



Class	Num	Nome	Sx	Idd	P. Esc	T. Bruto	T. Líquido	Equipe
1	476	SAMUEL FREIRE	M	27	1	00:30:56.03	00:30:54.96	SL BENFICA
2	477	EDUARDO MBENGANI	M	32	2	00:31:00.78	00:31:00.78	SL BENFICA
3	481	ANDRELINO FURTADO	M	24	3	00:31:24.89	00:31:22.17	SPORTING CP
4	766	ISAÍAS GOMES	M	22	4	00:32:41.48	00:32:41.48	BIMBO
5	1	BLAIR A MORGAN	M	24	5	00:32:51.81	00:32:51.81	
6	763	HUGO AUGUSTO	M	31	6	00:34:34.23	00:34:31.56	BIMBO
7	478	MUSSA DJAU	M	22	7	00:34:34.60	00:34:32.40	RB RUNNING
8	759	CARLOS TIAGO	M	38	1	00:35:49.86	00:35:48.83	BIMBO
9	467	PEDRO GOMES	M	39	2	00:35:59.37	00:35:57.72	CA ODIMARQ
10	336	MANUEL MASCARENHAS	M	34	8	00:36:17.21	00:36:15.61	AM ATIBÁ
11	378	LUIS BRITO	M	42	1	00:36:17.55	00:36:14.81	
12	479	VERA FERNANDES	F	31	1	00:36:18.26	00:36:18.26	RB RUNNING
13	480	SERGIO LIMA	M	35	3	00:36:19.45	00:36:19.45	RB RUNNING
14	348	PEDRO FERNANDES	M	35	4	00:36:33.18	00:36:31.44	REMO CLUBE LUSITANO
15	256	SÉRGIO TAVARES	M	38	5	00:36:35.42	00:36:32.62	AA MAFRA
16	389	LUIS GOUVEIA	M	50	1	00:37:19.73	00:37:15.09	A NATUREZA ENSINA
17	402	MARIO BOUCINHA	M	45	1	00:37:22.40	00:37:17.89	A NATUREZA ENSINA
18	474	ANA F SANTOS	F	36	1	00:37:24.49	00:37:21.57	RIO MAIOR TRIATLO
19	757	CARLOS FREITAS	M	46	2	00:37:28.90	00:37:28.90	BIMBO
20	408	ROBERTO GUERREIRO	M	35	6	00:37:37.63	00:37:34.51	RB RUNNING
21	775	PEDRO MOTA	M	46	3	00:37:52.47	00:37:51.35	BIMBO
22	105	ABEL GLÓRIA	M	55	1	00:38:15.93	00:38:13.52	CA ODIMARQ
23	409	PAULO COSTA	M	51	2	00:38:16.21	00:38:13.80	RB RUNNING
24	776	LUIS XAVIER	M	30	9	00:38:24.33	00:38:24.33	BIMBO
25	281	ALEXANDRA SOUSA	F	30	2	00:38:36.41	00:38:33.67	GFD RUNNING
26	438	CLEBY ARAUJO	M	51	3	00:38:39.65	00:38:36.01	A NATUREZA ENSINA
27	148	KCÉNIA BOUGROVA	F	22	3	00:38:44.85	00:38:44.85	SPORTING CP
28	396	HELDER CARMINÉ	M	38	7	00:38:48.81	00:38:48.81	A NATUREZA ENSINA
29	34	AIRES PRATAS	M	62	1	00:38:55.30	00:38:53.54	CA ODIMARQ
30	312	JORGE PARDAL	M	44	2	00:38:56.99	00:38:52.93	TARTARUGAS SOLIDÁRIAS
31	115	JOSE MARCELINO	M	54	4	00:39:03.80	00:39:01.35	CD ESTRELA
32	331	ANTONIO LOURO	M	44	3	00:39:15.03	00:39:13.33	GD SANTANDER TOTTA
33	253	GONÇALO CORREIA	M	39	8	00:39:22.94	00:39:17.96	AA MAFRA
34	393	JOSE FACHADAS	M	47	4	00:39:33.03	00:39:27.52	A NATUREZA ENSINA
35	486	JOAO VELEZ	M	38	9	00:39:33.69	00:39:29.01	
36	340	JOSÉ PAJINHA	M	56	2	00:39:45.42	00:39:43.55	CA ODIMARQ



24-09-2017

37	411	PEDRO FERREIRA	M	50	5	00:39:52.63	00:39:41.57	RB RUNNING
38	391	MIGUEL SOBRAL	M	39	10	00:39:57.21	00:39:53.88	A NATUREZA ENSINA
39	399	MARCO FATELO	M	38	11	00:39:57.49	00:39:52.42	A NATUREZA ENSINA
40	200	PEDRO E V HENRIQUES	M	33	10	00:39:58.38	00:39:52.71	NOCAS
41	513	ISIDRO DUARTE	M	50	6	00:40:02.96	00:39:54.45	RB RUNNING
42	437	JOSÉ NUNES	M	24	11	00:40:08.19	00:40:02.35	A NATUREZA ENSINA
43	383	CARLOS M TEIXEIRA	M	43	4	00:40:08.72	00:40:05.30	FAMILIA TEIXEIRA
44	791	ANTONIO G SANTOS	M	55	3	00:40:09.89	00:40:01.96	BIMBO
45	394	RICARDO FELIX	M	38	12	00:40:10.24	00:40:05.51	A NATUREZA ENSINA
46	294	VALTER OLIVEIRA	M	40	5	00:40:14.45	00:40:12.50	EN TEAM
47	100	PAULO CAMACHO	M	47	5	00:40:15.27	00:40:10.01	BRRNIGHTRUNNERS
48	548	RUI MARTIM	M	31	12	00:40:15.48	00:40:12.12	
49	547	VITOR OLIVEIRA	M	27	13	00:40:16.96	00:40:14.18	
50	842	HUGO LUZ	M	42	6	00:40:30.52	00:40:24.18	BIMBO
51	24	RICARDO CORREIA	M	39	13	00:40:33.85	00:40:25.67	CAPTAIN FLY
52	276	RICARDO CASTANHO	M	42	7	00:40:36.09	00:40:36.09	QUENIAS
53	780	STEVEN SANTOS	M	30	14	00:40:43.69	00:40:38.16	BIMBO
54	203	DIOGO RODRIGUES	M	27	15	00:40:44.29	00:40:13.44	YMAA PORTUGAL
55	473	JOEL NUNES	M	34	16	00:40:56.65	00:40:39.48	CDASJ
56	363	RUI PANÇA	M	45	6	00:41:03.04	00:40:52.10	C BENFICA SEIXAL
57	441	FÁBIO A C PORTELA	M	27	17	00:41:13.95	00:40:42.97	YMAA PORTUGAL
58	176	BRUNO FRANCISCO	M	34	18	00:41:17.36	00:41:13.99	AMIGOS DO LUIS
59	497	ANTONIO SANTOS	M	49	7	00:41:20.09	00:41:18.44	CUA BENAVENTENSE
60	761	FERNANDO SANTOS	M	47	8	00:41:26.45	00:41:23.75	BIMBO
61	189	DANIEL GIEBELS	M	35	14	00:41:32.44	00:40:54.42	
62	349	TELMO NOGUEIRA	M	33	19	00:41:33.72	00:41:14.80	
63	564	FRANCISCO AZEVEDO	M	48	9	00:41:38.68	00:41:35.45	
64	374	DÉLIO A P TEODORO	M	39	15	00:41:40.43	00:41:19.55	ASS DIABÉTICOS AÇORIANOS-AC
65	507	PETER STEINHAUSEN	M	65	2	00:41:42.10	00:41:39.48	
66	914	LUCILIA SOARES	F	55	1	00:41:48.84	00:41:46.33	
67	58	MARCO LOURENÇO	M	39	16	00:41:53.61	00:41:45.94	NO ROLLBACK
68	326	JOAO JESUS	M	41	8	00:41:53.65	00:41:52.05	GD SANTANDER TOTTA
69	328	RUI MACHINHO	M	40	9	00:42:01.09	00:41:58.52	GD SANTANDER TOTTA
70	385	JOÃO LIMÃO	M	44	10	00:42:10.10	00:41:57.83	
71	198	WILLIAM S NASCIMENTO	M	31	20	00:42:13.38	00:42:07.41	SANDRO PERFORMANCE
72	806	JEAN C FIGUEIRA	M	22	21	00:42:16.81	00:41:57.61	BIMBO
73	25	EZEQUIEL FERNANDES	M	60	3	00:42:17.16	00:42:12.99	



