



III Corrida Cidade "Festas de Loures"

21 de Julho, 2019

<https://werun.pt/resultados/iii-corrída-cidade-festas-de-loures/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	1190	PEDRO ARSÉNIO	00:32:54	00:32:54	M3539	CF "OS BELENENSES"	1
2	5416	DIOGO BAENA	00:34:00	00:34:00	M3539	VITÓRIA FC TRAIL RUNNING	2
3	5366	VITOR OLIVEIRA	00:34:19	00:34:19	M2134	ASSOCIAÇÃO VALE GRANDE	1
4	1593	LUÍS BRITO	00:34:52	00:34:52	M4044	CF "OS BELENENSES"	1
5	1279	ANDRE ALVES	00:34:58	00:34:58	M2134	VITORIA FUTEBOL CLUBE	2
6	5239	GONÇALO PRUDÊNCIO	00:35:10	00:35:10	M2134	URBAN OBSTACLES TEAM	3
7	417	DIOGO GARCIA	00:35:32	00:35:32	M2134	CORRER LISBOA	4
8	1113	PEDRO GUIMARÃES	00:35:33	00:35:33	M3539	INGLESES FC	3
9	5374	FRANCISCO PEDRO	00:35:40	00:35:40	M4549		1
10	5381	TIAGO GODINHO	00:35:45	00:35:45	M2134	TEAM TRAIL BIFASE	5
11	529	PAULO ALVES	00:36:12	00:36:12	M4044	GD IMPRENSA NAC.C.MOEDA	2
12	596	PAULO ALBINO	00:36:29	00:36:29	M4044	UA POVOENSE	3
13	5097	PEDRO MAIA	00:36:35	00:36:35	M4549		2
14	5063	ANDRÉ MELO	00:36:47	00:36:47	M3539	CORRER LISBOA	4
15	2062	PEDRO AMARO	00:37:30	00:37:30	M2134	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	6
16	503	FLÁVIO SANTOS	00:37:33	00:37:33	M2134	FF PAZ MUNDIAL	7
17	1277	LUIS BAÇO	00:37:40	00:37:40	M4044	VITORIA FUTEBOL CLUBE	4
18	5272	FÁBIO PEREIRA	00:37:40	00:37:39	M2134	SPORTING CLUBE DE CASAINHOS	8

19	5219	TELMO NOGUEIRA	00:37:59	00:37:59	M3539		5
20	1265	BRUNO CARVALHO	00:38:03	00:38:03	M3539	FCR ROSSÃO	6
21	1156	RAUL CAETANO	00:38:10	00:38:10	M4549	CF "OS BELENENSES"	3
22	5193	CARLOS ALBERTO ALMEIDA	00:38:11	00:38:11	M4549		4
23	50	NUNO VARELA	00:38:21	00:38:21	M3539	CA VALE FIGUEIRA	7
24	1336	JOSÉ CAPITÃO	00:38:31	00:38:28	M4549	FCR ROSSÃO	5
25	5379	JOSÉ FIGUEIRA	00:38:32	00:38:32	M4549	AC BATALHA	6
26	1594	ANTÓNIO SANTOS	00:38:47	00:38:47	M5054	CA VALE FIGUEIRA	1
27	5104	LUIS CRUZ	00:38:53	00:38:51	M4549	CRUZ E AMIGOS DA CORRIDA	7
28	1839	JOÃO CORREIA	00:38:58	00:38:58	M5559	CA AMORA	1
29	5437	JOÃO ROCHA	00:38:59	00:38:59	M2134		9
30	975	AIRES PRATAS	00:39:08	00:39:07	M6064	UA POVOENSE	1
31	87	PAULO LOPES	00:39:10	00:39:10	M4549	CA VALE FIGUEIRA	8
32	5232	JOÃO MIRANDA	00:39:13	00:39:11	M4549	AMIGOS DO ATLETISMO DE MAFRA	9
33	5408	MIGUEL SILVA	00:39:25	00:39:23	M2134	GD SÃO DOMINGOS	10
34	419	DAVID SILVA	00:39:29	00:39:28	M3539	O MUNDO DA CORRIDA	8
35	5268	DAVID LOPES	00:39:35	00:39:13	M2134		11
36	2049	RICARDO SEIA	00:39:39	00:39:05	M2134	ASSOCIAÇÃO MORADORES CASAL DO COVÃO	12
37	511	PAULO CARVALHO	00:39:41	00:39:26	M5054	FF PAZ MUNDIAL	2
38	5372	ANTÓNIO SANTOS	00:39:43	00:39:43	M6064	ASSOCIAÇÃO VALE GRANDE	2
39	5369	RUI HENRIQUES	00:39:46	00:39:46	M3539	ASSOCIAÇÃO VALE GRANDE	9
40	5376	JOÃO SILVA	00:39:50	00:39:50	M3539	FIT6	10
41	5375	LUIS VASCONCELOS	00:39:53	00:39:53	M4549	ASSOCIAÇÃO VALE GRANDE	10

42	5096	ALEXANDRE PIMENTA	00:39:57	00:39:22	M3539		11
43	549	CARLOS PEREIRA	00:40:04	00:40:04	M5054	CORRER LOURES	3
44	494	NELSON COELHO	00:40:05	00:39:59	M2134	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	13
45	5256	JOSÉ LUÍS SIMÕES	00:40:17	00:40:15	M6064	GDSF BALEIZÃO	3
46	250	RUI JORGE NEVES	00:40:20	00:40:20	M4549	GD S. DOMINGOS	11
47	892	MIGUEL SANTOS	00:40:26	00:40:26	M3539	URBAN RUN TEAM	12
48	1191	PEDRO MOTA	00:40:27	00:40:27	M4549	CF "OS BELENENSES"	12
49	5226	DANIEL VERISSIMO	00:40:30	00:40:30	M3539	CORRER LISBOA	13
50	5292	FERNANDO MARTINS	00:40:31	00:40:09	M4549		13
51	5033	FREDERICO LÁZARO	00:40:31	00:40:31	M3539		14
52	125	ANTÓNIO M. HENRIQUES	00:40:34	00:40:33	M6064	CA VALE FIGUEIRA	4
53	5202	JOSÉ SILVA	00:40:48	00:40:48	M4549		14
54	1856	ANDRÉ PERDIGÃO	00:40:50	00:40:50	M2134	CA VALE FIGUEIRA	14
55	617	DANIEL TRINDADE	00:40:54	00:40:52	M0020	UA POVOENSE	1
56	5018	SÉRGIO PIRES	00:40:55	00:40:50	M4044		5
57	5367	RUI MARTINS	00:41:02	00:41:02	M2134	ASSOCIAÇÃO VALE GRANDE	15
58	527	NUNO FILIPE HENRIQUES	00:41:07	00:41:07	M4044	GD IMPRENSA NAC.C.MOEDA	6
59	5439	BRUNO FRANCISCO	00:41:12	00:41:06	M3539	FC R ROSSÃO	15
60	5101	JOÃO ALVES	00:41:16	00:41:13	M2134	GO!RUNNERS/OUTPRO STORE	16
61	5162	BENVINDA SANTOS	00:41:20	00:41:20	F2134	JUVENTUDE VIDIGALENSE	1
62	5161	JOÃO PATEIRA	00:41:22	00:41:22	M4044	KÇPHODA WOLVES TRAIL	7
63	893	FRANCISCO SERRANO	00:41:31	00:41:25	M4549	URBAN RUN TEAM	15
64	5216	MÁRIO MONTEIRO	00:41:33	00:41:14	M4549		16

