



I Trail da Várzea de Loures - Trail Curto RunSox

14 de Abril, 2019

<https://werun.pt/resultados/i-tra/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	569	PAULO FERREIRA	00:52:14	00:52:06	M4549	PINHAL NOVO A CORRER	1
2	507	FERNANDO SANTOS	00:54:21	00:54:12	M5054	CLUBE DE PRAÇAS DA ARMADA	1
3	594	TIAGO GONÇALVES	00:54:22	00:54:14	M2439		1
4	632	PEDRO MEDLEY	00:56:17	00:55:56	M2439		2
5	555	CARLOS PEREIRA	00:56:36	00:56:28	M5054	CORRER LOURES	2
6	534	PEDRO MARTINS	00:56:56	00:56:48	M2439		3
7	781	FERNANDO MATOS	00:57:15	00:57:06	M4044	ASSOCIAÇÃO DAVID VAZ	1
8	646	FILIPE PEDRO	00:57:39	00:57:31	M0023	ASSOCIAÇÃO CULTURAL RECREATIVA DA MEALHADA	1
9	746	PEDRO NEVES	00:57:39	00:57:28	M2439		4
10	5578	NUNO CAFÉ	00:58:47	00:58:38	M4044	AMINHACORRIDA/MY PROTEIN	2
11	716	PAULO SARTY	00:59:01	00:58:51	M4549	STRONG TEAM	2
12	700	FRANCISCO LOPES	00:59:07	00:58:57	M5054		3
13	512	JOAQUIM OLIVEIRA	00:59:33	00:59:24	M5054	CLUBE EDP LISBOA	4
14	648	JOÃO ALVES	00:59:41	00:59:32	M2439	GO!RUNNERS/OUTPRO STORE	5
15	5559	EMANUEL FREITAS	01:00:00	00:59:49	M2439		6
16	784	RUBEN CHAVES	01:00:42	01:00:16	M2439		7
17	651	DAVID SARAIVA	01:00:52	01:00:39	M2439	MIND SOURCE RUNNERS	8
18	785	JAMIE BOWER	01:00:59	01:00:31	M2439		9

19	514	MÁRIO LOURENÇO	01:01:02	01:00:52	M5054	CLUBE DE PRAÇAS DA ARMADA	5
20	504	ALEXANDRE CANTANHEDE	01:01:16	01:01:07	M4044	CLUBE DE PRAÇAS DA ARMADA	3
21	696	FERNANDO TAVARES	01:01:29	01:01:17	M4549	MILITAR BOOTCAMP NATUR	3
22	695	NUNO PEREIRA	01:01:57	01:01:40	M2439	ZGBT	10
23	606	GONÇALO CARVALHO	01:02:23	01:02:12	M2439	CROSSFIT ALPHADEN	11
24	768	CARLOS MONTEIRO	01:02:37	01:02:27	M5559	GD SÃO DOMINGOS	1
25	788	PEDRO VIEIRA	01:02:42	01:02:34	M4549	CORRER LOURES	4
26	633	ANTÓNIO TORRES	01:02:48	01:02:26	M2439		12
27	5515	JOSÉ COSTA	01:03:01	01:02:51	M5054		6
28	5509	ANTONIO ALMEIDA	01:03:08	01:02:58	M5559	NUCLEO DESPORTIVO AUTOCOOPE	2
29	755	JOÃO BRANCO	01:03:10	01:03:01	M4549	AROO	5
30	754	PEDRO PEREIRA	01:03:34	01:03:34	M4549	AROO	6
31	5542	VASCO MIGUEL	01:03:50	01:03:37	M4044	wildest	4
32	605	FERNANDO SOUSA	01:04:10	01:03:45	M5054	STRAVISTAS VP	7
33	773	JUVENAL MOREIRA	01:04:19	01:04:04	M5559	NUCLEO DESPORTIVO AUTOCOOPE	3
34	560	PAULO GONÇALVES	01:04:25	01:04:08	M2439	POLRUNNERS	13
35	561	JULIO MOREIRA	01:04:25	01:04:07	M4044	POLRUNNERS	5
36	738	LUIS GOMES	01:04:33	01:04:17	M4549	FITRUNNERS	7
37	780	WILSON NOGIUEIRA	01:04:36	01:04:07	M2439		14
38	581	TIAGO ALMEIDA	01:04:36	01:04:07	M2439		15
39	5575	ANABELA CARVALHO	01:04:41	01:04:33	F5559	GD SÃO DOMINGOS	1
40	629	NUNO LOPES	01:05:00	01:04:46	M4044		6
41	750	BRUNO ABREU	01:05:06	01:04:47	M4044	CLUBE DESPORTIVO ESCOLA SANTANA	7

