

## Resultados com controlo

Class.	Nº	Nome	Sx	Id	Esc.	Cl.Esc	Tempo	Equipe	Controlo
1	2	LUIS FEITEIRA	M	35	M3539	1	00:29:42	GDR CONFORLIMPA	00:17:30
2	843	STEPHANE JOLY	M	26	M1934	1	00:29:55	GD MACEDO OCULISTA	00:17:30
3	3	RICARDO RIBAS	M	29	M1934	2	00:30:40	MARATONA C P	00:17:53
4	1	ANTÓNIO TRAVASSOS	M	37	M3539	2	00:30:42	SPORTING C P	00:18:17
5	15	LUIS PINTO	M	33	M1934	3	00:30:44	CS MARITIMO	00:18:17
6	1650	ARTUR SANTIAGO	M	37	M3539	3	00:30:48	GDU CAXIENSES	00:18:16
7	767	BRUNO FRAGA	M	32	M1934	4	00:30:53	GDR REBOLEIRA	00:18:17
8	19	RAFAEL TELES	M	29	M1934	5	00:30:55	CYCLONES	00:18:17
9	17	JOÃO MARQUES	M	39	M3539	4	00:31:01	GDR CONFORLIMPA	00:18:17
10	18	PEDRO CRUZ	M	29	M1934	6	00:31:15	J UNIDA FORNOS	00:18:17
11	1610	TIAGO MARQUES	M	26	M1934	7	00:31:21	2A POMBAL	00:18:17
12	533	LUIS ALLEN	M	39	M3539	5	00:32:06	C BENFICA AGUALVA	00:19:04
13	6	TIAGO MARTINS	M	29	M1934	8	00:32:07	MARATONA C P	00:19:04
14	1883	ALEX SCUTARU	M	36	M3539	6	00:32:08	BOAVISTA S MATEUS	00:19:04
15	186	JOÃO BRITO	M	29	M1934	9	00:32:24	ARCD VILA REI	00:18:54
16	1881	RAUL CAETANO	M	37	M3539	7	00:32:36	CUA BENAVENTENSE	00:19:04
17	321	PEDRO GOMES	M	31	M1934	10	00:32:40	CD O MOSCAVIDE	00:19:04
18	411	FRANCISCO PEDRO	M	38	M3539	8	00:32:59	ARSC TOLEDO	00:19:27
19	1652	LUIS LIMA	M	37	M3539	9	00:33:01	GDU CAXIENSES	00:19:25
20	1890	AMILCAR DUARTE	M	50	M5054	1	00:33:04	SPORTING C P	00:19:25
21	414	LUIS GOMES	M	40	M4044	1	00:33:07	ARSC TOLEDO	00:19:29
22	1726	SILVESTRE GOMES	M	54	M5054	2	00:33:10	INDIVIDUAL	00:19:25
23	1799	JOSÉ MARTINS	M	43	M4044	2	00:33:19	GRD OS FIXES	00:19:29
24	1725	NUNO VARELA	M	26	M1934	11	00:33:20	CA BARREIRA	00:19:31
25	188	DANIEL FERNANDES	M	29	M1934	12	00:33:21	ARCD VILA REI	00:19:30
26	829	CARLOS CORREIA	M	34	M1934	13	00:33:22	GD COSTA BRAVA	00:19:44
27	559	CUSTÓDIO ANTÓNIO	M	32	M1934	14	00:33:28	CCDT CM SETÚBAL	00:19:38
28	1665	JOSÉ GIL	M	51	M5054	3	00:33:32	GDU CAXIENSES	00:19:30
29	146	FERNANDO MIRANDA	M	35	M3539	10	00:33:38	GD S DOMINGOS	00:19:44
30	306	RUI PACHECO	M	29	M1934	15	00:33:41	CA VALE FIGUEIRA	00:19:26
31	480	ALEXANDRE SOARES	M	47	M4549	1	00:33:43	CCR ALTO MOINHO	00:19:52
32	529	HUGO GONCALVES	M	30	M1934	16	00:33:45	C BENFICA AGUALVA	00:19:41
33	1800	HELDER REBELO	M	40	M4044	3	00:33:47	GRD OS FIXES	00:20:11
34	1718	EURICO CANDEIAS	M	39	M3539	11	00:33:48	INDIVIDUAL	00:20:07
35	1854	ANTÓNIO FERREIRA	M	28	M1934	17	00:33:49	J UNIDA FORNOS	00:20:12
36	1794	PAULO DURÃES	M	37	M3539	12	00:33:53	FC ALVERCA	00:19:54
37	1882	LUIS BRITO	M	29	M1934	18	00:33:55	CUA BENAVENTENSE	00:19:42
38	1611	JOÃO GOMES	M	47	M4549	2	00:33:56	2A POMBAL	00:19:52
39	1893	CARLOS ALVES	M	42	M4044	4	00:34:02	BOAVISTA S MATEUS	00:19:54
40	189	HUGO CASELHAS	M	29	M1934	19	00:34:04	ARCD VILA REI	00:20:07
41	410	ANDRÉ FERREIRA	M	28	M1934	20	00:34:07	ARSC TOLEDO	00:20:01
42	838	ANTÓNIO SANTOS	M	41	M4044	5	00:34:09	GD MACEDO OCULISTA	00:19:52
43	1175	NUNO CARRAÇA	M	19	M1934	21	00:34:13	URCA	00:20:01
44	348	JOÃO CARDOSO	M	47	M4549	3	00:34:15	ACLIS LIBERTY	00:19:51
45	349	PAULO GUIMARÃES	M	32	M1934	22	00:34:17	ACLIS LIBERTY	00:20:02
46	110	AIRES PRATAS	M	50	M5054	4	00:34:23	CCD CM LOURES	00:20:14
47	5	JULIO MARQUES	M	29	M1934	23	00:34:31	MARATONA C P	00:20:20
48	44	JOÃO GOMES	M	45	M4549	4	00:34:31	ADL APELAÇONENSES	00:20:16
49	586	POMPILIO VAZ	M	44	M4044	6	00:34:34	CCD O ALVITEJO	00:20:02
50	828	HORÁCIO ALEXANDRE	M	28	M1934	24	00:34:36	GD COSTA BRAVA	00:20:20
51	4	PAULO PINHEIRO	M	29	M1934	25	00:34:50	MARATONA C P	00:20:20
52	11	MONICA ROSA	F	39	F3544	1	00:34:50	MARATONA C P	00:20:20
53	1051	JOSÉ ANTUNES	M	43	M4044	7	00:34:50	SC REBOLEIRA DAMAIA	00:20:41
54	122	JOÃO INOCÊNCIO	M	35	M3539	13	00:34:53	CCD CM LOURES	00:20:26
55	1525	JOÃO M P MARTINS	M	46	M4549	5	00:34:54	INDIVIDUAL	00:20:46
56	135	PAULO PÓVOA	M	45	M4549	6	00:34:58	CCD CM LOURES	00:20:42
57	1785	ALEXANDRE MONTEIRO	M	42	M4044	8	00:35:08	FC ALVERCA	00:20:21

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58	835	FILIPE SILVA	M	56	M5559	1	00:35:13	GD MACEDO OCULISTA	00:20:40
59	1888	JOSE SANTOS	M	49	M4549	7	00:35:18	JD NEVES	00:20:28
60	538	JORGE BALTAZAR	M	47	M4549	8	00:35:19	C BENFICA ALGUEIRÃO M MARTINS	00:20:38
61	9	HELENA SAMPAIO	F	35	F3544	2	00:35:22	MARATONA C P	00:20:44
62	1791	JOÃO DIAS	M	37	M3539	14	00:35:23	FC ALVERCA	00:20:49
63	347	MANUEL VILELA	M	45	M4549	9	00:35:28	ACLIS LIBERTY	00:20:45
64	478	JOÃO MONTES	M	44	M4044	9	00:35:31	CCR ALTO MOINHO	00:20:48
65	646	CARLOS GOMES	M	46	M4549	10	00:35:34	CP EDP LISBOA	00:20:44
66	532	LUIS PEREIRA	M	38	M3539	15	00:35:35	C BENFICA AGUALVA	00:20:50
67	1216	PAULO GONÇALVES	M	41	M4044	10	00:35:36	CCDF EP LINHÓ	00:21:16
68	1653	RUI DUARTE	M	41	M4044	11	00:35:41	GDU CAXIENSES	00:21:11
69	606	ARTUR LOPES	M	36	M3539	16	00:35:44	CA PATAMEIRAS	00:21:04
70	1787	ANTÓNIO COSTA	M	44	M4044	12	00:35:44	FC ALVERCA	00:20:39
71	633	DOUGLAS FRY	M	52	M5054	5	00:35:46	CD MAFRA	00:21:20
72	699	PEDRO MONTEIRO	M	35	M3539	17	00:35:52	CF OS BELENENSES	00:00:00
73	845	JOÃO GINJA	M	43	M4044	13	00:35:53	GD MACEDO OCULISTA	00:20:40
74	1860	FABIO RAMOS	M	27	M1934	26	00:35:54	AGUIAS UNIDAS	00:20:59
75	1786	AMBRÓSIO PEREIRA	M	35	M3539	18	00:35:56	FC ALVERCA	00:20:51
76	1366	JOSE A T BORGES	M	41	M4044	14	00:35:57	INDIVIDUAL	00:21:20
77	126	JORGE OLIVEIRA	M	40	M4044	15	00:35:58	CCD CM LOURES	00:21:16
78	131	LUIS LOPES	M	40	M4044	16	00:36:01	CCD CM LOURES	00:21:14
79	29	DOMINGOS CARNEIRO	M	35	M3539	19	00:36:03	ADL APELAÇONENSES	00:21:16
80	856	JORGE REIS	M	51	M5054	6	00:36:05	GD MACEDO OCULISTA	00:21:11
81	1522	PEDRO GIL	M	36	M3539	20	00:36:05	INDIVIDUAL	00:21:06
82	598	CRISTINA PONTE	F	36	F3544	3	00:36:06	CLINIPONTE	00:21:14
83	1859	DAVID FERNANDES	M	34	M1934	27	00:36:07	AGUIAS UNIDAS	00:21:14
84	1651	VITOR LIMA	M	41	M4044	17	00:36:10	GDU CAXIENSES	00:21:13
85	55	ANTÓNIO VALE	M	50	M5054	7	00:36:12	ADL APELAÇONENSES	00:21:07
86	1862	JOAQUIM CAPUCHO	M	46	M4549	11	00:36:13	AGUIAS UNIDAS	00:21:12
87	7	SELMA BONFIM	F	30	F1934	1	00:36:21	JOMA	00:21:14
88	676	JOSÉ ALCOBIA	M	55	M5559	2	00:36:23	C FERROV PORTUGAL	00:21:13
89	300	LUIS SANTOS	M	29	M1934	28	00:36:24	CA VALE FIGUEIRA	00:21:48
90	304	PAULO PIRES	M	29	M1934	29	00:36:25	CA VALE FIGUEIRA	00:21:12
91	481	ANTÓNIO PEREIRA	M	54	M5054	8	00:36:29	CCR ALTO MOINHO	00:21:24
92	1232	CARLOS JESUS	M	37	M3539	21	00:36:31	AA MOITA	00:21:16
93	653	PEDRO DIAS	M	38	M3539	22	00:36:32	C SARGENTO ARMADA	00:21:46
94	156	TIAGO MARQUES	M	29	M1934	30	00:36:36	GD S DOMINGOS	00:21:45
95	377	NUNO E SANTO	M	39	M3539	23	00:36:36	AÇOREANA C BANIF	00:21:34
96	1203	CLAUDIO MIRA	M	44	M4044	18	00:36:37	GAA VILA FRANCA XIRA	00:21:15
97	607	BEATRIZ CUNHA	F	36	F3544	4	00:36:39	CA PATAMEIRAS	00:21:21
98	608	BRUNO LOURENÇO	M	20	M1934	31	00:36:39	CA PATAMEIRAS	00:21:21
99	118	EURICO CHARNECA	M	50	M5054	9	00:36:43	CCD CM LOURES	00:21:49
100	841	CARLOS MENDES	M	41	M4044	19	00:36:45	GD MACEDO OCULISTA	00:21:37
101	1625	TIAGO CORDEIRO	M	25	M1934	32	00:36:50	GD PEDREIRAS	00:21:36
102	1539	ANTÓNIO CARRILHO	M	45	M4549	12	00:36:52	INDIVIDUAL	00:21:39
103	114	ANTÓNIO HENRIQUES	M	50	M5054	10	00:36:56	CCD CM LOURES	00:21:47
104	1202	VITOR NOGUEIRA	M	44	M4044	20	00:37:00	GAA VILA FRANCA XIRA	00:21:38
105	1250	VERA NUNES	F	29	F1934	2	00:37:02	SL BENFICA	00:21:40
106	616	RUI CABANAS	M	30	M1934	33	00:37:04	CA PATAMEIRAS	00:21:39
107	649	PEDRO GOMES	M	39	M3539	24	00:37:04	CP EDP LISBOA	00:21:15
108	1097	ORLANDO CORREIA	M	38	M3539	25	00:37:07	SL CAMPOLIDE	00:21:38
109	1179	LUIS PINTO	M	38	M3539	26	00:37:13	URCA	00:21:39
110	52	FERNANDO FERNANDES	M	50	M5054	11	00:37:15	ADL APELAÇONENSES	00:21:50
111	40	CARLOS MENDES	M	40	M4044	21	00:37:17	ADL APELAÇONENSES	00:22:04
112	801	PAULO ALVES	M	31	M1934	34	00:37:17	GD IN CASA MOEDA	00:21:59
113	784	FILIPE DIAS	M	32	M1934	35	00:37:19	Garmin Prazer Corrida	00:22:10
114	64	JOAQUIM PEREIRA	M	60	M6064	1	00:37:22	ADL APELAÇONENSES	00:22:05
115	537	VITOR M SILVA	M	43	M4044	22	00:37:25	C BENFICA ALGUEIRÃO M MARTINS	00:22:00

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116	1052	ANSELMO BARATA	M	51	M5054	12	00:37:27	SC REBOLEIRA DAMAIA	00:21:41
117	535	MÁRIO GONCALVES	M	59	M5559	3	00:37:29	C BENFICA AGUALVA	00:21:56
118	928	FILIFE AMORIM	M	34	M1934	36	00:37:30	NAZ ABÓBODA	00:22:10
119	647	MANUEL BELO	M	60	M6064	2	00:37:31	CP EDP LISBOA	00:21:56
120	1365	PAULO J M R MARTINS	M	33	M1934	37	00:37:35	INDIVIDUAL	00:21:45
121	487	LUIS DUARTE	M	36	M3539	27	00:37:39	CD ASAS MILENIUM	00:22:14
122	825	FERNANDO CARVALHO	M	48	M4549	13	00:37:42	GD BV ALVERCA	00:21:59
123	883	AUGUSTO LOPES	M	55	M5559	4	00:37:45	GD SANTANDER TOTTA	00:22:18
124	966	PAULO CORREIA	M	43	M4044	23	00:37:46	OS SANTARENOS	00:22:05
125	354	JOSÉ CAMELO	M	38	M3539	28	00:37:47	ACLIS LIBERTY	00:23:01
126	413	JOAQUIM RODRIGUES	M	39	M3539	29	00:37:47	ARSC TOLEDO	00:23:01
127	353	RUI CAMELO	M	38	M3539	30	00:37:48	ACLIS LIBERTY	00:23:01
128	1058	ORLINDO FIGUEIREDO	M	61	M6064	3	00:37:49	SS CGD	00:22:01
129	1790	JOÃO ACÁCIO	M	21	M1934	38	00:37:54	FC ALVERCA	00:21:38
130	1185	ANTÓNIO SILVA DIAS	M	49	M4549	14	00:37:57	VALEJAS AC	00:21:55
131	1306	ARTUR J M TAVARES	M	43	M4044	24	00:37:59	INDIVIDUAL	00:22:20
132	1623	JOÃO SILVESTRE	M	38	M3539	31	00:38:00	GD PEDREIRAS	00:22:40
133	121	HUGO ADELINO	M	35	M3539	32	00:38:10	CCD CM LOURES	00:22:30
134	1217	JOSÉ SAMPAIO	M	45	M4549	15	00:38:14	CCDF EP LINHÓ	00:23:12
135	475	NUNO QUEIJA	M	36	M3539	33	00:38:16	CCR ALTO MOINHO	00:22:21
136	819	FERNANDO MESTRE	M	35	M3539	34	00:38:18	GDR S FRANC SERRA	00:22:34
137	1178	DEOLINDO ANDRÉ	M	49	M4549	16	00:38:19	URCA	00:22:31
138	1810	JOÃO FRANCO	M	55	M5559	5	00:38:20	NS LOURINHÃ	00:23:10
139	1765	PAULO BENEVENTE	M	29	M1934	39	00:38:21	PENDURAS TORRE	00:22:32
140	1584	MARIO PEDRO	M	33	M1934	40	00:38:23	LINDA A PASTORA SC	00:23:45
141	656	JOAQUIM BICO	M	50	M5054	13	00:38:24	C SARGENTO ARMADA	00:23:01
142	416	LUIS REBELO	M	45	M4549	17	00:38:27	ARSC TOLEDO	00:22:24
143	1691	NUNO E O LOPES	M	31	M1934	41	00:38:29	COM DORES BARRAIDA	00:22:51
144	1788	ALEXANDRE SANCHES	M	32	M1934	42	00:38:36	FC ALVERCA	00:22:16
145	482	JOSE LANÇA	M	56	M5559	6	00:38:38	CCR ALTO MOINHO	00:22:52
146	1387	JOÃO A D S ANTUNES	M	40	M4044	25	00:38:40	INDIVIDUAL	00:22:48
147	289	DANIEL PINTO	M	29	M1934	43	00:38:42	CA VALE FIGUEIRA	00:22:45
148	1104	ANTÓNIO SANTOS	M	49	M4549	18	00:38:44	SL CAMPOLIDE	00:22:50
149	1734	ANTÓNIO CHICHARO	M	51	M5054	14	00:38:45	GDC CASQUILHOS	00:23:09
150	695	MANUEL FIGUEIREDO	M	51	M5054	15	00:38:52	CF OS BELENENSES	00:22:52
151	1521	JOSE F J CARDOSO	M	52	M5054	16	00:38:52	INDIVIDUAL	00:22:49
152	1492	ANTÓNIO P L SANTOS	M	50	M5054	17	00:38:53	INDIVIDUAL	00:23:31
153	630	JOSÉ SILVA	M	41	M4044	26	00:38:54	CD MAFRA	00:23:05
154	1761	PAULO CARDOSO	M	47	M4549	19	00:38:57	GD CHELAS	00:22:31
155	1152	JOAQUIM ALEXANDRE	M	43	M4044	27	00:39:00	URD ARRANHÓ	00:23:15
156	1050	JOSUÉ SILVA	M	21	M1934	44	00:39:03	SC REBOLEIRA DAMAIA	00:20:07
157	1333	VASCO L F RIJO	M	21	M1934	45	00:39:03	INDIVIDUAL	00:23:43
158	27	RICARDO FAÍSCA	M	29	M1934	46	00:39:05	ADL APELAÇONENSES	00:22:26
159	693	VITOR MARQUES	M	32	M1934	47	00:39:05	CF OS BELENENSES	00:22:54
160	719	PAULO MATEUS	M	42	M4044	28	00:39:08	C MILLENNIUM BCP	00:23:05
161	522	APARICIO CIDRA	M	53	M5054	18	00:39:10	CAFÉ PALOMA BRANCA	00:22:52
162	442	JOSÉ SOUSA	M	37	M3539	35	00:39:11	AA LEBRES SADO	00:23:23
163	1518	CARLOS M A RODRIGUES	M	32	M1934	48	00:39:12	INDIVIDUAL	00:23:14
164	796	NUNO MIGUEL CORREIA	M	42	M4044	29	00:39:14	GD INE	00:23:08
165	1170	PATRICK MATEUS	M	19	M1934	49	00:39:14	URCA	00:22:53
166	25	CARLOS LOPES	M	29	M1934	50	00:39:15	ADL APELAÇONENSES	00:23:07
167	822	LUIS PEREIRA	M	39	M3539	36	00:39:16	GDR S FRANC SERRA	00:23:42
168	932	AUGUSTO DIOGO	M	44	M4044	30	00:39:21	NAZ ABÓBODA	00:23:06
169	933	JOSÉ MELO	M	47	M4549	20	00:39:21	NAZ ABÓBODA	00:23:06
170	350	PAULO LOPES	M	40	M4044	31	00:39:22	ACLIS LIBERTY	00:23:24
171	14	LUCÍLIA SOARES	F	48	F4554	1	00:39:25	SL BENFICA	00:23:07
172	1828	LUIS COELHO	M	36	M3539	37	00:39:25	GDU CAXIENSES	00:23:07
173	885	LUIS RAFAEL	M	37	M3539	38	00:39:26	GD SANTANDER TOTTA	00:23:08