74	254	CLÁUDIA BATALHA	F	41	2	00:42:21.74	00:42:18.80	AA MAFRA
75	255	MÁRIO ZORRO	M	42	11	00:42:21.92	00:42:07.03	AA MAFRA
76	388	SERGIO MACATRÃO	M	60	4	00:42:36.40	00:42:27.02	A NATUREZA ENSINA
77	291	ADILSON LINO	M	44	12	00:42:42.67	00:42:35.54	
78	395	DAVID ROSA	M	41	13	00:42:44.24	00:42:38.40	A NATUREZA ENSINA
79	902	JOÃO ROCHA	M	29	22	00:42:46.34	00:42:33.75	DECATHLON
80	347	DIOGO AMADO	M	27	23	00:42:48.28	00:42:16.78	
81	277	NELSON DIAS	M	56	4	00:42:53.33	00:42:45.20	CLINICA SANTA MADALENA
82	59	PAULO FERREIRA	M	39	17	00:42:55.19	00:42:47.44	NO ROLLBACK
83	218	JORGE H S FRAGA	M	50	7	00:43:00.62	00:42:43.14	
84	458	RAFAEL S VIANA	M	29	24	00:43:03.48	00:40:15.80	
85	310	JOSÉ MARQUES	M	50	8	00:43:04.80	00:42:59.86	C PRAÇAS ARMADA
86	135	LUIS M F AURÉLIO	M	47	10	00:43:05.21	00:42:52.98	BRRNIGHTRUNNERS
87	916	DARIO MARREIROS	M	29	25	00:43:08.54	00:42:46.71	
88	772	NUNO NAIA	M	43	14	00:43:10.75	00:43:05.20	BIMBO
89	768	JOSE MARIA SALAZAR	M	57	5	00:43:14.17	00:43:12.31	BIMBO
90	87	PEDRO REGO	M	39	18	00:43:16.77	00:42:56.52	
91	491	ANTÓNIO MOITA	M	57	6	00:43:19.33	00:43:10.33	BRRNIGHTRUNNERS
92	297	PEDRO SANTOS	M	38	19	00:43:24.27	00:42:42.10	
93	370	DIAMANTINO GAMITO	M	51	9	00:43:26.80	00:43:24.72	ATLÉTICO VIA RARA
94	332	CARLOS LUZ	M	44	15	00:43:28.87	00:43:16.28	BRRNIGHTRUNNERS
95	553	JONAS WEHRMANN	M	22	26	00:43:30.19	00:43:20.72	
96	379	JOSÉ A P MATOS	M	51	10	00:43:31.09	00:43:23.64	APACHE
97	493	JOÃO PIRES	M	47	11	00:43:31.70	00:43:24.25	
98	505	JOÃO MONIZ	M	21	27	00:43:31.95	00:43:03.80	
99	153	LEONEL MENDES	M	30	28	00:43:32.60	00:43:23.92	
100	778	RUBEN DIAS	M	43	16	00:43:35.35	00:43:33.10	BIMBO
101	362	RENATO CRISTINA	M	44	17	00:43:38.74	00:43:27.45	C BENFICA SEIXAL
102	459	DAVID REIS	M	41	18	00:43:39.01	00:43:30.64	
103	180	JOAO VIDINHA	M	44	19	00:43:52.91	00:43:41.86	CORRIDAS & COMIDAS
104	71	ADRIANO S REIS	M	41	20	00:43:53.48	00:43:37.75	BRRNIGHTRUNNERS
105	529	PEDRO DOMINGOS	M	49	12	00:43:57.33	00:43:53.16	
106	62	JOÃO FELICIDADE	M	31	29	00:44:00.50	00:43:34.65	
107	257	PAULO PALMA	M	53	11	00:44:01.35	00:43:59.42	DREAM RUNNERS ÉVORA
108	403	CARLOS LIMA	M	47	13	00:44:03.38	00:43:59.43	A NATUREZA ENSINA
109	932	HUGO RIBEIRO	M	25	30	00:44:10.08	00:43:42.00	
110	204	FRANCISCO P OLIVEIRA	M	39	20	00:44:17.07	00:43:57.58	



111	196	JOÃO SILVA	M	37	21	00:44:17.71	00:43:36.24	
112	44	NUNO M S ROMÃO	M	49	14	00:44:18.51	00:43:57.34	
113	487	AMÉRICO SANTOS	M	60	5	00:44:19.13	00:44:14.36	A NATUREZA ENSINA
114	170	ALEXANDRE A F CANTANHEDE	M	39	22	00:44:24.62	00:44:22.62	QUENIAS
115	406	RODRIGO SILVA	M	50	12	00:44:27.28	00:44:21.19	A NATUREZA ENSINA
116	771	MONICA DOMINGOS	F	25	4	00:44:30.24	00:44:25.72	BIMBO
117	42	SÉRGIO R L C PEREIRA	M	52	13	00:44:33.35	00:44:30.22	
118	944	SÉRGIO CARDIGA	M	29	31	00:44:34.38	00:43:58.22	
119	387	PEDRO ANTUNES	M	39	23	00:44:37.67	00:44:33.08	A NATUREZA ENSINA
120	61	EMANUEL SEITA	M	42	21	00:44:44.00	00:44:38.20	
121	81	RUI GOMES	M	42	22	00:44:46.88	00:44:29.68	
122	519	ORLANDO J BARBOSA	M	60	6	00:45:01.24	00:44:57.21	GRJA
123	400	NUNO OLIVEIRA	M	38	24	00:45:02.63	00:44:59.75	A NATUREZA ENSINA
124	84	PEDRO A FERREIRA	M	44	23	00:45:04.35	00:44:58.09	
125	440	DIOGO SOUSA	M	32	32	00:45:14.14	00:44:55.97	
126	414	ARNALDO TRINDADE	M	45	15	00:45:14.17	00:45:01.20	RB RUNNING
127	376	NELSON M SANTOS	M	37	25	00:45:14.94	00:45:05.31	
128	152	JORGE DOMINGUES	M	49	16	00:45:16.21	00:44:51.54	
129	134	CARLOS RESA	M	36	26	00:45:16.49	00:45:07.78	
130	248	PAULO OLIVEIRA	M	49	5	00:45:18.46	00:45:07.76	CCDP MUN CASCAIS
131	242	ANA I BRÁS	F	33	17	00:45:18.46	00:45:08.16	CCDP MUN CASCAIS
132	311	RUI MIRRA	M	41	24	00:45:23.32	00:45:08.74	
133	508	ROGÉRIO FONSECA	M	51	14	00:45:29.68	00:45:12.91	
134	95	PEDRO M R F REBELO	M	43	25	00:45:32.08	00:45:16.14	
135	536	JOAO HEITOR	M	66	7	00:45:37.92	00:45:31.59	
136	858	JOSÉ R BATISTA	M	32	33	00:45:44.87	00:44:45.75	BIMBO
137	89	NUNO GOMES	M	41	26	00:45:46.66	00:45:31.77	
138	55	LUIS CALEIRAS	M	44	27	00:45:56.04	00:45:45.84	
139	275	JOÃO P A FRANCA	M	24	34	00:45:56.96	00:45:06.29	FRANÇA
140	488	JORGE BARBOSA	M	31	35	00:45:57.20	00:45:09.76	
141	286	PAULO J C MOREIRA	M	48	18	00:46:06.02	00:45:49.60	
142	266	TIAGO P SILVA	M	37	27	00:46:10.38	00:45:53.01	S&S
143	779	RUI AFONSO	M	49	19	00:46:12.60	00:45:58.23	BIMBO
144	236	CARLOS FERNANDES	M	52	15	00:46:17.81	00:46:13.41	C MILLENNIUM BCP
145	99	MÁRIO FERNANDES	M	41	28	00:46:24.40	00:46:12.53	NO ROLLBACK
146	413	ALBERTO ARAUJO	M	44	29	00:46:26.77	00:46:13.05	RB RUNNING
147	225	PAULO M COSTA	M	49	20	00:46:28.50	00:46:04.90	



