



Lugar	n.º	Atleta	Sexo	FE	C.FE	Percurso	Tempo	Equipa
1	1	EVANS KIPLAGAT	M	M2034	1	00:24:04	00:48:12	KENIA
2	10	PAULO GOMES	M	M2034	2	00:24:14	00:49:27	INDIVIDUAL
3	9	SERGIO SILVA	M	M2034	3	00:24:28	00:50:20	MARATONA CP
4	8	ROMAN PRODIUS	M	M2034	4	00:24:28	00:50:32	INDIVIDUAL
5	376	LEONEL FERNANDES	M	M2034	5	00:24:42	00:50:45	CC SAO JOAO MADEIRA
6	3	CARLOS SILVA	M	M2034	6	00:24:33	00:51:25	SPORTING CP
7	382	TIAGO MARQUES	M	M2034	7	00:24:44	00:51:54	AC VERMOIL
8	25	GONÇALO BORGES	M	M2034	8	00:25:06	00:51:57	GD 3 SANTOS POPULARES
9	4	JOAO MARQUES	M	M4044	1	00:24:59	00:52:57	GDR REBOLEIRA
10	28	ALBERTO ALMEIDA	M	M4549	1	00:25:00	00:52:58	GD 3 SANTOS POPULARES
11	192	JOAO VAZ	M	M4044	2	00:25:39	00:53:42	CCD O ALVITEJO
12	100	JORGE AIRES	M	M3539	1	00:26:50	00:55:21	CA BARREIRA
13	386	BRUNO GASPAR	M	M2034	9	00:26:52	00:55:39	AC VERMOIL
14	346	FELIX PAULOS	M	M5054	1	00:26:53	00:55:50	GD MACEDO OCULISTA
15	389	SERGY SCHONKA	M	M3539	2	00:27:15	00:56:17	AC VERMOIL
16	32	LUIS FRANCISCO	M	M2034	10	00:26:54	00:56:21	SCU TORREENSE
17	142	LUIS GOMES	M	M4044	3	00:27:16	00:56:39	ARSC TOLEDO
18	53	LUIS GOMES	M	M2034	11	00:27:29	00:56:45	C VETERANOS LIS
19	82	ANTONIO SILVINO	M	M4549	2	00:27:30	00:57:04	CA BARREIRA
20	31	TIAGO MADUREIRA	M	M2034	12	00:27:16	00:57:15	GD 3 SANTOS POPULARES
21	27	UWE BORSORF	M	M4044	4	00:27:34	00:57:38	GD 3 SANTOS POPULARES
22	2	RECHO JERUBET	F	F2034	1	00:28:26	00:57:59	KENIA
23	30	MARIO SILVA	M	M4549	3	00:28:06	00:58:19	GD 3 SANTOS POPULARES
24	278	GABRIEL RODRIGUES	M	M4549	4	00:28:05	00:58:37	ADCR PAINHO
25	125	PAULO ALBINO	M	M2034	13	00:28:05	00:58:52	CRD ARRUDENSE
26	545	LUIS DUARTE	M	M2034	14	00:27:55	00:58:59	CR AMIEIRINHENSE
27	240	MARIO CASEIRO	M	M4044	5	00:28:04	00:59:07	CA NAZARE
28	5	ANA FERREIRA	F	F2034	2	00:28:38	00:59:12	GD ESTREITO
29	378	HUGO GOMES	M	M2034	15	00:28:38	00:59:12	CA OVAR
30	38	PAULO POVOA	M	M4549	5	00:28:28	00:59:17	CCDP CM LOURES
31	136	ANDRE FERREIRA	M	M2034	16	00:28:18	00:59:17	ARSC TOLEDO
32	23	DESIDERIO PIRES	M	M3539	3	00:28:32	00:59:28	C BENFICA ALCOBAÇA
33	33	ANDRE DINIS	M	M2034	17	00:28:40	00:59:33	SCU TORREENSE
34	178	PAULO LEANDRO	M	M4044	6	00:28:43	00:59:40	GA FREG VIDAIS
35	387	MARIO HENRIQUE	M	M4044	7	00:28:24	00:59:57	AC VERMOIL
36	131	ANTONIO POEIRAS	M	M5054	2	00:28:40	00:59:58	ACR SOUTOS
37	357	LICINIO PEREIRA	M	M5559	1	00:28:40	00:59:58	ID VIEIRENSE
38	120	AMBROSIO PEREIRA	M	M3539	4	00:29:02	01:00:02	CRD ARRUDENSE
39	354	VITOR DINIS	M	M3539	5	00:28:18	01:00:10	ID VIEIRENSE
40	151	OCTAVIO VICENTE	M	M2034	18	00:28:38	01:00:13	C BENFICA ABRANTES
41	380	JOSE TEIXEIRA	M	M4549	6	00:29:09	01:00:18	CA BARREIRA
42	88	JOAO VALENTIM	M	M5054	3	00:29:26	01:00:25	CA BARREIRA
43	124	JOAO DIAS	M	M3539	6	00:28:40	01:00:31	CRD ARRUDENSE
44	531	RUI PERDIGÃO	M	M4549	7	00:29:37	01:00:33	CLAC ENTRONCAMENTO
45	324	SERGIO JERONIMO	M	M3539	7	00:29:10	01:00:37	ACS MAMEDE
46	559	JOAO SANTOS	M	M2034	19	00:29:07	01:00:44	INDIVIDUAL
47	86	HELDER CARREIRA	M	M3539	8	00:29:24	01:00:45	CA BARREIRA
48	137	JOAO CANAS	M	M3539	9	00:29:08	01:00:52	ARSC TOLEDO
49	608	MADALENA CARRIÇO	F	F2034	3	00:28:51	01:00:58	CS MARITIMO
50	289	PEDRO CAPELA	M	M2034	20	00:29:49	01:01:00	GAU BAJOUCA
51	195	PAULO FERNANDES	M	M4549	8	00:29:27	01:01:12	CCD O ALVITEJO
52	122	DAVID FERNANDES	M	M3539	10	00:29:28	01:01:18	CRD ARRUDENSE
53	191	ANTONIO PAIS	M	M4044	8	00:29:09	01:01:23	CCD O ALVITEJO
54	29	JOAQUIM GODINHO	M	M5559	2	00:29:13	01:01:26	GD 3 SANTOS POPULARES
55	121	ANABELA TAVARES	F	F2034	4	00:29:29	01:01:26	CRD ARRUDENSE



56	73	JOSE RAIMUNDO	M	M4549	9	00:29:50	01:01:33	GDR FIGUEIRAS
