



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE
CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1	355	Pedro Rodrigues	00:31:19	00:31:19	00:33:38	00:33:35	00:30:44	00:30:43	01:35:41	01:35:37	1	Ginásio Clube de Bragança	Veterano 1	1
2	354	Rui Muga	00:31:15	00:31:15	00:33:46	00:33:44	00:30:43	00:30:42	01:35:44	01:35:41	2	Ginásio Clube de Bragança	Senior	1
3	2556	Ricardo Vale	00:30:51	00:30:51	00:34:02	00:33:59	00:31:12	00:31:12	01:36:05	01:36:02	3	Sporting Clube de Portugal	Senior	2
4	2273	Bruno Cardoso	00:31:59	00:31:59	00:34:26	00:34:24	00:31:51	00:31:51	01:38:16	01:38:14	4	Gabinete de Fisioterapia no Desporto	Senior	3
5	4587	António Sousa	00:31:57	00:31:56	00:34:58	00:34:55	00:31:36	00:31:35	01:38:31	01:38:26	5	Garmin Clube Olímpico de Oeiras	Veterano 2	1
6	201	Telmo Silva	00:31:47	00:31:46	00:35:35	00:35:32	00:32:27	00:32:26	01:39:49	01:39:44	6	Associação de Moradores da Atibá	Veterano 1	2
7	2251	Bruno Fraga	00:30:58	00:30:58	00:38:11	00:38:07	00:31:23	00:31:22	01:40:32	01:40:27	7	Gabinete de Fisioterapia no Desporto	Veterano 1	3
8	4377	João Brito	00:33:25	00:33:24	00:36:01	00:35:58	00:32:39	00:32:39	01:42:05	01:42:01	8	Associação de Moradores da Atibá	Senior	4
9	2259	Nuno Romão	00:33:19	00:33:18	00:36:45	00:36:42	00:32:52	00:32:52	01:42:56	01:42:52	9	Gabinete de Fisioterapia no Desporto	Veterano 2	2
10	2028	Bruno Lourenço	00:34:37	00:34:33	00:36:35	00:36:33	00:31:55	00:31:53	01:43:07	01:42:59	10		Senior	5
11	2255	Luís Ginja	00:33:06	00:33:06	00:37:49	00:37:47	00:32:59	00:32:59	01:43:54	01:43:52	11	Gabinete de Fisioterapia no Desporto	Veterano 2	3
12	2258	José Antunes	00:33:42	00:33:41	00:37:33	00:37:30	00:34:13	00:34:11	01:45:28	01:45:22	12	Gabinete de Fisioterapia no Desporto	Veterano 3	1
13	4386	Marco Mello	00:33:47	00:33:46	00:38:19	00:38:16	00:33:41	00:33:40	01:45:47	01:45:42	13	Associação de Moradores da Atibá	Veterano 2	4
14	1827	Hélder Grosso	00:34:45	00:34:44	00:37:34	00:37:31	00:33:44	00:33:42	01:46:03	01:45:57	14	Atomic Team	Senior	6
15	2257	José Inácio	00:33:27	00:33:27	00:39:40	00:39:37	00:34:28	00:34:26	01:47:35	01:47:30	15	Gabinete de Fisioterapia no Desporto	Veterano 3	2
16	1477	Fernando Alves	00:34:40	00:34:39	00:39:16	00:39:13	00:34:22	00:34:20	01:48:18	01:48:12	16	Amigos Atletismo Mafra	Veterano 3	3
17	1714	Marco Grileiro	00:35:26	00:35:25	00:38:50	00:38:46	00:35:45	00:35:42	01:50:01	01:49:53	17	Amigos Atletismo Mafra	Senior	7
18	404	Antonio Silvestre	00:35:33	00:35:30	00:39:19	00:39:17	00:36:00	00:35:57	01:50:52	01:50:44	18	CCD PM CASCAIS	Veterano 2	5
19	1850	João Miranda	00:36:09	00:36:02	00:39:25	00:39:21	00:35:38	00:35:37	01:51:12	01:51:00	19	Clube Vodafone	Veterano 2	6
20	1867	Vera Nunes	00:35:38	00:35:38	00:40:28	00:40:25	00:36:18	00:36:17	01:52:24	01:52:20	20		Senior	1



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
21	346	Manuel Mascarenhas	00:36:20	00:36:17	00:40:28	00:40:24	00:35:47	00:35:44	01:52:35	01:52:25	21		Senior	8
22	533	Luis Barata	00:36:47	00:36:44	00:40:24	00:40:21	00:35:56	00:35:55	01:53:07	01:53:00	22	NúcleOeiras / Sportzone	Veterano 2	7
23	2260	Paulo Moreira	00:39:18	00:39:17	00:39:36	00:39:33	00:35:21	00:35:19	01:54:15	01:54:09	23	Gabinete de Fisioterapia no Desporto	Veterano 2	8
24	1100	Ricardo Morgado	00:36:58	00:36:57	00:41:15	00:41:12	00:36:16	00:36:15	01:54:29	01:54:24	24		Senior	9
25	4385	Paulo Mota	00:39:19	00:39:09	00:40:26	00:40:21	00:35:23	00:35:20	01:55:08	01:54:50	25	Associação de Moradores da Atibá	Veterano 1	4
26	4650	Claudia Pereira	00:39:05	00:39:05	00:40:42	00:40:38	00:36:01	00:35:59	01:55:48	01:55:42	27	Moinho de Vermoim	Veterana	1
27	773	Miguel Santos	00:37:30	00:37:20	00:41:57	00:41:53	00:36:30	00:36:28	01:55:57	01:55:41	26		Senior	10
28	4368	António Costa	00:37:40	00:37:38	00:41:36	00:41:32	00:36:44	00:36:41	01:56:00	01:55:51	28	Associação de Moradores da Atibá	Veterano 1	5
29	2263	Luís Pereira	00:37:53	00:37:52	00:41:44	00:41:41	00:36:37	00:36:37	01:56:14	01:56:10	30	Gabinete de Fisioterapia no Desporto	Veterano 3	4
30	100	Lúcia Pereira	00:39:21	00:39:20	00:40:42	00:40:39	00:36:25	00:36:24	01:56:28	01:56:23	32	Dragões do Vale de Vizela	Senior	2
31	4116	Pedro Fernandes	00:37:38	00:36:53	00:41:39	00:41:35	00:37:35	00:37:30	01:56:52	01:55:58	29	Vieira de Almeida & Associados - "VdAtletas"	Senior	11
32	561	Sérgio Martinho	00:38:03	00:37:25	00:42:27	00:42:24	00:36:37	00:36:33	01:57:07	01:56:22	31		Senior	12
33	2449	Hugo Silva	00:38:35	00:38:32	00:41:46	00:41:41	00:37:47	00:37:43	01:58:08	01:57:56	33		Senior	13
34	4233	Mónica Moreiras	00:39:49	00:39:48	00:42:24	00:42:21	00:36:23	00:36:22	01:58:36	01:58:31	35		Senior	3
35	534	Rodrigo Santos	00:38:27	00:38:18	00:42:57	00:42:51	00:37:22	00:37:18	01:58:46	01:58:27	34	NúcleOeiras / Sportzone	Veterano 1	6
36	496	Ricardo Santos	00:38:28	00:38:22	00:42:45	00:42:42	00:37:38	00:37:35	01:58:51	01:58:39	36	H2Ovita	Senior	14
37	2243	Fernando Pereira	00:39:21	00:39:20	00:45:32	00:45:28	00:34:28	00:34:26	01:59:21	01:59:14	37	Gabinete de Fisioterapia no Desporto	Veterano 2	9
38	535	Abílio Amado	00:38:17	00:38:07	00:45:01	00:44:55	00:36:40	00:36:36	01:59:58	01:59:38	40	NúcleOeiras / Sportzone	Veterano 1	7
39	226	Joaquim Carvalho	00:40:18	00:39:42	00:42:27	00:42:18	00:37:25	00:37:19	02:00:10	01:59:19	38		Veterano 1	8
40	1044	Jose Lopes	00:38:18	00:38:16	00:43:15	00:43:11	00:38:46	00:38:44	02:00:19	02:00:11	41		Veterano 3	5



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
41	4513	Pedro Diogo	00:40:02	00:39:19	00:42:50	00:42:43	00:37:27	00:37:21	02:00:19	01:59:23	39		Senior	15
42	471	Luis Paulo	00:37:46	00:37:42	00:45:10	00:45:06	00:37:43	00:37:40	02:00:39	02:00:28	43	Bahia	Veterano 3	6
43	1188	Nuno Silva	00:38:24	00:38:23	00:44:56	00:44:52	00:37:42	00:37:42	02:01:02	02:00:57	44		Senior	16
44	2254	Adalberto Furtado	00:33:18	00:33:18	00:36:16	00:36:13	00:51:29	00:50:45	02:01:03	02:00:16	42	Gabinete de Fisioterapia no Desporto	Senior	17
45	2381	Pedro Gonçalves	00:39:07	00:39:02	00:43:19	00:43:15	00:38:47	00:38:44	02:01:13	02:01:01	45	RB Running	Senior	18
46	149	Miguel Guerreiro	00:38:58	00:38:55	00:44:25	00:44:20	00:38:05	00:38:03	02:01:28	02:01:18	47	MOTORPRESS	Veterano 2	10
47	470	David Fernandes	00:33:20	00:33:19	00:44:20	00:44:14	00:43:50	00:43:45	02:01:30	02:01:18	46	Grupo Desportivo Joaninhas de Leião	Veterano 1	9
48	409	Paulo Oliveira	00:39:28	00:39:25	00:44:04	00:43:59	00:38:15	00:38:13	02:01:47	02:01:37	49	CCD PM CASCAIS	Veterano 3	7
49	4654	Rui Ferreira	00:38:51	00:38:48	00:44:31	00:44:28	00:38:30	00:38:28	02:01:52	02:01:44	50	RB / R. Cartaxeiro	Veterano 2	11
50	459	Germano Silva	00:39:39	00:39:32	00:44:21	00:44:17	00:38:01	00:37:58	02:02:01	02:01:47	52		Veterano 5	1
51	2261	Jorge Correia	00:38:50	00:38:38	00:45:01	00:44:57	00:38:21	00:38:18	02:02:12	02:01:53	53	Gabinete de Fisioterapia no Desporto	Veterano 2	12
52	257	Pedro Machado	00:37:11	00:37:10	00:49:41	00:49:14	00:35:24	00:35:23	02:02:16	02:01:47	51		Senior	19
53	878	Hugo Machado	00:39:34	00:38:59	00:43:58	00:43:54	00:38:46	00:38:44	02:02:18	02:01:37	48		Veterano 1	10
54	1258	Nuno Alves	00:39:54	00:39:45	00:44:51	00:44:42	00:37:48	00:37:41	02:02:33	02:02:08	54		Veterano 2	13
55	360	António Moreira	00:39:42	00:39:31	00:45:11	00:45:07	00:37:53	00:37:50	02:02:46	02:02:28	59		Veterano 4	1
56	1715	Orlando Rebelo	00:39:45	00:39:40	00:44:34	00:44:30	00:38:27	00:38:25	02:02:46	02:02:35	60	Amigos Atletismo Mafra	Veterano 5	2
57	2398	Luís Padilha	00:40:50	00:40:38	00:44:55	00:44:44	00:37:02	00:36:53	02:02:47	02:02:15	55		Veterano 1	11
58	1002	Rui Vieira	00:40:02	00:39:38	00:44:32	00:44:27	00:38:16	00:38:14	02:02:50	02:02:19	57	CCD PM CASCAIS	Veterano 3	8
59	1564	Nelson Fonseca	00:40:08	00:40:02	00:44:03	00:43:58	00:38:40	00:38:36	02:02:51	02:02:36	61		Veterano 1	12
60	2409	Duarte Ribeiro	00:39:37	00:39:10	00:45:31	00:45:16	00:37:51	00:37:50	02:02:59	02:02:16	56		Senior	20



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
61	2571	Nelson Fernandes	00:39:52	00:39:40	00:44:18	00:44:14	00:39:13	00:39:11	02:03:23	02:03:05	63		Senior	21
62	1357	Rui Dias	00:40:10	00:39:24	00:44:37	00:44:30	00:38:37	00:38:30	02:03:24	02:02:24	58		Senior	22
63	605	Vitor Oliveira	00:37:13	00:37:04	00:49:20	00:49:15	00:37:06	00:37:02	02:03:39	02:03:21	65	CDUL - Centro Desportivo Universitario de Lisboa	Senior	23
64	2401	Jorge Melo	00:40:19	00:40:06	00:44:40	00:44:33	00:38:56	00:38:49	02:03:55	02:03:28	66		Veterano 1	13
65	1536	Luís Monteiro	00:39:51	00:39:47	00:44:55	00:44:49	00:39:23	00:39:14	02:04:09	02:03:50	67	Clube do Grupo BES	Veterano 2	14
66	469	Anabela Gomes	00:37:59	00:37:58	00:46:42	00:46:39	00:39:32	00:39:31	02:04:13	02:04:08	68	Grupo Desportivo Joaninhas de Leião	Veterana	2
67	1582	Nuno Raposo	00:41:44	00:40:48	00:44:39	00:44:26	00:37:54	00:37:52	02:04:17	02:03:06	64		Junior	1
68	295	Paulo Rodrigues	00:39:49	00:39:46	00:45:13	00:45:10	00:39:22	00:39:21	02:04:24	02:04:17	69		Veterano 3	9
69	2106	Gonçalo Barbosa	00:40:50	00:39:41	00:45:09	00:44:55	00:38:34	00:38:23	02:04:33	02:02:59	62		Senior	24
70	1231	Francisco Ribeiro	00:40:57	00:40:22	00:45:05	00:45:02	00:39:17	00:39:14	02:05:19	02:04:38	72		Veterano 2	15
71	1595	Tiago Vermelho	00:40:58	00:40:45	00:45:22	00:45:10	00:39:16	00:39:13	02:05:36	02:05:08	73		Senior	25
72	764	Fernando Rodrigues	00:39:46	00:39:44	00:45:35	00:45:30	00:40:24	00:40:22	02:05:45	02:05:36	75		Veterano 3	10
73	2438	José Gago	00:40:46	00:39:29	00:46:11	00:46:04	00:38:51	00:38:45	02:05:48	02:04:18	70		Senior	26
74	4209	Mihai Ticu	00:41:02	00:40:35	00:45:46	00:44:43	00:39:22	00:39:12	02:06:10	02:04:30	71		Senior	27
75	1625	Antonio Rodrigues	00:39:43	00:39:31	00:47:48	00:47:43	00:39:00	00:38:56	02:06:31	02:06:10	76		Senior	28
76	508	Pedro Monteiro	00:38:27	00:38:25	00:49:30	00:49:27	00:38:39	00:38:39	02:06:36	02:06:31	81		Senior	29
77	4393	Cristina Garcia	00:41:18	00:40:49	00:46:03	00:45:57	00:39:31	00:39:28	02:06:52	02:06:14	77	Associação de Moradores da Atibá	Veterana	3
78	650	Nuno Pinto	00:40:56	00:40:44	00:46:54	00:46:27	00:39:10	00:39:08	02:07:00	02:06:19	78	Xangai Runners	Senior	30
79	1772	Gonçalo Ferreira	00:40:58	00:40:50	00:46:27	00:46:18	00:39:37	00:39:33	02:07:02	02:06:41	82	GDINE	Veterano 2	16
80	166	Carlos Caetano	00:39:51	00:39:49	00:47:40	00:47:35	00:39:32	00:39:28	02:07:03	02:06:52	84		Veterano 2	17



UM DESAFIO 3X MAIOR

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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
81	4035	João Rodrigues	00:41:11	00:40:59	00:46:03	00:45:54	00:39:55	00:39:51	02:07:09	02:06:44	83		Veterano 3	11
82	1183	Luis Ferreira	00:40:19	00:40:05	00:47:08	00:46:47	00:39:57	00:39:33	02:07:24	02:06:25	80	Amigos Vale Silencio	Veterano 2	18
83	2253	Luís Pinto	00:42:27	00:42:26	00:45:44	00:45:41	00:39:19	00:39:16	02:07:30	02:07:23	88	Gabinete de Fisioterapia no Desporto	Veterano 1	14
84	517	Nuno Alves	00:41:57	00:40:24	00:46:03	00:45:49	00:39:35	00:39:13	02:07:35	02:05:26	74		Veterano 1	15
85	2547	Peter Brinkman	00:41:41	00:41:30	00:46:15	00:46:04	00:39:42	00:39:28	02:07:38	02:07:02	87		Veterano 2	19
86	1670	Alice Basilio	00:41:04	00:40:57	00:46:00	00:45:56	00:40:36	00:40:33	02:07:40	02:07:26	89		Veterana	4
87	1548	Pedro Gabriel	00:41:25	00:41:18	00:47:00	00:46:49	00:39:31	00:39:23	02:07:56	02:07:30	90	Clube do Grupo BES	Veterano 1	16
88	1758	Nelson Martinho	00:43:06	00:41:54	00:45:19	00:44:58	00:39:34	00:39:29	02:07:59	02:06:21	79		Senior	31
89	1249	José Teixeira	00:40:49	00:40:39	00:47:53	00:47:47	00:39:19	00:39:14	02:08:01	02:07:40	91	NúcleOeiras / Sportzone	Veterano 1	17
90	731	Pedro Alves	00:41:29	00:41:09	00:46:49	00:46:25	00:39:45	00:39:28	02:08:03	02:07:02	86		Veterano 2	20
91	787	Carlos Pascoal	00:41:52	00:41:20	00:46:56	00:46:25	00:39:37	00:39:16	02:08:25	02:07:01	85	OS "NÓMADAS"	Veterano 3	12
92	2359	Rodrigo Oliveira	00:41:54	00:41:24	00:46:03	00:45:51	00:40:34	00:40:26	02:08:31	02:07:41	92	Futebol Clube Estrelas Lisboa	Veterano 1	18
93	1478	Carlos Rodrigues	00:46:43	00:46:09	00:41:45	00:41:38	00:40:27	00:40:05	02:08:55	02:07:52	93	Amigos Atletismo Mafra	Veterano 5	3
94	1182	Manuel Chinita	00:40:52	00:40:38	00:48:33	00:48:13	00:39:41	00:39:17	02:09:06	02:08:08	96	Amigos Vale Silencio	Veterano 3	13
95	1296	Pedro Martins	00:39:47	00:39:43	00:48:38	00:48:35	00:40:47	00:40:46	02:09:12	02:09:04	101		Senior	32
96	4412	Stephane Pape	00:43:41	00:43:05	00:45:54	00:45:41	00:40:11	00:39:53	02:09:46	02:08:39	98	Zodiac	Veterano 3	14
97	1753	António Arede	00:42:46	00:42:12	00:46:37	00:45:59	00:40:24	00:39:52	02:09:47	02:08:03	95		Veterano 1	19
98	1029	Diogo Rebelo	00:43:17	00:42:04	00:47:20	00:46:54	00:39:48	00:39:39	02:10:25	02:08:37	97		Senior	33
99	438	Osvaldo Rodrigues	00:40:32	00:40:18	00:49:24	00:48:30	00:40:31	00:40:12	02:10:27	02:09:00	100	Amigos Vale Silencio	Veterano 2	21
100	4619	Luis Pereira	00:42:21	00:42:09	00:46:36	00:46:28	00:41:32	00:41:27	02:10:29	02:10:04	104		Veterano 4	2



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Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
101	299	Pau Storch	00:44:23	00:43:39	00:49:47	00:49:27	00:36:24	00:36:04	02:10:34	02:09:10	102		Veterano 1	20
102	4603	Pedro Mendes	00:40:24	00:40:14	00:50:06	00:49:32	00:40:13	00:40:06	02:10:43	02:09:52	103	Garmin Clube Olímpico de Oeiras	Veterano 1	21
103	1636	José Mouquinho	00:41:06	00:41:04	00:48:39	00:48:31	00:41:04	00:41:00	02:10:49	02:10:35	106		Veterano 2	22
104	384	António Barbosa	00:42:33	00:42:06	00:47:07	00:46:39	00:41:51	00:41:33	02:11:31	02:10:18	105		Senior	34
105	2372	Miguel Ferreira	00:44:25	00:42:12	00:47:01	00:46:33	00:40:19	00:40:12	02:11:45	02:08:57	99		Senior	35
106	1849	João Rosa	00:41:29	00:41:23	00:48:42	00:48:26	00:41:49	00:41:40	02:12:00	02:11:29	115	Clube Vodafone	Veterano 1	22
107	1768	Marcelo Silva	00:42:36	00:41:52	00:48:37	00:48:21	00:40:49	00:40:41	02:12:02	02:10:54	108	Carapaus de Corrida	Veterano 2	23
108	606	Miguel Heitor	00:44:17	00:43:42	00:49:10	00:48:34	00:38:42	00:38:32	02:12:09	02:10:48	107	CDUL - Centro Desportivo Universitario de Lisboa	Senior	36
109	1969	Pedro Guarita	00:41:57	00:41:19	00:47:43	00:47:25	00:42:31	00:42:12	02:12:11	02:10:56	109		Veterano 1	23
110	828	Inocêncio Amorim	00:42:43	00:42:03	00:48:53	00:48:31	00:40:42	00:40:31	02:12:18	02:11:05	111		Veterano 1	24
111	1023	Emidio Teixeira	00:42:08	00:41:52	00:47:51	00:47:34	00:42:21	00:42:04	02:12:20	02:11:30	116		Senior	37
112	1765	António Santos	00:52:19	00:51:44	00:42:23	00:42:15	00:37:45	00:37:40	02:12:27	02:11:39	119	GDINE	Veterano 5	4
113	174	Carlos Conceicao	00:44:12	00:43:32	00:47:44	00:47:20	00:40:37	00:40:29	02:12:33	02:11:21	113		Senior	38
114	2246	Vítor Sousa	00:43:23	00:43:11	00:48:07	00:47:57	00:41:22	00:41:13	02:12:52	02:12:21	124	Gabinete de Fisioterapia no Desporto	Veterano 2	24
115	1550	Ricardo Pereira	00:44:26	00:44:11	00:47:21	00:47:00	00:41:07	00:40:47	02:12:54	02:11:58	121	Clube do Grupo BES	Veterano 2	25
116	1360	João Machado	00:48:00	00:47:27	00:45:32	00:45:00	00:39:27	00:39:00	02:12:59	02:11:27	114	"Os Matrecos"	Veterano 4	3
117	383	Pedro Pereira	00:45:03	00:44:06	00:48:10	00:47:26	00:39:47	00:39:30	02:13:00	02:11:02	110		Veterano 1	25
118	2009	Nuno Pacheco	00:42:01	00:41:48	00:49:05	00:48:43	00:41:56	00:41:44	02:13:02	02:12:15	123		Veterano 2	26
119	1474	João Domingos	00:42:58	00:42:25	00:49:40	00:49:06	00:40:25	00:40:14	02:13:03	02:11:45	120		Veterano 1	26
120	1822	Nuno Melo	00:42:49	00:42:14	00:48:44	00:47:52	00:41:31	00:41:07	02:13:04	02:11:13	112	Atomic Team	Senior	39



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
121	576	Paulo Pereira	00:41:52	00:41:38	00:49:11	00:48:44	00:42:11	00:42:01	02:13:14	02:12:23	125		Senior	40
122	801	Luís Valinho	00:43:38	00:43:26	00:47:57	00:47:39	00:41:43	00:41:26	02:13:18	02:12:31	128		Senior	41
123	1630	Nuno Gonçalves	00:45:46	00:44:46	00:47:03	00:46:30	00:40:40	00:40:20	02:13:29	02:11:36	117		Senior	42
124	623	Marco Pinto	00:43:12	00:42:48	00:49:09	00:48:14	00:41:09	00:40:35	02:13:30	02:11:37	118	H2Ovita	Senior	43
125	4537	Hernani Fernandes	00:41:35	00:41:18	00:47:31	00:47:23	00:44:25	00:44:20	02:13:31	02:13:01	134		Veterano 2	27
126	985	Paulo Santos	00:44:00	00:43:26	00:47:57	00:47:43	00:41:45	00:41:30	02:13:42	02:12:39	130	Clube Atletismo da Amora (CATA)	Veterano 3	15
127	105	Pedro Esteves	00:43:08	00:42:35	00:48:55	00:48:36	00:41:49	00:41:12	02:13:52	02:12:23	126		Veterano 2	28
128	798	Diogo Tavares	00:48:06	00:43:01	00:45:30	00:45:14	00:40:19	00:39:48	02:13:55	02:08:03	94		Veterano 1	27
129	1757	Ricardo Brito	00:42:59	00:42:42	00:49:49	00:49:30	00:41:10	00:40:59	02:13:58	02:13:11	135		Senior	44
130	1007	Armando Dias	00:43:04	00:42:53	00:49:33	00:49:19	00:41:25	00:41:19	02:14:02	02:13:31	139	MASSAMÁ RUN	Veterano 3	16
131	836	João Martins	00:44:30	00:43:18	00:48:38	00:48:24	00:40:54	00:40:45	02:14:02	02:12:27	127		Senior	45
132	2265	Ricardo Chasqueira	00:43:29	00:43:19	00:49:46	00:49:38	00:41:02	00:41:00	02:14:17	02:13:57	151	Gabinete de Fisioterapia no Desporto	Veterano 1	28
133	4175	Luis Pisco	00:41:56	00:41:42	00:49:49	00:49:35	00:42:43	00:42:21	02:14:28	02:13:38	141		Senior	46
134	677	Virgilio Vinagre	00:42:50	00:42:32	00:49:57	00:49:29	00:41:47	00:41:24	02:14:34	02:13:25	137		Veterano 3	17
135	121	Nuno Soares	00:45:06	00:44:40	00:49:51	00:49:36	00:39:40	00:39:33	02:14:37	02:13:49	144		Senior	47
136	1856	Rui Menas	00:44:33	00:44:14	00:47:49	00:47:33	00:42:18	00:42:08	02:14:40	02:13:55	150	Clube Vodafone	Veterano 1	29
137	705	João Gomes	00:44:53	00:43:18	00:48:03	00:47:23	00:41:44	00:41:19	02:14:40	02:12:00	122		Veterano 2	29
138	2201	Pedro Reis	00:44:05	00:43:57	00:49:27	00:49:20	00:41:11	00:41:05	02:14:43	02:14:22	160		Veterano 2	30
139	1028	Jorge Martins	00:43:50	00:43:20	00:49:34	00:49:01	00:41:20	00:40:55	02:14:44	02:13:16	136		Veterano 1	30
140	2094	Nuno Silva	00:45:31	00:44:12	00:48:00	00:47:37	00:41:17	00:40:42	02:14:48	02:12:31	129		Veterano 2	31



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
141	1562	Rui Vieira	00:43:15	00:43:04	00:50:15	00:50:04	00:41:18	00:41:00	02:14:48	02:14:08	155		Veterano 2	32
142	1024	Alexandre Bento	00:43:26	00:43:12	00:49:12	00:48:54	00:42:17	00:41:46	02:14:55	02:13:52	147		Veterano 2	33
143	1289	Luis Ramos	00:43:27	00:42:59	00:48:54	00:48:38	00:42:39	00:42:10	02:15:00	02:13:47	143		Veterano 3	18
144	596	CARLOS PORTELA	00:44:01	00:43:22	00:49:15	00:48:53	00:41:49	00:41:42	02:15:05	02:13:57	152		Veterano 2	34
145	1045	Toze Pisco	00:44:22	00:42:52	00:49:16	00:48:57	00:41:27	00:41:08	02:15:05	02:12:57	133		Veterano 3	19
146	1501	André Monteiro	00:44:43	00:44:09	00:47:45	00:47:30	00:42:41	00:42:13	02:15:09	02:13:52	148	Os Galgos	Senior	48
147	1796	Sylvain Bonnet	00:44:02	00:43:40	00:48:49	00:48:38	00:42:22	00:42:16	02:15:13	02:14:34	166		Veterano 1	31
148	1436	Antonio Braga	00:43:46	00:43:26	00:48:42	00:48:30	00:42:48	00:42:25	02:15:16	02:14:21	159	CLUBE MILLENNIUM BCP	Veterano 4	4
149	1281	Fúlvio Esteves	00:44:22	00:43:42	00:48:59	00:48:34	00:41:57	00:41:48	02:15:18	02:14:04	153		Veterano 1	32
150	633	Henrique Oliveira	00:42:59	00:42:26	00:50:20	00:49:45	00:42:01	00:41:18	02:15:20	02:13:29	138		Veterano 3	20
151	1128	Carlos Grego	00:44:12	00:43:41	00:48:20	00:47:58	00:42:48	00:42:10	02:15:20	02:13:49	145		Veterano 2	35
152	1646	Manuel Correia	00:43:21	00:42:50	00:49:38	00:49:26	00:42:22	00:42:17	02:15:21	02:14:33	165		Veterano 4	5
153	1942	José Martins	00:42:20	00:42:07	00:50:33	00:50:07	00:42:29	00:42:10	02:15:22	02:14:24	162	Falcões Selvagens	Veterano 3	21
154	2081	Pedro Castanha	00:42:53	00:42:40	00:49:05	00:48:42	00:43:28	00:43:15	02:15:26	02:14:37	168		Veterano 1	33
155	395	João Gonçalves	00:43:21	00:42:59	00:49:46	00:49:28	00:42:20	00:42:03	02:15:27	02:14:30	164		Veterano 1	34
156	1034	Carlos Batista	00:45:08	00:43:13	00:49:33	00:49:03	00:40:48	00:40:27	02:15:29	02:12:43	131		Senior	49
157	232	Pedro Sobral	00:44:31	00:44:03	00:50:17	00:49:39	00:40:43	00:40:22	02:15:31	02:14:04	154		Veterano 1	35
158	1118	Sérgio Carvalho	00:44:12	00:43:17	00:48:50	00:48:29	00:42:33	00:42:00	02:15:35	02:13:46	142		Senior	50
159	1875	Sandro Jordao	00:43:33	00:43:22	00:48:47	00:48:24	00:43:20	00:43:00	02:15:40	02:14:46	169		Senior	51
160	107	Vasco Ascensão	00:44:36	00:44:11	00:48:52	00:48:43	00:42:22	00:42:15	02:15:50	02:15:09	174		Veterano 2	36



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
161	1042	Joaquim Sereno	00:43:34	00:42:41	00:48:55	00:48:51	00:43:21	00:43:16	02:15:50	02:14:48	170		Veterano 1	36
162	530	Claudio Canavilhas	00:44:11	00:43:49	00:49:37	00:49:20	00:42:08	00:41:53	02:15:56	02:15:02	172		Senior	52
163	1140	Luís Franco	00:45:28	00:44:11	00:49:38	00:49:15	00:40:57	00:40:46	02:16:03	02:14:12	157		Senior	53
164	2296	Ricardo Reis	00:43:51	00:43:49	00:49:01	00:48:54	00:43:18	00:43:11	02:16:10	02:15:54	183		Senior	54
165	2100	Herberto Monteiro	00:42:23	00:42:20	00:51:10	00:50:51	00:42:40	00:42:36	02:16:13	02:15:47	178		Veterano 2	37
166	2462	Vasco Mendonça	00:45:16	00:43:55	00:50:08	00:49:43	00:40:50	00:40:36	02:16:14	02:14:14	158		Senior	55
167	2000	Carlos Grade	00:43:32	00:42:57	00:49:36	00:49:18	00:43:07	00:42:50	02:16:15	02:15:05	173		Veterano 1	37
168	1950	Pedro Quintela	00:43:08	00:42:39	00:50:52	00:50:13	00:42:21	00:41:57	02:16:21	02:14:49	171	Irmãos Quintela	Senior	56
169	785	José Barroco	00:43:51	00:43:21	00:50:11	00:49:51	00:42:24	00:42:04	02:16:26	02:15:16	175	OS "NÓMADAS"	Veterano 5	5
170	1922	Jose Bouceiro	00:44:43	00:43:16	00:48:50	00:48:23	00:42:56	00:42:12	02:16:29	02:13:51	146		Veterano 3	22
171	2180	Luís Passos	00:42:31	00:42:27	00:51:17	00:51:05	00:42:44	00:42:38	02:16:32	02:16:10	188		Veterano 1	38
172	1554	Rui Lopes	00:46:11	00:46:03	00:49:39	00:49:16	00:40:44	00:40:31	02:16:34	02:15:50	179	Clube do Grupo BES	Veterano 6	1
173	777	Nelson Santos	00:44:01	00:43:41	00:50:57	00:50:34	00:41:37	00:41:28	02:16:35	02:15:43	176		Veterano 2	38
174	1143	Diogo Brehm	00:43:56	00:42:05	00:49:32	00:48:53	00:43:12	00:41:52	02:16:40	02:12:50	132		Senior	57
175	1229	Luis Pereira	00:45:47	00:44:06	00:50:22	00:49:35	00:40:34	00:40:30	02:16:43	02:14:11	156		Veterano 5	6
176	563	Hugo Pinto	00:46:20	00:46:07	00:48:29	00:48:19	00:41:55	00:41:46	02:16:44	02:16:12	189		Veterano 1	39
177	467	João Ferreira	00:37:12	00:37:11	00:48:54	00:48:47	00:50:54	00:50:51	02:17:00	02:16:49	197	Grupo Desportivo Joaninhas de Leião	Senior	58
178	1001	Antonio Veloso	00:44:48	00:44:14	00:50:23	00:50:02	00:41:51	00:41:37	02:17:02	02:15:53	182	CCD PM CASCAIS	Veterano 2	39
179	2063	António Santos	00:44:06	00:43:51	00:48:26	00:48:08	00:44:34	00:44:04	02:17:06	02:16:03	184		Veterano 2	40
180	1781	Mário Limede	00:46:30	00:44:51	00:49:06	00:48:25	00:41:32	00:41:11	02:17:08	02:14:27	163		Senior	60



