



II São Silvestre Baía do Seixal

21 de Dezembro, 2019

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

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	1881	PLÁCIDO JESUS	00:31:55	00:31:55	M0034	RUN TEJO - CM SOCKS	1
2	1887	EMILIANO VIEIRA	00:32:43	00:32:43	M4044	RUN TEJO - CM SOCKS	1
3	1734	EDGAR MATIAS	00:33:09	00:33:09	M4044	G.D.R. SÃO FRANCISCO DA SERRA	2
4	213	ANDRÉ FILIPE LUNA COSTA	00:33:17	00:33:17	M0034	CLUBE DE PRAÇAS DA ARMADA/ WERUN	2
5	1883	FILIPE REBELO	00:34:30	00:34:30	M0034	RUN TEJO - CM SOCKS	3
6	1778	TIAGO ROMÃO	00:34:46	00:34:46	M0034	SALOMON SUUNTO PORTUGAL / CPA TRAIL TEAM	4
7	255	LUIS FERNANDES	00:34:51	00:34:51	M3539	CLUBE DE PRAÇAS DA ARMADA/WE RUN	1
8	1884	JOÃO FERREIRA	00:34:52	00:34:52	M0034	RUN TEJO - CM SOCKS	5
9	1830	MIGUEL REBELO	00:34:59	00:34:59	M0034	CLUBE PEDRO PESSOA ESCOLA DE ATLETISMO	6
10	1877	TIAGO SILVA	00:35:07	00:35:07	M0034	INGLESES	7
11	271	TIAGO MORAIS	00:35:18	00:35:18	M0034	CDR ÁGUIAS UNIDA	8
12	1551	HUGO LEAL	00:35:28	00:35:28	M3539	CLUBE DE PRAÇAS DA ARMADA	2
13	1371	RUI GUERREIRO	00:35:36	00:35:36	M4549	OLÍMPICO CLUBE DE LAGOS	1
14	275	STEFAN PEQUITO	00:35:43	00:35:43	M0034	CCR ALTO MOINHO	9
15	1713	CLÁUDIO NOBREGA	00:36:07	00:36:07	M0034	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	10
16	1803	BRUNO LOUREIRO	00:36:21	00:36:21	M3539	A NATUREZA ENSINA	3
17	1893	JOSÉ CAMELO	00:36:34	00:36:34	M4549	G.D ESTRELA NEGRA	2

18	1920	DÁRIO GARCIAS	00:36:43	00:36:43	M4044	G D R SÃO FRANCISCO DA SERRA	3
19	1882	DAVID FERNANDES	00:36:45	00:36:45	M4549	RUN TEJO - CM SOCKS	3
20	1731	JÓAO RIBEIRO	00:36:51	00:36:51	M4549		4
21	154	RUI FONSECA	00:37:07	00:37:07	M4044		4
22	1787	PEDRO PEREIRA	00:37:28	00:37:24	M3539	ASICS FRONTRUNNER PORTUGAL	4
23	1978	DANIEL SEBORRO	00:37:30	00:37:26	M3539	ESCOLA DE ATLETISMO DO MONTIJO	5
24	1720	NUNO SALGUEIRO ANTUNES	00:37:34	00:37:30	M4549	URBAN RUN TEAM	5
25	1327	JOÃO JOSÉ M. CORREIA CORREIA	00:37:38	00:37:38	M5559	CATA-CLUBE ATLETISMO DE AMORA	1
26	1838	JOÃO MACHADO	00:37:39	00:37:13	M0034		11
27	1606	NUNO RAPOSO	00:37:49	00:37:49	M0034		12
28	190	SEBASTIÃO ANTONIO	00:37:58	00:37:55	M5559	CCR ALTO MOINHO	2
29	183	LUÍS SANTOS	00:38:07	00:38:04	M0034	CCR ALTO MOINHO	13
30	1723	CARLOS CAETANO	00:38:19	00:38:15	M4549	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	6
31	249	MÁRIO AFONSO	00:38:24	00:38:24	M0034	CCR ALTO MOINHO	14
32	83	VASCO LEVITA	00:38:26	00:38:22	M4549	ESTORIL PRAIA TRIATLO	7
33	1414	EDUARDO LOURENÇO	00:38:28	00:38:28	M5054	CCM TRAIL	1
34	1479	ÓSCAR PEREIRA	00:38:33	00:38:29	M0034		15
35	248	RUI AFONSO	00:38:34	00:38:34	M5054	CCR ALTO MOINHO	2
36	1266	PAULO PINTO	00:38:37	00:38:31	M4549	A NATUREZA ENSINA	8
37	1714	VITOR LOPES	00:38:38	00:38:38	M4044	ESCOLA DE ATLETISMO DO MONTIJO	5
38	287	PAULO ALEXANDRE NOLASCO RODRIGUES	00:38:46	00:38:42	M4044		6
39	1735	JOÃO EDUARDO	00:38:56	00:38:52	M0034	G.D.R. SÃO FRANCISCO DA SERRA	16
40	1711	LUIS CRUZ	00:38:57	00:38:50	M4549	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	9

41	1888	ANILSON VIVACE	00:39:06	00:39:06	M0034	RUN TEJO - CM SOCKS	17
42	1250	DUARTE COSTA	00:39:09	00:39:09	M3539	AMADORA	6
43	133	IVO SANTOS	00:39:10	00:38:59	M3539		7
44	210	NUNO SILVA	00:39:14	00:39:10	M0034	FAMÍLIA LOURENÇO SILVA	18
45	1425	CARLOS PEREIRA	00:39:19	00:39:19	M5054	CORRER LOURES	3
46	197	PEDRO MARTINS	00:39:25	00:39:25	M3539	CCR ALTO MOINHO	8
47	1519	HUGO SEQUEIRA	00:39:28	00:39:25	M3539		9
48	1936	RAUL CORREIA PENA	00:39:28	00:39:28	M5054	CDR DOS ÁGUIAS UNIDAS	4
49	168	JONAY MEDINA GARCIA-ESTRADA	00:39:30	00:39:30	M3539	EDUCERE SPORT	10
50	279	HENRIQUE COELHO	00:39:30	00:39:30	M4549	ASSOCIAÇÃO DE NADADORES DOS ESTORIS	10
51	1832	VITOR MANUEL MARTINS	00:39:36	00:39:25	M5054		5
52	1796	LUIS MESQUITA	00:39:38	00:39:34	M4549		11
53	1934	VASCO PESSOA	00:39:40	00:39:40	M0034		19
54	1325	PAULO COSTA	00:39:47	00:39:43	M5054	RB RUNING	6
55	175	PAULO GOMES	00:39:47	00:39:33	M3539	WERUN	11
56	1488	PALMIRA QUINHAMA	00:39:48	00:39:43	F4044	WERUN	1
57	1861	EDMIR CORREIA	00:39:48	00:39:43	M0034	GD SÃO DOMINGOS	20
58	244	LUÍS PEREIRA	00:40:05	00:40:01	M4549	CCR ALTO MOINHO	12
59	1836	FERNANDO MARTINS	00:40:09	00:40:05	M4549	GDC BANCO DE PORTUGAL	13
60	1984	NUNO MOLEIRO	00:40:11	00:40:11	M4044	WERUN.PT	7
61	1596	FÁBIO TEIXEIRA	00:40:16	00:40:00	M3539		12
62	1922	RUTE MARTINS	00:40:20	00:40:20	F0034	COA / CORVUS TRAIL TEAM	1
63	1885	PAULO ARRENEGA	00:40:21	00:40:21	M5054	RUN TEJO - CM SOCKS	7

64	1802	ALCINDO NEVES	00:40:27	00:40:23	M0034		21
65	1331	JOSÉ GONÇALVES	00:40:28	00:40:21	M5054	AMIGOS DO ATLETISMO DE MAFRA	8
66	1788	HUGO GAUDENCIO	00:40:32	00:40:29	M4044	REPSOL TRIATLO	8
67	1302	NUNO SANTOS	00:40:37	00:40:32	M3539	FARRUSCOS	13
68	1903	JOSÉ LUÍS SIMÕES	00:40:41	00:40:41	M6064		1
69	269	NUNO FILIPE PEREIRA	00:40:44	00:40:34	M4044		9
70	198	TIAGO PINTO	00:40:47	00:40:42	M0034	CCR ALTO MOINHO	22
71	1303	RUI OLIVEIRA	00:40:47	00:40:47	M4549	CORRER LOURES	14
72	1980	RUI DA SILVA	00:40:50	00:40:47	M4549	R&R RUNNERS	15
73	26	LUIS CONCEIÇÃO	00:40:52	00:40:49	M4044	CLUBE DE PRAÇAS DA ARMADA	10
74	1558	LAURA GRILO	00:40:53	00:40:50	F3539	CLUBE DE PRAÇAS DA ARMADA	1
75	1637	PEDRO FRIAS	00:40:55	00:40:43	M4044	KAMI BERDUA	11
76	187	RICARDO CASTANHO	00:41:01	00:41:01	M4044	CCR ALTO MOINHO	12
77	245	FÁBIO LIMA	00:41:01	00:40:57	M0034	CCR ALTO MOINHO	23
78	1761	ROBERT TEIXEIRA	00:41:08	00:41:00	M0034	BREJOS AZEITÃO	24
79	1503	LUIS GOMES GOMED	00:41:08	00:41:04	M4549	FITRUNNERS	16
80	1758	PAULO SANTOS	00:41:10	00:41:04	M5054	CCR ALTO MOINHO	9
81	1833	NELSON LOURO	00:41:11	00:41:08	M3539		14
82	1886	AVELINO SOARES	00:41:15	00:41:11	M5054	RUN TEJO - CM SOCKS	10
83	1819	PAULO LAMEGO	00:41:21	00:41:16	M4549		17
84	1336	DANIEL LOURO	00:41:25	00:41:00	M0034		25
85	1859	RUI NEVES	00:41:26	00:41:22	M5054	GD SÃO DOMINGOS	11
86	1820	SIMÃO CORRENTE	00:41:28	00:41:11	M0034	ACADEMIA DE ATLETISMO DO SEIXAL	26

