



MEIA-MARATONA DOS  
DESCOBRIMENTOS  
03 DEZEMBRO 2017

10 KM

Class	Num	Nome	Sx	Idd	Pos Esc	T. Bruto	T. Líquido	Equipe
1	55	JOÃO BRAGADESTE	M	31	1	00:32:13.98	00:32:13.12	MARINHA
2	1285	JOSE GASPAR	M	40	1	00:32:21.65	00:32:20.42	
3	87	EMILIANO VIEIRA	M	38	1	00:32:24.70	00:32:23.73	CF OS BELENENSES
4	97	MIGUEL QUARESMA	M	34	2	00:32:25.67	00:32:25.67	AC BEJA
5	723	PIERRE FOURNIER	M	32	3	00:32:31.68	00:32:30.78	SUIÇA
6	88	ISAIAS GOMES	M	30	4	00:33:59.84	00:33:59.84	CF OS BELENENSES
7	89	VITOR OLIVEIRA	M	28	5	00:34:13.68	00:34:11.77	ASSOCIAÇÃO VALE GRANDE
8	72	HUGO AUGUSTO	M	31	6	00:34:16.10	00:34:14.65	BELÉM RUNNERS
9	94	EDGAR GRANILHO	M	33	7	00:34:39.69	00:34:39.69	TRIATLO RIO MAIOR
10	76	JOÃO REBELO	M	23	8	00:35:11.59	00:35:10.63	U.F. COMÉRCIO E INDÚSTRIA ATLETISMO
11	278	ANTÓNIO PINTO	M	42	2	00:35:21.28	00:35:20.73	GRD OS FIXES
12	1	LUIS F F BRITO	M	42	3	00:35:30.39	00:35:30.39	CLUBE ATLETISMO VALE DE FIGUEIRA
13	991	PEDRO LOMBA	M	34	9	00:35:33.18	00:35:31.63	MARINHA
14	47	CARLOS FREITAS	M	46	1	00:35:34.25	00:35:32.33	BELÉM RUNNERS
15	58	PEDRO GOMES	M	40	4	00:35:43.58	00:35:42.91	ODIMARQ
16	425	JOÃO MARQUES	M	43	5	00:35:49.12	00:35:49.12	TRANQUILIDADE AÇOREANA
17	84	RICARDO JORDÃO	M	35	2	00:35:49.23	00:35:48.58	CUABENAVENTENSE
18	36	ALEXANDRE RIBEIRO	M	18	10	00:35:55.33	00:35:55.33	RIO MAIOR TRIATLO CLUBE
19	9	JOÃO MACIEL	M	36	3	00:35:57.53	00:35:54.83	PIERDOMENICOMACIEL
20	38	VITOR T MARQUES	M	40	6	00:36:13.91	00:36:12.26	CORRER LISBOA
21	23	PEDRO S DUARTE	M	26	11	00:36:18.38	00:36:18.38	GFD RUNNING
22	73	JOSE CUSTODIO	M	53	1	00:36:19.39	00:36:17.64	BELÉM RUNNERS
23	1080	JOÃO MARINHO	M	50	2	00:36:34.63	00:36:24.24	
24	54	RICARDO OLIVEIRA	M	37	4	00:36:51.59	00:36:50.26	MARINHA
25	990	MANUEL SOUSA	M	46	2	00:36:57.73	00:36:56.15	MARINHA
26	10	RUI HENRIQUES	M	38	5	00:37:00.75	00:36:59.11	SS MONTEPIO GERAL
27	31	DIOGO FRAZÃO	M	18	12	00:37:04.78	00:37:04.78	RIO MAIOR TRIATLO CLUBE
28	147	MARCO FIDALGO	M	40	7	00:37:08.06	00:37:05.02	SOCIEDADE RECREATIVA DO CAMARNAL
29	63	JOSÉ SIMÕES	M	44	8	00:37:13.06	00:37:12.04	AMIGOS ATLETISMO MAFRA
30	74	LUIS XAVIER	M	30	13	00:37:15.89	00:37:06.89	BELÉM RUNNERS
31	28	ANA F SANTOS	F	36	1	00:37:19.54	00:37:18.29	RIO MAIOR TRIATLO CLUBE
32	15	TIAGO MARQUES	M	40	9	00:37:24.29	00:37:23.50	CASA DO BENFICA EM CASTELO BRANCO
33	56	MIGUEL Â SILVA	M	22	14	00:37:32.03	00:37:28.28	
34	740	TIAGO CASTELA	M	29	15	00:37:37.87	00:37:35.78	C N PARQUE NAÇOES
35	11	NUNO SILVA	M	38	6	00:37:39.61	00:37:37.42	
36	21	ALEXANDRA SOUSA	F	34	1	00:37:50.70	00:37:50.70	GFD RUNNING



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37	51	NUNO VALENTE	M	37	7	00:37:51.15	00:37:49.01	BEJA ATLETICO CLUBE
38	48	VICENT SOBRINHO	M	52	3	00:37:57.21	00:37:54.15	BELÉM RUNNERS
39	25	CARLOS VIEGAS	M	49	3	00:38:06.64	00:38:05.12	SOCIEDADE RECREATIVA DO CAMARNAL
40	85	NUNO QUEIJA	M	44	10	00:38:07.11	00:38:04.54	BELÉM RUNNERS
41	30	XAVIER ADRIÃO	M	18	16	00:38:08.26	00:38:08.26	RIO MAIOR TRIATLO CLUBE
42	68	LUIS REBELO	M	53	4	00:38:16.02	00:38:14.73	FALCÕES SELVAGENS
43	67	JOSÉ PEIXOTO	M	52	5	00:38:17.12	00:38:16.06	U.R.C.ABRUNHEIRA
44	961	CARLOS JORGE	M	49	4	00:38:22.15	00:38:15.55	MARINHA
45	728	NUNO NELSON	M	22	17	00:38:26.21	00:38:06.77	
46	19	JORGE CORREIA	M	46	5	00:38:35.42	00:38:32.84	GDR REBOLEIRA
47	243	FLORIANO SILVA	M	39	8	00:38:39.92	00:38:37.83	AMINHACORRIDA&#47MYPROTEIN PACERS
48	64	RUI MOTA	M	39	9	00:38:45.09	00:38:43.66	AMIGOS ATLETISMO MAFRA
49	14	GUILHERME PEREIRA	M	18	18	00:38:55.16	00:38:52.12	
50	53	JOSÉ PAJINHA	M	57	1	00:39:09.81	00:39:08.43	CLUBE DE ATLETISMO ODIMARQ
51	99	BRUNO AMARO	M	38	10	00:39:14.90	00:39:11.00	
52	90	SANDRA CONCEICAO	F	37	2	00:39:18.67	00:39:16.89	MARINHA
53	20	HENRIQUE Z B PIRES	M	33	19	00:39:31.11	00:39:28.71	B2 RUNNING
54	37	GUSTAVO SANTOS	M	45	6	00:39:32.74	00:39:32.74	CF BELENENSES
55	702	DANIEL TRINDADE	M	19	20	00:39:38.59	00:39:33.93	
56	45	ANTONIO LOURO	M	44	11	00:39:40.36	00:39:38.23	GDSTOTTA
57	86	NUNO NAIÁ	M	43	12	00:39:47.28	00:39:45.00	BELÉM RUNNERS
58	344	DERDAR NASSIM	M	39	11	00:39:56.53	00:39:51.62	
59	69	MARIANA BRUGGER	F	32	2	00:39:56.56	00:39:54.11	ESTORIL - BALMAN
60	277	ANTÓNIO VALE	M	60	1	00:39:58.01	00:39:56.43	GRD OS FIXES
61	217	JOSE GOMES	M	57	2	00:39:58.76	00:39:56.08	
62	65	RICARDO CASTANHO	M	42	13	00:40:06.85	00:40:06.85	MARINHA
63	225	PAULO LOPES	M	39	12	00:40:43.14	00:40:39.97	
64	1198	ARNAUD HERRYPON	M	48	7	00:40:43.28	00:40:13.37	FRANÇA
65	26	AURELIO AGUIAR	M	62	2	00:40:43.53	00:40:42.49	AMIGOS VALE SILENCIO
66	129	RUI M M CARVALHO	M	38	13	00:40:44.12	00:40:39.09	
67	266	SAUL FINO	M	40	14	00:40:44.21	00:40:41.07	BELÉM RUNNERS
68	95	ATLETA NÃO CADASTRADO	M	27	21	00:40:44.72	00:40:41.06	
69	832	JOAO GONÇALVES	M	50	6	00:40:44.97	00:40:40.45	C MILLENNIUM BCP
70	546	ÉLIO ANDRÉ	M	37	14	00:40:50.93	00:40:41.65	SOCIEDADE RECREATIVA DO CAMARNAL
71	319	HUGO SANTOS	M	40	15	00:41:03.29	00:40:43.49	CLUBE BRISA
72	731	JEAN DIGNE	M	43	16	00:41:05.35	00:40:59.37	
73	33	JOÃO SILVA	M	18	22	00:41:14.44	00:41:14.44	RIO MAIOR TRIATLO CLUBE



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74	194	FRANCISCO OLIVEIRA	M	40	17	00:41:30.96	00:41:22.86	
75	79	PEDRO F C GUERREIRO	M	37	15	00:41:35.16	00:41:33.21	
76	1216	PEDRO OLIVEIRA	M	44	18	00:41:37.29	00:40:57.32	GD-SBSI
77	189	ANTONIO A REBELO	M	46	8	00:41:43.64	00:41:38.05	
78	272	JAIME PINTO	M	57	3	00:41:46.78	00:41:43.77	
79	40	JOUVE MICHEL	M	43	19	00:41:47.10	00:41:45.48	
80	288	PEDRO MARIA	M	44	20	00:41:49.66	00:41:43.34	SOCIEDADE RECREATIVA DO CAMARNAL
81	109	PAULO SARTY	M	44	21	00:41:54.03	00:41:49.43	GFK PT RUNNER'S
82	112	LEONIDO AFONSO	M	56	4	00:42:01.24	00:41:59.44	CASA DO BENFICA EM CASTELO BRANCO
83	170	JOSÉ LOPES	M	25	23	00:42:09.00	00:41:58.73	GEE - ATLETISMO
84	287	LUIS AMORIM	M	49	9	00:42:09.43	00:42:07.07	SOCIEDADE RECREATIVA DO CAMARNAL
85	838	ANTONIO RAMOS	M	47	10	00:42:10.55	00:42:06.66	C MILLENNIUM BCP
86	238	NUNO SANTOS	M	40	22	00:42:11.12	00:42:07.11	
87	345	AZDAD ALI	M	37	16	00:42:18.43	00:42:13.26	
88	152	DIOGO F N CUNHA	M	27	24	00:42:26.99	00:42:24.36	
89	271	PEDRO CANELAS	M	45	11	00:42:27.18	00:42:18.18	BELÉM RUNNERS
90	171	LUCAS FERREIRA	M	25	25	00:42:31.36	00:42:20.89	GEE - ATLETISMO
91	259	JOSE M SALAZAR	M	57	5	00:42:36.95	00:42:33.95	BELÉM RUNNERS
92	175	EDUARDO ALEIXO	M	40	23	00:42:37.00	00:42:34.26	BELÉM RUNNERS
93	221	EDUARDO CARVALHO	M	41	24	00:42:37.31	00:42:33.23	
94	294	NUNO M FERREIRA	M	43	25	00:42:52.52	00:42:48.67	COFINA RUNNERS
95	153	PEDRO BRAVO	M	38	17	00:42:57.55	00:42:52.84	TIA BELA TEAM
96	296	LICINIO FIDALGO	M	58	6	00:42:59.24	00:42:49.72	CAMARA LISBOA CLUBE
97	106	NUNO HENRIQUES	M	42	26	00:43:07.91	00:43:06.06	GDCTINCM
98	541	IVAN ROZHNNOV	M	54	7	00:43:10.50	00:43:04.16	MALTESE KNIGHTS
99	181	GONCALO FERREIRA	M	45	12	00:43:16.72	00:42:40.94	AA LISBOA
100	816	JOAQUIM ARAUJO	M	53	8	00:43:24.56	00:43:20.67	C MILLENNIUM BCP
101	167	LUÍS J C TEIXEIRA	M	18	26	00:43:33.34	00:43:13.47	
102	66	ALEXANDRE CANTANHEDE	M	39	18	00:43:36.17	00:43:35.36	MARINHA
103	121	LUIS MORAIS	M	53	9	00:43:42.95	00:43:38.10	CASA DO BENFICA EM CASTELO BRANCO
104	138	VIRIATO R PATACO	M	47	13	00:43:54.08	00:43:50.39	
105	100	JOAO VALHELHAS	M	46	14	00:43:54.53	00:43:52.36	CAMARA LISBOA CLUBE
106	162	JOSÉ C F NUNES	M	49	15	00:43:58.17	00:43:51.85	LINDA-A-PASTORA SPORTING CLUB
107	1027	TIAGO JORGE	M	32	27	00:43:58.32	00:43:25.24	C BENFICA ALG M MARTINS
108	211	FILIPE SANTOS	M	44	27	00:44:15.48	00:44:10.48	BELÉM RUNNERS
109	297	DANIEL ANTUNES	M	55	7	00:44:18.05	00:44:08.53	CAMARA LISBOA CLUBE
110	111	PAULO J L GALHARDO	M	50	10	00:44:19.78	00:44:12.83	