148	205	NUNO JESUS	M	37	28	00:46:28.69	00:46:04.61	
149	13	TIM SURMONT	M	36	29	00:46:31.86	00:46:26.24	
150	390	JOÃO DIAS	M	52	16	00:46:43.21	00:46:38.10	A NATUREZA ENSINA
151	903	GONÇALO PINHEIRO	M	26	36	00:46:47.36	00:46:29.39	DECATHLON
152	114	ANTONIO BATISTA	M	70	8	00:46:48.38	00:46:39.66	CD ESTRELA
153	464	NUNO MELO	M	31	37	00:46:52.51	00:46:13.19	ESPECIAIS DE CORRIDA
154	830	MARCO SANTOS	M	31	38	00:46:59.53	00:46:25.28	BIMBO
155	834	FÁBIO ROCHA	M	25	39	00:47:02.11	00:46:34.32	BIMBO
156	79	DANIEL SILVÉRIO	M	42	30	00:47:02.51	00:46:37.83	
157	386	FRANCISCO ROSÁRIO	M	48	21	00:47:06.94	00:47:06.94	A NATUREZA ENSINA
158	207	RUI PARÓLA	M	43	31	00:47:07.79	00:46:51.89	
159	140	LUIS ZUNA	M	31	40	00:47:07.86	00:46:40.39	PAPA MILHAS DE AV
160	10	PEDRO MIRANDA	M	34	41	00:47:22.32	00:47:15.45	
161	265	DIOGO ADRIÃO	M	19	42	00:47:35.20	00:47:05.18	IMASAMS
162	88	RICARDO VIEGAS	M	40	32	00:47:35.32	00:47:10.65	
163	526	FILIPE SANTOS	M	35	30	00:47:37.83	00:46:36.64	VAZ RUNING
164	186	GONÇALO ALMEIDA	M	38	31	00:47:38.86	00:47:00.35	
165	401	JOSÉ MARTINS	M	59	7	00:47:39.09	00:47:32.38	A NATUREZA ENSINA
166	418	JORGE OLIVEIRA	M	54	17	00:47:40.53	00:47:18.59	RB RUNNING
167	533	PEDRO MARTINS	M	32	43	00:47:42.60	00:47:12.53	
168	887	JORGE M C SILVA	M	32	44	00:47:43.44	00:47:27.15	BIMBO
169	455	LUÍS COSTA	M	32	45	00:47:45.00	00:47:32.79	
170	241	JOSE MORUJO	M	54	18	00:47:45.57	00:47:04.58	
171	412	LUIS ANTUNES	M	45	22	00:47:45.62	00:47:12.07	RB RUNNING
172	496	CARLOS D FERREIRA	M	39	32	00:47:48.78	00:43:04.62	
173	377	FILIPE P GONÇALVES	M	44	33	00:47:51.69	00:47:19.46	
174	162	JOÃO MELO	M	38	33	00:47:53.96	00:47:48.98	
175	287	VITOR M R BRAZ	M	55	8	00:47:54.52	00:47:37.44	
176	190	PAULO ESPANHOL	M	47	23	00:48:01.27	00:47:47.73	
177	755	APOLO PEREIRA	M	48	24	00:48:03.70	00:48:01.23	BIMBO
178	369	RUI ABELHO	M	47	25	00:48:08.57	00:48:02.27	
179	149	EKATERINA KHRAMENKOVA	F	60	2	00:48:11.39	00:48:09.74	SPORTING CP
180	521	RUI COSTA	M	36	34	00:48:13.51	00:47:54.73	
181	528	ROBERTO PALAZZOTTO	M	22	46	00:48:15.40	00:48:04.87	
182	185	PAULO SANTOS	M	50	19	00:48:15.45	00:48:04.94	
183	21	FERNANDO PIRES	M	47	26	00:48:21.24	00:47:27.14	
184	506	JOÃO FERNANDES	M	43	34	00:48:25.28	00:48:12.22	JF=MC2



185	754	ANDRÉ MENDONÇA	M	34	47	00:48:27.93	00:47:47.46	BIMBO
186	232	FERNANDO RODRIGUES	M	53	20	00:48:28.79	00:47:47.91	C MILLENNIUM BCP
187	106	JOANA DOMINGUES	F	41	3	00:48:30.57	00:48:06.85	
188	150	ANTÓNIO BUGALHO	M	49	27	00:48:32.13	00:48:09.08	
189	259	BRUNO PALMA	M	25	48	00:48:32.14	00:48:28.94	DREAM RUNNERS ÉVORA
190	4	MIGUEL CUNHA	M	28	49	00:48:33.86	00:47:50.53	POWERADE
191	769	LENIA SILVA	F	43	4	00:48:36.31	00:48:33.47	BIMBO
192	267	MARCO H R SILVA	M	36	35	00:48:37.72	00:48:20.23	S&S
193	206	RUI MESTRE	M	46	28	00:48:41.34	00:48:25.13	
194	284	JOSÉ F G SILVA	M	34	50	00:48:50.92	00:48:39.21	
195	930	GONÇALO NAVALHINHAS	M	39	36	00:49:00.50	00:48:45.27	
196	859	NUNO MARTINS	M	26	51	00:49:03.10	00:48:03.53	BIMBO
197	504	PAULO MONIZ	M	62	9	00:49:04.29	00:48:35.96	
198	415	OLGA MARTINS	F	43	5	00:49:16.46	00:48:51.88	RB RUNNING
199	426	JORGE AMARAL	M	48	29	00:49:28.66	00:49:21.08	PACERS
200	345	BRUNO LOUREIRO	M	43	35	00:49:32.54	00:49:09.38	
201	223	JOÃO N COSTA	M	25	52	00:49:40.12	00:49:06.60	YMAA PORTUGAL
202	558	OSCAR RODRIGUES	M	47	30	00:49:41.20	00:49:19.94	BIMBO
203	435	DAVID PALMEIRO	M	50	21	00:49:45.80	00:49:40.53	
204	540	JAQUELINE PINTO	F	33	6	00:49:48.45	00:49:46.56	
205	563	SOPHIA HOPPE	F	21	7	00:49:51.36	00:49:41.09	
206	90	ANGELO M L SOUSA	M	40	36	00:49:53.82	00:49:45.89	
207	929	EVA CAETANO	F	35	6	00:49:55.60	00:45:04.51	
208	760	CLÁUDIA BORRALHO	F	43	7	00:49:56.64	00:49:50.80	BIMBO
209	98	EUCLIDES SOARES	M	27	53	00:49:58.36	00:49:43.50	
210	293	ADÉRITO CARRELHAS	M	63	10	00:49:58.49	00:49:55.81	
211	282	AUGUSTO AGUIAR	M	59	9	00:49:59.85	00:49:58.40	VENCEDORES DE SINTRA
212	167	RUTE SANTOS	F	51	3	00:50:11.42	00:50:02.76	
213	252	PAULO PALMINHA	M	47	31	00:50:16.20	00:49:52.99	
214	157	NUNO CHARRUA	M	40	37	00:50:16.90	00:50:10.17	
215	522	JESÚS BLANCO GIL	M	51	22	00:50:17.17	00:49:59.86	CORREMOS?
216	262	JOSÉ ADRIÃO	M	45	32	00:50:20.24	00:49:50.90	IMASAMS
217	816	BRUNO M G SILVA	M	19	54	00:50:27.33	00:49:44.14	BIMBO
218	898	CARLOS FIGUEIREDO	M	52	23	00:50:35.45	00:49:38.46	BIMBO
219	525	NELSON VAZ	M	28	55	00:50:42.57	00:49:41.59	VAZ RUNING
220	462	FERNANDO LIMA	M	51	24	00:50:45.60	00:50:31.36	TRANSITEX RUNNERS
221	101	NUNO ALMEIDA	M	39	37	00:50:47.01	00:50:23.42	



