



III Shark Race Costa de Caparica 2019

27 de Julho, 2019

<https://werun.pt/resultados/shark-race-costa-da-caparica-2019/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	275	ANDRÉ LUNA COSTA	00:28:25	00:28:25	M2439	CLUBE DE PRAÇAS DA ARMADA/ CPA TRAIL TEAM	1
2	299	RODRIGO CARRILHO	00:29:06	00:29:06	M2439	CASA SPORT LISBOA E BENFICA VENDAS NOVAS	2
3	339	CARLOS ALPOIM	00:30:13	00:30:10	M2439	CASA DO PESSOAL DA RTP	3
4	276	PEDRO SERRA	00:30:29	00:30:25	M2439	TARTARUGAS SOLIDARIAS	4
5	343	DAVID FERNANDES	00:31:04	00:31:04	M4049	WERUN	1
6	5052	ANTÓNIO JOSÉ RAMOS MOURO	00:31:16	00:31:11	M4049	A NATUREZA ENSINA	2
7	56	MIGUEL SOBRAL	00:31:46	00:31:42	M4049	A NATUREZA ENSINA	3
8	344	JOÃO CRUZ	00:31:50	00:31:50	M2439	WERUN	5
9	279	TIAGO MORAIS	00:32:01	00:32:01	M2439	C.D.R. AGUIAS UNIDAS SEIXAL	6
10	285	ANTÓNIO REIS	00:32:10	00:32:10	M4049	CLUBE DESPORTIVO E RECREATIVO RIBEIRINHO	4
11	254	EDUARDO LOURENÇO	00:32:21	00:32:17	M5059	CCM TRAIL	1
12	277	MARCOLINO VERISSIMO	00:32:27	00:32:23	M4049	C:D:R: AGUIAS UNIDAS SEIXAL	5
13	5001	JOSÉ FACHADAS	00:32:42	00:32:42	M4049	RUN 4 FUN	6
14	65	CLEBY ARAUJO	00:32:49	00:32:49	M5059	ANE	2
15	278	RAUL PENA	00:33:05	00:33:01	M5059	C:D:R: AGUIAS UNIDAS SEIXAL	3
16	85	JOSÉ MANUEL GOMES	00:33:14	00:33:14	M5059		4
17	141	PAULO SOUSA	00:33:20	00:33:20	M4049		7
18	122	NELSON LOURO	00:33:21	00:33:13	M2439		7

19	230	AIRES AIRES PRATAS	00:33:29	00:33:29	M6069	LISBOA	1
20	5035	JOSÉ FERNANDO MARQUES	00:33:40	00:33:40	M5059	LISBOA	5
21	251	JOSÉ LUÍS SIMÕES	00:33:45	00:33:45	M6069	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO	2
22	205	RENATO CABRAL	00:33:48	00:33:43	M2439		8
23	73	BRUNO MARCELINO	00:34:07	00:33:37	M2439	TRILHOS NOCTURNOS DESPORTO / BSM68	9
24	5033	RUI NEVES	00:34:15	00:34:15	M5059	GRUPO DESPORTIVO SÃO DOMINGOS	6
25	5049	PALMIRA QUINHAMA	00:34:17	00:34:14	F4049	AMINHACORRIDA	1
26	324	Richard Moss	00:34:38	00:34:29	M4049	CHILTERN HARRIERS	8
27	60	LUIS JUSTINO PEREIRA	00:34:39	00:34:39	M4049	CACÉM	9
28	170	RUI PASTOR	00:35:03	00:35:03	M4049	PASTOR RACING	10
29	130	NUNO SILVA	00:35:04	00:35:01	M4049	CLUBE FUTEBOL OS BELENENSES	11
30	178	HUGO PALMEIRO	00:35:07	00:35:02	M4049	ATLETAS CBAMM	12
31	129	JOÃO MANUEL MASSANO	00:35:13	00:35:04	M4049		13
32	117	ANDRÉ GUERREIRO	00:35:15	00:35:01	M2439		10
33	204	ANDRE SAPATA	00:35:15	00:35:10	M2439		11
34	136	DUARTE COSTA	00:35:39	00:35:39	M2439	RUN FOR FRIENDS	12
35	326	VASCO PESSOA	00:35:45	00:35:41	M2439		13
36	5041	VASCO MIGUEL	00:35:47	00:35:47	M4049		14
37	74	PAULO PALMA	00:36:01	00:35:58	M5059	DREAM RUNNERS ÉVORA	7
38	342	MONICA VIEIRA	00:36:07	00:36:03	F4049	POVOENSE	2
39	161	ALESSANDRO ARNO MAFRA	00:36:13	00:36:08	M2439		14
40	234	LEANDRO RODRIGUES	00:36:14	00:36:14	M2439	BORALÁ RUNNING	15