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111	49	FILIPE M M CORREIA	M	40	28	00:44:23.76	00:44:21.72	SS CGD
112	104	ANTONIO M F PEREIRA	M	57	8	00:44:30.75	00:44:22.22	
113	32	GUILHERME LÚCIO	M	18	28	00:44:31.98	00:44:31.98	RIO MAIOR TRIATLO CLUBE
114	419	RUI OLIVEIRA	M	46	16	00:44:33.63	00:44:25.99	TRANQUILIDADE AÇOREANA
115	265	MÁRIO BEIRÃO	M	32	29	00:44:37.35	00:44:29.26	
116	274	ANTÓNIO BUGALHO	M	49	17	00:44:39.74	00:44:36.43	
117	214	TELMO PEDRO	M	39	19	00:44:42.39	00:44:33.73	
118	81	ANDRE GOMES	M	24	30	00:44:46.17	00:44:41.65	
119	161	MÁRCIO NETO	M	38	20	00:44:47.81	00:44:45.46	TEAM NETO
120	102	PEDRO CAETANO	M	50	11	00:44:47.88	00:44:43.99	
121	165	DUARTE VIRGÍLIO	M	38	21	00:44:53.10	00:44:44.29	KALENJI BY DECATHLON
122	203	GONÇALO SANTOS	M	41	29	00:44:54.89	00:44:46.77	
123	158	RUI M D BRITO	M	52	12	00:44:57.22	00:44:54.55	BLOCKCONTROL
124	172	WILSON FERNANDES	M	30	31	00:44:57.61	00:44:47.67	GEE - ATLETISMO
125	304	CRISTIANO MARQUES	M	45	18	00:45:04.96	00:44:55.42	
126	193	CARLOS A ALVES	M	45	19	00:45:06.87	00:45:02.45	
127	300	MIGUEL VELEZ	M	54	13	00:45:13.83	00:45:03.84	CAMARA LISBOA CLUBE
128	285	JOAQUIM SANTOS	M	59	9	00:45:14.23	00:45:09.84	FALCOES SELVAGENS
129	110	MIGUEL VINAGRE	M	42	30	00:45:18.72	00:45:12.84	CCD CREDITO AGRICOLA MUTUO
130	542	JOÃO ANDRÉ	M	39	22	00:45:24.49	00:45:14.96	SOCIEDADE RECREATIVA DO CAMARNAL
131	146	VITOR ANTUNES	M	44	31	00:45:25.33	00:45:17.57	SOCIEDADE RECREATIVA DO CAMARNAL
132	116	JOSÉ M GODINHO	M	48	20	00:45:26.00	00:45:26.00	CASA DO BENFICA EM CASTELO BRANCO
133	199	CLÁUDIO A S CRUZ	M	36	23	00:45:29.15	00:45:23.94	
134	186	JOSÉ A A BRITO	M	55	10	00:45:32.32	00:45:32.32	
135	964	JOSÉ GONÇALVES	M	48	21	00:45:33.21	00:45:22.70	
136	738	JORGE VAZ	M	43	32	00:45:36.82	00:45:04.89	C N PARQUE NAÇOES
137	280	ELAMR DERKITSCH	M	60	3	00:45:38.07	00:45:32.88	MARRIOTT LISBOA
138	119	PEDRO M Á MONTEIRO	M	42	33	00:45:46.38	00:45:41.91	CASA DO BENFICA EM CASTELO BRANCO
139	128	ROMAIN CAUCHOIS	M	29	32	00:45:50.34	00:45:41.09	
140	821	CARLOS SINCERIDADES	M	44	34	00:45:52.53	00:45:29.75	C MILLENNIUM BCP
141	262	LUIS ANJOS	M	46	22	00:45:53.72	00:45:47.10	
142	200	PAULO J G SILVA	M	49	23	00:45:54.50	00:45:49.18	
143	597	PAULO MORAIS	M	46	24	00:46:01.91	00:45:47.42	BELÉM RUNNERS
144	559	ATLETA NÃO CADASTRADO	M	27	33	00:46:03.59	00:46:03.59	
145	1256	TADHG O S MCKNIGHT	M	18	34	00:46:04.05	00:46:04.05	IRLANDA
146	213	NUNO GOMES	M	29	35	00:46:06.37	00:45:57.20	GATTAL
147	173	FRANCISCO PASSOS	M	56	11	00:46:09.35	00:46:01.86	



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148	824	LUIS SILVA	M	49	25	00:46:11.06	00:45:12.85	C MILLENNIUM BCP
149	703	VLADIMIR YAKOVINA	M	47	26	00:46:15.31	00:45:34.80	
150	823	EDUARDO VILHENA	M	50	14	00:46:19.90	00:45:48.63	C MILLENNIUM BCP
151	279	MANUEL ARAÚJO	M	56	12	00:46:20.47	00:46:17.26	GRD OS FIXES
152	215	JOSE DUARTE	M	54	15	00:46:23.76	00:46:19.19	C BENFICA ALG M MARTINS
153	1191	IRYNA HUKOVSKA	F	37	3	00:46:24.97	00:46:15.98	
154	42	JORGE VILELA	M	51	16	00:46:26.23	00:46:24.41	NUCLEO DE ATLETISMO DE VILA REAL
155	35	SALVADOR MONTEZ	M	18	36	00:46:28.63	00:46:27.08	RIO MAIOR TRIATLO CLUBE
156	236	JOÃO M H SANTOS	M	24	37	00:46:30.72	00:46:22.99	
157	148	RICARDO TRIGUEIRO	M	35	24	00:46:32.23	00:46:24.00	
158	263	JORGE AZEVEDO	M	45	27	00:46:35.07	00:46:17.65	
159	602	FRANCISCO BARATA	M	26	38	00:46:36.58	00:46:20.82	
160	202	JOSÉ GONÇALVES	M	44	35	00:46:37.61	00:46:30.69	LA VAGAROSA
161	34	GONÇALO MONTEZ	M	40	36	00:46:39.11	00:46:36.68	RIO MAIOR TRIATLO CLUBE
162	258	PAULO MONTEIRO	M	43	37	00:46:40.00	00:46:32.00	ASSOCIAÇÃO VALE GRANDE
163	1021	TIAGO ALVES	M	34	39	00:46:40.49	00:45:48.86	GRUPO BARRAQUEIRO
164	155	CARLOS SILVA	M	54	17	00:46:43.39	00:46:39.98	CCD CREDITO AGRICOLA MUTUO
165	140	RICARDO LEAL	M	41	38	00:46:49.29	00:46:40.44	
166	201	RUI ISIDORO	M	42	39	00:46:50.62	00:46:43.56	LA VAGAROSA
167	253	LUIS ANTUNES	M	45	28	00:46:51.03	00:46:43.71	RB RUNNING
168	1319	ANTÓNIO BATISTA	M	43	40	00:46:55.12	00:46:22.69	
169	120	PEDRO LOPES	M	38	25	00:46:56.05	00:46:54.26	CASA DO BENFICA EM CASTELO BRANCO
170	299	JOAO FIGEUREDO	M	61	4	00:46:59.44	00:46:50.12	CAMARA LISBOA CLUBE
171	424	FERNANDO CELESTINO	M	59	13	00:47:00.94	00:46:48.07	TRANQUILIDADE AÇOREANA
172	1212	GONÇALO SANTOS	M	28	40	00:47:03.31	00:46:17.53	SECA ADEGAS
173	668	NUNO MENDES	M	44	41	00:47:04.12	00:46:40.37	
174	1087	JOSE DIAS	M	60	5	00:47:07.93	00:46:50.95	ND AUTOCOOPE
175	142	NUNO M SILVA	M	46	29	00:47:15.33	00:47:09.30	
176	62	CRISTINA GAVINHO	F	41	4	00:47:18.93	00:47:11.93	SPEM
177	284	ANTÓNIO CALIXTO	M	33	41	00:47:21.94	00:47:17.19	
178	237	RICARDO CASTELÃO	M	30	42	00:47:25.71	00:47:18.45	
179	901	LUIS CARVALHO	M	40	42	00:47:26.95	00:47:11.69	MARINHA
180	283	ABILIO OLIVEIRA	M	52	18	00:47:27.90	00:47:00.36	
181	1187	FRANCISCO VICENTE	M	37	26	00:47:30.11	00:47:30.11	MARINHA
182	384	JOÃO TEIXEIRA	M	48	30	00:47:30.72	00:47:13.76	
183	866	FRANCISCO MONTEIRO	M	23	43	00:47:31.07	00:47:00.00	PEPE RAPIDOS
184	160	JOSÉ NETO	M	60	6	00:47:33.81	00:47:33.81	TEAM NETO





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185	157	ÁLVARO GOMES	M	44	43	00:47:34.59	00:47:34.59	
186	251	ALBERTO ARAUJO	M	44	44	00:47:35.68	00:47:27.10	RB RUNNING
187	571	AMERICO RAMOS	M	58	14	00:47:37.93	00:47:04.05	
188	192	FRANCISCO VIEIRA	M	49	31	00:47:38.61	00:47:38.61	SS CGD
189	557	PEDRO VICENTE	M	26	44	00:47:38.96	00:47:15.57	OS CANSADOS
190	418	PAULO PEREIRA	M	47	32	00:47:39.36	00:47:30.43	TRANQUILIDADE AÇOREANA
191	135	CLAUSEN COLINS	F	40	5	00:47:39.72	00:47:29.19	BELÉM RUNNERS
192	270	PEDRO FAVINHA	M	45	33	00:47:41.00	00:47:32.00	BELÉM RUNNERS
193	105	ANTONIO NOGUEIRA	M	45	34	00:47:46.11	00:47:39.37	
194	1226	ALBERTO ARAUJO	M	54	19	00:47:46.78	00:47:24.17	MARINHA
195	219	ANA REBELO	F	24	3	00:47:49.34	00:47:44.68	FALCÕES SELVAGENS
196	1117	MIGUEL FRAGA	M	47	35	00:47:55.01	00:47:35.04	GDCTINCM
197	972	JOSE PEREIRA	M	41	45	00:47:56.86	00:47:19.48	MARINHA
198	244	JOAO P D MARQUES	M	40	46	00:47:57.33	00:47:49.75	
199	499	SERGIO L D FONSECA	M	49	36	00:48:01.30	00:47:36.15	
200	290	PEDRO M F CASTRO	M	45	37	00:48:04.46	00:47:56.03	
201	257	FRANCISCO J R FURAO	M	36	27	00:48:10.84	00:48:03.07	
202	212	ANTÓNIO JÚNIOR	M	50	20	00:48:13.15	00:48:06.50	
203	1109	GRAEME JOHNCOCK	M	28	45	00:48:17.83	00:47:45.48	GRÃ-BRETANHA
204	184	PEDRO SINGÉIS	M	47	38	00:48:18.82	00:48:09.46	BJWHF
205	198	ANTONIO SOUSA	M	58	15	00:48:21.45	00:48:21.45	
206	1207	FRANK RIETBROEK	M	53	21	00:48:23.42	00:48:15.97	HOLANDA
207	289	PEDRO M S PINTO	M	31	46	00:48:27.37	00:47:46.85	
208	286	JOÃO PEREIRA	M	54	22	00:48:29.54	00:48:26.22	ACPORTALEGRE UTSM
209	586	GONÇALO TELO	M	26	47	00:48:31.95	00:48:17.49	
210	1219	JOSÉ ADRIÃO	M	45	39	00:48:37.52	00:47:59.00	GD-SBSI
211	395	JULIO M A PEREIRA	M	52	23	00:48:45.82	00:48:31.61	
212	255	OLGA MARTINS	F	43	6	00:48:51.02	00:48:41.59	RB RUNNING
213	439	JOÃO FRADE	M	45	40	00:48:52.76	00:48:45.22	
214	976	MARIO REBELO	M	42	47	00:48:53.03	00:48:53.03	
215	127	DIOGO MESQUITA	M	18	48	00:48:53.54	00:48:53.54	SERRADO FC ATLETISMO
216	1211	MARCO BRANCO	M	29	49	00:48:58.66	00:48:12.20	SECA ADEGAS
217	401	PEDRO R B MENDONÇA	M	42	48	00:49:00.31	00:48:20.08	
218	995	NUNO COUTO	M	41	49	00:49:02.48	00:48:39.13	CLUBE ACCENTURE
219	519	LUÍS GONZAGA	M	36	28	00:49:05.49	00:48:54.37	
220	143	PAULO PALMINHA	M	47	41	00:49:05.82	00:49:01.05	
221	1291	JEAN M BAUDET	M	43	50	00:49:08.76	00:48:23.10	FRANÇA



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10 KM

222	371	NUNO SANTOS	M	43	51	00:49:09.42	00:48:59.78	
223	149	ANTÓNIO J VARELA	M	51	24	00:49:11.12	00:49:07.46	
224	256	ARTUR ALFAMA	M	40	52	00:49:12.43	00:49:12.43	
225	346	VITOR JORGE	M	55	16	00:49:18.98	00:48:49.63	AMINHACORRIDA&#47MYPROTEIN PACERS
226	1103	LOGAN VENDRIX	M	22	50	00:49:24.37	00:46:17.22	
227	437	GUILLERMO SANTOS	M	33	51	00:49:25.55	00:49:03.22	
228	130	ANDRE MENDONÇA	M	34	52	00:49:25.59	00:49:21.23	BELÉM RUNNERS
229	438	MARIANA VERISSIMO	F	24	4	00:49:26.03	00:49:03.74	
230	472	CARLOS M C ROCHA	M	47	42	00:49:26.57	00:49:01.82	
231	226	MANUEL SOBRAL	M	61	7	00:49:29.44	00:49:29.44	
232	1255	DAISUKE SAKA	M	34	53	00:49:30.31	00:48:48.17	JAPÃO
233	1061	ELISABETH LOUREIRO	F	61	1	00:49:30.90	00:48:27.42	SPORTING CLUBE DE CASAINHOS
234	1339	PEDRO CARVALHO	M	45	43	00:49:31.60	00:49:01.16	
235	808	JORGE LOURENÇO	M	47	44	00:49:31.69	00:49:01.83	C MILLENNIUM BCP
236	830	MARIO FARIA	M	50	25	00:49:34.70	00:48:34.46	C MILLENNIUM BCP
237	940	VASCO RIBEIRO	M	44	53	00:49:35.70	00:48:33.11	WHS TEAM
238	166	PAULO A E FAUSTINO	M	46	45	00:49:38.49	00:49:32.38	
239	131	CLAUDIA BORRALHO	F	44	7	00:49:39.70	00:49:25.39	BELÉM RUNNERS
240	578	CAIO M OLIVEIRA	M	30	54	00:49:45.22	00:49:25.17	
241	689	LUIZ H L PELLIZZARI	M	41	54	00:49:47.78	00:48:53.82	
242	1186	PAULO HENRIQUES	M	49	46	00:49:48.23	00:49:48.23	MARINHA
243	413	JOAO P PEREIRA	M	30	55	00:49:49.37	00:49:33.33	CEFAD
244	114	JOAQUIM VARANDA	M	55	17	00:49:50.46	00:49:44.61	KEEP RUNNING
245	662	HENRIQUE COELHO	M	37	29	00:49:52.01	00:49:38.68	OPTICALIA RUNNING TEAM
246	564	ANGELO GODINHO	M	34	56	00:49:52.76	00:49:41.41	
247	1204	HUGO BRAZ	M	40	55	00:49:54.00	00:49:24.70	TÉCNICO RUGBY RUNNING TEAM
248	925	MIGUEL S C DIAS	M	34	57	00:49:55.09	00:49:11.40	SISCOG
249	218	RUI MELO	M	46	47	00:49:57.74	00:49:51.51	CCD CREDITO AGRICOLA MUTUO
250	606	PEDRO BERNARDO	M	41	56	00:49:59.27	00:49:45.66	
251	561	JOAQUIM LOPES	M	70	8	00:50:00.07	00:49:38.26	OS CANSADOS
252	1208	JORGE ROSA	M	51	26	00:50:02.43	00:49:33.00	TÉCNICO RUGBY RUNNING TEAM
253	934	JOSÉ TOMÉ	M	51	27	00:50:07.18	00:49:15.34	GRUPO BARRAQUEIRO
254	1003	RICARDO DOMINGUES	M	29	58	00:50:07.75	00:49:38.58	
255	1197	LENG L KOH	F	45	2	00:50:09.77	00:50:09.77	PORTUGAL
256	687	ANTÓNIO LOPES	M	49	48	00:50:10.81	00:49:59.64	CASA DO BENFICA EM CASTELO BRANCO
257	190	SANDRA A LOPES	F	33	5	00:50:12.39	00:50:12.39	
258	1326	TOBIAS CONDE	M	30	59	00:50:12.91	00:49:52.16	TM