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
181	499	António Gonçalves	00:43:03	00:41:49	00:51:34	00:50:58	00:42:31	00:41:47	02:17:08	02:14:34	167	H2Ovita	Senior	59
182	882	Rogério Gonçalves	00:46:04	00:44:05	00:48:54	00:48:14	00:42:10	00:41:34	02:17:08	02:13:53	149		Senior	61
183	2577	João Micaelo	00:45:52	00:45:26	00:48:55	00:48:38	00:42:25	00:42:12	02:17:12	02:16:16	190		Senior	62
184	793	Rui Rodrigues	00:45:10	00:44:55	00:50:14	00:49:36	00:41:54	00:41:38	02:17:18	02:16:09	186		Senior	63
185	302	Sergio Figueiras	00:41:57	00:41:18	00:55:02	00:54:44	00:40:21	00:40:03	02:17:20	02:16:05	185		Veterano 1	40
186	344	António Relvas	00:44:25	00:43:53	00:49:01	00:48:48	00:43:54	00:43:39	02:17:20	02:16:20	191		Veterano 4	6
187	2159	Fredy Henriques	00:44:41	00:43:29	00:51:43	00:50:14	00:40:57	00:40:41	02:17:21	02:14:24	161		Senior	64
188	1494	José Lopes	00:44:43	00:44:09	00:49:16	00:49:01	00:43:27	00:43:00	02:17:26	02:16:10	187	Os Galgos	Veterano 4	7
189	1379	Jorge Pardal	00:44:00	00:43:46	00:50:48	00:50:38	00:42:39	00:42:25	02:17:27	02:16:49	198		Veterano 2	41
190	1569	Nélio Mendes	00:44:00	00:43:46	00:50:35	00:50:23	00:42:56	00:42:44	02:17:31	02:16:53	199		Senior	65
191	180	Pedro Duarte	00:45:04	00:42:59	00:49:59	00:48:42	00:42:33	00:41:55	02:17:36	02:13:36	140		Senior	66
192	1933	Jorge Santana	00:46:54	00:46:03	00:49:21	00:49:07	00:41:35	00:41:26	02:17:50	02:16:36	192		Senior	67
193	196	António Gomes	00:45:20	00:44:44	00:49:22	00:49:11	00:43:12	00:43:02	02:17:54	02:16:57	200		Veterano 2	42
194	4225	João Silva	00:42:56	00:42:13	00:52:24	00:51:35	00:42:37	00:41:55	02:17:57	02:15:43	177		Veterano 2	43
195	1184	Fernando Silva	00:45:22	00:44:57	00:47:38	00:47:15	00:44:58	00:44:35	02:17:58	02:16:47	195	Amigos Vale Silencio	Veterano 3	23
196	2161	Leonel José	00:43:52	00:42:51	00:49:51	00:49:31	00:44:15	00:43:31	02:17:58	02:15:53	181		Veterano 2	44
197	2357	Fernando Silverio	00:44:30	00:44:00	00:50:45	00:50:32	00:42:45	00:42:34	02:18:00	02:17:06	203	Futebol Clube Estrelas Lisboa	Veterano 3	24
198	2103	Nuno Anjos	00:43:23	00:43:05	00:46:14	00:45:59	00:48:29	00:48:07	02:18:06	02:17:11	209		Veterano 1	41
199	246	Pedro Bartolo	00:46:04	00:45:04	00:49:10	00:48:56	00:42:54	00:42:42	02:18:08	02:16:42	193		Senior	68
200	214	Rui Caeiro	00:44:09	00:43:48	00:51:36	00:51:13	00:42:24	00:42:05	02:18:09	02:17:06	202	Clube Xerox	Veterano 3	25



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE 3

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
201	2425	Luis Barreto	00:46:45	00:46:37	00:49:29	00:49:18	00:41:55	00:41:47	02:18:09	02:17:42	216		Veterano 2	45
202	2242	Fernando Lopes	00:44:23	00:44:13	00:50:22	00:50:11	00:43:25	00:43:15	02:18:10	02:17:39	215	Gabinete de Fisioterapia no Desporto	Veterano 2	46
203	959	Filipe Monteiro	00:45:08	00:44:49	00:49:45	00:49:10	00:43:19	00:42:46	02:18:12	02:16:45	194		Senior	69
204	128	Luis Aguiar	00:43:31	00:43:15	00:50:56	00:50:41	00:43:47	00:43:34	02:18:14	02:17:30	213		Veterano 1	42
205	4420	Filipe Torres	00:45:11	00:44:48	00:50:10	00:49:46	00:42:59	00:42:25	02:18:20	02:16:59	201		Senior	70
206	2207	Pedro Cabrito	00:46:09	00:45:42	00:49:51	00:49:23	00:42:23	00:42:03	02:18:23	02:17:08	207		Veterano 2	47
207	591	Miguel Martinho	00:44:09	00:43:31	00:51:29	00:51:13	00:42:47	00:42:23	02:18:25	02:17:07	205		Senior	71
208	2039	Fernando Luz	00:47:50	00:45:58	00:47:45	00:47:14	00:42:51	00:42:38	02:18:26	02:15:50	180	GDCT UNICRE	Veterano 2	48
209	376	Sérgio Martins	00:46:24	00:45:36	00:50:10	00:49:35	00:41:58	00:41:37	02:18:32	02:16:48	196		Senior	72
210	2358	Manuel Borges	00:45:27	00:44:57	00:50:05	00:49:34	00:43:13	00:43:05	02:18:45	02:17:36	214	Futebol Clube Estrelas Lisboa	Veterano 2	49
211	1012	Bruno Santos	00:44:19	00:44:09	00:51:31	00:51:21	00:42:56	00:42:50	02:18:46	02:18:20	222		Veterano 1	43
212	1951	Nuno Quintela	00:45:49	00:45:20	00:51:06	00:50:26	00:41:56	00:41:31	02:18:51	02:17:17	211	Irmãos Quintela	Senior	73
213	2136	Nuno Almeida	00:45:50	00:45:49	00:50:11	00:50:05	00:42:53	00:42:45	02:18:54	02:18:39	229		Veterano 2	50
214	1774	José Magalhães	00:42:53	00:42:22	00:51:53	00:51:25	00:44:09	00:43:23	02:18:55	02:17:10	208	GDINE	Veterano 5	7
215	1653	Jorge Mestre	00:45:45	00:45:38	00:50:08	00:49:59	00:43:17	00:42:50	02:19:10	02:18:27	226		Veterano 2	51
216	2415	João Pereira	00:45:33	00:45:06	00:49:52	00:49:37	00:43:46	00:43:22	02:19:11	02:18:05	218		Senior	74
217	1496	Jorge Martinho	00:46:10	00:44:50	00:50:00	00:49:40	00:43:08	00:42:38	02:19:18	02:17:08	206	Os Galgos	Veterano 2	52
218	269	Pedro Macedo	00:44:05	00:43:51	00:51:12	00:50:58	00:44:03	00:43:28	02:19:20	02:18:17	220		Senior	75
219	1700	André Coelho	00:45:33	00:45:07	00:49:31	00:49:10	00:44:18	00:43:50	02:19:22	02:18:07	219	Os Galgos	Veterano 1	44
220	225	Francisco Freire	00:43:45	00:43:23	00:53:18	00:52:41	00:42:27	00:42:15	02:19:30	02:18:19	221		Senior	76



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
221	2205	Pedro Barreirão	00:45:56	00:45:43	00:50:24	00:49:46	00:43:13	00:42:59	02:19:33	02:18:28	227		Senior	77
222	2582	Pedro Camacho	00:45:30	00:44:46	00:53:12	00:52:21	00:40:52	00:40:10	02:19:34	02:17:17	210		Veterano 2	53
223	2021	Leonel Seleiro	00:44:12	00:43:54	00:52:29	00:51:45	00:43:02	00:42:49	02:19:43	02:18:28	228	Extintos 2	Veterano 5	8
224	2166	Eduardo Cabrita	00:44:15	00:44:11	00:51:17	00:51:06	00:44:15	00:44:09	02:19:47	02:19:26	241		Veterano 2	54
225	1438	Pedro Martins	00:40:02	00:39:45	00:47:58	00:47:52	00:51:58	00:51:15	02:19:58	02:18:52	231	CLUBE MILLENNIUM BCP	Veterano 3	26
226	755	Ricardo Matos	00:45:19	00:45:07	00:52:13	00:52:01	00:42:32	00:42:22	02:20:04	02:19:30	243		Senior	78
227	786	Manuel Fidalgo	00:45:15	00:44:45	00:51:22	00:51:02	00:43:28	00:43:07	02:20:05	02:18:54	232	OS "NÓMADAS"	Veterano 6	2
228	1998	Sergio Henrique	00:47:43	00:45:22	00:49:52	00:49:31	00:42:33	00:42:13	02:20:08	02:17:06	204	ODEBRECHT/BPC	Veterano 2	55
229	330	Pedro Ferreira	00:45:58	00:45:13	00:48:51	00:48:33	00:45:20	00:45:02	02:20:09	02:18:48	230	Clube Robbialac	Veterano 1	45
230	2135	Joel Silva	00:45:57	00:45:47	00:51:13	00:50:57	00:43:04	00:43:00	02:20:14	02:19:44	250		Veterano 2	56
231	791	Filipa Curralo	00:43:59	00:43:00	00:52:27	00:51:31	00:43:48	00:43:27	02:20:14	02:17:58	217		Veterana	5
232	1030	Filipa Elvas	00:43:23	00:43:22	00:53:07	00:53:00	00:43:52	00:43:47	02:20:22	02:20:09	254		Veterana	6
233	1473	Américo Santos	00:44:28	00:43:55	00:52:34	00:51:59	00:43:26	00:43:20	02:20:28	02:19:14	236		Veterano 3	27
234	1386	Ana Cordeiro	00:45:00	00:44:43	00:52:16	00:52:00	00:43:13	00:42:57	02:20:29	02:19:40	249		Senior	4
235	1301	Miguel Tinto	00:41:41	00:41:28	00:47:47	00:47:10	00:51:02	00:50:40	02:20:30	02:19:18	237		Veterano 3	28
236	1145	Valter Oliveira	00:44:40	00:44:24	00:52:47	00:52:30	00:43:03	00:42:43	02:20:30	02:19:37	248		Veterano 1	46
237	4478	Manuel Almeida	00:44:34	00:44:15	00:52:51	00:52:26	00:43:12	00:42:55	02:20:37	02:19:36	245		Veterano 5	9
238	4445	Antonio Pereira	00:44:34	00:44:15	00:52:51	00:52:26	00:43:12	00:42:56	02:20:37	02:19:37	246		Veterano 3	29
239	4653	Telmo Alegre	00:47:25	00:45:12	00:49:31	00:49:03	00:43:42	00:43:07	02:20:38	02:17:22	212		Senior	79
240	298	Paulo Torres	00:45:13	00:44:36	00:52:59	00:52:34	00:42:31	00:42:13	02:20:43	02:19:23	238		Veterano 2	57



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
241	236	Ricardo Oliveira	00:45:36	00:45:14	00:50:49	00:50:26	00:44:29	00:43:57	02:20:54	02:19:37	247		Veterano 1	47
242	2145	Rui Esteves	00:44:30	00:44:03	00:53:49	00:53:37	00:42:39	00:42:25	02:20:58	02:20:05	253	Wikaboo	Veterano 2	58
243	475	Rui Vieira	00:46:35	00:46:19	00:50:41	00:50:24	00:43:45	00:43:28	02:21:01	02:20:11	256		Veterano 2	59
244	4544	Pedro Pereira	00:43:59	00:43:17	00:51:51	00:51:05	00:45:11	00:44:00	02:21:01	02:18:22	223		Senior	80
245	2024	Fernando Santos	00:46:24	00:45:45	00:51:03	00:50:54	00:43:41	00:43:38	02:21:08	02:20:17	257	Extintos 2	Veterano 6	3
246	4156	Antonio Almeida	00:47:12	00:46:30	00:50:01	00:49:46	00:43:56	00:43:32	02:21:09	02:19:48	251	CLUBE AUTOCOOPE	Veterano 4	8
247	1156	Luis Farelo	00:45:33	00:44:02	00:51:57	00:51:22	00:43:40	00:43:01	02:21:10	02:18:25	224		Veterano 3	30
248	370	António Dinis	00:45:58	00:45:09	00:50:42	00:50:06	00:44:33	00:44:11	02:21:13	02:19:26	240		Veterano 1	48
249	2116	Pedro Pinho	00:47:38	00:46:35	00:50:46	00:50:10	00:42:51	00:42:28	02:21:15	02:19:13	235		Senior	81
250	728	José Silva	00:45:49	00:45:16	00:50:22	00:50:02	00:45:13	00:44:37	02:21:24	02:19:55	252		Veterano 3	31
251	465	Henrique Espingardeiro	00:47:01	00:46:45	00:51:39	00:50:59	00:42:45	00:42:25	02:21:25	02:20:09	255		Veterano 1	49
252	1191	Alexandre Teixeira	00:44:07	00:43:55	00:51:27	00:51:11	00:46:02	00:45:56	02:21:36	02:21:02	265		Veterano 4	9
253	560	Jorge Costa	00:43:30	00:43:05	00:51:56	00:51:05	00:46:23	00:45:15	02:21:49	02:19:25	239		Veterano 1	50
254	1535	Luís Lino	00:45:50	00:45:31	00:52:19	00:51:42	00:43:48	00:43:29	02:21:57	02:20:42	261	Clube do Grupo BES	Veterano 2	60
255	1534	Júlio Ferreira	00:44:56	00:44:36	00:53:20	00:52:53	00:43:44	00:43:22	02:22:00	02:20:51	262	Clube do Grupo BES	Veterano 5	10
256	2132	Jose Lança	00:44:57	00:43:53	00:55:17	00:55:10	00:41:51	00:41:23	02:22:05	02:20:26	259		Veterano 3	32
257	1529	Hugo Carago	00:45:27	00:44:46	00:51:37	00:51:11	00:45:06	00:44:24	02:22:10	02:20:21	258	Clube do Grupo BES	Veterano 2	61
258	582	Nelson Alegre	00:47:25	00:45:11	00:50:12	00:49:43	00:44:41	00:44:06	02:22:18	02:19:00	233		Veterano 1	51
259	884	Vítor Arsénio	00:48:04	00:45:40	00:51:08	00:50:36	00:43:09	00:42:50	02:22:21	02:19:06	234		Veterano 3	33
260	4602	Paulo Santos	00:45:58	00:45:46	00:51:37	00:51:10	00:44:47	00:44:02	02:22:22	02:20:58	264	Garmin Clube Olímpico de Oeiras	Veterano 3	34



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
261	501	Pedro Cotrim	00:50:41	00:48:23	00:49:56	00:49:21	00:41:55	00:41:45	02:22:32	02:19:29	242	H2Ovita	Senior	82
262	2367	Jose Costa	00:44:39	00:44:26	00:53:49	00:53:41	00:44:10	00:43:54	02:22:38	02:22:01	278		Veterano 3	35
263	720	Jose Henriques	00:45:36	00:44:54	00:52:48	00:52:28	00:44:15	00:44:03	02:22:39	02:21:25	268		Veterano 2	62
264	2004	Diogo Inácio	00:46:16	00:45:39	00:51:23	00:50:50	00:45:01	00:44:42	02:22:40	02:21:11	266	E.C.	Senior	83
265	4575	Hugo Gonçalves	00:44:00	00:41:21	00:49:28	00:48:40	00:49:17	00:48:25	02:22:45	02:18:26	225		Senior	84
266	1743	Pedro Ferreira	00:46:34	00:45:53	00:53:07	00:52:41	00:43:10	00:42:47	02:22:51	02:21:21	267		Veterano 3	36
267	2335	Paulo Alves	00:45:33	00:45:15	00:52:57	00:52:35	00:44:27	00:44:00	02:22:57	02:21:50	276		Senior	85
268	1844	Alexandre Costa	00:45:14	00:44:43	00:53:15	00:52:58	00:44:32	00:44:23	02:23:01	02:22:04	279	Clube Vodafone	Veterano 1	52
269	811	Nuno Sá	00:48:29	00:47:31	00:50:27	00:50:02	00:44:05	00:43:54	02:23:01	02:21:27	269		Senior	86
270	1808	Helder Soares	00:48:46	00:47:34	00:51:43	00:51:23	00:42:40	00:42:31	02:23:09	02:21:28	270		Veterano 1	53
271	969	Sérgio Lopes	00:45:36	00:45:19	00:53:05	00:52:48	00:44:38	00:43:58	02:23:19	02:22:05	281		Veterano 2	63
272	248	Pedro Cunha	00:46:40	00:46:03	00:52:58	00:52:21	00:43:47	00:43:19	02:23:25	02:21:43	274		Veterano 1	54
273	26	Sara Marinho	00:46:36	00:46:20	00:52:32	00:51:46	00:44:31	00:44:07	02:23:39	02:22:13	284	LOGO	Senior	5
274	1668	Vitor Rocha	00:44:24	00:44:06	00:53:22	00:52:36	00:45:56	00:45:10	02:23:42	02:21:52	277		Veterano 2	64
275	2059	Tiago Camacho	00:47:05	00:46:22	00:53:13	00:52:23	00:43:36	00:42:55	02:23:54	02:21:40	273		Veterano 1	55
276	1824	Eduardo Luis	00:42:59	00:42:25	00:57:39	00:57:10	00:43:29	00:43:06	02:24:07	02:22:41	288	Atomic Team	Veterano 1	56
277	1679	João Antunes	00:45:59	00:45:13	00:54:11	00:52:14	00:43:58	00:43:26	02:24:08	02:20:53	263		Veterano 2	65
278	1869	Alberto Santos	00:48:34	00:46:30	00:51:21	00:50:28	00:44:14	00:43:36	02:24:09	02:20:34	260		Veterano 1	57
279	904	Bruno Silva	00:46:56	00:45:34	00:52:49	00:52:04	00:44:26	00:44:10	02:24:11	02:21:48	275	Live & Fit	Veterano 2	66
280	1935	Tiago Brito	00:45:52	00:44:40	00:53:45	00:53:22	00:44:44	00:44:33	02:24:21	02:22:35	287		Senior	87



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
281	624	Sérgio Manso	00:45:40	00:45:25	00:53:41	00:53:03	00:45:02	00:44:47	02:24:23	02:23:15	294		Senior	88
282	325	Pedro Luzio	00:48:21	00:47:20	00:51:52	00:51:14	00:44:13	00:44:00	02:24:26	02:22:34	286	Serranitos & Friends	Veterano 1	58
283	2274	Pedro Luis	00:48:28	00:48:23	00:51:30	00:51:22	00:44:33	00:44:11	02:24:31	02:23:56	303		Senior	89
284	113	Miguel Lopes	00:44:20	00:44:07	00:55:17	00:54:54	00:44:54	00:44:34	02:24:31	02:23:35	298		Senior	90
285	1279	Nuno Ribeiro	00:48:09	00:47:11	00:52:44	00:52:15	00:43:41	00:43:23	02:24:34	02:22:49	290		Senior	91
286	2230	Paulo Fernandes	00:50:01	00:48:49	00:51:25	00:49:56	00:43:10	00:42:55	02:24:36	02:21:40	272		Senior	92
287	938	Carlos Sousa	00:44:09	00:43:51	00:55:37	00:55:16	00:44:58	00:44:36	02:24:44	02:23:43	301		Veterano 5	11
288	4173	Manuel Carlos	00:46:18	00:45:46	00:54:36	00:54:08	00:43:59	00:43:46	02:24:53	02:23:40	299		Veterano 5	12
289	1387	Carlos Silva	00:48:36	00:48:16	00:51:02	00:50:39	00:45:17	00:45:05	02:24:55	02:24:00	309		Veterano 3	37
290	237	Rui Amado	00:45:34	00:44:59	00:50:21	00:50:16	00:49:00	00:48:02	02:24:55	02:23:17	295		Veterano 4	10
291	781	Tiago Tavares	00:49:38	00:45:01	00:49:53	00:49:38	00:45:26	00:44:55	02:24:57	02:19:34	244		Senior	93
292	221	Miguel Ramalho	00:46:08	00:45:34	00:52:30	00:52:03	00:46:22	00:45:54	02:25:00	02:23:31	297	Valadares	Senior	94
293	2275	Rui Borges	00:44:56	00:44:55	00:56:10	00:55:56	00:43:56	00:43:47	02:25:02	02:24:38	323		Veterano 3	38
294	2026	Alberto Fernandes	00:45:50	00:45:10	00:52:37	00:52:29	00:46:36	00:46:19	02:25:03	02:23:58	306	Extintos 2	Veterano 6	4
295	1651	Rui Lóio	00:47:32	00:46:58	00:52:45	00:52:37	00:44:50	00:44:24	02:25:07	02:23:59	307		Veterano 3	39
296	2176	José Carvalho	00:46:34	00:46:29	00:53:59	00:53:53	00:44:35	00:44:30	02:25:08	02:24:52	326		Senior	95
297	251	Fernando Gomes	00:48:32	00:48:07	00:57:15	00:56:32	00:39:28	00:39:25	02:25:15	02:24:04	312		Veterano 4	11
298	1704	Milton Rodrigues	00:46:10	00:45:26	00:54:16	00:53:39	00:44:51	00:44:07	02:25:17	02:23:12	293		Senior	96
299	1270	Pedro Garcia	00:44:58	00:44:02	00:55:32	00:53:46	00:44:50	00:44:17	02:25:20	02:22:05	280		Veterano 3	40
300	2199	Daniel Rosa	00:50:33	00:48:45	00:51:43	00:50:57	00:43:06	00:42:42	02:25:22	02:22:24	285		Senior	97



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
301	1780	Rui Marques	00:49:46	00:49:14	00:52:48	00:52:20	00:42:49	00:42:39	02:25:23	02:24:13	315	GDINE	Veterano 1	59
302	2025	Manuel Emidio	00:48:26	00:47:48	00:51:16	00:51:06	00:45:42	00:45:25	02:25:24	02:24:19	318	Extintos 2	Veterano 5	13
303	1268	Célia Paiva	00:46:44	00:46:41	00:52:43	00:52:36	00:45:57	00:45:46	02:25:24	02:25:03	332		Veterana	7
304	851	Vitor Nogueira	00:47:46	00:47:30	00:52:44	00:52:31	00:44:55	00:44:45	02:25:25	02:24:46	325		Veterano 3	41
305	2023	Bernardo Gradissimo	00:45:37	00:44:42	00:54:34	00:54:24	00:45:16	00:45:06	02:25:27	02:24:12	314	Extintos 2	Veterano 5	14
306	556	Antonio Silva	00:48:12	00:47:42	00:52:36	00:52:17	00:44:40	00:44:31	02:25:28	02:24:30	321		Veterano 5	15
307	417	Tiago Boleto	00:47:56	00:45:51	00:54:02	00:52:49	00:43:31	00:42:51	02:25:29	02:21:31	271		Senior	98
308	1970	Rodrigo Sérgio	00:47:01	00:46:24	00:52:37	00:51:50	00:45:54	00:45:13	02:25:32	02:23:27	296		Veterano 1	60
309	4349	Helder Gonçalves	00:48:48	00:47:15	00:53:23	00:52:42	00:43:22	00:42:11	02:25:33	02:22:08	282	GD CIMPOR PAPALEGUAS	Veterano 1	61
310	2375	Bruno Roxo	00:48:07	00:45:59	00:52:20	00:51:40	00:45:07	00:44:32	02:25:34	02:22:11	283		Veterano 1	62
311	403	Antonio Horta	00:44:34	00:44:12	00:56:01	00:55:52	00:44:59	00:44:37	02:25:34	02:24:41	324	CCD PM CASCAIS	Veterano 6	5
312	208	Domingos Janela	00:45:50	00:45:36	00:53:54	00:53:37	00:45:50	00:45:20	02:25:34	02:24:33	322		Veterano 6	6
313	1573	Rui Costa	00:49:20	00:48:56	00:48:16	00:47:52	00:48:00	00:47:16	02:25:36	02:24:04	313		Senior	99
314	1807	Teresa País	00:48:46	00:47:35	00:51:42	00:51:23	00:45:10	00:45:01	02:25:38	02:23:59	308		Veterana	8
315	1299	Mário Rodrigues	00:47:11	00:46:41	00:53:16	00:52:45	00:45:18	00:44:47	02:25:45	02:24:13	316		Senior	100
316	1135	Carlos Ferreira	00:44:49	00:43:14	00:57:04	00:56:05	00:43:52	00:43:23	02:25:45	02:22:42	289		Veterano 5	16
317	389	Mário Martins	00:48:55	00:46:58	00:52:40	00:51:54	00:44:11	00:43:59	02:25:46	02:22:51	291		Veterano 2	67
318	2248	Margarida Godinho	00:46:52	00:46:40	00:52:57	00:52:49	00:45:57	00:45:48	02:25:46	02:25:17	340	Gabinete de Fisioterapia no Desporto	Veterana	9
319	216	Ricardo Martins	00:45:11	00:44:57	00:55:00	00:54:42	00:45:40	00:45:21	02:25:51	02:25:00	329		Veterano 1	63
320	2238	Vitor Carvalho	00:54:52	00:54:24	00:45:32	00:45:28	00:45:28	00:45:21	02:25:52	02:25:13	339	Gabinete de Fisioterapia no Desporto	Veterano 4	12



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
321	2408	Marco Santos	00:48:45	00:46:37	00:53:17	00:52:45	00:44:07	00:43:32	02:26:09	02:22:54	292		Senior	101
322	1300	Steve Gabadinho	00:47:27	00:46:59	00:54:26	00:53:03	00:44:17	00:43:55	02:26:10	02:23:57	304		Senior	102
323	632	Nuno Domingues	00:46:34	00:46:03	00:54:31	00:54:04	00:45:15	00:44:55	02:26:20	02:25:02	331		Veterano 1	64
324	322	Alexandre Pereira	00:49:21	00:47:59	00:53:01	00:52:25	00:44:03	00:44:01	02:26:25	02:24:25	319		Veterano 1	65
325	693	Paulo Patrício	00:47:13	00:46:50	00:53:59	00:53:21	00:45:13	00:44:59	02:26:25	02:25:10	336		Veterano 2	68
326	808	José Morgado	00:47:19	00:45:54	00:53:57	00:53:09	00:45:10	00:44:54	02:26:26	02:23:57	305		Veterano 3	42
327	1541	Paula Jacob	00:47:19	00:46:46	00:53:52	00:53:17	00:45:22	00:45:01	02:26:33	02:25:04	333	Clube do Grupo BES	Veterana	10
328	1421	João Silva	00:46:40	00:46:27	00:55:20	00:55:13	00:44:40	00:44:29	02:26:40	02:26:09	351	CLUBE MILLENNIUM BCP	Veterano 4	13
329	1273	Filipe Marques	00:47:44	00:46:35	00:53:51	00:53:26	00:45:05	00:44:54	02:26:40	02:24:55	327		Senior	103
330	901	Ricardo Santos	00:45:56	00:45:00	00:55:32	00:54:48	00:45:16	00:44:13	02:26:44	02:24:01	310	Live & Fit	Senior	104
331	2465	Pedro Cruz	00:49:52	00:48:29	00:53:29	00:52:33	00:43:26	00:43:02	02:26:47	02:24:04	311		Veterano 1	66
332	738	Paulo Louro	00:47:14	00:46:00	00:55:27	00:55:17	00:44:28	00:44:23	02:27:09	02:25:40	344		Veterano 3	43
333	4228	Pedro Cardoso	00:46:46	00:46:00	00:54:51	00:54:10	00:45:36	00:44:04	02:27:13	02:24:14	317		Veterano 2	69
334	1711	Luis Pereira	00:49:29	00:48:25	00:53:00	00:52:24	00:44:46	00:44:23	02:27:15	02:25:12	338		Veterano 2	70
335	1654	Tiago Lucas	00:47:33	00:47:17	00:52:53	00:52:29	00:46:52	00:46:42	02:27:18	02:26:28	355		Senior	105
336	1380	Pedro Barreira	00:47:55	00:47:30	00:54:19	00:53:58	00:45:05	00:44:59	02:27:19	02:26:27	354		Veterano 2	71
337	1351	Jose Nunes	00:49:29	00:48:30	00:53:14	00:52:58	00:44:37	00:44:21	02:27:20	02:25:49	345		Veterano 3	44
338	386	Francisco Lopes	00:57:20	00:56:07	00:49:58	00:49:12	00:40:05	00:39:51	02:27:23	02:25:10	335		Veterano 2	72
339	345	Bruno Batista	00:47:51	00:47:28	00:54:43	00:54:23	00:44:53	00:44:14	02:27:27	02:26:05	350		Senior	106
340	1375	Paulo Almeida	00:50:04	00:49:46	00:52:23	00:52:02	00:45:03	00:44:58	02:27:30	02:26:46	358		Veterano 1	67



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
341	312	João Catarino	00:46:22	00:46:08	00:56:17	00:55:55	00:44:52	00:44:34	02:27:31	02:26:37	356		Veterano 1	68
342	2376	Bruno Correia	00:47:29	00:46:50	00:52:24	00:52:04	00:47:41	00:47:33	02:27:34	02:26:27	353		Senior	107
343	2164	António Silva	00:46:37	00:46:32	00:54:52	00:54:42	00:46:10	00:45:57	02:27:39	02:27:11	369		Veterano 2	73
344	1497	Eurico Nicho	00:49:11	00:47:30	00:53:50	00:53:30	00:44:39	00:44:09	02:27:40	02:25:09	334	Os Galgos	Veterano 4	14
345	109	Mário Baião	00:48:04	00:47:01	00:52:52	00:52:32	00:46:47	00:46:06	02:27:43	02:25:39	343		Veterano 2	74
346	148	Diogo Cunha	00:44:47	00:44:44	00:59:20	00:56:19	00:43:42	00:43:27	02:27:49	02:24:30	320		Veterano 2	75
347	1669	Fernando Fernandes	00:48:24	00:47:58	00:53:00	00:52:41	00:46:31	00:46:18	02:27:55	02:26:57	364		Veterano 2	76
348	890	Ivone Ferreira	00:47:53	00:47:35	00:54:18	00:53:39	00:45:45	00:45:40	02:27:56	02:26:54	363		Veterana	11
349	305	Rogério Venancio	00:47:40	00:47:03	00:53:57	00:53:49	00:46:26	00:46:13	02:28:03	02:27:05	367	Associação o Mundo da Corrida	Veterano 5	17
350	551	Alexander Ehlert	00:49:14	00:46:58	00:54:35	00:53:15	00:44:20	00:43:31	02:28:09	02:23:44	302		Senior	108
351	1039	João Silva	00:49:53	00:47:52	00:53:46	00:53:22	00:44:33	00:44:24	02:28:12	02:25:38	342	Egas Moniz	Senior	109
352	1577	Simão Fernandes	00:51:45	00:49:15	00:50:04	00:49:33	00:46:26	00:46:09	02:28:15	02:24:57	328		Senior	110
353	1986	Angelo Vieira	00:49:56	00:47:04	00:53:46	00:53:17	00:44:42	00:44:39	02:28:24	02:25:00	330		Veterano 1	69
354	411	Julio Meireles	00:47:53	00:47:13	00:54:41	00:54:16	00:45:51	00:45:30	02:28:25	02:26:59	365	CCD PM CASCAIS	Veterano 6	7
355	1136	Fernando Almeida	00:50:29	00:49:51	00:52:31	00:52:00	00:45:28	00:44:58	02:28:28	02:26:49	360		Senior	111
356	2444	Paulo Galhardo	00:49:41	00:48:52	00:53:55	00:53:31	00:44:55	00:44:28	02:28:31	02:26:51	361		Veterano 3	45
357	1065	Nelson Carneiro	00:47:04	00:46:31	00:54:55	00:54:12	00:46:40	00:46:11	02:28:39	02:26:54	362		Veterano 4	15
358	914	Paulo Alpalhão	00:48:43	00:46:56	00:54:07	00:53:23	00:45:53	00:45:02	02:28:43	02:25:21	341		Veterano 1	70
359	22	João Silva	00:48:53	00:48:23	00:55:53	00:55:47	00:44:04	00:44:01	02:28:50	02:28:11	395		Veterano 4	16
360	306	Rui Lourenço	00:49:44	00:49:27	00:52:30	00:52:11	00:46:41	00:46:03	02:28:55	02:27:41	383		Veterano 2	78



