



Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	515	CARLOS TIAGO	M	38		00:34:17.40	00:34:17.40	BELEM RUNNERS
2	518	HUGO AUGUSTO	M	30		00:35:14.89	00:35:14.01	BELEM RUNNERS
3	84	LUIS SANTOS	M	35		00:35:47.87	00:35:47.87	A VALE SILENCIO
4	295	ANTONIO SANTOS	M	47		00:36:05.44	00:36:04.63	CUA BENAVENTENSE
5	157	RODRIGO GUERRA	M	41		00:36:18.20	00:36:17.26	AA MAFRA
6	158	EDUARDO EUSTÁQUIO	M	53		00:36:50.76	00:36:49.60	AA MAFRA
7	137	MIGUEL FRAGA	M	47		00:37:29.33	00:37:29.33	GDCT IN CM
8	600	CELMA BONFIM	F	39		00:37:42.67	00:37:42.61	JOMA
9	266	ADOLFO LEAL	M	50		00:37:59.78	00:37:57.35	REST O CARTAXEIRO
10	309	NUNO SOARES	M	35		00:38:03.89	00:38:00.42	CORRER LISBOA
11	181	MARGARIDA DIONÍSIO	F	29		00:38:28.41	00:38:25.35	ACR SRA DESTERRO
12	517	LUIS XAVIER	M	26		00:38:35.22	00:38:33.22	BELEM RUNNERS
13	513	ORLANDO CORREIA	M	45		00:38:42.76	00:38:39.32	LINDA-A-PASTORA SC
14	615	PAULO GONCALVES	M	47		00:38:53.96	00:38:51.17	
15	206	FLORIANO SILVA	M	38		00:39:10.47	00:39:08.66	AMINHACORRIDA/ MY PROTEIN
16	36	DANIEL GIEBELS	M	35		00:39:16.85	00:39:09.93	
17	220	NUNO A PITA	M	41		00:39:34.15	00:39:31.41	CCDT METRO LX
18	348	ANIBAL GASPAR	M	48		00:39:36.44	00:39:34.93	CCD O ALVITEJO
19	506	MIGUEL SILVA	M	20		00:39:37.24	00:39:34.37	OS ZATOPEQUES
20	251	CONSTANTINO ARAUJO	M	50		00:39:46.65	00:39:43.21	
21	461	JOÃO M S S ANTUNES	M	47		00:39:50.78	00:39:46.93	URBAN RUN TEAM
22	470	NUNO F S S ANTUNES	M	42		00:39:51.45	00:39:47.81	URBAN RUN TEAM
23	267	ARLINDO PAIXÃO	M	54		00:39:54.82	00:39:52.25	REST O CARTAXEIRO
24	82	EDUARDO SANTOS	M	38		00:40:14.08	00:40:10.57	
25	303	JOAO F S RECTO	M	34		00:40:19.22	00:40:00.61	
26	72	SANDRO SILVA	M	38		00:40:21.92	00:40:19.68	
27	452	VALTER N P REALISTA	M	38		00:40:25.79	00:40:23.00	CCM QTA MARQUES COSTA
28	205	CARLOS LOPES	M	43		00:40:32.03	00:40:28.45	AMINHACORRIDA/ MY PROTEIN
29	209	ANTONIO MACHADO	M	46		00:40:33.42	00:40:17.21	
30	539	GONÇALO MENDES	M	17		00:40:33.78	00:40:32.19	C MILLENNIUM BCP
31	21	LUCILIA SOARES	F	54		00:40:37.86	00:40:34.41	CATAGÁS VULCANO
32	61	JOSE ESTEVES	M	51		00:41:04.85	00:41:01.71	TARTARUGAS SOLIDARIAS
33	442	FERNANDO CHAMUSCA	M	67		00:41:11.59	00:41:09.75	LINDA-A-PASTORA SC
34	603	NUNO REBELO	M	38		00:41:29.88	00:41:27.68	CASINO LISBOA
35	216	CARLOS N DIAS	M	56		00:41:33.90	00:41:30.64	CCDT METRO LX
36	516	CLAUDIA BORRALHO	F	43		00:41:44.48	00:41:37.38	BELEM RUNNERS



37	578	RUI M S ANTUNES	M	39	00:41:44.88	00:41:36.34	C NOTURNA PARQUE NAÇÕES
38	432	TELMO NOGUEIRA	M	33	00:41:48.80	00:41:42.68	FRAGOSOS
39	427	PAULO ALMEIDA	M	52	00:42:07.76	00:42:06.81	
40	35	HELDER A R COTRIM	M	36	00:42:19.83	00:42:17.67	
41	408	PEDRO MARIA	M	44	00:42:21.91	00:42:19.40	
42	43	JOÃO FINO	M	50	00:42:25.96	00:42:05.89	XEROX ROADRUNNERS
43	201	DAVID SARAIVA	M	34	00:42:35.26	00:42:28.90	
44	90	VITOR LEBRE	M	42	00:42:39.61	00:42:32.33	
45	487	BENVINDA SANTOS	F	23	00:42:41.55	00:42:37.74	JUVENTUDE VIDIGALENSE
46	279	JOAQUIM SILVA	M	48	00:42:44.90	00:42:37.09	ADCR PJ
47	176	JOAO GONCALVES	M	45	00:42:49.42	00:42:37.99	
48	214	ANTÓNIO E GONÇALVES	M	51	00:42:52.52	00:42:40.63	CCDT METRO LX
49	31	JOÃO RODRIGUES	M	25	00:42:53.29	00:42:16.47	
50	426	FERNANDO FARIA	M	36	00:42:54.34	00:42:48.47	
51	48	GONÇALO FIDALGO	M	45	00:42:58.79	00:42:49.26	XEROX ROADRUNNERS
52	175	ALEXANDRE VIEGAS	M	37	00:42:59.33	00:42:53.58	
53	185	DAVID RAMOS	M	36	00:43:00.15	00:42:56.26	
54	49	RUI CAEIRO	M	50	00:43:00.87	00:42:51.33	XEROX ROADRUNNERS
55	25	FERNANDO ROSETE	M	47	00:43:02.31	00:42:44.44	RUN 4 FUN
56	339	RUI MARTINS	M	37	00:43:05.79	00:42:58.82	SS CGD
57	286	TEOTÓNIO X NETO	M	53	00:43:06.55	00:42:50.04	ADRC MATA BENFICA
58	153	ALBERTINO NETO	M	47	00:43:11.66	00:43:08.64	CORRER SR GRANJA
59	555	TIAGO REALISTA	M	44	00:43:14.27	00:43:07.44	AA MAFRA
60	424	PEDRO F M DIAS	M	33	00:43:18.54	00:43:10.47	
61	413	DIOGO VICENTE	M	18	00:43:19.45	00:43:13.10	
62	211	MARCO SANTANA	M	41	00:43:24.89	00:42:59.56	
63	599	HUGO SILVA	M	30	00:43:24.94	00:43:08.01	
64	233	PEDRO S LOURENÇO	M	47	00:43:29.29	00:43:12.32	CLUBE VODAFONE
65	556	CARLOS RODRIGUES	M	60	00:43:32.32	00:43:25.54	AA MAFRA
66	280	JOAÃO COSTA	M	46	00:43:34.64	00:43:32.75	ADCR PJ
67	245	GONÇALO SERAFIM	M	40	00:43:34.80	00:43:32.00	
68	612	SERGIO SANTOS	M	45	00:43:38.47	00:43:35.47	
69	159	JOÃO H G VIEIRA	M	43	00:43:39.05	00:43:31.70	
70	474	PEDRO GOMES	M	40	00:43:42.04	00:43:09.86	
71	240	DUARTE BILRO	M	30	00:43:42.14	00:43:23.31	GANGUE DAS 6H10
72	584	JOSE SARAIVA	M	48	00:43:46.92	00:43:41.21	C NOTURNA PARQUE NAÇÕES
73	27	JOÃO PARADINHA	M	43	00:43:48.64	00:43:41.25	