41	5046	JOÃO SIMÕES	00:36:21	00:35:53	M4049	AMINHACORRIDA	15
42	25	LUIS AURÉLIO	00:36:25	00:36:05	M5059	BRRNIGHTRUNNERS	8
43	274	MÁRIO FRANCISCO LOURENÇO	00:36:28	00:36:28	M5059		9
44	217	DANIEL FARINHA	00:36:29	00:36:23	M2439	SERVIÇOS SOCIAIS MONTEPIO	16
45	5003	PEDRO GOMES	00:36:43	00:36:39	M6069	NATUREZA ENSINA	3
46	5026	JOSÉ AMARO	00:36:52	00:36:52	M4049	AMINHACORRIDA	16
47	243	RUI SOBRAL	00:37:05	00:37:00	M4049	MEDISER	17
48	66	VASYL PALIY	00:37:09	00:36:44	M4049	UNITED WARRIORS	18
49	173	JOÃO SOARES	00:37:12	00:37:09	M6069	MEM MARTINS	4
50	297	JORGE SOUSA	00:37:16	00:36:47	M5059	CORRER LISBOA	10
51	80	PEDRO GABRIEL	00:37:20	00:37:20	M4049	C.A. AMIGOS PARQUE DA PAZ	19
52	72	JORGE CRUZ	00:37:21	00:36:57	M2439	UNITED WARRIORS	17
53	5045	JUSTINIANO SILVA	00:37:21	00:37:12	M5059	Renault Run Club	11
54	5048	JORGE AMARAL	00:37:22	00:36:55	M5059	AMINHACORRIDA	12
55	221	FREDERICO DUARTE	00:37:23	00:37:18	M2439	SETÚBAL	18
56	57	RICARDO SILVA	00:37:29	00:37:15	M2439		19
57	314	CESAR CORREIA	00:37:44	00:37:10	M4049	HUT RUNNERS WARRIORS	20
58	32	ALEX GOMES	00:38:03	00:37:48	M2439		20
59	30	MAIKEL VARELA	00:38:05	00:37:50	M2439		21
60	67	LUIS JOSE	00:38:08	00:37:59	M5059		13
61	79	EMANUEL RODRIGUES	00:38:10	00:37:55	M2439		22
62	5021	RICARDO SANTOS SANTOS	00:38:11	00:37:58	M4049	MOITA A CORRER	21
63	197	ANTÓNIO SILVA	00:38:18	00:38:18	M1623	ATLETAS CBAMM	1

64	5012	XAVIER SOUSA	00:38:21	00:38:08	M4049	MOITA A CORRER	22
65	106	PAULO CARDOSO	00:38:22	00:38:12	M4049		23
66	111	RUI LÓIO	00:38:25	00:38:25	M5059		14
67	265	PAULO NUNES	00:38:29	00:38:21	M4049	BRUNO SEMPRE . BABA MAMBO	24
68	5010	HENRIQUE AMADOR	00:38:36	00:38:32	M4049	SS CGD	25
69	212	JOSÉ GUERREIRO	00:38:38	00:38:32	M6069	SERVIÇOS SOCIAIS MONTEPIO	5
70	213	RICARDO SOUSA	00:38:41	00:38:35	M2439	SERVIÇOS SOCIAIS MONTEPIO	23
71	54	PAULO VALE FIGUEIRA	00:38:44	00:38:31	M5059		15
72	157	FRANCISCO ROSÁRIO	00:38:45	00:38:20	M5059	NÚCLEO DO SPORTING CP SEIXAL	16
73	245	ÁLVARO BRITO	00:38:48	00:38:25	M4049	NÃO ANDA	26
74	39	LUÍS BALINHO	00:38:49	00:38:23	M4049	NÚCLEO SPORTING CLUBE DE PORTUGAL DO SEIXAL	27
75	5039	PEDRO BOTO	00:38:49	00:38:42	M5059	SERVIÇOS SOCIAIS MONTEPIO	17
76	110	PAULO PALMEIRO	00:38:55	00:38:41	M4049	Moita	28
77	5055	ELISA VARELA	00:39:14	00:39:14	F4049	GD SÃO DOMINGOS	3
78	5029	ANABELA SINEIRO CARVALHO CARVALHO	00:39:14	00:39:10	F5059	GRUPO DESPORTIVO SÃO DOMINGOS	1
79	100	BRUNO AMARO	00:39:18	00:38:57	M2439	GRUPO RECREATIVO E DESPORTIVO RIBEIRA DA LAGE	24
80	333	JUAN GALINDO	00:39:22	00:39:04	M4049		29
81	151	DIOGO CONDE	00:39:29	00:39:19	M2439	OS COMPADRES	25
82	150	NUNO LIMA	00:39:30	00:39:20	M4049	OS COMPADRES	30
83	102	NUNO GALVÃO	00:39:36	00:39:30	M5059	SIMECQ	18
84	312	HELDER FERREIRA	00:39:40	00:39:06	M4049	HUT RUNNERS WARRIORS	31
85	15	MIGUEL PALMA	00:39:47	00:39:25	M4049	BRRNIGHTRUNNERS	32
86	261	SARA BARATA	00:39:53	00:39:48	F2439	BRUNO SEMPRE . BABA MAMBO	1