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174	1747	ANTÓNIO LEMOS	M	50	M5054	19	00:39:27	WIKABOO	00:23:24
175	1793	JOAO LUCAS	M	44	M4044	32	00:39:27	FC ALVERCA	00:23:29
176	1622	JOAQUIM ALVES	M	57	M5559	7	00:39:28	CCD O ALVITEJO	00:23:04
177	1647	JOÃO V L MOTA	M	43	M4044	33	00:39:29	INDIVIDUAL	00:23:09
178	1176	CARLOS PIRES	M	38	M3539	39	00:39:30	URCA	00:23:37
179	597	JAIME SOUSA	M	47	M4549	21	00:39:32	CLAC PAREDE	00:23:22
180	308	MANUEL CHINITA	M	40	M4044	34	00:39:33	CA VALE FIGUEIRA	00:23:41
181	1095	JOSE OLIMPIO	M	31	M1934	51	00:39:34	SL CAMPOLIDE	00:23:35
182	1053	ANTÓNIO PAIAS	M	51	M5054	20	00:39:37	SC REBOLEIRA DAMAIA	00:22:56
183	105	DOMINGOS GONÇALVES	M	55	M5559	8	00:39:38	ADL APELAÇONENSES	00:23:46
184	1256	PAULO GONÇALVES	M	37	M3539	40	00:39:39	C PRACAS ARMADA	00:23:46
185	832	VITOR MANSO	M	47	M4549	22	00:39:40	GD COSTA BRAVA	00:23:41
186	912	FERNANDO M SOUSA	M	50	M5054	21	00:39:41	LINDA A PASTORA SC	00:23:26
187	415	JOÃO BENTO	M	40	M4044	35	00:39:42	ARSC TOLEDO	00:23:02
188	635	CARLOS MONTEIRO	M	39	M3539	41	00:39:42	CD GRUPO BES	00:23:07
189	927	JORGE VILELA	M	43	M4044	36	00:39:42	NA VILA REAL	00:23:40
190	1100	ALFREDO VALENTE	M	46	M4549	23	00:39:42	SL CAMPOLIDE	00:23:12
191	1670	GERMANO PIRES	M	51	M5054	22	00:39:42	GDOA	00:23:15
192	1054	EDUARDO TANGANHITO	M	62	M6064	4	00:39:43	SC REBOLEIRA DAMAIA	00:23:26
193	1294	PAULO MOREIRA	M	39	M3539	42	00:39:43	INDIVIDUAL	00:24:13
194	500	JOSÉ TEIXEIRA	M	51	M5054	23	00:39:44	CCDP MUN CASCAIS	00:23:30
195	255	BRUNO GRAÇA	M	29	M1934	52	00:39:45	ADC CATUJAL	00:23:29
196	590	ANTÓNIO CARDOSO	M	42	M4044	37	00:39:45	CDUL	00:23:49
197	531	JOAO SOARES	M	55	M5559	9	00:39:48	C BENFICA AGUALVA	00:23:26
198	1167	JOÃO MENDES	M	36	M3539	43	00:39:49	UDCA	00:23:41
199	1228	JOSÉ RAMALHO	M	40	M4044	38	00:39:49	ETAPA PT	00:23:44
200	1645	VITOR CANDEIAS	M	35	M3539	44	00:39:49	BOLOTAOBRA	00:23:41
201	534	AURELIO VIDEIRA	M	54	M5054	24	00:39:50	C BENFICA AGUALVA	00:23:32
202	1211	RUI FALCÃO	M	47	M4549	24	00:39:52	FALCÕES SELVAGENS	00:23:45
203	851	LUÍS SANTOS	M	24	M1934	53	00:39:53	GD MACEDO OCULISTA	00:23:47
204	848	JOSE INOCÊNCIO	M	57	M5559	10	00:39:54	GD MACEDO OCULISTA	00:23:46
205	842	ANTONIO ARAUJO	M	58	M5559	11	00:39:55	GD MACEDO OCULISTA	00:23:46
206	857	GABRIEL GONÇALVES	M	54	M5054	25	00:39:56	GD MACEDO OCULISTA	00:23:44
207	840	CARLA PINTO	F	37	F3544	5	00:39:57	GD MACEDO OCULISTA	00:23:44
208	1350	JOSE M R SANTOS	M	50	M5054	26	00:40:00	INDIVIDUAL	00:23:11
209	641	LUIS MONTEIRO	M	37	M3539	45	00:40:01	CD GRUPO BES	00:23:48
210	1695	JOÃO ABRANTES	M	53	M5054	27	00:40:01	AMIGOS PARQUE PAZ	00:23:56
211	961	JOSÉ SILVA	M	34	M1934	54	00:40:02	OS SANTARENOS	00:23:38
212	1631	JORGE RODRIGUES	M	51	M5054	28	00:40:02	GD AMARO JOALHEIROS	00:23:55
213	654	ANTÓNIO MARQUES	M	45	M4549	25	00:40:03	C SARGENTO ARMADA	00:23:41
214	51	MANUEL ARAÚJO	M	45	M4549	26	00:40:04	ADL APELAÇONENSES	00:23:27
215	988	PHELIM O'KANE	M	51	M5054	29	00:40:05	OS ZATOPEQUES	00:23:32
216	112	ANTÓNIO VALÉRIO	M	55	M5559	12	00:40:08	CCD CM LOURES	00:23:44
217	1634	FILIFE CARVALHEIRO	M	45	M4549	27	00:40:14	INDIVIDUAL	00:23:47
218	137	SUSANA ADELINO	F	30	F1934	3	00:40:15	CCD CM LOURES	00:23:46
219	542	JOAQUIM COSTA	M	58	M5559	13	00:40:16	C BENFICA ALGUEIRÃO M MARTINS	00:23:46
220	484	AMÉLIA COSTA	F	43	F3544	6	00:40:17	CCR ALTO MOINHO	00:23:53
221	1148	FILIFE BRANCO	M	39	M3539	46	00:40:18	URD ARRANHÓ	00:23:45
222	1858	DUARTE MENDONÇA	M	38	M3539	47	00:40:19	INDIVIDUAL	00:23:41
223	920	ANTÓNIO LEAL	M	37	M3539	48	00:40:20	MARINHAI AC	00:23:48
224	1511	BRUNO A S FERREIRA	M	24	M1934	55	00:40:20	INDIVIDUAL	00:23:45
225	1809	RODRIGO SILVA	M	42	M4044	39	00:40:20	ESRI PORTUGAL	00:23:40
226	1624	DIONÍSIO VAZÃO	M	40	M4044	40	00:40:21	GD PEDREIRAS	00:24:26
227	1149	EDGAR FRANCISCO	M	43	M4044	41	00:40:23	URD ARRANHÓ	00:23:44
228	1068	MARCOLINO VERISSIMO	M	37	M3539	49	00:40:25	SS CGD	00:23:43
229	299	LEONEL NEVES	M	55	M5559	14	00:40:26	CA VALE FIGUEIRA	00:23:45
230	1166	ARMANDO ABRANTES	M	46	M4549	28	00:40:26	UDCA	00:23:52
231	326	ADRIANO COTRIM	M	65	M6599	1	00:40:27	CD O MOSCAVIDE	00:24:47

## Resultados com controlo

232	141	JOAQUIM LEITÃO	M	50	M5054	30	00:40:28	GD S DOMINGOS	00:24:47
233	578	RICARDO FELIX	M	29	M1934	56	00:40:29	CCD EFACEC LX	00:23:54
234	1045	PEDRO CUNHA	M	36	M3539	50	00:40:30	SFUAP	00:24:07
235	1759	CARLOS ALMEIDA	M	51	M5054	31	00:40:30	INDIVIDUAL	00:24:14
236	774	AUGUSTO GASPAR	M	47	M4549	29	00:40:31	GA MONSANTO GASCAN	00:24:01
237	234	CÉSAR GONÇALVES	M	35	M3539	51	00:40:32	ADC CATUJAL	00:24:05
238	113	AUGUSTO CRUZ	M	60	M6064	5	00:40:35	CCD CM LOURES	00:23:50
239	460	MANUEL BATISTA	M	52	M5054	32	00:40:35	ARC SOCASA	00:24:13
240	975	MÁRIO NETO	M	32	M1934	57	00:40:37	OS SANTARENOS	00:23:23
241	816	RUI CANDEIAS	M	32	M1934	58	00:40:41	GDR S FRANC SERRA	00:24:55
242	1701	JOSÉ C C GONÇALVES	M	41	M4044	42	00:40:44	C PRACAS ARMADA	00:24:43
243	1218	CASIMIRO MORAIS	M	43	M4044	43	00:40:46	CCDF EP LINHÓ	00:24:23
244	1682	ANTÓNIO MONTEIRO	M	69	M6599	2	00:40:47	AMCR FONTE GRADA	00:23:56
245	1413	JOÃO M LOURENÇO	M	43	M4044	44	00:40:48	INDIVIDUAL	00:24:34
246	314	CARLOS MACHADO	M	45	M4549	30	00:40:49	CA VALE FIGUEIRA	00:24:29
247	560	ANTÓNIO PIRES	M	41	M4044	45	00:40:52	CCDT CM SETÚBAL	00:23:47
248	272	TIGO SILVA	M	29	M1934	59	00:40:55	CA VALE FIGUEIRA	00:22:46
249	1662	JOSÉ NOVAIS	M	44	M4044	46	00:40:56	GDU CAXIENSES	00:23:53
250	1663	ANTÓNIO VILELA	M	39	M3539	52	00:40:56	GDU CAXIENSES	00:23:53
251	425	CARLOS CALDEIRA	M	45	M4549	31	00:40:57	A DANIEL CALDEIRA	00:23:54
252	1836	GRACIANO CAMPOS	M	53	M5054	33	00:40:58	CCDT AUT ALMADA	00:24:10
253	181	MANUEL CHAMUSCA	M	55	M5559	15	00:41:01	GA SUPER ESTRELAS	00:23:47
254	1453	PAULO J ALMEIDA	M	44	M4044	47	00:41:01	INDIVIDUAL	00:24:00
255	918	LUIS NEVES	M	31	M1934	60	00:41:02	MARINHAIS AC	00:23:49
256	811	JOSE MANUEL SILVA	M	60	M6064	6	00:41:03	GEORUNNERS	00:24:59
257	786	PAULA ROCHA	F	42	F3544	7	00:41:06	Garmin Prazer Corrida	00:24:02
258	439	JOSÉ FREITAS	M	46	M4549	32	00:41:08	AA LEBRES SADO	00:23:57
259	1205	MAURO PIMENTA	M	32	M1934	61	00:41:09	GAA VILA FRANCA XIRA	00:24:47
260	356	ANTÓNIO CASTANHEIRA	M	50	M5054	34	00:41:10	ACLIS LIBERTY	00:24:04
261	418	RICARDO LOURENÇO	M	54	M5054	35	00:41:12	A 20 KM ALMEIRIM	00:23:59
262	1331	PAULA FERNANDES	F	44	F3544	8	00:41:12	INDIVIDUAL	00:24:02
263	419	RUI LIMA	M	33	M1934	62	00:41:13	A 20 KM ALMEIRIM	00:24:00
264	955	CARLOS PASCOAL	M	45	M4549	33	00:41:14	OS NÓMADAS	00:23:51
265	1812	VICTOR SOARES	M	35	M3539	53	00:41:15	NS LOURINHÃ	00:25:30
266	1841	MÁRIO MARTINS	M	41	M4044	48	00:41:15	AMIGOS PARQUE PAZ	00:24:48
267	507	EMANUEL GOMES	M	40	M4044	49	00:41:16	CCDT METRO LX	00:25:25
268	971	JOSÉ CAROLA	M	33	M1934	63	00:41:16	OS SANTARENOS	00:24:14
269	328	FERNANDO MARQUES	M	55	M5559	16	00:41:18	CD O MOSCAVIDE	00:23:58
270	611	HERMÍNIO ALVES	M	58	M5559	17	00:41:19	CA PATAMEIRAS	00:24:24
271	34	RUI LACERDA	M	35	M3539	54	00:41:20	ADL APELAÇONENSES	00:24:38
272	277	ANTÓNIO MINA	M	45	M4549	34	00:41:20	CA VALE FIGUEIRA	00:24:27
273	33	LUIS MAGALHÃES	M	35	M3539	55	00:41:21	ADL APELAÇONENSES	00:25:00
274	89	RENATO MANUEL	M	29	M1934	64	00:41:21	ADL APELAÇONENSES	00:24:18
275	899	MIGUEL CHARRUA	M	66	M6599	3	00:41:21	JF PORTELA	00:24:33
276	128	JOSE MARQUES	M	55	M5559	18	00:41:22	CCD CM LOURES	00:25:26
277	1889	FATIMA SANTOS	F	39	F3544	9	00:41:23	JD NEVES	00:24:16
278	391	PEDRO DUARTE	M	28	M1934	65	00:41:25	AA MAFRA	00:24:44
279	1646	LUIS PEREIRA	M	58	M5559	19	00:41:29	BOLOTAOBRA	00:24:28
280	690	PAULO LOPES	M	37	M3539	56	00:41:30	CF OS BELENENSES	00:24:30
281	501	PAULO LUIS	M	45	M4549	35	00:41:31	CCDP MUN CASCAIS	00:24:03
282	1224	JOSÉ VAZ	M	51	M5054	36	00:41:31	CLUBE ANACOM	00:24:37
283	454	JOSE PEIXOTO	M	50	M5054	37	00:41:32	AM B° CV LUMIAR	00:25:21
284	374	JORGE SERRA	M	42	M4044	50	00:41:33	AÇOREANA C BANIF	00:25:19
285	1640	JOÃO F S RECTO	M	26	M1934	66	00:41:33	INDIVIDUAL	00:24:32
286	384	DAVID FREITAS	M	41	M4044	51	00:41:34	ADCR P JUDICIÁRIA	00:24:53
287	626	ANTÓNIO ALMEIDA	M	45	M4549	36	00:41:34	CLUBE AUTOCOOPE	00:25:10
288	433	JULIO FIRME	M	28	M1934	67	00:41:35	AA LEBRES SADO	00:25:06
289	54	JOSE REINAS	M	50	M5054	38	00:41:37	ADL APELAÇONENSES	00:24:41

## Resultados com controlo

290	516	ORLANDO SILVA	M	51	M5054	39	00:41:39	CCDT METRO LX	00:24:28
291	1061	DAVID FAUSTINO	M	43	M4044	52	00:41:39	SS CGD	00:24:25
292	1673	CARLOS JACINTO	M	40	M4044	53	00:41:40	INDIVIDUAL	00:24:31
293	982	MÁRIO GOMES	M	39	M3539	57	00:41:42	OS ZATOPEQUES	00:24:50
294	1188	CARLOS MONTEIRO	M	58	M5559	20	00:41:43	VALEJAS AC	00:24:52
295	1265	MARCOS A F PEREIRA	M	53	M5054	40	00:41:43	INDIVIDUAL	00:24:50
296	1361	JOÃO L V CARRETO	M	46	M4549	37	00:41:43	INDIVIDUAL	00:24:47
297	346	JOSE M. COSTA	M	63	M6064	7	00:41:44	ACLIS LIBERTY	00:24:37
298	821	HUGO GONÇALVES	M	21	M1934	68	00:41:45	GDR S FRANC SERRA	00:24:57
299	1678	JOÃO A C M L SILVA	M	50	M5054	41	00:41:45	INDIVIDUAL	00:24:28
300	263	PAULO CARMO	M	29	M1934	69	00:41:46	ACR MEALHADA	00:24:20
301	1278	JOSE M S BOUCEIRO	M	44	M4044	54	00:41:46	INDIVIDUAL	00:24:43
302	1342	HERNANI J FERNANDES	M	38	M3539	58	00:41:47	INDIVIDUAL	00:24:56
303	855	VERÓNICA CORREIA	F	33	F1934	4	00:41:48	GD MACEDO OCULISTA	00:24:56
304	1059	JOAQUIM FRADE	M	53	M5054	42	00:41:48	SS CGD	00:25:24
305	593	MANUEL RODRIGUES	M	49	M4549	38	00:41:49	CDUL	00:24:10
306	1754	MARCOS B OLIVEIRA	M	36	M3539	59	00:41:50	INDIVIDUAL	00:25:23
307	891	JOAO SANTOS	M	44	M4044	55	00:41:51	C PRACAS ARMADA	00:24:54
308	585	ANIBAL GASPAR	M	39	M3539	60	00:41:52	CCD O ALVITEJO	00:24:44
309	184	EDUARDO MOUTINHO	M	40	M4044	56	00:41:54	GA SUPER ESTRELAS	00:24:30
310	887	HAMILTON DIAS	M	33	M1934	70	00:41:54	GD SANTANDER TOTTA	00:25:11
311	849	JOSE REIS	M	55	M5559	21	00:41:56	GD MACEDO OCULISTA	00:25:22
312	229	ATTILA VASILE	M	29	M1934	71	00:41:58	A SACAVENENSE	00:25:02
313	1145	VITOR SANTOS	M	33	M1934	72	00:41:58	TRICAP	00:26:12
314	1154	JOSÉ TOMÁS	M	27	M1934	73	00:41:58	URD ARRANHÓ	00:25:11
315	58	JANUÁRIO COELHO	M	55	M5559	22	00:41:59	ADL APELAÇONENSES	00:25:34
316	483	JOÃO ENCARNAÇÃO	M	61	M6064	8	00:41:59	CCR ALTO MOINHO	00:25:12
317	46	AMÉRICO AMARO	M	45	M4549	39	00:42:00	ADL APELAÇONENSES	00:24:34
318	1519	BRUNO PINHO	M	37	M3539	61	00:42:00	INDIVIDUAL	00:24:54
319	204	FERNANDO PALHAS	M	45	M4549	40	00:42:02	A SACAVENENSE	00:24:49
320	392	JOÃO PEDRO GOMES	M	36	M3539	62	00:42:05	AA MAFRA	00:25:18
321	987	ANTÓNIO JACINTO	M	49	M4549	41	00:42:08	OS ZATOPEQUES	00:24:27
322	1838	MÁRIO A SILVA	M	56	M5559	23	00:42:09	INDIVIDUAL	00:24:51
323	831	JORGE BANDEIRA	M	46	M4549	42	00:42:10	GD COSTA BRAVA	00:25:20
324	1406	RICARDO C L RODRIGUES	M	32	M1934	74	00:42:10	INDIVIDUAL	00:25:20
325	1848	JOSÉ HILÁRIO	M	49	M4549	43	00:42:13	INDIVIDUAL	00:25:15
326	1434	JOSE A PGARCIA	M	39	M3539	63	00:42:14	INDIVIDUAL	00:25:15
327	382	VIRGÍLIO MADEIRA	M	50	M5054	43	00:42:17	AÇOREANA C BANIF	00:25:07
328	818	JOSÉ ESPADILHA	M	47	M4549	44	00:42:18	GDR S FRANC SERRA	00:25:12
329	1700	AMÁVEL F FIGUEIREDO	M	49	M4549	45	00:42:20	INDIVIDUAL	00:24:48
330	518	MANUEL BARROS COSTA	M	53	M5054	44	00:42:21	CCDT METRO LX	00:25:28
331	847	JOAQUIM MACEDO	M	54	M5054	45	00:42:22	GD MACEDO OCULISTA	00:24:58
332	232	VIORIL GHIULVESI	M	29	M1934	75	00:42:23	A SACAVENENSE	00:25:02
333	1079	BERNARDINO PEREIRA	M	73	M6599	4	00:42:24	SS CGD	00:25:02
334	1428	SANDRO M SILVA	M	30	M1934	76	00:42:24	INDIVIDUAL	00:24:01
335	212	JORGE ALMEIDA	M	35	M3539	64	00:42:25	A SACAVENENSE	00:25:09
336	1033	CARLOS MARQUES	M	39	M3539	65	00:42:25	RUNNING OF D MARIA	00:25:24
337	1656	ANTÓNIO ADRO	M	40	M4044	57	00:42:25	GDU CAXIENSES	00:25:17
338	1457	MÁRIO AMARO	M	41	M4044	58	00:42:27	INDIVIDUAL	00:24:48
339	1629	ANTÓNIO HORTA	M	51	M5054	46	00:42:28	GD AMARO JOALHEIROS	00:25:10
340	362	CONSTÂNCIO MARTINS	M	52	M5054	47	00:42:29	ACLIS LIBERTY	00:24:54
341	1831	MANUEL BATISTA	M	60	M6064	9	00:42:29	AA LEBRES SADO	00:25:01
342	768	ISABEL MALDONADO	F	45	F4554	2	00:42:34	GR QUINTA LOMBA	00:25:14
343	785	MARIA LUCAS	F	41	F3544	10	00:42:35	Garmin Prazer Corrida	00:25:05
344	1319	NUNO SANTOS	M	28	M1934	77	00:42:39	INDIVIDUAL	00:25:21
345	1252	TEOTÓNIO X P NETO	M	45	M4549	46	00:42:40	ADRC MATA DE BENFICA	00:24:55
346	1318	PEDRO FARTO	M	29	M1934	78	00:42:43	INDIVIDUAL	00:25:21
347	1445	PEDRO A B VIEIRA	M	32	M1934	79	00:42:44	INDIVIDUAL	00:24:37

## Resultados com controlo

348	1696	PEDRO GABRIEL	M	61	M6064	10	00:42:44	AMIGOS PARQUE PAZ	00:25:38
349	1807	RUI COELHO	M	40	M4044	59	00:42:44	ENS RAMADA 1	00:25:57
350	1842	DAVID MORGADO	M	20	M1934	80	00:42:45	OS COMPADRES	00:26:27
351	92	VICTOR LOPES	M	35	M3539	66	00:42:46	ADL APELAÇONENSES	00:25:44
352	506	EDUARDO LAGOA	M	41	M4044	60	00:42:47	CCDT METRO LX	00:25:46
353	1583	JOSÉ FREIRE	M	53	M5054	48	00:42:47	INDIVIDUAL	00:24:51
354	476	ANTÓNIO AMIEIRO	M	40	M4044	61	00:42:49	CCR ALTO MOINHO	00:26:41
355	479	JOÃO BATISTA	M	51	M5054	49	00:42:49	CCR ALTO MOINHO	00:26:41
356	1668	JOSÉ NUNES	M	41	M4044	62	00:42:49	GDOA	00:25:04
357	621	JOÃO CALDAS	M	43	M4044	63	00:42:50	CLUBE AUTOCOOPE	00:25:40
358	1643	JOSÉ COSTA	M	42	M4044	64	00:42:50	BOLOTAOBRA	00:25:13
359	967	JORGE FONSECA	M	41	M4044	65	00:42:52	OS SANTARENOS	00:24:43
360	98	DOMINGOS PENEDO	M	50	M5054	50	00:42:53	ADL APELAÇONENSES	00:25:58
361	564	FERNANDO CAEIRO	M	37	M3539	67	00:42:53	CCD CASA PIA	00:25:39
362	30	JORGE CORREIA	M	35	M3539	68	00:42:54	ADL APELAÇONENSES	00:25:32
363	536	ANTÓNIO COSTA	M	43	M4044	66	00:42:55	C BENFICA ALGUEIRÃO M MARTINS	00:25:35
364	1775	ANTÓNIO J L S COSTA	M	41	M4044	67	00:42:55	CPOC	00:25:43
365	1891	HUGO PICOTÉZ	M	30	M1934	81	00:42:56	OS COMPADRES	00:26:27
366	1397	JOSE M CUNHA	M	45	M4549	47	00:43:03	INDIVIDUAL	00:25:07
367	1549	ALEXANDRINO AIRES	M	52	M5054	51	00:43:03	INDIVIDUAL	00:25:40
368	830	LEANDRO RIBEIRO	M	35	M3539	69	00:43:04	GD COSTA BRAVA	00:24:31
369	355	ÁLVARO COELHO	M	51	M5054	52	00:43:05	ACLIS LIBERTY	00:25:29
370	1626	FILIPE ALMEIDA	M	27	M1934	82	00:43:07	GD PEDREIRAS	00:25:19
371	1026	ISABEL OLIVEIRA	F	39	F3544	11	00:43:08	R 4 F	00:25:32
372	1714	DANIEL FERREIRA	M	36	M3539	70	00:43:08	R 4 F	00:25:05
373	1048	PEDRO ALVARES	M	37	M3539	71	00:43:10	SFUAP	00:25:35
374	1619	RUI M CABRAL	M	32	M1934	83	00:43:10	INDIVIDUAL	00:26:23
375	393	LEONEL AMARO	M	44	M4044	68	00:43:12	AA MAFRA	00:25:19
376	1049	CARMEN TAVARES	F	20	F1934	5	00:43:12	SC REBOLEIRA DAMAIA	00:25:11
377	1644	MANUEL GONÇALVES	M	60	M6064	11	00:43:13	BOLOTAOBRA	00:25:18
378	1792	JOSÉ SILVA	M	31	M1934	84	00:43:15	FC ALVERCA	00:24:08
379	776	CARLOS COELHO	M	48	M4549	48	00:43:16	GA MONSANTO GASCAN	00:25:35
380	1732	RUI LIGEIRO	M	35	M3539	72	00:43:16	ACR MEALHADA	00:25:46
381	351	JOSÉ CRUZ	M	59	M5559	24	00:43:17	ACLIS LIBERTY	00:25:42
382	954	JOSÉ BARROCO	M	50	M5054	53	00:43:17	OS NÓMADAS	00:25:37
383	1466	PEDRO OLIVEIRA	M	36	M3539	73	00:43:17	INDIVIDUAL	00:25:58
384	8	LUZIA DIAS	F	35	F3544	12	00:43:18	SPORTING C P	00:25:22
385	368	ARLINDO DUARTE	M	44	M4044	69	00:43:18	AÇOREANA C BANIF	00:25:38
386	297	JOSE MOGA	M	50	M5054	54	00:43:19	CA VALE FIGUEIRA	00:26:03
387	572	MANUEL FIDALGO	M	56	M5559	25	00:43:19	CCD EFACEC LX	00:25:37
388	615	PEDRO MARINHO	M	34	M1934	85	00:43:19	CA PATAMEIRAS	00:26:33
389	731	JOSE MARCELINO	M	50	M5054	55	00:43:20	C MILLENNIUM BCP	00:25:48
390	778	PAULO GOMES	M	43	M4044	70	00:43:21	Garmin Prazer Corrida	00:25:58
391	804	NUNO SOUSA	M	35	M3539	74	00:43:21	GD IN CASA MOEDA	00:25:48
392	1591	PEDRO LOURENÇO	M	39	M3539	75	00:43:22	CLUBE VODAFONE	00:26:10
393	669	GUILHERME GONÇALVES	M	49	M4549	49	00:43:23	C FERROV PORTUGAL	00:25:33
394	288	ANTÓNIO FERNANDES	M	50	M5054	56	00:43:24	CA VALE FIGUEIRA	00:25:58
395	218	DANIEL MORÃO	M	55	M5559	26	00:43:25	A SACAVENENSE	00:25:26
396	879	FERNANDO CARDOSO	M	61	M6064	12	00:43:25	GD SANTANDER TOTTA	00:25:17
397	1150	LUIS FERREIRA	M	42	M4044	71	00:43:25	URD ARRANHÓ	00:25:47
398	93	MANUEL MENDES	M	40	M4044	72	00:43:26	ADL APELAÇONENSES	00:25:27
399	449	ALBERTO CRUZ	M	60	M6064	13	00:43:28	AA LEBRES SADO	00:25:27
400	39	AUGUSTO FERNANDES	M	40	M4044	73	00:43:29	ADL APELAÇONENSES	00:25:33
401	1504	JOÃO JORGE	M	47	M4549	50	00:43:30	INDIVIDUAL	00:26:24
402	399	LUIS GAMA	M	45	M4549	51	00:43:31	AMIGOS LUIS	00:26:09
403	1351	MANUEL J A SIMÕES	M	48	M4549	52	00:43:32	INDIVIDUAL	00:25:04
404	694	ALBERTO MONTEIRO	M	28	M1934	86	00:43:33	CF OS BELENENSES	00:25:22
405	968	PEDRO CARVALHO	M	45	M4549	53	00:43:33	OS SANTARENOS	00:26:02