74	312	MANUEL TAVARES	M	58	00:43:51.61	00:43:46.68	RUN PIRILAMPO
75	297	MANUEL S C BORGES	M	47	00:43:52.21	00:43:44.94	
76	250	JOSÉ REIS	M	63	00:43:55.64	00:43:52.80	
77	278	ANA VIEIRA	F	42	00:43:57.00	00:43:57.00	ADCR PJ
78	571	ANA CAMPOS	F	33	00:44:03.27	00:43:46.15	AISSÉ TEAM
79	368	FERNANDO CONTREIRAS	M	41	00:44:03.88	00:43:57.64	GD BANCO BPI
80	611	ANTONIO FERNANDES	M	54	00:44:04.14	00:43:58.31	
81	160	CARLOS M S CAEIRO	M	62	00:44:08.62	00:44:06.90	
82	326	HENRIQUE AMADOR	M	45	00:44:10.27	00:44:07.47	SS CGD
83	529	CONCEICAO PEREIRA	F	55	00:44:11.05	00:44:10.91	CA VALE FIGUEIRA
84	287	EDUARDO COELHO	M	34	00:44:14.89	00:43:57.63	ADRC MATA BENFICA
85	102	VIRGÍLIO MADEIRA	M	58	00:44:20.76	00:44:00.46	TAC - TRANQUILIDADE AÇOREANA CLUBE
86	146	RUI P RODRIGUES	M	42	00:44:22.70	00:44:18.16	CORRER SR GRANJA
87	450	CARLOS E CORREIA	M	38	00:44:24.35	00:44:18.41	
88	336	PEDRO BRAS	M	33	00:44:28.15	00:44:07.50	SS CGD
89	302	RICARDO SILVA	M	26	00:44:29.65	00:44:16.86	
90	68	PAULO CARMO	M	41	00:44:31.75	00:44:31.76	1
91	308	PEDRO GAGLIARDINI	M	29	00:44:34.09	00:44:03.79	HC RUNNERS
92	592	ANASTACIO NETO	M	43	00:44:38.72	00:44:29.65	C NOTURNA PARQUE NAÇÕES
93	582	BERNARDO MALHADOR	M	40	00:44:38.89	00:44:29.17	C NOTURNA PARQUE NAÇÕES
94	62	ANTONIO ALMEIDA	M	53	00:44:40.05	00:44:35.97	ND AUTOCOOPE
95	161	JOSE PEREIRA	M	41	00:44:47.58	00:44:47.58	
96	188	VÍTOR J C MARQUES	M	56	00:44:50.15	00:44:31.16	
97	537	TIAGO MENDES	M	43	00:44:53.33	00:44:53.03	C MILLENNIUM BCP
98	510	JOSE NETO	M	60	00:45:00.54	00:44:58.39	TEAM NETO
99	310	PEDRO M A PEREIRA	M	39	00:45:03.29	00:44:44.56	
100	11	FREDERICO FERNANDES	M	40	00:45:11.35	00:45:00.18	QUINTA PARAMOS - ATLETISMO
101	503	JOSÉ CUNHA	M	52	00:45:12.52	00:44:41.17	OS ZATOPEQUES
102	375	SANDRO COSTA	M	34	00:45:12.98	00:44:51.80	
103	118	JOAQUIM RAMALHO	M	47	00:45:15.17	00:45:11.31	CORRER LISBOA
104	130	PEDRO M C N BARBOSA	M	40	00:45:20.99	00:45:06.98	MEIA DÚZIA
105	152	RUI RODRIGUES	M	52	00:45:33.28	00:45:18.42	CORRER SR GRANJA
106	93	NÉLSON MOTA	M	47	00:45:33.81	00:45:12.34	TAC - TRANQUILIDADE AÇOREANA CLUBE
107	104	MÁRIO GOMES	M	47	00:45:33.84	00:45:12.55	TAC - TRANQUILIDADE AÇOREANA CLUBE
108	340	TIAGO AVELAS	M	42	00:45:39.34	00:45:36.17	SS CGD
109	38	JOSÉ M MATOS	M	55	00:45:42.63	00:45:22.97	CA AMIGOS PARQUE PAZ
110	606	MARCO PARAIBA	M	38	00:45:44.44	00:45:28.44	CASINO LISBOA



111	111	FERNANDO ALMEIDA	M	38	00:45:44.61	00:45:26.81	GELPEIXE
112	358	TIAGO PINTO	M	38	00:45:48.31	00:45:22.19	CORRER LISBOA
113	304	BRUNO HENRIQUES	M	42	00:45:51.38	00:45:27.49	
114	294	CARLOS RESA	M	35	00:45:53.29	00:45:41.99	
115	508	PEDRO SANTOS	M	40	00:45:53.73	00:45:36.76	
116	411	LUIS M ROCHA	M	46	00:45:56.71	00:45:52.01	OS ROCHAS
117	422	NUNO ANTÃO	M	39	00:45:59.15	00:45:50.78	
118	594	QUIM DIAS	M	43	00:46:03.03	00:45:28.43	I AM FIT
119	164	NUNO M M CANHA	M	43	00:46:06.71	00:45:49.44	
120	377	PEDRO TRABUCHO	M	52	00:46:07.39	00:45:48.49	GD BANCO BPI
121	100	PAULO TORRÃO	M	45	00:46:08.35	00:45:47.90	TAC - TRANQUILIDADE AÇOREANA CLUBE
122	570	TIAGO D MARQUES	M	26	00:46:14.88	00:46:09.26	CORRER LISBOA
123	437	PAULO J R JESUS	M	49	00:46:18.39	00:46:14.93	
124	19	ANTÓNIO RODRIGUES	M	50	00:46:19.61	00:46:12.86	
125	491	MIGUEL CARVALHO	M	20	00:46:21.17	00:46:00.09	FALCÕES SELVAGENS
126	171	ANTONIO PUCARIÇO	M	55	00:46:21.49	00:46:06.19	CCDP MUN CASCAIS
127	483	TOMÁS K LOPES	M	18	00:46:27.28	00:46:13.15	LOPES FAMILY TEAM
128	86	ANTÓNIO FERNANDES	M	60	00:46:35.30	00:46:32.13	A VALE SILENCIO
129	147	JULIO ROQUE	M	52	00:46:36.26	00:46:16.57	CORRER SR GRANJA
130	471	RICARDO SILVA	M	35	00:46:37.02	00:46:26.37	
131	357	ADILSON LINO	M	44	00:46:37.54	00:46:15.94	
132	334	ORLINDO FIGUEIREDO	M	69	00:46:38.11	00:46:35.24	SS CGD
133	574	LUIS PIMENTA	M	43	00:46:43.40	00:46:38.37	C NOTURNA PARQUE NAÇÕES
134	112	HILARIO TORRES	M	58	00:46:51.92	00:46:20.12	
135	113	RUBEN SILVA	M	29	00:46:52.52	00:46:18.99	
136	140	RICARDO ALVES	M	41	00:46:53.30	00:46:47.11	GDCT IN CM
137	138	NUNO GONÇALVES	M	42	00:46:53.77	00:46:46.63	GDCT IN CM
138	20	TIAGO N ANTUNES	M	37	00:46:54.24	00:46:38.60	
139	484	VÍTOR MARQUES	M	45	00:46:54.86	00:46:18.50	
140	350	PEDRO CLETO	M	44	00:46:58.64	00:46:32.95	
141	91	LUÍS M PEREIRA	M	40	00:46:59.54	00:46:52.77	
142	475	CARLOS GONÇALVES	M	34	00:47:04.29	00:46:39.31	PRAFIT CLUBE VIVENCIA EXPLOSIVA
143	272	VICENTE A V BOTO	M	44	00:47:06.23	00:47:03.85	CORRER LISBOA
144	468	JOAO ADEGAS	M	46	00:47:07.27	00:46:36.20	
145	144	FILIPE RAMALHO	M	36	00:47:11.03	00:46:55.93	CORRER SR GRANJA
146	14	ÁLVARO GOMES	M	43	00:47:14.97	00:47:11.13	
147	497	JOSE MONTEIRO	M	60	00:47:18.05	00:47:11.76	