57	542	JOÃO GOMES	M	M4549	10	00:29:41	01:01:35	CR AMIEIRINHENSE
58	391	CARLOS SANTOS	M	M4044	9	00:29:26	01:01:44	AC VERMOIL
59	69	ANTONIO SALCEDAS	M	M4044	10	00:29:56	01:01:50	GDR FIGUEIRAS
60	39	EURICO CHARNECA	M	M5054	4	00:30:08	01:01:58	CCDP CM LOURES
61	220	ANTONIO SANTOS	M	M5054	5	00:30:07	01:02:01	GD INE
62	40	LUIS LOPES	M	M4044	11	00:30:08	01:02:03	CCDP CM LOURES
63	390	AQUILINO FERREIRA	M	M5054	6	00:30:56	01:02:24	AC VERMOIL
64	513	JAIME LAMEGO	M	M5054	7	00:29:54	01:02:26	MACHADA RUNNERS
65	544	CASIMIRO GOMES	M	M2034	21	00:29:53	01:02:28	CR AMIEIRINHENSE
66	7	VERA NUNES	F	F2034	5	00:29:54	01:02:33	SL BENFICA
67	546	VITOR LOPES	M	M4044	12	00:29:50	01:02:40	CR AMIEIRINHENSE
68	543	JOAQUIM MORAIS	M	M5054	8	00:30:21	01:02:54	CR AMIEIRINHENSE
69	290	JORGE SILVA	M	M4044	13	00:29:57	01:03:16	GAU BAJOUCA
70	46	VITOR ANTUNES	M	M3539	11	00:30:15	01:03:37	SR CAMARNAL
71	202	JOAO JACINTO	M	M5054	9	00:31:03	01:03:40	CCD O ALVITEJO
72	303	NUNO COSTA	M	M4044	14	00:29:51	01:03:41	CCRD BURINHOSA
73	356	ARTUR LOPES	M	M4549	11	00:31:03	01:03:42	ID VIEIRENSE
74	71	PAULO SIMAO	M	M4044	15	00:30:23	01:03:58	GDR FIGUEIRAS
75	26	TIAGO GODINHO	M	M2034	22	00:29:56	01:04:00	GD 3 SANTOS POPULARES
76	355	NUNO LORVAO	M	M4044	16	00:30:41	01:04:18	ID VIEIRENSE
77	129	MANUEL FERNANDES	M	M5559	3	00:31:03	01:04:26	ACR SOUTOS
78	175	JOSE SILVA	M	M3539	12	00:30:55	01:04:30	OS SANTARENOS
79	138	RUI AGUIAR	M	M3539	13	00:30:58	01:04:49	ARSC TOLEDO
80	169	MIGUEL SATURNINO	M	M2034	23	00:31:28	01:04:57	OS SANTARENOS
81	197	ANTONIO AZEDO	M	M4549	12	00:31:28	01:05:00	CCD O ALVITEJO
82	172	LUIS FERREIRA	M	M3539	14	00:31:30	01:05:03	OS SANTARENOS
83	126	PAULO SANTOS	M	M3539	15	00:30:03	01:05:07	CRD ARRUDENSE
84	587	JOSE QUEIROZ	M	M4044	17	00:31:50	01:05:15	UDR ZONA ALTA
85	313	ANIBALGODINHO	M	M4549	13	00:31:30	01:05:18	C MONT TORRES NOVAS
86	247	TIAGO CORDEIRO	M	M2034	24	00:31:32	01:05:22	GD PEDREIRAS
87	35	ARLINDO LEONARDO	M	M4044	18	00:31:20	01:05:27	SCU TORREENSE
88	579	FERNANDONEVES	M	M3539	16	00:31:42	01:05:31	GDC EIRAPEDRENSE
89	323	NELIO ALMEIDA	M	M2034	25	00:31:42	01:05:32	ACS MAMEDE
90	150	ANTONIO RIBEIRO	M	M2034	26	00:31:00	01:05:35	C BENFICA ABRANTES
91	229	SERGIO MARTINS	M	M4044	19	00:31:11	01:05:49	OS FLECHINHAS
92	224	MARCOS OLIVEIRA	M	M3539	17	00:32:15	01:05:50	GD INE
93	586	LUIS PREGO	M	M5054	10	00:31:33	01:05:51	CCRD ARRIMAL
94	234	HERALDO PEIXE	M	M2034	27	00:31:36	01:05:56	CA NAZARE
95	302	CARLOS SOARES	M	M4044	20	00:30:53	01:05:58	CCRD BURINHOSA
96	312	JOSUE	M	M4044	21	00:31:16	01:06:00	SR CAMARNAL
97	384	LEANDRO SANTOS	M	M5054	11	00:31:48	01:06:04	AC VERMOIL
98	34	LUIS SANTOS	M	M4549	14	00:31:21	01:06:05	SCU TORREENSE
99	519	PEDRO NASCIMENTO	M	M2034	28	00:31:49	01:06:11	INDIVIDUAL
100	83	CARINA MATIAS	F	F2034	6	00:31:53	01:06:15	CA BARREIRA
101	85	GERMANO CAPELA	M	M4044	22	00:31:51	01:06:15	CA BARREIRA
102	101	VITOR RIBEIRO	M	M5054	12	00:31:52	01:06:15	CA BARREIRA
103	512	CHANTAL XHERVELLE	F	F4099	1	00:31:58	01:06:24	AM CASAL FIGUEIRAS
104	106	JORGE AGOSTINHO	M	M5054	13	00:31:51	01:06:26	CA BARREIRA
105	78	ARMENIO LEAL	M	M5054	14	00:32:56	01:06:30	GDR FIGUEIRAS
106	241	MIGUEL SILVA	M	M4044	23	00:31:59	01:06:36	CA NAZARE
107	311	RICARDO VICENTE	M	M2034	29	00:31:47	01:06:53	SR CAMARNAL
108	221	GONÇALO FERREIRA	M	M3539	18	00:32:20	01:06:54	GD INE
109	317	JOAQUIM TEIXEIRA	M	M5559	4	00:32:34	01:07:07	C MONT TORRES NOVAS
110	213	ALBERTO GRAÇA	M	M4549	15	00:31:52	01:07:16	UFCI TOMAR
111	374	JOSE DIAS	M	M5054	15	00:32:22	01:07:19	CP EDP PORTO



112	377	ANTONIO BRANCO	M	M5559	5	00:33:00	01:07:23	CA OVAR