## Resultados com controlo

406	1768	JOSÉ CARDOSO	M	48	M4549	54	00:43:34	PENDURAS TORRE	00:26:40
407	931	PAULO ROLA	M	43	M4044	74	00:43:35	NAZ ABÓBODA	00:26:00
408	1684	LUIS CIPRIANO	M	35	M3539	76	00:43:35	AMCR FONTE GRADA	00:25:52
409	291	FERNANDO AVELINO	M	45	M4549	55	00:43:36	CA VALE FIGUEIRA	00:25:52
410	1545	PEDRO M M ANTUNES	M	33	M1934	87	00:43:36	INDIVIDUAL	00:26:19
411	675	MIGUEL BARATA	M	36	M3539	77	00:43:37	C FERROV PORTUGAL	00:25:52
412	1649	VICTOR M S SILVA	M	44	M4044	75	00:43:37	AA LEBRES SADO	00:26:26
413	1171	GIL CORREIA	M	19	M1934	88	00:43:40	URCA	00:26:00
414	1544	LUIS M G MIRÃO	M	33	M1934	89	00:43:41	INDIVIDUAL	00:25:48
415	1393	ALVARO QUITÉRIO	M	43	M4044	76	00:43:42	INDIVIDUAL	00:26:22
416	991	FILIFE PEDRO	M	58	M5559	27	00:43:43	OS ZATOPEQUES	00:27:15
417	1688	GONÇALO NUNES	M	35	M3539	78	00:43:43	GDC PORTO SINES	00:25:17
418	1383	MIGUEL MARQUES	M	49	M4549	56	00:43:44	INDIVIDUAL	00:26:06
419	1648	EMANUEL COELHO	M	36	M3539	79	00:43:44	INDIVIDUAL	00:26:18
420	366	ANDRÉ QUARENTA	M	38	M3539	80	00:43:45	AÇOREANA C BANIF	00:25:47
421	609	CARLOS ANTUNES	M	58	M5559	28	00:43:45	CA PATAMEIRAS	00:25:14
422	817	BRUNO GAMITO	M	21	M1934	90	00:43:45	GDR S FRANC SERRA	00:26:38
423	1738	JOSÉ MAGRO	M	39	M3539	81	00:43:45	O MUNDO CORRIDA	00:26:00
424	1021	JOÃO FIALHO	M	38	M3539	82	00:43:46	R 4 F	00:25:34
425	1101	FAUSTINO PEREIRINHA	M	46	M4549	57	00:43:46	SL CAMPOLIDE	00:25:52
426	453	GABRIEL CABRAL	M	42	M4044	77	00:43:47	AM B° CV LUMIAR	00:26:15
427	380	RUI SILVA	M	33	M1934	91	00:43:48	AÇOREANA C BANIF	00:25:45
428	254	AMANDIO GOUVEIA	M	29	M1934	92	00:43:52	ADC CATUJAL	00:26:45
429	587	FERNANDO BRANCO	M	60	M6064	14	00:43:53	CCD O ALVITEJO	00:25:42
430	1032	SERGIO DIAS	M	31	M1934	93	00:43:53	RUNNING OF D MARIA	00:00:00
431	417	CARLOS ALEGRE	M	48	M4549	58	00:43:54	ARSC TOLEDO	00:26:04
432	697	JOSUÉ FRADO	M	36	M3539	83	00:43:56	CF OS BELENENSES	00:25:34
433	823	ANTÓNIO SIMÕES	M	45	M4549	59	00:43:57	GDR S FRANC SERRA	00:26:16
434	511	JOÃO SEQUEIRA	M	46	M4549	60	00:43:58	CCDT METRO LX	00:26:53
435	1575	CARLOS A C MENDES	M	52	M5054	57	00:43:58	INDIVIDUAL	00:26:09
436	1087	PEDRO SILVA SOUSA	M	24	M1934	94	00:43:59	SS MONTEPIO GERAL	00:26:57
437	323	JOÃO RIBEIRO	M	60	M6064	15	00:44:00	CD O MOSCAVIDE	00:26:40
438	37	RUI FILIFE	M	45	M4549	61	00:44:01	ADL APELAÇONENSES	00:27:15
439	629	JORGE PAULINO	M	53	M5054	58	00:44:01	CD MAFRA	00:26:48
440	1470	ARMÉNIO PEREIRA	M	49	M4549	62	00:44:02	INDIVIDUAL	00:26:01
441	1884	VERONICA SCUTARU	F	29	F1934	6	00:44:05	BOAVISTA S MATEUS	00:25:39
442	1620	CARLOS M RODRIGUES	M	44	M4044	78	00:44:06	INDIVIDUAL	00:26:39
443	1740	MARGARIDA PEREIRA	F	51	F4554	3	00:44:06	NS SÃO MIGUEL	00:26:19
444	1654	ALCINO RAMOS	M	51	M5054	59	00:44:07	GDU CAXIENSES	00:26:02
445	1424	JORGE MARRÃO	M	46	M4549	63	00:44:09	INDIVIDUAL	00:26:13
446	992	FRANCISCO CALÇADA	M	44	M4044	79	00:44:11	OS ZATOPEQUES	00:25:59
447	390	ISABEL RODRIGUES	F	38	F3544	13	00:44:12	ADCR P JUDICIÁRIA	00:26:12
448	430	AMÂNDIO LOBO	M	60	M6064	16	00:44:12	AA LEBRES SADO	00:26:12
449	1666	JOAQUIM VARANDA	M	46	M4549	64	00:44:15	GDOA	00:26:10
450	1839	ANDERSON F SILVA	M	31	M1934	95	00:44:16	INDIVIDUAL	00:26:53
451	1235	ARLINDO BRÁS	M	45	M4549	65	00:44:18	CARROÇAS ESTRELA	00:25:47
452	407	LUIS ROQUE	M	38	M3539	84	00:44:19	AMIGOS PARQUE PAZ	00:26:23
453	886	CARLOS TEIXEIRA	M	36	M3539	85	00:44:19	GD SANTANDER TOTTA	00:26:21
454	1607	JOÃO VERÍSSIMO	M	51	M5054	60	00:44:19	TOCANDAR	00:26:08
455	117	ELÍSIO COSTA	M	50	M5054	61	00:44:20	CCD CM LOURES	00:26:35
456	929	PAULO MAFRA	M	41	M4044	80	00:44:21	NAZ ABÓBODA	00:25:22
457	120	FRANCISCO BANDO	M	55	M5559	29	00:44:22	CCD CM LOURES	00:26:35
458	341	MÁRCIO PEREIRA	M	30	M1934	96	00:44:23	A FAMILIA QUE CORRE	00:26:13
459	412	EMANUEL MARQUES	M	39	M3539	86	00:44:23	ARSC TOLEDO	00:26:04
460	1500	MARGARIDA GODINHO	F	50	F4554	4	00:44:25	INDIVIDUAL	00:26:08
461	718	ANTÓNIO BRAGA	M	49	M4549	66	00:44:28	C MILLENNIUM BCP	00:26:20
462	820	LUIS GONÇALVES	M	34	M1934	97	00:44:28	GDR S FRANC SERRA	00:26:39
463	936	CARLOS DUARTE	M	58	M5559	30	00:44:28	NAZ ABÓBODA	00:27:06



## Resultados com controlo

464	1137	CLÁUDIO FIGUEIRA	M	23	M1934	98	00:44:28	TEJAVISTA	00:25:33
465	49	MANUEL SIMÕES	M	45	M4549	67	00:44:30	ADL APELAÇONENSES	00:25:57
466	477	JORGE SANTOS	M	44	M4044	81	00:44:32	CCR ALTO MOINHO	00:28:03
467	632	VITOR NUNES	M	54	M5054	62	00:44:33	CD MAFRA	00:26:47
468	1599	HELDER F BRANCO	M	37	M3539	87	00:44:33	CLUBE VODAFONE	00:26:51
469	127	JOSE ARUIL	M	60	M6064	17	00:44:35	CCD CM LOURES	00:26:16
470	1425	JOSE C SARAIVA	M	40	M4044	82	00:44:35	INDIVIDUAL	00:26:50
471	1494	VIRGILIO A C GONÇALVES	M	49	M4549	68	00:44:36	INDIVIDUAL	00:26:59
472	216	CARLOS CONCEIÇÃO	M	45	M4549	69	00:44:37	A SACAVENENSE	00:27:10
473	340	MARIO LOPES	M	40	M4044	83	00:44:37	A FAMILIA QUE CORRE	00:26:13
474	976	NUNO MENDÃO	M	35	M3539	88	00:44:37	OS SANTARENOS	00:26:32
475	1616	MARCO F S GONÇALVES	M	28	M1934	99	00:44:37	INDIVIDUAL	00:26:09
476	1739	PEDRO R MARCULETA	M	41	M4044	84	00:44:37	INDIVIDUAL	00:26:11
477	1821	PEDRO FERREIRA	M	34	M1934	100	00:44:37	GDR LEIÃO	00:26:24
478	1894	JANUARIO BONA	M	66	M6599	5	00:44:37	BOLOTAOBRA	00:26:29
479	153	ANABELA CARVALHO	F	45	F4554	5	00:44:38	GD S DOMINGOS	00:26:28
480	1055	PAULO PIRES	M	43	M4044	85	00:44:38	SS CGD	00:26:31
481	1266	ABILIO OLIVEIRA	M	43	M4044	86	00:44:38	INDIVIDUAL	00:26:22
482	1730	JOÃO CANAVERDE	M	35	M3539	89	00:44:38	ACR MEALHADA	00:28:02
483	471	LUIS PENTEADO	M	38	M3539	90	00:44:39	BUERAPIDOS	00:26:57
484	445	MARCOS FERREIRA	M	62	M6064	18	00:44:40	AA LEBRES SADO	00:26:19
485	592	ANDRÉ GOMES	M	38	M3539	91	00:44:40	CDUL	00:26:56
486	1692	ALIPIO COELHO	M	42	M4044	87	00:44:40	SUC	00:26:56
487	42	JOSÉ SILVA	M	45	M4549	70	00:44:41	ADL APELAÇONENSES	00:26:57
488	893	JORGE FERREIRA	M	50	M5054	63	00:44:41	HOVIONE	00:26:26
489	1593	RENÉ C PEREIRA	M	35	M3539	92	00:44:42	CLUBE VODAFONE	00:26:42
490	757	FERNANDO MORAIS	M	46	M4549	71	00:44:44	GD BANCO BPI	00:25:56
491	974	JOÃO CARVALHO	M	40	M4044	88	00:44:44	OS SANTARENOS	00:26:39
492	1236	ALEXANDRE TEIXEIRA	M	45	M4549	72	00:44:44	CARROÇAS ESTRELA	00:25:45
493	903	JOÃO REVES	M	37	M3539	93	00:44:45	LESMAS ALOPRADAS	00:26:43
494	980	FILIPE BARBOSA	M	22	M1934	101	00:44:46	OS ZATOPEQUES	00:26:46
495	1819	PAULO BARREIRA	M	35	M3539	94	00:44:46	GDR LEIÃO	00:27:12
496	937	CARLOS SIMÕES	M	65	M6599	6	00:44:47	NAZ ABÓBODA	00:27:07
497	612	MIGUEL TAVARES	M	36	M3539	95	00:44:48	CA PATAMEIRAS	00:26:56
498	628	VITOR	M	49	M4549	73	00:44:48	CLUBE AUTOCOOPE	00:26:55
499	1597	NUNO PEDROSO	M	38	M3539	96	00:44:48	CLUBE VODAFONE	00:26:43
500	1605	RICARDO S E LOBO	M	35	M3539	97	00:44:50	AMIGOS PARQUE PAZ	00:26:13
501	455	DANIEL NUNES	M	49	M4549	74	00:44:52	AM B° CV LUMIAR	00:26:50
502	1590	TIAGO M M MARTINS	M	28	M1934	102	00:44:52	CLUBE VODAFONE	00:26:32
503	677	MÁRIO FERRO	M	56	M5559	31	00:44:53	C FERROV PORTUGAL	00:26:23
504	1869	JOSE GUEDES	M	36	M3539	98	00:44:53	INDIVIDUAL	00:25:59
505	1879	PAULO GOMES	M	38	M3539	99	00:44:54	AA MAFRA	00:26:58
506	243	SÉRGIO TELES	M	29	M1934	103	00:44:55	ADC CATUJAL	00:27:09
507	715	PAULO CORREIA PAIS	M	44	M4044	89	00:44:55	C MILLENNIUM BCP	00:26:19
508	1163	JOAQUIM CRISPIM	M	53	M5054	64	00:44:55	UDCA	00:27:20
509	372	JOÃO SANTOS	M	40	M4044	90	00:44:56	AÇOREANA C BANIF	00:26:52
510	833	CARLOS FARIA	M	61	M6064	19	00:44:57	GD COSTA BRAVA	00:26:36
511	1852	JOSÉ PEDRO	M	29	M1934	104	00:44:58	QUARTETO	00:27:18
512	1772	RENÉ DUARTE	M	59	M5559	32	00:44:59	ATLETAS NOITE	00:26:34
513	610	CARLOS FONSECA	M	40	M4044	91	00:45:01	CA PATAMEIRAS	00:28:07
514	1330	CARLOS SOUSA	M	52	M5054	65	00:45:04	INDIVIDUAL	00:26:21
515	386	VIRGILIO OLIVEIRA	M	48	M4549	75	00:45:06	ADCR P JUDICIÁRIA	00:26:30
516	210	PAULO SILVESTRE	M	35	M3539	100	00:45:07	A SACAVENENSE	00:26:12
517	1598	JOSÉ A XAVIER	M	37	M3539	101	00:45:08	CLUBE VODAFONE	00:27:00
518	1843	ANTONIO PERAS	M	35	M3539	102	00:45:09	INDIVIDUAL	00:26:38
519	1392	PAULO J M ALVES	M	39	M3539	103	00:45:10	INDIVIDUAL	00:26:59
520	1633	JOAQUIM COSTA	M	58	M5559	33	00:45:10	GD AMARO JOALHEIROS	00:26:32
521	1072	ALVARO FURTADO	M	50	M5054	66	00:45:11	SS CGD	00:26:44

## Resultados com controlo

522	1031	PAULO MARTINS	M	41	M4044	92	00:45:12	RUNNING OF D MARIA	00:26:52
523	1639	JUAN COSTA	M	44	M4044	93	00:45:12	INDIVIDUAL	00:26:55
524	1864	EURICO BRÁS	M	49	M4549	76	00:45:13	AGUIAS UNIDAS	00:27:25
525	490	ANTÓNIO HORTA	M	55	M5559	34	00:45:14	CCDP MUN CASCAIS	00:26:36
526	1022	JORGE SIMÕES	M	27	M1934	105	00:45:14	R 4 F	00:26:26
527	1756	ANTÓNIO BRAZ	M	38	M3539	104	00:45:15	INDIVIDUAL	00:26:18
528	1861	ARMANDO ANDRADE	M	64	M6064	20	00:45:15	AGUIAS UNIDAS	00:27:25
529	26	NUNO CARRILHO	M	29	M1934	106	00:45:16	ADL APELAÇONENSES	00:27:49
530	31	JORGE MATOS	M	35	M3539	105	00:45:16	ADL APELAÇONENSES	00:27:48
531	438	ALVARO GINGADO	M	52	M5054	67	00:45:16	AA LEBRES SADO	00:26:49
532	604	ALBINO TOMÁS	M	52	M5054	68	00:45:16	CA PATAMEIRAS	00:27:49
533	873	JOÃO ROCHA	M	57	M5559	35	00:45:18	GD SANTANDER TOTTA	00:26:33
534	960	JOÃO VICENTE	M	40	M4044	94	00:45:20	OS RASPOTÁCHO	00:27:20
535	1467	ALEXANDRE LEAL	M	33	M1934	107	00:45:20	INDIVIDUAL	00:28:15
536	798	PAULA SIMÕES	F	34	F1934	7	00:45:23	GD INE	00:26:46
537	743	ARMINDO SANTOS	M	48	M4549	77	00:45:24	FF PAZ UNIVERSAL	00:26:54
538	744	ISABEL SANTOS	F	39	F3544	14	00:45:24	FF PAZ UNIVERSAL	00:26:54
539	794	GONÇALO FERREIRA	M	36	M3539	106	00:45:24	GD INE	00:26:14
540	1379	VITOR LEBRE	M	34	M1934	108	00:45:25	INDIVIDUAL	00:27:26
541	1447	JOSE M GONÇALVES	M	61	M6064	21	00:45:26	INDIVIDUAL	00:26:41
542	583	AMERICO SANTOS	M	51	M5054	69	00:45:29	CCD EFACEC LX	00:27:43
543	782	PAULO SAINICA	M	37	M3539	107	00:45:29	Garmin Prazer Corrida	00:27:15
544	32	LUIS DAMIÃO	M	35	M3539	108	00:45:30	ADL APELAÇONENSES	00:26:39
545	674	NEVES SILVA	M	56	M5559	36	00:45:32	C FERROV PORTUGAL	00:27:07
546	1471	JOÃO A GONÇALVES	M	37	M3539	109	00:45:33	INDIVIDUAL	00:27:32
547	1472	RUI PEDRO SANTOS	M	34	M1934	109	00:45:33	INDIVIDUAL	00:27:33
548	494	JOSE TEIXEIRA	M	51	M5054	70	00:45:35	CCDP MUN CASCAIS	00:27:26
549	1295	MARCO GOUVEIA	M	34	M1934	110	00:45:35	INDIVIDUAL	00:27:09
550	588	CACILDA BRANCO	F	57	F5599	1	00:45:36	CCD O ALVITEJO	00:26:53
551	627	CARLOS FERREIRA	M	52	M5054	71	00:45:36	CLUBE AUTOCOOPE	00:26:24
552	622	JUVENAL MOREIRA	M	45	M4549	78	00:45:37	CLUBE AUTOCOOPE	00:26:24
553	1426	PEDRO I GARCES	M	30	M1934	111	00:45:37	INDIVIDUAL	00:25:55
554	1169	MANUEL CARDIM	M	57	M5559	37	00:45:39	UCRD PRAIENSE	00:27:45
555	385	ANTÓNIO SUL	M	40	M4044	95	00:45:40	ADCR P JUDICIÁRIA	00:26:56
556	1300	DANIEL PORTELA	M	25	M1934	112	00:45:40	INDIVIDUAL	00:26:28
557	1293	AURELIO SIMOES	M	46	M4549	79	00:45:42	INDIVIDUAL	00:27:33
558	1705	ADRIANO G ARAÚJO	M	32	M1934	113	00:45:42	RADICAL GYM	00:27:41
559	1449	VITOR DOMINGUES	M	63	M6064	22	00:45:43	INDIVIDUAL	00:28:10
560	1262	JOSE C ALVES	M	60	M6064	23	00:45:45	INDIVIDUAL	00:27:02
561	551	RUBEN VIEIRA	M	23	M1934	114	00:45:46	CP IVA	00:27:44
562	1536	JOSÉ LEÃO	M	54	M5054	72	00:45:46	INDIVIDUAL	00:27:02
563	375	LUÍS MELO	M	51	M5054	73	00:45:47	AÇOREANA C BANIF	00:26:48
564	737	PAULO PINTO	M	45	M4549	80	00:45:47	C MILLENNIUM BCP	00:27:01
565	963	CARLOS HENRIQUES	M	25	M1934	115	00:45:47	OS SANTARENOS	00:26:43
566	1886	JOAO RODRIGUES	M	60	M6064	24	00:45:47	AA PEGO LONGO	00:27:45
567	486	ISAURA PEREIRA	F	51	F4554	6	00:45:48	CCR ALTO MOINHO	00:27:28
568	1736	EDUARDO CHAGAS	M	45	M4549	81	00:45:48	INDIVIDUAL	00:27:07
569	781	JOAQUIM DAMAS	M	55	M5559	38	00:45:51	Garmin Prazer Corrida	00:27:14
570	178	JOAQUIM SILVÉRIO	M	65	M6599	7	00:45:52	GA SUPER ESTRELAS	00:27:14
571	1706	PEDRO A R FAVINHA	M	29	M1934	116	00:45:54	RADICAL GYM	00:27:41
572	269	LUIS GALAMBA	M	40	M4044	96	00:45:55	ACR MEALHADA	00:27:01
573	546	ANTÓNIO VIEIRA	M	44	M4044	97	00:45:55	CP RTP	00:27:18
574	59	ARMANDO CORREIA	M	55	M5559	39	00:45:56	ADL APELAÇONENSES	00:27:06
575	1851	PEDRO CARDOSO	M	27	M1934	117	00:45:56	QUARTETO	00:28:01
576	984	JORGE LEITÃO	M	44	M4044	98	00:45:57	OS ZATOPEQUES	00:27:52
577	22	MIGUEL RUIVO	M	29	M1934	118	00:45:58	ADL APELAÇONENSES	00:26:05
578	36	JORGE FERREIRA	M	40	M4044	99	00:45:59	ADL APELAÇONENSES	00:27:49
579	43	JOSE MORAIS	M	45	M4549	82	00:45:59	ADL APELAÇONENSES	00:27:50

