



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	532	JOSE GASPAR	M	38	1	00:32:28.96	00:32:28.96	ODIMARQ
2	514	IVO COELHO	M	34	2	00:33:58.46	00:33:58.46	CDRR
3	423	PAULO GUIMARAES	M	41	3	00:34:04.27	00:34:02.96	AMINHACORRIDA/ MY PROTEIN
4	289	ANDRÉ ALVES	M	31	4	00:34:11.32	00:34:09.62	VITÓRIA FC
5	290	MARK RIBEIRO	M	31	5	00:34:18.02	00:34:16.44	VITÓRIA FC
6	173	JOÃO RECTO	M	35	6	00:37:44.67	00:37:41.69	EA MONTIJO AFDD
7	154	PAULO ALVES	M	40	7	00:38:18.43	00:38:15.60	GDCTINCM
8	99	SANDRO SILVA	M	39	8	00:38:34.86	00:38:34.86	
9	221	RAPHAEL F FRANÇA	M	34	9	00:38:50.73	00:38:42.68	EQUIPINGA
10	71	CONSTANTINO ARAUJO	M	50	10	00:38:57.37	00:38:53.06	SC REBOLEIRA E DAMAIA
11	347	ALEXANDRA SOUSA	F	35	1	00:39:01.26	00:39:01.26	JOMA
12	425	JOAO SIMOES	M	47	11	00:39:02.85	00:39:02.85	AMINHACORRIDA/ MY PROTEIN
13	17	DANIEL GIEBELS	M	36	12	00:39:21.23	00:39:17.10	
14	151	NUNO SOUSA	M	44	13	00:39:35.31	00:39:32.56	GDCTINCM
15	402	HELENA MIRANDA	F	32	2	00:39:39.92	00:39:39.92	FF PAZ MUNDIAL
16	474	CARLOS VISEU	M	48	14	00:39:56.02	00:39:54.71	
17	179	ANIBAL GASPAR	M	48	15	00:40:09.09	00:40:07.07	CCD ALVITEJO
18	134	TEOTÓNIO NETO	M	54	16	00:40:19.66	00:40:19.66	ADRC MATA DE BENFICA
19	372	JORGE AMARAL	M	55	17	00:40:28.22	00:40:28.22	MY PROTEIN/A MINHA CORRIDA
20	197	JOAQUIM ALEXANDRE	M	52	18	00:40:58.23	00:40:53.32	A.M.C.D.TITUARIA
21	310	JOSÉ CORDEIRO	M	30	19	00:41:38.81	00:41:34.90	
22	434	NUNO REBELO	M	39	20	00:41:50.11	00:41:50.11	CASINO LISBOA
23	427	ALVARO LEITE	M	46	21	00:42:25.54	00:42:21.15	C TRIATLO TAP
24	220	LEANDRO VILA	M	34	22	00:42:38.21	00:42:26.73	ATHLETE KINGS
25	121	RICARDO SILVA	M	36	23	00:42:41.00	00:42:29.00	
26	498	BRUNO GOUVEIA	M	32	24	00:42:44.59	00:42:37.87	CASINO LISBOA
27	201	JOSÉ PINTO	M	55	25	00:42:46.24	00:42:46.24	
28	270	MANUEL MEXIA	M	52	26	00:42:49.39	00:42:46.36	CLUBE TAP
29	213	NELSON GRAÇA	M	34	27	00:42:54.99	00:42:36.75	
30	181	PAULO ALMEIDA	M	53	28	00:42:58.77	00:42:58.77	
31	219	TIAGO MARTINS	M	25	29	00:43:01.08	00:42:50.31	ATHLETE KINGS
32	319	MAURO PIMENTA	M	41	30	00:43:01.73	00:42:38.94	GAA VFX
33	264	SANDRO COSTA	M	35	31	00:43:09.52	00:42:44.73	
34	125	ANTONIO REBELO	M	46	32	00:43:12.32	00:43:00.38	
35	263	RUI P. RODRIGUES	F	43	3	00:43:14.07	00:42:59.29	CS RECREATIVA DA GRANJ
36	196	HENRIQUE FERREIRA	M	47	33	00:43:15.72	00:43:13.98	A.M.C.D.TITUARIA



37	468	JOSE BUENO	M	39	34	00:43:17.06	00:43:13.58	AVULSO
38	107	JOSE LUIS PEREIRA	M	42	35	00:43:19.33	00:43:19.33	A2EL PUBLICIDADE
39	160	JOÃO GUTERRES	M	43	36	00:43:38.04	00:43:34.52	
40	138	JUVENAL MOREIRA	M	54	37	00:43:41.74	00:43:39.19	ND AUTOCOOPE
41	255	PEDRO T ISIDORO	M	44	38	00:43:42.66	00:43:38.21	
42	496	DUARTE DELGADO	M	21	39	00:43:47.85	00:43:38.98	
43	192	FILIPE BRANCO	M	48	40	00:43:56.76	00:43:52.21	A.M.C.D.TITUARIA
44	132	NUNO S ALMEIDA	M	37	41	00:43:58.47	00:43:47.95	
45	130	OSVALDO PINHO	M	35	42	00:44:09.69	00:44:03.93	OS GALGOS
46	70	JOSE REIS	M	64	43	00:44:13.83	00:44:09.56	SC REBOLEIRA E DAMAIA
47	248	DANIEL SILVA	M	40	44	00:44:15.47	00:44:11.41	CD MAFRA
48	47	ALEXANDRE COSTA	M	42	45	00:44:18.26	00:44:14.88	CLUBE VODAFONE
49	195	LUIS FERREIRA	M	51	46	00:44:21.05	00:44:16.36	A.M.C.D.TITUARIA
50	508	EMANUEL A CARVALHO	M	36	47	00:44:23.16	00:44:06.80	
51	83	MANUEL TAVARES	M	59	48	00:44:30.07	00:44:30.07	RUN PIRILAMPO
52	235	PEDRO M CORREIA	M	40	49	00:44:34.28	00:44:29.49	