65	5304	RICARDO PASSOS	00:41:36	00:41:33	M2134		17
66	5144	LUIS CIPRIANO	00:41:38	00:41:31	M4549	DOLCE FURADOURO	17
67	49	RUI VALE	00:41:41	00:41:36	M3539	CA VALE FIGUEIRA	16
68	57	FERNANDO DIAS ALMEIDA	00:41:41	00:41:36	M4044	CA VALE FIGUEIRA	8
69	5106	ANTÓNIO INÁCIO	00:41:41	00:41:38	M5054	CRUZ E AMIGOS DA CORRIDA	4
70	5145	JORGE AGRIA	00:41:41	00:41:35	M5054	DOLCE FURADOURO	5
71	1973	RUI MACHINHO	00:41:42	00:41:36	M4044	OS SALOIOS	9
72	5388	LUIS SILVÉRIO BARBOSA BARBOSA	00:41:42	00:41:32	M4044		10
73	91	JOSÉ R. MARQUES	00:41:46	00:41:46	M5054	CA VALE FIGUEIRA	6
74	5143	JOAQUIM CARREIRA	00:41:47	00:41:40	M5559	DOLCE FURADOURO	2
75	622	PEDRO CAROLA	00:42:09	00:42:08	M0020	UA POVOENSE	2
76	216	PAULO CUNHA	00:42:14	00:42:10	M4549	GD S. DOMINGOS	18
77	5346	JORGE ABREU	00:42:17	00:42:14	M2134		18
78	83	LUÍS VIEIRA	00:42:18	00:42:18	M4549	CA VALE FIGUEIRA	19
79	777	RUI PASTOR	00:42:23	00:42:00	M4549	PASTOR RACING	20
80	5430	LUIS MARÇAL	00:42:24	00:42:24	M4044	OS BELENENSES	11
81	5279	ROLAND ZODER	00:42:27	00:41:56	M4549		21
82	5438	BRUNO CARRIÇO	00:42:29	00:41:48	M2134	URBAN OBSTACLES TEAM	19
83	92	JOAQUIM OLIVEIRA	00:42:32	00:42:32	M5054	CA VALE FIGUEIRA	7
84	108	JOSÉ M. PAIJINHA	00:42:35	00:42:27	M5559	CA VALE FIGUEIRA	3
85	5199	NELSON FELIX	00:42:36	00:42:36	M4044	CORRER QUELUZ	12
86	47	JORGE A.VALENTE	00:42:37	00:42:07	M3539	CA VALE FIGUEIRA	17
87	782	PEDRO FERRAZ	00:42:37	00:42:26	M4044	CORRER LISBOA	13

88	5349	ADELINO CRESPO	00:42:38	00:42:31	M2134		20
89	5105	PAULO LOPES	00:42:48	00:42:45	M5054	CRUZ E AMIGOS DA CORRIDA	8
90	566	BRUNO GOMES	00:42:48	00:42:48	M3539	INDIVIDUAL	18
91	770	ALEXANDRE LEAL	00:42:54	00:42:30	M4044	CR SAPATARIA	14
92	102	JOSÉ DELFINO	00:42:55	00:42:47	M5559	CA VALE FIGUEIRA	4
93	5028	CARLOS FERNANDES	00:42:57	00:42:57	M5559	KEEP RUNING	5
94	5194	JOSE MOREIRA	00:42:58	00:42:58	M4044	INDIVIDUAL	15
95	5167	NUNO SILVA	00:43:02	00:42:58	M4044	INFANTADO FUTEBOL CLUBE	16
96	5410	CARLOS GOMES FERREIRA	00:43:03	00:42:58	M4549	IFC	22
97	5218	ARMANDO DIAS	00:43:14	00:43:14	M5054	OS GALGOS	9
98	5289	PEDRO SOARES	00:43:16	00:43:15	M4044	CORRER LISBOA	17
99	707	PAULO JORGE SANTOS	00:43:20	00:42:50	M4044	ASSOCIAÇÃO MORADORES CASAL DO COVÃO	18
100	771	HUGO CARAGO	00:43:22	00:42:58	M4549	CR SAPATARIA	23
101	5414	LUIS FRANCO	00:43:33	00:43:29	M4549	INGLESES FC	24
102	96	VASCO GONÇALVES	00:43:35	00:43:18	M5559	CA VALE FIGUEIRA	6
103	5164	FILIPE VALE	00:43:39	00:43:36	M2134		21
104	5339	TIAGO LOURO	00:43:41	00:43:40	M2134		22
105	318	CÁTIA NASCIMENTO	00:43:47	00:43:47	F3544	CORRER LISBOA	1
106	5172	JORGE VAZ	00:43:50	00:43:48	M4549		25
107	1052	RUBEN MATOS	00:43:53	00:43:36	M0020	ASSOCIAÇÃO CENTRO ATLETISMO S. JOÃO DA TALHA	3
108	1313	JOSÉ A SILVA	00:43:57	00:43:57	M5559	INDIVIDUAL	7
109	1606	ANTÓNIO ESTEVES	00:44:03	00:43:52	M4549	CA VALE FIGUEIRA	26
110	1783	EDUARDO LUÍS	00:44:05	00:43:41	M4044	ATÓMICOS	19

111	244	CARLOS MONTEIRO	00:44:08	00:44:07	M5559	GD S. DOMINGOS	8
112	1989	SADIQ KASSAMO	00:44:15	00:44:07	M4549	URBAN RUN TEAM	27
113	1567	JOÃO GRAÇA	00:44:15	00:44:10	M5559	CA OESTE	9
114	5305	RENATO MOREIRAS	00:44:17	00:44:13	M3539	GRUPO DESPORTIVO CARRIS	19
115	5031	CRISTIANO JOSÉ BRÁS MENDES	00:44:19	00:44:12	M3539		20
116	899	PAULO JORGE TORRES	00:44:25	00:44:05	M4044	ALVERCA URBAN RUNNERS	20
117	5130	DUARTE COSTA	00:44:28	00:44:23	M3539	RUN FOR FRIENDS	21
118	5231	ALICE ROMA	00:44:29	00:44:17	F4554	AMIGOS DO ATLETISMO DE MAFRA	1
119	413	FERNANDO CHAMUSCA	00:44:31	00:44:31	M6599	LINDA-A-PASTORA SC	1
120	1716	HÉLDER RAMOS	00:44:36	00:44:34	M4549	CA AMORA	28
121	297	ANTÓNIO PEREIRA	00:44:37	00:44:03	M5559	ACR MEALHADA	10
122	163	FERNANDO FERNANDES	00:44:38	00:44:37	M6064	AD LEÕES APELAÇONENSES	5
123	5330	BOGDAN SANDU	00:44:40	00:44:34	M2134	VIEMOS PELA FRANCESINHA	23
124	2027	ARNALDO ROLO	00:44:42	00:44:42	M5054	RUNNERS DA FRENTE RIBEIRINHA POVOA DA ST. IRIA	10
125	5325	WALDIR CASSIMIRO DA SILVA	00:44:44	00:44:44	M3539	VITAFOR RUNNERS	22
126	113	JOÃO COVAS	00:44:46	00:44:46	M5559	CA VALE FIGUEIRA	11
127	289	FILIPE PEDRO	00:44:47	00:44:41	M0020	ACR MEALHADA	4
128	294	MARCO QUEDAS	00:44:49	00:44:49	M3539	ACR MEALHADA	23
129	5351	DIAMANTINO GAMITO	00:44:58	00:44:40	M5054	LINDA -A-PASTORA	11
130	5359	DAVID SARAIVA	00:45:00	00:44:21	M3539	MIND SOURCE RUNNERS	24
131	686	JOSÉ DIAS	00:45:05	00:44:58	M5559	GD CHELAS	12
132	5058	NUNO PITA	00:45:07	00:44:33	M4044	CCDTML	21
133	5208	JOAO OLIVEIRA	00:45:07	00:44:33	M4044	CCDTMETROLX	22

