

1	349	Artur OLIVEIRA	M35	Os Pica Miolos	1	00:53:58.68	3.60	00:00:00.00
2	262	Sérgio FAIA	M35	S Clube Team	1	00:55:19.31	3.69	00:01:20.63
3	334	Paulo SEQUEIRA	M35	Papa Léguas	1	00:55:31.15	3.70	00:01:32.47
4	350	Henrique JOANICO	M35	Os Pica Miolos	1	00:56:24.12	3.76	00:02:25.44
5	230	João PRISAL	M35	100FitClub	1	00:57:00.16	3.80	00:03:01.48
6	276	Luis SANTOS	Msenior	Indivíduo	1	00:58:21.71	3.89	00:04:23.03
7	329	Marcelo SILVA	M35	Carapaus de Corrida	1	01:00:27.28	4.03	00:06:28.60
8	261	Paulo MARQUES	M35	S Clube Team	1	01:02:07.39	4.14	00:08:08.71
9	280	Paulo ALVES	M35	Indivíduo	1	01:02:39.66	4.18	00:08:40.98
10	247	Ricardo CHARRASQUEIRA	M35	100FitClub	1	01:02:50.29	4.19	00:08:51.61
11	325	Marco SILVA	Msenior	Oferta	1	01:02:50.56	4.19	00:08:51.88
12	234	Maria FRIAS	F35	Câmara Municipal de Mafra	1	01:03:33.41	4.24	00:09:34.73
13	348	Nuno ESTALAGEM	M35	Os Pica Miolos	1	01:03:58.34	4.26	00:09:59.66
14	347	Marius LEORDEAN	Msenior	Os Pica Miolos	1	01:04:05.83	4.27	00:10:07.15
15	306	António BARBOSA	Msenior	FitnessHut	1	01:04:56.69	4.33	00:10:58.01
16	301	Bruno OLIVEIRA	Msenior	Suspendisse quinque!	1	01:05:23.28	4.36	00:11:24.60
17	352	Diogo INÁCIO	Msenior	Indivíduo	1	01:05:41.54	4.38	00:11:42.86
18	342	João PEREIRA	Msenior	Os Pica Miolos	1	01:06:15.80	4.42	00:12:17.12

19	238	Maria MARTINS	F50	Câmara Municipal de Mafra	1	01:06:43.64	4.45	00:12:44.96
20	318	Anabela SANTOS	F50	FitnessHut	1	01:07:02.48	4.47	00:13:03.80
21	357	Ricardo NEVES	Msenior	Indivíduo	1	01:07:27.87	4.50	00:13:29.19
22	353	Márcio LOURENÇO	Msenior	Indivíduo	1	01:09:20.49	4.62	00:15:21.81
23	364	Manuel EMERENCIANO	M50	Indivíduo	1	01:09:20.68	4.62	00:15:22.00
24	257	Ivone DUARTE	Fsenior	S Clube Team	1	01:09:40.33	4.64	00:15:41.65
25	366	Helder REIS	Msenior	GD CelCat	1	01:09:43.15	4.65	00:15:44.47