87	199	JORGE ALVES	00:39:56	00:39:56	M5059	ATLETAS CBAMM	19
88	222	FRANCISCO MARQUES	00:39:59	00:39:33	M1623		2
89	290	JORGE COSTA	00:39:59	00:39:55	M4049	SERVIÇOS SOCIAIS MONTEPIO	33
90	198	JOSÉ DUARTE	00:40:00	00:39:44	M5059	ATLETAS CBAMM	20
91	112	OSVALDO BARROS	00:40:04	00:39:39	M5059	BRRNIGHTRUNNERS	21
92	220	PEDRO FARIA	00:40:10	00:40:10	M4049		34
93	123	VARELA SAO	00:40:10	00:40:00	F4049	CORRER QUELUZ	4
94	341	SANDRA BAILOTE	00:40:17	00:40:17	F4049	OLIMPICO CLUBE DE LAGOS	5
95	306	ALEXANDRA SILVA	00:40:21	00:40:16	F4049	AMINHACORRIDA	6
96	258	JOSÉ RAPOSO	00:40:26	00:40:20	M6069	TĂLENTOS TEAM	6
97	144	BRUNO CARVALHO	00:40:27	00:40:09	M2439	FIDELIDADE GDC	26
98	345	GUILHERME LOPES	00:40:36	00:40:21	M0015	OS LOPES	1
99	137	MANUEL LUIS ALVES	00:40:38	00:40:23	M4049	TORRE DA BEZOEIRA	35
100	5002	DANIEL SILVÉRIO	00:40:40	00:40:11	M4049	G.D.R. SÃO FRANCISCO DA SERRA	36
101	315	CARLA TAVARES	00:40:44	00:40:10	F2439	HUT RUNNERS WARRIORS	2
102	321	SANDRO ALMEIDA	00:40:44	00:40:13	M2439		27
103	323	SYLVIA MOSS	00:40:51	00:40:43	F4049	CHILTERN HARRIERS	7
104	37	EMANUEL SEITA	00:40:53	00:40:16	M4049		37
105	45	PEDRO PEREIRA	00:41:02	00:41:02	M2439	BRR NIGHT RUNNERS	28
106	145	CÂNDIDO POÇAS	00:41:02	00:40:46	M4049	FIDELIDADE GDC	38
107	167	MATILDE ASCENSÃO	00:41:05	00:40:53	F1623		1
108	168	SARA REIS	00:41:05	00:41:05	F1623		2
109	331	LUDGERO TORRES	00:41:10	00:40:41	M4049		39

110	63	CÁTIA PRATAS	00:41:19	00:41:19	F2439	NAZA	3
111	55	VASCO AZINHEIRA	00:41:26	00:41:06	M2439		29
112	5034	JOSÉ TORRES	00:41:26	00:41:26	M5059	GD SÃO DOMINGOS	22
113	17	HELDER SILVA	00:41:29	00:41:09	M4049	BRRNIGHTRUNNERS	40
114	294	SÓNIA FREITAS	00:41:33	00:41:14	F4049		8
115	266	MAFALDA MARTINHO	00:41:36	00:41:29	F2439	BRUNO SEMPRE.BABA MANBO	4
116	302	GONÇALO BORGES	00:41:39	00:41:20	M2439	SURFERS	30
117	259	HELDER CONSTANTINO	00:41:44	00:41:44	M4049	TÁLENTOS TEAM	41
118	293	ELISABETE FERNANDES	00:41:48	00:41:17	F4049		9
119	300	JORGE DIAS	00:41:50	00:41:15	M5059	INDIVIDUAL	23
120	160	MIGUEL VELEZ	00:41:53	00:41:33	M5059	CÂMARA LISBOA CLUBE	24
121	33	RAFAEL PINA	00:41:53	00:41:32	M4049		42
122	192	OLGA ARAÚJO	00:42:10	00:41:50	F4049	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	10
123	18	ANDREIA CASTANHEIRA	00:42:11	00:41:51	F2439	BRRNIGHTRUNNERS	5
124	61	DAVID BERNARDO	00:42:19	00:41:59	M2439		31
125	62	GINA MARTINS	00:42:22	00:42:02	F4049		11
126	188	CRISTINA CARVALHO	00:42:25	00:42:08	F4049	ATLETAS CBAMM	12
127	5025	ANA AMARO	00:42:31	00:42:19	F4049	AMINHACORRIDA	13
128	5054	FERNANDO OLIVEIRA	00:42:33	00:42:25	M5059	TARTARUGAS SOLIDÁRIAS	25
129	311	DULCE REIS	00:42:39	00:42:14	F5059		2
130	143	RUI ALVES	00:42:45	00:42:32	M4049	AZA - AZAMBUJA COM ALMA	43
131	5038	FERNANDO GUERREIRO	00:42:48	00:42:43	M7099	GRUPOM DESPORTIVO SÃO DOMINGOS	1
132	298	JUN LIANG	00:42:50	00:42:20	F4049		14

