

Class	Num	Nome	Sx	Idd	P. Esc.	T. Bruto	T. Líquido	Equipe
1	359	NELSON FONSECA	M	38	1	00:23:26.99	00:23:26.99	JOBRINDE-MONTES SALOIOS
2	100	NATANAEL G GUERREIRO	M	23	2	00:23:41.17	00:23:40.75	NOVAS LUZES
3	115	ALEXANDRA SOUSA	F	35	1	00:24:49.82	00:24:49.82	
4	300	DUARTE COSTA	M	33	3	00:25:11.19	00:25:11.19	CORRER LISBOA
5	110	PAULO S O BARRADAS	M	35	4	00:25:24.43	00:25:23.64	
6	85	DAVIDE SENA	M	26	5	00:26:00.69	00:25:55.16	
7	351	JORGE FOUTO	M	21	6	00:28:28.95	00:28:28.95	CEFAD
8	32	VÍTOR PEREIRA	M	40	7	00:28:37.53	00:28:35.84	GR JANZ ASSOCIADOS
9	16	HELDER MARQUES	M	39	8	00:28:47.05	00:28:39.33	MOITA A CORRER
10	103	VLADIMIRO BRAVO	M	36	9	00:29:11.10	00:29:08.66	
11	354	JORGE MIGUEL	M	27	10	00:29:13.32	00:29:13.32	CEFAD
12	346	CARLOS V RAPOSO	M	28	11	00:29:31.63	00:29:26.90	QUEBRA-OSSOS
13	353	WELTON ROSARIO	M	21	12	00:29:45.16	00:29:45.16	CEFAD
14	322	ÁLVARO N T P C SOVERAL	M	23	13	00:29:46.71	00:29:43.95	
15	47	MIGUEL PINA	M	23	14	00:29:47.59	00:29:41.85	
16	71	NUNO CONSTÂNCIO	M	39	15	00:30:00.96	00:30:00.05	MY, MY SELF AND I
17	52	ANDRÉ MARTINS	M	28	16	00:30:02.17	00:30:00.10	
18	62	GONÇALO F TAVARES	M	31	17	00:30:19.06	00:30:19.06	
19	352	JOAO P PEREIRA	M	29	18	00:30:19.54	00:30:19.54	CEFAD
20	319	LUIZA SILVA	F	46	2	00:30:21.79	00:30:21.79	
21	301	ANTONIO C NOVAS	M	38	19	00:30:41.20	00:30:33.84	
22	338	MIGUEL LUCENA	M	29	20	00:30:41.23	00:30:37.67	CABEÇAS DE ABÓBORA
23	80	ALMERINDO M L SILVA	M	57	21	00:30:43.31	00:30:42.85	ADC CATUJAL
24	309	JOANA MENDES	F	28	3	00:30:51.66	00:30:50.05	GROWIN RUNNERS
25	341	LUIS PEDRO BICA	M	32	22	00:31:19.42	00:31:16.12	CABEÇAS DE ABÓBORA
26	66	JOSÉ SIMÕES	M	57	23	00:31:20.80	00:31:18.38	JD NEVES
27	63	KAMIL ZYGMUNT	M	21	24	00:31:21.56	00:31:19.79	POLAND
28	84	HELDER PEREIRA	M	36	25	00:31:22.82	00:31:21.83	RUNNING CREW
29	55	PAULO J A LOURO	M	52	26	00:31:24.15	00:31:21.04	
30	82	JORGE RAMALHO	M	43	27	00:31:29.96	00:31:28.91	
31	83	MARIA MOCISSO	F	43	4	00:31:30.95	00:31:29.63	
32	114	ANDRE CAMPOS	M	28	28	00:31:43.17	00:31:38.91	XISTARCA
33	87	NUNO SARAIVA	M	41	29	00:31:58.77	00:31:49.34	GAZELA TEAM
34	31	MÁRIO R SEABRA	M	44	30	00:32:00.97	00:31:59.77	GR JANZ ASSOCIADOS