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE
CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
361	571	Fernando Rosete	00:48:26	00:47:14	00:54:58	00:54:24	00:45:31	00:45:02	02:28:55	02:26:40	357		Veterano 2	77
362	1088	Paulo Campos	00:50:10	00:49:47	00:52:38	00:52:17	00:46:09	00:45:33	02:28:57	02:27:37	380		Veterano 2	79
363	1552	Rodrigo Almeida	00:49:27	00:49:16	00:54:03	00:53:54	00:45:29	00:45:22	02:28:59	02:28:32	400	Clube do Grupo BES	Senior	112
364	2160	João Simões	00:47:18	00:47:01	00:54:56	00:54:36	00:46:49	00:46:25	02:29:03	02:28:02	391		Veterano 2	80
365	1253	Miguel Soares	00:48:50	00:46:58	00:54:10	00:53:29	00:46:04	00:44:44	02:29:04	02:25:11	337		Junior	2
366	2017	Hugo Ferreira	00:50:08	00:49:22	00:53:33	00:52:57	00:45:23	00:44:51	02:29:04	02:27:10	368		Veterano 1	71
367	1324	Nuno Neves	00:49:23	00:48:58	00:55:13	00:54:47	00:44:30	00:44:11	02:29:06	02:27:56	390		Veterano 1	72
368	1364	João Silva	00:49:52	00:48:49	00:54:19	00:53:50	00:44:57	00:44:49	02:29:08	02:27:28	378	cleverti	Senior	113
369	2572	Nuno Pereira	00:47:38	00:47:11	00:53:34	00:53:30	00:47:58	00:47:51	02:29:10	02:28:32	401		Veterano 4	17
370	2048	Paulo Silva	00:49:17	00:46:09	00:55:57	00:54:14	00:43:57	00:43:19	02:29:11	02:23:42	300		Veterano 2	81
371	699	Paulo Garcia	00:47:10	00:46:06	00:56:10	00:55:59	00:45:56	00:45:17	02:29:16	02:27:22	373	Pernas de Gafanhoto	Veterano 2	82
372	888	Nuno Lima	00:48:50	00:47:03	00:54:06	00:53:23	00:46:22	00:45:30	02:29:18	02:25:56	347		Senior	114
373	1798	Manuela Folgado	00:47:09	00:46:56	00:55:25	00:55:09	00:46:49	00:46:41	02:29:23	02:28:46	405	Leões de Porto Salvo	Veterana	12
374	1147	Rui Tomé	00:50:55	00:48:37	00:53:57	00:53:17	00:44:36	00:44:01	02:29:28	02:25:55	346		Veterano 1	73
375	1894	Nuno Lima	00:46:23	00:45:46	00:57:31	00:56:37	00:45:35	00:45:29	02:29:29	02:27:52	387	CCD CENTRO CULTURA DESPORTO SEG SOC IAI I Y	Veterano 1	74
376	626	Vasco Oliveira	00:49:52	00:48:18	00:53:01	00:52:43	00:46:39	00:46:01	02:29:32	02:27:02	366		Veterano 4	18
377	4564	Hugo Sequeira	00:50:29	00:48:12	00:54:04	00:53:11	00:45:00	00:44:37	02:29:33	02:26:00	348		Senior	115
378	1955	Honorato Moura	00:48:03	00:47:34	00:53:40	00:53:28	00:47:57	00:47:54	02:29:40	02:28:56	411	CCDT Metro Lisboa	Senior	116
379	1009	João Matos	00:47:52	00:47:34	00:56:15	00:56:01	00:45:33	00:45:14	02:29:40	02:28:49	409	Tropas de losango	Senior	117
380	1162	Carlos Teixeira	00:48:22	00:47:14	00:54:32	00:53:55	00:46:49	00:46:17	02:29:43	02:27:26	376		Veterano 4	19



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
381	1385	Paulo Marques	00:50:35	00:48:35	00:54:43	00:54:32	00:44:29	00:44:21	02:29:47	02:27:28	377		Veterano 1	75
382	1819	José Carretas	00:48:27	00:48:23	00:55:16	00:54:57	00:46:05	00:45:53	02:29:48	02:29:13	418		Veterano 3	46
383	2197	Feliciano Carvalho	00:48:21	00:47:42	00:57:21	00:55:58	00:44:07	00:43:59	02:29:49	02:27:39	382		Veterano 3	47
384	548	Rui Araújo	00:46:15	00:45:58	00:58:55	00:57:55	00:44:45	00:44:19	02:29:55	02:28:12	396		Veterano 1	76
385	1977	Maria Machado	00:49:20	00:48:03	00:55:38	00:54:54	00:45:01	00:44:20	02:29:59	02:27:17	371		Senior	6
386	1748	Palmeira Rosa	00:47:16	00:46:57	00:57:09	00:56:51	00:45:38	00:45:25	02:30:03	02:29:13	417		Veterano 2	83
387	1339	Joaquim Vaz	00:56:18	00:55:09	00:50:06	00:49:24	00:43:44	00:43:05	02:30:08	02:27:38	381		Veterano 1	77
388	790	Américo Santos	00:47:39	00:47:07	00:56:25	00:56:09	00:46:08	00:45:55	02:30:12	02:29:11	416	OS "NÓMADAS"	Veterano 5	18
389	488	Pedro Torres	00:48:51	00:48:36	00:55:36	00:55:17	00:45:46	00:45:27	02:30:13	02:29:20	422		Veterano 1	78
390	407	Luis Reis	00:48:00	00:47:19	00:53:58	00:53:35	00:48:16	00:47:34	02:30:14	02:28:28	398	CCD PM CASCAIS	Veterano 4	20
391	2567	Lidia Magalhães	00:49:07	00:48:53	00:54:26	00:54:07	00:46:41	00:46:31	02:30:14	02:29:31	427		Senior	7
392	1432	Antonio Ramos	00:48:00	00:47:44	00:56:22	00:56:05	00:45:53	00:45:42	02:30:15	02:29:31	426	CLUBE MILLENNIUM BCP	Veterano 2	84
393	1610	Tiago Ramos	00:49:22	00:47:37	00:54:29	00:53:55	00:46:24	00:46:20	02:30:15	02:27:52	386		Senior	118
394	1350	Liberto Santos	00:49:29	00:48:30	00:54:35	00:54:18	00:46:17	00:46:01	02:30:21	02:28:49	410		Veterano 3	48
395	493	Manuel Oliveira	00:50:08	00:47:28	00:54:57	00:54:30	00:45:18	00:44:50	02:30:23	02:26:48	359		Veterano 2	85
396	894	Manuel Hortelão	00:49:36	00:47:25	00:55:30	00:54:44	00:45:22	00:45:05	02:30:28	02:27:14	370	AMIGOS DA FLOR	Veterano 2	86
397	1744	Ricardo Barbeiro	00:49:09	00:47:18	00:54:44	00:54:23	00:46:35	00:46:24	02:30:28	02:28:05	394		Senior	119
398	1434	Antonio Correia	00:48:50	00:47:47	00:54:44	00:54:27	00:46:56	00:46:27	02:30:30	02:28:41	403	CLUBE MILLENNIUM BCP	Veterano 5	19
399	1021	Rúben Pereira	00:47:58	00:47:39	00:56:00	00:55:37	00:46:32	00:46:09	02:30:30	02:29:25	425		Senior	120
400	2193	Jose Lopes	00:48:48	00:46:53	00:55:17	00:54:56	00:46:26	00:45:59	02:30:31	02:27:48	385		Veterano 3	49



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
401	1259	Jose Vaz	00:47:31	00:47:14	00:56:10	00:55:48	00:46:57	00:46:42	02:30:38	02:29:44	432	CLUBE ANACOM	Veterano 5	20
402	689	Teresa Pimenta	00:47:19	00:46:48	00:56:56	00:56:18	00:46:24	00:45:55	02:30:39	02:29:01	412		Veterana	13
403	1943	Nuno Vaz	00:43:06	00:41:45	01:03:34	01:03:10	00:44:04	00:43:51	02:30:44	02:28:46	406	Falcões Selvagens	Senior	121
404	303	Marco Brito	00:47:29	00:46:50	00:55:45	00:55:16	00:47:31	00:47:10	02:30:45	02:29:16	419		Veterano 1	79
405	1515	Carlos Rangell	00:48:02	00:47:47	00:56:26	00:56:06	00:46:18	00:45:59	02:30:46	02:29:52	436		Veterano 6	8
406	1537	Manuel Cardoso	00:49:13	00:49:02	00:53:40	00:53:30	00:47:53	00:47:45	02:30:46	02:30:17	448	Clube do Grupo BES	Senior	122
407	217	Manuel Magalhães	00:49:43	00:49:08	00:55:07	00:54:38	00:46:00	00:45:31	02:30:50	02:29:17	421	Valadares	Veterano 3	50
408	1374	Marco Morais	00:53:15	00:50:21	00:54:23	00:54:13	00:43:16	00:42:50	02:30:54	02:27:24	374		Veterano 1	80
409	2383	Filipe Bragança	00:49:49	00:47:33	00:55:24	00:55:08	00:45:42	00:45:24	02:30:55	02:28:05	393		Senior	123
410	659	Gonçalo Marques	00:50:56	00:47:26	00:53:35	00:53:01	00:46:28	00:45:46	02:30:59	02:26:13	352		Senior	124
411	4601	Paulo Cravo	00:49:04	00:48:32	00:52:35	00:52:09	00:49:20	00:48:36	02:30:59	02:29:17	420	Garmin Clube Olímpico de Oeiras	Veterano 3	51
412	1866	Maria Lopes	00:45:37	00:44:47	00:52:26	00:52:12	00:53:03	00:52:42	02:31:06	02:29:41	430		Senior	8
413	2101	Ricardo Filipe	00:52:00	00:49:44	00:53:40	00:52:13	00:45:29	00:44:03	02:31:09	02:26:00	349		Senior	125
414	678	João Duarte	00:52:22	00:49:51	00:54:12	00:53:52	00:44:37	00:44:12	02:31:11	02:27:55	389		Veterano 1	81
415	569	Flávio Rebelo	00:49:31	00:46:56	00:55:48	00:55:29	00:45:54	00:45:20	02:31:13	02:27:45	384		Veterano 5	21
416	997	João Prelhaz	00:48:55	00:48:38	00:55:17	00:54:17	00:47:03	00:46:37	02:31:15	02:29:32	428		Veterano 1	82
417	2225	Bruno Freire	00:48:49	00:48:13	00:54:34	00:53:51	00:47:53	00:47:20	02:31:16	02:29:24	424		Senior	126
418	854	Pedro Ramos	00:50:10	00:48:18	00:55:50	00:54:10	00:45:19	00:44:49	02:31:19	02:27:17	372		Veterano 3	52
419	998	João Mendes	00:48:41	00:48:05	00:53:53	00:53:11	00:48:45	00:48:04	02:31:19	02:29:20	423		Senior	127
420	2022	José Rodrigues	00:49:18	00:49:00	00:55:27	00:55:05	00:46:36	00:45:52	02:31:21	02:29:57	438	Extintos 2	Veterano 4	21



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
421	1874	António Sousa	00:48:42	00:48:10	00:55:57	00:55:46	00:46:42	00:46:14	02:31:21	02:30:10	446		Veterano 1	83
422	996	Pedro Ferreira	00:48:48	00:48:31	00:57:09	00:56:43	00:45:26	00:45:08	02:31:23	02:30:22	450		Veterano 3	53
423	116	António Reis	00:49:51	00:49:28	00:53:31	00:53:05	00:48:05	00:47:34	02:31:27	02:30:07	444		Veterano 1	84
424	1416	Fernando Rodrigues	00:53:29	00:52:56	00:47:07	00:46:55	00:51:00	00:50:35	02:31:36	02:30:26	452	CLUBE MILLENNIUM BCP	Veterano 3	54
425	549	Pedro Almeida	00:48:11	00:47:36	00:56:26	00:55:45	00:46:59	00:46:30	02:31:36	02:29:51	435		Veterano 5	22
426	800	João Martinho	00:48:24	00:48:10	00:56:43	00:56:25	00:46:29	00:46:10	02:31:36	02:30:45	462		Senior	128
427	4590	Fernando Mendes	00:47:22	00:46:50	00:58:39	00:58:12	00:45:35	00:45:15	02:31:36	02:30:17	447	Garmin Clube Olímpico de Oeiras	Veterano 5	23
428	1014	Ricardo Vicente	00:50:08	00:48:55	00:54:30	00:54:12	00:47:03	00:46:42	02:31:41	02:29:49	434		Veterano 2	87
429	2468	António Pereira	00:49:59	00:49:54	00:55:00	00:54:54	00:46:42	00:46:38	02:31:41	02:31:26	482		Veterano 3	55
430	1003	Graciano Muchaxo	00:53:07	00:52:25	00:53:47	00:53:13	00:44:49	00:44:22	02:31:43	02:30:00	440	CCD PM CASCAIS	Veterano 4	22
431	408	Mario Santos	00:51:02	00:49:54	00:51:48	00:51:30	00:48:58	00:48:42	02:31:48	02:30:06	443	CCD PM CASCAIS	Veterano 2	88
432	104	Rodrigo Santos	00:49:31	00:49:17	00:55:06	00:54:45	00:47:14	00:46:56	02:31:51	02:30:58	467		Veterano 2	89
433	2019	Filipe Santos	00:49:07	00:47:33	00:55:38	00:54:58	00:47:12	00:46:33	02:31:57	02:29:04	413		Veterano 1	85
434	1431	Carlos Dinis	00:49:35	00:48:09	00:55:34	00:55:09	00:46:52	00:46:24	02:32:01	02:29:42	431	CLUBE MILLENNIUM BCP	Veterano 3	56
435	832	Francisco Barata	00:48:32	00:46:43	00:57:11	00:56:36	00:46:19	00:45:46	02:32:02	02:29:05	414		Senior	129
436	1049	Sergia Narciso	00:53:55	00:53:29	00:53:28	00:52:59	00:44:40	00:44:30	02:32:03	02:30:58	468		Veterana	14
437	4396	Carlos Santos	00:49:04	00:48:28	00:56:35	00:56:20	00:46:27	00:45:49	02:32:06	02:30:37	459		Veterano 5	24
438	1022	João Reis	00:48:15	00:47:02	00:56:53	00:56:21	00:47:00	00:46:34	02:32:08	02:29:57	439		Veterano 6	9
439	1828	Filipa Relvas	00:49:59	00:48:59	00:54:32	00:54:02	00:47:42	00:47:18	02:32:13	02:30:19	449	Atomic Team	Senior	9
440	1934	Tiago Nunes	00:51:40	00:48:07	00:54:59	00:54:17	00:45:36	00:45:06	02:32:15	02:27:30	379		Senior	130



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
441	973	Tiago Matias	00:51:17	00:50:27	00:56:37	00:55:45	00:44:22	00:43:53	02:32:16	02:30:05	442		Senior	131
442	2189	Sérgio Saltão	00:54:13	00:54:04	00:54:02	00:53:56	00:44:02	00:43:58	02:32:17	02:31:58	490		Senior	132
443	1109	Antonio Santos	00:48:11	00:47:52	00:56:51	00:56:37	00:47:15	00:46:39	02:32:17	02:31:08	474		Veterano 3	57
444	725	Tiago Gomes	00:51:21	00:49:38	00:55:10	00:54:26	00:45:48	00:45:05	02:32:19	02:29:09	415		Senior	133
445	1883	Paulo Prata	00:46:31	00:46:06	00:57:18	00:56:58	00:48:35	00:48:18	02:32:24	02:31:22	481		Veterano 3	58
446	1000	Alberto Abreu	00:48:47	00:48:02	00:56:53	00:56:17	00:46:45	00:46:14	02:32:25	02:30:33	457	CCD PM CASCAIS	Veterano 3	59
447	2320	David Ribeiro	00:47:57	00:46:36	00:53:14	00:52:18	00:51:15	00:49:55	02:32:26	02:28:49	408		Senior	134
448	2578	João Teixeira	00:48:43	00:48:38	00:57:24	00:57:19	00:46:20	00:46:18	02:32:27	02:32:15	496		Veterano 4	23
449	1596	Rúdi Neves	00:51:59	00:49:26	00:54:03	00:53:22	00:46:25	00:45:49	02:32:27	02:28:37	402		Senior	135
450	837	José Coelho	00:48:59	00:48:32	00:57:27	00:56:49	00:46:04	00:45:34	02:32:30	02:30:55	464		Senior	136
451	2328	Daniel Ferraz	00:51:52	00:49:19	00:54:04	00:53:24	00:46:39	00:46:03	02:32:35	02:28:46	407		Senior	137
452	448	Maurício Rodrigues	00:49:39	00:49:15	00:56:54	00:56:39	00:46:04	00:45:52	02:32:37	02:31:46	487		Senior	138
453	1688	Diogo Silva	00:50:03	00:49:09	00:54:48	00:53:50	00:47:48	00:47:33	02:32:39	02:30:32	454	D&G	Veterano 2	90
454	2579	João Almeida	00:50:54	00:47:47	00:55:51	00:54:16	00:45:58	00:45:22	02:32:43	02:27:25	375		Veterano 1	86
455	743	Ricardo Miranda	00:50:30	00:48:44	00:55:16	00:54:03	00:46:57	00:45:25	02:32:43	02:28:12	397		Senior	139
456	1090	João Ribeiro	00:47:45	00:46:33	00:59:08	00:58:49	00:45:52	00:45:30	02:32:45	02:30:52	463		Veterano 2	91
457	2033	Gonçalo Oliveira	00:50:19	00:49:15	00:55:03	00:54:32	00:47:27	00:47:09	02:32:49	02:30:56	465	GDCT UNICRE	Veterano 4	24
458	1779	Paulo Puga	00:46:31	00:45:59	00:59:10	00:58:39	00:47:09	00:46:22	02:32:50	02:31:00	469	GDINE	Veterano 3	60
459	1051	Rui Soeiro	00:56:27	00:55:23	00:52:41	00:52:06	00:43:44	00:43:11	02:32:52	02:30:40	460		Senior	140
460	190	Nuno Costa	00:48:47	00:47:54	00:56:49	00:55:56	00:47:18	00:46:43	02:32:54	02:30:33	456	ORFF	Veterano 1	87



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
461	1904	Miraldo Ramos	00:49:42	00:49:00	00:55:32	00:55:12	00:47:42	00:47:08	02:32:56	02:31:20	480	SS CGD	Veterano 1	88
462	999	Rui Oliveira	00:51:42	00:49:38	00:54:56	00:54:22	00:46:19	00:45:48	02:32:57	02:29:48	433		Veterano 1	89
463	1963	Joel Matos	00:53:38	00:51:07	00:55:02	00:53:45	00:44:20	00:43:02	02:33:00	02:27:54	388		Veterano 1	90
464	1382	Vitor Ribeiro	00:49:00	00:48:21	00:57:00	00:55:37	00:47:08	00:46:46	02:33:08	02:30:44	461		Senior	141
465	1857	Rui Barbosa	00:48:51	00:48:20	00:56:45	00:56:27	00:47:44	00:47:31	02:33:20	02:32:18	497	Clube Vodafone	Veterano 2	92
466	2049	Lisete Matias	00:50:19	00:47:11	00:57:35	00:55:52	00:45:36	00:44:59	02:33:30	02:28:02	392		Veterana	15
467	1315	João Alves	00:48:40	00:48:36	00:57:35	00:57:27	00:47:17	00:47:10	02:33:32	02:33:13	518		Veterano 3	61
468	1054	Paulo Lilaia	00:51:37	00:48:40	00:55:47	00:55:16	00:46:11	00:45:39	02:33:35	02:29:35	429	Rocket Men	Veterano 3	62
469	1588	Sara Loureiro	00:49:47	00:49:17	00:56:31	00:56:06	00:47:18	00:46:46	02:33:36	02:32:09	493	Sporting Clube de Casaínhos	Senior	10
470	1457	Jose Agapito	00:52:40	00:49:46	00:55:18	00:54:57	00:45:40	00:45:26	02:33:38	02:30:09	445		Veterano 4	25
471	761	Rui Silva	00:50:22	00:49:41	00:55:50	00:55:19	00:47:32	00:47:05	02:33:44	02:32:05	491		Veterano 3	63
472	834	Fernando Oliveira	00:48:36	00:48:16	00:59:12	00:58:32	00:45:56	00:45:32	02:33:44	02:32:20	499		Veterano 2	93
473	1013	Luis Alves	00:52:05	00:49:58	00:55:15	00:54:41	00:46:28	00:45:57	02:33:48	02:30:36	458		Veterano 3	64
474	964	Francisco Brito	00:51:18	00:49:57	00:53:29	00:52:58	00:49:01	00:48:19	02:33:48	02:31:14	476		Veterano 2	94
475	1735	Manuel Pereira	00:48:58	00:48:22	00:58:27	00:58:04	00:46:25	00:45:52	02:33:50	02:32:18	498	GYM 2010	Veterano 5	25
476	1287	Paulo Calvino	00:49:56	00:49:34	00:56:52	00:56:08	00:47:02	00:46:30	02:33:50	02:32:12	494		Veterano 2	95
477	2406	João Gonçalves	00:48:29	00:46:13	01:01:31	01:01:14	00:43:52	00:43:34	02:33:52	02:31:01	471		Senior	142
478	332	Raúl Costa	00:48:14	00:47:30	00:58:42	00:58:23	00:46:57	00:46:39	02:33:53	02:32:32	506	Clube Robbialac	Veterano 4	26
479	1767	Jorge Testos	00:50:58	00:48:53	00:56:31	00:55:53	00:46:26	00:45:46	02:33:55	02:30:32	453		Senior	143
480	1738	Antonio Ferreira	00:48:24	00:47:51	00:57:52	00:56:03	00:47:40	00:47:06	02:33:56	02:31:00	470		Veterano 4	27



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
481	137	Miguel Ribeiro	00:55:29	00:53:33	00:48:31	00:47:17	00:49:58	00:49:15	02:33:58	02:30:05	441		Veterano 2	96
482	73	Carlos Costa	00:51:36	00:49:36	00:54:59	00:54:47	00:47:24	00:47:08	02:33:59	02:31:31	483		Veterano 3	65
483	1062	Jorge Louro	00:49:56	00:49:38	00:56:16	00:55:58	00:47:51	00:47:30	02:34:03	02:33:06	514		Veterano 3	66
484	1426	Pedro Fontes	00:48:13	00:46:53	00:57:23	00:56:57	00:48:31	00:48:05	02:34:07	02:31:55	489	CLUBE MILLENNIUM BCP	Veterano 3	67
485	1868	Jorge Carvalho	00:50:20	00:49:35	00:55:56	00:55:24	00:47:52	00:47:31	02:34:08	02:32:30	504		Veterano 6	10
486	1102	Nuno Fidalgo	00:50:58	00:49:29	00:57:07	00:55:38	00:46:09	00:45:50	02:34:14	02:30:57	466		Veterano 1	91
487	2105	Ana Ferreira	00:48:30	00:45:06	00:53:33	00:51:44	00:52:17	00:51:42	02:34:20	02:28:32	399		Senior	11
488	2450	José Pardal	00:51:31	00:49:13	00:56:59	00:56:30	00:45:53	00:45:33	02:34:23	02:31:16	477		Veterano 1	92
489	1959	Tiago Martinho	00:51:32	00:49:53	00:55:03	00:54:20	00:47:50	00:47:28	02:34:25	02:31:41	484		Senior	144
490	420	Bruno Fonseca	00:52:29	00:49:20	00:55:53	00:54:05	00:46:05	00:45:20	02:34:27	02:28:45	404		Senior	145
491	1291	Mário Santos	00:49:33	00:48:49	00:56:54	00:56:05	00:48:01	00:47:19	02:34:28	02:32:13	495		Veterano 2	97
492	809	Gonçalo Pinheiro	00:49:09	00:48:30	00:57:27	00:57:03	00:47:58	00:47:16	02:34:34	02:32:49	511		Veterano 1	93
493	931	João Cruz	00:49:37	00:49:13	00:57:03	00:56:26	00:47:59	00:47:15	02:34:39	02:32:54	512		Veterano 2	98
494	1809	Paulo Sousa	00:48:05	00:47:42	00:59:51	00:59:32	00:46:44	00:46:17	02:34:40	02:33:31	521		Veterano 1	94
495	1830	Jorge Caeiro	00:49:42	00:47:53	00:57:49	00:56:36	00:47:15	00:46:37	02:34:46	02:31:06	473	10afio	Senior	147
496	122	Bruno Reis	00:51:00	00:50:23	00:56:02	00:55:17	00:47:44	00:46:56	02:34:46	02:32:36	507		Senior	146
497	849	Carlos Llera	00:52:04	00:50:25	00:56:20	00:55:37	00:46:25	00:45:10	02:34:49	02:31:12	475		Senior	148
498	227	Alexandre Tam	00:50:21	00:50:07	00:56:42	00:56:26	00:47:49	00:47:32	02:34:52	02:34:05	538		Senior	149
499	4109	Diogo Correia	00:49:20	00:48:31	00:55:23	00:54:29	00:50:10	00:48:20	02:34:53	02:31:20	479	Vieira de Almeida & Associados - "VdAtletas"	Senior	150
500	1063	Sérgio Sales	00:45:30	00:43:58	01:01:10	00:59:09	00:48:15	00:47:16	02:34:55	02:30:23	451		Senior	151



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
501	911	Nuno Sá	00:50:20	00:49:25	00:56:12	00:55:28	00:48:24	00:47:46	02:34:56	02:32:39	508	Live & Fit	Veterano 2	99
502	1439	Graciete Aires	00:51:31	00:48:46	00:55:54	00:55:24	00:47:32	00:46:52	02:34:57	02:31:02	472	CLUBE MILLENNIUM BCP	Veterana	16
503	1016	Pedro Mendonça	00:51:35	00:51:06	00:56:34	00:56:02	00:46:48	00:45:59	02:34:57	02:33:07	516		Veterano 1	95
504	610	Nuno Catarro	00:48:08	00:47:01	00:56:48	00:55:21	00:50:08	00:48:56	02:35:04	02:31:18	478		Veterano 1	96
505	1199	Gheorghe Ticu	00:55:22	00:54:43	00:56:06	00:54:53	00:43:39	00:43:31	02:35:07	02:33:07	515		Senior	152
506	254	Pedro Lucas	00:51:08	00:49:29	00:57:53	00:57:24	00:46:07	00:45:51	02:35:08	02:32:44	510		Veterano 2	100
507	963	Cristiano Marques	00:50:04	00:49:49	00:57:29	00:57:08	00:47:38	00:47:14	02:35:11	02:34:11	542		Veterano 2	101
508	1404	Rui Silva	00:49:23	00:48:58	00:58:16	00:57:49	00:47:33	00:47:14	02:35:12	02:34:01	535		Veterano 3	68
509	4148	Pedro Dias	00:50:31	00:49:16	00:57:54	00:56:50	00:46:48	00:46:18	02:35:13	02:32:24	500		Senior	153
510	1985	Rui Marques	00:48:55	00:48:16	00:58:23	00:57:53	00:47:56	00:47:28	02:35:14	02:33:37	526		Veterano 1	97
511	2429	Nuno Pereira	00:56:05	00:54:30	00:54:32	00:53:03	00:44:37	00:44:10	02:35:14	02:31:43	486		Veterano 2	102
512	631	Eduardo Pinto	00:45:16	00:44:53	00:58:57	00:58:16	00:51:01	00:50:14	02:35:14	02:33:23	519		Senior	154
513	373	José Faria	00:49:58	00:48:48	00:57:38	00:57:05	00:47:41	00:47:15	02:35:17	02:33:08	517		Veterano 4	28
514	662	João Mendes	00:49:58	00:49:24	00:57:03	00:56:30	00:48:21	00:47:43	02:35:22	02:33:37	524		Veterano 1	98
515	1980	Vitor Vilhena	00:49:47	00:48:38	00:58:14	00:57:49	00:47:21	00:47:10	02:35:22	02:33:37	525		Senior	155
516	4488	Rodolfo Andrade	00:49:57	00:49:28	00:58:09	00:57:23	00:47:20	00:46:59	02:35:26	02:33:50	531		Senior	156
517	451	Tiago Robalo	00:49:25	00:48:19	00:57:32	00:56:37	00:48:31	00:48:09	02:35:28	02:33:05	513		Senior	157
518	2515	André Cymbron	00:52:31	00:50:54	00:54:56	00:54:47	00:48:02	00:47:53	02:35:29	02:33:34	522		Senior	158
519	1355	Rui Santos	00:50:30	00:49:15	00:56:37	00:56:19	00:48:24	00:48:10	02:35:31	02:33:44	528		Veterano 2	103
520	870	A Pereira	00:50:38	00:49:39	00:56:43	00:56:28	00:48:11	00:47:46	02:35:32	02:33:53	533		Veterana	17



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
521	1565	Pedro Silva	00:55:10	00:54:36	00:53:53	00:53:18	00:46:36	00:46:16	02:35:39	02:34:10	539		Senior	159
522	106	José Agapito	00:49:31	00:48:28	00:56:03	00:55:52	00:50:07	00:49:22	02:35:41	02:33:42	527		Veterano 1	99
523	1058	Paulo Silva	00:49:40	00:48:30	00:58:45	00:58:24	00:47:20	00:46:37	02:35:45	02:33:31	520		Veterano 3	69
524	1269	Raúl Matos	00:49:58	00:49:28	00:59:05	00:58:31	00:46:44	00:46:29	02:35:47	02:34:28	545		Veterano 3	70
525	74	Artur Fonseca	00:54:41	00:51:15	00:56:17	00:54:05	00:44:55	00:44:33	02:35:53	02:29:53	437		Senior	160
526	1652	Cláudia Mestre	00:49:56	00:49:50	00:57:24	00:57:15	00:48:40	00:48:16	02:36:00	02:35:21	564		Veterana	18
527	629	Ricardo Onofre	00:53:53	00:53:12	00:54:02	00:53:05	00:48:08	00:47:32	02:36:03	02:33:49	530		Veterano 1	100
528	2041	João Ascensão	00:49:38	00:47:13	00:58:19	00:57:43	00:48:06	00:47:46	02:36:03	02:32:42	509	Corridas e Andanças	Senior	161
529	464	Luis Martins	00:51:15	00:50:38	00:57:34	00:57:14	00:47:15	00:46:52	02:36:04	02:34:44	548		Veterano 2	104
530	1957	Nuno Madeira	00:51:54	00:50:14	00:57:15	00:56:08	00:46:56	00:45:20	02:36:05	02:31:42	485		Veterano 2	105
531	1082	João Simões	00:51:52	00:48:55	00:56:36	00:56:05	00:47:39	00:47:07	02:36:07	02:32:07	492	Rocket Men	Veterano 4	29
532	1784	Luis Pereira	00:51:40	00:51:25	00:57:14	00:56:47	00:47:15	00:46:52	02:36:09	02:35:04	556		Veterano 2	106
533	619	Luis Pereira	00:50:39	00:48:49	00:58:29	00:57:17	00:47:03	00:46:24	02:36:11	02:32:30	503		Veterano 2	107
534	387	Vítor Santos	00:54:18	00:51:09	00:55:55	00:54:07	00:46:02	00:45:16	02:36:15	02:30:32	455		Senior	162
535	1113	Pedro Fernandes	00:55:26	00:54:55	00:45:20	00:45:10	00:55:32	00:54:55	02:36:18	02:35:00	554		Veterano 2	108
536	1777	Miguel Bastos	00:49:53	00:49:21	00:58:09	00:57:41	00:48:25	00:48:06	02:36:27	02:35:08	559	GDINE	Veterano 5	26
537	615	Ana Figueiredo	00:49:59	00:49:24	00:57:43	00:57:20	00:48:51	00:48:20	02:36:33	02:35:04	557		Veterana	19
538	2162	Bruno Soares	00:50:55	00:49:36	00:59:12	00:58:01	00:46:30	00:46:12	02:36:37	02:33:49	529		Veterano 1	101
539	2044	Rui Vila	00:51:15	00:49:00	00:58:19	00:57:49	00:47:10	00:45:41	02:36:44	02:32:30	502		Senior	163
540	899	Pedro Teigas	00:48:57	00:48:43	00:59:17	00:58:33	00:48:31	00:47:58	02:36:45	02:35:14	562		Veterano 2	109