222	447	BRUNO MÓSCA	M	20	56	00:50:50.65	00:50:04.42	
223	353	RICARDO CLARO	M	37	38	00:50:56.99	00:50:14.30	
224	334	ANA MARQUES	F	47	4	00:50:57.03	00:50:27.92	
225	335	CARLOS FERNANDES	M	46	33	00:50:57.08	00:50:27.92	
226	201	JOSE CARDOSO	M	51	25	00:51:00.01	00:50:45.97	
227	166	PAULO MARQUES	M	42	38	00:51:02.87	00:50:53.24	GAA VF XIRA
228	2	ORIANA M VANDERFLEET	F	24	8	00:51:08.12	00:50:55.25	
229	416	PEDRO MARTINS	M	42	39	00:51:09.07	00:50:46.54	RB RUNNING
230	825	NUNO SARAIVA	M	40	40	00:51:09.71	00:50:56.35	BIMBO
231	151	RICARDO PEREIRA	M	24	57	00:51:15.74	00:50:51.54	
232	23	JORGE GONÇALVES	M	37	39	00:51:16.14	00:50:56.00	TÁLENTOS TEAM
233	915	M ODETE SANTOS	F	65	5	00:51:17.69	00:51:14.96	
234	104	FERNANDO ARAÚJO	M	40	41	00:51:31.26	00:51:15.17	
235	208	PEDRO MANAÇAS	M	44	42	00:51:32.29	00:50:53.32	
236	292	RICARDO SOUSA	M	40	43	00:51:32.58	00:51:03.89	
237	168	VALÉRIO PASSARINHO	M	29	58	00:51:35.94	00:51:18.05	
238	358	JOSÉ BARREIRA	M	54	26	00:51:42.07	00:51:03.97	FUNBUS - BARREIRO
239	831	NUNO M R SILVA	M	44	44	00:51:46.26	00:51:26.15	BIMBO
240	367	JOAQUIM PALMA	M	63	11	00:51:48.73	00:51:25.55	
241	49	RUI REIS	M	39	40	00:51:50.80	00:51:29.59	
242	147	FERNANDO B MARQUES	M	68	12	00:51:54.28	00:51:45.72	CP EDP CARREGQDO
243	565	ENRIQUE GARCIA	M	40	45	00:51:58.29	00:51:43.64	TRANSITEX RUNNERS
244	808	JOSÉ LUIS HERRERA	M	55	10	00:51:59.54	00:51:08.11	BIMBO
245	807	SERGIO HERRERA	M	25	59	00:51:59.55	00:51:08.20	BIMBO
246	912	GONÇALO D CARREIRO	M	18	60	00:52:02.00	00:51:38.51	BIMBO
247	936	LUÍS MOURA	M	46	34	00:52:03.61	00:51:01.88	
248	72	CARLOS SECO	M	56	11	00:52:06.69	00:51:48.86	
249	3	MELINA LUÍS	F	25	9	00:52:09.72	00:51:26.01	POWERADE
250	50	ANTÓNIO RODRIGUES	M	50	27	00:52:09.99	00:51:53.91	
251	857	PAULO F T MACHADO	M	52	28	00:52:10.38	00:51:11.95	BIMBO
252	325	JOSE BARATA	M	56	12	00:52:10.96	00:52:02.40	GD SANTANDER TOTTA
253	860	EURICO ANDRADE	M	36	41	00:52:12.16	00:51:11.51	BIMBO
254	511	LUIS RIBEIRO	M	46	35	00:52:15.12	00:51:51.85	
255	819	BRUNO OLIVEIRA	M	27	61	00:52:17.19	00:51:49.52	BIMBO
256	896	RICARDO OLIVEIRA	M	47	36	00:52:17.42	00:51:18.42	BIMBO
257	235	BRUNO BERRINCHA	M	23	62	00:52:19.79	00:52:04.62	C MILLENNIUM BCP
258	274	ANTONIO J B FRANÇA	M	55	13	00:52:20.78	00:51:30.22	FRANÇA



259	211	GILBERTO B PINTO	M	48	37	00:52:20.93	00:51:29.91	
260	119	ALEXANDRA SILVA	F	41	8	00:52:23.47	00:51:56.50	BRRNIGHTRUNNERS
261	264	MIGUEL PEREIRA	M	42	46	00:52:23.51	00:51:54.03	IMASAMS
262	285	ANTONIO M F CAETANO	M	46	38	00:52:26.12	00:51:53.71	
263	51	FABIANO FERREIRA	M	37	42	00:52:27.75	00:51:51.10	BENFICA EM FORMA
264	308	PEDRO M PINTO	M	21	63	00:52:30.71	00:51:59.62	
265	290	MIGUEL GAMA	M	49	39	00:52:31.80	00:52:02.07	
266	271	PAULA SILVA	F	43	9	00:52:33.72	00:52:21.53	SC REBOLEIRA E DAMAIA
267	97	SONIA DANTAS	F	38	10	00:52:41.11	00:52:32.20	
268	108	ANTÓNIO J VARELA	M	51	29	00:52:42.32	00:52:28.87	
269	360	HÉLDER PALMA	M	41	47	00:52:42.72	00:52:10.29	BRRNIGHTRUNNERS
270	372	FRANCISCO O MARTINS	M	31	64	00:52:43.76	00:52:24.27	
271	777	ROSA FREITAS	F	52	6	00:52:43.84	00:52:25.78	BIMBO
272	373	ORLANDO NUNES	M	39	43	00:52:43.86	00:52:24.31	
273	283	RAUL MOITA	M	61	13	00:52:47.08	00:52:30.66	
274	199	ALFREDO NOTÁRIO	M	47	40	00:52:48.18	00:51:55.66	
275	823	HUGO J E L CARDOSO	M	54	30	00:52:50.14	00:52:27.44	BIMBO
276	202	MARCO GONÇALVES	M	34	65	00:52:51.34	00:52:19.16	YMAA PORTUGAL
277	520	Mª DEUS A PALMA	F	60	7	00:52:53.55	00:52:34.91	
278	86	NUNO CORREIA	M	45	41	00:52:53.95	00:52:28.17	
279	209	PAULO MANAÇAS	M	46	42	00:52:56.65	00:52:18.21	
280	93	MARIA LEMOS	F	50	8	00:52:59.97	00:52:44.75	
281	801	Mª JOÃO L S PEDRO	F	38	11	00:53:09.14	00:52:44.57	BIMBO
282	273	TIAGO SANTOS	M	21	66	00:53:09.51	00:52:26.40	
283	138	PAULO MISSAS	M	33	67	00:53:09.70	00:52:42.98	PAPA MILHAS DE AV
284	890	WILSON M COSTA	M	31	68	00:53:14.76	00:52:22.11	BIMBO
285	897	ANTÓNIO MANEIGA	M	42	48	00:53:15.69	00:52:18.70	BIMBO
286	181	DINA VIDINHA	F	40	12	00:53:17.58	00:53:08.53	CORRIDAS & COMIDAS
287	245	CLAUDIA BICO	F	37	13	00:53:17.83	00:53:06.70	CCDP MUN CASCAIS
288	366	LUÍS FIGUEIREDO	M	55	14	00:53:24.66	00:52:44.38	
289	949	GABRIEL RAMOS	M	21	69	00:53:26.61	00:53:12.69	BIMBO
290	337	JORGE CAMPOS	M	43	49	00:53:32.22	00:50:21.47	
291	850	RUI ZUMBA	M	41	50	00:53:35.84	00:53:32.03	BIMBO
292	853	JOÃO E DUARTE	M	49	43	00:53:45.05	00:53:38.00	BIMBO
293	832	AURÉLIO G GOMES	M	58	15	00:53:51.14	00:53:22.07	BIMBO
294	419	MARCO HENRIQUES	M	43	51	00:53:52.31	00:53:52.31	RB RUNNING
295	355	FRANCISCO PIRES	M	43	52	00:53:59.37	00:53:21.59	FUNBUS - BARREIRO