## Resultados com controlo

580	919	JOSE LEAL	M	32	M1934	119	00:45:59	MARINHAIS AC	00:27:56
581	1146	JOSÉ MIRANDA	M	26	M1934	120	00:45:59	TRICAP	00:26:31
582	1464	CARLOS TELHAL	M	41	M4044	100	00:46:00	INDIVIDUAL	00:27:33
583	1555	JOÃO T SANTOS	M	37	M3539	110	00:46:01	INDIVIDUAL	00:27:57
584	973	DAVID FERREIRA	M	41	M4044	101	00:46:02	OS SANTARENOS	00:28:12
585	1274	MANUEL ANTUNES	M	40	M4044	102	00:46:02	INDIVIDUAL	00:26:36
586	1602	PEDRO R ANDRADE	M	36	M3539	111	00:46:02	INDIVIDUAL	00:26:07
587	132	LUIS LOURENÇO	M	40	M4044	103	00:46:03	CCD CM LOURES	00:26:50
588	645	SILVIO PAIVA	M	57	M5559	40	00:46:03	CD GRUPO BES	00:27:55
589	1769	JORGE PAULO	M	37	M3539	112	00:46:04	ATLETAS NOITE	00:26:35
590	1374	CARLOS MACHADO	M	33	M1934	121	00:46:05	INDIVIDUAL	00:27:16
591	396	LUIS SANTOS	M	35	M3539	113	00:46:07	AA MAFRA	00:28:30
592	397	VITOR REAL	M	35	M3539	114	00:46:07	AA MAFRA	00:28:29
593	716	ANTÓNIO CORREIA	M	54	M5054	74	00:46:07	C MILLENNIUM BCP	00:27:02
594	409	CIDALIA PIMENTEL	F	36	F3544	15	00:46:11	ADC S AMADORA PUMAS	00:26:27
595	443	VICTOR BRAGANÇA	M	38	M3539	115	00:46:11	AA LEBRES SADO	00:27:53
596	1489	RENATO ALVES	M	29	M1934	122	00:46:11	INDIVIDUAL	00:27:03
597	917	SERGIO HENRIQUE	M	24	M1934	123	00:46:12	MA MORAIS	00:28:27
598	226	JOSÉ SILVESTRE	M	65	M6599	8	00:46:13	A SACAVENENSE	00:27:57
599	713	SERGIO ANJOS	M	61	M6064	25	00:46:14	C MILLENNIUM BCP	00:27:42
600	884	REINALDO FIGUEIRA	M	58	M5559	41	00:46:14	GD SANTANDER TOTTA	00:27:51
601	1024	ANTÓNIO MATA	M	48	M4549	83	00:46:14	R 4 F	00:26:56
602	986	JOSE CUNHA	M	44	M4044	104	00:46:15	OS ZATOPEQUES	00:27:52
603	1716	PEDRO F A PEREIRA	M	34	M1934	124	00:46:15	INDIVIDUAL	00:28:23
604	1690	VICTOR M R REIS	M	49	M4549	84	00:46:16	INDIVIDUAL	00:26:25
605	983	OSCAR OLIVEIRA	M	43	M4044	105	00:46:17	OS ZATOPEQUES	00:27:24
606	950	JOSE NEVES	M	57	M5559	42	00:46:18	OS INDOMAVEIS	00:26:51
607	1517	FERNANDO J N VICENTE	M	48	M4549	85	00:46:18	INDIVIDUAL	00:26:18
608	1604	FERNANDO CANDEIAS	M	37	M3539	116	00:46:19	INDIVIDUAL	00:26:51
609	431	FERNANDO MENDES	M	62	M6064	26	00:46:20	AA LEBRES SADO	00:27:52
610	543	AGOSTINHO G. CRISTINO	M	61	M6064	27	00:46:21	C BENFICA ALGUEIRÃO M MARTINS	00:27:46
611	772	RUI BORGES	M	46	M4549	86	00:46:22	GA MONSANTO GASCAN	00:27:19
612	211	PAULO TOMÁS	M	35	M3539	117	00:46:23	A SACAVENENSE	00:28:09
613	725	JOSE BRANCO	M	58	M5559	43	00:46:24	C MILLENNIUM BCP	00:27:40
614	1155	EDMUNDO LOURENÇO	M	30	M1934	125	00:46:25	URD ARRANHÓ	00:28:07
615	1557	PEDRO M CASTRO	M	39	M3539	118	00:46:25	INDIVIDUAL	00:27:24
616	498	MÁRIO SANTOS	M	39	M3539	119	00:46:27	CCDP MUN CASCAIS	00:27:20
617	107	LUIS ANTUNES	M	35	M3539	120	00:46:30	ADL APELAÇONENSES	00:27:48
618	1853	PAULO SANTOS	M	29	M1934	126	00:46:30	QUARTETO	00:28:09
619	172	JOAQUINA FLORES	F	55	F5599	2	00:46:31	GA SUPER ESTRELAS	00:27:45
620	1699	JOSÉ MATOS	M	48	M4549	87	00:46:31	AMIGOS PARQUE PAZ	00:28:22
621	861	FERNANDO GERALDES	M	61	M6064	28	00:46:32	GD OS ASES	00:27:54
622	1324	ANTÓNIO J SIMÕES	M	51	M5054	75	00:46:32	INDIVIDUAL	00:27:31
623	600	MANUEL HORTELÃO	M	40	M4044	106	00:46:33	AMIGOS FLOR	00:27:49
624	1744	GILBERTO GONÇALVES	M	60	M6064	29	00:46:33	CR ALVORADA	00:27:15
625	1832	JOSÉ NAPOLEÃO	M	56	M5559	44	00:46:34	AA LEBRES SADO	00:27:30
626	701	FERNANDO RODRIGUES	M	44	M4044	107	00:46:37	C MILLENNIUM BCP	00:28:55
627	1028	ÁLVARO PINTO	M	52	M5054	76	00:46:38	AD REAL ACADEMIA	00:28:55
628	1811	JOÃO SANTOS	M	62	M6064	30	00:46:38	NS LOURINHÁ	00:28:16
629	525	JOÃO PAULO SILVA	M	40	M4044	108	00:46:39	C BENFICA ABRANTES	00:26:34
630	865	JOSE MAN	M	65	M6599	9	00:46:40	GD OS ASES	00:27:54
631	1027	RUI OLIVEIRA	M	36	M3539	121	00:46:40	R 4 F	00:28:05
632	1528	JOSE MARTINS	M	41	M4044	109	00:46:40	INDIVIDUAL	00:27:53
633	935	FERNANDO PIRES	M	57	M5559	45	00:46:41	NAZ ABÓBODA	00:27:16
634	489	JULIO MEIRELES	M	57	M5559	46	00:46:42	CCDP MUN CASCAIS	00:27:12
635	1325	JOSÉ RIJO	M	61	M6064	31	00:46:46	INDIVIDUAL	00:00:00
636	1594	PAULO J BONIFÁCIO	M	42	M4044	110	00:46:46	CLUBE VODAFONE	00:27:48
637	1719	JOSÉ CANDEIAS	M	40	M4044	111	00:46:48	AC PORTALEGRE	00:27:13

## Resultados com controlo

638	733	SOBRAL DE SOUSA	M	62	M6064	32	00:46:49	C MILLENNIUM BCP	00:28:22
639	1493	ANTÓNIO J H FERREIRA	M	50	M5054	77	00:46:49	INDIVIDUAL	00:28:06
640	1757	IDALÉCIO BARROS	M	54	M5054	78	00:46:50	INDIVIDUAL	00:27:45
641	1556	RUI M F CHAREPE	M	32	M1934	127	00:46:51	INDIVIDUAL	00:28:29
642	746	HELDER TEIXEIRA	M	39	M3539	122	00:46:52	FF PAZ UNIVERSAL	00:28:29
643	1096	AUGUSTO PINTO	M	35	M3539	123	00:46:53	SL CAMPOLIDE	00:27:42
644	1513	CLÁUDIO J S MONTEIRO	M	36	M3539	124	00:46:53	INDIVIDUAL	00:27:37
645	1582	JOSÉ L GONÇALVES	M	33	M1934	128	00:46:55	GD COSTA BRAVA	00:27:37
646	1764	ANTÓNIO VARELA	M	43	M4044	112	00:46:55	INDIVIDUAL	00:27:06
647	1825	GILBERTO R LOPES	M	42	M4044	113	00:46:55	INDIVIDUAL	00:28:46
648	1213	LUIS REIS	M	46	M4549	88	00:46:56	FALCÕES SELVAGENS	00:28:03
649	1078	ANTÓNIO CARPINTEIRO	M	64	M6064	33	00:46:57	SS CGD	00:27:44
650	1312	ALEXANDRE J L MONTEIRO	M	43	M4044	114	00:46:57	INDIVIDUAL	00:27:50
651	668	RUI RAMALHAL	M	41	M4044	115	00:46:58	CLUBE STRESS	00:28:10
652	989	JOSÉ MAIO	M	56	M5559	47	00:46:58	OS ZATOPEQUES	00:00:00
653	1162	MANUEL CRISPIM	M	57	M5559	48	00:47:00	UDCA	00:28:35
654	1877	PAULO ABADIA	M	38	M3539	125	00:47:00	AMIGOS PARQUE PAZ	00:27:50
655	502	ALÍPIO OLIVEIRA	M	48	M4549	89	00:47:02	CCDT METRO LX	00:27:51
656	1720	FAUSTINO SANTOS	M	55	M5559	49	00:47:02	INDIVIDUAL	00:27:07
657	1110	RUI MIGUEL C R A SILVA	M	37	M3539	126	00:47:04	INDIVIDUAL	00:28:37
658	1697	ABILIO VERGAMOTA	M	54	M5054	79	00:47:05	AMIGOS PARQUE PAZ	00:28:22
659	1704	LUIS H C S DIEGUES	M	37	M3539	127	00:47:05	RADICAL GYM	00:28:25
660	1563	LUIS BARBOT	M	45	M4549	90	00:47:06	INDIVIDUAL	00:27:17
661	436	LUIS OLIVEIRA	M	39	M3539	128	00:47:08	AA LEBRES SADO	00:28:31
662	1617	GONÇALO A F PINHEIRO	M	26	M1934	129	00:47:08	INDIVIDUAL	00:27:15
663	708	FERNANDO ALMEIDA	M	41	M4044	116	00:47:09	C MILLENNIUM BCP	00:28:16
664	1711	CARLOS M V D SILVA	M	35	M3539	129	00:47:09	RADICAL GYM	00:27:43
665	1192	JOÃO REIS	M	45	M4549	91	00:47:10	VALEJAS AC	00:28:35
666	301	MANUEL PERAS	M	50	M5054	80	00:47:13	CA VALE FIGUEIRA	00:27:45
667	1702	LUIS ALVARO	M	41	M4044	117	00:47:13	INDIVIDUAL	00:28:53
668	190	JOAQUIM ARAUJO	M	66	M6599	10	00:47:14	AA PEGO LONGO	00:27:46
669	871	SALVADOR AFONSO	M	55	M5559	50	00:47:15	GD SANTANDER TOTTA	00:27:47
670	1099	ANTÓNIO LIMA	M	46	M4549	92	00:47:15	SL CAMPOLIDE	00:27:51
671	1488	NUNO M G PEREIRA	M	33	M1934	130	00:47:17	INDIVIDUAL	00:28:38
672	1183	ANTÓNIO COELHO	M	53	M5054	81	00:47:18	VALEJAS AC	00:26:58
673	1197	MANUELA FOLGADO	F	59	F5599	3	00:47:18	VALEJAS AC	00:26:58
674	1507	JORGE D PINHEIRO	M	42	M4044	118	00:47:19	INDIVIDUAL	00:27:32
675	755	FILIFE RODA	M	23	M1934	131	00:47:20	GD BANCO BPI	00:28:42
676	953	ANTÓNIO FOLGADO	M	56	M5559	51	00:47:21	OS INDOMAVEIS	00:28:48
677	280	VERGÍLIO NASCIMENTO	M	50	M5054	82	00:47:23	CA VALE FIGUEIRA	00:28:39
678	625	AMÉRICO COSTA	M	54	M5054	83	00:47:24	CLUBE AUTOCOOPE	00:27:56
679	1400	VITOR P RODRIGUES	M	53	M5054	84	00:47:26	INDIVIDUAL	00:28:19
680	563	JOSE VENÂNCIO	M	55	M5559	52	00:47:27	CCD CASA PIA	00:27:51
681	1687	PAULO GOMES	M	47	M4549	93	00:47:27	GDC PORTO SINES	00:27:31
682	1089	RICARDO PINTO SOUSA	M	29	M1934	132	00:47:28	SS MONTEPIO GERAL	00:27:07
683	769	CONSTANCIO ALMEIDA	M	49	M4549	94	00:47:29	GA MONSANTO GASCAN	00:28:33
684	1297	CARLOS M O SILVA	M	44	M4044	119	00:47:30	INDIVIDUAL	00:27:40
685	1448	JOÃO M ROSA	M	57	M5559	53	00:47:30	INDIVIDUAL	00:27:41
686	1671	JOSÉ MONTEIRO	M	19	M1934	133	00:47:30	GDOA	00:28:35
687	1091	LUIS GONZAGA QUENTAL	M	47	M4549	95	00:47:31	SOBE I DESCE	00:29:05
688	429	MANUEL PEDRO	M	63	M6064	34	00:47:32	AA LEBRES SADO	00:28:10
689	1415	JORGE M P GONÇALVES	M	40	M4044	120	00:47:32	INDIVIDUAL	00:28:10
690	640	JULIO FERREIRA	M	54	M5054	85	00:47:33	CD GRUPO BES	00:29:48
691	1496	FERNANDO L FERNANDES	M	48	M4549	96	00:47:33	INDIVIDUAL	00:28:42
692	1543	JOSE RODRIGUES	M	50	M5054	86	00:47:34	INDIVIDUAL	00:28:47
693	1546	DAVID GONÇALVES	M	34	M1934	134	00:47:34	INDIVIDUAL	00:27:39
694	777	GERMANO BERNARDO	M	53	M5054	87	00:47:35	Garmin Prazer Corrida	00:29:13
695	1165	DAVID SANTOS	M	46	M4549	97	00:47:35	UDCA	00:29:13

## Resultados com controlo

696	1199	SERGIO SILVA PIRES	M	32	M1934	135	00:47:36	VALEJAS AC	00:28:36
697	1407	ISAÚL J C RODRIGUES	M	52	M5054	88	00:47:37	INDIVIDUAL	00:28:36
698	934	ANTÓNIO DUARTE	M	53	M5054	89	00:47:38	NAZ ABÓBODA	00:27:46
699	1020	MARCO GOUVEIA	M	38	M3539	130	00:47:39	R 4 F	00:28:06
700	1642	JOÃO M A D ROXO	M	37	M3539	131	00:47:39	INDIVIDUAL	00:27:47
701	1468	PAULO CARDOSO	M	38	M3539	132	00:47:40	INDIVIDUAL	00:28:40
702	1512	RUI M R ARAÚJO	M	51	M5054	90	00:47:40	INDIVIDUAL	00:27:49
703	812	MARIO JORGE SILVA	M	48	M4549	98	00:47:41	GEORUNNERS	00:29:28
704	541	MANUEL RODRIGUES	M	47	M4549	99	00:47:42	C BENFICA ALGUEIRÃO M MARTINS	00:27:59
705	1180	HUGO SERRANO	M	32	M1934	136	00:47:42	URCA	00:28:32
706	1495	ANTÓNIO A C GONÇALVES	M	56	M5559	54	00:47:42	INDIVIDUAL	00:28:54
707	324	JEREMIAS RIBEIRO	M	65	M6599	11	00:47:43	CD O MOSCAVIDE	00:28:28
708	370	FERNANDO CELESTINO	M	50	M5054	91	00:47:44	AÇOREANA C BANIF	00:28:41
709	103	FERNANDO PRISAL	M	29	M1934	137	00:47:45	ADL APELAÇONENSES	00:28:30
710	1113	LUIS SILVA	M	46	M4549	100	00:47:45	SPORTISEL	00:27:31
711	71	SUSANA ALMEIDA	F	35	F3544	16	00:47:46	ADL APELAÇONENSES	00:28:30
712	281	ANTÓNIO SILVA	M	55	M5559	55	00:47:47	CA VALE FIGUEIRA	00:28:39
713	1042	PAULO DINIS	M	30	M1934	138	00:47:48	SFUAP	00:28:08
714	1243	LUIS DAVID	M	41	M4044	121	00:47:48	DOMINGOS GODINHO	00:28:29
715	1565	RUI A FERREIRA	M	39	M3539	133	00:47:48	INDIVIDUAL	00:28:45
716	540	ARNALDO H. MACHADO	M	59	M5559	56	00:47:49	C BENFICA ALGUEIRÃO M MARTINS	00:28:11
717	946	JOSÉ MONTEIRO	M	61	M6064	35	00:47:50	O FORNO CIDADE	00:27:47
718	512	JOAQUIM PATRICA	M	42	M4044	122	00:47:51	CCDT METRO LX	00:28:47
719	618	JOÃO SANCHES	M	46	M4549	101	00:47:51	CA AGUALVA	00:29:03
720	437	MÁRIO MIRA	M	43	M4044	123	00:47:52	AA LEBRES SADO	00:28:40
721	514	JOSÉ SILVA	M	53	M5054	92	00:47:52	CCDT METRO LX	00:28:50
722	1002	JOSE LOPES	M	39	M3539	134	00:47:52	PLUMAS GUINCHO	00:27:58
723	253	DANIEL GONÇALVES	M	29	M1934	139	00:47:55	ADC CATUJAL	00:28:32
724	466	JOAQUIM RUIVO	M	40	M4044	124	00:47:55	BENAVENTE RUNNING	00:29:39
725	467	JOÃO RAQUEL	M	32	M1934	140	00:47:55	BENAVENTE RUNNING	00:29:39
726	1497	DAMIÃO REGA	M	48	M4549	102	00:47:56	INDIVIDUAL	00:28:57
727	1529	ANTÓNIO P GONÇALVES	M	47	M4549	103	00:47:56	INDIVIDUAL	00:28:26
728	926	MARCO CRISPIM	M	35	M3539	135	00:47:57	NEOFRIO	00:28:25
729	1004	PEDRO TEIXEIRA	M	36	M3539	136	00:47:57	PORTELINHAS	00:28:39
730	1289	JORGE NUNES	M	43	M4044	125	00:47:57	INDIVIDUAL	00:29:54
731	369	DIOGO FERREIRA	M	36	M3539	137	00:47:58	AÇOREANA C BANIF	00:28:26
732	738	ANTÓNIO AGOSTINHO	M	62	M6064	36	00:47:58	CR ALVORADA	00:28:28
733	742	VIRGILIO FERRAZ	M	60	M6064	37	00:47:58	FALÇÕES CHILE	00:29:01
734	925	FRANCISCO SILVA	M	48	M4549	104	00:47:58	NEOFRIO	00:28:24
735	379	PEDRO BURGUETTE	M	34	M1934	141	00:47:59	AÇOREANA C BANIF	00:28:42
736	723	MÁRIO MARCELINO	M	50	M5054	93	00:47:59	C MILLENNIUM BCP	00:27:59
737	1822	JORGE BARREIRA	M	64	M6064	38	00:47:59	GDR LEIÃO	00:28:36
738	791	ANTÓNIO MARQUES	M	53	M5054	94	00:48:00	GD INE	00:27:32
739	1036	NORBERTO MARQUES	M	38	M3539	138	00:48:00	RUNNING OF D MARIA	00:28:34
740	1305	CARLOS RANGEL	M	56	M5559	57	00:48:00	INDIVIDUAL	00:29:02
741	1311	PEDRO M A LUIS	M	33	M1934	142	00:48:00	INDIVIDUAL	00:28:47
742	1552	MIGUEL TEIXEIRA	M	35	M3539	139	00:48:00	INDIVIDUAL	00:28:15
743	1553	SANDRA TEIXEIRA	F	36	F3544	17	00:48:00	INDIVIDUAL	00:28:15
744	1661	MARIA NOVAIS	F	44	F3544	18	00:48:00	GDU CAXIENSES	00:28:18
745	358	JACINTO MARQUES	M	65	M6599	12	00:48:01	ACLIS LIBERTY	00:29:18
746	550	FERNANDO SANTOS	M	63	M6064	39	00:48:01	CP IVA	00:29:16
747	1184	CARLOS GONÇALVES	M	52	M5054	95	00:48:03	VALEJAS AC	00:27:43
748	1515	JOÃO RUI PEIXOTO	M	30	M1934	143	00:48:04	INDIVIDUAL	00:27:54
749	998	RUI ROSA	M	52	M5054	96	00:48:05	PLUMAS GUINCHO	00:28:38
750	381	TAM AFONSO	M	56	M5559	58	00:48:06	AÇOREANA C BANIF	00:27:14
751	142	ANTÓNIO BRITO	M	55	M5559	59	00:48:07	GD S DOMINGOS	00:28:12
752	978	GRACA ROLDAO	F	45	F4554	7	00:48:08	OS TUGAS	00:28:50
753	1288	ARLINDO J FREIRE	M	52	M5054	97	00:48:08	INDIVIDUAL	00:29:16