35	42	RUI TIAGO CARREIRO	M	33	31	00:32:07.27	00:32:06.01	
36	11	ANTÓNIO J VARELA	M	50	32	00:32:11.10	00:32:10.41	

37	356	FREDERICO MELO	M	37	33	00:32:13.23	00:32:13.00	CEFAD
38	334	ANTÓNIO ABRAÇOS	M	36	34	00:32:16.02	00:31:53.68	
39	33	PAULO SÉRGIO	M	40	35	00:32:38.13	00:32:35.81	GR JANZ ASSOCIADOS
40	53	NUNO F D BAPTISTA	M	36	36	00:32:39.57	00:32:34.66	MEETS
41	307	MILENE SANTOS	F	24	5	00:32:42.32	00:32:42.32	GROWIN RUNNERS
42	314	RITA SANTOS	F	27	6	00:32:52.52	00:32:48.43	
43	355	RENATO CONSTANCIO	M	30	37	00:33:29.08	00:33:26.86	CEFAD
44	105	PAULO J N R SILVA	M	51	38	00:33:37.07	00:33:35.15	
45	97	ANTONIO CASTRO	M	47	39	00:33:38.34	00:33:34.37	AA LEBRES SADO
46	22	FERNANDO LARIA	M	43	40	00:33:53.75	00:33:50.06	
47	332	JÚLIO FILIPE	M	47	41	00:33:59.95	00:33:45.16	FONDAS SEM N
48	113	DMITRY SOROKIN	M	42	42	00:34:03.02	00:33:59.28	
49	25	FABIO S YAMAGUCHI	M	37	43	00:34:13.35	00:34:07.38	
50	323	RUI JACINTO	M	36	44	00:34:20.04	00:34:05.79	FONDAS SEM N
51	328	DANIEL MARTINS	M	34	45	00:34:42.07	00:34:27.72	FONDAS SEM N
52	315	VASCO LEMOS	M	27	46	00:35:05.79	00:35:04.40	
53	93	FERNANDO SARAIVA	M	58	47	00:35:07.38	00:34:58.16	GAZELA TEAM
54	37	LÚCIA DIAS	F	26	7	00:35:13.69	00:35:11.20	ZZOMBIES
55	30	RENATO ALVES	M	36	48	00:36:05.49	00:36:02.64	
56	61	FILIPA A M C MONTEIRO	F	28	8	00:36:12.84	00:36:12.84	
57	337	TÂNIA CARVALLHO	F	32	9	00:36:22.54	00:36:15.60	CABEÇAS DE ABÓBORA
58	104	PEDRO HIPOLITO	M	46	49	00:36:25.89	00:36:23.19	
59	58	MARTA BATISTA	F	26	10	00:36:42.98	00:36:33.04	
60	350	M ^a LURDES DUARTE	F	38	11	00:36:44.27	00:36:43.50	CEFAD
61	320	RAQUEL LEONARDO	F	39	12	00:36:57.55	00:36:37.96	
62	321	FIONA D MONTEIRO	F	23	13	00:37:03.54	00:36:58.83	
63	54	ANA M ALMEIDA	F	36	14	00:37:06.85	00:37:03.05	MEETS
64	112	SÉRGIO FREITAS	M	40	50	00:37:20.91	00:37:16.78	
65	43	GERMANO BERNARDO	M	61	51	00:37:24.36	00:33:50.18	PRAZER DA CORRIDA
66	102	MARIBEL R SILVA	F	49	15	00:37:27.11	00:37:24.43	GDCR PONTERROLENSE
67	59	PATRICIA BERNARDINO	F	26	16	00:37:55.61	00:37:46.51	
68	15	MAYER RAPOSO	M	69	52	00:38:03.04	00:37:59.38	AA LEBRES SADO
69	10	GILBERTO GONÇALVES	M	68	53	00:38:03.90	00:37:56.59	
70	111	CLÁUDIA S D E CUNHA	F	40	17	00:38:15.10	00:38:06.35	