87	22	HORÁCIO OLIVEIRA	00:41:42	00:41:28	M4549	TRINDADE BIKERS	18
88	1804	PEDRO CASTRO JORGE	00:41:48	00:41:17	M0034		27
89	1716	JAMIE BOWER	00:41:51	00:41:45	M0034		28
90	1817	PEDRO SANTOS	00:41:54	00:41:54	M0034	A NATUREZA ENSINA	29
91	243	ALBERTO RODRIGUES	00:42:00	00:42:00	M5559	CCR ALTO MOINHO	3
92	1280	GONÇALO PORÊLO	00:42:02	00:41:59	M3539		15
93	107	BRUNO CARLOS	00:42:03	00:41:59	M3539		16
94	1395	JOÃO FONSECA	00:42:08	00:41:30	M0034	BIFANAS DE CORRIDA	30
95	188	AGOSTINHO GONCALVES	00:42:12	00:42:04	M6064	CCR ALTO MOINHO	2
96	91	FRANCISCO RODRIGUES	00:42:18	00:42:07	M4044	AMIGOS DO ATLETISMO DE MAFRA	13
97	1258	ALVARO BRITO	00:42:21	00:42:10	M4044	FARMÁCIA PARREIRA	14
98	1921	JORGE NABAIS	00:42:23	00:42:20	M3539	COA / CORVUS TRAIL TEAM	17
99	1315	RAUL RODRIGUES	00:42:26	00:42:26	M6064	G.D. CHELAS	3
100	1263	PEDRO LOURENÇO	00:42:27	00:42:05	M4549	LA SPORTS/53ONZE	19
101	137	TIAGO MARQUES	00:42:27	00:42:14	M3539	AMIGOS DO ATLETISMO DE MAFRA	18
102	1930	PAULO SILVA	00:42:30	00:42:26	M3539	OCS - ARRÁBIDA TRAIL TEAM	19
103	1756	NUNO CESÁRIO	00:42:31	00:41:49	M4549	MOITA A CORRER	20
104	1814	PEDRO GOMES	00:42:37	00:42:37	M6064	A NATUREZA ENSINA	4
105	1357	NUNO SANTOS DE ALMEIDA	00:42:39	00:42:30	M3539		20
106	1657	DAVID SIMÃO	00:42:42	00:42:38	M4549	CORRER LISBOA	21
107	1360	FIRMINO DIAS	00:42:45	00:41:54	M4044	WALVIS BAY ROAD RUNNERS	15
108	1480	JOSÉ AMIGO	00:42:46	00:42:46	M6569	NATUREZA ENSINA	1
109	1317	JOSÉ DIAS	00:42:48	00:42:48	M5559	G.D. CHELAS	4

110	1504	RUBEN VARELA	00:42:48	00:42:30	M0034	SEIXAL	31
111	1656	JOÃO CARVALHO LOPES	00:42:48	00:42:45	M6064	LEBRE	5
112	1699	JORGE SERRA	00:42:49	00:42:30	M5054	CCD TRANQUILIDADE	12
113	1926	FABIO LEAÇA	00:42:51	00:42:47	M0034	INDIVIDUAL	32
114	1896	NUNO MIGUEL CORREIA	00:42:51	00:42:51	M5054	GDINE - G.D. DO INSTITUTO NACIONAL DE ESTATÍSTICA	13
115	1643	JOÃO PICOTO	00:42:53	00:41:47	M4549		22
116	1653	ANTONIO RUA	00:42:58	00:42:32	M5559	EX FEDERADOS	5
117	145	RODRIGO SILVA	00:42:58	00:42:52	M5054	CHARNECA DA CAPARICA	14
118	36	CARLOS ALBERTO LIMA	00:42:58	00:42:51	M4549	A NATUREZA ENSINA	23
119	203	ANTÓNIO MARTINS	00:43:00	00:42:32	M5054	NAV RUNNERS	15
120	15	DIOGO CORTINHAS	00:43:01	00:42:53	M0034	SÓ TE VEJO NO RETROVISOR LIMA	33
121	1307	HERNÂNI FERNANDES	00:43:04	00:42:57	M4549	NÚCLEO SCP SEIXAL	24
122	162	EDGAR SANTOS	00:43:06	00:42:44	M3539	LA SPORT/ 53ONZE/ EM3	21
123	100	PEDRO CARDOSO	00:43:10	00:42:52	M4044	LIBRE	16
124	130	JAIME LAMEGO	00:43:12	00:43:12	M5559		6
125	1962	CÁTIA NASCIMENTO	00:43:17	00:43:14	F3539	WERUN.PT	2
126	1872	RUI PEREIRA	00:43:17	00:43:14	M3539	ODIVELAS	22
127	1552	MÁRIO LOURENÇO	00:43:20	00:43:16	M5054	CLUBE DE PRAÇAS DA ARMADA	16
128	286	PAULO SANTOS	00:43:23	00:43:19	M4044	CDR ÁGUIAS UNIDAS	17
129	150	EDUARDO LUÍS	00:43:24	00:43:00	M4044	ATÓMICOS	18
130	1576	NUNO AMÁLIO	00:43:24	00:43:20	M4044		19
131	131	CHANTAL XHERVELLE	00:43:25	00:43:21	F5054	A NATUREZA ENSINA	1
132	1701	VIRGÍLIO MADEIRA	00:43:29	00:43:20	M6064	CCD TRANQUILIDADE	6

133	1370	VITOR FERRÃO	00:43:36	00:43:22	M4549		25
134	56	RICARDO SILVA	00:43:40	00:43:27	M3539		23
135	1849	JOÃO BARRONA	00:43:41	00:43:01	M0034	CDR ÁGUIAS UNIDAS	34
136	1789	BRUNO MONTEIRO	00:43:41	00:43:38	M0034		35
137	1386	FILIPPE VIDAL	00:43:45	00:43:36	M3539	CASA BENFICA SEIXAL	24
138	1491	JOSÉ SERRA	00:43:46	00:43:35	M5559	LISBOA	7
139	1275	RUI PASTOR	00:43:53	00:43:36	M4549	PASTOR RACING	26
140	208	CLAUDIO ROCHA	00:43:57	00:43:53	M4549	URBAN RUN TEAM	27
141	211	MÁRCIO SILVA	00:44:01	00:43:17	M0034	FAMÍLIA LOURENÇO SILVA	36
142	1952	PEDRO DUARTE MORAIS	00:44:03	00:43:59	M4549		28
143	1790	HEITOR CARDOSO	00:44:09	00:44:06	M5559	CASA BENFICA SEIXAL	8
144	1553	ALEXANDRE CANTANHEDE	00:44:10	00:44:06	M4044	CLUBE DE PRAÇAS DA ARMADA	20
145	1338	PAULO SANTOS	00:44:11	00:44:08	M5054	FARO	17
146	1435	JOSÉ SANTOS	00:44:13	00:44:07	M5054	CAPARICA	18
147	1506	PAULO PIRES	00:44:13	00:44:07	M5054	SS CGD	19
148	1560	MILENE SANTOS	00:44:16	00:43:59	F0034	CLUBE ALEGRE E UNIDO DA BAJOUCA	2
149	1316	VITOR DIAS	00:44:19	00:44:12	M5054	G.D. CHELAS	20
150	1618	JOSÉ RUI	00:44:22	00:44:14	M5559	CASA BENFICA SEIXAL	9
151	1457	JOSÉ NUNES	00:44:22	00:43:54	M4044		21
152	1812	GUILHERME GIL	00:44:24	00:43:43	M0034		37
153	1380	RUI BASTOS	00:44:26	00:44:19	M4044	CASA BENFICA SEIXAL	22
154	1965	EDUARDO SILVA	00:44:28	00:43:25	M0034	GD SÃO DOMINGOS	38
155	1617	RENATO CRISTINA	00:44:31	00:44:23	M4549	CASA BENFICA SEIXAL	29

156	1584	JOSÉ CUNHA	00:44:35	00:44:35	M5559	ZATPEQUES DE FERNÃO FERRO	10
157	1682	LUIS MIGUEL COSTA	00:44:36	00:43:55	M5054	CLUBE MILLENNIUM BCP	21
158	70	JOAO VIEGAS	00:44:37	00:44:37	M5054	CAPARICA RUNNERS	22
159	1816	JOSÉ RAMALHO	00:44:37	00:44:37	M5054	CORRER LISBOA	23
160	1352	JOSÉ AMARO	00:44:40	00:44:19	M4044	LIZ RUNNERS	23
161	1334	MARCO VICENTE	00:44:41	00:44:26	M4044	ÉVORA NIGTH RUNNERS	24
162	1932	PEDRO MENDONÇA	00:44:42	00:44:36	M4044	NAZA	25
163	1749	JOSÉ AMARO	00:44:44	00:44:18	M4044	AMINHACORRIDA	26
164	1856	VIRGÍLIO BLANCO	00:44:45	00:44:38	M5559	Corroios	11
165	1900	BRUNO ORNELAS	00:44:56	00:44:52	M4044	QUARENTÕES	27
166	212	PETER STEINHAUSEN	00:44:58	00:44:58	M6569	OLIMPICO CLUBE DE LAGOS	2
167	40	LUIS SOBRAL	00:45:01	00:44:36	M5559	GRUPO DESPORTIVO ÁGUIAS DA MOITA	12
168	1577	CARLOS MARTINS	00:45:02	00:44:50	M4549		30
169	115	CÂNDIDO POÇAS	00:45:03	00:44:50	M5054	BANDIDOS	24
170	1471	JERÓNIMO RETO	00:45:08	00:44:59	M5054		25
171	1591	PAULO NUNES	00:45:09	00:45:06	M4549	CORRER LISBOA	31
172	277	ANTONIO CERDEIRA	00:45:17	00:45:17	M6064	CCR ALTO MOINHO	7
173	206	IVO ABRANTES	00:45:27	00:45:00	M4549		32
174	1919	NUNO ROQUE	00:45:29	00:45:17	M4549		33
175	1739	JOSÉ LANÇA	00:45:30	00:45:10	M6569	CCR ALTO MOINHO	3
176	263	NUNO MARTINS	00:45:30	00:44:48	M4044	AJALVIR	28
177	1396	PEDRO FONSECA	00:45:30	00:44:50	M0034	BIFANAS DE CORRIDA	39
178	1355	PEDRO SOARES	00:45:32	00:45:24	M4549	CRUZ DE PAU FEITO	34

179	1391	VÍTOR MOURÃO	00:45:33	00:45:33	M5054	CASA BENFICA SEIXAL	26
180	1417	ANTÓNIO MOITA	00:45:33	00:45:33	M5559	CASA BENFICA SEIXAL	13
181	1389	RICARDO ALVES	00:45:33	00:45:07	M3539	CASA BENFICA SEIXAL	25
182	184	SERGIO PEDREIRO	00:45:35	00:45:27	M4044	CCR ALTO MOINHO	29
183	108	RICARDO MARQUES	00:45:35	00:45:05	M3539	CHARNECA CAPARICA	26
184	147	ARTUR JOSÉ CARVALHO	00:45:36	00:45:23	M5559	CORRER LISBOA	14
185	1764	NUNO CRUZ	00:45:38	00:44:41	M3539	SÃO JOÃO DO ESTORIL	27
186	1632	ARTUR VICENTE	00:45:39	00:45:19	M0034	GDMATA COVILHÃ	40
187	1353	NUNO PEIXEIRO	00:45:41	00:45:11	M4044	CAAM - CLUBE AMIGOS ATLETISMO MOITA	30
188	1294	JOÃO REBELO	00:45:43	00:45:25	M5054	CATA-Clube de Atletismo de Amora	27
189	41	FLÁVIO RAMALHO	00:45:43	00:45:19	M0034	GRUPO DESPORTIVO ÁGUIAS DA MOITA	41
190	103	FILIPE ALEXANDRE MARQUES	00:45:45	00:45:21	M0034	TUDO AO MOLHE!!!!	42
191	1384	CRISTINA MOURATO	00:45:47	00:45:19	F4044	CASA BENFICA SEIXAL	2
192	1475	JOSE MANUEL SENA SERRANO SERRANO	00:45:48	00:45:43	M4549	MONSANTO RUNNING TEAM	35
193	1964	KRISTEN VAN HAEREN	00:45:49	00:44:44	F0034	GD SÃO DOMINGOS	3
194	155	JOEL MÓSCA	00:45:49	00:45:39	M5054	ATLETAS Á SOLTA	28
195	1531	GERMANO SILVA	00:45:52	00:45:39	M6064		8
196	1265	TELMO FREIRE	00:45:56	00:45:33	M0034	CASA DO BENFICA DO SEIXAL	43
197	1763	RICARDO MARTINS	00:45:58	00:45:48	M0034	MARINHA	44
198	1535	DINA OLIVEIRA	00:46:00	00:45:55	F4044	ANE	3
199	75	PEDRO LEIRIA	00:46:03	00:45:25	M4549		36
200	1710	JOÃO CRUZ	00:46:05	00:45:16	M0034	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	45
201	1461	PEDRO DIAS	00:46:07	00:45:17	M3539	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	28