53	397	CEDRIC MONTEIRO	M	31	50	00:44:34.34	00:44:28.32	CHAVES RUNNING TEAM
54	379	NELSON MOTA	M	48	51	00:44:34.84	00:44:13.74	CCD TRANQUILIDADE
55	251	JOAO CARVALHO	M	44	52	00:44:35.24	00:44:32.68	TEAM MELOM
56	193	EDGAR FRANCISCO	M	52	53	00:44:36.44	00:44:32.23	A.M.C.D.TITUARIA
57	60	PAULO CARMO	M	43	54	00:44:39.91	00:44:39.91	
58	340	ALCINDO RAMALHO	M	34	55	00:44:43.25	00:44:21.21	OPENSOFT
59	236	TIAGO VEIGA	M	39	56	00:44:47.03	00:44:37.10	
60	297	HUGO DINIS	M	30	57	00:44:51.51	00:44:51.51	
61	400	INES SANTOS	F	20	4	00:44:51.92	00:44:50.01	ORIENTE
62	398	JOSÉ SANTOS	M	58	58	00:44:53.31	00:44:51.39	ORIENTE
63	271	JOSE SOUSA	M	53	59	00:45:00.18	00:44:56.86	CLUBE TAP
64	229	PEDRO COSTA AMARAL	M	27	60	00:45:11.23	00:45:06.17	
65	88	HENRIQUE AMADOR	M	46	61	00:45:13.66	00:45:11.71	SS CGD
66	272	BRUNO RODRIGUES	M	31	62	00:45:16.80	00:44:57.49	CLUBE TAP
67	358	PAULO BOTELHO	M	44	63	00:45:23.90	00:45:11.14	CN PARQUE NAÇÕES
68	212	EDUARDO A RODRIGUES	M	59	64	00:45:28.60	00:45:17.21	GD CHELAS
69	267	CARLOS JESUS	M	35	65	00:45:31.05	00:45:27.37	
70	418	RICARDO MADEIRA	M	43	66	00:45:34.22	00:45:24.26	SERVIRUNNERS
71	61	ANTÓNIO TAVARES	M	43	67	00:45:39.32	00:45:32.24	RUN4BEER
72	225	JOSÉ M BATISTA	M	47	68	00:45:40.69	00:45:21.39	KONANRUNNERS
73	108	LÚCIO A SANTOS	M	57	69	00:45:43.16	00:45:28.89	IUM



74	14	JOÃO PEREIRA	M	38	70	00:45:43.53	00:45:26.55	
75	313	CARLOS MACHADO	M	42	71	00:45:44.52	00:45:37.06	ALVERCA URBAN RUNNERS
76	477	FERNANDO COSTA	M	41	72	00:45:48.06	00:45:48.06	
77	278	FERNANDO SIMÕES	M	51	73	00:45:49.61	00:45:39.48	
78	50	JOÃO GONÇALVES	M	34	74	00:45:50.11	00:45:25.56	SIMECQ
79	233	PEDRO F CORREIA	M	48	75	00:45:59.03	00:45:40.65	CORRER LISBOA
80	327	FILIPE OLIVEIRA	M	36	76	00:46:04.66	00:46:01.27	
81	359	PEDRO FERREIRA	M	47	77	00:46:06.46	00:45:57.20	CN PARQUE NAÇÕES
82	443	LUIS BAIXINHO	M	34	78	00:46:07.26	00:45:58.25	C MILLENNIUM BCP
83	510	CARLOS MADUREIRA	M	30	79	00:46:07.38	00:45:59.89	
84	104	MIGUEL SAN-PAYO	M	55	80	00:46:12.39	00:45:45.74	RUN 4 FUN
85	217	RUI RODRIGUES	M	52	81	00:46:15.66	00:46:05.91	CS RECREATIVA DA GRANJ
86	76	ANTÓNIO TORRES	M	59	82	00:46:19.32	00:46:06.91	
87	21	JOÃO RIBEIRA	M	39	83	00:46:19.62	00:46:16.98	CAPTAIN FLY
88	509	LUÍS M ROCHA	M	47	84	00:46:22.34	00:46:22.34	OS ROCHAS
89	254	ROBERT TEIXEIRA	M	32	85	00:46:23.94	00:46:04.15	KONANRUNNERS
90	150	NUNO HENRIQUES	M	43	86	00:46:28.52	00:46:25.49	GDCTINCM
91	505	RICARDO NOGUEIRA	M	24	87	00:46:33.84	00:45:56.88	C MILLENNIUM BCP
92	394	MIGUEL ESTEVES	M	34	88	00:46:36.56	00:46:25.75	
93	522	VICENTE BALTAZAR	M	18	89	00:46:36.74	00:46:35.47	
94	331	LUIS PIMENTA	M	44	90	00:46:41.04	00:46:34.64	
95	157	RUI CORREIA	M	42	91	00:46:42.34	00:46:26.05	GDCTINCM
96	166	EDGAR SANTOS	M	35	92	00:46:46.46	00:46:23.55	LOBOS CARVALHAL
97	34	JOSÉ MATOS	M	57	93	00:46:48.60	00:46:21.68	CAA PARQUE DA PAZ
98	404	JOSÉ NETO	M	61	94	00:46:48.94	00:46:46.36	TEAM NETO
99	269	JORGE GONÇALVES	M	32	95	00:46:50.40	00:46:30.80	CLUBE TAP
100	180	CECÍLIA NICOLAU	F	51	5	00:46:51.33	00:46:22.44	AA LEBRES DO SADO
101	346	CANDIDO POÇAS	M	48	96	00:46:54.65	00:46:30.18	OPENSOFT
102	511	JOÃO VARANDA	M	43	97	00:46:54.90	00:46:54.90	SISCOG
103	40	RODOLFO RAPAZ	M	46	98	00:46:55.17	00:46:49.53	AUDI - SANTOGAL
104	391	JOAO TEIXEIRA	M	48	99	00:47:00.58	00:46:55.27	
105	131	JORGE FERREIRA	M	59	100	00:47:03.94	00:47:01.76	HOVIONE
106	210	JORGE PAULINO	M	55	101	00:47:06.33	00:47:02.78	PENICHE A CORRER