134	88	MARIO GOMES	00:45:07	00:44:42	M4549	CA VALE FIGUEIRA	29
135	5282	PEDRO BRÁS	00:45:13	00:45:13	M3539	SSCGD	25
136	5183	NUNO VENES	00:45:16	00:45:16	M4044	WIKABOO	23
137	5005	CARLOS RESA	00:45:17	00:44:55	M3539		26
138	5103	VITOR TEIXEIRA	00:45:20	00:45:20	M5054	CORRER LISBOA	12
139	5048	NELSON LOURO	00:45:22	00:45:10	M2134	CORRER QUELUZ	24
140	5029	PEDRO MARQUES	00:45:25	00:45:21	M2134		25
141	5434	PEDRO VIEIRA	00:45:32	00:45:26	M4549	CORRER LOURES	30
142	5109	FRANCISCO GUERRA	00:45:38	00:45:19	M3539		27
143	90	JOÃO PÁSCOA	00:45:45	00:45:27	M5054	CA VALE FIGUEIRA	13
144	74	CARLOS GONÇALVES	00:45:45	00:45:45	M4549	CA VALE FIGUEIRA	31
145	5326	JOAQUIM FRADE	00:45:50	00:45:44	M6064	SS CGD	6
146	5127	JOÃO MARAL	00:45:52	00:45:46	M5054		14
147	68	JOSÉ LUÍS PEREIRA	00:45:56	00:45:56	M4044	CA VALE FIGUEIRA	24
148	5214	GONÇALO FERREIRA	00:45:57	00:45:12	M4549		32
149	480	TOMÁS SOUSA	00:45:58	00:45:38	M4044	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	25
150	5248	HELDER PEREIRA	00:46:05	00:46:05	M3539		28
151	5078	VITOR AMADO	00:46:19	00:46:18	M6599	-	2
152	1779	FILIPE GOMES	00:46:21	00:46:02	M2134	ASSOCIAÇÃO CENTRO ATLETISMO S. JOÃO DA TALHA	26
153	5217	ALDINA DE LURDES MARQUES	00:46:28	00:46:10	F4554		2
154	5221	PEDRO SA	00:46:30	00:45:51	M4549	MILLENNIUMBPC	33
155	5348	AMÍLCAR CALVINHO	00:46:30	00:45:46	M5054	LINCES DA BELA VISTA	15

156	5081	CÉSAR SILVA	00:46:35	00:46:23	M2134	PLURAL DREAM TEAM	27
157	5166	PAULO RIBEIRO	00:46:38	00:46:24	M5054		16
158	5195	RUI AFONSO	00:46:40	00:46:32	M4044		26
159	5041	AMERICO PITA	00:46:43	00:46:34	M6064	SEM EQUIPA	7
160	5013	HÉLIO GARCIA	00:46:44	00:46:32	M4044		27
161	5065	MÁRIO RUI SEABRA	00:46:47	00:46:47	M4549	GRUPO RECREATIVO JANZ E ASSOCIADOS	34
162	5009	PEDRO FILIPE	00:46:50	00:46:43	M4044		28
163	5180	PETRU NEMES	00:46:53	00:46:42	M5054	INDIVIDUAL	17
164	5077	JOSÉ SIMÕES	00:46:58	00:46:58	M5559	O MUNDO DA CORRIDA	13
165	204	ANABELA CARVALHO	00:47:04	00:47:03	F4554	GD S. DOMINGOS	3
166	276	ELISA VARELA	00:47:04	00:47:02	F4554	GD S. DOMINGOS	4
167	2004	ÁLVARO GOMES	00:47:05	00:47:05	M4549	TERRAS FUNDEIRAS	35
168	127	CARLOS CAEIRO	00:47:06	00:46:41	M6064	CA VALE FIGUEIRA	8
169	5225	PAULO ZAMBUJO	00:47:07	00:47:07	M2134		28
170	923	HUGO BOURA	00:47:10	00:46:49	M2134	ALVERCA URBAN RUNNERS	29
171	5300	CARLOS FERREIRA	00:47:11	00:47:11	M6599		3
172	1268	CARLOS MACHADO	00:47:11	00:47:11	M5054	FCR ROSSÃO	18
173	5159	MASSIMO MASALA	00:47:20	00:46:59	M2134		30
174	5303	JUAN COSTA	00:47:26	00:47:17	M5054		19
175	5113	ANDRÉ RIBEIRO	00:47:30	00:47:00	M2134	PT ANDRÉ RIBEIRO	31
176	5126	HENRIQUE AMADOR	00:47:33	00:47:26	M4549	SS CGD	36
177	5371	PAULO MONTEIRO	00:47:35	00:46:53	M4549	ASSOCIAÇÃO VALE GRANDE	37
178	5045	JEAN GONÇALVES	00:47:39	00:47:31	M2134		32

179	5230	MÁRIO GASPAR	00:47:41	00:47:28	M5054	INDEIVIDUAL	20
180	5191	IVONE DUARTE	00:47:41	00:47:22	F3544	IVONE DUARTE	2
181	1553	JOAQUIM ALEXANDRE	00:47:48	00:47:34	M5054	SALEMAS	21
182	1549	FILIPE BRANCO	00:47:49	00:47:34	M4549	SALEMAS	38
183	5393	JOZÉ RIBEIRO	00:47:51	00:47:31	M5559	S R CAMARNAL	14
184	5241	ANGELO GODINHO	00:47:53	00:47:34	M3539	CORRER LISBOA	29
185	5017	TIAGO QUITERIO	00:47:54	00:47:44	M3539	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	30
186	5448	ATLETA NÃO CADASTRADO	00:47:55	00:47:18	M0020		5
187	5426	SARA BARATA	00:47:57	00:47:41	F2134	BRUNOSEMPRE. BABA MAMBO	2
188	610	PEDRO FIGUEIREDO	00:47:57	00:47:21	M4549	RUNNING CLUB SANTA CASA	39
189	5088	JOSÉ CRUZ	00:48:06	00:47:20	M4044	RUN FOR LUNCH	29
190	5053	CARLOS NORONHA	00:48:10	00:47:27	M3539		31
191	5044	JOSÉ PAULO CALDEIRA	00:48:10	00:47:45	M4549	CORRER LISBOA	40
192	5365	HUGO MATEUS	00:48:12	00:47:29	M4044		30
193	5378	PEDRO BAPTISTA	00:48:13	00:48:03	M0020	CASA DA DIZIMA	6
194	5377	PEDRO BAPTISTA BAPTISTA	00:48:14	00:48:03	M3539	CASA DA DIZIMA	32
195	5266	JOÃO BARRONA	00:48:14	00:47:45	M2134		33
196	348	SÉRGIO FERNANDES	00:48:15	00:47:58	M2134	CORRER LISBOA	34
197	5067	ARMINDO RODRIGUES	00:48:16	00:48:16	M5054	GRUPO RECREATIVO JANZ E ASSOCIADOS	22
198	5227	FILIPE RIBEIRO	00:48:17	00:47:41	M3539	RUN FOR FRIENDS	33
199	59	HUGO CASELHAS	00:48:19	00:47:41	M4044	CA VALE FIGUEIRA	31
200	5355	VINICIUS GUEDES	00:48:20	00:48:13	M3539	GRCD LEIAO	34
201	789	TIAGO FERNANDES	00:48:26	00:48:26	M3539	GD IMPRENSA NAC.C.MOEDA	35

202	790	AUGUSTO FERNANDES	00:48:26	00:48:26	M6064	GD IMPRENSA NAC.C.MOEDA	9
203	5391	SÍLVIO ROMÃO	00:48:27	00:48:27	M3539		36
204	5085	JOSÉ ALEXANDRE	00:48:29	00:48:02	M4549		41
205	5051	NUNO CANHA	00:48:29	00:48:07	M4549		42
206	5121	MANUEL ALVES	00:48:31	00:48:13	M4549		43
207	5176	PAULO BOTELHO	00:48:33	00:48:01	M4549	AMINHACORRIDA	44
208	5116	JORGE AZEVEDO	00:48:33	00:48:20	M4549		45
209	5123	JOÃO SANTOS	00:48:33	00:48:04	M2134	JFMASSAGISTA	35
210	320	PAULA MARTINS	00:48:34	00:48:07	F3544	CORRER LISBOA	3
211	5175	NUNO GUERREIRO	00:48:34	00:48:28	M4044	INDIVIDUAL	32
212	545	JOÃO CANHOTO	00:48:37	00:48:31	M4549	CORRER LOURES	46
213	1954	ISABEL RAMOS	00:48:39	00:48:20	F3544	SALOIOS	4
214	343	LUÍS AZEVEDO	00:48:41	00:48:23	M5054	CORRER LISBOA	23
215	5060	JOAO CACELAS	00:48:45	00:48:11	M4549		47
216	5443	OLGA ARAÚJO	00:48:45	00:48:28	F3544	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	5
217	32	SÓNIA PEDRINHO	00:48:46	00:48:36	F2134	CA VALE FIGUEIRA	3
218	713	LUIS GOMES	00:48:47	00:48:21	M4549	OS SALOIOS	48
219	5307	FÁBIO FERRÃO	00:48:48	00:48:44	M2134	G.D. CARRIS	36
220	1147	PAULO LOPES	00:48:48	00:48:48	M3539	ALVERCA URBAN RUNNERS	37
221	858	NUNO MOREIRA	00:48:49	00:48:28	M3539	ALVERCA URBAN RUNNERS	38
222	5108	MARCO DIAS	00:48:51	00:48:32	M2134	CORRER LISBOA	37
223	65	JORGE PAREDES	00:48:52	00:48:52	M4044	CA VALE FIGUEIRA	33
224	5442	EUGENIA ISAIAS	00:48:53	00:48:38	F5564	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	1