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10 KM

259	117	FRANCISCO A T SOUSA	M	58	18	00:50:13.83	00:50:06.72	AMANHECER DA RAPOSA
260	469	KHALED BENABOURA	M	49	49	00:50:14.22	00:49:50.91	
261	207	PEDRO DIAS	M	43	57	00:50:16.07	00:50:09.74	KEEP RUNNING
262	607	JOÃO GUTERRES	M	42	58	00:50:17.10	00:50:03.04	
263	574	JORGE CURVELO	M	45	50	00:50:18.42	00:50:03.77	BELÉM RUNNERS
264	254	PEDRO MARTINS	M	43	59	00:50:20.34	00:50:11.04	RB RUNNING
265	273	RICARDO PEREIRA	M	24	60	00:50:20.87	00:50:15.64	
266	637	LUIS DAMIAO	M	50	28	00:50:20.89	00:50:13.98	CCD CREDITO AGRICOLA MUTUO
267	1057	EDUARDO GONCALVES	M	20	61	00:50:21.08	00:50:21.08	MARINHA
268	24	PEDRO QUEIROZ	M	56	19	00:50:21.41	00:50:13.18	SPEM
269	635	RUI BRAZ	M	40	60	00:50:23.39	00:50:13.45	GDCTINCM
270	46	HELENA NUNES	F	40	8	00:50:23.67	00:50:19.05	SPEM
271	197	NUNO AVÓ	M	50	29	00:50:24.08	00:50:07.11	LISBON MOONLIGHT RUNNERS
272	1177	MARIA JOAO	F	36	9	00:50:24.51	00:50:22.65	BELÉM RUNNERS
273	269	ROSA FREITAS	F	52	3	00:50:24.75	00:50:22.47	BELÉM RUNNERS
274	733	GONCALO CAEIRO	M	46	51	00:50:26.07	00:49:28.17	
275	124	ANDRÉ SIMÕES	M	27	62	00:50:28.59	00:50:24.09	
276	260	ALBERTO MARTINS	M	53	30	00:50:31.29	00:50:31.29	BROTHERS IN MOTION
277	261	NUNO MARTINS	M	36	30	00:50:31.77	00:50:20.95	BROTHERS IN MOTION
278	137	LUIS M C ALEXANDRE	M	47	52	00:50:32.43	00:50:23.37	
279	536	JOÃO OLIVEIRA	M	19	63	00:50:32.92	00:50:19.90	OLIVEIRAS3
280	628	MARCO MOURA	M	42	61	00:50:33.53	00:50:08.03	
281	122	RODRIGO MARTINS	M	25	64	00:50:35.05	00:50:25.72	
282	408	OSVALDO SANTOS	M	49	53	00:50:36.00	00:50:23.66	
283	404	ALEXANDRE PALMEIRO	M	35	31	00:50:37.38	00:50:24.27	2007RUNNERS
284	264	PAULO SANTOS	M	47	54	00:50:39.34	00:50:33.79	CORRER LISBOA
285	706	PARKER CHANCE	M	24	65	00:50:39.68	00:49:43.03	
286	205	DUARTE SANTOS	M	22	66	00:50:40.15	00:50:28.44	ÁCUZAR PRESSÃO
287	150	NUNO SIMOES	M	39	32	00:50:42.11	00:50:36.69	CCD CREDITO AGRICOLA MUTUO
288	693	BEATRIZ SÉCIO	F	20	6	00:50:43.00	00:50:14.72	MÃE E FILHAS
289	1296	DUARTE C R RIBEIRO	M	23	67	00:50:43.21	00:49:59.26	
290	524	JORGE MODESTO	M	41	62	00:50:43.49	00:50:31.12	
291	1056	MIGUEL PEREIRA	M	20	68	00:50:46.57	00:49:56.70	MARINHA
292	1042	LUIS SILVA	M	50	31	00:50:47.46	00:50:07.40	MARINHA
293	492	INES PEREIRA	F	46	4	00:50:51.10	00:50:39.67	GFD RUNNING
294	854	RODRIGO HENRIQUES	M	18	69	00:50:58.98	00:50:14.23	CLK TEAM
295	1188	LUIS CARVALHO	M	40	63	00:51:00.44	00:50:25.45	





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10 KM

296	397	PEDRO CONFRARIA	M	39	33	00:51:04.46	00:51:04.46	CARVALHO CONFRARIA
297	1064	TIAGO SANTOS	M	21	70	00:51:05.22	00:50:22.24	SINTRA RUNNERS
298	477	DÉLCIO ACHEGA	M	34	71	00:51:06.26	00:50:25.47	HIPNOSE
299	196	GONÇALO ROSÁRIO	M	37	34	00:51:12.66	00:51:04.44	CANITOS
300	348	NUNO PETERS	M	37	35	00:51:14.60	00:50:58.74	
301	929	PAULO J L TOMÉ	M	44	64	00:51:17.84	00:50:34.58	SISCOG
302	399	HELENA I R GONÇALVES	F	43	10	00:51:20.38	00:51:01.98	
303	655	HUMBERTO BARROS	M	36	36	00:51:20.51	00:51:20.51	KANINOS
304	881	JOSE FERREIRA	M	61	9	00:51:21.40	00:51:21.40	SS CGD
305	676	PATRÍCIA ALVES	F	36	11	00:51:23.58	00:51:11.55	O ÚLTIMO PAGA OS PASTÉIS!
306	1138	PEDRO ROSA	M	46	55	00:51:24.82	00:50:48.17	
307	417	SARA IDEIAS	F	42	12	00:51:26.09	00:51:13.72	2007RUNNERS
308	653	JOÃO P ALMEIDA	M	50	32	00:51:27.12	00:51:03.95	KANINOS
309	516	NELSON BRITO	M	43	65	00:51:29.17	00:51:04.26	GATTAL
310	475	LUIA CATALAO	F	26	7	00:51:29.92	00:51:02.45	FLECHAS
311	168	VASCO NEVES	M	19	72	00:51:30.79	00:51:22.63	HARD RUNNING TEAM ARRUDA DOS VINHOS
312	539	NUNO ALMEIDA	M	42	66	00:51:31.33	00:51:13.29	SPORTINGS DE ALMEIDA
313	145	VASCO PERES	M	40	67	00:51:32.73	00:51:30.16	N5S
314	180	PAULO GONÇALVES	M	51	33	00:51:38.81	00:51:35.59	MARVILA JOVEM
315	372	RAFAELA GONÇALVES	F	23	8	00:51:40.55	00:51:31.34	
316	139	CARLOS MAGALHÃES	M	35	37	00:51:40.88	00:50:43.57	
317	794	GERARD DAVAU	M	68	10	00:51:42.32	00:51:14.20	FRANÇA
318	486	PEDRO ROQUE	M	49	56	00:51:44.60	00:51:27.88	OS PAPA MILHAS
319	520	RICARDO COSTA	M	36	38	00:51:44.63	00:51:33.60	
320	394	JOÃO CARVALHO	M	33	73	00:51:44.74	00:51:26.98	NINJAS DO RIBATEJO
321	550	FERNANDO CARRILHO	M	60	11	00:51:45.34	00:51:32.63	
322	625	TIAGO BARATA	M	23	74	00:51:45.62	00:51:30.53	
323	548	JUAN C PUERTA	M	55	20	00:51:45.68	00:51:13.34	
324	405	PEDRO FERREIRA	M	40	68	00:51:45.86	00:51:29.69	CLUBE ROBBIALAC
325	163	MARIA ANTUNES	F	48	5	00:51:46.11	00:51:39.20	
326	652	HUGO S NOGUEIRA	M	40	69	00:51:46.38	00:51:32.46	
327	208	JOSÉ ANDRADE	M	52	34	00:51:49.72	00:51:43.33	KEEP RUNNING
328	1121	PAULO SOUSA	M	43	70	00:51:50.50	00:51:22.80	GDCTINCM
329	252	SUSANA VICENTE	F	38	13	00:51:50.81	00:51:41.91	RB RUNNING
330	453	CARLOS MORAIS	M	52	35	00:51:52.48	00:51:39.33	
331	619	LUIS RATO	M	51	36	00:51:52.78	00:51:41.87	U.D.F.A.C.
332	370	PAULO ALVES	M	42	71	00:51:52.99	00:51:26.69	2FAST4YOU



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10 KM

333	183	ANDRÉ F DIAS	M	30	75	00:51:53.02	00:51:41.82	CLUBE COLABORADORES AGEAS
334	365	INES RIBEIRO	F	32	9	00:51:53.59	00:51:14.93	
335	375	ORLANDO COUCEIRO	M	30	76	00:51:54.79	00:51:54.79	
336	322	TIAGO PAULINO	M	27	77	00:51:54.90	00:51:33.88	NUFKOS
337	1258	JOSÉ A G RENDEIRO	M	41	72	00:51:55.62	00:51:00.90	
338	686	NUNO DUARTE	M	42	73	00:51:55.69	00:51:43.57	CASA DO BENFICA EM CASTELO BRANCO
339	641	FILIPPE GRAÇA	M	27	78	00:51:57.10	00:51:57.10	RIT
340	512	MIGUEL AMARO	M	42	74	00:51:57.26	00:51:45.84	
341	305	NUNO NUNES	M	43	75	00:51:57.60	00:51:30.70	
342	837	LUIS GONÇALVES	M	40	76	00:51:58.97	00:51:26.16	C MILLENNIUM BCP
343	390	NUNO CONDENÇO	M	37	39	00:52:01.85	00:51:47.39	
344	379	JORGE H PEREIRA	M	54	37	00:52:01.85	00:51:49.01	
345	1217	MIGUEL PEREIRA	M	43	77	00:52:02.22	00:52:02.22	GD-SBSI
346	1289	TERESA SEPULVEDA	F	36	14	00:52:04.60	00:52:04.60	
347	1134	VALERIE MORABITO	F	39	15	00:52:07.13	00:51:40.04	FRANÇA
348	511	JOÃO M BATISTA	M	56	21	00:52:08.01	00:51:56.27	
349	857	PEDRO OLIVEIRA	M	38	40	00:52:10.91	00:52:10.91	
350	842	FERNANDO ALMEIDA	M	49	57	00:52:13.32	00:52:13.32	C MILLENNIUM BCP
351	893	JOSE GUIA	M	68	12	00:52:13.89	00:51:48.29	SS CGD
352	725	MONIKA D SAWICKA	F	40	16	00:52:14.68	00:51:55.63	POLÓNIA
353	617	CARLA S R MANTEIGAS	F	38	17	00:52:16.93	00:51:52.77	CCDTMETROLX
354	1039	ARMANDO VALENTE	M	47	58	00:52:17.67	00:51:34.51	AMCS
355	206	PAULO J S DINIS	M	42	78	00:52:18.53	00:52:09.96	
356	583	HUGO J SOBREIRA	M	39	41	00:52:19.89	00:52:10.35	
357	683	SUSANA S H GONÇALVES	F	36	18	00:52:25.04	00:52:14.39	CASA DO BENFICA EM CASTELO BRANCO
358	1300	TIARNAN O S MCKNIGHT	M	17	79	00:52:25.23	00:52:25.23	IRLANDA
359	1132	JOÃO R P SILVA	M	26	80	00:52:27.31	00:51:53.07	
360	463	FLÁVIA BRITO	F	24	10	00:52:27.88	00:52:19.07	
361	684	TERESA ANTÃO	F	37	19	00:52:28.36	00:52:17.26	CASA DO BENFICA EM CASTELO BRANCO
362	447	NUNO O AZUL	M	40	79	00:52:28.47	00:52:11.23	OS GALGOS
363	381	JOSÉ RIBEIRO	M	57	22	00:52:30.84	00:52:07.28	CORRER LISBOA
364	513	JORGE EPIFANIO	M	42	80	00:52:33.47	00:52:25.66	SRED
365	151	MIGUEL D CARDOSO	M	42	81	00:52:36.52	00:52:27.63	GE RUNNERS PORTUGAL
366	919	TIAGO BIOUCAS	M	30	81	00:52:37.06	00:52:07.76	
367	282	LUIA MOURAO	F	38	20	00:52:37.24	00:52:31.42	CCD CREDITO AGRICOLA MUTUO
368	315	CARLOS FERREIRA	M	43	82	00:52:38.68	00:52:14.69	
369	462	ALEXANDRA TORRES	F	48	6	00:52:40.38	00:52:18.73	ST JULIANS RUNNING MUMS