202	23	LEONARDO LOURENÇO DE JESUS	00:46:08	00:45:43	M0034		46
203	1557	VERA REIS	00:46:09	00:46:09	F4044	CLUBE DE PRAÇAS DA ARMADA	4
204	1730	RUI ALVARINHO	00:46:12	00:45:50	M4044	ALVARINHO	31
205	1520	LUIS GRENHAS	00:46:15	00:46:08	M4549	LA FAMÍLIA	37
206	1948	FERNANDO SERENO	00:46:15	00:45:10	M3539	MEGASA_SEIXAL	29
207	177	JOSÉ ORVALHO	00:46:17	00:46:13	M7099	URBAN RUN TEAM	1
208	1458	RICARDO DO VALE	00:46:17	00:45:46	M0034		47
209	1785	NUNO SILVA	00:46:21	00:46:16	M4044		32
210	1545	PEDRO HIPÓLITO	00:46:22	00:46:22	M4549	A NATUREZA ENSINA	38
211	1839	FABRICE POLTEAU	00:46:22	00:46:03	M4549	KALENJI BY DECATHLON	39
212	230	RUI BOLOTA	00:46:23	00:46:15	M4549	CCR ALTO MOINHO	40
213	1613	NELSON SANTOS	00:46:23	00:46:06	M3539		30
214	138	JOAO BENTO	00:46:26	00:46:15	M4044		33
215	1431	FILIPA VELOSO	00:46:27	00:46:21	F0034		4
216	1611	VIRGILIO OLIVEIRA	00:46:28	00:46:24	M5559	CARREGARENSE	15
217	1463	VITOR TEIXEIRA	00:46:29	00:46:25	M5054	CORRER LISBOA	29
218	1585	CARLOS FONSECA	00:46:33	00:46:33	M5559	ZATOPQUES DE FERNÃO FERRO	16
219	228	FRANCISCO FURÃO	00:46:36	00:46:28	M3539	CCR ALTO MOINHO	31
220	1365	PAULO COSTA	00:46:42	00:46:42	M4044	CROSSFIT SEIXAL	34
221	1858	ELISA VARELA	00:46:44	00:46:44	F4549	GD SÃO DOMINGOS	1
222	1857	ANABELA CARVALHO	00:46:44	00:46:44	F5559	GD SÃO DOMINGOS	1
223	1387	PAULO FERRO	00:46:47	00:46:38	M4549	CASA BENFICA SEIXAL	41
224	164	JORGE VAZ	00:46:47	00:46:35	M4549	INDIVIDUAL	42

225	1963	SÓNIA NEVES	00:46:47	00:46:35	F4044	WERUN.PT	5
226	18	BEATRIZ FERREIRA	00:46:47	00:46:23	F0034		5
227	1950	JORGE SOUSA	00:46:48	00:45:53	M5559		17
228	1916	ÂNGELO MAGALHÃES	00:46:48	00:46:26	M0034	CROSSFIT SEIXAL	48
229	1335	RICARDO SARAIVA	00:46:49	00:46:44	M3539	GRJA/BIEMMEIBÉRICA	32
230	1815	ISABEL NUNES	00:46:50	00:46:46	F4549	CORRER LISBOA	2
231	163	VITOR SANTOS	00:46:50	00:46:28	M5559	LA ALUMINIOS NUTREND	18
232	1892	LUIS LAVRADOR	00:46:50	00:46:36	M4549	MARVILA JOVEM	43
233	1650	INÊS DIOGO	00:46:52	00:46:25	F0034		6
234	1982	RICARDO CARVALHO	00:47:00	00:47:00	M3539		33
235	1412	FRANCISCO CHAVES	00:47:00	00:46:36	M0034	CROSSFIT SEIXAL	49
236	1766	BRUNO FERREIRA	00:47:00	00:46:32	M0034		50
237	1400	SÓNIA FREITAS	00:47:02	00:47:02	F4549	A NATUREZA ENSINA	3
238	1575	NUNO GOMES	00:47:05	00:46:45	M4044	INDIVIDUALL	35
239	274	ALEXANDRE FIGUEIREDO	00:47:05	00:46:35	M4549	CCR ALTO MOINHO	44
240	253	CELIA CECÍLIO	00:47:05	00:46:37	F4549	NAPA	4
241	1648	FABIO BUSETTI	00:47:08	00:46:23	M0034		51
242	1742	AUGUSTO NUNES	00:47:10	00:47:00	M5559	SANTA IRIA DA AZOIA	19
243	134	MARCOS TEIXEIRA	00:47:11	00:46:44	M0034		52
244	1373	PAULA JORGE	00:47:11	00:46:43	F4044	CASA BENFICA SEIXAL	6
245	1564	CARLOS JESUS	00:47:14	00:46:53	M3539		34
246	1421	RUBEN AMADOR	00:47:15	00:46:50	M0034	CROSSFIT SEIXAL	53
247	1549	PEDRO COSTA	00:47:17	00:46:19	M3539		35

248	272	ANTÓNIO RICO	00:47:18	00:46:47	M4549	CCR ALTO MOINHO	45
249	1708	FERNANDO ALMEIDA	00:47:19	00:46:25	M5054	CLUBE MILLENNIUM BCP	30
250	1958	FERNANDO MANUEL	00:47:21	00:47:17	M6569	WERUN.PT	4
251	1289	PEDRO MIGUEL PEREIRA	00:47:23	00:47:05	M0034		54
252	19	BRUNO AMARO	00:47:25	00:46:57	M3539	LISBAO	36
253	1755	RICARDO SANTOS	00:47:26	00:46:46	M4044	MOITA A CORRER	36
254	1354	RAMIRO HENRIQUES	00:47:26	00:46:56	M5559	CAAM - CLUBE AMIGOS ATLETISMO MOITA	20
255	1253	JOSE GASPAR	00:47:28	00:47:11	M4549	QUARTETO	46
256	260	SOFIA MARQUES	00:47:28	00:46:52	F4549		5
257	1502	NUNO PINTO	00:47:29	00:46:49	M4044		37
258	34	HENRIQUE AMADOR	00:47:29	00:47:01	M4549	SS CGD	47
259	1873	JOAQUIM FRADE	00:47:29	00:46:59	M6064	SS CGD	9
260	1429	JOSE GONÇALVES	00:47:32	00:47:32	M5559	A NATUREZA ENSINA	21
261	1969	GONÇALO SANTOS	00:47:34	00:46:52	M0034		55
262	1508	JOÃO FERNANDES	00:47:34	00:47:24	M3539		37
263	1725	MANUEL JANEIRO	00:47:35	00:47:28	M5559	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	22
264	1983	SERGIO HENRIQUES	00:47:38	00:47:23	M4549		48
265	112	MÁRIO GENOVEVO	00:47:39	00:47:25	M5054		31
266	1436	ANA JOSE	00:47:42	00:47:35	F4549		6
267	1651	DAVID JERONIMO	00:47:46	00:47:18	M0034	EX FEDERADOS	56
268	93	PEDRO SILVA	00:47:47	00:47:47	M4044	DENTALEADER	38
269	1974	CARLA FERNANDES	00:47:47	00:47:40	F4044	AMINHACORRIDA	7
270	1368	DINIS RIBAS	00:47:50	00:47:25	M4549	ARRIBAS RUNNING	49

271	35	PAULA GONÇALVES	00:47:52	00:47:12	F4044	A NATUREZA ENSINA	8
272	1451	PAULO PAIS	00:47:54	00:47:36	M4044	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	39
273	1489	RUI GRAÇA	00:47:56	00:47:40	M5054	CORRER LISBOA	32
274	252	LUIS CARLOS ALMEIDA	00:48:05	00:47:43	M4549	RUN FOR LUNCH	50
275	1928	PAULO GONÇALVES	00:48:06	00:48:01	M0034	A NATUREZA ENSINA	57
276	1623	NUNO VENES	00:48:06	00:47:46	M4044	NAPA - NÚCLEO DE AMIGOS DA PERNA ASSADA	40
277	1692	ANA RUTE PANELA	00:48:08	00:47:41	F4549	CCD TRANQUILIDADE	7
278	1578	RUI MARQUES	00:48:08	00:48:03	M4044	KONANRUNNERS	41
279	1772	CARLOS GONÇALVES	00:48:09	00:48:06	M5559	A NATUREZA ENSINA	23
280	227	MANUEL SEQUEIRA	00:48:10	00:47:44	M5054	CCR ALTO MOINHO	33
281	1831	SERGIO CRUZ	00:48:10	00:47:13	M4549	GFD RUNNING	51
282	1752	ALEXANDRA SILVA	00:48:13	00:48:08	F4044	AMINHACORRIDA	9
283	1450	JOAQUIM MENDES	00:48:13	00:47:57	M5054	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	34
284	1483	PEDRO PALHA	00:48:13	00:47:44	M3539		38
285	1937	PEDRO MELO	00:48:17	00:47:46	M4549	ALMADA	52
286	1975	NEUZA SOUSA	00:48:17	00:48:01	F0034		7
287	1938	TELMO BARROSO	00:48:17	00:47:48	M4549	ALMADA	53
288	1829	ELSA MAÇÃO MAÇÃO	00:48:17	00:48:04	F4044	CLUBE PEDRO PESSOA ESCOLA DE ATLETISMO	10
289	1402	PAULO VINTÉM OLIVEIRA	00:48:18	00:48:11	M4044		42
290	1408	CARLOS OLIVEIRA	00:48:22	00:47:22	M3539		39
291	1813	JOSÉ BORDALO	00:48:24	00:48:24	M6569	O MUNDO DA CORRIDA	5
292	1797	ANTÓNIO MARQUES	00:48:25	00:48:22	M5559	ANE	24