225	5233	HELDER VALADAS	00:48:55	00:48:27	M3539	OS PERIGOSOS	39
226	1	ANTÓNIO CAMACHO	00:48:56	00:48:35	M6599	CA VALE FIGUEIRA	4
227	167	PEDRO NUNES	00:49:02	00:48:30	M4549		49
228	1985	FABIANO LOURES	00:49:02	00:49:02	M2134		38
229	1992	DAVIDE BATALHA	00:49:05	00:48:47	M0020	ASSOCIAÇÃO CENTRO ATLETISMO S. JOÃO DA TALHA	7
230	513	ISABEL SANTOS	00:49:09	00:48:55	F4554	FF PAZ MUNDIAL	5
231	5135	EDUARDO PINTO	00:49:13	00:49:07	M3539		40
232	5322	DUARTE TEIXEIRA	00:49:15	00:48:41	M3539	HITACHI VANTARA	41
233	5290	ALBINO TOMAS	00:49:23	00:48:39	M6064	CLUBE ATLÉTICO DAS PATAMEIRAS	10
234	5431	JOÃO SILVA	00:49:25	00:49:21	M6064	GD S. DOMINGOS	11
235	5203	FERNANDO SOUSA	00:49:26	00:48:59	M5054	STRAVISTAS VP	24
236	5424	FERNANDO MANUEL	00:49:30	00:49:30	M6599	BRUNOSEMPRE. BABA MAMBO	5
237	5328	EDGAR FRANCISCO	00:49:34	00:49:20	M5054	SALEMAS	25
238	5066	VITOR PEREIRA	00:49:37	00:49:37	M4044	GRUPO RECREATIVO JANZ E ASSOCIADOS	34
239	5128	FERNANDO SIMÕES	00:49:37	00:49:10	M5054		26
240	5321	PAULO LOURO	00:49:38	00:49:10	M5054	CORRER LISBOA	27
241	5178	RODRIGO MARQUES	00:49:40	00:49:21	M4044	AZA - AZAMBUJA COM ALMA	35
242	5023	CARLOS CRAVEIRA	00:49:44	00:49:44	M4549	GRCD LEIÃO	50
243	5310	ANTÓNIO DIAS	00:49:51	00:49:50	M3539		42
244	5238	LUIS REDONDO	00:49:55	00:49:55	M4549		51
245	5407	HUGO HILÁRIO	00:49:56	00:49:56	M4044	SECÇÃO ATLETISMO NUCLEO SCP SEIXAL	36
246	5297	BRUNO PROENÇA	00:49:57	00:49:29	M3539	SPORTING CP ALMADA	43
247	5250	CARLOS MOREIRA	00:50:00	00:50:00	M4549		52

248	80	RUI MENDES	00:50:01	00:49:13	M4549	CA VALE FIGUEIRA	53
249	5385	AFONSO RODRIGUES	00:50:02	00:49:35	M4044	GDCF Running Team	37
250	103	ANTÓNIO MINA	00:50:03	00:49:55	M5559	CA VALE FIGUEIRA	15
251	5124	VICTÓRIA QUINTÃ	00:50:04	00:49:35	F2134	JFMASAGISTA	4
252	5234	MÁRIO LOPES	00:50:04	00:49:37	M5054	OS PERIGOSOS	28
253	5329	PAULO TOMÀS	00:50:05	00:49:41	M4549	SALEMAS	54
254	5117	GILBERTO CRISÓSTOMO	00:50:05	00:49:34	M4044	FCQ PIELAS	38
255	5344	RICARDO GOMES	00:50:06	00:50:06	M3539	CENTRO ATLETISMO DAS GALINHEIRAS	44
256	1314	RICARDO CONCEIÇÃO	00:50:09	00:49:47	M2134	GD S. DOMINGOS	39
257	5418	BRUNO AMARO	00:50:10	00:49:47	M3539	GDR DE RIBEIRA DA LAGE. (LAGE)	45
258	5441	DANIEL DUARTE	00:50:11	00:49:40	M3539		46
259	5054	JOÃO PEREIRA	00:50:16	00:50:05	M4549		55
260	5323	FERNANDO LOPO	00:50:22	00:50:22	M6599		6
261	27	ANTÓNIO NEVES	00:50:26	00:50:16	M2134		40
262	5287	TIAGO PINTO	00:50:27	00:50:27	M4044		39
263	5072	NUNO MATEUS	00:50:27	00:49:39	M3539	ESQUADRÃO CLASSE A	47
264	5158	BERNARDO MARQUES DA SILVA	00:50:29	00:50:19	M0020		8
265	517	RAUL SANTOS	00:50:31	00:50:14	M6064	FF PAZ MUNDIAL	12
266	649	TIAGO SANTOS	00:50:33	00:49:56	M2134	RUNNING CLUB SANTA CASA	41
267	5331	DANIEL PINHO	00:50:35	00:50:10	M2134	VIEMOS PELA FRANCESINHA	42
268	668	CARLOSRODRIGUES	00:50:36	00:50:36	M4549	GD CHELAS	56
269	5010	JOSE NUNES	00:50:38	00:50:35	M5559	KEEP RUNNING	16
270	5095	NUNO APARÍCIO	00:50:40	00:50:20	M4044	AZA - AZAMBUJA COM ALMA	40

271	5100	MÁRIO VAN ZELLER	00:50:46	00:50:46	M2134	JOLAS SOLIDÁRIAS	43
272	5039	EUGENIO RUI	00:50:46	00:50:42	M6599		7
273	5338	RICARDO SARAIVA	00:50:47	00:50:19	M3539	CASA DO BENFICA EM ALGUEIRÃO-MERM MARTINS	48
274	5386	PAULO SILVA	00:50:47	00:50:19	M4549	GDCF Running Team	57
275	5387	MARLENE CECILIA LUIS DE OLIVEIRA	00:50:48	00:50:38	F3544		6
276	5267	RICARDO RAMOS	00:50:51	00:50:36	M4044		41
277	5392	JORGE SALVADO	00:50:55	00:50:52	M5559		17
278	1739	NUNO FIGUEIREDO	00:50:57	00:50:28	M4044	CORRER LISBOA	42
279	603	ZULMIRA BELO	00:50:57	00:50:48	F4554	UA POVOENSE	6
280	5115	ANTONIO RAFAEL MARTINS MARTINS	00:51:00	00:50:49	M5559		18
281	5368	CARLA HENRIQUES	00:51:01	00:50:57	F3544	ASSOCIAÇÃO VALE GRANDE	7
282	5040	MARIA DE LURDES GONÇALVES	00:51:04	00:51:01	F4554		7
283	5353	ANTÓNIO DOMINGUES	00:51:04	00:50:43	M6064		13
284	5420	JOÃO PINTO	00:51:07	00:50:29	M4044	RUN FOR FRIENDS	43
285	5213	JORGE FERRO	00:51:07	00:51:07	M5054		29
286	5049	ELISABETE FERNANDES	00:51:08	00:50:40	F3544		8
287	670	CARLOS SÁ	00:51:09	00:50:12	M4549	GD CHELAS	58
288	293	EMA TOMÉ	00:51:09	00:50:41	F2134	ACR MEALHADA	5
289	5007	RUI PINTO	00:51:14	00:50:53	M4044	MARVILA JOVEM	44
290	5286	NUNO PRATA	00:51:15	00:50:50	M4549		59
291	5332	RICARDO FERREIRA	00:51:15	00:51:15	M2134	VIEMOS PELA FRANCESINHA	44
292	5370	MARIA FREITAS	00:51:16	00:51:16	F3544	ASSOCIAÇÃO VALE GRANDE	9
293	5298	VENTURA SARAIVA	00:51:16	00:51:13	M6599	GRUPO RECREATIVO E DESPORTIVO DA RIBEIRA DA LAGE	8