107	54	HUGO BARRETO	M	36	102	00:47:16.89	00:47:09.09	
108	369	ANA MADALENO	F	41	6	00:47:20.49	00:47:07.54	CN PARQUE NAÇÕES
109	341	PEDRO MARQUES	M	34	103	00:47:23.24	00:47:03.73	OPENSOFT
110	286	HELDER SIMAS	M	49	104	00:47:23.70	00:47:01.09	



111	230	CARLOS LEITÃO	M	50	105	00:47:23.79	00:47:01.09	
112	32	GUILHERME PINTO	M	28	106	00:47:24.82	00:47:24.82	
113	442	PEDRO PEREIRA	M	51	107	00:47:27.66	00:47:18.64	C MILLENNIUM BCP
114	169	JOAO P ADEGAS	M	47	108	00:47:28.60	00:47:12.27	INSTRUMONIT
115	205	BRUNO CORREIA	M	35	109	00:47:36.31	00:47:16.55	
116	298	ANA F GOMES	F	31	7	00:47:38.47	00:47:34.68	
117	186	NUNO BOLAS	M	30	110	00:47:43.45	00:47:43.45	
118	187	ANDREA Z MADRID	F	29	8	00:47:43.71	00:47:43.71	
119	55	VICTOR JESUS	M	42	111	00:47:43.98	00:47:43.98	
120	185	ANTÓNIO FERNANDES	M	61	112	00:47:47.10	00:47:39.89	A VALE SILENCIO
121	323	PAULO DURÃO	M	44	113	00:47:52.12	00:47:38.52	
122	502	JOSE CARLOS PINHO	M	47	114	00:47:55.20	00:47:42.23	
123	200	TIAGO ANTUNES	M	38	115	00:48:05.38	00:47:58.18	
124	27	JOSÉ PEDRO	M	45	116	00:48:06.68	00:47:48.90	
125	63	PAULO D FREIRE	M	51	117	00:48:12.81	00:48:10.65	
126	266	PEDRO SILVA	M	51	118	00:48:15.31	00:48:00.24	
127	467	JOAO PINTO	M	49	119	00:48:17.12	00:48:02.62	
128	80	GERMANO BERNARDO	M	62	120	00:48:22.48	00:48:10.89	PRAZER DA CORRIDA
129	218	ALEXANDRE MATEUS	M	42	121	00:48:24.55	00:48:03.32	
130	257	CARLOS TEIXEIRA	M	58	122	00:48:26.00	00:48:19.68	LEBRES E TARTARUGAS
131	441	JOSE RODRIGUES	M	67	123	00:48:29.00	00:48:29.00	C MILLENNIUM BCP
132	422	GENINHA ANDRADE	F	39	9	00:48:29.42	00:48:21.60	AMINHACORRIDA/ MY PROTEIN
133	207	PEDRO REIS	M	45	124	00:48:33.28	00:48:19.90	NAV RUNNERS
134	209	JOÃO CARDOSO	M	31	125	00:48:34.35	00:48:20.65	NAV RUNNERS
135	273	CARLOS NUNES	M	48	126	00:48:43.20	00:48:19.22	CLUBE TAP
136	234	STEFANO MANZO	M	34	127	00:48:50.84	00:48:47.48	
137	226	LUIS ANTUNES	M	46	128	00:48:55.01	00:48:47.44	
138	65	RUI HENRIQUES	M	46	129	00:48:58.71	00:48:45.61	
139	211	MARGARIDA MARTINS	F	59	10	00:48:59.16	00:48:54.36	PENICHE A CORRER
140	466	SÉRGIO FREITAS	M	41	130	00:48:59.93	00:48:59.93	
141	435	PEDRO PEREIRINHA	M	35	131	00:49:07.80	00:49:01.69	CASINO LISBOA
142	348	CARLOS OLIVEIRA	M	45	132	00:49:09.30	00:48:50.90	
143	405	JORGE GOMES	M	44	133	00:49:13.17	00:49:04.49	
144	165	VICTOR DOURADO	M	38	134	00:49:14.12	00:48:48.32	
145	495	PEDRO VICENTE	M	53	135	00:49:14.82	00:49:07.75	MARMELEIRA RESORT
146	102	JOAQUIM CRISPIM	M	62	136	00:49:16.01	00:49:01.09	
147	129	NUNO NUNES	M	43	137	00:49:18.83	00:48:46.34	



148	416	NATACHA RIBEIRO	F	27	11	00:49:21.35	00:49:11.59	SERVIRUNNERS
149	103	MANUEL CRISPIM	M	66	138	00:49:22.11	00:49:00.92	UDCA À DOS LOUCOS VFX
150	421	MARIA FREILAO	F	35	12	00:49:25.16	00:49:23.54	AMINHACORRIDA/ MY PROTEIN
151	444	JOSE REBELO	M	51	139	00:49:26.06	00:48:48.92	C MILLENNIUM BCP
152	155	PAULO SOUSA	M	44	140	00:49:28.33	00:49:12.42	GDCTINCM
153	68	RUI MENDES	M	46	141	00:49:31.30	00:49:24.61	
154	448	ANTONIO SOUSA	M	71	142	00:49:34.64	00:48:59.27	C MILLENNIUM BCP
155	69	NUNO GRAÇA	M	48	143	00:49:36.83	00:49:27.93	
156	287	ISAQUE PENDÃO	M	47	144	00:49:38.28	00:49:20.41	
157	431	JOAO ANDRADE	M	38	145	00:49:38.38	00:49:30.93	CASINO LISBOA
158	244	PAULO OSÓRIO	M	42	146	00:49:38.70	00:49:29.39	
159	364	JOSE ROLAO	M	61	147	00:49:41.05	00:49:27.83	CN PARQUE NAÇÕES
160	300	ROGÉRIO PINA	M	64	148	00:49:42.99	00:49:42.99	CLUBE ANACOM
