



XIX GRANDE PRÉMIO Atlântico

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Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	1631	MARCO TEIXEIRA	M	25	1	00:32:14.86	00:32:13.19	UFCI ATLETISMO
2	979	JOAO MOTA	M	32	2	00:33:45.67	00:33:43.85	C PRAÇAS ARMADA
3	1014	VITOR OLIVEIRA	M	28	3	00:34:04.80	00:34:02.37	ASS VALE GRANDE
4	1491	HUGO AUGUSTO	M	31	4	00:34:05.91	00:34:03.65	BELEM RUNNERS
5	987	LUIS FERNANDES	M	36	5	00:34:17.59	00:34:15.59	C PRAÇAS ARMADA
6	1328	FILIPE JANUARIO	M	34	6	00:34:25.01	00:34:22.01	C MILLENNIUM BCP
7	1194	PAULO GUIMARÃES	M	40	1	00:34:42.27	00:34:41.61	AMINHACORRIDA
8	1196	LUIS BAÇO	M	42	2	00:35:08.78	00:35:06.63	AMINHACORRIDA
9	980	PEDRO LOMBA	M	35	7	00:35:30.21	00:35:27.87	C PRAÇAS ARMADA
10	1327	ANDRE JANUARIO	M	34	8	00:35:36.15	00:35:33.43	C MILLENNIUM BCP
11	1492	PEDRO ALVES	M	24	9	00:35:52.34	00:35:52.34	BELEM RUNNERS
12	1684	PEDRO PESSOA	M	51	1	00:35:54.22	00:35:50.24	GPPEA
13	1197	TIAGO NOGUEIRA	M	36	10	00:35:59.24	00:35:59.24	AMINHACORRIDA
14	1191	MARTIM NUNES	M	41	3	00:36:09.20	00:36:07.11	C BENFICA SEIXAL
15	1640	RICARDO JORDÃO	M	35	11	00:36:18.91	00:36:17.12	CUA BENAVENTENSE
16	981	MANUEL SOUSA	M	46	1	00:36:19.06	00:36:15.60	C PRAÇAS ARMADA
17	992	RICARDO TORPES	M	35	12	00:36:20.89	00:36:20.89	C PRAÇAS ARMADA
18	1017	JOSÉ SILVA	M	47	2	00:36:26.44	00:36:24.30	ASS VALE GRANDE
19	1461	RUI BALTAZAR	M	52	2	00:36:29.02	00:36:27.14	PALMELENSE FC
20	1031	PAULO ALVES	M	40	4	00:36:40.51	00:36:37.74	GDCT IN CM
21	1614	ALEXANDRE SOARES	M	56	1	00:37:20.96	00:37:19.33	NA CABEÇO VIDE
22	988	LUIS SILVA	M	34	13	00:37:22.05	00:37:19.37	C PRAÇAS ARMADA
23	1018	RUI HENRIQUES	M	38	14	00:37:23.44	00:37:21.94	ASS VALE GRANDE
24	1510	JOAQUIM FREITAS	M	40	5	00:37:23.53	00:37:21.79	BV MONTEMOR-O-NOVO
25	986	LUIS TORPES	M	27	15	00:37:27.08	00:37:24.24	C PRAÇAS ARMADA
26	196	FERNANDO BAPTISTA	M	46	3	00:37:32.59	00:37:09.93	HC RUNNERS
27	1578	JOÃO CORREIA	M	55	2	00:37:40.52	00:37:38.95	CATA-CLUBE DE ATLETISMO DE AMORA
28	1575	NUNO F S ANTUNES	M	43	6	00:37:45.14	00:37:38.79	URBAN RUN TEAM
29	92	BRUNO ALBUQUERQUE	M	35	16	00:37:48.74	00:37:47.03	LA CÔTE RUNNERS
30	1411	DAVID LOPES	M	31	17	00:37:48.94	00:37:47.88	
31	52	NUNO SILVA	M	38	18	00:37:50.62	00:37:44.64	FF PAZ MUNDIAL E UNIFICAÇÃO
32	184	PEDRO NEVES	M	33	19	00:37:58.87	00:37:53.01	CLUBE NOVO BANCO
33	782	CARLOS GONÇALVES	M	43	7	00:38:03.75	00:34:54.79	AVILA RUNNERS
34	1639	ANTONIO SANTOS	M	50	3	00:38:12.85	00:38:10.57	CUA BENAVENTENSE
35	275	NELSON PEREIRA	M	41	8	00:38:17.23	00:38:15.72	GAREHOTELRUNNING
36	1132	JOSÉ FACHADAS	M	47	4	00:38:19.98	00:38:17.42	A NATUREZA ENSINA



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37	1485	INOCENCIO AMORIM	M	39	20	00:38:22.36	00:38:18.13	BELEM RUNNERS
38	902	DAVID LOPES	M	30	21	00:38:32.75	00:38:26.18	URBAN RUN TEAM
39	505	LUIS REBELO	M	53	4	00:38:40.38	00:38:38.24	FALCÕES SELVAGENS
40	1504	VALTER OLIVEIRA	M	40	9	00:38:41.29	00:38:34.87	
41	1539	DAVID PEREIRA	M	26	22	00:38:43.75	00:38:39.32	GD O INDEPENDENTE
42	113	ALEXANDRA SOUSA	F	35	1	00:38:47.71	00:38:46.52	JOMA
43	1015	RUI MARTINS	M	32	23	00:39:03.31	00:39:01.51	ASS VALE GRANDE
44	497	EDUARDO PENA	M	53	5	00:39:10.57	00:38:59.13	KEEP RUNNING
45	1016	ANTÓNIO SANTOS	M	59	3	00:39:11.54	00:39:08.45	ASS VALE GRANDE
46	1601	NUNO LOPES	M	40	10	00:39:16.37	00:38:52.38	HC RUNNERS
47	1030	NUNO SOUSA	M	44	11	00:39:17.30	00:39:14.32	GDCT IN CM
48	208	VITOR MARTINS	M	48	5	00:39:18.48	00:39:11.57	C COLAB AGEAS
49	927	JOSE SILVA	M	54	6	00:39:24.28	00:39:20.83	99PROVASGRATUITAS
50	1683	JOAO CARDOSO	M	56	4	00:39:29.66	00:39:26.17	AMINHACORRIDA
51	1117	MÁRIO PEREIRA	M	33	24	00:39:30.93	00:39:29.68	AMOREIRAS RUNNERS
52	170	LUIS MONTEIRO	M	46	6	00:39:33.17	00:39:27.63	CLUBE NOVO BANCO
53	978	FÁBIO TEIXEIRA	M	33	25	00:39:34.06	00:39:24.57	C PRAÇAS ARMADA
54	996	BRUNO LOUREIRO	M	34	26	00:39:36.46	00:39:26.36	C PRAÇAS ARMADA
55	816	JOSÉ LOPES	M	46	7	00:39:36.52	00:39:30.05	CCD SIEMENS
56	1608	TIAGO MORAIS	M	30	27	00:39:36.70	00:39:31.03	AA CHARNECA CAPARICA
57	1185	NELSON PEREIRA	M	49	8	00:39:36.75	00:39:34.19	MONTIJO RUNNERS
58	1224	PAULO PINTO	M	44	12	00:39:37.09	00:39:21.47	CCDT AUT ALMADA
59	1512	JOÃO RODRIGUES	M	43	13	00:39:40.31	00:39:38.58	BV MONTEMOR-O-NOVO
60	1251	KCÉNIA BOUGROVA	F	23	1	00:39:41.29	00:39:38.53	SPORTING CP
61	122	PAULO POVOA	M	54	7	00:39:47.43	00:39:42.95	A VALE SILENCIO
62	286	JOAQUIM OLIVEIRA	M	51	8	00:39:54.20	00:39:46.42	CP EDP LISBOA
63	1615	JOAO PAIS	M	58	5	00:39:54.50	00:39:49.86	NA CABEÇO VIDE
64	792	HERNÂNI FERNANDES	M	46	9	00:39:55.03	00:39:48.21	
65	1195	DAVID FERNANDES	M	43	14	00:39:55.81	00:39:55.63	AMINHACORRIDA
66	1199	JORGE AMARAL	M	49	10	00:39:57.66	00:39:51.07	AMINHACORRIDA
67	1454	ANTÓNIO SANTOS	M	55	6	00:39:57.83	00:39:52.22	CAA BELÉM
68	908	FERNANDO SOARES	M	43	15	00:39:58.96	00:39:51.50	URBAN RUN TEAM
69	1599	PAULO SARTY	M	45	11	00:39:59.29	00:39:42.53	
70	1163	NUNO RAPOSO	M	21	28	00:40:01.97	00:39:49.00	
71	554	HUGO HENRIQUES	M	37	29	00:40:07.00	00:40:01.05	
72	590	JOAO MARREIROS	M	54	9	00:40:14.20	00:40:09.96	CAPARICA RUNNERS
73	268	JOSE GOUVEIA	M	49	12	00:40:16.74	00:40:12.84	CA PATAMEIRAS



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74	1463	DIOGO SILVA	M	38	30	00:40:17.68	00:40:15.62	PALMELENSE FC
75	106	JOSÉ M GOMES	M	57	7	00:40:25.02	00:40:21.45	
76	1296	JOSE FELIX	M	50	10	00:40:25.44	00:39:56.46	FARO D AVENTURA
77	910	ANTÓNIO MIRANDA	M	27	31	00:40:25.82	00:39:57.98	
78	242	JORGE PARDAL	M	45	13	00:40:26.90	00:40:21.61	TARTARUGAS SOLIDÁRIAS
79	1134	BRUNO FRANCISCO	M	34	32	00:40:31.08	00:40:23.11	AMIGOS DO AZEVEDO
80	447	JOAO VALHELHAS	M	46	14	00:40:31.55	00:40:27.24	CAMARA LISBOA CLUBE
81	903	ANTÓNIO J CARDOSO	M	50	11	00:40:34.10	00:40:27.43	URBAN RUN TEAM
82	1106	JOSE ESTEVES	M	52	12	00:40:36.17	00:40:30.33	TARTARUGAS SOLIDARIAS
83	1643	TELMA SILVA	F	34	2	00:40:37.23	00:40:35.13	CCD LEÕES DA FLORESTA/ UBI
84	1489	NUNO NAIA	M	43	16	00:40:38.30	00:40:34.28	BELEM RUNNERS
85	110	EDUARDO ALEIXO	M	40	17	00:40:38.83	00:40:32.94	BELÉM RUNNERS
86	760	PAULO BRUNO	M	45	15	00:40:40.90	00:40:36.26	
87	1376	JOÃO SILVA	M	38	33	00:40:42.55	00:40:29.53	CASA DA DIZIMA
88	224	GIL X ALVES	M	20	34	00:40:44.08	00:40:42.10	UNIDOS DA MANUTENÇÃO
89	439	JOSE MARQUES	M	50	13	00:40:50.10	00:40:45.61	CAMARA LISBOA CLUBE
90	534	EDUARDO SANTOS	M	38	35	00:40:52.17	00:40:45.11	SC CASAINHOS
91	1596	PAULO CHAINHO	M	53	14	00:40:54.23	00:40:48.80	GDR S FRANCISCO SERRA
92	210	PAULO J L SILVA	M	50	15	00:40:57.30	00:40:48.22	
93	488	RODRIGO REIS	M	22	36	00:40:58.83	00:40:51.34	
94	88	NUNO ALMEIDA	M	38	37	00:41:01.90	00:40:25.65	ANSELMINHO RUNNERS
95	1283	MANUEL AMARO	M	62	1	00:41:12.55	00:41:06.15	C PRAÇAS ARMADA
96	972	FERNANDO ALMEIDA	M	39	38	00:41:26.08	00:41:18.45	GELPEIXE
97	907	JOAO ANTUNES	M	47	16	00:41:27.10	00:41:19.16	URBAN RUN TEAM
98	998	PAULO RODRIGUES	M	50	16	00:41:28.17	00:41:15.18	C PRAÇAS ARMADA
99	997	MÁRIO F LOURENÇO	M	52	17	00:41:32.23	00:41:20.05	C PRAÇAS ARMADA
100	1352	NUNO LOPES	M	45	17	00:41:35.30	00:41:29.30	C MILLENNIUM BCP
101	222	PAULO LOPES	M	50	18	00:41:36.83	00:41:07.13	
102	1233	MANUEL CHINITA	M	53	19	00:41:37.90	00:41:12.46	A VALE SILENCIO
103	1172	NUNO M FERREIRA	M	43	18	00:41:41.55	00:41:41.11	COFINA RUNNERS
104	1517	ANTONIO MALHÃO	M	49	18	00:41:47.08	00:41:43.68	BV MONTEMOR-O-NOVO
105	743	CARLOS PEDRO	M	47	19	00:41:48.10	00:41:23.00	
106	1547	GONÇALO FERREIRA	M	45	20	00:41:49.17	00:41:49.17	AA LISBOA
107	1008	JOSE BUENO	M	38	39	00:41:52.23	00:41:47.89	
108	343	NUNO ALVES	M	42	19	00:41:53.30	00:41:51.45	MOVET
109	1688	PAULO VIEIRA	M	50	20	00:41:54.83	00:40:57.30	
110	396	GUILHERME HORA	M	43	20	00:41:55.90	00:41:47.16	



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111	228	FERNANDO GOMES	M	44	21	00:41:56.55	00:41:54.90	UNIDOS DA MANUTENÇÃO
112	1556	ANTÓNIO MARQUES	M	53	21	00:41:57.08	00:41:49.46	C PRAÇAS ARMADA
113	1372	JOÃO AFONSO	M	42	22	00:41:59.10	00:41:15.60	
114	304	CONSTANTINO ARAUJO	M	51	22	00:42:02.17	00:41:15.64	SC REBOLEIRA DAMAIA
115	1084	ANASTACIO VALADAS	M	64	2	00:42:04.23	00:41:58.55	
116	1141	DIOGO BRANCO	M	18	40	00:42:07.30	00:41:53.84	SS CGD
117	227	MANUEL SOARES	M	53	23	00:42:08.83	00:42:07.02	UNIDOS DA MANUTENÇÃO
118	487	ANTONIO SOUSA	M	56	8	00:42:09.90	00:42:05.26	
119	935	DIOGO RAMOS	M	17	41	00:42:13.55	00:41:48.31	
120	584	CESAR SANTOS	M	45	21	00:42:17.08	00:41:58.42	VALEJAS AC
121	319	MIGUEL TRAVANCA	M	50	24	00:42:19.10	00:41:59.71	
122	1514	CARLOS MESTRINHO	M	44	23	00:42:23.17	00:42:15.11	BV MONTEMOR-O-NOVO
123	1146	JOAQUIM FRADE	M	62	3	00:42:25.23	00:42:20.23	SS CGD
124	72	PEDRO JORGE	M	49	22	00:42:33.30	00:42:20.72	OS COMÉDIA
125	312	VASCO LEVITA	M	2	42	00:42:36.83	00:42:31.38	CAPARICA RUNNERS
126	919	ANDRE MARTINS	M	36	43	00:42:39.90	00:42:13.21	TÁLENTOS TEAM
127	535	CARLOS BAPTISTA	M	57	9	00:42:41.55	00:42:34.03	SC CASAINHOS
128	77	HUGO PEREIRA	M	36	44	00:42:43.08	00:42:03.89	
129	1033	RUI C CORREIA	M	41	24	00:42:47.10	00:42:43.24	GDCT IN CM
130	569	PEDRO MEDLEY	M	31	45	00:42:52.17	00:40:58.90	ANDAR É PARA MENINOS
131	1680	PAULO FIGUEIRA	M	52	25	00:42:56.23	00:42:27.89	
132	1493	PEDRO CANELAS	M	45	23	00:42:56.30	00:42:48.97	BELEM RUNNERS
133	109	NUNO VENÂNCIO	M	41	25	00:42:59.83	00:42:56.45	
134	1221	ANTÓNIO SILVA	M	47	24	00:43:03.90	00:43:00.64	CCDT AUT ALMADA
135	1284	JORGE VAZ	M	44	26	00:43:08.08	00:42:58.69	VOLKSWAGEN AUTOEUROPA
136	771	CARLOS SANTOS	M	37	46	00:43:08.55	00:42:57.53	
137	1520	HELIODORO ARRANJA	M	47	25	00:43:10.10	00:42:53.29	BV MONTEMOR-O-NOVO
138	1229	BRUNO FERNANDES	M	37	47	00:43:12.17	00:43:01.02	CCDT AUT ALMADA
139	374	GONÇALO FRAGOSO	M	33	48	00:43:13.23	00:42:56.98	FAMÍLIA FRAGOSO
140	1613	TIAGO VARANDA	M	45	26	00:43:15.83	00:42:59.68	WIKABOO
141	197	MIGUEL T SOUSA	M	42	27	00:43:15.90	00:43:08.28	C COLAB AGEAS
142	498	JOSÉ NUNES	M	50	26	00:43:17.55	00:43:14.22	KEEP RUNNING
143	793	JOÃO MARTINS	M	61	4	00:43:18.08	00:43:13.58	SERRADO FC ATLETISMO
144	1274	NUNO ATHAYDE	M	43	28	00:43:20.10	00:43:03.91	
145	568	DANILO ROSATI	M	55	10	00:43:21.17	00:43:17.45	RUNNER CARTAO PORTUGAL
146	380	LUÍS ALBUQUERQUE	M	47	27	00:43:21.23	00:43:05.67	GDC FIDELIDADE
147	553	JORGE LEITE	M	48	28	00:43:21.83	00:43:04.67	



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148	282	JOAO ALMEIDA	M	40	29	00:43:22.30	00:43:11.15	
149	1403	HÉLDER GUERREIRO	M	41	30	00:43:22.90	00:42:54.49	JAC
150	257	PEDRO CUNHA	M	45	29	00:43:23.55	00:43:20.14	SFUAP
151	258	PAULO COSTA	M	51	27	00:43:24.08	00:43:20.99	SFUAP
152	830	PEDRO SOUSA	M	61	5	00:43:24.10	00:43:15.64	PALMELENSE FC
153	630	JOAQUIM RAMALHO	M	48	30	00:43:31.17	00:43:21.25	CORRER LISBOA
154	462	RICARDO ALVES	M	31	49	00:43:34.23	00:42:55.71	
155	1468	PEDRO BARREIRÃO	M	31	50	00:43:38.30	00:43:30.38	GDC BANCO PORTUGAL
156	511	CARLOS FRANÇA	M	39	51	00:43:38.83	00:43:35.38	CAD A CORRER
157	1568	INÉS MARQUES	F	40	2	00:43:39.90	00:43:34.67	99PROVASGRATUITAS
158	1388	JOÃO PIRES	M	47	31	00:43:43.08	00:43:31.56	
159	602	MARCO BATISTA	M	36	52	00:43:45.10	00:43:35.29	
160	1054	JOÃO M SANTOS	M	47	32	00:43:47.17	00:43:27.07	
161	904	JULIO SERRAS	M	46	33	00:43:48.23	00:43:41.53	URBAN RUN TEAM
162	581	PAULO GUIA	M	40	31	00:43:50.83	00:43:39.76	VALEJAS AC
163	969	MÁRIO DIAS	M	36	53	00:43:51.30	00:42:59.93	
164	81	LUÍS CORREIA	M	31	54	00:43:51.90	00:43:46.97	A VALE SILENCIO
165	80	RICARDO SANTOS	M	32	55	00:43:52.55	00:43:47.62	A VALE SILENCIO
166	1293	SAUL LEITE	M	30	56	00:43:54.08	00:43:50.83	
167	1139	CARLOS BRANCO	M	45	34	00:43:55.10	00:43:40.34	SS CGD
168	267	MANUEL RODRIGUES	M	58	11	00:43:56.17	00:43:49.01	CA PATAMEIRAS
169	550	JOSÉ G T BASTOS	M	39	57	00:43:56.20	00:43:30.25	ZERO
170	1223	PEDRO ALVARES	M	45	35	00:43:58.30	00:43:41.50	CCDT AUT ALMADA
171	1645	SANDRA C L LOPES	F	31	3	00:44:00.83	00:43:25.12	
172	64	NUNO LOPES	M	38	58	00:44:01.90	00:43:56.60	
173	1536	RUI OLIVEIRA	M	47	36	00:44:05.55	00:43:49.70	TRANQUILIDADE
174	765	DIAMANTINO GAMITO	M	52	28	00:44:06.08	00:43:43.54	ATLÉTICO VIA RARA
175	1582	JOSE SANTOS	M	57	12	00:44:06.10	00:43:32.03	
176	1190	BRUNO CANHÃO	M	32	59	00:44:07.17	00:43:55.60	C PRAÇAS ARMADA
177	82	JOÃO BOGALHEIRO	M	48	37	00:44:07.23	00:44:01.42	A VALE SILENCIO
178	1669	ANTONIO SOARES	M	48	38	00:44:08.30	00:43:50.88	
179	1214	RICARDO MACHADO	M	36	60	00:44:08.83	00:43:09.60	LEBRES DE DOMINGO
180	1144	HENRIQUE AMADOR	M	46	39	00:44:09.90	00:44:04.41	SS CGD
181	229	LUÍS SILVA	M	38	61	00:44:14.55	00:44:11.64	UNIDOS DA MANUTENÇÃO
182	1050	HELDER SILVA	M	44	32	00:44:16.08	00:43:57.48	
183	323	ANA M CORREIA	F	38	3	00:44:18.10	00:44:07.32	MARGIL
184	134	EZEQUIEL FERNANDES	M	61	6	00:44:22.17	00:44:07.93	