296	424	TIAGO ROSA	M	31	70	00:53:59.84	00:53:18.04	
297	233	NUNO MARIZ	M	44	53	00:54:02.38	00:53:12.61	C MILLENNIUM BCP
298	356	JOÃO NIZA	M	48	44	00:54:02.88	00:53:24.60	FUNBUS - BARREIRO
299	357	NUNO CARVALHO	M	44	54	00:54:03.11	00:53:23.01	FUNBUS - BARREIRO
300	813	LUIS M V PALMA	M	43	55	00:54:04.44	00:53:39.16	BIMBO
301	494	MOISÉS R PLAZA	M	38	44	00:54:05.38	00:53:16.26	
302	109	TITO NASCIMENTO	M	37	45	00:54:06.04	00:49:22.42	
303	784	JOÃO MALHA	M	37	46	00:54:08.56	00:53:29.64	BIMBO
304	215	ALBERTO MONTEIRO	M	45	45	00:54:09.16	00:53:59.05	CORRIDAS & COMIDAS
305	417	SUSANA VICENTE	F	38	14	00:54:09.78	00:53:47.24	RB RUNNING
306	490	LUÍS LOURENÇO	M	29	71	00:54:10.47	00:53:22.76	
307	197	RÓMULO ESTEVES	M	31	72	00:54:11.96	00:53:28.08	
308	501	PAULO J ALMEIDA	M	43	56	00:54:12.23	00:53:56.04	
309	320	TIAGO CANHOTO	M	46	46	00:54:18.95	00:53:53.73	GD SANTANDER TOTTA
310	222	LUIS PROENÇA	M	47	47	00:54:22.21	00:53:50.88	
311	802	MANUEL J J TEIXEIRA	M	56	16	00:54:23.26	00:54:20.68	BIMBO
312	405	JOÃO SOUSA	M	28	73	00:54:26.14	00:54:17.68	A NATUREZA ENSINA
313	404	MAFALDA MARTINS	F	28	10	00:54:26.44	00:54:19.17	A NATUREZA ENSINA
314	927	EDGAR LOBO	M	36	47	00:54:28.10	00:53:25.73	
315	333	RICARDO M G OLIVEIRA	M	34	74	00:54:30.33	00:54:12.72	
316	161	ANDRÉ C RAMOS	M	36	48	00:54:31.42	00:53:33.67	
317	814	DAVID J P SILVA	M	21	75	00:54:42.76	00:53:59.46	BIMBO
318	841	RICARDO CORREIA	M	39	49	00:54:44.09	00:53:57.70	BIMBO
319	524	JOAO FONTES	M	38	50	00:54:44.27	00:53:57.86	SS CGD
320	799	LUCAS BALCELLS	M	32	76	00:54:45.57	00:54:01.24	BIMBO
321	920	ANTÓNIO DA CUNHA	M	48	48	00:54:50.41	00:54:35.28	
322	37	RICARDO J DENGUE	M	39	51	00:54:55.53	00:54:04.78	
323	797	FRANCISCO O COMAS	M	33	77	00:55:06.27	00:54:12.00	BIMBO
324	392	LINDA SILVA	F	50	9	00:55:08.55	00:55:02.09	A NATUREZA ENSINA
325	142	MIGUEL VENTURA	M	37	52	00:55:13.41	00:54:46.61	PAPA MILHAS DE AV
326	472	HENRIQUE CHAPARRO	M	33	78	00:55:15.90	00:55:09.58	
327	375	SERGIO M C RAMALHO	M	36	53	00:55:19.39	00:54:30.46	
328	191	LUIS ROMANEIRO	M	57	17	00:55:29.08	00:55:17.56	CORRIDAS & COMIDAS
329	785	MARCO CASTRO	M	40	57	00:55:29.99	00:55:08.69	BIMBO
330	557	PATRICK CARVALHO	M	47	49	00:55:30.42	00:55:08.72	BIMBO
331	60	DANIEL M OLIVEIRA	M	27	79	00:55:31.22	00:55:18.30	NO ROLLBACK
332	774	PAULO MORAIS	M	46	50	00:55:33.56	00:55:33.56	



333	809	FRANCISCO MARCOS	M	19	80	00:55:35.35	00:54:34.63	BIMBO
334	537	CARLA A M FERNANDES	F	28	11	00:55:36.98	00:55:09.20	AMINHACORRIDA.COM
335	195	LUISA SANTOS	F	37	15	00:55:37.34	00:55:09.79	
336	543	JORGE DIAS	M	50	31	00:55:39.09	00:55:35.27	
337	448	ANTÓNIO M S JORGE	M	64	14	00:55:42.25	00:55:00.97	
338	398	RICARDO SARMENTO	M	33	81	00:55:43.32	00:55:31.49	A NATUREZA ENSINA
339	787	FRANCISCO MELO	M	34	82	00:55:50.01	00:54:53.31	BIMBO
340	500	SARA PEREIRA	F	33	12	00:55:55.25	00:55:22.47	YMAA PORTUGAL
341	517	FILIPE GRAÇA	M	27	83	00:55:57.54	00:55:04.02	RIT
342	26	MARCO T BASTOS	M	43	58	00:56:00.83	00:55:40.24	
343	96	JOAO MARQUES	M	40	59	00:56:01.57	00:55:52.70	
344	941	NUNO FERREIRA	M	47	51	00:56:01.82	00:55:27.88	
345	354	CARLOS M P CABRAL	M	40	60	00:56:02.18	00:55:34.35	BRRNIGHTRUNNERS
346	341	MIGUEL A S CARTÓ	M	36	54	00:56:03.60	00:55:15.47	
347	516	RICARDO GARVÃO	M	33	84	00:56:04.64	00:55:11.56	RIT
348	237	PAULO MARIZ	M	49	52	00:56:04.77	00:55:13.09	C MILLENNIUM BCP
349	781	JOSÉ SANTOS	M	42	61	00:56:08.84	00:56:01.87	BIMBO
350	343	SEZINANDA GUERREIRO	F	36	16	00:56:13.00	00:56:01.74	
351	789	RICARDO M A MOREIRA	M	44	17	00:56:15.42	00:54:47.52	BIMBO
352	790	SONIA C T F JACINTO	F	41	62	00:56:15.42	00:54:48.72	BIMBO
353	69	SARA C SILVA	M	39	55	00:56:23.48	00:56:03.14	
354	164	ACIDÁLIO FIGUEIREDO	M	62	15	00:56:26.98	00:56:15.83	
355	444	NUNO F M S N DIAS	M	33	85	00:56:32.65	00:56:09.76	
356	450	JOÃO P C LÁZARO	M	33	86	00:56:33.00	00:56:09.90	
357	523	PASCAL VINARNIC	M	55	18	00:56:33.54	00:56:24.81	
358	295	SÉRGIO RODRIGUES	M	43	63	00:56:39.59	00:56:34.19	
359	863	EDGAR S BATISTA	M	29	87	00:56:40.03	00:54:50.85	BIMBO
360	158	JOAQUIM F C PINTO	M	58	19	00:56:41.54	00:55:45.60	
361	250	TERESA SIMOES	F	44	18	00:56:46.17	00:56:34.12	CCDP MUN CASCAIS
362	852	MARIANA J N S PIRES	F	26	13	00:56:51.81	00:55:54.01	BIMBO
363	65	JORGE M G PIRES	M	62	16	00:56:54.06	00:55:58.66	
364	66	RUI BARROS	M	48	53	00:57:05.11	00:56:37.95	
365	751	JOÃO MORÃO	M	48	54	00:57:12.83	00:56:30.35	BIMBO
366	911	MAGDA TILLI	F	40	19	00:57:13.09	00:56:35.51	BIMBO
367	39	ELISABETE ASSUNÇÃO	F	47	10	00:57:14.93	00:56:52.06	
368	46	RICARDO RODRIGUES	M	37	56	00:57:18.74	00:56:19.91	
369	767	JORGE CURVELO	M	45	55	00:57:30.18	00:57:09.43	BIMBO