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10 KM

370	672	MIGUEL GONZALEZ	M	47	59	00:52:40.60	00:52:27.72	
371	858	VICTOR ROLO	M	40	83	00:52:40.95	00:52:40.95	MARINHA
372	452	KRISTEL KAITILA-PEREZ	F	49	7	00:52:42.20	00:52:20.02	ST JULIANS RUNNING MUMS
373	1231	CARLOS MORAIS	M	36	42	00:52:43.38	00:52:06.56	
374	1070	JASON UNSWORTH	M	47	60	00:52:46.50	00:52:13.85	STANLEY SECURITY PORTUGAL
375	535	FERNANDES ANTÓNIO	M	55	23	00:52:47.95	00:52:14.44	
376	308	JOSÉ CALHEIROS	M	43	84	00:52:48.91	00:52:30.67	NARANJITOS
377	224	FILIPE FRAGA	M	55	24	00:52:54.58	00:52:48.18	
378	118	INÊS MORAIS	F	22	11	00:52:58.85	00:52:53.49	CASA DO BENFICA EM CASTELO BRANCO
379	1020	JOSÉ DIAS	M	60	13	00:53:01.87	00:52:10.82	GRUPO BARRAQUEIRO
380	698	PAULO GOMES	M	53	38	00:53:03.06	00:52:50.49	INFANTE SAGRES H C
381	770	NUNO LIMA	M	39	43	00:53:03.79	00:52:13.66	NUNO LIMA
382	412	MARIA GONÇALVES	F	45	8	00:53:08.00	00:52:59.07	
383	784	PAULO LEITAO	M	47	61	00:53:08.71	00:53:08.71	MARINHA
384	1173	MARC TRAN	M	32	82	00:53:10.58	00:52:26.00	FRANÇA
385	407	MARISE S VIDAL	F	43	21	00:53:13.15	00:53:02.50	
386	560	JOAO DAMAS	M	19	83	00:53:15.66	00:52:54.19	OS CANSADOS
387	922	RICARDO SIMOES	M	48	62	00:53:18.74	00:52:23.69	OS ALMOÇARADOS
388	732	ANTONIO DUARTE	M	48	63	00:53:19.20	00:52:22.40	
389	493	ANA S PINA	F	42	22	00:53:19.61	00:52:57.71	
390	281	JOQUIM MONTEIRO	M	50	39	00:53:20.85	00:53:10.66	CLUBE NOVO BANCO
391	840	CARLOS JANELA	M	61	14	00:53:21.44	00:52:52.27	C MILLENNIUM BCP
392	1019	ALEXANDRE RIBEIRO	M	45	64	00:53:22.46	00:52:30.54	GRUPO BARRAQUEIRO
393	558	CARLOS M B VAZ	M	33	84	00:53:24.17	00:52:24.36	
394	547	JOSÉ VAZ	M	34	85	00:53:24.21	00:52:24.61	
395	449	NED DWYER	M	51	40	00:53:24.40	00:53:01.30	
396	188	RICARDO CONCEIÇÃO	M	32	86	00:53:27.89	00:53:27.89	LOURDETE PERFUMARIAS
397	169	JOAQUIM MATEUS	M	40	85	00:53:31.01	00:53:20.08	GEE - ATLETISMO
398	1200	IGOR M S LOPES	M	33	87	00:53:35.84	00:52:49.55	SECA ADEGAS
399	525	MÁRIO SARAIVA	M	48	65	00:53:36.33	00:53:17.31	BUÉDASTRESS
400	470	TIAGO FIGO	M	30	88	00:53:36.50	00:53:15.73	
401	1190	JOAO MARQUES	M	40	86	00:53:39.46	00:53:12.74	
402	1247	JOSÉ FORTES	M	46	66	00:53:39.71	00:52:55.05	F&F
403	1325	JANICE M TRAINOR	F	33	12	00:53:40.48	00:52:49.06	IRLANDA
404	132	PEDRO VALENTIM	M	36	44	00:53:40.52	00:53:04.09	
405	325	RUI PATEIRO	M	36	45	00:53:42.21	00:53:26.75	
406	667	CARLA S MENDES	F	42	23	00:53:43.85	00:53:20.33	



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407	508	ELISABETE B L PINTO	F	47	9	00:53:45.84	00:53:12.66	
408	589	FERNANDO LARIA	M	44	87	00:53:46.97	00:53:29.53	
409	646	IRYNA KONOVALIK	F	28	13	00:53:48.32	00:53:48.32	
410	645	PATRICA GASPAR	F	40	24	00:53:49.78	00:53:39.85	GDCTINCM
411	543	SERGIO M R FERREIRA	M	40	88	00:53:52.19	00:53:40.52	
412	588	ANTONIO FARIA	M	63	15	00:53:53.90	00:53:40.74	
413	101	INÊS TEIXEIRA	F	25	14	00:53:56.52	00:53:44.93	ÁCUZAR PRESSÃO
414	1210	FÁBIO M R PEREIRA	M	23	89	00:54:02.87	00:53:15.92	SECA ADEGAS
415	392	HELENA QUENTAL	F	47	10	00:54:03.87	00:53:43.69	RUN&#39R&#39US
416	608	ANTONIO ALVES	M	55	25	00:54:04.57	00:53:44.62	MARRIOTT LISBOA
417	601	JOÃO P ESTRELA	M	57	26	00:54:04.74	00:53:56.52	INFANTE SAGRES H C
418	267	RUI AFONSO	M	49	67	00:54:04.84	00:53:48.72	BELÉM RUNNERS
419	465	CATARINA FERREIRA	F	44	25	00:54:06.19	00:53:50.19	BELÉM RUNNERS
420	827	CARLA LOURENÇO	F	42	26	00:54:10.13	00:54:10.13	C MILLENNIUM BCP
421	1158	JORGE FÉLIX	M	40	89	00:54:12.89	00:53:45.98	
422	1196	CARLOS ALVES	M	48	68	00:54:13.85	00:53:28.61	GDSTOTTA
423	580	TIAGO S BARRA	M	24	90	00:54:15.22	00:53:48.24	
424	769	PEDRO PINHEIRO	M	32	91	00:54:16.74	00:53:26.32	NUNO LIMA
425	665	JOSÉ R BORGES	M	53	41	00:54:19.20	00:53:43.37	
426	514	ANTONIO REGO	M	45	69	00:54:19.89	00:54:19.89	
427	629	MÁRIO R O COELHO	M	56	27	00:54:21.99	00:53:55.83	
428	61	HELENA NUNES	F	51	11	00:54:23.47	00:54:20.64	AT
429	805	ALEXANDRA ANICETO	F	41	27	00:54:25.47	00:53:46.65	C MILLENNIUM BCP
430	534	MÁRIO BORDALO	M	29	92	00:54:26.88	00:54:06.96	
431	1243	JOANA SANTOS	F	23	15	00:54:27.21	00:54:27.21	
432	526	JOSÉ RIBEIRO	M	51	42	00:54:28.76	00:53:58.70	
433	573	JOAO MARTINS	M	49	70	00:54:29.22	00:54:14.22	BELÉM RUNNERS
434	591	PAULO J S FERNANDES	M	50	43	00:54:30.59	00:54:15.16	
435	504	FERNANDO L MARTINS	M	33	93	00:54:30.69	00:51:48.89	
436	350	JOAO RIBEIRO	M	29	94	00:54:33.47	00:54:23.64	
437	590	PEDRO RAPOSO	M	42	90	00:54:34.05	00:54:10.91	
438	2443	RUI LOPES	M	52	44	00:54:34.10	00:54:12.10	
439	630	RUI TOMAS	M	47	71	00:54:34.88	00:54:28.32	CCD CREDITO AGRICOLA MUTUO
440	361	ARTUR FARINHA	M	54	45	00:54:35.50	00:54:24.28	MARINHA
441	433	ISABEL SANTOS	F	57	12	00:54:37.25	00:54:25.64	CLUBE NAVAL DE LISBOA
442	887	PAULO MARTINS	M	49	72	00:54:40.21	00:53:57.98	SS CGD
443	767	JOSE OCTAVIANO	M	46	73	00:54:43.85	00:53:54.02	NUNO LIMA



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444	947	FRANCISCO PATINHA	M	60	16	00:54:44.12	00:53:38.01	VILA FRIAS JG SEGUROS
445	422	ISABEL MOTA	F	44	28	00:54:44.40	00:54:30.66	TRANQUILIDADE AÇOREANA
446	421	JOÃO SERRA	M	45	74	00:54:44.73	00:54:30.75	TRANQUILIDADE AÇOREANA
447	349	GONÇALO B GOMES	M	27	95	00:54:46.57	00:54:24.80	
448	1175	MYKE KOOPMANS	F	23	16	00:54:47.76	00:54:14.21	
449	466	EDUARDO MOUTINHO	M	49	75	00:54:47.78	00:54:15.38	
450	479	JOSE BAIXINHO	M	60	17	00:54:48.71	00:54:28.25	SANTIAGO FUTEBOL CLUBE
451	680	ADRIANO CUNHA	M	63	18	00:54:49.14	00:54:32.14	
452	603	NELSON CORREIA	M	38	46	00:54:50.09	00:54:21.77	
453	340	JORGE MELO	M	49	76	00:54:50.59	00:54:50.59	
454	332	SANDRO CORREIA	M	36	47	00:54:51.00	00:54:22.62	
455	623	DANIEL OLIVEIRA	M	62	19	00:54:52.88	00:54:27.18	CAMARA LISBOA CLUBE
456	576	VITOR SEABRA	M	50	46	00:54:55.21	00:54:36.99	BUÉDASTRESS
457	1090	MARIA B B DIAS	F	25	17	00:54:55.82	00:54:55.82	
458	639	PEDRO SERGIO	M	49	77	00:54:55.93	00:54:25.55	CCD CREDITO AGRICOLA MUTUO
459	29	MAURO CARREIRA	M	18	96	00:54:56.14	00:54:54.08	RIO MAIOR TRIATLO CLUBE
460	640	RICARDO GARVÃO	M	33	97	00:54:59.52	00:54:21.67	RIT
461	626	CÉSAR RIBEIRO	M	43	91	00:54:59.74	00:54:31.24	
462	636	LUÍS N M MENDES	M	42	92	00:55:03.43	00:54:50.40	CASA DO BENFICA EM CASTELO BRANCO
463	627	SARA GOMES	F	21	18	00:55:03.91	00:54:43.38	
464	953	CARLOS LUÍS	M	53	47	00:55:04.20	00:54:36.09	SABUGUENSES
465	359	MARIA TERRUCHA	F	20	19	00:55:06.83	00:54:41.03	IST STUFF
466	682	PATRÍCIA FERNANDES	F	44	29	00:55:06.95	00:54:56.63	CASA DO BENFICA EM CASTELO BRANCO
467	517	JOÃO NEVES	M	24	98	00:55:07.55	00:54:41.20	HARD RUNNING TEAM ARRUDA DOS VINHOS
468	737	JOSÉ GARCIA	F	53	13	00:55:08.01	00:55:08.01	C N PARQUE NAÇOES
469	360	ANTONIO LOPES	M	21	99	00:55:08.55	00:54:43.12	IST STUFF
470	600	MANUEL SEQUEIRA	M	67	20	00:55:08.91	00:54:49.38	G.D.C.T. REPSOL POLÍMEROS
471	553	ANA HENRIQUE	F	44	30	00:55:10.86	00:54:41.51	
472	1045	PEDRO CORREIA	M	26	100	00:55:13.85	00:54:28.13	LINK
473	587	SUSANA F EVANGELISTA	F	42	31	00:55:14.32	00:54:44.49	COININHA RUNNERS
474	241	MARIA CRAB	F	23	20	00:55:15.31	00:52:08.40	
475	1284	FREDERICO NETO	M	36	48	00:55:17.60	00:54:45.08	
476	338	MIGUEL RIBEIRO	M	45	78	00:55:18.02	00:54:52.33	
477	537	ANTONIO OLIVEIRA	M	50	48	00:55:18.17	00:55:16.61	OLIVEIRAS3
478	610	ANA MONTEIRO	F	51	14	00:55:21.28	00:55:21.28	CLUBE NOVO BANCO
479	357	ALEXANDRA CONCEIÇÃO	F	44	32	00:55:21.70	00:55:05.84	AMINHACORRIDA#47 MY PROTEIN
480	416	Mª L DUARTE	F	39	33	00:55:22.48	00:55:06.44	CEFAD





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10 KM

481	327	JORGE M N SANTOS	M	52	49	00:55:23.56	00:55:00.11	F.C. O DESPERTAR DE CASAL DE CAMBRA
482	16	GONCALO ROCHA	M	25	101	00:55:26.12	00:54:45.38	SPEM
483	442	HÉLIO AUGUSTO	M	41	93	00:55:26.28	00:55:11.61	AZEITÃO RUNNING
484	634	JOAO RODRIGUES	M	44	15	00:55:26.33	00:54:48.58	CCD CREDITO AGRICOLA MUTUO
485	861	MARIA J ARAÚJO	F	48	94	00:55:26.33	00:54:43.43	PALHAS
486	890	PEDRO MEDEIROS	M	41	95	00:55:27.49	00:54:26.23	SS CGD
487	450	MARTINA RUAH	F	47	16	00:55:27.70	00:55:06.08	ST JULIANS RUNNING MUMS
488	441	FERNANDO PEREIRA	M	45	79	00:55:27.80	00:55:13.19	AZEITÃO RUNNING
489	889	JOSE MONTEIRO	M	51	50	00:55:27.96	00:54:56.39	PEPE RAPIDOS
490	1119	MAURO LANÇA	M	40	96	00:55:28.83	00:55:01.69	GDCTINCM
491	480	JUDITE BAIXINHO	F	31	21	00:55:29.35	00:55:08.88	SANTIAGO FUTEBOL CLUBE
492	579	AIEDO SILVEIRA	M	58	28	00:55:32.41	00:55:07.27	
493	1238	FRANCISCO PONCIANO	M	46	80	00:55:34.07	00:54:43.27	
494	107	DAVID F B AGOSTINHO	M	35	49	00:55:38.23	00:55:26.67	GRCD LEIÃO
495	759	FERNANDO FIGUEIREDO	M	39	50	00:55:41.84	00:54:39.59	GRUPO MAGICATITUDE
496	373	PEDRO SÁ	M	30	102	00:55:44.25	00:55:24.63	
497	722	ROGÉRIO DUARTE	M	46	81	00:55:51.85	00:55:51.85	ITAU BBA INTERNATIONAL
498	757	FILOMENA COSTA	F	51	17	00:55:57.73	00:55:46.08	GRUPO MAGICATITUDE
499	521	LUIS DOMINGUES	M	36	51	00:55:58.34	00:55:33.88	
500	575	PEDRO LETRAS	M	47	82	00:56:02.79	00:55:42.97	BUÉDASTRESS
501	599	JULIA CALISTO	F	54	18	00:56:03.87	00:55:39.60	
502	113	INÊS GONÇALVES	F	22	22	00:56:06.60	00:55:54.81	ÁCUZAR PRESSÃO
503	323	ZUZKA SIMULCIKOVA	F	28	23	00:56:07.95	00:55:47.27	NUFKOS
504	1199	ALENA CHURAKOVA	F	32	24	00:56:08.32	00:55:00.60	
505	593	CARLOS LEÃO	M	57	29	00:56:09.04	00:56:09.04	CORRER LISBOA
506	485	RUI FERREIRA	M	46	83	00:56:10.65	00:55:53.93	OS PAPA MILHAS
507	125	RÓMULO ESTEVES	M	31	103	00:56:14.70	00:56:10.51	
508	461	CARMEL SHARKEY	F	53	19	00:56:17.39	00:55:54.47	ST JULIANS RUNNING MUMS
509	555	ALEXANDRE ICHIM	M	22	104	00:56:17.78	00:56:00.95	
510	659	PEDRO M P GIL	M	40	97	00:56:19.67	00:55:55.21	
511	1303	NUNO GONÇALVES	M	34	105	00:56:20.51	00:55:43.82	
512	314	FREDERICO X COSTA	M	42	98	00:56:21.68	00:55:36.07	XÔR PADRE_ASAS NOS PÉS !
513	554	PATRÍCIA L EMÍDIO	F	21	25	00:56:21.74	00:56:05.24	
514	852	LUÍS GAMEIRO	M	45	84	00:56:22.02	00:55:35.81	XÔR PADRE_ASAS NOS PÉS !
515	496	INES CRUZ	F	20	26	00:56:22.57	00:55:53.61	
516	497	JOAO MONTEZ	M	26	106	00:56:22.92	00:55:53.79	
517	18	LUCIANO GELASIO	M	30	107	00:56:26.60	00:55:45.62	SPEM