71	20	ELISABETE PINTO	F	46	18	00:38:15.71	00:38:07.14	
72	99	M ^a JOÃO VELADAS	F	41	19	00:38:22.53	00:37:27.51	RUNNING CREW
73	326	GONÇALO BRANCA	M	33	54	00:38:52.63	00:38:26.11	FONDAS SEM N

74	46	JOÃO ANTUNES	M	25	55	00:38:55.82	00:38:51.01	
75	79	JORGE COSTA	M	56	56	00:39:02.64	00:38:50.92	AS PAPOILAS E OS MANJERICOS
76	336	M ^a JOÃO LOURENÇO	F	44	20	00:39:02.82	00:38:51.58	AS PAPOILAS E OS MANJERICOS
77	67	SANDRA PLECHA	F	38	21	00:39:10.04	00:39:08.71	
78	349	NUNO DIAS	M	40	57	00:39:10.46	00:39:09.07	CEFAD
79	331	CLÁUDIA ABRANTES	F	32	22	00:39:18.78	00:39:05.21	FONDAS SEM N
80	329	MARTA MARTINS	F	25	23	00:39:18.78	00:39:05.07	FONDAS SEM N
81	35	ALEXANDRE RODRIGUES	M	19	58	00:39:53.84	00:39:47.88	
82	107	LIA LAPORTA	F	28	24	00:39:53.97	00:39:47.31	
83	108	SUINEI R PINHEIRO	F	42	25	00:39:55.25	00:39:48.72	
84	27	SILVERIO MATIAS	M	41	59	00:39:57.73	00:39:49.56	
85	19	EBERHARD A WILHELM	M	68	60	00:40:18.01	00:40:10.65	4 AO KM
86	98	J CARLOS PEREIRA	M	47	61	00:40:22.48	00:40:19.58	AA LEBRES SADO
87	96	CELIA AZRNHA	F	52	26	00:40:23.98	00:40:20.63	AA LEBRES SADO
88	95	CECILIA NICOLAU	F	50	27	00:40:26.22	00:40:23.32	AA LEBRES SADO
89	34	CRISTINA SANTOS	F	21	28	00:40:31.09	00:40:24.76	
90	38	FRANCISCO DIAS	M	26	62	00:40:35.08	00:40:32.37	ZZOMBIES
91	18	MARIANA C PEREIRA	F	18	29	00:40:41.91	00:40:33.44	
92	17	JOÃO PEREIRA	M	22	63	00:40:42.48	00:40:33.94	
93	311	TIAGO LOURENÇO	M	49	64	00:40:50.15	00:40:42.47	
94	310	ALEXANDRA CLEMENTE	F	49	30	00:40:50.19	00:40:43.96	
95	313	ELISABETE SANTOS	F	50	31	00:41:08.27	00:40:56.89	
96	317	LURDES SANTOS	F	37	32	00:41:08.48	00:40:58.32	A VALE SILÊNCIO
97	316	GABRIELA MARQUES	F	39	33	00:41:08.74	00:40:57.99	A VALE SILÊNCIO
98	48	M ^a HELENA XAVIER	F	50	34	00:41:09.66	00:40:59.52	A VALE SILÊNCIO
99	86	MÉLODIE SILVA	F	23	35	00:41:35.89	00:41:30.59	
100	81	JOAQUIM DIAS	M	54	65	00:42:08.13	00:41:55.05	AS PAPOILAS E OS MANJERICOS
101	302	RITA MARTINS	F	28	36	00:42:14.00	00:42:07.63	
102	303	ANTÓNIO ALVAREZ	M	24	66	00:42:15.62	00:42:10.14	
103	39	LIDIA REZIO	F	47	37	00:42:42.79	00:42:39.57	LIDIA E CARLOS
104	40	CARLOS PEDREIRINHO	M	52	67	00:42:42.96	00:42:40.27	LIDIA E CARLOS
105	26	LORIANE G MESQUITA	F	28	38	00:42:54.35	00:42:48.33	