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185	1464	ANTONIO PEREIRA	M	76	7	00:44:26.23	00:44:10.73	GDC BANCO PORTUGAL
186	294	RICARDO NOBRE	M	37	62	00:44:26.83	00:43:50.07	SIMECQ
187	1637	LUIS BASTOS	M	53	29	00:44:27.30	00:44:15.57	
188	234	PEDRO MESQUITA	M	28	63	00:44:27.90	00:43:54.83	BIJAGÓS
189	754	NUNO MANUEL	M	37	64	00:44:29.55	00:44:14.86	
190	1305	PEDRO SA	M	45	40	00:44:31.10	00:43:38.47	C MILLENNIUM BCP
191	959	JOAO VIEGAS	M	53	30	00:44:31.17	00:44:26.94	CAPARICA RUNNERS
192	759	PAULO PALMA	M	54	31	00:44:35.23	00:44:27.98	
193	1381	SELENE LIMA	F	33	4	00:44:35.30	00:44:08.96	VITORIA FC
194	504	PAULO CAMPOS	M	47	41	00:44:35.83	00:44:03.36	PERNAS DE GAFANHOTO
195	1515	ANTONIO GASPAR	M	56	13	00:44:38.90	00:44:20.55	BV MONTEMOR-O-NOVO
196	468	PAULO ALMEIDA	M	53	32	00:44:42.08	00:43:52.78	
197	1561	PEDRO FRIAS	M	40	33	00:44:42.55	00:43:24.82	CR CRUZ DE PAU
198	549	CARLA CARMONA	F	38	4	00:44:43.10	00:44:40.38	GD O INDEPENDENTE
199	51	JOSÉ SOARES	M	44	34	00:44:43.17	00:44:38.14	
200	1362	JOAO GONÇALVES	M	51	33	00:44:46.23	00:44:28.46	C MILLENNIUM BCP
201	1513	ANTONIO CAEIRO	M	49	42	00:44:46.30	00:44:40.97	BV MONTEMOR-O-NOVO
202	802	JOSE QUARESMA	M	50	34	00:44:46.83	00:44:22.59	IMASAMS
203	21	NELSON RODRIGUES	M	37	65	00:44:46.90	00:44:26.21	OS PATRICIOS
204	438	JULIO REIS	M	44	35	00:44:48.55	00:43:28.03	CAMARA LISBOA CLUBE
205	1275	PEDRO PINTO	M	32	66	00:44:49.54	00:44:43.15	
206	1404	HUGO COSTA	M	38	67	00:44:57.30	00:44:42.97	KEEP RUNNING
207	1036	NUNO HENRIQUES	M	42	36	00:44:58.76	00:44:56.22	GDCT IN CM
208	263	MIGUEL TAVARES	M	45	43	00:44:59.55	00:44:52.48	CA PATAMEIRAS
209	916	PEDRO M R ESTEVES	M	49	44	00:45:00.08	00:44:48.91	EKVILIBRO
210	1182	RUI B MARQUES	M	46	45	00:45:00.17	00:44:48.58	
211	563	FILIPPE ARCADINHO	M	38	68	00:45:00.73	00:44:39.84	OS PERIGOSOS
212	1589	FILIPPE BRANCO	M	16	69	00:45:04.84	00:44:45.40	AMCD TITUARIA
213	38	JORGE SANTANA	M	35	70	00:45:06.52	00:44:23.82	CD AMIGOS PACO NASSA
214	1355	ANDRE SILVA	M	17	71	00:45:07.33	00:45:04.70	C MILLENNIUM BCP
215	1660	RUI DUARTE	M	42	37	00:45:09.45	00:44:42.91	
216	633	NELSON M D SANTOS	M	37	72	00:45:12.11	00:45:02.34	ASICS LISBOA RUN CLUB
217	261	ALBINO TOMAS	M	61	8	00:45:17.65	00:44:58.95	CA PATAMEIRAS
218	230	CEDRIC MONTEIRO	M	31	73	00:45:17.94	00:44:46.70	CASEBRE
219	1678	CARLOS JESUS	M	43	38	00:45:19.73	00:44:36.98	A 20 KM
220	845	ARTUR CORREIA	M	36	74	00:45:20.05	00:44:57.45	EXÉRCITO
221	1140	CARLOS LEITAO	M	54	35	00:45:20.90	00:45:09.82	SS CGD



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222	585	JOSE RAPOSO	M	46	46	00:45:21.14	00:44:59.74	VALEJAS AC
223	1125	JOSEPH HENRIQUES	M	49	47	00:45:21.58	00:44:40.26	
224	1264	ANA LOPES	F	40	5	00:45:22.46	00:44:49.28	
225	1591	HENRIQUE FERREIRA	M	46	48	00:45:23.40	00:45:04.15	AMCD TITUARIA
226	794	JOAO BRAZ	M	54	36	00:45:26.73	00:44:58.84	CA ODIMARQ
227	1435	ANTÓNIO T PEREIRA	M	50	37	00:45:27.57	00:44:21.32	
228	642	ANTONIO ALMEIDA	M	54	38	00:45:27.72	00:45:23.32	ND AUTOCOOPE
229	779	PEDRO COUTINHO	M	36	75	00:45:29.00	00:45:00.94	AVILA RUNNERS
230	559	MARCO CASEIRO	M	39	76	00:45:29.07	00:45:08.53	OS PERIGOSOS
231	1436	JOAO CABO	M	31	77	00:45:32.07	00:44:57.00	
232	582	SERGIO PIRES	M	41	39	00:45:32.15	00:45:08.08	VALEJAS AC
233	842	JOSE GASPAR	M	45	49	00:45:32.79	00:45:28.89	
234	1062	JOÃO NABAIS	M	55	14	00:45:33.58	00:44:22.21	ALDIPONTENSES
235	433	MÁRCIA SANTOS	F	35	6	00:45:34.94	00:45:24.38	AA PINHALNOVENSE
236	693	TIAGO RAMOS	M	42	40	00:45:35.18	00:45:17.98	
237	412	JOÃO CARVALHO	M	54	39	00:45:36.21	00:44:31.66	N SPORTING CP LOURES
238	1230	AMÁVEL FIGUEIREDO	M	57	15	00:45:37.50	00:45:11.68	CCDT AUT ALMADA
239	1538	VIRGILIO MADEIRA	M	58	16	00:45:37.72	00:45:17.35	TRANQUILIDADE
240	79	LEONEL NEVES	M	64	9	00:45:38.29	00:45:09.78	A VALE SILENCIO
241	1019	MARIA FREITAS	F	38	7	00:45:41.12	00:45:32.45	ASS VALE GRANDE
242	1170	JOÃO SANTOS	M	53	40	00:45:42.03	00:45:38.30	C PRAÇAS ARMADA
243	410	JOAO GONCALVES	M	45	50	00:45:42.59	00:45:31.91	
244	1668	ANTONIO RUA	M	55	17	00:45:45.06	00:43:57.85	
245	324	GIL CARNEIRO	M	40	41	00:45:45.32	00:45:34.65	MARGIL
246	1208	JOSÉ MEDEIROS	M	25	78	00:45:46.19	00:44:03.36	
247	1659	PEDRO REBELO	M	44	42	00:45:46.77	00:45:20.38	
248	1339	CRESCENCIO FERREIRA	M	58	18	00:45:47.18	00:45:19.62	C MILLENNIUM BCP
249	1225	LUIS GONÇALVES	M	58	19	00:45:47.24	00:45:21.00	CCDT AUT ALMADA
250	1004	VICENTE BÔTO	M	45	51	00:45:48.37	00:45:45.01	CORRER LISBOA
251	53	HELENA MOREIRA	F	41	8	00:45:48.63	00:45:35.18	CARACÓIS DE PEDRA
252	1174	PEDRO BARROSO	M	33	79	00:45:48.82	00:45:19.07	
253	65	ALEXANDRE ALMEIDA	M	38	80	00:45:53.48	00:45:51.10	QUARTETO FANTÁSTICO
254	1519	PEDRO PEREIRA	M	40	43	00:45:55.67	00:45:49.15	BV MONTE-MOR-O-NOVO
255	1000	CLÁUDIO CABRAL	M	34	81	00:45:58.35	00:45:54.37	MOVET
256	1641	JOÃO CARVALHO	M	29	82	00:45:58.39	00:45:31.28	HC RUNNERS
257	1462	ALVARO COELHO	M	60	10	00:45:58.55	00:45:49.80	PALMELENSE FC
258	742	FERNANDO PEREIRA	M	53	41	00:45:58.84	00:45:30.75	



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259	1234	EDUARDO RODRIGUES	M	59	20	00:45:59.76	00:45:32.94	A VALE SILENCIO
260	1503	FILIFE GONÇALVES	M	45	52	00:46:00.16	00:45:39.50	
261	532	ARMANDO CORREIA	M	35	83	00:46:00.72	00:45:53.09	SC CASAINHOS
262	421	CARLOS VIEGAS	M	59	21	00:46:02.39	00:45:19.78	GDCT UNICRE
263	295	JOÃO GONÇALVES	M	34	84	00:46:02.39	00:45:25.54	SIMECQ
264	1322	JOSE ROCHA	M	50	42	00:46:03.04	00:45:45.23	C MILLENNIUM BCP
265	1178	PEDRO GUEDES	M	19	85	00:46:05.58	00:45:05.45	
266	1167	RUI ALVARINHO	M	41	44	00:46:07.10	00:45:46.72	
267	914	RUI PEDRO	M	39	86	00:46:08.63	00:45:34.81	
268	886	PEDRO SILVA	M	17	87	00:46:10.35	00:45:31.00	SS MONTEPIO
269	1423	ARTUR CARDEIRA	M	48	53	00:46:10.41	00:45:11.72	PINHAL NOVO A CORRER
270	1467	ADELINO SEMEDO	M	64	11	00:46:10.84	00:45:07.70	GDC BANCO PORTUGAL
271	33	ÁLVARO GOMES	M	44	45	00:46:11.53	00:46:09.38	TERRAS FUNDEIRAS
272	1029	NUNO GONÇALVES	M	42	46	00:46:11.66	00:46:08.60	GDCT IN CM
273	315	ROBERT TEIXEIRA	M	32	88	00:46:12.18	00:44:54.95	KONAN RUNNERS
274	244	RICARDO ABREU	M	37	89	00:46:13.10	00:45:43.14	THE LAST ONES
275	712	JOÃO TOBIAS	M	36	90	00:46:13.11	00:45:19.26	CCD CRÉDITO AGRÍCOLA MÚTUO
276	114	PEDRO DUARTE	M	36	91	00:46:13.45	00:44:52.04	Galheteiro
277	750	BRUNO RODRIGUES	M	31	92	00:46:14.07	00:44:06.73	
278	945	ALEXANDRE SILVA	M	39	93	00:46:16.55	00:46:04.63	AGD ACADEMIA KORPO
279	1509	MARIO GRILO	M	22	94	00:46:16.72	00:45:59.61	BV MONTEMOR-O-NOVO
280	1364	FERNANDO LEMOS	M	68	12	00:46:16.90	00:46:04.64	C MILLENNIUM BCP
281	303	JOSÉ REIS	M	64	13	00:46:21.02	00:45:34.51	SC REBOLEIRA DAMAIA
282	974	ANTERO BRAZ	M	54	43	00:46:24.07	00:44:27.73	HC RUNNERS
283	1446	FILIFE OLIVEIRA	M	35	95	00:46:25.20	00:44:48.32	
284	1474	NUNO S D ALMEIDA	M	37	96	00:46:28.03	00:46:01.72	GUPI XIRIPICA
285	1046	RUI ALMEIDA	M	45	54	00:46:28.20	00:45:39.57	
286	926	JOÃO SANTOS	M	26	97	00:46:28.40	00:45:49.91	
287	314	ISIDRO FERREIRA	M	59	22	00:46:29.87	00:45:27.58	
288	1169	ANA POLQUINHAS	F	21	5	00:46:31.59	00:46:12.21	C PRAÇAS ARMADA
289	1674	MARTA FONSECA	F	35	9	00:46:32.65	00:46:25.75	HC RUNNERS
290	11	PAULO J G SILVA	M	49	55	00:46:32.79	00:45:35.90	PINHAL NOVO A CORRER
291	1577	JOAO ANTUNES	M	26	98	00:46:34.58	00:45:38.48	
292	47	JOSÉ M BATISTA	M	47	56	00:46:35.29	00:45:18.99	KONAN RUNNERS
293	136	DIOGO MARTINS	M	26	99	00:46:37.27	00:45:15.07	
294	1638	CARLOS JESUS	M	35	100	00:46:38.05	00:46:24.50	
295	1067	CARLOS TEIXEIRA	M	45	57	00:46:39.11	00:46:05.80	



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296	1438	BRUNO OLIVEIRA	M	41	47	00:46:44.24	00:46:09.93	
297	1576	LANÇA JOSÉ	M	64	14	00:46:46.70	00:46:04.48	CCR ALTO DO MOINHO
298	1228	JOSÉ CABRAL	M	60	15	00:46:47.47	00:46:25.16	CCDT AUT ALMADA
299	30	JOSE CRUZ	M	46	58	00:46:49.99	00:46:24.64	EL CORTE INGLES RUNNING TEAM
300	689	JOAQUIM S FIDALGO	M	57	23	00:46:52.52	00:46:19.50	TEJAVISTA
301	200	ANTÓNIO R PEREIRA	M	55	24	00:46:53.45	00:46:53.45	C COLAB AGEAS
302	1126	HÉLIO J R COSTA	M	31	101	00:46:54.22	00:46:23.67	
303	1401	LINA EUGÉNIO	F	30	6	00:46:55.47	00:46:43.47	
304	124	NUNO GOMES	M	41	48	00:46:58.36	00:46:47.89	
305	112	TORSTEN MANGELSDORF	M	44	49	00:46:59.42	00:46:32.40	
306	702	LUÍS F GODINHO	M	39	102	00:46:59.64	00:45:59.01	
307	417	JORGE CAMPOS	M	43	50	00:46:59.67	00:46:29.08	
308	1239	VITOR FERRÃO	M	47	59	00:47:00.10	00:46:20.20	
309	346	RUI COSTA	M	36	103	00:47:00.45	00:46:49.38	
310	220	LUIS MARIANO	M	55	25	00:47:00.79	00:45:52.73	
311	710	CARLOS MARTINS	M	44	51	00:47:00.92	00:46:06.29	CCD CRÉDITO AGRÍCOLA MÚTUO
312	846	LUIS H SILVA	M	46	60	00:47:02.42	00:46:16.84	MATILHA RADICAL
313	1417	JOSE HILARIO	M	58	26	00:47:03.40	00:45:47.10	KONAN RUNNERS
314	1590	EDGAR FRANCISCO	M	52	44	00:47:05.98	00:46:47.09	AMCD TITUARIA
315	1250	ANTÓNIO PEREIRA	M	53	45	00:47:06.45	00:46:26.32	RUN2FINISH.PT
316	1609	DUARTE SOUSA	M	40	52	00:47:07.53	00:45:51.59	
317	562	CARLOS SOUSA	M	60	16	00:47:09.49	00:46:49.55	OS PERRIGOSOS
318	446	PAULO GONCALVES	M	46	61	00:47:10.13	00:46:07.91	CAMARA LISBOA CLUBE
319	1465	JOAQUIM FERRÃO	M	57	27	00:47:11.26	00:46:27.75	GDC BANCO PORTUGAL
320	308	JOÃO ANTUNES	M	49	62	00:47:11.79	00:46:38.85	
321	1324	JOSE RODRIGUES	M	67	17	00:47:13.86	00:47:08.85	C MILLENNIUM BCP
322	975	LEONARDO BRAZ	M	20	104	00:47:14.52	00:45:18.98	HC RUNNERS
323	1156	NOEMIA SEQUEIRA	F	49	1	00:47:17.88	00:47:08.29	SS CGD
324	906	JOÃO MELO	M	38	105	00:47:19.46	00:47:10.52	URBAN RUN TEAM
325	1003	TIAGO D MARQUES	M	27	106	00:47:20.67	00:47:13.23	CORRER LISBOA
326	247	FRANCISCO CALADO	M	35	107	00:47:22.80	00:45:46.18	TEC S RED POWER
327	737	NELSON LOURO	M	37	108	00:47:24.00	00:46:18.02	AMIGOS, CORRIDAS E COPOS
328	426	LUÍS F A BERNARDO	M	42	53	00:47:26.18	00:47:00.46	
329	1571	PEDRO MANAÇAS	M	44	54	00:47:26.30	00:46:34.46	
330	1131	PAULO VARANDAS	M	35	109	00:47:26.79	00:47:16.58	PACE.MAKERS
331	285	CARLOS RODRIGUES	M	60	18	00:47:32.21	00:47:23.47	
332	213	ANTÓNIO COSTA	M	55	28	00:47:35.00	00:46:26.05	ESCOLA NUN ÁLVARES



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333	1501	LUIS CHAINHO	M	42	55	00:47:37.00	00:47:09.06	AMICICLO GRÂNDOLA
334	999	FERNANDO ANACLETO	M	66	19	00:47:38.30	00:47:20.91	
335	1622	RUI HELENO	M	42	56	00:47:39.11	00:47:19.49	
336	60	PEDRO CHAVES	M	34	110	00:47:40.24	00:46:28.69	GOLFINHOS
337	1516	ABILIO CATARRO	M	61	20	00:47:40.88	00:47:34.16	BV MONTEMOR-O-NOVO
338	772	MARIA RAPOSO	F	35	10	00:47:41.07	00:47:41.07	
339	203	MIGUEL ESTEVES	M	34	111	00:47:43.51	00:47:09.27	C COLAB AGEAS
340	27	JORGE ANDRADE	M	55	29	00:47:44.44	00:46:59.31	
341	739	JORGE GONÇALVES	M	32	112	00:47:45.38	00:45:38.04	
342	1006	FERNANDO COUTINHO	M	50	46	00:47:45.52	00:47:14.42	MAD MAX TEAM
343	1594	NELSON LOURENÇO	M	45	63	00:47:45.79	00:47:13.85	
344	740	MANUEL MEXIA	M	52	47	00:47:46.67	00:45:39.15	
345	1544	RUI UCHA	M	43	57	00:47:48.61	00:46:45.18	ATÉ TE ABANAS
346	1321	VITOR GOMES	M	48	64	00:47:48.78	00:47:34.35	C MILLENNIUM BCP
347	876	ANTONIO LOPES	M	47	65	00:47:52.67	00:47:16.99	SS MONTEPIO
348	1269	MIGUEL OLIVEIRA	M	43	58	00:47:54.65	00:47:44.64	CORRER LISBOA
349	695	FILIPA VELOSO	F	28	7	00:47:55.10	00:47:20.03	DAVID E FILIPA
350	696	DAVID NEVES	M	36	113	00:47:55.31	00:47:19.79	
351	332	CARLOS FERNANDES	M	33	114	00:47:56.04	00:46:45.77	
352	293	NUNO GALVÃO	M	54	48	00:47:57.68	00:47:20.95	SIMECQ
353	1562	JOSE SOUSA	M	57	30	00:47:57.79	00:47:51.53	CR CRUZ DE PAU
354	1618	ROBERTO BETTENCOURT	M	42	59	00:47:58.13	00:47:55.65	
355	1279	MARCO CAMPANIÇO	M	35	115	00:47:58.21	00:46:16.83	
356	45	BRUNO SILVA	M	37	116	00:48:02.53	00:46:45.91	BIFANAS DE CORRIDA
357	893	RICARDO DOMINGOS	M	39	117	00:48:05.75	00:46:34.30	
358	1676	MARCO GONÇALVES	M	39	118	00:48:08.55	00:47:13.50	
359	578	EKATERINA KHAMENKOVA	F	61	2	00:48:09.13	00:48:03.43	VALEJAS AC
360	1356	CARLOS DINIS	M	53	49	00:48:10.24	00:47:19.75	C MILLENNIUM BCP
361	556	HELDER VALADAS	M	37	119	00:48:13.83	00:47:51.83	OS PERIGOSOS
362	1402	JOAO PINTO	M	49	66	00:48:14.71	00:48:01.44	
363	1079	JOSE C PEREIRA	M	48	67	00:48:18.27	00:47:39.33	
364	1164	PEDRO RAPOSO	M	15	120	00:48:19.36	00:48:06.27	
365	1502	FLAVIANO DIAS	M	68	21	00:48:19.41	00:47:50.09	
366	252	NUNO GOMES	M	30	121	00:48:19.63	00:47:54.66	
367	265	PAULO GAMBOA	M	47	68	00:48:20.94	00:48:04.04	CA PATAMEIRAS
368	744	CARLOS SILVA	M	52	50	00:48:21.73	00:48:05.78	
369	745	FERNANDO COELHO	M	52	51	00:48:22.91	00:48:07.45	