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10 KM

518	17	ANA T ROCHA	F	30	27	00:56:28.74	00:55:48.17	SPEM
519	531	CARLOS AGUIAR	M	48	85	00:56:28.94	00:56:15.55	
520	552	ANA VENCES	F	39	34	00:56:30.14	00:56:00.42	COININHA RUNNERS
521	697	SÍLVIA LOPES	F	39	35	00:56:31.11	00:56:11.49	
522	696	RICARDO RODRIGUES	M	37	52	00:56:31.57	00:55:35.47	
523	592	ANA SOUZA	F	41	36	00:56:33.65	00:56:05.94	
524	1215	SÃO AGULHAS	F	45	20	00:56:33.81	00:55:55.63	GD-SBSI
525	1214	RUTE BAILÃO	F	43	37	00:56:34.72	00:55:56.11	GD-SBSI
526	862	ESMERALDO PEREIRA	M	71	21	00:56:34.78	00:55:51.22	SS CGD
527	446	ANN MACPHERSON	F	39	38	00:56:35.98	00:56:22.25	EMSA
528	414	MARCOS LEONARDO	M	65	22	00:56:36.14	00:56:16.33	C BENFICA ALG M MARTINS
529	596	VANESSA BAPTISTA	F	36	39	00:56:39.76	00:56:25.41	BELÉM RUNNERS
530	691	JOÃO P OSORIO	M	41	99	00:56:40.48	00:56:22.93	
531	518	FERNANDO J PINA	M	44	100	00:56:42.07	00:56:23.08	
532	495	LILIANA AGOSTINHO	F	27	28	00:56:45.16	00:56:29.40	
533	527	CÁTIA PARREIRA	F	37	40	00:56:45.54	00:56:27.54	KALENJI BY DECATHLON
534	432	SAMUEL GOMES	M	26	108	00:56:48.31	00:56:24.45	LINK
535	1340	NUNO MOLERO	M	35	53	00:56:48.43	00:56:48.43	
536	582	KEVIN BROOKS	M	46	86	00:56:50.49	00:56:15.66	
537	992	ANTÓNIO DENTE	M	27	109	00:56:52.55	00:56:11.61	DICE RUNNERS
538	367	FILIPA MATA	F	25	29	00:56:53.17	00:56:42.52	CLUBE ANA LISBOA
539	647	LAURA E CARMENATES	F	59	21	00:56:54.94	00:56:39.90	
540	108	MIGUEL EVARISTO	M	24	110	00:56:55.66	00:56:48.14	
541	448	PAULO DUARTE	M	44	101	00:56:55.72	00:56:38.96	OS GALGOS
542	298	JOAO PEREIRA	M	46	87	00:56:58.61	00:56:49.22	CAMARA LISBOA CLUBE
543	572	NUNO MELO	M	41	102	00:56:59.17	00:56:59.17	
544	1066	ANTONIO ALMEIDA	M	42	103	00:57:00.12	00:56:28.61	
545	644	RAQUEL MOREIRA	F	28	30	00:57:00.45	00:56:20.97	RIT
546	1065	JOÃO S G LÚCIO	M	40	104	00:57:05.36	00:57:05.36	
547	1287	JOAO FERRAO	M	38	54	00:57:05.55	00:56:33.07	
548	1293	ANDREIA RIJO	F	34	31	00:57:07.40	00:56:02.71	
549	811	JOEL ESTVES	M	38	55	00:57:08.13	00:56:38.74	C MILLENNIUM BCP
550	804	VASCO ANICETO	M	41	105	00:57:08.56	00:56:29.73	C MILLENNIUM BCP
551	464	ANABELA SALAZAR	F	45	22	00:57:09.71	00:56:54.54	BELÉM RUNNERS
552	685	FLORÊNCIA BASILIO	F	47	23	00:57:10.46	00:57:10.46	CASA DO BENFICA EM CASTELO BRANCO
553	1183	MARIA LACERDA	F	46	24	00:57:17.00	00:56:27.80	CLUBE ANACOM
554	385	PAULO PADRÃO	M	49	88	00:57:17.37	00:57:00.60	



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10 KM

555	658	GONALO FARIA	M	43	106	00:57:18.21	00:56:34.42	GD-SBSI
556	1251	MARTA VERÍSSIMO	F	24	32	00:57:19.45	00:56:50.01	
557	1294	ANA I GOUVEIA	F	34	33	00:57:19.52	00:56:14.58	MOVET
558	1295	DIOGO CORREIA	M	35	56	00:57:20.78	00:56:15.63	MOVET
559	1153	RUTE PLIRU	F	43	41	00:57:21.72	00:56:59.08	STANLEY SECURITY PORTUGAL
560	1069	ALEXANDRA FELIZARDO	F	41	42	00:57:22.58	00:57:22.58	STANLEY SECURITY PORTUGAL
561	478	ISABEL SANTOS	F	50	25	00:57:25.62	00:57:15.68	LOURDETE PERFUMARIAS
562	303	SANDRA OLIVEIRA	F	43	43	00:57:27.75	00:57:14.26	
563	651	INÉS LOPES	F	28	34	00:57:28.82	00:57:10.30	
564	1312	THIJS V MEERENDONK	M	23	111	00:57:33.53	00:56:45.99	HOLANDA
565	1310	EMMA PATE	F	22	35	00:57:34.03	00:56:45.92	FRANA
566	1286	NUNO CAEIRO	M	29	112	00:57:36.14	00:56:50.53	
567	306	LUIS NUNES	M	43	107	00:57:42.89	00:57:15.96	
568	713	GIULIA CALDERARA	F	47	26	00:57:43.21	00:57:02.38	ITALIA
569	707	CLAUDIO DEBORTOLI	M	53	51	00:57:43.21	00:57:03.12	ITALIA
570	712	TIAGO OLIVEIRA	M	32	113	00:57:43.91	00:56:56.57	
571	918	RICARDO FERNANDES	M	58	30	00:57:45.44	00:57:20.07	CLUBE NOVO BANCO
572	362	MARIA J C GOMES	F	43	44	00:57:45.63	00:57:25.77	
573	688	DORA SOUSA	F	38	45	00:57:46.37	00:57:19.06	GDCTINCM
574	791	JOO FERREIRA	M	39	57	00:57:47.26	00:57:47.26	FDSSPORTSTEAM
575	730	OLGA GALVAO	F	54	27	00:57:47.29	00:57:14.13	SIMECQ
576	351	SÓNIA TEIXEIRA	F	40	46	00:57:48.74	00:57:48.74	
577	569	CATIA PINTO	F	36	47	00:57:50.07	00:57:31.85	
578	494	GONALO LOUREIRO	M	40	108	00:57:51.86	00:57:33.96	
579	694	ANA AMORIM	F	43	48	00:57:52.34	00:57:27.48	
580	43	SUSANA C MENDES	F	38	49	00:57:55.27	00:57:22.42	SIMECQ
581	185	CARLOS GUERRA	M	46	89	00:57:56.05	00:57:36.78	BJWHF
582	632	IVO JOAQUIM	M	46	90	00:57:57.85	00:57:28.85	
583	822	DORA VILHENA	F	47	28	00:57:58.17	00:57:27.01	C MILLENNIUM BCP
584	613	ADRIANO ZAMBUJEIRO	M	41	109	00:58:00.24	00:57:41.75	
585	674	TIAGO ROSA	M	31	114	00:58:04.64	00:57:48.82	SINTRA RUNNERS
586	673	NUNO TERRAQUENTE	M	45	91	00:58:06.70	00:57:50.69	SINTRA RUNNERS
587	983	ANTONIO FERREIRA	M	42	110	00:58:07.59	00:57:25.41	MARINHA
588	471	MARIA J ROCHA	F	47	29	00:58:07.82	00:57:42.83	
589	577	INÉS CARVALHO	F	40	50	00:58:08.64	00:57:56.32	CARVALHO CONFRARIA
590	987	JORGE HENRIQUES	M	39	58	00:58:10.32	00:57:25.78	CLK TEAM
591	436	CARLOS LOPES	M	49	92	00:58:11.25	00:57:59.26	SERRANOS



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592	435	ODETE FRANCISCO	F	47	30	00:58:12.57	00:58:00.69	SERRANOS
593	1067	MAGDALENA SYCHOCKA	F	24	36	00:58:12.65	00:57:39.91	POLÓNIA
594	302	ESMERALDA RAMALHO	F	45	31	00:58:13.08	00:57:50.46	
595	467	GEREMIAS RIBEIRO	M	74	23	00:58:13.82	00:57:37.93	
596	845	SALVADOR AFONSO	M	63	24	00:58:14.08	00:57:34.24	GDSTOTTA
597	1262	RODRIGO M S DIAS	M	27	115	00:58:14.11	00:57:47.96	
598	855	ANA CARDOSO	F	19	37	00:58:16.69	00:57:32.20	
599	894	CRISTIANA A J REIS	F	39	51	00:58:19.28	00:57:50.55	SS CGD
600	798	MARIO R COSTA	M	41	111	00:58:19.61	00:57:40.61	GDSTOTTA
601	1222	HÉLIO M N VELHAS	M	49	93	00:58:22.21	00:57:41.68	INFANTE DE SAGRES HC
602	1133	ANDRÉ C E CARVALHO	M	46	94	00:58:22.52	00:58:22.52	STARFISH
603	1320	BEATA KKRAWCZYK	F	40	52	00:58:22.55	00:57:30.74	POLÓNIA
604	1321	PAWEL BADZYNSKI	M	46	95	00:58:22.58	00:57:30.88	POLÓNIA
605	310	LUÍS MAGALHÃES	M	43	112	00:58:23.14	00:58:05.43	NARANJITOS
606	334	FRANCISCO PEIXOTO	M	52	52	00:58:23.20	00:57:41.53	
607	2	TIAGO CRISTOVAO	M	28	116	00:58:24.90	00:57:22.92	SPEM
608	594	MÁRIO ROGADO	M	38	59	00:58:25.28	00:57:59.19	CORRER LISBOA
609	747	NEVES SILVA	M	64	25	00:58:26.73	00:57:50.48	C FERROV PORTUGAL
610	440	ANA P FONSECA	F	36	53	00:58:28.77	00:58:05.53	RUN SHAR
611	675	CARLA PEREIRA	F	45	32	00:58:28.99	00:58:16.90	O ÚLTIMO PAGA OS PASTÉIS!
612	595	MAGDALENA FERREIRA	F	28	38	00:58:29.61	00:58:16.66	
613	8	HELGA MARTINS	F	36	54	00:58:29.99	00:58:26.18	SPEM
614	7	SORAIA FERREIRA	F	43	55	00:58:29.99	00:58:26.10	SPEM
615	836	CARLA FARIA	F	49	33	00:58:32.06	00:57:31.70	C MILLENNIUM BCP
616	489	LUIS E A MIGUEL	M	42	113	00:58:33.34	00:58:08.85	
617	1076	RUTE L C CARDOSO	F	49	34	00:58:35.15	00:57:55.75	
618	1297	JOÃO REIS	M	35	60	00:58:37.26	00:57:53.30	
619	295	PEDRO PONTE	M	27	117	00:58:37.58	00:58:11.20	COFINA RUNNERS
620	291	DIOGO JESUS	M	29	118	00:58:38.50	00:58:12.09	COFINA RUNNERS
621	476	ALEXANDRE CORDEIRO	M	47	96	00:58:40.69	00:58:12.73	FLECHAS
622	500	RITA CASIMIRO	F	26	39	00:58:42.88	00:58:42.88	
623	1330	FRANCISCA ALVES	F	48	35	00:58:47.60	00:58:16.26	
624	598	SÉRGIO G DUARTE	F	27	40	00:58:48.81	00:58:23.51	
625	529	RICARDO PORTA	M	34	119	00:58:50.20	00:58:16.54	KALENJI BY DECATHLON
626	223	LAURINDA CASTRO	F	58	36	00:58:50.52	00:58:44.50	
627	468	SILVIA PINTO	F	34	41	00:58:57.23	00:58:21.13	GIRLPOWERCROSS
628	540	ANA ALMEIDA	F	40	56	00:58:58.73	00:58:58.73	SPORTINGS DE ALMEIDA