42	756	NUNO PRUDENCIO	01:05:08	01:04:56	M2439	PRUDAS RANNING TEAM	16
43	5516	RICARDO LADISLAU	01:05:28	01:05:16	M4044		8
44	744	FÁBIO SIMÕES	01:05:31	01:05:06	M2439		17
45	5540	VITOR CANTO	01:05:40	01:05:15	M4549	LINDA-A-PASTORA SPORTING CLUBE	8
46	777	RICARDO SANTOS	01:05:43	01:05:27	M4549	CLUBE EDP LISBOA	9
47	566	BRUNO MARTINS	01:05:44	01:05:06	M2439		18
48	673	NUNO RODRIGUES	01:06:06	01:05:41	M4044	SERVIÇOS SOCIAIS MONTEPIO	9
49	688	ROSÁRIO FIGUEIRAL	01:06:20	01:05:47	M5054		8
50	5570	HELDER MANUEL OLIVEIRA	01:06:20	01:06:02	M2439		19
51	719	EUGÉNIA MARTINS	01:06:36	01:06:27	F5054	AROO	1
52	5550	TIAGO SILVA	01:06:37	01:06:16	M2439	AMIGOS VALE SILÊNCIO	20
53	564	EDUARDO MOREIRA	01:06:40	01:06:02	M4549		10
54	503	FILIPE CAGICA	01:06:42	01:06:16	M2439		21
55	672	PEDRO BOTO	01:06:47	01:06:35	M5054	SERVIÇOS SOCIAIS MONTEPIO	9
56	592	ISABEL RODRIGUES	01:06:51	01:06:24	F4549	ADCR-PJ	1
57	5554	RUI CARNEIRO	01:07:26	01:07:12	M5054		10
58	525	RUI OLIVEIRA	01:07:28	01:07:18	M4549	CORRER LOURES	11
59	588	JOÃO DIONISIO	01:07:49	01:07:30	M4044	Running Loures	10
60	546	MANUEL LUIS ALVES	01:07:52	01:07:39	M4549		12
61	541	MARTINHO ANTÓNIO MARTINHO	01:08:07	01:07:53	M5559		4
62	684	VÍTOR PEREIRA	01:08:15	01:07:53	M5559	INDIVIDUAL	5
63	5535	DUARTE RIBEIRO	01:08:17	01:08:06	M2439	KINGSFAMILY	22
64	5541	SAMUEL TEIXEIRA	01:08:28	01:08:07	M2439	Copo 3	23

65	578	HELDER GOMES	01:09:04	01:08:32	M5054		11
66	614	LUÍS BENAVENTE	01:09:10	01:08:58	M4549	GDAZAMBUJA - TRAIL TEAM	13
67	589	MIGUEL MATOS	01:10:03	01:09:43	M2439	Running Loures	24
68	5549	RICARDO MATIAS	01:10:04	01:09:52	M2439		25
69	5574	LUIS MARTINS	01:10:31	01:10:18	M2439	Lavre running	26
70	679	RUI DIAS	01:10:36	01:10:00	M5054	SERVIÇOS SOCIAIS MONTEPIO	12
71	5546	LUIS RODRIGUES	01:10:37	01:10:19	M2439		27
72	562	RUI PEREIRA	01:10:41	01:10:24	M2439	POLRUNNERS	28
73	786	KARINE VIE	01:10:45	01:10:30	F4549		2
74	5531	PEDRO ROSENDO	01:10:53	01:10:41	M2439	Clube Atletismo Vale de Figueira	29
75	598	JOÃO COSTA	01:10:53	01:10:37	M4549	KEEP RUNNING TEAM	14
76	551	TELMO FREIRE	01:11:24	01:11:00	M2439		30
77	563	JOSÉ ANTÓNIO MARTINS MARQUES	01:11:36	01:11:36	M4549		15
78	674	JORGE COSTA	01:11:39	01:11:13	M5054	SERVIÇOS SOCIAIS MONTEPIO	13
79	767	EMANUEL BRANCO	01:11:39	01:11:04	M2439	GD SÃO DOMINGOS	31
80	765	VERA DUARTE	01:11:49	01:11:41	F4549	BRUNOSEMPRE. BABA MAMBO	3
81	5581	TÂNIA AZEVEDO	01:11:56	01:11:45	F2439	GO!RUNNERS / OUTPRO STORE	1
82	593	AURELIO ARAUJO	01:11:57	01:11:41	M5054	KEEP RUNNING	14
83	718	SOFIA MARQUES	01:12:02	01:11:40	F4549		4
84	669	SUSANA JEREMIAS	01:12:04	01:11:48	F4549	FITRUNNERS	5
85	710	JOÃO PINTO	01:12:07	01:11:28	M4044	RUN FOR FRIENDS	11
86	5571	PAULO GONÇALVES	01:12:27	01:12:15	M5054	MARVILA JOVEM	15
87	657	CATARINA AMARO	01:12:38	01:12:00	F2439	RUN FOR FRIENDS	2

