



# II Corrida "Festas de Loures"

22 de Julho, 2018

<https://werun.pt/resultados/2-corrída-festas-de-loures/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	339	LUÍS RAÇÕES	00:36:18	00:36:18	M4044	INGLESES FC	1
2	3451	ANDRE ALVES	00:36:23	00:36:23	M2034	VITÓRIA FUTEBOL CLUBE	1
3	3279	FILIFE FRAQUEIRO	00:37:05	00:37:05	M2034	CCD LEÕES DA FLORESTA	2
4	3198	ROBERTO LADEIRAS	00:37:08	00:37:08	M2034	GFD RUNNING	3
5	3222	LUÍS BAÇO	00:37:13	00:37:13	M4044	VITÓRIA FUTEBOL CLUBE	2
6	3276	MARCELO DOS SANTOS	00:37:58	00:37:54	M2034	ASSOCIAÇÃO VALE GRANDE	4
7	3470	MARK RIBEIRO	00:38:03	00:38:03	M2034	VITÓRIA FUTEBOL CLUBE	5
8	1889	RAUL CAETANO	00:38:22	00:38:22	M4549	CLUBE FUTEBOL BELENENSES	1
9	749	DIOGO GARCIA	00:38:30	00:38:22	M2034	OS SALOIOS	6
10	301	VITOR OLIVEIRA	00:38:46	00:38:41	M2034	ASSOCIAÇÃO VALE GRANDE	7
11	88	LUIS BRITO	00:38:49	00:38:48	M4044	CA VALE DE FIGUEIRA	3
12	1101	FLÁVIO SANTOS	00:38:53	00:38:53	M2034	FF PAZ MUNDIAL E UNIFICAÇÃO	8
13	1110	SERGIO PAIVA	00:38:55	00:38:53	M4549	FF PAZ MUNDIAL E UNIFICAÇÃO	2
14	2184	JOSÉ PAIS	00:38:58	00:38:58	M4549	CORRER LISBOA	3
15	500	JOSÉ SILVA	00:39:09	00:39:06	M4549	ASSOCIAÇÃO VALE GRANDE	4
16	3398	PEDRO FERNANDES	00:39:44	00:39:44	M3539	VITÓRIA FUTEBOL CLUBE	1
17	3415	PAULO ALVES	00:39:45	00:39:40	M4044	ASSOCIAÇÃO VALE GRANDE	4
18	1895	MÁRIO FIRMINO	00:39:48	00:39:48	M2034	DOLCE FURADOURO	9
19	794	EDMIR CORREIA	00:39:57	00:39:55	M2034	GRUPO DESPORTIVO SÃO DOMINGOS	10
20	1074	PEDRO CARDOSO	00:40:16	00:40:12	M3539	CORRER LISBOA	2
21	614	AUGUSTO PIRES	00:40:26	00:40:19	M4549	C.U.A.BENAVENTENSE	5
22	3397	EMANUEL DIOGO	00:40:35	00:40:34	M2034	VITÓRIA FUTEBOL CLUBE	11

23	3454	BRUNO BRITO	00:40:37	00:40:37	M3539	CORRER LISBOA	3
24	3445	ALEXANDRE SOARES	00:40:46	00:40:45	M5559	BOAVISTA DO PICO AÇORES	1
25	1375	LUIS CRUZ CRUZ	00:40:52	00:40:41	M4549	CRUZ E AMIGOS DA CORRIDA	6
26	693	BRUNO CARVALHO	00:40:57	00:40:55	M3539	FCR ROSSÃO	4
27	3394	HERNANI FRANCISCO	00:41:06	00:41:06	M4549	VITÓRIA FUTEBOL CLUBE	7
28	3374	PETER ROMAO	00:41:09	00:41:03	M3539	PENICHE A CORRER	5
29	3361	PAULO GOMES	00:41:09	00:41:09	M4044	AMINHACORRIDA/MYPROTEIN	5
30	694	RUI HENRIQUES	00:41:13	00:41:07	M3539	ASSOCIAÇÃO VALE GRANDE	6
31	987	PAULO ARRENEGA	00:41:22	00:41:20	M5054	UNIÃO ATLÉTICO POVOENSE	1
32	3268	RICARDO PEREIRA	00:41:26	00:41:21	M4044		6
33	1102	JOSE TEIXEIRA	00:41:29	00:41:25	M4549	FF PAZ MUNDIAL E UNIFICAÇÃO	8
34	68	NUNO VARELA	00:41:30	00:41:24	M3539	CA VALE DE FIGUEIRA	7
35	854	RUBEN SEMENDO	00:41:31	00:41:13	M2034	GRUPO DESPORTIVO SÃO DOMINGOS	12
36	493	AIRES PRATAS	00:41:34	00:41:34	M6064	ODIMARQ	1
37	3243	JOSÉ SANTOS	00:41:35	00:41:27	M4549	OS GALGOS	9
38	1107	PAULO CARVALHO	00:41:39	00:41:28	M4549	FF PAZ MUNDIAL E UNIFICAÇÃO	10
39	2234	JORGE REIS	00:41:41	00:41:41	M6064	ODIMARQ	2
40	505	LUÍS VASCONCELOS	00:41:47	00:41:43	M4549	ASSOCIAÇÃO VALE GRANDE	11
41	3152	ANTONIO FIGUEIREDO	00:41:49	00:41:46	M3539	SÃO DOMINGOS DE RANA	8
42	3412	VITOR TAVARES MARQUES	00:41:49	00:41:47	M4044	CORRER LISBOA	7
43	3100	NUNO SILVA	00:41:52	00:41:47	M3539	FF PAZ MUNDIAL E UNIFICAÇÃO	9
44	3303	PEDRO PEREIRA	00:42:02	00:41:56	M2034	ASICS LISBOA RUN CLUB	13
45	1992	JOÃO TURÉ	00:42:09	00:42:08	M2034	GRUPO DESPORTIVO SÃO DOMINGOS	14
46	3453	FERNANDO MARTINS	00:42:14	00:42:11	M4549	INDIVIDUAL	12
47	507	ANTÓNIO SANTOS	00:42:15	00:42:13	M5559	ASSOCIAÇÃO VALE GRANDE	2

48	3365	DAVID FERNANDES FERNANDES	00:42:22	00:42:21	M4044	AMINHACORRIDA/MYPROTEIN	8
49	968	JOANA RAMALHO	00:42:22	00:42:17	F2034	UNIÃO ATLÉTICO POVOENSE	1
50	3448	FÁBIO PRATAS	00:42:27	00:42:27	M2034	WERUN	15
51	1917	RUI HENRIQUES	00:42:32	00:42:32	M4549	FF PAZ MUNDIAL E UNIFICAÇÃO	13
52	492	JOSE PAJINHA	00:42:37	00:42:31	M5559	ODIMARQ	3
53	3426	SERGIO BALÃO	00:42:40	00:42:18	M4044	INDIVIDUAL	9
54	3419	RUI GRAZINA	00:42:43	00:42:43	M5559	CCD SINTRENSE	4
55	3430	ANTONIO HENRIQUES	00:42:44	00:42:44	M6064	VALE FIGUEIRA	3
56	218	FILIPE PEDRO	00:42:48	00:42:45	M0019	ACRMEALHADA	1
57	3144	NUNO SANTOS	00:42:51	00:42:47	M4044	CLUBE VODAFONE	10
58	220	ANGELO SILVA	00:42:55	00:42:41	M2034	CCDT METRO LISBOA	16
59	3114	TIAGO MARQUES	00:43:27	00:43:24	M3539		10
60	3324	JOSE PIRES	00:43:29	00:43:23	M4044	CUAB BENAVENTENSE	11
61	3440	JOSÉ MARCELINO	00:43:37	00:43:33	M5559	BOAVISTA PICO AÇORES	5
62	3275	JOSÉ DIOGO DOS SANTOS	00:43:37	00:43:36	M4044		12
63	3223	HELENA MIRANDA	00:43:39	00:43:38	F2034	VITÓRIA FUTEBOL CLUBE	2
64	642	CARLOS PEREIRA	00:43:46	00:43:46	M5054	CORRER LOURES	2
65	3299	PEDRO BURRICA	00:43:50	00:43:50	M4044	GRCD LEIÃO	13
66	3233	JOSÉ LUÍS SIMÕES	00:43:53	00:43:51	M5559		6
67	962	JOÃO AFONSO	00:43:56	00:43:53	M6064	UNIÃO ATLÉTICO POVOENSE	4
68	3391	JOÃO SILVA	00:44:03	00:44:00	M3539	CASA DA DIZIMA - FIT 6	11
69	2241	JOÃO PASTOR	00:44:07	00:44:01	M4549	PASTOR RACING	14
70	3121	VICTOR VARIZO	00:44:12	00:43:55	M4044		14
71	1302	MANUEL COSTA	00:44:13	00:44:04	M6064	CA VALE DE FIGUEIRA	5
72	838	JOSÉ MARQUES	00:44:14	00:44:12	M5054	GRUPO DESPORTIVO SÃO DOMINGOS	3
73	3204	ALEXANDRE TAVARES	00:44:14	00:43:57	M3539		12