113	329	ALFREDO PEREIRA	M	M3539	19	00:31:48	01:07:26	HERE FOR BEER
114	547	VITOR TEIXEIRA	M	M4549	16	00:32:16	01:07:31	CR AMIEIRINHENSE
115	345	CARLA PINTO	F	F4099	2	00:32:51	01:07:40	GD MACEDO OCULISTA
116	541	JOSE MARIO	M	M5559	6	00:31:34	01:07:43	CR AMIEIRINHENSE
117	238	LUIS ESTRELINHA	M	M4549	17	00:32:47	01:07:44	CA NAZARE
118	41	JOSE PEREIRA	M	M5559	7	00:31:53	01:07:46	CCDP CM LOURES
119	75	LUIS SECO	M	M5054	16	00:32:56	01:07:46	GDR FIGUEIRAS
120	185	ANA MARGARIDA	F	F4099	3	00:32:39	01:07:53	CCD O ALVITEJO
121	24	JOSE FERNANDES	M	M4044	24	00:32:26	01:07:58	A 20 KM ALMEIRIM
122	183	JOSE PEIXOTO	M	M5054	17	00:32:43	01:08:02	GA FREG VIDAIS
123	199	JOSE FERNANDES	M	M5054	18	00:32:39	01:08:13	CCD O ALVITEJO
124	182	ACACIO SANTOS	M	M5054	19	00:32:39	01:08:14	GA FREG VIDAIS
125	379	RUI ROBERTO	M	M4044	25	00:33:17	01:08:15	CA BARREIRA
126	273	PAULO CORREIA	M	M3539	20	00:32:59	01:08:24	INDIVIDUAL
127	55	CRISTOVAO GOMES	M	M2034	30	00:33:07	01:08:29	C VETERANOS LIS
128	612	LUIS GROSSO	M	M2034	31	00:33:44	01:08:31	CPR A DO BARBAS
129	211	FERNANDO NEVES	M	M4044	26	00:33:31	01:08:35	UFCI TOMAR
130	388	JOAQUIM QUITERIO	M	M3539	21	00:31:20	01:08:39	AC VERMOIL
131	135	MARIO CARVALHO	M	M3539	22	00:33:10	01:08:40	ACR SOUTOS
132	184	MANUEL SIMAO	M	M5559	8	00:32:48	01:08:41	GA FREG VIDAIS
133	588	LUIS QUEIROZ	M	M3539	23	00:33:19	01:08:44	UDR ZONA ALTA
134	139	JORGE ANTUNES	M	M3539	24	00:33:02	01:08:45	ARSC TOLEDO
135	576	ABILIO G A GASPAR	M	M5054	20	00:33:43	01:08:45	GDC EIRAPEDRENSE
136	96	VITOR PARREIRA	M	M5559	9	00:33:18	01:08:56	CA BARREIRA
137	94	NUNO DIAS	M	M2034	32	00:33:14	01:09:01	CA BARREIRA
138	70	SERGIO E SANTOS	M	M4044	27	00:32:47	01:09:06	GDR FIGUEIRAS
139	37	ANTONIO VALERIO	M	M5559	10	00:32:48	01:09:07	CCDP CM LOURES
140	334	CRISTINA SANCHES	F	F4099	4	00:33:35	01:09:08	INDIVIDUAL
141	566	LUIS F SILVA	M	M3539	25	00:32:56	01:09:09	INDIVIDUAL
142	342	JOSE CUNHA	M	M4549	18	00:34:50	01:09:12	OS ZATOPEQUES
143	372	AUGUSTO GRANJA	M	M5559	11	00:32:54	01:09:16	CP EDP PORTO
144	339	VERONICA SCUTARU	F	F3539	1	00:33:07	01:09:18	CRD ARRUDENSE
145	330	HENRIQUE LOPES	M	M2034	33	00:33:13	01:09:22	HERE FOR BEER
146	68	PAULO MORENO	M	M2034	34	00:32:47	01:09:27	GDR FIGUEIRAS
147	585	NARCISO CORDEIRO	M	M4549	19	00:33:47	01:09:29	CCRD ARRIMAL
148	281	PEDRO PERALTA	M	M4044	28	00:33:05	01:09:30	SOSI MOLEANOS
149	310	HELDER MARQUES	M	M4549	20	00:33:15	01:09:31	SR CAMARNAL
150	597	JOAO FARINHA	M	M5054	21	00:33:32	01:09:33	INDIVIDUAL
151	148	JORGE BENTO	M	M4044	29	00:34:48	01:09:48	C BENFICA ABRANTES
152	291	FILIPE CAVALHEIRO	M	M4549	21	00:33:44	01:09:52	GAU BAJOUCA
153	189	GONÇALO ROQUE	M	M3539	26	00:34:44	01:09:53	CCD O ALVITEJO
154	529	ABREU MOURA	M	M5559	12	00:32:26	01:09:54	CLAC ENTRONCAMENTO
155	173	MARIO NETO	M	M3539	27	00:33:02	01:09:55	OS SANTARENOS
156	557	NUNO PITA	M	M3539	28	00:33:20	01:09:57	METRO 2011
157	52	VASCO MARQUES	M	M4044	30	00:33:43	01:09:58	C VETERANOS LIS
158	573	ANTONIO FERNANDES	M	M4549	22	00:33:22	01:09:59	INDIVIDUAL
159	62	JOSE GABRIEL	M	M6064	1	00:33:48	01:10:02	C VETERANOS LIS
160	245	MIGUEL GINETO	M	M3539	29	00:33:19	01:10:04	GD PEDREIRAS
161	218	LUIS ALEXANDRE	M	M3539	30	00:33:16	01:10:07	ACR SANTA CITA
162	81	ANTONIO AGOSTINHO	M	M5559	13	00:33:41	01:10:12	CA BARREIRA
163	132	CARLOS JACINTO	M	M3539	31	00:33:15	01:10:18	ACR SOUTOS
164	340	PAULO BASILIO	M	M4044	31	00:34:17	01:10:22	OS ZATOPEQUES
165	316	MARCO SOUSA	M	M3539	32	00:33:33	01:10:24	C MONT TORRES NOVAS
166	593	CARLOS HIPÓLITO	M	M3539	33	00:33:30	01:10:26	INDIVIDUAL