88	625	PAULO TOMAS	01:12:38	01:12:09	M4549	A.M.C.D.TITUARIA	16
89	565	PEDRO TAVARES	01:12:41	01:12:12	M2439	RacingBikes	32
90	791	PAULO RODRIGUES	01:12:47	01:12:29	M4549	MOITA A CORRER	17
91	506	SANDRA OLIVEIRA	01:12:51	01:12:17	F4044	CLUBE DE PRAÇAS DA ARMADA	1
92	774	CARLOS MAGALHAES	01:13:01	01:12:45	M5054	NUCLEO DESPORTIVO AUTOCOOPE	16
93	545	SÓNIA FRANÇA	01:13:03	01:12:24	F4044		2
94	681	RICARDO SOUSA	01:13:18	01:13:06	M2439	SERVIÇOS SOCIAIS MONTEPIO	33
95	743	SÍLVIA GOMES	01:13:22	01:12:57	F4044	LINDA-A-PASTORA SPORTING CLUBE	3
96	604	RUI MARTINS	01:13:27	01:13:14	F4044	VILT RUNNERS	4
97	760	FERNANDO MANUEL	01:13:27	01:13:19	M6099	BRUNOSEMPRE. BABA MAMBO	1
98	505	MÁRCIA CANTANHEDE	01:13:29	01:12:55	F2439	CLUBE DE PRAÇAS DA ARMADA	3
99	623	EDGAR FRANCISCO	01:13:31	01:13:01	M5054	A.M.C.D.TITUARIA	17
100	626	ANDRÈ MOTA	01:13:31	01:13:02	M4044	A.M.C.D.TITUARIA	12
101	5579	PATRICIA FALCÃO	01:14:12	01:14:02	F4549	AMINHACORRIDA/MY PROTEIN	6
102	702	HUGO EVARISTO	01:14:14	01:13:38	M2439	WILD RUNNERS	34
103	741	JORGE SIMÕES	01:14:22	01:13:50	M4549	LINDA-A-PASTORA SPORTING CLUBE	18
104	668	MIGUEL PINA	01:14:41	01:14:01	M2439	BIGUP TRAIL TEAM	35
105	636	RODRIGO SOUSA	01:14:47	01:14:18	M2439	RUNLOVERS	36
106	624	LUIS FERREIRA	01:14:52	01:14:25	M5054	A.M.C.D.TITUARIA	18
107	5568	ARLETE REGO	01:15:13	01:14:52	F2439	GO!RUNNERS / OUTPRO STORE	4
108	553	CARLOS FERREIRA	01:15:15	01:15:01	M6099	NUCLEO DESPORTIVO AUTOCOOPE	2
109	5583	MARTIM XAVIER	01:15:18	01:14:58	M0023	MOITA A CORRER	2
110	609	CARLOS PÁSCOA	01:15:19	01:15:07	M6099	INDIVIDUAL	3