74	3416	JOSE SILVA	00:44:15	00:44:10	M5054	INDIVIDUAL	4
75	3347	NUNO PITA	00:44:20	00:44:13	M4044	CCDTMETROLX	15
76	3112	DUARTE COSTA	00:44:24	00:44:22	M3539	RUN FOR FRIENDS	13
77	1021	JOAQUIM ANTONIO DO CARREIRA	00:44:24	00:44:24	M5559	DOLCE FURADOURO	7
78	3074	BRIGITTE CARDOSO	00:44:26	00:44:24	F3544	CORRER LISBOA	1
79	501	JOSÉ GEADA	00:44:30	00:44:24	M4549	ASSOCIAÇÃO VALE GRANDE	15
80	508	RUI MARTINS	00:44:30	00:44:17	M2034	ASSOCIAÇÃO VALE GRANDE	17
81	3103	RUI TEIXEIRA	00:44:31	00:44:31	M4044	MELGAS	16
82	3343	SAMUEL NUNES	00:44:32	00:44:30	M0019	RUN FOR FRIENDS	2
83	3401	NUNO FERREIRA	00:44:33	00:44:25	M2034	PENICHE A CORRER	18
84	1733	FABIO ANDRE	00:44:36	00:44:35	M2034	CASA DO BENFICA DE TORRES VEDRAS	19
85	3422	NELSON FERNAMDES	00:44:43	00:44:19	M3539	INDIVIDUAL	14
86	3205	HÉLIO JORGE RIBEIRO DA COSTA	00:44:48	00:44:40	M2034		20
87	1171	PAULO GOMES	00:44:52	00:44:36	M3539	EVELX - AEVS	15
88	3072	ANDRÉ MORGADO	00:44:54	00:44:46	M2034	CAD A CORRER	21
89	3455	DIOGO MOURÃO	00:44:57	00:44:27	M2034	INDIVIDUAL	22
90	3414	FERNANDO GODINHO	00:45:00	00:44:59	M4549	CORRER LOURES	16
91	594	RAUL RODRIGUES	00:45:03	00:45:01	M6064	G.D. CHELAS	6
92	3377	LUÍS CARVALHO	00:45:06	00:45:05	M2034		23
93	102	LUIS VIEIRA	00:45:08	00:45:06	M4549	CA VALE DE FIGUEIRA	17
94	447	RICARDO MORENO	00:45:12	00:45:12	M2034	CORRER LOURES	24
95	892	CELINA RODRIGUES	00:45:12	00:45:06	F2034	UNIÃO ATLÉTICO POVOENSE	3
96	805	CARLOS MONTEIRO	00:45:12	00:45:01	M5559	GRUPO DESPORTIVO SÃO DOMINGOS	8
97	527	RICARDO	00:45:13	00:44:59	M2034	AO RITMO DAS 200 PPM	25

## GOMES

98	655	JOAQUIM OLIVEIRA	00:45:18	00:45:15	M5054	CA VALE DE FIGUEIRA	5
99	3172	ANTONIO DIONISIO	00:45:19	00:45:08	M4044		17
100	3441	LUCILIA SOARES	00:45:26	00:45:25	F5564	CATAGÁS	1
101	1431	EDUARDO SANTOS	00:45:27	00:45:21	M3539	GELPEIXE	16
102	3359	JORGE AMARAL	00:45:29	00:45:20	M5054	AMINHACORRIDA/MYPROTEIN	6
103	124	JOSÉ DELFINO	00:45:35	00:45:35	M5559	CA VALE DE FIGUEIRA	9
104	764	RICARDO LEITÃO	00:45:37	00:45:11	M3539	OS SALOIOS	17
105	105	PAULO LOPES	00:45:47	00:45:44	M4549	CA VALE DE FIGUEIRA	18
106	3188	PEDRO MOTA	00:45:50	00:45:45	M4549	INDIVIDUAL	19
107	762	NUNO PEREIRA	00:45:53	00:45:40	M3539	OS SALOIOS	18
108	3161	RUI VALE	00:45:53	00:45:41	M3539		19
109	1381	RUI NEVES	00:45:57	00:45:44	M4549	GRUPO DESPORTIVO SÃO DOMINGOS	20
110	3447	ARTINO MOTA	00:46:01	00:45:44	M5559	BOAVISTA DO PICO AÇORES	10
111	118	VASCO GONÇALVES	00:46:04	00:46:02	M5559	CA VALE DE FIGUEIRA	11
112	3369	DAVID LEITÃO	00:46:05	00:45:52	M0019	PENICHE A CORRER	3
113	763	PAULO SANTOS	00:46:08	00:45:56	M4044	OS SALOIOS	18
114	3459	RAFAEL SEQUEIRA	00:46:09	00:45:55	M2034	ASSOCIAÇÃO VALE GRANDE	26
115	2084	ALEXANDRE LEAL	00:46:10	00:46:06	M4044	CLUBE RECREATIVO DE SAPATARIA	19
116	719	CARLOS SEQUEIRA	00:46:12	00:45:58	M5054	CORRER LOURES	7
117	2085	HUGO CARAGO	00:46:14	00:46:08	M4549	CLUBE RECREATIVO DE SAPATARIA	21
118	3351	MÁRIO RUI SEABRA	00:46:14	00:45:56	M4549	GRUPO RECREATIVO JANZ E ASSOCIADOS	22
119	860	FIRMINO OLIVEIRA	00:46:14	00:46:06	M5559	CA VALE DE FIGUEIRA	12
120	3148	MIGUEL RIBEIRO	00:46:16	00:46:09	M4549	MR	23
121	405	RUI PANÇA	00:46:19	00:46:12	M4549	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	24
122	383	JOÃO	00:46:20	00:45:55	M5559	NÚCLEO SCP LOURES	13

## CARVALHO

123	3079	SÉRGIO PIRES	00:46:21	00:46:08	M4044		20
124	595	JOSÉ DIAS	00:46:22	00:46:22	M5559	G.D. CHELAS	14
125	3102	JOÃO SEQUEIRA	00:46:24	00:46:12	M2034	MELGAS	27
126	100	JOAO FERREIRA	00:46:27	00:46:27	M4549	CA VALE FIGUEIRA	25
127	1948	CARLOS BATISTA	00:46:27	00:46:20	M5559	GELPEIXE	15
128	1428	FERNANDO ALMEIDA	00:46:28	00:46:22	M3539	GELPEIXE	20
129	3345	JOÃO OLIVEIRA	00:46:33	00:46:23	M4044	CCDTMETROLX	21
130	3444	CARLOS ALVES	00:46:35	00:46:16	M5054	BOAVISTA DO PICO AÇORES	8
131	3267	TIAGO DUARTE	00:46:38	00:46:22	M3539	CLUBE DO PESSOAL DA SIDERURGIA NACIONAL	21
132	134	JOÃO COVAS	00:46:43	00:46:40	M5559	CA VALE DE FIGUEIRA	16
133	224	CARLOS PEREIRA	00:46:45	00:46:37	M4044	FAMÍLIA PARA A PAZ MUNDIAL E UNIFICAÇÃO	22
134	696	CARLOS MACHADO	00:46:48	00:46:36	M4549	FCR ROSSÃO	26
135	1423	FREDERICO LÁZARO	00:46:51	00:46:47	M3539	CORRER LISBOA	22
136	1362	CÁTIA NASCIMENTO	00:46:52	00:46:46	F3544	CORRER LISBOA	2
137	3389	JOÃO ROCHA	00:46:52	00:46:25	M2034	RB RUNNING	28
138	3436	ORLANDO CORREIA	00:46:53	00:46:34	M4549	INDIVIDUAL	27
139	3071	DAVID SARAIVA	00:46:57	00:46:15	M3539	G. D. SAMEIRO	23
140	3122	EDUARDO LUÍS	00:46:57	00:46:44	M4044	ATÓMICOS	23
141	413	JULIO REIS	00:47:04	00:46:30	M4549	VALE FIGUEIRA	28
142	3221	SUSANA MARIA MATOS	00:47:06	00:46:48	F4554		1
143	1376	PAULO LOPES LOPES	00:47:12	00:46:55	M4549	CRUZ E AMIGOS DA CORRIDA	29
144	2148	PEDRO VIEIRA	00:47:28	00:47:25	M4549	CORRER LOURES	30
145	979	MARIANA SEQUEIRA	00:47:28	00:47:21	F2034	UNIÃO ATLÉTICO POVOENSE	4
146	71	TIAGO PINTO	00:47:30	00:47:10	M3539	CA VALE DE FIGUEIRA	24
147	3395	MIGUEL DUARTE	00:47:41	00:47:37	M4044	VITÓRIA FUTEBOL CLUBE	24
148	200	ABEL ASSEMBLANO	00:47:43	00:47:22	M3539	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	25