24-09-2017

370	793	MARTA DOMINGO	F	27	14	00:57:31.68	00:56:42.53	BIMBO
371	566	NUNO SILVA	M	37	57	00:57:34.82	00:56:59.02	
372	85	RITA CORREIA	F	37	20	00:57:40.55	00:57:14.54	
373	163	FERNANDO DINIS	M	35	58	00:57:41.86	00:56:46.19	
374	224	NUNO MACHADO	M	42	64	00:57:42.91	00:57:31.40	MACHADOS
375	845	JOÃO A M P RODRIGUES	M	47	56	00:57:48.67	00:57:18.10	BIMBO
376	452	DAVIF BARBOTIN	M	32	88	00:57:59.88	00:57:08.16	TOKANDAR
377	451	MARÍLIA RIBEIRO	F	33	15	00:58:00.15	00:57:08.46	TOKANDAR
378	111	PAULO J A CAIRES	M	48	57	00:58:01.03	00:57:15.07	
379	313	LUIS MILHEIRO	M	57	20	00:58:01.56	00:57:34.94	GD SANTANDER TOTTA
380	364	PAULO SERRANO	M	47	58	00:58:02.45	00:57:29.46	
381	352	LUÍS FELIZ	M	38	59	00:58:06.45	00:57:23.73	
382	160	JOÃO P G CABRITA	M	49	59	00:58:16.62	00:57:38.20	
383	279	FREDERICO J C APOLÓNIA	M	19	89	00:58:16.84	00:57:25.07	
384	881	CARLOS M S FERREIRA	M	32	90	00:58:17.92	00:56:44.41	BIMBO
385	368	JOSÉ EUGÉNIO	M	56	21	00:58:18.19	00:57:42.32	
386	120	MIGUEL CRUZ	M	41	65	00:58:19.14	00:57:52.33	BRRNIGHTRUNNERS
387	121	PAULO CRUZ	M	47	60	00:58:19.23	00:57:52.95	BRRNIGHTRUNNERS
388	56	JOSE ALVES	M	58	22	00:58:20.72	00:57:17.15	
389	764	HUGO BAPTISTA	M	44	66	00:58:27.80	00:57:32.42	BIMBO
390	498	JOSE FERNANDES	M	64	17	00:58:42.87	00:58:26.53	
391	132	JORGE PAULINO	M	61	18	00:58:46.05	00:58:36.44	CD MAFRA
392	436	RITA FACHADAS	F	23	16	00:58:46.19	00:58:40.57	A NATUREZA ENSINA
393	460	ADELAIDE SCALPELLI	F	51	11	00:58:46.41	00:58:33.45	
394	68	NUNO CORTÊS	M	40	67	00:58:49.59	00:58:15.80	
395	893	ALEKSANDRA M S DAMYANOVA	F	32	17	00:58:50.39	00:58:35.16	BIMBO
396	280	NUNO OLIVEIRA	M	39	60	00:58:57.23	00:58:13.48	
397	428	PAULO GUIMARÃES	M	40	68	00:58:57.73	00:58:48.00	PACERS
398	315	CARINA VEIGA	F	32	18	00:59:07.33	00:58:19.30	GD SANTANDER TOTTA
399	397	VÂNIA MUGE	F	30	19	00:59:08.45	00:58:59.20	A NATUREZA ENSINA
400	942	NUNO PIRES	M	32	91	00:59:10.03	00:53:32.60	
401	216	HIRONDINA A S SIMÕES	F	55	12	00:59:15.46	00:58:57.01	
402	844	JOÃO P M ANTÓNIO	M	25	92	00:59:18.35	00:58:48.78	BIMBO
403	144	RUI MELÃO	M	53	32	00:59:19.33	00:58:31.06	
404	551	MARIANA D'ALMEIDA	F	21	20	00:59:20.05	00:59:10.30	
405	531	ANTÓNIO SILVA	M	22	93	00:59:20.48	00:59:10.49	
406	219	PAULO FERREIRA	M	44	69	00:59:25.62	00:58:31.43	TEAM DSTP



407	220	ANDRÉ CARTAXO	M	27	94	00:59:26.01	00:58:31.42	TEAM DSTP
408	137	RUI BOGALHO	M	46	61	00:59:26.75	00:58:51.33	CBTEAM
409	136	MAGDA CARVALHO	F	43	21	00:59:26.87	00:58:51.78	CBTEAM
410	483	CARLA SILVA	F	45	13	00:59:45.02	00:59:15.69	IMASAMS
411	938	MARIA DA CUNHA	F	45	14	00:59:45.56	00:59:31.24	
412	322	CARLOS TEIXEIRA	M	45	62	00:59:46.82	00:59:20.64	GD SANTANDER TOTTA
413	492	CARLA M B CORREIA	F	42	22	00:59:47.17	00:59:20.59	BRRNIGHTRUNNERS
414	422	DAVID ALMEIDA	M	36	23	00:59:47.24	00:59:23.62	
415	321	LARA VELOSO	F	42	61	00:59:47.24	00:59:21.56	GD SANTANDER TOTTA
416	113	SAMUEL F TRANCOSO	M	47	63	00:59:48.73	00:59:48.73	BRRNIGHTRUNNERS
417	74	TERESA ROCHA	F	47	15	00:59:50.02	00:59:39.62	
418	361	HUGO LOPES	M	40	70	00:59:53.71	00:59:22.03	BRRNIGHTRUNNERS
419	794	IGNACIO A PEÑA	M	30	95	01:00:02.87	00:59:13.58	BIMBO
420	169	SOFIA A LIMA	F	43	24	01:00:05.81	00:59:33.03	YMAA PORTUGAL
421	307	CARLOS A T MOURAO	M	46	64	01:00:05.87	00:59:27.88	
422	518	FLAVIA PENAN	F	30	21	01:00:07.32	00:59:39.55	BRRNIGHTRUNNERS
423	112	SOFIA AMBRIOSIO	F	40	25	01:00:07.89	00:59:40.53	BRRNIGHTRUNNERS
424	465	SÃO MARQUES	F	48	16	01:00:16.21	00:59:35.20	ESPECIAIS DE CORRIDA
425	934	JOÃO SANTOS	M	30	96	01:00:18.35	00:57:31.81	
426	909	TIAGO A M CARDOSO	M	32	97	01:00:19.65	00:59:51.82	BIMBO
427	263	MARGARIDA CARDOSO	F	44	26	01:00:21.14	00:59:51.97	IMASAMS
428	552	ANDREA MARTIM	F	27	22	01:00:21.79	00:59:42.72	
429	919	ANDRÉ RODRIGUES	M	28	98	01:00:27.39	00:57:42.51	
430	922	CARLOS MALVAREZ	M	30	99	01:00:27.45	00:57:43.52	
431	442	SONIA GODINHO	F	42	27	01:00:27.87	00:59:47.41	JOBRINDE MONTES SALOIOS
432	443	CRISTINA M T FIGUEIRA	F	40	28	01:00:27.96	00:59:47.85	
433	527	PEDRO C MATELA	M	30	100	01:00:28.25	00:57:42.06	
434	948	TERESA MORAIS	F	42	29	01:00:33.28	01:00:19.38	
435	947	TERESA FALCÃO	F	45	17	01:00:33.38	01:00:19.48	
436	304	RICARDO FONSECA	M	41	71	01:00:36.70	01:00:15.79	CP IVA
437	570	TIAGO FRANCISCO	M	28	101	01:00:43.34	01:00:43.34	
438	318	MARIO R COSTA	M	41	72	01:00:46.99	01:00:21.62	GD SANTANDER TOTTA
439	118	ELISABETE RODRIGUES	F	37	30	01:00:49.97	01:00:42.18	
440	229	VANESSA BAPTISTA	F	36	31	01:00:52.45	01:00:33.24	C MILLENNIUM BCP
441	78	DIOGO GERALDES	M	30	102	01:01:01.02	00:59:59.14	
442	94	Mª ALBERTA ESTEVES	F	52	18	01:01:14.90	00:55:52.99	BRRNIGHTRUNNERS
443	330	LUCIO SILVA	M	51	33	01:01:15.28	01:00:48.93	GD SANTANDER TOTTA