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370	1380	JOAO LIMA	M	30	122	00:48:24.37	00:46:25.65	
371	490	FERNANDO MARQUES	M	35	123	00:48:24.37	00:48:10.28	OS TEIXEIRAS
372	1466	JOSE MONTEIRO	M	61	22	00:48:27.78	00:46:47.39	GDC BANCO PORTUGAL
373	1247	PAULO FRANCISCO	M	20	124	00:48:28.14	00:47:27.09	
374	1298	SUSANA RODRIGUES	F	36	11	00:48:28.29	00:47:22.94	
375	1189	LUIS BARBOSA	M	44	60	00:48:32.15	00:48:15.81	
376	276	FERENANDO TORRES	M	54	52	00:48:32.52	00:48:22.91	GAREHOTELRUNNING
377	878	EURICO LOUREIRO	M	37	125	00:48:35.11	00:48:00.58	SS MONTEPIO
378	883	JOSE GUERREIRO	M	60	23	00:48:35.68	00:47:07.93	SS MONTEPIO
379	572	RITA RODRIGUES	F	22	8	00:48:35.81	00:47:50.44	VALEJAS AC
380	580	GERMANO LOURO	M	36	126	00:48:35.88	00:47:56.81	VALEJAS AC
381	1490	OSCAR RODRIGUES	M	48	69	00:48:36.14	00:48:26.67	BELEM RUNNERS
382	513	ANTÓNIO SILVA	M	45	70	00:48:37.66	00:47:43.46	PINHAL NOVO A CORRER
383	414	MARTA VERÍSSIMO	F	24	9	00:48:38.49	00:48:31.63	
384	22	EDUARDO SILVA	M	57	31	00:48:39.22	00:48:18.68	OS PATRICIOS
385	815	EDGAR CRISTETA	M	34	127	00:48:39.55	00:48:23.94	CCD SIEMENS
386	1248	CRISTINA FRANCISCO	M	43	61	00:48:40.13	00:47:37.00	
387	1072	JOAO JESUS	M	42	62	00:48:41.61	00:48:20.03	
388	1068	RUI MACHINHO	M	41	63	00:48:41.79	00:48:20.07	
389	259	CARLOS GONÇALVES	M	53	53	00:48:44.64	00:48:37.71	SFUAP
390	807	FRANCISCO CURTINHA	M	60	24	00:48:46.54	00:46:57.73	C SARGENTO ARMADA
391	1588	RICARDO CARVALHO	M	40	64	00:48:47.33	00:48:10.82	
392	901	JOÃO TEIXEIRA	M	48	71	00:48:47.46	00:47:45.37	
393	626	JOSÉ VAZ	M	59	32	00:48:49.43	00:48:43.35	CLUBE ANACOM
394	147	VITOR TEIXEIRA	M	49	72	00:48:51.24	00:48:47.48	CORRER LISBOA
395	894	CARLOS TEIXEIRA	M	57	33	00:48:51.97	00:48:33.04	LEBRES E TARTARUGAS
396	440	EUGÉNIO MARREIROS	M	45	73	00:48:53.69	00:47:48.31	
397	1142	FERNANDO LIMA	M	48	74	00:48:54.19	00:48:15.03	SS CGD
398	1259	PEDRO CARDOSO	M	44	65	00:48:56.82	00:47:33.82	
399	1555	HUGO FERREIRA	M	31	128	00:48:57.30	00:48:35.47	
400	1382	ODAIR RUDOLF	M	37	129	00:49:00.33	00:47:03.55	
401	1145	JOAO HENRIQUES	M	43	66	00:49:00.89	00:48:45.41	SS CGD
402	619	RICARDO BAPTISTA	M	39	130	00:49:01.57	00:47:42.97	CORRER LISBOA
403	1627	HENRRIQUE OLIVEIRA	M	47	75	00:49:01.67	00:48:42.28	C BENFICA SEIXAL
404	747	ANTONIO IRIA	M	49	76	00:49:02.21	00:47:47.37	
405	10	PEDRO CARVALHO	M	45	77	00:49:02.59	00:47:45.41	
406	100	JOSÉ BRITO	M	55	34	00:49:02.65	00:48:52.40	



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407	741	JOSE SOUSA	M	53	54	00:49:02.94	00:48:43.18	
408	1310	PAULO PAIS	M	53	55	00:49:03.02	00:48:55.41	C MILLENNIUM BCP
409	1595	LEONEL A F JOSÉ	M	48	78	00:49:03.77	00:47:10.98	LINDA-A-PASTORA SC
410	1149	JOSE DIMAS	M	49	79	00:49:04.69	00:48:30.48	SS CGD
411	520	PAULO PEREIRA	M	40	67	00:49:04.81	00:48:27.00	
412	1260	PAULO JOÃO	M	50	56	00:49:04.84	00:48:48.84	
413	1447	ANTÓNIO CERDEIRA	M	61	25	00:49:05.42	00:46:31.61	
414	1448	MAXIMIANO SANTOS	M	53	57	00:49:05.85	00:48:56.66	
415	1437	JORGE AZEVEDO	M	45	80	00:49:05.95	00:47:25.41	
416	1472	OSCAR SANTOS	M	61	26	00:49:07.40	00:48:07.69	GDC BANCO PORTUGAL
417	1222	SERGIO SANTOS	M	54	58	00:49:07.68	00:47:13.60	CCDT AUT ALMADA
418	1366	PEDRO FONTINHA	M	38	131	00:49:08.30	00:47:46.24	C MILLENNIUM BCP
419	262	ANTONIO MORAIS	M	65	27	00:49:08.36	00:48:50.97	CA PATAMEIRAS
420	715	MARCO BASTOS	M	38	132	00:49:09.23	00:48:13.84	CCD CRÉDITO AGRÍCOLA MÚTUO
421	46	LUIS AMORIM	M	60	28	00:49:09.37	00:48:22.40	
422	756	PAULO TORRES	M	33	133	00:49:09.96	00:47:47.02	CARACOIS TURBINADOS
423	519	LUÍS ANTUNES	M	35	134	00:49:09.97	00:48:36.89	
424	255	RUI MARTINS	M	62	29	00:49:13.51	00:48:55.78	
425	1369	JORGE CALMEIRO	M	54	59	00:49:13.77	00:48:59.46	C MILLENNIUM BCP
426	115	TIAGO BOLETO	M	34	135	00:49:14.26	00:47:52.46	Galheteiro
427	1449	JOÃO CALISTO	M	57	35	00:49:14.71	00:48:13.38	
428	278	FRANCISCO TELES	M	23	136	00:49:14.77	00:48:54.23	
429	120	PEDRO ROCHA	M	44	68	00:49:15.14	00:48:03.22	
430	879	FILIPPE DUARTE	M	32	137	00:49:15.36	00:48:19.92	SS MONTEPIO
431	1176	VICTOR RIBEIRO	M	57	36	00:49:16.18	00:48:53.77	
432	841	MIGUEL FIGUEIREDO	M	43	69	00:49:18.18	00:49:14.28	
433	776	ARTUR J CARVALHO	M	54	60	00:49:18.20	00:47:43.09	
434	334	PAULO BORGES	M	31	138	00:49:18.41	00:48:22.34	
435	1210	JOÃO MAIA	M	36	139	00:49:18.64	00:49:01.92	
436	564	RICARDO NICOLAU	M	37	140	00:49:26.82	00:48:28.14	SPORTING CP
437	967	ANTÓNIO JERÓNIMO	M	38	141	00:49:29.23	00:48:47.27	SERRADO FC ATLETISMO
438	231	CHRISTIANE MONTEIRO	F	35	12	00:49:29.29	00:48:52.79	CASEBRE
439	944	ARMANDO CORREIA	M	66	30	00:49:29.38	00:49:02.22	LESMAS ALOPRADAS
440	1480	TELMO PINTO	M	32	142	00:49:30.22	00:49:19.67	
441	437	MIGUEL V VELEZ	M	54	61	00:49:31.12	00:48:33.21	CAMARA LISBOA CLUBE
442	14	HUGO PIRES	M	40	70	00:49:31.15	00:48:41.99	II TEAM RUNNING
443	1527	DAVID ÉVORA	M	28	143	00:49:32.34	00:47:57.73	TRANQUILIDADE



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444	458	NUNO BOGALHEIRO	M	45	81	00:49:32.78	00:49:26.44	A VALE SILENCIO
445	266	RUTE SANTOS	F	51	3	00:49:33.74	00:49:15.25	CA PATAMEIRAS
446	821	VITOR MARTINS	M	58	37	00:49:34.30	00:48:01.57	NA PENTEADO
447	215	GONÇALO TAVARES	M	42	71	00:49:35.49	00:47:40.55	
448	1282	LUIS CONCEIÇÃO	M	40	72	00:49:36.53	00:49:18.69	C PRAÇAS ARMADA
449	1399	HELDER NUNES	M	38	144	00:49:37.31	00:49:26.87	HC RUNNERS
450	296	NELSON SALDANHA	M	40	73	00:49:38.24	00:49:17.70	
451	1566	DIOGO COSTA	M	69	31	00:49:38.37	00:49:25.11	CR CRUZ DE PAU
452	515	MARIO CUNHA	M	39	145	00:49:38.59	00:48:14.96	
453	1028	NUNO CARVALHO	M	43	74	00:49:39.75	00:48:51.82	GDCT IN CM
454	641	RUI FERNANDES	M	47	82	00:49:40.54	00:48:48.66	
455	1526	FRANCISCO PEREIRA	M	50	62	00:49:41.42	00:49:29.03	TRANQUILIDADE
456	835	LAUREN GLANVILLE	F	27	10	00:49:41.68	00:48:49.60	
457	801	JOSÉ ADRIÃO	M	45	83	00:49:42.99	00:49:21.04	IMASAMS
458	251	EURICO GOMES	M	55	38	00:49:44.73	00:49:21.05	ADCR PJ
459	1138	BRUNO DIAS	M	41	75	00:49:45.74	00:49:05.66	SS CGD
460	1098	NUNO CARVALHO	M	42	76	00:49:47.01	00:47:57.93	
461	962	FILIPPE SILVA	M	40	77	00:49:49.17	00:48:57.46	
462	843	ANTÓNIO M VALENTE	M	43	78	00:49:49.29	00:49:18.78	
463	402	FERNANDO TEIXEIRA	M	45	84	00:49:50.22	00:49:29.65	
464	93	MÉLANIE LOMETTI	F	38	13	00:49:51.44	00:49:42.56	LA CÔTE RUNNERS
465	643	CARLOS FERREIRA	M	60	32	00:49:52.34	00:49:40.31	ND AUTOCOOPE
466	757	BRUNO PALMA	M	25	146	00:49:54.26	00:49:45.96	DREAM RUNNERS EVORA
467	1458	PEDRO FERREIRA	M	40	79	00:49:55.39	00:48:57.97	CLUBE ROBBIALAC
468	482	NORBERTO MARQUES	M	47	85	00:49:57.86	00:48:48.09	
469	774	ANTÓNIO J M ANTUNES	M	55	39	00:49:59.35	00:49:46.47	
470	1188	ELSA AGUA	F	45	4	00:50:01.06	00:49:46.26	
471	1585	CARLOS OLIVEIRA	M	42	80	00:50:02.05	00:49:49.71	GRV
472	1649	ANTONIO SANTOS	M	47	86	00:50:05.92	00:49:35.43	
473	787	JOSÉ BARREIRA	M	54	63	00:50:06.39	00:49:26.51	FUNBUS
474	1198	CARLOS LOPES	M	43	81	00:50:07.41	00:49:46.33	AMINHACORRIDA
475	1166	ARTUR CARVALHO	M	47	87	00:50:08.73	00:49:02.82	
476	1521	RUI CHAPA	M	36	147	00:50:13.12	00:50:06.72	BV MONTEMOR-O-NOVO
477	271	HERNANI MADEIRA	M	47	88	00:50:14.12	00:49:45.94	SNR
478	523	RICARDO BRANCO	M	47	89	00:50:14.80	00:49:48.11	GFD RUNNING
479	1160	PEDRO LOPES	M	38	148	00:50:16.15	00:49:36.40	SS CGD
480	150	FRANCISCO HEITOR	M	41	82	00:50:17.93	00:48:21.63	



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481	424	FERNANDO LUZ	M	47	90	00:50:18.05	00:49:08.42	GDCT UNICRE
482	922	FREDERIC D REIS	M	43	83	00:50:19.95	00:50:13.24	
483	1181	CRISTINA CARDOSO	F	41	14	00:50:20.16	00:49:56.83	SCALABIS NIGHT RUNNERS
484	188	SAMUEL DUARTE	M	42	84	00:50:21.40	00:49:43.31	CLUBE NOVO BANCO
485	591	CONSTÂNCIO MARTINS	M	60	33	00:50:22.75	00:50:19.14	GD O INDEPENDENTE
486	289	JOÃO ESTEVÃO	M	37	149	00:50:22.78	00:50:00.27	
487	1581	ELIZANGELA SILVA	F	38	15	00:50:23.53	00:49:51.58	
488	1528	FILIPPE SILVA	M	40	85	00:50:24.50	00:50:15.95	TRANQUILIDADE
489	1057	HELDER LOURENÇO	M	46	91	00:50:25.12	00:50:15.78	ALVERCA URBAN RUNNERS
490	211	ANTÓNIO C NOVAS	M	39	150	00:50:25.55	00:49:47.96	
491	1598	BENTO RAMINHOS	M	48	92	00:50:25.59	00:49:38.63	
492	800	JORGE SANTOS	M	51	64	00:50:26.23	00:48:38.92	
493	1360	EDUARDO VILHENA	M	50	65	00:50:26.79	00:49:16.34	C MILLENNIUM BCP
494	1206	FILIPPE MATEUS	M	29	151	00:50:27.61	00:49:10.15	TEAMBOCK
495	1108	CARLOS MATOS	M	57	40	00:50:27.89	00:49:45.29	C BENFICA SEIXAL
496	684	PATRICK ROCHA	M	31	152	00:50:28.86	00:48:33.92	ANDAR É PARA MENINOS
497	1211	FRUZSI GÉTH	F	20	11	00:50:30.67	00:50:23.81	
498	1586	LUIS BARRACHO	M	42	86	00:50:30.87	00:50:19.07	GRV
499	1518	MANUEL ANTONIO	M	59	41	00:50:31.49	00:50:18.35	BV MONTEMOR-O-NOVO
500	1080	NUNO SOBRAL	M	38	153	00:50:31.68	00:49:50.44	
501	472	ADELINO GOMES	M	48	93	00:50:32.47	00:49:22.05	
502	419	PAULO DUARTE	M	52	66	00:50:32.74	00:49:03.53	GDCT UNICRE
503	191	VANDA MURTEIRA	F	43	16	00:50:32.87	00:49:56.73	CLUBE NOVO BANCO
504	989	JOANA ANTUNES	F	22	12	00:50:32.99	00:50:08.53	C PRAÇAS ARMADA
505	541	TIAGO PAIVA	M	40	87	00:50:33.22	00:50:00.91	
506	983	FERNANDO SOUSA	M	59	42	00:50:33.55	00:49:57.65	C PRAÇAS ARMADA
507	140	PEDRO INÁCIO	M	36	154	00:50:33.91	00:49:30.59	
508	1212	ANTÓNIO CASTANHEIRA	F	41	17	00:50:35.59	00:49:29.05	
509	1286	RICARDO PEREIRA	M	38	155	00:50:35.97	00:49:30.37	
510	1249	RUI BAPTISTA	M	54	67	00:50:36.51	00:50:15.12	C MILLENNIUM BCP
511	256	BRUNO GONÇALVES	M	39	156	00:50:36.60	00:50:13.42	
512	836	RODRIGO ARANHA	M	32	157	00:50:38.05	00:49:45.34	
513	169	JULIO FERREIRA	M	63	34	00:50:38.76	00:49:59.42	CLUBE NOVO BANCO
514	1479	NUNO PIMENTA	M	40	88	00:50:39.00	00:50:14.33	PORTUGAL RUNNING
515	1523	CARLOS BARGADO	M	53	68	00:50:40.17	00:49:54.57	TRANQUILIDADE
516	111	PAULO DOMINGUES	M	45	94	00:50:41.18	00:49:57.76	
517	638	DIOGO AMBRÓSIO	M	25	158	00:50:47.00	00:50:27.00	PUXA CARROÇA



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518	173	MANUEL VENÂNCIO	M	46	95	00:50:47.86	00:50:04.62	CLUBE NOVO BANCO
519	1397	ÂNGELA BATISTA	F	36	18	00:50:48.23	00:49:42.44	ZIMBRA FOX RUNNERS
520	1238	AMILCAR FERNANDES	M	44	89	00:50:50.80	00:49:57.22	
521	1237	SÓNIA ALMEIDA	F	40	19	00:50:50.90	00:49:56.84	
522	766	CARLOS ANTUNES	M	66	35	00:50:52.31	00:49:57.66	CA ODIMARQ
523	1587	ANTÓNIO ALMEIDA	M	54	69	00:50:53.57	00:50:46.51	
524	311	ARTUR ALFAMA	M	40	90	00:50:55.04	00:50:03.30	
525	345	PAULO BRISSOS	M	53	70	00:50:56.40	00:49:52.93	A NATUREZA ENSINA
526	336	JOANA M FERREIRA	F	34	13	00:50:56.96	00:50:48.10	
527	1187	IGOR JAUMANDREU	M	50	71	00:50:57.37	00:50:47.82	
528	1032	PAULO SOUSA	M	43	91	00:50:58.97	00:50:42.53	GDCT IN CM
529	1065	PAULO LOPES	M	40	92	00:50:59.31	00:50:59.31	
530	1157	ORLINDO FIGUEIREDO	M	69	36	00:50:59.87	00:50:55.76	SS CGD
531	186	RICARDO SILVA	M	40	93	00:51:00.90	00:50:05.64	CLUBE NOVO BANCO
532	1545	JOÃO MAIA	M	49	96	00:51:01.34	00:49:55.51	ATÉ TE ABANAS
533	592	BRUNO M V CARVALHO	M	31	159	00:51:02.20	00:49:38.38	BANDIDOS
534	486	JOÃO COUTINHO	M	59	43	00:51:03.75	00:50:38.83	
535	555	DÁRIO NOBRE	M	30	160	00:51:09.03	00:49:15.82	ANDAR É PARA MENINOS
536	408	JOÃO P FONSECA	M	43	94	00:51:10.00	00:49:53.94	
537	763	FRANCISCO ROSÁRIO	M	49	97	00:51:11.04	00:50:46.13	A NATUREZA ENSINA
538	860	MIGUEL MENDES	M	34	161	00:51:12.39	00:51:10.81	AMOREIRAS RUNNERS
539	1661	PAULA LEMOS	F	51	5	00:51:15.14	00:50:45.94	
540	1335	ARTUR LEITE	M	53	72	00:51:15.94	00:50:25.73	C MILLENNIUM BCP
541	1398	VITOR SEABRA	M	50	73	00:51:16.02	00:51:07.94	
542	1201	JOSE MAGALHAES	M	63	37	00:51:18.57	00:49:35.69	GD INE
543	1231	PAULO M C NUNES	M	52	74	00:51:19.75	00:50:51.04	
544	1133	LUIS GAMA	M	54	75	00:51:21.48	00:51:12.62	AMIGOS DO AZEVEDO
545	464	RAUL MOITA	M	61	38	00:51:22.14	00:50:55.74	
546	1071	NUNO DAMIAES	M	36	162	00:51:23.80	00:49:41.99	
547	1410	SÉRGIO R F OLIVEIRA	M	35	163	00:51:24.61	00:50:05.89	
548	764	HENRIQUE PEREIRA	M	42	95	00:51:24.84	00:49:49.55	
549	548	JOEL MÓSCA	M	50	76	00:51:25.22	00:49:49.66	
550	142	RUI BARROS	M	49	98	00:51:26.54	00:51:20.70	
551	159	FERNANDO BRANDÃO	M	54	77	00:51:26.88	00:51:16.38	CLUBE NOVO BANCO
552	1242	VASCO BERNARDO	M	39	164	00:51:28.13	00:49:43.75	NAVIGATOR CLUBE SETUBAL
553	1073	ANTONIO CRUZ	M	70	39	00:51:28.46	00:50:33.75	
554	768	ERNESTO GUIA	M	64	40	00:51:29.04	00:50:06.21	