111	576	ANTONIO RAFAEL MARTINS MARTINS	01:15:24	01:14:54	M5559		6
112	653	ANTONIO CAETANO	01:15:24	01:14:58	M4549	STJOAOLIVEIRATEAM	19
113	5558	RICARDO PEREIRA	01:15:26	01:14:55	M4549	DUBLIN O'SEVEN	20
114	717	SANDRA LOPES	01:15:32	01:15:22	M2439	STRONG TEAM	37
115	603	ROMULLO MENEZES	01:15:48	01:15:33	M2439	VILT RUNNERS	38
116	706	JOÃO VICENTE	01:15:53	01:15:17	M5559		7
117	737	HELDER RODRIGUES	01:16:12	01:15:51	M4044	GRUPETA RUNNING TEAM	13
118	5560	NUNO MIGUEL CODEÇO	01:16:17	01:15:46	M4044	DUBLIN O'SEVEN	14
119	640	LUIS MANUEL BRANCO DIAS DIAS	01:16:24	01:15:56	M5054		19
120	779	ARMÉNIO SILVA	01:16:30	01:16:12	M4549		21
121	749	HUGO SANTOS	01:16:38	01:16:14	M4044	CLUBE CORRIDA REN	15
122	5526	FRANCISCO NOVERSA	01:16:45	01:16:26	M2439	Afifense	39
123	5562	PATRICIA GERALDES	01:16:50	01:16:41	F5054		2
124	707	RICARDO LOURO	01:17:08	01:16:21	M4044	AMIGOSDACORRIDACOM	16
125	5537	JOÃO REIS	01:17:37	01:17:26	M2439	KINGSFAMILY	40
126	721	PAULO COUTINHO	01:17:41	01:17:14	M2439	COUTINHOS	41
127	790	JOSE NUNES	01:17:41	01:17:24	M5054		20
128	513	VITOR MOREIRA	01:17:43	01:17:04	M6099	CLUBE EDP LISBOA	4
129	527	LBZ LUIS	01:17:51	01:17:40	M4044	AUW - NASATEAM	17
130	618	NATALIA ESTEVAO	01:17:51	01:17:39	F2439	Salitre	5
131	764	JOSÉ DINIS	01:17:57	01:17:38	M5054	BRUNOEMPRES. BABA MAMBO	21
132	701	PAULA CRISTINA DINIS	01:17:57	01:17:38	F5054		3
133	540	JOSE MANUEL	01:17:58	01:17:19	M4044		18

134	5524	ANTÓNIO CARMO	01:18:18	01:17:34	M5054	Papa Trilhos do CAAL	22
135	690	IRIS RODRIGUES	01:18:27	01:17:58	F0023	LINDA-A-PASTORA SPORTING CLUBE	1
136	5514	ABEL COSTA	01:18:31	01:17:58	M4549	Gfi Portugal	22
137	699	RICARDO CARRETEIRO	01:18:40	01:18:21	M2439		42
138	715	GONÇALO ROSA	01:18:47	01:18:47	M4044		19
139	5530	CARLOS ALBERTO DOS JESUS	01:18:48	01:18:22	M5559	INDIVIDUAL	8
140	663	CARLOS SILVA	01:18:55	01:18:22	M4549	LISBOA	23
141	770	LUIS MARTINS	01:18:56	01:18:32	M4044	GRUPETA RUNNING TEAM	20
142	757	PEDRO CORDEIRO	01:19:03	01:18:47	M4549		24
143	789	JOSÉ RAMOS	01:19:10	01:18:52	M6099	CORRER LOURES	5
144	552	PAULO ABADIA	01:19:16	01:18:52	M4549	Team bizarro	25
145	5522	ALEXANDRE MIGUEL SILVA MARTINS	01:19:24	01:19:10	M4549	wildest	26
146	5521	RUI FLORES	01:19:37	01:19:21	M4044		21
147	542	ERICA CABRAL	01:19:47	01:19:24	M2439		43
148	705	JOAO CLARO	01:20:09	01:19:49	M4549		27
149	547	TIAGO GRAÇA	01:20:10	01:19:38	M0023		3
150	567	JOÃO RALHA	01:20:12	01:19:47	M6099	RUN 4 FUN	6
151	745	RICARDO RAMOS	01:20:16	01:19:44	M4044	ODIVELAS	22
152	529	RICARDO LAMELAS DOS SANTOS	01:20:19	01:19:50	M4044	STJOAOOLIVEIRATEAM	23
153	704	VASCO ALPALHÃO	01:20:34	01:20:02	M4549	ALPALHÃO	28
154	5532	MIGUEL MENDES	01:20:38	01:20:23	M2439		44
155	708	MARCELO PIRES	01:21:01	01:20:44	M2439		45
156	544	BEATRIZ SÉCIO	01:21:01	01:20:15	F0023		2