26	291	Ruy ALHINHO	M35	Panquecas	1	01:09:52.51	4.66	00:15:53.83
27	239	Manuel BARROSO	Msenior	Câmara Municipal de Mafra	1	01:10:00.07	4.67	00:16:01.39
28	235	Paulo SILVA	Msenior	Câmara Municipal de Mafra	1	01:10:00.23	4.67	00:16:01.55
29	304	Rafael HENRIQUES	Msenior	Suspendisse quingue!	1	01:10:00.98	4.67	00:16:02.30
30	210	Eurico CONDUTO	Msenior	Jobrinde - Montes Saloios	1	01:10:37.14	4.71	00:16:38.46
31	209	António DINIS	M35	Indivídual	1	01:10:49.35	4.72	00:16:50.67
32	340	Eduardo GRILO	M35	Os Pica Miolos	1	01:10:52.93	4.73	00:16:54.25
33	237	Nuno GASPAR	M35	Câmara Municipal de Mafra	1	01:11:20.10	4.76	00:17:21.42
34	311	Jose MOURA	M35	Indivídual	1	01:11:32.46	4.77	00:17:33.78
35	368	Francisco GOMES	Msenior	Indivídual	1	01:11:34.36	4.77	00:17:35.68
36	344	Pedro BALEIA	M35	Os Pica Miolos	1	01:11:44.32	4.78	00:17:45.64
37	367	Nuno PINTO	M35	GD CelCat	1	01:11:48.04	4.79	00:17:49.36
38	359	Ricardo AMARAL	M35	FitnessHut	1	01:11:49.29	4.79	00:17:50.61
39	260	Marisa CHEMELA	Fsenior	S Clube Team	1	01:12:41.68	4.85	00:18:43.00
40	268	Nuno ROSMANINHO	M35	FitnessHut	1	01:13:06.90	4.87	00:19:08.22
41	256	David BERGANO	M35	S Clube Team	1	01:13:26.94	4.90	00:19:28.26
42	298	Rui RODAS	M35	Indivídual	1	01:13:30.80	4.90	00:19:32.12
43	204	Alexandre PIMENTA	Msenior	Os Gauleses	1	01:13:40.94	4.91	00:19:42.26

44	287	Antonio BALDO	Msenior	Panquecas	1	01:14:10.17	4.94	00:20:11.49
45	258	João SANTOS	Msenior	S Clube Team	1	01:14:17.77	4.95	00:20:19.09
46	282	Daniel PIMENTA	M35	Individual	1	01:14:22.59	4.96	00:20:23.91
47	377	Filipe FRANCI	Msenior	PERNAS DE PAU	1	01:14:32.78	4.97	00:20:34.10
48	374	Christian STIERC	M35	Individual	1	01:14:39.21	4.98	00:20:40.53
49	319	Nuno PEREIRA	Msenior	PERNAS DE PAU	1	01:14:42.58	4.98	00:20:43.90
50	339	Diogo GONÇALVES	Msenior	Individual	1	01:14:45.92	4.98	00:20:47.24

51	289	Ricardo MORGADO	M35	Panquecas	1	01:15:32.06	5.04	00:21:33.38
52	345	Luís FERREIRA	M35	Os Pica Mioslos	1	01:16:08.48	5.08	00:22:09.80
53	333	Hugo SIMÕES	M35	Lentinis	1	01:16:08.62	5.08	00:22:09.94
54	332	Hugo SILVA	M35	Lentinis	1	01:16:08.88	5.08	00:22:10.20
55	343	Nuno RAFAEL	Msenior	Os Pica Mioslos	1	01:16:15.37	5.08	00:22:16.69
56	243	Luis CHAMBEL	M35	100FitClub	1	01:16:18.54	5.09	00:22:19.86
57	365	Raquel RODRIGUES	Fsenior	Indivídual	1	01:16:58.76	5.13	00:23:00.08
58	284	António LUIS	M35	Jobrinde - Montes Saloios	1	01:17:00.41	5.13	00:23:01.73
59	201	David CAMOCHO	M35	Os Gauleses	1	01:17:13.00	5.15	00:23:14.32
60	205	Pedro BAIONA	M35	Os Gauleses	1	01:17:13.06	5.15	00:23:14.38
61	203	Valter NUNES	M35	Os Gauleses	1	01:17:13.25	5.15	00:23:14.57
62	202	Ivo GOMES	M35	Os Gauleses	1	01:17:13.28	5.15	00:23:14.60
63	212	Helder CRUZ	Msenior	6PACK	1	01:17:13.87	5.15	00:23:15.19
64	211	Filipe SANTOS	M35	6PACK	1	01:17:13.96	5.15	00:23:15.28
65	216	Pedro MATOS	M50	6PACK	1	01:17:14.50	5.15	00:23:15.82
66	213	Sergio DIONISIO	M35	6PACK	1	01:17:17.94	5.15	00:23:19.26
67	240	José MENDES	M35	Câmara Municipal de Mafra	1	01:17:38.79	5.18	00:23:40.11
68	277	Hugo FERREIRA	Msenior	Indivídual	1	01:17:58.21	5.20	00:23:59.53