## Resultados com controlo

754	1826	MARIO J R LUCIO	M	45	M4549	105	00:48:08	INDIVIDUAL	00:28:46
755	124	JOAQUIM ADELINO	M	60	M6064	40	00:48:09	CCD CM LOURES	00:28:21
756	1418	JOÃO F DUARTE	M	56	M5559	60	00:48:09	INDIVIDUAL	00:28:00
757	365	TÂNIA MACHADO	F	34	F1934	8	00:48:12	AÇOREANA C BANIF	00:28:52
758	1223	HELDER ALMEIDA	M	61	M6064	41	00:48:12	CLUBE ANACOM	00:00:00
759	1317	CARLOS M S F GONCALVES	M	53	M5054	98	00:48:12	INDIVIDUAL	00:28:40
760	631	DIAMANTINO ALBUQUERQUE	M	55	M5559	61	00:48:13	CD MAFRA	00:28:36
761	223	ANTÓNIO PEREIRA	M	60	M6064	42	00:48:16	A SACAVENENSE	00:29:22
762	1245	SÉRGIO MOUTA	M	39	M3539	140	00:48:16	DOMINGOS GODINHO	00:28:56
763	1271	JOSE C F OLIVEIRA	M	35	M3539	141	00:48:16	INDIVIDUAL	00:28:36
764	1357	PAULO LAPÃO	M	43	M4044	126	00:48:16	INDIVIDUAL	00:29:30
765	497	GRACIANO MUCHAXO	M	49	M4549	106	00:48:17	CCDP MUN CASCAIS	00:28:56
766	864	MANUEL S. PEREIRA	M	61	M6064	43	00:48:18	GD OS ASES	00:28:41
767	1674	JOSÉ P M CUNHA	M	46	M4549	107	00:48:19	INDIVIDUAL	00:28:44
768	35	PAULO SANTOS	M	40	M4044	127	00:48:21	ADL APELAÇONENSES	00:31:14
769	1125	JOSÉ FINO GOMES	M	56	M5559	62	00:48:22	TEJAVISTA	00:29:14
770	1292	LUIS SIMOES REIS	M	45	M4549	108	00:48:23	INDIVIDUAL	00:27:55
771	1485	JORGE M G PIRES	M	54	M5054	99	00:48:24	INDIVIDUAL	00:29:46
772	1672	JOSÉ ANDRADE	M	44	M4044	128	00:48:24	GDOA	00:28:07
773	1680	DAVIDE R GOMES	M	29	M1934	144	00:48:26	INDIVIDUAL	00:28:39
774	1724	PAULO PAREDES	M	35	M3539	142	00:48:26	INDIVIDUAL	00:28:19
775	914	ANTÓNIO BARBOSA	M	29	M1934	145	00:48:28	MA MORAIS	00:29:30
776	726	ANTÓNIO RAMOS	M	38	M3539	143	00:48:29	C MILLENNIUM BCP	00:28:20
777	1222	FRANCISCO PAIS	M	52	M5054	100	00:48:31	CLUBE ANACOM	00:29:09
778	371	FRANCISCO PEREIRA	M	42	M4044	129	00:48:32	AÇOREANA C BANIF	00:28:27
779	367	ANTÓNIO JORGE	M	54	M5054	101	00:48:33	AÇOREANA C BANIF	00:28:28
780	373	JOÃO SERRA	M	37	M3539	144	00:48:33	AÇOREANA C BANIF	00:28:26
781	601	GENTIL PEREIRA	M	34	M1934	146	00:48:33	AMIGOS FLOR	00:29:01
782	1005	EDUARDO CAROÇO	M	40	M4044	130	00:48:34	PORTELINHAS	00:28:39
783	670	ANTÓNIO BORGES	M	48	M4549	109	00:48:35	C FERROV PORTUGAL	00:29:32
784	712	MÁRIO CAMPOS	M	60	M6064	44	00:48:35	C MILLENNIUM BCP	00:29:05
785	728	AUGUSTO LOURENCO	M	47	M4549	110	00:48:36	C MILLENNIUM BCP	00:28:52
786	1144	SARA REIS	F	30	F1934	9	00:48:37	TRICAP	00:28:51
787	827	JOSE VALENTIM	M	55	M5559	63	00:48:38	GD BV ALVERCA	00:30:09
788	1373	JOÃO P VENTURA	M	39	M3539	145	00:48:39	INDIVIDUAL	00:28:46
789	1667	PEDRO DIAS	M	35	M3539	146	00:48:39	GDOA	00:28:35
790	1686	FERNANDO FRAGATEIRO	M	48	M4549	111	00:48:39	GDC PORTO SINES	00:29:54
791	1798	ANTÓNIO COSTA	M	31	M1934	147	00:48:41	INDIVIDUAL	00:28:14
792	696	ANTÓNIO SANTOS	M	64	M6064	45	00:48:43	CF OS BELENENSES	00:28:22
793	1880	CARLOS RODRIGUES	M	52	M5054	102	00:48:43	AA MAFRA	00:28:26
794	1056	LUIS BOTTO	M	51	M5054	103	00:48:44	SS CGD	00:29:20
795	599	JOÃO FERREIRA	M	53	M5054	104	00:48:45	AMIGOS FLOR	00:29:02
796	872	JOSE GONÇALVES	M	58	M5559	64	00:48:45	GD SANTANDER TOTTA	00:29:29
797	94	JOAQUIM OLIVEIRA	M	45	M4549	112	00:48:46	ADL APELAÇONENSES	00:28:38
798	1259	DOMINGOS BARREIROS	M	71	M6599	13	00:48:46	INDIVIDUAL	00:28:40
799	753	HENRIQUE CABACEIRA	M	47	M4549	113	00:48:48	GD BANCO BPI	00:27:29
800	911	ANALICE SILVA	F	65	F5599	4	00:48:50	LIBERDADE AC	00:29:08
801	1140	JORGE MANUEL NEVES	M	40	M4044	131	00:48:50	TELHEIRAS RUNNING	00:28:25
802	905	ALBINO FERREIRA	M	45	M4549	114	00:48:52	LESMAS ALOPRADAS	00:29:16
803	940	ZACARIAS ALVES	M	48	M4549	115	00:48:52	NA PAPAGAIOS CASCAIS	00:29:53
804	1193	JOAQUIM NEIVA	M	66	M6599	14	00:48:53	VALEJAS AC	00:28:51
805	1547	MARCO A SANTOS	M	32	M1934	148	00:48:53	INDIVIDUAL	00:29:01
806	1063	RICARDO COELHO	M	38	M3539	147	00:48:54	SS CGD	00:29:27
807	250	ALMERINDO SILVA	M	45	M4549	116	00:48:55	ADC CATUJAL	00:28:34
808	1279	PEDRO GONCALVES	M	54	M5054	105	00:48:55	INDIVIDUAL	00:29:30
809	745	FÁTIMA ABREU	F	60	F5599	5	00:48:56	FF PAZ UNIVERSAL	00:28:31
810	405	LUIS ALVES	M	61	M6064	46	00:48:57	AMIGOS PARQUE PAZ	00:30:11
811	408	PAULO SANTOS	M	38	M3539	148	00:48:57	AMIGOS PARQUE PAZ	00:30:10

## Resultados com controlo

812	1484	FERNANDO SANCHEZ	M	41	M4044	132	00:48:58	INDIVIDUAL	00:27:40
813	1088	RICARDO SILVA SOUSA	M	30	M1934	149	00:48:59	SS MONTEPIO GERAL	00:28:41
814	435	MIGUEL CASTELA	M	38	M3539	149	00:49:00	AA LEBRES SADO	00:29:54
815	652	FERNANDO COLAÇO	M	30	M1934	150	00:49:00	C SARGENTO ARMADA	00:30:14
816	657	HENRIQUE ALVAREDO	M	51	M5054	106	00:49:00	C SARGENTO ARMADA	00:29:43
817	877	JOSE PEREIRA	M	39	M3539	150	00:49:01	GD SANTANDER TOTTA	00:30:38
818	1074	EURICO SEMEDO	M	61	M6064	47	00:49:01	SS CGD	00:29:32
819	472	DANIEL SILVA	M	33	M1934	151	00:49:03	BUERAPIDOS	00:30:12
820	470	FERNANDO CARVALHO	M	37	M3539	151	00:49:04	BUERAPIDOS	00:30:12
821	962	JERÓNIMO GRAÇA	M	36	M3539	152	00:49:06	OS SANTARENOS	00:28:59
822	1062	ISABEL MOLEIRO	F	41	F3544	19	00:49:06	SS CGD	00:28:47
823	1895	EDUARDO CAMPELO	M	54	M5054	107	00:49:06	INDIVIDUAL	00:29:34
824	1729	JOSÉ FORTE	M	50	M5054	108	00:49:07	ACR MEALHADA	00:28:38
825	870	JOSE SIMÕES	M	60	M6064	48	00:49:09	GD SANTANDER TOTTA	00:29:56
826	1280	CARLOS M C R M SILVA	M	36	M3539	153	00:49:09	INDIVIDUAL	00:29:38
827	717	SANDRO JORDAO	M	27	M1934	152	00:49:10	C MILLENNIUM BCP	00:28:52
828	1242	DOMINGOS GODINHO	M	40	M4044	133	00:49:11	DOMINGOS GODINHO	00:28:59
829	465	PAULO SILVA	M	34	M1934	153	00:49:13	ATLETICO S J LAMPAS	00:30:34
830	567	AMILCAR FIGUEIREDO	M	54	M5054	109	00:49:13	CCD CASA PIA	00:29:36
831	1630	CONSTANTINO PINTO	M	45	M4549	117	00:49:15	GD AMARO JOALHEIROS	00:29:01
832	168	NELSON NATIORI	M	29	M1934	154	00:49:16	GD S DOMINGOS	00:31:15
833	1669	JOSÉ CARDOSO	M	40	M4044	134	00:49:16	GDOA	00:28:53
834	378	PAULO TORRÃO	M	37	M3539	154	00:49:19	AÇOREANA C BANIF	00:29:02
835	1153	FERNANDO RODRIGUES	M	42	M4044	135	00:49:20	URD ARRANHÓ	00:31:10
836	1159	VITOR CARREIRA	M	24	M1934	155	00:49:20	URD ARRANHÓ	00:28:41
837	1767	JOSÉ ANJOS	M	47	M4549	118	00:49:20	PENDURAS TORRE	00:28:15
838	1244	JOÃO BANDEIRA	M	41	M4044	136	00:49:22	DOMINGOS GODINHO	00:28:59
839	1866	JORGE AMARAL	M	40	M4044	137	00:49:22	AGUIAS UNIDAS	00:28:53
840	1015	EDUARDO CORREIA	M	42	M4044	138	00:49:23	R 4 F	00:30:22
841	1309	AUGUSTO FERREIRA	M	60	M6064	49	00:49:23	INDIVIDUAL	00:29:05
842	1715	JOÃO C CONCEIÇÃO	M	49	M4549	119	00:49:23	R 4 F	00:28:20
843	1783	LUÍS DAVID	M	22	M1934	156	00:49:23	R 4 F	00:29:29
844	1865	TINA OLIVEIRA	F	45	F4554	8	00:49:23	AGUIAS UNIDAS	00:28:54
845	636	CARLOS NABIÇA	M	45	M4549	120	00:49:24	CD GRUPO BES	00:29:48
846	1875	PEDRO PRUDENCIO	M	39	M3539	155	00:49:24	INDIVIDUAL	00:28:43
847	642	NUNO RODRIGUES	M	32	M1934	157	00:49:25	CD GRUPO BES	00:29:48
848	359	MÁRIO FERREIRA	M	63	M6064	50	00:49:27	ACLIS LIBERTY	00:29:30
849	1370	JOÃO C BORGES	M	41	M4044	139	00:49:27	INDIVIDUAL	00:28:50
850	1710	HENRIQUE M G D TORRES	M	24	M1934	158	00:49:27	RADICAL GYM	00:29:18
851	1737	AVELINO VESTIAS	M	59	M5559	65	00:49:28	INDIVIDUAL	00:29:32
852	387	JOSÉ COELHO	M	51	M5054	110	00:49:29	ADCR P JUDICIÁRIA	00:30:13
853	810	RUI PIRES	M	42	M4044	140	00:49:30	GEORUNNERS	00:29:41
854	916	PAULO HENRIQUE	M	28	M1934	159	00:49:30	MA MORAIS	00:28:28
855	395	PEDRO CARMO	M	32	M1934	160	00:49:32	AA MAFRA	00:29:20
856	403	RAUL FERREIRA	M	50	M5054	111	00:49:33	AMIGOS PARQUE PAZ	00:30:11
857	252	LUIS GONÇALVES	M	29	M1934	161	00:49:35	ADC CATUJAL	00:28:50
858	61	RAMIRO DAMAS	M	60	M6064	51	00:49:36	ADL APELAÇONENSES	00:29:13
859	747	SILVÉRIO BRAZ	M	49	M4549	121	00:49:36	FF PAZ UNIVERSAL	00:30:15
860	1741	FERNANDO SANTOS	M	56	M5559	66	00:49:36	NS SÃO MIGUEL	00:29:12
861	1751	JOSÉ NOGUEIRA	M	48	M4549	122	00:49:37	INDIVIDUAL	00:28:31
862	763	ALBERTO SANTOS	M	52	M5054	112	00:49:38	GD BANCO BPI	00:28:49
863	594	ALEXANDRE SOUSA	M	42	M4044	141	00:49:39	CSP C M PENICHE	00:31:04
864	53	JOSE CARDOSO	M	50	M5054	113	00:49:40	ADL APELAÇONENSES	00:28:27
865	602	JOÃO FERREIRA	M	21	M1934	162	00:49:40	AMIGOS FLOR	00:30:20
866	138	VITOR MOREIRA	M	55	M5559	67	00:49:41	CCD CM LOURES	00:29:06
867	1290	PAULO NUNES	M	36	M3539	156	00:49:41	INDIVIDUAL	00:29:54
868	623	JOSE DIAS	M	51	M5054	114	00:49:42	CLUBE AUTOCOOPE	00:29:55
869	1001	RUTH LOPES	F	38	F3544	20	00:49:42	PLUMAS GUINCHO	00:29:17

## Resultados com controlo

870	619	JOSE RICARDO	M	55	M5559	68	00:49:43	CA AGUALVA	00:31:11
871	591	JOÃO LOPES	M	37	M3539	157	00:49:45	CDUL	00:30:01
872	803	JOÃO FREIRE	M	43	M4044	142	00:49:46	GD IN CASA MOEDA	00:28:51
873	74	LINA VALENTE	F	45	F4554	9	00:49:49	ADL APELAÇONENSES	00:28:30
874	1258	PEDRO HENRIQUES	M	23	M1934	163	00:49:50	INDIVIDUAL	00:30:52
875	523	ORLANDO RODRIGUES	M	44	M4044	143	00:49:52	C BENFICA ALHANDRA	00:29:44
876	1111	LUCIANO ASSUNÇÃO	M	63	M6064	52	00:49:52	SPORTISEL	00:29:41
877	1275	NUNO M B MARTINS	M	37	M3539	158	00:49:55	INDIVIDUAL	00:30:07
878	1679	JOÃO C LOURENÇO	M	46	M4549	123	00:49:56	INDIVIDUAL	00:28:43
879	1527	JORGE ESTEVES	M	44	M4044	144	00:49:57	INDIVIDUAL	00:29:10
880	1608	MAURO TEIXEIRA	M	29	M1934	164	00:49:57	TOCANDAR	00:29:40
881	1396	JORGE M S PAULO	M	50	M5054	115	00:49:59	INDIVIDUAL	00:29:36
882	710	LUDGERO RODRIGUES	M	53	M5054	116	00:50:00	C MILLENNIUM BCP	00:29:15
883	492	ALBERTO ABREU	M	41	M4044	145	00:50:01	CCDP MUN CASCAIS	00:30:09
884	1451	JOSE P A N M MORAIS	M	39	M3539	159	00:50:01	INDIVIDUAL	00:30:35
885	1887	NUNO SANTIAGO	M	31	M1934	165	00:50:01	INDIVIDUAL	00:29:00
886	1476	ROGÉRIO FOLGADO	M	46	M4549	124	00:50:02	INDIVIDUAL	00:29:36
887	1537	TIAGO COSTA	M	28	M1934	166	00:50:02	INDIVIDUAL	00:29:20
888	401	LUIS FONSECA	M	48	M4549	125	00:50:03	AMIGOS PARQUE PAZ	00:30:32
889	1375	JOSE C FERNANDES	M	43	M4044	146	00:50:03	INDIVIDUAL	00:29:53
890	1389	JOSE A S PINHEIRO	M	36	M3539	160	00:50:05	INDIVIDUAL	00:30:03
891	993	CARLA CALÇADA	F	39	F3544	21	00:50:06	OS ZATOPEQUES	00:29:22
892	667	MIGUEL LEAL	M	51	M5054	117	00:50:08	CLUBE STRESS	00:29:43
893	944	JOÃO MILHEIRO	M	50	M5054	118	00:50:09	O FORNO CIDADE	00:29:57
894	1855	UMBELINA NUNES	F	56	F5599	6	00:50:09	INDIVIDUAL	00:29:58
895	517	LOPES MATOS	M	43	M4044	147	00:50:10	CCDT METRO LX	00:30:12
896	721	MÁRIO VAREJAO	M	42	M4044	148	00:50:10	C MILLENNIUM BCP	00:29:18
897	95	JOSÉ BORGES	M	45	M4549	126	00:50:11	ADL APELAÇONENSES	00:28:45
898	504	ALBERTO MARTINHO	M	45	M4549	127	00:50:14	CCDT METRO LX	00:29:35
899	125	JORGE JESUS	M	55	M5559	69	00:50:15	CCD CM LOURES	00:29:52
900	274	LUIS REIS	M	40	M4044	149	00:50:16	CA VALE FIGUEIRA	00:29:52
901	1174	LUIS ESTEVES	M	22	M1934	167	00:50:16	URCA	00:29:04
902	997	RAÚL ARANA	M	44	M4044	150	00:50:17	PELEGAS AC	00:29:28
903	1343	JOÃO M C TOMATAS	M	38	M3539	161	00:50:17	INDIVIDUAL	00:30:13
904	994	ANTÓNIO BAPTISTA	M	42	M4044	151	00:50:18	PELEGAS AC	00:29:28
905	1034	EDUARDO BRITO	M	36	M3539	162	00:50:18	RUNNING OF D MARIA	00:29:14
906	1008	JORGE TEIXEIRA	M	57	M5559	70	00:50:19	QUALIDADE CAR LDA	00:29:55
907	1035	JORGE PINTO	M	33	M1934	168	00:50:19	RUNNING OF D MARIA	00:29:14
908	1540	SILVIA MADEIRA	F	30	F1934	10	00:50:19	INDIVIDUAL	00:28:40
909	824	RODOLFO MOREIRA	M	32	M1934	169	00:50:20	GD BV ALVERCA	00:29:57
910	383	MIGUEL CARNEIRO	M	36	M3539	163	00:50:21	ADCR P JUDICIÁRIA	00:30:02
911	874	JOSE RIBEIRO	M	64	M6064	53	00:50:21	GD SANTANDER TOTTA	00:28:41
912	450	MANUEL SEQUEIRA	M	58	M5559	71	00:50:22	AA LEBRES SADO	00:30:09
913	1380	JOÃO J BRANCO	M	49	M4549	128	00:50:22	INDIVIDUAL	00:30:01
914	1609	MARÍLIA RIBEIRO	F	25	F1934	11	00:50:25	TOCANDAR	00:30:06
915	1346	JOSE M M MAGALHÃES	M	41	M4044	152	00:50:26	INDIVIDUAL	00:29:59
916	671	FERNANDO PESTANA	M	62	M6064	54	00:50:27	C FERROV PORTUGAL	00:29:33
917	808	HEITOR GOMES	M	36	M3539	164	00:50:28	GEORUNNERS	00:30:05
918	1454	CARLOS SANTOS	M	56	M5559	72	00:50:28	INDIVIDUAL	00:31:21
919	904	FERNANDO ANTUNES	M	43	M4044	153	00:50:31	LESMAS ALOPRADAS	00:29:11
920	942	JOÃO RAPOSO	M	68	M6599	15	00:50:31	NA PAPAGAIOS CASCAIS	00:29:25
921	913	RUI BERNARDINO	M	28	M1934	170	00:50:32	MA MORAIS	00:30:19
922	400	JOSE GARRIDO	M	48	M4549	129	00:50:33	AMIGOS PARQUE PAZ	00:31:40
923	404	JOSÉ ROCHA	M	53	M5054	119	00:50:34	AMIGOS PARQUE PAZ	00:31:41
924	1636	DIAMANTINO PINHEIRO	M	53	M5054	120	00:50:34	GD BANCO BPI	00:30:09
925	750	VASCO SANTOS	M	50	M5054	121	00:50:35	GD BANCO BPI	00:29:53
926	402	RUI REMÉDIOS	M	43	M4044	154	00:50:37	AMIGOS PARQUE PAZ	00:30:42
927	939	BRUNO DURÃO	M	20	M1934	171	00:50:39	NA PAPAGAIOS CASCAIS	00:31:32



## Resultados com controlo

928	1000	CRISTINA GAVINHO	F	32	F1934	12	00:50:39	PLUMAS GUINCHO	00:29:57
929	65	FRANCISCO BRANCO	M	60	M6064	55	00:50:40	ADL APELAÇONENSES	00:30:44
930	1420	RUI J S OLIVENÇA	M	35	M3539	165	00:50:41	INDIVIDUAL	00:29:45
931	1780	NUNO MENDES	M	33	M1934	172	00:50:41	DOMINGOS GODINHO	00:30:00
932	1683	FRANCISCO CIPRIANO	M	67	M6599	16	00:50:42	AMCR FONTE GRADA	00:30:11
933	1006	VITOR MORAIS	M	50	M5054	122	00:50:43	PORTELINHAS	00:29:28
934	1227	TIAGO ALVES	M	23	M1934	173	00:50:43	CORRIDA NET	00:29:59
935	398	RUI PASTOR	M	36	M3539	166	00:50:44	AA MAFRA	00:31:12
936	1226	PAULO VASCONCELOS	M	41	M4044	155	00:50:44	CORRIDA NET	00:29:58
937	1276	MANUEL C B ROMANO	M	46	M4549	130	00:50:44	INDIVIDUAL	00:30:54
938	221	CARLOS PEREIRA	M	55	M5559	73	00:50:45	A SACAVENENSE	00:30:34
939	473	GABRIELA CRUZ	F	37	F3544	22	00:50:45	CCR ALTO MOINHO	00:30:34
940	1164	JOSE PEREIRA	M	52	M5054	123	00:50:46	UDCA	00:31:24
941	191	ANA ISABEL LOPES	F	32	F1934	13	00:50:47	ARCD VILA REI	00:30:57
942	689	GLÓRIA SILVA	F	58	F5599	7	00:50:47	C FERROV PORTUGAL	00:30:53
943	979	PAULA SANTOS	F	39	F3544	23	00:50:48	OS TUGAS	00:30:26
944	474	GABRIEL CRUZ	M	66	M6599	17	00:50:51	CCR ALTO MOINHO	00:30:34
945	1417	LUIS L VICENTE	M	48	M4549	131	00:50:51	INDIVIDUAL	00:30:08
946	67	AMÉLIA FERNANDES	F	35	F3544	24	00:50:52	ADL APELAÇONENSES	00:29:56
947	1405	CHRISTOPHE SARAIVA	M	35	M3539	167	00:50:52	INDIVIDUAL	00:29:49
948	1856	JOAO TORRADO	M	60	M6064	56	00:50:53	INDIVIDUAL	00:30:48
949	194	MIGUEL NETO	M	42	M4044	156	00:50:57	ARCD VILA REI	00:30:22
950	1151	HENRIQUE FERREIRA	M	38	M3539	168	00:50:57	URD ARRANHÓ	00:29:33
951	1237	HUGO LOUSADA	M	36	M3539	169	00:50:59	CARROÇAS ESTRELA	00:30:52
952	1479	HENRIQUE NARCISO	M	44	M4044	157	00:50:59	INDIVIDUAL	00:31:03
953	837	ANTÓNIO COSTA	M	67	M6599	18	00:51:00	GD MACEDO OCULISTA	00:30:35
954	850	LUÍS ALMEIDA	M	23	M1934	174	00:51:03	GD MACEDO OCULISTA	00:31:00
955	1835	ANTÓNIO L DELGADO	M	48	M4549	132	00:51:03	INDIVIDUAL	00:30:58
956	952	JERÓNIMO SANTOS	M	63	M6064	57	00:51:07	OS INDOMAVEIS	00:30:00
957	1766	JORGE QUINA	M	48	M4549	133	00:51:07	PENDURAS TORRE	00:29:24
958	947	ANTÓNIO SILVA	M	53	M5054	124	00:51:08	OS INDOMAVEIS	00:30:00
959	941	JOÃO DURÃO	M	58	M5559	74	00:51:09	NA PAPAGAIOS CASCAIS	00:31:32
960	1260	FERNANDO J FARIA	M	29	M1934	175	00:51:09	INDIVIDUAL	00:30:05
961	834	ANTONIO FERREIRA	M	47	M4549	134	00:51:10	GD MACEDO OCULISTA	00:29:56
962	1326	SERAFIM GONÇALVES	M	55	M5559	75	00:51:11	INDIVIDUAL	00:30:06
963	133	MANUEL TIAGO	M	60	M6064	58	00:51:12	CCD CM LOURES	00:30:17
964	605	ANTÓNIO MORAIS	M	56	M5559	76	00:51:12	CA PATAMEIRAS	00:30:17
965	614	OSCAR SANTOS	M	52	M5054	125	00:51:12	CA PATAMEIRAS	00:31:17
966	957	MANUEL NUNES	M	52	M5054	126	00:51:13	OS NUNES	00:00:00
967	995	JOÃO RITA	M	23	M1934	176	00:51:13	PELEGAS AC	00:35:39
968	1025	AMÉLIA GONÇALVES	F	38	F3544	25	00:51:13	R 4 F	00:30:16
969	1081	ANTÓNIO TABORDA	M	59	M5559	77	00:51:13	SS CGD	00:31:19
970	1118	AMERICO COSTA	M	51	M5054	127	00:51:14	TECNOSPIE	00:31:33
971	1119	FILIPE SIMÕES	M	34	M1934	177	00:51:14	TECNOSPIE	00:31:34
972	1354	PAULO CUNHA	M	34	M1934	178	00:51:15	INDIVIDUAL	00:31:10
973	1341	ANTÓNIO S GONÇALVES	M	53	M5054	128	00:51:19	INDIVIDUAL	00:30:06
974	579	PAULO SANTOS	M	40	M4044	158	00:51:22	CCD EFACEC LX	00:30:47
975	761	JORGE BARROSO	M	51	M5054	129	00:51:24	GD BANCO BPI	00:31:31
976	762	BRUNO MENEZES	M	29	M1934	179	00:51:24	GD BANCO BPI	00:30:56
977	1246	RUI VIEIRA	M	39	M3539	170	00:51:26	DOMINGOS GODINHO	00:29:00
978	1296	CARLOS PINTO	M	25	M1934	180	00:51:26	INDIVIDUAL	00:29:16
979	1520	VITOR M FRANCISCO	M	36	M3539	171	00:51:26	INDIVIDUAL	00:30:42
980	320	OCTÁVIO MORAIS	M	45	M4549	135	00:51:27	CD O MOSCAVIDE	00:30:18
981	1509	FERNANDO FIÃES	M	44	M4044	159	00:51:28	INDIVIDUAL	00:29:51
982	1789	DEOLINDA ANTÓNIO	F	54	F4554	10	00:51:28	FC ALVERCA	00:31:10
983	1612	ARQUIMINIO A L NUNES	M	53	M5054	130	00:51:30	INDIVIDUAL	00:30:23
984	1892	CARLOS BEIRAO	M	69	M6599	19	00:51:31	FC ALVERCA	00:30:42
985	1344	JOSE C M MELO	M	46	M4549	136	00:51:32	INDIVIDUAL	00:30:43