294	5047	SÉRGIO JESUS	00:51:19	00:51:19	M5054		30
295	5069	GONÇALO BORGES	00:51:19	00:51:19	M3539	ESQUADRÃO CLASSE A	49
296	1551	LUIS FERREIRA	00:51:26	00:51:10	M5054	SALEMAS	31
297	227	FERNANDO GUERREIRO	00:51:32	00:51:30	M6599	GD S. DOMINGOS	9
298	75	JORGE PEPE	00:51:33	00:51:16	M4549	CA VALE FIGUEIRA	60
299	5173	JOÃO CALISTO	00:51:35	00:51:19	M5559		19
300	5038	PEDRO PEREIRA	00:51:37	00:50:58	M5054		32
301	5260	SERGIO NEVES	00:51:37	00:50:54	M3539		50
302	5337	ANTÓNIO RIBEIRO	00:51:40	00:51:10	M6599		10
303	706	BRUNO CABRAL	00:51:43	00:51:43	M4044	ASSOCIAÇÃO MORADORES CASAL DO COVÃO	45
304	1508	RUI AGRIÃO	00:51:46	00:51:46	M2134	CORRER LISBOA	45
305	544	ORLANDO FERREIRA	00:51:50	00:51:43	M4549	CORRER LOURES	61
306	542	MARIA DUARTE	00:51:52	00:51:45	F4554	CORRER LOURES	8
307	5277	MANUEL ANASTÁCIO	00:52:02	00:52:00	M5054	RUN2FINISH.PT	33
308	560	ANTÓNIO FERNANDES	00:52:02	00:51:56	M5054	CORRER LOURES	34
309	5384	AUGUSTO FERNANDES	00:52:07	00:51:56	M5559	10 P`RAS 11	20
310	5190	JOÃO MOITEIRO	00:52:13	00:51:40	M4549		62
311	5119	VARELA SAO	00:52:22	00:52:11	F3544	CORRER QUELUZ	10
312	5354	TIAGO SANTOS	00:52:28	00:51:33	M2134		46
313	5129	TIAGO OLIVEIRA	00:52:31	00:52:18	M4044		46
314	5198	JOÃO CÁCERES COSTA	00:52:32	00:52:32	M3539		51
315	5363	ARMANDO MONTEIRO	00:52:32	00:52:32	M4549	CORRER LISBOA	63
316	2024	ALBERTO PASCOAL	00:52:34	00:52:17	M5054	CA VALE FIGUEIRA	35

317	5255	RICARDO PEREIRA	00:52:35	00:52:20	M4549	DUBLIN O'SEVEN	64
318	561	JOSÉ RAMOS	00:52:36	00:52:27	M6599	CORRER LOURES	11
319	5138	ADELINO PEREIRA	00:52:41	00:52:40	M5559	RUN2FINISH.PT	21
320	926	CARLA MENDES	00:52:43	00:52:17	F3544	ALVERCA URBAN RUNNERS	11
321	5343	MANUEL CRISPIM	00:52:44	00:52:43	M6599	UDCA	12
322	925	NUNO MENDES	00:52:45	00:52:18	M4549	ALVERCA URBAN RUNNERS	65
323	5404	ARTUR AGUIAR	00:52:45	00:52:25	M4549		66
324	5358	CARLOS FRANCISCO	00:52:48	00:52:48	M2134	MIND SOURCE RUNNERS	47
325	5285	ANA PAULA NUNES	00:52:48	00:52:20	F4554	MATILHA DA ATALAIA	9
326	5308	MANUEL BRANDO	00:52:50	00:52:50	M2134		48
327	5254	NUNO CODEÇO	00:52:57	00:52:57	M4044	DUBLIN O'SEVEN	47
328	100	CONCEIÇÃO PEREIRA	00:53:02	00:53:02	F5564	CA VALE FIGUEIRA	2
329	5293	LUIS BAIXINHO	00:53:08	00:52:28	M3539	CLUBE MILLENNIUM BCP	52
330	5350	BÁRBARA CRUZ	00:53:30	00:53:12	F2134		6
331	5278	SONIA FIGUEIREDO	00:53:35	00:52:52	F3544	LINCES DA BELAVISTA	12
332	1316	PEDRO SARDINHA	00:53:37	00:53:34	M4044	UA POVOENSE	48
333	136	JOSÉ LINDO	00:53:39	00:53:38	M6599	CA VALE FIGUEIRA	13
334	5236	JOSÉ HENRIQUES	00:53:43	00:53:16	M6064	OS PERIGOSOS	14
335	1135	NUNO MARQUES	00:53:47	00:53:18	M4044	INGLESES FC	49
336	5055	JORGE NUNES	00:53:48	00:53:35	M2134	CENTRO ATLETISMO DAS GALINHEIRAS	49
337	5342	JOAQUIM CRISPIM	00:53:50	00:53:50	M6064	UDCA	15
338	5427	JOSÉ SARAIVA	00:53:51	00:53:38	M5054	BRUNOSEMPRE. BABA MAMBO	36
339	342	CARLOS LEÃO	00:53:51	00:53:20	M5559	CORRER LISBOA	22

340	5102	JOANA MENDES	00:53:53	00:53:28	F2134	AS SARDINHAS	7
341	254	ANTÓNIO PORTIJO	00:53:59	00:53:51	M6064	GD S. DOMINGOS	16
342	5091	JOANA BARBOSA	00:54:05	00:53:39	F2134	Sardinhas	8
343	5118	VITOR LOURENÇO	00:54:07	00:54:07	M5054	MONTES SALOIOS TRAIL TEAM	37
344	5313	NUNO MARTINS	00:54:10	00:53:35	M3539	CORRER LISBOA	53
345	5080	ANTÓNIO CASAS NOVAS	00:54:16	00:54:16	M4044	PLURAL DREAM TEAM	50
346	5446	FRANCISCO BANDO	00:54:18	00:53:34	M6599	CA VALE DE FIGUEIRA	14
347	5390	JOSE MONTEIRO	00:54:19	00:54:19	M6064		17
348	772	JOSÉ FREITAS	00:54:19	00:53:51	M4044	ÁGUAS LIVRES DE CANEÇAS	51
349	5076	MANUELA PINTO	00:54:20	00:54:20	F5564	O MUNDO DA CORRIDA	3
350	115	ANTÓNIO MARÇAL	00:54:20	00:53:43	M6064	CA VALE FIGUEIRA	18
351	5140	CARLOS FERNANDES	00:54:21	00:54:21	M5559	RUN2FINISH.PT	23
352	5184	KHALED BENABOURA	00:54:25	00:53:49	M5054		38
353	5449	JORGE DIAS	00:54:26	00:54:26	M5054		39
354	5411	LUÍS RIBEIRO	00:54:28	00:54:28	M2134		50
355	5098	NUNO COELHO	00:54:31	00:53:58	M5054		40
356	5075	SÍLVIA MIRANDA	00:54:37	00:54:24	F3544	LOTUS CENTRO DE ESTÉTICA	13
357	5334	DAVID SIMÃO	00:54:41	00:54:28	M4549	CORRER LISBOA	67
358	5412	PAULO COSTA	00:54:42	00:54:42	M2134	BANZÉ	51
359	5030	JOÃO ANTUNES	00:54:45	00:54:00	M4044		52
360	124	MANUEL TORRADO	00:54:45	00:54:28	M6064	CA VALE FIGUEIRA	19
361	5093	LUIS CARLOS ALMEIDA	00:54:57	00:54:12	M4549	RUN FOR LUNCH	68
362	698	SANDRA CRUZ	00:54:57	00:54:04	F3544	ASSOCIAÇÃO MORADORES CASAL DO COVÃO	14

