

Colocacao	Numero	Atleta	Sexo	Idade	FaixaEtaria	ColocFE	Tempo	Equipe	Cont.+6km
1	7	ANTÓNIO TRAVASSOS	M	36	M3539	1	00:30:18	Sporting CP	00:17:55
2	6	JOSÉ RAMOS	M	39	M3539	2	00:30:24	GDR Conforlimpa	00:17:55
3	1090	BRUNO FRAGA	M	31	M1934	1	00:30:30	GDR Reboleira	00:17:56
4	1	JOÃO MARQUES	M	38	M3539	3	00:31:03	GDR Conforlimpa	00:17:55
5	1251	LUIS GINJA	M	34	M1934	2	00:31:56	Olímpico CLagos	00:18:44
6	1092	EUGÉNIO NETO	M	45	M4549	1	00:32:05	GDR Reboleira	00:18:38
7	1268	LUIS ALLAN	M	38	M3539	4	00:32:09	GD Amaros / Marsans	00:18:44
8	1091	PEDRO PESSOA	M	43	M4044	1	00:32:12	GDR Reboleira	00:18:37
9	147	HERNANI SANTOS	M	33	M1934	3	00:32:23	ARCD Vila de Rei	00:18:31
10	1310	SILVESTRE GOMES	M	53	M5054	1	00:32:48	JD Neves	00:19:02
11	1370	ALEX SCUTARU	M	38	M3539	5	00:32:55	INDIVIDUAL.	00:19:14
12	1245	RAUL CAETANO	M	36	M3539	6	00:33:03	CUA Benaventense	00:19:13
13	1121	JOÃO VAZ	M	40	M4044	2	00:33:05	A Vale Silêncio	00:19:14
14	1255	JOSÉ GIL	M	50	M5054	2	00:33:11	GDU Caxienses	00:19:14
15	149	LUIS BRITO	M	33	M1934	4	00:33:35	ARCD Vila de Rei	00:19:33
16	722	EL MEDI YAKOUBI	M	40	M4044	3	00:33:38	CCR Alto Moinho	00:19:31
17	1258	LUIS LIMA	M	36	M3539	7	00:33:55	GDU Caxienses	00:19:40
18	1002	JOSE MARTINS	M	42	M4044	4	00:33:56	GRD Os Fixes	00:19:39
19	547	HUGO GONÇALVES	M	32	M1934	5	00:33:56	GD Macedo Oculista	00:19:53
20	942	PEDRO MAIA	M	35	M3539	8	00:33:58	AA Mafra	00:19:51
21	1111	PEDRO RIBEIRO GOMES	M	24	M1934	6	00:34:13	Individual	00:19:52
22	552	ANTÓNIO SANTOS	M	40	M4044	5	00:34:17	GD Macedo Oculista	00:19:52
23	442	POMPÍLIO VAZ	M	43	M4044	6	00:34:25	CCD O Alvitejo	00:19:54
24	1131	RUI PACHECO	M	31	M1934	7	00:34:27	A Vale Silêncio	00:19:52
25	1075	FELISBERTO PINA	M	24	M1934	8	00:34:39	Nucleoeiras	00:19:50
26	572	VIRGÍLIO GOMES	M	39	M3539	9	00:34:42	GD Macedo Oculista	00:20:03
27	753	JULIO MARQUES	M	31	M1934	9	00:34:49	GD Costa Brava	00:20:15
28	754	CARLOS CORREIA	M	33	M1934	10	00:34:49	GD Costa Brava	00:20:15
29	566	MÁRIO PEDRO	M	32	M1934	11	00:34:55	GD Macedo Oculista	00:20:34
30	2	MÓNICA ROSA	F	30	F1934	1	00:35:06	Maratona CP	00:20:16
31	1093	FILIPPE SILVA	M	55	M5559	1	00:35:06	GDR Reboleira	00:20:16
32	1197	DANIEL FERNANDES	M	21	M1934	12	00:35:06	C Benfica Aqualva	00:20:17
33	25	JOÃO GOMES	M	48	M4549	2	00:35:07	ADL Apelaconenses	00:20:29
34	1257	LUIS CARDOSO	M	29	M1934	13	00:35:09	GDU Caxienses	00:20:16
35	557	GABRIEL GONÇALVES	M	53	M5054	3	00:35:12	GD Macedo Oculista	00:20:36
36	353	PAULO ALFAR	M	43	M4044	7	00:35:14	CCDT Metro	00:20:41
37	69	PAULO POVOA	M	43	M4044	8	00:35:17	CCD CM Loures	00:20:30
38	84	AIRES PRATAS	M	53	M5054	4	00:35:25	CCD CM Loures	00:20:40
39	148	HUGO CASELHAS	M	33	M1934	14	00:35:29	ARCD Vila de Rei	00:20:42
40	907	FÉLIX PAULOS	M	50	M5054	5	00:35:30	GRD Os Fixes	00:20:29
41	725	JOÃO MONTES	M	43	M4044	9	00:35:32	CCR Alto Moinho	00:20:42
42	1232	JOÃO ALVES	M	53	M5054	6	00:35:37	GD Hotel Mundial	00:20:41
43	1014	BRUNO BONDOSO	M	28	M1934	15	00:35:38	GD Independente	00:20:39
44	1292	JOSÉ ANTUNES	M	44	M4044	10	00:35:38	GD Amaros / Marsans	00:20:55
45	694	PAULO DURAES	M	38	M3539	10	00:35:57	SC REBOLEIRA- DAMAIA.	00:20:38
46	1186	LUIS MOTA	M	38	M3539	11	00:36:00	UFCI Tomar	00:20:53
47	1077	ANTÓNIO SABIDO	M	51	M5054	7	00:36:03	Nucleoeiras	00:21:06
48	200	RODRIGO GORDINHO	M	38	M3539	12	00:36:04	ACR Mealhada	00:21:09
49	1331	RUI OLIVEIRA	M	37	M3539	13	00:36:07	Os Zatopeques	00:20:55
50	73	JOSÉ PEREIRA	M	58	M5559	2	00:36:10	CCD CM Loures	00:21:09
51	71	EURICO CHARNECA	M	48	M4549	3	00:36:11	CCD CM Loures	00:21:19
52	665	ANTÓNIO VALE	M	50	M5054	8	00:36:12	FF Paz Mundial	00:20:58
53	923	VENTURA PIRES	M	52	M5054	9	00:36:21	AM Amoreiras	00:21:16
54	1076	RUI LOPES	M	51	M5054	10	00:36:22	Nucleoeiras	00:21:20

55	1074	JOSEFA BONGUE	F	31	F1934	2	00:36:32	Nucleoeiras	00:21:15
56	379	TAMICIO REIS	M	30	M1934	16	00:36:35	Lesmas Alopadas	00:21:06
57	81	LUIS LOPES	M	38	M3539	14	00:36:36	CCD CM Loures	00:21:18
58	93	PAULO SILVESTRE	M	38	M3539	15	00:36:38	A Sacavenense	00:21:11
59	273	ANTÓNIO TOMÁS	M	43	M4044	11	00:36:45	ADL Apelaconenses	00:21:13
60	267	LUIS GOMES	M	38	M3539	16	00:36:46	ADL Apelaconenses	00:21:12
61	96	NUNO GRAÇA	M	33	M1934	17	00:36:55	A Sacavenense	00:21:38
62	1234	JOÃO PORTELA	M	61	M6099	1	00:36:56	Os Portelas	00:21:37
63	5	RITA SIMÕES	F	25	F1934	3	00:37:00	Sporting CP	00:21:49
64	573	MARIO GONÇALVES	M	55	M5559	3	00:37:04	L. PASTORA SC	00:21:37
65	762	PEDRO DIAS	M	37	M3539	17	00:37:07	C Sargento Armada	00:21:52
66	1056	PAULO ALVES	M	31	M1934	18	00:37:21	GDCT IN Casa Moeda	00:21:38
67	1150	NUNO ABÍLIO	M	28	M1934	19	00:37:21	CA DT Portucel	00:21:39
68	802	MANUEL BELO	M	59	M5559	4	00:37:26	CP EDP Lisboa	00:21:38
69	1125	LUIS SANTOS	M	26	M1934	20	00:37:29	A Vale Silêncio	00:21:54
70	100	ANTÓNIO HENRIQUES	M	53	M5054	11	00:37:30	A Sacavenense	00:00:00
71	849	MARCOLINO VERÍSSIMO	M	36	M3539	18	00:37:42	SS CGD	00:00:00
72	847	ORLINDO FIGUEIREDO	M	60	M6099	2	00:37:43	SS CGD	00:21:49
73	172	FERNANDO MIRANDA	M	38	M3539	19	00:37:45	GD S. Domingos	00:21:47
74	366	BEATRIZ CUNHA	F	35	F3544	1	00:37:45	CA Patameiras	00:21:47
75	1374	ANIBAL GASPAR	M	38	M3539	20	00:37:47	INDIVIDUAL.	00:21:53
76	1263	GONÇALO COSTA	M	28	M1934	21	00:37:50	GD Quinta da Lomba	00:22:42
77	555	CONSTANTINO ARAÚJO	M	41	M4044	12	00:37:53	GD Macedo Oculista	00:22:23
78	561	JOÃO GINJA	M	42	M4044	13	00:37:53	GD Macedo Oculista	00:22:16
79	1160	CRISTINA PONTE	F	35	F3544	2	00:37:58	Cliniponte	00:22:11
80	879	CARLOS PIOREK	M	30	M1934	22	00:38:04	BV Montemor Novo	00:22:27
81	107	MANUEL CHAMUSCA	M	58	M5559	5	00:38:08	A Sacavenense	00:21:59
82	1161	RODOLFO MOREIRA	M	33	M1934	23	00:38:11	Cliniponte	00:22:24
83	728	JOÃO PEDRO BATISTA	M	50	M5054	12	00:38:16	CCR Alto Moinho	00:22:27
84	38	RAMIRO DAMAS	M	23	M1934	24	00:38:18	ADL Apelaconenses	00:23:05
85	1149	OLÍMPIO SANTOS	M	41	M4044	14	00:38:22	CA DT Portucel	00:22:15
86	1367	PAULO MATA	M	44	M4044	15	00:38:24	BV ALVERCA	00:22:26
87	1349	ANTONIO PAIAS	M	32	M1934	25	00:38:31	SC REBOLEIRA- DAMAIA.	00:22:29
88	660	VITOR LOPES	M	38	M3539	21	00:38:35	FF Paz Mundial	00:22:25
89	731	JOSÉ LANÇA	M	55	M5559	6	00:38:39	CCR Alto Moinho	00:22:27
90	1259	VICTOR LIMA	M	41	M4044	16	00:38:41	GDU Caxienses	00:22:16
91	150	BRUNO RODRIGUES	M	33	M1934	26	00:38:42	ARCD Vila de Rei	00:21:35
92	9	LUCILIA SOARES	F	48	F4554	1	00:38:43	SL BENFICA	00:22:27
93	27	JOSÉ SILVA	M	43	M4044	17	00:38:43	ADL Apelaconenses	00:22:35
94	361	CARLOS ANTUNES	M	57	M5559	7	00:38:44	CA Patameiras	00:22:40
95	428	LUIS GUERREIRO	M	38	M3539	22	00:38:44	Individual	00:22:38
96	1221	VITOR SANTOS	M	34	M1934	27	00:38:45	NS Lourinhã	00:22:45
97	176	FRANCISCO MACHADO	M	33	M1934	28	00:38:48	GD S. Domingos	00:22:32
98	1343	EDUARDO TANGANHITO	M	61	M6099	3	00:38:49	SC Reboleira- Damaia	00:22:36
99	891	FERNANDO VAZ	M	38	M3539	23	00:38:55	Individual	00:22:27
100	1044	KENNEDY GRIES	M	33	M1934	29	00:38:58	Individual	00:22:51
101	579	LUIS ALBUQUERQUE	M	38	M3539	24	00:39:02	C Millennium BCP	00:23:12
102	1290	NUNO NEVES	M	41	M4044	18	00:39:06	Individual	00:22:48
103	755	LEANDRO RIBEIRO	M	34	M1934	30	00:39:08	GD Costa Brava	00:22:41
104	1266	ROBERTO DIOGO	M	53	M5054	13	00:39:09	GRD Ribeira Lage	00:22:53
105	1262	EMANUEL GOMES	M	38	M3539	25	00:39:10	GD Quinta da Lomba	00:23:11
106	1193	PAULO COSTA	M	42	M4044	19	00:39:11	Individual	00:23:03
107	1233	FRANCISCO FERA	M	65	M6099	4	00:39:12	GD Hotel Mundial	00:22:55
108	684	PEDRO ESTEVENS	M	49	M4549	4	00:39:13	C Ferrov Portugal	00:23:17
109	521	LUIS RAFAEL	M	36	M3539	26	00:39:14	GD Santander Totta	00:23:11