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
541	311	Fernando Vicente	00:54:51	00:54:43	00:55:10	00:55:00	00:46:47	00:46:42	02:36:48	02:36:25	592		Veterano 4	30
542	1766	Carlos Santos	00:51:03	00:49:47	00:58:00	00:57:18	00:47:50	00:47:05	02:36:53	02:34:10	540	GDINE	Veterano 3	71
543	1311	Miguel Bermonte	00:52:41	00:52:20	00:54:52	00:54:18	00:49:20	00:48:55	02:36:53	02:35:33	567		Veterano 1	102
544	1543	Paulo Correia	00:49:11	00:48:51	00:58:32	00:57:53	00:49:12	00:48:36	02:36:55	02:35:20	563	Clube do Grupo BES	Veterano 2	110
545	1403	António Silva	00:49:49	00:49:00	00:58:38	00:58:08	00:48:30	00:47:50	02:36:57	02:34:58	552		Veterano 3	72
546	687	Pedro Santos	00:51:18	00:50:34	00:56:44	00:56:14	00:48:59	00:47:37	02:37:01	02:34:25	543		Senior	164
547	1914	Luís Miranda	00:50:57	00:50:12	00:58:56	00:57:51	00:47:08	00:46:57	02:37:01	02:35:00	555	Carapaus de Corrida	Veterano 3	73
548	1116	Samuel Duarte	00:50:24	00:49:30	00:57:50	00:57:21	00:48:49	00:48:36	02:37:03	02:35:27	565		Veterano 1	103
549	2148	José Mota	00:54:23	00:51:58	00:55:53	00:54:31	00:46:52	00:45:57	02:37:08	02:32:26	501	Wikaboo	Veterano 4	31
550	1699	Jorge Frade	00:49:41	00:49:34	00:58:05	00:57:56	00:49:22	00:48:55	02:37:08	02:36:25	591		Veterano 3	74
551	769	Carlos Ferreirinho	00:53:54	00:52:25	00:51:50	00:50:52	00:51:30	00:50:20	02:37:14	02:33:37	523		Veterano 1	104
552	509	Bruno Amorim	00:49:21	00:47:51	00:58:50	00:58:16	00:49:04	00:48:36	02:37:15	02:34:43	547		Senior	165
553	379	Rui Ferreira	00:48:36	00:48:18	01:00:06	00:59:37	00:48:34	00:47:54	02:37:16	02:35:49	578		Veterano 2	111
554	658	Nuno Miguel	00:49:25	00:49:01	00:58:11	00:57:32	00:49:41	00:49:06	02:37:17	02:35:39	574	H2Ovita	Veterano 2	112
555	1126	Henrique Belmar	00:45:54	00:45:30	00:54:42	00:54:26	00:56:42	00:56:33	02:37:18	02:36:29	597		Veterano 5	27
556	1983	Nuno Andrade	00:50:38	00:49:07	00:58:20	00:57:55	00:48:21	00:47:46	02:37:19	02:34:48	549	MOTORPRESS	Veterano 2	113
557	1677	Carlos Cipriano	00:45:24	00:44:56	00:52:05	00:51:36	00:59:51	00:59:43	02:37:20	02:36:15	589		Senior	166
558	2471	Patricia Lourenço	00:52:56	00:50:37	00:58:22	00:57:30	00:46:04	00:45:54	02:37:22	02:34:01	536		Senior	12
559	1460	Rui Duarte	00:50:55	00:48:36	01:00:13	00:59:33	00:46:19	00:45:43	02:37:27	02:33:52	532		Veterano 1	105
560	520	Iolanda Batista	00:51:51	00:50:33	00:57:58	00:56:30	00:47:42	00:46:55	02:37:31	02:33:58	534		Veterana	20



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
561	2331	Miguel Silva	00:51:28	00:48:47	00:57:59	00:56:31	00:48:07	00:46:36	02:37:34	02:31:54	488		Veterano 1	106
562	1408	Joao Onceição	00:50:01	00:49:31	00:58:19	00:58:07	00:49:15	00:48:47	02:37:35	02:36:25	594		Veterano 4	32
563	1244	António Prelhaz	00:49:22	00:48:12	01:00:03	00:59:32	00:48:17	00:47:55	02:37:42	02:35:39	573		Veterano 4	33
564	2030	Francisco Paraíba	00:52:26	00:50:09	00:58:19	00:56:52	00:46:58	00:45:30	02:37:43	02:32:31	505		Veterano 1	107
565	1422	Paulo Felicio	00:51:09	00:49:59	00:59:15	00:58:50	00:47:24	00:46:58	02:37:48	02:35:47	577	CLUBE MILLENNIUM BCP	Veterano 3	75
566	523	Rui Sobral	00:50:16	00:49:48	01:00:03	00:59:23	00:47:34	00:47:13	02:37:53	02:36:24	590		Senior	167
567	1627	Luis Gutierres	00:51:11	00:50:26	00:59:04	00:57:39	00:47:41	00:47:32	02:37:56	02:35:37	572		Veterano 4	34
568	1495	Carlos Ribeiro	00:51:26	00:50:04	00:57:40	00:57:05	00:48:56	00:48:27	02:38:02	02:35:36	571	Os Galgos	Veterano 2	114
569	2561	Filipe Carvalho	00:51:44	00:51:34	00:56:33	00:56:27	00:49:45	00:49:40	02:38:02	02:37:41	624		Veterano 1	108
570	1366	Jorge Lourenço	00:49:22	00:48:12	00:59:58	00:59:28	00:48:51	00:47:54	02:38:11	02:35:34	568		Senior	168
571	1293	Pedro Peres	00:49:28	00:49:10	01:01:50	01:01:24	00:46:56	00:46:19	02:38:14	02:36:53	608		Veterano 1	109
572	1994	Manuel Paulo	00:52:41	00:50:20	00:57:34	00:56:39	00:48:01	00:47:12	02:38:16	02:34:11	541	ODEBRECHT/BPC	Veterano 5	28
573	198	Paulo Lapão	00:51:22	00:49:56	00:59:48	00:58:27	00:47:07	00:46:43	02:38:17	02:35:06	558		Veterano 3	76
574	39	Helena Ramos	00:58:01	00:57:19	00:56:16	00:56:03	00:44:09	00:43:32	02:38:26	02:36:54	609	Holmes Place	Veterana	21
575	350	Geoffray Ramos	00:58:01	00:57:17	00:56:16	00:56:03	00:44:09	00:43:32	02:38:26	02:36:52	607		Veterano 1	110
576	272	José Guimarães	00:52:27	00:51:27	00:59:20	00:58:41	00:46:41	00:46:01	02:38:28	02:36:09	583		Veterano 1	111
577	1284	Miguel Boim	00:48:53	00:48:32	01:01:20	00:59:15	00:48:19	00:47:25	02:38:32	02:35:12	561		Veterano 2	115
578	1277	Paulo Sena	00:50:20	00:49:40	01:00:28	00:59:40	00:47:46	00:47:08	02:38:34	02:36:28	596		Veterano 2	116
579	1417	Paulo Pais	01:02:03	00:59:39	00:53:14	00:52:10	00:43:18	00:43:01	02:38:35	02:34:50	550	CLUBE MILLENNIUM BCP	Veterano 3	77
580	1729	Ricardo Dias	00:51:15	00:50:29	01:00:45	00:59:14	00:46:36	00:45:45	02:38:36	02:35:28	566		Veterano 2	117



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE
CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
581	4543	Ricardo Candeias	00:50:30	00:50:13	00:59:52	00:59:36	00:48:16	00:46:55	02:38:38	02:36:44	602		Senior	169
582	1485	João Seródio	00:52:22	00:49:50	00:57:37	00:56:55	00:48:41	00:48:05	02:38:40	02:34:50	551		Senior	170
583	2200	Gonçalo Rodrigues	00:51:39	00:50:03	00:59:58	00:58:35	00:47:15	00:46:32	02:38:52	02:35:10	560		Veterano 1	112
584	2270	Rui Azevedo	00:53:13	00:53:08	00:58:54	00:58:38	00:46:45	00:46:41	02:38:52	02:38:27	644		Veterano 2	118
585	400	Ana Brás	00:52:40	00:51:15	00:56:18	00:55:34	00:50:06	00:49:20	02:39:04	02:36:09	585		Senior	13
586	2185	Carlos Ventura	00:59:33	00:59:24	00:53:13	00:53:05	00:46:20	00:46:06	02:39:06	02:38:35	650		Veterano 1	113
587	1545	Paulo Gonçalves	00:49:57	00:49:34	00:59:32	00:58:31	00:49:40	00:48:24	02:39:09	02:36:29	598	Clube do Grupo BES	Veterano 3	78
588	1860	Tiago Gouveia	00:53:37	00:51:22	00:56:46	00:55:34	00:48:49	00:47:30	02:39:12	02:34:26	544	PX STUFFs	Senior	171
589	2352	Pedro Pinto	00:56:34	00:56:11	00:56:38	00:55:12	00:46:00	00:45:21	02:39:12	02:36:44	601		Senior	172
590	947	Fernando Brito	00:52:21	00:50:07	01:00:09	00:58:42	00:46:43	00:46:10	02:39:13	02:34:59	553		Veterano 2	119
591	2369	Carlos Dias	00:52:28	00:51:37	00:58:01	00:56:52	00:48:50	00:48:00	02:39:19	02:36:29	600		Senior	173
592	4462	Henriques Silva	00:51:42	00:49:28	01:00:00	00:59:15	00:47:39	00:47:22	02:39:21	02:36:05	582	Núcleo de Atletismo «OS PAPAGAIOS DE CASCAIS»	Veterano 6	11
593	1263	Joaquim Plama	00:50:52	00:50:14	00:57:43	00:57:12	00:50:56	00:49:39	02:39:31	02:37:05	612		Veterano 5	29
594	133	Tiago Oliveira	00:54:09	00:51:53	00:57:17	00:56:31	00:48:10	00:47:51	02:39:36	02:36:15	588		Senior	174
595	1579	Odete Frutuoso	00:52:11	00:50:48	00:58:05	00:56:20	00:49:22	00:48:33	02:39:38	02:35:41	575		Veterana	22
596	782	Joaquim Carreira	00:53:15	00:50:57	00:58:29	00:56:42	00:47:59	00:46:25	02:39:43	02:34:04	537		Veterano 4	35
597	329	Daniel Rodrigues	00:50:27	00:50:01	01:00:05	00:58:41	00:49:13	00:48:41	02:39:45	02:37:23	617	Clube Robbialac	Senior	175
598	839	Rui Matos	00:50:02	00:49:15	01:00:54	00:59:12	00:48:49	00:47:44	02:39:45	02:36:11	587		Veterano 1	114
599	2042	Paulo Dinis	00:54:23	00:51:57	00:57:16	00:56:42	00:48:08	00:47:50	02:39:47	02:36:29	599	Corridas e Andanças	Senior	176
600	1440	Alberto Nunes	00:50:50	00:49:45	01:00:37	01:00:04	00:48:22	00:47:55	02:39:49	02:37:44	625	CLUBE MILLENNIUM BCP	Veterano 3	79



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
601	1792	Miguel Valente	00:52:33	00:51:39	01:00:18	00:58:51	00:47:01	00:46:16	02:39:52	02:36:46	603		Veterano 2	120
602	2196	Rui Dias	00:52:33	00:51:40	01:00:18	00:58:52	00:47:01	00:46:16	02:39:52	02:36:48	605		Veterano 4	36
603	1770	Carla Lopes	00:51:21	00:50:49	00:58:54	00:58:26	00:49:43	00:48:56	02:39:58	02:38:11	638	GDINE	Veterana	23
604	1663	Jose Robalo	00:50:30	00:49:40	00:56:04	00:55:38	00:53:27	00:53:16	02:40:01	02:38:34	647		Veterano 5	30
605	2513	Paulo Barreiros	00:52:35	00:50:45	00:58:10	00:56:47	00:49:17	00:48:31	02:40:02	02:36:03	581		Veterano 3	80
606	1783	Nuno Silva	00:51:30	00:50:34	00:58:37	00:57:38	00:49:56	00:49:19	02:40:03	02:37:31	620		Veterano 3	81
607	2175	José Junça	00:49:55	00:49:49	01:00:03	00:59:57	00:50:08	00:50:02	02:40:06	02:39:48	677		Veterano 5	31
608	1242	Miguel Lopes	00:50:00	00:48:34	01:01:12	00:59:15	00:48:54	00:48:36	02:40:06	02:36:25	595		Veterano 1	115
609	1428	Vasco Ferreira	00:51:19	00:50:55	00:59:34	00:59:14	00:49:13	00:48:50	02:40:06	02:38:59	661	CLUBE MILLENNIUM BCP	Veterano 3	82
610	1884	Daniel Machado	00:54:54	00:54:25	00:57:25	00:56:10	00:47:47	00:47:00	02:40:06	02:37:35	622		Senior	177
611	1841	José Ferreira	00:52:43	00:52:39	00:58:07	00:58:00	00:49:19	00:49:18	02:40:09	02:39:57	680		Veterano 1	116
612	1167	Antonio Mata	00:51:36	00:51:05	00:59:17	00:59:04	00:49:16	00:48:36	02:40:09	02:38:45	656	Run 4 Fun - R4F	Veterano 4	37
613	1245	Jose Cruz	00:52:54	00:50:17	00:58:22	00:56:48	00:48:55	00:48:36	02:40:11	02:35:41	576		Veterano 2	121
614	2481	Pedro Delgado	00:51:55	00:49:15	00:59:34	00:57:56	00:48:43	00:47:23	02:40:12	02:34:34	546		Veterano 1	117
615	1656	João Fonseca	00:56:16	00:54:02	00:56:06	00:55:11	00:47:55	00:46:22	02:40:17	02:35:35	569		Veterano 3	83
616	1967	Sandro Pinto	00:45:51	00:45:08	00:55:32	00:53:54	00:58:54	00:57:07	02:40:17	02:36:09	584		Veterano 1	118
617	2206	Fernando Fernandes	00:49:35	00:49:01	01:01:53	01:01:27	00:48:50	00:48:30	02:40:18	02:38:58	659		Veterano 4	38
618	2368	Pedro Almeida	00:53:08	00:52:17	00:58:52	00:57:43	00:48:25	00:47:33	02:40:25	02:37:33	621		Senior	178
619	1384	Joao Desirat	00:54:29	00:53:22	00:56:20	00:55:43	00:49:38	00:48:13	02:40:27	02:37:18	615		Senior	179
620	1500	Nuno Jacinto	01:01:09	00:59:45	00:54:04	00:53:32	00:45:18	00:44:46	02:40:31	02:38:03	633	Os Galgos	Veterano 1	119



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
621	1190	Pedro Antunes	00:52:36	00:52:11	00:58:26	00:57:26	00:49:30	00:48:31	02:40:32	02:38:08	634		Veterano 1	120
622	1409	Luis Grangeia	00:53:14	00:50:37	00:58:18	00:56:44	00:49:00	00:48:39	02:40:32	02:36:00	580		Senior	181
623	1825	Rafael Fernandes	00:51:03	00:49:57	00:59:18	00:58:45	00:50:11	00:49:46	02:40:32	02:38:28	645	Atomic Team	Senior	180
624	810	Bernardo Ponte	00:51:55	00:51:15	00:59:25	00:58:10	00:49:14	00:48:46	02:40:34	02:38:11	637		Veterano 2	122
625	1695	Pedro Santos	00:51:52	00:49:48	01:02:40	01:02:14	00:46:02	00:45:55	02:40:34	02:37:57	629		Veterano 2	123
626	1505	Miguel Chaves	00:49:02	00:48:48	00:57:46	00:57:28	00:53:47	00:53:15	02:40:35	02:39:31	671		Veterano 2	124
627	2055	José Coelho	00:52:03	00:51:57	00:59:02	00:58:54	00:49:30	00:49:06	02:40:35	02:39:57	681		Veterano 3	84
628	495	Tiago Pereira	00:52:01	00:49:55	00:56:43	00:55:49	00:51:52	00:51:17	02:40:36	02:37:01	610	H2Ovita	Senior	182
629	879	Isolda Guedes	00:57:03	00:54:03	00:55:45	00:55:00	00:47:49	00:46:32	02:40:37	02:35:35	570		Senior	14
630	273	Alberto Silva	00:52:21	00:51:19	00:59:18	00:58:40	00:49:00	00:48:19	02:40:39	02:38:18	641		Senior	183
631	2419	Rui Rodrigues	00:54:20	00:52:51	00:59:10	00:58:04	00:47:09	00:46:30	02:40:39	02:37:25	618		Veterano 1	121
632	274	Raul Inácio	00:52:21	00:51:20	00:59:19	00:58:41	00:49:00	00:48:18	02:40:40	02:38:19	642		Veterano 1	122
633	2480	Pedro Coriel	00:51:12	00:49:53	01:00:01	00:59:00	00:49:27	00:49:00	02:40:40	02:37:53	627	DP&A	Veterano 2	125
634	242	Jose Reis	00:49:37	00:48:42	00:57:29	00:55:40	00:53:41	00:51:48	02:40:47	02:36:10	586		Veterano 1	123
635	1047	Jorge Costa	00:52:00	00:49:47	01:00:03	00:58:49	00:48:47	00:48:14	02:40:50	02:36:50	606		Veterano 1	124
636	2555	Nuno Santos	00:53:35	00:51:10	00:57:29	00:56:53	00:49:46	00:48:44	02:40:50	02:36:47	604	MOTORPRESS	Veterano 3	85
637	1208	Hugo Gonçalves	00:52:52	00:51:07	00:59:42	00:57:50	00:48:17	00:46:55	02:40:51	02:35:52	579		Veterano 1	125
638	1616	Pedro Caldeira	00:52:15	00:50:52	01:00:07	00:58:35	00:48:30	00:48:01	02:40:52	02:37:28	619		Veterano 1	126
639	1048	Eduardo Branco	00:46:20	00:45:54	01:09:14	01:08:19	00:45:19	00:44:52	02:40:53	02:39:05	664		Veterano 4	39
640	228	Nuno Silva	00:52:46	00:51:16	00:58:43	00:57:37	00:49:39	00:48:17	02:41:08	02:37:10	613		Veterano 1	127



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
641	1881	Sérgio Lobato	00:49:47	00:49:00	01:02:31	01:01:55	00:48:55	00:48:05	02:41:13	02:39:00	662		Senior	184
642	2365	Bogdan Bodyanchuk	00:52:46	00:51:30	00:59:37	00:58:07	00:48:50	00:48:14	02:41:13	02:37:51	626		Senior	185
643	1751	Carlos Morgado	00:53:53	00:52:44	00:52:55	00:52:13	00:54:31	00:53:39	02:41:19	02:38:36	652	Clube EDP Lisboa	Veterano 4	40
644	1740	Pedro Miranda	00:51:51	00:51:10	00:59:49	00:58:25	00:49:39	00:48:34	02:41:19	02:38:09	635	Clube Desportivo da Minha Rua	Veterano 2	126
645	4482	Américo Carvalho	00:51:08	00:50:07	01:00:17	00:59:51	00:49:57	00:48:45	02:41:22	02:38:43	655		Veterano 2	127
646	200	Nuno Santos	00:50:21	00:49:18	01:00:40	00:59:54	00:50:26	00:49:50	02:41:27	02:39:02	663		Veterano 1	128
647	1224	Carlos Conceição	00:55:49	00:53:54	00:58:29	00:57:07	00:47:13	00:46:01	02:41:31	02:37:02	611		Senior	186
648	2564	Nuno Rosmaninho	00:50:01	00:49:54	01:01:23	01:01:11	00:50:07	00:50:02	02:41:31	02:41:07	702		Veterano 1	129
649	1838	Rui Madeira	00:51:55	00:50:53	00:59:58	00:58:43	00:49:40	00:48:58	02:41:33	02:38:34	648		Veterano 1	130
650	1498	Rogério Gonçalves	00:53:17	00:51:57	00:59:21	00:58:06	00:48:56	00:48:10	02:41:34	02:38:13	639	Os Galgos	Veterano 2	128
651	1756	Flávio Lucas	00:52:25	00:51:09	00:58:21	00:57:12	00:50:49	00:50:15	02:41:35	02:38:36	651		Senior	187
652	193	António Pires	00:51:46	00:51:22	01:00:04	00:59:32	00:49:48	00:48:51	02:41:38	02:39:45	675		Veterano 5	32
653	1567	Pedro Moita	00:54:13	00:52:33	00:57:19	00:56:32	00:50:07	00:49:22	02:41:39	02:38:27	643	Pernas de Gafanhoto	Senior	188
654	874	Joao Dias	00:51:57	00:51:29	01:01:21	01:00:42	00:48:22	00:48:03	02:41:40	02:40:14	685		Senior	189
655	1851	Nuno Pedroso	00:51:46	00:51:00	01:00:47	01:00:07	00:49:07	00:48:15	02:41:40	02:39:22	668	Clube Vodafone	Veterano 2	129
656	2172	João Silva	00:50:01	00:49:56	01:02:02	01:01:52	00:49:37	00:49:21	02:41:40	02:41:09	704		Veterano 4	41
657	1168	Frederico Nobre	00:55:41	00:52:57	00:56:26	00:55:20	00:49:38	00:48:54	02:41:45	02:37:11	614	Alfra Road Runners	Veterano 1	131
658	1771	Carlos Dias	00:51:23	00:50:51	01:01:14	01:00:32	00:49:19	00:48:32	02:41:56	02:39:55	678	GDINE	Veterano 4	42
659	751	Duarte Pereira	00:51:07	00:48:57	01:01:26	00:59:38	00:49:25	00:47:50	02:41:58	02:36:25	593		Veterano 3	86
660	2303	José Charrua	00:52:28	00:50:37	01:00:05	00:59:05	00:49:33	00:48:12	02:42:06	02:37:54	628	Clube ANA Lisboa	Senior	190



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
661	4597	José Catita	00:52:13	00:51:57	01:00:09	00:59:58	00:49:52	00:49:07	02:42:14	02:41:02	700	Garmin Clube Olímpico de Oeiras	Veterano 5	33
662	604	Fernanda Gil	00:52:08	00:50:42	01:00:01	00:58:47	00:50:08	00:49:10	02:42:17	02:38:39	653	CDUL - Centro Desportivo Universitario de Lisboa	Veterana	24
663	2170	Hugo Gaspar	00:50:55	00:50:53	01:02:08	01:02:05	00:49:29	00:49:26	02:42:32	02:42:24	734		Veterano 1	132
664	1532	João Tomás	00:55:33	00:53:54	00:58:40	00:57:24	00:48:22	00:47:14	02:42:35	02:38:32	646	Clube do Grupo BES	Senior	191
665	1680	Sofia Rodrigues	00:54:48	00:52:23	00:59:23	00:58:24	00:48:26	00:47:24	02:42:37	02:38:11	636		Senior	15
666	2082	Pedro J.p.sousa	00:54:31	00:54:28	00:59:29	00:59:19	00:48:41	00:48:33	02:42:41	02:42:20	731		Veterano 3	87
667	440	Paulo Gonçalves	00:53:51	00:52:01	00:59:18	00:58:05	00:49:33	00:48:53	02:42:42	02:38:59	660		Veterano 1	133
668	2204	Norberto Marques	00:51:29	00:49:17	01:00:27	00:59:14	00:50:56	00:49:28	02:42:52	02:37:59	632	running of d ^o maria	Veterano 2	130
669	1106	José Cristóvão	00:51:10	00:50:27	00:58:49	00:58:33	00:52:54	00:52:41	02:42:53	02:41:41	717		Veterano 1	134
670	427	Carlos Oliveira	00:51:58	00:50:53	01:02:11	01:00:32	00:48:45	00:47:15	02:42:54	02:38:40	654		Veterano 6	12
671	774	Carlos Sampaio	00:51:12	00:50:51	01:01:45	01:01:21	00:49:58	00:49:43	02:42:55	02:41:55	721		Veterano 4	43
672	1855	Rui Matias	00:53:32	00:52:28	00:59:30	00:58:29	00:49:55	00:49:09	02:42:57	02:40:06	682	Clube Vodafone	Veterano 2	131
673	1799	Antonio Ribeiro	00:56:41	00:53:18	00:57:09	00:56:02	00:49:10	00:48:17	02:43:00	02:37:37	623		Veterano 3	88
674	737	Emidio Santos	00:51:23	00:50:50	01:02:36	01:00:23	00:49:03	00:48:03	02:43:02	02:39:16	666		Veterano 3	89
675	822	David Fernandes	00:53:03	00:52:12	00:58:59	00:57:51	00:51:00	00:50:14	02:43:02	02:40:17	687		Senior	192
676	1415	Leonel Brandão	00:52:29	00:52:00	01:01:15	01:00:42	00:49:20	00:48:56	02:43:04	02:41:38	714	CLUBE MILLENNIUM BCP	Veterano 3	90
677	1818	Pedro Farinha	00:55:11	00:52:26	00:59:25	00:57:45	00:48:36	00:47:10	02:43:12	02:37:21	616		Veterano 1	135
678	1817	Pedro Claudio	00:53:40	00:51:57	00:59:58	00:58:40	00:49:40	00:48:58	02:43:18	02:39:35	672		Veterano 3	91
679	1686	Ivo Diogo	00:52:45	00:51:30	01:00:37	00:59:28	00:49:57	00:48:39	02:43:19	02:39:37	674		Senior	194
680	1939	Tiago Pinhel	00:52:45	00:51:30	01:00:37	00:59:27	00:49:57	00:48:39	02:43:19	02:39:36	673		Senior	193



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
681	1205	A. Fernandes	00:54:15	00:51:56	00:59:09	00:57:57	00:49:57	00:48:42	02:43:21	02:38:35	649		Veterano 2	132
682	734	Paulo Simão	00:50:14	00:49:36	01:00:20	01:00:01	00:52:56	00:50:47	02:43:30	02:40:24	689		Veterano 2	133
683	2514	Joao Lemos	00:56:25	00:52:35	01:00:19	00:59:19	00:46:51	00:46:24	02:43:35	02:38:18	640		Senior	195
684	823	André Chambel	00:57:53	00:55:22	00:56:53	00:55:22	00:48:52	00:48:03	02:43:38	02:38:47	657		Senior	196
685	223	Mario Lino	00:54:30	00:52:01	00:58:52	00:57:01	00:50:16	00:48:57	02:43:38	02:37:59	631		Veterano 4	44
686	2301	António Morgado	00:52:26	00:52:24	01:00:23	01:00:12	00:50:49	00:50:43	02:43:38	02:43:19	759	Clube ANA Lisboa	Veterano 5	34
687	680	Luis Conde	00:52:01	00:51:34	01:01:05	00:59:28	00:50:35	00:49:18	02:43:41	02:40:20	688		Veterano 2	134
688	2472	Tiago Antunes	00:53:25	00:52:06	01:00:45	00:59:31	00:49:33	00:48:48	02:43:43	02:40:25	690		Veterano 1	136
689	1965	Helder Ferreira	00:52:53	00:50:49	01:00:37	00:59:12	00:50:18	00:49:55	02:43:48	02:39:56	679		Veterano 2	135
690	2447	Jorge Pinto	00:52:59	00:50:33	01:00:14	00:58:35	00:50:37	00:48:51	02:43:50	02:37:59	630	pintos	Veterano 6	13
691	760	João Pereira	00:52:16	00:50:27	01:04:33	01:03:20	00:47:03	00:46:25	02:43:52	02:40:12	684		Junior	3
692	4084	Daniel Pereira	00:58:54	00:57:31	01:00:11	00:59:05	00:44:50	00:44:34	02:43:55	02:41:10	705		Veterano 2	136
693	487	Rui Alves	00:53:51	00:53:29	01:00:00	00:59:28	00:50:06	00:49:38	02:43:57	02:42:35	737		Veterano 1	137
694	1033	António Norte	00:52:36	00:51:20	01:01:45	01:00:24	00:49:38	00:48:22	02:43:59	02:40:06	683		Veterano 1	138
695	915	Telmo Fragueira	00:55:55	00:54:07	00:58:40	00:57:57	00:49:25	00:48:34	02:44:00	02:40:38	692		Senior	197
696	1451	Luis Sousa	00:54:42	00:54:21	00:59:30	00:58:28	00:49:54	00:49:09	02:44:06	02:41:58	722	CLUBE MILLENNIUM BCP	Veterano 4	45
697	1701	Nuno Galvão	00:55:06	00:52:04	00:59:39	00:58:30	00:49:27	00:48:14	02:44:12	02:38:48	658		Senior	198
698	270	Domingos Machado	00:47:38	00:45:14	00:58:33	00:57:01	00:58:03	00:56:58	02:44:14	02:39:13	665		Veterano 4	46
699	2574	Mario Rodrigues	00:53:02	00:52:34	01:02:00	01:00:39	00:49:16	00:48:25	02:44:18	02:41:38	713		Veterano 2	137
700	694	João Sequeira	00:52:22	00:51:55	01:02:26	01:00:47	00:49:35	00:48:27	02:44:23	02:41:09	703		Veterano 2	138



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
701	992	Pedro Marques	00:55:34	00:53:52	01:01:03	00:58:57	00:47:48	00:46:42	02:44:25	02:39:31	670		Senior	199
702	4063	Joao Franco	00:50:57	00:50:49	01:01:09	01:00:52	00:52:21	00:51:10	02:44:27	02:42:51	744		Veterano 6	14
703	1077	Luis Matos	00:52:43	00:51:41	01:02:15	01:01:05	00:49:36	00:48:44	02:44:34	02:41:30	712		Veterano 3	92
704	415	Tania Valentim	00:52:29	00:52:02	01:01:50	01:00:34	00:50:19	00:49:44	02:44:38	02:42:20	730	CCD PM CASCAIS	Senior	16
705	2542	Carolina Soromenho	00:54:36	00:54:30	00:58:54	00:58:47	00:51:13	00:51:06	02:44:43	02:44:23	780		Junior	1
706	581	Luis Pires	00:51:33	00:51:26	01:02:36	01:02:21	00:50:38	00:50:27	02:44:47	02:44:14	775		Veterano 2	139
707	550	Ricardo Costa	00:53:48	00:52:01	00:59:48	00:58:45	00:51:12	00:50:14	02:44:48	02:41:00	698		Veterano 2	140
708	2469	Hugo Silva	00:53:26	00:51:05	01:00:49	00:59:13	00:50:37	00:48:58	02:44:52	02:39:16	667		Veterano 1	139
709	962	Vitor Santos	00:48:23	00:46:57	01:07:37	01:05:39	00:48:54	00:48:36	02:44:54	02:41:12	707		Veterano 4	47
710	752	Rui Margarido	00:50:54	00:49:45	01:02:25	01:00:58	00:51:38	00:50:27	02:44:57	02:41:10	706		Veterano 1	140
711	195	Tiago Graça	00:52:12	00:50:07	01:02:47	01:01:29	00:49:58	00:49:24	02:44:57	02:41:00	699		Senior	200
712	2473	Rui Antunes	00:54:49	00:53:31	01:00:43	00:59:29	00:49:31	00:48:45	02:45:03	02:41:45	719		Veterano 2	141
713	2006	David Ventura	00:57:01	00:56:09	01:00:09	00:59:16	00:47:55	00:47:47	02:45:05	02:43:12	754		Veterano 1	141
714	1773	Jorge Lopes	00:52:15	00:51:40	01:08:37	01:08:10	00:44:14	00:43:39	02:45:06	02:43:29	764	GDINE	Senior	201
715	783	João Anjos	00:52:55	00:51:49	01:01:21	00:59:56	00:50:52	00:49:40	02:45:08	02:41:25	710		Veterano 2	142
716	2460	Luis Oliveira	00:54:38	00:53:30	01:01:14	01:00:07	00:49:21	00:48:34	02:45:13	02:42:11	724		Veterano 2	143
717	1010	João Mourinho	00:52:10	00:51:52	01:05:34	01:05:18	00:47:29	00:47:06	02:45:13	02:44:16	777	Tropas de losango	Senior	202
718	573	Pedro Farinha	00:51:54	00:49:30	01:01:30	01:00:36	00:51:52	00:51:16	02:45:16	02:41:22	709	H2Ovita	Senior	203
719	524	Bruno Fragoso	00:57:27	00:55:41	00:57:45	00:56:31	00:50:06	00:48:34	02:45:18	02:40:46	697		Senior	204
720	4530	Ana Santos	00:55:17	00:53:57	01:00:34	00:59:27	00:49:28	00:48:55	02:45:19	02:42:19	729		Veterana	25