161	191	MIGUEL DIAS	M	47	149	00:49:43.31	00:49:17.42	RUN 4 FUN
162	484	JOSÉ MANUEL MARQUES	M	63	150	00:49:43.65	00:49:15.18	AA LEBRES DO SADO
163	183	JOSÉ MOGA	M	60	151	00:49:44.92	00:49:38.37	A VALE SILENCIO
164	247	JOÃO ANTUNES	M	25	152	00:49:46.43	00:49:16.22	
165	424	CARLOS LOPES	M	43	153	00:49:47.42	00:49:41.49	AMINHACORRIDA/ MY PROTEIN
166	141	RUI MATOS	M	41	154	00:49:49.47	00:49:36.62	
167	184	MANUEL CHINITA	M	53	155	00:49:49.77	00:49:27.93	A VALE SILENCIO
168	296	ANTONIO MELGAO	M	38	156	00:49:59.25	00:49:31.09	
169	231	JULIANO ZANONI	M	38	157	00:50:02.04	00:49:21.41	LISBON MOONLIGHT RUNNERS
170	171	JOAO PASSEIRO	M	55	158	00:50:04.06	00:49:55.40	ADCCATUJAL
171	172	ALMERINDO SILVA	M	58	159	00:50:04.60	00:49:55.33	ADCCATUJAL
172	407	DANIELA ALVES	F	33	13	00:50:06.52	00:49:57.52	
173	375	FILIPE SILVA	M	40	160	00:50:08.77	00:49:59.65	CCD TRANQUILIDADE
174	37	JOSE OLIVEIRA	M	44	161	00:50:21.08	00:49:59.85	
175	97	CLÁUDIA VIEIRA	F	32	14	00:50:23.42	00:50:18.71	
176	90	ORLINDO FIGUEIREDO	M	70	162	00:50:23.96	00:50:23.96	SS CGD
177	387	FRANCISCO BANDO	M	67	163	00:50:29.33	00:50:10.10	
178	19	JOAO TABORDA	M	33	164	00:50:34.47	00:50:34.47	
179	119	RUI ALMEIDA	M	39	165	00:50:36.08	00:50:03.07	OS SPRINTERS
180	381	TAM AFONSO	M	65	166	00:50:37.63	00:50:32.92	CCD TRANQUILIDADE
181	120	MIGUEL PIMENTEL	M	30	167	00:50:37.66	00:50:04.51	OS SPRINTERS
182	374	FERNANDO CELESTINO	M	59	168	00:50:38.27	00:50:12.07	CCD TRANQUILIDADE
183	122	RICARDO LOURA	M	30	169	00:50:44.69	00:50:11.81	
184	322	JOÃO DUARTE	M	65	170	00:50:45.32	00:50:42.35	



185	436	MARCO PARAIBA	M	39	171	00:50:47.25	00:50:39.25	CASINO LISBOA
186	433	LEILA GONÇALVES	F	38	15	00:50:47.45	00:50:39.58	CASINO LISBOA
187	206	NUNO FRAGOSO	M	42	172	00:50:48.26	00:50:26.23	LINCES DA BELA VISTA
188	58	RUI OLIVENÇA	M	44	173	00:50:48.84	00:50:20.48	
189	515	ALEXANDRE DRAKE	M	50	174	00:50:51.16	00:50:39.84	
190	506	ANTONIO FERREIRA	M	59	175	00:50:53.16	00:50:50.28	
191	237	CARLOS GREGÓRIO	M	39	176	00:51:01.18	00:50:56.81	
192	292	MANUEL MENDES	M	44	177	00:51:05.08	00:50:39.02	
193	413	FILOMENA SANTOS	F	44	16	00:51:08.02	00:50:48.61	SERVIRUNNERS
194	203	JOSÉ PEREIRA	M	71	178	00:51:10.34	00:50:55.62	A VALE SILENCIO
195	316	ADELAIDE PÔRTO	F	51	17	00:51:18.93	00:51:07.86	
196	465	MAURO SILVA	M	28	179	00:51:19.76	00:50:51.32	
197	399	JOAQUIM ROSA	M	49	180	00:51:24.68	00:50:51.95	ORIENTE
198	35	JÚLIO FERREIRA	M	63	181	00:51:33.53	00:51:33.47	CARACÓIS SONOLENTOS
199	136	CARLOS FERREIRA	M	61	182	00:51:33.53	00:51:28.27	ND AUTOCOOPE
200	440	PAULO PAIS	M	53	183	00:51:37.99	00:51:29.49	C MILLENNIUM BCP
201	15	ANTONIO CASTRO	M	48	184	00:51:44.91	00:51:17.06	GD SANTANDER TOTTA
202	395	ANTONIO COSTA	M	61	185	00:51:45.42	00:51:28.67	EPAL
203	321	LUIS VICENTE	M	57	186	00:51:49.56	00:51:45.40	
204	223	BRUNO OLIVEIRA	M	34	187	00:51:50.59	00:51:17.55	
205	525	ATLETA NÃO CADASTRADO	M	0	188	00:51:54.30	00:51:54.30	
206	429	GABRIELA LISKOVA	F	36	18	00:51:54.41	00:51:32.69	CASINO LISBOA
207	167	PEDRO C SILVA	M	41	189	00:51:56.61	00:51:21.82	
208	351	LUÍS NETO	M	54	190	00:51:57.82	00:51:50.86	CARAP AUS CORRIDA
209	414	FRANCISCO FARINHA	M	35	191	00:52:00.33	00:51:40.57	SERVIRUNNERS
210	30	CATARINA CARVALHO	F	25	19	00:52:02.27	00:51:56.00	
211	320	LUIS FERREIRA	M	63	192	00:52:08.39	00:51:52.32	
212	18	CARLOS M SILVA	M	53	193	00:52:09.50	00:51:58.28	
213	274	SORAIA VITORIANO	F	38	20	00:52:11.42	00:51:47.48	CLUBE TAP