148	546	FERNANDO RODRIGUES	M	52	00:47:18.47	00:46:56.17	C MILLENNIUM BCP
149	423	RICARDO CABRAL	M	42	00:47:20.33	00:47:15.77	
150	365	PEDRO RAMOS	M	49	00:47:21.07	00:47:10.66	
151	512	PEDRO RAPOSO	M	33	00:47:21.97	00:47:05.88	
152	445	PEDRO DIAS	M	37	00:47:22.83	00:47:10.08	DSBC
153	534	JOSE RODRIGUES	M	66	00:47:26.34	00:47:24.98	C MILLENNIUM BCP
154	322	RUI COSTA	M	31	00:47:35.19	00:47:17.02	
155	462	JOSE MARTINS	M	49	00:47:36.63	00:47:20.73	
156	223	FERNANDO COSTA	M	40	00:47:39.25	00:47:30.37	
157	315	JOANA MIRANDA	F	36	00:47:43.86	00:47:42.20	WIKABOO
158	314	TIAGO COSTA	M	37	00:47:44.87	00:47:43.28	WIKABOO
159	379	ANTONIO NOGUEIRA	M	44	00:47:49.72	00:47:31.70	FARMACIA LUSIADAS
160	150	FRANCISCO DIAS	M	47	00:47:50.36	00:47:46.49	CORRER SR GRANJA
161	149	NUNO DIOGO	M	44	00:47:51.25	00:47:47.62	CORRER SR GRANJA
162	96	JOÃO MELO	M	30	00:47:53.32	00:47:30.63	TAC - TRANQUILIDADE AÇOREANA CLUBE
163	44	IVO CARDOSO	M	35	00:47:54.72	00:47:34.48	XEROX ROADRUNNERS
164	343	MANUEL CRISPIM	M	64	00:47:57.09	00:47:49.35	UDCA
165	540	FERNANDO FERREIRA	M	70	00:47:57.86	00:47:24.31	C MILLENNIUM BCP
166	527	MARIO SOUSA	M	46	00:47:58.12	00:47:26.34	NOVABASE
167	505	JOÃO SILVA	M	58	00:47:58.69	00:47:27.43	OS ZATOPEQUES
168	207	TINA OLIVEIRA	F	53	00:47:58.85	00:47:55.22	AMINHACORRIDA/ MY PROTEIN
169	406	PAULA TEIXEIRA	F	39	00:48:07.64	00:48:02.85	FALCÕES SELVAGENS
170	495	JORGE FERREIRA	M	58	00:48:22.38	00:48:16.76	HOVIONE
171	270	HUGO HENRIQUES	M	35	00:48:24.92	00:48:11.81	OS PERIGOSOS
172	399	LUIS PEREIRA	M	35	00:48:27.19	00:48:03.24	
173	124	BRUNO AGUIAR	M	37	00:48:30.95	00:48:27.62	
174	13	JOSE V RODRIGUES	M	50	00:48:31.51	00:48:21.62	
175	200	JOSÉ HENRIQUES	M	61	00:48:35.93	00:48:33.10	OS PERIGOSOS
176	482	JOÃO C LOPES	M	53	00:48:37.79	00:48:23.13	LOPES FAMILY TEAM
177	290	ANTÓNIO MARQUES	M	70	00:48:39.13	00:48:09.46	
178	52	MIGUEL NUNES	M	44	00:48:41.06	00:48:30.90	XEROX ROADRUNNERS
179	154	NUNO BERTON	M	46	00:48:42.31	00:48:31.61	
180	33	JOAQUIM PEREIRA	M	77	00:48:54.41	00:48:49.53	AA LEBRES SADO
181	307	JOÃO CARVALHO	M	28	00:48:56.20	00:48:25.52	HC RUNNERS
182	332	NOEMIA SEQUEIRA	F	48	00:48:57.53	00:48:53.32	SS CGD
183	323	CARLOS LEITAO	M	53	00:49:00.00	00:48:55.69	SS CGD
184	395	ANTONIO TORRES	M	58	00:49:00.95	00:48:50.79	