110	998	JOSÉ RAMALHO	M	45	M4549	5	00:39:15	SFUA Piedense	00:23:00
111	8	SANDRA PINTO	F	30	F1934	4	00:39:16	CS MARITIMO	00:23:10
112	564	JOSÉ INOCÊNCIO	M	56	M5559	8	00:39:16	GD Macedo Oculista	00:22:49
113	959	PAULO JORGE ALMEIDA	M	43	M4044	20	00:39:17	Individual	00:22:51
114	1200	ANTÓNIO MENDES	M	68	M6099	5	00:39:18	GA Super Estrelas	00:22:45
115	1129	PAULO PIRES	M	33	M1934	31	00:39:19	A Vale Silêncio	00:22:44
116	808	ANTÓNIO P L SANTOS	M	48	M4549	6	00:39:20	Individual	00:23:30
117	1231	JOAQUIM GOMES	M	44	M4044	21	00:39:31	GD Hotel Mundial	00:22:56
118	1293	ALBINO NEIVA	M	62	M6099	6	00:39:32	GD Amaros / Marsans	00:22:41
119	1373	ANTONIO LEMOS	M	49	M4549	7	00:39:33	INDIVIDUAL.	00:23:15
120	554	CARLA PINTO	F	36	F3544	3	00:39:36	GD Macedo Oculista	00:23:15
121	723	NUNO QUEIJAS	M	35	M3539	27	00:39:36	CCR Alto Moinho	00:22:45
122	546	ALCINDO ALMEIDA	M	50	M5054	14	00:39:42	GD Macedo Oculista	00:23:12
123	173	PAULO RODRIGUES	M	38	M3539	28	00:39:47	GD S. Domingos	00:23:10
124	1286	FRANCISCO FARROPAS	M	62	M6099	7	00:39:49	CDR Águias Unidas	00:23:03
125	652	PAULO PEREIRA	M	41	M4044	22	00:39:52	Clube Banif	00:23:22
126	26	FERNANDO FERNANDES	M	53	M5054	15	00:39:58	ADL Apelaconenses	00:22:49
127	23	RUI FILIPE	M	43	M4044	23	00:40:01	ADL Apelaconenses	00:23:31
128	678	FERNANDO ALVES	M	43	M4044	24	00:40:02	Os Santarenos	00:23:15
129	727	JOÃO FAZENDA	M	50	M5054	16	00:40:10	CCR Alto Moinho	00:23:47
130	565	JOSÉ REIS	M	54	M5054	17	00:40:11	GD Macedo Oculista	00:23:27
131	1330	MÁRIO REIS	M	35	M3539	29	00:40:12	Os Zatopeques	00:23:15
132	94	FÁBIO MALHEIRO	M	33	M1934	32	00:40:15	A Sacavenense	00:23:16
133	1097	NUNO CARRILHO	M	28	M1934	33	00:40:15	Serralharia Amaral	00:23:55
134	692	ANTÓNIO GONÇALVES	M	56	M5559	9	00:40:16	C Ferrov Portugal	00:23:10
135	1179	JOSÉ MANUEL CAROLA	M	32	M1934	34	00:40:28	Individual	00:23:36
136	1371	ANTONIO MARÇAL	M	48	M4549	8	00:40:28	BV ALVERCA	00:23:32
137	519	AUGUSTO LOPES	M	54	M5054	18	00:40:32	GD Santander Totta	00:24:04
138	947	EDUARDO EUSTÁQUIO	M	44	M4044	25	00:40:33	AA Mafra	00:23:55
139	269	HILÁRIO TORRES	M	48	M4549	9	00:40:34	ADL Apelaconenses	00:23:46
140	903	DOMINGOS NETO	M	51	M5054	19	00:40:34	CD Mafra	00:23:38
141	1206	FILIPE AMORIM	M	33	M1934	35	00:40:35	NAZ Abóboda	00:23:35
142	207	OCTÁVIO MORAIS	M	48	M4549	10	00:40:36	CD Olivais Moscavide	00:23:44
143	194	PAULO CARMO	M	33	M1934	36	00:40:37	ACR Mealhada	00:23:44
144	86	SUSANA ADELINO	F	33	F1934	5	00:40:38	CCD CM Loures	00:23:35
145	381	LUIS ROCHA	M	30	M1934	37	00:40:39	Individual	00:23:38
146	1116	DANIEL PINTO	M	23	M1934	38	00:40:39	A Vale Silêncio	00:24:00
147	732	JOAO ENCARNACAO	M	59	M5559	10	00:40:40	CCR Alto Moinho	00:24:02
148	1334	JOSÉ CUNHA	M	43	M4044	26	00:40:40	Os Zatopeques	00:24:38
149	951	JOAQUIM REIS	M	49	M4549	11	00:40:42	Running of D. Maria	00:24:21
150	1277	JAIME FIGUEIREDO	M	41	M4044	27	00:40:42	CDR Águias Unidas	00:23:44
151	1211	ARMINDO SANTOS	M	53	M5054	20	00:40:45	NAZ Abóboda	00:23:43
152	1279	DELSON MARQUES	M	32	M1934	39	00:40:46	CDR Águias Unidas	00:23:42
153	4	LUZIA DIAS	F	37	F3544	4	00:40:47	Sporting CP	00:24:21
154	480	PAULO BRITO	M	37	M3539	30	00:40:47	JOMA	00:24:21
155	322	JOSÉ NUNES	M	40	M4044	28	00:40:52	AM BCV Lumiar	00:24:21
156	1180	JOSÉ SOARES SILVA	M	33	M1934	40	00:40:53	Individual	00:24:06
157	926	CARLOS ALMEIDA	M	50	M5054	21	00:40:55	Individual	00:23:51
158	750	RODRIGO SILVA	M	41	M4044	29	00:40:57	Individual	00:23:59
159	880	JOAQUIM FREITAS	M	30	M1934	41	00:40:57	BV Montemor Novo	00:23:14
160	571	VERÓNICA CORREIA	F	32	F1934	6	00:41:01	GD Macedo Oculista	00:24:06
161	925	LÚCIO SERRA	M	48	M4549	12	00:41:01	AM Amoreiras	00:24:04
162	3	ARMANDO ALDEGALEGA	M	70	M6099	8	00:41:03	Sporting CP	00:23:49
163	782	FERNANDO MALHEIROS	M	51	M5054	22	00:41:09	Gelpinhos Peniche	00:24:26
164	468	FILIPE BRANCO	M	38	M3539	31	00:41:10	Horto Ribeiradas	00:24:04

165	470	EDGAR FRANCISCO	M	42	M4044	30	00:41:10	Horto Ribeiradas	00:24:04
166	648	NUNO COELHO	M	39	M3539	32	00:41:12	Clube Banif	00:23:57
167	36	JANUÁRIO COELHO	M	58	M5559	11	00:41:13	ADL Apelaconenses	00:24:20
168	83	ANTÓNIO VALÉRIO	M	58	M5559	12	00:41:16	CCD CM Loures	00:24:08
169	663	MANUEL ARAÚJO	M	46	M4549	13	00:41:19	FF Paz Mundial	00:24:06
170	905	JOÃO PALMA	M	47	M4549	14	00:41:19	AAE BNU	00:24:11
171	77	JOSÉ ARUIL	M	63	M6099	9	00:41:23	CCD CM Loures	00:24:13
172	865	LUIS MONTEIRO	M	36	M3539	33	00:41:25	GDCT BES	00:24:40
173	506	ANASTÁCIO VALADAS	M	54	M5054	23	00:41:26	GD Santander Totta	00:24:56
174	735	AMÉLIA COSTA	F	41	F3544	5	00:41:26	CCR Alto Moinho	00:24:12
175	230	ANTÓNIO CARDOSO	M	43	M4044	31	00:41:29	ADL Apelaconenses	00:25:03
176	1218	JOSÉ TEIXEIRA	M	50	M5054	24	00:41:32	CCD Mun Cascais	00:24:22
177	334	CARLOS MONTEIRO	M	57	M5559	13	00:41:33	Valejas AC	00:24:29
178	1134	BRUNO CARDOSO	M	27	M1934	42	00:41:34	Casino Lisboa	00:25:15
179	110	JOSÉ SILVESTRE	M	63	M6099	10	00:41:37	A Sacavenense	00:24:34
180	548	AMÉRICO POMBO	M	43	M4044	32	00:41:37	GD Macedo Oculista	00:24:07
181	595	PAULO MATEUS	M	41	M4044	33	00:41:37	C Millennium BCP	00:24:33
182	392	JORGE VILELA	M	42	M4044	34	00:41:38	NA VILA REAL	00:24:34
183	935	PAULO ALEXANDRE	M	37	M3539	34	00:41:38	Individual	00:24:52
184	380	RENATO SANTOS	M	30	M1934	43	00:41:39	Lesmas Alopradas	00:24:33
185	756	JORGE BANDEIRA	M	45	M4549	15	00:41:43	GD Costa Brava	00:24:54
186	120	PAULO TOMÁS	M	38	M3539	35	00:41:49	A Sacavenense	00:25:05
187	1216	JOSÉ PEIXOTO	M	49	M4549	16	00:41:50	Individual	00:24:40
188	943	JOÃO GOMES	M	35	M3539	36	00:41:51	AA Mafra	00:25:20
189	259	JOSÉ REINAS	M	48	M4549	17	00:41:54	ADL Apelaconenses	00:24:59
190	655	VÍRGÍLIO MADEIRA	M	49	M4549	18	00:41:54	Clube Banif	00:24:47
191	776	LUIS FELIPE	M	46	M4549	19	00:41:54	Gelpinhos Peniche	00:24:43
192	387	ALEXANDRE LEAL	M	28	M1934	44	00:41:55	Individual	00:24:57
193	749	CARLOS COSTA	M	37	M3539	37	00:41:56	Individual	00:24:32
194	801	JOSÉ MANUEL FIGUEIREDO	M	38	M3539	38	00:41:56	Individual	00:24:41
195	325	BERNARDO GRADISSIMO	M	49	M4549	20	00:41:58	AM BCV Lumiar	00:24:08
196	873	JOÃO RODRIGUES	M	33	M1934	45	00:41:58	BV Montemor Novo	00:24:36
197	945	PEDRO DUARTE	M	27	M1934	46	00:41:59	AA Mafra	00:24:43
198	51	JOAQUIM MARTINS	M	43	M4044	35	00:42:00	ADL Apelaconenses	00:24:28
199	371	JAIME SOUSA	M	46	M4549	21	00:42:00	CLAC - Parede	00:25:25
200	1055	NUNO SOUSA	M	34	M1934	47	00:42:01	GDCT IN Casa Moeda	00:24:43
201	843	JOAQUIM FRADE	M	52	M5054	25	00:42:03	SS CGD	00:25:11
202	1191	SANDRO TERENAS DA SILVA	M	29	M1934	48	00:42:08	Individual	00:24:02
203	581	JOAQUIM ARAUJO	M	44	M4044	36	00:42:10	C Millennium BCP	00:24:20
204	214	ADRIANO COTRIM	M	63	M6099	11	00:42:11	CD Olivais Moscavide	00:24:35
205	320	CARLOS GONÇALVES	M	36	M3539	39	00:42:12	AM BCV Lumiar	00:24:29
206	375	LUIS MAGALHÃES	M	39	M3539	40	00:42:12	Lesmas Alopradas	00:25:27
207	1001	MARCO MALAGUERRA	M	37	M3539	41	00:42:14	Clube Banif	00:24:09
208	326	JOÃO MOACHO	M	51	M5054	26	00:42:15	AM BCV Lumiar	00:24:58
209	1285	JOSÉ MESTRE	M	61	M6099	12	00:42:15	CDR Águias Unidas	00:24:55
210	360	ALBINO TOMÁS	M	51	M5054	27	00:42:16	CA Patameiras	00:24:50
211	976	CARLOS RODRIGUES	M	43	M4044	37	00:42:16	Individual	00:25:15
212	669	JORGE FONSECA	M	40	M4044	38	00:42:19	Os Santarenos	00:25:09
213	1202	ALBERTO FERNANDES	M	55	M5559	14	00:42:20	Amigos do Benfica	00:24:55
214	883	MARCOS PEREIRA	M	52	M5054	28	00:42:23	Individual	00:25:08
215	232	FERNANDO MONTEIRO	M	43	M4044	39	00:42:25	ADL Apelaconenses	00:25:48
216	22	JORGE FERREIRA	M	43	M4044	40	00:42:28	ADL Apelaconenses	00:24:48
217	1024	JOÃO NASCIMENTO	M	42	M4044	41	00:42:29	Clube Stress	00:25:21
218	853	BENARDINO PEREIRA	M	72	M6099	13	00:42:30	SS CGD	00:24:47
219	233	JAIME FIGUEIREDO	M	43	M4044	42	00:42:31	ADL Apelaconenses	00:25:08

220	803	NUNO MIGUEL CORREIA	M	41	M4044	43	00:42:33	SDF	00:25:10
221	909	JOSÉ NOVAIS	M	43	M4044	44	00:42:34	GDU Caxienses	00:25:11
222	1000	CARLOS CANDEIAS	M	40	M4044	45	00:42:34	Clube Banif	00:25:09
223	650	PAULO MORADIAS	M	43	M4044	46	00:42:35	Clube Banif	00:25:09
224	1123	JOSÉ MOGA	M	50	M5054	29	00:42:37	A Vale Silêncio	00:25:28
225	324	MANUEL RODRIGUES	M	48	M4549	22	00:42:41	AM BCV Lumiar	00:24:53
226	1336	ANTÓNIO JACINTO	M	48	M4549	23	00:42:41	Os Zatopeques	00:25:05
227	323	DANIEL NUNES	M	48	M4549	24	00:42:42	AM BCV Lumiar	00:00:00
228	488	RICARDO FÉLIX	M	28	M1934	49	00:42:43	CCD Efacec	00:25:47
229	32	AUGUSTO FERNANDES	M	43	M4044	47	00:42:44	ADL Apelaconenses	00:24:49
230	899	JOSÉ MANUEL CUNHA	M	42	M4044	48	00:42:45	Individual	00:24:56
231	454	JOSÉ HILÁRIO	M	48	M4549	25	00:42:50	Individual	00:25:33
232	205	JOÃO SERRA	M	38	M3539	42	00:42:51	ADL Apelaconenses	00:24:41
233	705	ALEXANDRINO AIRES	M	51	M5054	30	00:42:51	Individual	00:25:09
234	447	MIGUEL MARQUES	M	47	M4549	26	00:42:52	Individual	00:25:21
235	1281	JOÃO ESPADA	M	42	M4044	49	00:42:52	CDR Águias Unidas	00:24:29
236	985	GERMANO BERNARDO	M	52	M5054	31	00:42:53	GarminPrazer Corrida	00:25:32
237	718	DIAMANTINO ALMEIDA	M	40	M4044	50	00:42:54	Individual	00:25:08
238	886	DOMINGOS AGUIAR	M	42	M4044	51	00:43:00	Sesimbra Mar	00:25:10
239	738	JOÃO SANTOS	M	43	M4044	52	00:43:08	AA Lebres Sado	00:25:31
240	316	LUIS FERREIRA	M	38	M3539	43	00:43:09	CA Vale Figueira	00:25:07
241	877	FRANCISCO OLIVEIRA	M	36	M3539	44	00:43:10	BV Montemor Novo	00:25:01
242	1333	JORGE LEITÃO	M	43	M4044	53	00:43:10	Os Zatopeques	00:25:28
243	1348	CARMEN TAVARES	F	32	F1934	7	00:43:15	SC REBOLEIRA- DAMAIA.	00:25:08
244	1046	ANTÓNIO JOSÉ COSTA	M	40	M4044	54	00:43:16	Individual	00:26:00
245	1276	JOÃO PAIXÃO	M	37	M3539	45	00:43:17	CDR Águias Unidas	00:25:02
246	944	LEONEL AMARO	M	43	M4044	55	00:43:19	AA Mafra	00:25:34
247	115	PAULO GONÇALVES	M	43	M4044	56	00:43:20	A Sacavenense	00:25:47
248	757	FRANCISCO SANTOS	M	48	M4549	27	00:43:21	GD Costa Brava	00:25:43
249	758	CARLOS FARIA	M	60	M6099	14	00:43:22	GD Costa Brava	00:25:44
250	774	ANTÓNIO ANJOS FERNANDES	M	71	M6099	15	00:43:23	GD Prof. Farmácia	00:00:00
251	111	CARLOS CONCEIÇÃO	M	43	M4044	57	00:43:24	A Sacavenense	00:25:50
252	583	PAULO PAIS	M	43	M4044	58	00:43:30	C Millennium BCP	00:25:14
253	1332	JORGE DURÃES	M	42	M4044	59	00:43:30	Os Zatopeques	00:24:54
254	357	MIGUEL TAVARES	M	35	M3539	46	00:43:31	CA Patameiras	00:26:04
255	85	ELISIO COSTA	M	53	M5054	32	00:43:34	CCD CM Loures	00:25:59
256	355	CARLOS FONSECA	M	39	M3539	47	00:43:34	CA Patameiras	00:26:05
257	915	FRANCISCO CARDOSO	M	53	M5054	33	00:43:35	Plumas	00:25:59
258	876	JOSÉ VARELA	M	34	M1934	50	00:43:36	BV Montemor Novo	00:25:19
259	362	HERMINIO ALVES	M	57	M5559	15	00:43:37	CA Patameiras	00:26:06
260	929	JOSÉ FERNANDES	M	54	M5054	34	00:43:37	Rest. Faz Figura	00:25:40
261	258	MANUEL SIMÕES	M	48	M4549	28	00:43:39	ADL Apelaconenses	00:25:09
262	421	DAVID FAUSTINO	M	42	M4044	60	00:43:40	Individual	00:25:33
263	1264	JOÃO ALFREDO MARQUES	M	43	M4044	61	00:43:40	GRD Ribeira Lage	00:27:05
264	975	RUI CABRAL	M	31	M1934	51	00:43:42	Individual	00:25:41
265	1133	FRANCISCO GOUVEIA	M	54	M5054	35	00:43:42	A Vale Silêncio	00:26:15
266	466	HAMILTON DIAS	M	32	M1934	52	00:43:43	Hovione	00:25:25
267	908	JOSÉ OLIVEIRA	M	43	M4044	62	00:43:43	GDU Caxienses	00:26:10
268	482	MANUEL FIDALGO	M	55	M5559	16	00:43:44	CCD Efacec	00:25:24
269	677	LEONEL MADRUGA	M	39	M3539	48	00:43:48	Os Santarenos	00:25:40
270	339	ANTÓNIO LOPES	M	44	M4044	63	00:43:50	Valejas AC	00:25:24
271	1376	MAURO PIMENTA	M	31	M1934	53	00:43:53	INDIVIDUAL.	00:25:54
272	1249	JOSÉ LUIS ALVES	M	43	M4044	64	00:43:55	Individual	00:25:42
273	105	ANTÓNIO PEREIRA	M	58	M5559	17	00:43:57	A Sacavenense	00:26:14
274	1224	ANTÓNIO ALMEIDA	M	44	M4044	65	00:43:58	Clube Autocoope	00:25:36