214	438	LEONEL BRANDAO	M	50	194	00:52:17.42	00:52:08.57	C MILLENNIUM BCP
215	175	TITO NASCIMENTO	M	37	195	00:52:21.81	00:52:07.50	
216	336	RUI SILVA	M	38	196	00:52:26.70	00:52:12.51	IUM
217	156	RUI BRAZ	M	41	197	00:52:31.19	00:52:16.61	GDCTINCM
218	371	ANTONIO JORGE	M	63	198	00:52:31.28	00:52:10.63	CCD TRANQUILIDADE
219	380	PAULO TORRAO	M	46	199	00:52:31.49	00:52:19.91	CCD TRANQUILIDADE
220	216	NUNO CABANAS	M	45	200	00:52:34.53	00:52:22.12	
221	253	NUNO AGOSTINHO	M	45	201	00:52:36.59	00:52:33.18	TEAM MELOM



222	461	NUNO PERES	M	43	202	00:52:39.03	00:51:56.97	
223	53	FERNANDO MARQUES	M	68	203	00:52:44.60	00:52:38.09	CP EDP CARREGADO
224	123	JOSE LOPES	M	53	204	00:52:47.37	00:52:28.71	
225	367	JOAO PINTO	M	55	205	00:52:49.31	00:52:38.85	CN PARQUE NAÇÕES
226	101	NUNO MARQUES	M	41	206	00:52:55.23	00:52:55.23	
227	159	PEDRO LOPES	M	34	207	00:52:56.19	00:52:19.33	
228	388	JOÃO FERREIRA	M	29	208	00:52:57.51	00:52:52.31	
229	357	JOEL SILVA	M	46	209	00:52:58.87	00:52:48.10	CN PARQUE NAÇÕES
230	284	MARIO FERRO	M	65	210	00:53:06.75	00:53:04.76	
231	470	MIGUEL MATOS	M	52	211	00:53:10.16	00:52:33.87	DOR DE BURRO
232	164	LUIS ANTUNES	M	33	212	00:53:18.39	00:52:47.83	
233	472	JOÃO REIS	M	46	213	00:53:24.61	00:52:48.68	DOR DE BURRO
234	342	PAULO ANGELICA	M	40	214	00:53:27.52	00:53:03.52	OPENSOFT
235	415	HUGO SALES	M	39	215	00:53:33.03	00:53:27.42	SERVIRUNNERS
236	261	CARINA SACCHI	F	33	21	00:53:38.51	00:53:30.28	
237	343	BRUNO CARVALHO	M	32	216	00:53:39.06	00:53:20.95	OPENSOFT
238	396	ANDRÉ LOPES	M	29	217	00:53:41.06	00:53:17.53	RUNNERS DO ASFALTO
239	215	SANDRA ARRAIAS	F	37	22	00:53:41.74	00:53:17.25	OS ARRAIAS
240	94	GONCALO MALHEIRO	M	45	218	00:53:43.02	00:53:08.26	
241	106	FRANCISCO VELOSO	M	57	219	00:53:44.57	00:53:24.15	PIRATAS DO TEJO
242	361	FERNANDO SERRANO	M	48	220	00:53:49.01	00:53:38.59	CN PARQUE NAÇÕES
243	519	RUI RIBEIRO	M	42	221	00:53:50.64	00:53:35.93	
244	11	LUIS OLIVEIRA	M	49	222	00:53:51.14	00:53:27.47	##
245	262	SERGIO RAMALHO	M	36	223	00:53:51.95	00:53:20.40	
246	81	RUI BRAZ	M	36	224	00:53:52.47	00:53:42.46	
247	82	LUÍS MORAIS	M	37	225	00:53:52.58	00:53:42.97	
248	449	ARTUR LEITE	M	53	226	00:53:59.07	00:53:49.63	C MILLENNIUM BCP
249	392	TIAGO CAIRRAO	M	27	227	00:54:00.23	00:53:37.51	RUNNERS DO ASFALTO
250	453	ALEXANDRA COSTA	F	46	23	00:54:01.31	00:53:53.34	C MILLENNIUM BCP
251	356	CARLOS DIAS	M	62	228	00:54:07.27	00:53:53.69	CN PARQUE NAÇÕES
252	326	LUÍS F GUERREIRO	M	38	229	00:54:12.67	00:54:06.89	
253	338	ULRIK PEDERSEN	M	25	230	00:54:12.80	00:53:52.84	
254	24	ANTÓNIO MARTINS	M	57	231	00:54:19.91	00:53:58.63	FALCOES SELVAGENS
255	147	MARCO CARVALHO	M	41	232	00:54:20.04	00:54:07.07	GDCTINCM
256	366	ALBERTO SANTOS	M	57	233	00:54:21.90	00:54:08.17	CN PARQUE NAÇÕES
257	360	LUIS FRAGOSO	M	20	234	00:54:22.26	00:54:08.29	CN PARQUE NAÇÕES
258	252	IRENE CARVALHO	F	47	24	00:54:23.09	00:54:20.26	TEAM MELOM



259	352	GUILHERME RELVAS	M	23	235	00:54:28.04	00:54:19.66	
260	344	OCTAVIO CARDOSO	M	41	236	00:54:29.12	00:54:04.61	OPENSOFT
261	337	CHARLOTTE PIHL	F	22	25	00:54:29.71	00:54:09.50	
262	450	MANUEL LOPES	M	43	237	00:54:33.19	00:54:12.34	C MILLENNIUM BCP
263	389	RUI JOÃO	M	43	238	00:54:33.39	00:54:23.89	
264	501	SURYODAYA RAWAT	M	43	239	00:54:33.86	00:54:25.78	
265	385	JOSÉ MONTEIRO	M	61	240	00:54:36.25	00:54:17.57	
266	333	PEDRO J CARQUEIJEIRO	M	35	241	00:54:36.67	00:54:27.19	
