

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	692	MIGUEL QUARESMA	M	31	00:31:48	INGLESES FC
2	884	SAMUEL FREIRE	M	24	00:33:10	INDIVIDUAL
3	124	CARLOS CARDOSO	M	32	00:33:14	GDR REBOLEIRA-GFD
4	887	ANDRALINO FURTADO	M	22	00:33:49	INDIVIDUAL
5	827	ALEXEI SCUTARU	M	43	00:33:52	INDIVIDUAL
6	781	BRUNO LOURENÇO	M	26	00:35:06	HP ALGÉS FIT 2 RUN
7	96	VITOR OLIVEIRA	M	25	00:35:25	WERUN PORTUGAL
8	545	RODRIGO SANTOS	M	21	00:35:51	SFRAA
9	888	JAIME DIAS	M	29	00:36:51	INDIVIDUAL
10	539	LUIS REIS	M	37	00:36:51	INDIVIDUAL
11	754	MICHELE AGOSTINI	M	25	00:37:18	GP SAN MARINO
12	671	GONÇALO E S OLIVEIRA	M	21	00:37:32	AUTOZITÂNIA-CNA
13	505	PEDRO M S AMIGO	M	32	00:37:37	3ºGRUPO CI
14	270	CELSO GOUVEIA	M	47	00:38:15	INDIVIDUAL
15	91	JOÃO F FERREIRA	M	36	00:39:19	RSB
16	279	PAULO GOMES	M	34	00:39:28	INDIVIDUAL
17	870	MONICA MOREIRAS	F	35	00:39:53	INDIVIDUAL
18	504	JOÃO C S DIAS	M	33	00:40:01	3ºGRUPO CI
19	826	VERÓNICA SCUTARU	F	38	00:40:06	INDIVIDUAL
20	421	TIAGO LEAL	M	24	00:40:26	INDIVIDUAL
21	548	MICAEL SILVA	M	18	00:40:29	SFRAA
22	547	JOÃO CORREIA	M	18	00:40:30	SFRAA
23	608	JOAQUIM P MARQUES	M	45	00:40:31	INDIVIDUAL
24	358	MANUEL SOARES	M	50	00:40:37	UNIDOS MANUTENÇÃO
25	359	RUI CARDOSO	M	44	00:40:46	UNIDOS MANUTENÇÃO
26	764	ALXANDRA M R OLIVEIRA	F	21	00:40:51	NS TORRES NOVAS
27	655	VASCO RIJO	M	27	00:41:00	INDIVIDUAL
28	137	DANIEL RODRIGUES	M	34	00:41:01	SIX4YOUECO
29	872	LUCÍLIA SOARES	F	53	00:41:07	INDIVIDUAL
30	73	SÉRGIO NUNES	M	40	00:41:08	TUNA OPERÁRIA SINTRA
31	850	NUNO SANTOS	M	36	00:41:14	INDIVIDUAL
32	16	BRUNO RATINHO	M	36	00:41:16	INDIVIDUAL
33	736	RICARDO J B MADEIRA	M	31	00:41:18	INDIVIDUAL
34	704	PEDRO CARDOSO	M	33	00:41:26	CORRER LISBOA
35	480	JOÃO P N L SILVA	M	42	00:41:39	3ºGRUPO CI
36	747	MAURO EDUARDO	M	32	00:41:43	INDIVIDUAL
37	196	JOAQUIM GOUVEIA	M	41	00:41:45	5º GRUPO-CI
38	360	FERNANDO GOMES	M	41	00:42:00	UNIDOS MANUTENÇÃO
39	397	PAULO J R GONÇALVES	M	25	00:42:05	INDIVIDUAL
40	95	PAULO S P RODRIGUES	M	47	00:42:10	INDIVIDUAL
41	378	FRANCISCO RODRIGUES	M	24	00:42:21	PRT
42	549	MIGUEL MENEZES	M	42	00:42:23	SFRAA
43	551	JOÃO BELO	M	29	00:42:23	SFRAA
44	665	SERGIO BATALHA	M	45	00:42:26	INDIVIDUAL
45	92	PEDRO G RODRIGUES	M	35	00:42:30	RSB
46	788	JOÃO PEREIRA	M	28	00:42:39	INDIVIDUAL
47	205	FERNANDO SOUSA	M	56	00:42:41	CARRASCO & AMIGOS
48	29	EDMUNDO FONTE	M	52	00:42:42	INDIVIDUAL
49	538	LUIS P P NUNES	M	39	00:43:10	INDIVIDUAL
50	38	ANTONIO SANTOS	M	52	00:43:17	INDIVIDUAL
51	349	NUNO FERREIRA	M	30	00:43:31	INDIVIDUAL
52	543	MARCO P J COSTA	M	30	00:43:35	INDIVIDUAL

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
53	190	LUIS GOUVEIA	M	39	00:43:38	INDIVIDUAL
54	672	JOÃO F P MARQUES	M	18	00:43:45	AUTOZITÂNIA-CNA
55	186	JORGE VAZ	M	41	00:43:50	BºMUNICAL COVILHÃ
56	741	JOÃO LEMOS	M	28	00:43:57	MAIOAIS
57	153	MARCO GOMES	M	40	00:44:01	DIVISÃO PSP SEIXAL