185	460	JOSÉ C B PEREIRA	M	47	00:49:05.39	00:48:42.39	GD SANTANDER TOTTA
186	255	LUIS R SILVA	M	50	00:49:08.82	00:48:51.85	CORRER LISBOA
187	88	JOSÉ MOGA	M	59	00:49:12.36	00:48:55.01	A VALE SILENCIO
188	75	TELMO BENTO	M	37	00:49:18.58	00:48:59.92	
189	73	ANTÓNIO J VARELA	M	51	00:49:19.34	00:49:14.43	
190	208	EDGAR SANTOS	M	34	00:49:21.89	00:49:07.45	LOBOS CARVALHAL
191	235	SÉRGIO PEREIRA	M	44	00:49:22.16	00:49:06.10	CLUBE VODAFONE
192	169	ALBERTO ABREU	M	49	00:49:24.61	00:49:08.53	CCDP MUN CASCAIS
193	485	FRANCISCO BANDO	M	66	00:49:26.07	00:49:19.38	
194	148	JOAQUIM BELO	M	50	00:49:30.17	00:49:13.00	CORRER SR GRANJA
195	83	CARLOS GUERREIRO	M	58	00:49:30.54	00:49:13.28	A VALE SILENCIO
196	410	TITO NASCIMENTO	M	36	00:49:30.55	00:49:24.87	
197	94	ARMANDO PARREIRA	M	48	00:49:32.46	00:48:57.23	TAC - TRANQUILIDADE AÇOREANA CLUBE
198	156	GONÇALO GUIOMAR	M	23	00:49:33.59	00:49:30.62	CORRER SR GRANJA
199	151	MARIO CARDOSO	M	38	00:49:33.71	00:49:29.27	CORRER SR GRANJA
200	74	RICARDO CARVALHO	M	43	00:49:35.73	00:49:16.41	
201	560	LUIS A R PEREIRA	M	55	00:49:40.08	00:49:37.06	
202	345	ANTÓNIO A M MOREIRA	M	52	00:49:42.48	00:49:19.44	
203	412	JOÃO VICENTE	M	48	00:49:43.69	00:49:36.19	
204	481	JORGE F NUNES	M	38	00:49:44.06	00:49:24.61	GD BANCO BPI
205	402	JOAO P PEREIRA	M	40	00:49:46.04	00:49:22.35	
206	523	JOAO DUARTE	M	41	00:49:48.47	00:45:00.31	CASINO LISBOA
207	101	CARLOS BARGADO	M	52	00:49:50.17	00:49:27.75	TAC - TRANQUILIDADE AÇOREANA CLUBE
208	182	MÁRIO BORDALO	M	29	00:49:51.20	00:49:42.82	
209	608	ANDRE SANTOS	M	37	00:49:51.74	00:49:45.58	CASINO LISBOA
210	299	PEDRO ANDRADE	M	36	00:49:58.68	00:49:35.77	
211	388	LUÍS FIGUEIREDO	M	55	00:50:01.03	00:49:49.50	
212	22	RUI OLIVENÇA	M	42	00:50:13.31	00:50:10.25	
213	195	NUNO CHARRUA	M	40	00:50:15.15	00:50:06.46	
214	519	ROSA FREITAS	F	51	00:50:18.01	00:50:10.22	BELEM RUNNERS
215	222	MAFALDA HENRIQUES	F	42	00:50:20.11	00:49:54.01	
216	341	GERMANO BERNARDO	M	61	00:50:24.37	00:50:24.37	PRAZER DA CORRIDA
217	541	PAULO PAIS	M	51	00:50:26.03	00:50:04.33	C MILLENNIUM BCP
218	141	JOSE OLIVEIRA	M	43	00:50:30.82	00:49:54.19	
219	241	JOAQUIM FERNANDES	M	42	00:50:31.67	00:50:11.39	GANGUE DAS 6H10
220	397	MARIO ALVES	M	61	00:50:40.09	00:50:16.54	SFUAP
221	54	ALMERINDO SILVA	M	57	00:50:42.96	00:50:26.79	ADC CATUJAL



222	576	VICENTE BALTAZAR	M	18	00:50:44.28	00:50:42.54	C NOTURNA PARQUE NAÇÕES
223	393	PAULO MARQUES	M	42	00:50:46.46	00:50:40.74	PAPA-LÉGUAS
224	320	MASSIMO ANTONINI	M	45	00:50:46.61	00:50:40.90	MONEY RUNNERS
225	566	LEONOR LOUREIRO	F	18	00:50:47.24	00:50:30.22	FALCÕES SELVAGENS
226	577	PATRICIA BALTAZAR	F	43	00:50:50.14	00:50:47.95	C NOTURNA PARQUE NAÇÕES
227	356	FÁBIO GREGO	M	29	00:50:50.58	00:50:20.54	
228	198	ANDRE NEVES	M	33	00:50:51.49	00:50:43.10	
229	76	MANUEL ROMANO	M	54	00:50:52.79	00:50:19.00	
230	418	BRUNO M LOUREIRO	M	42	00:50:53.35	00:50:30.25	GD MOURARIA
231	39	CARLOS M O SILVA	M	52	00:50:53.68	00:50:43.03	
232	394	CLÁUDIA S S VIEIRA	F	31	00:50:57.08	00:50:50.30	
233	376	ARMANDO M MARTINS	M	51	00:50:59.31	00:50:50.66	
234	430	PEDRO M V C FERNANDES	M	34	00:51:00.04	00:50:55.63	
235	550	JOSE MARQUES	M	46	00:51:00.72	00:50:54.57	C MILLENNIUM BCP
236	53	JOAO PASSEIRO	M	54	00:51:00.98	00:50:44.53	ADC CATUJAL
237	114	GIL PINELA	M	41	00:51:04.62	00:46:39.44	O PARAQUEDISTA
238	493	TIAGO CARDOSO	M	39	00:51:05.43	00:50:56.50	
239	398	MIGUEL F S PINTO	M	30	00:51:05.89	00:50:41.63	
240	480	LUIS P MONTEIRO	M	40	00:51:06.46	00:50:57.34	
241	275	CARLOS D F C TEIXEIRA	M	56	00:51:06.70	00:50:45.88	LEBRES E TARTARUGAS
242	244	FERNANDO PIRES	M	47	00:51:09.55	00:51:09.55	
243	139	JOSÉ LIBERATO	M	41	00:51:10.28	00:51:04.30	GDCT IN CM
244	125	VERÓNICA INÁCIO	F	29	00:51:18.28	00:50:47.09	
245	126	MÁRCIA NUNES	F	25	00:51:19.69	00:50:48.19	
246	166	PEDRO VILELA	M	38	00:51:23.22	00:51:11.56	
247	547	PAULO COUTINHO	M	49	00:51:28.35	00:50:51.69	C MILLENNIUM BCP
248	23	PEDRO FILIPE CORREIA	M	47	00:51:30.26	00:51:14.98	
249	583	DULCE VARZEA	F	51	00:51:30.98	00:51:15.63	C NOTURNA PARQUE NAÇÕES
250	66	PEDRO SEQUEIRA	M	37	00:51:31.07	00:51:17.94	ND AUTOCOOPE
251	296	AMILCAR FIGUEIREDO	M	62	00:51:39.31	00:51:23.56	
252	405	NUNO VENTURA	M	42	00:51:40.33	00:51:17.93	
253	291	CARLOS MIRA	M	45	00:51:41.54	00:51:10.55	
254	239	MARTA BILRO	F	32	00:51:44.37	00:51:25.34	GANGUE DAS 6H10
255	585	RUI SALVADO	M	46	00:51:44.64	00:51:31.70	C NOTURNA PARQUE NAÇÕES
256	55	RUI M ALMEIDA	M	38	00:51:45.46	00:51:08.75	
257	554	ANTÓNIO COUTINHO	M	61	00:51:46.61	00:51:37.58	
258	274	ANDRÉ CONCEIÇÃO	M	27	00:51:46.67	00:51:33.98	XEROX ROADRUNNERS