## Resultados com controlo

986	1376	ANTÓNIO SOUSA	M	38	M3539	172	00:51:32	INDIVIDUAL	00:30:23
987	491	ANTÓNIO JOSÉ TAVARES	M	44	M4044	160	00:51:33	CCDP MUN CASCAIS	00:30:40
988	361	FERNANDO RIBEIRO	M	42	M4044	161	00:51:34	ACLIS LIBERTY	00:30:15
989	660	CARLOS SANTOS	M	33	M1934	181	00:51:36	CLUBE STRESS	00:31:35
990	1689	BOSCO FERNANDES	M	41	M4044	162	00:51:36	GDC PORTO SINES	00:28:42
991	1698	FLORBELA ANTUNES	F	36	F3544	26	00:51:36	AMIGOS PARQUE PAZ	00:31:41
992	545	FERNANDO FERREIRA	M	70	M6599	20	00:51:37	C BENFICA ALGUEIRÃO M MARTINS	00:30:51
993	739	RICARDO TEIXEIRA	M	24	M1934	182	00:51:38	CR ALVORADA	00:31:44
994	805	MANUEL SIMOES	M	54	M5054	131	00:51:38	GD IN CASA MOEDA	00:31:06
995	1272	MÁRIO SOUSA	M	55	M5559	78	00:51:39	INDIVIDUAL	00:30:49
996	265	NUNO OLIVEIRA	M	29	M1934	183	00:51:40	ACR MEALHADA	00:30:32
997	589	FERNANDA GIL	F	39	F3544	27	00:51:40	CDUL	00:31:14
998	666	JOAQUIM LEAL	M	45	M4549	137	00:51:40	CLUBE STRESS	00:31:35
999	1057	PAULO NUNES	M	40	M4044	163	00:51:41	SS CGD	00:29:38
1000	1830	NUNO T A GONÇALVES	M	31	M1934	184	00:51:42	INDIVIDUAL	00:30:17
1001	1802	ANA MARTINS	F	32	F1934	14	00:51:43	GRD OS FIXES	00:31:19
1002	446	PEDRO VALENTE	M	36	M3539	173	00:51:44	AA LEBRES SADO	00:31:23
1003	1082	ANTÓNIO FRANCO	M	43	M4044	164	00:51:44	SS MONTEPIO GERAL	00:30:52
1004	440	MANUEL SANTOS	M	59	M5559	79	00:51:45	AA LEBRES SADO	00:31:23
1005	1122	JOAQUIM FIDALGO	M	48	M4549	138	00:51:45	TEJAVISTA	00:30:03
1006	727	PAULO REBOCHO	M	44	M4044	165	00:51:47	C MILLENNIUM BCP	00:31:31
1007	1215	DOMINGOS MATOS	M	47	M4549	139	00:51:48	FALCÕES SELVAGENS	00:30:21
1008	1627	AUGUSTO RIBEIRO	M	55	M5559	80	00:51:48	GD PEDREIRAS	00:30:58
1009	792	ANTÓNIO PORTUGAL	M	43	M4044	166	00:51:51	GD INE	00:30:22
1010	283	JOSE LINDO	M	60	M6064	59	00:51:52	CA VALE FIGUEIRA	00:29:42
1011	298	JOSE PEREIRA	M	60	M6064	60	00:51:54	CA VALE FIGUEIRA	00:29:36
1012	892	MIGUEL CANSADO	M	38	M3539	174	00:51:55	HOVIONE	00:31:08
1013	896	PEDRO FERREIRA	M	34	M1934	185	00:51:56	JOÃO CARNEIRO SAD	00:31:59
1014	908	MARGARIDA SOARES	F	53	F4554	11	00:51:56	LESMA ALOPRADAS	00:30:28
1015	1070	FERNANDO ALVES	M	47	M4549	140	00:51:56	SS CGD	00:31:02
1016	1157	ALEX OLIVEIRA	M	29	M1934	186	00:51:56	URD ARRANHÓ	00:30:29
1017	651	MAGNIFICA ALVAREDO	F	54	F4554	12	00:51:58	C SARGENTO ARMADA	00:31:24
1018	999	Mª DO CARMO BARROS	F	49	F4554	13	00:52:00	PLUMAS GUINCHO	00:30:35
1019	751	ANTÓNIO VERISSIMO	M	49	M4549	141	00:52:02	GD BANCO BPI	00:30:07
1020	1310	JOSE M D LOPES	M	55	M5559	81	00:52:05	INDIVIDUAL	00:30:48
1021	787	LUIS PARRO	M	48	M4549	142	00:52:07	Garmin Prazer Corrida	00:31:42
1022	1743	LIGORIO BORLOT	M	50	M5054	132	00:52:07	CR ALVORADA	00:31:44
1023	752	RUI VIGOÇO	M	64	M6064	61	00:52:09	GD BANCO BPI	00:31:33
1024	1194	JORGE COELHO	M	44	M4044	167	00:52:09	VALEJAS AC	00:31:49
1025	1829	HUGO A N REBELO	M	35	M3539	175	00:52:09	INDIVIDUAL	00:31:27
1026	1182	ALBINO NEIVA	M	63	M6064	62	00:52:10	VALEJAS AC	00:31:49
1027	1600	SESHADRI DH	M	21	M1934	187	00:52:10	CLUBE VODAFONE	00:31:39
1028	844	ISABEL OLEIRO	F	35	F3544	28	00:52:11	GD MACEDO OCULISTA	00:31:27
1029	1834	GONÇALO MENDES	M	37	M3539	176	00:52:11	CLUBE STRESS	00:31:17
1030	1214	RAUL CARVALHO	M	50	M5054	133	00:52:12	FALCÕES SELVAGENS	00:30:46
1031	1816	PEDRO M P GIL	M	31	M1934	188	00:52:12	INDIVIDUAL	00:30:51
1032	1037	MIGUEL TEIXEIRA	M	30	M1934	189	00:52:14	RUNNING OF D MARIA	00:30:20
1033	1897	JOSE LOUREIRO	M	44	M4044	168	00:52:14	CLUBE OGMA	00:31:42
1034	1353	MARCO A SILVA	M	39	M3539	177	00:52:16	INDIVIDUAL	00:31:13
1035	1505	PEDRO JORGE	M	46	M4549	143	00:52:16	INDIVIDUAL	00:31:22
1036	836	ISABEL REIS	F	48	F4554	14	00:52:17	GD MACEDO OCULISTA	00:31:16
1037	709	JOÃO CUNHA	M	52	M5054	134	00:52:18	C MILLENNIUM BCP	00:31:03
1038	1039	JOSE SANTOS	M	47	M4549	144	00:52:18	SFUAP	00:32:15
1039	1524	NUNO M S FERNANDES	M	32	M1934	190	00:52:19	INDIVIDUAL	00:31:29
1040	1657	ANA ADRO	F	36	F3544	29	00:52:20	GDU CAXIENSES	00:30:54
1041	1526	FÁBIO DIAS	M	37	M3539	178	00:52:21	INDIVIDUAL	00:31:07
1042	1554	JORGE M LOUREIRO	M	43	M4044	169	00:52:21	INDIVIDUAL	00:31:39
1043	672	MARTINS BARATA	M	60	M6064	63	00:52:22	C FERROV PORTUGAL	00:31:26

## Resultados com controlo

1044	684	RITA VALENTIM	F	44	F3544	30	00:52:22	C FERROV PORTUGAL	00:31:26
1045	764	RENATO CRUZ	M	40	M4044	170	00:52:22	GD BANCO BPI	00:30:47
1046	1618	FERNANDO F BATISTA	M	37	M3539	179	00:52:23	INDIVIDUAL	00:30:53
1047	732	CARLOS TOMÉ	M	58	M5559	82	00:52:25	C MILLENNIUM BCP	00:30:34
1048	325	LIMA DUARTE	M	65	M6599	21	00:52:26	CD O MOSCAVIDE	00:30:38
1049	915	HUGO GONÇALVES	M	30	M1934	191	00:52:28	MA MORAIS	00:31:43
1050	1046	PAULO COSTA	M	42	M4044	171	00:52:28	SFUAP	00:31:41
1051	1206	TIAGO COSTA	M	29	M1934	192	00:52:29	WAYNEXT	00:31:58
1052	1161	HERNANI LOURENÇO	M	23	M1934	193	00:52:31	URD ARRANHÓ	00:30:41
1053	1156	MÁRIO FERREIRA	M	27	M1934	194	00:52:32	URD ARRANHÓ	00:30:41
1054	1064	RUI MARTINS	M	29	M1934	195	00:52:34	SS CGD	00:30:38
1055	1073	LUIS BILAU	M	56	M5559	83	00:52:34	SS CGD	00:31:40
1056	1541	JOSE M S MOUQUINHO	M	28	M1934	196	00:52:34	INDIVIDUAL	00:30:28
1057	1805	JOSÉ H C LEVEZINHO	M	36	M3539	180	00:52:34	INDIVIDUAL	00:32:28
1058	70	SÓNIA GOMES	F	35	F3544	31	00:52:35	ADL APELAÇONENSES	00:31:36
1059	1422	CARLOS COELHO	M	48	M4549	145	00:52:37	INDIVIDUAL	00:30:04
1060	596	HENRIQUE COSTA	M	49	M4549	146	00:52:38	CSP C M PENICHE	00:32:52
1061	1774	JOSÉ A C SANTOS	M	48	M4549	147	00:52:39	INDIVIDUAL	00:31:30
1062	524	CARLOS ALFAIATE	M	56	M5559	84	00:52:41	C BENFICA ABRANTES	00:30:50
1063	1694	LUIS SALVADOR	M	58	M5559	85	00:52:42	INDIVIDUAL	00:31:41
1064	69	LUISA SANTO	F	35	F3544	32	00:52:43	ADL APELAÇONENSES	00:31:06
1065	318	ALICE GOMES	F	55	F5599	8	00:52:44	CD O MOSCAVIDE	00:30:13
1066	1474	JOÃO P CARRUSCA	M	20	M1934	197	00:52:44	INDIVIDUAL	00:30:52
1067	143	FERNANDO GUERREIRO	M	60	M6064	64	00:52:45	GD S DOMINGOS	00:30:40
1068	1408	JOSE L P PACHECO	M	43	M4044	172	00:52:46	INDIVIDUAL	00:30:50
1069	1712	YOUSSEF LAHABOUB	M	36	M3539	181	00:52:46	RADICAL GYM	00:31:14
1070	901	NUNO CHARRUA	M	32	M1934	198	00:52:47	JF PORTELA	00:32:18
1071	1187	CARLOS CRESPO	M	47	M4549	148	00:52:47	VALEJAS AC	00:31:57
1072	1748	NUNO VENTURA	M	36	M3539	182	00:52:47	WIKABOO	00:31:45
1073	447	CECÍLIA NICOLAU	F	42	F3544	33	00:52:48	AA LEBRES SADO	00:31:49
1074	577	FERNANDO MAGALHÃES	M	52	M5054	135	00:52:49	CCD EFACEC LX	00:31:31
1075	1018	VITOR LOPES	M	41	M4044	173	00:52:49	R 4 F	00:30:22
1076	1601	SAUL RAFAEL	M	37	M3539	183	00:52:49	INDIVIDUAL	00:31:49
1077	1896	JOAO SIMOES	M	45	M4549	149	00:52:49	CLUBE OGMA	00:32:28
1078	1899	JOAQUIM VENANCIO	M	54	M5054	136	00:52:49	CLUBE OGMA	00:32:28
1079	582	ANTÓNIO SANTOS	M	47	M4549	150	00:52:50	CCD EFACEC LX	00:31:31
1080	1551	CARLOS CABRAL	M	48	M4549	151	00:52:50	INDIVIDUAL	00:31:20
1081	461	JOÃO MARTINS	M	47	M4549	152	00:52:51	ARC SOCASA	00:31:20
1082	459	JOSÉ FIGUEIREDO	M	73	M6599	22	00:52:52	ARC SOCASA	00:31:21
1083	1461	MÁRIO A F SIMAS	M	34	M1934	199	00:52:52	INDIVIDUAL	00:33:13
1084	1455	SÉRGIO LEITÃO	M	56	M5559	86	00:52:53	INDIVIDUAL	00:31:34
1085	495	JORGE JORDAN	M	48	M4549	153	00:52:56	CCDP MUN CASCAIS	00:30:51
1086	1359	NUNO M C MARQUES	M	32	M1934	200	00:52:56	INDIVIDUAL	00:29:55
1087	643	PAULO GONÇALVES	M	41	M4044	174	00:52:58	CD GRUPO BES	00:32:15
1088	1435	RUI M C GAMEIRO	M	36	M3539	184	00:52:58	INDIVIDUAL	00:32:09
1089	556	HERCULANO ALVES	M	42	M4044	175	00:53:00	CP JF GRADIL	00:30:44
1090	1103	ANTÓNIO SILVA	M	49	M4549	154	00:53:00	SL CAMPOLIDE	00:31:11
1091	1291	JOAQUIM C LOPES	M	60	M6064	65	00:53:00	INDIVIDUAL	00:31:29
1092	505	CARLOS MOREIRA	M	56	M5559	87	00:53:01	CCDT METRO LX	00:32:27
1093	740	PAULO SENDIM	M	41	M4044	176	00:53:01	CLUBE STRESS	00:31:59
1094	638	JOÃO SIMÕES	M	55	M5559	88	00:53:02	CD GRUPO BES	00:30:41
1095	1587	ANTÓNIO P SIETRA	M	37	M3539	185	00:53:03	CLUBE VODAFONE	00:30:39
1096	1592	PEDRO M L GONÇALVES	M	34	M1934	201	00:53:03	CLUBE VODAFONE	00:30:39
1097	1204	CARLOS MIRA	M	37	M3539	186	00:53:05	GAA VILA FRANCA XIRA	00:31:29
1098	1480	VITOR GONÇALVES	M	39	M3539	187	00:53:05	INDIVIDUAL	00:31:06
1099	1264	VITOR M G CARDOSO	M	45	M4549	155	00:53:06	INDIVIDUAL	00:31:11
1100	1750	ALESSANDRA AZEVEDO	F	28	F1934	15	00:53:07	WIKABOO	00:32:13
1101	1030	JORGE FERREIRA	M	44	M4044	177	00:53:09	RUNNING OF D MARIA	00:31:29

## Resultados com controlo

1102	888	LUIS ALMEIDA	M	35	M3539	188	00:53:12	GUP GRALHAS	00:32:37
1103	561	JOAQUIM FRAGOSO	M	59	M5559	89	00:53:15	CCD CASA PIA	00:32:56
1104	1123	JOSÉ AZURARA	M	51	M5054	137	00:53:16	TEJAVISTA	00:29:32
1105	1577	ORLANDO COUTO	M	54	M5054	138	00:53:17	INDIVIDUAL	00:31:30
1106	1898	CARLOS SOUSA	M	41	M4044	178	00:53:17	CLUBE OGMA	00:32:29
1107	1105	RUSHID NIGMATULLIN	M	57	M5559	90	00:53:19	SL CAMPOLIDE	00:33:39
1108	878	ANTÓNIO CASTRO	M	39	M3539	189	00:53:20	GD SANTANDER TOTTA	00:33:01
1109	760	JOSÉ MESTRE	M	51	M5054	139	00:53:21	GD BANCO BPI	00:31:38
1110	562	NELSON FRAGOSO	M	36	M3539	190	00:53:22	CCD CASA PIA	00:32:56
1111	1322	LUIS ROMANEIRO	M	49	M4549	156	00:53:25	INDIVIDUAL	00:32:17
1112	659	ANTÓNIO HORTA	M	55	M5559	91	00:53:27	C SARGENTO ARMADA	00:33:26
1113	898	RUI CARNEIRO	M	53	M5054	140	00:53:28	JOÃO CARNEIRO SAD	00:31:39
1114	1109	MARIA MENDES	F	57	F5599	9	00:53:28	SL CAMPOLIDE	00:31:07
1115	1878	MAURO MORELLI	M	43	M4044	179	00:53:30	INDIVIDUAL	00:30:45
1116	793	CARLOS DIAS	M	49	M4549	157	00:53:31	GD INE	00:31:10
1117	795	NUNO MENDES SILVA	M	54	M5054	141	00:53:31	GD INE	00:31:10
1118	1758	PEDRO MATIAS	M	56	M5559	92	00:53:31	INDIVIDUAL	00:31:28
1119	1450	ALFREDO PINHAL	M	57	M5559	93	00:53:32	INDIVIDUAL	00:31:31
1120	603	VERA CHÉROUX	F	19	F1934	16	00:53:34	AMIGOS FLOR	00:31:27
1121	1093	HENRIQUE VILHENA	M	53	M5054	142	00:53:35	SMO PROGRESSO	00:32:00
1122	1358	CARLA MORGADO	F	39	F3544	34	00:53:36	INDIVIDUAL	00:31:58
1123	1071	SEVERINO ROSA	M	53	M5054	143	00:53:37	SS CGD	00:32:49
1124	1589	ORLANDO M FONTAN	M	40	M4044	180	00:53:37	CLUBE VODAFONE	00:31:40
1125	897	JOÃO CARNEIRO	M	49	M4549	158	00:53:38	JOÃO CARNEIRO SAD	00:31:59
1126	1801	PAULA MARTINS	F	38	F3544	35	00:53:38	GRD OS FIXES	00:32:15
1127	711	ANTÓNIO MELO	M	67	M6599	23	00:53:39	C MILLENNIUM BCP	00:31:56
1128	846	JOÃO VEIGA	M	59	M5559	94	00:53:40	GD MACEDO OCULISTA	00:31:28
1129	1336	MAURICIO ENES	M	46	M4549	159	00:53:41	INDIVIDUAL	00:33:45
1130	1463	PEDRO CASINHA	M	30	M1934	202	00:53:41	INDIVIDUAL	00:33:13
1131	1337	PEDRO F MARQUES	M	45	M4549	160	00:53:42	INDIVIDUAL	00:33:45
1132	279	ANTÓNIO MOURA	M	50	M5054	144	00:53:44	CA VALE FIGUEIRA	00:31:20
1133	859	JOSE MARTINS	M	58	M5559	95	00:53:45	GD OS ASES	00:31:54
1134	862	MANUEL BARTOLOMEU	M	54	M5054	145	00:53:45	GD OS ASES	00:31:54
1135	1569	MARIA SIMÕES	F	36	F3544	36	00:53:46	INDIVIDUAL	00:31:30
1136	1570	JOÃO JUNQUEIRA	M	41	M4044	181	00:53:46	INDIVIDUAL	00:31:30
1137	1784	MANUEL S RIBEIRO	M	24	M1934	203	00:53:47	R 4 F	00:31:04
1138	624	ANA PAULA	F	31	F1934	17	00:53:52	CLUBE AUTOCOOPE	00:32:28
1139	930	ILDA SOUSA	F	47	F4554	15	00:53:54	NAZ ABÓBODA	00:31:50
1140	485	ANGELINA CAETANO	F	53	F4554	16	00:53:57	CCR ALTO MOINHO	00:32:03
1141	508	FERNANDO CARDOSO	M	57	M5559	96	00:53:57	CCDT METRO LX	00:32:44
1142	779	JOSE CATITA	M	51	M5054	146	00:53:57	Garmin Prazer Corrida	00:32:29
1143	499	PAULA MACHADO	F	54	F4554	17	00:53:58	CCDP MUN CASCAIS	00:32:24
1144	1173	CLAUDIA CRUZ	F	29	F1934	18	00:53:59	URCA	00:33:36
1145	1390	VITOR R SOUSA	M	59	M5559	97	00:54:00	INDIVIDUAL	00:31:58
1146	580	JOSÉ CORREIA	M	30	M1934	204	00:54:05	CCD EFACEC LX	00:31:32
1147	458	JOSE TEIXEIRA	M	45	M4549	161	00:54:07	AM B° CV LUMIAR	00:00:00
1148	1486	MÁRIO LIMA	M	56	M5559	98	00:54:07	INDIVIDUAL	00:32:18
1149	1804	JOÃO FRANCO	M	55	M5559	99	00:54:08	INDIVIDUAL	00:31:25
1150	1352	PEDRO P MESQUITA	M	20	M1934	205	00:54:10	INDIVIDUAL	00:30:33
1151	867	ANTÓNIO PEREIRA	M	43	M4044	182	00:54:12	GD SANTANDER TOTTA	00:32:01
1152	116	CARLOS PEREIRA	M	65	M6599	24	00:54:13	CCD CM LOURES	00:32:45
1153	1523	JORGE M MARQUES	M	56	M5559	100	00:54:13	INDIVIDUAL	00:32:57
1154	565	JOSÉ SIMÕES	M	61	M6064	66	00:54:14	CCD CASA PIA	00:32:01
1155	1818	PATRÍCIA AGOSTINHO	F	40	F3544	37	00:54:14	INDIVIDUAL	00:31:39
1156	1844	PAULO AMORIM	M	40	M4044	183	00:54:14	PÉ ATLETA	00:32:04
1157	1847	DIOGO JARDIM	M	45	M4549	162	00:54:14	PÉ ATLETA	00:32:04
1158	421	JOÃO BRANCO	M	61	M6064	67	00:54:16	AAE BNU	00:32:49
1159	703	AMADEU LOPES	M	75	M6599	25	00:54:16	C MILLENNIUM BCP	00:32:33