58	161	LUIS M L MARQUES	M	40	00:44:03	5º GRUPO-CI
59	657	RUBEN MONTEIRO	M	33	00:44:04	5º GRUPO-CI
60	128	NUNO M C S LUCAS	M	42	00:44:15	DIVISÃO PSP SEIXAL
61	894	MAURO PEREIRA	M	31	00:44:16	INDIVIDUAL
62	211	JOAO CALDAS	M	49	00:44:25	ND AUTOCOOPE
63	513	TELMO A M SILVA	M	31	00:44:28	3ºGRUPO CI
64	814	VITOR M D ANTÃO	M	38	00:44:32	INDIVIDUAL
65	93	PEDRO SOUSA	M	35	00:44:45	RSB
66	489	RAFAEL A M FERNANDES	M	37	00:44:45	3ºGRUPO CI
67	99	FRANCISCO FONSECA	M	41	00:44:47	INDIVIDUAL
68	789	PEDRO J D CARVALHO	M	24	00:44:52	ISCPSI
69	9	JOSÉ C H CARDOSO	M	54	00:44:54	DIVISÃO PSP SEIXAL
70	404	RUI D G REPAS	M	30	00:45:18	INDIVIDUAL
71	813	PEDRO CANAVEZES	M	25	00:45:18	INDIVIDUAL
72	308	PAULO SANTOS	M	47	00:45:20	LOURDETE PERFUMARIAS
73	553	ARMANDO LOPES	M	54	00:45:22	SFRAA
74	498	LUÍS A G R OLIVEIRA	M	31	00:45:25	3ºGRUPO CI
75	790	TOMÁS L A P SANTOS	M	21	00:45:26	INDIVIDUAL
76	667	PEDRO M V LIMA	M	37	00:45:28	INDIVIDUAL
77	114	HUGO SILVA	M	36	00:45:35	PITUSKOS
78	241	ANTÓNIO SOUSA	M	53	00:45:36	INDIVIDUAL
79	634	ALEXANDRE J C SILVA	M	33	00:45:43	5º GRUPO-CI
80	695	DANIEL MORAIS	M	25	00:45:43	CHORA AGORA
81	462	LUÍS M C BRÁSIO	M	52	00:45:46	3ºGRUPO CI
82	502	CARLOS A O DIAS	M	29	00:46:00	3ºGRUPO CI
83	880	JOÃO MIGUEL FREIRE	M	27	00:46:14	INDIVIDUAL
84	87	JOÃO L V R SANTOS	M	50	00:46:14	INDIVIDUAL
85	473	RUI J B ALMEIDA	M	46	00:46:18	3ºGRUPO CI
86	121	PAULO COSTA	M	32	00:46:29	61º ESQUADAR E AMIGOS
87	144	ALVARO FRANCISCO	M	55	00:46:30	SOFT TEAM
88	207	MICKAEL GONÇALVES	M	25	00:46:31	PIRILAMPOS
89	348	ANDREIA PARENTE	F	33	00:46:33	INDIVIDUAL
90	755	JOÃO NABAIS	M	52	00:46:35	ALDIPONTENSES
91	132	LUÍS PATRÍCIO	M	39	00:46:39	DIVISÃO PSP SEIXAL
92	209	ANTONIO ALMEIDA	M	51	00:46:43	ND AUTOCOOPE
93	214	JUVENAL MOREIRA	M	51	00:46:44	ND AUTOCOOPE
94	897	JOÃO LUÍS BOGALHEIRO	M	45	00:46:44	INDIVIDUAL
95	839	JOÃO LUIS CARDOSO MONTEIRO	M	26	00:46:49	INDIVIDUAL
96	794	BERNARDO F S EMIDIO	M	24	00:46:50	OLEGÁRIO FERNANDES
97	654	FERNANDO ANACLETO	M	63	00:46:55	INDIVIDUAL
98	690	ANTONIO SARILHO	M	54	00:46:58	INDIVIDUAL
99	565	GERRY SANITZ	M	49	00:47:01	INDIVIDUAL
100	546	LEONARDO LOPES	M	20	00:47:03	SFRAA
101	718	VITOR ROCHA	M	28	00:47:04	INDIVIDUAL
102	746	PEDRO CABRAL	M	36	00:47:09	HP ALGÉS FIT 2 RUN
103	335	MANUEL TROLE	M	42	00:47:15	TUNA OPERÁRIA SINTRA
104	146	RÚBEN M SOUSA	M	25	00:47:20	INDIVIDUAL

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
105	310	RICARDO CONCEIÇÃO	M	29	00:47:21	LOURDETE PERFUMARIAS
106	558	IVO CANELHAS	M	30	00:47:23	RC
107	797	HENRIQUE HORTA	M	26	00:47:23	SIEMENS
108	560	NUNO GARRINHAS	M	31	00:47:28	RC
109	696	VERA LEANDRO	F	27	00:47:36	CHORA AGORA
110	499	FAUSTINO M I FERREIRA	M	33	00:47:40	3ºGRUPO CI
111	742	ARTUR J T SOARES	M	41	00:47:45	TÁLENTOS TEAM
112	265	ANTÓNIO BARBOSA	M	35	00:47:55	INDIVIDUAL
113	802	DOMINGOS P SILVA	M	39	00:47:55	SIEMENS
114	110	MARCELO J A VENANCIO	M	28	00:47:57	INDIVIDUAL