133	226	ANTONIO BARBAS	00:42:50	00:42:34	M5059		26
134	208	JULIO PEREIRA	00:42:50	00:42:39	M5059		27
135	316	PAULO VINTÉM OLIVEIRA	00:42:52	00:42:42	M4049	FITNESS HUT	44
136	78	SANDRO ROSENDO	00:42:54	00:42:26	M2439		32
137	26	RICARDO SIMÕES	00:42:59	00:42:59	M5059	CORRER QUELUZ	28
138	11	AVELINO OLIVEIRA	00:42:59	00:42:50	M5059	CORRER QUELUZ	29
139	93	FILOMENA SANTOS	00:43:00	00:42:30	F4049	AMINHACORRIDA	15
140	209	PEDRO LOPES	00:43:01	00:42:45	M4049	SS CGD	45
141	46	CARLA MENDES	00:43:10	00:43:04	F4049	TARTARUGAS SOLIDÁRIAS	16
142	185	FILOMENA JESUS	00:43:22	00:43:03	F4049	CAAPP	17
143	16	DANIEL PINTO	00:43:22	00:42:59	M2439	BRRNIGHTRUNNERS	33
144	177	RUI AFONSO	00:43:23	00:43:23	M4049		46
145	22	CARLOS CABRAL	00:43:24	00:43:24	M4049	BRRNIGHTRUNNERS	47
146	239	JOSÉ RIBEIRO	00:43:26	00:43:05	M6069	CCCA-CLUBE DE CAMPISMO DO CONCELHO DE ALMADA	7
147	284	FABIANO FERREIRA	00:43:30	00:43:06	M2439	LISBAO	34
148	125	FÁBIO VARANDA	00:43:30	00:43:11	M2439	NCAFB	35
149	59	NUNO CORREIA	00:43:33	00:43:25	M4049	UNITED WARRIORS	48
150	69	LUIS SANTOS	00:43:41	00:43:31	M4049	JÁ FOSTE	49
151	77	MANUEL GOMES	00:43:44	00:43:33	M5059	CLUBE ANACOM	30
152	68	ANA JOSE	00:43:52	00:43:52	F4049		18
153	175	CHARLES BOHLING	00:44:01	00:43:39	M4049		50
154	71	ANTONIO SAMPAIO	00:44:22	00:44:22	M4049		51
155	171	CARLA RODRIGUES	00:44:25	00:44:09	F4049	ATLETAS CBAMM	19