275	1213	CARLOS DUARTE	M	57	M5559	18	00:43:59	NAZ Abóboda	00:25:37
276	1226	CARLOS FERREIRA	M	51	M5054	36	00:43:59	Clube Autocoope	00:25:36
277	404	JOSÉ MANUEL DA COSTA	M	43	M4044	66	00:44:01	Individual	00:25:56
278	778	ANTÓNIO MAMEDE	M	50	M5054	37	00:44:05	Gelpinhos Peniche	00:25:22
279	1132	TIAGO SILVA	M	18	M0018	1	00:44:06	A Vale Silêncio	00:25:41
280	1365	JOSE CORREIA	M	46	M4549	29	00:44:06	GD 1º MAIO AGUALVA	00:25:53
281	1364	MARGARIDA PEREIRA	F	50	F4554	2	00:44:07	INDIVIDUAL.	00:25:54
282	512	FERNANDO CARDOSO	M	60	M6099	16	00:44:09	GD Santander Totta	00:26:02
283	666	PEDRO CARVALHO	M	44	M4044	67	00:44:15	Os Santarenos	00:26:09
284	1303	TIAGO MARTINS	M	27	M1934	54	00:44:15	Individual	00:25:26
285	293	PAULO BARREIRA	M	33	M1934	55	00:44:16	ADL Apelaconenses	00:26:19
286	526	FERNANDO PROENÇA	M	54	M5054	38	00:44:16	GDR Pap Fernandes	00:26:02
287	958	FRANCISCO BOLRÃO	M	51	M5054	39	00:44:18	Clube Anacom	00:25:36
288	533	ANTÓNIO AUGUSTO MOREIRA	M	44	M4044	68	00:44:19	Individual	00:26:58
289	1377	JOSE GUIA	M	58	M5559	19	00:44:19	SS CGD	00:26:17
290	41	JORGE CORREIA	M	38	M3539	49	00:44:20	ADL Apelaconenses	00:26:17
291	819	JOSÉ MARTINS	M	40	M4044	69	00:44:22	Individual	00:26:14
292	1265	JOSÉ MELO	M	47	M4549	30	00:44:22	GRD Ribeira Lage	00:27:05
293	244	JORGE ALMEIDA	M	38	M3539	50	00:44:24	A Sacavenense	00:25:48
294	39	LUIS DAMIÃO	M	38	M3539	51	00:44:26	ADL Apelaconenses	00:25:56
295	667	PAULO CORREIA	M	42	M4044	70	00:44:28	Os Santarenos	00:00:00
296	1244	LUIS OLIVEIRA	M	38	M3539	52	00:44:29	AA Lebres Sado	00:25:48
297	1060	CARLOS FERREIRA	M	53	M5054	40	00:44:30	Individual	00:25:56
298	317	LUIS FERREIRA	M	27	M1934	56	00:44:31	AM BCV Lumiar	00:25:28
299	365	JOAQUIM FRANCISCO	M	62	M6099	17	00:44:32	CA Patameiras	00:26:29
300	373	ANTÓNIO CORREIA	M	56	M5559	20	00:44:32	Lesmas Alopadas	00:25:53
301	580	VITOR GOMES	M	38	M3539	53	00:44:32	C Millennium BCP	00:26:20
302	1194	JOÃO VICENTE	M	39	M3539	54	00:44:34	Os Raspotacho	00:26:25
303	97	CAROLINA FERNANDES	F	38	F3544	6	00:44:35	A Sacavenense	00:25:54
304	347	JOÃO SEQUEIRA	M	45	M4549	31	00:44:39	CCDT Metro	00:26:32
305	716	FAUSTINO MARQUES SANTOS	M	54	M5054	41	00:44:41	Individual	00:25:58
306	724	PAULO DIAS SANTOS	M	43	M4044	71	00:44:41	CCR Alto Moinho	00:27:24
307	211	EDUARDO MANSO	M	58	M5559	21	00:44:43	CD Olivais Moscavide	00:26:26
308	24	JOSÉ MORAIS	M	48	M4549	32	00:44:44	ADL Apelaconenses	00:27:40
309	681	NEVES SILVA	M	55	M5559	22	00:44:45	C Ferrov Portugal	00:00:00
310	957	FERNANDO GIL	M	55	M5559	23	00:44:47	Individual	00:26:24
311	1124	JOSÉ PEREIRA	M	61	M6099	18	00:44:50	A Vale Silêncio	00:27:10
312	1229	JOAQUIM ARAUJO	M	63	M6099	19	00:44:51	AA Pego Longo	00:26:18
313	502	JOSÉ GONÇALVES	M	57	M5559	24	00:44:52	GD Santander Totta	00:26:15
314	212	JOÃO RIBEIRO	M	63	M6099	20	00:44:55	CD Olivais Moscavide	00:26:13
315	707	MÁRIO MOURA	M	54	M5054	42	00:44:57	Família Bugalho	00:26:34
316	82	JOSÉ MARQUES	M	58	M5559	25	00:45:00	CCD CM Loures	00:25:12
317	1317	MANUEL ANTUNES	M	39	M3539	55	00:45:00	Individual	00:26:52
318	479	JORGE DUARTE PINHEIRO	M	41	M4044	72	00:45:01	Individual	00:26:29
319	1096	RUI SANTOS	M	58	M5559	26	00:45:03	Os Portelas Palmela	00:26:09
320	1041	LUIS SOARES	M	41	M4044	73	00:45:10	Clube OGMA	00:27:06
321	364	ANTÓNIO MORAIS	M	55	M5559	27	00:45:11	CA Patameiras	00:27:46
322	440	VENÂNCIO BRANCO	M	48	M4549	33	00:45:12	Tecno Spie	00:26:56
323	619	LUIS MIRÃO	M	32	M1934	57	00:45:13	Individual	00:26:25
324	247	FERNANDO MARQUES	M	58	M5559	28	00:45:14	CD Olivais Moscavide	00:26:45
325	674	NUNO MENDÃO	M	34	M1934	58	00:45:14	Os Santarenos	00:26:33
326	448	LUIS NEVES	M	30	M1934	59	00:45:16	Marinhais AC	00:26:08
327	592	SÉRGIO ANJOS	M	60	M6099	21	00:45:17	C Millennium BCP	00:27:38
328	525	LEONEL PIRES	M	63	M6099	22	00:45:19	GDR Pap Fernandes	00:26:27
329	874	ABÍLIO CATARRO	M	51	M5054	43	00:45:19	BV Montemor Novo	00:26:03

330	377 JOSÉ COUTO	M	56 M5559	29	00:45:21	Lesmas Alopradas	00:26:16
331	1105 LUIS GUERREIRO	M	41 M4044	74	00:45:21	HP Amoreiras	00:00:00
332	661 HELDER TEIXEIRA	M	38 M3539	56	00:45:22	FF Paz Mundial	00:26:31
333	1013 ANTÓNIO VIEIRA	M	43 M4044	75	00:45:23	CP RTP	00:27:03
334	815 JORGE PACHÃO	M	39 M3539	57	00:45:25	Individual	00:26:23
335	939 FERNANDO PAIXÃO MARQUES	M	42 M4044	76	00:45:25	Individual	00:26:57
336	950 PAULO MARTINS	M	40 M4044	77	00:45:25	Running of D. Maria	00:26:40
337	928 JOSÉ GARRAFÃO	M	46 M4549	34	00:45:26	Individual	00:26:25
338	195 LUIS MIGUEL GALAMBA	M	43 M4044	78	00:45:28	ACR Mealhada	00:26:32
339	153 ANTÓNIO VIEGAS	M	63 M6099	23	00:45:29	GD S. Domingos	00:27:07
340	796 JORGE NUNES	M	42 M4044	79	00:45:29	Individual	00:28:19
341	900 JOÃO ALBERTO SILVA	M	31 M1934	60	00:45:30	Sporting C Casainhos	00:26:42
342	329 BRUNO COELHO	M	30 M1934	61	00:45:32	Valejas AC	00:27:21
343	835 FERNANDO TAVARES	M	55 M5559	30	00:45:33	GD BPI	00:26:49
344	1254 PAULO TEIXEIRA	M	46 M4549	35	00:45:34	Individual	00:25:52
345	520 REINALDO FIGUEIRA	M	57 M5559	31	00:45:35	GD Santander Totta	00:26:35
346	1320 PAULO ROSA	M	41 M4044	80	00:45:35	C Olimpico Oeiras	00:00:00
347	1372 FERNANDO SOBRAL	M	53 M5054	44	00:45:36	INDIVIDUAL.	00:26:36
348	784 CARLOS VIOLA	M	45 M4549	36	00:45:37	Gelpinhos Peniche	00:26:38
349	272 SILVÉRIO BRÁS	M	48 M4549	37	00:45:38	ADL Apelaconenses	00:26:51
350	783 MANUEL LOPES	M	50 M5054	45	00:45:38	Gelpinhos Peniche	00:26:39
351	1162 RICARDO LOBO	M	34 M1934	62	00:45:40	Individual	00:26:05
352	1082 HERNANI FERNANDES	M	37 M3539	58	00:45:43	Individual	00:27:04
353	1282 JOSÉ RAIMUNDO	M	48 M4549	38	00:45:45	CDR Águias Unidas	00:27:34
354	585 FERNANDO ALMEIDA	M	40 M4044	81	00:45:47	C Millennium BCP	00:26:52
355	1117 FERNANDO AVELINO	M	48 M4549	39	00:45:49	A Vale Silêncio	00:27:04
356	522 JORGE ANTUNES	M	33 M1934	63	00:45:51	GD Santander Totta	00:26:49
357	70 FRANCISCO BANDO	M	58 M5559	32	00:45:52	CCD CM Loures	00:27:18
358	460 JORGE FERREIRA	M	49 M4549	40	00:45:52	Hovione	00:26:01
359	88 LUIS LOURENÇO	M	43 M4044	82	00:45:53	CCD CM Loures	00:27:18
360	319 JOSÉ COSTA	M	37 M3539	59	00:45:53	AM BCV Lumiar	00:00:00
361	892 LUIS SILVA DIAS	M	63 M6099	24	00:45:53	Individual	00:27:19
362	225 JOAQUIM SILVÉRIO	M	63 M6099	25	00:45:54	GA Super Estrelas	00:27:15
363	576 EDUARDO FERREIRA	M	32 M1934	64	00:45:55	C Millennium BCP	00:27:03
364	659 ISABEL SANTOS	F	38 F3544	7	00:45:55	FF Paz Mundial	00:00:00
365	662 ARMINDO SANTOS	M	47 M4549	41	00:45:55	FF Paz Mundial	00:00:00
366	729 AURÉLIO FERNANDES	M	53 M5054	46	00:45:57	CCR Alto Moinho	00:27:27
367	721 ANTÓNIO AMIEIRO	M	39 M3539	60	00:45:58	CCR Alto Moinho	00:27:26
368	474 RAFAEL FREITAS	M	24 M1934	65	00:46:01	Horto Ribeiradas	00:27:40
369	1036 JOÃO SIMÕES	M	44 M4044	83	00:46:02	Clube OGMA	00:27:11
370	1042 GUALTER FERREIRA	M	35 M3539	61	00:46:03	Clube OGMA	00:27:12
371	589 JOÃO PEREIRA	M	36 M3539	62	00:46:07	C Millennium BCP	00:27:37
372	481 JOSÉ CARVALHO	M	55 M5559	33	00:46:12	CCD Efacec	00:27:02
373	613 ANTÓNIO ALVES SIMÕES	M	50 M5054	47	00:46:13	Individual	00:00:00
374	1083 JOÃO MANUEL TOMATAS	M	37 M3539	63	00:46:14	Individual	00:27:38
375	1270 FERNANDO SANTOS	M	62 M6099	26	00:46:15	CP IVA	00:27:35
376	632 LÚCIA OLIVEIRA	F	29 F1934	8	00:46:16	Clube Banif	00:27:04
377	654 TAM AFONSO	M	55 M5559	34	00:46:16	Clube Banif	00:27:02
378	640 FRANCISCO PEREIRA	M	41 M4044	84	00:46:17	Clube Banif	00:27:03
379	649 NUNO ESPÍRITO SANTO	M	38 M3539	64	00:46:17	Clube Banif	00:27:01
380	924 LUIS SERRA	M	51 M5054	48	00:46:17	AM Amoreiras	00:26:57
381	343 FRANCISCO PINHO	M	52 M5054	49	00:46:18	CCDT Metro	00:26:44
382	636 ANDRÉ QUARENTA	M	37 M3539	65	00:46:18	Clube Banif	00:27:04
383	1154 MARGARIDA GODINHO	F	49 F4554	3	00:46:18	Individual	00:27:33
384	1015 CRISTINA GUERREIRO	F	34 F1934	9	00:46:20	CA Baixa da Banheira	00:27:37