115	511	LUÍS P R FERREIRA	M	29	00:47:58	3ºGRUPO CI
116	320	EDUARD IRINIA	M	42	00:47:58	INDIVIDUAL
117	630	TELMO A Q PÓVOA	M	37	00:47:59	5º GRUPO-CI
118	326	PEDRO FREITAS	M	40	00:48:03	FALCÕES SELVAGENS
119	705	JOSÉ A JARMELA	M	50	00:48:10	INDIVIDUAL
120	763	VITOR MOREIRA	M	61	00:48:17	CP EDP - LISBOA
121	401	FERNANDO GOMES	M	54	00:48:20	INDIVIDUAL
122	530	PAULO VIVEIROS	M	28	00:48:21	MACHIQUEIROS
123	482	NELSON J G TELÓ	M	40	00:48:23	3ºGRUPO CI
124	276	BRUNO M J PALMA	M	31	00:48:28	INDIVIDUAL
125	11	ANTONIO M P VALENTE	M	40	00:48:32	DIVISÃO PSP SEIXAL
126	215	TIAGO TELES	M	30	00:48:35	ND AUTOCOOPE
127	303	ALFREDO M A ROJÃO	M	42	00:48:36	INDIVIDUAL
128	332	JOAO P R TABORDA	M	29	00:48:36	F RESENDE TABORDA
129	676	JOAQUIM FARIA	M	54	00:48:38	AUTOZITÂNIA-CNA
130	352	JOÃO CALISTO	M	54	00:48:39	INDIVIDUAL
131	208	RICARDO DORDIO	M	29	00:48:41	PIRILAMPOS
132	249	SÉRGIO TELES	M	29	00:48:43	ADC CATUJAL
133	383	ARNALDO SILVA	M	34	00:48:45	INDIVIDUAL
134	645	GABRIEL V S LÚCIO	M	31	00:48:49	INDIVIDUAL
135	493	JOSÉ M P GOMES	M	36	00:48:50	3ºGRUPO CI
136	641	TIAGO CRUZ	M	24	00:48:51	INDIVIDUAL
137	815	ANTÓNIO MARTINS	M	48	00:48:54	INDIVIDUAL
138	376	CRISTIANO SOUSA	M	25	00:48:57	PRT
139	777	NUNO A G BOGALHEIRO	M	42	00:48:59	A VALE SILÊNCIO
140	508	NELSON F M MELO	M	31	00:49:05	3ºGRUPO CI
141	389	SERGIO S SILVA	M	40	00:49:07	INDIVIDUAL
142	688	MARIO ILDEFONSO	M	63	00:49:10	AUTOZITÂNIA-CNA
143	666	JOAO SILVA	M	44	00:49:20	INDIVIDUAL
144	374	LUISA LOURENÇO	F	42	00:49:25	INDIVIDUAL
145	123	JOÃO DOMINGUES	M	49	00:49:26	INDIVIDUAL
146	355	FERNANDO I A SIMÕES	M	45	00:49:28	PSPPORTUGALIA
147	17	LUÍS M V M C VARGAS	M	42	00:49:29	INDIVIDUAL
148	658	JOSÉ C M F MARCELINO	M	51	00:49:30	INDIVIDUAL
149	518	BRUNO J O BAPTISTA	M	29	00:49:31	3ºGRUPO CI
150	183	HÉLIO O R DIAS	M	50	00:49:32	INDIVIDUAL
151	613	PEDRO M F OLIVEIRA	M	38	00:49:32	5º GRUPO-CI
152	318	JOÃO P M JERÓNIMO	M	35	00:49:34	INDIVIDUAL
153	333	LUIS AGUIAR	M	43	00:49:35	INDIVIDUAL
154	542	MANUEL A G ALVES	M	47	00:49:36	INDIVIDUAL
155	825	FLÁVIO N P FERNANDES	M	27	00:49:39	INDIVIDUAL
156	255	JOÃO OLIVEIRA	M	28	00:49:39	NO RESOLVE

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
157	492	MÁRCIO M S COELHO	M	34	00:49:40	3ºGRUPO CI
158	154	VITOR AZEVEDO	M	36	00:49:41	INDIVIDUAL
159	393	MÁRIO MELO	M	26	00:49:44	INDIVIDUAL
160	820	LEONEL S JOSÉ	M	45	00:49:47	SC ALFRAGIDE
161	250	TOMAS SOUSA	M	38	00:49:50	OS SUPER
162	685	ANTÓNIO J GONÇALVES	M	45	00:49:51	AUTOZITÂNIA-CNA
163	689	TINA VALADA	F	40	00:49:51	AUTOZITÂNIA-CNA
164	686	JOÃO LOPES	M	56	00:49:51	AUTOZITÂNIA-CNA
165	682	MIGUEL GASPAR	M	38	00:49:52	AUTOZITÂNIA-CNA
166	301	INÊS PEIXOTO	F	35	00:49:53	INDIVIDUAL
167	512	JOÃO M N LOURENÇO	M	32	00:49:58	3ºGRUPO CI
168	284	ANDRÉ N C PESSOA	M	31	00:50:00	INDIVIDUAL
169	248	ALMERINDO SILVA	M	55	00:50:05	ADC CATUJAL