149	1374	JOÃO CRUZ CRUZ	00:47:48	00:47:34	M5559	CRUZ E AMIGOS DA CORRIDA	17
150	3067	CARLOS FRANÇA	00:47:50	00:47:42	M3539	CAD A CORRER	26
151	3331	FRANCISCO COSTA	00:47:50	00:47:48	M4044	FRESCOS DA MONTIQUEIJO	25
152	423	PAULO ISMÊNIO	00:47:50	00:47:29	M4044	JOBRINDE MONTES SALOIOS	26
153	690	DAVID CAMPOS	00:47:56	00:47:55	M0019	FC R ROSSÃO	4
154	1	CONCEIÇÃO PEREIRA	00:47:59	00:47:53	F5564	CA VALE DE FIGUEIRA	2
155	3169	JOSÉ AMARO	00:48:01	00:47:54	M4044	LIZ RUNNERS	27
156	3352	ARMINDO JORGE RODRIGUES	00:48:02	00:47:44	M5054	GRUPO RECREATIVO JANZ E ASSOCIADOS	9
157	3336	LUIS SILVA	00:48:02	00:47:56	M3539		27
158	3244	JOÃO SANTOS	00:48:03	00:47:54	M0019	OS GALGOS	5
159	3220	PEDRO COUTINHO	00:48:05	00:47:49	M3539		28
160	202	FERNANDO FERNANDES	00:48:07	00:48:04	M6064	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	7
161	3206	TIAGO SILVA	00:48:07	00:47:52	M3539		29
162	3253	HÉLDER SOARES	00:48:10	00:47:58	M4044	BRUXOS RUNNERS	28
163	2219	PEDRO SERRA	00:48:13	00:48:08	M4044	CORRER LISBOA	29
164	112	PAULO NEVES	00:48:14	00:48:00	M5054	CA VALE DE FIGUEIRA	10
165	2210	PEDRO NETO	00:48:15	00:48:05	M3539	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	30
166	3089	JOAO LOPES	00:48:16	00:48:01	M3539	PAPAGAIOS DE CASCAIS	31
167	1796	PAULO NUNES	00:48:18	00:47:58	M4044	CORRER LISBOA	30
168	59	HUGO CUNHA	00:48:19	00:48:15	M4044	CA VALE DE FIGUEIRA	31
169	3065	HELDER PEREIRA	00:48:20	00:48:04	M3539		32
170	155	ANA VIEIRA	00:48:21	00:48:17	F3544	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL	3
171	263	ANTÓNIO FERREIRA	00:48:22	00:48:15	M2034	CAP	29
172	415	RENATO CRISTINA	00:48:22	00:48:11	M4549	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	31
173	1360	MARTA CONCEIÇÃO	00:48:25	00:48:19	F2034	CORRER LISBOA	5

174	3260	BRUNO GOMES	00:48:25	00:48:21	M4044		32
175	3116	ANGELO GODINHO	00:48:26	00:47:51	M3539	CORRER LISBOA	33
176	2095	CARLOS SANTOS	00:48:27	00:47:45	M3539	ACD BOCAL	34
177	294	LUÍS PINHEIRO	00:48:28	00:48:26	M4044	A.D.C.CATUJAL	33
178	3252	CÉLIA HENRIQUES	00:48:32	00:48:21	F4554	BRUXOS RUNNERS	2
179	802	JOSÉ TORRES	00:48:37	00:48:03	M5054	GRUPO DESPORTIVO SÃO DOMINGOS	11
180	3126	FRANCISCO RIBEIRO	00:48:38	00:48:22	M4549	CCD TRANQUILIDADE	32
181	3239	CÉLIO MOREIRA	00:48:39	00:48:16	M3539	ODIVELAS	35
182	3183	RUI MOTA	00:48:44	00:48:38	M4044	AMIGOS DE ATLETISMO DE MAFRA	34
183	3177	SÉRGIO OLIVEIRA	00:48:50	00:48:16	M5054	SEVILHA	12
184	3289	PEDRO GRANADAS	00:49:04	00:48:57	M4044		35
185	664	VITOR FERREIRA	00:49:05	00:49:01	M4044	ACRMEALHADA	36
186	3291	RUI CARVALHO	00:49:07	00:48:53	M4044	BRUXOS RUNNERS	37
187	108	JOÃO PÁSCOA	00:49:11	00:48:58	M5054	CA VALE DE FIGUEIRA	13
188	3418	FRANCISCO SANTOS	00:49:12	00:48:49	M2034	INDIVIDUAL	30
189	3099	JOSÉ SILVA	00:49:14	00:49:06	M2034	FF PAZ MUNDIAL E UNIFICAÇÃO	31
190	82	JORGE PAREDES	00:49:14	00:48:58	M4044	CA VALE DE FIGUEIRA	38
191	2079	JOSÉ PROENÇA	00:49:18	00:49:15	M5559		18
192	680	SONIA NEVES	00:49:18	00:48:58	F3544	CORRER LISBOA	4
193	1427	JORGE COSTA	00:49:18	00:48:57	M4044	CORRER LIBOA	39
194	3154	JOSÉ CRUZ	00:49:20	00:49:20	M4044	RUN FOR LUNCH	40
195	3187	JOSÉ SOUSA	00:49:21	00:48:54	M5054		14
196	3080	RUI COELHO	00:49:24	00:48:44	M4549		33
197	1823	JOAQUIM SANTOS	00:49:27	00:48:58	M6064	FALCOES SELVAGENS	8
198	3232	BOGDAN SANDU	00:49:30	00:49:17	M2034		32
199	396	ATLETA NÃO CADASTRADO	00:49:30	00:49:22	M0019		6



200	976	MAFALDA MARTINHO	00:49:31	00:49:22	F2034	UNIÃO ATLÉTICO POVOENSE	6
201	3199	VITOR AMADO	00:49:33	00:49:33	M6064		9
202	3308	HENRIQUE AMADOR	00:49:33	00:49:31	M4549	SSCGD	34
203	3141	PEDRO SARRASQUEIRO	00:49:34	00:49:29	M3539		36
204	2227	PAULO LOURO	00:49:34	00:48:48	M5054	CORRER LISBOA	15
205	3117	MAIKEL VARELA	00:49:35	00:49:11	M2034	MBV	33
206	3168	GONÇALO MARTINS	00:49:44	00:49:23	M2034	CLUBE ATLÉTICO DO TRIGACHE	34
207	799	ELISA VARELA	00:49:45	00:49:35	F4554	GRUPO DESPORTIVO SÃO DOMINGOS	3
208	803	ANABELA CARVALHO	00:49:46	00:49:35	F4554	GRUPO DESPORTIVO SÃO DOMINGOS	4
209	3250	JOÃO CALDAS	00:49:46	00:49:45	M5054	NUCLEO DESPORTIVO AUTOCOOPE	16
210	204	JOSE PEREIRA	00:49:47	00:49:43	M4044	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	41
211	1379	ANTÓNIO INÁCIO INÁCIO	00:49:55	00:49:40	M5054	CRUZ E AMIGOS DA CORRIDA	17
212	3344	FRANCISCO GUERRA	00:49:59	00:49:53	M3539		37
213	3157	RUI DUARTE	00:49:59	00:49:52	M4044	PESQUITO TEAM	42
214	1468	ISIDRO SIMÕES	00:50:08	00:49:28	M4044	AO RITMO DAS 200PPM	43
215	3201	HELENA MOREIRA	00:50:08	00:50:03	F3544	CARACÓIS DE PEDRA	5
216	506	CARMEN FERREIRA	00:50:10	00:49:55	F4554	ASSOCIAÇÃO VALE GRANDE	5
217	3256	FLAVIO REIS	00:50:12	00:49:58	M3539	BRUXOS RUNNERS	38
218	3410	ROSA LOURENÇO	00:50:19	00:49:20	F2034	CORRER LOURES	7
219	55	SONIA PEDRINHO	00:50:19	00:50:15	F2034	CA VALE DE FIGUEIRA	8
220	147	ANTÓNIO CAMACHO	00:50:28	00:50:09	M6599	CA VALE DE FIGUEIRA	1
221	3349	HELDER SILVA	00:50:35	00:50:18	M4044		44
222	3385	MARISA FRANCISCO	00:50:39	00:50:36	F3544	CDQ	6
223	210	RENÉ DUARTE	00:50:46	00:50:36	M6599	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	2