167	315	CARLOS SOUSA	M	M4549	23	00:32:51	01:10:31	C MONT TORRES NOVAS



168	92	JOAQUIM FIGUEIRA	M	M3539	34	00:34:20	01:10:33	CA BARREIRA
169	105	SARA BRITO	F	F4099	5	00:34:08	01:10:33	CA BARREIRA
170	227	LUIS MARTINS	M	M4549	24	00:34:08	01:10:38	OS FLECHINHAS
171	76	MARIO DUARTE	M	M5559	14	00:33:19	01:10:42	GDR FIGUEIRAS
172	611	NUNO JORGE	M	M3539	35	00:34:02	01:10:47	CPR A DO BARBAS
173	528	LUÍS REI	M	M6064	2	00:33:22	01:10:52	CLAC ENTRONCAMENTO
174	54	HUGO MIGUEL	M	M2034	35	00:32:16	01:10:55	C VETERANOS LIS
175	222	JOSE GOMES	M	M5559	15	00:34:11	01:10:56	GD INE
176	614	MARCO SOUSA	M	M2034	36	00:33:40	01:11:05	CPR A DO BARBAS
177	505	ANTÓNIO RELVAS	M	M4549	25	00:33:48	01:11:08	INDIVIDUAL
178	327	VITOR SIMOES	M	M5054	22	00:33:49	01:11:10	HERE FOR BEER
179	79	LEONEL RODRIGUES	M	M5559	16	00:33:27	01:11:14	GDR FIGUEIRAS
180	174	ANTONIO BATALHA	M	M5559	17	00:34:46	01:11:19	OS SANTARENOS
181	232	ANTONIO SALDANHA	M	M5559	18	00:34:02	01:11:20	CA NAZARE
182	516	MARCO A B VITORINO	M	M2034	37	00:34:00	01:11:30	CP ALCANENA
183	246	FILIPE CORDEIRO	M	M2034	38	00:34:16	01:11:34	GD PEDREIRAS
184	535	RENATO MARTINS	M	M3539	36	00:34:19	01:11:41	CLAC ENTRONCAMENTO
185	343	JOSE MORAIS	M	M5054	23	00:35:34	01:11:50	OS ZATPEQUES
186	344	ORLANDO SILVA	M	M5054	24	00:35:33	01:11:50	OS ZATPEQUES
187	383	EUGENIO MENDES	M	M5054	25	00:34:57	01:11:58	AC VERMOIL
188	58	MANUEL CARREIRA	M	M5054	26	00:34:41	01:12:03	C VETERANOS LIS
189	109	TELMA GRACIO	F	F2034	7	00:34:58	01:12:05	CA BARREIRA
190	297	OTELO PEREIRA	M	M3539	37	00:34:59	01:12:05	GAU BAJOUCA
191	95	RUI PEREIRA	M	M5054	27	00:34:00	01:12:15	CA BARREIRA
192	282	JOAO SANTOS	M	M2034	39	00:34:16	01:12:17	SOSI MOLEANOS
193	283	HELDER LOURENÇO	M	M2034	40	00:34:04	01:12:18	SOSI MOLEANOS
194	166	PEDRO CARVALHO	M	M4549	26	00:35:08	01:12:20	OS SANTARENOS
195	306	CARLOS DUARTE	M	M4549	27	00:33:34	01:12:23	CCRD BURINHOSA
196	250	JOSE FAUSTINO	M	M5559	19	00:34:17	01:12:24	INDIVIDUAL
197	280	RICARDO LUCAS	M	M2034	41	00:35:59	01:12:28	ADCR PAINHO
198	214	JOSE FONSECA	M	M4549	28	00:34:51	01:12:31	UFCI TOMAR
199	279	MANUEL FERREIRA	M	M4044	32	00:32:31	01:12:31	ADCR PAINHO
200	91	JOSE MARTINS	M	M5559	20	00:33:42	01:12:35	CA BARREIRA
201	200	JOAQUIM MARTINS	M	M5054	28	00:35:03	01:12:37	CCD O ALVITEJO
202	205	MANUEL VITORINO	M	M6064	3	00:35:04	01:12:37	CCD O ALVITEJO
203	530	JOÃO JOAQUIM	M	M6064	4	00:35:01	01:12:40	CLAC ENTRONCAMENTO
204	115	DAVID SANTOS	M	M4549	29	00:36:27	01:12:45	UDCA
205	99	JOANA GRACIO	F	F2034	8	00:34:58	01:12:51	CA BARREIRA
206	352	DINIS MORAIS	M	M4044	33	00:34:01	01:12:51	GD MACEDO OCULISTA
207	349	JOSE INOCENCIO	M	M5559	21	00:35:51	01:13:05	GD MACEDO OCULISTA
208	325	RUI SIMOES	M	M4044	34	00:35:49	01:13:07	ACS MAMEDE
209	225	NUNO MARTINS	M	M3539	38	00:34:07	01:13:09	GD INE
210	219	FRANCISCO CONFRARIA	M	M4044	35	00:35:21	01:13:16	ACR SANTA CITA
211	261	PAULO S FONSECA	M	M4549	30	00:36:29	01:13:19	INDIVIDUAL
212	563	EMANUEL LOPES	M	M3539	39	00:35:02	01:13:19	EROFIO SA
213	57	CARLOS CARMINO	M	M5054	29	00:35:48	01:13:20	INDIVIDUAL
214	360	DANIELA CARDOSO	F	F2034	9	00:35:48	01:13:20	INDIVIDUAL
215	84	DANIEL LOURENÇO	M	M3539	40	00:34:28	01:13:30	CA BARREIRA
216	314	TIAGO GODINHO	M	M2034	42	00:33:24	01:13:31	C MONT TORRES NOVAS
217	331	NUNO LOPES	M	M3539	41	00:35:04	01:13:35	HERE FOR BEER
218	179	JOSE DUARTE	M	M4549	31	00:35:40	01:13:39	GA FREG VIDAIS
219	193	JORGE POLIDORO	M	M4044	36	00:35:08	01:13:43	CCD O ALVITEJO
220	154	FILIPE RAMALHO	M	M2034	43	00:35:57	01:13:44	A VALE SILENCIO
221	371	MARCO MELO	M	M3539	42	00:35:56	01:13:44	A VALE SILENCIO