259	522	VITOR FERREIRA	M	29	00:51:48.55	00:51:16.11	CASINO LISBOA
260	521	TIAGO GONÇALVES	M	17	00:51:49.10	00:51:16.42	CASINO LISBOA
261	56	LUIS M PIMENTEL	M	29	00:51:53.15	00:51:16.62	
262	598	JOAO LOPES	M	47	00:51:57.32	00:51:42.36	I AM FIT
263	386	FILIPE SARMENTO	M	36	00:51:57.89	00:51:39.47	
264	447	JOAO PEDRO VIEIRA	M	43	00:51:59.99	00:51:50.97	
265	597	CRISTINA BARBOSA	F	33	00:52:01.94	00:51:27.76	I AM FIT
266	97	TAM AFONSO	M	65	00:52:02.13	00:51:55.57	TAC - TRANQUILIDADE AÇOREANA CLUBE
267	595	LUIS SOUSA	M	42	00:52:02.77	00:51:27.72	I AM FIT
268	285	SERGIO M C RAMALHO	M	35	00:52:08.63	00:51:25.32	
269	384	SÓNIA R RODRIGUES	F	45	00:52:16.69	00:51:57.67	CARAPUS DE CORRIDA
270	143	PAULA CORREIA	F	47	00:52:22.36	00:52:19.94	ASAS NOS PES
271	605	LEILA GONÇALVES	F	37	00:52:23.90	00:52:07.43	CASINO LISBOA
272	212	BRUNO MÓSCA	M	20	00:52:24.33	00:52:17.78	FRAGMENTADOS
273	344	MIGUEL R GARCIA	M	43	00:52:26.36	00:52:12.23	
274	458	JOÃO E LAVADINHO	M	37	00:52:27.99	00:51:57.78	
275	187	JORGE S M PÊGO	M	40	00:52:28.65	00:51:58.30	
276	364	SERGIO CARROLA	M	39	00:52:31.52	00:52:26.96	
277	511	FERNANDO CORREIA	M	46	00:52:35.74	00:52:33.35	
278	472	NUNO F MENESES	M	33	00:52:36.12	00:52:25.91	
279	589	JOSE ROLAO	M	60	00:52:39.27	00:52:27.04	C NOTURNA PARQUE NAÇÕES
280	219	ISABEL FRANÇA	F	45	00:52:43.57	00:52:31.50	CCDT METRO LX
281	321	GUIDO PIRES	M	27	00:52:43.95	00:52:38.78	MONEY RUNNERS
282	568	LUIS DIAS	M	35	00:52:44.99	00:52:19.45	PRAFIT CLUBE VIVENCIA EXPLOSIVA
283	142	HÉLDER GONÇALVES	M	48	00:52:45.40	00:52:42.97	ASAS NOS PES
284	89	JOSE PEREIRA	M	70	00:52:49.77	00:52:28.87	A VALE SILENCIO
285	10	GONÇALO M R SERRÃO	M	35	00:52:50.96	00:52:39.80	
286	215	CARLOS MOREIRA	M	64	00:52:56.29	00:52:47.77	CCDT METRO LX
287	407	BRUNO ALVES	M	28	00:53:01.61	00:52:37.47	
288	504	LUIS GRAVE	M	59	00:53:04.64	00:52:47.86	OS ZATOPQUES
289	184	JOÃO F DUARTE	M	64	00:53:05.82	00:52:59.27	
290	328	LUIS TAVARES	F	47	00:53:06.30	00:52:36.67	SS CGD
291	183	LUIS M L VICENTE	M	56	00:53:06.57	00:53:00.14	
292	492	ANTONIO INGLES	M	59	00:53:08.23	00:52:45.97	FALCÕES SELVAGENS
293	439	JOÃO M BATISTA	M	56	00:53:08.80	00:53:00.14	
294	501	MAURO SILVA	M	27	00:53:11.72	00:52:44.34	
295	317	MIGUEL SANCHES	M	37	00:53:11.98	00:52:50.51	PORTELA FUNS



296	319	DANIEL KRUK	M	17	00:53:12.34	00:52:50.18	PORTELA FUNS
297	318	VERA SANCHES	F	37	00:53:12.68	00:52:50.58	PORTELA FUNS
298	604	BRUNO SILVA	M	41	00:53:15.46	00:52:57.13	CASINO LISBOA
299	558	ALEXANDRE ABADE	M	44	00:53:18.33	00:52:50.38	
300	283	CARLOS JESUS	M	34	00:53:19.47	00:52:59.80	
301	372	VASCO SANTOS	M	58	00:53:30.46	00:53:10.16	GD BANCO BPI
302	494	JOÃO FIGUEIREDO	M	35	00:53:31.32	00:52:46.68	
303	265	RUI GONÇALVES	M	57	00:53:32.94	00:53:18.03	
304	593	NUNO FERREIRA	M	40	00:53:35.17	00:53:21.02	C NOTURNA PARQUE NAÇÕES
305	524	MAURO MARTINS	M	42	00:53:36.09	00:53:27.10	NOVABASE
306	87	SANDRA BATISTA	F	41	00:53:37.08	00:53:20.75	A VALE SILENCIO
307	51	MARIA MARQUES	F	34	00:53:37.96	00:53:30.72	XEROX ROADRUNNERS
308	337	RITA QUEIROZ	F	45	00:53:40.25	00:53:35.31	SS CGD
309	382	CLÁUDIA AH QUIN	F	41	00:53:42.29	00:53:23.30	CARAPUS DE CORRIDA
310	63	CARLOS FERREIRA	M	60	00:53:43.46	00:53:29.65	ND AUTOCOOPE
311	367	RUI VIGOÇO	M	71	00:53:44.24	00:53:14.69	GD BANCO BPI
312	292	ANTONIO J E CASTRO	M	47	00:53:49.56	00:53:10.71	GD SANTANDER TOTTA
313	288	MARTA HORTÊNCIO	F	39	00:53:54.67	00:53:37.48	ADRC MATA BENFICA
314	168	MÁRIO FERRO	M	64	00:53:55.65	00:52:07.69	
315	528	MIGUEL LEOCADIO	M	40	00:54:00.60	00:53:28.83	NOVABASE
316	136	MARCO CARVALHO	M	40	00:54:04.30	00:53:46.63	GDCT IN CM
317	231	DAVID ALMEIDA	M	45	00:54:04.51	00:53:43.84	
318	131	MARTA S P C N BARBOSA	F	39	00:54:05.51	00:53:40.15	MEIA DÚZIA
319	18	ORLANDO COUTO	M	61	00:54:11.08	00:54:01.14	4 AO KM
320	374	CARLOS M SILVA	M	60	00:54:16.17	00:54:00.76	
321	311	JOÃO RIBEIRO	M	29	00:54:22.48	00:54:20.06	
322	389	CARLOS CARDOSO	M	51	00:54:23.73	00:54:04.70	ALVERCA URBAN RUNNERS
323	425	ANTÓNIO M J SOUSA	M	46	00:54:26.77	00:54:10.10	
324	476	MANUEL MENDES	M	42	00:54:37.02	00:54:10.96	
325	162	CESAR SANTOS	M	44	00:54:40.70	00:54:16.05	70
326	575	LUIS ROSA	M	42	00:54:42.76	00:54:29.05	C NOTURNA PARQUE NAÇÕES
327	601	HUGO R T SALES	M	38	00:54:43.53	00:54:28.30	SERVILUSA
328	115	ANTÓNIO FERREIRA	M	43	00:54:46.26	00:54:37.74	O MUNDO DA CORRIDA
329	552	RITA SANTOS	F	19	00:54:46.31	00:54:44.44	BELEM RUNNERS
330	514	CARLOS FREITAS	M	46	00:54:46.67	00:54:44.42	BELEM RUNNERS
331	257	SANDRO PRATES	M	38	00:54:48.00	00:54:15.56	ESQUILOS CORREDORES
332	47	FRANCISCO FERREIRA	M	44	00:54:52.05	00:54:26.84	XEROX ROADRUNNERS