170	642	BRUNO MELO	M	28	00:50:06	INDIVIDUAL
171	694	MIGUEL DIAS	M	41	00:50:09	INDIVIDUAL
172	653	IDALÉCIO BARROS	M	60	00:50:10	INDIVIDUAL
173	258	JOAQUIM VARANDA	M	52	00:50:12	KEEP RUNNING
174	500	BRUNO J M COSTA	M	33	00:50:12	3ºGRUPO CI
175	656	DAVID SILVA	M	33	00:50:14	INDIVIDUAL
176	760	PEDRO GONÇALVES	M	60	00:50:19	INDIVIDUAL
177	469	FERNANDO M C NEVES	M	49	00:50:27	3ºGRUPO CI
178	610	PEDRO DIAS	M	40	00:50:29	KEEP RUNNING
179	745	JORGE S F SILVA	M	20	00:50:30	OS JEITOSOS DO CACÉM
180	232	JOÃO FILOMENO	M	23	00:50:30	INDIVIDUAL
181	243	FILIPPE RODRIGUES	M	31	00:50:31	INDIVIDUAL
182	79	JOÃO C M NUNES	M	27	00:50:31	MOURAS
183	231	CARLOS M N MARQUES	M	36	00:50:50	INDIVIDUAL
184	76	PAULO CHAVES	M	54	00:50:54	CSP77
185	246	LEONEL P GOMES	M	38	00:50:55	INDIVIDUAL
186	497	LUÍS M G COSTA	M	35	00:50:59	3ºGRUPO CI
187	651	RICARDO SARMENTO	M	30	00:51:01	INDIVIDUAL
188	457	JOSÉ RAMOS	M	38	00:51:01	INDIVIDUAL
189	570	LUÍS PIRES	M	26	00:51:03	HP ALGÉS FIT 2 RUN
190	496	ARTUR J S DÂMASO	M	33	00:51:06	3ºGRUPO CI
191	354	MARCO CANADA	M	31	00:51:07	PSPPORTUGALIA
192	242	JOSÉ F SÍTIMA	M	45	00:51:14	NO RESOLVE
193	327	FERNANDO J M MENDES	M	43	00:51:15	INDIVIDUAL
194	212	JOSE DIAS	M	57	00:51:18	ND AUTOCOOPE
195	750	FÁBIO PAULO	M	23	00:51:19	INDIVIDUAL
196	322	MARCO VAZ	M	32	00:51:20	FALCÕES SELVAGENS
197	663	RUI GUERREIRO	M	41	00:51:22	HP ALGÉS FIT 2 RUN
198	136	MIGUEL Â C COSTA	M	31	00:51:25	INDIVIDUAL
199	364	JOÃO DUARTE	M	52	00:51:31	INDIVIDUAL
200	752	HELDER VILHENA	M	41	00:51:39	VILHENA
201	224	ANTÓNIO COSTA	M	72	00:51:53	INDIVIDUAL
202	233	HUGO F G CUNHA	M	25	00:51:54	INDIVIDUAL
203	842	JOSÉ RIBEIRO	M	41	00:51:54	INDIVIDUAL
204	732	DANIEL E A DIAS	M	31	00:51:56	INDIVIDUAL
205	775	ANDRÉ LOURENÇO	M	21	00:51:58	HP ALGÉS FIT 2 RUN
206	180	TAM AFONSO	M	63	00:52:01	AÇOREANA C BANIF
207	2	CONSTANTINO PINTO	M	51	00:52:04	SCMA
208	898	NUNO FILIPE R. SOARES	M	34	00:52:05	INDIVIDUAL

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
209	200	FRANCISCO M A SARDINHA	M	44	00:52:11	INDIVIDUAL
210	280	DAVID J ALMEIDA	M	43	00:52:13	INDIVIDUAL
211	823	NELSON RIBEIRO	M	41	00:52:22	MOCHO RUNNERS
212	824	FRANCISCO PINHEL	M	52	00:52:22	MOCHO RUNNERS
213	744	VASCO M A PEREIRA	M	50	00:52:23	OS JEITOSOS DO CACÉM
214	325	MIGUEL CARVALHO	M	18	00:52:26	FALCÕES SELVAGENS
215	879	CLÁUDIA FUSTIGA	F	36	00:52:27	INDIVIDUAL
216	238	TIAGO GUERREIRO	M	36	00:52:37	INDIVIDUAL
217	149	SÉRGIO REIS	M	39	00:52:39	INDIVIDUAL
218	533	MARCIO V GARCIA	M	33	00:52:40	INDIVIDUAL
219	226	MÁRIO N SILVA	M	62	00:52:43	C FERROV PORTUGAL
220	347	JOÃO F DUARTE	M	62	00:52:44	INDIVIDUAL
221	896	FERNANDO BARBEDO	M	44	00:52:46	INDIVIDUAL
222	210	CARLOS FERREIRA	M	58	00:52:50	ND AUTOCOOPE
223	681	JOSÉ MENDES	M	44	00:52:50	AUTOZITÂNIA-CNA
224	783	PAULO AH QUIN	M	34	00:52:52	HP ALGÉS FIT 2 RUN
225	674	RUBEN SANTOS	M	18	00:52:53	AUTOZITÂNIA-CNA