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555	87	JOSÉ MOGA	M	59	44	00:51:30.45	00:50:17.19	A VALE SILENCIO
556	466	MÓNICA MARTINS	F	34	14	00:51:31.46	00:50:10.71	CARACÓIS TURBINADOS
557	1165	FRANCISCO MACHETA	M	45	99	00:51:31.53	00:50:23.61	
558	551	RITA PESQUEIRA	F	30	15	00:51:31.60	00:50:09.95	CARACÓIS TURBINADOS
559	733	EDGAR URANGA	M	24	165	00:51:31.91	00:50:28.92	
560	676	NUNO BARRADAS	M	34	166	00:51:32.02	00:49:49.89	PÉ DE ATLETA
561	187	RUI DUARTE	M	45	100	00:51:33.34	00:50:16.24	CLUBE NOVO BANCO
562	1524	ANTONIO SENA	M	46	101	00:51:33.75	00:51:00.08	TRANQUILIDADE
563	320	MARIO PARREIRA	M	43	96	00:51:36.06	00:50:37.37	PINHAL NOVO A CORRER
564	587	ANTONIO GAVADO	M	65	41	00:51:36.06	00:50:50.86	VALEJAS AC
565	118	FRANCISCO BERNARDO	M	42	97	00:51:36.24	00:50:32.36	
566	1469	ANA REBELO	F	34	16	00:51:39.49	00:50:46.05	GDC BANCO PORTUGAL
567	1175	JOÃO P NEVES	M	52	78	00:51:42.85	00:50:46.27	
568	682	JORGE FERRO	M	51	79	00:51:42.97	00:51:21.99	
569	189	SILVIO PAIVA	M	66	42	00:51:44.74	00:51:06.41	CLUBE NOVO BANCO
570	180	PAULO GONÇALVES	M	49	102	00:51:45.53	00:51:06.44	CLUBE NOVO BANCO
571	445	PAULO GORDINHO	M	43	98	00:51:47.31	00:50:49.57	CAMARA LISBOA CLUBE
572	990	ANTONIO BARBOSA	M	56	45	00:51:49.36	00:50:00.80	C PRAÇAS ARMADA
573	1387	LUIS SOUSA	M	47	103	00:51:49.95	00:51:35.25	
574	616	LUÍS DINIZ	M	28	167	00:51:50.59	00:49:55.84	ANDAR É PARA MENINOS
575	567	FERNANDO AZEVEDO	M	65	43	00:51:50.84	00:51:19.31	
576	719	PEDRO FIGUEIREDO	M	42	99	00:51:51.70	00:50:56.11	CCD CRÉDITO AGRÍCOLA MÚTUO
577	721	CARLOS PEREIRA	M	50	80	00:51:52.47	00:50:27.20	432 EVENTOS
578	443	EDUARDO MANSO	M	56	46	00:51:54.87	00:50:56.38	CAMARA LISBOA CLUBE
579	1291	ANDRÉ CALDEIRA	M	31	168	00:51:55.30	00:51:21.71	
580	546	ANA ALVES	F	35	20	00:51:56.00	00:50:26.48	C BENFICA SEIXAL
581	1049	JOSE BELO	M	45	104	00:51:56.68	00:51:05.50	
582	436	JOÃO J B MARTINS	M	59	47	00:51:56.80	00:51:14.37	
583	1473	ELISABETE SANTOS	F	38	21	00:51:57.31	00:51:03.57	GDC BANCO PORTUGAL
584	1051	JOÃO VERISSIMO	M	56	48	00:51:57.34	00:51:25.75	
585	1303	MARIO CAMPOS	M	69	44	00:51:58.40	00:51:22.24	C MILLENNIUM BCP
586	1082	SALVADOR AFONSO	M	64	45	00:51:59.11	00:50:56.58	
587	812	HENRIQUE ALVAREDO	M	60	46	00:51:59.13	00:50:56.49	C SARGENTO ARMADA
588	23	TONY DINIZ	M	33	169	00:51:59.51	00:51:29.10	
589	968	DAVID JERÓNIMO	M	31	170	00:51:59.82	00:50:14.08	EX FEDERADOS
590	467	TIAGO CATALÃO	M	34	171	00:52:03.31	00:50:42.15	
591	955	JOAQUIM PALMA	M	63	47	00:52:04.60	00:51:43.11	



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592	1428	MANUEL PAULO	M	61	48	00:52:05.33	00:51:17.15	RUN2FINISH.PT
593	1056	IDALÉCIO BARROS	M	63	49	00:52:08.02	00:51:50.36	
594	1143	FRANCISCO CLERIGO	M	64	50	00:52:08.34	00:51:32.41	SS CGD
595	1579	ANTONIO PINTO	M	58	49	00:52:09.34	00:51:04.56	AMIGOS, CORRIDAS E COPOS
596	769	JOÃO BATISTA	M	41	100	00:52:12.08	00:51:21.84	
597	502	EURICO CAROCHA	M	52	81	00:52:12.60	00:51:26.61	KEEP RUNNING
598	254	RODRIGO A PIQUE	M	38	172	00:52:13.21	00:50:22.87	BK SPORTS
599	714	LUIS DAMIÃO	M	50	82	00:52:13.50	00:51:42.37	CCD CRÉDITO AGRÍCOLA MÚTUO
600	165	JOAQUIM MONTEIRO	M	50	83	00:52:14.43	00:51:31.64	CLUBE NOVO BANCO
601	1344	JOSE REBELO	M	51	84	00:52:14.70	00:52:09.79	C MILLENNIUM BCP
602	809	VITOR GOMES	M	54	85	00:52:15.15	00:51:51.73	C SARGENTO ARMADA
603	631	HORÁCIO G VIEIRA	M	67	51	00:52:15.43	00:51:20.22	
604	1626	ANDRÉ LOURO	M	22	173	00:52:15.70	00:51:56.75	C BENFICA SEIXAL
605	351	JOÃO FERREIRA	M	38	174	00:52:17.50	00:51:07.71	LEOGYM
606	139	DIOGO FERREIRA	M	35	175	00:52:18.32	00:52:17.68	
607	1606	JOÃO BRAZ	M	39	176	00:52:20.61	00:51:14.53	AMIGOS DESPORTO
608	677	SÁRIO NUNES	M	33	177	00:52:22.12	00:50:38.20	PÉ DE ATLETA
609	1086	CARINA VEIGA	F	32	17	00:52:23.02	00:51:29.90	
610	1088	JOEL PONTE	M	28	178	00:52:23.11	00:51:30.41	
611	718	PEDRO FERNANDES	M	33	179	00:52:23.24	00:51:27.61	CCD CRÉDITO AGRÍCOLA MÚTUO
612	126	SANDRO RODRIGUES	M	31	180	00:52:24.61	00:50:18.04	KILLING US SOFTLY
613	181	PAULO RICARDO	M	50	86	00:52:28.39	00:52:18.01	CLUBE NOVO BANCO
614	1682	ANTONIO ANDRADE	M	57	50	00:52:28.89	00:51:51.66	
615	1675	NUNO MARIA	M	35	181	00:52:29.46	00:51:36.41	
616	544	PEDRO MACEDO	M	55	51	00:52:30.32	00:52:12.65	PREGO AO FUNDO
617	90	SIMÃO VINHAS	M	48	105	00:52:30.44	00:51:26.64	
618	995	ABEL GONÇALVES	M	39	182	00:52:31.02	00:52:11.33	C PRAÇAS ARMADA
619	545	RICARDO ALVES	M	35	183	00:52:32.44	00:51:02.46	C BENFICA SEIXAL
620	1258	LUIS TAVARES	M	47	106	00:52:33.48	00:51:07.68	
621	732	MARCO P COSTA	M	39	184	00:52:33.92	00:50:53.41	37 TEAM
622	920	ANA ARAGONEZ	F	40	22	00:52:33.97	00:51:51.92	CA AMIGOS PARQUE PAZ
623	1359	MARIO MENDES	M	53	87	00:52:34.52	00:51:43.60	C MILLENNIUM BCP
624	921	CARLOS ARAGONEZ	M	44	101	00:52:34.86	00:51:52.39	CA AMIGOS PARQUE PAZ
625	875	ANTONIO FRANCO	M	52	88	00:52:35.24	00:51:10.76	SS MONTEPIO
626	78	RUI FONSECA	M	27	185	00:52:35.37	00:51:37.60	
627	966	RICARDO SARMENTO	M	33	186	00:52:36.17	00:51:18.47	A NATUREZA ENSINA
628	947	PEDRO ANSELMO	M	43	102	00:52:37.97	00:51:59.28	GDC FIDELIDADE



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629	547	TIAGO BRITO	M	29	187	00:52:39.26	00:51:06.42	
630	167	JORGE MONTEIRO	M	50	89	00:52:41.47	00:52:05.58	CLUBE NOVO BANCO
631	444	DANIEL OLIVEIRA	M	62	52	00:52:42.81	00:51:33.87	CAMARA LISBOA CLUBE
632	517	LUÍS CUNHA	M	55	52	00:52:43.38	00:52:26.62	
633	1616	NUNO MALTEZ	M	46	107	00:52:44.18	00:51:42.45	OS ZATOPEQUES
634	19	HELENA I R GONÇALVES	F	43	23	00:52:44.83	00:51:50.07	PINHAL NOVO A CORRER
635	804	MIGUEL PEREIRA	M	43	103	00:52:45.92	00:52:21.14	IMASAMS
636	909	TIAGO CORREIA	M	28	188	00:52:46.30	00:51:06.39	
637	305	SANDRO PINTO	M	42	104	00:52:48.19	00:51:19.58	RUNLOVERS
638	1294	JOSÉ GONÇALVES	M	55	53	00:52:49.06	00:52:16.40	FARO D AVENTURA
639	260	MANUELA GONÇALVES	F	50	6	00:52:49.18	00:52:28.30	SFUAP
640	707	BRUNO LIMA	M	30	189	00:52:50.06	00:51:13.80	CCD CRÉDITO AGRÍCOLA MÚTUO
641	657	SUSANA FREITAS	F	40	24	00:52:52.05	00:51:49.52	CORRER LISBOA
642	1368	RICARDO SENA	M	17	190	00:52:52.22	00:51:43.32	C MILLENNIUM BCP
643	658	RICARDO SANTOS	M	42	105	00:52:52.48	00:51:48.82	CORRER LISBOA
644	610	RUI ROSADO	M	42	106	00:52:52.98	00:51:48.25	
645	608	TIAGO CORDEIRO	M	31	191	00:52:53.70	00:51:13.02	
646	407	ANABELA CONSTANTE	F	43	25	00:52:54.53	00:51:37.50	
647	372	LUIS MATIAS	M	62	53	00:52:57.13	00:52:32.99	
648	1666	CARLOS VAZ	M	44	107	00:53:01.73	00:51:41.23	
649	35	RÚBEN PAGAIME	M	36	192	00:53:02.44	00:52:13.03	CD AMIGOS PACO NASSA
650	369	MIGUEL DIAS	M	34	193	00:53:03.18	00:51:33.78	
651	1155	MIGUEL DIAS	M	42	108	00:53:06.64	00:51:42.16	SS CGD
652	887	TIAGO SILVA	M	40	109	00:53:07.13	00:51:40.86	SS MONTEPIO
653	705	JOSE MANUEL	M	42	110	00:53:10.08	00:53:00.10	
654	1635	PAULO MANAÇAS	M	46	108	00:53:10.44	00:52:17.14	OS MANAÇAS
655	738	ANTONIO RIBEIRO	M	52	90	00:53:11.55	00:52:08.20	
656	1377	MARIA MARTINS	M	27	194	00:53:12.43	00:52:58.73	CASA DA DIZIMA
657	284	EDUARDO D BERNARDO	M	46	109	00:53:12.58	00:52:59.49	
658	618	NUNO ALMEIDA	M	42	111	00:53:13.67	00:51:35.42	SPORTINGS DE ALMEIDA
659	1439	MANUEL GARRINHAS	M	59	54	00:53:13.80	00:52:48.05	
660	164	JOÃO SILVA	M	56	55	00:53:14.54	00:53:00.07	CLUBE NOVO BANCO
661	1529	FERNANDO CELESTINO	M	59	56	00:53:14.75	00:52:59.64	TRANQUILIDADE
662	225	LUÍS BRAZÃO	M	69	54	00:53:14.97	00:53:14.16	UNIDOS DA MANUTENÇÃO
663	734	RICARDO SIMÕES	M	48	110	00:53:15.64	00:53:02.18	
664	1120	JOSÉ RODRIGUES	M	48	111	00:53:16.35	00:52:34.56	
665	1219	PAULO ALVES	M	42	112	00:53:17.08	00:52:57.01	



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666	1092	LINO OLIVEIRA	M	72	55	00:53:19.73	00:52:52.21	
667	1267	MARIO RAMOS	M	58	57	00:53:20.82	00:51:41.19	
668	1392	RAQUEL VICTOR	F	30	18	00:53:21.26	00:52:44.02	
669	1634	LUIS PINHEIRO	M	45	112	00:53:22.77	00:51:49.20	
670	59	NUNO LOURENÇO	M	35	195	00:53:22.96	00:52:33.08	CD AMIGOS PACO NASSA
671	573	MARIA SAMBE	F	25	19	00:53:23.67	00:52:41.51	VALEJAS AC
672	881	JAIME GOMES	M	61	56	00:53:24.42	00:51:55.02	SS MONTEPIO
673	348	LUÍS FRANQUEIRA	M	34	196	00:53:25.73	00:52:53.05	
674	1150	JOSE GUIA	M	68	57	00:53:26.21	00:52:43.69	SS CGD
675	1354	CRISTINA FALE	F	40	26	00:53:26.92	00:52:10.59	C MILLENNIUM BCP
676	171	MANUEL ANASTÁCIO	M	48	113	00:53:27.58	00:52:47.57	CLUBE NOVO BANCO
677	1342	IVO SILVA	M	68	58	00:53:27.86	00:52:28.94	C MILLENNIUM BCP
678	1429	THELMO CUNHA	M	57	58	00:53:28.48	00:52:40.11	RUN2FINISH.PT
679	873	PATRÍCIA ALVES	F	36	27	00:53:28.59	00:52:18.55	ALDIPONTENSES
680	1629	JORGE M A ANTUNES	M	42	113	00:53:31.08	00:51:46.37	
681	1180	MARTA LOPES	F	27	20	00:53:32.59	00:52:42.47	
682	425	GONÇALO LOPES	M	42	114	00:53:32.63	00:52:55.97	GDCT UNICRE
683	1370	CARLOS SOARES	M	48	114	00:53:34.13	00:52:07.26	C MILLENNIUM BCP
684	406	ANGELO FLOR	M	61	59	00:53:34.38	00:52:37.78	
685	942	MARGARIDA AMIGO	F	58	7	00:53:34.91	00:52:39.16	CCR ALTO MOINHO
686	384	PEDRO ABREU	M	41	115	00:53:36.27	00:52:50.29	GDC FIDELIDADE
687	882	JORGE SOUSA	M	44	116	00:53:36.35	00:52:11.19	SS MONTEPIO
688	409	JOSÉ PEDRO	M	63	60	00:53:37.25	00:53:28.09	
689	1664	GONÇALO CASACA	M	45	115	00:53:38.61	00:52:43.47	
690	1441	MANUEL D FLOR	M	70	61	00:53:39.76	00:52:43.64	
691	905	RAUL GIRÃO	M	60	62	00:53:41.00	00:53:11.43	URBAN RUN TEAM
692	783	VITOR LOPES	M	43	117	00:53:41.82	00:51:51.51	AVILA RUNNERS
693	1605	ANDREIA CARVALHO	F	34	21	00:53:43.20	00:52:37.99	AMIGOS DESPORTO
694	1431	ANTÓNIO GUERREIRO	M	52	91	00:53:44.24	00:52:42.87	FORTÍSSIMOS RUNNING TEAM
695	503	JOÃO PALMA	M	18	197	00:53:44.76	00:52:59.94	KEEP RUNNING
696	496	PEDRO M DIAS	M	43	118	00:53:45.77	00:53:01.77	KEEP RUNNING
697	48	ANTONIO BARBAS	M	50	92	00:53:46.57	00:52:40.04	
698	1396	ALEXANDRE DRAKE	M	50	93	00:53:46.62	00:53:15.33	
699	1218	ANTONIO SANTOS	M	40	119	00:53:48.02	00:53:14.46	
700	632	LUIS COLAÇO	M	44	120	00:53:48.50	00:53:16.17	OS GORDOS
701	917	DAVID CHÁÍÇA	M	41	121	00:53:48.58	00:53:14.61	
702	182	PAULO VERISSIMO	M	50	94	00:53:49.34	00:53:06.63	CLUBE NOVO BANCO



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703	1379	HELGA C F MENDES	F	40	28	00:53:49.87	00:53:07.15	VALEJAS AC
704	518	NUNO GONÇALVES	M	40	122	00:53:50.93	00:53:12.50	
705	521	RUI MARTINS	M	47	116	00:53:51.13	00:53:13.20	
706	1009	LUIS VICENTE	M	57	59	00:53:52.75	00:53:22.26	
707	1083	ALEXANDRE BAPTISTA	M	37	198	00:53:53.19	00:49:07.75	
708	153	ANA MONTEIRO	F	51	8	00:53:55.58	00:53:13.52	CLUBE NOVO BANCO
709	639	PEDRO AMBRÓSIO	M	54	95	00:53:56.00	00:53:35.24	PUXA CARROÇA
710	943	PATRICIA MARUJO	F	29	22	00:53:58.06	00:53:00.27	CCR ALTO MOINHO
711	39	FERNANDO CORREIA	M	51	96	00:53:58.11	00:53:14.91	
712	1677	ANA PAULA TELO	F	45	9	00:53:58.23	00:53:48.65	LINDA-A-PASTORA SC
713	540	MÁRIO COSTA	M	37	199	00:53:59.55	00:52:35.30	
714	1385	PAULO REVÉS	M	46	117	00:54:00.28	00:52:59.20	LESMA ALOPRADAS
715	711	JOÃO RODRIGUES	M	44	123	00:54:02.33	00:53:31.87	CCD CRÉDITO AGRÍCOLA MÚTUO
716	1409	NUNO CLEMENTE	M	45	118	00:54:02.45	00:53:03.19	CARAPUS DE CORRIDA
717	1600	CARLOS NITA	M	47	119	00:54:03.33	00:52:17.00	EX FEDERADOS
718	393	MANUEL PEREIRA	M	60	63	00:54:04.58	00:53:44.34	
719	1148	JOSE AUGUSTO	M	39	200	00:54:04.66	00:53:34.69	SS CGD
720	1039	ALEXANDRA ALVES	F	40	29	00:54:05.25	00:53:49.21	GDCT IN CM
721	36	NICOLAS TEIXEIRA	M	28	201	00:54:06.81	00:53:17.75	CD AMIGOS PACO NASSA
722	1064	CATARINA L D LIMA	F	51	10	00:54:07.24	00:53:52.34	
723	20	MÁRIO MARQUES	M	38	202	00:54:07.47	00:53:18.55	
724	507	SILVIA ROSSI	F	54	11	00:54:08.20	00:53:17.71	OS PRIMOS
725	1087	TIAGO VEIGA	M	34	203	00:54:09.12	00:53:16.23	
726	1202	ANTONIO MARQUES	M	62	64	00:54:11.91	00:53:47.94	GD INE
727	152	ANA FERREIRA	F	49	12	00:54:12.04	00:53:34.09	CLUBE NOVO BANCO
728	1295	MANUEL SARAIVA	M	56	60	00:54:12.25	00:53:39.31	FARO D AVENTURA
729	558	MÁRIO LOPES	M	49	120	00:54:12.45	00:53:52.83	OS PERIGOSOS
730	749	ALEXANDRE DAMASO	M	49	121	00:54:12.54	00:53:18.48	
731	731	VERA DUARTE	F	45	13	00:54:14.05	00:52:42.96	CORRER LISBOA
732	1276	RUI DIAS	M	40	124	00:54:14.22	00:53:22.34	MOVET
733	1420	LUIS MARQUES	M	50	97	00:54:15.05	00:53:55.54	
734	600	ARLINDO ROLO	M	49	122	00:54:15.12	00:53:55.22	
735	918	NUNO PEREIRA	M	48	123	00:54:16.01	00:52:50.86	
736	350	CATARINA FARIA	F	32	23	00:54:17.44	00:53:21.54	
737	885	PAULO RAINHO	M	51	98	00:54:17.89	00:52:47.35	SS MONTEPIO
738	1507	SOFIA SALDANHA	F	26	24	00:54:18.66	00:52:31.96	
739	1486	JOAO MARTINS	M	50	99	00:54:19.12	00:53:20.55	BELEM RUNNERS