224	3400	CARLOS JESUS	00:50:50	00:50:40	M3539		39
225	1359	SÉRGIO FERNANDES	00:50:52	00:50:07	M2034		35
226	3320	RUI OLIVEIRA	00:50:54	00:50:28	M4044		45
227	3101	LUIS AZEVEDO	00:50:58	00:50:45	M5054	CORRER LISBOA	18
228	588	VÍTOR DIAS	00:51:04	00:50:56	M5054	G.D. CHELAS	19
229	3109	PEDRO ANTUNES	00:51:07	00:50:29	M4044	OS ANTUNES	46
230	3424	EBRIMA BAYO	00:51:08	00:51:07	M2034	RUN FOR FRIENDS	36
231	3073	AUGUSTO CARRIÇO	00:51:11	00:51:02	M5054	CAD A CORRER	20
232	3160	JOAQUIM AMARAL	00:51:22	00:51:14	M4044	GRCD LEIÃO	47
233	3262	VENTURA SARAIVA	00:51:23	00:51:12	M6599	GRUPO RECREATIVO E DESPORTIVO RIBEIRA DA LAGE	3
234	1168	INÊS PEIXOTO	00:51:25	00:51:09	F3544	EVELX - AEVS	7
235	3235	EDGAR SANTOS	00:51:27	00:51:03	M3539	LOBOS CARVALHAL	40
236	3372	ANTÓNIO CASACA	00:51:32	00:51:07	M5559		19
237	3070	PAULO CALDEIRA	00:51:32	00:51:13	M4549		35
238	3368	ANDREIA MOURÃO	00:51:33	00:51:15	F2034	ASICS LISBOA RUN CLUB	9
239	3190	RUI HENRIQUES	00:51:34	00:50:50	M4044		48
240	1109	ISABEL SANTOS	00:51:34	00:51:21	F4554	FF PAZ MUNDIAL E UNIFICAÇÃO	6
241	3218	RUBEN FORTES	00:51:35	00:51:05	M3539		41
242	3105	ANTONIO SANTOS	00:51:37	00:51:32	M6599	CORRER LISBOA	4
243	86	RODRIGO OPA	00:51:39	00:51:04	M4044	CA VALE DE FIGUEIRA	49
244	3286	RICARDO CRAVO	00:51:40	00:51:30	M0019	AMIGOS ATLETISMO SERRA SINTRA	7
245	3328	MIGUEL OLIVEIRA	00:51:45	00:51:21	M4044	CORRER LISBOA	50
246	3432	CARLOS CRAVEIRA	00:51:48	00:51:43	M4549		36
247	1970	JOSÉ MÁRIO BRANQUINHO	00:51:50	00:51:40	M6064	FF PAZ MUNDIAL E UNIFICAÇÃO	10
248	3370	FABIANO FERREIRA	00:51:52	00:51:37	M3539	BENFICA EM FORMA	42

249	3104	CARLOS RESA	00:51:57	00:51:40	M3539		43
250	3178	CARLOS AMARO	00:52:01	00:51:32	M3539	RUN FOR FRIENDS	44
251	409	VIRGILIO MADEIRA	00:52:03	00:51:18	M5559	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	20
252	3136	CARLOS ESCORCIO	00:52:03	00:51:51	M2034	INFANTADO FC	37
253	3313	ISABEL RODRIGUES	00:52:05	00:51:40	F4554	ADCR POLÍCIA JUDICIÁRIA	7
254	3314	JOSE BOUCEIRO	00:52:06	00:51:40	M5054	ADCR POLÍCIA JUDICIÁRIA	21
255	741	JORGE RAMOS	00:52:06	00:51:18	M4044	OS SALOIOS	51
256	3140	FILIPE RIBEIRO	00:52:11	00:51:38	M3539	RUN FOR FRIENDS	45
257	3425	CANDIDO ABREU	00:52:11	00:51:41	M2034	RUN FOR FRIENDS	38
258	3295	JORGE ALVES	00:52:13	00:51:55	M5054		22
259	3176	SÉRGIO OLIVEIRA	00:52:13	00:51:37	M4044	SEVILHA	52
260	1108	EDGAR TRIGO	00:52:17	00:52:11	M4549	FF PAZ MUNDIAL E UNIFICAÇÃO	37
261	3393	PEDRO BAPTISTA	00:52:17	00:51:58	M0019	CASA DA DIZIMA - FIT 6	8
262	3390	PEDRO BAPTISTA BAPTISTA	00:52:17	00:51:58	M3539	CASA DA DIZIMA - FIT 6	46
263	1235	CRISTINA CAETANO	00:52:23	00:52:16	F4554	OS BUCELENSES	8
264	3281	RUI MONTEIRO	00:52:26	00:52:00	M2034		39
265	1238	LEONOR FERNANDES	00:52:33	00:52:09	F0019	UNIÃO ATLÉTICO POVOENSE	1
266	3353	VITOR PEREIRA	00:52:33	00:52:15	M4044	GRUPO RECREATIVO JANZ E ASSOCIADOS	53
267	487	JOAO BRAZ	00:52:35	00:52:12	M5054	CLUBE ATLETISMO ODIMARQ	23
268	3076	NUNO APARÍCIO	00:52:36	00:52:19	M4044	AZA - AZAMBUJA COM ALMA	54
269	274	VÍTOR GONÇALVES	00:52:39	00:52:14	M5054	A.D.C.CATUJAL	24
270	3273	FERNANDO CARREIRO	00:52:40	00:51:50	M5559	LINCES DA BELA VISTA	21
271	256	MANUEL NASCIMENTO	00:52:41	00:52:34	M6064		11
272	636	JOÃO CANHOTO	00:52:43	00:52:19	M4549	CORRER LOURES	38

273	814	ANTÓNIO PORTIJO	00:52:44	00:52:31	M6064	GRUPO DESPORTIVO SÃO DOMINGOS	12
274	808	JOÃO SILVA	00:52:44	00:52:11	M5559	GRUPO DESPORTIVO SÃO DOMINGOS	22
275	3405	JOÃO TAVARES	00:52:45	00:52:36	M4044	DESSPORTIVO DE ODIVELAS	55
276	3123	EUGÉNIO RUIVO	00:52:48	00:52:46	M6599	INDIVIDUAL	5
277	1909	NUNO SANTOS	00:52:58	00:52:43	M2034	FF PAZ MUNDIAL E UNIFICAÇÃO	40
278	3086	HÉLIO GARCIA	00:53:02	00:52:28	M4044		56
279	62	PEDRO ROSENDO	00:53:10	00:53:07	M2034	CA VALE DE FIGUEIRA	41
280	3285	CARLOS CRAVO	00:53:11	00:52:24	M5054	AMIGOS ATLETISMO SERRA SINTRA	25
281	3355	JOÃO SIMÕES	00:53:15	00:53:14	M4549	AMINHACORRIDA/MYPROTEIN	39
282	742	DORA SIMOES	00:53:19	00:52:56	F3544	OS SALOIOS	8
283	3254	JORGE SANTOS	00:53:20	00:53:11	M4044	RODAS NO AR	57
284	3312	RICARDO SIMÕES	00:53:24	00:52:47	M4044	RUNNERS4LIFE	58
285	813	JOAQUIM LEITÃO	00:53:27	00:52:55	M6064	GRUPO DESPORTIVO SÃO DOMINGOS	13
286	3090	ANDRÉ NOIVO	00:53:29	00:52:51	M2034	ZIPALHO TEAM	42
287	3423	RICARDO MARQUES	00:53:30	00:53:08	M2034	INDIVIDUAL	43
288	2080	CARLA HENRIQUES	00:53:30	00:53:25	F3544		9
289	362	FERNANDO MARQUES	00:53:30	00:53:14	M6599	INGLESES FUTEBOL CLUBE	6
290	3087	TELMO LOPES	00:53:30	00:53:07	M4044	CORRER LOURES	59
291	254	EMA TOME	00:53:32	00:53:23	F0019	ACRMEALHADA	2
292	3128	EDGAR ANASTACIO	00:53:33	00:53:15	M5054	AZA - AZAMBUJA COM ALMA	26
293	3363	VITOR SILVA	00:53:33	00:52:46	M5054	AMINHACORRIDA/MYPROTEIN	27
294	2087	ERNESTO GUIA	00:53:33	00:52:51	M6064	ACD BOCAL	14
295	495	CARLOS ANTUNES	00:53:36	00:53:25	M6599	CLUBE DE ATLETISMO ODIMARQ	7
296	3332	TIAGO LANÇA	00:53:37	00:53:25	M2034	PENICHE A CORRER	44
297	1103	LUÍS CARDOSO	00:53:38	00:53:30	M2034	FF PAZ MUNDIAL E UNIFICAÇÃO	45
298	3272	NUNO	00:53:41	00:52:50	M4044	LINCES DA BELA VISTA	60