226	673	PEDRO SANTOS	M	38	00:52:53	AUTOZITÂNIA-CNA
227	361	SANCHO D RODRIGUES	M	33	00:53:00	INDIVIDUAL
228	282	GONÇALO TECEDOR	M	34	00:53:02	INDIVIDUAL
229	262	JOSÉ M D FERREIRA	M	59	00:53:03	INDIVIDUAL
230	25	EDUARDO J O MALAQUIAS	M	50	00:53:14	INDIVIDUAL
231	263	NUNO ALMEIDA	M	36	00:53:25	NO PAIN NO GAIN
232	873	BRUNO CLEMENTE	M	24	00:53:30	INDIVIDUAL
233	148	LUÍS C L FREITAS	M	25	00:53:30	XXV CFOP
234	780	JOÃO P C FRIAS	M	27	00:53:30	INDIVIDUAL
235	20	DANIEL GUERREIRO	M	40	00:53:36	INDIVIDUAL
236	687	MANUEL PIMENTA	M	61	00:53:36	AUTOZITÂNIA-CNA
237	867	FERNANDO VERGAMOTA	M	59	00:53:43	INDIVIDUAL
238	3	EMÍDIO SANTOS	M	49	00:53:43	SCMA
239	379	RUI NUNES	M	31	00:53:44	PRT
240	488	VASCO A P MOREIRA	M	38	00:53:53	3ºGRUPO CI
241	269	RUI PEIXOTO	M	25	00:53:54	INDIVIDUAL
242	369	NELSON A SANTOS	M	34	00:53:56	INDIVIDUAL
243	893	PAULO PIRES	M	47	00:54:00	INDIVIDUAL
244	516	DAVID J GOMES	M	32	00:54:04	3ºGRUPO CI
245	507	NUNO M C SANTOS	M	34	00:54:04	3ºGRUPO CI
246	529	ALEXANDRE DOMINGOS	M	41	00:54:05	INDIVIDUAL
247	717	TIAGO MORAIS	M	27	00:54:08	INDIVIDUAL
248	237	NUNO CORTE-REAL	M	49	00:54:14	INDIVIDUAL
249	202	JOANA M F L MOURA	F	30	00:54:17	INDIVIDUAL
250	206	RICARDO RAMOS	M	32	00:54:17	PIRILAMPOS
251	650	RICARDO PEREIRA	M	37	00:54:18	INDIVIDUAL
252	331	NUNO BERTON	M	43	00:54:27	INDIVIDUAL
253	559	CARLOS MENDES	M	30	00:54:42	RC
254	561	ANTÓNIO SANTOS	M	26	00:54:42	RC
255	203	JOÃO F M BENEDITO	M	39	00:54:53	INDIVIDUAL
256	28	JULIO PEREIRA	M	49	00:54:56	INDIVIDUAL
257	712	PAULO M GOMES	M	41	00:54:59	INDIVIDUAL
258	693	JOSÉ TAVARES	M	46	00:54:59	INDIVIDUAL
259	222	ARQUIMINIO M COSTA	M	34	00:55:00	SOFT TEAM
260	220	PAULO A C MIRANDA	M	44	00:55:00	SOFT TEAM

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
261	799	VASCO MONTEIRO	M	26	00:55:04	SIEMENS
262	527	RICARDO MELO	M	34	00:55:06	CAA BELÉM
263	101	BRUNO M L SALÉ	M	25	00:55:07	37.ª ESQUADRA
264	700	PAULO J C SILVA	M	43	00:55:11	INDIVIDUAL
265	535	ANTÓNIO CARDOSO	M	43	00:55:11	INDIVIDUAL
266	540	LUÍS BRAZÃO	M	66	00:55:15	UNIDOS MANUTENÇÃO
267	257	LUÍS MINGA	M	41	00:55:17	NO RESOLVE
268	193	EMILIA NUNES	F	44	00:55:21	INDIVIDUAL
269	509	DAVID A G FIGUEIRA	M	41	00:55:23	3ºGRUPO CI
270	881	FABIANO FERREIRA	M	34	00:55:31	INDIVIDUAL
271	403	RICARDO DUARTE	M	18	00:55:46	XOKE TEAM - UEP
272	84	RILDO G SOARES	M	45	00:55:47	R FRENTE RIBEIRINHA PÓVOA STA ÍRIA
273	402	FERNANDO DUARTE	M	51	00:55:50	XOKE TEAM - UEP
274	134	RUI SILVA	M	45	00:55:50	INDIVIDUAL
275	164	MANUEL PINTO	M	29	00:55:53	INDIVIDUAL
276	514	ANDRÉ F L RAMOS	M	27	00:55:54	3ºGRUPO CI
277	24	PAULO A R NUNES	M	41	00:55:56	INDIVIDUAL
278	219	ANDRÉ F O J COSTA	M	26	00:55:59	INDIVIDUAL
279	525	QUINTINO FORTES	M	37	00:56:01	CAZA LA TA BAY
280	81	JOAQUIM EVARISTO	M	42	00:56:11	61º ESQUADRAR E AMIGOS
281	177	DAVID AUGUSTO	M	25	00:56:14	SONECAS
282	89	PAULA VIEIRA	F	42	00:56:18	INDIVIDUAL