385	209	GILBERTO MORAIS	M	53	M5054	50	00:46:21	CD Olivais Moscavide	00:26:10
386	870	ANTÓNIO VARELA	M	42	M4044	85	00:46:21	Individual	00:27:15
387	686	MÁRIO FERRO	M	55	M5559	35	00:46:22	C Ferrov Portugal	00:26:55
388	637	ANTÓNIO CARVALHO	M	53	M5054	51	00:46:23	Clube Banif	00:28:02
389	1064	IDALÉCIO BARROS	M	53	M5054	52	00:46:24	Individual	00:27:36
390	620	DAVID GONÇALVES	M	33	M1934	66	00:46:25	Individual	00:26:55
391	441	CACILDA BRANCO	F	56	F5599	1	00:46:27	CCD O Alvitejo	00:27:02
392	1328	ANTÓNIO JÚNIOR	M	42	M4044	86	00:46:27	Individual	00:27:16
393	603	ORLANDO FERREIRA	M	38	M3539	66	00:46:36	C Millennium BCP	00:28:08
394	820	JOAQUIM FRAGOSO	M	58	M5559	36	00:46:38	CCD Casa Pia	00:27:45
395	824	FERNANDO CAEIRO	M	36	M3539	67	00:46:38	CCD Casa Pia	00:27:46
396	556	FERNANDO CARVALHO	M	67	M6099	27	00:46:40	GD Macedo Oculista	00:27:10
397	812	JOÃO CRESPO	M	45	M4549	42	00:46:40	Individual	00:27:41
398	1207	PAULO MAFRA	M	40	M4044	87	00:46:40	NAZ Abóboda	00:27:51
399	1227	AMÉRICO COSTA	M	53	M5054	53	00:46:40	Clube Autocoope	00:00:00
400	127	PEDRO MARQUES	M	43	M4044	88	00:46:43	CA Vale Figueira	00:28:30
401	717	EDUARDO MOUTINHO	M	39	M3539	68	00:46:44	Unidos da Expo	00:27:39
402	767	JORGE SIMÕES	M	26	M1934	67	00:46:46	Jorge Simões	00:27:21
403	1250	JOÃO CACELAS	M	37	M3539	69	00:46:46	Individual	00:00:00
404	1319	FÁBIA SILVA	F	38	F3544	8	00:46:46	C Olimpico Oeiras	00:27:08
405	388	JOSÉ SARAIVA	M	38	M3539	70	00:46:48	Individual	00:26:49
406	946	ANGELO PEREIRA	M	50	M5054	54	00:46:49	AA Mafra	00:26:46
407	1183	JOSÉ RODRIGUES	M	49	M4549	43	00:46:49	Individual	00:27:54
408	927	LUIS PAULO	M	42	M4044	89	00:46:50	Individual	00:27:51
409	406	LUIS AMORIM	M	50	M5054	55	00:46:54	NA BDF	00:27:51
410	602	SOBRAL SOUSA	M	61	M6099	28	00:46:57	C Millennium BCP	00:27:50
411	1325	FLORIVAL ANDRADE	M	59	M5559	37	00:46:58	Forno da Cidade	00:28:11
412	332	JOÃO REIS	M	43	M4044	90	00:46:59	Valejas AC	00:28:11
413	1284	JOSÉ SIMÕES	M	57	M5559	38	00:47:00	CDR Águas Unidas	00:28:10
414	683	CARLOS ALVES	M	51	M5054	56	00:47:01	C Ferrov Portugal	00:27:30
415	1212	FERNANDO PIRES	M	56	M5559	39	00:47:02	NAZ Abóboda	00:27:06
416	562	JOAQUIM MACEDO	M	53	M5054	57	00:47:04	GD Macedo Oculista	00:28:06
417	588	MANUEL PEREIRA	M	47	M4549	44	00:47:04	C Millennium BCP	00:27:43
418	257	JOSÉ JANELA	M	48	M4549	45	00:47:06	ADL Apelaconenses	00:28:35
419	730	ANTÓNIO PEREIRA	M	53	M5054	58	00:47:06	CCR Alto Moinho	00:27:52
420	737	ISAURA PEREIRA	F	50	F4554	4	00:47:06	CCR Alto Moinho	00:27:52
421	76	JOAQUIM ADELINO	M	58	M5559	40	00:47:07	CCD CM Loures	00:27:35
422	439	AMÉRICO COSTA	M	50	M5054	59	00:47:08	Tecno Spie	00:28:09
423	621	PEDRO ANTUNES	M	32	M1934	68	00:47:08	Individual	00:27:06
424	398	RUI RALHA	M	50	M5054	60	00:47:11	Coral	00:28:32
425	1066	DINIS SILVA	M	48	M4549	46	00:47:12	Individual	00:28:07
426	1140	FERNANDO GERALDES	M	59	M5559	41	00:47:12	Casino Lisboa	00:28:00
427	1143	JOSÉ MAN	M	67	M6099	29	00:47:14	Casino Lisboa	00:28:00
428	733	GABRIEL CRUZ	M	65	M6099	30	00:47:15	CCR Alto Moinho	00:28:07
429	834	PAULO ALMEIDA	M	40	M4044	91	00:47:16	GD BPI	00:26:48
430	140	MANUEL JOÃO	M	63	M6099	31	00:47:17	CA Vale Figueira	00:27:34
431	860	CARLOS NABIÇO	M	44	M4044	92	00:47:18	GDCT BES	00:28:33
432	409	VICENTE DIAS	M	53	M5054	61	00:47:19	NA BDF	00:28:37
433	1032	ANTÓNIO BRAZ	M	37	M3539	71	00:47:20	Individual	00:27:31
434	1305	RAZVAN PUTU	M	26	M1934	69	00:47:21	Ana margarida e Cª	00:27:18
435	1275	LUIS MENDES	M	35	M3539	72	00:47:22	CDR Águas Unidas	00:27:36
436	541	LUIS SILVA	M	45	M4549	47	00:47:25	Sportisel	00:27:26
437	760	FERNANDO L. FERNANDES	M	47	M4549	48	00:47:25	Individual	00:27:41
438	990	JAIME GOMES	M	51	M5054	62	00:47:25	SS Montepio Geral	00:28:07
439	1222	JOÃO SANTOS	M	61	M6099	32	00:47:25	NS Lourinhã	00:27:50



440	503	JÓÃO ROCHA	M	56	M5559	42	00:47:26	GD Santander Totta	00:27:53
441	878	AGOSTINHO PINTO	M	52	M5054	63	00:47:26	BV Montemor Novo	00:27:27
442	333	SÉRGIO PIRES	M	31	M1934	70	00:47:27	Valejas AC	00:28:11
443	337	JOAQUIM NEIVA	M	65	M6099	33	00:47:28	Valejas AC	00:28:55
444	1195	JÓÃO ROXO	M	36	M3539	73	00:47:28	Os Raspotacho	00:27:05
445	1217	JÚLIO MEIRELES	M	56	M5559	43	00:47:28	CCD Mun Cascais	00:28:06
446	884	MIGUEL PINTO	M	43	M4044	93	00:47:29	Sesimbra Mar	00:27:55
447	294	JORGE BARREIRA	M	63	M6099	34	00:47:30	ADL Apelaconenses	00:27:28
448	363	MANUEL CALISTO	M	56	M5559	44	00:47:30	CA Patameiras	00:28:17
449	391	TELMO MARQUES	M	35	M3539	74	00:47:31	Individual	00:29:11
450	844	PAULO PIRES	M	42	M4044	94	00:47:31	SS CGD	00:28:33
451	932	JOSÉ ALVES	M	58	M5559	45	00:47:32	SS CGD	00:28:38
452	805	ANTÓNIO LUIS DELGADO	M	46	M4549	49	00:47:33	Individual	00:28:12
453	715	JORGE GUERREIRO PIRES	M	53	M5054	64	00:47:35	Individual	00:28:29
454	747	ÁLVARO GINGADO	M	51	M5054	65	00:47:36	AA Lebres Sado	00:28:52
455	1354	AVELINO PEDROSO	M	43	M4044	95	00:47:37	INDIVIDUAL.	00:27:53
456	1355	RICARDO PEDROSO	M	19	M1934	71	00:47:37	INDIVIDUAL.	00:27:53
457	331	JOSÉ COELHO	M	53	M5054	66	00:47:39	Valejas AC	00:28:07
458	220	JOAQUINA SOUSA	F	58	F5599	2	00:47:40	GA Super Estrelas	00:28:58
459	685	CUSTÓDIO JANUÁRIO	M	55	M5559	46	00:47:40	C Ferrov Portugal	00:28:11
460	1273	CÉSAR GOMES	M	50	M5054	67	00:47:40	CP IVA	00:28:32
461	1280	GONÇALO FRIJA	M	25	M1934	72	00:47:40	CDR Águias Unidas	00:27:25
462	1375	PAULO VERISSIMO	M	42	M4044	96	00:47:41	INDIVIDUAL.	00:28:05
463	1100	URI GRANOT	M	33	M1934	73	00:47:45	Individual	00:28:40
464	644	LUIS MELO	M	50	M5054	68	00:47:46	Clube Banif	00:27:51
465	771	JÓÃO FIALHO	M	37	M3539	75	00:47:47	Jorge Simões	00:28:25
466	809	ANTÓNIO J H FERREIRA	M	49	M4549	50	00:47:47	Individual	00:27:45
467	670	ANTÓNIO DUARTE	M	47	M4549	51	00:47:49	Os Santarenos	00:27:44
468	341	CARLOS MOREIRA	M	55	M5559	47	00:47:55	CCDT Metro	00:28:48
469	788	JÚLIO ROBALO	M	44	M4044	97	00:47:56	GD INE	00:28:18
470	1351	LUCILIO ESPINHOSA	M	32	M1934	74	00:47:56	INDIVIDUAL.	00:27:37
471	1040	PAULO MONTEIRO	M	43	M4044	98	00:47:58	Clube OGMA	00:28:03
472	586	AUGUSTO LOURENÇO	M	46	M4549	52	00:47:59	C Millennium BCP	00:28:08
473	601	JORGE SOARES	M	43	M4044	99	00:47:59	C Millennium BCP	00:27:38
474	1058	BRUNO VIEIRA	M	34	M1934	75	00:48:00	Individual	00:28:44
475	1095	HÉLIO SANTOS	M	37	M3539	76	00:48:00	Os Portelas Palmela	00:27:32
476	1004	TIAGO TENENTE	M	30	M1934	76	00:48:02	Individual	00:28:55
477	1298	CARLOS MARINA	M	34	M1934	77	00:48:02	CCD Sintrense	00:28:27
478	763	HENRIQUE ALVAREDO	M	50	M5054	69	00:48:03	C Sargento Armada	00:28:35
479	682	FERNANDO PESTANA	M	61	M6099	35	00:48:05	C Ferrov Portugal	00:27:44
480	156	ANTÓNIO BRITO	M	58	M5559	48	00:48:08	GD S. Domingos	00:28:08
481	761	FERNANDO COLAÇO	M	29	M1934	78	00:48:11	C Sargento Armada	00:30:14
482	996	VITOR RAFAEL	M	44	M4044	100	00:48:11	SS Montepio Geral	00:27:40
483	577	ANTÓNIO PENIM	M	40	M4044	101	00:48:12	C Millennium BCP	00:28:20
484	1241	PEDRO PINTO	M	56	M5559	49	00:48:15	Os Indomáveis	00:28:34
485	1295	CARLOS SOUSA	M	51	M5054	70	00:48:17	Individual	00:28:05
486	746	MANUEL BATISTA	M	59	M5559	50	00:48:18	AA Lebres Sado	00:00:00
487	1030	MARIA LUISA LEITÃO	F	54	F4554	5	00:48:19	Individual	00:00:00
488	770	JÓÃO PEDRO LIMA	M	31	M1934	79	00:48:20	Jorge Simões	00:27:58
489	664	MANUEL ALVES	M	39	M3539	77	00:48:21	FF Paz Mundial	00:28:58
490	623	FRANCISCO PINHEIRO	M	53	M5054	71	00:48:23	GA Monsanto Gascan	00:28:41
491	1215	JOSÉ PEDRO MORAIS	M	38	M3539	78	00:48:24	Individual	00:28:59
492	424	DIOGO ARRAIAS	M	54	M5054	72	00:48:25	Clube Robbialac	00:28:51
493	1220	ANTÓNIO HORTA	M	54	M5054	73	00:48:26	CCD Mun Cascais	00:28:41
494	459	ANTÓNIO MELGÃO	M	28	M1934	80	00:48:27	Hovione	00:27:35

495	1288 DAMIÃO REGA	M	47 M4549	53	00:48:32 Individual	00:28:44
496	832 VASCO SANTOS	M	49 M4549	54	00:48:35 GD BPI	00:27:52
497	478 PEDRO GONÇALVES	M	53 M5054	74	00:48:36 Individual	00:29:00
498	265 PAULO REIGADA	M	43 M4044	102	00:48:38 ADL Apelaconenses	00:27:22
499	777 LUIS NUNES	M	48 M4549	55	00:48:38 Gelpinhos Peniche	00:28:47
500	1209 ROSA PRATES	F	48 F4554	6	00:48:38 NAZ Abóboda	00:28:14
501	1005 NUNO MIGUEL MARTINS	M	36 M3539	79	00:48:39 Individual	00:29:08
502	1127 MÁRIO SILVA	M	42 M4044	103	00:48:39 A Vale Silêncio	00:29:56
503	312 RUI PIRES	M	38 M3539	80	00:48:40 ADL Apelaconenses	00:29:07
504	775 RAUL CORREIA	M	43 M4044	104	00:48:40 Gelpinhos Peniche	00:28:49
505	779 ANTÓNIO SOUZA	M	66 M6099	36	00:48:40 Gelpinhos Peniche	00:28:48
506	352 MANUEL DANTAS	M	62 M6099	37	00:48:44 CCDT Metro	00:29:04
507	696 RUI VIGOÇO	M	63 M6099	38	00:48:44 JF Portela	00:29:15
508	327 MANUELA FOLGADO	F	58 F5599	3	00:48:45 Valejas AC	00:00:00
509	524 DOMINGOS BARREIROS	M	70 M6099	39	00:48:47 Individual	00:28:26
510	841 ALCIDES NUNES	M	49 M4549	56	00:48:47 Individual	00:28:27
511	1165 FERNANDO DIAS	M	47 M4549	57	00:48:47 Individual	00:28:40
512	1069 JOÃO CAFES	M	45 M4549	58	00:48:50 CA Aqualva	00:29:48
513	1122 JOAQUIM GOMES	M	60 M6099	40	00:48:51 A Vale Silêncio	00:29:27
514	386 PEDRO OLIVEIRA	M	37 M3539	81	00:48:52 Individual	00:28:50
515	890 PAULO FERNANDES	M	35 M3539	82	00:48:52 Individual	00:28:45
516	1017 LUIS REIS	M	44 M4044	105	00:48:53 Individual	00:28:08
517	141 JOSÉ LINDO	M	63 M6099	41	00:48:55 CA Vale Figueira	00:28:25
518	534 JOSÉ FREIRE	M	52 M5054	75	00:48:55 Individual	00:30:52
519	1169 LUIS MIGUEL MARTINS	M	36 M3539	83	00:48:58 Individual	00:28:26
520	453 ANALICE SILVA	F	64 F5599	4	00:48:59 Liberdade AC	00:28:29
521	1203 JOSÉ SOARES	M	45 M4549	59	00:49:05 Amigos do Benfica	00:28:55
522	626 RUI BORGES	M	45 M4549	60	00:49:06 GA Monsanto Gascan	00:28:42
523	955 EDUARDO BRITO	M	35 M3539	84	00:49:07 Running of D. Maria	00:28:29
524	1294 EDUARDO MORGADO CORREIA	M	42 M4044	106	00:49:07 Individual	00:28:42
525	87 MANUEL TIAGO	M	63 M6099	42	00:49:08 CCD CM Loures	00:29:54
526	1172 MÁRCIO PEREIRA	M	25 M1934	81	00:49:08 Individual	00:30:17
527	977 JOÃO FERREIRA	M	52 M5054	76	00:49:09 Amigos da Flor	00:29:18
528	1324 JOÃO MILHEIRO	M	48 M4549	61	00:49:09 Forno da Cidade	00:29:09
529	376 ALBINO ESTEVES	M	43 M4044	107	00:49:10 Lesmas Alopradas	00:28:28
530	1115 CARLOS GAMELAS	M	29 M1934	82	00:49:10 A Vale Silêncio	00:29:27
531	1174 MÁRIO LOPES	M	39 M3539	85	00:49:10 Individual	00:30:17
532	748 VITOR DE JESUS	M	42 M4044	108	00:49:11 AA Lebres Sado	00:28:59
533	978 MANUEL HORTELÃO	M	39 M3539	86	00:49:11 Amigos da Flor	00:29:19
534	931 EURICO SEMEDO	M	60 M6099	43	00:49:12 SS CGD	00:29:14
535	1321 JORGE PEREZ	M	47 M4549	62	00:49:14 Individual	00:28:55
536	719 PEDRO ANDRADE	M	35 M3539	87	00:49:15 Individual	00:28:54
537	385 CARLOS COELHO	M	36 M3539	88	00:49:16 GarminPrazer Corrida	00:28:57
538	979 GENTIL PEREIRA	M	34 M1934	83	00:49:17 Amigos da Flor	00:29:19
539	593 MÁRIO CAMPOS	M	59 M5559	51	00:49:19 C Millennium BCP	00:29:18
540	598 ANTÓNIO RAMOS	M	37 M3539	89	00:49:19 C Millennium BCP	00:28:57
541	477 PAULO JORGE ALVES	M	38 M3539	90	00:49:20 Individual	00:29:37
542	1155 RUI VIEIRA	M	38 M3539	91	00:49:26 Individual	00:29:10
543	435 DANIEL COLLA	M	36 M3539	92	00:49:27 Individual	00:29:52
544	639 DIOGO FERREIRA	M	35 M3539	93	00:49:27 Clube Banif	00:29:12
545	249 JOSÉ RAPOSO	M	43 M4044	109	00:49:28 Infantado FC	00:29:16
546	1196 PAULO ALEXANDRE SANTOS	M	37 M3539	94	00:49:29 Individual	00:29:10
547	505 MANUEL ROBALO	M	62 M6099	44	00:49:30 GD Santander Totta	00:30:16
548	629 ADOLFO SALAZAR	M	65 M6099	45	00:49:31 CP EDP Lisboa	00:30:16
549	1240 JOSÉ NEVES	M	56 M5559	52	00:49:32 Os Indomáveis	00:28:51