222	231	ANTONIO ALEXANDRE	M	M5054	30	00:34:55	01:13:58	CA NAZARE
223	285	JOAO TARVADO	M	M4044	37	00:34:07	01:13:58	OESTE RUNNING



224	601	SANDRO JORDAO	M	M2034	44	00:35:35	01:14:01	INDIVIDUAL
225	286	RUI SALES	M	M4044	38	00:35:36	01:14:06	OESTE RUNNING
226	333	PAULO TRINDADE	M	M3539	43	00:35:57	01:14:10	HERE FOR BEER
227	61	AMERICO SANTOS	M	M5559	22	00:35:58	01:14:13	C VETERANOS LIS
228	359	EVANGELINO CARDEIRA	M	M5559	23	00:36:22	01:14:23	GDR FIGUEIRAS
229	275	ANTONIO RODRIGUES	M	M5559	24	00:36:06	01:14:30	ADCR PAINHO
230	276	JOSE VENTURA	M	M5054	31	00:36:05	01:14:31	ADCR PAINHO
231	116	MANUEL PEDRO	M	M6599	1	00:36:11	01:14:34	AA LEBRES SADO
232	117	MANUEL BATISTA	M	M6064	5	00:36:10	01:14:35	AA LEBRES SADO
233	144	CARLOS ALEGRE	M	M5054	32	00:35:11	01:14:48	ARSC TOLEDO
234	201	JOAO GAUDENCIO	M	M5054	33	00:35:39	01:14:55	CCD O ALVITEJO
235	534	JOSÉ GARRAÇÃO	M	M5054	34	00:35:34	01:14:55	CLAC ENTRONCAMENTO
236	520	PEDRO LOPES	M	M2034	45	00:36:12	01:15:02	INDIVIDUAL
237	318	ANABELA DUQUE	F	F4099	6	00:36:06	01:15:05	ACS MAMEDE
238	577	MANUEL C M CALVARIO	M	M6064	6	00:36:06	01:15:10	GDC EIRAPEDRENSE
239	114	JOAQUIM CRISPIM	M	M5559	25	00:36:35	01:15:16	UDCA
240	59	JACINTO FERREIRA	M	M5054	35	00:37:05	01:15:20	C VETERANOS LIS
241	128	FERNANDO JACINTO	M	M4044	39	00:34:17	01:15:22	ACR SOUTOS
242	162	JOAO PROSPERO	M	M5559	26	00:33:13	01:15:22	CA MARINHA GRANDE
243	72	VITOR CARDEIRA	M	M4549	32	00:36:22	01:15:24	GDR FIGUEIRAS
244	320	CARLOS MAURICIO	M	M4549	33	00:36:05	01:15:24	ACS MAMEDE
245	206	AMILCAR SANTANA	M	M6599	2	00:36:20	01:15:27	CCD O ALVITEJO
246	599	MARGARIDA GODINHO	F	F4099	7	00:36:33	01:15:27	INDIVIDUAL
247	277	RANATO FIDALGO	M	M5054	36	00:36:36	01:15:31	ADCR PAINHO
248	254	CARLOS SOUSA	M	M5054	37	00:35:49	01:15:45	INDIVIDUAL
249	90	JOSE FERREIRA	M	M5559	27	00:37:00	01:15:46	CA BARREIRA
250	367	ANTONIO PAULO	M	M4549	34	00:36:35	01:15:50	INDIVIDUAL
251	308	JOSE RATO	M	M5054	38	00:35:39	01:15:58	CCRD BURINHOSA
252	93	LUIS COTRIM	M	M4549	35	00:35:25	01:16:01	CA BARREIRA
253	103	MIGUEL SARAIVA	M	M4044	40	00:36:06	01:16:02	CA BARREIRA
254	295	CARLOS FIGUEIREDO	M	M6064	7	00:36:12	01:16:09	GAU BAJOUCA
255	143	ANTONIO FERNANDES	M	M4549	36	00:36:03	01:16:20	ARSC TOLEDO
256	538	LUIS JESUS	M	M6064	8	00:37:04	01:16:29	AI NHA PERNA
257	171	LUIS BATISTA	M	M3539	44	00:37:29	01:16:39	OS SANTARENOS
258	600	SERGIO FERREIRA	M	M2034	46	00:35:45	01:16:39	INDIVIDUAL
259	537	CARLOS COSTA	M	M4549	37	00:38:06	01:16:43	INDIVIDUAL
260	42	AUGUSTO PORTUGAL	M	M3539	45	00:37:37	01:17:02	LESMAS OESTE
261	594	RUBEN GRAÇA	M	M2034	47	00:39:09	01:17:11	CA OS PESADOS
262	112	MANUEL CRISPIM	M	M5559	28	00:37:27	01:17:16	UDCA
263	77	DIAMANTINO CRUZ	M	M5054	39	00:36:44	01:17:18	GDR FIGUEIRAS
264	524	PATRIC VIEIRA	M	M2034	48	00:37:06	01:17:21	INDIVIDUAL
265	569	JOÃO VICENTE	M	M4044	41	00:37:07	01:17:28	INDIVIDUAL
266	602	JOAO VERISSIMO	M	M5054	40	00:37:27	01:17:29	TOKANDAR
267	133	RUI CARREIRA	M	M4549	38	00:37:07	01:17:42	ACR SOUTOS
268	36	ELISIO COSTA	M	M5559	29	00:37:21	01:17:48	CCDP CM LOURES
269	363	NUNO PEREIRA	M	M2034	49	00:38:09	01:17:48	INDIVIDUAL
270	188	RUI LIMA	M	M3539	46	00:36:21	01:17:51	CCD O ALVITEJO
271	228	JOAQUIM FERREIRA	M	M5559	30	00:36:39	01:17:51	OS FLECHINHAS
272	164	JOAO CARVALHO	M	M4044	42	00:37:20	01:17:55	OS SANTARENOS
273	341	JORGE LEITAO	M	M4549	39	00:37:57	01:17:58	OS ZATOPEQUES
274	21	JOSE BELCHIOR	M	M5559	31	00:37:05	01:18:02	OS PERIGOSOS
275	572	ANTONIO PRIMOR	M	M6599	3	00:38:14	01:18:02	SC MOITENSE
276	364	CARLOS VALINHO	M	M2034	50	00:37:02	01:18:03	INDIVIDUAL