69	263	Viviana FIGUEIREDO	Fsenior	S Clube Team	1	01:18:03.89	5.20	00:24:05.21
70	270	Douglas FRY	M50	Indivídual	1	01:18:05.88	5.21	00:24:07.20
71	236	Nuno PALMA	M35	Câmara Municipal de Mafra	1	01:18:09.43	5.21	00:24:10.75
72	285	Mário CANEIRA	M35	Jobrinde - Montes Saloios	1	01:18:09.84	5.21	00:24:11.16
73	320	Suse LUCAS	Fsenior	PERNAS DE PAU	1	01:18:12.05	5.21	00:24:13.37
74	283	Agostinho DIAS	M35	Carapaus de Corrida	1	01:18:57.92	5.26	00:24:59.24
75	376	Andreia CANDIDO	Fsenior	PERNAS DE PAU	1	01:19:01.40	5.27	00:25:02.72

76	259	José TEIXEIRA	M50	S Clube Team	1	01:19:25.85	5.30	00:25:27.17
77	300	Jorge TOMAZ	M35	Indivíduel	1	01:19:53.51	5.33	00:25:54.83
78	254	Ana DUARTE	F35	S Clube Team	1	01:20:28.31	5.36	00:26:29.63
79	373	Joaquim SANTOS	M50	Indivíduel	1	01:20:30.31	5.37	00:26:31.63
80	245	Maria GONÇALVES	F35	100FitClub	1	01:21:19.46	5.42	00:27:20.78
81	271	Fernando DIAS	Msenior	Indivíduel	1	01:21:19.78	5.42	00:27:21.10
82	255	Okrou NAMIKE	Fsenior	S Clube Team	1	01:22:05.19	5.47	00:28:06.51
83	296	Dário TOMÉ	M50	Indivíduel	1	01:22:07.09	5.47	00:28:08.41
84	295	Carlos FIGUEIREDO	M35	Indivíduel	1	01:22:07.37	5.47	00:28:08.69
85	363	Rita GÔJA	Fsenior	Indivíduel	1	01:22:43.31	5.51	00:28:44.63
86	231	Pedro DIAS	M35	Panquecas	1	01:22:44.11	5.52	00:28:45.43
87	279	Liliana RODRIGUES	Fsenior	FitnessHut	1	01:23:30.35	5.57	00:29:31.67
88	278	Sandra CARVALHO	F35	Indivíduel	1	01:23:30.69	5.57	00:29:32.01
89	299	Ana PUGA	Fsenior	Grupo da Rambóia	1	01:24:11.75	5.61	00:30:13.07
90	324	Margarida SANTOS	F35	FitnessHut	1	01:24:15.29	5.62	00:30:16.61
91	346	Óscar FERREIRA	M50	Os Pica Miolos	1	01:24:15.70	5.62	00:30:17.02
92	341	Joaquim GRILO	M50	Os Pica Miolos	1	01:24:18.10	5.62	00:30:19.42
93	356	Cátia NEVES	Fsenior	Indivíduel	1	01:25:17.18	5.69	00:31:18.50

94	208	António FERREIRA	M50	Boa Casta Runners	1	01:26:03.20	5.74	00:32:04.52
95	375	Cláudia VIEGAS	Fsenior	FitnessHut	1	01:26:03.48	5.74	00:32:04.80
96	207	Ana FERREIRA	Fsenior	Boa Casta Runners	1	01:26:03.52	5.74	00:32:04.84
97	321	Ana MATOS	Fsenior	PERNAS DE PAU	1	01:26:30.22	5.77	00:32:31.54
98	272	Joana ALVES	Fsenior	PERNAS DE PAU	1	01:26:31.50	5.77	00:32:32.82
99	273	João GUERREIRO	M35	Grupo da Rambóia	1	01:28:12.96	5.88	00:34:14.28
100	309	Luis RAIMUNDO	Msenior	Indivíduat	1	01:28:44.00	5.92	00:34:45.32