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE
CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
721	1470	Sérgio Rodrigues	00:57:30	00:57:01	01:00:59	00:59:45	00:46:50	00:46:15	02:45:19	02:43:01	750		Veterano 1	142
722	2195	Manuel Morgado	00:54:28	00:51:23	00:58:54	00:57:37	00:51:58	00:50:45	02:45:20	02:39:45	676		Veterano 5	35
723	486	Francisco Garcia	00:51:26	00:50:31	01:01:04	01:00:10	00:52:53	00:51:08	02:45:23	02:41:49	720	Garcia Runners	Senior	205
724	1570	Bruno Courinha	00:58:44	00:55:45	00:59:22	00:58:26	00:47:22	00:46:32	02:45:28	02:40:43	696		Veterano 1	143
725	1018	Luis Barrinha	00:54:18	00:52:01	01:01:23	00:59:56	00:49:49	00:48:19	02:45:30	02:40:16	686		Veterano 2	144
726	1662	Vitor Santos	00:52:37	00:51:53	01:01:08	01:00:02	00:51:45	00:50:26	02:45:30	02:42:21	732	Carapaus de Corrida	Veterano 2	145
727	1736	Paulo Enes	00:54:33	00:53:12	00:59:44	00:59:22	00:51:16	00:50:19	02:45:33	02:42:53	746	GYM 2010	Veterano 1	144
728	1888	Alvaro Castro	00:52:50	00:51:20	01:03:06	01:01:49	00:49:37	00:48:30	02:45:33	02:41:39	715	CCD CENTRO CULTURA DESPORTO SEG SOC IAI IV	Veterano 5	36
729	143	Sergio Rodelo	00:54:40	00:53:26	01:00:19	00:59:30	00:50:34	00:49:28	02:45:33	02:42:24	735		Veterano 2	146
730	2002	Rui Cunha	00:57:25	00:55:02	00:57:40	00:56:32	00:50:29	00:49:29	02:45:34	02:41:03	701		Veterano 3	93
731	1335	José Raposo	00:52:38	00:51:39	01:03:14	01:02:05	00:49:54	00:48:40	02:45:46	02:42:24	736		Veterano 3	94
732	283	Rui Ferreira	00:52:46	00:51:30	01:01:55	01:00:58	00:51:06	00:50:12	02:45:47	02:42:40	741		Veterano 2	147
733	2034	José Milagres	00:47:29	00:46:25	01:08:19	01:07:47	00:50:03	00:49:39	02:45:51	02:43:51	768	GDCT UNICRE	Veterano 5	37
734	1227	António Pacheco	00:52:27	00:51:37	01:04:10	01:02:36	00:49:18	00:48:25	02:45:55	02:42:38	740		Veterano 5	38
735	4102	Mária Santos	00:57:59	00:57:17	00:59:14	00:58:18	00:48:47	00:48:22	02:46:00	02:43:57	771		Senior	17
736	1359	Vitor Lemos	00:51:00	00:50:18	01:02:01	01:01:29	00:53:02	00:52:26	02:46:03	02:44:13	774		Senior	206
737	1531	João Dias	00:55:03	00:52:56	01:01:50	01:00:26	00:49:12	00:48:05	02:46:05	02:41:27	711	Clube do Grupo BES	Veterano 2	148
738	1503	Rui Pinheiro	00:54:27	00:53:04	01:04:08	01:02:18	00:47:33	00:47:16	02:46:08	02:42:38	739		Veterano 2	149
739	435	Sérgio Dionísio	00:52:42	00:51:32	01:02:42	01:01:17	00:50:47	00:49:59	02:46:11	02:42:48	743	Dream Team	Veterano 2	150
740	1649	Pedro Pereira	01:00:34	00:58:06	00:50:08	00:49:17	00:55:35	00:54:18	02:46:17	02:41:41	716		Veterano 2	151



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE
CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
741	748	Filipe Pires	00:51:28	00:50:31	01:00:41	01:00:28	00:54:16	00:52:21	02:46:25	02:43:20	760		Veterano 1	145
742	2388	Miguel Coutinho	00:54:30	00:51:35	01:02:35	01:01:15	00:49:28	00:47:51	02:46:33	02:40:41	693		Senior	207
743	2562	Hugo Sequeira	00:54:14	00:54:05	01:02:19	01:02:13	00:50:03	00:49:59	02:46:36	02:46:17	824		Veterano 1	146
744	331	José Vilela	00:57:57	00:57:14	00:59:09	00:58:19	00:49:31	00:49:13	02:46:37	02:44:46	787	Clube Robbialac	Veterano 3	95
745	4574	Paulo Gonçalves	00:53:13	00:50:25	01:04:09	01:03:22	00:49:16	00:48:25	02:46:38	02:42:12	725		Senior	208
746	913	Victor Ferreira	00:53:36	00:52:42	01:01:36	00:59:52	00:51:36	00:50:11	02:46:48	02:42:45	742	Live & Fit	Veterano 2	152
747	2446	David Pinto	00:53:24	00:50:58	01:02:04	00:59:57	00:51:23	00:49:36	02:46:51	02:40:31	691	pintos	Veterano 2	153
748	1533	José Gonçalves	00:53:25	00:53:03	01:02:06	01:01:40	00:51:23	00:50:39	02:46:54	02:45:22	804	Clube do Grupo BES	Veterano 3	96
749	1468	Sandra Cruz	00:54:27	00:52:47	01:01:38	01:00:29	00:50:51	00:50:00	02:46:56	02:43:16	757		Veterana	26
750	1821	Licínio Simões	00:46:28	00:45:53	00:57:24	00:56:54	01:03:07	01:01:54	02:46:59	02:44:41	786	Atomic Team	Senior	209
751	1492	Manuel Sequeira	00:54:37	00:54:06	00:59:50	00:59:24	00:52:32	00:51:59	02:46:59	02:45:29	809	GRUPO DESP. CULTURAL TRAB. REPSOL	Veterano 6	15
752	2125	Nelson Ramos	00:56:02	00:54:55	01:01:21	01:00:47	00:49:37	00:49:07	02:47:00	02:44:49	788		Veterano 2	154
753	1895	Hugo Rocha	00:55:00	00:52:48	01:02:30	01:01:02	00:49:32	00:48:33	02:47:02	02:42:23	733	CCD CENTRO CULTURA DESPORTO SEG SOC IAI I Y	Veterano 1	147
754	1312	Nuno Lopes	00:51:53	00:50:27	01:05:00	01:03:59	00:50:10	00:49:02	02:47:03	02:43:28	763		Veterano 2	155
755	1435	Antonio Almeida	00:52:17	00:50:54	01:01:11	00:59:30	00:53:35	00:51:44	02:47:03	02:42:08	723	CLUBE MILLENNIUM BCP	Veterano 3	97
756	889	Pedro Lopes	00:49:27	00:48:37	00:59:17	00:58:05	00:58:22	00:57:55	02:47:06	02:44:37	785		Veterano 2	156
757	1083	Nuno Oliveira	00:55:03	00:52:04	01:01:28	00:59:45	00:50:38	00:48:54	02:47:09	02:40:43	695		Veterano 1	148
758	2405	Pedro João	00:54:48	00:51:56	01:02:45	01:02:16	00:49:40	00:48:42	02:47:13	02:42:54	748		Veterano 2	157
759	243	Jorge Ramos	00:49:51	00:48:50	01:10:42	01:10:02	00:46:41	00:46:00	02:47:14	02:44:52	790		Veterano 1	149
760	1553	Rui Carmo	00:54:14	00:52:23	01:01:55	01:00:29	00:51:06	00:50:00	02:47:15	02:42:52	745	Clube do Grupo BES	Veterano 5	39



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
761	363	Carlos Renato	00:53:59	00:53:33	01:02:16	01:01:32	00:51:02	00:49:57	02:47:17	02:45:02	794	CONNECT2RUN	Veterano 4	48
762	739	Pedro Barbosa	00:55:34	00:52:33	01:00:33	00:59:47	00:51:10	00:50:37	02:47:17	02:42:57	749		Veterano 4	49
763	1073	Rui Mota	00:55:29	00:53:20	01:00:15	00:58:51	00:51:40	00:50:24	02:47:24	02:42:35	738		Senior	210
764	1026	Joao Medeiros	00:53:41	00:52:58	01:01:01	01:00:39	00:52:42	00:51:46	02:47:24	02:45:23	806		Senior	211
765	1071	Américo Francisco	00:52:29	00:51:12	01:02:48	01:01:02	00:52:10	00:50:53	02:47:27	02:43:07	751		Veterano 1	150
766	1913	Rui Silva	00:53:39	00:52:17	01:03:56	01:02:30	00:50:00	00:48:57	02:47:35	02:43:44	766		Senior	212
767	794	Francisco Julião	00:56:05	00:53:53	01:01:51	01:00:41	00:49:40	00:49:12	02:47:36	02:43:46	767	Julião	Veterano 5	40
768	1907	Leonardo Santos	00:54:54	00:53:01	01:00:55	00:59:31	00:51:50	00:50:21	02:47:39	02:42:53	747		Veterano 1	151
769	788	Elena Iabanji	00:53:28	00:53:07	01:01:34	01:00:22	00:52:39	00:52:18	02:47:41	02:45:47	814	OS "NÓMADAS"	Veterana	27
770	627	Jorge Tomaz	00:58:34	00:55:19	00:59:44	00:59:00	00:49:27	00:47:56	02:47:45	02:42:15	726		Veterano 2	158
771	756	Miguel Eufémio	00:54:24	00:51:56	00:57:49	00:56:57	00:55:35	00:54:18	02:47:48	02:43:11	753		Senior	213
772	1721	Marcos Noritake	00:54:51	00:52:56	01:02:40	01:01:36	00:50:21	00:49:22	02:47:52	02:43:54	769	MultiRunners	Veterano 3	98
773	497	Ana Duarte	00:59:14	00:57:08	00:51:59	00:51:09	00:56:40	00:55:37	02:47:53	02:43:54	770	H2Ovita	Junior	2
774	348	Pedro Fernandes	00:55:20	00:52:13	01:03:11	01:00:56	00:49:33	00:47:32	02:48:04	02:40:41	694		Senior	214
775	2054	João Cunha	00:55:43	00:53:28	01:01:21	00:59:46	00:51:10	00:49:54	02:48:14	02:43:08	752		Veterano 6	16
776	160	Pedro Ribeiro	00:58:03	00:55:23	00:53:38	00:53:03	00:56:38	00:54:51	02:48:19	02:43:17	758		Senior	215
777	762	Filipe Vinagre	00:53:07	00:50:01	01:01:39	00:59:48	00:53:35	00:51:33	02:48:21	02:41:22	708		Veterano 1	152
778	241	João Branco	00:56:12	00:53:10	01:01:14	01:00:20	00:51:00	00:49:43	02:48:26	02:43:13	755		Senior	216
779	2056	Helder Martinho	00:54:37	00:53:49	01:00:56	00:59:14	00:52:53	00:52:20	02:48:26	02:45:23	807		Senior	217
780	1839	Bruno Fernandes	00:55:49	00:53:04	01:03:04	01:01:02	00:49:34	00:48:09	02:48:27	02:42:15	727		Senior	218



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
781	211	Tomás Sousa	00:52:30	00:50:34	01:06:13	01:05:03	00:49:48	00:48:37	02:48:31	02:44:14	776	Os Super	Veterano 1	153
782	2483	Bruno Catarino	00:53:58	00:51:57	01:03:36	01:02:20	00:51:01	00:50:03	02:48:35	02:44:20	778		Veterano 1	154
783	617	Albano Pires	00:54:51	00:52:43	01:02:00	01:00:41	00:51:44	00:50:35	02:48:35	02:43:59	772		Veterano 5	41
784	934	Fernando Fiães	00:53:18	00:52:05	01:04:06	01:02:22	00:51:13	00:49:55	02:48:37	02:44:22	779		Veterano 3	99
785	2484	Teresa Bento	00:57:50	00:56:24	01:07:07	01:06:28	00:43:43	00:43:26	02:48:40	02:46:18	825		Veterana	28
786	1507	Dinis Ribas	00:56:01	00:53:06	01:01:31	01:00:46	00:51:11	00:49:32	02:48:43	02:43:24	761		Veterano 2	159
787	926	Pedro Correia	00:54:42	00:52:27	01:02:50	01:01:28	00:51:12	00:49:38	02:48:44	02:43:33	765		Veterano 1	155
788	1257	Luis Rosa	00:53:00	00:51:27	01:06:00	01:03:59	00:49:45	00:48:59	02:48:45	02:44:25	782		Veterano 1	156
789	1137	Francisco Fontoura	00:53:57	00:52:58	01:03:01	01:01:35	00:51:53	00:50:32	02:48:51	02:45:05	796		Senior	219
790	1728	Paulo Rainho	00:54:42	00:53:08	01:02:30	01:01:34	00:51:39	00:51:01	02:48:51	02:45:43	812	Serviços Sociais Montepio Geral	Veterano 3	100
791	1727	Pedro Carrasco	00:54:42	00:53:08	01:02:31	01:01:33	00:51:39	00:51:04	02:48:52	02:45:45	813	Serviços Sociais Montepio Geral	Veterano 2	160
792	1306	Jorge Lemos	00:56:30	00:56:13	01:01:00	01:00:31	00:51:23	00:50:51	02:48:53	02:47:35	847		Veterano 2	161
793	1902	Catarina Martins	00:58:00	00:56:04	01:00:02	00:59:15	00:50:52	00:49:55	02:48:54	02:45:14	798	SS CGD	Veterana	29
794	895	Gentil Pereira	00:51:00	00:48:50	01:02:18	01:01:31	00:55:40	00:53:48	02:48:58	02:44:09	773	AMIGOS DA FLOR	Veterano 1	157
795	1948	Carlos Henrique	00:52:23	00:50:59	01:05:45	01:04:42	00:50:52	00:49:37	02:49:00	02:45:18	801		Veterano 3	101
796	555	Luis Gaspar	00:51:52	00:50:49	01:02:52	01:00:59	00:54:21	00:52:37	02:49:05	02:44:25	783		Veterano 3	102
797	971	Diogo Alfarelos	00:54:28	00:52:29	01:03:13	01:01:51	00:51:30	00:50:32	02:49:11	02:44:52	789		Senior	220
798	1993	Thelmo Cunha	00:53:07	00:50:36	01:02:57	01:00:42	00:53:15	00:52:08	02:49:19	02:43:26	762	ODEBRECHT/BPC	Veterano 4	50
799	1092	Henrique Ruivo	00:54:05	00:53:37	01:04:18	01:02:52	00:51:00	00:49:51	02:49:23	02:46:20	826		Veterano 4	51
800	2045	André Gomes	00:56:14	00:53:54	01:01:27	01:00:08	00:51:56	00:50:53	02:49:37	02:44:55	792	GO Running Team	Veterano 1	158



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
801	543	Hélder Nogueira	00:55:23	00:53:07	01:04:10	01:02:55	00:50:06	00:49:19	02:49:39	02:45:21	803		Senior	221
802	1149	Jose Feijo	00:53:00	00:52:28	01:03:24	01:03:03	00:53:16	00:53:00	02:49:40	02:48:31	867		Veterano 4	52
803	502	Pedro Marques	00:53:03	00:49:03	00:56:55	00:55:06	00:59:43	00:57:35	02:49:41	02:41:44	718	H2Ovita	Senior	222
804	388	João Veiga	01:13:35	01:10:51	00:53:25	00:53:20	00:42:44	00:42:38	02:49:44	02:46:49	830		Veterano 2	162
805	516	Maria Knapic	00:53:27	00:52:50	01:03:11	01:02:23	00:53:10	00:52:21	02:49:48	02:47:34	845		Veterana	30
806	1393	Nuno Geada	00:59:48	00:56:19	01:00:47	00:59:16	00:49:15	00:47:39	02:49:50	02:43:14	756		Veterano 3	103
807	4231	Luis Rodrigues	00:56:18	00:55:13	01:04:06	01:02:48	00:49:28	00:48:49	02:49:52	02:46:50	832		Senior	223
808	1189	Helder Mendes	00:56:44	00:54:08	01:01:34	00:59:50	00:51:38	00:50:26	02:49:56	02:44:24	781		Veterano 1	159
809	2182	Maria Silva	00:50:05	00:49:59	01:06:34	01:06:23	00:53:19	00:53:12	02:49:58	02:49:34	886		Veterana	31
810	1066	Paulo Gonçalves	00:53:54	00:52:49	01:04:36	01:03:37	00:51:30	00:50:38	02:50:00	02:47:04	835		Veterano 2	163
811	1091	Luís Bastos	00:55:59	00:54:06	01:02:10	01:01:06	00:51:54	00:50:46	02:50:03	02:45:58	818		Senior	224
812	1759	Teresa Barradas	00:54:09	00:51:57	01:05:08	01:04:05	00:50:48	00:49:25	02:50:05	02:45:27	808		Veterana	32
813	1788	João Marques	00:56:36	00:55:56	01:04:03	01:03:00	00:49:27	00:48:38	02:50:06	02:47:34	846		Veterano 2	164
814	2018	Pedro Neta	00:54:45	00:54:38	01:04:20	01:04:13	00:51:01	00:50:48	02:50:06	02:49:39	890		Veterano 1	160
815	163	Rodrigo Pinto	01:01:24	00:57:52	00:59:41	00:59:07	00:49:08	00:48:22	02:50:13	02:45:21	802		Veterano 1	161
816	1789	Alberto Cabo	00:53:11	00:52:30	01:05:13	01:03:40	00:51:51	00:50:58	02:50:15	02:47:08	838		Veterano 3	104
817	1464	Francisco Garcia	00:56:40	00:54:25	01:02:54	01:01:57	00:50:43	00:49:39	02:50:17	02:46:01	819		Senior	225
818	1880	Ana Gil	00:55:03	00:51:37	01:02:59	01:01:09	00:52:17	00:51:42	02:50:19	02:44:28	784		Senior	18
819	1056	Daniel Gomes	00:54:38	00:53:07	01:01:31	00:59:29	00:54:12	00:53:18	02:50:21	02:45:54	817	Parque das Nações Z	Veterano 1	162
820	1927	Nuno Loureiro	00:55:33	00:53:19	01:04:46	01:03:09	00:50:09	00:49:39	02:50:28	02:46:07	821		Veterano 3	105



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
821	425	Afonso Pino	00:53:24	00:52:19	01:04:29	01:02:50	00:52:36	00:51:05	02:50:29	02:46:14	822		Veterano 1	163
822	1349	Rui Loureiro	00:54:25	00:52:36	01:04:56	01:02:55	00:51:11	00:49:52	02:50:32	02:45:23	805		Veterano 1	164
823	1248	Miguel Guerra	00:53:01	00:52:17	01:05:03	01:03:07	00:52:30	00:51:25	02:50:34	02:46:49	829	Milli	Veterano 1	165
824	1271	Jose Vermelhudo	00:53:55	00:52:05	01:03:20	01:02:11	00:53:20	00:51:51	02:50:35	02:46:07	820		Veterano 4	53
825	333	Jorge Pinto	00:55:21	00:54:36	01:03:22	01:01:57	00:51:53	00:51:35	02:50:36	02:48:08	856	Clube Robbialac	Veterano 2	165
826	153	Jorge Vieira	01:10:52	01:09:54	00:54:47	00:54:44	00:45:00	00:44:55	02:50:39	02:49:33	885		Veterano 2	166
827	2202	Helder Pontes	00:54:56	00:52:55	01:03:01	01:01:08	00:52:43	00:50:58	02:50:40	02:45:01	793		Veterano 1	167
828	4164	Sérgio Martins	00:53:32	00:51:53	01:03:36	01:03:21	00:53:32	00:52:47	02:50:40	02:48:01	855		Veterano 1	166
829	2209	Pedro Rodrigues	00:55:01	00:52:59	01:03:02	01:01:08	00:52:42	00:50:58	02:50:45	02:45:05	795		Senior	226
830	1446	Antonio Galadim	00:55:58	00:53:00	01:01:54	01:00:49	00:52:56	00:51:28	02:50:48	02:45:17	800	CLUBE MILLENNIUM BCP	Veterano 3	106
831	380	Filipa Gama	00:57:20	00:56:08	01:02:34	01:01:37	00:51:04	00:50:50	02:50:58	02:48:35	869		Veterana	33
832	377	Tiago Ferreira	00:59:20	00:56:55	01:03:16	01:01:02	00:48:24	00:46:55	02:51:00	02:44:52	791		Senior	227
833	1840	Hugo Rosa	00:55:16	00:54:00	01:04:19	01:03:14	00:51:29	00:50:41	02:51:04	02:47:55	854		Senior	228
834	936	Rui Fernandes	00:58:17	00:56:44	01:00:18	00:58:58	00:52:33	00:51:45	02:51:08	02:47:27	843		Veterano 2	167
835	1480	Nelito Calixto	00:54:31	00:51:24	01:01:50	01:00:39	00:54:47	00:50:15	02:51:08	02:42:18	728	FDNC	Senior	229
836	628	Carla Silva	00:53:24	00:51:51	01:00:00	00:59:17	00:57:50	00:57:00	02:51:14	02:48:08	857		Veterana	34
837	2070	Jorge Lourenço	00:54:59	00:53:30	01:03:39	01:01:34	00:52:37	00:51:33	02:51:15	02:46:37	827	Clube Hermes	Veterano 1	168
838	164	Rui Pereira	00:55:10	00:54:37	01:04:13	01:03:40	00:51:52	00:51:20	02:51:15	02:49:37	889		Veterano 2	168
839	644	Ricardo Farinha	00:59:02	00:56:29	01:02:36	01:00:50	00:49:38	00:48:57	02:51:16	02:46:16	823		Senior	230
840	446	Ana Outeirinho	00:57:15	00:55:09	01:04:33	01:03:43	00:49:37	00:48:33	02:51:25	02:47:25	841	H2Ovita	Veterana	35



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
841	708	Paulo Verissimo	00:55:01	00:54:14	01:04:11	01:02:19	00:52:18	00:50:38	02:51:30	02:47:11	839		Veterano 3	107
842	103	Luis Proença	00:53:15	00:52:21	01:06:04	01:05:11	00:52:11	00:51:22	02:51:30	02:48:54	874		Veterano 2	169
843	954	Joaquim Costa	00:52:51	00:52:22	01:04:40	01:02:41	00:54:00	00:53:32	02:51:31	02:48:35	868		Veterano 5	42
844	2312	Miguel Freire	00:56:40	00:55:19	01:03:11	01:02:16	00:51:41	00:50:55	02:51:32	02:48:30	865		Senior	231
845	1762	Ricardo Marques	01:00:59	00:57:49	01:00:22	00:58:53	00:50:12	00:49:09	02:51:33	02:45:51	815		Veterano 3	108
846	2123	Francisco Bastos	00:57:31	00:54:42	01:00:22	00:58:34	00:53:40	00:52:13	02:51:33	02:45:29	810		Senior	232
847	1326	Ricardo Araújo	00:55:31	00:53:28	01:05:25	01:03:09	00:50:39	00:50:04	02:51:35	02:46:41	828	DECATHLON	Senior	233
848	2186	Pedro Morgado	00:54:33	00:54:23	01:03:12	01:01:40	00:53:54	00:53:38	02:51:39	02:49:41	892		Veterano 2	170
849	418	Jorge Matos	00:55:48	00:55:02	01:08:08	01:06:43	00:47:45	00:47:38	02:51:41	02:49:23	880		Veterano 3	109
850	1600	Antonio Silva	00:57:49	00:56:58	01:01:25	01:00:27	00:52:32	00:51:44	02:51:46	02:49:09	877		Veterano 3	110
851	912	Nuno Rodrigues	00:52:34	00:51:40	01:03:24	01:01:47	00:55:49	00:54:07	02:51:47	02:47:34	844	Live & Fit	Veterano 2	171
852	1509	Tiago Ramos	00:56:47	00:55:16	01:01:46	01:00:46	00:53:15	00:52:28	02:51:48	02:48:30	864		Veterano 1	169
853	2314	João Falcão	01:03:10	01:00:28	00:58:42	00:56:31	00:49:59	00:48:17	02:51:51	02:45:16	799		Senior	234
854	1635	Joao Luis	00:54:02	00:53:10	01:05:04	01:03:36	00:52:49	00:51:43	02:51:55	02:48:29	863		Veterano 2	172
855	584	Pedro Almeida	00:55:50	00:54:11	01:04:15	01:02:23	00:51:55	00:50:32	02:52:00	02:47:06	836		Senior	235
856	724	Marta Mota	00:55:50	00:54:11	01:04:15	01:02:23	00:51:55	00:50:32	02:52:00	02:47:06	837		Senior	19
857	1622	António Martins	00:51:28	00:50:04	01:08:27	01:06:12	00:52:06	00:50:47	02:52:01	02:47:03	833		Veterano 4	54
858	1060	Tiago Nascimento	00:57:17	00:55:56	00:59:40	00:58:45	00:55:09	00:53:50	02:52:06	02:48:31	866		Senior	236
859	1264	José Freitas	00:55:10	00:53:09	01:03:59	01:02:28	00:53:02	00:51:50	02:52:11	02:47:27	842		Veterano 2	173
860	2393	Rui Afonso	00:56:15	00:55:08	01:03:02	01:02:26	00:52:54	00:52:34	02:52:11	02:50:08	900		Veterano 3	111



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
861	1901	António Negrinho	00:56:57	00:54:29	01:03:07	01:02:17	00:52:13	00:51:01	02:52:17	02:47:47	852	SS CGD	Veterano 3	112
862	2060	Ana Costa	00:57:54	00:57:12	00:55:31	00:53:54	00:58:55	00:57:07	02:52:20	02:48:13	859		Senior	20
863	881	Pedro Belo	00:49:27	00:46:49	00:54:42	00:53:56	01:08:11	01:06:19	02:52:20	02:47:04	834		Junior	4
864	578	Pedro Silva	00:57:38	00:56:28	01:02:51	01:02:10	00:51:55	00:51:18	02:52:24	02:49:56	894		Veterano 2	174
865	1999	Carlos Moreira	00:58:16	00:54:00	01:03:41	01:02:25	00:50:32	00:49:27	02:52:29	02:45:52	816		Veterano 1	170
866	511	Luis Romaneiro	00:54:03	00:52:23	01:04:32	01:03:25	00:53:56	00:52:20	02:52:31	02:48:08	858		Veterano 4	55
867	337	Rui Gomes	00:57:33	00:53:58	00:57:14	00:56:03	00:57:46	00:49:23	02:52:33	02:39:24	669		Senior	237
868	4494	Filipe Bugalho	00:55:04	00:54:36	01:06:32	01:05:16	00:51:03	00:50:14	02:52:39	02:50:06	898		Senior	238
869	1989	Antonio Pereira	00:55:19	00:52:57	01:06:22	01:05:17	00:50:58	00:50:06	02:52:39	02:48:20	861	ODEBRECHT/BPC	Veterano 3	113
870	428	Jose Lourenco	00:53:24	00:52:19	01:05:56	01:04:16	00:53:21	00:51:48	02:52:41	02:48:23	862		Veterano 5	43
871	178	Vasco Alpalhao	01:04:11	01:03:13	00:59:53	00:59:48	00:48:41	00:48:35	02:52:45	02:51:36	921		Veterano 2	175
872	504	Maria Cardiga	00:58:30	00:56:25	01:04:39	01:03:48	00:49:37	00:48:33	02:52:46	02:48:46	873	H2Ovita	Veterana	36
873	2194	Jose Pacheco	00:58:59	00:55:41	01:02:03	01:00:51	00:51:49	00:51:09	02:52:51	02:47:41	850		Veterano 3	114
874	1075	Paulo Lourenço	00:58:59	00:55:41	01:02:03	01:00:51	00:51:49	00:51:09	02:52:51	02:47:41	851		Veterano 4	56
875	1558	Martín Santos	00:56:32	00:54:09	01:03:26	01:01:14	00:52:54	00:51:26	02:52:52	02:46:49	831		Senior	239
876	2011	Helena Lucas	00:57:27	00:56:10	01:02:12	01:01:01	00:53:19	00:52:41	02:52:58	02:49:52	893		Senior	21
877	491	André Fernandes	00:57:33	00:55:48	01:02:26	01:01:15	00:53:09	00:51:39	02:53:08	02:48:42	871		Senior	240
878	1444	Mario Duarte	00:51:40	00:48:41	00:56:29	00:55:24	01:05:03	01:03:35	02:53:12	02:47:40	848	CLUBE MILLENNIUM BCP	Veterano 2	176
879	945	José Henriques	00:55:32	00:53:05	01:03:40	01:02:09	00:54:01	00:52:35	02:53:13	02:47:49	853		Veterano 2	177
880	4585	António Bila	00:54:26	00:53:50	01:03:56	01:02:28	00:54:53	00:54:12	02:53:15	02:50:30	904	Garmin Clube Olímpico de Oeiras	Veterano 5	44



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
881	695	Augusto Neves	00:54:32	00:52:57	01:03:41	01:01:28	00:55:09	00:53:15	02:53:22	02:47:40	849		Veterano 3	115
882	1556	Tânia Saraiva	00:57:00	00:55:21	01:02:51	01:01:35	00:53:40	00:52:40	02:53:31	02:49:36	888	Clube do Grupo BES	Senior	22
883	252	Nuno Malcata	00:57:26	00:54:58	00:59:27	00:58:56	00:56:43	00:55:47	02:53:36	02:49:41	891		Senior	241
884	656	João Santos	00:54:37	00:52:35	01:05:44	01:04:43	00:53:19	00:52:14	02:53:40	02:49:32	884		Senior	242
885	426	Valter Teixeira	00:50:37	00:49:32	00:56:12	00:55:46	01:06:59	01:05:29	02:53:48	02:50:47	907		Veterano 3	116
886	175	Manuel Anastácio	00:56:19	00:54:31	01:02:39	01:01:34	00:54:51	00:53:54	02:53:49	02:49:59	895		Veterano 2	178
887	608	Miguel Ruano	00:59:55	00:56:52	01:02:50	01:00:56	00:51:10	00:49:32	02:53:55	02:47:20	840		Senior	243
888	421	Bruno Antunes	00:55:32	00:52:23	01:07:04	01:05:16	00:51:20	00:50:38	02:53:56	02:48:17	860		Senior	244
889	991	Mónica Ramos	00:56:53	00:54:39	01:02:39	01:01:25	00:54:26	00:53:09	02:53:58	02:49:13	878		Senior	23
890	1712	Shin Pires	00:55:20	00:54:22	01:07:24	01:06:10	00:51:24	00:50:45	02:54:08	02:51:17	917		Senior	24
891	1966	Andreia Vilarinho	00:55:27	00:55:20	01:07:51	01:07:46	00:51:01	00:50:49	02:54:19	02:53:55	957		Veterana	37
892	665	Margarida Brites	00:55:10	00:54:02	01:04:14	01:02:56	00:54:56	00:53:51	02:54:20	02:50:49	908		Veterana	38
893	937	Julio Almeida	00:54:43	00:53:06	01:01:06	00:58:47	00:58:41	00:53:18	02:54:30	02:45:11	797		Veterano 1	171
894	1331	Angelo Ferreira	00:56:45	00:53:53	01:00:36	00:59:25	00:57:10	00:55:39	02:54:31	02:48:57	875		Veterano 3	117
895	1786	Pedro Ferreira	00:55:56	00:54:45	01:06:43	01:05:55	00:51:58	00:51:32	02:54:37	02:52:12	928		Veterano 1	172
896	1764	Melina Luís	00:57:23	00:55:51	01:04:26	01:02:35	00:52:51	00:51:02	02:54:40	02:49:28	882		Senior	25
897	795	Filipe Julião	00:53:40	00:51:27	01:07:52	01:06:43	00:53:09	00:52:41	02:54:41	02:50:51	909	Julião	Senior	245
898	1376	Nuno Alves	00:56:52	00:54:33	01:05:33	01:03:32	00:52:19	00:50:40	02:54:44	02:48:45	872		Senior	246
899	1609	Luis Marques	00:54:51	00:53:50	01:05:02	01:04:01	00:54:52	00:54:27	02:54:45	02:52:18	932		Veterano 5	45
900	1929	Catarina Ferro	00:50:18	00:47:28	01:08:07	01:06:11	00:56:26	00:55:00	02:54:51	02:48:39	870		Veterana	39