550	1296	AUGUSTO AGUIAR	M	50	M5054	77	00:49:33	CCD Sintrense	00:28:23
551	823	JOSÉ VENÂNCIO	M	54	M5054	78	00:49:34	CCD Casa Pia	00:29:53
552	1306	MARIAN PUTU	M	27	M1934	84	00:49:34	Ana margarida e C <sup>a</sup>	00:28:22
553	1159	DOMINGOS GODINHO	M	39	M3539	95	00:49:35	Individual	00:29:10
554	550	PEDRO MONTEIRO	M	37	M3539	96	00:49:36	GD Macedo Oculista	00:28:26
555	813	ALBERTO MARTINHO	M	44	M4044	110	00:49:36	Individual	00:29:26
556	1326	JOSÉ MONTEIRO	M	60	M6099	46	00:49:36	Forno da Cidade	00:29:09
557	656	JOSÉ CANHOTO	M	59	M5559	53	00:49:37	AC Porto Salvo	00:29:47
558	922	FÁTIMA ABREU	F	58	F5599	5	00:49:37	Individual	00:28:27
559	1352	LUIS BATISTA	M	32	M1934	85	00:49:37	SL BENFICA	00:28:26
560	657	NELSON CANHOTO	M	35	M3539	97	00:49:38	AC Porto Salvo	00:29:48
561	1098	VITOR REVEZ	M	58	M5559	54	00:49:39	Serralharia Amaral	00:29:02
562	490	JOSÉ CORREIA	M	29	M1934	86	00:49:40	CCD Efaced	00:29:18
563	498	SALVADOR AFONSO	M	54	M5054	79	00:49:42	GD Santander Totta	00:29:05
564	523	AUGUSTO FERREIRA	M	59	M5559	55	00:49:46	Individual	00:29:04
565	414	JÃO CARLOS BORGES	M	40	M4044	111	00:49:47	Individual	00:29:02
566	1102	LUIS FILIPE CARVALHO	M	34	M1934	87	00:49:48	HP Amoreiras	00:28:53
567	473	EDMUNDO LOURENÇO	M	29	M1934	88	00:49:50	Horto Ribeiradas	00:29:51
568	956	JORGE PINTO	M	32	M1934	89	00:49:50	Running of D. Maria	00:29:14
569	1063	MÁRIO SANTOS	M	41	M4044	112	00:49:51	Individual	00:28:41
570	1238	ANTÓNIO CASTANHEIRA	M	65	M6099	47	00:49:52	Os Indomáveis	00:29:28
571	1201	FERNANDO SANTOS	M	55	M5559	56	00:49:55	Amigos do Benfica	00:29:41
572	40	FRANCISCO BRANCO	M	63	M6099	48	00:49:56	ADL Apelaconenses	00:29:42
573	299	MANUELA BARRETO LOPES	F	38	F3544	9	00:49:56	CCD CM Loures	00:30:05
574	304	PAULO JULIÃO	M	43	M4044	113	00:50:01	GA Super Estrelas	00:30:35
575	305	JÃO PEREIRA	M	48	M4549	63	00:50:01	GA Super Estrelas	00:30:33
576	695	MIGUEL CHARRUA	M	65	M6099	49	00:50:03	JF Portela	00:30:17
577	921	ANTÓNIO MARQUES	M	52	M5054	80	00:50:05	GD INE	00:28:44
578	493	VITOR MORAIS	M	49	M4549	64	00:50:06	Individual	00:29:03
579	234	JÚLIO ROBALO	M	43	M4044	114	00:50:07	ADL Apelaconenses	00:29:29
580	1112	MANUEL CARMO GOMES	M	50	M5054	81	00:50:10	Individual	00:30:02
581	1291	LUIS DE BARROS	M	37	M3539	98	00:50:11	Individual	00:29:31
582	413	JOSÉ MAGALHÃES	M	40	M4044	115	00:50:12	Individual	00:29:58
583	1012	MANUEL NORTE	M	40	M4044	116	00:50:12	Individual	00:29:33
584	1366	DIAMANTINO PINHEIRO	M	52	M5054	82	00:50:13	INDIVIDUAL.	00:28:52
585	1130	PAULO PORTUGAL	M	43	M4044	117	00:50:16	A Vale Silêncio	00:30:02
586	268	RENE CARLOS	M	33	M1934	90	00:50:20	CCD CM Loures	00:29:32
587	401	JORGE MORGADO	M	46	M4549	65	00:50:22	Individual	00:30:50
588	806	HORÁCIO CRUZ	M	43	M4044	118	00:50:22	Individual	00:29:30
589	739	JÃO CENTENO	M	38	M3539	99	00:50:25	Pernas Longas	00:29:40
590	1248	VIRGILIO FERRAZ	M	59	M5559	57	00:50:26	Falcões do Chile	00:30:07
591	551	ANTÓNIO COSTA	M	66	M6099	50	00:50:27	GD Macedo Oculista	00:30:16
592	91	ANTÓNIO CAÇADOR	M	53	M5054	83	00:50:29	CCD CM Loures	00:29:55
593	1141	MANUEL SILVA PEREIRA	M	58	M5559	58	00:50:31	Casino Lisboa	00:29:09
594	1225	JOSÉ DIAS	M	50	M5054	84	00:50:33	Clube Autocoope	00:29:10
595	499	JOSÉ MARÇAL	M	51	M5054	85	00:50:35	GD Santander Totta	00:29:55
596	668	MANUEL FIDALGO	M	59	M5559	59	00:50:35	Os Santarenos	00:30:06
597	910	MARIA NOVAIS	F	43	F3544	10	00:50:36	GDU Caxienses	00:30:21
598	1089	FERNANDO NUNES SANTOS	M	28	M1934	91	00:50:36	Individual	00:29:59
599	1340	FILIPE PEDRO	M	57	M5559	60	00:50:37	Os Zatopeques	00:30:18
600	827	CARLOS ANDRADE	M	36	M3539	100	00:50:38	CCD Casa Pia	00:29:53
601	1094	GONÇALO FERREIRA	M	35	M3539	101	00:50:38	GD INE	00:29:25
602	538	LUCIANO ASSUNÇÃO	M	63	M6099	51	00:50:40	Sportisel	00:30:07
603	1346	MIGUEL BASTOS	M	43	M4044	119	00:50:40	GD INE	00:29:42
604	889	JOSÉ EDUARDO FACHADA	M	56	M5559	61	00:50:41	Individual	00:29:56

605	394	ANTÓNIO P GONÇALVES	M	46	M4549	66	00:50:42	Individual	00:29:50
606	432	PAULO SILVA	M	33	M1934	92	00:50:42	Atlético SJ Lampas	00:31:26
607	145	ADRIANO SILVA	M	58	M5559	62	00:50:43	ARCD Bº Santiago	00:30:52
608	610	ANTÓNIO MELO	M	66	M6099	52	00:50:43	C Millennium BCP	00:29:47
609	622	MARCO SANTOS	M	31	M1934	93	00:50:45	Individual	00:29:39
610	34	JOSÉ CARDOSO	M	53	M5054	86	00:50:48	ADL Apelaconenses	00:29:08
611	1035	ALEXANDRE CORREIA	M	30	M1934	94	00:50:49	CCDT Aut Almada	00:31:16
612	72	JORGE JESUS	M	58	M5559	63	00:50:51	CCD CM Loures	00:29:55
613	31	LINA VALENTE	F	48	F4554	7	00:50:52	ADL Apelaconenses	00:29:08
614	1187	ALEXANDRE JOAQUIM	M	32	M1934	95	00:50:53	Individual	00:30:04
615	229	ANTÓNIO CABRAL	M	53	M5054	87	00:50:54	ADL Apelaconenses	00:29:56
616	689	RITA VALENTIM	F	43	F3544	11	00:50:56	C Ferrov Portugal	00:29:58
617	1119	FRANCISCO OLIVEIRA	M	52	M5054	88	00:50:56	A Vale Silêncio	00:30:01
618	638	ANTÓNIO JORGE	M	53	M5054	89	00:50:57	Clube Banif	00:29:58
619	687	MARTINS BARATA	M	64	M6099	53	00:50:57	C Ferrov Portugal	00:29:58
620	969	RAUL GRILO	M	49	M4549	67	00:50:57	Individual	00:29:15
621	999	ANTÓNIO GUEDES	M	37	M3539	102	00:50:57	Clube Banif	00:29:59
622	198	RICARDO ZENIDA	M	33	M1934	96	00:50:58	ACR Mealhada	00:30:12
623	452	LUIS ALVES	M	41	M4044	120	00:50:58	AD Real Academia	00:00:00
624	970	ROGÉRIO FOLGADO	M	45	M4549	68	00:50:58	Individual	00:29:15
625	1158	MIGUEL MONTEIRO	M	29	M1934	97	00:51:00	Individual	00:29:31
626	701	RAFAEL FRANCO	M	42	M4044	121	00:51:09	Individual	00:29:05
627	968	ARQUÍMINIO NUNES	M	52	M5054	90	00:51:10	Individual	00:30:13
628	1016	FERNANDO ANTUNES	M	30	M1934	98	00:51:11	Individual	00:30:17
629	953	MIGUEL TEIXEIRA	M	29	M1934	99	00:51:12	Running of D. Maria	00:28:58
630	1106	LUIS ABREU	M	39	M3539	103	00:51:14	HP Amoreiras	00:30:14
631	92	JOÃO MAIO	M	33	M1934	100	00:51:15	A Sacavenense	00:31:19
632	1271	RUFINO CÉSAR	M	52	M5054	91	00:51:15	CP IVA	00:30:19
633	814	SERAFIM GONÇALVES	M	54	M5054	92	00:51:17	Individual	00:30:15
634	262	JOSÉ FERNANDES	M	43	M4044	122	00:51:19	ADL Apelaconenses	00:29:49
635	378	MARGARIDA SOARES	F	53	F4554	8	00:51:20	Lesmas Alopradas	00:29:33
636	734	JOSÉ REIS RAMOS	M	66	M6099	54	00:51:23	CCR Alto Moinho	00:30:21
637	810	RAFAEL SANTOS	M	35	M3539	104	00:51:26	Individual	00:32:10
638	933	ALVARO FURTADO	M	49	M4549	69	00:51:26	SS CGD	00:30:24
639	893	ZACARIAS ALVES	M	47	M4549	70	00:51:28	NA Papagaios Cascais	00:30:35
640	616	PAULO LAPAO	M	42	M4044	123	00:51:29	Individual	00:31:14
641	1031	ARTUR LOPES FERREIRA	M	57	M5559	64	00:51:35	Individual	00:29:28
642	1108	AUGUSTO CARIA	M	55	M5559	65	00:51:35	Individual	00:29:20
643	838	FERNANDO FACHADAS	M	57	M5559	66	00:51:36	GD BPI	00:31:16
644	1210	ANTÓNIO DUARTE	M	52	M5054	93	00:51:40	NAZ Abóboda	00:28:48
645	1237	ANTÓNIO CARVALHO CRUZ	M	52	M5054	94	00:51:40	Os Indomáveis	00:30:26
646	213	JEREMIAS RIBEIRO	M	63	M6099	55	00:51:43	CD Olivais Moscavide	00:31:21
647	793	JOSÉ MALÉS	M	54	M5054	95	00:51:44	Individual	00:30:22
648	591	PAULO REBOCHO	M	43	M4044	124	00:51:45	C Millennium BCP	00:30:28
649	396	LUIA RALHA	F	49	F4554	9	00:51:47	Coral	00:30:00
650	1246	JOSÉ CARNEIRO ALVES	M	59	M5559	67	00:51:47	Individual	00:00:00
651	1163	ANIBAL FERNANDES	M	40	M4044	125	00:51:49	Individual	00:30:45
652	845	LUIS BOTTO	M	50	M5054	96	00:51:53	SS CGD	00:31:11
653	411	MÁRIO SILVA	M	46	M4549	71	00:51:55	Georunners	00:30:18
654	455	JOSÉ M D LOPES	M	54	M5054	97	00:51:55	Individual	00:30:00
655	1157	SÉRGIO MOITA	M	38	M3539	105	00:51:55	Individual	00:00:00
656	983	MIGUEL CASTELA	M	37	M3539	106	00:51:56	Individual	00:31:06
657	920	JOSÉ MAGALHÃES	M	54	M5054	98	00:51:58	GD INE	00:30:20
658	374	LUIS SANTOS	M	41	M4044	126	00:52:00	Lesmas Alopradas	00:29:37
659	941	JOSÉ A C SANTOS	M	47	M4549	72	00:52:01	Pés Chatos	00:30:01