157	714	SIMÃO DELGADO	01:21:04	01:20:47	M2439		46
158	766	CARLA FERNANDES	01:21:13	01:20:54	F4044	BRUNOSEMPRE. BABA MAMBO	5
159	761	HÉLDER SANTOS	01:21:14	01:20:54	M4044	BRUNOSEMPRE. BABA MAMBO	24
160	758	RUI MENEZES	01:21:34	01:21:10	M4044		25
161	713	JOANA SERINA	01:21:35	01:21:05	F4549	FITRUNNERS	7
162	733	ROSA AFONSO	01:21:36	01:21:15	F5054	CCR ALTO DO MOINHO	4
163	634	DIOGO SILVA	01:21:44	01:21:22	M2439	TOA	47
164	523	PEDRO FERNANDES	01:21:49	01:21:27	M4549	OS MARRETAS	29
165	524	SANDRA FERNANDES	01:21:49	01:21:28	F4549	MARRETAS	8
166	602	DANIEL PINTO	01:21:58	01:21:44	M2439	VILT RUNNERS	48
167	645	SANDRA NAIR	01:22:25	01:21:43	F4044	GANG DOS PAIS	6
168	516	SOFIA RIBEIRO	01:22:30	01:22:07	F4044	MARRETAS	7
169	732	PAULO SOARES	01:22:38	01:21:49	M4549	CCR ALTO DO MOINHO	30
170	660	LUÍS BARBOT	01:22:44	01:21:56	M5559	AMIGOSDACORRIDA.COM	9
171	585	ANTÓNIO CUNHA	01:22:49	01:22:02	M2439		49
172	582	FRANCISCO SILVA	01:22:50	01:22:14	M4044		26
173	619	LOURDES ROMERO	01:23:39	01:23:12	F6099		1
174	667	PATRICIA FERNANDES	01:24:07	01:23:28	F4549	CLUBE ANA LISBOA	9
175	644	TITO FERNANDES	01:24:20	01:23:35	M4044	GANG DOS PAIS	27
176	649	JOANA MENDES	01:24:25	01:24:13	F2439	AS SARDINHAS	6
177	650	JOANA BARBOSA	01:24:26	01:24:13	F2439	AS SARDINHAS	7
178	752	SÉRGIO LOUREIRO	01:24:41	01:24:08	M2439	REBIS CONSULTING	50
179	5506	FERNANDO PEREIRA	01:25:12	01:24:31	M4549	AZEITÃO RUNNING	31

180	526	JORGE CRUZ	01:25:13	01:24:50	M4549	Centro de Marcha e Corrida de Odivelas	32
181	658	MARIA JOÃO FERNANDES	01:25:25	01:24:39	F6099	AMIGOSDACORRIDA.COM	2
182	570	ANTONIO RIBEIRO	01:25:26	01:24:44	M5054	CLUBE TAP PORTUGAL	23
183	630	ANABELA VICENTE	01:25:29	01:25:02	F2439		8
184	631	MIGUEL COELHO	01:25:30	01:25:03	M4549		33
185	558	SANDRA OLIVEIRA	01:25:44	01:25:04	F2439	PAMMIC	9
186	686	CARLOS BERNARDINO	01:25:46	01:25:14	M4549	PROGRAMA NACIONAL DE MARCHA E CORRIDA - LOURES	34
187	559	JORGE OLIVEIRA	01:25:47	01:25:07	M4044	PAMMIC	28
188	772	LUISA FERREIRA	01:26:11	01:25:57	F5054	NUCLEO DESPORTIVO AUTOCOOPE	5
189	5511	ANTÓNIO DUARTE	01:26:31	01:26:17	M6099		7
190	694	FILIPA TEIXEIRA	01:26:44	01:26:26	F2439	Sacavenense	10
191	573	MARIA GARCIA	01:26:46	01:26:13	F4549	ECI RUNNING TEAM	10
192	597	ANTÓNIO BARROS	01:26:46	01:26:20	M5559	GRUPETA RUNNING TEAM	10
193	724	JOÃO ANTUNES	01:26:50	01:26:26	M4549	COPYIT	35
194	568	LUÍSA RALHA	01:26:56	01:26:30	F6099	RUN 4 FUN	3
195	742	CLAUDIO CRUZ	01:27:38	01:27:00	M4044		29
196	508	SAMUEL SILVA	01:27:54	01:27:34	M4044		30
197	671	ANTÓNIO SOUSA	01:27:57	01:27:41	M4549		36
198	501	JOÃO BARRIGOLA	01:28:06	01:27:21	M2439		51
199	698	SUSANA MAURÍCIO	01:28:23	01:28:05	F2439		11
200	587	RUBEN SILVEIRA	01:28:24	01:28:05	M2439	Running Loures	52
201	726	PEDRO RODRIGUES	01:28:36	01:28:36	M4044		31
202	620	ANA RITA CARDOSO	01:29:33	01:29:07	F2439		12