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740	1495	RUI AFONSO	M	49	124	00:54:19.27	00:53:20.02	BELEM RUNNERS
741	784	RUI MARQUES	M	52	100	00:54:20.63	00:52:30.97	AVILA RUNNERS
742	956	SÉRGIO CATALÃO	M	31	204	00:54:21.71	00:53:00.36	
743	1558	VASCO PERES	M	40	125	00:54:23.83	00:53:47.84	N5S
744	817	PAULO SOARES	M	38	205	00:54:25.62	00:54:02.40	CCD SIEMENS
745	1672	ATLETA NÃO CADASTRADO	M	0	206	00:54:26.03	00:54:05.83	
746	672	SAMUEL SALVADOR	M	39	207	00:54:26.24	00:53:45.01	SFC ATLETISMO
747	575	ANA RAPOSO	F	43	30	00:54:27.68	00:54:05.30	VALEJAS AC
748	840	ANTONIO RIBEIRO	M	53	101	00:54:28.55	00:54:23.80	
749	839	PAULO VAZ	M	45	125	00:54:28.73	00:54:24.54	
750	168	JOSÉ PEQUENO	M	42	126	00:54:28.87	00:52:31.29	CLUBE NOVO BANCO
751	1418	ALEXANDRE PEDROSA	M	42	127	00:54:29.19	00:52:31.01	
752	1546	CARLOS LEÃO	M	58	61	00:54:29.41	00:52:34.25	CORRER LISBOA
753	818	EDUARDO ÁLVARO	M	59	62	00:54:29.64	00:54:06.96	
754	1506	PEDRO SANTOS	M	30	208	00:54:30.55	00:52:44.18	
755	1644	JOAO MANGANA	M	38	209	00:54:30.87	00:53:46.19	
756	620	EDUARDO ALVES	M	40	128	00:54:31.14	00:53:13.72	CORRER LISBOA
757	97	ADRIANO ZAMBUJEIRO	M	41	129	00:54:31.53	00:52:58.29	ANSELMINHO RUNNERS
758	537	PEDRO ALMEIDA	M	41	130	00:54:33.04	00:53:15.76	BIFANAS DE CORRIDA
759	471	SONIA LIMA	F	56	14	00:54:33.20	00:52:43.36	
760	924	MIGUEL DUARTE	M	34	210	00:54:34.39	00:52:58.70	
761	121	RODRIGO SÉRGIO	M	43	131	00:54:34.43	00:53:22.71	
762	799	MÁRIO ROGADO	M	38	211	00:54:34.72	00:52:56.02	CORRER LISBOA
763	1045	MARIO RESENDE	M	52	102	00:54:35.01	00:53:12.91	
764	678	MARCO CAETANO	M	34	212	00:54:35.14	00:52:47.26	PÉ DE ATLETA
765	961	ANTÓNIO VARELA	M	52	103	00:54:36.26	00:54:24.79	
766	1667	SERGIO PEREIRA	M	45	126	00:54:37.02	00:54:22.27	
767	1268	CARLOS SOUSA	M	50	104	00:54:37.42	00:52:58.06	
768	670	NUNO SANTOS	M	44	132	00:54:38.13	00:54:13.22	
769	925	MIGUEL FERRAZ	M	33	213	00:54:38.51	00:53:02.93	
770	1110	CARLOS SANTOS	M	40	133	00:54:38.77	00:53:06.97	
771	1302	LEONEL BRANDÃO	M	50	105	00:54:41.91	00:53:42.00	C MILLENNIUM BCP
772	1405	LUIS ESTÊVÃO	M	49	127	00:54:42.26	00:54:33.35	
773	786	JOÃO NIZA	M	50	106	00:54:42.34	00:54:01.53	FUNBUS
774	681	CLÁUDIO MILHEIRO	M	41	134	00:54:42.75	00:54:21.49	
775	579	RODRIGO CARDOSO	M	19	214	00:54:42.87	00:53:57.67	VALEJAS AC
776	1114	CARLA PEREIRA	F	33	25	00:54:43.25	00:53:08.33	



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777	727	NUNO PEREIRA	M	18	215	00:54:43.30	00:53:17.50	432	EVENTOS
778	15	HUGO COLAÇO	M	40	135	00:54:44.61	00:53:24.07		
779	158	FAUSTO CAPITÃO	M	31	216	00:54:46.59	00:54:13.68		CLUBE NOVO BANCO
780	233	ANNELIEN GROTEN	F	41	31	00:54:46.92	00:53:55.16		
781	1511	ELISABETE PICANÇO	F	40	32	00:54:49.66	00:54:03.40		BV MONTEMOR-O-NOVO
782	1128	FRANCISCO COSTA	F	40	33	00:54:49.79	00:54:38.52		
783	664	PEDRO CONFRARIA	M	40	136	00:54:50.47	00:54:02.39		
784	1040	MARCO CARVALHO	M	41	137	00:54:51.02	00:53:17.50		GDCT IN CM
785	1246	JORGE SILVA	M	63	65	00:54:55.95	00:54:51.84		
786	934	PAULO JACINTO	M	45	128	00:54:58.03	00:54:32.18		
787	306	JULIETA MOTA	F	45	15	00:55:00.07	00:54:16.69		AS PRIMEIRAS
788	1624	SUSANA D SANTOS	F	41	34	00:55:00.31	00:53:53.61		
789	703	FILIPA L REVÉS	F	43	35	00:55:00.75	00:54:37.23		
790	1168	LUIS REVÉS	M	44	138	00:55:00.93	00:54:36.04		CCD SIEMENS
791	859	RAFAEL CORREIA	M	42	139	00:55:01.98	00:53:36.04		
792	1421	JOSE MARTINS	M	43	140	00:55:02.08	00:54:00.50		
793	686	JOÃO P CAROÇO	M	61	66	00:55:02.21	00:54:04.64		TEJAVISTA
794	973	LUÍS MEIRA	M	44	141	00:55:03.87	00:54:37.13		CONDORES VARGE MONDAR
795	1173	RICARDO FILIPE	M	37	217	00:55:04.30	00:53:17.12		
796	773	FRANCISCO MATA	M	40	142	00:55:05.03	00:53:18.01		
797	1061	FERNANDO JERÓNIMO	M	64	67	00:55:07.84	00:53:22.78		EX FEDERADOS
798	964	ABILIO TAVARES	M	62	68	00:55:08.82	00:54:50.80		
799	577	SUSANA GOMES	F	48	16	00:55:10.83	00:54:48.29		VALEJAS AC
800	586	LILIANA PEREIRA	F	31	26	00:55:10.92	00:54:25.89		VALEJAS AC
801	888	BRUNO RODRIGUES	M	40	143	00:55:11.18	00:53:42.48		SS MONTEPIO
802	827	PAULO FLORIDO	M	52	107	00:55:11.34	00:54:52.53		
803	156	VITOR SANTOS	M	47	129	00:55:12.79	00:53:27.51		CLUBE NOVO BANCO
804	157	CLÁUDIO OLIVEIRA	M	37	218	00:55:15.37	00:53:29.12		CLUBE NOVO BANCO
805	1109	PAULO ABADIA	M	47	130	00:55:18.98	00:55:00.44		C BENFICA SEIXAL
806	1278	ALEXANDRE GOMES	M	48	131	00:55:21.36	00:54:20.48		
807	864	HUGO CARDOSO	M	32	219	00:55:23.25	00:53:12.11		PERSONAL & GROUP TRAINING
808	1482	PAULA LEAO	F	46	17	00:55:25.89	00:54:35.27		
809	1648	ARMANDO MORAIS	M	54	108	00:55:27.29	00:55:00.70		
810	1091	JOAO BARROS	M	54	109	00:55:27.99	00:53:47.98		
811	1663	JOAO MIRANDA	M	45	132	00:55:28.25	00:54:23.95		
812	1406	JOAO P ALMEIDA	M	40	144	00:55:28.46	00:53:48.99		CAA BELEM
813	201	FERNANDO MATIAS	M	61	69	00:55:29.44	00:54:58.10		C COLAB AGEAS



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814	399	PEDRO M BATISTA	M	37	220	00:55:32.55	00:54:12.99	CARACÓIS TURBINADOS
815	1549	GUILHERME RELVAS	M	22	221	00:55:32.66	00:55:27.00	
816	29	VERONICA CRUZ	F	41	36	00:55:32.69	00:55:05.62	EL CORTE INGLES RUNNING TEAM
817	896	CARLOS GONÇALVES	M	61	70	00:55:32.96	00:55:14.13	LEBRES E TARTARUGAS
818	1316	ANA MARQUES	F	57	18	00:55:33.36	00:54:57.14	C MILLENNIUM BCP
819	435	ANTÓNIO JORGE	M	65	71	00:55:33.52	00:55:01.94	
820	965	LUÍS NETO	M	53	110	00:55:33.58	00:54:34.84	CARAPUS DE CORRIDA
821	1408	VITOR SANTOS	M	46	133	00:55:34.35	00:54:34.20	CARAPUS DE CORRIDA
822	489	CARLOS TEIXEIRA	M	67	72	00:55:36.12	00:55:32.61	OS TEIXEIRAS
823	984	ALEXANDRE CANTANHEDE	M	39	222	00:55:36.77	00:54:47.03	C PRAÇAS ARMADA
824	460	JOSÉ BAIXINHO	M	58	63	00:55:36.77	00:54:49.46	SANTIAGO FC
825	1099	LUIZ PEREIRA	M	37	223	00:55:37.38	00:55:23.94	
826	834	CATIA RAMOS	F	38	37	00:55:37.46	00:55:24.84	
827	1673	MANUEL A SILVA	M	31	224	00:55:38.10	00:54:00.40	
828	597	HELDER PARREIRA	M	47	134	00:55:38.53	00:54:10.73	
829	221	FILIPPE NEVES	M	49	135	00:55:41.11	00:54:33.86	
830	292	CELESTE ALMEIDA	F	48	19	00:55:41.34	00:54:56.64	SIMECQ
831	219	CARLOS SECO	M	57	64	00:55:41.34	00:54:35.16	GD ÁGUIAS DA MOITA
832	1265	JANICE MCNALLY-TRAINOR	F	33	27	00:55:41.34	00:54:38.37	
833	376	BRUNO OLIVEIRA	M	36	225	00:55:41.91	00:54:57.83	GDC FIDELIDADE
834	375	BEATRIZ FIGUEIREDO	F	41	38	00:55:42.54	00:54:30.52	GDC FIDELIDADE
835	309	JOSE COELHO	M	60	73	00:55:42.68	00:54:19.89	ADCR PJ
836	832	AIRES ILDEFONSO	M	63	74	00:55:47.15	00:53:52.24	Cabeleireiro Moda Jovem
837	1607	LUIZA LEITE	F	47	20	00:55:47.99	00:55:27.67	
838	1563	JOSE RODRIGUES	M	55	65	00:55:48.26	00:54:59.14	CR CRUZ DE PAU
839	808	FERNANDO OLIVEIRA	M	62	75	00:55:48.96	00:53:59.42	C SARGENTO ARMADA
840	1226	JOAQUIM FERNANDES	M	67	76	00:55:50.36	00:55:19.60	CCDT AUT ALMADA
841	994	CELIA SILVEIRA	F	45	21	00:55:50.77	00:55:04.98	C PRAÇAS ARMADA
842	102	PEDRO S VIEIRA	M	45	136	00:55:51.01	00:54:52.64	
843	1300	LUIS BAIXINHO	M	34	226	00:55:51.10	00:54:24.26	C MILLENNIUM BCP
844	214	OLÍVIA C GASPAR	F	47	22	00:55:53.60	00:54:45.70	
845	99	AMILCAR PÓVOA	M	2	227	00:55:54.32	00:55:34.70	CA AMIGOS PARQUE PAZ
846	1266	JOSE ANDRE	M	62	77	00:55:56.41	00:54:17.06	
847	475	MÁRIO NUNES	M	45	137	00:55:56.57	00:54:41.58	
848	86	DIANA MONTEIRO	F	34	28	00:55:56.77	00:54:42.91	A VALE SILENCIO
849	84	SANDRA BATISTA	F	42	39	00:55:56.80	00:54:42.18	A VALE SILENCIO
850	83	ANTÓNIO FERNANDES	M	61	78	00:55:58.42	00:54:43.92	A VALE SILENCIO



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851	1689	CARLOS LOPES	M	49	138	00:55:59.97	00:55:11.47	
852	499	JOSÉ ANDRADE	M	52	111	00:56:04.24	00:55:19.51	KEEP RUNNING
853	1042	PATRÍCIA COSTAL	F	40	40	00:56:06.34	00:55:20.38	GDCT IN CM
854	785	FRANCISCO PIRES	M	43	145	00:56:07.02	00:55:26.36	FUNBUS
855	397	CARLOS LOPES	M	50	112	00:56:07.97	00:54:25.21	OS LOPES
856	1543	HUGO GASPAR	M	40	146	00:56:08.08	00:55:17.80	
857	829	NELSON NUNES	M	33	228	00:56:09.30	00:54:20.07	
858	1580	JORGE DIAS	M	50	113	00:56:10.27	00:55:12.13	
859	398	CARLA LOPES	F	45	23	00:56:12.97	00:54:29.28	OS LOPES
860	596	OCTAVIO FERRO	M	52	114	00:56:13.25	00:54:45.87	
861	687	CARLOS O RODRIGUES	M	49	139	00:56:13.48	00:55:14.16	TEJAVISTA
862	1553	VÂNIA TEIXEIRA	F	35	41	00:56:14.08	00:55:15.64	CATA-CLUBE DE ATLETISMO DE AMORA
863	103	ANTÓNIO J G POMBINHO	M	60	79	00:56:14.25	00:55:50.35	
864	952	FREDERICO SOUSA	M	54	115	00:56:14.78	00:55:55.99	LEBRES E TARTARUGAS
865	713	JOÃO VIEIRA	M	59	66	00:56:16.02	00:55:22.00	CCD CRÉDITO AGRÍCOLA MÚTUO
866	241	HÉLIO AUGUSTO	M	41	147	00:56:17.39	00:55:06.11	AZEITÃO RUNNING
867	379	LUÍS NUNES	M	39	229	00:56:17.64	00:55:05.02	GDC FIDELIDADE
868	1450	JULIA CALISTO	F	54	24	00:56:18.66	00:55:16.92	
869	70	RUI ARENGA	M	45	140	00:56:19.36	00:54:52.84	OS COMÉDIA
870	748	DAVID AFONSO	M	51	116	00:56:20.15	00:55:07.31	
871	18	JOÃO OSÓRIO	M	43	148	00:56:20.23	00:54:53.92	
872	1101	MARIO R COSTA	M	42	149	00:56:22.33	00:55:05.35	
873	805	CARLA SILVA	F	44	42	00:56:25.01	00:56:04.47	IMASAMS
874	614	JOÃO VILARES	M	32	230	00:56:25.14	00:55:49.26	CARACOLETAS
875	237	RIBEIRO MARILIA	F	34	29	00:56:25.76	00:55:40.74	TOKANDAR
876	238	DAVID BARBOTIN	M	33	231	00:56:25.86	00:55:39.84	TOKANDAR
877	1374	CARLOS A D JESUS	M	53	117	00:56:26.17	00:55:05.12	
878	611	MÁRIO BORGES	M	33	232	00:56:26.24	00:55:50.63	CARACOLETAS
879	709	CARLA DOMINGOS	F	37	43	00:56:28.02	00:55:34.93	CCD CRÉDITO AGRÍCOLA MÚTUO
880	717	MIGUEL VINAGRE	M	42	150	00:56:29.53	00:55:36.91	CCD CRÉDITO AGRÍCOLA MÚTUO
881	1161	PEDRO MEDEIROS	M	42	151	00:56:30.34	00:56:01.43	SS CGD
882	605	ÉLIO LAVADO	M	32	233	00:56:30.44	00:55:00.77	LISBON MOONLIGHT RUNNERS
883	1658	SONIA DANTAS	F	39	44	00:56:32.13	00:56:10.42	
884	1657	JOAO MARQUES	M	40	152	00:56:32.26	00:56:11.18	
885	583	RICARDO LAMPREIA	M	39	234	00:56:34.84	00:55:49.58	VALEJAS AC
886	1570	GONÇALO MARTINS	M	20	235	00:56:35.29	00:56:13.07	EXÉRCITO
887	297	ORLANDO SANTOS	M	46	141	00:56:36.82	00:54:51.67	EX FEDERADOS



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888	55	JOAO PEREIRA	M	39	236	00:56:37.14	00:54:44.63	
889	298	JOANA D CALDEIRA	F	36	45	00:56:39.62	00:55:33.77	
890	117	MARCO CAETANO	M	35	237	00:56:40.52	00:56:37.23	
891	1323	Mª R RODRIGUES	F	50	25	00:56:41.05	00:56:23.85	C MILLENNIUM BCP
892	1550	AMÉRICO LOPES	M	54	118	00:56:41.10	00:55:00.09	ZATOPEQUES DE FERNÃO FERRO
893	91	RUBEN COSTA	M	40	153	00:56:43.26	00:56:12.15	
894	1075	JOSE BARATA	M	57	67	00:56:43.79	00:55:46.99	
895	202	JOÃO FRADE	M	46	142	00:56:43.84	00:56:05.59	C COLAB AGEAS
896	933	KEVIN HARRISON	M	38	238	00:56:47.12	00:56:01.14	
897	788	CARLOS CRISTÃO	M	45	143	00:56:47.21	00:56:23.06	ADCR PJ
898	1554	PEDRO NETO	M	36	239	00:56:48.00	00:55:50.87	CATA-CLUBE DE ATLETISMO DE AMORA
899	281	DAVID LOPES	M	48	144	00:56:48.46	00:55:00.28	
900	574	DIANA GUIMARAES	F	36	46	00:56:48.94	00:56:04.89	VALEJAS AC
901	1147	JOSE ALVES	M	68	80	00:56:52.39	00:56:18.07	SS CGD
902	69	ANTÓNIO OLIVEIRA	M	35	240	00:56:55.13	00:56:32.82	
903	1602	SIDÓNIO SOUSA	M	58	68	00:56:55.58	00:55:00.10	AMIGOS DESPORTO
904	226	MIGUEL BARBOSA	M	63	81	00:56:56.27	00:56:53.49	UNIDOS DA MANUTENÇÃO
905	1301	INES BERNARDO	F	36	47	00:56:56.85	00:56:05.23	C MILLENNIUM BCP
906	1311	CARLOS COSTA	M	53	119	00:56:56.99	00:56:03.49	C MILLENNIUM BCP
907	101	JOANA MARCELINO	F	25	30	00:56:57.49	00:55:15.47	
908	218	ISABEL SANTOS	F	57	26	00:56:58.56	00:55:27.39	
909	858	PEDRO R REIS	M	45	145	00:57:02.52	00:55:15.99	MONARQUIA
910	1113	JORGE ZENHA	M	54	120	00:57:02.74	00:56:58.34	
911	862	VALTER CUNHA	M	32	241	00:57:04.00	00:56:22.65	DAIKIN TEAM
912	863	JOÃO TEIXEIRA	M	32	242	00:57:04.23	00:56:21.66	DAIKIN TEAM
913	141	LUIS LAVRADOR	M	43	154	00:57:06.83	00:55:54.19	
914	1652	INES SANTOS	F	31	31	00:57:13.31	00:56:45.39	
915	1650	DANIEL MARTINS	M	36	243	00:57:14.06	00:56:46.14	
916	1647	PAULO DOMINGUES	M	40	155	00:57:14.27	00:56:45.14	
917	1572	NEVES SILVA	M	65	82	00:57:14.88	00:56:58.48	C FERROV PORTUGAL
918	803	MARGARIDA MARQUES	F	44	48	00:57:14.98	00:56:52.78	IMASAMS
919	884	NUNO CARVALHO	M	42	156	00:57:15.38	00:55:49.94	SS MONTEPIO
920	1007	LUIS COUTINHO	M	40	157	00:57:15.55	00:56:42.48	MAD MAX TEAM
921	1077	RITA RAMOS	F	38	49	00:57:16.11	00:56:51.99	
922	953	BRUNO PEREIRA	M	23	244	00:57:16.53	00:55:34.86	
923	1159	PAULO BAILAO	M	47	146	00:57:19.24	00:55:55.43	SS CGD
924	451	CARLOS SOUSA	M	41	158	00:57:21.92	00:56:18.72	CAMARA LISBOA CLUBE



