	F3539	Casa Benfica Charneca da Caparica	19
750	547	CLÁUDIA RAMOSS	01:03:10	01:01:59	F4549	CORRIDAS E COMIDAS	27
751	292	LUIZA SANTINHOS	01:03:15	01:02:42	F5559		12
752	762	INÊS CHAÍÇA	01:03:16	01:02:30	F0034		29
753	738	WILSON SUNAHARA	01:03:22	01:02:22	M6064		28
754	892	FILOMENA REBELO	01:03:43	01:02:47	F4549		28
755	623	GABRIEL CRUZ	01:03:45	01:03:19	M7099	CCR ALTO DO MOINHO	12
756	949	RICARDO GASPAR	01:03:50	01:02:40	M6569	CR DA CRUZ DE PAU	20
757	428	NUNO FERREIRA	01:03:53	01:02:36	M3539	MARVILA JOVEM	85
758	460	ERICA OLIVEIRA	01:03:57	01:02:44	F0034		30
759	60	TOBIAS ROCHA	01:04:14	01:03:24	M5054	TÁLENTOS TEAM	76
760	716	MARIA MANUELA RAMALHO SARRASQUEIRO	01:04:18	01:03:37	M7099	CORRER LISBOA	13
761	452	PEDRO LIMA	01:04:21	01:03:50	M5559	LIMA	47
762	692	CARMEN PARADA	01:04:26	01:03:42	F3539		20
763	96	NUNO RAMOS	01:04:30	01:04:05	M4549		119
764	749	MARIANA BERNARDINO	01:04:31	01:03:26	F4549		29
765	97	DINA RAMOS	01:04:35	01:04:10	F4549		30
766	187	ANTÓNIO EUSÉBIO	01:04:35	01:04:21	M5054		77
767	507	CLÁUDIA SILVA	01:04:39	01:03:50	F0034	LISBOA	31
768	305	CECÍLIA NICOLAU	01:04:40	01:04:36	F5054	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	18
769	244	CELIA AZENHA	01:04:40	01:04:35	F5054	aa lebres do sado	19

770	527	MONICA BENTO	01:04:46	01:04:22	F4044		38
771	456	LUIS PETISCA	01:04:47	01:03:43	M6064		29
772	528	CARINA SILVA	01:04:54	01:04:28	F3539		21
773	687	ANABELA CARVALHO	01:05:09	01:03:57	F3539		22
774	680	VANDA FORTIO	01:05:11	01:04:50	F4044		39
775	458	TATIANA CABRAL	01:05:12	01:04:41	M0034	LIMA	97
776	85	VITOR LUCAS	01:06:37	01:05:46	M5559	Breakaway	48
777	777	ANDRÉ CARVALHO	01:06:48	01:05:32	M0034	elisiario.com	98
778	608	JOANA CAMILO	01:06:51	01:06:07	F0034		32
779	609	VICTOR CAMILO	01:06:52	01:06:07	M6064		30
780	99	FERNANDA MARIA VIEIRA	01:07:20	01:06:53	F5559		13
781	92	HELENA DORES	01:07:24	01:06:57	F5054	SEIXAL-RUNNING	20
782	657	NOELIA BÁRBARA	01:07:36	01:07:01	F4044		40
783	713	PEDRO SANTOS	01:07:41	01:07:03	M0034	S Team	99
784	870	PEDRO LUÍS	01:07:55	01:06:49	M3539		86
785	350	FERNANDO OLIVEIRA	01:07:57	01:07:08	M6064	INDIVIDUAL	31
786	325	JOAQUIM SILVA	01:07:57	01:07:10	M6064		32
787	591	CECILIA MORAIS	01:08:10	01:07:01	F3539	Kaloricos	23
788	525	CARLOS GONÇALVES	01:08:37	01:08:26	M0034		100
789	40	JOÃO MANUEL SANTOS	01:08:53	01:08:39	M4044		131
790	86	OLIVIA LUCAS	01:09:04	01:08:13	F5054	Breakaway	21
791	554	HELENA PERIÇÃO	01:09:11	01:08:20	F0034	Maio Pericão	33
792	512	CARLOS LOPES	01:09:29	01:08:36	M5559		49