333	441	VANDA AUGUSTO	F	62	00:54:57.29	00:54:42.53	LINDA-A-PASTORA SC
334	189	MIGUEL A C RIBAS	M	47	00:55:02.18	00:54:28.96	
335	610	JOAO LOPES	M	48	00:55:02.41	00:54:44.14	
336	331	MIGUEL ANGELO	M	41	00:55:04.69	00:54:42.08	SS CGD
337	383	DORA CARDOSO	F	37	00:55:05.20	00:54:45.30	CARAPUS DE CORRIDA
338	446	PEDRO PEREIRA	M	29	00:55:06.83	00:54:41.30	
339	229	PAULO NOGUEIRA	M	51	00:55:12.27	00:54:49.29	
340	403	JOÃO PINTO	M	54	00:55:15.38	00:55:03.35	
341	254	ANTÓNIO ALMEIDA	M	52	00:55:16.71	00:54:49.33	
342	542	JORGE LOURENÇO	M	47	00:55:19.38	00:54:50.97	C MILLENNIUM BCP
343	349	JORGE SANTOS	M	52	00:55:21.26	00:54:54.81	
344	602	FATIMA S S CARDOSO	F	24	00:55:21.81	00:55:05.88	SERVILUSA
345	489	RAUL CARVALHO	M	58	00:55:29.00	00:55:07.17	FALCÕES SELVAGENS
346	179	JOSÉ CASTRO	M	60	00:55:30.88	00:55:22.08	
347	289	ARMINDO PEREIRA	M	46	00:55:42.35	00:55:12.27	
348	298	JOSE C CORREIA	M	49	00:55:42.95	00:55:19.37	
349	50	BRUNO MADEIRA	M	19	00:55:44.99	00:55:32.98	XEROX ROADRUNNERS
350	342	MANUEL TIAGO	M	55	00:55:46.72	00:55:19.91	
351	324	FERNANDO ALVES	M	56	00:55:48.89	00:55:18.91	SS CGD
352	325	FRANCISCO CLERIGO	M	64	00:55:48.91	00:55:18.57	SS CGD
353	190	ANTÓNIO P PEREIRA	M	66	00:55:50.93	00:55:30.40	
354	533	LUIS GODINHO	M	51	00:55:55.27	00:55:32.09	C MILLENNIUM BCP
355	253	NORBERTO MARQUES	M	46	00:55:55.57	00:55:34.76	FERREIRA
356	607	JOAO ANDRADE	M	38	00:55:58.82	00:55:41.96	CASINO LISBOA
357	252	JORGE FERREIRA	M	52	00:55:58.83	00:55:37.16	FERREIRA
358	213	RUI PIRES	M	20	00:56:02.71	00:55:55.20	FRAGMENTADOS
359	572	JOÃO GRAVITO	M	35	00:56:02.94	00:55:41.71	AISSSE TEAM
360	117	BRUNO M J PALMA	M	33	00:56:07.10	00:56:01.84	ASAS NOS PES
361	609	TIAO BARRAQUEIRO	M	29	00:56:07.16	00:55:34.68	
362	192	GILBERTO GONÇALVES	M	68	00:56:09.32	00:55:43.84	
363	588	FERNANDO SERRANO	M	47	00:56:11.17	00:56:03.62	C NOTURNA PARQUE NAÇÕES
364	165	JOSE L REIS	M	56	00:56:13.11	00:55:49.02	
365	543	JOAO CALADO	M	51	00:56:13.98	00:55:46.30	C MILLENNIUM BCP
366	224	ISABEL CARDOSO	F	46	00:56:14.25	00:55:48.81	
367	119	PEDRO GIL	M	39	00:56:17.51	00:55:51.08	
368	121	PAULA MACHADO	F	62	00:56:28.10	00:56:04.24	
369	238	LEANDRO SILVA	M	36	00:56:29.40	00:56:15.66	



370	261	JOSÉ M MARQUES	M	62	00:56:45.15	00:56:18.27	AA LEBRES SADO
371	259	FRANCISCO PRATES	M	69	00:56:45.32	00:56:18.22	AA LEBRES SADO
372	246	JOAQUIM M GRILO	M	40	00:56:47.27	00:56:43.10	
373	197	MIRNA HLUBNA	F	36	00:56:48.61	00:56:36.95	
374	17	AURÉLIO CALADO	M	67	00:56:51.04	00:56:20.55	4 AO KM
375	486	ANTONIO CARTUCHO	M	58	00:56:51.65	00:56:27.45	
376	464	PAULO MARTINS	M	42	00:56:53.36	00:56:15.82	
377	509	NUNO GRANDÃO	M	44	00:56:55.78	00:56:26.52	
378	109	JORGE MONTEIRO	M	50	00:56:56.62	00:56:27.05	RUN 2 FINISH
379	110	MANUEL ANASTÁCIO	M	48	00:56:58.52	00:56:29.37	RUN 2 FINISH
380	221	RAFAEL SANTOS	M	50	00:57:03.65	00:56:33.00	CCDT METRO LX
381	108	HELENA SANTOS	F	54	00:57:03.95	00:56:37.96	TAC - TRANQUILIDADE AÇOREANA CLUBE
382	107	ANTÓNIO JORGE	M	62	00:57:04.40	00:56:42.61	TAC - TRANQUILIDADE AÇOREANA CLUBE
383	385	SUSANA FRANÇA	F	38	00:57:05.20	00:56:45.16	CARAPUS DE CORRIDA
384	419	MIGUEL RIBEIRO	M	42	00:57:11.21	00:56:53.98	
385	561	PEDRO E H REBELO	M	34	00:57:22.02	00:57:10.98	INCRIWELLSTARS
386	338	RUI J OLIVEIRA	M	51	00:57:23.54	00:57:10.96	SS CGD
387	563	NUNO CHAVES	M	24	00:57:24.89	00:57:12.73	
388	230	ANDRÉ SALVADO	M	42	00:57:30.61	00:57:00.63	
389	271	MANUEL AZEDO	M	56	00:57:35.93	00:57:11.82	
390	469	PAULO A J ROSADO	M	56	00:57:39.66	00:57:07.41	
391	228	FERNANDO MARQUES	M	68	00:57:40.35	00:57:17.11	CP EDP CARREGADO
392	562	IVO S MELO	M	21	00:57:45.80	00:57:34.79	INCRIWELLSTARS
393	414	JOÃO PEREIRA	M	34	00:57:52.76	00:57:28.04	GD MOURARIA
394	34	RICARDO DOURADO	M	42	00:57:53.53	00:57:47.94	
395	415	ARTUR LOPES	M	44	00:57:53.76	00:57:27.19	GD MOURARIA
396	236	TITO F SANTOS	M	41	00:57:58.20	00:57:42.88	CLUBE VODAFONE
397	355	JOSE J C SANTOS	M	51	00:58:07.68	00:57:28.41	
398	41	RUI PINTO	M	45	00:58:12.30	00:57:52.81	XEROX ROADRUNNERS
399	333	NUNO VALADA	M	46	00:58:14.77	00:57:34.77	SS CGD
400	313	CECÍLIA TAVARES	F	51	00:58:17.57	00:58:11.32	RUN PIRILAMPO
401	451	CARLOS ROMÃO	M	52	00:58:18.58	00:58:10.69	
402	400	JOÃO C BORGES	M	48	00:58:18.67	00:57:43.41	TEJAVISTA
403	401	LUIS MIRANDA	M	57	00:58:19.75	00:57:44.60	TEJAVISTA
404	579	JOEL SILVA	M	46	00:58:29.74	00:58:13.98	C NOTURNA PARQUE NAÇÕES
405	520	SERGIO LUCIANO	M	46	00:58:35.95	00:58:13.02	
406	300	LUÍS DAVID	M	30	00:58:38.29	00:58:23.37	