283	175	MARCO FARELO	M	34	00:56:21	SONECAS
284	82	LUIS F E MATEUS	M	31	00:56:21	INDIVIDUAL
285	531	RICARDO FERREIRA	M	28	00:56:22	MACHIQUEIROS
286	330	MIGUEL MACEDO	M	33	00:56:23	INDIVIDUAL
287	329	FILIPA GRANADO	F	35	00:56:23	INDIVIDUAL
288	176	CARLA PINTO	F	29	00:56:24	SONECAS
289	639	CARINA FERREIRA	F	31	00:56:25	INDIVIDUAL
290	230	MARISA A DOMINGUES	F	56	00:56:33	INDIVIDUAL
291	178	ANTÓNIO SANTOS	M	44	00:56:34	SONECAS
292	552	MÁRIO CRUZ	M	29	00:56:35	SFRAA
293	550	FERNANDO GOMES	M	31	00:56:37	SFRAA
294	869	HENRIQUE GIRÃO	M	65	00:56:37	INDIVIDUAL
295	562	BRUNO GRAÇA	M	35	00:56:40	RC
296	140	RAUL MOITA	M	58	00:56:46	INDIVIDUAL
297	236	ANTONIO FONSECA	M	69	00:56:46	INDIVIDUAL
298	254	PAULO J S FERNANDES	M	47	00:56:55	INDIVIDUAL
299	157	REINALDO SANTOS	M	47	00:56:56	INDIVIDUAL
300	363	LUÍS LIBANIO	M	57	00:57:07	PERÍMETRO FINAL LDA
301	340	DELFIN PRATAS	M	46	00:57:18	MARIACHIS
302	339	PAULO OLIVEIRA	M	43	00:57:19	MARIACHIS
303	341	CÂNDIDO A S RAMOS	M	28	00:57:19	INDIVIDUAL
304	145	ELIZABETH LAGE	F	44	00:57:40	SOFT TEAM
305	461	JORGE N P SILVA	M	54	00:57:42	3ºGRUPO CI
306	798	RAFAEL VICENTE	M	27	00:57:47	SIEMENS
307	675	ANDRÉ E FARIA	M	22	00:57:49	AUTOZITÂNIA-CNA
308	69	ARLETE COSTA	F	39	00:57:51	3,5 AO KM
309	188	ANDRÉ CABRAL	M	39	00:57:54	RUMO A ESTOCOLMO
310	189	MADALENA ANDRADE	F	37	00:57:54	RUMO A ESTOCOLMO
311	194	CARLOS PANCHA	M	30	00:57:56	INDIVIDUAL
312	90	VITOR ABRANCHES	M	43	00:58:00	INDIVIDUAL

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
313	80	ANTÓNIO J G VELEZ	M	40	00:58:45	CCBTTELVAS
314	138	TIAGO MARTINS	M	27	00:58:46	61º ESQUADAR E AMIGOS
315	517	ANTÓNIO J C PRATES	M	30	00:58:48	3ºGRUPO CI
316	819	FERNANDO A L GONÇALVES	M	40	00:58:48	GONÇALVES
317	201	LUÍS C R CARDOSO	M	29	00:58:48	INDIVIDUAL
318	841	NUNO STONE	M	32	00:58:48	INDIVIDUAL
319	479	FLÁVIO S M JUNIOR	M	45	00:58:49	3ºGRUPO CI
320	889	TIAGO FERREIRA	M	33	00:58:56	INDIVIDUAL
321	892	DIOGO CARVALHO	M	25	00:59:03	INDIVIDUAL
322	239	NUNO DIOGO	M	42	00:59:03	INDIVIDUAL
323	487	HUGO R P SANTOS	M	38	00:59:05	3ºGRUPO CI
324	782	JOANA ALBUQUERQUE	F	40	00:59:05	HP ALGÉS FIT 2 RUN
325	291	ANCA C AVATAJITI	F	30	00:59:17	MIRAFLORES FIT
326	181	CLAUDIA TAM	F	33	00:59:22	AÇOREANA C BANIF
327	662	CARLOS BATISTA	M	41	00:59:28	INDIVIDUAL
328	234	JOSÉ SANTOS	M	54	00:59:33	INDIVIDUAL
329	158	NUNO PIRES	M	40	00:59:43	INDIVIDUAL
330	159	PEDRO PIRES	M	34	00:59:43	INDIVIDUAL
331	523	NUNO MOLERO	M	32	00:59:58	INDIVIDUAL
332	113	ANDRÉ SALVADO	M	40	00:59:58	INDIVIDUAL
333	792	TITO ROQUE	M	31	01:00:00	INDIVIDUAL
334	143	RUI RIBEIRO	M	49	01:00:02	SOFT TEAM
335	323	RAÚL CARVALHO	M	56	01:00:05	FALCÕES SELVAGENS
336	4	EDUARDO AMORIM	M	43	01:00:13	INDIVIDUAL
337	268	SANDRA FURTADO	F	32	01:00:17	INDIVIDUAL
338	532	DUARTE N A MARTELO	M	41	01:00:24	LUSITANO DE OLIVENÇA
339	494	MARCO A N FIGUEIRA	M	38	01:00:47	3ºGRUPO CI
340	97	LEANDRO FARIA	M	33	01:00:49	INDIVIDUAL