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925	1215	VERA GOMES	F	39	50	00:57:22.24	00:56:24.88	LEBRES DE DOMINGO
926	674	ALEXANDRA SANTOS	F	35	51	00:57:23.50	00:55:42.03	PÉ DE ATLETA
927	692	LIGIA VALERIO	F	34	32	00:57:23.94	00:55:37.62	
928	1620	ROBERTO FREITAS	M	42	159	00:57:26.25	00:57:03.70	
929	810	ALBANO GINJA	M	61	83	00:57:27.77	00:56:41.91	C SARGENTO ARMADA
930	811	ANTÓNIO PESSOA	M	59	69	00:57:27.80	00:56:41.96	C SARGENTO ARMADA
931	767	MARCO BAPTISTA	M	36	245	00:57:28.46	00:56:41.78	
932	770	ANA ZARCOS	M	37	246	00:57:28.49	00:56:41.65	
933	146	AURÉLIO CALADO	M	68	84	00:57:28.64	00:56:03.68	4 AO KM
934	516	JOAO J FONSECA	M	46	147	00:57:29.05	00:57:17.96	
935	455	RUI GODINHO	M	48	148	00:57:29.53	00:57:16.71	SALGUEIROS RUNNING
936	1205	GILBERTO GONÇALVES	M	69	85	00:57:29.89	00:55:46.26	CAA BELEM
937	454	SANDRA AGUIAR	F	43	52	00:57:29.94	00:57:16.62	SALGUEIROS RUNNING
938	1059	FILIPPE LEITE	M	38	247	00:57:31.71	00:55:47.20	
939	932	PAULO MORAIS	M	44	160	00:57:33.45	00:56:59.70	CCDT METRO LX
940	1094	SAMUEL ROSADO	M	40	161	00:57:33.82	00:56:16.84	
941	1537	TAM AFONSO	M	65	86	00:57:38.71	00:57:24.65	TRANQUILIDADE
942	694	TIAGO CORTEGAÇA	M	29	248	00:57:40.34	00:56:04.94	SISCOG
943	1288	ANTÓNIO SOARES	M	57	70	00:57:40.51	00:56:04.40	TREVODEQUATROFOLHAS
944	333	RUI FERNANDES	M	45	149	00:57:40.69	00:56:53.43	
945	1340	ALEXANDRA COSTA	F	46	27	00:57:41.92	00:56:39.76	C MILLENNIUM BCP
946	542	MÓNICA A D SANTOS	F	40	53	00:57:42.66	00:56:51.19	
947	1136	JOSÉ PEDRO	M	52	121	00:57:43.49	00:57:29.41	
948	1453	JOÃO P PAIS	M	45	150	00:57:44.10	00:56:06.16	
949	1236	FRENANDO ALMEIDA	M	50	122	00:57:45.13	00:55:59.33	
950	1297	FRANCISCO GOES	M	43	162	00:57:45.21	00:56:31.95	
951	1047	FILIPPE OLIVEIRA	M	28	249	00:57:45.59	00:56:29.57	
952	413	JOÃO VALENTE	M	24	250	00:57:46.11	00:56:24.07	CARACÓIS TURBINADOS
953	1552	SANDER PECHHOLT	M	28	251	00:57:47.50	00:56:57.49	
954	95	NUNO MOLERO	M	45	151	00:57:48.10	00:57:36.57	
955	1557	INÊS R D SILVA	F	31	33	00:57:48.58	00:56:59.01	
956	1350	PAULO ARSENIO	M	47	152	00:57:51.62	00:57:31.96	C MILLENNIUM BCP
957	246	VERA CARVALHO	F	35	54	00:57:51.70	00:56:13.88	TEC S RED POWER
958	1304	SERGIO ANJOS	M	70	87	00:57:54.01	00:57:16.06	C MILLENNIUM BCP
959	74	PAULO SOUSA	M	44	163	00:57:54.53	00:57:30.14	P3P
960	1681	HERMINIA FERREIRA	F	44	55	00:57:54.92	00:56:03.61	
961	290	SUSANA MENDES	F	38	56	00:57:55.81	00:57:11.66	SIMECQ



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962	1124	HENRIQUE VELOSO	M	39	252	00:57:55.88	00:55:39.76	
963	327	IOLANDA VAZ	F	36	57	00:57:56.63	00:56:46.32	
964	798	JOAO MELO	M	45	153	00:57:56.84	00:57:03.78	
965	870	VASILE CONSTANTIN	M	26	253	00:57:57.17	00:55:45.38	PERSONAL & GROUP TRAINING
966	1318	TIAGO ROSA	M	34	254	00:57:57.61	00:56:58.86	C MILLENNIUM BCP
967	1394	DAVID ALMEIDA	M	46	154	00:57:58.40	00:56:31.12	
968	32	BRUNO MONTEIRO	M	45	155	00:57:59.36	00:57:33.71	OCEAN
969	538	ANDREIA CASTANHEIRA	F	36	58	00:57:59.92	00:57:51.12	
970	485	SOFIA AMBRIOSIO	F	40	59	00:58:00.80	00:57:51.03	
971	172	MANUEL CORREIA	M	41	164	00:58:01.52	00:56:09.62	CLUBE NOVO BANCO
972	1020	JORGE MANUEL	M	53	123	00:58:01.77	00:56:27.43	
973	813	CÁTIA CÂMARA	F	32	34	00:58:02.42	00:57:11.30	C SARGENTO ARMADA
974	272	LORENZO C BELMEZ	M	58	71	00:58:04.17	00:56:35.52	
975	1021	FRANCISCO COITO	M	66	88	00:58:06.34	00:56:43.62	CLUBE MARGINAL
976	1022	MANUEL GOMES	M	52	124	00:58:06.61	00:56:44.91	CLUBE MARGINAL
977	232	PAULO MARTINS	M	49	156	00:58:06.68	00:57:30.64	CASEBRE
978	1023	RICHARD JESUS	M	37	255	00:58:07.46	00:56:45.64	CLUBE MARGINAL
979	1287	JOÃO RESENDE	M	51	125	00:58:07.94	00:57:02.66	
980	849	MÁRIO ANJO	M	53	126	00:58:08.70	00:57:16.27	MATILHA RADICAL
981	850	GESSINA MENDES	F	49	28	00:58:11.15	00:57:19.15	MATILHA RADICAL
982	1584	CARLOS CHANÇA	M	43	165	00:58:11.39	00:57:56.08	EGGBITE
983	1633	SARA GOMES	F	21	35	00:58:11.86	00:57:49.26	
984	62	JULIAN PERELMAN	M	42	166	00:58:12.07	00:57:00.67	GOLFINHOS
985	848	PATRÍCIA JEREMIAS	F	40	60	00:58:12.07	00:57:03.71	MATILHA RADICAL
986	1095	LUCIO SILVA	M	51	127	00:58:12.53	00:56:30.34	
987	494	NELSON A P CORREIA	M	38	256	00:58:12.62	00:56:39.65	BEST FRIENDS 4EVER
988	495	RICARDO MACHADO	M	37	257	00:58:13.35	00:56:41.12	BEST FRIENDS 4EVER
989	1241	RENATO MOREIRA	M	32	258	00:58:14.24	00:56:27.29	NAVIGATOR CLUBE SETUBAL
990	1386	PAULO ANTUNES	M	50	128	00:58:15.25	00:57:15.17	LESMAS ALOPRADAS
991	43	DAVID FEIJÃO	M	39	259	00:58:15.63	00:57:48.15	
992	44	DINA SILVA	F	34	36	00:58:16.38	00:57:48.89	
993	245	FILIPA ABREU	F	32	37	00:58:18.50	00:57:47.59	THE LAST ONES
994	342	MARISA SERRA	F	46	29	00:58:19.09	00:56:46.90	ANSELMINHO RUNNERS
995	598	NUNO CARDOSO	M	45	157	00:58:19.53	00:56:52.26	
996	1038	ANA PEREIRA	F	41	61	00:58:20.68	00:58:04.14	GDCT IN CM
997	1001	NÂNCI BÔTO	F	25	38	00:58:21.26	00:58:13.82	CORRER LISBOA
998	1617	JOÃO NITA	M	44	167	00:58:22.90	00:56:37.90	EX FEDERADOS



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999	1011	NUNO CRUZ	M	26	260	00:58:23.93	00:57:05.87	
1000	145	VITOR GONÇALVES	M	48	158	00:58:24.23	00:57:04.50	4 AO KM
1001	976	JEAN RAFAEL	M	27	261	00:58:24.32	00:57:06.58	
1002	621	PAULA REGO	F	46	30	00:58:24.68	00:57:44.03	
1003	144	ISADORA COSTA	F	30	39	00:58:25.12	00:57:05.31	4 AO KM
1004	1338	JOAQUIM FULGENCIO	M	60	89	00:58:25.52	00:57:41.18	C MILLENNIUM BCP
1005	461	JUDITE BAIXINHO	F	31	40	00:58:25.56	00:57:37.75	SANTIAGO FC
1006	1390	MAFALDA ALMEIDA	M	30	262	00:58:25.66	00:58:02.33	VESPERTINOS
1007	1662	CARLOS COSTA	M	47	159	00:58:25.67	00:57:20.77	
1008	491	PEDRO MORGADO	M	36	263	00:58:26.62	00:58:12.07	OS TEIXEIRAS
1009	1235	LUIS M MORAIS	M	54	129	00:58:28.72	00:57:05.63	
1010	877	CARLOS SILVA	M	49	160	00:58:29.38	00:57:50.68	SS MONTEPIO
1011	951	LUIS MORGADO	M	44	168	00:58:30.10	00:57:22.31	
1012	667	DIANA MORAIS	F	27	41	00:58:30.29	00:56:31.62	LEBRE D AVENIDA DE ROMA
1013	1444	LUIS BOURGARD	M	36	264	00:58:30.77	00:56:57.30	PEGADA SIDERAL
1014	1407	JORGE ALMEIDA	M	69	90	00:58:32.15	00:56:53.92	CAA BELEM
1015	1002	ANA R BÔTO	F	40	62	00:58:33.11	00:58:25.20	CORRER LISBOA
1016	913	SERAFIM MARQUES	M	68	91	00:58:34.50	00:57:37.88	ASAS
1017	912	HELENA CUNHA	F	59	31	00:58:34.59	00:57:39.30	ASAS
1018	613	CRISTINA PITA	F	30	42	00:58:35.67	00:58:01.06	CARACOLETAS
1019	192	XANA FILIPE	F	46	32	00:58:36.12	00:57:26.42	CLUBE NOVO BANCO
1020	206	VANDA SEQUEIRA	F	41	63	00:58:36.40	00:57:57.21	C COLAB AGEAS
1021	861	SOLANGE ALEIXO	F	28	43	00:58:39.40	00:57:57.90	DAIKIN TEAM
1022	1424	PEDRO ALMEIDA	M	30	265	00:58:40.10	00:57:58.35	DAIKIN TEAM
1023	240	FERNANDO PEREIRA	M	46	161	00:58:41.40	00:57:30.66	AZEITÃO RUNNING
1024	362	RODRIGO C	M	41	169	00:58:41.45	00:57:52.05	SISCOG
1025	264	BERTO MARINHO	M	73	92	00:58:45.04	00:57:21.09	CA PATAMEIRAS
1026	1060	DIOGO FILIPE	M	30	266	00:58:47.62	00:58:13.29	
1027	761	TITO ANDRADE	M	45	162	00:58:51.27	00:57:12.35	LONERANGER
1028	199	ANA MATIAS	F	52	33	00:58:51.67	00:57:13.62	C COLAB AGEAS
1029	1096	TIAGO CANHOTO	M	46	163	00:58:53.11	00:57:04.55	
1030	386	RAQUEL DUARTE	F	39	64	00:58:53.50	00:57:42.30	GDC FIDELIDADE
1031	1200	TINA OLIVEIRA	F	53	34	00:58:53.78	00:58:28.02	AMINHACORRIDA
1032	481	JORGE FERREIRA	M	52	130	00:58:58.56	00:57:48.44	
1033	1085	CARLOS ALVES	M	48	164	00:58:58.78	00:57:41.60	
1034	726	GUILHERME PEREIRA	M	18	267	00:58:59.39	00:57:32.85	432 EVENTOS
1035	722	PEDRO PEREIRA	M	46	165	00:58:59.67	00:57:32.69	432 EVENTOS



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1036	1500	JOANA VAZ	F	34	44	00:59:00.77	00:58:00.55	
1037	1499	ANDRÉ VAZ	M	32	268	00:59:00.98	00:58:00.31	
1038	663	SARA MADEIRA	F	41	65	00:59:02.33	00:57:25.12	
1039	1052	MIGUEL D CARDOSO	M	42	170	00:59:04.57	00:57:49.00	
1040	628	TIAGO VITORINO	M	30	269	00:59:07.44	00:57:19.02	CARACÓIS DO ASFALTO
1041	890	PAULO JERÓNIMO	M	55	72	00:59:08.25	00:58:39.64	
1042	212	EDUARDO AMORIM	M	46	166	00:59:14.72	00:57:21.17	
1043	1204	LUIZ ROSA	M	64	93	00:59:21.41	00:58:24.35	CAA BELEM
1044	612	ANA SILVA	F	31	45	00:59:23.65	00:58:49.67	CARACOLETAS
1045	248	MARIA CARVALHO	F	45	35	00:59:23.69	00:57:48.14	TEC S RED POWER
1046	897	RUI C CABRAL	M	50	131	00:59:23.85	00:57:38.53	
1047	1280	CRISTINA ROCHA	F	36	66	00:59:27.34	00:57:42.89	
1048	617	ANA ALMEIDA	F	40	67	00:59:27.92	00:57:50.38	SPORTINGS DE ALMEIDA
1049	889	JOAO DIEGUES	M	46	167	00:59:29.37	00:58:04.73	SS MONTEPIO
1050	697	DANIEL GUIMARÃES	M	29	270	00:59:30.58	00:57:54.29	
1051	1177	NUNO PRATES	M	47	168	00:59:30.72	00:57:55.25	
1052	531	RUI RIBEIRO	M	44	171	00:59:31.20	00:57:43.92	
1053	291	OLGA GALVÃO	F	54	36	00:59:31.88	00:58:48.47	SIMECQ
1054	50	PEDRO OLIVEIRA	M	38	271	00:59:34.62	00:58:15.18	
1055	57	CARLOS TEIXEIRA	M	44	172	00:59:36.15	00:58:01.17	
1056	58	CLAUDIA GONÇALVES	F	41	68	00:59:36.42	00:58:02.04	
1057	656	FILIPA BARBOSA	F	34	46	00:59:36.92	00:58:22.10	
1058	1010	JOÃO DUARTE	M	65	94	00:59:37.27	00:59:06.33	
1059	1074	PEDRO DIAS	M	46	169	00:59:37.33	00:58:56.78	
1060	1365	CARLA OLIMPIO	F	35	69	00:59:37.69	00:58:14.73	C MILLENNIUM BCP
1061	655	RUI MELO	M	37	272	00:59:38.51	00:58:23.89	
1062	661	ALEXANDRA MARTO	F	43	70	00:59:38.54	00:58:34.78	
1063	1325	VIRGILIO FERREIRA	M	63	95	00:59:39.69	00:58:40.64	C MILLENNIUM BCP
1064	1043	MARIA G GOULAR	F	50	37	00:59:40.72	00:59:26.28	GDCT IN CM
1065	469	MÁRIO R P SILVA	M	58	73	00:59:44.57	00:59:27.45	
1066	777	FLAVIA PENAM	F	29	47	00:59:45.43	00:59:35.84	
1067	675	CARLA SILVA	F	47	38	00:59:45.72	00:58:03.26	PÉ DE ATLETA
1068	1487	JORGE CURVELO	M	45	170	00:59:46.07	00:58:08.63	BELEM RUNNERS
1069	1623	MANUEL MESTRE	M	59	74	00:59:46.26	00:58:08.98	
1070	1484	ANDRE HENRIQUES	M	21	273	00:59:46.38	00:58:09.22	BELEM RUNNERS
1071	352	ORLANDO MARTA	M	46	171	00:59:47.58	00:58:25.77	
1072	37	ANDRÉ PIRES	M	28	274	00:59:50.00	00:58:59.58	CD AMIGOS PACO NASSA



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1073	34	BRUNO FERNANDES	M	37	275	00:59:50.04	00:59:05.80	CD AMIGOS PACO NASSA
1074	1024	ANTÓNIO GASPAR	M	74	96	00:59:51.04	00:56:22.79	GDCT IN CM
1075	599	NELIA COUTO	F	52	39	00:59:51.41	00:59:25.29	
1076	566	RUI MARTINS	M	56	75	00:59:51.49	00:59:37.33	
1077	1129	IRINA PEDRO	F	37	71	00:59:52.78	00:59:41.68	
1078	337	SUSANA MAIA	F	30	48	00:59:52.83	00:58:16.61	SURI
1079	338	RICARDO AUGUSTO	M	32	276	00:59:53.00	00:58:16.03	SURI
1080	1548	MICHELE CORREIA	F	45	40	00:59:54.35	00:58:37.49	AA LISBOA
1081	1412	HUANA VIANA	F	23	49	00:59:54.93	00:59:03.46	MATILHA RADICAL
1082	1628	ISAC DINIS	M	67	97	00:59:55.18	00:59:04.74	C BENFICA SEIXAL
1083	155	CARLA CORREIA	F	42	72	00:59:56.57	00:58:05.87	CLUBE NOVO BANCO
1084	477	ANA ESTEVES	F	44	73	00:59:58.25	00:58:53.36	
1085	650	MÁRIO BRANQUINHO	M	40	173	00:59:59.09	00:59:07.51	OS CHARROCOS
1086	652	LUIS RAPOSO	M	42	174	01:00:00.02	00:59:08.90	OS CHARROCOS
1087	391	HELENA VASCONCELOS	F	40	74	01:00:00.20	00:58:48.81	GDC FIDELIDADE
1088	649	MARIO MIRA	M	51	132	01:00:00.27	00:59:08.72	OS CHARROCOS
1089	1285	ANTÓNIO PIRES	M	55	76	01:00:00.44	00:59:28.39	AMIGOS
1090	1384	ANABELA RUIVO	F	45	41	01:00:00.44	00:58:53.97	
1091	1257	CARLA P FERNANDES	F	41	75	01:00:00.88	00:58:21.30	CORRER LISBOA
1092	1383	LUÍS NABAIS	M	36	277	01:00:01.84	00:58:54.32	
1093	1118	IVO JOAQUIM	M	46	172	01:00:03.93	00:58:11.70	
1094	1426	ANTÓNIO MARTINS	M	46	173	01:00:04.06	00:59:22.94	RUN2FINISH.PT
1095	1427	JOAQUIM SIMÃO	M	55	77	01:00:04.20	00:58:46.60	RUN2FINISH.PT
1096	457	JOSÉ J ROBALO	M	63	98	01:00:05.03	00:58:25.11	
1097	1272	LIDIA LOPES	F	56	42	01:00:06.43	00:58:07.76	GD SANTANDER TOTTA
1098	75	MARIA SILVA	F	48	43	01:00:07.80	00:59:13.09	
1099	691	ARMANDO LUIS	M	70	99	01:00:14.48	00:59:20.24	
1100	948	MARCO DIAS	M	40	175	01:00:14.95	00:59:02.35	GDC FIDELIDADE
1101	383	JOSÉ C ALVES	M	65	100	01:00:15.15	00:59:00.59	GDC FIDELIDADE
1102	390	CARLA GUERREIRO	F	40	76	01:00:15.23	00:59:02.26	GDC FIDELIDADE
1103	1152	LUIS BASTOS	M	56	78	01:00:15.47	00:59:35.59	SS CGD
1104	1353	MANUEL LOPES	M	42	176	01:00:16.51	00:58:59.40	C MILLENNIUM BCP
1105	847	GRAÇA C PEREIRA	F	49	44	01:00:19.62	00:59:11.73	MATILHA RADICAL
1106	635	ANTONIO HENRIQUES	M	59	79	01:00:22.10	00:58:50.76	
1107	1432	JUSTILIANO M SILVA	M	64	101	01:00:23.57	00:59:44.97	FALCÕES SELVAGENS
1108	1041	DORA SOUSA	F	38	77	01:00:23.97	01:00:08.37	GDCT IN CM
1109	1456	RAÚL COSTA	M	57	80	01:00:28.59	00:59:26.67	CLUBE ROBBIALAC