156	20	FRANCISCO COSTA	00:44:36	00:44:09	M4049	BRRNIGHTRUNNERS	52
157	288	PEDRO SA	00:44:39	00:44:24	M4049	CLUBE MILLENNIUMBCP	53
158	262	SUSANA FREITAS	00:44:40	00:44:33	F4049	BRUNO SEMPRE . BABA MAMBO	20
159	263	RICARDO SANTOS	00:44:42	00:44:34	M4049	BRUNO SEMPRE. BABA MAMBO	54
160	337	KONSTANTIN	00:44:49	00:44:30	M2439		36
161	193	RUI GOMES	00:44:53	00:44:38	M4049		55
162	309	HELENA ALONSO	00:44:55	00:44:55	F2439		6
163	260	HELDER SANTOS	00:45:14	00:45:08	M4049	BRUNO SEMPRE. BABA MAMBO	56
164	225	AMANDIO BUSCA	00:45:17	00:44:49	M5059		31
165	240	ARMANDO LACERDA	00:45:21	00:45:21	M6069	OCULISTA PORTAS DE SANTO ANTÓNIO	8
166	5017	TÓ-ZÉ PEREIRA	00:45:23	00:45:23	M4049	MOITA A CORRER	57
167	82	SONIA FRANÇA	00:45:26	00:45:05	F4049	FAST FEET	21
168	329	KYLE WALLER	00:45:26	00:45:05	M2439		37
169	38	RUI FLORES	00:45:31	00:45:08	M4049		58
170	214	TERESA CARDOSO	00:45:32	00:45:26	F4049	SERVIÇOS SOCIAIS MONTEPIO	22
171	218	NUNO SANTOS	00:45:32	00:45:28	M4049	SERVIÇOS SOCIAIS MONTEPIO	59
172	291	TIAGO GASPAR	00:45:32	00:45:27	M2439	SERVIÇOS SOCIAIS MONTEPIO	38
173	52	PATRICIA LUZ	00:45:32	00:45:17	F4049	NAZ ABÓBODA	23
174	186	MANUEL NASCIMENTO	00:45:44	00:45:44	M6069		9
175	134	JORGE SALES	00:45:47	00:45:47	M2439	Barrancos FC - Biogado	39
176	255	FERNANDO NASCIMENTO	00:46:01	00:46:01	M5059	TĂLENTOS TEAM	32
177	200	ELISABETE LOURENÇO	00:46:01	00:46:01	F4049	TĂLENTOS TEAM	24
178	233	LUÍS SANTOS	00:46:01	00:45:57	M2439		40

179	165	INÊS SEPÚLVEDA	00:46:04	00:46:04	F2439	PINTAÍNHOS	7
180	236	PEDRO PEREIRA	00:46:05	00:45:50	M5059		33
181	164	PAULO MACHADO	00:46:05	00:45:33	M2439	PINTAÍNHOS	41
182	76	PAULO ABADIA	00:46:17	00:46:00	M4049	FITRUNNERS	60
183	51	RUI VENTURA	00:46:19	00:45:44	M2439	RMSRV	42
184	281	MARIKA GROSSI	00:46:22	00:46:13	F4049		25
185	280	GIUSEPPE DEROSA	00:46:22	00:46:14	M4049		61
186	325	DIDYK	00:46:23	00:46:05	M5059		34
187	154	HELDER PARREIRA	00:46:24	00:46:00	M4049	ATAT	62
188	5028	JOSÉ BRÁS	00:46:31	00:46:23	M5059	TARTARUGAS SOLIDÁRIAS	35
189	223	NUNO SANTOS	00:46:39	00:46:06	M4049		63
190	43	CLÁUDIA FERNANDES	00:46:40	00:46:32	F2439	CORRER QUELUZ	8
191	24	PEDRO PEREIRA	00:46:50	00:46:50	M4049	BRRNIGHTRUNNERS	64
192	95	JOAQUIM FONSECA	00:46:51	00:46:28	M6069	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	10
193	91	JOÃO D' ALMEIDA	00:46:55	00:46:27	M4049	CLUBE ATLETISMO AMIGOS DE BELÉM	65
194	131	SARA COLAÇO	00:47:12	00:47:04	F4049		26
195	132	RUI MANUEL VELEZ	00:47:12	00:47:03	M5059		36
196	176	JAIME FIGUEIREDO	00:47:25	00:46:58	M5059	NÚCLEO DO SPORTING CP DO SEIXAL	37
197	31	LEONEL FERNANDO BRANDÃO	00:47:25	00:47:09	M5059	CLUBE MILLENNIUMBCP	38
198	286	FERNANDO FERREIRA	00:47:26	00:47:09	M7099	CLUBE MILLENNIUMBCP	2
199	252	PAULA RITA	00:47:29	00:47:29	F5059	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO	3
200	34	JOÃO FERREIRO	00:47:31	00:47:11	M4049		66
201	21	IRINA PEDRO	00:47:35	00:47:10	F2439	BRRNIGHTRUNNERS	9