277	63	VITOR ANTUNES	M	M5559	32	00:36:46	01:18:13	C VETERANOS LIS
278	159	LUCIANO TOMAS	M	M5559	33	00:36:52	01:18:15	A VALE SILENCIO
279	613	MARCIO SOUSA	M	M2034	51	00:38:00	01:18:29	CPR A DO BARBAS



280	284	PEDRO ANTUNES	M	M3539	47	00:35:10	01:18:33	OESTE RUNNING
281	561	DAVID RIBEIRO	M	M2034	52	00:37:42	01:18:33	C BENFICA ABRANTES
282	514	FRANCISCO VAL	M	M2034	53	00:38:17	01:18:34	INDIVIDUAL
283	230	ANTONIO COUTINHO	M	M6064	9	00:37:43	01:18:36	OS FLECHINHAS
284	263	JOSE M COELHO	M	M6064	10	00:37:19	01:18:43	INDIVIDUAL
285	540	LUIS FIRMINO	M	M2034	54	00:46:02	01:18:44	INDIVIDUAL
286	56	JULIO LOPES	M	M3539	48	00:37:10	01:18:58	C VETERANOS LIS
287	60	MANUEL PEREIRA	M	M6599	4	00:38:10	01:18:59	C VETERANOS LIS
288	113	CARLOS RANGEL	M	M5559	34	00:38:34	01:19:02	UDCA
289	332	GONALO EZEQUIEL	M	M2034	55	00:35:38	01:19:15	HERE FOR BEER
290	181	LUIS SANTOS	M	M5054	41	00:37:39	01:19:26	GA FREG VIDAIS
291	362	JOSE VALERIO	M	M6599	5	00:37:44	01:19:26	INDIVIDUAL
292	348	JOAQUIM MACEDO	M	M5559	35	00:38:38	01:19:36	GD MACEDO OCULISTA
293	212	MANUEL MOTA	M	M4549	40	00:37:38	01:19:37	UFCI TOMAR
294	217	CAROLINA FELIZ	F	F4099	8	00:37:12	01:19:38	UFCI TOMAR
295	65	LUIS AMORIM	M	M5054	42	00:39:55	01:19:40	NA BEIERSDORF
296	119	ALVARO GINGADO	M	M5559	36	00:37:30	01:19:47	AA LEBRES SADO
297	244	LUIS VAZAO	M	M2034	56	00:37:24	01:19:50	GD PEDREIRAS
298	506	CARLOS RAFAEL	M	M2034	57	00:39:00	01:19:50	INDIVIDUAL
299	47	ALCINO COUTINHO	M	M5559	37	00:37:42	01:19:51	CP UNIV COIMBRA
300	292	RAMIRO ALFAIATE	M	M4044	43	00:36:07	01:19:57	GAU BAJOUCA
301	170	EUGENIO PISCO	M	M6064	11	00:38:54	01:19:58	OS SANTARENOS
302	504	MANUEL TRINDADE	M	M5559	38	00:39:01	01:20:13	INDIVIDUAL
303	300	OCTAVIO MARIANO	M	M4044	44	00:37:30	01:20:14	CCRD BURINHOSA
304	581	JORGE GOMES	M	M4549	41	00:39:55	01:20:16	GDC EIRAPEDRENSE
305	102	ANTONIO REIS	M	M6599	6	00:39:17	01:20:22	CA BARREIRA
306	155	HERNANI MONTEIRO	M	M5054	43	00:39:22	01:20:23	A VALE SILENCIO
307	203	RICARDO LOURENO	M	M5559	39	00:37:21	01:20:28	CCD O ALVITEJO
308	533	JOSÉ FELÍCIO	M	M4044	45	00:38:18	01:20:28	CLAC ENTRONCAMENTO
309	578	JOSE MATIAS	M	M5559	40	00:39:55	01:20:30	GDC EIRAPEDRENSE
310	44	MIGUEL SILVA	M	M2034	58	00:37:37	01:20:37	LESMAS OESTE
311	110	LUIS FARINHA	M	M5559	41	00:38:37	01:20:40	UDCA
312	207	JOSE GRILARTE	M	M6599	7	00:38:24	01:20:49	CCD O ALVITEJO
313	337	JOSE R SANTOS	M	M4549	42	00:39:55	01:20:50	INDIVIDUAL
314	361	EMILIO FERNANDES	M	M5054	44	00:37:36	01:20:53	C VETERANOS LIS
315	338	JOAO RAFAEL	M	M4044	46	00:39:54	01:21:00	INDIVIDUAL
316	226	PEDRO MOREIRA	M	M3539	49	00:38:26	01:21:07	GD INE
317	243	MARTA COLAO	F	F3539	2	00:38:21	01:21:18	CA NAZARE
318	271	RAQUEL MADEIRA	F	F2034	10	00:39:54	01:21:18	INDIVIDUAL
319	98	ILDIO SILVA	M	M6064	12	00:37:29	01:21:30	CA BARREIRA
320	153	FERNANDO SILVA	M	M4549	43	00:41:07	01:21:33	A VALE SILENCIO
321	190	MARCO JACINTO	M	M3539	50	00:37:42	01:21:34	CCD O ALVITEJO
322	134	JOSE LUCAS	M	M6599	8	00:38:20	01:21:36	ACR SOUTOS
323	104	MANUEL BRITO	M	M5054	45	00:38:58	01:21:45	CA BARREIRA
324	550	LUIS PENTEADO	M	M4044	47	00:39:23	01:21:46	BUERAPIDOS
325	208	ANTONIO SIMAO	M	M6599	9	00:39:10	01:21:49	CCD O ALVITEJO
326	326	ANABELA SANTOS	F	F3539	3	00:38:55	01:21:52	ACS MAMEDE
327	549	FERNANDO CARVALHO	M	M4044	48	00:39:23	01:22:09	BUERAPIDOS
328	551	ALEXANDRE RODRIGUES	M	M4044	49	00:39:23	01:22:10	BUERAPIDOS
329	266	CARLOS GARCIA	M	M5054	46	00:40:52	01:22:18	LA VAO DE ALMEIRIM
330	607	RICARDO DIAS	M	M2034	59	00:41:30	01:22:18	INDIVIDUAL
331	74	FERNANDO SANTOS	M	M5054	47	00:38:01	01:22:19	GDR FIGUEIRAS