203	5552	LUIS SANTOS	01:29:50	01:29:11	M4044	JÁ FOSTE	32
204	5553	MARIA ALMEIDA	01:29:55	01:29:16	F2439	JÁ FOSTE	13
205	5502	AURÉLIO GOMES	01:30:10	01:29:45	M6099	GRUPETA RUNNING TEAM	8
206	537	TERESA SILVA	01:30:33	01:30:02	F6099	I FIT YOU	4
207	601	ADRIANA DOMINGOS	01:31:07	01:30:52	F2439	VILT RUNNERS	14
208	600	MIGUEL LOPES	01:31:07	01:30:54	M2439	VILT RUNNERS	53
209	550	JOAQUIM RIBEIRO RIBEIRO	01:31:08	01:30:35	M4549	BENFICA	37
210	522	NUNO SOUSA	01:31:18	01:31:18	M4044		33
211	641	VALTER NUNES	01:31:18	01:30:33	M4044	GANG DOS PAIS	34
212	693	CLAUDIA GONÇALVES	01:31:23	01:31:06	F4044	Sacavenense	8
213	543	CRISTIANA MALHAO	01:31:25	01:30:45	F2439		15
214	639	JORGE PEREIRA	01:31:26	01:30:49	M5559	JOBRINDE - MONTES SALOIOS	11
215	783	ISABEL SANTA	01:31:27	01:30:58	F4044	FITRUNNERS	9
216	782	IVO PEREIRA	01:31:27	01:30:42	M4044	FITRUNNERS	35
217	5557	TOMÁS NAZÁRIO	01:31:40	01:31:40	M0023	CBE	4
218	637	CATARINA DIAS	01:31:59	01:31:45	F2439	AS SARDINHAS	16
219	5504	GONÇALO CARDOSO	01:32:02	01:31:47	M4044		36
220	5551	TIAGO SANTOS	01:32:04	01:31:42	M2439	AMIGOS VALE SILÊNCIO	54
221	730	LUÍS GRECHO	01:32:04	01:31:19	M4549	SERVIÇOS SOCIAIS MONTEPIO	38
222	655	MÁRIO EMÍDIO	01:32:18	01:31:54	M5559	TÁLENTOS TEAM	12
223	5538	FILIPE LEDO	01:33:12	01:32:24	M4044		37
224	787	CRISTINA VAZ	01:33:17	01:32:29	F4044		10
225	654	MARIA JOÃO EMÍDIO	01:33:20	01:32:57	F5054	TÁLENTOS TEAM	6