## FRAGOSO

299	671	JOSÉ FREITAS	00:53:45	00:53:12	M4044	ÁGUAS LIVRES DE CANEÇAS	61
300	144	CARLOS CAEIRO	00:53:47	00:53:32	M6064	CA VALE DE FIGUEIRA	15
301	3207	CARLOS SOARES	00:53:48	00:53:35	M5054	CORRER LISBOA	28
302	3269	ARMANDO CORREIA	00:53:51	00:53:35	M6599	LESMA ALOPRADAS	8
303	353	LUIS CARVALHO	00:53:52	00:53:34	M4044	ODIVELAS RUN	62
304	3213	JOSÉ REIS	00:53:55	00:53:31	M4549	IFC	40
305	166	LBZ LUIS	00:53:55	00:53:14	M3539	ALVERCA URBAN RUNNERS	47
306	3167	HENRIQUE MARTINS	00:53:55	00:53:36	M2034	CLUBE ATLÉTICO DO TRIGACHE	46
307	3241	SÉRGIO ANTUNES	00:53:58	00:53:29	M4044	GRCD-LEIÃO	63
308	1472	ALFREDO NOTÁRIO	00:54:02	00:53:18	M4549	AO RITMO DAS 200 PPM	41
309	3293	ANTONIO TRIGUEIRO	00:54:04	00:53:36	M4549	FALCÕES SELVAGENS	42
310	3098	RICARDO VIEGAS	00:54:05	00:53:53	M4044		64
311	1325	JORGE CORDEIRO	00:54:09	00:53:58	M5559	MENU DE ATLETA	23
312	3300	MIGUEL PINA	00:54:10	00:53:33	M3539	BIGUP	48
313	2242	RUI PASTOR	00:54:10	00:53:24	M4549	PASTOR RACING	43
314	1326	NUNO GONÇALVES	00:54:11	00:53:42	M4044		65
315	3216	JOSÉ RAFAEL CHARRUA	00:54:11	00:53:41	M3539		49
316	668	MARIUS RUNCAN	00:54:12	00:54:03	M0019	ACRMEALHADA	9
317	3360	TINA OLIVEIRA	00:54:16	00:54:00	F4554	AMINHACORRIDA/MYPROTEIN	9
318	3217	FRANCISCO PEREIRA	00:54:17	00:54:00	M5054	ARMADA TORRIENSE	29
319	3150	CATARINA AMARO	00:54:19	00:53:58	F3544	RUN FOR FRIENDS	10
320	3251	NUNO VENES	00:54:22	00:54:06	M4044		66
321	3159	ANGELICA GAFANHA	00:54:28	00:53:43	F4554	GRCD-LEI.O	10
322	3319	GABRIELA	00:54:28	00:53:55	F2034		10

## GENOVA

323	3093	LUIS BICA	00:54:33	00:53:50	M2034		47
324	3371	RUI SILVA	00:54:34	00:54:14	M3539		50
325	3197	FILIFE LOUREIRO	00:54:44	00:54:33	M5559	CORRER LISBOA	24
326	1358	RICARDO CAMPOS	00:54:45	00:54:36	M4044	DESPORTIVO DE ODIVELAS	67
327	434	CARLOS NUNES	00:54:50	00:53:59	M4549	ASSOCIAÇÃO AGREGAR	44
328	503	PAULO MONTEIRO	00:54:51	00:54:30	M4044	ASSOCIAÇÃO VALE GRANDE	68
329	3184	FERNANDO LOPO	00:54:52	00:54:52	M6599	NUCLEO ATLETISMO VIALONGA	9
330	504	MARIA FREITAS	00:54:52	00:54:31	F3544	ASSOCIAÇÃO VALE GRANDE	11
331	815	ANIBAL CARVALHO	00:54:52	00:54:07	M6599	GRUPO DESPORTIVO SÃO DOMINGOS	10
332	3170	TIAGO RIBEIRO	00:54:57	00:54:11	M2034	GRCD LEIÃO	48
333	273	JOÃO PASSEIRO	00:55:00	00:54:17	M5559	A.D.C.CATUJAL	25
334	272	ALMERINDO SILVA	00:55:01	00:55:01	M5559	A.D.C.CATUJAL	26
335	280	CÉSAR GONÇALVES	00:55:01	00:55:01	M4549	A.D.C.CATUJAL	45
336	3396	JOSÉ BORGES	00:55:07	00:54:47	M4549	VITÓRIA FUTEBOL CLUBE	46
337	3257	JOSÉ CASTRO	00:55:08	00:54:38	M4549	RUN FOR FRIENDS	47
338	119	CARLOS PENA	00:55:11	00:54:18	M4549	SUPER ESTRELAS	48
339	3296	PEDRO NUNES	00:55:14	00:54:40	M4549		49
340	1913	HUGO REBELO	00:55:17	00:55:06	M4044	FF PAZ MUNDIAL E UNIFICAÇÃO	69
341	1461	MIGUEL CRUZ	00:55:17	00:54:36	M4549	AO RITMO DAS 200PPM	50
342	1114	RAUL SANTOS	00:55:22	00:55:06	M6064	FF PAZ MUNDIAL E UNIFICAÇÃO	16
343	137	CARLOS PEREIRA	00:55:24	00:55:10	M6064	CA VALE DE FIGUEIRA	17
344	3329	CARLOS RODRIGUES	00:55:27	00:54:46	M4044		70
345	3084	PEDRO PEREIRA	00:55:27	00:55:06	M5054		30
346	3165	ALEXANDRA C. COSTA	00:55:27	00:55:07	F4554	MILLENNIUMBCP	11
347	2240	HENRIQUE PASTOR	00:55:28	00:54:46	M0019	PASTOR RACING	10
348	3315	SÉRGIO JESUS	00:55:29	00:55:19	M5054		31

349	3277	ALBERTO DIOGO	00:55:33	00:54:51	M4549	PROTUGAL RUNNING	51
350	3379	JOAO FERNANDES	00:55:33	00:55:05	M3539	CORRER LISBOA	51
351	3373	ANTÓNIO CASAS NOVAS	00:55:44	00:54:58	M4044		71
352	3342	JOAQUIM CRISPIM	00:55:49	00:55:35	M6064	UDCA	18
353	650	RAFAL LUKASIC	00:55:50	00:55:50	M3539	CA VALE DE FIGUEIRA	52
354	3124	JOÃO SERRA	00:55:58	00:55:42	M4549	CCD TRANQUILIDADE	52
355	631	HELENA PINTO	00:55:58	00:55:35	F4554	CORRER LOURES	12
356	57	BRUNO GONÇALVES	00:55:59	00:55:55	M2034	CA VALE DE FIGUEIRA	49
357	3417	CESAR NETO	00:56:06	00:55:43	M2034	INDIVIDUAL	50
358	817	FERNANDO GUERREIRO	00:56:06	00:55:58	M6599	GRUPO DESPORTIVO SÃO DOMINGOS	11
359	425	VITOR LOURENÇO	00:56:07	00:55:56	M5054	JOBRINDE - MONTES SALOIOS	32
360	69	ISABEL COSTA	00:56:07	00:55:47	F3544	CA VALE DE FIGUEIRA	12
361	3428	ALBINO TOMAS	00:56:09	00:56:00	M6064	CA PATAMEIRAS	19
362	2097	FILIPE SILVA	00:56:15	00:55:32	M4044	ACD BOCAL	72
363	3238	RICARDO VIEIRA	00:56:18	00:56:07	M0019	CORRE CARDOSO	11
364	3237	MARIA DE FATIMA CARDOSO	00:56:19	00:56:08	F5564	CORRE CARDOSO	3
365	3242	AMÁVEL LUZ	00:56:22	00:55:58	M5559	INDIVIDUAL	27
366	1801	MARIO SOBRAL	00:56:23	00:55:55	M4044	CORRER LISBOA	73
367	3402	TORSTEN MANGELSDORF	00:56:23	00:56:17	M4044		74
368	3156	PAULA LEMOS	00:56:23	00:56:19	F4554	PESQUITO TEAM	13
369	3310	VIRGILIO OLIVEIRA	00:56:25	00:55:49	M5559	PRAZER DA CORRIDA	28
370	2265	RUI PARREIRA	00:56:30	00:55:48	M5054	AO RITMO DAS 200 PPM	33
371	225	JOAO FERREIRA	00:56:34	00:55:49	M5559		29
372	3388	TELMO PINTO	00:56:36	00:56:26	M2034		51
373	3282	PEDRO LOPES	00:56:40	00:56:04	M3539	SS CGG	53
374	1424	NÚRIA ANTUNES	00:56:41	00:56:04	F2034		11
375	3214	CARLOS	00:56:55	00:56:43	M6599		12

## RANGEL

376	1000	ZULMIRA BELO	00:56:55	00:56:41	F4554	UNIÃO ATLÉTICO POVOENSE	14
377	3111	LEONEL BRANDÃO	00:57:02	00:56:42	M5054	CLUBE MILLENNIUM BCP	34
378	3077	VITOR TEIXEIRA	00:57:03	00:56:59	M5054	CORRER LISBOA	35
379	78	AMÂNDIO CANTEIRO	00:57:06	00:56:29	M4044	CA VALE DE FIGUEIRA	75
380	146	ANTÓNIO SILVA	00:57:07	00:56:45	M6599	CA VALE DE FIGUEIRA	13
381	3408	DANIELA ALVES	00:57:07	00:56:33	F2034		12
382	3263	CÁTIA RAMOS	00:57:08	00:56:57	F3544	GRUPO RECREATIVO E DESPORTIVO RIBEIRA DA LAGE	13
383	1430	ANDRE CARVALHO	00:57:10	00:56:31	M5559	GELPEIXE	30
384	3375	JOAO PAULO ALMEIDA	00:57:18	00:56:31	M5054	KANINOS	36
385	3304	HUGO RODRIGUES	00:57:19	00:56:45	M3539		54
386	3413	MARCO CACHINO	00:57:27	00:56:38	M3539	KANINOS	55
387	3115	JOÃO MOITEIRO	00:57:30	00:56:59	M4549		53
388	653	CARLOS GONÇALVES	00:57:33	00:57:15	M4044	CA VALE DE FIGUEIRA	76
389	133	CONCEIÇÃO RODRIGUES	00:57:37	00:57:18	F5564	CA VALE DE FIGUEIRA	4
390	150	JOSÉ LINDO	00:57:37	00:57:29	M6599	CA VALE DE FIGUEIRA	14
391	745	SANDRA CRUZ	00:57:40	00:57:14	F3544	OS SALOIOS	14
392	3429	VASCO PALMA	00:57:44	00:57:00	M5559	CENTRO PRINCIPAL DE MARCHA E CORRIDA DE LISBOA	31
393	2160	JOÃO D'ALMEIDA	00:57:46	00:57:32	M4044	CA AMIGOS DE BELÉM	77
394	3147	LUIS ALMEIDA	00:57:47	00:57:40	M4549	RUN FOR LUNCH	54
395	3437	FERNANDO MARQUES	00:57:47	00:57:12	M6599	INGLESES FUTEBOL CLUBE	15
396	3462	TELMO PINTO	00:57:49	00:57:38	M2034		52
397	3228	TIAGO COSTA SANTOS	00:57:50	00:57:29	M2034		53
398	3265	VANDA BADÉ	00:57:54	00:57:41	F3544	GRUPO RECREATIVO E DESPORTIVO RIBEIRA DA LAGE	15