202	338	RUI XAVIER	00:47:36	00:47:00	M4049	HUT RUNNERS WARRIORS	67
203	89	DANIEL CALDEIRINHA	00:47:59	00:47:35	M2439		43
204	238	MARIA JOSÉ POEIRAS	00:47:59	00:47:48	F5059		4
205	237	ISABEL ALVES	00:48:05	00:47:56	F5059		5
206	5030	BRUNO NEVES	00:48:08	00:47:36	M2439		44
207	174	DIOGO TAVEIRA	00:48:13	00:47:51	M4049		68
208	162	JORGE COSTA	00:48:13	00:48:13	M5059	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	39
209	334	JUAN RAMIREZ	00:48:14	00:47:55	M0015		2
210	142	LUIS MARQUES	00:48:16	00:48:16	M5059		40
211	101	SUSANA MENDES	00:48:16	00:47:54	F4049	SIMECQ	27
212	105	PAULA LEITÃO	00:48:17	00:47:52	F4049	SIMECQ	28
213	156	MANUEL DIAS	00:48:18	00:48:03	M5059		41
214	75	RITA PALMA	00:48:19	00:48:15	F4049	DREAM RUNNERS ÉVORA	29
215	189	MARCO CARVALHO	00:48:22	00:48:12	M4049	ARMOTORSPO	69
216	115	ANA SANTOS	00:48:23	00:48:12	F2439	CORRER QUELUZ	10
217	307	PATRÍCIA PAREIRA	00:48:23	00:48:15	F4049	AMINHACORRIDA	30
218	5000	AMÍLCAR ROMÃO	00:48:28	00:47:57	M6069	G. D. R. SÃO FRANCISCO DA SERRA	11
219	149	ANTÓNIO COSTA	00:48:34	00:48:34	M5059	ÁGUIAS	42
220	244	SARA GOMES	00:48:42	00:48:22	F1623	CORRER LISBOA	3
221	87	SAMUEL SILVA	00:48:44	00:48:35	M4049	TARTARUGAS SOLIDÁRIAS	70
222	70	MARIA ALMEIDA	00:48:45	00:48:35	F2439	JÁ FOSTE	11
223	169	MERCEDES FONSECA	00:48:45	00:48:23	F6069	FF PARA A PAZ MUNDIAL E UNIFICAÇÃO	1
224	29	FILOMENA FIALHO	00:48:50	00:48:43	F5059	CORRER QUELUZ	6

225	27	SÓNIA CORREIA	00:48:56	00:48:47	F4049	CORRER QUELUZ	31
226	317	MARIA COELHO	00:48:58	00:48:58	F4049	FITNESS HUT	32
227	202	GUILHERME SANTOS	00:49:02	00:48:37	M2439		45
228	126	MAURO SANTOS	00:49:03	00:49:03	M2439	NCAFB	46
229	124	FERNANDO ALMEIDA	00:49:10	00:48:43	M4049		71
230	330	ANTONIO LIMA	00:49:10	00:49:10	M5059		43
231	256	CREMILDE RAPOSO	00:49:15	00:49:15	F5059	TÁLENTOS TEAM	7
232	327	ANA RAMOS	00:49:15	00:49:05	F5059		8
233	219	LUIS LOURENCO	00:49:16	00:49:04	M4049	CORRER QUELUZ	72
234	289	ALEXANDRA COSTA	00:49:19	00:49:02	F4049	CLUBE MILLENNIUMBCP	33
235	127	CATARINA RODRIGUES	00:49:19	00:49:01	F4049	GRCD LEIÃO	34
236	10	CECILIA SANTIAGO	00:49:20	00:49:01	F2439	GRCD LEIÃO	12
237	287	ANTONIO ALMEIDA	00:49:23	00:49:07	M5059	CLUBE MILLENNIUMBCP	44
238	19	SOFIA AMBRIOSO	00:49:28	00:49:05	F4049	BRRNIGHTRUNNERS	35
239	235	MARIA FOLQUES	00:49:29	00:49:15	F4049		36
240	201	JOANA DIAS	00:49:41	00:49:15	F1623		4
241	5051	MARIA MAGRO	00:49:45	00:49:19	F4049	TARTARUGAS SOLIDARIAS	37
242	116	JOSÉ FINURAS	00:49:46	00:49:21	M4049	MULTIRUNNERS	73
243	206	BRUNO ABRANTES	00:49:48	00:49:19	M4049	Massamá	74
244	138	GILBERTO GONÇALVES	00:49:55	00:49:26	M7099	CASCAIS	3
245	292	ELSA BRUXELAS	00:50:17	00:50:11	F5059	TARTARUGAS SOLIDARIAS	9
246	81	MARISA PEREIRA	00:50:24	00:50:02	F4049	FAST FEET	38
247	246	MASSUO THIERRY KOBATA	00:50:34	00:50:25	M2439	DEVAGAREANDANDO	47