## Resultados com controlo

1160	1490	MANUEL O PEREIRA	M	51	M5054	147	00:54:17	INDIVIDUAL	00:32:04
1161	1782	SÉRGIO PIPA	M	35	M3539	191	00:54:17	DOMINGOS GODINHO	00:30:43
1162	123	JOÃO RAMOS	M	65	M6599	26	00:54:20	CCD CM LOURES	00:32:45
1163	1066	LUIS MADEIRA	M	39	M3539	192	00:54:20	SS CGD	00:30:37
1164	1753	NUNO ALEXANDRE VALENTE	M	30	M1934	206	00:54:20	INDIVIDUAL	00:31:18
1165	422	MANUEL OLIVEIRA	M	69	M6599	27	00:54:22	AAE BNU	00:32:57
1166	683	ANTÓNIO VALENTE	M	51	M5054	148	00:54:23	C FERROV PORTUGAL	00:31:28
1167	1114	PAULO ASSUNÇÃO	M	38	M3539	193	00:54:24	SPORTISEL	00:31:43
1168	1377	RICARDO L ALVES	M	29	M1934	207	00:54:24	INDIVIDUAL	00:31:27
1169	881	JOÃO COSTA	M	34	M1934	208	00:54:25	GD SANTANDER TOTTA	00:33:02
1170	889	ARMÉNIO CORREIA	M	39	M3539	194	00:54:26	GUP GRALHAS	00:32:37
1171	290	EMÍLIO GONÇALVES	M	40	M4044	184	00:54:27	CA VALE FIGUEIRA	00:33:33
1172	200	CARLOS VAZ	M	29	M1934	209	00:54:28	A SACAVENENSE	00:31:05
1173	441	JOAQUIM PEREIRA	M	69	M6599	28	00:54:28	AA LEBRES SADO	00:32:34
1174	1708	JOSÉ J A SILVA	M	39	M3539	195	00:54:28	RADICAL GYM	00:31:14
1175	448	ANA CRISTINA VIEIRA	F	32	F1934	19	00:54:29	AA LEBRES SADO	00:32:52
1176	1200	VITORIA MONTEIRO	F	57	F5599	10	00:54:30	VALEJAS AC	00:31:19
1177	1364	CARLA M V S MARTINS	F	33	F1934	20	00:54:30	INDIVIDUAL	00:32:14
1178	1456	LUIS M M FERREIRA	M	54	M5054	149	00:54:31	INDIVIDUAL	00:31:23
1179	1568	LUIS CAETANO	M	45	M4549	163	00:54:31	INDIVIDUAL	00:32:23
1180	1075	AURELIO CALADO	M	59	M5559	101	00:54:32	SS CGD	00:33:23
1181	969	JOSE BATALHA	M	62	M6064	68	00:54:34	OS SANTARENOS	00:32:40
1182	1313	JORGE M O P ALMEIDA	M	40	M4044	185	00:54:34	INDIVIDUAL	00:32:50
1183	1320	CARLOS SOUSA	M	49	M4549	164	00:54:35	INDIVIDUAL	00:32:51
1184	1321	HENRIQUETA SOLIPA	F	47	F4554	18	00:54:35	INDIVIDUAL	00:32:50
1185	1596	JORGE TEIXEIRA	M	39	M3539	196	00:54:36	CLUBE VODAFONE	00:32:40
1186	1315	CARLOS D C TEIXEIRA	M	49	M4549	165	00:54:37	INDIVIDUAL	00:31:17
1187	1900	HUGO PINTO	M	33	M1934	210	00:54:37	INDIVIDUAL	00:32:23
1188	1267	JOSE M F SANTOS	M	50	M5054	150	00:54:38	INDIVIDUAL	00:31:26
1189	1065	ANDRÉ NORONHA	M	44	M4044	186	00:54:39	SS CGD	00:32:51
1190	451	LUIS TORRÃO	M	55	M5559	102	00:54:40	AA LEBRES SADO	00:32:35
1191	943	SÉRGIO DANIEL	M	66	M6599	29	00:54:40	NA PAPAGAIOS CASCAIS	00:33:01
1192	1238	JOSÉ LUIS LOPES	M	52	M5054	151	00:54:40	CARROÇAS ESTRELA	00:31:47
1193	797	NUNO ROMÃO	M	41	M4044	187	00:54:42	GD INE	00:33:38
1194	1084	JAIME GOMES	M	52	M5054	152	00:54:46	SS MONTEPIO GERAL	00:33:16
1195	1090	VITOR JORGE	M	60	M6064	69	00:54:46	SS MONTEPIO GERAL	00:33:15
1196	432	CAETANO SILVEIRA	M	61	M6064	70	00:54:47	AA LEBRES SADO	00:33:06
1197	1092	JORGE NARCISO	M	48	M4549	166	00:54:48	SMO PROGRESSO	00:32:41
1198	1823	ELISABETE BARREIRA	F	33	F1934	21	00:54:50	GDR LEIÃO	00:32:22
1199	1303	MANUEL G NUNES	M	63	M6064	71	00:54:51	INDIVIDUAL	00:33:01
1200	1121	JOÃO PARRA	M	53	M5054	153	00:54:52	TEJAVISTA	00:32:13
1201	1446	JOÃO A L ARENGA	M	60	M6064	72	00:54:52	INDIVIDUAL	00:31:48
1202	1249	ANTÓNIO L M BRETANHA	M	40	M4044	188	00:54:53	DOMINGOS GODINHO	00:32:15
1203	1106	ARMINDO VELEZ	M	59	M5559	103	00:54:55	SL CAMPOLIDE	00:33:17
1204	1136	HUGO PÁSCOA	M	32	M1934	211	00:54:57	TEJAVISTA	00:31:40
1205	741	ANTÓNIO MARTINHO	M	44	M4044	189	00:54:59	CLUVE COIMBRA	00:32:58
1206	866	ALFREDO MONTEIRO	M	58	M5559	104	00:54:59	GD OS ASES	00:32:06
1207	595	ANTÓNIO MAMEDE	M	46	M4549	167	00:55:01	CSP C M PENICHE	00:34:07
1208	682	PAULO VERÍSSIMO	M	34	M1934	212	00:55:02	C FERROV PORTUGAL	00:31:52
1209	1043	JOSÉ GALVAO	M	41	M4044	190	00:55:02	SFUAP	00:32:23
1210	1047	CONCEIÇÃO GALVÃO	F	43	F3544	38	00:55:03	SFUAP	00:32:24
1211	305	PAULO PORTUGAL	M	40	M4044	191	00:55:06	CA VALE FIGUEIRA	00:33:32
1212	90	ANABELA OLIVEIRA	F	45	F4554	19	00:55:07	ADL APELAÇONENSES	00:32:03
1213	890	PAULO MAGALHÃES	M	39	M3539	197	00:55:10	GUP GRALHAS	00:33:53
1214	426	ANTÓNIO CALDEIRA	M	55	M5559	105	00:55:14	A DANIEL CALDEIRA	00:33:19
1215	427	RENATO SOUSA	M	58	M5559	106	00:55:14	A DANIEL CALDEIRA	00:33:20
1216	574	RICARDO SEPULVEDA	M	30	M1934	213	00:55:15	CCD EFACEC LX	00:31:53
1217	1076	PAULO BAILÃO	M	38	M3539	198	00:55:15	SS CGD	00:32:51

## Resultados com controlo

1218	1355	LUIS M MARTINS	M	47	M4549	168	00:55:15	INDIVIDUAL	00:32:24
1219	1356	ANTÓNIO M ALMEIDA	M	44	M4044	192	00:55:15	INDIVIDUAL	00:32:24
1220	1749	MARIA AZEVEDO	F	31	F1934	22	00:55:15	WIKABOO	00:33:19
1221	406	MÁRIO GONÇALVES	M	62	M6064	73	00:55:16	AMIGOS PARQUE PAZ	00:32:40
1222	658	FERNANDO OLIVEIRA	M	53	M5054	154	00:55:16	C SARGENTO ARMADA	00:33:26
1223	1067	JOAQUIM GABRIEL	M	63	M6064	74	00:55:16	SS CGD	00:33:07
1224	1746	FILIPE NEVES	M	35	M3539	199	00:55:16	WIKABOO	00:33:19
1225	544	MÁRIO LAMEIRAO	M	60	M6064	75	00:55:17	C BENFICA ALGUEIRÃO M MARTINS	00:32:37
1226	119	FERNANDO PEREIRA	M	65	M6599	30	00:55:18	CCD CM LOURES	00:32:44
1227	1234	RAUL COSTA	M	45	M4549	169	00:55:21	CLUBE ROBBIALAC	00:33:44
1228	964	JOÃO RAMOS	M	48	M4549	170	00:55:24	OS SANTARENOS	00:31:11
1229	1017	PAULO SOUSA	M	42	M4044	193	00:55:30	R 4 F	00:32:21
1230	1459	ALVARO RICARDO	M	60	M6064	76	00:55:30	INDIVIDUAL	00:33:26
1231	157	PAULO TAVARES	M	35	M3539	200	00:55:32	GD S DOMINGOS	00:32:26
1232	444	RUI SIMÕES	M	34	M1934	214	00:55:32	AA LEBRES SADO	00:31:58
1233	664	JOÃO ROSA	M	32	M1934	215	00:55:41	CLUBE STRESS	00:33:09
1234	1023	RICARDO SILVA	M	27	M1934	216	00:55:41	R 4 F	00:32:48
1235	945	MARIA LIMA	F	53	F4554	20	00:55:43	O FORNO CIDADE	00:33:21
1236	1069	LUIS SANTAREM	M	53	M5054	155	00:55:43	SS CGD	00:33:07
1237	1438	PAULO SOUSA	M	45	M4549	171	00:55:43	INDIVIDUAL	00:34:01
1238	496	JOÃO NAZARIO	M	37	M3539	201	00:55:49	CCDP MUN CASCAIS	00:31:44
1239	1572	RAFAEL FRANCO	M	43	M4044	194	00:55:49	INDIVIDUAL	00:31:28
1240	1207	MARCO GONÇALVES	M	37	M3539	202	00:55:51	WAYNEXT	00:32:20
1241	1675	JOSÉ F O HORTA	M	60	M6064	77	00:55:53	INDIVIDUAL	00:36:30
1242	800	JOSE ABREU	M	61	M6064	78	00:55:54	GD IN CASA MOEDA	00:33:05
1243	1139	LUIS MOURA	M	51	M5054	156	00:55:57	TEJAVISTA	00:32:33
1244	1388	JOÃO M A BRAZ	M	37	M3539	203	00:55:57	INDIVIDUAL	00:32:05
1245	509	FRANCISCO GONÇALVES	M	42	M4044	195	00:56:00	CCDT METRO LX	00:32:08
1246	1332	RUI ANTUNES	M	35	M3539	204	00:56:00	INDIVIDUAL	00:34:11
1247	639	JOÃO TOMÁS	M	24	M1934	217	00:56:01	CD GRUPO BES	00:32:13
1248	62	JOSE PEREIRA	M	60	M6064	79	00:56:04	ADL APELAÇONENSES	00:33:31
1249	1131	LUIS MIRANDA	M	49	M4549	172	00:56:05	TEJAVISTA	00:34:29
1250	1263	TIAGO A CARVALHO	M	30	M1934	218	00:56:05	INDIVIDUAL	00:32:56
1251	1401	ANTÓNIO M S SILVA	M	50	M5054	157	00:56:06	INDIVIDUAL	00:34:52
1252	1402	PEDRO M A S SILVA	M	24	M1934	219	00:56:07	INDIVIDUAL	00:34:52
1253	698	ONDINA FRADO	F	39	F3544	39	00:56:09	CF OS BELENENSES	00:00:00
1254	1221	ROGÉRIO PINA	M	55	M5559	107	00:56:10	CLUBE ANACOM	00:32:19
1255	655	ANTÓNIO PEREIRA	M	45	M4549	173	00:56:12	C SARGENTO ARMADA	00:33:15
1256	1795	PAULA PINTO	F	46	F4554	21	00:56:12	C SARGENTO ARMADA	00:33:15
1257	1386	JOÃO BRAZ	M	45	M4549	174	00:56:13	INDIVIDUAL	00:36:18
1258	770	FRANCISCO PINHEIRO	M	54	M5054	158	00:56:14	GA MONSANTO GASCAN	00:33:06
1259	775	VANESSA REIS	F	30	F1934	23	00:56:14	GA MONSANTO GASCAN	00:33:06
1260	771	MIGUEL SILVA	M	64	M6064	80	00:56:16	GA MONSANTO GASCAN	00:33:15
1261	1745	NUNO BARRADAS	M	44	M4044	196	00:56:16	WIKABOO	00:33:17
1262	1840	RICARDO BERNARDINO	M	23	M1934	220	00:56:16	INDIVIDUAL	00:32:34
1263	1613	AFONSO L FARIA	M	40	M4044	197	00:56:17	CLUBE STRESS	00:36:16
1264	705	PAULO SOUSA VARELA	M	37	M3539	205	00:56:18	C MILLENNIUM BCP	00:33:21
1265	183	HÉLIO MELO	M	60	M6064	81	00:56:19	GA SUPER ESTRELAS	00:32:30
1266	1548	JOSÉ MANUEL MALÉS	M	55	M5559	108	00:56:19	INDIVIDUAL	00:33:03
1267	1130	JOANA GOMES	F	26	F1934	24	00:56:20	TEJAVISTA	00:34:30
1268	799	ANTÓNIO NASCIMENTO	M	68	M6599	31	00:56:22	GD IN CASA MOEDA	00:33:07
1269	1558	JOSE M C ALVES	M	39	M3539	206	00:56:22	INDIVIDUAL	00:31:09
1270	1781	FERNANDO SENDINHA	M	34	M1934	221	00:56:23	DOMINGOS GODINHO	00:33:59
1271	1141	JOAQUIM PALMA	M	55	M5559	109	00:56:25	TELHEIRAS RUNNING	00:34:20
1272	1531	SEMIRO ALVES	M	58	M5559	110	00:56:25	INDIVIDUAL	00:32:32
1273	1567	JOAQUIM VALADARES	M	46	M4549	175	00:56:25	INDIVIDUAL	00:32:56
1274	1233	JOSE VILELA	M	40	M4044	198	00:56:26	CLUBE ROBBIALAC	00:33:45
1275	1349	ANTÓNIO I M MESQUITA	M	45	M4549	176	00:56:28	INDIVIDUAL	00:33:31

## Resultados com controlo

1276	1560	JOSE P P FERREIRA	M	48	M4549	177	00:56:28	INDIVIDUAL	00:34:43
1277	1013	MANUEL FERREIRA	M	62	M6064	82	00:56:29	QUIOSQUE MIRANTE	00:36:19
1278	1615	LÚIS AMARAL	M	41	M4044	199	00:56:29	CLUBE STRESS	00:36:17
1279	464	VALENTINA	F	31	F1934	25	00:56:30	ATLETAS PESO	00:32:22
1280	462	JORGE AGUIAR	M	42	M4044	200	00:56:31	ATLETAS PESO	00:28:37
1281	463	FERNANDO OLIVEIRA	M	53	M5054	159	00:56:31	ATLETAS PESO	00:32:22
1282	1773	ANA P TORRES	F	39	F3544	40	00:56:31	INDIVIDUAL	00:33:37
1283	246	ANDRÉ ALBANO	M	29	M1934	222	00:56:38	ADC CATUJAL	00:33:45
1284	648	RUI XAVIER	M	41	M4044	201	00:56:38	CP EDP LISBOA	00:33:25
1285	1102	JOAQUIM CORREIA	M	47	M4549	178	00:56:39	SL CAMPOLIDE	00:33:17
1286	154	MARIA JOSÉ DIAS	F	35	F3544	41	00:56:42	GD S DOMINGOS	00:33:51
1287	637	JOÃO DIAS	M	37	M3539	207	00:56:46	CD GRUPO BES	00:32:47
1288	1384	VALDEMAR PEREIRA	M	58	M5559	111	00:56:46	INDIVIDUAL	00:33:29
1289	956	JOSE MATILDES	M	52	M5054	160	00:56:47	OS NUNES	00:34:19
1290	720	LEONEL BRANDAO	M	41	M4044	202	00:56:48	C MILLENNIUM BCP	00:32:54
1291	1414	FÁBIA B LOURENÇO	F	43	F3544	42	00:56:51	INDIVIDUAL	00:33:05
1292	182	VANDA AUGUSTO	F	45	F4554	22	00:56:55	GA SUPER ESTRELAS	00:33:39
1293	1160	HELIO CARREIRA	M	31	M1934	223	00:56:55	URD ARRANHÓ	00:33:39
1294	1760	FERNANDO ALLEN	M	59	M5559	112	00:56:55	INDIVIDUAL	00:35:08
1295	469	PAULO GUERRA	M	39	M3539	208	00:57:01	BENAVENTE RUNNING	00:34:59
1296	1709	LUIS M S MARTINHO	M	26	M1934	224	00:57:01	RADICAL GYM	00:33:09
1297	679	ANTÓNIO GONÇALVES	M	62	M6064	83	00:57:02	C FERROV PORTUGAL	00:33:47
1298	1128	AFONSO BUSTORFF	M	20	M1934	225	00:57:03	TEJAVISTA	00:34:44
1299	681	PAULO JANUÁRIO	M	39	M3539	209	00:57:04	C FERROV PORTUGAL	00:33:00
1300	839	ARTUR DINIS	M	51	M5054	161	00:57:04	GD MACEDO OCULISTA	00:33:50
1301	1421	CARLOS RODRIGUES	M	36	M3539	210	00:57:04	INDIVIDUAL	00:32:11
1302	1439	JOSÉ MOTA	M	45	M4549	179	00:57:11	INDIVIDUAL	00:34:04
1303	1239	FERNANDO MATIAS	M	43	M4044	203	00:57:15	CARROÇAS ESTRELA	00:33:37
1304	1837	MÁRIO PIRES	M	50	M5054	162	00:57:17	INDIVIDUAL	00:33:51
1305	758	PEDRO NUNES	M	28	M1934	226	00:57:18	GD BANCO BPI	00:34:48
1306	1016	MIGUEL CORREIA	M	48	M4549	180	00:57:29	R 4 F	00:33:13
1307	79	PAULO ASCENSÃO	M	35	M3539	211	00:57:33	ADL APELAÇONENSES	00:33:46
1308	1327	JORGE FERNANDES	M	37	M3539	212	00:57:42	INDIVIDUAL	00:34:06
1309	575	ADELINO CASTRO	M	57	M5559	113	00:57:43	CCD EFACEC LX	00:33:53
1310	714	LEONEL FERREIRINHA	M	61	M6064	84	00:57:47	C MILLENNIUM BCP	00:34:15
1311	875	MANUEL ROBALO	M	63	M6064	85	00:57:47	GD SANTANDER TOTTA	00:34:20
1312	1241	VITOR NEVES	M	45	M4549	181	00:57:47	CARROÇAS ESTRELA	00:32:36
1313	434	GONÇALO NETO	M	42	M4044	204	00:57:48	AA LEBRES SADO	00:34:21
1314	1116	JORGE JANELA	M	21	M1934	227	00:57:49	SPORTISEL	00:32:36
1315	1286	RICARDO M F S ALVES	M	38	M3539	213	00:57:49	INDIVIDUAL	00:34:56
1316	1806	PAULO SOARES	M	39	M3539	214	00:57:49	ENS RAMADA 1	00:33:41
1317	1849	JORGE ROQUE	M	43	M4044	205	00:57:52	INDIVIDUAL	00:34:07
1318	644	RUI LOPES	M	57	M5559	114	00:57:53	CD GRUPO BES	00:36:01
1319	1251	LEONARDO M ANDRADE	M	25	M1934	228	00:57:53	ADRC MATA DE BENFICA	00:35:00
1320	1681	ANTÓNIO M P CHARRO	M	45	M4549	182	00:57:53	INDIVIDUAL	00:34:19
1321	1394	PAULO SEQUEIRA	M	39	M3539	215	00:57:56	INDIVIDUAL	00:34:05
1322	1506	LUIS SANTOS	M	44	M4044	206	00:57:56	INDIVIDUAL	00:35:06
1323	1117	LUIZA FOLGADO	F	57	F5599	11	00:57:57	SPORTISEL	00:33:48
1324	1287	PORFIRIO A ALVES	M	65	M6599	32	00:57:58	INDIVIDUAL	00:34:56
1325	38	ALBINO FERREIRA	M	40	M4044	207	00:58:01	ADL APELAÇONENSES	00:36:21
1326	45	AGOSTINHO TORRES	M	45	M4549	183	00:58:01	ADL APELAÇONENSES	00:35:05
1327	1124	PEDRO DELGADO	M	60	M6064	86	00:58:07	TEJAVISTA	00:34:44
1328	1127	MANUELA BUSTORFF	F	54	F4554	23	00:58:08	TEJAVISTA	00:34:44
1329	1112	MÁRIO PINA	M	66	M6599	33	00:58:09	SPORTISEL	00:35:00
1330	1498	CARMINDA PIRES	F	46	F4554	24	00:58:14	INDIVIDUAL	00:33:57
1331	1316	FREDERICO S A SOUSA	M	45	M4549	184	00:58:15	INDIVIDUAL	00:33:58
1332	1304	FERNANDO A M AZEVEDO	M	44	M4044	208	00:58:16	INDIVIDUAL	00:33:34
1333	1561	LUIS MARTINS	M	49	M4549	185	00:58:18	INDIVIDUAL	00:34:34