267	464	INES BERNARDO	F	36	26	00:54:36.85	00:54:28.67	C MILLENNIUM BCP
268	109	ALBERTO ABREU	M	50	242	00:54:44.34	00:54:37.57	CCD PM CASCAIS
269	349	ALBANO OLIVEIRA	M	46	243	00:54:48.83	00:54:30.47	
270	23	PAULO JERÓNIMO	M	55	244	00:54:50.68	00:54:48.41	
271	311	ALEXANDER BRYANTSEV	M	36	245	00:54:54.74	00:54:38.93	
272	291	LUIS CRUZ	M	47	246	00:54:54.83	00:54:53.25	VITÓRIA FC
273	51	MIGUEL RODRIGUES	M	38	247	00:54:57.26	00:54:23.14	LETS RUN MODAFOCAS
274	162	ANTONIO S COSTA	M	50	248	00:55:00.23	00:54:30.22	GEORUNNERS
275	133	LUCIA VENTURA	F	42	27	00:55:00.37	00:54:30.85	GEORUNNERS
276	190	FERNANDO ALVES	M	56	249	00:55:02.04	00:55:02.04	SS CGD
277	529	JORGE BICHO	M	59	250	00:55:04.13	00:55:04.13	
278	72	ANTÓNIO RAMOS	M	63	251	00:55:10.65	00:54:53.22	
279	531	JOAO T SILVA	M	30	252	00:55:21.11	00:54:45.97	
280	116	PAULO CARVALHO	M	48	253	00:55:23.77	00:54:37.83	FAMILIA PINGUIM
281	462	PAULO ARSENI	M	47	254	00:55:29.23	00:55:14.56	C MILLENNIUM BCP
282	520	SERGIO VIANA	M	35	255	00:55:31.66	00:55:17.44	
283	513	LUIS BRANCO	M	44	256	00:55:32.00	00:55:26.00	
284	143	ANA SPEREIRA	F	41	28	00:55:34.00	00:55:18.31	GDCTINCM
285	84	CECÍLIA TAVARES	F	51	29	00:55:34.98	00:55:34.98	RUN PIRILAMPO
286	20	CRISTINA LINO	F	51	30	00:55:51.50	00:55:44.29	ALVERCA URBAN RUNNERS
287	479	SÉRGIO MORAIS	M	46	257	00:56:01.66	00:55:38.20	
288	285	JORGE PAULINO	M	62	258	00:56:01.76	00:55:56.55	CD MAFRA
289	249	JOSÉ SILVA	M	50	259	00:56:06.72	00:56:02.21	CD MAFRA
290	481	MARIO ANJO	M	53	260	00:56:16.75	00:56:12.33	MATILHA RADICAL
291	482	GESSINA MENDES	F	49	31	00:56:16.79	00:56:13.09	MATILHA RADICAL
292	227	BRUNO ABRANTES	M	41	261	00:56:27.56	00:56:02.87	FALCOES SELVAGENS
293	403	TIAGO FRANCISCO	M	31	262	00:56:28.09	00:56:04.90	
294	308	BEATRICE PERRONE	F	22	32	00:56:28.94	00:56:17.51	
295	96	FILIPA MALHEIRO	F	44	33	00:56:30.03	00:55:54.56	



296	95	ALEXANDRE ABADE	M	44	263	00:56:30.43	00:55:54.84	
297	139	PEDRO GIL	M	40	264	00:56:32.06	00:56:02.88	
298	258	JOAO CUNHA	M	49	265	00:56:32.32	00:56:23.49	
299	260	NUNO LOUREIRO	M	35	266	00:56:37.82	00:56:14.37	
300	419	VIRGILIO FERRAZ	M	69	267	00:56:40.77	00:56:21.74	FALÇÕES CHILE
301	256	RUTE SOARES	F	37	34	00:56:43.68	00:56:36.58	
302	283	ZUZKA SIMULCIKOVA	F	28	35	00:56:44.95	00:56:04.63	
303	113	PAULA MACHADO	F	63	36	00:56:50.06	00:56:44.53	
304	92	GILBERTO GONÇALVES	M	69	268	00:56:50.06	00:56:43.75	CAA BELÉM
305	432	JOAO CARREIRA	M	36	269	00:56:57.24	00:56:48.61	CASINO LISBOA
306	85	ALFREDO PINHAL	M	66	270	00:57:01.80	00:56:44.85	
307	317	CATARINA MAURICIO	F	25	37	00:57:10.05	00:57:10.05	
308	66	RUI MELO	M	37	271	00:57:12.31	00:56:47.47	
309	67	FILIPA MELO	F	34	38	00:57:12.38	00:56:47.97	
310	454	FRANCISCO SILVA	M	45	272	00:57:16.79	00:56:58.37	C MILLENNIUM BCP
311	307	MARCO STEFANINI	M	26	273	00:57:33.36	00:57:21.96	
312	189	JOÃO BORGES	M	50	274	00:57:44.83	00:57:32.22	
313	62	LUIS PROENÇA	M	48	275	00:57:53.38	00:57:32.43	
314	383	MADALENA PIRES	F	29	39	00:58:14.63	00:57:42.13	
315	487	JEREMIAS S RIBEIRO	M	75	276	00:58:15.03	00:58:15.03	
316	277	AMÉRICO CARVALHO	M	44	277	00:58:15.55	00:57:54.53	
317	475	CARLOS HILARIO	M	52	278	00:58:15.78	00:57:54.00	
318	281	MARIO SENA	M	48	279	00:58:23.20	00:58:08.20	
319	312	SANDRA FORTUNATO	F	33	40	00:58:23.34	00:58:06.07	4X4
320	282	ARTUR GASPAR	M	48	280	00:58:23.60	00:58:08.49	
321	426	TINA OLIVEIRA	F	54	41	00:58:33.02	00:58:26.72	AMINHACORRIDA/ MY PROTEIN