226	5529	PEDRO FERREIRA	01:33:58	01:33:12	M5054		24
227	735	DAVIDE ANTUNES	01:34:05	01:33:33	M2439	COPYIT	55
228	731	CLAUDIA GRECHCO	01:34:17	01:33:31	F4549	SERVIÇOS SOCIAIS MONTEPIO	11
229	778	JOAO RIBEIRO	01:34:59	01:34:18	M5054	CLUBE ANA LISBOA	25
230	518	MARIA SERRA	01:35:08	01:34:47	F4549	Centro de Marcha Corrida Odivelas	12
231	740	CÉLIA SIMÕES	01:35:20	01:34:53	F4549	LINDA-A-PASTORA SPORTING CLUBE	13
232	621	ANA PAULA RODRIGUES	01:35:34	01:35:07	F4044	ZOOMB'ART	11
233	510	ELSA NUNES	01:35:37	01:35:18	F4044	CORRER LOURES	12
234	793	ANTÓNIO FERNANDES	01:35:40	01:35:40	M5054	CORRER LOURES	26
235	575	SHEILA VALLE SANTOS	01:35:53	01:35:18	F4044	CORRER LISBOA	13
236	574	JOÃO SEQUEIRA	01:35:55	01:35:19	M4044	CORRER LISBOA	38
237	751	MÓNICA CASTANHA	01:35:56	01:35:37	F2439	CLUBE DESPORTIVO ESCOLA SANTANA	17
238	647	MARIA OLIVEIRA	01:36:13	01:35:38	F4549		14
239	656	ANA SOBRAL	01:36:14	01:35:37	F2439		18
240	5513	PAULO SOBERANO	01:36:21	01:35:46	M5054	Gfi Portugal	27
241	635	JOÃO MANUEL LEITE VIEIRA	01:37:44	01:37:15	M5559	CENTRO DE MARCHA E CORRIDA DE ALENQUER	13
242	596	PAULA GOULART	01:37:53	01:37:28	F5054	GRUPETA RUNNING TEAM	7
243	595	ANA GUERREIRO	01:37:53	01:37:30	F5054	GRIPETA RUNNING TEAM	8
244	794	MARTA FERREIRA	01:37:55	01:37:24	F2439		19
245	5517	SOFIA CORDEIRO	01:37:56	01:37:19	F4044	BORINHAS	14
246	736	INÊS INÁCIO	01:38:00	01:37:16	F2439	FITRUNNERS	20
247	687	MARIANA BERNARDINO	01:38:26	01:37:53	F4549	CORRER LISBOA	15
248	5533	ANA CANAVEIRA	01:38:31	01:38:14	F5054	CCD TRANQUILIDADE	9

249	539	ANA LOPES	01:38:33	01:37:55	F4044		15
250	5518	MÁRIO RUI PEREIRA DA SILVA	01:38:40	01:37:58	M6099		9
251	728	VANDA SILVA	01:38:52	01:38:05	F4044	FITRUNNERS	16
252	519	FÁTIMA LUCAS	01:39:00	01:38:40	F4549	Centro de Marcha e Corrida de Odivelas	16
253	517	SANDRA MONTEIRO	01:40:02	01:39:41	F4044	CENTRO MARCHA CORRIDA ODIVELAS	17
254	520	ANA CRISTINA ABRUNHOSA	01:40:03	01:39:42	F4549	Centro de Marcha e Corrida de Odivelas	17
255	734	RITA CRISTINA FRANCISCO	01:40:33	01:39:49	F5054	FITRUNNERS	10
256	776	NUNO GOMES	01:40:41	01:40:23	M5054	CLUBE EDP LISBOA	28
257	622	VÂNIA ALVES MOREIRA	01:40:42	01:40:01	F2439		21
258	729	JOSÉ CARVALHO	01:40:44	01:39:57	M4549		39
259	577	CELIA FELIZARDO	01:40:46	01:40:15	F5054		11
260	5505	PEDRO SOUSA	01:40:59	01:40:16	M2439	SERVIÇOS SOCIAIS MONTEPIO	56
261	677	JORGE NARCISO	01:41:16	01:40:40	M5559	SERVIÇOS SOCIAIS MONTEPIO	14
262	678	NATÁLIA NARCISO	01:41:16	01:40:40	F5559	SERVIÇOS SOCIAIS MONTEPIO	2
263	533	MARTA FERREIRA	01:43:30	01:43:08	F2439		22
264	720	CÁTIA COUTINHO	01:43:51	01:43:21	F2439	COUTINHOS	23
265	5543	BASILIO PAIXAO	01:43:55	01:43:27	M5054		29
266	703	CARLA GOMES	01:43:55	01:43:07	F2439	CARLA GOMES	24
267	676	RICARDO FERREIRA	01:44:02	01:43:19	M4044	SERVIÇOS SOCIAIS MONTEPIO	39
268	680	RUI FAZENDEIRO	01:44:02	01:43:19	M4549	SERVIÇOS SOCIAIS MONTEPIO	40
269	643	HUGO LIMA	01:44:14	01:43:28	M2439	GANG DOS PAIS	57
270	642	MÓNICA CUNHA	01:44:14	01:43:32	F2439	GANG DOS PAIS	25
271	549	ANA RIBEIRO	01:44:33	01:44:02	F4549	BENFICA	18