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10 KM

629	609	JORGE GUERREIRO	M	42	114	00:59:00.98	00:58:41.14	MARRIOTT LISBOA
630	1006	MANUEL G VAZQUEZ	M	62	26	00:59:05.13	00:58:35.44	
631	817	ANTONIO ALMEIDA	M	51	53	00:59:09.66	00:58:07.95	C MILLENNIUM BCP
632	820	INES BERNARDO	F	36	57	00:59:09.96	00:58:38.40	C MILLENNIUM BCP
633	660	JOSÉ J P GIL	M	45	97	00:59:10.61	00:58:46.16	
634	612	SUSANA TRAVANCA	F	44	58	00:59:11.07	00:58:52.07	ANSELMINHOS
635	611	RITA ALVES	F	44	59	00:59:12.64	00:58:53.50	ANSELMINHOS
636	670	ALEXANDRA COSTA	F	45	37	00:59:13.46	00:58:59.49	
637	1240	JOSÉ CASIMIRO	M	54	54	00:59:15.21	00:58:39.35	
638	1998	JORGE COSTA	M	42	115	00:59:16.00	00:59:16.00	GRUPO MAGICATITUDE
639	44	PEDRO GONCALVES	M	47	98	00:59:19.51	00:59:14.76	SPEM
640	787	JUDITE CARPINTEIRO	F	24	42	00:59:19.74	00:58:49.27	
641	788	CARLOS CORREIA	M	59	31	00:59:19.93	00:58:49.03	
642	1213	FRANCISCA L SILVEIRA	F	22	43	00:59:20.54	00:59:20.54	
643	1299	CLÁUDIA TAVARES	F	37	60	00:59:20.73	00:58:28.91	
644	562	ROBERTO FREITAS	M	42	116	00:59:20.76	00:59:03.90	GFK PT RUNNER'S
645	799	SAMUEL ROSADO	M	39	61	00:59:21.18	00:58:40.52	GDSTOTTA
646	1259	ANA PAULOS	F	33	44	00:59:21.50	00:58:34.63	
647	1077	ALBERTO J P LIXA	M	55	32	00:59:22.38	00:58:46.13	
648	2418	RICARDO GALO	M	39	62	00:59:24.00	00:59:24.00	STANLEY SECURITY PORTUGAL
649	1171	ANTONIO NEVES	M	56	33	00:59:24.51	00:58:16.77	MARINHA
650	176	MIGUEL FERREIRA	M	43	117	00:59:24.61	00:59:24.61	
651	358	AMANDA PRATA	F	33	45	00:59:25.19	00:58:56.09	
652	1170	SARA BARATA	F	25	46	00:59:25.63	00:58:45.18	
653	1079	MARCO SILVA	M	38	63	00:59:25.88	00:58:37.50	
654	777	JOAO MARINHO	M	50	55	00:59:26.34	00:58:38.13	GD SANTANDERTOTTA
655	1110	LUIS SARAIVA	M	51	56	00:59:28.91	00:58:43.62	SARAIVAS
656	751	MARIA H C LACERDA	F	53	38	00:59:28.98	00:59:01.29	OCULISTA PORTAS DE SANTO ANTONIO
657	498	RICARDO ALMEIDA	M	35	64	00:59:29.47	00:56:47.21	ITAU BBA INTERNATIONAL
658	568	JOÃO P CARVALHO	M	58	34	00:59:29.50	00:59:10.67	QUIDRO
659	638	PAULA NETO	F	53	39	00:59:33.67	00:59:26.19	CCD CREDITO AGRICOLA MUTUO
660	654	ILDA NÓBREGA	F	53	40	00:59:34.00	00:59:11.48	
661	2446	RUI LOPES	M	52	57	00:59:34.00	00:59:12.00	
662	369	JOSÉ GALVEIA	M	65	27	00:59:34.54	00:59:14.91	C.A.D.T.Portucel Setúbal
663	786	MOISÉS N PIRES	M	51	58	00:59:35.08	00:59:04.19	
664	977	GONÇALO JORGE	M	35	65	00:59:36.38	00:58:39.72	
665	761	RAQUEL MOLEIRO	F	39	61	00:59:36.46	00:59:05.38	GRUPO MAGICATITUDE





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10 KM

666	473	CAROLINA CONSTANT	F	38	62	00:59:36.73	00:59:26.16	TIA BELA TEAM
667	313	SOFIA GUEDES	F	42	63	00:59:36.79	00:59:17.74	LISBON MOONLIGHT RUNNERS
668	312	ANTÓNIO GUEDES	M	46	99	00:59:37.00	00:59:18.58	LISBON MOONLIGHT RUNNERS
669	753	FERNANDO M C MATOS	M	39	66	00:59:37.54	00:59:05.72	SEASIDE
670	677	SARA F BAPTISTA	F	33	47	00:59:37.69	00:59:23.77	
671	52	LURDES SILVA	F	49	41	00:59:37.76	00:59:37.76	
672	1206	EDMUNDO SIMOES	M	61	28	00:59:37.79	00:59:14.03	
673	760	CARLOS TAVARES	M	43	118	00:59:39.74	00:59:02.71	GRUPO MAGICATITUDE
674	744	LUIS F B ALMEIDA	M	42	119	00:59:39.76	00:59:04.51	ALMEIDA
675	745	CLÁUDIA V M ANCIÃES	F	30	48	00:59:39.97	00:59:04.55	ALMEIDA
676	661	PEDRO VIEIRA	M	37	67	00:59:42.82	00:59:29.31	OPTICALIA RUNNING TEAM
677	402	JOSÉ VILELA	M	53	59	00:59:43.64	00:59:27.46	CLUBE ROBBIALAC
678	307	MARIA QUITÉRIA	F	44	64	00:59:47.74	00:59:34.68	ALGYMNS
679	522	CARLOS ROMÃO	M	53	60	00:59:48.52	00:59:27.80	QUEBRA DESAFIOS
680	507	ISABEL CORREIA	F	44	65	00:59:49.44	00:58:52.50	TRES
681	1241	GENOW ANASTASIA	F	34	49	00:59:49.54	00:59:18.75	RUSSIA
682	1011	MARGARIDA CRESPO	F	52	42	00:59:50.19	00:58:52.75	TRES
683	1010	GILBERTO SILVA	M	53	61	00:59:50.59	00:58:54.00	TRES
684	1949	JOÃO M J PEREIRA	M	51	62	00:59:51.00	00:59:51.00	CORRER LISBOA
685	650	CARLOS CHANÇA	M	43	120	00:59:51.94	00:59:24.72	EGGBITE
686	115	NUNO GONÇALVES	M	64	29	00:59:53.13	00:59:46.51	KEEP RUNNING
687	567	ANTÓNIO J MONTEIRO	M	58	35	00:59:53.47	00:59:34.64	QUIDRO
688	134	NADINE A S EUGÉNIA	F	26	50	00:59:54.99	00:59:19.49	GIRLPOWERCROSS
689	1304	HOLLY TAYLOR	F	42	66	00:59:56.23	00:59:13.37	GRÃ-BRETANHA
690	1035	RUI MONTEIRO	M	36	68	00:59:58.00	00:58:57.87	SRED
691	427	ANA CANAVEIRA	F	46	43	00:59:58.18	00:59:44.97	TRANQUILIDADE AÇOREANA
692	933	CARLOS COSTA	M	42	121	00:59:59.76	00:59:18.53	
693	692	HELENA SÉCIO	F	52	44	01:00:04.87	00:59:36.35	MÃE E FILHAS
694	1007	SÓNIA NOBRE	F	40	67	01:00:05.30	00:59:35.01	DXC CLUB
695	566	JOSÉ A BARREIROS	M	46	100	01:00:05.63	00:59:43.54	
696	1123	ANA SANTOS	F	43	68	01:00:05.80	00:59:38.02	GDCTINCM
697	431	MIGUEL FARIA	M	24	120	01:00:05.97	00:59:41.99	LINK
698	1118	JOSÉ ABREU	M	69	30	01:00:06.32	00:59:39.15	GDCTINCM
699	1038	CARLA CARDOSO	F	43	69	01:00:07.01	00:59:24.03	AMCS
700	1095	REBECCA DAVEY	F	31	51	01:00:11.04	00:59:28.94	GRÃ-BRETANHA
701	709	NELSON CASTELÔA	M	52	63	01:00:11.04	00:59:26.59	
702	776	FILIPE FRADE	M	33	121	01:00:13.63	00:59:33.33	SAVILLS-AN RUNNERS



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10 KM

703	802	DAVID JORGE	M	31	122	01:00:14.07	00:59:23.69	C MILLENNIUM BCP
704	1147	RODRIGO CID	M	37	69	01:00:14.11	00:59:29.29	
705	1146	LIS BARROS	F	35	70	01:00:14.28	00:59:29.48	
706	989	FLÁVIO FERREIRA	M	35	70	01:00:14.30	01:00:14.30	
707	803	ANTONIO JORGE	M	54	64	01:00:14.86	00:59:23.75	C MILLENNIUM BCP
708	710	GERTRUDES NEVES	M	40	122	01:00:15.32	00:59:31.00	
709	3	M <sup>a</sup> J NABAIS	F	27	52	01:00:16.70	00:59:15.84	SPEM
710	622	CARLOS FERREIRA	M	53	65	01:00:20.25	00:59:54.06	CAMARA LISBOA CLUBE
711	1028	MARIO LAMEIRAO	M	69	31	01:00:21.37	00:59:54.88	C BENFICA ALG M MARTINS
712	859	PAULA FIGUEIREDO	F	60	45	01:00:31.51	00:59:53.81	GDSTOTTA
713	1185	SOFIA CÂNDIDO	F	45	46	01:00:33.71	01:00:03.76	
714	481	CATARINA CARVALHO	F	37	71	01:00:35.04	01:00:17.24	
715	880	JOAQUIM ANTUNES	M	40	123	01:00:36.72	00:59:36.89	SS CGD
716	1327	NATALIA VERAS	F	49	47	01:00:37.28	00:59:45.65	
717	1127	JOSE RIBEIRO	M	72	32	01:00:39.26	01:00:10.71	GDSTOTTA
718	1074	CARLA BRAGANÇA	F	43	72	01:00:42.98	01:00:07.74	BCC RUNNERS
719	75	RAQUEL QUEIROZ	F	35	73	01:00:47.43	01:00:42.92	SPEM
720	502	PAULO QUARESMA	M	50	66	01:00:50.21	01:00:10.43	QUALESMAS
721	1253	MARIA B QUARESMA	F	24	53	01:00:50.40	01:00:11.19	QUALESMAS
722	734	RUI SANTOS	M	43	124	01:00:55.23	00:59:56.94	
723	1195	INES BEXIGA	F	22	54	01:00:57.56	01:00:20.31	
724	930	RODRIGO CORREIA	M	41	125	01:00:59.43	00:59:35.30	SISCOG
725	1306	LUÍS M MOREIRA	M	39	71	01:01:02.90	01:00:32.60	
726	699	SERKAN YIGIT	M	37	72	01:01:05.33	01:00:50.24	ABSOLUT
727	1055	DIOGO SIMÕES	M	39	73	01:01:06.17	01:01:06.17	
728	939	PEDRO FIGUEIREDO	M	38	74	01:01:07.95	01:00:05.08	WHS TEAM
729	133	ANA CORREIA	F	38	74	01:01:09.78	01:00:33.68	GIRLPOWERCROSS
730	455	ELAINE NORMAN	F	49	48	01:01:11.33	01:00:48.75	ST JULIANS RUNNING MUMS
731	382	ADELAIDE PORTO	F	51	49	01:01:13.68	01:00:50.09	
732	1182	FLORINDA PEREIRA	F	62	50	01:01:15.67	01:01:15.67	
733	393	NICOLAU FURTADO	M	53	67	01:01:17.31	01:00:59.93	
734	1086	LESLEY O KEEFFE	F	41	75	01:01:25.31	01:00:57.90	GRÃ-BRETANHA
735	1024	TÂNIA F MOREIRA	F	31	55	01:01:26.99	01:00:39.93	CIA - CENTRO DE INSPEÇÕES AMEIXOEIRA
736	800	JACINTO PEREIRA	M	59	36	01:01:28.15	01:00:55.34	LIS RUNNING CPA
737	1093	MADALENA ANICETO	F	18	56	01:01:29.24	01:00:51.23	
738	950	SONIA CASTRO	F	33	57	01:01:31.13	01:01:07.60	GDSTOTTA
739	1073	RUI CARVALHO	M	53	68	01:01:31.58	01:01:07.04	



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10 KM

740	1094	MADALENA PINA	F	50	51	01:01:31.71	01:01:31.71	AVR
741	932	MAFALDA CARDEIRA	F	27	58	01:01:34.85	01:00:28.21	
742	604	SÓNIA CORREIA	F	42	76	01:01:35.47	01:01:08.21	KPMG RUNNERS
743	818	PEDRO MURCA	M	51	69	01:01:35.52	01:00:33.36	C MILLENNIUM BCP
744	1344	HERMÍNIO COSTA	M	55	37	01:01:49.82	01:01:03.92	
745	1331	RITA RAMOS	F	38	77	01:01:50.46	01:00:55.54	GDSTOTTA
746	1005	SARA MARTINS	F	27	59	01:01:53.75	01:01:18.79	
747	415	ALEXANDRA M A PINTO	F	42	78	01:01:54.37	01:01:26.22	
748	459	MARISA L CARVALHO	F	44	79	01:01:56.82	01:01:35.63	ST JULIANS RUNNING MUMS
749	905	LUIA A G SANTOS	F	49	52	01:01:58.57	01:01:18.57	
750	1252	SUSANA CORREIA	F	27	60	01:01:59.81	01:01:06.44	CLUBE ACCENTURE
751	1347	JOÃO GOMES	M	36	75	01:02:00.82	01:02:00.82	
752	884	MIGUEL ANGELO	M	42	126	01:02:01.47	01:01:14.49	SS CGD
753	1043	MARIA C R SILVA	F	50	53	01:02:02.05	01:01:19.32	CORRER LISBOA
754	1161	JOAQUIM PAULA	M	46	101	01:02:03.92	01:01:34.69	
755	633	ANA C NUNES	F	44	80	01:02:04.76	01:02:04.76	BENFICA EM FORMA
756	656	ANA GAUDÊNCIO	F	44	81	01:02:06.04	01:01:22.26	GD-SBSI
757	59	ISILDA LOURENÇO	F	49	54	01:02:06.95	01:02:03.52	AT
758	331	ANA M C RIBEIRO	F	45	55	01:02:07.02	01:01:50.38	
759	509	ANTÓNIO M R COSTA	M	55	38	01:02:08.04	01:01:50.73	
760	605	ANTONIO F C MARQUES	M	65	33	01:02:12.11	01:01:35.63	
761	1157	SUSANA MAIA	F	30	61	01:02:20.71	01:01:27.65	SURI
762	1298	DZERAVIAHA ALIAKSANDR	M	23	123	01:02:22.62	01:01:50.24	
763	1302	LAURA G FUENTES	F	30	62	01:02:22.68	01:01:41.02	ESPANHA
764	679	RICARDO AUGUSTO	M	32	124	01:02:22.98	01:01:29.99	SURI
765	848	CARINA CONDENÇO	F	35	82	01:02:24.32	01:01:45.22	
766	850	TIAGO NASCIMENTO	M	40	127	01:02:24.83	01:01:45.87	
767	195	CARLA TEIXEIRA	F	40	83	01:02:26.52	01:02:18.93	CANITOS
768	376	DÁLIA LEITE	F	54	56	01:02:32.38	01:02:19.73	CLUBE DE ATLETISMO ODIMARQ
769	123	ANTÓNIO PINHO	M	45	102	01:02:34.97	01:02:01.65	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO
770	825	CATARINA ALTAS	F	44	84	01:02:35.09	01:02:01.54	C MILLENNIUM BCP
771	1333	CARLOS CASAL	M	43	128	01:02:37.49	01:02:03.69	
772	768	JORGE PROENÇA	M	32	125	01:02:38.66	01:01:48.09	NUNO LIMA
773	1189	CLÁUDIA V SILVA	F	45	57	01:02:40.83	01:02:07.35	CORRER LISBOA
774	1092	MARIANA RUIVO	F	19	63	01:02:42.98	01:02:42.98	
775	386	ANTÓNIO F COSTA	M	60	34	01:02:50.47	01:02:24.82	EPAL
776	839	VIRGILIO FERREIRA	M	63	35	01:02:51.22	01:02:11.94	C MILLENNIUM BCP