444	466	SANDRA P OLIVEIRA	F	42	32	01:01:19.98	01:00:59.96	
445	509	DIOGO M S S CORREIA	M	38	62	01:01:20.19	01:00:43.99	
446	888	TIAGO E P SANTOS	M	31	103	01:01:22.12	01:00:29.68	BIMBO
447	193	MARIA MARTINS	F	58	19	01:01:24.39	01:00:56.41	
448	446	Mª JOÃO ANJOS	F	45	20	01:01:25.97	01:00:35.75	
449	445	PATRÍCIA POSSIDÓNIO	F	35	33	01:01:37.77	01:00:47.94	
450	432	PAULO ALVES	M	58	23	01:01:40.70	01:01:08.58	ESTONADOS
451	882	SILVIA C N MARÇAL	F	35	34	01:01:47.47	01:00:15.64	BIMBO
452	753	ANABELA SALAZAR	F	45	21	01:01:53.10	01:01:34.05	BIMBO
453	827	MARTA R SÁ	F	35	35	01:01:59.51	01:01:42.00	BIMBO
454	899	LINA LEITE	F	30	23	01:02:00.65	01:01:39.40	DECATHLON
455	837	LUIS LOUREIRO	M	35	63	01:02:05.47	01:01:20.54	BIMBO
456	228	ANA MARQUES	F	57	22	01:02:07.50	01:01:17.98	C MILLENNIUM BCP
457	889	SUSANA S BARREIRA	F	29	24	01:02:21.78	01:01:29.52	BIMBO
458	756	BERNARDO MOREIRA	M	30	104	01:02:22.70	00:57:34.49	BIMBO
459	110	JOSÉ MOREIRA	M	27	105	01:02:27.41	01:02:22.25	
460	796	TERESA IÑIGUEZ	F	30	25	01:02:32.63	01:01:37.71	BIMBO
461	908	JOSÉ M B PESTANA	M	32	106	01:02:34.11	01:02:04.76	BIMBO
462	316	TIAGO VEIGA	M	32	107	01:02:35.84	01:01:47.78	GD SANTANDER TOTTA
463	815	ALBANO J A SILVA	M	49	65	01:02:41.89	01:01:57.88	BIMBO
464	359	NUNO VAZ	M	45	66	01:02:48.62	01:02:13.16	REFEREE TEAM
465	298	CARLA MOTA	F	43	36	01:02:56.66	01:02:31.20	
466	172	NUNO TERRAQUENTE	M	45	67	01:02:58.02	01:02:14.48	
467	171	JOÃO CARDOSO	M	43	73	01:02:58.11	01:02:16.61	
468	319	SUSANA GUERREIRO	F	41	37	01:03:05.65	01:02:40.99	GD SANTANDER TOTTA
469	856	PAULO F T MACHADO	M	52	34	01:03:07.55	00:58:23.96	BIMBO
470	32	CARINA AMARO	F	26	26	01:03:08.07	01:02:31.46	
471	18	ALBERTO LIXA	M	55	24	01:03:14.55	01:03:03.79	
472	538	MARIO BOTELHO	M	39	64	01:03:26.82	01:02:50.31	
473	382	JORGE CEREJEIRA	M	50	35	01:03:30.11	01:02:41.22	
474	260	JOAQUIM E R ORTIZ	M	68	19	01:03:33.19	01:03:00.52	
475	20	CLÁUDIA PIMENTEL	F	29	27	01:03:41.52	01:02:42.10	
476	425	NUNO MOLERO	M	35	65	01:03:47.56	01:03:45.75	
477	886	PAULO H H FARIA	M	49	68	01:03:49.61	01:02:55.84	BIMBO
478	926	CLAUDIA G COSTA	F	47	23	01:03:59.04	01:03:34.71	
479	499	JOANA S J RODRIGUES	F	35	38	01:04:13.35	01:03:54.67	
480	240	ANTONIO M HENRIQUES	M	59	25	01:04:15.71	01:03:25.99	



481	817	RICARDO M R SILVA	M	41	74	01:04:22.70	01:03:42.09	BIMBO
482	19	RUI LEANDRO	M	28	108	01:04:35.69	01:03:36.62	
483	327	JOSE RIBEIRO	M	72	20	01:04:35.85	01:03:52.19	GD SANTANDER TOTTA
484	77	JORGE ABRANTES	M	31	109	01:04:45.75	01:03:43.15	
485	384	CARLOS A TEIXEIRA	M	77	21	01:04:50.53	01:03:49.47	FAMILIA TEIXEIRA
486	52	Mª LUISA SOARES	F	53	24	01:04:52.98	01:04:17.26	
487	194	LUÍS SEABRA	M	46	69	01:04:52.99	01:04:36.06	
488	178	MARTA S S G CAETANO	F	34	28	01:04:53.35	01:04:36.80	
489	484	PAULA CUNHA	F	36	39	01:04:56.96	01:04:28.18	
490	910	GONÇALO F P M CARDOSO	M	13	110	01:04:57.17	01:04:28.49	BIMBO
491	184	NADIA JONES	F	43	40	01:05:10.05	01:04:58.60	
492	820	EDGAR	M	30	111	01:05:12.86	01:05:04.63	BIMBO
493	47	RICARDO ANDRADE	M	32	112	01:05:17.37	01:05:06.55	
494	63	NUNO PAZ	M	33	113	01:05:20.15	01:04:45.20	
495	64	ALEXANDRA PAZ	F	32	29	01:05:20.21	01:04:45.44	
496	471	LILIANA CARVALHO	F	29	30	01:05:27.50	01:04:48.13	
497	238	ESTRELA MARIZ	F	48	25	01:05:30.26	01:04:40.17	C MILLENNIUM BCP
498	470	NUNO MOTA	M	33	114	01:05:30.72	01:04:52.37	
499	512	ANA VALA	F	39	41	01:05:34.04	01:05:11.76	
500	876	GUI NUNES	M	31	115	01:05:35.14	01:05:35.14	BIMBO
501	843	JORGE M M ANTÓNIO	M	49	70	01:05:37.88	01:05:06.99	BIMBO
502	542	NUNO LOURENÇO	M	23	116	01:06:04.74	01:05:21.93	NUFI
503	541	FILIPA LOURENÇO	F	38	42	01:06:04.91	01:05:22.86	NUFI
504	461	PAULA FIGUEIREDO	F	59	26	01:06:05.25	01:05:03.04	GD SANTANDER TOTTA
505	38	ÓSCAR ASSUNÇÃO	M	48	71	01:06:09.50	01:05:46.69	
506	456	ANA C M ALMEIDA	F	35	43	01:06:10.18	01:05:33.17	
507	457	WILSON C S OLIVEIRA	M	35	66	01:06:14.02	01:05:36.54	
508	339	DÁLIA LEITE	F	54	27	01:06:23.01	01:06:04.70	CA ODIMARQ
509	514	GERMANO BERNARDO	M	62	22	01:06:23.21	01:05:40.74	PRAZER CORRIDA
510	40	FRANCISCO L RIBEIRO	M	70	23	01:06:35.09	01:06:19.39	
511	931	HÉLDER CABRITA	M	0	117	01:06:39.33	01:06:02.54	
512	381	FILIPA DIREITO	F	35	44	01:06:45.95	01:06:32.44	
513	371	MADALENA PINA	F	50	28	01:06:53.40	01:06:46.42	ATLÉTICO VIA RARA
514	423	CÁTIA LOUREIRO	F	33	31	01:06:57.13	01:06:33.01	
515	344	ARMINDO LOUREIRO	M	68	24	01:06:59.64	01:06:24.88	
516	117	VÍCTOR A C MARQUES	M	45	72	01:07:06.77	01:06:21.28	
517	30	PAULA SANTOS	F	48	29	01:07:19.82	01:06:35.59	GDRCP