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1110	1220	ARMANDO GONÇALVES	M	65	102	01:00:32.58	00:59:43.45	CCDT AUT ALMADA
1111	724	CAROLINA FONSECA	F	34	50	01:00:32.71	00:59:05.20	432 EVENTOS
1112	1270	RUI PINTO	M	53	133	01:00:42.60	00:59:05.95	
1113	463	JOSÉ EUGÉNIO	M	56	81	01:00:44.57	00:59:56.24	
1114	539	TERESA MORAIS	F	45	45	01:00:46.98	01:00:20.50	
1115	28	HELIO BALINHA	M	37	278	01:00:47.13	00:59:58.57	
1116	1400	LUIS ANDRÉ	M	35	279	01:00:47.32	00:59:56.02	TRAIL RUNNERS DA PONTE
1117	190	SUSANA ALEXANDRE	F	31	51	01:00:47.86	00:59:09.08	CLUBE NOVO BANCO
1118	478	MILENA ALIPIO	F	50	46	01:00:49.16	00:59:03.94	Os papos secos
1119	330	RICARDO FONSECA	M	41	177	01:00:50.39	00:59:19.66	CP IVA
1120	1271	DINIS SOUSA	M	76	103	01:00:51.20	00:58:52.64	GD SANTANDER TOTTA
1121	524	VASCO PIPA	M	54	134	01:00:58.50	00:59:25.36	
1122	1153	MANUEL BAPTISTA	M	53	135	01:01:01.96	01:00:27.08	SS CGD
1123	166	JORGE MÁXIMO	M	43	178	01:01:08.01	01:00:28.54	CLUBE NOVO BANCO
1124	576	ILDA SIMOES	F	46	47	01:01:08.65	01:00:47.48	VALEJAS AC
1125	326	JORGE PLACIDO	M	67	104	01:01:10.16	01:00:57.23	
1126	685	JOÃO C BORGES	M	50	136	01:01:10.19	00:59:42.90	TEJAVISTA
1127	205	SILVIA D Ó	F	33	52	01:01:10.67	00:59:32.22	C COLAB AGEAS
1128	1531	HELENA SANTOS	F	55	48	01:01:10.94	00:59:43.98	TRANQUILIDADE
1129	198	ANA GOMES	F	31	53	01:01:14.71	00:59:36.43	C COLAB AGEAS
1130	143	JOÃO LIMA	M	57	82	01:01:15.89	00:59:55.06	4 AO KM
1131	335	ALIONA GUTU	F	28	54	01:01:18.99	01:00:22.34	
1132	571	SÉRGIO CAVACO	M	44	179	01:01:19.70	01:01:09.63	VOLKSWAGEN AUTOEUROPA
1133	1213	LUCIA GONÇALVES	F	42	78	01:01:19.70	01:00:25.81	
1134	1497	PATRICIA TAVARES	F	38	79	01:01:19.74	00:59:58.43	SS CGD
1135	593	FRANCISCO J C PAULOS	M	40	180	01:01:20.53	00:59:56.14	BANDIDOS
1136	595	CESÁRIO CARAPETA	M	46	174	01:01:21.46	00:59:56.96	BANDIDOS
1137	594	SIMÃO SANTANA	M	40	181	01:01:21.50	00:59:57.58	BANDIDOS
1138	1443	HUGO LUIS	M	37	280	01:01:22.04	00:59:49.63	PEGADA SIDERAL
1139	1442	HUGO GOMES	M	35	281	01:01:22.27	00:59:48.99	PEGADA SIDERAL
1140	427	LUCIA CORTINHAL	F	45	49	01:01:22.96	01:00:34.32	ECI RUNNING TEAM
1141	1245	MIGUEL GRAÇA	M	42	182	01:01:23.60	01:00:14.88	
1142	1612	JOÃO BRITO	M	29	282	01:01:26.00	00:59:38.90	
1143	1611	TATIANA SOEIRO	F	26	55	01:01:26.06	00:59:40.31	
1144	1371	CELINA JORGE	F	35	80	01:01:31.27	00:59:53.52	
1145	1100	LARA VELOSO	F	42	81	01:01:31.31	01:00:14.42	
1146	1135	JOAO AZEVEDO	M	35	283	01:01:31.46	01:01:21.22	AMIGOS DO AZEVEDO



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1147	209	IGOR COSTA	M	25	284	01:01:37.69	01:01:08.22	
1148	1314	ACACIO LOPES	M	50	137	01:01:39.99	01:00:49.08	C MILLENNIUM BCP
1149	492	JOÃO GOMES	M	66	105	01:01:41.99	01:00:02.12	
1150	1430	PAULO PEREIRA	M	34	285	01:01:43.25	01:00:47.79	FORTÍSSIMOS RUNNING TEAM
1151	479	SANDRA ATALHO	F	46	50	01:01:43.89	00:59:59.33	Os papos secos
1152	480	CUSTODIO ATALHO	M	43	183	01:01:43.94	00:59:59.18	Os papos secos
1153	1277	CARLOS SILVA	M	32	286	01:01:44.46	01:00:48.30	
1154	415	ÁLVARO JORGE	M	60	106	01:01:44.94	01:00:22.64	CARACÓIS TURBINADOS
1155	900	PAULO PADRÃO	M	49	175	01:01:47.26	01:00:44.95	
1156	837	JOÃO SEQUEIRA	M	41	184	01:01:52.84	01:00:11.90	CORRER LISBOA
1157	838	SHEILA SANTOS	F	41	82	01:01:52.90	01:00:11.77	CORRER LISBOA
1158	404	ANTÓNIO PINHO	M	65	107	01:01:53.44	01:01:20.10	AA LEBRES SADO
1159	522	LÉNIO F MARINHO	M	63	108	01:01:55.90	01:01:43.37	SALGUEIROS RUNNING
1160	501	NUNO GONÇALVES	M	64	109	01:01:55.98	01:01:11.97	KEEP RUNNING
1161	607	MARIA J POEIRA	F	53	51	01:01:56.86	01:00:16.09	ROTA D OSSA
1162	683	ISABEL CARAPETA	F	50	52	01:01:57.58	01:00:17.32	ROTA D OSSA
1163	1498	PAULA ROCHA	F	47	53	01:01:57.99	01:01:37.54	
1164	671	SANDRA SERRANO	F	43	83	01:01:58.56	01:00:18.11	ROTA D OSSA
1165	509	LUÍS SANTIAGO	M	49	176	01:01:58.93	01:00:18.11	ROTA D OSSA
1166	624	CAROLINA SERRA	F	26	56	01:01:59.22	01:00:18.70	
1167	623	SANDRA BATISTA	F	45	54	01:01:59.25	01:00:20.52	CORRER LISBOA
1168	915	FILOMENA COSTA	F	51	55	01:01:59.37	01:00:19.97	CORRER LISBOA
1169	493	INÉS A BERNARDO	F	13	57	01:02:01.03	01:01:34.99	
1170	340	MANUEL SEQUEIRA	M	67	110	01:02:03.27	01:00:48.13	GDCT REPSOL POLÍMEROS
1171	448	JOAO FIGUEIREDO	M	61	111	01:02:06.13	01:01:04.42	CAMARA LISBOA CLUBE
1172	441	PAULA LEITAO	F	43	84	01:02:06.49	01:01:02.06	CAMARA LISBOA CLUBE
1173	851	ANTÓNIO GASPAR	M	55	83	01:02:08.54	01:01:08.78	MATILHA RADICAL
1174	746	MADALENA PINA	F	50	56	01:02:08.64	01:01:40.80	
1175	852	VIRGÍNIA BORDEIRA	F	54	57	01:02:10.70	01:01:08.67	MATILHA RADICAL
1176	796	SOFIA CÂNDIDO	F	46	58	01:02:10.92	01:01:05.60	
1177	729	ANGELA SANTOS	F	30	58	01:02:11.31	01:01:36.09	
1178	730	MÁRCIA NETO	F	38	85	01:02:11.46	01:01:34.97	
1179	795	MARIA J GONÇALVES	F	50	59	01:02:11.89	01:01:06.58	
1180	347	JOSÉ AMARAL	M	55	84	01:02:13.94	01:00:36.14	FALCÕES SELVAGENS
1181	177	MOISÉS FERNANDES	M	49	177	01:02:14.96	01:01:32.79	CLUBE NOVO BANCO
1182	176	MÁRIO GODINHO	M	44	185	01:02:18.06	01:01:39.72	CLUBE NOVO BANCO
1183	154	PAULA GODINHO	F	46	60	01:02:18.13	01:01:37.51	CLUBE NOVO BANCO



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1184	1415	AUGUSTO FERREIRA	M	47	178	01:02:18.51	01:01:05.92	CORRER LISBOA
1185	1560	RICARDO CHAINHO	M	34	287	01:02:19.22	01:00:55.57	
1186	373	JOAQUIM FRAGOSO	M	68	112	01:02:21.92	01:00:57.15	
1187	1332	LUIS SILVA	M	49	179	01:02:23.83	01:01:07.84	C MILLENNIUM BCP
1188	1621	PAULA MAIA	F	44	86	01:02:28.70	01:02:07.80	
1189	401	RENATA GOMES	F	36	87	01:02:33.40	01:01:26.29	AS LEBRES
1190	474	CARLA NUNES	F	40	88	01:02:41.68	01:01:38.69	
1191	609	NUNO LOUREIRO	M	51	138	01:02:45.25	01:02:05.74	FALCÕES SELVAGENS
1192	355	ACIDÁLIO FIGUEIREDO	M	62	113	01:02:47.92	01:01:13.90	
1193	1005	JORGE FRADIQUE	M	58	85	01:02:51.39	01:01:42.15	TEAMOLENGA
1194	911	ANA SILVESTRE	F	42	89	01:02:52.64	01:01:13.54	CORRER LISBOA
1195	825	VITOR LUCAS	M	54	139	01:02:55.65	01:02:36.17	
1196	1102	SUSANA GUERREIRO	F	41	90	01:02:58.83	01:01:42.38	
1197	1103	VITOR TEIXEIRA	M	58	86	01:02:59.21	01:01:32.70	
1198	723	PAULO PEREIRA	M	53	140	01:02:59.88	01:01:33.29	432 EVENTOS
1199	1130	ANA C D GOMES	F	28	59	01:03:01.06	01:02:45.61	STRACCIATELLA
1200	751	ALEXANDRA FERREIRA	F	42	91	01:03:03.28	01:02:35.09	
1201	476	JOANA CARVALHAL	F	35	92	01:03:03.41	01:02:06.39	
1202	1451	LUIS FARINHA	M	48	180	01:03:03.80	01:02:21.25	SS MONTEPIO
1203	1299	PEDRO PEREIRA	M	51	141	01:03:04.73	01:02:04.61	C MILLENNIUM BCP
1204	1330	M ^a A FOLQUES	F	48	61	01:03:04.78	01:02:05.06	C MILLENNIUM BCP
1205	1319	ANA CARVALHO	F	41	93	01:03:05.62	01:02:06.10	C MILLENNIUM BCP
1206	129	BRUNO VALENTE	M	30	288	01:03:11.48	01:01:07.05	KILLING US SOFTLY
1207	797	MARTINHO ROQUE	M	49	181	01:03:11.61	01:01:47.38	
1208	429	CÁTIA TORRES	F	34	60	01:03:15.48	01:02:01.52	
1209	1654	CARLA FANECO	F	43	94	01:03:18.29	01:01:21.18	
1210	98	LUIS DOMINGOS	M	56	87	01:03:18.51	01:01:45.33	SPIRIDON
1211	163	JOÃO NOGUEIRA	M	53	142	01:03:19.53	01:02:32.86	CLUBE NOVO BANCO
1212	128	RUBEN QUINTAS	M	30	289	01:03:24.54	01:01:18.09	KILLING US SOFTLY
1213	604	ANTÓNIO GUEDES	M	47	182	01:03:27.79	01:01:57.82	LISBON MOONLIGHT RUNNERS
1214	1445	ANTÓNIO SILVA	M	56	88	01:03:28.56	01:02:23.05	
1215	865	JOANA CARDOSO	F	33	61	01:03:31.50	01:01:21.17	PERSONAL & GROUP TRAINING
1216	24	NUNO PAZ	M	33	290	01:03:33.16	01:02:09.82	
1217	25	ALEXANDRA PAZ	F	33	62	01:03:33.97	01:02:10.90	
1218	1151	LIDIA BILAO	M	48	183	01:03:36.00	01:02:12.02	SS CGD
1219	1063	PEDRO NABAIS	M	25	291	01:03:36.88	01:02:25.78	ALDIPONTENSES
1220	307	MARIA H TAVARES	F	51	62	01:03:37.00	01:02:53.42	AS PRIMEIRAS



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1221	1343	NELSON GUIMARAES	M	70	114	01:03:37.63	01:02:55.70	C MILLENNIUM BCP
1222	708	SÓNIA ANDRADE	F	44	95	01:03:39.34	01:02:44.94	CCD CRÉDITO AGRÍCOLA MÚTUO
1223	430	ERMELINDA OLIVEIRA	F	41	96	01:03:41.85	01:01:59.97	
1224	431	CARLOS M F ELIAS	M	48	184	01:03:42.14	01:02:00.37	
1225	1481	CRISTINA FERREIRA	F	41	97	01:03:44.87	01:02:37.61	ASAS DE ALMADA
1226	423	ANA MADEIRA	M	44	186	01:03:45.90	01:02:36.27	GDCT UNICRE
1227	820	JOÃO RAMOS	M	57	89	01:03:47.79	01:03:24.53	
1228	1478	JOSÉ CATITA	M	59	90	01:03:52.80	01:01:59.73	
1229	1525	CLAUDIA TAM	F	36	98	01:03:53.68	01:01:59.91	TRANQUILIDADE
1230	1013	PAULO RODRIGUES	M	54	143	01:03:56.57	01:03:26.73	
1231	1625	MÁRIO FERREIRA	M	49	185	01:03:58.26	01:03:03.27	
1232	1471	MARCO BAPTISTA	M	40	187	01:04:04.37	01:02:25.96	GDC BANCO PORTUGAL
1233	1470	ANA BAPTISTA	F	37	99	01:04:04.67	01:02:27.75	GDC BANCO PORTUGAL
1234	341	ANA MADEIRA	F	37	100	01:04:06.63	01:02:19.51	
1235	1334	LEONEL FERREIRINHA	M	69	115	01:04:06.76	01:03:44.41	C MILLENNIUM BCP
1236	510	FRANCISCO SARRASQUEIRO	M	70	116	01:04:09.47	01:02:33.72	
1237	1345	HENRIQUE ALVES	M	55	91	01:04:09.57	01:02:51.03	C MILLENNIUM BCP
1238	1389	JOÃO CONCEIÇÃO	M	31	292	01:04:10.37	01:03:46.60	VESPERTINOS
1239	217	ORLANDO SILVA	M	65	117	01:04:11.03	01:02:38.73	
1240	1391	PAULO PATRICIO	M	47	186	01:04:11.03	01:03:47.10	VESPERTINOS
1241	1331	CARLOS CONCEICAO	M	55	92	01:04:14.24	01:02:44.58	C MILLENNIUM BCP
1242	1351	OLGA LOPES	M	42	188	01:04:17.14	01:04:11.82	C MILLENNIUM BCP
1243	1066	JOSE RIBEIRO	M	73	118	01:04:21.96	01:03:21.09	
1244	1112	RODOLFO LEMOS	M	35	293	01:04:23.42	01:03:09.01	
1245	1207	JOSE MOREIRA	M	27	294	01:04:23.90	01:04:12.83	
1246	1583	SANDRA SOUSA	F	40	101	01:04:24.23	01:03:37.70	
1247	1053	PEDRO FRANCISCO	M	46	187	01:04:25.19	01:03:08.27	
1248	1540	MANUEL OLIVEIRA	M	78	119	01:04:32.45	01:03:06.95	SS CGD
1249	76	MÁRIO PIRES	M	58	93	01:04:45.34	01:02:49.92	
1250	389	CÁTIA COSTA	F	43	102	01:04:54.09	01:03:35.69	GDC FIDELIDADE
1251	325	MARIA D CARMO	F	61	63	01:04:56.58	01:04:45.01	
1252	826	OLIVIA LUCAS	F	52	64	01:04:58.81	01:04:39.98	
1253	280	SARA FARO	F	40	103	01:04:59.96	01:03:12.08	
1254	137	RITA MESTRE	F	35	104	01:05:05.03	01:03:48.36	
1255	1048	FILIPA ARESTA	F	35	105	01:05:05.22	01:03:48.10	
1256	1378	PEDRO B JUNIOR	M	17	295	01:05:05.53	01:04:49.15	CASA DA DIZIMA
1257	1375	PEDRO BAPTISTA	M	37	296	01:05:06.36	01:04:51.92	CASA DA DIZIMA



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1258	400	ANA AFONSO	F	46	65	01:05:08.21	01:03:20.55	
1259	1119	BRUNO RODRIGUES	M	37	297	01:05:08.34	01:03:19.41	
1260	85	GABRIELA MARQUES	F	40	106	01:05:11.04	01:03:56.05	A VALE SILENCIO
1261	629	NELSON MARTINS	M	43	189	01:05:14.69	01:03:25.96	CARACÓIS DO ASFALTO
1262	669	FRANCISCA LORGA	F	29	63	01:05:20.36	01:03:20.22	LEBRE D AVENIDA DE ROMA
1263	452	CARLOS FERREIRA	M	53	144	01:05:21.40	01:04:15.70	CAMARA LISBOA CLUBE
1264	1317	FILIPA MARQUES	F	30	64	01:05:21.68	01:04:30.95	C MILLENNIUM BCP
1265	195	MARIA QUITÉRIA	F	44	107	01:05:26.29	01:03:31.00	ALGYMNS
1266	382	BRUNO VAZ	M	39	298	01:05:27.18	01:04:15.03	GDC FIDELIDADE
1267	1357	JOAO SEBORRO	M	51	145	01:05:29.09	01:04:03.36	C MILLENNIUM BCP
1268	646	HUMBERTO CORREIA	M	54	146	01:05:35.33	01:03:52.86	ND AUTOCOOPE
1269	699	MÓNICA SANTOS	F	40	108	01:05:36.65	01:04:28.70	
1270	403	MAYER RAPOSO	M	70	120	01:05:38.01	01:04:22.04	AA LEBRES SADO
1271	929	JOAO MENDES	M	42	190	01:05:40.58	01:04:53.65	CR SANTOMEN EMPREITEIROS
1272	422	PAULO FRANÇA	M	55	94	01:05:41.99	01:04:32.50	GDCT UNICRE
1273	857	NUNO OLIVEIRA	M	41	191	01:05:44.62	01:04:23.57	
1274	1522	ANA CANAVEIRA	F	50	66	01:05:46.80	01:04:24.33	TRANQUILIDADE
1275	66	DEOLINDA MATOS	F	61	67	01:05:51.02	01:05:21.62	QUARTETO FANTÁSTICO
1276	565	LUIS AZEVEDO	M	56	95	01:05:51.85	01:05:37.56	
1277	68	MÓNICA MUCHAGATA	F	45	68	01:05:51.85	01:05:21.62	QUARTETO FANTÁSTICO
1278	484	JOSÉ PIMENTEL	M	65	121	01:05:52.88	01:05:22.48	
1279	67	ARMANDO MUCHAGATA	M	46	188	01:05:55.61	01:05:25.10	QUARTETO FANTÁSTICO
1280	194	ARTUR DINIS	M	60	122	01:05:55.86	01:05:39.82	ALGYMNS
1281	720	VICTOR LOBO	M	46	189	01:06:00.99	01:05:07.30	CCD CRÉDITO AGRÍCOLA MÚTUO
1282	679	PEDRO RICARDO	M	24	299	01:06:08.97	01:04:22.52	PÉ DE ATLETA
1283	1116	CATARINA VALADAS	F	29	65	01:06:09.22	01:05:01.88	
1284	971	HENRIQUE VILHENA	M	61	123	01:06:11.66	01:04:18.93	CORRER QUELUZ
1285	977	LILIANA LOPES	F	26	66	01:06:12.08	01:04:52.40	
1286	1012	VANESSA ROLIM	F	26	67	01:06:13.06	01:04:54.61	
1287	359	MARIA SIMOES	F	49	69	01:06:13.56	01:06:03.13	
1288	1395	RICARDO GASPAR	M	64	124	01:06:22.19	01:04:30.88	C PRAÇAS ARMADA
1289	459	JOAO M C VARELA	M	62	125	01:06:23.57	01:05:39.48	
1290	1093	JOSE MONTEIRO	M	68	126	01:06:24.64	01:05:26.78	
1291	381	PAULO ALVES	M	53	147	01:06:33.44	01:06:10.11	GDC FIDELIDADE
1292	328	ALTINO SILVA	M	73	127	01:06:35.96	01:05:05.23	CP IVA
1293	360	CARLOS VALÉRIO	M	32	300	01:06:38.68	01:05:16.18	
1294	270	CESAR F GUERRA	M	48	190	01:06:43.12	01:05:01.40	CTJ