322	52	JOAQUIM FRAGOSO	M	68	281	00:59:00.23	00:58:40.08	FAMILIA FRGOSO
323	161	JOSE REIS	M	57	282	00:59:01.52	00:58:39.75	
324	13	CELINA JORGE	F	35	42	00:59:05.09	00:58:47.45	
325	117	EDUARDO MOUTINHO	M	49	283	00:59:07.41	00:59:07.41	
326	146	JOSÉ ABREU	M	70	284	00:59:07.60	00:58:52.02	GDCTINCM
327	204	RUI VIGOÇO	M	73	285	00:59:08.83	00:58:34.93	GD BANCO BPI
328	86	JAIME EVORA	M	43	286	00:59:18.84	00:58:51.09	
329	409	NICOLAU FURTADO	M	53	287	00:59:20.77	00:59:20.77	
330	174	ORLANDO MARTA	M	46	288	00:59:20.83	00:59:08.55	
331	376	HELENA SANTOS	F	55	43	00:59:27.41	00:58:56.70	CCD TRANQUILIDADE
332	100	JOAO MADUREIRA	M	47	289	00:59:32.02	00:59:01.78	



333	494	HUGO REIS	M	40	290	00:59:50.57	00:59:18.73	GD BANCO BPI
334	382	JORGE CARDOSO	M	40	291	01:00:05.18	00:59:39.95	
335	28	EDUARDO AMORIM	M	46	292	01:00:11.52	00:59:40.02	
336	354	OLGA CAMPOS	F	55	44	01:00:17.07	01:00:04.52	CN PARQUE NAÇÕES
337	384	SONIA ALVES	F	43	45	01:00:20.03	01:00:05.09	GANG DO AMENDOIM
338	36	CARLOS COSTA	M	47	293	01:00:27.08	01:00:00.10	R4F
339	353	MANUEL CARDOSO	M	49	294	01:00:38.51	01:00:20.68	
340	128	CARLOS VIEIRA	M	48	295	01:00:43.28	01:00:19.80	
341	140	JOSÉ GIL	M	46	296	01:00:57.04	01:00:28.01	
342	91	PAULO BAILAO	M	47	297	01:01:00.60	01:00:44.00	SS CGD
343	276	MADALENA PINA	F	50	46	01:01:11.88	01:01:00.67	CLUBE TAP
344	48	SANDRA MARTINS	F	41	47	01:01:24.82	01:00:52.63	4 AO KM
345	232	NUNO E SANTO	M	48	298	01:01:24.97	01:00:53.60	LISBON MOONLIGHT RUNNERS
346	469	SOFIA GOMES	F	36	48	01:01:29.34	01:01:11.14	
347	222	CATARINA BASTOS	F	33	49	01:01:35.73	01:01:01.37	
348	406	ANTÓNIO GONÇALVES	M	50	299	01:01:36.53	01:01:13.94	
349	115	VANDA NOGUEIRA	F	43	50	01:01:44.14	01:00:59.85	FAMILIA PINGUIM
350	507	DAVID MARQUES	M	41	300	01:01:51.91	01:01:51.91	
351	280	NUNO GRANDÃO	M	45	301	01:01:52.60	01:01:52.60	
352	471	PEDRO DIAS	M	48	302	01:01:56.87	01:01:20.81	DOR DE BURRO
353	492	MIGUEL JEREMIAS	M	22	303	01:01:58.70	01:01:58.70	JEREMIAS
354	43	ARMANDA SEMEAO	F	41	51	01:02:08.67	01:01:45.00	
355	393	SERGIO AMARAL	M	42	304	01:02:09.03	01:02:09.03	SS CGD
356	309	MARIA F NEIVA	F	60	52	01:02:23.22	01:02:05.39	
357	41	MARLUS S MARLUS	M	31	305	01:02:23.63	01:02:01.11	
358	489	SÍLVIA MENDES	F	27	53	01:02:25.67	01:02:25.67	
359	485	LÍDIA VIEIRA	F	44	54	01:02:34.96	01:02:07.80	AA LEBRES DO SADO
360	303	HENRIQUE VILHENA	M	62	306	01:02:37.65	01:02:11.53	
361	25	CRISTINA ALVES	F	45	55	01:02:47.91	01:02:44.26	DESPORTIVOS 100%
362	176	CLÁUDIO BAPTISTA	M	77	307	01:02:48.16	01:02:31.50	
363	26	CARLOS VASQUES	M	46	308	01:02:54.35	01:02:50.52	DESPORTIVOS 100%
364	87	FRANCISCO CLERIGO	M	64	309	01:02:59.64	01:02:43.62	SS CGD
365	516	ALEXANDRE MOITA	M	44	310	01:02:59.78	01:02:51.83	
366	64	DEOLINDA SANTOS	F	47	56	01:03:04.33	01:02:36.48	
367	135	MANUEL N BAPTISTA	M	53	311	01:03:07.29	01:02:47.62	
368	268	ANTONIO RIBEIRO	M	53	312	01:03:09.31	01:02:57.45	CLUBE TAP
369	214	DIOGO ARRAIAS	M	64	313	01:03:17.40	01:03:17.40	OS ARRAIAS



370	246	RICARDO MATEUS	M	36	314	01:03:22.23	01:02:46.51	
371	473	BEATE REIS	F	52	57	01:03:25.63	01:02:48.30	DOR DE BURRO
372	439	BERNANDO BRANDAO	M	27	315	01:03:38.62	01:03:28.80	C MILLENNIUM BCP
373	365	RUTE TEIXEIRA	F	39	58	01:03:44.09	01:03:31.37	CN PARQUE NAÇÕES
374	362	SANDRA PIRES	F	46	59	01:03:44.53	01:03:32.78	CN PARQUE NAÇÕES
375	368	VANDA FERREIRA	F	45	60	01:03:44.57	01:03:31.99	CN PARQUE NAÇÕES