248	264	IRENE SARAIVA	00:51:07	00:50:59	F5059	BRUNO SEMPRE . BABA MAMBO	10
249	303	PEDRO CAETANO	00:51:11	00:50:52	M4049	SURFERS	75
250	48	ELSA COSTA	00:51:17	00:51:17	F2439	TURMINHA DO JOGGING	13
251	194	NAYARA PINHEIRO	00:51:20	00:51:07	F1623	RUNNING FAMILY ORIGINALS	5
252	90	JORGE ALMEIDA	00:51:20	00:50:53	M7099	CLUBE ATLETISMO AMIGOS DE BELÉM	4
253	50	FERNANDA SANTOS	00:51:22	00:51:22	F4049	TURMINHA DO JOGGING	39
254	47	SÉRGIO FREITAS	00:51:29	00:51:29	M4049		76
255	49	CAROLINA SANTOS	00:51:42	00:51:42	F1623	TURMINHA DO JOGGING	6
256	135	JOÃO CLARO	00:52:07	00:51:35	M4049	THE SWIMMERS	77
257	146	FRANCISCO PAULOS	00:52:08	00:51:52	M4049	FIDELIDADE GDC	78
258	313	PAULA PEREIRINHO	00:52:09	00:52:09	F4049	HUT RUNNERS WARRIORS	40
259	147	SIMÃO SANTANA	00:52:09	00:52:09	M4049	FIDELIDADE GDC	79
260	172	PAULA SOARES	00:52:12	00:52:12	F4049	ATLETAS CBAMM	41
261	310	CARLA GUERREIRO	00:52:14	00:51:53	F4049	FIDELIDADE GDC	42
262	248	LUCILA FERNANDES MORE PETROSKI	00:52:22	00:52:04	F5059		11
263	295	CLÁUDIA TAVARES	00:52:50	00:52:10	F2439		14
264	332	PEDRO LUIS	00:52:59	00:52:23	M2439		48
265	139	VANDA FERNANDES	00:53:02	00:52:35	F2439	Parede	15
266	104	OLGA GALVÃO	00:53:07	00:52:42	F5059	SIMECQ	12
267	269	RAQUEL LOURENÇO	00:53:13	00:52:44	F4049		43
268	270	PALMIRA RIBEIRO	00:53:13	00:52:44	F5059		13
269	250	ALEXANDRE MIGUEL SILVA MARTINS	00:53:23	00:53:09	M4049	wildest	80
270	13	LUISA XARRAZ	00:53:30	00:53:18	F5059	CORRER QUELUZ	14

271	12	PAULO GORDO	00:53:30	00:53:16	M5059	QUELUZ	45
272	229	CLAUDIA VASQUES	00:53:31	00:53:22	F2439		16
273	99	ANA PATO	00:53:32	00:52:57	F2439		17
274	159	MARIA DE FÁTIMA LUCAS	00:53:43	00:53:31	F4049	ODIVELAS	44
275	118	SANDRA MONTEIRO	00:53:43	00:53:31	F4049	CENTRO DE MARCHA E CORRIDA DE ODIVELAS	45
276	328	ZELFINO NADIN	00:53:55	00:53:44	M6069		12
277	181	MÓNICA FREIRE	00:53:59	00:53:41	F4049	ATLETAS CBAMM	46
278	191	ANA PAULETA	00:53:59	00:53:42	F4049	ATLETAS CBAMM	47
279	121	LEONOR LOUREIRO	00:54:17	00:53:50	F4049	CROSSTRANING	48
280	120	ANA SILVA	00:54:19	00:53:53	F4049	CROSSTRANING	49
281	187	MARLA CARVALHO	00:54:24	00:54:06	F2439	ATLETAS CBAMM	18
282	163	VERA TOLÊDO	00:54:24	00:54:06	F4049	ATLETAS CBAMM	50
283	273	RICARDO GASPAR	00:54:40	00:54:09	M6069	CLUBE DE PRAÇAS DA ARMADA	13
284	319	EMANUEL ALMEIDA	00:54:45	00:54:14	M4049	FITNESS HUT	81
285	232	JOSÉ CATITA	00:55:07	00:54:36	M6069		14
286	5032	ANTONIETA BRITO	00:55:17	00:55:08	F5059	GD SÃO DOMINGOS	15
287	322	INÊS FERNANDEZ	00:55:27	00:54:56	F2439		19
288	241	MARIA LACERDA	00:55:34	00:55:24	F5059	OCULISTA PORTAS DE SANTO ANTÓNIO	16
289	5011	SUSANA JESUS	00:55:55	00:55:51	F4049	SS CGD	51
290	249	EDIO LUIZ PETROSKI	00:56:02	00:55:45	M6069		15
291	107	ANTONIO CAEIRO	00:56:59	00:56:22	M4049		82
292	158	BERNARDO FELISMINO	00:57:13	00:56:49	M1623		3
293	42	CÉLIA CORTE	00:57:26	00:57:13	F2439	CORRER QUELUZ	20