793	54	EZEQUIEL ABRANTES	01:09:31	01:08:24	M6569	FALCÕES SELVAGENS	21
794	801	JOSÉ CHAIÇA	01:09:32	01:08:47	M5559		50
795	909	CARLOS ALVES	01:09:39	01:08:25	M4044	RUN TEJO	132
796	931	CAROLINA POLEMA	01:09:55	01:08:41	F0034	Tudo ao Molhe	34
797	411	HENRIQUE VILHENA	01:10:26	01:09:16	M6064	INDIVIDUAL	33
798	349	NELSON CARVALHINHO	01:10:28	01:09:33	M4044	ODIVELAS	133
799	348	RITA CARVALHINHO	01:10:31	01:09:37	F4044	ODIVELAS	41
800	453	ÂNGELO BORGES	01:10:36	01:09:29	M0034	Seixal	101
801	576	DORA CRUZ	01:10:51	01:10:02	F4549	GINjinha Runners	31
802	419	ELSA MARQUES	01:10:54	01:09:43	F3539		24
803	178	RUI SANTOS	01:10:55	01:09:44	M4044	Bilal Fantasy	134
804	935	ALCINO CARDOSO	01:10:58	01:09:47	M6064	INDIVIDUAL	34
805	770	MATILDE GONÇALVES	01:11:12	01:10:12	M0034	Retardados	102
806	769	BRUNO OLIVEIRA	01:11:12	01:10:12	M3539	Retardados	87
807	601	LURDES HENRIQUES	01:11:25	01:10:14	F6064	RUN AND SMAIL	3
808	7	MÁRIO PIRES	01:11:48	01:10:47	M5559	INDIVIDUAL	51
809	604	EBERHARD AXEL WILHELM	01:11:57	01:11:01	M7099	4 AO KM	14
810	112	GUILHERME RODRIGUES	01:11:57	01:10:43	M0034		103
811	196	MILHANO MILHANO	01:12:00	01:10:47	F3539		25
812	610	VERA CORDEIRO	01:12:01	01:11:15	F0034		35
813	17	SARA ARAÚJO-GOMES	01:12:15	01:11:14	F4044	GOMAS TEAM	42
814	16	BRUNO ARAÚJO-GOMES	01:12:19	01:11:17	M4044	GOMAS TEAM	135
815	144	FERNANDO FERREIRA	01:12:31	01:11:36	M7099	CLUBE MILLENNIUM BCP	15

816	384	ANA PATRÍCIO CIURO	01:12:39	01:11:47	F4044		43
817	772	ANA ROSÁRIO	01:12:41	01:11:25	F0034		36
818	771	ANDREIA SILVA	01:12:42	01:11:25	F3539		26
819	312	AMÉLIA PEREIRA	01:13:26	01:12:12	F0034	Seixal - Torre da Marinha	37
820	952	JOSE MONIZ	01:13:39	01:12:44	M7099	CR DA CRUZ DE PAU	16
821	451	SOFIA LIMA	01:14:22	01:13:50	F0034	LIMA	38
822	415	JOSÉ MOREIRA	01:14:29	01:13:14	M3539		88
823	245	LUIS RIBEIRO	01:14:47	01:14:29	M4044		136
824	546	MÁRCIO PEREIRA	01:15:28	01:14:17	M3539	CORRIDAS E COMIDAS	89
825	803	MARIANA BIZARRO	01:15:34	01:14:36	F4044	A NATUREZA ENSINA	44
826	725	MANUEL JOÃO SILVA	01:16:27	01:15:49	M4044	DOMINGUEIRA VENDAS NOVAS	137
827	724	SILVIA MORGANHEIRA	01:16:27	01:15:50	F4044	DOMINGUEIRA VENDAS NOVAS	45
828	950	AGAPITO BELGA	01:16:49	01:15:55	M6569	CR DA CRUZ DE PAU	22
829	799	BRUNO LUENGO	01:16:58	01:15:50	M0034	CASA BENFICA SEIXAL	104
830	686	PEDRO BAPTISTA	01:17:10	01:16:13	M4044	CORRER LISBOA	138
831	380	MARIA MACEDO	01:17:52	01:17:22	F5559		14
832	492	JOANA FERREIRA	01:17:57	01:16:51	F3539		27
833	605	VITOR LOBO	01:17:58	01:16:52	M3539	INDIVIDUAL	90
834	685	JOANA DE JESUS	01:18:51	01:17:57	F0034	CORRER LISBOA	39
835	72	MARIANA SOARES	01:18:55	01:18:01	F6569	CORRER LISBOA	3
836	186	CASSANDRA DE OLIVEIRA	01:19:30	01:18:18	F0034		40