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1295	1326	LUIS JANUARIO	M	60	128	01:06:47.00	01:05:38.36	C MILLENNIUM BCP
1296	301	RICARDO VALBONTIM	M	39	301	01:06:51.41	01:05:21.74	
1297	299	JULIA FILIPE	F	40	109	01:06:51.70	01:05:21.17	
1298	300	SUSANA RODRIGUES	F	37	110	01:06:51.74	01:05:20.85	
1299	1655	PEDRO SERRASQUEIRO	M	37	302	01:06:52.80	01:05:16.50	
1300	1076	PAULA FIGUEIREDO	F	60	70	01:06:57.90	01:05:18.18	
1301	1078	ANTONIO CASTRO	M	48	191	01:06:58.31	01:05:59.81	
1302	1457	JOSÉ VILELA	M	53	148	01:07:01.60	01:05:59.65	CLUBE ROBBIALAC
1303	931	ORLANDO SOUSA	M	55	96	01:07:05.44	01:05:15.01	CCDT METRO LX
1304	31	EBERHARD A WILHELM	M	69	129	01:07:05.84	01:05:15.57	4 AO KM
1305	378	ISABEL SILVA	F	45	71	01:07:09.33	01:06:40.53	GDC FIDELIDADE
1306	483	ANABELA VALADAS	F	41	111	01:07:20.32	01:06:48.96	
1307	527	MARIA CAETANO	F	57	72	01:07:23.68	01:07:13.53	
1308	526	LUIA SANTINHOS	F	55	73	01:07:23.85	01:07:13.91	
1309	1341	ANABELA PINELA	F	58	74	01:07:25.76	01:06:24.29	C MILLENNIUM BCP
1310	1069	JOSE DELGADO	M	50	149	01:07:26.52	01:06:06.60	
1311	1070	PATRICIA FIGUEIREDO	F	46	75	01:07:27.02	01:06:07.12	
1312	728	PAULA FARINHA	F	49	76	01:07:34.27	01:06:09.72	432 EVENTOS
1313	160	FERNANDO FILIPE	M	49	192	01:07:39.48	01:06:30.20	CLUBE NOVO BANCO
1314	1333	FERNANDO FERREIRA	M	71	130	01:07:49.63	01:07:37.87	C MILLENNIUM BCP
1315	354	SOFIA DOMINGOS	F	38	112	01:07:50.53	01:05:33.90	TROLLS
1316	1044	ROSA RESENDE	F	49	77	01:07:52.19	01:07:25.34	
1317	283	ANA CABELEIRA	F	30	68	01:07:53.94	01:06:02.90	
1318	1256	ROSALIE DELGADO	F	29	69	01:07:54.10	01:06:02.63	
1319	1348	JOSE VILELA	M	51	150	01:07:57.66	01:06:37.08	C MILLENNIUM BCP
1320	1349	ANA VILELA	F	51	78	01:07:57.76	01:06:38.06	C MILLENNIUM BCP
1321	606	SOFIA GUEDES	F	42	113	01:07:59.86	01:06:31.11	LISBON MOONLIGHT RUNNERS
1322	1035	VITOR CARDOSO	M	40	192	01:08:06.04	01:06:59.43	GDCT IN CM
1323	866	ANA KELLEN	F	26	70	01:08:09.48	01:05:56.63	PERSONAL & GROUP TRAINING
1324	790	JOÃO VEIGA	M	68	131	01:08:14.38	01:07:59.62	
1325	151	ALDA VINAGRE	F	44	114	01:08:17.23	01:07:38.80	CLUBE NOVO BANCO
1326	353	PEDRO GONÇALVES	M	39	303	01:08:19.65	01:06:03.05	TROLLS
1327	1533	LUIS NEVES	M	44	193	01:08:20.82	01:07:45.67	TRANQUILIDADE
1328	363	CLARA SANTOS	F	33	71	01:08:22.21	01:06:48.92	
1329	116	JORGE CEREJEIRO	M	50	151	01:08:24.47	01:07:06.15	ALLINRACE
1330	465	JOSÉ SAFARA	M	61	132	01:08:25.93	01:06:44.25	SAFADOS
1331	1630	MARGARIDA AZEVEDO	F	39	115	01:08:26.71	01:07:46.18	



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1332	1422	SANDRA JOAQUIM	F	43	116	01:08:29.52	01:07:29.09	
1333	936	ARMANDO SILVA	M	62	133	01:08:29.57	01:06:45.58	
1334	1105	MANUEL ROBALO	M	72	134	01:08:30.64	01:06:48.25	
1335	872	SUSANA COSTA	F	37	117	01:08:51.78	01:07:40.70	ALDIPONTENSES
1336	1089	LUIS SILVA	M	76	135	01:08:53.97	01:08:21.85	
1337	1567	JOSE MONIZ	M	69	136	01:08:54.74	01:08:04.19	CR CRUZ DE PAU
1338	949	SUSANA OLIVEIRA	F	41	118	01:08:55.03	01:07:37.75	GDC FIDELIDADE
1339	536	ELISABETH LOUREIRO	F	61	79	01:08:55.73	01:07:12.55	SC CASAINHOS
1340	806	PAULO PEDRO	M	57	97	01:09:01.73	01:08:37.37	IMASAMS
1341	302	LURDES ALVES	F	61	80	01:09:14.43	01:08:29.02	
1342	56	ARMINDO M M MARIA	M	49	193	01:09:14.54	01:08:27.28	RUN FOR FUN
1343	149	RITA CERQUEIRA	F	34	72	01:09:15.60	01:08:26.98	RUN FOR FUN
1344	148	ROSA CARDOSO	F	42	119	01:09:16.49	01:08:28.41	RUN FOR FUN
1345	1636	JORGE ASCENCAO	M	43	194	01:09:23.12	01:08:34.31	
1346	588	CARLA RIBEIRO	F	46	81	01:09:23.44	01:07:57.42	
1347	552	DANIELA TORRES	F	33	73	01:09:25.06	01:08:10.83	
1348	411	JOANA FONSECA	F	34	74	01:09:25.22	01:08:12.91	
1349	752	ANA P LEAL	F	45	82	01:09:26.88	01:08:59.16	
1350	1252	ANA BOTINAS	F	41	120	01:09:27.89	01:07:34.30	
1351	868	ADRIANA CONDENÇA	F	22	75	01:09:36.64	01:07:23.35	PERSONAL & GROUP TRAINING
1352	871	RUI KELLEN	M	24	304	01:09:36.93	01:07:23.46	PERSONAL & GROUP TRAINING
1353	736	CELIA FREIRE	F	39	121	01:09:39.88	01:08:34.29	AMIGOS, CORRIDAS E COPOS
1354	735	NATHALIE BARONET	F	39	122	01:09:40.24	01:08:36.49	AMIGOS, CORRIDAS E COPOS
1355	1123	RICARDO RIBEIRETE	M	27	305	01:09:41.43	01:08:23.12	ULTRA-LEVES DO CPOC
1356	243	VICTORIA SUKHOTSKAYA	F	54	83	01:09:41.51	01:09:01.42	
1357	1081	FABIO P DIAS	M	46	194	01:09:43.37	01:08:13.66	
1358	1122	ANDRE RIBEIRETE	M	42	195	01:09:45.09	01:08:26.35	ULTRA-LEVES DO CPOC
1359	395	ISABEL MAGALHÃES	F	61	84	01:09:45.41	01:08:33.33	
1360	339	LUIS TORRÃO	M	64	137	01:09:45.58	01:08:33.72	GDCT REPSOL POLÍMEROS
1361	329	LUDGERO CALDEIRA	M	73	138	01:09:49.81	01:08:15.00	CP IVA
1362	668	CAROLINA FITAS	F	30	76	01:09:49.84	01:07:49.64	LEBRE D AVENIDA DE ROMA
1363	666	MARIA F BAPTISTA	F	25	77	01:09:50.05	01:07:49.44	LEBRE D AVENIDA DE ROMA
1364	1346	TIAGO MENDES	M	44	196	01:09:51.55	01:08:05.89	C MILLENNIUM BCP
1365	385	CÉLIA BORGES	F	41	123	01:09:57.69	01:08:41.68	GDC FIDELIDADE
1366	899	ANTÓNIO GARRIDO	M	65	139	01:10:03.57	01:07:45.86	
1367	958	VITOR CARRETO	M	55	98	01:10:08.21	01:08:26.78	
1368	71	DIOGO PINHEIRO	M	40	197	01:10:13.39	01:08:45.19	OS COMÉDIA



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1369	178	PAULA MELLO	F	51	85	01:10:16.67	01:09:39.16	CLUBE NOVO BANCO
1370	1416	KÁTIA FREITAS	F	24	78	01:10:17.37	01:08:32.59	
1371	528	JOANA LIMA	F	31	79	01:10:19.81	01:09:03.14	
1372	1232	DANIELA BOLETA	F	24	80	01:10:25.75	01:09:32.11	
1373	1653	NUNO CONTRAMESTRE	M	43	198	01:10:32.59	01:08:36.23	
1374	589	ARMANDO RIBEIRO	M	47	195	01:10:45.96	01:09:19.54	
1375	1115	MARTA MARTINS	F	29	81	01:10:50.91	01:09:42.89	
1376	704	ANA LOPES	F	41	124	01:10:51.74	01:10:43.12	
1377	954	JOSÉ ALÍPIO	M	60	140	01:10:57.53	01:10:35.74	
1378	1455	INES M SANTOS	F	29	82	01:10:57.97	01:08:48.18	
1379	361	CARLA BARBADO	F	37	125	01:10:58.79	01:09:36.61	
1380	778	CARLOS RODRIGUES	M	59	99	01:11:01.35	01:09:50.86	AVILA RUNNERS
1381	625	GONÇALO NEVES	M	20	306	01:11:03.97	01:08:53.89	
1382	322	ISABEL GOMES	F	48	86	01:11:13.64	01:10:36.11	
1383	370	CARLA PEREIRA	F	40	126	01:11:14.04	01:10:37.31	
1384	698	ANA MESQUITA	F	32	83	01:11:20.56	01:09:47.64	
1385	923	MARIANA CORREA	F	31	84	01:11:20.76	01:09:46.74	
1386	651	FÁBIO FERNANDES	M	27	307	01:11:51.05	01:10:58.91	
1387	690	FÁTIMA RIBEIRO	F	54	87	01:11:56.10	01:10:57.62	TEJAVISTA
1388	13	JOHNNY THOMASSEN	M	57	100	01:12:01.63	01:11:01.52	
1389	762	JOÃO GONÇALVES	M	35	308	01:12:03.18	01:10:14.14	
1390	1574	SUSANA CASTRO	F	33	85	01:12:03.53	01:10:25.23	
1391	1700	MILTON LELLES	M	52	152	01:12:12.60	01:10:22.79	
1392	855	GLÓRIA SANTOS	F	52	88	01:12:15.20	01:11:06.93	MATILHA RADICAL
1393	1253	FILIPE BOTINAS	M	11	309	01:12:16.41	01:10:24.23	
1394	316	ANA CIURO	F	43	127	01:12:20.67	01:10:37.07	KONAN RUNNERS
1395	357	CARLOS MACHADO	M	41	199	01:12:22.11	01:10:28.08	
1396	356	JORGE FERREIRA	M	62	141	01:12:22.26	01:10:28.79	
1397	1255	MARTA SOMMER	F	18	86	01:12:24.37	01:11:00.71	
1398	1358	PATRICIA DINIS	F	49	89	01:12:26.61	01:11:01.29	C MILLENNIUM BCP
1399	269	RUI MELÃO	M	53	153	01:12:30.70	01:09:37.09	
1400	1097	SOLANGE FIGUEIRA	F	40	128	01:12:35.13	01:10:45.84	
1401	1104	LUIS MILHEIRO	M	57	101	01:12:35.52	01:10:46.39	
1402	1367	CARLA BRITO	F	44	129	01:13:04.59	01:11:48.10	C MILLENNIUM BCP
1403	310	ISABEL COELHO	F	52	90	01:13:18.75	01:12:07.75	
1404	1679	FATIMA ABUBACAR	F	56	91	01:13:20.84	01:13:09.68	
1405	49	FATIMA ALMEIDA	F	58	92	01:13:59.91	01:12:53.48	



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1406	758	RITA PALMA	F	48	93	01:14:05.95	01:13:58.38	
1407	107	MARIA M MACEDO	F	55	94	01:14:08.43	01:13:44.38	
1408	1244	FRANCELINA COSTA	F	38	130	01:14:45.38	01:13:36.75	
1409	869	ANTÓNIO SANCHES	M	52	154	01:14:45.94	01:12:34.80	PERSONAL & GROUP TRAINING
1410	867	ROSARIA SALGUEIRO	F	51	95	01:14:46.51	01:12:34.55	PERSONAL & GROUP TRAINING
1411	1137	BARBARA BRAS	F	20	87	01:14:53.68	01:14:23.67	SS CGD
1412	1154	MANUEL BRAS	M	50	155	01:14:54.51	01:14:25.19	SS CGD
1413	279	CRISTINA BATISTA	F	55	96	01:15:20.72	01:14:16.88	CAPARICA RUNNERS
1414	701	TIAGO SÁ	M	25	310	01:15:46.05	01:15:10.16	
1415	700	MARIANA OLIVEIRA	F	24	88	01:15:46.77	01:15:11.86	
1416	1597	ANDRÉ NUNES	M	41	200	01:15:49.82	01:13:53.61	HC RUNNERS
1417	1505	MARIA CAMPOS	F	58	97	01:15:59.60	01:15:34.26	
1418	131	ANDREIA GONÇALVES	F	29	89	01:16:01.65	01:13:56.02	KILLING US SOFTLY
1419	179	PAULO FERREIRA	M	51	156	01:16:21.66	01:15:40.58	CLUBE NOVO BANCO
1420	755	ALEXANDRA C CARDÃO	F	55	98	01:16:26.52	01:15:11.21	
1421	456	ANABELA GUERRA	F	49	99	01:16:34.64	01:16:20.33	SALGUEIROS RUNNING
1422	1565	AGAPITO BELGA	M	66	142	01:16:34.66	01:15:46.52	CR CRUZ DE PAU
1423	780	FERNANDA RAMOS	F	47	100	01:16:37.05	01:15:17.31	AVILA RUNNERS
1424	781	CATARINA SANTOS	F	22	90	01:16:37.44	01:15:17.73	AVILA RUNNERS
1425	1419	CÁTIA ALMEIDA	F	38	131	01:16:38.68	01:16:06.49	CORRER LISBOA
1426	1107	SARA SOUSA	F	39	132	01:16:42.38	01:16:33.49	TARTARUGAS SOLIDARIAS
1427	828	CARLA SOBRAL	F	44	133	01:17:01.41	01:16:49.41	
1428	791	ANABELA GONÇALVES	F	43	134	01:17:08.72	01:16:53.82	
1429	41	ISABEL RODRIGUES	F	38	135	01:17:10.02	01:16:01.64	
1430	40	CARLOS ALBINO	M	40	201	01:17:10.80	01:16:00.97	
1431	1656	PATRICIA PETRAITES	F	48	101	01:17:55.36	01:16:04.53	
1432	1090	MARIA PATRICIO	F	69	102	01:18:02.36	01:16:49.11	
1433	473	CELIA ALMEIDA	F	43	136	01:18:14.22	01:17:02.88	
1434	127	ANA L RODRIGUES	F	31	91	01:18:20.43	01:16:16.83	KILLING US SOFTLY
1435	130	ANTÓNIA FORTES	F	33	92	01:18:20.50	01:16:18.64	KILLING US SOFTLY
1436	892	PEDRO BAPTISTA	M	41	202	01:18:38.51	01:17:25.32	CORRER LISBOA
1437	659	LUIA CANDEIAS	F	53	103	01:18:39.58	01:17:24.93	CORRER LISBOA
1438	367	SUSANA FRANCO	F	43	137	01:18:50.04	01:17:17.92	
1439	366	ANA TORDO	F	40	138	01:18:50.29	01:17:18.08	
1440	615	CARLOS CARDOSO	M	52	157	01:19:11.23	01:18:59.05	ALVERCA URBAN RUNNERS
1441	673	NUNO INVERNO	M	37	311	01:19:11.50	01:19:00.19	
1442	318	RUI O OLIVEIRA	M	54	158	01:20:29.11	01:19:51.34	FALCÕES SELVAGENS



1443	161	FRANCISCO COSTA	M	44	203	01:20:34.26	01:19:50.56	CLUBE NOVO BANCO
1444	1308	JOSE ARRUDA	M	68	143	01:21:27.79	01:19:31.28	C MILLENNIUM BCP
1445	1307	FOCK WAN	F	67	104	01:21:30.21	01:19:32.47	C MILLENNIUM BCP
1446	930	GUALDINO FREIRE	M	72	144	01:21:46.58	01:20:41.19	CCDT METRO LX
1447	529	Mª C ANJOS	F	71	105	01:22:20.54	01:21:53.22	CONDOR
1448	530	LUCINDA HENRIQUES	F	69	106	01:22:31.11	01:22:03.51	CONDOR
1449	833	MARIA PINTO	F	54	107	01:22:43.77	01:21:35.48	Cabeleireiro Moda Jovem
1450	73	ANTÓNIO AMARAL	M	47	196	01:22:55.31	01:21:27.60	OS COMÉDIA
1451	891	MARGARIDA FONSECA	F	62	108	01:23:15.42	01:22:28.68	
1452	1183	CARLA BRÁS	F	41	139	01:25:56.62	01:24:48.96	
1453	854	BÁRBARA D BUCK	F	19	93	01:26:06.82	01:24:58.17	MATILHA RADICAL
1454	174	MARGARIDA ASCENÇÃO	F	43	140	01:26:06.89	01:25:18.93	CLUBE NOVO BANCO
1455	1551	CARLOS FAIAS	M	50	159	01:26:26.31	01:26:19.12	CLUBE ANACOM
1456	1413	RUAN MENDES	M	31	312	01:32:12.37	01:31:19.24	MATILHA RADICAL
1457	1414	RUTE GUIMARÃES	F	30	94	01:32:12.89	01:31:19.64	MATILHA RADICAL

Total de registos: 1457

Classificações colectivas baseadas na soma das posições dos primeiros 3 ou 4 atletas femininos e masculinos, respectivamente:

Feminino

Classificação	Equipa	Chegadas	Soma Posições	Posições		
				1ª	2ª	3ª
1	VALEJAS AC	9	90	19	21	50
2	C PRAÇAS ARMADA	3	131	13	32	86
3	CLUBE NOVO BANCO	10	151	31	57	63
4	C MILLENNIUM BCP	14	230	51	80	99
5	CORRER LISBOA	11	239	47	64	128
6	GDCT IN CM	5	277	60	90	127
7	GDC BANCO PORTUGAL	3	305	40	42	223
8	SIMECQ	3	346	82	116	148
9	GDC FIDELIDADE	8	387	84	140	163
10	MATILHA RADICAL	8	404	121	123	160
11	A VALE SILENCIO	3	410	88	89	233
12	C COLAB AGEAS	4	452	137	139	176
13	SS CGD	3	509	16	181	312
14	ROTA D OSSA	3	568	188	189	191
15	TRANQUILIDADE	3	637	177	222	238
16	LEBRE D AVENIDA DE ROMA	4	648	132	234	282
17	PERSONAL & GROUP TRAINING	4	754	216	261	277
18	KILLING US SOFTLY	3	975	316	329	330

Masculino

Classificação	Equipa	Chegados	Soma Posições	Posições			
				1º	2º	3º	4º
1	C PRAÇAS ARMADA	21	32	2	5	9	16
2	AMINHACORRIDA	7	77	7	8	13	49
3	ASS VALE GRANDE	5	86	3	18	23	42
4	BELEM RUNNERS	10	133	4	11	37	81
5	URBAN RUN TEAM	8	211	28	38	66	79
6	C MILLENNIUM BCP	47	297	6	10	97	184
7	BV MONTEMOR-O-NOVO	12	302	24	58	101	119
8	GDCT IN CM	10	391	20	46	126	199
9	A VALE SILENCIO	10	479	59	99	160	161
10	UNIDOS DA MANUTENÇÃO	6	483	85	108	114	176
11	PALMELENSE FC	4	485	19	72	149	245
12	CCDT AUT ALMADA	10	489	57	131	135	166
13	SS CGD	23	571	113	120	163	175
14	HC RUNNERS	7	585	26	45	244	270
15	CA PATAMEIRAS	7	644	71	164	200	209
16	CAMARA LISBOA CLUBE	11	663	78	86	196	303
17	VALEJAS AC	8	712	117	158	214	223
18	C COLAB AGEAS	6	794	47	138	287	322
19	GDC BANCO PORTUGAL	7	893	152	179	258	304
20	KEEP RUNNING	8	935	43	139	198	555
21	CLUBE NOVO BANCO	28	1019	32	51	456	480
22	CORRER LISBOA	13	1029	150	239	309	331
23	TRANQUILIDADE	10	1248	168	229	420	431
24	SS MONTEPIO	15	1301	256	330	357	358
25	PINHAL NOVO A CORRER	4	1418	257	276	361	524
26	C BENFICA SEIXAL	7	1423	14	381	466	562
27	OS PERIGOSOS	4	1432	203	221	342	666
28	CCD CRÉDITO AGRÍCOLA MÚTUO	11	1493	263	296	398	536
29	AVILA RUNNERS	5	1566	33	220	638	675
30	A NATUREZA ENSINA	4	1610	36	490	501	583
31	ANDAR É PARA MENINOS	4	1627	127	467	499	534
32	CR CRUZ DE PAU	6	1705	190	335	427	753
33	GDCT UNICRE	6	1805	250	454	472	629
34	CCD SIEMENS	4	1810	54	363	678	715
35	CD AMIGOS PACO NASSA	6	2088	205	601	621	661
36	GDC FIDELIDADE	9	2109	143	584	632	750
37	C SARGENTO ARMADA	6	2227	368	545	560	754
38	IMASAMS	4	2288	194	432	590	1072
39	RUN2FINISH.PT	5	2406	300	550	627	929
40	EX FEDERADOS	5	2717	547	658	722	790



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41	TEJAVISTA	4	2725	286	718	770	951
42	CASA DA DIZIMA	4	2743	84	608	1025	1026
43	PÉ DE ATLETA	4	2825	521	566	696	1042
44	FALCÕES SELVAGENS	5	2940	39	938	978	985
45	432 EVENTOS	5	3032	537	708	893	894
46	OS COMÉDIA	4	3094	121	776	1084	1113
47	MATILHA RADICAL	4	3249	297	860	977	1115
48	CAA BELEM	4	3343	734	827	882	900
49	BANDIDOS	4	3362	497	954	955	956
50	4 AO KM	4	3705	824	872	952	1057
51	PERSONAL & GROUP TRAINING	4	3752	730	848	1075	1099