294	35	EDUARDA RODRIGUES	00:57:26	00:57:26	F4049	CORRER QUELUZ	52
295	36	ANABELA MOREIRA	00:57:26	00:57:15	F4049	CORRER QUELUZ	53
296	58	MANUEL NOBRE BAPTISTA	00:57:39	00:57:08	M5059	CASCAIS	46
297	64	NUNO FERNANDES	00:57:46	00:56:59	M4049		83
298	103	CELESTE ALMEIDA	00:57:49	00:57:23	F4049	SIMECQ	54
299	5016	VALTER NUNES	00:58:08	00:58:08	M2439	CARAP AUS DE CORRIDA	49
300	195	EUCINÁRIO PINHEIRO	00:58:12	00:57:56	M5059	RUNNING FAMILY ORIGINALS	47
301	5015	ANGELA NUNES	00:58:13	00:58:13	F2439	CARAP AUS DE CORRIDA	21
302	5036	VÍTOR CARVALHO	00:58:49	00:58:35	M2439	BAZINGATEAM	50
303	109	CARLOS GALRÃO	00:58:52	00:58:52	M2439		51
304	257	RITA BRANCO	00:59:08	00:58:55	F4049	TĂLENTOS TEAM	55
305	114	ANA GOMES	00:59:56	00:59:24	F2439	CHARNECA DA CAPARICA, ALMADA	22
306	113	DIOGO POLICARPO	00:59:58	00:59:25	M2439	CHARNECA DA CAPARICA, ALMADA	52
307	83	CINTHIA ALEXANDRA	01:02:08	01:01:46	F2439	FAST FEET	23
308	152	ALFREDO JORGE NOTÁRIO	01:02:12	01:02:01	M4049	AO RITMO DAS 200PPM	84
309	153	ANA LUCIA NOTÁRIO	01:02:15	01:02:03	F4049	AO RITMO DAS 200PPM	56
310	227	FATIMA BARBAS	01:02:31	01:02:15	F5059		17
311	272	ALDA SEBASTIÃO	01:02:44	01:02:19	F6069	SIMECQ	2
312	215	FILIPA CANELHAS	01:02:52	01:02:46	F2439	SERVIÇOS SOCIAIS MONTEPIO	24
313	216	BRUNO ALMEIDA	01:02:52	01:02:46	M2439	SERVIÇOS SOCIAIS MONTEPIO	53
314	53	FÁTIMA MENDES	01:02:53	01:02:48	F6069	TARTARUGAS SOLIDÁRIAS	3
315	253	VITOR EFIGÊNIA	01:03:47	01:03:20	M5059	NÚCLEO DO SPORTING CP DO SEIXAL	48
316	211	CÉLIA BORGES	01:04:26	01:04:03	F4049	SERVIÇOS SOCIAIS MONTEPIO	57

317	5037	JOLINE MORAIS	01:04:45	01:04:30	F2439	BAZINGATEAM	25
318	196	TÂNIA GUERREIRO	01:04:45	01:04:30	F4049	RUNNING FAMILY ORIGINALS	58
319	207	EZEQUIEL ABRANTES	01:04:51	01:04:23	M6069	FALCÕES SELVAGENS	16
320	98	ANABELA CARVALHO	01:05:13	01:04:37	F2439		26
321	108	CLAUDIA MORENO	01:05:15	01:04:40	F4049		59
322	5053	FERNANDO BATISTA	01:05:39	01:05:39	M4049	ODIVELAS	85
323	86	MARIA MACEDO	01:06:24	01:06:01	F5059		18
324	182	SANDRA MARQUES	01:06:27	01:06:19	F4049		60
325	119	RICARDO MARTINS	01:07:02	01:06:29	M2439		54
326	224	IARA SILVA	01:07:03	01:06:29	F2439		27
327	268	PEDRO FERNANDES	01:07:41	01:07:34	M4049	BRUNO SEMPRE. BABA MAMBO	86
328	335	ANDREA GALINDO	01:07:41	01:07:20	F1623		7
329	336	MARIA CARMEN RAMIREZ	01:07:42	01:07:20	F4049		61
330	267	LUISA CANDEIAS	01:07:43	01:07:37	F5059	BRUNO SEMPRE. BABA MAMBO	19
331	282	CRISTINA CARVALHO	01:08:18	01:07:42	F5059	AROEIRA TEAM	20
332	180	VERA RAMOS	01:11:15	01:10:46	F1623	A C R VIMEIRO	8
333	179	TERESA ALVES	01:11:20	01:10:50	F5059	A C R VIMEIRO	21
334	88	MARGARIDA FONSECA	01:11:59	01:11:46	F6069		4