399	3288	ANTÓNIO VARELA	00:58:08	00:57:59	M5054	INDIVIDUAL	37
400	2239	ALEXANDRE PASTOR	00:58:11	00:57:30	M0019	PASTOR RACING	12
401	3284	LUIS NUNES	00:58:14	00:57:58	M4044		78
402	143	JOSE PEDRO	00:58:14	00:57:28	M5559	CA VALE DE FIGUEIRA	32
403	3212	CARLOS LEÃO	00:58:19	00:57:56	M5559	CORRER LISBOA	33
404	3431	ANTONIO LIMA	00:58:30	00:57:46	M5559	INDIVIDUAL	34
405	3195	JOSÉ FERRAZ	00:58:31	00:57:55	M5559	GINÁSIO CLUBE DE QUELUZ	35
406	3449	MOISÉS RODRIGUES	00:58:34	00:58:05	M5559	INDIVIDUAL	36
407	3292	MIGUEL BARROS	00:58:35	00:58:31	M4044		79
408	3135	FERNANDO OLIVEIRA	00:58:35	00:58:21	M5054		38
409	2078	JOSE FREITAS	00:58:39	00:58:07	M5559	ASAS DE ALMADA	37
410	3442	JOAQUIM SANTOS	00:58:40	00:58:22	M5054	LINDA-A-PASTORA SC	39
411	613	ANA PAULA TELO	00:58:40	00:58:22	F4554	LINDA-A-PASTORA SC	15
412	3341	JOÃO FIALHO	00:58:40	00:58:31	M3539	DESPORTIVO DE ODIVELAS	56
413	3399	CRISTINA SANTOS	00:58:41	00:57:52	F4554	RUN FOR LUNCH	16
414	3155	CRISTINA MAIA	00:58:41	00:57:51	F5564	RUN FOR LUNCH	5
415	3452	JORGE BRITO	00:58:42	00:57:46	M5054	RUN FOR FRIENDS	40
416	72	LÚCIA COSTA	00:58:45	00:58:20	F3544	CA VALE DE FIGUEIRA	16
417	3348	RAFAEL VALENTE SANTOS	00:58:46	00:58:07	M5054	CCDTMETROLX	41
418	261	LUIS SANTOS	00:58:48	00:58:03	M3539	NO NAME	57
419	80	TIAGO OLIVEIRA	00:58:53	00:58:09	M4044	CA VALE DE FIGUEIRA	80
420	3321	ANTÓNIO FERNANDES	00:59:06	00:58:36	M5054		42
421	360	MARIO MIRA	00:59:12	00:58:43	M5054		43
422	3202	VINICIUS GUEDES	00:59:17	00:58:27	M3539	GRCD LEIÃO	58
423	1907	JOAQUIM FONSECA	00:59:21	00:58:56	M6064	FF PAZ MUNDIAL E UNIFICAÇÃO	20
424	3249	CARLOS	00:59:23	00:59:03	M6064	NUCLEO DESPORTIVO	21

		FERREIRA			AUTOCOOPE		
425	1510	IVO FAUSTINO	00:59:25	00:58:47	M2034	AO RITMO DAS 200PPM	54
426	1511	TELMA RODRIGUES	00:59:25	00:58:47	F2034	AO RITMO DAS 200PPM	13
427	3461	PEDRO OLIVEIRA	00:59:25	00:58:54	M2034	FALCÕES SELVAGENS	55
428	3456	NELSON MELO	00:59:26	00:59:12	M4044	INDIVIDUAL	81
429	809	GONÇALO REBELO	00:59:30	00:58:43	M5559	GRUPO DESPORTIVO SÃO DOMINGOS	38
430	1908	MERCEDES JESUS FONSECA	00:59:30	00:59:11	F5564		6
431	3151	RUI ESTRIGA	00:59:31	00:59:09	M2034		56
432	3158	LUIS RODRIGUES	00:59:31	00:59:09	M2034		57
433	3404	MIGUEL LUCENA	00:59:34	00:58:41	M2034	HOUSEMARTINS BELAS	58
434	3082	CÁTIA PINTO	00:59:36	00:59:26	F3544		17
435	230	ANTONIO MANUEL	00:59:39	00:59:30	M6064		22
436	1516	MÁRIO SANTOS	00:59:45	00:59:32	M4549	AO RITMO DAS 200PPM	55
437	3162	PEDRO SILVA	00:59:45	00:58:56	M2034		59
438	3200	NUNO SÍLVIO FERREIRA	00:59:52	00:59:39	M3539		59
439	3280	ARMINDO PEREIRA	00:59:53	00:58:57	M4549		56
440	3366	SONIA FIGUEIREDO	00:59:57	00:59:05	F3544	NA	18
441	3450	RUI SILVA	00:59:57	00:59:26	M5054	FALCÕES SELVAGENS	44
442	3211	MÁRIO ROGADO	00:59:58	00:59:35	M3539	CORRER LISBOA	60
443	748	BRUNO CABRAL	01:00:09	01:00:09	M4044	OS SALOIOS	82
444	3307	JOÃO SOARES	01:00:22	00:59:52	M2034		60
445	3196	CÁRMEN NEVES	01:00:22	00:59:48	F2034		14
446	3334	ALVARO FERREIRA	01:00:22	01:00:15	M2034	C.D.MAFRA	61
447	93	LUIS SOUSA	01:00:24	00:59:51	M4044	CA VALE DE FIGUEIRA	83
448	3264	LÍCÍNIA REGO	01:00:27	01:00:27	F4554	GRUPO RECREATIVO E DESPORTIVO RIBEIRA DA LAGE	17
449	5000	AMERICO	01:00:27	00:59:32	M5054		45

		MARQUES CARDOSO					
450	3236	PAULO CARDOSO	01:00:28	01:00:01	M5054	CORRE CARDOSO	46
451	3346	CARLOS MOREIRA	01:00:28	01:00:04	M6599	CCDTMETROLX	16
452	3439	JOSE PEREIRA ( TONINHO)	01:00:28	00:59:25	M4549		57
453	3392	MARIA MARTINS	01:00:38	01:00:05	F2034		15
454	255	MARIA DE DEUS AMEIXA PALMA PALMA	01:00:39	01:00:17	F5564		7
455	3069	VERA TRINDADE	01:00:39	01:00:07	F2034		16
456	3106	ELSA NUNES	01:00:53	01:00:29	F3544	CORRER LOURES	19
457	3163	ANTONIO BARBAS	01:00:55	01:00:22	M5054		47
458	3192	JOSE ALVES	01:00:56	01:00:24	M6064		23
459	358	LUCIANO REIS	01:01:03	01:00:11	M5559	INDIVIDUAL	39
460	807	ORLANDO SILVA	01:01:04	01:00:34	M5559	GRUPO DESPORTIVO SÃO DOMINGOS	40
461	3297	GONÇALO PEREIRA	01:01:08	01:00:51	M3539		61
462	3270	JOSÉ ANDRADE	01:01:10	01:00:59	M5054	CORRER LOURES	48
463	3210	ALICE PAIS	01:01:11	01:00:37	F4554	RUN4FUN	18
464	1429	ANDRÉ LOPES	01:01:11	01:00:25	M2034	GELPEIXE	62
465	1955	CLAUDIA RODRIGUES	01:01:11	01:00:25	F2034	GELPEIXE	17
466	3274	JOSÉ CRUZ	01:01:15	01:00:22	M6064	LINCES DA BELA VISTA	24
467	106	JOSÉ PAULO GOMES	01:01:15	01:00:32	M4549	CA VALE DE FIGUEIRA	58
468	3298	BRUNO LOPES	01:01:16	01:00:58	M3539		62
469	3096	PEDRO MIGUEL HENRIQUES	01:01:16	01:00:20	M4044		84
470	774	PAULO BOTELHO	01:01:24	01:00:35	M4044	CORRER LOURES	85
471	1906	ALZIRA CRUZ	01:01:30	01:01:05	F4554	FF PAZ MUNDIAL E UNIFICAÇÃO	19
472	3081	CATARINA FIGUEIRA	01:01:41	01:00:57	F3544		20