407	145	JOSE REBOCHO	M	61	00:58:46.03	00:58:25.27	CORRER SR GRANJA
408	80	SUSANA PALMA	F	42	00:58:46.04	00:58:35.27	CP IVA
409	428	JOÃO CASTRO	M	57	00:59:04.14	00:58:55.37	CLUBE ANACOM
410	548	CARLA COUTINHO	F	46	00:59:04.39	00:58:27.83	C MILLENNIUM BCP
411	456	CATARINA PARDELHA	F	22	00:59:08.44	00:58:53.88	
412	247	AMÉRICO CARVALHO	M	43	00:59:12.18	00:59:12.18	
413	99	JOÃO SERRA	M	45	00:59:12.46	00:58:34.82	TAC - TRANQUILIDADE AÇOREANA CLUBE
414	559	FILIPA MALHEIRO	F	43	00:59:17.90	00:58:48.83	
415	557	GONÇALO MALHEIRO	M	44	00:59:18.34	00:58:49.58	
416	30	TIAGO PINTO	M	35	00:59:19.33	00:58:41.39	
417	569	NÂNCI F BÔTO	F	24	00:59:20.45	00:59:16.34	CORRER LISBOA
418	392	CLARA MINA	F	56	00:59:21.98	00:59:05.63	
419	544	ANABELA AMARAL	F	44	00:59:24.29	00:59:15.46	C MILLENNIUM BCP
420	455	CARLOS PARDELHA	M	51	00:59:25.70	00:59:11.64	
421	373	HUGO REIS	M	39	00:59:26.83	00:59:06.80	GD BANCO BPI
422	32	BRUNO CAIADO	M	20	00:59:28.38	00:58:50.64	
423	163	ANA CARDOSO	F	52	00:59:28.99	00:58:59.63	
424	77	ALTINO SILVA	M	73	00:59:32.77	00:59:32.77	CP IVA
425	580	CARLOS ARDISSON	M	44	00:59:35.32	00:59:31.51	C NOTURNA PARQUE NAÇÕES
426	225	JOÃO BARRIGOLA	M	34	00:59:40.28	00:59:16.66	
427	463	EMMA GOMES	F	26	00:59:45.09	00:59:37.23	
428	71	Mª CÉU F R DUARTE	F	49	00:59:50.36	00:59:26.32	
429	434	DIAMANTINO ALBUQUERQUE	M	63	00:59:51.37	00:59:31.79	CDM
430	435	JORGE PAULINO	M	61	00:59:51.60	00:59:30.48	CDM
431	191	JOAO J FONSECA	M	45	00:59:51.92	00:59:36.88	
432	256	DOMINGOS ROSÁRIO	M	53	01:00:00.29	00:59:48.28	C NOTURNA PARQUE NAÇÕES
433	586	CARLOS DIAS	M	61	01:00:00.55	00:59:50.06	C NOTURNA PARQUE NAÇÕES
434	417	NUNO CARDOSO	M	40	01:00:01.84	00:59:37.77	GD MOURARIA
435	436	JOSÉ SILVA	M	49	01:00:02.44	00:59:41.16	CDM
436	243	FILIPE MARQUES	M	25	01:00:07.84	00:59:45.99	
437	242	JORGE FILIPE MARQUES	M	51	01:00:08.46	00:59:46.11	
438	363	MIGUEL N M P SILVA	M	28	01:00:08.91	00:59:46.96	
439	79	RICARDO FONSECA	M	41	01:00:13.11	01:00:02.04	CP IVA
440	502	MIRAN HADZIC	M	36	01:00:13.85	00:59:40.40	
441	416	PATRICK REIS	M	29	01:00:36.82	01:00:06.74	GD MOURARIA
442	429	SÉRGIO ANTUNES	M	50	01:00:37.63	01:00:13.13	CLUBE ANACOM
443	70	DANIEL FONSECA	M	23	01:00:44.56	01:00:25.87	TETRAS



444	496	JOÃO RAFAEL	M	26	01:00:46.47	01:00:40.44	HOVIONE
445	305	CATARINA AFONSO	F	34	01:00:56.58	01:00:32.25	
446	264	ANA GONÇALVES	F	29	01:01:03.57	01:00:48.88	
447	248	PAULO FIGUEIREDO	M	39	01:01:05.26	01:00:38.07	AQUI HÁ GÉMEAS
448	210	ALEXANDRA PAULA	F	49	01:01:08.86	01:00:37.13	
449	538	RAQUEL MENDES	F	41	01:01:12.08	01:01:10.58	C MILLENNIUM BCP
450	263	LÍDIA VIEIRA	F	43	01:01:21.28	01:00:54.09	AA LEBRES SADO
451	273	ANA R R BOTO	F	39	01:01:28.60	01:01:22.99	CORRER LISBOA
452	167	SUSANA BRAZINHA	F	39	01:01:32.29	01:01:24.33	
453	120	JOSÉ GIL	M	45	01:01:36.64	01:01:10.23	
454	293	MANUEL CARDOSO	M	48	01:01:36.69	01:01:04.92	
455	361	PAULO OLIVEIRA	M	47	01:01:40.44	01:01:03.82	
456	12	FRANCISCO COSTA	M	30	01:02:17.23	01:02:05.33	QUINTA PARAMOS - ATLETISMO
457	42	MANUEL PIMENTÃO	M	45	01:02:18.11	01:02:06.95	XEROX ROADRUNNERS
458	193	PEDRO LIMA	M	56	01:02:20.03	01:02:10.12	
459	69	ANA CABRITA	F	24	01:02:38.02	01:02:20.15	TETRAS
460	194	JOÃO RALHA	M	57	01:02:38.28	01:02:04.46	RUN 4 FUN
461	123	SEMIRO ALVES	M	60	01:02:39.10	01:02:04.44	
462	234	REBECA P F BASTOS	F	24	01:02:48.57	01:02:32.50	CLUBE VODAFONE
463	204	JOAO NORONHA	M	41	01:02:49.99	01:02:10.14	
464	616	PEDRO M A SANTOS	M	39	01:02:55.00	01:02:39.23	CLUBE VODAFONE
465	103	IDALINA MADEIRA	F	56	01:03:08.32	01:02:41.71	TAC - TRANQUILIDADE AÇOREANA CLUBE
466	347	DANIEL M FEITEIRONA	M	34	01:03:24.91	01:02:50.55	
467	391	SARA LOPES	F	31	01:03:25.05	01:02:50.96	
468	369	ANTÓNIO SANCHES	M	60	01:03:42.83	01:03:13.93	GD BANCO BPI
469	366	PAULO J GODINHO	M	49	01:03:43.02	01:03:14.58	GD BANCO BPI
470	530	LEONEL BRANDAO	M	49	01:03:58.35	01:03:25.14	C MILLENNIUM BCP
471	551	PAULO CAETANO	M	49	01:04:04.52	01:03:22.32	C MILLENNIUM BCP
472	409	SUZANA SILVEIRO	F	46	01:04:07.67	01:03:51.54	
473	237	HERMÍNIO COSTA	M	55	01:04:18.79	01:04:04.75	
474	564	NUNO LOUREIRO	M	50	01:04:20.13	01:03:42.79	FALCÕES SELVAGENS
475	565	INÉS LOUREIRO	F	44	01:04:20.21	01:03:45.02	FALCÕES SELVAGENS
476	359	CARLA FERREIRA	F	39	01:04:21.22	01:03:50.27	CORRER LISBOA
477	284	CELINA JORGE	F	34	01:04:21.44	01:03:51.96	
478	431	FILIPA MARTINS	F	41	01:04:27.01	01:04:14.07	
479	258	CECÍLIA NICOLAU	F	50	01:04:32.02	01:04:12.57	AA LEBRES SADO
480	459	CELIA AZENHA	F	52	01:04:32.31	01:04:13.04	AA LEBRES SADO