293	1662	ANDRÉ CARREIRO	00:48:26	00:48:13	M3539		40
294	1842	JULIO DAMAS	00:48:27	00:48:22	M4044		43
295	1465	GONÇALO OLIVEIRA	00:48:30	00:48:16	M4044	SERRADO FC ATLETISMO	44
296	1505	JOÃO PITEIRA	00:48:31	00:47:26	M3539		41
297	171	MIGUEL SOUSA VELOSO	00:48:34	00:47:51	M0034	CROSSFIT SEIXAL	58
298	85	JOSÉ MANUEL BATISTA	00:48:36	00:48:28	M4549		54
299	1729	PAULA TRINDADE	00:48:38	00:48:13	F4549	cd asas do milénium / 99provasgratuitas	8
300	1379	HENRIQUE OLIVEIRA	00:48:40	00:48:04	M4549	CASA BENFICA SEIXAL	55
301	1399	VICTOR FREITAS	00:48:44	00:48:26	M4549	A NATUREZA ENSINA	56
302	1800	LUÍS FIDALGO	00:48:44	00:48:41	M5054	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADOI	35
303	1744	NELSON SILVA	00:48:45	00:48:03	M4044		45
304	1941	JORGE DIAS	00:48:48	00:48:34	M5054		36
305	1286	FRANCISCO GOMES	00:48:50	00:47:46	M5054		37
306	1748	ANA AMARO	00:48:53	00:48:28	F4549	AMINHACORRIDA	9
307	151	JOAQUIM GUERREIRO	00:48:54	00:48:50	M4549	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	57
308	61	DAVID BERNARDO	00:48:55	00:48:45	M3539		42
309	62	GINA MARTINS	00:48:56	00:48:46	F4549		10
310	1977	NUNO PATRICIO	00:48:58	00:48:46	M5054	WERUN	38
311	1554	JOAO SANTOS	00:48:58	00:48:51	M5559	CLUBE DE PRAÇAS DA ARMADA	25
312	1876	ANDEIA PINTO	00:49:02	00:48:45	F0034		8
313	1837	VARELA SAO	00:49:02	00:48:51	F4549	CORRER QUELUZ	11
314	278	NELSON FELIX	00:49:02	00:48:48	M4044	CORRER QUELUZ	46
315	1985	PEDRO SOUSA	00:49:05	00:48:57	M3539		43

316	1439	FLÁVIO SANTOS	00:49:10	00:48:27	M0034	CROSSFIT SEIXAL	59
317	1312	ALEXANDRE CRUZ	00:49:13	00:49:02	M3539		44
318	80	ANTONIO BARBAS	00:49:13	00:48:41	M5054	FOZ DO ARELHO	39
319	1966	MIGUEL SILVA	00:49:14	00:48:07	M0034	GD SÃO DOMINGOS	60
320	1770	JORGE FLÓRIO	00:49:17	00:49:11	M0034		61
321	86	JOSÉ ADRIÃO	00:49:20	00:49:06	M4549	IMASAMS	58
322	1423	FRANCISCO MACHADO	00:49:21	00:49:00	M4044		47
323	97	MIGUEL DIAS	00:49:22	00:48:38	M4044	SS CGD	48
324	1946	MIGUEL NUNES	00:49:22	00:49:19	M3539	MEGASA_SEIXAL	45
325	1895	PAULO EUSÉBIO	00:49:23	00:48:59	M5054		40
326	1406	MARTA MELO	00:49:24	00:48:56	F4044	CASA BENFICA SEIXAL	11
327	195	ALZIRA SOBRAL	00:49:24	00:49:08	F5559	CCR ALTO MOINHO	2
328	1407	PEDRO JOAQUIM	00:49:25	00:49:00	M3539	CASA BENFICA SEIXAL	46
329	1525	NELSON CARAVELA	00:49:27	00:48:44	M4044		49
330	1949	BRUNO MALHEIRO	00:49:32	00:49:28	M0034	MEGASA_SEIXAL	62
331	1821	PAULO RIBEIRO	00:49:33	00:49:13	M5054	MORA	41
332	1343	DUARTE CHAGAS	00:49:33	00:49:10	M0034	CROSSFIT SEIXAL	63
333	1851	PEDRO MALAQUIAS	00:49:34	00:49:24	M0034		64
334	1285	GIL BRANDÃO	00:49:35	00:49:30	M0034	POWERLAB	65
335	1513	NELSON MARQUES	00:49:36	00:49:28	M4549	LA FAMÍLIA	59
336	1403	CARLOS RODRIGUESD	00:49:38	00:49:26	M4549	COL	60
337	1496	JOÃO CARDOSO	00:49:39	00:49:06	M0034	NAV RUNNERS	66
338	1935	ANDRÉ AGOSTINHO	00:49:40	00:49:01	M0034		67

339	37	PAULA GUEDES	00:49:40	00:49:11	F4549	A NATUREZA ENSINA	12
340	165	ARTUR CARVALHO	00:49:40	00:48:56	M4549	CORRER QUELUZ	61
341	78	CLIDIA COELHO	00:49:41	00:49:11	F5054	A NATUREZA ENSINA	2
342	1320	FILIFE GONÇALVES	00:49:41	00:49:22	M4549		62
343	1333	SÉRGIO FRAGOSO	00:49:41	00:49:19	M4044	LA SPORT/53ONZE/EM3	50
344	1754	PAULO RODRIGUES	00:49:44	00:49:01	M4549	MOITA A CORRER	63
345	1570	OSCAR ROCHA	00:49:45	00:49:18	M5559	VIRIATHVS RUNNERS VISEU	26
346	82	CÁTIA MORAIS	00:49:46	00:49:13	F3539		3
347	1898	SANDRO LDA	00:49:47	00:49:42	M0034	ODIVELAS	68
348	1897	COTA LEO PEREIRA	00:49:48	00:49:43	M4044	ODIVELAS	51
349	126	CARLOS PÁSCOA	00:49:48	00:49:34	M6569	INDIVIDUAL	6
350	217	BEATRIZ SÉCIO	00:49:49	00:49:33	F0034	CCR ALTO MOINHO	9
351	1526	HELENA RAPOSO	00:49:50	00:49:41	F3539		4
352	1495	RUI FLORES	00:49:51	00:49:23	M4044		52
353	1255	JOSÉ MORGADO	00:49:53	00:49:04	M5054		42
354	1659	CARLA TABAIO	00:49:54	00:49:29	F0034	CD ASAS DO MILENIUM/ 99PROVASGRATUITAS	10
355	1768	NELSON COLAÇO	00:49:54	00:49:23	M4549	NAPA - NÚCLEO DOS AMIGOS DA PERNA ASSADA	64
356	114	BRUNO MIGUEL VIEGAS CARVALHO	00:49:55	00:49:18	M0034	BANDIDOS	69
357	1765	JOAO VENES	00:49:56	00:49:34	M4044	WIKABOO	53
358	1546	VLADIMIRO BRAVO	00:49:56	00:49:56	M3539		47
359	1593	RICARDO VIEGAS	00:49:57	00:49:38	M4044		54
360	1633	VASCO BERNARDO	00:49:58	00:49:48	M4044	NAVIGATOR CLUBE SETUBAL	55
361	1647	HELENA SANTOS	00:50:10	00:50:10	F5054	DEIXEM PASSAR OS COXOS	3

362	1369	FRANCISCO GUEDES	00:50:10	00:49:43	M5054	FGuedesTecnica	43
363	1262	JAIME MESTRE	00:50:13	00:49:30	M4549	CODIMETAL	65
364	1634	LUÍSA FERREIRA	00:50:13	00:50:13	F5054	DEIXEM PASSAR OS COXOS	4
365	1727	FRANCISCO ROSÁRIO	00:50:16	00:49:11	M5054	NÚCLEO DO SPORTING CP DO SEIXAL	44
366	1473	DIOGO COSTA	00:50:19	00:50:12	M7099	CASA BENFICA SEIXAL	2
367	68	TIAGO RODRIGUES	00:50:19	00:50:03	M4044		56
368	1658	JOSE MIRA MIRA	00:50:26	00:49:23	M6569	cd asas do milénium / 99provasgratuitas	7
369	1460	NUNO RAMOS	00:50:26	00:49:39	M4044		57
370	232	JORGE FERREIRA	00:50:27	00:50:23	M5559		27
371	25	CLAUDIO OLIVEIRA	00:50:28	00:49:52	M4044		58
372	1959	JOSÉ SARAIVA	00:50:29	00:50:17	M5559	WERUN.PT	28
373	1518	MIGUEL LOPES	00:50:29	00:49:26	M4044	99PROVASGRATUITAS	59
374	1923	BRUNO SANTOS	00:50:31	00:49:56	M0034		70
375	47	LUIS MARQUES	00:50:32	00:49:47	M5054	Corroios	45
376	1405	JACINTO BATISTA	00:50:32	00:49:55	M6064	CASA BENFICA SEIXAL	10
377	118	FERNANDO PAULO	00:50:38	00:50:26	M6569	G. DESPORTIVO DE CHELAS	8
378	135	RUI MARQUES	00:50:44	00:50:28	M4549		66
379	282	HENRIQUE DIAS	00:50:45	00:50:11	M6064	CORRER LISBOA	11
380	1478	MARCOS RATOLA	00:50:48	00:49:57	M4044		60
381	1794	JOÃO PEDRO JORGE	00:50:49	00:50:20	M4044		61
382	259	MARCO AÇO	00:50:57	00:50:18	M3539	RED HOUSE ASSOCIATION	48
383	1791	FILIPE CAREPA	00:50:57	00:50:17	M4044	RED HOUSE ASSOCIATION	62
384	1956	ANTÓNIO HORTA	00:50:57	00:50:22	M4044	CCR ALTO DO MOINHO	63