518	805	ELOI CAMPS	M	25	118	01:07:20.71	01:00:52.62	BIMBO
519	73	PAULA ROCHA	F	47	30	01:07:30.04	01:07:18.81	
520	430	LUÍS LAGARTO	M	56	26	01:07:30.64	01:06:55.66	ESTONADOS
521	840	TIAGO FERREIRA	M	39	67	01:07:32.30	01:06:45.30	BIMBO
522	258	RITA PALMA	F	47	31	01:07:40.95	01:07:38.04	DREAM RUNNERS ÉVORA
523	854	CARLA S S PATRICIO	F	44	45	01:08:05.27	01:07:24.68	BIMBO
524	35	RENATO ALVES	M	36	68	01:08:34.64	01:07:40.63	
525	365	JOSÉ ALÍPIO	M	60	25	01:08:53.54	01:08:12.26	
526	433	NATÉRCIA A C R POMBO	F	47	32	01:08:56.36	01:08:26.11	BRRNIGHTRUNNERS
527	439	AURORA L MOUSINHO	F	46	33	01:08:58.22	01:08:27.16	BRRNIGHTRUNNERS
528	350	INES NOGUEIRA	F	31	32	01:08:58.44	01:08:39.95	
529	855	PEDRO M C FERREIRA	M	53	36	01:09:17.34	01:04:26.29	BIMBO
530	463	RITA MELO	F	33	33	01:09:28.77	01:08:49.20	ESPECIAIS DE CORRIDA
531	213	NUNO MARQUES	M	46	73	01:09:29.19	01:08:29.35	RUN 4 BEER
532	183	TIAGO LOURENÇO	M	47	74	01:09:35.69	01:08:39.61	
533	305	SUSANA PALMA	F	43	46	01:09:47.22	01:09:24.57	CP IVA
534	302	ALTINO SILVA	M	73	26	01:09:47.43	01:09:24.80	CP IVA
535	234	JOAO BERRINCHA	M	53	37	01:09:47.97	01:09:33.48	C MILLENNIUM BCP
536	833	ANA M A M RODRIGUES	F	57	34	01:09:48.96	01:09:20.22	BIMBO
537	891	ANA C S BARREIRA	F	32	34	01:09:56.50	01:09:02.87	BIMBO
538	342	ALEXANDRA FERREIRA	F	41	47	01:09:59.21	01:09:51.34	
539	182	ALEXANDRA CLEMENTE	M	45	75	01:09:59.45	01:09:03.64	
540	803	Mª LURDES B F ANDRADE	F	54	35	01:10:20.72	01:09:40.56	BIMBO
541	804	FERNANDO M S ANDRADE	M	54	38	01:10:20.79	01:09:40.53	BIMBO
542	798	GABRIEL BUIXÓ	M	28	119	01:10:48.30	01:09:59.61	BIMBO
543	829	NUNO MARQUES	M	40	75	01:11:18.83	01:10:26.31	BIMBO
544	828	BÁRBARA S MARQUES	F	37	48	01:11:19.05	01:10:26.28	BIMBO
545	91	JOANA MARQUES	F	28	35	01:11:27.45	01:11:02.20	
546	92	TIAGO NEVES	M	27	120	01:11:27.62	01:11:02.45	
547	939	MARTA XAVIER	F	30	36	01:12:27.68	01:11:51.33	
548	925	CÉLIA CARVALHO	F	44	49	01:12:33.41	01:12:06.79	
549	210	HELDER SILVA	M	44	76	01:12:33.57	01:06:38.14	
550	16	CIDALIA PIMENTEL	F	44	50	01:12:41.96	01:07:58.40	
551	165	MARLENE OLIVEIRA	F	43	51	01:12:42.00	01:07:56.74	FF PAZ MUNDIAL E UNIFICAÇÃO
552	894	ANA C RAMOS	F	47	36	01:12:50.44	01:12:08.26	BIMBO
553	261	VERA BEXIGA	F	37	52	01:12:51.40	01:12:05.42	X4FUN
554	247	JOAO C PEREIRA	M	54	39	01:12:53.90	01:12:41.38	CCDP MUN CASCAIS



24-09-2017

555	246	IVONE PEREIRA	F	50	37	01:12:54.26	01:12:41.50	CCDP MUN CASCAIS
556	278	ELISA DIAS	F	54	38	01:13:06.90	01:12:45.01	CLINICA SANTA MADALENA
557	187	Mª JESUS LINO	F	60	39	01:13:16.40	01:12:38.03	
558	80	EVELIN G S GUEDES	F	35	53	01:13:22.53	01:12:27.10	
559	836	ANDRÉ F R NUNES	M	29	121	01:13:27.18	01:12:31.57	BIMBO
560	317	JOEL PONTE	M	31	122	01:14:02.94	01:13:15.28	GD SANTANDER TOTTA
561	892	JOÃO P M TAVARES	M	36	69	01:14:03.39	01:13:09.85	BIMBO
562	835	OLIVIER M P DEBIENNE	M	36	70	01:14:33.52	01:14:33.52	BIMBO
563	469	CARLA SOBRAL	F	43	54	01:14:33.59	01:13:57.06	
564	468	ANABELA GONÇALVES	F	43	55	01:14:34.82	01:13:58.52	
565	503	CLEÚSIA KOK	F	35	56	01:14:34.99	01:14:03.45	
566	568	BEATRIZ CERQUEIRA	F	19	37	01:14:35.03	01:13:57.90	
567	48	MAFALDA COSTA	F	25	38	01:15:01.53	01:14:49.13	
568	123	HÉLDER M F POMBO	M	46	76	01:15:11.67	01:14:32.19	
569	102	TERESA NICOLAU	F	55	40	01:15:11.97	01:14:31.78	
570	103	JORGE CALEJO	M	46	77	01:15:13.10	01:14:30.31	
571	107	CECÍLIA NICOLAU	F	50	41	01:15:13.97	01:14:34.09	
572	847	FRANCISCO B M JESUS	M	24	123	01:15:35.69	01:15:01.72	BIMBO
573	848	Mª STREET A SILVA	F	24	39	01:15:37.99	01:15:03.91	BIMBO
574	880	JORGE M S N GONÇALVES	M	52	40	01:15:52.71	01:14:55.18	BIMBO
575	122	JOANA D CHOURIÇO	F	54	42	01:15:53.96	01:15:38.30	
576	351	RICARDO J O DIAS	M	29	124	01:16:21.60	01:16:09.38	
577	454	PEDRO M G MARQUES	M	24	125	01:19:05.06	01:18:19.51	
578	407	SANDRA SILVA	F	47	43	01:20:25.24	01:20:11.49	
579	272	THIAGO B PONTES	M	35	71	01:20:27.80	01:20:11.03	
580	567	MARINA CERQUEIRA	F	41	57	01:20:41.40	01:20:04.74	
581	839	ANA S A SANTOS	F	37	58	01:20:41.66	01:20:03.05	BIMBO
582	800	CARLA S L M MOURÃO	F	45	44	01:20:42.02	01:20:04.41	BIMBO
583	849	PAULA I D E A BRANÇO	F	45	45	01:20:59.95	01:20:59.95	BIMBO
584	883	ANA P L CALDEIRA	F	40	59	01:21:01.16	01:21:01.16	BIMBO
585	895	CARIM HABIB	M	45	78	01:21:48.02	01:21:38.76	BIMBO
586	555	TELMA SANTOS	F	28	40	01:24:33.64	01:22:54.94	BIMBO
587	556	ANDREIA COELHO	F	29	41	01:24:34.01	01:22:55.60	BIMBO
588	550	ROBERTA AMENDOLA	F	36	60	01:26:17.52	01:21:40.94	
589	530	RUI PATARRANA	M	26	126	01:26:23.89	01:25:36.79	
590	300	CÉSAR GOMES	M	48	79	01:26:24.63	01:25:37.82	
591	431	CRISTINA SOUSA	F	53	46	01:26:27.87	01:25:51.11	ESTONADOS



592	212	AMÉLIA COSTA	F	59	47	01:27:25.54	01:27:11.01	
593	758	CARLOS SILVA	M	21	127	01:28:12.34	01:27:17.09	BIMBO
594	946	SOFIA GOEBEN	F	24	42	01:28:20.02	01:28:20.02	
595	453	ANA G CUNHA	F	28	43	01:29:11.77	01:28:27.34	
596	950	TIAGOCORREIA	M	28	128	01:33:58.45	01:33:36.82	
597	380	ELSA RUIZ	F	38	61	01:36:19.92	01:35:33.26	
598	145	FATIMA ROCHA	F	42	62	01:36:20.06	01:35:34.77	
599	146	SERGIO CRUZ	M	43	77	01:36:20.20	01:35:34.10	

Total de registros: 599