473	1897	ADRIANO CUNHA	01:01:45	01:01:11	M6064	G.R.C.D. DE LEIÃO	25
474	3306	ANA PAULA MIRANDA	01:01:46	01:01:18	F2034	ANA E JOÃO	18
475	3181	NUNO MELO	01:02:00	01:01:11	M4044		86
476	1369	ARTUR BENTO	01:02:00	01:01:33	M3539	OS SALOIOS	63
477	1920	VITOR COLELA	01:02:03	01:01:10	M4549	JOBRENDE MONTES SALOIO	59
478	2082	MARTA BATISTA	01:02:03	01:01:37	F2034	GELPEIXE	19
479	3330	BRUNO FERNANDES	01:02:06	01:01:40	M2034		63
480	3305	BENTO GALAMBA	01:02:06	01:01:09	M5054	RUN FOR FRIENDS	49
481	1456	CATARINA AMEIXIAL	01:02:09	01:01:28	F3544	JOBRENDE MONTES SALOIOS	21
482	3083	GONÇALO LOUREIRO	01:02:10	01:02:02	M4044		87
483	418	JOÃO ALBERTO	01:02:12	01:01:33	M5054	JOBRENDE - MONTES SALOIOS	50
484	1830	JORGE PEPE	01:02:15	01:01:40	M4044	CA VALE DE FIGUEIRA	88
485	3075	RUI BARROS	01:02:16	01:01:44	M4549		60
486	3382	LUIS SANTOS	01:02:18	01:01:26	M3539	JÁ FOSTE	64
487	3380	OLGA MARTINS	01:02:18	01:01:26	F3544	JÁ FOSTE	22
488	3095	CARLOS BERNARDINO	01:02:37	01:01:35	M4549	CORRER LOURES	61
489	3119	MARINALVA SILVA	01:03:05	01:02:38	F4554	LISOS RUNNERS	20
490	3063	JORGE ROCHA	01:03:06	01:03:06	M3539		65
491	1498	CRISTINA LINO	01:03:09	01:02:29	F4554	AO RITMO DAS 200PPM	21
492	1382	ALEXANDRA DINIS	01:03:13	01:02:33	F3544	JOBRENDE - MONTES SALOIOS	23
493	1013	SÔNIA SANTOS	01:03:16	01:02:56	F2034	DOLCE FURADOURO	20
494	3139	CARLOS ALBERTO MARQUES H. MARTINS HORTA	01:03:16	01:03:16	M5559	ZÊZERETREK	41
495	3460	ANA NETO	01:03:29	01:03:11	F3544	INDIVIDUAL	24
496	1404	PAULO ABADIA	01:03:30	01:02:57	M4549	ASSOCIAÇÃO DESPORTIVA LEÕES APELAÇONENSES	62
497	1253	HERNÂNI SILVA	01:03:34	01:02:47	M5559	AMIGOS VALE SILENCIO	42
498	1361	CAROS RODRIGUES	01:03:37	01:02:58	M4549	JOBRENDE MONTES SALOIOS	63

499	3309	JOSÉ CATITA	01:03:43	01:03:03	M6064	CLUBE OLÍMPICO OEIRAS	26
500	3367	CÉU PINTO	01:03:49	01:03:30	F4554	ASICS LISBOA RUN CLUB	22
501	3180	RAFAEL AZRIEL	01:03:51	01:03:06	M4549		64
502	3132	MARCO FERNANDES	01:03:52	01:03:18	M2034	RUN FOR FRIENDS	64
503	3107	JOANA PONTE	01:03:53	01:03:10	F3544	TEJO	25
504	3463	PAULO FELICIANO	01:03:56	01:03:31	M4549	INDIVIDUAL	65
505	3364	PAULO SANTOS	01:03:58	01:03:46	M4549	AMINHACORRIDA/MYPROTEIN	66
506	1163	FERNANDA SANTOS	01:03:59	01:03:26	F5564	EVELX - AEVS	8
507	3327	HUGO FERREIRA	01:03:59	01:03:59	M2034	ODIVELAS	65
508	3323	GILBERTO GONÇALVES	01:04:03	01:03:42	M6599	AMANTES DA CORRIDA	17
509	142	NORBERTO COELHO	01:04:03	01:03:28	M6064	CA VALE DE FIGUEIRA	27
510	3097	HELDER SANTOS	01:04:04	01:03:51	M4044	CORRER LISBOA	89
511	3457	TERESA SILVA	01:04:04	01:03:38	F4554	INDIVIDUAL	23
512	2144	JOÃO ANTUNES	01:04:11	01:03:50	M2034	#TIRAORABODOSOFA	66
513	876	ANA MACEDO	01:04:21	01:03:37	F4554	UNIÃO ATLÉTICO POVOENSE	24
514	3350	NUNO ABRANTES	01:04:21	01:03:37	M4044		90
515	3234	ROBERTO FREITAS	01:04:23	01:03:25	M4044		91
516	3091	SOFIA FRANÇA	01:04:23	01:03:44	F3544	ZIPALHO TEAM	26
517	583	MARIA BICA	01:04:33	01:04:27	F4554	GRUPO DESPORTIVO CHELAS	25
518	3421	NUNO FIGUEIREDO	01:04:37	01:03:44	M4044	CASA DO BENFICA EM ALGUEIRÃO - MEM MARTINS	92
519	3420	JORGE JESUS	01:04:40	01:03:49	M6599	CASA DO BENFICA EM ALGUEIRÃO - MEM MARTINS	18
520	129	CLARA MINA	01:04:59	01:04:40	F5564	CA VALE DE FIGUEIRA	9
521	145	VIRGILIO NASCIMENTO	01:04:59	01:04:38	M6064	CA VALE DE FIGUEIRA	28
522	3333	RICARDO MARQUES	01:05:02	01:04:08	M3539		66
523	3427	JOAQUINA FLORES	01:05:05	01:04:57	F6599	SUPER ESTRELAS	1
524	3255	SERGIO NEVES	01:05:20	01:04:28	M2034		67

525	3335	NELSON SALDANHA	01:05:21	01:05:07	M4044		93
526	63	ANA GONÇALVES	01:05:22	01:04:46	F2034	CA VALE DE FIGUEIRA	21
527	3146	CARLA ALMEIDA	01:05:32	01:04:40	F4554	RUN FOR LUNCH	26
528	3062	CAMILA ROCHA	01:05:36	01:04:42	F3544		27
529	767	VITOR AZEVEDO	01:05:38	01:04:51	M3539	OS SALOIOS	67
530	3354	HENRIQUE MANUEL	01:05:41	01:05:02	M6064	SS CGD	29
531	744	MARIA GONÇALVES	01:05:47	01:05:21	F4554	OS SALOIOS	27
532	765	RUI JOVINO	01:05:47	01:04:38	M4549	OS SALOIOS	67
533	3247	TERESA SIMÕES	01:05:53	01:05:13	F3544		28
534	3246	ANTÓNIO SIMÕES	01:05:54	01:05:12	M4044		94
535	1929	SILVIA DELGADO	01:06:17	01:05:41	F3544	CA VALE DE FIGUEIRA	29
536	3110	ANTÓNIO GONÇALVES	01:06:25	01:05:47	M5054		51
537	91	FERNANDO MONTEIRO	01:06:26	01:05:43	M4044	CA VALE DE FIGUEIRA	95
538	3231	CARLA PEREIRA	01:06:41	01:06:05	F4554		28
539	3411	HELENA RIBEIRO	01:06:42	01:06:00	F4554	PORTUGAL RUNNING	29
540	3175	OLIVIA LUCAS	01:06:56	01:06:22	F4554	CORRER LISBOA	30
541	3134	ARMANDA SEMEAO	01:07:08	01:06:35	F3544		30
542	3287	JOÃO MARGAÇA	01:07:22	01:06:59	M4044	IFC	96
543	1455	NUNO AMEIXIAL	01:07:27	01:06:35	M4549	JOBRINDE MONTES SALOIO	68
544	3226	JOSÉ CARVALHO	01:07:33	01:06:36	M4044		97
545	629	ADELINA BRUM	01:07:49	01:07:26	F4554	CORRER LOURES	31
546	369	JEREMIAS RIBEIRO	01:07:52	01:07:03	M6599	INGLESES FUTEBOL CLUBE	19
547	804	ANTONIETA BRITO	01:07:56	01:07:17	F4554	GRUPO DESPORTIVO SÃO DOMINGOS	32
548	3403	TÂNIA CARVALHO	01:08:00	01:07:16	F2034	HOUSEMARTINS BELAS	22