272	5503	ANA RODRIGUES	01:45:02	01:44:37	F5559	GRUPETA RUNNING TEAM	3
273	689	PAULO SANTOS	01:45:03	01:44:35	M4549	LINDA-A-PASTORA SPORTING CLUBE	41
274	753	JOANA COSTA	01:45:23	01:44:52	F2439		26
275	771	PATRICIA SANTOS	01:45:38	01:45:02	F4549	SALAMANDRECOS	19
276	572	PALMIRA RIBEIRO	01:45:43	01:45:17	F5054		12
277	659	JOÃO PAULO COSTA	01:45:53	01:45:07	M5559	AMIGOSDACORRIDA.COM	15
278	763	EUNICE RAQUEL	01:46:19	01:45:37	F4044	BRUNOSEMPRE. BABA MAMBO	18
279	571	SANDRA BAPTISTA	01:46:21	01:45:39	F4549	CLUBE TAP PORTUGAL	20
280	628	SÓNIA MIRANDA	01:47:53	01:47:13	F2439	BELAS	27
281	727	TANIA ALMEIDA	01:50:42	01:50:19	F2439		28
282	509	RITA CARVALHINHO	01:51:25	01:50:58	F4549		21
283	532	JOSÉ CALDEIRA	01:51:36	01:50:52	M5054	DEIXEM PASSAR OS COXOS	30
284	556	FERNANDA PALMINHA	01:51:37	01:50:55	F5559		4
285	608	LUÍS RIBEIRO	01:52:29	01:52:08	M4549	Centro de Marcha e Corrida de Odivelas	42
286	531	HELENA SANTOS	01:52:58	01:52:14	F5054	DEIXEM PASSAR OS COXOS	13
287	612	JOÃO SOARES	01:53:30	01:53:15	M4044	GINASIO ENERGYM	40
288	613	BEATRIZ SOARES	01:53:30	01:53:16	F0023	GINASIO ENERGYM	3
289	709	LUIS SOARES	01:53:31	01:53:17	M2439	GINASIO ENERGYM	58
290	723	JÚLIA ARSÉNIO	01:54:25	01:53:40	F4549	FITRUNNERS	22
291	722	ANDREIA MARCELINO	01:54:26	01:53:41	F4044	FIT-RUNNERS	19
292	5545	MANUEL RAPOSO	01:56:33	01:55:54	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	10
293	599	ANTONIO SANTOS	01:58:51	01:58:51	M4549		43
294	607	ANA SOFIA RIBEIRO	02:00:04	01:59:41	F4549	Centro de Marcha e Corrida de Odivelas	23

295	617	RUTE FARIA	02:01:00	02:00:35	F4044	TURRES TRAIL TEAM	20
296	725	SOFIA RODRIGUES	02:02:01	02:01:46	F4549		24
297	5523	PAULA CARMO	02:02:50	02:02:06	F5054	Papa Trilhos do CAAL	14
298	5527	ANA FERREIRA	02:02:51	02:02:06	F5054	Papa Trilhos do CAAL	15
299	5544	MARINA AZEVEDO	02:03:02	02:02:34	F5054		16
300	536	FILOMENA ROCHA	02:05:15	02:04:43	F6099	I FIT YOU	5
301	535	MÁRCIA GUERREIRO	02:05:17	02:04:46	F4044	I FIT YOU	21
302	666	MARIA PERES	02:08:35	02:07:54	F6099	CLUBE ANA LISBOA	6
303	5573	NIDIA FERREIRA	02:12:34	02:12:13	F4044	MARVILA JOVEM	22
304	521	SUSANA ALMEIDA	02:12:36	02:11:59	F5054		17
305	5572	ANA SANTOS	02:12:41	02:12:19	F5054	MARVILA JOVEM	18
306	82	RUTE CASIMIRO	02:13:55	02:13:55	F4044	CLUBE ANA LISBOA	23
307	775	ANTONIO FIGUEIREDO	02:15:10	02:14:54	M5559	CLUBE EDP LISBOA	16
308	610	CARLA PEREIRA	02:21:27	02:21:27	F4549		25