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
901	1342	Miguel Lavrador	00:57:16	00:55:21	01:05:51	01:05:14	00:51:56	00:51:14	02:55:03	02:51:49	922		Veterano 2	179
902	2413	Maria Coelho	00:54:48	00:53:16	01:06:34	01:05:40	00:53:41	00:52:32	02:55:03	02:51:28	918		Veterana	40
903	4457	Patrícia Louro	00:57:29	00:54:57	01:02:38	01:01:22	00:54:57	00:53:43	02:55:04	02:50:02	896		Senior	26
904	490	Paulo Cardoso	00:54:18	00:53:52	01:07:17	01:06:03	00:53:36	00:52:26	02:55:11	02:52:21	933		Veterano 2	180
905	2299	Patrícia Fernandes	00:56:16	00:54:25	01:06:00	01:04:21	00:53:01	00:51:35	02:55:17	02:50:21	902	Clube ANA Lisboa	Veterana	41
906	941	Marco Martins	00:59:56	00:57:59	01:05:18	01:04:28	00:50:13	00:48:15	02:55:27	02:50:42	905		Veterano 1	173
907	1283	Sofia Teixeira	00:56:45	00:54:09	01:04:32	01:02:48	00:54:18	00:53:06	02:55:35	02:50:03	897		Senior	27
908	1328	Emanuel Bragança	00:54:26	00:52:23	01:07:09	01:04:54	00:54:01	00:53:27	02:55:36	02:50:44	906	DECATHLON	Senior	247
909	353	Joao Moradias	00:58:54	00:58:47	01:04:40	01:04:16	00:52:03	00:51:54	02:55:37	02:54:57	985		Veterano 2	181
910	537	Jorge Barros	01:02:01	01:00:53	01:04:40	01:02:57	00:48:57	00:48:18	02:55:38	02:52:08	926		Veterano 2	182
911	2147	Filipe Neves	00:52:02	00:49:02	01:03:52	01:02:29	00:59:48	00:58:04	02:55:42	02:49:35	887	Wikaboo	Veterano 1	174
912	519	Rui Dias	00:51:52	00:50:33	01:15:55	01:14:28	00:48:02	00:47:15	02:55:49	02:52:16	931		Veterano 1	175
913	2221	João Leal	00:56:20	00:55:36	01:04:16	01:03:25	00:55:23	00:54:34	02:55:59	02:53:35	951		Veterano 4	57
914	1633	Nuno Pinheiro	00:55:27	00:54:06	01:07:46	01:07:00	00:52:47	00:51:35	02:56:00	02:52:41	937		Veterano 2	183
915	905	Antonio Lima	00:52:10	00:51:15	01:03:57	01:02:13	00:59:55	00:58:27	02:56:02	02:51:55	923	Live & Fit	Veterano 3	118
916	2327	Rafael Carlos	00:53:28	00:51:03	01:09:50	01:07:57	00:52:44	00:51:10	02:56:02	02:50:10	901		Senior	248
917	685	Isabel Alpiarça	00:56:50	00:54:29	01:06:30	01:04:50	00:52:42	00:51:37	02:56:02	02:50:56	911		Veterana	42
918	924	Paulo Fonte	00:56:02	00:54:06	01:06:32	01:04:20	00:53:29	00:51:41	02:56:03	02:50:07	899		Veterano 2	184
919	1363	Carlos Silva	00:54:34	00:53:31	01:05:40	01:04:39	00:55:49	00:54:57	02:56:03	02:53:07	942	cleverti	Veterano 3	119
920	4215	Paula Cardoso	00:56:50	00:54:30	01:06:30	01:04:50	00:52:46	00:51:40	02:56:06	02:51:00	912		Veterana	43



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE
CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
921	983	Carlos Camacho	00:54:25	00:53:37	01:06:24	01:04:56	00:55:18	00:54:27	02:56:07	02:53:00	940		Senior	249
922	1790	Antonio Escalda	01:04:19	01:03:38	01:07:05	01:06:32	00:44:44	00:44:13	02:56:08	02:54:23	972	Os Galgos	Veterano 2	185
923	1775	Luis Afonso	01:02:42	01:02:10	01:01:15	01:00:33	00:52:13	00:51:26	02:56:10	02:54:09	965	GDINE	Veterano 4	58
924	442	Isabel Paula	00:56:59	00:55:32	01:06:09	01:04:16	00:53:04	00:51:29	02:56:12	02:51:17	916		Veterana	44
925	1152	António A.c.batista	00:58:15	00:55:02	01:05:42	01:04:26	00:52:18	00:51:36	02:56:15	02:51:04	913		Veterano 4	59
926	1523	Ana Ferreira	00:55:46	00:54:08	01:07:06	01:06:08	00:53:27	00:52:18	02:56:19	02:52:34	935	Clube do Grupo BES	Veterana	45
927	1660	Jorge Sousa	00:53:01	00:52:15	01:02:31	01:01:00	01:00:49	00:59:11	02:56:21	02:52:26	934		Veterano 2	187
928	1641	João Pedro	00:55:57	00:54:27	01:05:42	01:03:46	00:54:42	00:53:23	02:56:21	02:51:36	920		Veterano 2	186
929	730	Bas Peters	00:59:24	00:56:42	01:04:25	01:02:35	00:52:33	00:51:08	02:56:22	02:50:25	903		Veterano 2	188
930	2099	Helder Moreira	00:57:00	00:53:59	01:06:29	01:04:24	00:52:58	00:51:07	02:56:27	02:49:30	883		Senior	250
931	194	Mário Sanches	01:07:24	01:04:08	00:59:34	00:57:20	00:49:30	00:47:40	02:56:28	02:49:08	876		Veterano 1	176
932	1754	Ruben Guia	00:59:00	00:55:34	01:04:06	01:02:07	00:53:28	00:51:42	02:56:34	02:49:23	881		Senior	251
933	1020	Daniel Dias	00:56:46	00:54:48	01:05:16	01:03:54	00:54:33	00:53:15	02:56:35	02:51:57	924		Senior	252
934	439	Cátia Robalo	01:00:33	00:59:27	00:57:31	00:56:37	00:58:41	00:57:55	02:56:45	02:53:59	961		Senior	28
935	2353	Sérgio Raposo	00:57:30	00:57:01	01:07:56	01:06:40	00:51:22	00:50:47	02:56:48	02:54:28	973		Veterano 1	177
936	1887	Carlos Goncalves	00:53:32	00:50:40	01:11:52	01:09:42	00:51:32	00:50:44	02:56:56	02:51:06	915		Veterano 6	17
937	545	João Paisana	00:57:13	00:54:54	01:06:20	01:05:04	00:53:25	00:52:59	02:56:58	02:52:57	939		Veterano 2	189
938	910	Pedro Jaime	01:03:27	01:01:04	01:03:23	01:01:34	00:50:19	00:48:52	02:57:09	02:51:30	919	Live & Fit	Veterano 2	190
939	1391	Ricardo Reis	00:56:21	00:56:00	01:07:43	01:05:38	00:53:05	00:52:12	02:57:09	02:53:50	956		Veterano 2	191
940	607	João Luis	00:56:59	00:55:32	01:06:03	01:04:49	00:54:10	00:53:10	02:57:12	02:53:31	949	CDUL - Centro Desportivo Universitario de Lisboa	Veterano 2	192



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
941	313	João Mangana	00:47:50	00:47:26	01:10:14	01:09:41	00:59:10	00:58:25	02:57:14	02:55:32	997		Senior	253
942	1346	Antonio Lopes	00:55:39	00:55:01	01:07:18	01:06:03	00:54:21	00:53:49	02:57:18	02:54:53	982		Veterano 5	46
943	1150	Joao Vieira	01:06:33	01:04:15	01:02:13	01:01:18	00:48:33	00:48:03	02:57:19	02:53:36	952		Senior	254
944	597	Pedro Faro	00:54:52	00:53:49	01:07:03	01:06:22	00:55:25	00:55:07	02:57:20	02:55:18	990		Veterano 3	122
945	1502	Mário Freitas	00:57:06	00:56:55	01:05:57	01:05:51	00:54:17	00:54:13	02:57:20	02:56:59	1019		Veterano 3	120
946	611	Luis Pardal	00:57:50	00:55:47	01:03:58	01:03:22	00:55:32	00:54:23	02:57:20	02:53:32	950		Veterano 3	121
947	2224	João Silva	00:55:24	00:53:16	01:05:56	01:05:14	00:56:02	00:55:35	02:57:22	02:54:05	963		Senior	255
948	1664	Jorge Gomes	00:57:12	00:56:49	01:06:09	01:04:46	00:54:02	00:53:37	02:57:23	02:55:12	989		Veterano 4	60
949	1517	Joao Martins	00:57:13	00:56:04	01:05:07	01:03:42	00:55:04	00:53:51	02:57:24	02:53:37	953		Senior	256
950	1837	Rafael Barreira	00:55:46	00:54:28	01:08:29	01:07:19	00:53:10	00:52:36	02:57:25	02:54:23	971		Senior	257
951	258	Pedro Bastos	00:56:17	00:53:59	01:08:47	01:07:32	00:52:23	00:51:46	02:57:27	02:53:17	944		Veterano 2	193
952	1750	Paulo Carvalho	00:56:23	00:55:41	01:07:06	01:05:33	00:54:13	00:53:20	02:57:42	02:54:34	977	Clube EDP Lisboa	Veterano 5	47
953	2008	Rita Moreira	00:57:59	00:55:27	01:05:57	01:04:41	00:53:47	00:52:29	02:57:43	02:52:37	936		Senior	30
954	753	Margarida Pereira	00:58:30	00:56:21	01:04:56	01:03:09	00:54:17	00:52:42	02:57:43	02:52:12	930		Senior	29
955	4106	João Campos	00:58:13	00:55:59	01:07:01	01:06:04	00:52:30	00:51:27	02:57:44	02:53:30	948		Veterano 2	194
956	4501	Pedro Coelho	00:54:18	00:53:25	01:09:10	01:07:14	00:54:17	00:52:29	02:57:45	02:53:08	943	Vieira de Almeida & Associados - "VdAtletas"	Veterano 4	61
957	527	Rosa Carvalho	00:56:50	00:54:52	01:06:36	01:05:39	00:54:22	00:53:27	02:57:48	02:53:58	960		Veterana	46
958	746	Hugo Santos	00:52:21	00:49:17	01:14:47	01:12:56	00:50:41	00:48:51	02:57:49	02:51:04	914		Veterano 1	178
959	450	Pedro Sereno	00:55:36	00:52:27	01:07:04	01:05:16	00:55:12	00:54:26	02:57:52	02:52:09	927		Senior	258
960	2385	Cristiana Sobreiro	00:56:51	00:55:42	01:06:45	01:05:27	00:54:17	00:53:11	02:57:53	02:54:20	970		Veterana	47



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
961	202	Pedro Leitão	00:58:41	00:56:41	01:05:04	01:03:50	00:54:13	00:53:10	02:57:58	02:53:41	955		Senior	259
962	2183	Maria Gray	00:55:47	00:55:39	01:07:37	01:07:25	00:54:34	00:54:27	02:57:58	02:57:31	1024		Veterana	48
963	2356	Carlos Machado	00:57:18	00:56:18	01:06:49	01:06:35	00:53:54	00:52:56	02:58:01	02:55:49	1001	Futebol Clube Estrelas Lisboa	Veterano 2	195
964	741	José Veloso	00:58:48	00:56:14	01:06:02	01:05:24	00:53:14	00:52:33	02:58:04	02:54:11	968		Veterano 3	123
965	579	Pedro Moura	01:00:11	00:58:47	01:03:29	01:02:33	00:54:30	00:53:35	02:58:10	02:54:55	983		Senior	260
966	2088	Mário Miranda	01:01:26	01:00:03	01:04:04	01:02:23	00:52:50	00:50:58	02:58:20	02:53:24	946		Veterano 1	179
967	1037	Sérgio Coimbra	01:06:30	01:05:28	01:00:55	00:59:17	00:50:55	00:49:26	02:58:20	02:54:11	967		Veterano 2	196
968	2504	Jorge Pereira	01:00:03	00:57:08	01:05:57	01:03:48	00:52:22	00:51:50	02:58:22	02:52:46	938		Veterano 1	180
969	825	António Costa	00:56:10	00:54:31	01:07:25	01:06:13	00:54:56	00:53:54	02:58:31	02:54:38	978		Veterano 4	62
970	1148	Francisco Maia	00:58:04	00:55:58	01:07:19	01:05:40	00:53:10	00:52:02	02:58:33	02:53:40	954		Veterano 5	48
971	4608	Tiago Tremeço	01:00:51	00:58:03	01:05:50	01:03:29	00:51:56	00:50:33	02:58:37	02:52:05	925	MOTORPRESS	Senior	261
972	4548	Leonor Pimenta	01:00:46	00:58:53	01:03:25	01:02:31	00:54:28	00:53:18	02:58:39	02:54:42	979		Veterana	49
973	1941	Raul Carvalho	00:54:00	00:53:36	01:05:30	01:04:18	00:59:15	00:58:45	02:58:45	02:56:39	1014	Falcões Selvagens	Veterano 5	49
974	4140	Marta Reis	00:59:17	00:58:16	01:06:13	01:05:01	00:53:19	00:53:04	02:58:49	02:56:21	1009		Veterana	50
975	978	Sebastião Lourenço	00:58:42	00:57:04	01:02:28	01:00:09	00:57:40	00:52:03	02:58:50	02:49:16	879		Junior	5
976	993	José Vale	00:55:31	00:55:12	01:06:43	01:06:34	00:56:38	00:55:58	02:58:52	02:57:44	1029		Veterano 4	63
977	2223	Carlos Martins	00:57:20	00:54:55	01:07:11	01:05:41	00:54:22	00:53:31	02:58:53	02:54:07	964		Veterano 4	64
978	2323	João Pitta	00:57:38	00:55:18	01:05:15	01:03:21	00:56:00	00:54:25	02:58:53	02:53:04	941		Veterano 1	181
979	361	Alvaro Silveira	00:57:31	00:56:20	01:07:20	01:06:10	00:54:04	00:52:56	02:58:55	02:55:26	992		Veterano 3	124
980	1769	António Portugal	01:02:42	01:02:10	01:04:59	01:04:29	00:51:14	00:51:09	02:58:55	02:57:48	1031	GDINE	Veterano 3	125



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
981	1551	Ricardo Silva	00:56:57	00:54:44	01:11:17	01:09:47	00:50:43	00:49:32	02:58:57	02:54:03	962	Clube do Grupo BES	Veterano 1	182
982	1926	Tiago Teixeira	01:00:11	00:57:16	01:03:56	01:02:21	00:54:56	00:53:47	02:59:03	02:53:24	945		Senior	262
983	558	Artur Lindo	01:01:11	00:57:54	01:07:40	01:06:37	00:50:14	00:49:46	02:59:05	02:54:17	969		Veterano 3	126
984	1241	Nuno Almeida	00:57:49	00:55:37	01:08:41	01:07:30	00:52:36	00:51:54	02:59:06	02:55:01	986	Sportings de Almeida	Veterano 1	183
985	1278	Filipe Cruz	00:53:20	00:50:15	01:16:56	01:15:06	00:48:53	00:48:07	02:59:09	02:53:28	947		Veterano 1	184
986	1447	Pedro Pires	00:58:27	00:55:06	01:07:37	01:05:36	00:53:07	00:51:30	02:59:11	02:52:12	929	CLUBE MILLENNIUM BCP	Veterano 3	127
987	4111	Fernando Silva	00:54:08	00:53:15	01:09:30	01:07:31	00:55:34	00:53:46	02:59:12	02:54:32	975	Vieira de Almeida & Associados - "VdAtletas"	Veterano 4	65
988	1400	Eduardo Anes	00:53:59	00:53:33	01:02:18	01:00:44	01:02:55	00:51:14	02:59:12	02:45:31	811		Veterano 3	128
989	1308	Francisco Linhol	01:02:01	00:59:34	01:03:28	01:02:23	00:53:47	00:52:36	02:59:16	02:54:33	976		Veterano 5	50
990	2083	Nuno Mota	00:58:02	00:57:42	01:05:55	01:05:17	00:55:19	00:55:08	02:59:16	02:58:07	1036		Veterano 1	185
991	528	Maria Moreno	00:55:10	00:54:01	01:09:22	01:08:04	00:54:53	00:53:48	02:59:25	02:55:53	1002		Veterana	51
992	957	Ana Fialho	01:03:01	01:00:55	00:58:02	00:57:11	00:58:23	00:57:20	02:59:26	02:55:26	993	H2Ovita	Senior	31
993	458	Fernando Chasqueira	00:58:01	00:56:07	01:04:29	01:03:45	00:56:59	00:56:09	02:59:29	02:56:01	1004		Veterano 6	18
994	4491	Joaquim Gamito	00:58:59	00:57:04	01:08:40	01:06:50	00:51:53	00:50:56	02:59:32	02:54:50	981		Veterano 4	66
995	2198	Miguel Fernandes	01:00:27	00:58:07	01:05:15	01:03:35	00:53:50	00:52:13	02:59:32	02:53:55	958		Veterano 1	186
996	1911	Joaquim Mendes	01:07:52	01:06:10	01:01:40	00:59:43	00:50:10	00:48:52	02:59:42	02:54:45	980	"OS LUCENAS"	Veterano 4	67
997	2439	Nuno Faria	01:01:04	00:58:22	01:05:25	01:03:54	00:53:13	00:51:41	02:59:42	02:53:57	959		Veterano 2	197
998	873	Luis Dias	01:03:38	01:01:21	01:04:54	01:04:01	00:51:13	00:50:18	02:59:45	02:55:40	999		Veterano 1	187
999	1539	Moisés Fernandes	00:58:36	00:56:27	01:04:55	01:03:21	00:56:15	00:54:44	02:59:46	02:54:32	974	Clube do Grupo BES	Veterano 3	129
1000	4143	Filomena Jesus	00:58:21	00:56:46	01:06:18	01:05:34	00:55:16	00:54:26	02:59:55	02:56:46	1017		Veterana	52



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1001	4122	José Cardoso	00:58:21	00:56:46	01:06:19	01:05:34	00:55:16	00:54:26	02:59:56	02:56:46	1016		Veterano 4	68
1002	2109	Frederico Sousa	00:57:01	00:55:53	01:06:44	01:05:08	00:56:13	00:55:12	02:59:58	02:56:13	1008	Lebres e Tartarugas	Veterano 4	69
1003	1158	Serafim Marques	00:57:50	00:56:24	01:07:36	01:05:39	00:54:34	00:53:57	03:00:00	02:56:00	1003		Veterano 6	19
1004	987	Renato Sousa	00:57:55	00:56:12	01:06:44	01:04:38	00:55:28	00:54:21	03:00:07	02:55:11	988		Senior	263
1005	1465	Joaquim Feijoo	00:58:41	00:56:37	01:07:44	01:06:51	00:53:45	00:53:09	03:00:10	02:56:37	1013		Veterano 6	20
1006	1104	Luis Libanio	01:00:15	00:59:21	01:01:36	00:59:52	00:58:21	00:56:57	03:00:12	02:56:10	1006		Veterano 5	51
1007	2203	Jorge Ferreira	00:57:30	00:55:18	01:04:31	01:03:17	00:58:13	00:56:45	03:00:14	02:55:20	991	running of dª maria	Veterano 3	130
1008	394	Luis Andorinho	00:57:56	00:56:32	01:09:58	01:09:54	00:52:22	00:52:20	03:00:16	02:58:46	1054		Veterano 1	188
1009	156	Rita Montalvão	00:59:01	00:56:01	01:06:38	01:05:21	00:54:39	00:53:34	03:00:18	02:54:56	984	Simon	Veterana	53
1010	1519	Pedro Bivar	00:57:24	00:55:46	01:04:01	01:02:21	00:58:56	00:57:23	03:00:21	02:55:30	996		Veterano 5	52
1011	1103	Joaquim Mota	00:58:29	00:58:07	01:06:28	01:05:02	00:55:27	00:54:40	03:00:24	02:57:49	1033		Veterano 5	53
1012	574	Ira Litwinoff	00:59:09	00:56:45	01:05:17	01:04:26	00:56:03	00:55:12	03:00:29	02:56:23	1010		Veterana	54
1013	2079	Joao Ferreira	00:58:10	00:56:34	01:07:36	01:06:16	00:54:44	00:53:22	03:00:30	02:56:12	1007	GD CIMPOR	Veterano 2	198
1014	1204	Hassam Ibrahim	00:57:30	00:55:06	01:08:29	01:07:13	00:54:36	00:53:19	03:00:35	02:55:38	998		Senior	264
1015	674	Jorge Monteiro	00:56:28	00:54:40	01:06:33	01:05:27	00:57:39	00:55:36	03:00:40	02:55:43	1000		Veterano 3	131
1016	1903	Luisa Landeiro	00:59:06	00:57:09	01:07:21	01:06:34	00:54:19	00:53:22	03:00:46	02:57:05	1020	SS CGD	Veterana	55
1017	1845	António Sietra	00:55:51	00:54:58	01:10:22	01:09:29	00:54:40	00:53:48	03:00:53	02:58:15	1042	Clube Vodafone	Veterano 2	199
1018	1499	Antonio Pinheiro	00:58:42	00:57:20	01:08:26	01:07:28	00:53:51	00:52:59	03:00:59	02:57:47	1030	Os Galgos	Veterano 1	189
1019	405	Antonio Tavares	00:55:13	00:54:27	01:11:33	01:09:48	00:54:15	00:53:11	03:01:01	02:57:26	1023	CCD PM CASCAIS	Veterano 3	132
1020	1055	Pedro Gama	01:00:59	00:59:28	01:10:44	01:08:37	00:49:31	00:48:36	03:01:14	02:56:41	1015	Parque das Nações Z	Veterano 1	190



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1021	1761	André Guimarães	00:58:27	00:56:15	01:08:56	01:07:35	00:53:53	00:52:41	03:01:16	02:56:31	1011		Senior	265
1022	1905	Olimpio Gonçalves	01:01:29	00:59:01	01:11:46	01:11:00	00:48:02	00:47:09	03:01:17	02:57:10	1021	SS CGD	Veterano 1	191
1023	666	António Garcia	00:57:37	00:56:29	01:07:40	01:06:21	00:56:03	00:54:58	03:01:20	02:57:48	1032		Veterano 4	70
1024	460	Ricardo Saraiva	00:57:09	00:54:22	01:07:48	01:05:49	00:56:35	00:55:15	03:01:32	02:55:26	994		Veterano 1	192
1025	2308	Ana Marques	00:58:31	00:58:09	01:06:16	01:05:10	00:56:54	00:55:31	03:01:41	02:58:50	1057	Falcões Selvagens	Veterana	56
1026	796	Liliana Julião	01:00:41	00:58:29	01:07:52	01:06:42	00:53:09	00:52:41	03:01:42	02:57:52	1034	Julião	Senior	32
1027	2121	Rui Pereira	01:00:34	00:57:26	01:07:05	01:04:59	00:54:06	00:52:39	03:01:45	02:55:04	987		Veterano 2	200
1028	1079	Ricardo Alves	01:00:51	00:58:57	01:06:12	01:04:43	00:54:43	00:53:51	03:01:46	02:57:31	1025		Veterano 2	201
1029	1549	Ricardo Fernandes	00:58:55	00:57:27	01:07:13	01:06:11	00:55:42	00:54:40	03:01:50	02:58:18	1043	Clube do Grupo BES	Veterano 4	71
1030	1004	Ana Pinheiro	00:57:29	00:55:59	01:07:38	01:06:19	00:56:45	00:55:41	03:01:52	02:57:59	1035	CCD PM CASCAIS	Senior	33
1031	185	Pedro Peleja	00:49:48	00:48:56	01:15:31	01:14:38	00:56:34	00:55:37	03:01:53	02:59:11	1065	ORFF	Veterano 2	202
1032	2285	Paulo Santos	01:05:32	01:05:27	01:04:55	01:04:47	00:51:30	00:51:24	03:01:57	03:01:38	1110	EQUIPA TUA	Veterano 3	133
1033	2294	Fernando Costa	01:05:32	01:05:27	01:04:55	01:04:47	00:51:30	00:51:24	03:01:57	03:01:38	1111	EQUIPA TUA	Veterano 1	193
1034	159	Filipe Mestre	00:57:24	00:55:43	01:08:36	01:07:49	00:55:59	00:54:35	03:01:59	02:58:07	1037	Pernas de Gafanhoto	Senior	266
1035	362	Henriqueta Solipa	00:54:02	00:53:36	01:05:29	01:04:46	01:02:29	01:01:24	03:02:00	02:59:46	1081	CONNECT2RUN	Veterana	57
1036	2298	João Moura	01:05:34	00:58:00	01:02:45	01:01:06	00:53:46	00:51:45	03:02:05	02:50:51	910		Senior	267
1037	135	Jose Moreno	00:53:39	00:51:29	01:09:59	01:09:11	00:58:30	00:57:34	03:02:08	02:58:14	1040		Veterano 2	203
1038	857	Carlos Lopes	00:56:55	00:56:12	01:09:12	01:07:38	00:56:02	00:55:03	03:02:09	02:58:53	1059		Veterano 6	21
1039	2271	Tiago Montenegro	00:58:12	00:58:00	01:08:02	01:05:43	00:55:57	00:54:37	03:02:11	02:58:20	1044		Senior	268
1040	2543	Manuel Venâncio	01:01:10	00:57:54	01:07:57	01:05:53	00:53:08	00:51:42	03:02:15	02:55:29	995		Veterano 2	204



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TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1041	1972	Andre Guerreiro	01:05:53	01:04:38	01:06:55	01:05:37	00:49:30	00:48:22	03:02:18	02:58:37	1051		Senior	269
1042	2090	Fábio Alves	01:01:57	01:01:04	01:07:16	01:06:24	00:53:13	00:53:03	03:02:26	03:00:31	1096		Senior	270
1043	816	Pedro Cardador	00:59:38	00:57:33	01:07:23	01:05:53	00:55:30	00:53:59	03:02:31	02:57:25	1022		Veterano 1	194
1044	1114	Alexandra Oliveira	00:55:26	00:54:54	01:11:32	01:11:09	00:55:34	00:54:56	03:02:32	03:00:59	1103		Veterana	58
1045	1131	Fernando Lourenço	00:57:45	00:55:25	01:09:42	01:08:47	00:55:13	00:54:11	03:02:40	02:58:23	1045	Bom Petisco	Veterano 6	22
1046	1803	António Sousa	00:55:36	00:54:49	01:06:17	01:05:33	01:00:49	00:59:11	03:02:42	02:59:33	1075		Senior	271
1047	134	Ricardo Pimenta	00:57:06	00:55:10	01:10:16	01:07:59	00:55:27	00:53:28	03:02:49	02:56:37	1012		Veterano 1	195
1048	2037	Paulo França	00:55:56	00:54:51	01:08:19	01:07:27	00:58:35	00:57:33	03:02:50	02:59:51	1083	GDCT UNICRE	Veterano 4	72
1049	580	António Nunes	00:57:13	00:56:48	01:11:06	01:09:39	00:54:36	00:53:48	03:02:55	03:00:15	1095		Veterano 3	134
1050	436	Pedro Matos	00:57:53	00:56:42	01:08:49	01:07:24	00:56:16	00:55:28	03:02:58	02:59:34	1076	Dream Team	Veterano 4	73
1051	2127	Maria Fernandes	01:01:08	00:59:33	01:07:08	01:05:49	00:54:44	00:53:23	03:03:00	02:58:45	1053		Veterana	59
1052	1617	Tania Zacarias	00:57:47	00:55:06	01:10:42	01:08:25	00:54:32	00:52:37	03:03:01	02:56:08	1005		Veterana	60
1053	500	Eduardo Pinto	01:14:20	01:12:14	00:59:22	00:58:29	00:49:19	00:48:56	03:03:01	02:59:39	1079	H2Ovita	Senior	272
1054	1272	Maria Sebastião	00:58:16	00:56:26	01:07:38	01:06:27	00:57:09	00:55:38	03:03:03	02:58:31	1047		Veterana	61
1055	1906	Jorge Modesto	01:00:29	00:58:12	01:07:32	01:06:16	00:55:04	00:54:04	03:03:05	02:58:32	1049	H2Ovita	Veterano 1	196
1056	2427	Joaquim Prates	00:56:54	00:55:02	01:13:22	01:12:33	00:52:54	00:51:35	03:03:10	02:59:10	1063		Veterano 1	197
1057	562	Vanessa Martinho	01:00:12	00:59:33	01:07:53	01:06:21	00:55:08	00:54:20	03:03:13	03:00:14	1093		Senior	34
1058	858	Hugo Ratinho	00:59:31	00:58:46	01:08:38	01:07:03	00:55:08	00:54:07	03:03:17	02:59:56	1085		Senior	273
1059	203	Margarida Leitão	00:58:47	00:56:48	01:06:25	01:05:11	00:58:26	00:57:23	03:03:38	02:59:22	1070		Senior	35
1060	4411	Laurence Pape	01:01:10	00:59:51	01:05:30	01:04:03	00:57:03	00:56:03	03:03:43	02:59:57	1086	Zodiac	Veterana	62



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1061	177	Tiago Pinto	00:59:12	00:57:50	01:10:56	01:08:21	00:53:36	00:53:03	03:03:44	02:59:14	1066		Veterano 1	198
1062	1626	Miguel Moreira	00:59:40	00:58:02	01:07:50	01:06:09	00:56:15	00:54:43	03:03:45	02:58:54	1060		Veterano 4	74
1063	2269	Marco Costa	01:01:20	01:01:07	01:06:36	01:04:16	00:55:53	00:54:34	03:03:49	02:59:57	1087		Senior	275
1064	2332	Joao Rodrigues	01:01:54	00:59:34	01:04:27	01:02:50	00:57:28	00:55:49	03:03:49	02:58:13	1038		Senior	274
1065	2351	Sandra Matos	01:02:20	00:59:15	01:06:04	01:04:43	00:55:26	00:54:41	03:03:50	02:58:39	1052		Senior	36
1066	483	Luís Evangelista	01:05:46	01:03:59	00:56:14	00:55:07	01:01:50	00:59:47	03:03:50	02:58:53	1058	Faria Evangelista	Veterano 1	199
1067	2163	Fernando Claudino	01:00:09	00:58:00	01:08:51	01:07:39	00:54:52	00:53:51	03:03:52	02:59:30	1073		Veterano 6	23
1068	639	Sérgio Galó	00:58:22	00:55:24	01:07:34	01:05:25	00:58:08	00:56:04	03:04:04	02:56:53	1018		Senior	276
1069	1730	Miguel Rodrigues	01:04:15	01:02:28	01:06:40	01:04:26	00:53:09	00:51:30	03:04:04	02:58:24	1046		Senior	277
1070	2580	Marta Andrade	00:58:07	00:56:27	01:08:48	01:06:55	00:57:12	00:55:49	03:04:07	02:59:11	1064		Veterana	63
1071	540	Luis Campos	01:00:46	00:59:43	01:09:03	01:07:08	00:54:22	00:52:38	03:04:11	02:59:29	1072		Veterano 3	135
1072	2478	Diogo Matos	01:01:08	00:58:22	01:06:20	01:04:32	00:56:45	00:55:20	03:04:13	02:58:14	1039		Senior	278
1073	1634	Genaudeau Christelle	00:59:51	00:56:42	01:10:28	01:08:31	00:53:54	00:52:20	03:04:13	02:57:33	1026		Veterana	64
1074	374	Susana Marques	01:00:32	00:58:28	01:07:14	01:05:18	00:56:28	00:55:34	03:04:14	02:59:20	1069	Pipocas Voadoras	Senior	37
1075	1427	Helder Batista	01:19:07	01:17:43	00:54:11	00:53:41	00:51:00	00:50:36	03:04:18	03:02:00	1118	CLUBE MILLENNIUM BCP	Veterano 3	136
1076	1053	Luis Cardoso	01:00:49	00:57:51	01:09:02	01:07:57	00:54:32	00:53:32	03:04:23	02:59:20	1068	Rocket Men	Veterano 3	137
1077	1921	Pedro Carvalho	01:00:34	00:58:34	01:09:48	01:07:42	00:54:06	00:52:39	03:04:28	02:58:55	1061		Veterano 2	205
1078	2400	Catarina Mesquita	00:58:51	00:56:02	01:09:07	01:07:12	00:56:31	00:55:00	03:04:29	02:58:14	1041		Veterana	65
1079	1243	Davide Rodrigues	01:01:26	00:58:10	01:08:20	01:06:17	00:54:45	00:53:14	03:04:31	02:57:41	1028		Veterano 3	138
1080	1575	Rui Domingues	00:58:30	00:56:41	01:10:33	01:08:59	00:55:28	00:54:32	03:04:31	03:00:12	1092		Veterano 3	139