385	1608	JOÃO PEREIRA	00:50:58	00:50:13	M5054		46
386	98	CÁTIA FONSECA	00:51:00	00:50:15	F3539	SS CGD	5
387	1655	PAULO MARTINS	00:51:00	00:50:42	M5054		47
388	125	PEDRO DE ALMEIDA	00:51:01	00:50:32	M0034	LA SPORT / 53ONZE / EM3	71
389	262	MARIA JOÃO LEANDRO	00:51:01	00:50:25	F4549	BARREIRO	13
390	1782	HÉLDER FERREIRA	00:51:05	00:50:17	M4549	RUN4EAT	67
391	142	CARLOS ARAÚJO	00:51:12	00:50:48	M4549		68
392	14	LUCAS PEIXOTO	00:51:14	00:50:26	M0034	BOX RUNNERS	72
393	1447	NUNO GASPAR	00:51:19	00:50:20	M4549	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	69
394	1348	MANUEL JACINTO	00:51:19	00:50:38	M6064		12
395	128	VALTER ONOFRE	00:51:27	00:50:45	M4044	SERRADO FC ATLETISMO	64
396	1281	ANTÓNIO JERÓNIMO	00:51:28	00:51:14	M4044	SERRADO FC ATLETISMO	65
397	1799	PAULO SANTOS	00:51:31	00:51:26	M5054	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADOI	48
398	1390	VÍTOR MORGADO	00:51:34	00:50:51	M4044	CASA BENFICA SEIXAL	66
399	16	SERGIO RODELO	00:51:35	00:50:49	M5054	RUN CREW TRAIL MONTIJO	49
400	196	ANTÓNIO SOBRAL	00:51:36	00:51:29	M6064	CCR ALTO MOINHO	13
401	1668	CRISTINA MARIA FALE	00:51:36	00:51:20	F4044	CLUBE MILLENNIUM BCP	12
402	239	ARSÉNIO RODRIGUES	00:51:39	00:51:13	M4044		67
403	1726	JAIME FIGUEIREDO	00:51:43	00:50:39	M5054	NÚCLEO DO SPORTING CP DO SEIXAL	50
404	1860	FERNANDO GUERREIRO	00:51:45	00:51:35	M7099	GD SÃO DOMINGOS	3
405	69	PAULO ABADIA	00:51:48	00:51:37	M4549	FITRUNNES	70
406	1445	NUNO SANTOS	00:51:50	00:50:51	M4044		68
407	216	HELENA SÉCIO	00:51:51	00:51:35	F5054	CCR ALTO MOINHO	5

408	1875	MANUEL NASCIMENTO	00:51:59	00:51:17	M6064	WERUN	14
409	1738	RENATO CORREIA	00:52:03	00:51:48	F4044	CCR ALTO MOINHO	13
410	1694	ARTUR GAIO	00:52:04	00:51:53	M3539	CCD TRANQUILIDADE	49
411	1798	PAULO MOTA	00:52:08	00:52:08	M5054	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	51
412	1356	RÚBEN PAGAIME	00:52:09	00:51:15	M3539	CDAPN	50
413	1492	MANUEL FLOR	00:52:12	00:51:18	M7099		4
414	1341	RUI MANUEL VELEZ	00:52:14	00:51:38	M5559		29
415	1342	SARA COLACO	00:52:15	00:51:39	F4549		14
416	1561	CARLOS GUEDES	00:52:16	00:51:50	M6569	CASA ZENNA	9
417	1867	LUÍS MORAES	00:52:19	00:51:46	M5559	CCR ALTO MOINHO	30
418	1517	FILIPA FERNANDES	00:52:19	00:52:19	F3539	99PROVASGRATUITAS	6
419	251	BRUNO CLARO	00:52:21	00:51:29	M3539	AMADORA	51
420	1340	JOAO DUARTE	00:52:21	00:51:55	M4549		71
421	1363	RUI FERNANDES	00:52:23	00:52:01	M4549		72
422	1660	MARIO CARVALHO	00:52:24	00:51:27	M6064	cd asas do milénium / 99provasgratuitas	15
423	1818	BRUNO RODRIGUES	00:52:24	00:51:38	M4549		73
424	1288	PEDRO BARROSO	00:52:24	00:52:02	M4549	LA SPORT / 53ONZE / EM3	74
425	1565	TIAGO CARDAO-PITO	00:52:26	00:52:08	M4044		69
426	1709	ILÍDIA JOSÉ	00:52:26	00:51:37	F0034	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	11
427	1835	REGINA BORGES	00:52:30	00:51:31	F4549		15
428	1707	PEDRO SANTOS	00:52:30	00:51:30	M4549	CLUBE MILLENNIUM BCP	75
429	1715	LINA LOPES	00:52:30	00:51:43	F3539	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	7
430	27	MARIO ALVES	00:52:31	00:52:11	M6064	INDIVIDUAL	16

431	144	LUIS COLAÇO	00:52:33	00:52:10	M4549	ALMADA	76
432	158	JORGE PAULO	00:52:33	00:52:11	M6064	RUN 4 FUN	17
433	1349	JOAO CARLOS RESENDE	00:52:35	00:52:14	M4549		77
434	1947	JORGE SEZINADO	00:52:37	00:51:32	M5054	MEGASA_SEIXAL	52
435	214	JOÃO SILVA	00:52:37	00:52:31	M5559	RUN 4 FUN	31
436	1844	TIAGO NÓBREGA	00:52:38	00:52:38	M0034		73
437	1590	JOSÉ MARTINS	00:52:39	00:51:36	M7099	ZATOPEQUES DE FERNÃO FERRO	5
438	258	ALBERTO ROMÃO	00:52:41	00:51:38	M5559		32
439	1951	JUN LIANG	00:52:42	00:51:47	F4549		16
440	30	MÁRIO CORREIA	00:52:47	00:52:32	M4044	BOX RUNNERS	70
441	1581	ANTÓNIO MARTINS	00:52:48	00:51:42	M4549	ZATOPEQUES DE FERNÃO FERRO	78
442	157	PEDRO VALENTIM	00:52:50	00:52:50	M5054	CORRER LISBOA	53
443	1779	RITA RODRIGUES	00:52:51	00:52:12	M0034	CPA TRAIL TEAM	74
444	1309	JOSÉ SOARES	00:52:52	00:52:24	M4549		79
445	1254	PAULO VAZ	00:52:54	00:52:33	M4549	QUARTETO	80
446	1889	HERMINIO BENTO	00:52:57	00:52:57	M6064	G.D. ESTRELA NEGRA	18
447	1925	RITA CARVALHO	00:53:06	00:52:40	F3539	ARSM - ASSOCIAÇÃO RECREATIVA DE S. MIGUEL	8
448	1852	TIAGO DIAS	00:53:10	00:52:31	M0034		75
449	1516	NUNO BALEIZÃO	00:53:10	00:52:56	M4044		71
450	1767	ANA MONTEIRO	00:53:11	00:52:52	F4044	AMINHACORRIDA	14
451	1272	NUNO SOBRAL	00:53:15	00:53:15	M4044	SERRADO FC ATLETISMO	72
452	1644	DOMINGOS GODINHO	00:53:19	00:53:02	M5559	CATA	33
453	1476	NUNO ALVES	00:53:20	00:52:36	M4044		73

454	1299	LUÍS DUARTE	00:53:20	00:53:20	M4549	CASA BENFICA SEIXAL	81
455	205	ANTÓNIO CASAS NOVAS	00:53:23	00:52:27	M4044		74
456	1822	JOSÉ CARDOSO	00:53:24	00:52:39	M6064		19
457	1750	SUSANA COSTA	00:53:25	00:53:07	F4549	AMINHACORRIDA	17
458	1271	INÊS SEPÚLVEDA	00:53:25	00:52:25	F0034	PINTAÍNHOS	12
459	79	MARCO MORGADO	00:53:26	00:52:26	M4044		75
460	1270	PAULO MACHADO	00:53:27	00:52:29	M3539	PINTAÍNHOS	52
461	235	IRINA KRUK	00:53:27	00:53:09	F4044	CORRER LOURES	15
462	1751	LISETE RAMALHO	00:53:27	00:53:09	F5054	AMINHACORRIDA	6
463	1372	MARCO BASTOS	00:53:28	00:52:49	M4044	PALHAIS/BRR	76
464	1929	ALBERTO MARTINS	00:53:29	00:52:35	M5559	BROTHERS IN MOTION	34
465	1427	ÁLVARO LOPES	00:53:30	00:53:09	M5054	CORROIOS- VALE DE MILHAÇOS	54
466	1870	GONÇALO LOPES	00:53:31	00:53:16	M4044		77
467	1869	JOANA ANTUNES	00:53:32	00:53:17	F0034		13
468	1909	MATILDE AZEVEDO	00:53:34	00:53:28	F0034	LISBOA	14
469	1443	KEN GIELEN	00:53:35	00:52:35	M4044	CA AMIGOS DO PARQUE DA PAZ	78
470	261	JOÃO PEREIRA	00:53:38	00:53:08	M3539	XINA	53
471	1432	JOSÉ CRUZ	00:53:40	00:53:15	M4549	RUN FOR LUNCH	82
472	1704	RUI ARTUR BAPTISTA	00:53:40	00:52:47	M5559	CLUBE MILLENNIUM BCP	35
473	101	JOSE CORREIA	00:53:41	00:53:41	M6064		20
474	176	INÊS PEIXOTO	00:53:41	00:53:02	F4044	WERUN	16
475	1631	ANA CARREIRA	00:53:43	00:53:18	F4044		17
476	1607	EDMIGES SANTOS	00:53:43	00:53:06	M0034		76

477	1700	TAM AFONSO	00:53:53	00:53:45	M6569	CCD TRANQUILIDADE	10
478	1698	JORGE CANTEIRO	00:53:54	00:53:44	M5054	CCD TRANQUILIDADE	55
479	38	RUBEN COSTA	00:53:56	00:53:10	M4044		79
480	189	MARISA RAMALHO	00:54:05	00:53:39	F0034	CCR ALTO MOINHO	15
481	1498	DIANA CARDOSO	00:54:07	00:53:19	F0034	NAV RUNNERS	16
482	1251	ANTONIO RIBEIRO	00:54:07	00:53:47	M5559	QUARTETO	36
483	1862	GONÇALO REBELO	00:54:08	00:54:01	M6064	GD SÃO DOMINGOS	21
484	1783	HELENA SILVA	00:54:10	00:53:23	F5054	INDIVIDUAL	7
485	1625	ELSA LUIS	00:54:15	00:53:38	F4549	ANDARILHO	18
486	1595	HUGO LAPA	00:54:15	00:53:39	M3539	MATI&XAVI	54
487	1410	AMANDIO BUSCA	00:54:17	00:53:42	M5054		56
488	1943	RENATO TORINO	00:54:19	00:53:13	M3539	MEGASA_SEIXAL	55
489	1295	FERNANDA REBELO	00:54:19	00:54:10	F4549	CATA-Clube de Atletismo de Amora	19
490	1918	LUIS FOUTO	00:54:20	00:53:39	M4549		83
491	1378	SELMA SILVA	00:54:20	00:53:59	F5054	CASA BENFICA SEIXAL	8
492	1667	MANUEL ANTONIO LOPES	00:54:23	00:54:07	M4044	CLUBE MILLENNIUM BCP	80
493	88	CARLA SILVA	00:54:26	00:54:13	F4549	IMASAMS	20
494	1358	NUNO SIMÃO	00:54:28	00:54:28	M5054	ALMADA	57
495	1674	MARIO ADELINO MENDES	00:54:30	00:54:01	M5559	CLUBE MILLENNIUM BCP	37
496	1753	TÓ-ZÉ PEREIRA	00:54:35	00:53:52	M4549	MOITA A CORRER	84
497	76	SÉRGIO PIMENTA	00:54:38	00:53:46	M3539		56
498	1810	NUNO MARTINS	00:54:40	00:53:45	M3539		57
499	1339	RUI CUNHA	00:54:41	00:53:38	M4044		81