332	177	JOSE LUIS	M	M3539	51	00:39:26	01:22:32	GA FREG VIDAIS
333	87	JOAO FAUSTINO	M	M5559	42	00:40:02	01:22:34	CA BARREIRA
334	574	FERNANDO S F SANTOS	M	M5054	48	00:40:29	01:22:48	GDC EIRAPEDRENSE
335	522	ANDRÉ COSTA	M	M2034	60	00:39:37	01:22:49	INDIVIDUAL



336	595	MIGUEL AZEVEDO	M	M4044	50	00:41:30	01:22:52	INDIVIDUAL
337	558	ANTONIO FERNANDES	M	M5559	43	00:41:06	01:22:55	A VALE SILENCIO
338	50	MANUEL CARTAXO	M	M6599	10	00:40:19	01:22:58	CP UNIV COIMBRA
339	301	VITOR MONTEIRO	M	M4044	51	00:38:53	01:23:05	CCRD BURINHOSA
340	509	ANTONIO COSTA	M	M4549	44	00:36:43	01:23:11	INDIVIDUAL
341	147	HELIO GODINHO	M	M6064	13	00:40:02	01:23:17	C BENFICA ABRANTES
342	262	FRANCISCO J G PAULINO	M	M4549	45	00:40:41	01:23:24	INDIVIDUAL
343	548	MANUEL A D CARLOS	M	M5054	49	00:39:30	01:23:37	CALMA
344	562	JOÃO FRADE	M	M3539	52	00:41:06	01:23:50	EROFIO SA
345	567	BRUNO MATIAS	M	M2034	61	00:39:36	01:23:50	INDIVIDUAL
346	575	MANUEL P M PEREIRA	M	M5559	44	00:39:44	01:23:52	GDC EIRAPEDRENSE
347	554	PAULA PENEDO	F	F2034	11	00:40:44	01:23:53	FRUFRESH RUNNERS
348	368	Mª CLAUDIA M SILVA	F	F4099	9	00:39:59	01:23:55	INDIVIDUAL
349	553	FRANCISCO VAZ	M	M4044	52	00:40:44	01:23:55	FRUFRESH RUNNERS
350	321	FILIPE TOMAS	M	M6599	11	00:40:47	01:23:56	ACS MAMEDE
351	118	NAPOLEAO LEAL	M	M5559	45	00:39:54	01:24:01	AA LEBRES SADO
352	373	ALTINO SILVA	M	M4549	46	00:40:26	01:24:04	CP EDP PORTO
353	375	AMANDIO SILVA	M	M5054	50	00:40:26	01:24:04	CP EDP PORTO
354	264	JOSE BERTOLO	M	M5054	51	00:40:07	01:24:11	INDIVIDUAL
355	48	ARMANDO DELGADO	M	M5559	46	00:38:34	01:24:18	CP UNIV COIMBRA
356	536	OSCAR MARQUES	M	M5559	47	00:41:12	01:24:19	INDIVIDUAL
357	43	RUI CARNEIRO	M	M4044	53	00:38:41	01:24:23	LESMAS OESTE
358	215	CARLOS SANTOS	M	M4549	47	00:41:04	01:24:26	UFCI TOMAR
359	223	JULIO ROBALO	M	M4549	48	00:40:58	01:24:28	GD INE
360	322	LUIS NETO	M	M4044	54	00:40:48	01:24:42	ACS MAMEDE
361	64	JOSE CARREIRA	M	M6599	12	00:39:18	01:24:48	C VETERANOS LIS
362	515	ANTÓNIO JACINTO	M	M4549	49	00:39:04	01:24:49	INDIVIDUAL
363	259	JOSE NASCIMENTO	M	M4549	50	00:41:12	01:24:53	INDIVIDUAL
364	366	ADOLFO MONTEZ	M	M2034	62	00:39:15	01:25:01	INDIVIDUAL
365	570	RAUL NEVES	M	M5559	48	00:39:27	01:25:02	SC MOITENSE
366	51	RICARDO MONTEIRO	M	M3539	53	00:36:51	01:25:15	C VETERANOS LIS
367	130	MANUEL BRITES	M	M5559	49	00:40:02	01:25:15	ACR SOUTOS
368	609	JOAO ROXO	M	M4044	55	00:37:42	01:25:40	INDIVIDUAL
369	564	GABRIEL SANTOS	M	M5054	52	00:41:05	01:25:44	EROFIO SA
370	565	AGOSTINHO CARDOSO	M	M2034	63	00:41:06	01:25:44	EROFIO SA
371	249	JOSE GINETO	M	M5559	50	00:40:50	01:26:08	GD PEDREIRAS
372	517	JOSÉ MACHADO	M	M4549	51	00:42:51	01:26:09	INDIVIDUAL
373	617	JOSE C FORTE	M	M5054	53	00:41:49	01:26:23	REPORTPRO
374	251	ABEL CARBAJO	M	M6064	14	00:41:53	01:26:24	INDIVIDUAL
375	610	PAULO UBALDO	M	M4044	56	00:40:14	01:26:35	INDIVIDUAL
376	309	JOSE CATITA	M	M5054	54	00:44:24	01:26:48	GARMIN CO OEIRAS
377	157	JOSE MOGA	M	M5054	55	00:41:27	01:27:02	A VALE SILENCIO
378	305	JOSE SOARES	M	M4549	52	00:41:06	01:27:22	CCRD BURINHOSA
379	510	PAULO CRUZ	M	M5054	56	00:41:10	01:27:36	INDIVIDUAL
380	274	AMARILDO SETTAS	M	M3539	54	00:42:21	01:27:56	INDIVIDUAL
381	156	JOAQUIM ADELINO	M	M6064	15	00:41:37	01:28:14	A VALE SILENCIO
382	596	NUNO CARNEIRO	M	M2034	64	00:42:29	01:28:26	INDIVIDUAL
383	583	RODRIGUES VÍTOR	M	M4549	53	00:42:52	01:28:36	CONSTRUÇÕES CR
384	127	JOAQUIM FRAGOSO	M	M6064	16	00:42:15	01:28:50	CCD CASA PIA
385	161	FERNANDA PARRO	F	F4099	10	00:42:25	01:29:00	GARMIN CO OEIRAS
386	160	LUIS PARRO	M	M5054	57	00:42:24	01:29:03	GARMIN CO OEIRAS
387	108	MARIO SILVA	M	M4044	57	00:41:04	01:29:16	CA BARREIRA