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10 KM

777	643	CAROLINA MELO	F	34	64	01:02:52.32	01:02:34.77	THE RUNNING DEAD
778	700	JOSÉ CASTRO	M	39	76	01:02:52.40	01:02:34.39	THE RUNNING DEAD
779	570	ANA ROBIM	F	40	85	01:02:54.31	01:02:32.76	
780	1228	GUILLAUMA DENIS	M	32	126	01:02:55.71	01:02:12.68	FRANÇA
781	1098	NUNO AMARO	M	41	129	01:02:57.32	01:01:52.44	A LOJA
782	403	ORLANDO RAMOS	M	37	77	01:02:57.94	01:02:42.73	CLUBE BRISA
783	614	ANA PINTO	F	24	65	01:02:58.08	01:02:15.37	
784	410	BRUNO FERREIRA	M	32	127	01:02:58.16	01:02:42.37	CLUBE BRISA
785	1112	SILVIO BARBERATO	M	48	103	01:02:59.93	01:01:47.89	
786	451	ANABELA BORREGO	F	44	86	01:03:02.36	01:03:02.36	ST JULIANS RUNNING MUMS
787	1242	MARTINA M S ANTUNES	F	24	66	01:03:02.92	01:02:06.09	
788	867	SAMUEL G JOAQUIM	M	64	36	01:03:03.68	01:02:17.55	
789	954	CESAR GUERRA	M	48	104	01:03:07.50	01:02:00.22	CTJ
790	1233	CÉLIA M CATARINO	F	49	58	01:03:08.39	01:02:34.41	
791	355	SUSANA LAGOAS	F	41	87	01:03:11.95	01:02:30.71	
792	797	SUSANA GUERREIRO	F	41	88	01:03:13.62	01:02:33.67	GDSTOTTA
793	849	JOSE MONTEIRO	M	68	37	01:03:17.02	01:03:17.02	GDSTOTTA
794	678	MARGARIDA MARTINS	F	29	67	01:03:17.05	01:02:24.57	CLUBE ACCENTURE
795	1165	SONIA GONÇALVES	F	44	89	01:03:18.93	01:02:56.01	
796	1245	ANA GONÇALVES	F	42	90	01:03:19.06	01:02:56.46	
797	941	ADELAIDE ALMEIDA	F	42	91	01:03:20.30	01:02:46.78	SS MONTEPIO GERAL
798	726	CHIARA MALAGODI	F	44	92	01:03:27.94	01:02:52.23	
799	1063	ANA J LIMA	F	35	93	01:03:28.85	01:02:53.66	
800	1113	SÓNIA CORREIA	F	41	94	01:03:30.11	01:02:35.72	GDCTINCM
801	1345	ROMAIN LOMBERTY	M	26	128	01:03:30.21	01:02:27.09	
802	807	SARA OLIVEIRA	F	43	95	01:03:30.90	01:03:00.71	C MILLENNIUM BCP
803	1301	FRANCISCO ALMEIDA	M	40	130	01:03:32.82	01:02:55.48	
804	631	FRANCISCO M DUARTE	M	22	129	01:03:37.27	01:03:22.38	
805	488	ELODIE BECO	F	23	68	01:03:38.15	01:03:21.09	
806	490	TIAGO FERNANDES	M	25	130	01:03:38.36	01:03:38.36	
807	398	NATÁLIA PLENTZ	F	29	69	01:03:38.99	01:03:18.96	
808	96	CARLOS ESPIRITO SANTO	M	29	131	01:03:40.38	01:02:41.39	
809	1001	CARLOS MACHADO	M	47	105	01:03:41.28	01:02:44.02	FUTEBOL CLUBE ESTRELAS LISBOA
810	891	ANTONIO FONSECA	M	48	106	01:03:42.20	01:02:41.61	SS CGD
811	982	MARIA SERRALHA	F	22	70	01:03:42.74	01:03:06.06	
812	790	LEONOR SÁ	F	49	59	01:03:45.60	01:02:49.13	
813	328	MÁRCIA PEREIRA	F	26	71	01:03:46.93	01:03:21.33	FDSSPORTSTEAM



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10 KM

814	1237	ANA S MENDES	F	40	96	01:03:47.50	01:03:05.30	4 AO KM
815	1036	SOFIA DUARTE	F	41	97	01:03:48.62	01:02:50.38	SRED
816	966	MARIA A SOUSA	F	48	60	01:03:52.28	01:03:15.35	CLUBE ROBBIALAC
817	965	RAÚL COSTA	M	57	39	01:03:52.57	01:03:15.63	CLUBE ROBBIALAC
818	1025	VANESSA MARTINS	F	27	72	01:03:58.45	01:03:06.81	
819	735	FILIPA M GRAVELHO	F	28	73	01:03:59.11	01:03:30.42	
820	913	PAULA FRAGOSO	F	40	98	01:03:59.53	01:03:33.16	2FAST4YOU
821	1071	ARMANDO CORREIA	M	59	40	01:03:59.78	01:03:34.84	
822	657	DIOGO FERREIRA	M	32	132	01:04:01.88	01:03:17.95	GD-SBSI
823	12693	MÁRIO ESTEVES	M	42	131	01:04:03.00	01:04:03.00	JPME
824	563	VERONICA P GALLETTI	F	43	99	01:04:03.88	01:03:22.34	CASCAIS OUTDOOR TRAINING
825	835	LEONEL FERREIRINHA	M	69	38	01:04:04.61	01:03:35.15	C MILLENNIUM BCP
826	1096	JESSICA GOODWIN	F	28	74	01:04:05.15	01:03:33.92	ESTADOS UNIDOS
827	501	PAULA GUERREIRO	F	48	61	01:04:06.30	01:03:32.18	
828	1336	RITA GUERREIRO	F	22	75	01:04:06.49	01:03:31.70	
829	505	ANTÓNIO GUERREIRO	M	51	70	01:04:07.44	01:03:32.13	
830	847	VANDA MARTINS	F	40	100	01:04:09.75	01:03:31.28	
831	1072	ALINA M STOICA	F	26	76	01:04:13.41	01:03:33.04	
832	1257	SOFIA OLIVEIRA	F	24	77	01:04:19.42	01:03:48.60	OLIVEIRAS3
833	444	MIKAEL SARAIVA	M	29	133	01:04:21.83	01:04:02.90	HEPAFILTRA
834	533	LIGIA T F FRANÇA	F	32	78	01:04:24.65	01:04:06.78	EQUIPINGA
835	549	LAERCIO J OLEJNIK	M	61	39	01:04:26.08	01:03:55.05	
836	342	CARMEN TRABADA	F	37	101	01:04:28.16	01:03:57.43	
837	343	JULIO PARDO	M	39	78	01:04:28.26	01:04:28.26	
838	1160	LUIS ISABELINHA	M	44	132	01:04:32.21	01:03:26.95	BELÉM RUNNERS
839	1174	CAROLINA B MARQUES	F	24	79	01:04:35.55	01:03:40.81	
840	434	RENATO ANDRADE	M	40	133	01:04:43.07	01:04:43.07	LEYATLETAS
841	1343	MÉLODIE SILVA	F	24	80	01:04:47.15	01:03:58.74	
842	997	NORBERTO FERREIRA	M	56	41	01:04:54.38	01:04:54.38	TEAM 143, TASCA DO ZÉ RUSSO
843	996	M <sup>a</sup> L SOARES	F	53	62	01:04:54.57	01:03:58.98	TEAM 143, TASCA DO ZÉ RUSSO
844	1122	ANA PEREIRA	F	41	102	01:05:07.52	01:04:39.62	GDCTINCM
845	1054	HERLANDER BRAZ	M	58	42	01:05:13.59	01:04:33.55	GDSTOTTA
846	783	MARIANA PEREIRA	F	19	81	01:05:17.08	01:05:17.08	
847	311	CARLOS PEREIRA	M	53	71	01:05:18.47	01:04:44.01	
848	544	JOAO CAVALEIRO	M	37	79	01:05:19.41	01:04:41.85	
849	882	LIDIA BILAO	F	47	63	01:05:19.45	01:04:18.61	SS CGD
850	458	SYLVIA LOPES	F	41	103	01:05:19.94	01:04:58.32	ST JULIANS RUNNING MUMS





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851	460	CATHERINE GRIFFITHS	F	47	64	01:05:22.24	01:05:00.92	ST JULIANS RUNNING MUMS
852	944	NUNO PEREIRA	M	47	107	01:05:22.25	01:04:47.91	
853	1239	VANESSA NEVES	F	40	104	01:05:26.46	01:04:36.22	
854	872	CARLA NASCIMENTO	F	42	105	01:05:27.14	01:04:45.49	
855	739	CONCEIÇÃO SILVA	F	51	65	01:05:28.18	01:04:55.28	C N PARQUE NAÇOES
856	871	TERESA S D REIS	F	39	106	01:05:28.35	01:04:47.15	CORRER LOURES
857	967	RUI M A VAZ	M	45	108	01:05:30.74	01:05:09.30	
858	565	VALERIA C AUTON	F	40	107	01:05:35.28	01:04:53.54	CASCAIS OUTDOOR TRAINING
859	1034	DANIELA MONTEIRO	F	41	108	01:05:35.48	01:04:37.13	
860	819	PATRICIA MARTINS	F	34	82	01:05:35.68	01:05:03.10	C MILLENNIUM BCP
861	406	JOÃO VEIGAS	M	45	109	01:05:36.47	01:05:36.47	
862	1209	KARIM ABIDAT	M	31	134	01:05:37.88	01:04:56.41	ARGELIA
863	978	GILLIAN WILCOX	F	45	66	01:05:38.18	01:04:49.26	GRÃ-BRETANHA
864	1062	ANA FILIPA	F	35	109	01:05:39.10	01:04:35.02	BELÉM RUNNERS
865	182	MICHELE CORREIA	F	44	110	01:05:39.43	01:05:03.26	AA LISBOA
866	1026	JOSE P CARLOS	M	70	40	01:05:39.67	01:05:39.67	C BENFICA ALG M MARTINS
867	1040	FAVELINA SANTOS	F	43	111	01:05:42.40	01:04:45.23	
868	429	ANTÓNIO PAIS	M	70	41	01:05:43.92	01:05:43.92	VALE DE MADEIROS SC
869	1105	INES ALVES	F	35	112	01:05:47.72	01:05:15.06	GFD RUNNING
870	1205	BOOBANDRA BABU	M	41	134	01:05:50.96	01:05:13.04	SHLOKLABS
871	1075	PHILIPPE QUACH	M	33	135	01:06:25.15	01:06:25.15	FRANÇA
872	904	JOANA VENTURA	F	28	83	01:06:32.91	01:05:42.06	OS PRIMOS
873	1142	JORGE SANTOS	M	47	110	01:06:33.44	01:05:35.60	MARINHA
874	528	CÁTIA RAFAEL	F	31	84	01:06:35.80	01:06:35.80	KALENJI BY DECATHLON
875	1232	TÂNIA DIMAS	F	47	67	01:06:40.61	01:06:06.26	
876	1800	MIGUEL DIAS	M	39	80	01:06:46.00	01:06:46.00	MARINHA
877	994	NORA E MARTI	F	61	68	01:06:46.70	01:05:58.92	ESPANHA
878	1013	LARA ALLEGEIER	F	28	85	01:06:46.79	01:05:53.43	
879	1012	THERESA KOHLER	F	24	86	01:06:46.86	01:05:53.50	
880	1335	RAFAELA PERES	F	23	87	01:06:47.22	01:05:55.59	
881	474	MARTA FERREIRA	F	37	113	01:06:47.85	01:05:45.22	
882	785	ALFREDO NOTARIO	M	48	111	01:06:51.00	01:06:09.43	MARINHA
883	1053	ANAÍS BOUSQUET	F	29	88	01:06:57.43	01:06:01.46	
884	1248	TERESA V SILVA	F	50	69	01:07:01.00	01:06:22.10	
885	704	ANA PEDRO	F	34	89	01:07:04.75	01:06:05.74	
886	853	FILIPA C M COUTO	F	41	114	01:07:05.84	01:06:21.48	XÔR PADRE_ASAS NOS PÉS !
887	1250	ANA V SILVA	F	27	90	01:07:06.00	01:06:27.24	