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1081	434	Helder Cruz	00:56:26	00:55:15	01:11:43	01:10:18	00:56:23	00:55:33	03:04:32	03:01:06	1104	Dream Team	Veterano 1	200
1082	518	Katja Goettsche	01:00:08	00:57:45	01:07:37	01:06:47	00:56:50	00:56:00	03:04:35	03:00:32	1097		Veterana	66
1083	1282	Marina Marques	00:56:43	00:54:08	01:08:45	01:07:00	00:59:07	00:57:55	03:04:35	02:59:03	1062		Senior	38
1084	897	Pedro Sousa	00:59:21	00:58:07	01:12:17	01:11:29	00:53:08	00:52:12	03:04:46	03:01:48	1115	As Preguiças	Veterano 3	140
1085	2151	Inês Nascimento	00:56:18	00:53:54	01:10:31	01:08:59	00:58:02	00:56:57	03:04:51	02:59:50	1082		Senior	39
1086	702	Adão Luz	00:57:43	00:55:49	01:10:44	01:09:12	00:56:26	00:55:13	03:04:53	03:00:14	1094		Veterano 6	24
1087	1510	Joana Lancastre	01:01:43	00:59:13	01:07:41	01:06:19	00:55:34	00:54:32	03:04:58	03:00:04	1091		Senior	40
1088	637	Jorge Maia	01:01:06	00:58:10	01:09:07	01:07:22	00:54:46	00:53:59	03:04:59	02:59:31	1074	Clube do Grupo BES	Veterano 3	141
1089	843	Luis Domingues	00:55:29	00:52:27	01:02:58	01:02:00	01:06:55	01:04:56	03:05:22	02:59:23	1071	Heitor Domingues	Senior	279
1090	1513	Eduardo Brás	00:59:48	00:56:19	01:08:28	01:06:57	00:57:09	00:55:33	03:05:25	02:58:49	1055		Veterano 1	201
1091	410	Rui Soares	01:00:03	00:59:13	01:05:41	01:04:22	00:59:46	00:58:47	03:05:30	03:02:22	1125	CCD PM CASCAIS	Veterano 1	202
1092	1095	Célia Gil	00:59:34	00:57:16	01:10:39	01:08:39	00:55:20	00:53:43	03:05:33	02:59:38	1078		Veterana	67
1093	1336	Joao Goncalves	01:00:52	00:57:36	01:10:42	01:08:39	00:54:04	00:52:35	03:05:38	02:58:50	1056		Veterano 3	142
1094	1207	Luis Anjos	01:03:35	01:00:27	01:07:50	01:05:51	00:54:13	00:52:16	03:05:38	02:58:34	1050		Veterano 2	206
1095	1521	Alexandrina Filipe	00:58:47	00:57:09	01:09:23	01:08:24	00:57:28	00:56:13	03:05:38	03:01:46	1113	Clube do Grupo BES	Veterana	68
1096	2321	Nuno Rogado	00:59:17	00:56:09	01:11:57	01:09:39	00:54:26	00:52:43	03:05:40	02:58:31	1048		Veterano 2	207
1097	1576	Ana Cabral	01:00:09	00:58:20	01:11:36	01:10:03	00:53:59	00:53:03	03:05:44	03:01:26	1105		Veterana	69
1098	1717	José Finuras	00:58:54	00:56:53	01:09:16	01:08:14	00:57:34	00:56:33	03:05:44	03:01:40	1112	MultiRunners	Veterano 2	208
1099	846	Alexandre Silva	01:03:35	01:02:50	01:17:17	01:16:15	00:44:53	00:43:56	03:05:45	03:03:01	1134		Senior	280
1100	1889	Anabela Flor	00:49:58	00:49:38	01:12:02	01:11:11	01:03:50	01:02:59	03:05:50	03:03:48	1137	CCD CENTRO CULTURA DESPORTO SEG SOC	Veterana	70



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1101	1452	Jose Guedes	01:10:25	01:07:04	00:59:50	00:58:26	00:55:42	00:54:05	03:05:57	02:59:35	1077	CLUBE MILLENNIUM BCP	Veterano 2	209
1102	155	André Simões	01:00:59	00:57:59	01:08:31	01:07:13	00:56:28	00:55:23	03:05:58	03:00:35	1098	Simon	Veterano 1	203
1103	430	Matilde Geada	00:57:53	00:56:44	01:11:43	01:10:18	00:56:23	00:55:35	03:05:59	03:02:37	1129	Dream Team	Veterana	71
1104	1098	João Neves	01:03:16	01:01:23	01:08:39	01:06:25	00:54:07	00:52:09	03:06:02	02:59:57	1089		Veterano 2	210
1105	974	Rodrigo Lagoa	01:03:16	01:01:23	01:08:39	01:06:25	00:54:07	00:52:09	03:06:02	02:59:57	1088		Senior	281
1106	900	Joaquim Marçalo	01:03:16	01:01:23	01:08:39	01:06:25	00:54:11	00:52:13	03:06:06	03:00:01	1090		Veterano 2	211
1107	871	Antonio Ramos	00:58:17	00:56:44	01:09:15	01:08:14	00:58:41	00:57:52	03:06:13	03:02:50	1132		Veterano 4	75
1108	1584	Bruno Pinto	00:59:47	00:57:44	01:10:01	01:08:46	00:56:28	00:55:34	03:06:16	03:02:04	1120		Senior	282
1109	173	Paulo Alves	01:01:01	01:00:02	01:08:46	01:06:46	00:56:34	00:55:10	03:06:21	03:01:58	1117		Veterano 1	204
1110	948	Vitor Figueiredo	00:59:59	00:56:56	01:09:10	01:07:16	00:57:20	00:55:30	03:06:29	02:59:42	1080		Veterano 1	205
1111	2128	Maria Fernandes	00:56:06	00:54:32	01:07:12	01:05:54	01:03:12	01:01:50	03:06:30	03:02:16	1124		Veterana	72
1112	754	Alexandra Godinho	01:02:00	00:59:39	01:08:57	01:07:15	00:55:41	00:54:01	03:06:38	03:00:55	1102		Senior	41
1113	210	Alexandre Fernandes	01:01:23	01:01:01	01:11:55	01:10:37	00:53:24	00:52:30	03:06:42	03:04:08	1143		Veterano 2	212
1114	341	Ricardo Esteves	01:01:16	01:00:34	01:08:12	01:07:27	00:57:16	00:56:12	03:06:44	03:04:13	1147	Amigos Peniche	Veterano 4	76
1115	2092	Ana Pereira	01:08:15	01:06:01	01:11:10	01:09:56	00:47:21	00:45:39	03:06:46	03:01:36	1109		Senior	42
1116	1124	Antonio Rodrigues	01:02:31	01:00:55	01:17:46	01:15:35	00:46:29	00:45:05	03:06:46	03:01:35	1108		Senior	283
1117	691	Jéssica Campos	01:06:12	01:03:44	01:06:19	01:04:51	00:54:18	00:52:58	03:06:49	03:01:33	1107		Senior	43
1118	1734	Carlos Santos	01:03:42	01:01:19	01:08:46	01:07:49	00:54:25	00:52:59	03:06:53	03:02:07	1121		Veterano 3	143
1119	872	João Veloso	01:03:17	01:01:23	01:08:39	01:06:24	00:54:58	00:53:00	03:06:54	03:00:47	1100		Veterano 2	213
1120	1640	Rita Santos	01:01:17	00:58:36	01:09:46	01:08:50	00:55:54	00:54:21	03:06:57	03:01:47	1114	Serviços Sociais Montepio Geral	Veterana	73



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1121	297	Miguel Tavares	01:00:29	00:57:05	01:09:19	01:07:17	00:57:10	00:55:30	03:06:58	02:59:52	1084		Senior	284
1122	1111	Marcos Heitor	01:01:27	01:01:20	01:07:41	01:05:52	00:57:50	00:56:48	03:06:58	03:04:00	1141		Veterano 1	206
1123	1057	Rui Pereira	01:00:00	00:58:29	01:13:11	01:11:09	00:53:48	00:52:52	03:06:59	03:02:30	1127	Parque das Nações Z	Veterano 1	207
1124	2539	Paulo Figueiredo	01:00:54	00:59:20	01:09:42	01:07:58	00:56:25	00:54:57	03:07:01	03:02:15	1122		Veterano 3	144
1125	1619	António Vale	01:01:52	01:00:15	01:09:55	01:07:42	00:55:17	00:53:36	03:07:04	03:01:33	1106		Senior	285
1126	1196	Francisco Noronha	01:08:17	01:07:26	01:05:22	01:03:23	00:53:28	00:51:57	03:07:07	03:02:46	1131		Veterano 4	77
1127	1518	Paulo Valentim	01:02:09	01:01:46	01:04:50	01:03:03	01:00:11	00:59:46	03:07:10	03:04:35	1154		Veterano 1	208
1128	824	Catarina Bexiga	01:03:56	01:01:30	01:14:23	01:12:23	00:48:53	00:48:03	03:07:12	03:01:56	1116		Senior	44
1129	503	Carlos Sousa	01:01:44	00:57:45	01:05:45	01:03:57	00:59:44	00:57:35	03:07:13	02:59:17	1067	H2Ovita	Veterano 1	209
1130	1105	Antonio Coutinho	00:59:47	00:57:48	01:09:58	01:08:43	00:57:33	00:56:40	03:07:18	03:03:11	1136		Veterano 4	78
1131	2036	Nuno Duarte	01:00:27	00:59:22	01:08:19	01:07:25	00:58:34	00:57:33	03:07:20	03:04:20	1149	GDCT UNICRE	Veterano 1	210
1132	988	Paula Santos	00:59:27	00:57:22	01:07:33	01:05:58	01:00:26	00:58:42	03:07:26	03:02:02	1119		Veterana	74
1133	413	Jorge Jourdan	00:59:58	00:58:47	01:11:33	01:10:12	00:56:06	00:55:00	03:07:37	03:03:59	1140	CCD PM CASCAIS	Veterano 4	79
1134	1320	Pedro Fonseca	01:01:59	01:00:43	01:07:52	01:06:54	00:57:50	00:56:48	03:07:41	03:04:25	1152		Veterano 2	214
1135	1096	Sérgio Santos	01:00:04	00:57:08	01:05:49	01:03:37	01:01:56	00:59:50	03:07:49	03:00:35	1099		Senior	286
1136	1372	Sara Fulgêncio	01:01:11	00:58:50	01:08:58	01:07:37	00:57:42	00:56:37	03:07:51	03:03:04	1135		Veterana	75
1137	2096	Carla Matos	00:58:38	00:58:00	01:14:41	01:12:37	00:54:35	00:53:40	03:07:54	03:04:17	1148		Senior	45
1138	1897	Antonio Fonseca	01:00:59	00:58:36	01:10:31	01:09:47	00:56:31	00:55:37	03:08:01	03:04:00	1142	SS CGD	Veterano 2	215
1139	206	Francisco Vale	01:00:05	00:56:54	01:10:54	01:08:57	00:57:02	00:55:01	03:08:01	03:00:52	1101		Veterano 1	211
1140	485	Ricardo Ferreira	00:59:07	00:58:12	01:09:47	01:08:53	00:59:08	00:57:15	03:08:02	03:04:20	1150	Garcia Runners	Veterano 1	212



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1141	2459	Isabel Monteiro	01:04:30	01:02:00	01:08:02	01:06:25	00:55:30	00:54:08	03:08:02	03:02:33	1128		Senior	46
1142	431	Miguel Costa	01:02:14	01:01:03	01:08:30	01:07:05	00:57:23	00:56:35	03:08:07	03:04:43	1158	Dream Team	Veterano 1	213
1143	1962	João Oliveira	01:05:51	01:02:57	01:09:43	01:07:01	00:52:37	00:52:18	03:08:11	03:02:16	1123		Senior	287
1144	1923	Jose Descalco	00:59:08	00:57:07	01:12:48	01:11:42	00:56:16	00:55:02	03:08:12	03:03:51	1138		Veterano 1	214
1145	847	José Teixeira	01:04:14	01:02:08	01:10:04	01:08:24	00:54:19	00:53:25	03:08:37	03:03:57	1139		Senior	288
1146	1512	Frederico Pinto	00:58:48	00:57:04	01:13:58	01:13:28	00:55:53	00:54:30	03:08:39	03:05:02	1163		Senior	289
1147	2428	Rui Matos	00:58:39	00:56:47	01:13:22	01:12:33	00:56:42	00:55:22	03:08:43	03:04:42	1157		Senior	290
1148	1085	Rita Santos	01:05:47	01:02:50	01:14:56	01:13:00	00:48:03	00:46:38	03:08:46	03:02:28	1126		Veterana	76
1149	261	Sandra Campaniço	01:04:28	01:03:24	01:06:58	01:05:27	00:57:21	00:55:57	03:08:47	03:04:48	1160	Pernas de Gafanhoto	Senior	47
1150	1412	Ricardo Viana	01:00:21	00:58:44	01:11:39	01:10:40	00:56:53	00:56:14	03:08:53	03:05:38	1168	Serviços Sociais Montepio Geral	Veterano 1	215
1151	1170	Maria Catela	01:01:28	00:58:44	01:08:40	01:07:34	00:58:49	00:58:21	03:08:57	03:04:39	1156	Alfra Road Runners	Veterana	77
1152	1733	Vanessa Santos	01:03:42	01:01:19	01:07:27	01:06:30	00:57:48	00:56:21	03:08:57	03:04:10	1145		Senior	48
1153	599	Carlos Vieira	00:58:36	00:57:16	01:12:44	01:11:09	00:57:57	00:56:00	03:09:17	03:04:25	1151	H Tecnic	Veterano 3	145
1154	2156	Bruno Ramos	01:07:43	01:06:10	01:06:31	01:04:44	00:55:06	00:53:16	03:09:20	03:04:10	1144	MOTORPRESS	Veterano 1	216
1155	474	Rui Sameiro	01:00:47	01:00:01	01:11:39	01:10:06	00:57:00	00:55:55	03:09:26	03:06:02	1171		Veterano 2	216
1156	664	Paulo Moura	01:00:47	01:00:02	01:11:39	01:10:07	00:57:00	00:55:57	03:09:26	03:06:06	1174		Veterano 2	217
1157	710	Paulo Matos	01:00:47	01:00:01	01:11:39	01:10:07	00:57:00	00:55:56	03:09:26	03:06:04	1173		Veterano 4	80
1158	1742	António Fidalgo	00:59:13	00:57:26	01:12:29	01:10:56	00:57:51	00:56:09	03:09:33	03:04:31	1153		Veterano 1	217
1159	1107	Miguel Rodrigues	01:06:21	01:05:06	01:07:55	01:06:57	00:55:23	00:54:11	03:09:39	03:06:14	1175		Senior	291
1160	1891	Helder Martins	01:07:29	01:07:07	01:08:53	01:08:01	00:53:22	00:52:32	03:09:44	03:07:40	1198	CCD CENTRO CULTURA DESPORTO SEG SOC	Veterano 2	218



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1161	4246	Patrícia Encarnação	01:02:23	00:59:58	01:10:49	01:09:24	00:56:33	00:55:34	03:09:45	03:04:56	1162		Veterana	78
1162	213	Mercedes Fonseca	00:58:05	00:56:55	01:09:54	01:08:57	01:01:49	01:00:26	03:09:48	03:06:18	1177	Os Super	Veterana	79
1163	1673	André Oliveira	00:58:52	00:56:18	01:11:13	01:09:19	00:59:47	00:57:09	03:09:52	03:02:46	1130		Senior	292
1164	2508	Filipe Gonçalves	01:18:40	01:16:13	01:00:10	00:58:42	00:51:04	00:49:16	03:09:54	03:04:11	1146		Senior	293
1165	1831	António Freitas	01:06:00	01:04:11	01:16:52	01:15:41	00:47:04	00:46:26	03:09:56	03:06:18	1178	10afio	Veterano 5	54
1166	414	Sara Henriques	01:00:18	00:59:21	01:11:33	01:10:25	00:58:10	00:56:49	03:10:01	03:06:35	1182	CCD PM CASCAIS	Veterana	80
1167	1666	Fernando Marques	01:05:08	01:04:25	01:07:00	01:05:58	00:57:53	00:57:30	03:10:01	03:07:53	1203		Veterano 4	81
1168	944	João Paixão	01:00:18	00:59:21	01:11:33	01:10:24	00:58:10	00:56:48	03:10:01	03:06:33	1181		Veterano 6	25
1169	1490	Pedro Ferreira	01:04:25	01:01:25	01:10:24	01:08:07	00:55:13	00:53:24	03:10:02	03:02:56	1133	Serviços Sociais Montepio Geral	Senior	294
1170	2448	Cristina Brizado	01:00:04	00:59:15	01:10:43	01:08:33	00:59:22	00:58:15	03:10:09	03:06:03	1172		Veterana	81
1171	1940	Rui Oliveira	00:51:48	00:51:27	01:16:56	01:15:45	01:01:29	01:01:00	03:10:13	03:08:12	1208	Falcões Selvagens	Veterano 4	82
1172	850	Paulo Caires	00:59:29	00:58:18	01:12:47	01:10:35	00:58:01	00:56:17	03:10:17	03:05:10	1164		Veterano 2	219
1173	1720	José Alípio	01:06:27	01:04:26	01:09:16	01:08:14	00:54:38	00:53:36	03:10:21	03:06:16	1176	MultiRunners	Veterano 2	220
1174	1683	Mónica Matos	01:00:07	01:00:01	01:11:29	01:11:22	00:58:53	00:58:42	03:10:29	03:10:05	1226		Veterana	82
1175	92	Dinis Martins	01:05:18	01:02:12	01:09:51	01:09:13	00:55:22	00:53:27	03:10:31	03:04:52	1161		Veterano 2	221
1176	1936	João Ricardo	01:00:40	00:57:38	01:12:37	01:11:29	00:57:20	00:56:07	03:10:37	03:05:14	1165		Senior	295
1177	544	Pedro Figueiredo	01:01:28	01:00:24	01:12:43	01:10:49	00:56:27	00:54:42	03:10:38	03:05:55	1170		Veterano 3	146
1178	1041	Daniela Martins	00:59:51	00:57:49	01:10:45	01:09:54	01:00:11	00:58:52	03:10:47	03:06:35	1183	Egas Moniz	Veterana	83
1179	1040	Sofia Gomes	00:59:51	00:57:48	01:10:46	01:09:53	01:00:10	00:58:50	03:10:47	03:06:31	1180	Egas Moniz	Senior	49
1180	437	João Carrinho	01:05:31	01:04:20	01:08:46	01:07:21	00:56:32	00:55:44	03:10:49	03:07:25	1193	Dream Team	Veterano 3	147



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1181	2122	Madalena Rutkowski	01:02:00	00:59:11	01:10:23	01:08:35	00:58:30	00:56:59	03:10:53	03:04:45	1159		Veterana	84
1182	970	Susana Duarte	00:59:11	00:58:44	01:13:37	01:12:08	00:58:06	00:57:04	03:10:54	03:07:56	1206		Veterana	85
1183	2302	Gisela Padre	01:01:26	00:59:34	01:10:27	01:09:27	00:59:10	00:57:41	03:11:03	03:06:42	1184	Clube ANA Lisboa	Veterana	86
1184	1445	Fernando Domingues	00:56:20	00:55:19	01:03:52	01:02:49	01:10:53	01:09:08	03:11:05	03:07:16	1189	CLUBE MILLENNIUM BCP	Veterano 5	55
1185	4648	Rute Fernandes	01:05:02	01:04:13	01:09:25	01:08:28	00:56:43	00:56:37	03:11:10	03:09:18	1220		Senior	50
1186	212	Joaquim Fonseca	01:01:20	01:00:11	01:11:41	01:10:44	00:58:10	00:57:14	03:11:11	03:08:09	1207	Os Super	Veterano 5	56
1187	1795	Mario Fernandes	00:59:28	00:58:07	01:11:37	01:10:57	01:00:07	00:58:31	03:11:12	03:07:35	1196		Veterano 3	148
1188	2095	Paulo Silva	00:59:28	00:58:07	01:11:37	01:10:57	01:00:07	00:58:31	03:11:12	03:07:35	1195		Veterano 3	149
1189	838	Díogo Pinto	01:05:28	01:03:45	01:13:58	01:13:28	00:51:47	00:50:23	03:11:13	03:07:36	1197		Senior	296
1190	1233	Luisa Pintão	01:01:37	01:00:34	01:10:24	01:08:17	00:59:15	00:57:32	03:11:16	03:06:23	1179		Veterana	87
1191	1267	Adelaide Manhica	01:00:11	00:59:32	01:10:02	01:08:52	01:01:11	01:00:28	03:11:24	03:08:52	1213		Veterana	88
1192	1812	Paulo Gonçalves	01:02:34	01:00:31	01:12:09	01:10:12	00:56:48	00:55:03	03:11:31	03:05:46	1169		Veterano 2	222
1193	276	Luis Policarpo	01:03:45	01:01:47	01:09:48	01:08:38	00:58:02	00:56:53	03:11:35	03:07:18	1190		Veterano 3	150
1194	1992	Luis Santos	01:08:26	01:05:34	01:07:12	01:06:18	00:56:05	00:55:17	03:11:43	03:07:09	1188	ODEBRECHT/BPC	Veterano 5	57
1195	863	Daniel Barata	01:04:11	01:01:22	01:10:42	01:08:47	00:56:59	00:55:12	03:11:52	03:05:21	1166		Senior	297
1196	1479	Fernando Duarte	01:03:56	01:00:49	01:09:17	01:08:05	00:58:39	00:57:58	03:11:52	03:06:52	1186	FDNC	Veterano 2	223
1197	347	João Fernandes	01:01:24	00:58:17	01:11:38	01:09:23	00:58:58	00:56:56	03:12:00	03:04:36	1155		Veterano 5	58
1198	1506	Mário Gomes	01:05:05	01:02:10	01:10:13	01:09:28	00:56:46	00:55:07	03:12:04	03:06:45	1185		Veterano 1	218
1199	2380	João Dias	00:55:02	00:52:27	01:28:02	01:25:55	00:49:03	00:48:33	03:12:07	03:06:55	1187		Veterano 2	224
1200	2333	Pedro Carvalho	01:01:06	00:58:59	01:14:23	01:13:44	00:56:47	00:55:36	03:12:16	03:08:19	1209		Veterano 1	219



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1201	1052	Manuel Valério	01:05:23	01:02:25	01:11:00	01:09:56	00:56:03	00:55:06	03:12:26	03:07:27	1194	Rocket Men	Veterano 5	59
1202	1153	Alexandre Batista	01:04:08	01:00:55	01:12:29	01:11:13	00:55:58	00:55:15	03:12:35	03:07:23	1192		Senior	298
1203	630	Francisco Amaral	00:58:48	00:57:04	01:12:45	01:10:53	01:01:33	01:00:43	03:13:06	03:08:40	1211	DP&A	Veterano 1	220
1204	1161	Nuno Azevedo	01:00:51	00:58:24	01:14:39	01:12:34	00:57:42	00:56:23	03:13:12	03:07:21	1191		Veterano 1	221
1205	314	Nuno Morgadinho	01:03:57	01:03:32	01:10:13	01:09:39	00:59:10	00:58:25	03:13:20	03:11:36	1242		Veterano 1	222
1206	1826	Bruno Santos	00:59:52	00:58:43	01:12:21	01:11:07	01:01:08	00:59:46	03:13:21	03:09:36	1222	Atomic Team	Senior	299
1207	1455	Nelson Guimarães	01:01:13	00:59:16	01:15:43	01:13:34	00:56:32	00:55:06	03:13:28	03:07:56	1205	CLUBE MILLENNIUM BCP	Veterano 6	26
1208	1450	Miguel Santos	01:05:16	01:02:42	01:09:17	01:09:11	00:59:00	00:57:09	03:13:33	03:09:02	1215	CLUBE MILLENNIUM BCP	Veterano 4	83
1209	1925	Bernardo Maia	01:09:05	01:08:47	01:14:52	01:13:29	00:49:38	00:48:18	03:13:35	03:10:34	1231		Veterano 2	225
1210	1169	Rita Lima	01:03:02	01:00:19	01:11:50	01:10:43	00:58:56	00:58:09	03:13:48	03:09:11	1217	Alfra Road Runners	Veterana	89
1211	594	Guilherme Martins	01:04:05	01:01:19	01:09:35	01:07:50	01:00:14	00:58:46	03:13:54	03:07:55	1204	Daddy Ninjas	Senior	300
1212	1958	Bernardo Bernardes	01:07:40	01:05:22	01:08:59	01:07:47	00:57:25	00:56:32	03:14:04	03:09:41	1223		Veterano 1	223
1213	447	Rui Simões	01:02:51	01:01:00	01:12:25	01:11:12	00:58:58	00:57:02	03:14:14	03:09:14	1218		Veterano 2	226
1214	2074	Lino Silva	00:58:10	00:56:34	01:04:50	01:03:32	01:11:25	01:10:12	03:14:25	03:10:18	1227	GD CIMPOR	Veterano 2	227
1215	2366	Gonçalo Meunier	01:00:15	00:57:19	01:09:54	01:08:00	01:04:21	01:02:22	03:14:30	03:07:41	1199		Senior	301
1216	1568	Erin Rengstorf	01:04:24	01:01:15	01:12:55	01:10:59	00:57:11	00:55:38	03:14:30	03:07:52	1202		Senior	51
1217	4409	Nuno Grillo	01:04:45	01:02:45	01:12:51	01:10:46	00:56:54	00:55:30	03:14:30	03:09:01	1214		Veterano 2	228
1218	719	Miguel Coimbra	01:04:26	01:01:01	01:15:24	01:13:24	00:54:48	00:53:20	03:14:38	03:07:45	1200		Senior	302
1219	950	Fábio Sousa	01:03:10	01:01:12	01:10:18	01:09:28	01:01:13	00:59:15	03:14:41	03:09:55	1224		Senior	303
1220	2506	João Viegas	01:07:20	01:04:23	01:09:34	01:07:25	00:57:50	00:57:17	03:14:44	03:09:05	1216		Senior	304



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1221	654	Gonçalo Azenha	01:04:38	01:01:14	01:15:24	01:13:23	00:54:44	00:53:12	03:14:46	03:07:49	1201		Senior	305
1222	336	Elisio Monteiro	01:01:05	00:58:45	01:15:06	01:14:24	00:58:40	00:57:37	03:14:51	03:10:46	1236		Veterano 4	84
1223	1725	Nuno Deus	01:04:58	01:03:57	01:11:34	01:09:54	00:58:20	00:56:47	03:14:52	03:10:38	1235	PANASKINHAS	Senior	306
1224	2076	Helena Silva	01:01:09	00:59:32	01:13:11	01:11:51	01:00:32	00:59:10	03:14:52	03:10:33	1230	GD CIMPOR	Veterana	90
1225	906	Susana Silva	01:02:25	01:01:00	01:12:40	01:10:53	00:59:56	00:58:27	03:15:01	03:10:20	1228	Live & Fit	Veterana	91
1226	1406	José Branco	01:05:05	01:02:20	01:11:10	01:09:04	00:58:57	00:57:23	03:15:12	03:08:47	1212		Veterano 2	229
1227	976	Luís Alexandre	01:01:18	00:59:40	01:08:20	01:06:02	01:05:36	00:59:48	03:15:14	03:05:30	1167		Senior	307
1228	609	Jose Santos	01:05:29	01:03:48	01:14:10	01:12:18	00:55:54	00:54:32	03:15:33	03:10:38	1234		Veterano 1	224
1229	296	Tiago Rodrigues	01:06:17	01:02:53	01:09:50	01:07:47	00:59:40	00:57:57	03:15:47	03:08:37	1210		Senior	308
1230	4183	Marta Lavado	01:02:28	01:00:29	01:13:31	01:11:26	00:59:56	00:58:26	03:15:55	03:10:21	1229		Senior	52
1231	2387	Catarina Pinto	01:03:41	01:00:51	01:14:50	01:12:52	00:57:39	00:55:52	03:16:10	03:09:35	1221		Senior	53
1232	2391	Maria Quitéria	01:00:25	00:58:10	01:17:05	01:15:28	00:58:44	00:56:59	03:16:14	03:10:37	1232	ALGYMNS	Veterana	92
1233	2051	João Silva	01:06:09	01:04:25	01:13:53	01:12:43	00:56:32	00:55:44	03:16:34	03:12:52	1253		Veterano 3	151
1234	909	Mónica Girão	01:07:18	01:05:54	01:18:58	01:17:11	00:50:20	00:48:53	03:16:36	03:11:58	1244	Live & Fit	Veterana	93
1235	1639	Manuel Santos	00:57:05	00:54:22	01:03:00	01:02:06	01:16:37	01:14:58	03:16:42	03:11:26	1239	Serviços Sociais Montepio Geral	Veterano 1	225
1236	2538	José Sequeira	01:05:19	01:03:46	01:15:00	01:13:16	00:56:25	00:54:57	03:16:44	03:11:59	1245		Veterano 2	230
1237	142	Paulo Abreu	01:01:10	00:59:12	01:15:55	01:13:39	00:59:46	00:57:47	03:16:51	03:10:38	1233		Veterano 1	226
1238	130	Jorge Pedro	01:05:10	01:04:21	01:14:58	01:13:01	00:56:48	00:55:14	03:16:56	03:12:36	1252		Senior	309
1239	1732	Sílvia Santos	01:05:03	01:01:38	01:12:34	01:10:21	00:59:19	00:57:19	03:16:56	03:09:18	1219		Veterana	94
1240	2479	Susana Silva	01:06:40	01:03:13	01:11:55	01:10:07	00:58:22	00:56:37	03:16:57	03:09:57	1225		Veterana	95



UM DESAFIO 3X MAIOR

TOP BES RUN CHALLENGE

CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1241	1206	João Marques	01:02:37	01:00:54	01:13:03	01:12:12	01:01:26	01:00:32	03:17:06	03:13:38	1259		Veterano 1	227
1242	789	Ricardo Sousa	01:00:01	00:58:45	01:14:17	01:12:22	01:02:51	01:01:26	03:17:09	03:12:33	1251	OS "NÓMADAS"	Veterano 1	228
1243	1578	Helder Rebimba	01:06:11	01:03:26	01:12:14	01:10:14	00:58:57	00:57:53	03:17:22	03:11:33	1240		Veterano 1	229
1244	679	André Delgado	00:55:28	00:53:46	01:05:07	01:03:49	01:17:00	00:56:34	03:17:35	02:54:09	966		Senior	310
1245	2505	Dhiren Savchande	01:05:30	01:02:34	01:16:13	01:14:04	00:55:59	00:55:27	03:17:42	03:12:05	1246		Senior	311
1246	817	Maria Simoes	01:04:38	01:03:24	01:13:29	01:12:03	00:59:36	00:58:47	03:17:43	03:14:14	1269		Veterana	96
1247	182	Elsa Curro	01:02:18	01:00:31	01:14:44	01:13:14	01:00:50	00:59:13	03:17:52	03:12:58	1255		Veterana	97
1248	2495	João Mendes	01:03:37	01:00:26	01:15:49	01:13:59	00:58:39	00:56:52	03:18:05	03:11:17	1238		Veterano 2	231
1249	192	Teresa Chaves	01:00:19	01:00:16	01:18:03	01:17:57	00:59:44	00:59:27	03:18:06	03:17:40	1290	Chaves	Veterana	98
1250	940	Vitor Faustino	01:03:10	01:01:12	01:13:44	01:11:48	01:01:13	00:59:16	03:18:07	03:12:16	1248		Veterano 2	232
1251	1093	Miguel Cardador	01:06:30	01:03:34	01:09:44	01:07:33	01:01:56	00:59:49	03:18:10	03:10:56	1237		Senior	312
1252	479	Rui Santos	01:00:07	00:58:13	01:23:03	01:21:08	00:55:04	00:54:21	03:18:14	03:13:42	1260		Veterano 2	233
1253	494	Luís Jordão	00:59:50	00:58:59	01:13:52	01:11:41	01:04:33	01:03:27	03:18:15	03:14:07	1264		Veterano 1	230
1254	1892	Jose Carvalho	01:04:29	01:03:00	01:14:01	01:12:09	00:59:50	00:58:43	03:18:20	03:13:52	1262	CCD CENTRO CULTURA DESPORTO SEG SOC IAI IV	Veterano 5	60
1255	1691	Rosa Duarte	01:05:49	01:04:20	01:12:26	01:10:40	01:00:08	00:58:58	03:18:23	03:13:58	1263		Veterana	99
1256	1222	Diogo Serrano	01:05:13	01:02:30	01:13:09	01:10:59	01:00:09	00:58:25	03:18:31	03:11:54	1243		Senior	313
1257	482	Susana Evangelista	01:06:43	01:03:32	01:12:57	01:11:27	00:59:01	00:57:24	03:18:41	03:12:23	1249	Faria Evangelista	Veterana	100
1258	507	Ricardo Pinheiro	01:08:44	01:06:54	01:06:06	01:04:14	01:03:56	01:02:38	03:18:46	03:13:46	1261		Veterano 1	231
1259	2078	Ana Araujo	01:04:09	01:02:33	01:13:11	01:11:51	01:01:28	01:00:05	03:18:48	03:14:29	1270	GD CIMPOR	Veterana	101
1260	1433	Francisco Lobo	01:15:54	01:12:33	01:08:22	01:07:14	00:54:33	00:52:45	03:18:49	03:12:32	1250	CLUBE MILLENNIUM BCP	Senior	314