388	210	ANGELA MENDES	F	F2034	12	00:42:55	01:29:24	CCD O ALVITEJO
389	194	JORGE FIGUEIREDO	M	M5559	51	00:42:59	01:29:25	CCD O ALVITEJO
390	196	JOSE SILVA	M	M5559	52	00:42:59	01:29:25	CCD O ALVITEJO
391	525	JOÃO MARTINS	M	M4044	58	00:42:59	01:29:25	ARC SOCASA



392	260	ALBERTO SOARES	M	M4549	54	00:41:12	01:29:26	INDIVIDUAL
393	527	CARLOS COELHO	M	M5054	58	00:42:34	01:29:47	INDIVIDUAL
394	571	NORBERTO SANTOS	M	M5054	59	00:39:43	01:30:06	SC MOITENSE
395	299	TELMO PEDROSO	M	M3539	55	00:42:42	01:30:36	CCRD BURINHOSA
396	532	JOSÉ SAPATEIRO	M	M6599	13	00:42:27	01:30:42	CLAC ENTRONCAMENTO
397	258	JOAO LANDEIRO	M	M6599	14	00:43:15	01:30:44	INDIVIDUAL
398	22	JOAO BRANCO	M	M6064	17	00:43:01	01:31:04	AAE BNU
399	604	MAURO TEIXEIRA	M	M2034	65	00:42:15	01:31:23	TOKANDAR
400	97	CRISTIANO CASALINHO	M	M2034	66	00:44:49	01:31:30	CA BARREIRA
401	67	ANTONIO MOÇO	M	M5559	53	00:43:59	01:32:20	CP CIMPOR
402	152	SUSANA ROSA	F	F2034	13	00:42:37	01:32:31	C BENFICA ABRANTES
403	500	JOÃO P S LIMA	M	M5054	60	00:43:02	01:32:41	4 AO KM
404	523	VÍTOR M M FERNANDES	M	M6064	18	00:45:33	01:33:28	CALMA
405	167	MANUEL FIDALGO	M	M6064	19	00:43:11	01:33:37	OS SANTARENOS
406	168	JOAO RAMOS	M	M5054	61	00:41:31	01:33:37	OS SANTARENOS
407	236	JOAQUIM HIPOLITO	M	M5559	54	00:44:23	01:34:22	CA NAZARE
408	298	PAULO RAINHO	M	M3539	56	00:42:37	01:34:41	CCRD BURINHOSA
409	158	JOSE REBOCHO	M	M5559	55	00:44:09	01:34:46	A VALE SILENCIO
410	80	ANA AFONSO	F	F2034	14	00:44:49	01:35:05	CA BARREIRA
411	255	PEDRO CATARINO	M	M2034	67	00:46:12	01:35:18	INDIVIDUAL
412	256	RENATO ALVES	M	M2034	68	00:46:11	01:35:19	INDIVIDUAL
413	146	CARLOS ALFAIATE	M	M5559	56	00:43:18	01:35:31	C BENFICA ABRANTES
414	242	VITOR LOURAÇO	M	M6599	15	00:44:53	01:35:43	CA NAZARE
415	347	JOAO VEIGA	M	M6064	20	00:45:09	01:35:48	GD MACEDO OCULISTA
416	508	NUNO ESPIRITO SANTO	M	M4044	59	00:44:56	01:36:37	ACOREANA C BANIF
417	351	MARIA QUITERIA	F	F3539	4	00:46:03	01:36:38	GD MACEDO OCULISTA
418	507	SANDRA S S MARTINS	F	F2034	15	00:44:56	01:36:38	4 AO KM
419	163	JOSE GOMES	M	M2034	69	00:46:56	01:37:45	ESDRM
420	307	RUI VENTURA	M	M5054	62	00:45:47	01:38:31	CCRD BURINHOSA
421	580	ANTONIO SECA	M	M6599	16	00:49:22	01:38:58	GDC EIRAPEDRENSE
422	584	JORGE SILVA	M	M6064	21	00:47:33	01:39:01	CA OS PESADOS
423	539	LUCIA ROBLA	F	F2034	16	00:46:02	01:39:04	INDIVIDUAL
424	552	Mª JOSÉ MACHADO	F	F4099	11	00:48:11	01:39:40	CLAC ENTRONCAMENTO
425	216	VITOR MARTO	M	M5054	63	00:47:38	01:40:17	UFCI TOMAR
426	616	HELDER J VARANDAS	M	M6064	22	00:47:44	01:40:42	REPORTPRO
427	335	PAULO SANTOS	M	M4549	55	00:42:30	01:40:51	INDIVIDUAL
428	365	RUI PAULO	M	M2034	70	00:48:09	01:41:33	INDIVIDUAL
429	252	JOSE FERNANDES	M	M4549	56	00:46:32	01:41:57	INDIVIDUAL
430	568	MARTINHO ROQUE	M	M4044	60	00:46:27	01:41:57	INDIVIDUAL
431	560	SILVIA PEREIRA	F	F3539	5	00:46:40	01:42:06	INDIVIDUAL
432	555	JOAO BARBOSA	M	M5054	64	00:49:06	01:42:56	METRO 2011
433	556	FERNANDO C F F FERNANDES	M	M5559	57	00:49:07	01:42:57	METRO 2011
434	111	MJANUEL GOMES	M	M6599	17	00:50:17	01:43:48	UDCA
435	605	MARILIA RIBEIRO	F	F2034	17	00:49:48	01:43:48	TOKANDAR
436	165	LUIS DOMINGOS	M	M5054	65	00:46:59	01:44:29	ESDRM
437	288	JOSE ABREU	M	M6064	23	00:49:22	01:45:52	C VETERANOS ESTRELA
438	287	HERMINIO PINHEIRO	M	M6064	24	00:49:24	01:45:56	C VETERANOS ESTRELA
439	606	LUIS COSTA	M	M2034	71	00:55:50	01:46:56	INDIVIDUAL
440	603	MARIO AGUILEIRA	M	M4549	57	00:49:49	01:51:48	TOKANDAR
441	582	JOSÉ C C JORGE	M	M6064	25	00:55:50	01:55:32	CA OS PESADOS
442	209	FERNANDO CARDOSO	M	M6599	18	01:02:44	01:59:59	CCD O ALVITEJO