660	106	CARLOS PEREIRA	M	58	M5559	68	00:52:02	A Sacavenense	00:30:52
661	781	FERNANDO FRANCISCO	M	64	M6099	56	00:52:06	Gelpinhos Peniche	00:30:22
662	1304	ORLANDO FONTAN	M	39	M3539	107	00:52:13	Individual	00:30:30
663	797	PAULO NUNES	M	35	M3539	108	00:52:14	Individual	00:30:03
664	851	CARLOS ALBANO	M	36	M3539	109	00:52:14	SS CGD	00:30:03
665	494	ANTÓNIO PEREIRA	M	43	M4044	127	00:52:15	GD Santander Totta	00:30:25
666	839	CARLA VALADAS	F	30	F1934	10	00:52:15	GD BPI	00:31:19
667	531	JOÃO MARIA	M	43	M4044	128	00:52:16	Clube Anacom	00:32:02
668	403	PAULO DINIS	M	29	M1934	101	00:52:17	Individual	00:31:05
669	916	NUNO SILVA	M	53	M5054	99	00:52:17	GD INE	00:30:22
670	799	ANTÓNIO BATISTA	M	18	M0018	2	00:52:18	GD Deustch Bank	00:30:00
671	988	JOÃO COSTA	M	55	M5559	69	00:52:21	Individual	00:31:32
672	1274	VALDEMAR PEREIRA	M	57	M5559	70	00:52:22	Individual	00:30:21
673	938	JOSÉ HORTA	M	60	M6099	57	00:52:23	Inseparáveis Almada	00:32:41
674	1067	LUIS ALMEIDA	M	29	M1934	102	00:52:23	GUP Gralhas	00:30:35
675	646	MICHEL PRATAS	M	37	M3539	110	00:52:25	Clube Banif	00:31:07
676	960	ANTÓNIO FREIRE	M	59	M5559	71	00:52:25	Os Amigalhaços	00:32:14
677	971	RUI CHAVES	M	44	M4044	129	00:52:28	Quiosque Mirante	00:31:24
678	1269	JOSE ALTINO SILVA	M	63	M6099	58	00:52:28	CP IVA	00:30:24
679	47	JOSÉ MENDES	M	63	M6099	59	00:52:29	ADL Apelaconenses	00:31:19
680	787	MANUEL SIMÕES	M	53	M5054	100	00:52:31	GDCT IN Casa Moeda	00:31:31
681	1307	ANDREI PUTU	M	21	M1934	103	00:52:34	Ana margarida e Cª	00:28:54
682	967	FERNANDO ANJOS FARIA	M	28	M1934	104	00:52:35	Individual	00:31:00
683	1059	LUIS FELIPE LOPES	M	37	M3539	111	00:52:38	Individual	00:30:52
684	930	NUNO PRATES	M	37	M3539	112	00:52:39	Individual	00:31:38
685	1230	ANTÓNIO MOURA	M	51	M5054	101	00:52:40	AA Pego Longo	00:30:07
686	624	CONSTÂNCIO ALMEIDA	M	48	M4549	73	00:52:41	GA Monsanto Gascan	00:30:17
687	1208	ILDA SOUSA	F	46	F4554	10	00:52:41	NAZ Abóboda	00:30:20
688	672	MANUEL VIDIGUEIRA	M	45	M4549	74	00:52:42	Os Santarenos	00:31:40
689	1065	PEDRO MATIAS	M	54	M5054	102	00:52:44	Individual	00:30:43
690	372	JOÃO MENDES	M	33	M1934	105	00:52:46	CR Santomen Emp	00:31:01
691	1323	PAULO PIRES	M	43	M4044	130	00:52:46	Clube OGMA	00:00:00
692	764	MAGNIFICA ALVAREDO	F	53	F4554	11	00:52:47	C Sargento Armada	00:31:25
693	1034	BRUNO COSTA	M	30	M1934	106	00:52:48	CCDT Aut Almada	00:31:59
694	1236	ANTÓNIO JOSÉ DA SILVA	M	52	M5054	103	00:52:50	Os Indomáveis	00:30:35
695	1242	JERÔNIMO DOS SANTOS	M	62	M6099	60	00:52:50	Os Indomáveis	00:31:15
696	702	JOSÉ GONÇALVES	M	65	M6099	61	00:52:51	Meridianos	00:31:13
697	703	JORGE GONÇALVES	M	30	M1934	107	00:52:51	Meridianos	00:31:13
698	917	NUNO ROMÃO	M	40	M4044	131	00:52:51	GD INE	00:31:29
699	804	DOMINGOS MELÃO MARTINS	M	53	M5054	104	00:52:53	Individual	00:32:01
700	842	LUIS FERNANDO GARCIA	M	65	M6099	62	00:52:53	Individual	00:30:20
701	1283	JOSÉ SANTOS	M	49	M4549	75	00:52:54	CDR Águias Unidas	00:30:48
702	560	ISABEL REIS	F	47	F4554	12	00:52:55	GD Macedo Oculista	00:31:11
703	972	MANUEL FERREIRA	M	61	M6099	63	00:52:55	Quiosque Mirante	00:31:28
704	393	FÁTIMA P GONÇALVES	F	40	F3544	12	00:52:56	Individual	00:31:04
705	1018	JORGE NEVES	M	39	M3539	113	00:52:56	Individual	00:31:30
706	1011	NELSON PIRES	M	33	M1934	108	00:52:58	CC Corval	00:30:11
707	163	JOSÉ LUIS	M	53	M5054	105	00:53:02	GD S. Domingos	00:30:30
708	1219	ANTÓNIO JOSÉ TAVARES	M	44	M4044	132	00:53:03	CCD Mun Cascais	00:30:49
709	487	FERNANDO MAGALHÃES	M	51	M5054	106	00:53:05	CCD Efacec	00:31:23
710	768	RICARDO SILVA	M	26	M1934	109	00:53:06	Jorge Simões	00:31:09
711	1053	JOÃO FREIRE	M	42	M4044	133	00:53:06	GDCT IN Casa Moeda	00:30:31
712	224	DINIS SOUSA	M	63	M6099	64	00:53:07	GA Super Estrelas	00:32:09
713	37	DOMINGOS PENEDO	M	53	M5054	107	00:53:14	ADL Apelaconenses	00:31:53
714	918	CARLOS DIAS	M	48	M4549	76	00:53:14	GD INE	00:32:02

715	1070	JOSÉ RICARDO	M	54	M5054	108	00:53:14	CA Aqualva	00:31:53
716	1071	RAMIRO GUEDES	M	53	M5054	109	00:53:14	CA Aqualva	00:00:00
717	456	FÁBIO DIAS	M	36	M3539	114	00:53:16	Hovione	00:31:30
718	1299	MANUEL C MENDES	M	56	M5559	72	00:53:16	Individual	00:31:03
719	208	LUIS ANTUNES	M	53	M5054	110	00:53:18	CD Olivais Moscavide	00:31:55
720	574	FERNANDO RODRIGUES	M	43	M4044	134	00:53:19	C Millennium BCP	00:31:38
721	714	LURDES COSTA	F	45	F4554	13	00:53:19	Individual	00:30:47
722	1335	JOSÉ MORAIS	M	46	M4549	77	00:53:19	Os Zatopeques	00:31:37
723	989	JOÃO SANTOS	M	45	M4549	78	00:53:20	Individual	00:31:38
724	1278	JOSÉ FREITAS	M	43	M4044	135	00:53:20	CDR Águias Unidas	00:31:28
725	302	ALZIRA PEREIRA	F	38	F3544	13	00:53:23	GA Super Estrelas	00:31:57
726	1118	FERNANDO LOPES	M	49	M4549	79	00:53:23	A Vale Silêncio	00:31:17
727	303	JOÃO MARQUES	M	33	M1934	110	00:53:24	GA Super Estrelas	00:31:57
728	445	NASCIMENTO COSTA	M	64	M6099	65	00:53:25	GA Os Matulões	00:31:37
729	451	JORGE ESTEVES	M	43	M4044	136	00:53:26	AD Real Academia	00:31:07
730	1138	ALFREDO MONTEIRO	M	58	M5559	73	00:53:28	Casino Lisboa	00:32:03
731	540	SERAFIM MADUREIRA	M	59	M5559	74	00:53:32	Sportisel	00:31:37
732	1145	MÁRIO PIRES	M	59	M5559	75	00:53:33	Individual	00:31:53
733	1314	MARIO BAIRRADA	M	55	M5559	76	00:53:33	Individual	00:31:27
734	558	INÁCIO GONÇALVES	M	56	M5559	77	00:53:35	GD Macedo Oculista	00:31:54
735	833	RENATO SANTOS	M	39	M3539	115	00:53:38	GD BPI	00:31:59
736	489	PAULO SANTOS	M	39	M3539	116	00:53:39	CCD Efacec	00:00:00
737	628	CARLOS OLIVEIRA	M	57	M5559	78	00:53:39	CP EDP Lisboa	00:31:28
738	345	JOÃO CONSTANTINO	M	61	M6099	66	00:53:40	CCDT Metro	00:32:00
739	405	LÍDIA COSTA	F	37	F3544	14	00:53:40	Individual	00:31:35
740	476	MÁRIO FERREIRA	M	26	M1934	111	00:53:40	Horto Ribeiradas	00:32:58
741	457	MIGUEL CANSADO	M	37	M3539	117	00:53:45	Hovione	00:31:32
742	218	LIDIA LOPES	F	48	F4554	14	00:53:47	GA Super Estrelas	00:00:00
743	1166	PEDRO FERREIRA	M	33	M1934	112	00:53:47	Postura	00:32:31
744	1167	JOSÉ DIAS	M	31	M1934	113	00:53:48	Postura	00:32:31
745	549	ANTÓNIA OLEIRO	f	41	F3544	15	00:53:52	GD Macedo Oculista	00:31:14
746	1204	JOSÉ LUIS SOARES	M	19	M1934	114	00:53:52	Amigos do Benfica	00:31:15
747	461	CARLOS ALBERTO DIAS	M	52	M5054	111	00:53:53	Hovione	00:30:27
748	597	RUI RODRIGUES	M	39	M3539	118	00:53:53	C Millennium BCP	00:30:39
749	766	ALCINDO PACHECO	M	60	M6099	67	00:53:53	C Sargento Armada	00:31:27
750	740	PAULO EDSON	M	38	M3539	119	00:53:55	Pernas Longas	00:31:47
751	765	ISABEL PACHECO	F	54	F4554	15	00:53:55	C Sargento Armada	00:31:26
752	492	JOÃO RAMOS	M	29	M1934	115	00:53:57	CCD Efacec	00:31:23
753	1235	ANA PORTELA	F	59	F5599	6	00:54:01	Os Portelas	00:31:35
754	872	CARLOS RAMOS	M	44	M4044	137	00:54:02	Individual	00:31:17
755	984	JOÃO CUNHA	M	35	M3539	120	00:54:02	Individual	00:32:19
756	530	ISABEL DOMINGUES	F	42	F3544	16	00:54:03	Clube Anacom	00:32:11
757	949	JORGE FERREIRA	M	43	M4044	138	00:54:05	Running of D. Maria	00:32:12
758	861	JOÃO SIMÕES	M	54	M5054	112	00:54:09	GDCT BES	00:31:29
759	1088	RUI PRATA	M	38	M3539	121	00:54:11	Pernas Longas	00:00:00
760	828	MANUEL CASALTA	M	57	M5559	79	00:54:12	Individual	00:31:52
761	504	JOSÉ RIBEIRO	M	63	M6099	68	00:54:16	GD Santander Totta	00:32:21
762	48	JOSÉ PEREIRA	M	63	M6099	69	00:54:17	ADL Apelaconenses	00:32:22
763	675	ANTÓNIO VERDUGO	M	47	M4549	80	00:54:17	Os Santarenos	00:32:48
764	676	ANTÓNIO REBELO	M	45	M4549	81	00:54:17	Os Santarenos	00:32:47
765	1057	JOSÉ PAULO BERGA	M	44	M4044	139	00:54:17	Individual	00:32:47
766	800	JOAQUIM CORREIA	M	47	M4549	82	00:54:18	GD Deutch Bank	00:31:49
767	1368	MANUEL AUGUSTO SANTOS	M	64	M6099	70	00:54:20	INDIVIDUAL.	00:32:30
768	340	ALIPIO OLIVEIRA	M	47	M4549	83	00:54:21	CCDT Metro	00:32:11
769	497	JOSÉ BUGALHO	M	59	M5559	80	00:54:21	GD Santander Totta	00:32:28