106	305	CONCEIÇÃO LARIA	F	49	39	00:43:07.79	00:43:02.97	
107	23	ANA LARIA	F	45	40	00:43:08.27	00:43:02.39	
108	327	SALOMÉ CARREIRO	F	27	41	00:43:23.66	00:43:10.04	FONDAS SEM N
109	77	DORA SANTOS	F	51	42	00:43:32.23	00:43:22.39	AS PAPOILAS E OS MANJERICOS
110	348	LUCINDA REIS	F	65	43	00:43:56.50	00:43:45.93	AS PAPOILAS E OS MANJERICOS

111	343	INÉS PAMPULHA	F	25	44	00:44:01.31	00:43:52.14	QUEBRA-OSSOS
112	344	MAFALDA XAVIER	F	25	45	00:44:01.49	00:43:52.32	QUEBRA-OSSOS
113	36	VERA BEXIGA	F	36	46	00:44:01.53	00:41:29.44	X4FUN
114	28	CIDALIA MALTA	F	40	47	00:44:07.61	00:43:59.45	
115	308	SUSANA CARVALHO	F	27	48	00:44:23.63	00:44:22.17	GROWIN RUNNERS
116	360	DOMINGOS FERNANDES	M	63	68	00:44:50.64	00:44:48.83	OS AMIGOS DO ATLETISMO
117	60	FILIPA LOPES	F	26	49	00:45:17.16	00:45:06.90	
118	75	SILVIA MOREIRA	F	31	50	00:45:34.51	00:45:31.20	
119	72	PATRÍCIA SILVA	F	33	51	00:45:35.26	00:45:30.56	
120	76	ANTONIO MACEDO	M	31	69	00:45:35.74	00:45:31.58	
121	342	ANTÓNIO V MONTEIRO	M	50	70	00:45:42.33	00:45:33.05	AS PAPOILAS E OS MANJERICOS
122	340	ANA SOFIA BICA	F	31	52	00:45:43.75	00:45:38.84	CABEÇAS DE ABÓBORA
123	45	SONIA M PIRES	F	37	53	00:47:10.78	00:47:08.33	DREAM TEAM
124	44	RUI M PIRES	M	47	71	00:47:12.10	00:47:09.15	DREAM TEAM
125	64	ANA C MENDES	F	33	54	00:47:43.03	00:47:22.00	
126	333	VANDA RIBEIRO	F	36	55	00:47:44.13	00:47:20.82	
127	49	SANDRA MACHADO	F	43	56	00:49:01.92	00:48:55.73	MANUEL & CO
128	50	RUI ZENOGLIO	M	43	72	00:49:02.59	00:48:55.72	MANUEL & CO
129	345	JOÃO CAETANO	M	29	73	00:49:03.42	00:48:56.52	QUEBRA-OSSOS
130	312	ANA SANTOS	F	34	57	00:49:54.44	00:49:48.32	
131	13	FELIPE FLORES	M	29	74	00:50:56.17	00:50:43.16	
132	14	ELAINE ROSA	F	33	58	00:50:56.66	00:50:43.65	
133	78	GINA ROSA	F	51	59	00:50:58.32	00:50:55.80	
134	92	MARIA CÉU COSTA	F	55	60	00:52:50.34	00:52:40.70	GAZELA TEAM
135	88	MAFALDA SARAIVA	F	39	61	01:05:39.05	01:05:29.14	GAZELA TEAM
136	90	ÁLVARO SILVA	M	56	75	01:05:46.64	01:05:34.59	GAZELA TEAM
137	94	CARLA COTO	F	42	62	01:05:46.98	01:05:37.16	GAZELA TEAM
138	91	BRUNA AUGUSTO	F	18	63	01:05:52.05	01:05:41.83	GAZELA TEAM
139	89	MARIANA SARAIVA	F	17	64	01:05:52.32	01:05:52.32	GAZELA TEAM

Total de registros: 139