363	5062	ANTÓNIO VARELA	00:54:58	00:54:55	M5054	INDIVIDUAL	41
364	205	ANÍBAL CARVALHO	00:54:59	00:54:59	M6599	GD S. DOMINGOS	15
365	1876	LÚCIO MORAIS	00:54:59	00:54:59	M5559	CA VALE FIGUEIRA	24
366	5240	SÓNIA JESUS	00:55:02	00:54:58	F3544		15
367	5450	ANTONIO FERNANDES	00:55:03	00:54:43	M6599	ADÃO RUN	16
368	875	RICARDO CAMPOS	00:55:09	00:54:46	M4044	DESPORTIVO DE ODIVELAS	53
369	81	ÁLVARO PINHEIRO	00:55:13	00:55:13	M4549	CA VALE FIGUEIRA	69
370	5229	ANTONIO PEREIRA LOPES CAVACO	00:55:17	00:55:17	M2134		52
371	5259	NUNO SILVA	00:55:17	00:55:17	M4549	GRUPETA RUNNING TEAM	70
372	134	FRANCISCO MOUCHINHO	00:55:18	00:55:18	M6599	CA VALE FIGUEIRA	17
373	5417	TOMÁS CORREIA	00:55:30	00:55:30	M2134		53
374	5243	ANA GONÇALVES	00:55:39	00:55:39	F2134		9
375	380	ALMERINDO SILVA	00:55:43	00:55:43	M6064	ADC CATUJAL	20
376	379	JOÃO PASSEIRO	00:55:43	00:55:43	M5559	ADC CATUJAL	25
377	105	CLARA MINA	00:55:43	00:55:41	F5564	CA VALE FIGUEIRA	4
378	117	CARLOS PEREIRA	00:55:43	00:55:43	M6064	CA VALE FIGUEIRA	21
379	5188	JOSÉ SERRA	00:55:45	00:55:45	M4044		54
380	5086	VASCO SILVA	00:55:45	00:55:40	M2134	CREEPS RUNNING TEAM	54
381	5032	PEDRO HENRIQUES	00:55:46	00:55:46	M4549		71
382	5035	PAULO COUTINHO	00:55:48	00:55:27	M3539	COUTINHOS	54
383	5361	ELISABETE MACEDO	00:55:48	00:55:43	F3544	GRCD - LEIÃO	16
384	5360	JORGE SILVA	00:55:48	00:55:43	M4044	GRCD - LEIÃO	55
385	5002	FERNANDO OLIVEIRA	00:55:50	00:55:50	M5054		42

386	570	CECILIA TAVARES	00:55:50	00:55:50	F4554	GD CHELAS	10
387	689	FERNANDO PAULO	00:55:54	00:55:54	M6599	GD CHELAS	18
388	5401	ALBANO GINJA	00:55:57	00:55:19	M6064		22
389	30	MIGUEL MONTEIRO	00:55:57	00:55:56	M0020	CA VALE FIGUEIRA	9
390	5204	CLAUDINO CAMPONES	00:55:59	00:55:51	M5559		26
391	1442	TIAGO MARQUES	00:55:59	00:55:05	M2134		55
392	5211	THIAGO SÁ	00:56:00	00:55:18	M3539		55
393	5082	JOSÉ FERRAZ	00:56:02	00:55:52	M5559	GINÁSIO CLUBE DE QUELUZ	27
394	414	VANDA AUGUSTO	00:56:11	00:56:10	F6599	LINDA-A-PASTORA SC	1
395	82	JOÃO FERREIRA	00:56:12	00:56:11	M4549	CA VALE FIGUEIRA	72
396	5087	PEDRO SILVA	00:56:15	00:56:12	M2134	CREEPS RUNNING TEAM	56
397	5422	PEDRO LIMA	00:56:17	00:55:35	M2134	RUN FOR FRIENDS	57
398	119	ANTÓNIO FERNANDES	00:56:18	00:56:06	M6064	CA VALE FIGUEIRA	23
399	5215	GLÓRIA GARCIA	00:56:24	00:56:10	F4554	ECI RUNNING TEA,	11
400	341	MÁRIO ROGADO	00:56:25	00:55:50	M3539	CORRER LISBOA	56
401	5134	CARLA BERNARDINO	00:56:30	00:56:29	F3544		17
402	521	JOAQUIM FONSECA	00:56:32	00:55:59	M6064	FF PAZ MUNDIAL	24
403	5318	RENAM PEREIRA	00:56:34	00:56:23	M2134	VITAFOR RUNNERS	58
404	5435	JORGE LOPES	00:56:36	00:56:36	M5054	INDIVIDUAL	43
405	5107	PAULA BRANCO	00:56:37	00:56:15	F4554	CRUZ E AMIGOS DA CORRIDA	12
406	5142	SÓNIA SANTOS	00:56:39	00:56:05	F2134	DOLCE FURADOURO	10
407	5380	MANUEL ELIAS	00:56:44	00:56:29	M0020	JOLAS SOLIDÁRIAS	10
408	2158	PAULO FELICIANO	00:56:45	00:56:45	M4549		73

409	1063	ANA GOMES	00:56:46	00:56:28	F0020	ASSOCIAÇÃO CENTRO ATLETISMO S. JOÃO DA TALHA	1
410	5125	SANDRO PRATES	00:56:49	00:56:49	M4044		56
411	5181	NUNO M S SOUSA	00:56:57	00:56:15	M4044		57
412	5445	ADRIANO JORGE	00:57:01	00:56:38	M6599	CORRER LOURES	19
413	5000	ANTONIO LIMA	00:57:03	00:57:03	M4549		74
414	9	HUGO MARQUES	00:57:04	00:57:04	M4044	M&MS TEAM	58
415	69	FERNANDO MONTEIRO	00:57:11	00:57:10	M4044	CA VALE FIGUEIRA	59
416	901	CRISTINA MARIA LINO	00:57:12	00:56:53	F4554	ALVERCA URBAN RUNNERS	13
417	5294	ANTÓNIO COSTA	00:57:13	00:57:11	M5559	ÁGUIAS	28
418	98	ADELINO MONTEIRO	00:57:13	00:57:12	M5559	CA VALE FIGUEIRA	29
419	1134	FERNANDO MARQUES	00:57:16	00:56:46	M6599	INGLESES FC	20
420	5316	UMBELINA NUNES	00:57:17	00:56:35	F6599		2
421	5026	MIGUEL SILVA	00:57:24	00:56:58	M5054	ASSOCIAÇÃO NATUREZA ENSINA	44
422	5265	ANTÓNIO SOUSA	00:57:29	00:56:56	M4549		75
423	5174	JÚLIA CALISTO	00:57:29	00:57:14	F5564		5
424	5201	CARLOS BARGADO	00:57:30	00:57:12	M5054	TAC	45
425	5185	ANGELINA NASCIMENTO	00:57:32	00:56:56	F3544	RUN FOR FRIENDS	18
426	1345	JOSÉ NETO	00:57:34	00:57:33	M6064	CA VALE FIGUEIRA	25
427	928	LUIS POTRA	00:57:38	00:56:35	M3539	ALVERCA URBAN RUNNERS	57
428	5222	FRANCISCO GOMES	00:57:39	00:57:08	M3539		58
429	5223	ALEXANDRE GOMES	00:57:39	00:57:07	M5054		46
430	5253	SARA NASCIMENTO	00:57:48	00:57:06	F2134		11
431	5050	JOÃO PAULO PAIS	00:57:52	00:57:22	M4549		76

432	5036	LUIS REIS	00:57:55	00:57:23	M5559	FALCÕES SELVAGENS	30
433	522	MERCEDES FONSECA	00:57:56	00:57:23	F5564	FF PAZ MUNDIAL	6
434	5071	PEDRO DOMINGUES	00:57:57	00:57:57	M3539	ESQUADRÃO CLASSE A	59
435	5299	GONÇALO RODRIGUES	00:58:05	00:57:32	M4044		60
436	5139	JORGE MONTEIRO	00:58:08	00:58:08	M5054	RUN2FINISH.PT	47
437	5262	SOFIA FIDALGO	00:58:09	00:57:39	F3544		19
438	5261	SÓNIA PINTO	00:58:12	00:57:43	F4554		14
439	5341	HENRIQUE VILHENA	00:58:16	00:58:16	M6064	LisRunning CPA	26
440	5284	JOSÉ CRUZ	00:58:18	00:58:18	M6599	LINCES DA BELA VISTA	21
441	5296	RICARDO JORGE MARQUES SUZANO SUZANO	00:58:18	00:58:04	M2134		59
442	5373	PAULO PASCOAL	00:58:31	00:58:31	M5054	ASSOCIAÇÃO VALE GRANDE	48
443	5402	RUI PÉCURTO	00:58:33	00:58:33	M4549		77
444	5403	OLGA PÉCURTO	00:58:33	00:58:33	F3544		20
445	5131	PAULA SANTOS	00:58:41	00:58:05	F4554	OS TUGAS	15
446	5206	RAFAEL SANTOS	00:58:43	00:58:09	M5054	CCDTMETROLX	49
447	1546	ADRIANO CUNHA	00:58:47	00:58:47	M6599	PINTAROLAS	22
448	5079	FERNANDO RODRIGUES	00:58:55	00:58:31	M4549		78
449	5440	VITOR COLELA	00:59:06	00:59:01	M4549		79
450	1259	EMILIO GONÇALVES	00:59:12	00:58:44	M5054	AMIGOS VALE SILÊNCIO	50
451	5302	JORGE SANTOS	00:59:14	00:58:43	M4549	MATILHA DA ATALAIA	80
452	5423	YUNARA ESPIRITO SANTO	00:59:17	00:58:36	M2134	RUN FOR FRIENDS	60
453	5306	DIVINO SILVA	00:59:17	00:59:13	M6064	SÓCORRO	27
454	5314	JOAO ROBALO PIRES	00:59:18	00:58:49	M5559	MATILHA DA ATALAIA	31