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1261	1975	Miguel Silva	01:03:50	01:01:12	01:15:51	01:13:41	00:59:15	00:58:12	03:18:56	03:13:05	1256		Senior	315
1262	406	Jose Fialho	01:04:59	01:04:13	01:13:11	01:11:51	01:01:02	00:59:56	03:19:12	03:16:00	1278	CCD PM CASCAIS	Veterano 4	85
1263	2322	Vanda Machado	01:03:35	01:00:27	01:13:24	01:11:24	01:02:17	01:00:20	03:19:16	03:12:11	1247		Veterana	102
1264	1266	João Branco	01:05:09	01:02:27	01:11:37	01:09:26	01:02:44	01:01:01	03:19:30	03:12:54	1254		Senior	316
1265	1823	Alexandra Rodrigues	01:02:45	01:01:45	01:13:38	01:11:43	01:03:07	01:01:55	03:19:30	03:15:23	1275	Atomic Team	Senior	54
1266	1210	Salomé Henriques	01:02:26	00:59:53	01:17:12	01:16:03	01:00:06	00:59:12	03:19:44	03:15:08	1273	Grupo Desportivo As Feras de Massamá	Veterana	103
1267	2540	Vera Soromenho	01:05:41	01:05:31	01:13:15	01:13:07	01:00:54	01:00:47	03:19:50	03:19:25	1306		Veterana	104
1268	484	Francisco Garcia	01:04:48	01:03:52	01:14:48	01:13:54	01:00:22	00:58:28	03:19:58	03:16:14	1280	Garcia Runners	Veterano 5	61
1269	2390	Artur Dinis	01:04:35	01:02:20	01:13:09	01:12:12	01:02:20	01:00:34	03:20:04	03:15:06	1272	ALGYMNS	Veterano 5	62
1270	368	Fernando Morais	01:13:16	01:10:04	01:17:48	01:15:39	00:49:06	00:47:30	03:20:10	03:13:13	1257	perfect lda	Veterano 2	234
1271	41	Fátima Cavaleiro	01:03:13	01:03:00	01:13:28	01:13:17	01:03:41	01:03:09	03:20:22	03:19:26	1308	Holmes Place	Veterana	105
1272	1974	Patricia Russo	01:05:15	01:02:09	01:17:58	01:15:59	00:57:12	00:56:00	03:20:25	03:14:08	1265		Veterana	106
1273	1946	Maria Atista	01:02:56	01:02:13	01:16:52	01:15:46	01:00:37	00:59:13	03:20:25	03:17:12	1286		Veterana	107
1274	526	António Braga	01:08:28	01:05:49	01:12:18	01:10:36	00:59:41	00:58:04	03:20:27	03:14:29	1271		Veterano 6	27
1275	1035	Vitor Braga	01:04:37	01:03:47	01:17:29	01:15:59	00:58:24	00:57:56	03:20:30	03:17:42	1291		Veterano 1	232
1276	907	Irene Brito	01:06:14	01:04:49	01:12:41	01:10:55	01:01:37	01:00:09	03:20:32	03:15:53	1276	Live & Fit	Veterana	108
1277	369	Carla Morais	01:04:41	01:01:29	01:15:57	01:13:50	00:59:55	00:58:18	03:20:33	03:13:37	1258	perfect lda	Veterana	109
1278	1192	Manuel Magalhaes	01:06:01	01:04:21	01:14:16	01:13:37	01:00:22	00:59:51	03:20:39	03:17:49	1293		Veterano 6	28
1279	670	João Freire	01:04:53	01:02:18	01:12:23	01:10:28	01:03:24	01:01:27	03:20:40	03:14:13	1267		Veterano 2	235
1280	669	Joana Loureiro	01:04:55	01:02:19	01:12:23	01:10:28	01:03:24	01:01:27	03:20:42	03:14:14	1268		Veterana	110



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1281	1528	Fernando Filipe	01:04:30	01:03:42	01:14:21	01:13:21	01:01:55	01:00:39	03:20:46	03:17:42	1292	Clube do Grupo BES	Veterano 3	152
1282	2075	Pedro Pinto	01:05:13	01:03:42	01:13:22	01:12:03	01:02:11	01:00:47	03:20:46	03:16:32	1281	GD CIMPOR	Veterano 1	233
1283	1726	Paulo Correia	01:08:41	01:07:41	01:11:14	01:09:34	01:00:53	00:59:18	03:20:48	03:16:33	1282	PANASKINHAS	Senior	317
1284	1527	Cátia Anastácio	01:02:59	01:01:20	01:15:00	01:14:00	01:02:53	01:01:37	03:20:52	03:16:57	1284	Clube do Grupo BES	Senior	55
1285	885	Renato Carreira	01:01:18	00:59:39	01:14:59	01:12:40	01:04:38	00:59:15	03:20:55	03:11:34	1241		Veterano 1	234
1286	489	Rui Girão	01:08:27	01:05:32	01:14:20	01:13:21	00:58:12	00:56:25	03:20:59	03:15:18	1274		Senior	318
1287	1693	Gonçalo Bernardes	01:08:41	01:06:24	01:14:12	01:13:02	00:58:06	00:57:13	03:20:59	03:16:39	1283		Veterano 1	235
1288	279	Otelinda Sousa	01:04:59	01:01:45	01:18:17	01:16:19	00:57:43	00:56:05	03:20:59	03:14:09	1266		Veterana	111
1289	1909	Aurora Barros	01:03:40	01:01:58	01:15:05	01:13:07	01:02:24	01:01:06	03:21:09	03:16:11	1279	"OS LUCENAS"	Veterana	112
1290	646	Luis Alves	00:56:58	00:55:14	01:05:46	01:04:07	01:18:39	00:58:13	03:21:23	02:57:34	1027		Senior	319
1291	1589	Elisabeth Loureiro	01:05:22	01:02:26	01:15:43	01:14:46	01:00:27	00:58:46	03:21:32	03:15:58	1277	Sporting Clube de Casainhos	Veterana	113
1292	1561	Hugo Alexandre	01:08:09	01:06:26	01:14:04	01:13:12	00:59:33	00:58:36	03:21:46	03:18:14	1296		Veterano 1	236
1293	1211	Cátia Nogueira	01:04:00	01:01:27	01:14:19	01:13:10	01:03:47	01:03:02	03:22:06	03:17:39	1289	Grupo Desportivo As Feras de Massamá	Veterana	114
1294	2377	Paulo Figueiredo	01:12:52	01:10:41	00:57:55	00:56:45	01:11:40	01:10:52	03:22:27	03:18:18	1298	P-cia	Senior	320
1295	553	Rita Serrano	01:07:11	01:04:55	01:14:37	01:13:16	01:00:48	01:00:00	03:22:36	03:18:11	1295		Senior	56
1296	1288	João Vaz	01:11:32	01:10:10	01:04:21	01:02:03	01:07:01	01:05:23	03:22:54	03:17:36	1288		Veterano 1	237
1297	2511	Luis Trindade	01:06:12	01:03:45	01:15:52	01:14:22	01:01:55	01:00:08	03:23:59	03:18:15	1297		Veterano 3	153
1298	1240	Ana Almeida	01:09:34	01:07:20	01:14:57	01:13:46	00:59:32	00:58:50	03:24:03	03:19:56	1312	Sportings de Almeida	Veterana	115
1299	2426	Susana Nova	01:04:06	01:02:15	01:20:05	01:19:15	00:59:54	00:58:33	03:24:05	03:20:03	1313		Veterana	116
1300	1489	Marco Neves	01:05:30	01:02:30	01:19:08	01:16:51	00:59:32	00:57:42	03:24:10	03:17:03	1285	Serviços Sociais Montepio Geral	Veterano 1	238



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1301	1964	Alexandra Centeno	01:05:15	01:02:09	01:10:54	01:08:55	01:08:05	01:06:54	03:24:14	03:17:58	1294		Veterana	117
1302	1337	Nídea Pires	01:07:56	01:05:52	01:16:07	01:14:46	01:00:16	00:58:58	03:24:19	03:19:36	1310		Veterana	118
1303	1368	Ricardo Gomes	01:08:28	01:07:20	01:15:13	01:13:17	01:00:47	00:58:51	03:24:28	03:19:28	1309		Veterano 2	236
1304	1676	Sabine Aragão	01:06:51	01:03:38	01:15:56	01:13:40	01:02:02	00:59:58	03:24:49	03:17:16	1287	corredores	Veterana	119
1305	2062	João Ourique	01:05:41	01:02:47	01:17:26	01:15:23	01:01:54	01:00:11	03:25:01	03:18:21	1299		Veterano 1	239
1306	461	Júlia Saraiva	01:07:50	01:05:04	01:13:49	01:11:49	01:03:31	01:02:11	03:25:10	03:19:04	1305		Veterana	120
1307	2304	Pedro Gonçalves	01:33:12	01:33:00	01:04:26	01:04:18	00:47:36	00:47:32	03:25:14	03:24:50	1335		Senior	321
1308	1882	José A.m.batista	01:07:57	01:04:55	01:13:28	01:11:21	01:03:53	01:02:22	03:25:18	03:18:38	1301		Veterano 6	29
1309	1139	Filipa Lima	01:07:34	01:04:48	01:15:44	01:13:37	01:02:12	01:00:37	03:25:30	03:19:02	1303		Veterana	121
1310	1525	André Araújo	01:24:44	01:22:47	01:02:46	01:01:04	00:58:02	00:56:47	03:25:32	03:20:38	1317	Clube do Grupo BES	Senior	322
1311	1449	Filipa Vilar	01:05:43	01:04:11	01:12:28	01:11:44	01:07:26	01:05:42	03:25:37	03:21:37	1322	CLUBE MILLENNIUM BCP	Senior	57
1312	385	Rosário Pires	01:06:57	01:04:49	01:18:33	01:16:42	01:00:12	00:58:43	03:25:42	03:20:14	1315		Veterana	122
1313	1973	André Vieira	01:05:54	01:04:07	01:18:23	01:16:08	01:01:29	00:59:50	03:25:46	03:20:05	1314		Senior	323
1314	763	Ana Vinagre	01:09:39	01:06:33	01:12:11	01:10:20	01:04:02	01:02:00	03:25:52	03:18:53	1302		Veterana	123
1315	476	Margarida Perdigao	01:09:58	01:08:50	01:14:25	01:13:37	01:01:33	01:00:38	03:25:56	03:23:05	1331		Veterana	124
1316	197	Ana Conceição	01:07:24	01:04:08	01:14:17	01:12:03	01:04:17	01:02:26	03:25:58	03:18:37	1300		Veterana	125
1317	184	Valter Lopes	01:10:44	01:07:26	01:14:21	01:12:50	01:01:02	00:59:31	03:26:07	03:19:47	1311		Veterano 1	240
1318	2307	Pedro Castelo	01:08:11	01:08:00	01:15:38	01:15:29	01:02:20	01:02:15	03:26:09	03:25:44	1344		Senior	324
1319	1441	Alexandre Moita	01:09:12	01:05:51	01:14:55	01:12:54	01:02:08	01:00:18	03:26:15	03:19:03	1304	CLUBE MILLENNIUM BCP	Veterano 1	241
1320	804	Jose Martins	01:05:47	01:04:14	01:17:00	01:15:04	01:03:31	01:01:52	03:26:18	03:21:10	1320	CTJI	Veterano 5	63



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1321	1213	Lúcio Vieira	01:14:22	01:11:24	01:12:01	01:09:47	01:00:15	00:58:14	03:26:38	03:19:25	1307		Veterano 1	242
1322	2396	Reginaldo Schiavini	01:09:37	01:06:57	01:14:21	01:12:14	01:02:51	01:01:20	03:26:49	03:20:31	1316		Veterano 3	154
1323	179	Ana Alpalhão	01:04:11	01:03:14	01:20:12	01:20:08	01:02:36	01:01:41	03:26:59	03:25:03	1340		Veterana	126
1324	902	Karen Sousa	01:08:53	01:07:28	01:16:45	01:15:00	01:01:53	01:00:25	03:27:31	03:22:53	1329	Live & Fit	Veterana	127
1325	1990	Joaquim Simao	01:01:07	00:58:11	01:10:36	01:09:16	01:15:48	01:15:08	03:27:31	03:22:35	1328	ODEBRECHT/BPC	Veterano 4	86
1326	942	Carlos Dias	01:10:23	01:07:43	01:11:34	01:10:14	01:05:37	01:04:20	03:27:34	03:22:17	1326		Veterano 3	155
1327	1996	Tiago Cardoso	01:07:13	01:03:46	01:12:26	01:10:52	01:08:07	01:06:57	03:27:46	03:21:35	1321	ODEBRECHT/BPC	Senior	325
1328	4578	Tiago Carvalho	01:07:31	01:04:33	01:19:22	01:17:09	01:01:08	00:59:08	03:28:01	03:20:50	1318		Veterano 2	237
1329	572	Luís Cabaça	01:05:44	01:02:46	01:22:12	01:19:57	01:00:14	00:58:14	03:28:10	03:20:57	1319		Veterano 1	243
1330	1275	Lucia Franchi	01:06:04	01:03:15	01:16:20	01:14:31	01:05:48	01:04:01	03:28:12	03:21:47	1323	SPIN AND SPRINT	Veterana	128
1331	1276	Marco Dias	01:06:05	01:03:16	01:16:20	01:14:31	01:05:48	01:04:01	03:28:13	03:21:48	1324	SPIN AND SPRINT	Veterano 1	244
1332	433	Nuno Silvestre	01:07:26	01:06:14	01:16:15	01:14:51	01:04:45	01:03:55	03:28:26	03:25:00	1339	Dream Team	Veterano 2	238
1333	2325	Ana Pais	01:07:12	01:06:00	01:17:12	01:15:30	01:04:18	01:03:10	03:28:42	03:24:40	1333		Veterana	129
1334	1916	Andreia Franco	01:08:15	01:05:39	01:13:58	01:12:08	01:06:32	01:04:38	03:28:45	03:22:25	1327		Senior	58
1335	1739	Paula Santos	01:06:13	01:05:26	01:21:40	01:20:01	01:01:00	01:00:16	03:28:53	03:25:43	1342	Clube Desportivo da Minha Rua	Veterana	130
1336	2061	Ana Ramos	01:05:40	01:02:47	01:21:39	01:19:36	01:01:37	00:59:54	03:28:56	03:22:17	1325		Senior	59
1337	1816	Dora Monteiro	01:09:05	01:08:46	01:14:52	01:13:29	01:05:39	01:04:10	03:29:36	03:26:25	1347		Veterana	131
1338	559	José Magalhães	01:12:16	01:09:12	01:18:40	01:16:29	00:59:22	00:57:21	03:30:18	03:23:02	1330		Senior	326
1339	1234	Ana Gomes	01:19:58	01:16:33	00:50:24	00:49:47	01:20:03	01:18:29	03:30:25	03:24:49	1334		Senior	60
1340	2373	Cláudia Marques	01:05:42	01:02:24	01:21:17	01:19:00	01:04:02	01:02:10	03:31:01	03:23:34	1332		Senior	61



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1341	1908	Erika Pereira	01:07:53	01:06:11	01:18:03	01:16:05	01:05:21	01:04:02	03:31:17	03:26:18	1346	"OS LUCENAS"	Veterana	132
1342	663	Nuno Marques	01:04:06	01:01:19	01:14:16	01:12:21	01:13:08	01:11:13	03:31:30	03:24:53	1336		Veterano 2	239
1343	2337	João Peixoto	01:12:43	01:09:08	01:13:07	01:11:48	01:05:57	01:04:02	03:31:47	03:24:58	1338		Senior	327
1344	2336	Maria Leal	01:12:44	01:09:08	01:13:07	01:11:47	01:05:57	01:04:01	03:31:48	03:24:56	1337		Senior	62
1345	1442	Fernando Ferreira	01:07:48	01:06:38	01:18:58	01:17:59	01:05:08	01:03:45	03:31:54	03:28:22	1353	CLUBE MILLENNIUM BCP	Veterano 6	30
1346	492	Paulo Dias	01:05:40	01:02:56	01:09:46	01:08:52	01:16:32	01:14:53	03:31:58	03:26:41	1348		Veterano 2	240
1347	2306	Cláudia Lopes	01:08:16	01:08:05	01:20:01	01:19:53	01:04:09	01:04:05	03:32:26	03:32:03	1370		Senior	63
1348	1419	Paulo Caetano	01:31:36	01:30:23	01:06:16	01:03:55	00:54:42	00:52:54	03:32:34	03:27:12	1349	CLUBE MILLENNIUM BCP	Veterano 3	156
1349	1247	Liliana Guerra	01:04:38	01:01:59	01:21:46	01:19:41	01:06:22	01:04:37	03:32:46	03:26:17	1345	Milli	Veterana	133
1350	429	Verónica Simões	01:07:26	01:06:15	01:16:14	01:14:50	01:09:09	01:08:16	03:32:49	03:29:21	1356	Dream Team	Veterana	134
1351	2213	Ana Pimenta	01:12:26	01:08:54	01:14:48	01:12:41	01:05:50	01:04:07	03:33:04	03:25:42	1341	InvestQuest, SA.	Veterana	135
1352	2214	Fernanda Costa	01:12:26	01:08:54	01:15:40	01:13:32	01:05:02	01:03:17	03:33:08	03:25:43	1343	InvestQuest, SA.	Veterana	136
1353	2512	João Barreto	01:14:11	01:11:44	01:17:28	01:15:35	01:02:04	01:00:17	03:33:43	03:27:36	1351		Veterano 3	157
1354	2386	Marta Rodrigues	01:09:40	01:08:31	01:21:09	01:19:50	01:03:04	01:01:55	03:33:53	03:30:16	1362		Veterana	137
1355	2087	Ana Santos	01:07:40	01:05:53	01:18:47	01:16:42	01:07:32	01:05:50	03:33:59	03:28:25	1354		Senior	64
1356	1542	Paula Silva	01:10:24	01:08:46	01:17:02	01:16:04	01:06:33	01:05:23	03:33:59	03:30:13	1361	Clube do Grupo BES	Veterana	138
1357	747	Raquel Roque	01:14:57	01:11:53	01:14:47	01:12:56	01:04:35	01:02:44	03:34:19	03:27:33	1350		Veterana	139
1358	848	Micaela Lizardo	01:09:01	01:06:12	01:17:52	01:15:56	01:07:31	01:05:43	03:34:24	03:27:51	1352		Senior	65
1359	108	Inês Barradas	01:09:26	01:08:26	01:17:38	01:16:38	01:07:24	01:06:30	03:34:28	03:31:34	1369		Senior	66
1360	1151	Maria Almeida	01:06:33	01:04:16	01:27:40	01:26:11	01:00:35	00:59:02	03:34:48	03:29:29	1357		Senior	67



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1361	802	Cesar Guerra	01:08:45	01:07:12	01:22:29	01:20:30	01:03:53	01:02:15	03:35:07	03:29:57	1360	CTJI	Veterano 2	241
1362	334	José Rodrigues	01:04:47	01:04:20	01:12:18	01:11:24	01:18:14	01:17:16	03:35:19	03:33:00	1372	Clube Robbialac	Veterano 6	31
1363	1437	Felicidade Assane	01:23:03	01:20:16	00:50:07	00:49:03	01:22:18	01:20:36	03:35:28	03:29:55	1358	CLUBE MILLENNIUM BCP	Veterana	140
1364	2068	Fernando Santos	01:08:00	01:05:48	01:22:03	01:20:31	01:05:32	01:03:37	03:35:35	03:29:56	1359		Senior	328
1365	1008	José Gaspar	01:08:25	01:07:32	01:21:32	01:20:32	01:06:07	01:05:18	03:36:04	03:33:22	1375	MASSAMÁ RUN	Veterano 4	87
1366	2389	Rita Silva	01:09:40	01:06:59	01:21:53	01:20:19	01:04:39	01:03:07	03:36:12	03:30:25	1364		Veterana	141
1367	2440	Clara Faria	01:09:40	01:06:59	01:21:53	01:20:19	01:04:39	01:03:07	03:36:12	03:30:25	1363		Senior	68
1368	722	Nuno Montenegro	01:06:51	01:04:21	01:21:37	01:19:24	01:08:25	01:07:36	03:36:53	03:31:21	1368		Veterano 2	242
1369	1709	Jose Bastidas	01:12:36	01:09:42	01:21:29	01:19:15	01:02:50	01:01:35	03:36:55	03:30:32	1365		Senior	329
1370	1218	Helena Afonso	01:10:37	01:08:03	01:19:16	01:17:15	01:07:24	01:05:36	03:37:17	03:30:54	1367		Veterana	142
1371	855	Carla Leitão	01:10:46	01:08:55	01:20:26	01:18:45	01:06:15	01:05:04	03:37:27	03:32:44	1371		Veterana	143
1372	880	Maria Maldonado	01:11:33	01:08:51	01:19:43	01:17:43	01:06:13	01:04:09	03:37:29	03:30:43	1366		Veterana	144
1373	1429	Vitor Gomes	01:11:44	01:11:23	01:22:05	01:21:32	01:04:01	01:03:34	03:37:50	03:36:29	1386	CLUBE MILLENNIUM BCP	Veterano 2	243
1374	1430	Patricia Barreto	01:11:44	01:11:24	01:22:06	01:21:33	01:04:01	01:03:35	03:37:51	03:36:32	1388	CLUBE MILLENNIUM BCP	Veterana	145
1375	768	Anabela Reis	01:08:43	01:07:38	01:19:48	01:18:06	01:09:33	01:07:36	03:38:04	03:33:20	1374		Senior	69
1376	812	Rui Pedro	01:13:35	01:12:49	01:18:08	01:17:34	01:06:29	01:05:21	03:38:12	03:35:44	1384		Veterano 2	244
1377	335	Mário Rui	01:10:49	01:09:48	01:22:24	01:20:50	01:05:12	01:04:12	03:38:25	03:34:50	1378	Clube Robbialac	Veterano 5	64
1378	2518	Miguel Ferraz	00:58:40	00:56:12	01:26:40	01:25:03	01:14:24	01:13:01	03:39:44	03:34:16	1377		Senior	330
1379	2350	Cátia Fernandes	01:07:38	01:05:51	01:27:40	01:26:10	01:04:29	01:02:58	03:39:47	03:34:59	1379		Veterana	146
1380	723	Cristina Afonso	01:15:18	01:12:20	01:16:52	01:14:42	01:08:07	01:06:03	03:40:17	03:33:05	1373		Senior	70



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1381	1624	Joana Lopes	01:16:20	01:13:39	01:17:18	01:15:01	01:06:40	01:04:45	03:40:18	03:33:25	1376		Senior	71
1382	2486	Denise Santos	01:10:54	01:09:03	01:20:05	01:19:14	01:09:27	01:08:04	03:40:26	03:36:21	1385		Veterana	147
1383	805	Isabel Longo	01:09:19	01:07:46	01:20:59	01:19:03	01:10:28	01:08:48	03:40:46	03:35:37	1382	CTJI	Veterana	148
1384	1340	Helena Santos	01:11:30	01:10:21	01:24:47	01:23:54	01:05:05	01:04:21	03:41:22	03:38:36	1394		Senior	72
1385	2013	Liliana Gouveia	01:12:32	01:09:56	01:22:51	01:20:57	01:06:02	01:04:25	03:41:25	03:35:18	1380		Senior	73
1386	1323	Bruno Bento	01:20:40	01:17:35	01:16:55	01:15:04	01:03:59	01:02:59	03:41:34	03:35:38	1383		Veterano 1	245
1387	2395	Joice Lavandoski	01:09:37	01:06:57	01:14:58	01:12:51	01:18:14	01:16:43	03:42:49	03:36:31	1387		Senior	74
1388	1481	Rui Raposo	01:07:23	01:04:59	01:19:58	01:19:02	01:15:50	01:14:23	03:43:11	03:38:24	1393		Veterano 3	158
1389	1710	Maria Correia	01:09:29	01:06:55	01:25:11	01:23:23	01:08:42	01:07:00	03:43:22	03:37:18	1389		Senior	75
1390	1820	Gonçalo Alves	01:13:05	01:09:09	01:22:53	01:20:44	01:07:33	01:05:37	03:43:31	03:35:30	1381		Senior	331
1391	1716	Paulo Rodrigues	01:37:45	01:34:23	01:06:56	01:04:44	00:59:07	00:58:12	03:43:48	03:37:19	1390	MultiRunners	Veterano 2	245
1392	698	Luis Monteiro	01:13:11	01:10:20	01:25:52	01:23:50	01:05:05	01:03:58	03:44:08	03:38:08	1391		Veterano 1	246
1393	565	Ana Azevedo	01:19:15	01:17:18	01:19:50	01:19:04	01:05:26	01:03:46	03:44:31	03:40:08	1397		Senior	76
1394	803	Maria Rodrigues	01:15:31	01:13:58	01:18:51	01:16:54	01:10:28	01:08:50	03:44:50	03:39:42	1396	CTJI	Veterana	149
1395	1629	Ricardo Casaca	01:05:48	01:02:15	01:17:08	01:14:46	01:21:56	01:12:00	03:44:52	03:29:01	1355		Senior	332
1396	552	Sofia Morais	01:13:16	01:10:04	01:22:09	01:20:01	01:09:53	01:08:16	03:45:18	03:38:21	1392	perfect Ida	Senior	77
1397	1410	Anabela Martins	01:15:58	01:13:10	01:22:56	01:21:36	01:06:39	01:06:12	03:45:33	03:40:58	1399	As Papa's	Veterana	150
1398	1574	Pedro Taveira	01:12:12	01:11:04	01:23:42	01:21:45	01:09:44	01:07:48	03:45:38	03:40:37	1398		Veterano 2	246
1399	844	Joana Heitor	01:18:22	01:15:19	01:20:51	01:18:50	01:06:56	01:04:56	03:46:09	03:39:05	1395	Heitor Domingues	Senior	78
1400	1125	Ademar Urbano	01:24:05	01:22:28	01:27:05	01:24:55	00:55:27	00:54:34	03:46:37	03:41:57	1403		Senior	333



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1401	820	Humberto Chaves	01:04:05	01:01:45	01:15:13	01:14:15	01:27:30	01:25:08	03:46:48	03:41:08	1401		Veterano 5	65
1402	557	Diane Silva	01:16:06	01:13:39	01:27:05	01:25:11	01:04:08	01:02:58	03:47:19	03:41:48	1402		Veterana	151
1403	2067	Carlos Carvalho	01:14:19	01:10:47	01:27:38	01:25:27	01:06:29	01:04:48	03:48:26	03:41:02	1400		Senior	334
1404	1643	Alice Rocha	01:15:43	01:14:42	01:26:34	01:24:56	01:07:23	01:05:54	03:49:40	03:45:32	1408		Veterana	152
1405	861	Angela Ribeiro	01:14:39	01:11:57	01:22:13	01:20:08	01:13:17	01:11:34	03:50:09	03:43:39	1405		Veterana	153
1406	835	Marcelo Marques	01:14:39	01:11:57	01:22:13	01:20:08	01:13:18	01:11:34	03:50:10	03:43:39	1404		Veterano 1	247
1407	1797	Sara Casalinho	01:18:25	01:15:19	01:21:10	01:19:21	01:11:24	01:10:21	03:50:59	03:45:01	1407		Senior	79
1408	1220	Nuno Casalinho	01:20:40	01:17:34	01:22:06	01:20:15	01:11:33	01:10:30	03:54:19	03:48:19	1411		Veterano 4	88
1409	2190	Tânia Vinagre	01:11:49	01:11:35	01:28:40	01:27:06	01:14:05	01:12:23	03:54:34	03:51:04	1415		Senior	80
1410	570	Ana Gonçalves	01:20:00	01:16:56	01:22:45	01:20:51	01:12:13	01:10:35	03:54:58	03:48:22	1412		Senior	81
1411	1491	António Cruz	01:16:14	01:13:15	01:26:20	01:24:02	01:12:35	01:10:45	03:55:09	03:48:02	1409	Serviços Sociais Montepio Geral	Veterano 2	247
1412	1813	Beatriz Garcia	01:20:15	01:17:21	01:23:24	01:21:11	01:11:42	01:10:25	03:55:21	03:48:57	1413		Senior	82
1413	2227	Rui Tavares	01:20:00	01:16:29	01:27:38	01:25:27	01:08:02	01:06:21	03:55:40	03:48:17	1410		Senior	335
1414	2134	Maria Anjos	01:15:01	01:12:29	01:31:16	01:29:29	01:09:55	01:08:15	03:56:12	03:50:13	1414	Junta de Freguesia da Portela	Veterana	154
1415	115	Vitor Campaniço	01:14:09	01:12:15	01:21:24	01:20:04	01:21:46	01:20:02	03:57:19	03:52:21	1417		Veterano 2	248
1416	2210	Irina Silva	01:19:48	01:16:20	01:24:47	01:22:59	01:14:36	01:12:52	03:59:11	03:52:11	1416		Senior	83
1417	2014	Fernando Campota	01:26:46	01:24:11	01:22:51	01:20:57	01:09:34	01:07:55	03:59:11	03:53:03	1418		Veterano 2	249
1418	2124	Cláudia Botton	01:18:57	01:16:08	01:27:37	01:25:38	01:15:09	01:13:40	04:01:43	03:55:26	1420		Veterana	155
1419	585	Maria Benitez	01:23:26	01:20:29	01:25:12	01:23:00	01:13:46	01:11:47	04:02:24	03:55:16	1419		Veterana	156
1420	1084	Suzana Barata	01:11:02	01:07:44	01:25:07	01:22:52	01:32:17	01:13:53	04:08:26	03:44:29	1406		Veterana	157



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CASCAIS | SINTRA | LISBOA

Class.	Dorsal	Atleta	Cascais		Sintra		Lisboa		Total		Class. Chip	Clube	Escalão	Class. Escalão
			T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip	T. Oficial	T. Chip				
1421	1402	Ernesto Lourenço	01:16:03	01:13:06	01:27:22	01:25:07	01:28:57	01:26:56	04:12:22	04:05:09	1421		Senior	336
1422	1760	Pedro Ribeiro	01:22:59	01:19:33	01:34:20	01:32:22	01:15:50	01:14:04	04:13:09	04:05:59	1422		Senior	337
1423	2217	Jaime Palma	01:22:49	01:20:03	01:31:17	01:29:40	01:19:07	01:17:13	04:13:13	04:06:56	1423		Veterano 6	32
1424	263	Luís Lopes	01:21:27	01:18:03	01:30:46	01:28:42	01:24:27	01:22:46	04:16:40	04:09:31	1424		Senior	338
1425	2476	Sofia Elvas	01:33:53	01:31:05	01:38:05	01:35:58	01:20:30	01:18:44	04:32:28	04:25:47	1425		Veterana	158
1426	2305	Ana Silva	01:33:12	01:33:00	01:36:33	01:36:24	01:23:40	01:23:34	04:33:25	04:32:58	1427		Senior	84
1427	2291	Sonia Santos	01:38:34	01:31:02	01:42:46	01:41:06	01:21:09	01:19:07	04:42:29	04:31:15	1426		Veterana	159
1428	2069	Mraia Santos	01:50:18	01:48:06	01:36:33	01:35:58	01:26:02	01:24:07	04:52:53	04:48:11	1428		Veterana	160
1429	2485	Regina Oliveira	01:37:45	01:34:22	01:45:16	01:43:02	01:33:49	01:31:45	04:56:50	04:49:09	1429		Veterana	161