500	246	CAROLINA ROSA	00:54:42	00:54:30	F5054	CCR ALTO MOINHO	9
501	1626	RUI AMARAL	00:54:42	00:53:54	M4549	ANDARILHO	85
502	1604	RENATO MOREIRAS	00:54:46	00:54:36	M3539		58
503	1430	ANTONIO VALENTE	00:54:46	00:54:13	M6064	Quinta do Conde	22
504	90	MIGUEL PEREIRA	00:54:47	00:54:32	M4549	IMASAMS	86
505	1645	CARLA OLEIRINHA	00:54:47	00:54:28	F4549	A NATUREZA ENSINA	21
506	1311	LUIS GOUVEIA	00:54:48	00:54:27	M5054	A NATUREZA ENSINA	58
507	1603	ANDREIA BANHA	00:54:48	00:54:35	F3539		9
508	1879	MIGUEL CARRILHO	00:54:51	00:54:18	M4549		87
509	1398	PAULO BORGES	00:54:52	00:54:17	M5054		59
510	1967	JOAQUIM RODRIGUES	00:54:53	00:54:28	M5054		60
511	1661	BRUNO TABAIO	00:54:53	00:53:57	M0034	CD ASAS DO MILENIUM/99PROVASGRATUITAS	77
512	1529	NELSON ALEXANDRE PIMENTEL DA SILVA CORREIA	00:54:54	00:53:53	M4044	FAMILIA CORREIA	82
513	192	ANTÓNIO PEREIRA	00:54:56	00:53:47	M6569	CCR ALTO MOINHO	11
514	33	LUÍS MIGUEL BAPTISTA	00:54:58	00:54:34	M4044	AMIGOS DO ORVALHO	83
515	1284	NUNO ALVES	00:54:59	00:54:39	M4549	RUN 4 FUN	88
516	1524	JOANA FLOR	00:55:00	00:54:06	F0034		17
517	1955	TIAGO COELHO	00:55:07	00:55:07	M0034	CCR ALTO DO MOINHO	78
518	1850	JOAO CARVALHO	00:55:08	00:54:28	M0034		79
519	1616	CELESTINO OLIVEIRA	00:55:10	00:54:27	M6064		23
520	1823	MAFALDA NUNES	00:55:11	00:55:00	F5054	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	10
521	1622	EDUARDO RODRIGUES	00:55:13	00:54:31	M4549	MOITA A CORRER	89
522	1773	MARIA MANUELA GONÇALVES	00:55:14	00:54:37	F5054	A NATUREZA ENSINA	11

523	1629	JOÃO MARTINS	00:55:14	00:54:25	M4549	ANDARILHO	90
524	1381	JOÃO TOMÁS	00:55:16	00:54:48	M6064	CASA BENFICA SEIXAL	24
525	1264	GUILHERME RODRIGUES	00:55:18	00:54:24	M0034	LA SPORTS/53ONZE	80
526	1267	CARLOS ALMEIDA	00:55:19	00:54:23	M3539		59
527	1308	JOÃO ANTUNES	00:55:21	00:54:51	M6064		25
528	1652	FERNANDO JERONIMO	00:55:22	00:54:47	M6569	EX FEDERADOS	12
529	1957	MAGNIFICA ALVAREDA	00:55:23	00:55:19	F6064	CCR ALTO DO MOINHO	1
530	1550	JOFRE DE OURO	00:55:27	00:54:24	M5559	Moita	38
531	1337	ISABEL SANTOS	00:55:31	00:55:27	F5054	LOURDETE PERFUMARIAS	12
532	1509	RICARDO CAMPOS	00:55:32	00:54:54	M4044		84
533	1673	ANTONIO JOSE ALMEIDA	00:55:37	00:55:16	M5054	CLUBE MILLENNIUM BCP	61
534	221	CARLOS PINTO	00:55:38	00:54:35	M5054	CCR ALTO MOINHO	62
535	229	RUI MAGALHÃES	00:55:41	00:55:10	M4044	CCR ALTO MOINHO	85
536	220	ANTÓNIO GONÇALVES	00:55:42	00:55:10	M4044	CCR ALTO MOINHO	86
537	1654	ANA CATARINA BORDALO	00:55:42	00:55:29	F4549	INDIVIDUAL	22
538	179	VASCO ALPALHÃO	00:55:43	00:55:43	M4549		91
539	1587	ORLANDO SILVA	00:55:46	00:55:46	M5559	ZATPEQUES DE FERNÃO FERRO	39
540	1666	PEDRO MIGUEL CUNHA	00:55:46	00:54:48	M4044	CLUBE MILLENNIUM BCP	87
541	1588	JOÃO SILVA	00:55:46	00:55:46	M6064	ZATPEQUES DE FERNÃO FERRO	26
542	231	HUMBERTO LEMOS	00:55:49	00:55:17	M4044	CCR ALTO MOINHO	88
543	1548	ARMANDO TEIXEIRA	00:55:53	00:55:34	M5559	Papa Kms	40
544	29	VANDA CORREIA	00:55:54	00:55:38	F4549	BOX RUNNERS	23
545	270	MIGUEL SILVA	00:55:56	00:55:20	M5054	ALLINRACE	63

546	1319	ORLANDO SANTOS	00:55:57	00:55:19	M4549	EX FEDERADOS	92
547	149	FILIPA FETEIRA	00:55:57	00:55:14	F3539	CDRR	10
548	1456	HUGO RODRIGUES	00:56:00	00:55:28	M4044	LR	89
549	1419	VITOR SANTOS	00:56:03	00:55:20	M5054		64
550	1912	EUCINÁRIO PINHEIRO	00:56:04	00:55:15	M5054	VILA NOVA DE CAPARICA	65
551	234	CARLOS VIEIRA	00:56:06	00:55:49	M5054	CORRER LOURES	66
552	1961	HELDER SANTOS	00:56:10	00:55:56	M4044	WERUN.PT	90
553	1571	CARLOS ALFEIRÃO	00:56:12	00:55:48	M3539	TRILHOS NOCTURNOS TEAM RUNNING	60
554	49	TATIANA M M MIETO	00:56:15	00:55:49	F4044	DSTAK KARUNNING SOCORRO	18
555	1621	MÁRCIA CANTANHEDE	00:56:25	00:55:39	F3539	CLUBE DE PRAÇAS DA ARMADA	11
556	1939	LILIANA COELHO	00:56:25	00:55:37	F3539		12
557	1688	RODOLFO JORGE LIMA	00:56:26	00:56:21	M5054	CLUBE MILLENNIUM BCP	67
558	156	FERNANDA RIBEIRO	00:56:27	00:56:13	F5054	CORRER LISBOA	13
559	186	MARGARIDA AMIGO	00:56:27	00:56:19	F6064	CCR ALTO MOINHO	2
560	1566	NUNO FRAGOSO	00:56:30	00:55:50	M4044	LINCES DA BELA VISTA	91
561	17	ISABEL CARVALHO	00:56:34	00:55:49	F4044		19
562	265	JOÃO CALISTO	00:56:34	00:55:40	M5559		41
563	1686	ANA ISABEL RAMA	00:56:35	00:56:17	F4044	CLUBE MILLENNIUM BCP	20
564	1567	ANTÓNIO PINA	00:56:37	00:55:57	M6569	LINCES DA BELA VISTA	13
565	219	ALBERTO SANTOS	00:56:41	00:55:40	M5559	CCR ALTO MOINHO	42
566	1393	ANABELA CONSTANTE	00:56:41	00:56:04	F4549	BIFANAS DE CORRIDA	24
567	1394	JOÃO PEDRO FONSECA	00:56:42	00:56:05	M4549	BIFANAS DE CORRIDA	93
568	1404	FERNANDO RIBEIRO	00:56:49	00:56:23	M5054	COL	68

569	31	VÂNIA MARGARIDA RAPOSO	00:56:50	00:56:34	F4044	BOX RUNNERS	21
570	1689	PAULO JORGE PINTO	00:56:51	00:56:10	M5559	CLUBE MILLENNIUM BCP	43
571	1824	CLÁUDIA BENTO	00:56:53	00:56:41	F4549	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	25
572	1677	PAULO JORGE MARIZ	00:56:54	00:56:39	M5054	CLUBE MILLENNIUM BCP	69
573	1301	ANDRÉ SILVA	00:56:56	00:56:24	M0034		81
574	1499	PEDRO SILVA	00:56:57	00:56:24	M0034	SEIXAL	82
575	1594	TERESA GONÇALVES	00:56:58	00:56:42	F4044	BOX RUNNERS	22
576	1597	CÉLIA BAPTISTA	00:57:01	00:56:40	F4044	AMIGOS DO ORVALHO	23
577	1924	JORGE GUERREIRO	00:57:02	00:56:06	M4549		94
578	1455	NUNO RODRIGUES	00:57:05	00:56:20	M4549	CRUZ DE PAU FEITO	95
579	1680	VANDA SOFIA ROSA	00:57:07	00:56:26	F4044	CLUBE MILLENNIUM BCP	24
580	65	PAULO SILVA	00:57:11	00:56:23	M0034	ATLETISMO MIRA-SERRA	83
581	60	CATARINA SILVÉRIO	00:57:11	00:56:23	F0034	ATLETISMO MIRA-SERRA	18
582	1351	PAULA PEREIRA	00:57:16	00:56:30	F4044	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	25
583	1487	EDMUNDO PAULINO	00:57:17	00:57:12	M6569		14
584	222	ALEXANDRA GONÇALVES	00:57:19	00:56:48	F4044	CCR ALTO MOINHO	26
585	1278	GONÇALO RODRIGUES	00:57:20	00:56:07	M0034		84
586	1441	NELSON RUIVO	00:57:21	00:56:27	M3539	MIKI	61
587	1433	JOSE DESCALCO	00:57:23	00:56:28	M4044		92
588	1845	FRANCISCO ALCÂNTARA	00:57:23	00:56:54	M5559		44
589	1638	VÂNIA AZEVEDO	00:57:24	00:57:10	F0034	KAMI BERDUA	19
590	1515	VERA SILVA	00:57:25	00:57:11	F0034		20
591	146	HELIO BALINHA	00:57:32	00:56:59	M3539		62