101	274	Carlota MARQUES	F35	Grupo da Rambóia	1	01:28:54.23	5.93	00:34:55.55
102	310	Rodrigo VALGÔDE	Msenior	Indivíduat	1	01:29:42.49	5.98	00:35:43.81
103	328	Jaime PARDAL	M35	Carapaus de Corrida	1	01:29:46.22	5.98	00:35:47.54
104	355	Pedro ALVES	Msenior	Indivíduat	1	01:29:58.95	6.00	00:36:00.27
105	358	Sandra GASPAR	F35	Indivíduat	1	01:29:59.33	6.00	00:36:00.65
106	360	Jorge COSTA	M35	ACRV DAF Team	1	01:30:00.57	6.00	00:36:01.89
107	228	Nuno SILVA	M35	G.A. Os Tartarugas"	1	01:30:34.56	6.04	00:36:35.88
108	226	Flavio OLIVEIRA	M35	G.A. Os Tartarugas"	1	01:30:34.68	6.04	00:36:36.00
109	214	Matilde GEADA	F35	6PACK	1	01:30:42.02	6.05	00:36:43.34
110	215	João CARRINHO	M50	6PACK	1	01:30:42.36	6.05	00:36:43.68
111	302	Catarina VIEIRA	Fsenior	Suspendisse quinquel	1	01:31:19.26	6.09	00:37:20.58
112	252	Mafalda ALMEIDA	F35	100FitClub	1	01:31:35.47	6.11	00:37:36.79
113	249	Sara MACHADO	Fsenior	100FitClub	1	01:31:45.98	6.12	00:37:47.30
114	246	Marta BARROS	Fsenior	100FitClub	1	01:31:46.41	6.12	00:37:47.73
115	369	Marianna FONTOURA	Fsenior	Indivíduat	1	01:31:46.75	6.12	00:37:48.07
116	281	Eduardo AMORIM	M35	Indivíduat	1	01:33:44.24	6.25	00:39:45.56
117	372	Susana SANTOS	Fsenior	Indivíduat	1	01:34:05.64	6.27	00:40:06.96
118	371	Nuno MADUREIRA	Msenior	Indivíduat	1	01:34:06.14	6.27	00:40:07.46

119	323	Suzi RAMOS	Fsenior	PERNAS DE PAU	1	01:35:47.75	6.39	00:41:49.07
120	286	Lenio MARINHO	M50	Jobrinde - Montes Saloios	1	01:35:48.13	6.39	00:41:49.45
121	250	Margarete CRUZ	Fsenior	100FitClub	1	01:36:12.91	6.41	00:42:14.23
122	308	Alvaro EÇA	Msenior	Indivíduel	1	01:37:34.70	6.51	00:43:36.02
123	253	Rui SANTOS	Msenior	Indivíduel	1	01:38:17.50	6.55	00:44:18.82
124	288	Fernando RODRIGUES	M35	Panquecas	1	01:39:23.07	6.63	00:45:24.39
125	322	Joana PENÃO	Fsenior	PERNAS DE PAU	1	01:39:33.95	6.64	00:45:35.27