455	5245	MANUEL JOSÉ PALMA	00:59:18	00:58:33	M6064		28
456	5111	CARLA GONÇALVES	00:59:24	00:58:59	F4554		16
457	5444	FERNANDO VERGA MOTA	00:59:28	00:59:28	M6064		29
458	5398	ANDRÉ COSTA	00:59:28	00:58:29	M2134		61
459	5283	ANTÓNIO PINA	00:59:33	00:58:47	M6599	LINCES DA BELA VISTA	23
460	5042	LUCIANO REIS	00:59:40	00:59:38	M5559		32
461	5037	ANA MARTINS	01:00:06	00:59:34	F4554	FALCÕES SELVAGENS	17
462	5099	ELSA BRUXELAS	01:00:06	00:59:54	F5564	TARTARUGAS SOLIDARIAS	7
463	5425	HELDER SANTOS	01:00:08	00:59:51	M4044	BRUNOSEMPRE. BABA MAMBO	61
464	5269	SAMUEL VALENTE	01:00:11	01:00:11	M3539		60
465	5110	CATARINA DIAS	01:00:15	00:59:48	F2134	AS SARDINHAS	12
466	5157	ANA RITA ROMAO MODESTO	01:00:16	00:59:54	F2134		13
467	5141	MANUEL PAULO	01:00:17	01:00:13	M6064	RUN2FINISH.PT	30
468	781	JOÃO CARVALHO	01:00:20	01:00:00	M5559	ALVERCA URBAN RUNNERS	33
469	780	ALEXANDRA MARINA PESTANA	01:00:20	01:00:00	F4554	ALVERCA URBAN RUNNERS	18
470	104	ALBERTO SANTOS	01:00:24	01:00:24	M5559	CA VALE FIGUEIRA	34
471	5160	EMÍLIA FERNANDES	01:00:30	01:00:21	F4554	CORRER LOURES	19
472	5301	JOSÉ FERREIRA	01:00:30	01:00:30	M6064		31
473	5383	ELSA NUNES	01:00:31	01:00:23	F3544	CORRER LOURES	21
474	5154	JOSÉ BAIXINHO	01:00:31	01:00:00	M6064	SANTIAGO FUTEBOL CLUBE	32
475	5155	JUDITE BAIXINHO	01:00:34	01:00:03	F2134	SANTIAGO FUTEBOL CLUBE	14
476	5153	ANA SANTOS	01:00:35	01:00:23	F3544	CORRER QUELUZ	22
477	5171	ANA SILVA	01:00:37	01:00:37	F3544		23

478	1554	GABRIEL ANTONIO	01:00:37	01:00:31	M5559	SALEMAS	35
479	5237	MARCO FERNANDES	01:00:41	01:00:05	M2134	RUN FOR FRIENDS	62
480	5320	TERESA SIMOES	01:00:41	01:00:26	F3544		24
481	72	LUIS SOUSA	01:00:41	01:00:07	M4044	CA VALE FIGUEIRA	62
482	5319	ANTÓNIO SIMÕES	01:00:42	01:00:42	M4044		63
483	5436	LUIS DOMINGUES	01:00:44	01:00:44	M3539	FCA_RUNNERS	61
484	5244	NUNO MELO	01:00:45	01:00:00	M4044		64
485	958	ANTÓNIO GONÇALVES	01:00:48	01:00:48	M5054	SANTANA FC	51
486	5406	VITOR SILVA	01:00:48	01:00:27	M5054	AMINHACORRIDA	52
487	5264	PAULO NOGUEIRA	01:01:04	01:01:04	M5054		53
488	5447	HÉLIO GODINHO	01:01:07	01:00:21	M6599	INDIVIDUAL	24
489	700	MARIA GONÇALVES	01:01:09	01:00:14	F4554	ASSOCIAÇÃO MORADORES CASAL DO COVÃO	20
490	1140	JOAQUINA FLORES	01:01:26	01:01:25	F6599	GA SUPER ESTRELAS	3
491	1129	ANA ROLO	01:01:29	01:00:48	F4554	INGLESES FC	21
492	5317	NUNO GONÇALVES	01:01:34	01:01:31	M6599	KEEP RUNNING	25
493	1671	HELENA PIRES	01:01:51	01:01:13	F5564	CENTRO MARCHA E CORRIDA ODIVELAS	8
494	5025	PEDRO LOPES	01:01:54	01:01:21	M4044		65
495	2154	JOÃO MARGAÇA	01:01:59	01:01:54	M4549	INFANTADO FUTEBOL CLUBE	81
496	5197	PATRÍCIA CÁCERES COSTA	01:02:07	01:02:07	F3544		25
497	541	ADELINA BRUM	01:02:16	01:02:07	F4554	CORRER LOURES	22
498	5327	JOSÉ CATITA	01:02:29	01:02:29	M6064		33
499	5336	PAULA GUERREIRO	01:02:30	01:01:57	F4554		23
500	1127	JEREMIAS RIBEIRO	01:02:30	01:02:30	M6599	INGLESES FC	26

501	410	TIAGO MIGUEL	01:02:43	01:02:34	M2134	CA VALE FIGUEIRA	63
502	5196	CARLOS ALFEIRÃO	01:03:10	01:03:10	M3539		62
503	5228	SARA REI	01:03:14	01:02:37	F3544	RUN FOR FRIENDS	26
504	554	LURDES BAETA	01:03:20	01:02:42	F4554	CORRER LOURES	24
505	5352	MADALENA PINA	01:03:31	01:03:19	F4554	LINDA-A-PASTOTA	25
506	5274	CAMILA ROCHA	01:03:43	01:03:01	F3544		27
507	5275	FERNANDO PESTANA	01:03:43	01:03:43	M6599		27
508	5083	IVONE MIRANDA SANTOS	01:03:45	01:03:45	F3544	LOTUS CENTRO DE ESTÉTICA	28
509	5156	SIDÓNIA ATANÁZIO	01:03:46	01:03:00	F2134	LÓTUS CENTRO DE ESTÉTICA	15
510	551	ARMANDO ROSÁRIO	01:04:15	01:04:07	M5559	CORRER LOURES	36
511	5068	SARA BASTOS	01:04:27	01:04:06	F2134		16
512	5052	CATARINA 4-1-1996	01:04:32	01:04:25	F2134		17
513	671	MARIA BICA	01:04:35	01:04:35	F4554	GD CHELAS	26
514	123	NORBERTO COELHO	01:04:52	01:04:16	M6064	CA VALE FIGUEIRA	34
515	5263	JOAO ABREU	01:04:55	01:04:45	M3539	CORRER LOURES	63
516	696	MARIA FÁTIMA PINTO	01:04:55	01:04:55	F4554	GD CHELAS	27
517	5415	RITA FRANCO	01:04:56	01:04:28	F0020	INGLESES FC	2
518	695	VANESSA MARQUES	01:05:07	01:04:35	F2134	GD CHELAS	18
519	662	FILIPE RODRIGUES	01:05:09	01:04:37	M2134	GD CHELAS	64
520	5309	JOÃO BARRIGOLA	01:05:15	01:05:15	M3539		64
521	2129	CARLOS VIEIRA	01:05:17	01:04:39	M5054		54
522	5357	APARECIDA CONCEIÇÃO TEIXEIRA DA SILVA	01:05:25	01:05:00	F3544	GRCD LEIAO	29
523	5356	MEIRE GUEDES	01:05:26	01:04:59	M4549	GRCD LEIAO	82