341	88	JOÃO VIEIRA	M	44	01:00:49	INDIVIDUAL
342	102	HELENA MOREIRA	F	38	01:00:51	INDIVIDUAL
343	267	HUGO M R COLAÇO	M	37	01:00:53	INDIVIDUAL
344	400	AMERICO COSTA	M	57	01:01:05	TECNOSPIE
345	648	CRISTIANA F M FERNANDES	F	25	01:01:05	37.ª ESQUADRA
346	309	ISABEL SANTOS	F	47	01:01:10	LOURDETE PERFUMARIAS
347	365	TIAGO LOPES	M	42	01:01:15	REBURDINHOS
348	368	TIAGO SIMÕES	M	31	01:01:16	REBURDINHOS
349	848	ATLETA NÃO CADASTRADO	M	0	01:01:16	
350	698	RICARDO FERREIRA	M	36	01:01:16	INDIVIDUAL
351	536	JOSE AMARO	M	55	01:01:22	INDIVIDUAL
352	537	JORGE BRITO	M	44	01:01:23	INDIVIDUAL
353	680	VASCO PERES	M	37	01:01:26	AUTOZITÂNIA-CNA
354	117	LUIS PROENÇA	M	45	01:01:29	INDIVIDUAL
355	899	CARLOS LOPES	M	58	01:01:32	INDIVIDUAL
356	821	JOSÉ D T SILVA	M	47	01:01:46	MOCHO RUNNERS
357	765	HUMBERTO GASPAR	M	27	01:01:59	INDIVIDUAL
358	21	JOSÉ A ANJOS	M	52	01:02:03	DIVISÃO PSP SEIXAL
359	476	CARLOS A M VIDEIRA	M	44	01:02:15	3ºGRUPO CI
360	485	CARLOS A P GUEDES	M	38	01:02:16	3ºGRUPO CI
361	483	PEDRO M C ARMÁRIO	M	38	01:02:17	3ºGRUPO CI
362	697	JOÃO GOMES	M	45	01:02:25	INDIVIDUAL
363	771	RUI VARELA	M	42	01:02:25	INDIVIDUAL
364	743	INÊS I C PEREIRA	F	21	01:02:30	OS JEITOSOS DO CACÉM

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
365	251	JOAQUIM FONSECA	M	59	01:02:31	OS SUPER
366	761	SARA NOGUEIRA	F	35	01:02:31	MARI & SARI
367	762	MARIANELA FIGUEIREDO	F	42	01:02:32	MARI & SARI
368	135	NUNO GONÇALVES	M	61	01:02:32	KEEP RUNNING
369	131	BEATRIZ H MARIA	F	59	01:03:02	INDIVIDUAL
370	172	PEDRO J C L SANTOS	M	41	01:03:08	INDIVIDUAL
371	380	MANUEL MAIA	M	29	01:03:11	PRT
372	377	DIOGO SILVEIRA	M	26	01:03:12	PRT
373	486	ZÓSIMO C CÍLIO	M	37	01:03:16	3ºGRUPO CI
374	150	JOÃO S MATOS	M	47	01:03:21	INDIVIDUAL
375	808	RITA PÃO ALVO	F	26	01:03:21	HP ALGÉS FIT 2 RUN
376	307	SANDRA CARDOSO	F	42	01:03:29	INDIVIDUAL
377	240	DULCE DIOGO	F	46	01:03:30	INDIVIDUAL
378	306	JOSUE M XAVIER	M	37	01:03:30	INDIVIDUAL
379	105	JOAO SEBORRO	M	34	01:03:32	INDIVIDUAL
380	106	PATRICIA DINIS	F	34	01:03:32	INDIVIDUAL
381	891	PAULO ROXO	M	39	01:03:33	INDIVIDUAL
382	85	GUIOMAR S M SOARES	F	43	01:03:37	R FRENTE RIBEIRINHA PÓVOA STA ÍRIA
383	260	PAULO TAINHA	M	53	01:03:44	INDIVIDUAL
384	757	ANA MIRANDA	F	42	01:03:46	HP ALGÉS FIT 2 RUN
385	669	JOAO TEIXEIRA	M	54	01:03:56	AUTOZITÂNIA-CNA
386	774	NUNO M T C CARVALHO	M	29	01:04:13	INDIVIDUAL
387	778	MANUEL TIAGO	M	53	01:04:17	SCMA
388	204	JORGE OLIVEIRA	M	59	01:04:34	INDIVIDUAL
389	885	FRANCESCO CAMPAGNA	M	42	01:04:37	INDIVIDUAL
390	244	INÊS BRANCO	F	23	01:04:41	BRANCO
391	256	ANABELA C M SIMÕES	F	47	01:04:43	INDIVIDUAL
392	94	EBERHARD A WILHELM	M	67	01:04:54	4 AO KM
393	735	RICARDO J V NASCIMENTO	M	27	01:05:08	INDIVIDUAL
394	115	ANABELA SILVA	F	35	01:05:10	PITUSKOS
395	852	JOSÉ PEREIRA	M	32	01:05:18	INDIVIDUAL
396	853	CARLOS SOUSA	M	32	01:05:18	INDIVIDUAL