592	266	JÚLIA CALISTO	00:57:32	00:56:38	F5559	ALHOS VEDROS	3
593	1321	CARLA CARMO	00:57:34	00:57:00	F4044	MATI&XAVI	27
594	1322	PEDRO RIBEIRO	00:57:34	00:57:01	M3539	MATI&XAVI	63
595	1542	JORGE MOREIRA	00:57:37	00:57:37	M5559	CGTA	45
596	182	HELENA COSTA	00:57:39	00:56:38	F5559	CCR ALTO MOINHO	4
597	1712	ANA PAULA BRANCO	00:57:39	00:56:54	F4549	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	26
598	1671	LUIS FILIPE SILVA	00:57:48	00:57:31	M5054	CLUBE MILLENNIUM BCP	70
599	1507	DORA PIRES	00:57:48	00:57:42	F5054	SS CGD	14
600	1834	MARINA LOPES	00:57:51	00:57:32	F4044		28
601	120	HUGO SA NOGUEIRA	00:57:54	00:57:11	M4044	SEIXAL	93
602	1743	RUTE SARAIVA	00:57:57	00:56:53	F4044		29
603	174	LUÍS MIRANDA	00:58:03	00:58:03	M4549	OS GALGOS	96
604	1899	ODETE FRANCISCO	00:58:04	00:57:47	F4549	INDIVIDUAL	27
605	1722	VANDA FERREIRA	00:58:04	00:57:47	F4044	AMINHACORRIDA	30
606	1592	PEDRO ALMEIDA	00:58:08	00:57:29	M4044	BIFANAS DE CORRIDA	94
607	1740	ROSA AFONSO	00:58:08	00:57:18	F5054	CCR ALTO MOINHO	15
608	1440	SARA COSTA	00:58:08	00:57:13	F3539	MIKI	13
609	1841	CARLA FANECO	00:58:09	00:57:35	F4549		28
610	194	SUSANA LAGOAS	00:58:09	00:57:12	F4044	CCR ALTO MOINHO	31
611	1574	SUZANA ALMEIDA FARIA	00:58:10	00:57:10	F4549		29
612	1304	SUSANA RAMOS	00:58:13	00:57:12	F3539	CORRER LOURES	14
613	1318	ALEXANDRE LOURINHO	00:58:15	00:57:10	M4549		97
614	1510	JORGE D' ALMEIDA	00:58:16	00:57:37	M7099	CLUBE ATLETISMO AMIGOS DE BELÉM	6

615	127	CARLOS PENA	00:58:17	00:57:23	M5054	GRD "OS FIXES"	71
616	199	PATRÍCIA MARUJO	00:58:19	00:58:10	M0034	CCR ALTO MOINHO	85
617	1907	TAHAMARA DIAS	00:58:21	00:58:13	F4044	LISBOA	32
618	1908	LUIS AZEVEDO	00:58:21	00:58:14	M5559	LISBOA	46
619	1444	JOÃO PERNAS	00:58:22	00:58:22	M4044		95
620	237	FERNANDO GONÇALVES	00:58:22	00:57:31	M4044	RÁDIO PALHAIS	96
621	1683	CAROLINA SOFIA COSTA	00:58:27	00:58:09	F0034	CLUBE MILLENNIUM BCP	21
622	1664	PEDRO MANUEL PEREIRA	00:58:27	00:58:09	M5054	CLUBE MILLENNIUM BCP	72
623	1305	LUIS GARÇÃO	00:58:28	00:57:53	M5054		73
624	1719	ANTÓNIO CABRAL	00:58:30	00:58:04	M6569	URBAN RUN TEAM	15
625	1536	JOANA FRAZÃO	00:58:38	00:57:37	F0034		22
626	204	JORGE SILVA	00:58:40	00:58:16	M6569	ALMADA	16
627	45	NILTON MOUTINHO	00:58:41	00:58:41	M0034	H-GARRA A LEBRE !!!	86
628	44	PAULO MOUTINHO	00:58:41	00:58:41	M4549	H-GARRA A LEBRE !!!	98
629	1438	ANA FERNANDES	00:58:42	00:58:42	F0034	CROSSFIT SEIXAL	23
630	113	LUÍS CUNHA	00:58:44	00:57:58	M5559		47
631	1261	CARLOS SECO	00:58:45	00:58:05	M5559	CODIMETAL	48
632	1462	FREDERICO FERREIRA	00:58:47	00:58:02	M3539	ZIMBRA FOX RUNNERS	64
633	1917	JOSÉ ROSÁRIO	00:58:52	00:58:32	M0034	CROSSFIT SEIXAL	87
634	1314	JOSE BRAVO	00:58:55	00:58:23	M4549		99
635	1639	ALFREDO DE SOUSA	00:58:56	00:58:16	M6064		27
636	129	JOANA ONOFRE	00:58:56	00:58:13	F4044	SERRADO FC ATLETISMO	33
637	1640	ANA PAULA SOUSA	00:58:57	00:58:17	F5559		5

638	87	MARGARIDA MARQUES	00:58:59	00:58:59	F4549	IMASAMS	30
639	1411	SARA BARATA	00:59:01	00:58:13	F0034	CROSSFIT SEIXAL	24
640	1260	JOÃO ANTUNES	00:59:02	00:58:09	M0034	CORRER LISBOA	88
641	116	FRANCISCO PAULOS	00:59:08	00:58:18	M4044	BANDIDOS	97
642	193	MARIA ISAURA PEREIRA	00:59:08	00:58:42	F6064	CCR ALTO MOINHO	3
643	1274	ELISABETE ASSUNÇÃO	00:59:08	00:58:17	F4549	ASSUNÇÃO	31
644	117	SIMÃO SANTANA	00:59:09	00:58:14	M4044	BANDIDOS	98
645	281	JOSÉ SEIXO	00:59:09	00:58:22	M3539	CORRER QUELUZ	65
646	1547	MARGARIDA COELHO	00:59:12	00:58:55	F5054	Papa Kms	16
647	1627	VANDA DUARTE	00:59:13	00:58:24	F4044	ANDARILHO	34
648	276	JOAQUINA	00:59:15	00:59:15	F7099	CCR ALTO MOINHO	1
649	1530	MANUEL ANUNCIAÇÃO	00:59:17	00:59:17	M6064		28
650	1954	CARLOS MATOS	00:59:18	00:58:18	M5559		49
651	52	MANUEL DIAS	00:59:19	00:58:35	M5054		74
652	1706	FERNANDO DOMINGUES	00:59:22	00:59:03	M6064	CLUBE MILLENNIUM BCP	29
653	92	NUNO MOLERO	00:59:25	00:59:25	M4549		100
654	284	MARIANA BERNARDINO	00:59:26	00:58:35	F4549	CORRER LOURES	32
655	132	JOSE MELO	00:59:29	00:58:52	M4549		101
656	166	AFONSO SANTOS	00:59:32	00:59:10	M0034		89
657	1868	ANA ROLO	00:59:36	00:58:45	F5054		17
658	140	RUI RUIVO	00:59:39	00:59:11	M4549		102
659	1522	JOÃO ESTEVES	00:59:50	00:58:53	M6064		30
660	283	CARLOS BERNARDINO	00:59:51	00:58:48	M4549	CORRER LOURES	103

661	1684	MARIO FERNAND RAMOS	00:59:51	00:59:21	M5559	CLUBE MILLENNIUM BCP	50
662	1760	MARIA MOVILHA	00:59:53	00:59:11	F5054		18
663	1691	CARLOS MANUEL TEIXEIRA	00:59:54	00:59:26	M5559	CLUBE MILLENNIUM BCP	51
664	136	MARIA CORREIA	01:00:01	00:59:49	F6569	GRUPO DESPORTIVO " O INDEPENDENTE "	1
665	123	CORNELIA LACKNER	01:00:04	00:59:19	F5054	Moita Running	19
666	1257	RUI MIGUEL COSTA	01:00:07	00:59:26	M3539	COSTA	66
667	1808	CARLOS MARTINS	01:00:08	00:59:16	M4549		104
668	1679	BEATRIZ DE PINA MARIZ	01:00:10	00:59:52	M0034	CLUBE MILLENNIUM BCP	90
669	1521	CARLA RODRIGUES	01:00:36	01:00:16	F4549	LA FAMÍLIA	33
670	1646	HELIO GODINHO	01:00:38	01:00:17	M6569	INDIVIDUAL	17
671	1614	PAULA MATIAS	01:00:42	00:59:58	F0034	AMICICLO GRÂNDOLA	25
672	1568	JOSÉ CRUZ	01:00:45	01:00:05	M6569	LINCES DA BELA VISTA	18
673	1724	RUI CATARINO	01:00:52	00:59:52	M3539	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	67
674	1448	ANTÓNIO ALVES	01:00:52	00:59:53	M4549	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	105
675	268	MARINA CAMPOS	01:00:58	01:00:10	F4044		35
676	1620	MÁRIO SOUSA	01:00:59	00:59:59	M6569	INDIVIDUAL	19
677	1292	JOSÉ BAIXINHO	01:01:01	01:00:24	M6064	SANTIAGO FUTEBOL CLUBE	31
678	1901	FRANCISCO RAMALHO	01:01:04	01:01:04	M7099	AMADORA	7
679	1913	NAYARA PINHEIRO	01:01:06	01:00:17	F0034	VILA NOVA DE CAPARICA	26
680	1871	PETRONIO BERNARDINO	01:01:10	01:00:59	M4044	BERNARDINO	99
681	1669	JOAQUIM FULGENCIO	01:01:28	01:00:37	M6064	CLUBE MILLENNIUM BCP	32
682	1960	IRENE INÁCIO	01:01:32	01:01:20	F5054	WERUN.PT	20

683	1469	ANA RITA MENDES DOS SANTOS JACINTO	01:01:34	01:00:33	F4044		36
684	1422	ISABEL LUIS	01:01:35	01:01:05	F4549		34
685	1442	SARA FRANCISCO	01:01:45	01:00:44	F4044	CA AMIGOS DO PARQUE DA PAZ	37
686	247	gabriel cruz	01:01:49	01:01:22	M7099	CCR ALTO MOINHO	8
687	1532	LUISA PINTÃO	01:01:53	01:01:27	F6569		2
688	1490	ANA CASTRO	01:01:54	01:01:50	F4044	INVICTA RUNNERS	38
689	1580	LUÍS SANTOS	01:02:08	01:02:08	M4549	ZATPEQUES DE FERNÃO FERRO	106
690	1306	FRANCISCO SARRASQUEIRO	01:02:10	01:01:26	M7099	CORRER LISBOA	9
691	1902	MARIA ISABEL PEREIRA	01:02:23	01:02:10	F5054		21
692	1670	VIRGILIO FARINHA FERREIRA	01:02:27	01:01:28	M6569	CLUBE MILLENNIUM BCP	20
693	46	CESAR GUERRA	01:02:30	01:01:28	M5054	CT	75
694	1602	ANA VIEIRA	01:02:40	01:02:01	F4044		39
695	1986	ANDRE QUINTINO	01:02:47	01:01:55	M4549		107
696	1612	NELSON JAMAIS	01:02:52	01:02:24	M4044		100
697	1747	BRUNO ALVES	01:02:54	01:02:20	M3539	AMINHACORRIDA	68
698	1891	TIAGO CATITA	01:02:56	01:01:59	M0034		91
699	1890	JOSÉ CATITA	01:02:56	01:02:01	M6064		33
700	1610	PEDRO NEIVA	01:02:59	01:02:36	M4549		108
701	94	GILBERTO GONÇALVES	01:03:01	01:02:38	M7099	CLUBE ATLETISMO AMIGOS DE BELÉM	10
702	1366	MANUEL NOBRE BAPTISTA	01:03:02	01:02:38	M5054		76
703	1609	RICARDO FONSECA	01:03:03	01:02:28	M4549		109
704	1401	PEDRO FARO	01:03:03	01:02:29	M5054		77
705	64	SARA CATITA	01:03:05	01:02:12	M0034		92