481	335	PAULO BAILAO	M	46	01:04:32.31	01:04:03.75	SS CGD
482	196	MÓNICA QUARENTA	F	43	01:04:43.73	01:04:04.84	TAC - TRANQUILIDADE AÇOREANA CLUBE
483	106	SANDRA MARTINS	F	40	01:04:43.84	01:04:05.96	TAC - TRANQUILIDADE AÇOREANA CLUBE
484	105	NUNO E SANTO	M	47	01:04:44.22	01:04:06.43	TAC - TRANQUILIDADE AÇOREANA CLUBE
485	16	JOÃO LIMA	M	57	01:04:44.82	01:04:06.62	4 AO KM
486	465	FILIPA PAES	F	41	01:05:24.20	01:05:15.98	
487	276	JORGE C REIS	M	42	01:05:30.78	01:05:22.78	
488	498	MIGUEL SILVA	M	73	01:05:37.22	01:05:18.63	
489	500	VERA BEXIGA	F	37	01:05:39.71	01:05:16.50	
490	536	ALEXANDRE MOITA	M	42	01:06:11.86	01:05:37.48	C MILLENNIUM BCP
491	226	ADELAIDE PORTO	F	51	01:06:14.58	01:06:09.28	
492	95	CLÁUDIA TAM	F	35	01:06:42.10	01:06:04.58	TAC - TRANQUILIDADE AÇOREANA CLUBE
493	132	LUIS NEVES	M	43	01:06:42.10	01:06:03.07	TAC - TRANQUILIDADE AÇOREANA CLUBE
494	249	JOANA FIGUEIREDO	F	35	01:06:42.75	01:06:15.74	AQUI HÁ GÊMEAS
495	122	BEATRIZ M F FERNANDES	F	47	01:06:42.87	01:06:42.87	CLINICA STA MADALENA
496	26	ISABEL M S B CARDOSO	F	52	01:06:58.79	01:06:28.29	
497	387	JOSÉ ALÍPIO	M	60	01:07:21.03	01:07:12.58	
498	525	NELSON INACIO	M	49	01:07:36.69	01:07:08.08	NOVABASE
499	199	NUNO SIMÕES	M	42	01:07:46.44	01:07:27.19	
500	128	DUARTE FONSECA	M	46	01:07:58.07	01:07:44.96	FONSECA
501	351	SÓNIA COELHO	F	48	01:08:05.70	01:07:53.67	
502	360	FÁTIMA M OLIVEIRA	F	48	01:08:45.14	01:08:07.53	
503	553	EDGAR MATEUS	M	26	01:08:45.58	01:08:04.15	
504	186	NUNO M S OLIVEIRA	M	40	01:09:23.97	01:08:50.60	1
505	549	JOAQUIM FULGENCIO	M	59	01:09:30.05	01:06:46.05	C MILLENNIUM BCP
506	24	JORGE D S F FERRO	M	46	01:09:42.89	01:08:56.72	
507	180	SERGEI KOROLEV	M	45	01:10:08.22	01:09:53.48	
508	535	JORGE COLAÇO	M	57	01:10:16.25	01:09:53.30	C MILLENNIUM BCP
509	327	JOAQUIM LAVADO	M	63	01:10:27.87	01:09:59.92	SS CGD
510	227	MAJ/TMI JORGE S A MARQUES	M	54	01:10:30.49	01:10:02.66	
511	380	RAUL CORREIA	M	52	01:11:02.58	01:10:52.64	ATLETAS FAROLIM PENICHE
512	381	HELENA SANTOS	F	49	01:11:03.11	01:10:52.62	ATLETAS FAROLIM PENICHE
513	473	ANTÓNIO F COSTA	M	60	01:11:18.90	01:10:40.37	
514	58	JOAO GARIZO	M	46	01:11:23.35	01:10:50.90	LOBOS
515	59	SANDRA CABAÇO	F	44	01:11:24.12	01:10:51.91	LOBOS
516	354	JOAQUIM M C SANTOS	M	65	01:11:58.62	01:11:19.31	
517	217	ELISA DIAS	F	53	01:12:11.26	01:11:40.18	CCDT METRO LX



518	218	GUALDINO FREIRE	M	71	01:12:11.56	01:11:45.25	CCDT METRO LX
519	466	SILVIA LOURENÇO	F	44	01:13:38.36	01:12:58.70	
520	587	MARIA RIBEIRO	F	32	01:13:41.99	01:13:28.86	C NOTURNA PARQUE NAÇÕES
521	129	PAULA GUERRA	F	47	01:13:58.96	01:13:44.61	FONSECA
522	316	CARLOS VIEIRA	M	47	01:14:36.20	01:14:13.14	PORTELA FUNDS
523	306	JOÃO VICENTE	M	31	01:14:46.02	01:14:02.49	
524	443	JOAO B CARVALHO	M	70	01:14:53.41	01:14:23.33	
525	545	ROSA GAMEIRO	F	44	01:15:20.90	01:15:00.72	C MILLENNIUM BCP
526	178	SANDRA ANDRADE	F	42	01:17:05.62	01:16:33.71	XEROX ROADRUNNERS
527	60	SARA DE SOUSA	F	39	01:17:39.51	01:17:35.75	TARTARUGAS SOLIDARIAS
528	40	RITA CARVALHO	F	27	01:17:49.27	01:17:38.21	XEROX ROADRUNNERS
529	98	MA FEE HUNG	F	67	01:17:59.56	01:17:28.52	TAC - TRANQUILIDADE AÇOREANA CLUBE
530	45	JESICA BENITEZ	F	36	01:18:36.42	01:18:25.20	XEROX ROADRUNNERS
531	46	MARIA RIBEIRO	F	23	01:20:13.81	01:20:02.75	XEROX ROADRUNNERS
532	352	ROSA BRONCAS	F	44	01:20:56.18	01:20:45.47	

Total de registros: 532