397	314	MÁRIO R S PEREIRA	M	31	01:05:32	INDIVIDUAL
398	399	PAULA A GALRIÇA	F	46	01:05:33	INDIVIDUAL
399	398	JOÃO M GALRIÇA	M	46	01:05:33	INDIVIDUAL
400	371	JULIO COSTA	M	45	01:05:38	COSTA TEAM
401	370	ROSANGELA CORREIA	F	42	01:05:38	COSTA TEAM
402	534	JORGE M M BAPTISTA	M	59	01:06:35	INDIVIDUAL
403	737	RICARDO J F ZEFERINO	M	30	01:06:41	INDIVIDUAL
404	793	MARTA F S EMIDIO	F	32	01:06:45	OLEGÁRIO FERNANDES
405	324	LÚCIA CARVALHO	M	50	01:06:47	FALCÕES SELVAGENS
406	647	CARLA FERREIRA	F	38	01:06:47	FALCÕES SELVAGENS
407	112	CASSIANO CUNHA	M	71	01:07:11	INDIVIDUAL
408	37	JOAQUIM MARQUES	M	51	01:07:25	C GALP ENERGIA
409	83	MARTA A S CARVALHO	F	27	01:08:04	INDIVIDUAL
410	23	ANDRÉ D R QUESADO	M	26	01:08:04	INDIVIDUAL
411	809	MARISA MENDES	F	32	01:08:05	CAZA LA TA BAY
412	810	VICTOR MONTEIRO	F	40	01:08:05	CAZA LA TA BAY
413	100	VÍTOR H M CASTRO	M	28	01:08:16	37.ª ESQUADRA
414	107	HENRIQUE VILHENA	M	58	01:08:33	INDIVIDUAL
415	350	PEDRO M HENRIQUES	M	41	01:08:38	LUSITANO DE OLIVENÇA
416	245	JOANA BRANCO	F	27	01:08:44	BRANCO

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
417	66	JOANA DARC CHOURIÇO	F	51	01:10:17	INDIVIDUAL
418	818	ANA M PEREIRA	F	28	01:10:18	INDIVIDUAL
419	35	MANUEL C ISMAEL	M	57	01:10:21	C GALP ENERGIA
420	213	JOAO GRAÇA	M	75	01:10:22	ND AUTOCOOPE
421	711	DAVID GUERREIRO	M	32	01:10:25	GUERREIROS DO SUL
422	787	GONÇALO SOUSA	M	21	01:11:15	HP ALGÉS FIT 2 RUN
423	321	JOÃO VAZ	M	36	01:11:41	FALCÕES SELVAGENS
424	78	FÁBIO D N MOURA	M	27	01:13:49	MOURAS
425	119	JOSE E COSTA	M	55	01:13:58	INDIVIDUAL
426	849	RITA MOTA	F	22	01:14:03	INDIVIDUAL
427	366	EMILIA BATISTA	F	49	01:14:04	REBURDINHOS
428	367	DANIELA FERNANDES	F	32	01:14:06	REBURDINHOS
429	126	HELENA FRANCO	F	41	01:14:21	INDIVIDUAL
430	125	JOAO NOGUEIRA	M	50	01:14:22	INDIVIDUAL
431	652	VÂNIA MUGE	F	27	01:14:29	INDIVIDUAL
432	756	CATARINA VASCONCELLOS	F	28	01:15:31	HP ALGÉS FIT 2 RUN
433	221	ANA I G LOPES	F	46	01:15:41	SOFT TEAM
434	739	HUGO MARTINS	M	40	01:16:04	XOKE TEAM - UEP
435	740	VÂNIA MARTINS	F	36	01:16:04	XOKE TEAM - UEP
436	344	GILBERTO GONÇALVES	M	66	01:16:16	OPTICAS PORTUGAL
437	345	MARCO CRUZ	M	36	01:16:17	OPTICAS PORTUGAL
438	734	ELZA F G RIBEIRO	F	27	01:16:31	INDIVIDUAL
439	733	MARCO A B SILVA	M	40	01:16:31	INDIVIDUAL
440	353	JULIA CALISTO	F	51	01:16:56	INDIVIDUAL
441	405	GINA ROSA	F	49	01:17:20	TRICKTRAK
442	868	RUI OLIVEIRA	M	49	01:17:59	FALCÕES SELVAGENS
443	199	Mª CARMO ANJOS	F	68	01:19:35	CONDOR
444	381	ANDREIA CRISANTINO	F	27	01:19:50	PRT
445	382	SARA MARTINS	F	23	01:19:58	PRT
446	198	JOSE G ARRUDA	M	66	01:20:14	CONDOR
447	197	FOCK Y W CHIU	F	64	01:20:14	CONDOR
448	36	HELENA CONCEIÇÃO	F	42	01:20:25	C GALP ENERGIA
449	684	RINGO GODINHO	M	41	01:22:36	AUTOZITÂNIA-CNA
450	160	FRANCISCO RITO	M	42	01:24:07	INDIVIDUAL
451	900	CARLOS SARDINHA	M	45	01:27:02	INDIVIDUAL
452	294	LUCINDA L HENRIQUES	F	66	01:27:02	INDIVIDUAL