770	798	JOAQUIM BATISTA	M	51	M5054	113	00:54:22	GD Deutch Bank	00:31:49
771	1135	JOSÉ MARTINS SANTOS	M	57	M5559	81	00:54:23	Casino Lisboa	00:32:21
772	1136	MANUEL BARTOLOMEU	M	53	M5054	114	00:54:23	Casino Lisboa	00:32:21
773	1137	JORGE PEREIRA FERREIRA	M	54	M5054	115	00:54:23	Casino Lisboa	00:32:22
774	368	ANTÓNIO FERNANDES	M	54	M5054	116	00:54:27	Os Pratas AF	00:31:22
775	559	JOAO VEIGA	M	59	M5559	82	00:54:27	GD Macedo Oculista	00:31:31
776	894	JOÃO DURÃO	M	57	M5559	83	00:54:27	NA Papagaios Cascais	00:32:30
777	898	SÉRGIO DANIEL	M	65	M6099	71	00:54:27	NA Papagaios Cascais	00:32:30
778	786	JOSÉ ABREU	M	60	M6099	72	00:54:31	GDCT IN Casa Moeda	00:31:32
779	829	ALBERTO SANTOS	M	51	M5054	117	00:54:32	GD BPI	00:31:34
780	467	NUNO REIS VENTURA	M	35	M3539	122	00:54:35	SMO Progresso	00:31:51
781	625	LUIS ANTUNES	M	46	M4549	84	00:54:35	GA Monsanto Gascan	00:31:42
782	1052	DUARTE GONÇALVES	M	49	M4549	85	00:54:36	Colmeia Coop.	00:31:57
783	1378	ARTUR GIL MARCELINO	M	68	M6099	73	00:54:38	INDIVIDUAL.	00:31:36
784	952	TIAGO PIRES	M	19	M1934	116	00:54:41	Running of D. Maria	00:31:38
785	434	LUIS MARQUES COSTA	M	68	M6099	74	00:54:46	Individual	00:32:24
786	859	ANTÓNIO BARATA	M	31	M1934	117	00:54:47	GDCT BES	00:32:33
787	846	ANDRÉ NORONHA	M	43	M4044	140	00:54:48	SS CGD	00:32:52
788	863	JOSE SANTOS	M	60	M6099	75	00:54:48	GDCT BES	00:31:27
789	1045	VITOR ROQUETE COSTA	M	46	M4549	86	00:54:51	Individual	00:32:07
790	1177	MÁRIO GONÇALVES	M	60	M6099	76	00:54:53	Amigos Parque Paz	00:32:09
791	1178	LUIS ALVES	M	60	M6099	77	00:54:53	Amigos Parque Paz	00:32:09
792	98	VANDA AUGUSTO	F	48	F4554	16	00:54:55	A Sacavenense	00:32:56
793	1176	JORGE VIEGAS	M	51	M5054	118	00:54:55	Individual	00:33:09
794	1107	MANUEL CORREIA	M	35	M3539	123	00:54:56	HP Amoreiras	00:31:33
795	245	PAULO TAVARES	M	38	M3539	124	00:54:57	A Sacavenense	00:31:10
796	871	EBERHARD WILHELM	M	60	M6099	78	00:54:57	Individual	00:31:36
797	852	JOAQUIM GABRIEL	M	62	M6099	79	00:54:59	SS CGD	00:33:06
798	1383	EDUARDO ANTUNES	M	30	M1934	118	00:55:03	INDIVIDUAL.	00:32:49
799	596	BILA RODRIGUES	M	52	M5054	119	00:55:04	C Millennium BCP	00:32:23
800	994	RITA GONÇALVES	F	32	F1934	11	00:55:04	SS Montepio Geral	00:32:36
801	335	VITÓRIA MONTEIRO	F	56	F5599	7	00:55:08	Valejas AC	00:00:00
802	575	HUMBERTO FERREIRA	M	61	M6099	80	00:55:13	C Millennium BCP	00:33:13
803	420	ISABEL MOLEIRO	F	40	F3544	17	00:55:20	Individual	00:32:14
804	594	LEONEL FERREIRINHA	M	60	M6099	81	00:55:20	C Millennium BCP	00:32:50
805	485	ADELINO CASTRO	M	56	M5559	84	00:55:23	CCD Efacec	00:32:07
806	130	FERNANDO CIPRIANO	M	48	M4549	87	00:55:31	CA Vale Figueira	00:33:09
807	615	LUIS VICENTE BARROSO	M	49	M4549	88	00:55:32	Individual	00:32:02
808	940	MANUEL VIEIRA SIMÕES	M	59	M5559	85	00:55:34	Individual	00:31:51
809	617	CARLOS VARELA	M	41	M4044	141	00:55:43	Individual	00:32:54
810	857	PAULO NUNES	M	39	M3539	125	00:55:47	SS CGD	00:33:00
811	342	FRANCISCO GONÇALVES	M	41	M4044	142	00:55:50	CCDT Metro	00:31:25
812	1363	HENRIQUE GOMES	M	28	M1934	119	00:55:51	INDIVIDUAL.	00:32:11
813	260	ANTÓNIO MESQUITA	M	43	M4044	143	00:55:55	ADL Apelaconenses	00:33:12
814	1289	RUI ANTÓNIO BARROSO	M	48	M4549	89	00:55:58	Individual	00:33:11
815	437	MANUEL GODINHO NUNES	M	62	M6099	82	00:56:01	Individual	00:32:20
816	688	MIGUEL BARATA	M	35	M3539	126	00:56:02	C Ferrov Portugal	00:32:40
817	1297	FILIPA FERREIRA	F	30	F1934	12	00:56:02	CCD Sintrense	00:33:44
818	80	FERNANDO PEREIRA	M	63	M6099	83	00:56:04	CCD CM Loures	00:33:14
819	1327	MARIA LIMA	F	52	F4554	17	00:56:05	Forno da Cidade	00:32:08
820	1329	LUIS MIGUENS	M	34	M1934	120	00:56:08	Os Zatopeques	00:31:22
821	1007	ANABELA FERREIRA	F	31	F1934	13	00:56:10	Individual	00:32:01
822	463	CARLOS NATÁRIO	M	42	M4044	144	00:56:11	Hovione	00:32:45
823	545	JORGE JANELA	M	20	M1934	121	00:56:12	Sportisel	00:32:02
824	528	ROGÉRIO PINA	M	54	M5054	120	00:56:16	Clube Anacom	00:32:48

825	1168	ANTÓNIO MANUEL ALMEIDA	M	43	M4044	145	00:56:16	Individual	00:33:23
826	697	RUI RAPOSO	M	44	M4044	146	00:56:18	JF Portela	00:33:20
827	349	JOSÉ PIRES	M	52	M5054	121	00:56:23	CCDT Metro	00:32:37
828	769	RICARDO ZENIDA	M	33	M1934	122	00:56:23	Jorge Simões	00:31:58
829	785	ANTÓNIO NASCIMENTO	M	67	M6099	84	00:56:26	GDCT IN Casa Moeda	00:32:39
830	1101	ELSA CARDOSO	M	37	M3539	127	00:56:28	HP Amoreiras	00:32:51
831	1337	PHELIM O'KANE	M	50	M5054	122	00:56:29	Os Zatopeques	00:31:50
832	709	NUNO MARQUES	M	31	M1934	123	00:56:30	Família Bugalho	00:32:18
833	570	ROSINDA GONÇALVES	F	53	F4554	18	00:56:32	GD Macedo Oculista	00:33:16
834	539	MÁRIO PINA	M	65	M6099	85	00:56:34	Sportisel	00:33:11
835	1347	ANTONIO PORTUGAL	M	42	M4044	147	00:56:35	GD INE	00:32:16
836	395	JOÃO RALHA	M	48	M4549	90	00:56:39	Coral	00:33:54
837	1184	JOAQUIM CARPELHO	M	59	M5559	86	00:56:43	CCD EPUL	00:33:18
838	464	NEUZA SANTOS	F	28	F1934	14	00:56:44	Hovione	00:32:33
839	1260	PAULO CUNHA	M	46	M4549	91	00:56:44	Power Performance	00:34:03
840	1084	JOSÉ JESUS CAIXEIRO	M	64	M6099	86	00:56:45	Individual	00:31:52
841	1261	LUIS PINHÃO	M	52	M5054	123	00:56:45	Power Performance	00:34:04
842	427	JOAQUIM CARVALHO LOPES	M	59	M5559	87	00:56:52	Individual	00:33:54
843	419	JOÃO PEDRO VENTURA	M	38	M3539	128	00:56:53	Individual	00:33:33
844	745	FILINTO GROSSO	M	61	M6099	87	00:56:57	AA Lebres Sado	00:33:17
845	426	JOSÉ VILELA	M	43	M4044	148	00:57:02	Clube Robbialac	00:33:30
846	582	LEONEL BRANDÃO	M	40	M4044	149	00:57:03	C Millennium BCP	00:32:14
847	790	MÁRIO ANTÓNIO RODRIGUES	M	54	M5054	124	00:57:08	Gatos Fedorentos	00:32:31
848	1139	ANTÓNIO GIL SILVA	M	50	M5054	125	00:57:11	Casino Lisboa	00:33:05
849	901	EDUARDO PINHEIRO	M	43	M4044	150	00:57:13	Individual	00:32:59
850	438	FERNANDO MONTEIRO AZEVEDO	M	43	M4044	151	00:57:14	Individual	00:32:39
851	1243	ANTÓNIO FOLGADO	M	55	M5559	88	00:57:14	Os Indomáveis	00:32:31
852	937	JOSÉ BARREIROS	M	62	M6099	88	00:57:17	Inseparáveis Almada	00:33:24
853	201	JOSÉ SANTOS	M	58	M5559	89	00:57:18	ACR Mealhada	00:33:23
854	936	MANUEL MARTINS	M	65	M6099	89	00:57:19	Inseparáveis Almada	00:33:24
855	1381	CARLOS RODA	M	30	M1934	124	00:57:19	INDIVIDUAL.	00:34:59
856	313	ARMINDO CARDOSO	M	48	M4549	92	00:57:22	CA Vale Figueira	00:34:26
857	486	MANUEL GOMES	M	63	M6099	90	00:57:23	CCD Efacec	00:33:09
858	1287	ARMANDO ANDRADE	M	63	M6099	91	00:57:23	CDR Águias Unidas	00:33:37
859	79	JOÃO RAMOS	M	63	M6099	92	00:57:27	CCD CM Loures	00:33:24
860	1353	JOAQUIM LIMA	M	64	M6099	93	00:57:28	GDU CAXIENSES.	00:32:57
861	607	RODOLFO LIMA	M	41	M4044	152	00:57:40	C Millennium BCP	00:33:10
862	1369	JOAQUIM MATOS	M	58	M5559	90	00:57:41	INDIVIDUAL.	00:35:06
863	821	NELSON FRAGOSO	M	35	M3539	129	00:57:42	CCD Casa Pia	00:33:59
864	443	FERNANDO BRANCO	M	59	M5559	91	00:57:44	CCD O Alvitejo	00:31:46
865	1039	JOSÉ LEVEZINHO	M	35	M3539	130	00:57:47	Clube OGMA	00:34:26
866	822	GONÇALO FRAGOSO	M	24	M1934	125	00:57:50	CCD Casa Pia	00:33:59
867	197	NUNO OLIVEIRA	M	33	M1934	126	00:58:00	ACR Mealhada	00:32:57
868	919	JOSÉ PAULO	M	42	M4044	153	00:58:02	GD INE	00:33:11
869	1038	JOSÉ OLIVEIRA	M	42	M4044	154	00:58:04	Clube OGMA	00:00:00
870	1037	JOÃO QUITALO	M	56	M5559	92	00:58:06	Clube OGMA	00:34:25
871	1345	JACINTO GODINHO	M	44	M4044	155	00:58:12	INDIVIDUAL.	00:34:28
872	618	CARLA MACHADO	F	38	F3544	18	00:58:14	Individual	00:00:00
873	1081	JOÃO M C GOMES	M	57	M5559	93	00:58:14	Individual	00:34:07
874	444	ARMANDO LUIS	M	62	M6099	94	00:58:16	GA Os Matulões	00:00:00
875	1228	ANA PAULA	F	30	F1934	15	00:58:16	Clube Autocoope	00:34:02
876	1114	RUI VAZ	M	31	M1934	127	00:58:19	Individual	00:35:47
877	635	ÁLVARO SANTOS	M	52	M5054	126	00:58:25	Clube Banif	00:34:41
878	818	JOSÉ BARATA	M	69	M6099	95	00:58:27	Individual	00:34:22
879	537	JOSÉ HENRIQUES	M	58	M5559	94	00:58:29	Individual	00:35:27



880	154	FERNANDO GUERREIRO	M	63	M6099	96	00:58:31	GD S. Domingos	00:35:03
881	30	AMÉLIA FERNANDES	F	38	F3544	19	00:58:34	ADL Apelaconenses	00:33:03
882	29	FERNANDA LUCAS	F	58	F5599	8	00:58:35	ADL Apelaconenses	00:33:03
883	33	AGOSTINHO TORRES	M	48	M4549	93	00:58:35	ADL Apelaconenses	00:33:04
884	869	LUIS GÓIS	M	53	M5054	127	00:58:40	CCD Seg. Social	00:35:37
885	772	LUIS PAISANA	M	34	M1934	128	00:58:42	Individual	00:33:46
886	914	ANTÓNIO PIÇARRA	M	59	M5559	95	00:58:43	Plumas	00:36:45
887	1341	VITOR BELARMINO COSTA	M	45	M4549	94	00:58:46	Individual	00:35:08
888	974	FERNANDO MADEIRA	M	59	M5559	96	00:58:50	Quiosque Mirante	00:34:21
889	422	RICARDO RODRIGUES	M	25	M1934	129	00:58:52	Individual	00:34:35
890	855	PAULO BAILÃO	M	37	M3539	131	00:58:53	SS CGD	00:33:05
891	1054	VASCO FERREIRA	M	32	M1934	130	00:58:55	GDCT IN Casa Moeda	00:33:31
892	836	CARLOS RODA	M	48	M4549	95	00:59:01	GD BPI	00:35:13
893	344	GUALDINO FREIRE	M	62	M6099	97	00:59:08	CCDT Metro	00:35:30
894	792	SÉRGIO CARVALHO	M	27	M1934	131	00:59:09	Gatos Fedorentos	00:36:10
895	1020	CARLOS AMBRÓSSIO	M	52	M5054	128	00:59:12	Clube Stress	00:35:06
896	1033	VASCO MOREIRA DA SILVA	M	41	M4044	156	00:59:12	Individual	00:35:05
897	1022	DEOLINDA SANTOS	F	37	F3544	20	00:59:13	Clube Stress	00:35:06
898	542	PAULO ASSUNÇÃO	M	37	M3539	132	00:59:17	Sportisel	00:33:53
899	543	PEDRO ASSUNÇÃO	M	31	M1934	132	00:59:18	Sportisel	00:33:54
900	811	JORGE MARTINHO	M	40	M4044	157	00:59:19	Individual	00:34:59
901	206	ALICE GOMES	F	58	F5599	9	00:59:22	CD Olivais Moscavide	00:33:53
902	1338	JOSÉ MAIO	M	55	M5559	97	00:59:23	Os Zatopeques	00:34:03
903	1339	RUI ALBERTO	M	57	M5559	98	00:59:24	Os Zatopeques	00:33:36
904	412	JOSÉ MANUEL SIMÕES	M	52	M5054	129	00:59:25	Georunners	00:34:40
905	948	ANA ISABEL DIAS	F	36	F3544	21	00:59:28	Museus da Politécnica	00:34:39
906	866	ALICE JUSTINO	F	56	F5599	10	00:59:37	CCD Seg. Social	00:35:36
907	416	JOSÉ AVELINO MARTINS	M	40	M4044	158	00:59:40	Individual	00:34:53
908	382	EDUARDO PROENÇA	M	35	M3539	133	00:59:43	Individual	00:34:40
909	645	LUIS NEVES	M	34	M1934	133	00:59:47	Clube Banif	00:35:31
910	837	CAROLINA RODA	F	50	F4554	19	00:59:58	GD BPI	00:35:14
911	483	ANTÓNIO LOPES	M	58	M5559	99	01:00:01	CCD Efacec	00:35:10
912	484	RICARDO SEPULVEDA	M	29	M1934	134	01:00:02	CCD Efacec	00:35:10
913	973	CARLOS SEQUEIRA	M	45	M4549	96	01:00:04	Quiosque Mirante	00:34:33
914	328	CARLOS CRESPO	M	46	M4549	97	01:00:08	Valejas AC	00:36:05
915	330	JORGE COELHO	M	43	M4044	159	01:00:09	Valejas AC	00:36:04
916	862	JORGE PEREIRA	M	53	M5054	130	01:00:10	GDCT BES	00:38:02
917	962	HORÁCIO COSTA	M	53	M5054	131	01:00:12	Os Amigalhões	00:35:46
918	712	PAULO VASCONCELOS	M	40	M4044	160	01:00:37	Individual	00:35:39
919	642	JOÃO SERRA	M	36	M3539	134	01:00:45	Clube Banif	00:35:04
920	1384	PAULO AMORIM	M	43	M4044	161	01:00:45	INDIVIDUAL.	00:35:05
921	261	DOMINGOS CARNEIRO	M	33	M1934	135	01:00:56	ADL Apelaconenses	00:34:18
922	1312	ROGÉRIO FALCÃO	M	40	M4044	162	01:00:58	Individual	00:34:40
923	831	PAULO GODINHO	M	41	M4044	163	01:01:00	GD BPI	00:35:05
924	825	ANTÓNIO VALENTE	M	33	M1934	136	01:01:08	CCD Casa Pia	00:36:54
925	264	CARLOS OLIVEIRA	M	53	M5054	132	01:01:10	ADL Apelaconenses	00:34:39
926	1120	HERNANI MONTEIRO	M	47	M4549	98	01:01:13	A Vale Silêncio	00:37:54
927	912	GLÓRIA RAMALHO	F	33	F1934	16	01:01:15	GDU Caxienses	00:35:41
928	1182	CARLOS CALVINO	M	38	M3539	135	01:01:19	Individual	00:36:01
929	135	ANTÓNIO MOURA	M	53	M5054	133	01:01:20	CA Vale Figueira	00:34:16
930	913	JOSÉ SAFARA	M	51	M5054	134	01:01:21	Plumas	00:36:46
931	496	LUIS SILVA	M	66	M6099	98	01:01:27	GD Santander Totta	00:35:36
932	513	JOÃO SAMORA	M	65	M6099	99	01:01:27	GD Santander Totta	00:35:36
933	501	CARLOS TAVARES	M	66	M6099	100	01:01:28	GD Santander Totta	00:35:35
934	867	CARLA PEREIRA	F	36	F3544	22	01:01:29	CCD Seg. Social	00:35:44