126	316	Joana VIEIRA	Fsenior	FitnessHut	1	01:39:34.11	6.64	00:45:35.43
127	361	Ana MARQUES	F35	Falcões Selvagens	1	01:40:05.70	6.67	00:46:07.02
128	362	Sonia MARQUES	F35	Individual	1	01:40:07.34	6.67	00:46:08.66
129	229	Paulo CAETANO	M35	G.A. Os Tartarugas"	1	01:40:15.46	6.68	00:46:16.78
130	227	Maria BATISTA	F35	G.A. Os Tartarugas"	1	01:40:25.83	6.70	00:46:27.15
131	338	Joana DELGADO	Fsenior	Individual	1	01:40:43.17	6.71	00:46:44.49
132	337	Ana COELHO	Fsenior	Individual	1	01:40:43.59	6.72	00:46:44.91
133	315	Jorge SUCENA	Msenior	Pegada Feminina	1	01:41:04.96	6.74	00:47:06.28
134	224	Susana SILVA	F35	GINJA TEAM	1	01:41:33.18	6.77	00:47:34.50
135	219	Antonio LIMA	M35	GINJA TEAM	1	01:41:33.66	6.77	00:47:34.98
136	225	Irene BRITO	F35	GINJA TEAM	1	01:41:33.82	6.77	00:47:35.14
137	222	Monica GIRÃO	F35	GINJA TEAM	1	01:41:34.19	6.77	00:47:35.51
138	221	Victor FERREIRA	M35	GINJA TEAM	1	01:41:36.17	6.77	00:47:37.49
139	248	Sandra FILIPE	F35	100FitClub	1	01:42:45.30	6.85	00:48:46.62
140	303	Luísa NOGUEIRA	F35	Suspendisse quinque!	1	01:42:50.48	6.86	00:48:51.80
141	267	Nuno DIAS	Msenior	Paesani e Urbani	1	01:43:25.67	6.90	00:49:26.99
142	266	João LÁZARO	Msenior	Paesani e Urbani	1	01:43:26.47	6.90	00:49:27.79
143	317	Ana SOARES	Fsenior	FitnessHut	1	01:44:26.45	6.96	00:50:27.77

144	327	Cornelia STOECKLI	F35	Indivíduel	1	01:44:36.15	6.97	00:50:37.47
145	326	Mustapha HAMOUI	M35	Indivíduel	1	01:44:36.15	6.97	00:50:37.47
146	275	Sandra GUERREIRO	F35	Grupo da Rambóia	1	01:47:09.50	7.14	00:53:10.82
147	330	Margarida PARDAL	F35	Carapaus de Corrida	1	01:47:57.35	7.20	00:53:58.67
148	370	Miguel SOUSA	M50	Indivíduel	1	01:47:58.68	7.20	00:54:00.00
149	314	António FRAZÃO	Msenior	Pegada Feminina	1	01:50:59.23	7.40	00:57:00.55
150	290	Rodrigo RODRIGUES	Msenior	Panquecas	1	01:53:49.17	7.59	00:59:50.49

151	242	Teresa RODRIGUES	Fsenior	Corpo Em Movimento	1	01:56:40.24	7.78	01:02:41.56
152	241	Isabela SILVESTRE	Fsenior	Corpo Em Movimento	1	01:56:40.75	7.78	01:02:42.07
153	232	Fernando DUARTE	M35	Corpo Em Movimento	1	01:56:47.14	7.79	01:02:48.46
154	265	Cláuda FIELAS	Fsenior	Paesani e Urbani	1	02:02:50.90	8.19	01:08:52.22
155	305	Ricardo LOURA	Msenior	Suspendisse quinque!	1	02:04:30.34	8.30	01:10:31.66
156	292	Pedro GONÇALVES	Msenior	GD CelCat	1	02:26:15.84	9.75	01:32:17.16
157	294	Luis ALMEIDA	M35	GD CelCat	1	02:26:17.00	9.75	01:32:18.32
158	293	Pedro MOTA	M35	GD CelCat	1	02:26:18.16	9.75	01:32:19.48
159	336	Sara MIRANDA	F35	Lentinis	1	02:26:18.49	9.75	01:32:19.81
160	331	Ana RODRIGUES	Fsenior	Lentinis	1	02:26:18.70	9.75	01:32:20.02