706	63	ALEXANDRE SILVA	01:03:05	01:02:12	M4044		101
707	1693	ANTÓNIO SENA	01:03:11	01:02:20	M4549	CCD TRANQUILIDADE	110
708	1413	TIAGO SANTOS	01:03:14	01:03:05	M3539		69
709	1293	JUDITE BAIXINHO	01:03:24	01:02:46	F0034	SANTIAGO FUTEBOL CLUBE	27
710	95	HUGO ALMEIDA	01:03:24	01:02:48	M4549		111
711	1781	SOFIA JUNCEIRO	01:03:27	01:03:27	F3539	QUINTA DA CARCEREIRA	15
712	241	HELENA ISABEL SANTOS	01:03:27	01:03:13	F3539	ISABELINHAS	16
713	1273	ÓSCAR ASSUNÇÃO	01:03:28	01:02:36	M5054	ASSUNÇÃO	78
714	1847	JOANA DE JESUS	01:03:29	01:02:36	F0034	CORRER LISBOA	28
715	280	JORGE CEREJEIRA	01:03:35	01:03:00	M5054		79
716	1527	JOSE MANUEL RALHETAS CAPUCHO	01:03:48	01:02:45	M5559	CASA DO BENFICA - CHARNECA DE CAPARICA	52
717	1345	SILVIA PINTO	01:04:03	01:03:12	F4044	A NATUREZA ENSINA	40
718	1736	MARIA JOÃO PEREIRA	01:04:11	01:03:54	F3539	G.D.R. SÃO FRANCISCO DA SERRA	17
719	1828	ANTÓNIO HENRIQUES	01:04:16	01:04:16	M5054	CORRER QUELUZ	80
720	1464	CRISTINA VICENTE	01:04:18	01:03:25	F0034		29
721	1944	BRUNO MARQUES	01:04:19	01:03:13	M3539	MEGASA_SEIXAL	70
722	1809	PEDRO VIEIRA	01:04:19	01:04:19	M3539		71
723	1323	ROGÉRIO FERNANDES	01:04:22	01:04:22	M4549		112
724	1825	LEONOR PINTO	01:04:22	01:03:32	F4549	LISBOA	35
725	1361	MÓNICA DIAS	01:04:28	01:03:39	F4044		41
726	1703	MARIA SILVA	01:04:34	01:03:42	F4549	CCD TRANQUILIDADE	36
727	1695	CLÁUDIA TAM	01:04:37	01:03:41	F3539	CCD TRANQUILIDADE	18
728	1840	MÁRIO RUI PEREIRA DA SILVA	01:04:39	01:04:39	M6064		34

729	1968	VANESSA MADEIRA	01:04:47	01:03:58	F0034		30
730	1911	ANA FELIZARDO	01:04:47	01:03:59	F0034		31
731	172	RITA CORREIA	01:04:53	01:04:53	F4044	CROSSFITSEIXAL	42
732	1467	LUIS SILVA	01:04:53	01:04:19	M4549		113
733	1827	EDUARDA RODRIGUES	01:05:09	01:04:25	F5054	CORRER QUELUZ	22
734	1676	INES BERNARDO	01:05:12	01:04:31	F3539	CLUBE MILLENNIUM BCP	19
735	1675	IVO GOMES SILVA	01:05:12	01:04:33	M6569	CLUBE MILLENNIUM BCP	21
736	215	SÓNIA GODINHO	01:05:20	01:04:21	F4044	CCR ALTO MOINHO	43
737	1678	ESTRELA MARIZ	01:05:24	01:05:07	F5054	CLUBE MILLENNIUM BCP	23
738	1268	JOANA MARQUES	01:05:31	01:04:44	F0034		32
739	1589	LUÍS GRAVE	01:05:32	01:05:32	M6064	ZATOPQUES DE FERNÃO FERRO	35
740	1269	TIAGO NEVES	01:05:32	01:04:45	M0034		93
741	1981	RITA BRANCO	01:05:37	01:05:23	M4044	R&R RUNNERS	102
742	1979	HENRIQUE VILHENA	01:05:38	01:04:56	M6064	QUELUZ	36
743	167	TILA ROSADO	01:05:39	01:05:19	F4549		37
744	1690	CARLOS CONCEICAO	01:05:43	01:04:45	M5559	CLUBE MILLENNIUM BCP	53
745	1641	JOSÉ MAIA	01:05:48	01:04:57	M4549	LA FAMÍLIA	114
746	1826	LUIS PETISCA	01:05:50	01:04:48	M6569	INDIVIDUAL	22
747	1721	ANA MARGARIDA BENTO	01:05:58	01:04:57	F4549	FOROS DE AMORA	38
748	240	mariana bizarro	01:06:14	01:05:19	F4044	A NATUREZA ENSINA	44
749	1377	BEATRIZ SILVA	01:06:15	01:05:20	F6064	CASA BENFICA SEIXAL	4
750	1297	ALINE COUTINHO	01:06:17	01:05:43	F4044		45
751	58	ANA TERESA ALVES	01:06:20	01:05:55	F4044		46

752	1424	LARA MACHADO	01:06:23	01:05:59	F3539		20
753	141	CARINA SILVA	01:06:56	01:05:55	F3539		21
754	139	MONICA BENTO	01:06:57	01:05:55	F4044		47
755	1737	FÁBIA ARAÚJO	01:07:16	01:07:06	F0034		33
756	122	BRUNO VAZ	01:07:23	01:06:46	M4044	FIDELIDADE GDC	103
757	1795	CARLOS LOPES	01:07:24	01:06:30	M5559		54
758	1324	RUI MENESES	01:07:53	01:07:53	M4044		104
759	1494	FILIPA JORGE	01:07:55	01:07:24	F0034		34
760	1493	FRANKLIM JORGE	01:07:55	01:07:22	M5559		55
761	81	FATIMA BARBAS	01:07:59	01:07:27	F5559	FOZ DO ARELHO	6
762	1541	PEDRO ANTUNES	01:08:07	01:07:22	M0034	Corroios	94
763	1605	MIGUEL CRUZ	01:08:12	01:07:18	M4549		115
764	1468	VITOR PEREIRA	01:08:21	01:07:23	M5054		81
765	1364	RUI JOSÉ OLIVEIRA	01:08:21	01:07:24	M5054	SS CGD	82
766	1466	JOANA DARC CHOURIÇO	01:08:31	01:08:16	F5559	RUNNING CLUB SANTA CASA	7
767	1600	PEDRO LIMA	01:08:34	01:08:34	M5559	PONTE D'EQUILÍBRIO	56
768	160	SOFIA FERREIRA	01:08:38	01:08:08	F5054		24
769	159	PEDRO FERREIRA	01:08:39	01:08:39	M5054		83
770	43	TOBIAS ROCHA	01:09:03	01:09:03	M5559	TÁLENTOS TEAM	57
771	152	MAYER RAPOSO	01:09:39	01:09:34	M7099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	11
772	1449	BRUNO RAMOS	01:10:04	01:09:05	M4044	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	105
773	1453	VITOR GODINHO	01:10:05	01:09:05	M4549	CLUBE DESPORTIVO E CULTURAL DO CASAL DO MARCO	116

774	74	OLIVIA LUCAS	01:10:24	01:09:53	F5054		25
775	121	TÂNIA GUERREIRO	01:10:28	01:09:41	F4549	FIDELIDADE GDC	39
776	1601	TATIANA CABRAL	01:10:51	01:10:51	F0034	PONTE DE EQUILÍBRIO	35
777	1383	JOSÉ SANTOS	01:11:03	01:10:52	M3539	CASA BENFICA SEIXAL	72
778	1811	ANA MARTINS	01:11:10	01:10:14	F4044		48
779	185	CARLA NASCIMENTO	01:11:11	01:10:12	F4044	CCR ALTO MOINHO	49
780	1579	ANTÓNIO MATEUS	01:11:35	01:11:35	M7099	ZATOPEQUES DE FERNÃO FERRO	12
781	73	VITOR LUCAS	01:11:44	01:11:13	M5559		58
782	1420	PEDRO SANTOS	01:12:07	01:11:06	M0034		95
783	1732	ANDREIA JANEIRO	01:12:10	01:11:59	F0034		36
784	218	LUIS HEITOR	01:12:20	01:12:10	M0034	CCR ALTO MOINHO	96
785	1906	SÓNIA ROLIM	01:12:42	01:12:08	F5054		26
786	173	PAULO GODINHO	01:13:10	01:12:44	M5054		84
787	1904	VIVIANE BORJA	01:13:20	01:12:16	F0034		37
788	72	ANA PATRÍCIO CIURO	01:13:31	01:13:22	F4549	KONANRUNNERS	40
789	1774	HELENA PRATA	01:13:35	01:13:13	F5054	A NATUREZA ENSINA	27
790	1717	BRUNO LUENGO	01:13:41	01:13:06	M0034		97
791	1801	HERVÉ HETTE	01:13:49	01:13:03	M5054		85
792	1446	ANTÓNIO MARQUES	01:13:58	01:13:01	M7099		13
793	1376	HELENA DORES	01:13:58	01:13:58	F5054	CASA BENFICA SEIXAL	28
794	1953	DIANA LOPES	01:13:58	01:13:58	F3539		22
795	1474	FÁTIMA RUSSO	01:13:59	01:13:01	F5054	CASA BENFICA SEIXAL	29
796	1344	MANUELA VIEIRA	01:14:07	01:13:14	F5054	A NATUREZA ENSINA	30

797	1762	IZABELAA SANTOS	01:14:35	01:13:32	F0034		38
798	1298	FERNANDO CESAR DE ALMEIDA JOSE	01:14:38	01:13:41	M5559	Sem Nome	59
799	1296	FERNANDA VIEIRA	01:14:51	01:13:53	F6064	SEIXAL-RUNING	5
800	1362	LINA BAIA	01:16:16	01:15:43	F3539		23
801	1544	RUI LOPEA	01:16:37	01:15:58	M4044		106
802	1771	CARLOS GONÇALVES	01:17:03	01:16:56	M0034	A NATUREZA ENSINA	98
803	1523	ANA DIAS	01:17:33	01:16:34	F6064		6
804	1512	MARGARIDA LOPES	01:17:36	01:16:46	F4549	LA FAMÍLIA	41
805	1514	ALEXANDRA LOPES	01:17:37	01:16:46	F4549	LA FAMÍLIA	42
806	1665	FERNANDO FERREIRA	01:18:43	01:18:19	M7099	CLUBE MILLENNIUM BCP	14
807	57	MÁRIO PIRES	01:21:13	01:21:13	M6064	INDIVIDUAL	37
808	1256	LÉNIO FERNANDO MARINHO	01:22:27	01:22:08	M6569	SALGUEIROS RUNNING	23
809	1718	SANDRA LOPES	01:26:03	01:25:29	F3539		24
810	1757	GUSTAVO GAMA	01:26:41	01:25:55	M5054		86