935	446 RAUL HENRIQUES	M	73 M6099	101	01:01:31 GA Os Matulões	00:36:06
936	1190 PEDRO IVO GARCÉS	M	28 M1934	137	01:01:33 Individual	00:35:16
937	296 TIAGO SANTOS	M	33 M1934	138	01:01:34 A Sacavenense	00:37:29
938	535 VITOR FREIRE	M	44 M4044	164	01:01:38 Individual	00:35:38
939	1189 JOÃO EDUARDO CARVALHO	M	58 M5559	100	01:01:51 Individual	00:34:38
940	527 JOSÉ PEREIRA	M	56 M5559	101	01:01:58 GDR Pap Fernandes	00:35:11
941	612 LUIS NABAIS	M	45 M4549	99	01:02:00 Trio - C Triatlo Olivais	00:36:52
942	126 MANUEL CHINITA	M	43 M4044	165	01:02:06 CA Vale Figueira	00:34:00
943	706 PAULO FIGUEIREDO	M	29 M1934	139	01:02:06 Individual	00:36:03
944	795 BRUNO MALES	M	26 M1934	140	01:02:14 Individual	00:37:02
945	854 LUIS SANTARÉM	M	52 M5054	135	01:02:15 SS CGD	00:35:15
946	348 JORGE CHAGAS	M	41 M4044	166	01:02:23 CCDT Metro	00:35:42
947	744 VISA BOSHAN	F	26 F1934	17	01:02:27 Pernas Longas	00:37:25
948	631 IDALINA MADEIRA	F	47 F4554	20	01:02:28 Clube Banif	00:37:04
949	465 LURDES ALVES	F	52 F4554	21	01:02:32 Hovione	00:35:03
950	336 ALBINO NEIVA	M	62 M6099	102	01:02:34 Valejas AC	00:39:40
951	408 ANTÓNIO MORGADO	M	57 M5559	102	01:02:35 NA BDF	00:39:38
952	961 JOSÉ A. ROSA	M	52 M5054	136	01:02:35 Os Amigalhões	00:36:07
953	856 JOAQUIM LAVADO	M	55 M5559	103	01:02:38 SS CGD	00:36:47
954	1181 MARIA ANDRADE	F	43 F3544	23	01:02:40 Individual	00:36:01
955	1010 JOSÉ PEDRO ESTEVES	M	41 M4044	167	01:02:42 Individual	00:37:59
956	1113 RAMIRO VAZ	M	37 M3539	136	01:02:47 Individual	00:36:55
957	840 ALBERTO ALVES	M	59 M5559	104	01:02:49 Individual	00:37:17
958	830 JOSÉ MAGALHÃES	M	47 M4549	100	01:02:56 GD BPI	00:36:37
959	536 JOÃO MONTEIRO	M	51 M5054	137	01:03:08 Individual	00:37:07
960	1344 ANTONIO CASANOVAS	M	30 M1934	141	01:03:11 INDIVIDUAL.	00:36:10
961	897 CARLOS URIA	M	61 M6099	103	01:03:12 NA Papagaios Cascais	00:37:20
962	351 JOSÉ VALADAS	M	52 M5054	138	01:03:25 CCDT Metro	00:36:48
963	518 JOSÉ BATISTA	M	68 M6099	104	01:03:34 GD Santander Totta	00:37:13
964	553 ARTUR DINIS	M	50 M5054	139	01:03:38 GD Macedo Oculista	00:37:05
965	569 PAULA COUTO	F	44 F3544	24	01:03:38 GD Macedo Oculista	00:37:05
966	578 JOSÉ MANUEL TEIXEIRA	M	37 M3539	137	01:03:40 C Millennium BCP	00:37:35
967	415 JOÃO COSTA PEREIRA	M	49 M4549	101	01:03:45 Individual	00:37:41
968	1006 RICARDO LOPES CABRAL	M	34 M1934	142	01:03:45 Individual	00:36:01
969	1362 ISIDRO CORDOBEIS	M	42 M4044	168	01:03:52 INDIVIDUAL.	00:35:38
970	298 MARINA POMBO	F	33 F1934	18	01:03:53 A Sacavenense	00:38:15
971	1185 PEDRO ALMEIDA	M	33 M1934	143	01:03:55 CCD EPUL	00:00:00
972	881 PEDRO CATARINO	M	27 M1934	144	01:04:00 Individual	00:38:55
973	882 NUNO CATARINO	M	25 M1934	145	01:04:00 Individual	00:39:12
974	981 HERNANI SANTOS	M	52 M5054	140	01:04:08 Individual	00:00:00
975	982 ANTÓNIA SANTOS	F	53 F4554	22	01:04:08 Individual	00:00:00
976	789 PAULO MENDES RODRIGUES	M	33 M1934	146	01:04:12 Gatos Fedorentos	00:37:12
977	1358 ANTONIO GONÇALVES	M	40 M4044	169	01:04:13 INDIVIDUAL.	00:37:28
978	896 SOLLARI ALEGRO	M	59 M5559	105	01:04:14 NA Papagaios Cascais	00:35:41
979	1086 LUIS FARIA	M	62 M6099	105	01:04:28 Individual	00:37:10
980	691 JÚLIA JANUÁRIO	F	53 F4554	23	01:04:32 C Ferrov Portugal	00:38:13
981	221 MARIA JOÃO	F	38 F3544	25	01:04:34 GA Super Estrelas	00:37:46
982	301 LUIS FÉLIX	M	48 M4549	102	01:04:34 GA Super Estrelas	00:37:47
983	995 RUI AFONSO	M	59 M5559	106	01:04:34 SS Montepio Geral	00:37:13
984	369 FERNANDO MANUEL FERNANDES	M	25 M1934	147	01:04:40 Os Pratas AF	00:37:16
985	397 FRANCISCO RALHA	M	21 M1934	148	01:04:45 Coral	00:37:28
986	791 PALMIRA RODRIGUES	F	54 F4554	24	01:04:46 Gatos Fedorentos	00:36:56
987	1356 ALEXANDRA FILIPE	F	29 F1934	19	01:04:49 INDIVIDUAL.	00:37:18
988	1085 TERESA CAIXEIRO	F	64 F5599	11	01:05:08 Individual	00:37:31
989	297 MARGARIDA MARQUES	F	33 F1934	20	01:05:15 A Sacavenense	00:38:15

990	614	MARCO ANTÓNIO SILVA	M	38	M3539	138	01:05:15	Oli - Garra	00:37:10
991	711	RICARDO MENDES	M	30	M1934	149	01:05:44	Individual	00:35:38
992	1267	CARLOS PEDRO	M	62	M6099	106	01:06:06	Individual	00:36:25
993	516	HENRIQUE MARÇAL	M	54	M5054	141	01:06:13	GD Santander Totta	00:38:02
994	858	ALEXANDRE NEVES	M	36	M3539	139	01:06:14	GDCT BES	00:38:03
995	888	JAIME PAIXÃO	M	76	M6099	107	01:06:32	Individual	00:38:23
996	954	LUIS GRAÇA	M	43	M4044	170	01:06:47	Running of D. Maria	00:34:34
997	826	ANTÓNIO PINHO	M	57	M5559	107	01:07:13	CCD Casa Pia	00:38:31
998	1025	JOÃO PAÇO	M	59	M5559	108	01:07:19	Clube Stress	00:39:39
999	1026	JOÃO PALMA	M	61	M6099	108	01:07:19	Clube Stress	00:39:38
1000	407	ISABEL REIS	F	56	F5599	12	01:07:20	NA BDF	00:39:39
1001	144	TERESA BRITO	F	58	F5599	13	01:07:22	CA Vale Figueira	00:38:25
1002	599	FERNANDO DOMINGUES	M	52	M5054	142	01:07:32	C Millennium BCP	00:39:06
1003	292	JOÃO PIRES	M	33	M1934	150	01:07:56	ADL Apelaconenses	00:40:01
1004	338	Mª CONCEIÇÃO LOPES	F	41	F3544	26	01:07:56	Valejas AC	00:40:00
1005	700	MARIA CARMO ANJOS	F	59	F5599	14	01:08:09	JF Portela	00:39:18
1006	708	LOURDES BUGALHO	F	52	F4554	25	01:08:17	Familia Bugalho	00:39:00
1007	491	RICARDO MARÇAL	M	22	M1934	151	01:08:23	CCD Efacec	00:39:21
1008	458	JOSE ALEXANDRE MATOS	M	30	M1934	152	01:08:25	Hovione	00:39:20
1009	1357	PAULA GONÇALVES	F	40	F3544	27	01:08:30	INDIVIDUAL.	00:39:09
1010	1079	ANABELA MENDES	F	40	F3544	28	01:08:34	Individual	00:00:00
1011	1080	VITOR DIAS	M	44	M4044	171	01:08:34	Individual	00:00:00
1012	1078	CACILDA NEVES	F	51	F4554	26	01:08:36	Individual	00:00:00
1013	895	LUIS AGOSTINHO	M	59	M5559	109	01:08:38	NA Papagaios Cascais	00:39:02
1014	986	MANUEL ANTÓNIO	M	51	M5054	143	01:09:04	C Ferrov Portugal	00:39:14
1015	987	MARGARIDA REBELO	F	49	F4554	27	01:09:04	C Ferrov Portugal	00:39:13
1016	1188	FRANCISCO CORREIA	M	75	M6099	109	01:09:09	SDF	00:40:27
1017	399	MIGUEL CORREIA	M	47	M4549	103	01:09:15	Coral	00:38:22
1018	142	FRANCISCO CASACA	M	63	M6099	110	01:10:14	CA Vale Figueira	00:38:42
1019	43	DOMINGOS CASACA	M	63	M6099	111	01:10:15	ADL Apelaconenses	00:40:00
1020	291	LUIS PEREIRA	M	38	M3539	140	01:10:19	ADL Apelaconenses	00:00:00
1021	633	MA FEE HUNG	F	58	F5599	15	01:10:30	Clube Banif	00:40:13
1022	742	CRISTINA PRATA	F	38	F3544	29	01:10:44	Pernas Longas	00:41:35
1023	743	JOSÉ ETERNO	M	36	M3539	141	01:10:44	Pernas Longas	00:41:36
1024	1192	MARCIA ANDREIA DA SILVA	F	16	F0018	1	01:10:45	Individual	00:38:04
1025	1068	PAULO MAGALHÃES	M	38	M3539	142	01:10:49	GUP Gralhas	00:39:53
1026	1087	PAULO VALENTE	M	40	M4044	172	01:11:00	Pernas Longas	00:41:14
1027	741	ROSA ETERNO	F	36	F3544	30	01:11:01	Pernas Longas	00:41:38
1028	1043	JOSÉ MARQUES	M	51	M5054	144	01:11:05	Clube OGMA	00:39:11
1029	517	MARIA GERTRUDES	F	59	F5599	16	01:11:12	GD Santander Totta	00:40:53
1030	217	RUI VEIGA	M	33	M1934	153	01:11:31	GA Super Estrelas	00:41:58
1031	308	AURÉLIO VENTURA	M	58	M5559	110	01:11:31	GA Super Estrelas	00:41:58
1032	720	NUNO ALVES	M	33	M1934	154	01:12:16	CCR Alto Moinho	00:40:21
1033	693	OTÍLIA GONÇALVES	F	61	F5599	17	01:13:07	C Ferrov Portugal	00:41:29
1034	911	ANTÓNIO VILELA	M	38	M3539	143	01:13:11	GDU Caxienses	00:30:34
1035	658	ANA CANHOTO	F	61	F5599	18	01:14:47	AC Porto Salvo	00:42:35
1036	690	MARIANA ESTEVENS	M	50	M5054	145	01:14:47	C Ferrov Portugal	00:42:24
1037	1350	RAFAEL BRANCO	M	38	M3539	144	01:14:49	INDIVIDUAL.	00:42:20
1038	346	JOÃO PEREIRA	M	75	M6099	112	01:14:50	CCDT Metro	00:41:47
1039	604	FOCK CHIU	F	57	F5599	19	01:15:01	C Millennium BCP	00:44:36
1040	605	JOSÉ ARRUDA	M	59	M5559	111	01:15:02	C Millennium BCP	00:44:36
1041	1151	RICARDO CORREIA	M	28	M1934	155	01:16:01	Individual	00:44:46
1042	1152	PAULINO CORREIA	M	33	M1934	156	01:16:01	Individual	00:44:46
1043	1099	LEONOR RODRIGUES	F	54	F4554	28	01:19:05	Individual	00:43:28
1044	794	JOSÉ GONÇALVES	M	58	M5559	112	01:19:07	Individual	00:47:38

1045	1301	MÁRIO TRINDADE	M	37	M3539	145	01:20:01	Ginásio Corpus	00:43:27
1046	1008	MARGARIDA FERREIRA	F	44	F3544	31	01:21:05	Individual	00:46:43
1047	1359	MARIA JOSE NOGUEIRA	F	48	F4554	29	01:21:10	INDIVIDUAL.	00:46:12
1048	1360	JOSE CONDE NOGUEIRA	M	51	M5054	146	01:21:10	INDIVIDUAL.	00:46:12
1049	1009	FERNANDO FERREIRA	M	42	M4044	173	01:21:11	Individual	00:47:30
1050	1315	JOSÉ MESTRE	M	50	M5054	147	01:22:50	Individual	00:32:06
1051	1316	DIANA MESTRE	F	20	F1934	21	01:22:50	Individual	00:46:52
1052	759	GLORIALDO BRITO	M	77	M6099	113	01:30:55	Individual	00:53:29