## Resultados com controlo

1334	990	RUI ALBERTO	M	58	M5559	115	00:58:20	OS ZATOPEQUES	00:34:49
1335	1409	MANUEL AUGUSTO	M	70	M6599	34	00:58:20	INDIVIDUAL	00:35:52
1336	1874	RUI PINTO	M	42	M4044	209	00:58:20	INDIVIDUAL	00:34:41
1337	1614	CARLOS AMBRÓSIO	M	53	M5054	163	00:58:21	CLUBE STRESS	00:34:18
1338	1885	VASCO SILVA	M	42	M4044	210	00:58:21	INDIVIDUAL	00:34:18
1339	1483	JOSE L N MARQUES	M	38	M3539	216	00:58:24	INDIVIDUAL	00:34:47
1340	662	FRANCISCO ALMEIDA	M	38	M3539	217	00:58:26	CLUBE STRESS	00:34:18
1341	570	LUIS GÓIS	M	54	M5054	164	00:58:27	CCD SEG SOCIAL LX	00:35:14
1342	661	DEOLINDA SANTOS	F	38	F3544	43	00:58:27	CLUBE STRESS	00:34:18
1343	1010	FERNANDA TEIXEIRA	F	44	F3544	44	00:58:29	QUALIDADE CAR LDA	00:00:00
1344	1368	PEDRO A TAVARES	M	42	M4044	211	00:58:29	INDIVIDUAL	00:35:51
1345	1399	Mª ROSA CARITA	F	49	F4554	25	00:58:36	INDIVIDUAL	00:34:04
1346	576	MANUEL GOMES	M	64	M6064	87	00:58:39	CCD EFACEC LX	00:34:58
1347	1469	JOÃO CARDOSO	M	43	M4044	212	00:58:39	INDIVIDUAL	00:34:45
1348	519	ORLANDO SOUSA	M	46	M4549	186	00:58:40	CCDT METRO LX	00:34:26
1349	521	RAFAEL SANTOS	M	42	M4044	213	00:58:40	CCDT METRO LX	00:34:27
1350	1255	NUNO A M PITA	M	33	M1934	229	00:58:40	INDIVIDUAL	00:34:34
1351	1395	PATRICIA GOMES	F	27	F1934	26	00:58:46	INDIVIDUAL	00:34:07
1352	1530	FILIPE JEREMIAS	M	44	M4044	214	00:58:48	INDIVIDUAL	00:35:52
1353	1603	RODRIGO A M C G REIS	M	35	M3539	218	00:58:51	INDIVIDUAL	00:36:38
1354	700	MARIA MATUDA	F	61	F5599	12	00:58:53	CF OS BELENENSES	00:33:38
1355	788	PAULO RODRIGUES	M	34	M1934	230	00:58:54	GATOS FEDORENTOS	00:34:14
1356	77	FERNANDA LUCAS	F	55	F5599	13	00:58:57	ADL APELAÇONENSES	00:34:49
1357	91	EMÍLIA BORGES	F	45	F4554	26	00:58:57	ADL APELAÇONENSES	00:34:50
1358	1367	NUNO Q MARTINS	M	34	M1934	231	00:58:57	INDIVIDUAL	00:35:51
1359	1868	PEDRO CLAUDIO	M	41	M4044	215	00:58:58	INDIVIDUAL	00:34:51
1360	1253	CLAUDIO BOINO	M	35	M3539	219	00:59:01	ADRC MATA DE BENFICA	00:35:58
1361	1538	ARTUR MARCELINO	M	68	M6599	35	00:59:05	INDIVIDUAL	00:34:25
1362	773	ANTÓNIO PARDAL	M	53	M5054	165	00:59:08	GA MONSANTO GASCAN	00:35:45
1363	573	ANTÓNIO LOPES	M	59	M5559	116	00:59:10	CCD EFACEC LX	00:36:05
1364	1850	BRIGITTE SOUSA	F	26	F1934	27	00:59:14	QUARTETO	00:34:15
1365	1721	LUIS GUERRINHA	M	39	M3539	220	00:59:15	WEBWISE	00:33:56
1366	948	ANTÓNIO CASTANHEIRA	M	66	M6599	36	00:59:16	OS INDOMAVEIS	00:32:03
1367	1722	SÓNIA LOPES	F	36	F3544	45	00:59:16	WEBWISE	00:33:57
1368	423	LUIS PAISANA	M	35	M3539	221	00:59:18	A DANIEL CALDEIRA	00:34:33
1369	428	PAULO CARDIM	M	35	M3539	222	00:59:18	A DANIEL CALDEIRA	00:35:56
1370	1086	JOAQUIM MELO	M	41	M4044	216	00:59:19	SS MONTEPIO GERAL	00:34:27
1371	1458	MANUEL RODRIGO	M	60	M6064	88	00:59:19	INDIVIDUAL	00:35:27
1372	1460	RUI RODRIGO	M	34	M1934	232	00:59:19	INDIVIDUAL	00:35:28
1373	1007	JOÃO CARVALHO	M	59	M5559	117	00:59:23	QUALIDADE CAR LDA	00:34:51
1374	569	ALICE JUSTINO	F	57	F5599	14	00:59:28	CCD SEG SOCIAL LX	00:35:26
1375	790	PALMIRA RODRIGUES	F	55	F5599	15	00:59:28	GATOS FEDORENTOS	00:00:00
1376	736	JOAQUIM CALHAU	M	43	M4044	217	00:59:32	C MILLENNIUM BCP	00:34:49
1377	1574	JULIO SANTOS	M	48	M4549	187	00:59:33	INDIVIDUAL	00:34:16
1378	1334	NUNO GONÇALVES	M	56	M5559	118	00:59:34	INDIVIDUAL	00:36:43
1379	1345	VITORIA M N CORREIA	F	35	F3544	46	00:59:34	INDIVIDUAL	00:34:50
1380	1347	JOÃO LOBO	M	46	M4549	188	00:59:35	INDIVIDUAL	00:34:51
1381	754	CARLOS RODA	M	49	M4549	189	00:59:37	GD BANCO BPI	00:36:01
1382	756	PEDRO BARBOSA	M	27	M1934	233	00:59:38	GD BANCO BPI	00:35:05
1383	1550	JOSÉ PEDRO SILVA GARCIA	M	25	M1934	234	00:59:38	INDIVIDUAL	00:34:29
1384	1717	SANDRA SILVA	F	32	F1934	28	00:59:52	INDIVIDUAL	00:35:44
1385	1845	PAULO SOUSA	M	35	M3539	223	00:59:58	PÉ ATLETA	00:35:28
1386	1731	HELDER VARANDAS	M	61	M6064	89	01:00:05	ACR MEALHADA	00:35:40
1387	1707	PEDRO M M N REIS	M	38	M3539	224	01:00:08	RADICAL GYM	00:36:18
1388	66	LUCIANA PEREIRA	F	30	F1934	29	01:00:11	ADL APELAÇONENSES	00:35:41
1389	78	GORETI FERNANDES	F	45	F4554	27	01:00:12	ADL APELAÇONENSES	00:35:40
1390	1817	JOSÉ J P GIL	M	37	M3539	225	01:00:12	INDIVIDUAL	00:33:58
1391	1723	PEDRO MACHADO	M	41	M4044	218	01:00:16	WEBWISE	00:34:13



## Resultados com controlo

1392	1138	DANIELA MOURA	F	49	F4554	28	01:00:26	TEJAVISTA	00:35:03
1393	1803	Mª LURDES PEREIRA	F	40	F3544	47	01:00:27	INDIVIDUAL	00:36:41
1394	678	ANTÓNIO FERREIRA	M	52	M5054	166	01:00:28	C FERROV PORTUGAL	00:35:23
1395	724	CARLA RIBEIRO	F	31	F1934	30	01:00:28	C MILLENNIUM BCP	00:35:20
1396	1019	JOANA MENDES	F	54	F4554	29	01:00:30	R 4 F	00:36:06
1397	1796	PEDRO J N CLARO	M	23	M1934	235	01:00:39	INDIVIDUAL	00:35:02
1398	1481	NUNO M D MOTA	M	30	M1934	236	01:00:44	INDIVIDUAL	00:33:45
1399	363	IDALINA MADEIRA	F	48	F4554	30	01:00:45	AÇOREANA C BANIF	00:35:47
1400	680	MÁRIO VIEIRA	M	57	M5559	119	01:00:47	C FERROV PORTUGAL	00:35:14
1401	1257	RUI MARINHO	M	51	M5054	167	01:00:48	INDIVIDUAL	00:35:07
1402	286	CLARA MINA	F	45	F4554	31	01:00:51	CA VALE FIGUEIRA	00:34:17
1403	1797	TELMA N C MARQUES	F	23	F1934	31	01:00:56	INDIVIDUAL	00:35:02
1404	1827	ILIDIO MONTEIRO	M	59	M5559	120	01:00:57	RC STO AMARO	00:36:02
1405	1135	ANDRÉ ASCENÇÃO	M	27	M1934	237	01:00:58	TEJAVISTA	00:34:50
1406	1362	RAMIRO VAZ	M	38	M3539	226	01:00:59	INDIVIDUAL	00:38:19
1407	1363	RUI VAZ	M	32	M1934	238	01:00:59	INDIVIDUAL	00:38:20
1408	634	CARLOS CARITA	M	50	M5054	168	01:01:05	CD GRUPO BES	00:36:49
1409	376	LUÍS NEVES	M	35	M3539	227	01:01:06	AÇOREANA C BANIF	00:36:06
1410	1824	MARIA MAGALHÃES	F	31	F1934	32	01:01:08	GDR LEIÃO	00:38:19
1411	809	JOSE SIMOES	M	53	M5054	169	01:01:14	GEORUNNERS	00:35:35
1412	468	RICARDO TAVARES	M	25	M1934	239	01:01:26	BENAVENTE RUNNING	00:00:00
1413	1254	RUI T HENRIQUES	M	61	M6064	90	01:01:30	ADRC MATA DE BENFICA	00:36:41
1414	1641	MANUEL O GONÇALVES	M	26	M1934	240	01:01:36	INDIVIDUAL	00:35:46
1415	1755	ANTÓNIO F O COSTA	M	58	M5559	121	01:01:43	INDIVIDUAL	00:35:37
1416	1210	BAUKE SCHILDT	M	34	M1934	241	01:01:45	WAYNEXT	00:35:42
1417	1308	JOSE P HENRIQUES	M	59	M5559	122	01:01:46	INDIVIDUAL	00:36:37
1418	1307	JOÃO MONTEIRO	M	52	M5054	170	01:01:47	INDIVIDUAL	00:36:37
1419	1168	ANTÓNIO BORLA	M	64	M6064	91	01:01:50	UCRD PRAIENSE	00:37:28
1420	1735	LILIA SANTOS	F	47	F4554	32	01:01:52	GDC CASQUILHOS	00:36:08
1421	1398	JOSE CARITA	M	50	M5054	171	01:01:54	INDIVIDUAL	00:34:03
1422	1338	PEDRO MIGUEL	M	19	M1934	242	01:01:56	INDIVIDUAL	00:34:36
1423	1742	VITALINO MENDONÇA	M	60	M6064	92	01:02:12	NS SÃO MIGUEL	00:37:30
1424	806	PAULO ABREU	M	35	M3539	228	01:02:13	GD IN CASA MOEDA	00:36:45
1425	1012	RUI CHAVES	M	45	M4549	190	01:02:19	QUIOSQUE MIRANTE	00:37:04
1426	1014	FERNANDO MADEIRA	M	60	M6064	93	01:02:19	QUIOSQUE MIRANTE	00:37:04
1427	907	TANIA REVES	F	30	F1934	33	01:02:27	LESMAS ALOPRADAS	00:35:15
1428	749	PAULO GODINHO	M	42	M4044	219	01:02:34	GD BANCO BPI	00:35:34
1429	868	LUIS SILVA	M	67	M6599	37	01:02:42	GD SANTANDER TOTTA	00:37:22
1430	566	CARLOS ANDRADE	M	37	M3539	229	01:02:47	CCD CASA PIA	00:37:28
1431	568	MANUEL TAVARES	M	50	M5054	172	01:02:47	CCD CASA PIA	00:37:28
1432	1776	PAULO FIGUEIREDO	M	30	M1934	243	01:02:47	INDIVIDUAL	00:37:59
1433	1328	GERARDO A MARTINS	M	44	M4044	220	01:02:48	INDIVIDUAL	00:37:43
1434	493	JOSE FIALHO	M	49	M4549	191	01:02:52	CCDP MUN CASCAIS	00:35:08
1435	1777	JOSÉ MATEUS	M	20	M1934	244	01:02:54	INDIVIDUAL	00:38:01
1436	815	RAUL HENRIQUES	M	74	M6599	38	01:02:56	GA OS MATULÕES	00:37:30
1437	1404	JOSE CERQUEIRA	M	59	M5559	123	01:02:56	INDIVIDUAL	00:35:51
1438	513	JORGE CHAGAS	M	42	M4044	221	01:02:58	CCDT METRO LX	00:35:44
1439	515	JOSÉ VALENTE	M	53	M5054	173	01:02:59	CCDT METRO LX	00:38:08
1440	1335	JOAQUIM FERREIRA	M	45	M4549	192	01:03:03	INDIVIDUAL	00:37:26
1441	895	JOSE BARREIROS	M	62	M6064	94	01:03:05	INSEPARÁVEIS ALMADA	00:37:48
1442	894	MANUEL MARTINS	M	66	M6599	39	01:03:06	INSEPARÁVEIS ALMADA	00:37:49
1443	958	DANIEL NUNES	M	29	M1934	245	01:03:09	OS NUNES	00:36:38
1444	1502	EURICO J B MIRANDA	M	41	M4044	222	01:03:15	INDIVIDUAL	00:35:57
1445	814	JORGE S. PARREIRA	M	69	M6599	40	01:03:17	GA OS MATULÕES	00:37:29
1446	802	JOSÉ LIBARATO	M	33	M1934	246	01:03:23	GD IN CASA MOEDA	00:36:59
1447	789	MÁRIO RODRIGUES	M	55	M5559	124	01:03:25	GATOS FEDORENTOS	00:36:29
1448	1562	RUI SANTOS	M	37	M3539	230	01:03:28	INDIVIDUAL	00:37:25
1449	813	ARMANDO LUIS	M	63	M6064	95	01:03:30	GA OS MATULÕES	00:37:31

## Resultados com controlo

1450	1094	FRANCISCO NASCIMENTO	M	56	M5559	125	01:03:31	SMO PROGRESSO	00:37:23
1451	1462	ILDA RODRIGUES	F	40	F3544	48	01:03:31	INDIVIDUAL	00:37:13
1452	1282	Mª SUSANA MATIAS	F	40	F3544	49	01:03:35	INDIVIDUAL	00:36:34
1453	853	ARMANDO CARMO	M	72	M6599	41	01:03:40	GD MACEDO OCULISTA	00:38:36
1454	1573	ANTÓNIO M S SAMÕES	M	54	M5054	174	01:03:46	INDIVIDUAL	00:34:13
1455	584	IOLANDA RAMOS	F	43	F3544	50	01:03:51	CCD EFACEC LX	00:36:32
1456	1323	FATIMA LOUREIRO	F	48	F4554	33	01:03:52	INDIVIDUAL	00:37:53
1457	1177	HELENA MAGALHÃES	F	38	F3544	51	01:03:55	URCA	00:39:06
1458	1189	DIANA CORREIA	F	66	F5599	16	01:03:57	VALEJAS AC	00:35:59
1459	1808	MARIO F FERREIRA	M	45	M4549	193	01:04:08	INDIVIDUAL	00:37:33
1460	1172	MARGARETE CRUZ	F	23	F1934	34	01:04:10	URCA	00:39:05
1461	766	CAROLINA RODA	F	51	F4554	34	01:04:15	GD BANCO BPI	00:39:43
1462	692	FRANCISCO MOUCINHO	M	60	M6064	96	01:04:17	CF OS BELENENSES	00:34:29
1463	1038	RICARDO SIMÕES	M	40	M4044	223	01:04:18	RUNNING OF D MARIA	00:35:32
1464	1778	PAULO VALENTE	M	37	M3539	231	01:04:20	INDIVIDUAL	00:41:52
1465	1571	JOSE A BARREIROS	M	38	M3539	232	01:04:27	INDIVIDUAL	00:37:24
1466	251	TIAGO HENRIQUES	M	29	M1934	247	01:04:46	ADC CATUJAL	00:36:07
1467	1378	RITA NORONHA	F	29	F1934	35	01:04:49	INDIVIDUAL	00:38:16
1468	510	GUALDINO FREIRE	M	63	M6064	97	01:04:50	CCDT METRO LX	00:38:10
1469	1107	DINA FONSECA	F	39	F3544	52	01:04:50	SL CAMPOLIDE	00:37:44
1470	996	JOAQUIM PIRES	M	44	M4044	224	01:04:52	PELEGAS AC	00:35:39
1471	691	FERNANDO CARREIRA	M	41	M4044	225	01:05:03	CF OS BELENENSES	00:37:43
1472	1381	ANA T S NASCIMENTO	F	38	F3544	53	01:05:03	INDIVIDUAL	00:37:44
1473	1230	MAZIAN PUTU	M	19	M1934	248	01:05:06	OS IRMÃOS ROMENOS	00:40:32
1474	1229	RAZIAN PUTU	M	27	M1934	249	01:05:07	OS IRMÃOS ROMENOS	00:40:33
1475	1098	MANUEL FONSECA	M	45	M4549	194	01:05:23	SL CAMPOLIDE	00:32:12
1476	854	PAULA GOMES	F	42	F3544	54	01:05:33	GD MACEDO OCULISTA	00:37:13
1477	1129	CARLOS TEIXEIRA	M	48	M4549	195	01:05:39	TEJAVISTA	00:37:38
1478	906	FILOMENA AEVIA	F	49	F4554	35	01:05:54	LESMAS ALOPRADAS	00:39:58
1479	1846	JOSÉ BRAGA	M	35	M3539	233	01:06:12	PÉ ATLETA	00:40:01
1480	1863	GORETE CAPUCHO	F	41	F3544	55	01:06:15	AGUIAS UNIDAS	00:37:52
1481	1348	CARLOS M C OLIVEIRA	M	53	M5054	175	01:06:17	INDIVIDUAL	00:37:54
1482	1564	CARLOS BARREIRAS	M	60	M6064	98	01:06:17	INDIVIDUAL	00:27:17
1483	1535	JOÃO T L P MOREIRA	M	36	M3539	234	01:06:27	INDIVIDUAL	00:39:45
1484	902	Mª CARMO ANJOS	F	62	F5599	17	01:06:38	JF PORTELA	00:38:56
1485	1126	Mª DO CÉU AZURARA	F	49	F4554	36	01:07:08	TEJAVISTA	00:39:02
1486	388	ISABEL COELHO	F	43	F3544	56	01:07:16	ADCR P JUDICIÁRIA	00:38:23
1487	1814	JOÃO T A PIMENTEL	M	20	M1934	250	01:07:49	INDIVIDUAL	00:38:28
1488	1763	JAIME G PAIXÃO	M	77	M6599	42	01:08:01	INDIVIDUAL	00:39:28
1489	922	ANTÓNIO MORGADO	M	57	M5559	126	01:08:02	NA BEIERSDORF	00:39:35
1490	394	JOAQUIM MATOS	M	59	M5559	127	01:08:16	AA MAFRA	00:40:19
1491	284	FRANCISCO CASACA	M	65	M6599	43	01:08:21	CA VALE FIGUEIRA	00:38:43
1492	287	TERESA BRITO	F	55	F5599	18	01:08:21	CA VALE FIGUEIRA	00:38:43
1493	344	ANTÓNIO NUNES	M	69	M6599	44	01:08:23	ACAPO	00:39:08
1494	748	JOAQUIM PINTO	M	50	M5054	176	01:08:23	FC SILVEIRENSE	00:39:07
1495	1132	MIGUEL ANDRADE	M	23	M1934	251	01:08:23	TEJAVISTA	00:39:03
1496	1559	PEDRO M FERREIRA	M	33	M1934	252	01:08:35	INDIVIDUAL	00:40:04
1497	1576	SANDRA MARTINS	F	32	F1934	36	01:08:46	INDIVIDUAL	00:39:38
1498	780	JOÃO GONÇALVES	M	47	M4549	196	01:08:47	Garmin Prazer Corrida	00:39:38
1499	1586	JOÃO P S LIMA	M	49	M4549	197	01:08:47	INDIVIDUAL	00:39:39
1500	706	FOCK CHIU	F	58	F5599	19	01:09:24	C MILLENNIUM BCP	00:40:54
1501	707	JOSE ARRUDA	M	60	M6064	99	01:09:25	C MILLENNIUM BCP	00:40:54
1502	1147	LUIS NABAIS	M	46	M4549	198	01:09:46	TRIO C TRIATLO OLIVAIS	00:41:55
1503	1635	LÚCIA CASQUEIRO	F	26	F1934	37	01:09:57	INDIVIDUAL	00:39:41
1504	730	JOSE TEIXEIRA	M	38	M3539	235	01:10:03	C MILLENNIUM BCP	00:43:32
1505	1423	JORGE SOBRAL	M	69	M6599	45	01:10:13	INDIVIDUAL	00:41:20
1506	1190	ISABEL CRESPO	F	44	F3544	57	01:10:17	VALEJAS AC	00:41:36
1507	1198	NOEMIA COELHO	F	54	F4554	37	01:10:17	VALEJAS AC	00:41:37

## Resultados com controlo

1508	1261	FRANCISCO M PINHA	M	67	M6599	46	01:10:39	INDIVIDUAL	00:41:24
1509	882	MARIA GERTRUDES	F	60	F5599	20	01:10:44	GD SANTANDER TOTTA	00:41:13
1510	876	ANTÓNIO LOURO	M	35	M3539	236	01:10:45	GD SANTANDER TOTTA	00:41:14
1511	1391	ANA M F OLIVEIRA	F	57	F5599	21	01:11:01	INDIVIDUAL	00:41:39
1512	1427	MARCIA A SILVA	F	19	F1934	38	01:11:08	INDIVIDUAL	00:40:56
1513	1441	MARIA JOÃO	F	30	F1934	39	01:11:20	INDIVIDUAL	00:42:30
1514	1133	CATARINA ANDRADE	F	26	F1934	40	01:11:38	TEJAVISTA	00:42:11
1515	1134	BRUNO CARVALHO	M	26	M1934	253	01:11:38	TEJAVISTA	00:42:11
1516	424	NUNO PAISANA	M	36	M3539	237	01:11:43	A DANIEL CALDEIRA	00:39:18
1517	1440	HELENA MARTINS	F	45	F4554	38	01:11:45	INDIVIDUAL	00:42:30
1518	687	OTÍLIA GONÇALVES	F	62	F5599	22	01:11:57	C FERROV PORTUGAL	00:40:56
1519	1578	RICARDO CORRÊA	M	29	M1934	254	01:12:01	INDIVIDUAL	00:43:46
1520	364	MA FEE HUNG	F	59	F5599	23	01:12:15	AÇOREANA C BANIF	00:41:50
1521	869	JOSE BUGALHO	M	60	M6064	100	01:13:45	GD SANTANDER TOTTA	00:00:00
1522	880	JOÃO SAMORA	M	66	M6599	47	01:13:48	GD SANTANDER TOTTA	00:00:00
1523	938	ISABEL BARGÃO	F	56	F5599	24	01:14:07	NA PAPAGAIOS CASCAIS	00:43:39
1524	1779	TERESA MARTINS	F	36	F3544	58	01:15:05	INDIVIDUAL	00:44:16
1525	528	RICARDO PEREIRA	M	32	M1934	255	01:15:10	C BENFICA AGUALVA	00:00:00
1526	530	PAULO JANELA	M	27	M1934	256	01:15:11	C BENFICA AGUALVA	00:00:00
1527	759	FERNANDO FACHADAS	M	58	M5559	128	01:15:29	GD BANCO BPI	00:42:12
1528	1815	ANA C REBELO	F	37	F3544	59	01:16:07	INDIVIDUAL	00:44:08
1529	807	MAURICIO ANTUNES	M	34	M1934	257	01:16:20	GD IN CASA MOEDA	00:44:05
1530	1225	RICARDO L MENDES	M	31	M1934	258	01:16:25	CORRIDA NET	00:42:40
1531	1579	RUTE RODRIGUES	F	30	F1934	41	01:16:58	INDIVIDUAL	00:43:46
1532	134	MANUELA BARRETO	F	35	F3544	60	01:17:56	CCD CM LOURES	00:00:00
1533	75	LUIA JANELA	F	45	F4554	39	01:18:28	ADL APELAÇONENSES	00:44:32
1534	41	PAULO REIGADA	M	40	M4044	226	01:18:29	ADL APELAÇONENSES	00:44:33
1535	1285	GLORIALDO F BRITO	M	78	M6599	48	01:19:54	INDIVIDUAL	00:00:00
1536	329	ESTEFÂNIA INÁCIO	F	55	F5599	25	01:24:42	CD O MOSCAVIDE	00:49:06
1537	1009	VALDEMAR SOUSA	M	58	M5559	129	01:24:45	QUALIDADE CAR LDA	00:49:08
1538	826	JOSE NETO	M	52	M5054	177	01:46:23	GD BV ALVERCA	00:51:06
1539	1482	LÍLIA M P S MOTA	F	28	F1934	42	01:46:23	INDIVIDUAL	00:51:05