376	73	HERMÍNIO COSTA	M	56	316	01:03:49.23	01:03:41.29	
377	373	CLAUDIA TAM	F	36	61	01:03:51.06	01:03:20.85	CCD TRANQUILIDADE
378	378	MONICA QUARENTA	F	44	62	01:03:51.14	01:03:19.15	CCD TRANQUILIDADE
379	295	JOAN WILSON	F	52	63	01:03:52.91	01:03:34.39	
380	188	MAGDA ESCADA	F	25	64	01:04:03.87	01:03:46.04	4X4
381	328	JOANA VIEIRA	F	27	65	01:04:28.07	01:03:46.56	
382	10	MAFALDA GOMES	F	28	66	01:04:28.18	01:03:46.40	
383	239	JOÃO ALMEIDA	M	40	317	01:04:28.53	01:04:03.38	
384	523	RAFAEL AZRIEL	M	31	318	01:04:36.31	01:04:36.31	
385	49	RENATO ALVES	M	38	319	01:04:41.40	01:04:26.00	
386	386	MIGUEL SILVA	M	73	320	01:04:41.53	01:04:36.34	
387	38	ALINE ALMEIDA	F	39	67	01:04:53.91	01:04:39.37	
388	144	ANTÓNIO NASCIMENTO	M	77	321	01:04:57.80	01:04:43.84	GDCTINCM
389	202	ALEXANDRA PINTO	F	43	68	01:04:59.39	01:04:30.68	
390	111	JORGE JOURDAN	M	57	322	01:05:13.42	01:05:05.31	CCD PM CASCAIS
391	335	CAROLINA COSTA	F	22	69	01:05:17.56	01:04:59.31	
392	224	CATARINA REBELO	F	38	70	01:05:21.02	01:04:51.09	GEORUNNERS
393	503	PAULA PINHO	F	48	71	01:05:21.22	01:05:07.82	
394	305	JOÃO PEREIRA	M	48	323	01:05:25.42	01:05:08.08	MULTIRUNNERS
395	306	DULCE PEREIRA	F	50	72	01:05:25.68	01:05:08.81	TRANSFORMERS CAMINHADA
396	57	DOMINGOS MARTINS	M	63	324	01:05:36.78	01:05:13.38	
397	428	BRUNO SILVA	M	41	325	01:05:39.57	01:05:17.57	CASINO LISBOA
398	504	PAULO MARTINS	M	51	326	01:05:52.32	01:05:39.01	
399	240	NUNO BUGIO	M	45	327	01:06:03.97	01:05:38.08	
400	493	ALICE MODESTO	F	21	73	01:06:37.84	01:06:22.14	JEREMIAS
401	45	TERESA F SANTOS	F	44	74	01:06:44.19	01:06:26.08	TURBULENTOS
402	301	ANTÓNIO VIDAS	M	54	328	01:07:02.44	01:06:45.18	CLUBE ANACOM
403	345	ANTONIO CARAPETA	M	46	329	01:07:13.80	01:06:48.46	OPENSOFT
404	228	EZEQUIEL ABRANTES	M	64	330	01:07:15.37	01:07:15.37	FALCOES SELVAGENS
405	182	CÉLIA CARVALHO	F	37	75	01:07:21.18	01:07:00.84	CCD-AT
406	265	CAMILA SÁVIO	F	37	76	01:07:21.63	01:07:01.79	



407	459	TANIA DURO	F	38	77	01:07:26.45	01:06:58.64	C MILLENNIUM BCP
408	460	MARIO DURO	M	40	331	01:07:26.75	01:06:59.24	C MILLENNIUM BCP
409	476	NUNO OLIVEIRA	M	41	332	01:07:32.76	01:07:01.83	
410	491	FILIPE JEREMIAS	M	53	333	01:07:35.66	01:07:20.44	JEREMIAS
411	198	GUILHERME C SOARES	M	23	334	01:07:38.20	01:07:12.13	
412	199	LETICIA AVANSI	F	20	78	01:07:38.51	01:07:12.08	
413	12	ANA RAMOS	F	44	79	01:07:40.52	01:07:15.19	##
414	420	MANUEL CASALTA	M	58	335	01:07:53.38	01:07:33.07	
415	98	ISABEL CARDOSO	F	52	80	01:08:23.93	01:08:06.83	
416	275	LUIS CONCEIÇÃO	M	35	336	01:08:36.31	01:08:10.96	CLUBE TAP
417	114	ANTÓNIO CORREIA	M	64	337	01:09:16.08	01:09:05.45	
418	377	LUIS NEVES	M	44	338	01:09:16.48	01:08:45.31	CCD TRANQUILIDADE
419	177	JOANA FIGUEIREDO	F	35	81	01:09:23.61	01:09:08.25	
420	78	CARLOS CORREIA	M	39	339	01:10:11.00	01:10:11.00	
421	430	GONÇALO PORTELA	M	42	340	01:13:19.25	01:12:58.18	CASINO LISBOA
422	163	MADALENA SANTOS	F	39	82	01:13:38.71	01:13:27.22	
423	168	RITA CABRAL	F	43	83	01:13:43.48	01:13:31.65	
424	75	DUARTE FONSECA	F	48	84	01:13:43.53	01:13:16.66	
425	74	PAULA GUERRA	F	47	85	01:14:47.86	01:14:21.72	
426	500	JOSÉ ALIPIO	M	61	341	01:15:27.57	01:15:16.80	
427	241	ANA CIURO	F	43	86	01:15:30.24	01:15:10.57	KONANRUNNERS
428	31	SONIA LIMA	F	56	87	01:21:40.57	01:21:20.02	
429	411	CRISTINA FONSECA	F	40	88	01:21:41.02	01:21:02.61	SERVIRUNNERS
430	417	PATRICIA PIRES	F	40	89	01:21:41.14	01:21:02.63	SERVIRUNNERS

Total de registros: 430