549	2255	CARLOS VIEIRA	01:08:11	01:07:33	M4549		69
550	714	JORGE PEREIRA	01:08:17	01:07:36	M5054	JOBRIINDE MONTES SALOIOS	52
551	3386	BRUNO JESUS	01:08:21	01:07:53	M3539		68
552	3384	MONICA HASSAN	01:08:22	01:07:53	F3544		31
553	819	JUDITE GUERREIRO	01:08:22	01:07:35	F5564	GRUPO DESPORTIVO SÃO DOMINGOS	10
554	3311	GERMANO SOUSA BERNARDO	01:08:23	01:07:24	M2034	PRAZER DA CORRIDA	68
555	3088	CRISTINA REBOLA	01:08:23	01:07:58	F3544	CORRER LOURES	32
556	3317	RUI RODRIGUES	01:08:27	01:07:55	M2034		69
557	638	JOÃO GILBERTO RAMOS DE ABREU	01:08:30	01:07:32	M3539		69
558	295	VERÓNICA RODRIGUES	01:08:30	01:07:32	F2034		23
559	3131	FRANCISCO CARRASQUEIRO	01:08:32	01:08:19	M6599		20
560	426	ANTÓNIO LUIS	01:08:36	01:07:56	M5054	JOBRIINDE - MONTES SALOIOS	53
561	3433	ARMANDO ROSARIO	01:08:36	01:07:42	M5559	CORRER LOURES	43
562	718	SONIA GODINHO	01:08:36	01:08:10	F3544	CORRER LOURES	33
563	3294	FERNANDO PESTANA	01:08:42	01:08:41	M6599	GRCD LEIÃO	21
564	3182	TÂNIA ANTUNES	01:08:48	01:08:12	F3544		34
565	3064	SANDRO PRATES	01:08:55	01:08:15	M3539	ESQUILOS CORREDORES	70
566	1481	MARGARIDA MONTEIRO	01:08:58	01:08:18	F4554	AO RITMO DAS 200PPM	33
567	3185	RICARDO VIEIRA	01:08:59	01:08:27	M3539	RUN FOR FRIENDS	71
568	3108	SOFIA ANTUNES	01:09:14	01:08:37	F3544	OS ANTUNES	35
569	3258	JOÃO GOMES	01:09:17	01:08:37	M6599		22
570	3245	EUNICE RAQUEL SILVA LOURENÇO	01:09:17	01:09:09	F3544		36

571	3376	CARLOS MARTINS	01:09:31	01:08:39	M5054	INDIVIDUAL	54
572	1106	ANA ABREU	01:09:45	01:09:30	F4554	FF PAZ MUNDIAL E UNIFICAÇÃO	34
573	1956	TIAGO CASTANHEIRA	01:09:49	01:08:54	M2034	GELPEIXE	70
574	1957	PATRICIA PIRES	01:09:50	01:08:54	F2034	GELPEIXE	24
575	2077	EDUARDO LOPES	01:10:09	01:09:36	M5054		55
576	750	JOÃO DELGADO	01:10:16	01:09:29	M2034	OS SALOIOS	71
577	3125	ISABEL MOTA	01:10:37	01:10:10	F3544	CCD TRANQUILIDADE	37
578	3127	PAULA COSTA	01:10:37	01:10:10	F3544	CCD TRANQUILIDADE	38
579	2243	RICARDO ARAÚJO	01:10:40	01:09:43	M2034	CORRER LOURES	72
580	357	ANTÓNIO GOIS	01:10:55	01:10:28	M5054		56
581	3164	FATIMA ALMEIDA	01:11:15	01:10:42	F5564		11
582	127	ALBERTO SANTOS	01:11:42	01:10:57	M5559	CA VALE DE FIGUEIRA	44
583	58	DORA GONÇALVES	01:12:03	01:11:59	F2034	CA VALE DE FIGUEIRA	25
584	3143	CARLOS BANDEIJAS	01:12:45	01:12:02	M5559	JG SEGUROS	45
585	3142	JOAO GOMES	01:12:45	01:12:03	M6599	JG SEGUROS	23
586	3174	VITOR LUCAS	01:12:48	01:12:13	M5054	CORRER LISBOA	57
587	3322	FÁBIO PIO DIAS	01:13:04	01:12:27	M4549	AMANTES DA CORRIDA	70
588	879	BEATRIZ PIRES	01:13:06	01:12:56	F2034	UNIÃO ATLÉTICO POVOENSE	26
589	1500	CRISTINA MARIA CAMPOS FILIPE	01:13:12	01:12:31	F4554	AO RITMO 200 PPM	35
590	1462	CARLA SOBREDA	01:13:12	01:12:33	F4554	AO RITMO DAS 200PPM	36
591	3179	MANUEL NOBRE BAPTISTA	01:13:28	01:12:38	M5054		58
592	3240	SANDRA ANTUNES	01:13:33	01:13:02	F3544	GRCD-LEIÃO	39
593	428	DANIEL RAMOS	01:13:49	01:13:08	M4044	JOBRINDE - MONTES SALOIOS	98
594	3230	HUGO PEREIRA	01:14:05	01:13:24	M4044	RUN FOR FRIENDS	99
595	1111	FÁTIMA ABREU	01:14:21	01:13:58	F6599	FF PAZ MUNDIAL E UNIFICAÇÃO	2



596	3113	ANTÓNIO PINHO	01:14:38	01:14:03	M6599	LEBRES DO SADO SETUBAL	24
597	3219	HENRIQUE VILHENA	01:14:39	01:13:41	M6064		30
598	3145	LAERCIO OLEJNIK	01:14:42	01:14:05	M6064	FURACÃO RUNNERS	31
599	3203	MEIRE GUEDES	01:14:46	01:13:56	M4044	GRCD LEIÃO	100
600	3259	APARECIDA TEIXEIRA	01:14:47	01:13:57	F3544		40
601	630	MARIA DO CÉU FERREIRA RIBEIRO DUARTE	01:14:51	01:14:26	F4554	CORRER LOURES	37
602	3443	DAVID RAPOSO OLIVEIRA	01:15:21	01:14:50	M2034	FALCÕES SELVAGENS	73
603	45	MARIA RITA BALASTEIRO	01:15:22	01:15:17	F0019	CA VALE DE FIGUEIRA	3
604	3464	EDURDO PESTANA	01:15:33	01:14:44	M3539	KANINOS	72
605	3153	JORGE FERRO	01:15:33	01:14:28	M4549		71
606	3290	RUTE FARIA	01:16:12	01:16:04	F3544		41
607	3078	CATARINA PONTES	01:16:23	01:15:56	F3544	CORRER LISBOA	42
608	3068	RITA CARVALHINHO	01:16:23	01:15:53	F3544	CORRER LISBOA	43
609	1426	ELISABETE COSTA	01:16:23	01:15:54	F3544	CORRER LIBOA	44
610	521	SÍLVIA BARRADAS	01:16:46	01:16:06	F2034	AO RITMO DAS 200 PPM	27
611	1469	CARLA SIMÕES	01:16:47	01:16:08	F3544	AO RITMO DAS 200PPM	45
612	2228	ANA LUCIA NOTÁRIO	01:16:47	01:16:01	F4554	AO RITMO DAS 200 PPM	38
613	3458	JOAQUIM CARDOSO	01:16:47	01:15:51	M4549	INDIVIDUAL	72
614	3337	EMI SILVA	01:17:04	01:16:15	F3544		46
615	3173	SÍLVIO ROMÃO	01:17:04	01:16:16	M3539		73
616	3066	MARIA SÁ	01:17:08	01:16:16	F6599		3
617	2172	TIAGO BRANDÃO	01:18:02	01:17:25	M2034	CA VALE DE FIGUEIRA	74
618	3340	JOSÉ GOUVEIA	01:18:03	01:17:33	M4044	FALCÕES SELVAGENS	101
619	3325	MÁRIO PIRES	01:18:53	01:17:59	M5559	INDIVIDUAL	46

620	3229	ADRIANA PEREIRA	01:20:08	01:19:25	F3544	RUN FOR FRIENDS	47
621	3085	JOHNNY THOMASSEN	01:20:19	01:19:28	M5559	NORWAY	47
622	3094	ANA BICA	01:20:24	01:19:41	F2034		28
623	1012	CAROLINA PEREIRA	01:21:50	01:21:23	F2034	DOLCE FURADOURO	29
624	1016	ANDREIA SOUSA	01:21:50	01:21:21	F3544	DOLCE FURADOURO	48
625	3301	INÊS BERNARDO	01:23:28	01:23:28	F3544	CLUBE MILLENNIUM BCP	49
626	152	FRANCISCO MOUCHINHO	01:24:15	01:24:01	M6599	CA VALE FIGUEIRA	25
627	3338	RUI OLIVEIRA	01:29:09	01:28:40	M5054	FALCÕES SELVAGENS	59
628	3339	CARLOS MORAIS	01:29:10	01:29:10	M4549	FALCÕES SELVAGENS	73
629	151	TERESA BRITO	01:35:46	01:35:23	F6599	CA VALE DE FIGUEIRA	4
630	126	FRANCISCO CASACA	01:35:46	01:35:23	M6599	CA VALE DE FIGUEIRA	26