524	411	MARIANA BERNARDINO	01:05:35	01:04:54	F4554	CORRER LISBOA	28
525	5394	CARLA RAMOS	01:05:52	01:05:52	F2134	BANZÉ	19
526	5335	PEDRO ALMEIDA	01:05:53	01:05:53	M4044		66
527	5147	PEDRO AMEIXA	01:05:59	01:05:15	M2134	PT ANDRÉ RIBEIRO	65
528	228	JUDITE GUERREIRO	01:06:12	01:06:12	F6599	GD S. DOMINGOS	4
529	5186	FÁBIO ARAÚJO	01:06:24	01:05:47	M2134	RUN FOR FRIENDS	66
530	577	ANA MACEDO	01:06:44	01:06:00	F4554	UA POVOENSE	29
531	624	LEONOR. FERNANDES	01:06:45	01:06:01	F0020	UA POVOENSE	3
532	5084	JOÃO FARIA	01:06:51	01:06:51	M4044		67
533	582	DEOLINDA URBANO	01:06:54	01:06:39	F5564	UA POVOENSE	9
534	5324	CAROLINA GIOVANETTI	01:07:04	01:06:54	F2134	VITAFOR RUNNERS	20
535	5012	JORGE FERRO	01:07:54	01:07:54	M4549	CCD SPA	83
536	128	VERGÍLIO NASCIMENTO	01:07:55	01:07:55	M6599	CA VALE FIGUEIRA	28
537	5004	MANUEL NOBRE BAPTISTA	01:07:58	01:07:17	M5054	CASCAIS	55
538	5021	GILBERTO GONÇALVES	01:08:00	01:07:18	M6599	AMIGOS DE BELÉM	29
539	5064	VANDA OLIVEIRA	01:08:19	01:07:55	F4554	TARTARUGAS SOLIDÁRIAS	30
540	1664	ISAURA PINTO	01:08:19	01:07:41	F5564	CENTRO MARCHA E CORRIDA ODIVELAS	10
541	5090	ANTONIO HORTA	01:08:21	01:08:21	M6064	TARTARUGAS SOLIDARIAS	35
542	5061	SANDRA ANTUNES	01:08:25	01:07:39	F3544	GRCD LEIÃO	30
543	64	RAQUEL PINHEIRO	01:08:28	01:08:12	F3544	CA VALE FIGUEIRA	31
544	5034	CÁTIA COUTINHO	01:08:33	01:08:13	F3544	COUTINHOS	32
545	648	JOANA DARC CHOURIÇO	01:08:35	01:08:12	F5564	RUNNING CLUB SANTA CASA	11
546	5070	PEDRO CAETANO	01:08:39	01:08:39	M4549	ESQUADRÃO CLASSE A	84

547	5112	CATIA LOPES	01:09:04	01:08:24	F2134		21
548	5340	ANA PEREIRA	01:09:08	01:08:53	F3544	CORRER LISBOA	33
549	5413	CATIA RODRIGUES	01:09:10	01:09:10	F3544	ACR MEALHADA	34
550	5001	RUI BARROS	01:09:23	01:08:44	M5054		56
551	5276	JOSÉ BARATA	01:09:32	01:09:29	M6599		30
552	5258	ANA PARRACHO	01:09:40	01:09:15	F2134	TARTARUGAS SOLIDÁRIAS	22
553	5312	JOSE MOREIRA	01:09:42	01:09:16	M2134		67
554	5207	ORLANDO SOUSA	01:09:44	01:09:44	M5559	CCDTMETROLX	37
555	5333	SARA SILVA	01:10:17	01:09:32	F2134		23
556	640	TELMA ABREU	01:10:32	01:09:52	F2134	RUNNING CLUB SANTA CASA	24
557	5019	JOÃO DIAS	01:10:46	01:10:46	M2134	MAÇARICOS	68
558	701	SANDRA MARQUES	01:10:56	01:10:56	F5564	ASSOCIAÇÃO MORADORES CASAL DO COVÃO	12
559	5291	ANA FONTINHA	01:11:35	01:11:26	F2134		25
560	5170	EDUARDA RODRIGUES	01:11:38	01:11:20	F4554	CORRER QUELUZ	31
561	5073	DAVID BORGES	01:12:20	01:11:39	M2134	ESQUADRÃO CLASSE A	69
562	350	ELISABETE COSTA	01:12:46	01:12:07	F4554	CORRER LISBOA	32
563	352	PATRÍCIA COSTA	01:12:46	01:12:08	F0020	CORRER LISBOA	4
564	1661	NATALIA FERANANDES	01:12:46	01:12:11	F5564	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	13
565	5428	RAQUEL LOURENÇO	01:12:47	01:12:30	F3544		35
566	5043	JOÃO FONSECA	01:12:47	01:12:08	M2134		70
567	5429	DIANA POÇO	01:12:47	01:12:29	F0020		5
568	5242	JOSÉ MARQUES	01:12:49	01:12:10	M6064	INDIVIDUAL	36
569	5210	MARIA SÁ	01:13:40	01:12:57	F6599		5

570	5315	FERNANDO FARINHA	01:15:18	01:15:11	M6599		31
571	137	FRANCISCO CASACA	01:15:22	01:15:19	M6599	CA VALE FIGUEIRA	32
572	1949	SÓNIA FERNANDES	01:15:39	01:15:39	F3544	CA VALE FIGUEIRA	36
573	537	CARLOS GADUNHAS	01:15:44	01:15:44	M6599	CORRER LOURES	33
574	5114	ANABELA ALVES	01:16:01	01:15:29	F4554	PT ANDRÉ RIBEIRO	33
575	5397	SARA AMORIM	01:16:32	01:16:31	F2134		26
576	5246	VITOR LUCAS	01:16:35	01:16:12	M5559		38
577	5247	OLIVIA LUCAS	01:16:35	01:16:12	F4554		34
578	5120	CONCEICAO GONCALVES	01:16:56	01:16:05	F3544		37
579	5249	MARISA OLIVEIRA	01:20:03	01:20:03	F3544		38
580	5133	MARIA JOÃO VELADAS	01:20:04	01:19:10	F3544		39
581	5347	MARINA CERQUEIRA	01:20:05	01:19:24	F3544		40
582	972	FÁBIO FERREIRA	01:21:14	01:21:10	M2134	UA POVOENSE	71
583	1139	CARLOS PENA	01:21:37	01:21:37	M5054	GA SUPER ESTRELAS	57
584	5432	NADHIR LOPES	01:22:24	01:21:43	F3544		41
585	702	JOANA GRILO	01:22:49	01:21:55	F3544	OS SALOIOS	42
586	5421	MARIA PINTO	01:23:48	01:23:08	F3544	RUN FOR FRIENDS	43
587	1662	FERNANDA BRAGA	01:24:19	01:23:43	F5564	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	14
588	1236	MARIA CARMO ANJOS	01:25:13	01:25:13	F6599	CONDOR	6
589	5132	JOÃO PINA	01:31:32	01:31:21	M2134	HOMEM DO DESLIZE	72
590	133	TERESA BRITO	01:33:42	01:33:16	F6599	CA VALE FIGUEIRA	7
591	132	ALZIRA LINDO	01:40:29	01:40:04	F6599	CA VALE FIGUEIRA	8
592	22	ATLETA NÃO CADASTRADO	01:42:21	01:42:21	M0020		11

CLASSIFICAÇÃO POR EQUIPAS

1ª CF OS BELENENSES - $1 + 4 + 21 + 48 = 74$ PONTOS

2ª FF PAZ MUNDIAL PARA UNIFICAÇÃO - $15 + 16 + 44 + 37 = 112$ PONTOS

3ª ASSOCIAÇÃO VALE GRANDE - $3 + 38 + 39 + 41 = 121$ PONTOS

4ª CA VALE FIGUEIRA - $23 + 26 + 31 + 52 = 132$ PONTOS

5ª UA POVOENSE - $12 + 30 + 75 + 55 = 172$ PONTOS