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10 KM

888	1176	SARA FILIPA	F	30	91	01:07:08.62	01:06:03.70	BELÉM RUNNERS
889	705	RAMOCSA ZSUZSANNA	F	48	70	01:07:10.87	01:06:20.31	
890	923	CRISTINA SANTOS	F	35	115	01:07:10.90	01:06:17.16	VARITINTAS
891	1108	GRETA N GOMBOS	F	22	92	01:07:15.11	01:06:28.61	
892	1128	RITA BAGDI	F	25	93	01:07:15.43	01:06:27.98	
893	748	RITA S MELO	F	36	116	01:07:18.05	01:06:13.74	C FERROV PORTUGAL
894	917	PAULA SILVA	F	47	71	01:07:22.53	01:06:34.03	CLUBE NOVO BANCO
895	1078	ANA-ALICE S PEREIRA	F	54	72	01:07:23.86	01:06:52.98	
896	895	LURDES ALVES	F	61	73	01:07:24.46	01:06:50.37	
897	1060	ANA F GOMES	F	34	94	01:07:25.48	01:06:51.02	MARINHA
898	1059	ANGELIA OLIVEIRA	F	29	95	01:07:25.73	01:06:51.53	MARINHA
899	981	JOSÉ C FARIA	M	57	43	01:07:26.56	01:06:49.19	
900	1308	SÉRGIO GONÇALVES	M	37	81	01:07:26.68	01:06:28.72	
901	333	ELISA DIAS	F	54	74	01:07:29.48	01:07:16.56	CLINICA STA MADALENA
902	615	RAFAEL SANTOS	M	50	72	01:07:29.74	01:06:42.43	CCDTMETROLX
903	1051	NIDIA SILVA	F	62	75	01:07:33.52	01:06:48.12	NIDIA SILVA
904	946	CARLOS BANDEIJAS	M	57	44	01:07:35.22	01:06:26.74	VILA FRIAS JG SEGUROS
905	907	ALDA VINAGRE	F	44	117	01:07:41.52	01:06:52.67	CLUBE NOVO BANCO
906	935	ISABEL M S CARDOSO	F	52	76	01:07:42.44	01:06:55.24	
907	1022	ISABEL M C AMARAL	F	52	77	01:07:45.00	01:06:39.11	
908	754	CARLA BRITO	F	38	118	01:07:49.88	01:07:17.98	GRUPO MAGICATITUDE
909	532	JOSÉ R C PINTO	M	53	73	01:07:55.43	01:07:40.45	MAXIMUM SPORTS
910	1114	VITOR CARDOSO	M	40	135	01:07:57.04	01:07:05.51	GDCTINCM
911	1145	SUSANA SOBRAL	F	30	96	01:08:06.28	01:07:13.45	
912	1037	HONGYAN HE	F	21	97	01:08:06.40	01:07:14.01	
913	779	SUSANA BRANCO	F	47	78	01:08:09.45	01:07:19.45	
914	719	NATÁLIA COSTA	F	37	119	01:08:11.87	01:07:16.26	
915	718	FILIPE GIL	M	43	136	01:08:12.57	01:07:16.93	
916	814	FILIPA MARQUES	F	30	98	01:08:18.00	01:07:40.26	C MILLENNIUM BCP
917	530	DIOGO ANTONIO	M	29	136	01:08:21.14	01:07:35.60	KALENJI BY DECATHLON
918	1097	SARA REBELO	F	38	120	01:08:21.44	01:07:35.90	
919	843	CARLA SOFIA	F	28	99	01:08:30.00	01:07:52.25	
920	1016	FELICIA WALZ	F	24	100	01:08:33.00	01:07:37.76	
921	624	CARLOS VIEGAS	M	59	45	01:08:33.14	01:08:33.14	GDCT UNICRE
922	1015	TAMARA HUETTER	F	22	101	01:08:33.82	01:07:38.41	
923	1129	SÓNIA PIO	F	39	121	01:08:34.81	01:07:31.23	OS FRENÉTICOS
924	141	MARIA J GOMES	F	39	122	01:08:35.59	01:08:29.31	



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10 KM

925	952	ROMAO VALENTE	M	55	46	01:08:35.83	01:07:41.47	
926	1236	JÚLIA HENRIQUES	F	31	102	01:08:36.82	01:07:48.37	CHLO ULTIMATE RUNNING TEAM
927	1235	PEDRO PAIXÃO	M	31	137	01:08:37.02	01:07:48.31	CHLO ULTIMATE RUNNING TEAM
928	457	TRACY BROOKS	F	44	123	01:08:39.77	01:08:17.90	ST JULIANS RUNNING MUMS
929	911	JOÃO GOMES	M	66	42	01:08:42.10	01:07:36.35	CLUBE NOVO BANCO
930	1116	IOLANDA MARTINS	F	41	124	01:08:47.72	01:08:03.53	GDCTINCM
931	874	INÊS BATISTA	F	29	103	01:08:51.26	01:08:26.21	CARACÓIS DE PEDRA
932	316	MARIA L AZEVEDO	F	46	79	01:08:56.47	01:08:29.25	CLUBE VODAFONE
933	813	ACACIO LOPES	M	50	74	01:08:56.97	01:08:06.18	C MILLENNIUM BCP
934	1220	MARCELA D M GIL	F	32	104	01:09:05.70	01:08:24.62	
935	782	ANA M RAMOS	F	43	125	01:09:07.00	01:08:14.50	
936	1140	MAURÍCIO ANTUNES	M	42	137	01:09:09.77	01:08:32.79	ANTUNES
937	1139	PAULA ANTUNES	F	38	126	01:09:10.16	01:09:10.16	ANTUNES
938	809	MARTA GOMES	F	44	127	01:09:11.71	01:08:47.27	C MILLENNIUM BCP
939	420	NELSON MOTA	M	47	112	01:09:13.52	01:09:13.52	TRANQUILIDADE AÇOREANA
940	752	CLAUDIA M S MATOS	F	37	128	01:09:27.82	01:08:18.06	SEASIDE
941	1224	MARIA J ANDRADE	F	53	80	01:09:37.89	01:09:37.89	
942	962	MARIA SOARES	F	48	81	01:09:42.55	01:09:11.82	
943	724	TIAGO M DELGADO	M	38	82	01:09:55.15	01:09:01.47	
944	523	PEDRO FONSECA	M	46	113	01:09:58.61	01:08:50.12	HARD RUNNING TEAM ARRUDA DOS VINHOS
945	1172	NELSON ANTUNES	M	41	138	01:09:58.64	01:08:50.38	
946	1084	SONIA LAGE	F	36	129	01:10:06.09	01:09:31.12	MARINHA
947	428	JOÃO RIBEIRO	M	53	75	01:10:07.69	01:09:54.66	TRANQUILIDADE AÇOREANA
948	974	LÚCIA RIBEIRO	F	59	82	01:10:07.89	01:09:23.19	GMR
949	916	PAULA MELLO	F	50	83	01:10:11.62	01:09:22.08	CLUBE NOVO BANCO
950	721	ALEXANDRE M RIBEIRO	M	26	138	01:10:12.25	01:08:59.13	
951	1313	DANIEL GONÇALVES	M	55	47	01:10:12.35	01:09:34.44	
952	581	CRISTINA GOUVIA	F	45	84	01:10:15.30	01:10:15.30	RUMO À MEIA
953	585	STEVE GOUVEIA	M	45	114	01:10:15.43	01:10:15.43	RUMO À MEIA
954	1046	ANA CRISTINA	F	48	85	01:10:25.54	01:09:36.36	CLUBE NAVAL DE LISBOA
955	1048	ORLANDO SILVA	M	65	43	01:10:25.69	01:10:25.69	CLUBE NAVAL DE LISBOA
956	863	CRISTINA SANTOS	F	52	86	01:10:32.68	01:09:49.16	SS CGD
957	892	CRISTIANA REIS	F	39	130	01:10:35.57	01:09:34.78	SS CGD
958	1130	ELISABETE PIO	F	35	131	01:10:38.86	01:09:35.28	OS FRENÉTICOS
959	829	MANUEL MARTA	M	71	44	01:10:44.07	01:10:20.12	C MILLENNIUM BCP
960	1332	RITA CARVALHINHO	F	43	132	01:10:44.73	01:09:50.77	CORRER LISBOA
961	1047	JOAQUIM SANTOS	M	57	48	01:10:49.61	01:10:00.74	CLUBE NAVAL DE LISBOA



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10 KM

962	164	VITOR FARIA	M	50	76	01:10:53.02	01:10:43.16	
963	980	BÁRBARA FARIA	F	33	105	01:10:54.38	01:10:17.17	
964	793	JOÃO SABINO	M	37	83	01:10:54.98	01:09:58.87	FDSSPORTSTEAM
965	1014	SIMONA KUNZE	F	22	106	01:10:55.97	01:10:00.49	
966	999	JOHNNY THOMASSEN	M	57	49	01:11:04.40	01:10:19.05	
967	743	JOANA LIMA	F	31	107	01:11:08.05	01:10:22.46	
968	795	TOMÁS MIRANDA	M	25	139	01:11:10.02	01:10:14.16	FDSSPORTSTEAM
969	716	CIDALIA MALTA	F	41	133	01:11:14.39	01:11:14.39	
970	510	MAGDA M CABRAL	F	46	87	01:11:22.70	01:11:06.56	
971	1068	GRAÇA TACANHO	F	43	134	01:11:28.12	01:10:47.01	
972	391	MATILDE MENAS	F	18	108	01:11:29.89	01:10:37.56	MATILHA RUNNING
973	942	LUÍS BRAZ	M	39	84	01:11:34.03	01:10:58.98	GRCD LEIÃO
974	1201	JOÃO NARCISO	M	24	140	01:11:36.06	01:10:49.10	SECA ADEGAS
975	454	SUZY P KOENEN	F	38	135	01:11:40.07	01:11:18.03	ST JULIANS RUNNING MUMS
976	1107	EMANUEL SOARES	M	32	141	01:11:54.90	01:10:51.21	OS FRENÉTICOS
977	368	HELENA DIAS	F	48	88	01:11:57.84	01:11:47.02	CLUBE ANA LISBOA
978	920	MADALENA GABRIEL	F	34	109	01:12:01.17	01:11:07.73	
979	971	KAREN WOOD	F	50	89	01:12:02.18	01:11:23.12	GRÃ-BRETANHA
980	979	HENRIQUE E VAZ	M	70	45	01:12:03.86	01:11:42.79	
981	1234	ANTONIA MACHADO	F	63	90	01:12:20.50	01:11:49.97	
982	903	JORGE SIMÕES	M	36	85	01:12:21.97	01:11:30.77	OS PRIMOS
983	846	DULCE MARCOS	F	40	136	01:12:25.80	01:11:48.31	
984	780	ANA BORGES	F	29	110	01:12:27.78	01:12:27.78	
985	1221	PEDRO S B HORIGOSHI	M	36	86	01:12:31.36	01:11:50.99	
986	860	ROSA MARÇAL	F	43	137	01:12:36.49	01:12:36.49	CLK TEAM
987	970	CATARINA ZANATTI	F	47	91	01:12:36.82	01:11:38.66	
988	1004	MARIA SEGURADO	F	40	138	01:12:37.20	01:11:39.57	
989	144	ANA P FERREIRA	F	48	92	01:12:37.22	01:12:28.80	
990	975	MARIA BARATA	F	41	139	01:12:37.25	01:11:39.51	
991	1033	CHANTARIN TITAWIRIYA	F	48	93	01:12:38.77	01:12:04.31	TAILANDIA
992	1184	ANTÓNIO VIDAS	M	53	77	01:12:39.23	01:12:39.23	CLUBE ANACOM
993	985	ANTONIO VIDAL	M	45	115	01:12:43.58	01:11:38.57	MARINHA
994	1124	ANTÓNIO NASCIMENTO	M	76	46	01:12:45.69	01:12:16.41	GDCTINCM
995	1032	WILAI PITAKMONGKOL	F	48	94	01:12:48.42	01:12:12.20	
996	1317	SEOHYUN PARK	M	22	142	01:12:52.12	01:12:52.12	
997	1315	ATLETA NÃO CADASTRADO	M	0	143	01:12:52.23	01:11:52.70	
998	1290	KYEONGSEO KIM	F	22	111	01:12:52.34	01:12:52.34	



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999	1316	OKHOON MOON	M	20	144	01:12:53.40	01:11:54.15	
1000	714	SILVERIO MATIAS	M	42	139	01:12:54.44	01:11:51.40	
1001	1091	DANIELA F C VARANDAS	F	33	112	01:12:55.40	01:12:05.90	
1002	868	ANTONIO FIGUEIREDO	M	62	47	01:13:05.33	01:12:18.92	
1003	936	CATARINA FIGUEIREDO	F	33	113	01:13:06.59	01:13:06.59	WHS TEAM
1004	742	MARTIM MADALENO	M	18	145	01:13:12.88	01:12:40.97	C N PARQUE NAÇOES
1005	1155	SUSANA COSTA	F	37	140	01:13:23.87	01:12:37.13	O ÚLTIMO PAGA OS PASTÉIS!
1006	921	ANA S M SILVA	F	31	114	01:13:30.65	01:12:37.30	
1007	931	FILIPA NICOLAU	F	28	115	01:13:31.43	01:13:31.43	CARAMELOS
1008	955	DEISE G S GONÇALVES	F	34	116	01:13:33.08	01:12:50.42	TURTLE GIRLS
1009	1194	MARIA M MACEDO	F	55	95	01:13:41.54	01:13:15.40	
1010	1181	SANDRA CABAÇO	F	45	96	01:13:56.73	01:13:04.24	LOBOS
1011	1166	ANA I D LOPES	F	47	97	01:13:58.98	01:13:17.19	GDBANCOBPI
1012	715	SARA SOUSA	M	39	87	01:14:35.53	01:13:41.62	TARTARUGAS SOLIDÁRIAS
1013	898	CARLOS CARMO	M	64	48	01:14:49.83	01:14:13.67	G.D.C.T. REPSOL POLÍMEROS
1014	870	MANUELA GOMES	F	43	141	01:14:52.78	01:14:10.36	CORRER LOURES
1015	873	ELISABETE FERREIRA	F	47	98	01:14:53.57	01:14:11.36	CORRER LOURES
1016	729	ANA R MADALENO	M	41	140	01:14:59.41	01:14:27.58	C N PARQUE NAÇOES
1017	750	VANDA RIBEIRO	F	37	142	01:15:00.84	01:13:55.96	
1018	708	MARIA C P RIBEIRO	F	59	99	01:15:00.95	01:14:23.90	
1019	879	ISABEL CARDONA	F	49	100	01:15:03.45	01:14:11.48	SS CGD
1020	885	SUSANA MATOS	F	35	143	01:15:03.71	01:14:11.87	SS CGD
1021	720	SARA AFONSO	F	36	144	01:15:04.56	01:14:01.08	
1022	956	MARA B DIAS	F	36	145	01:15:08.45	01:14:25.99	TURTLE GIRLS
1023	1154	BÁRBARA CUNHA	F	28	117	01:15:11.20	01:14:24.45	O ÚLTIMO PAGA OS PASTÉIS!
1024	556	RUI LOPES	M	27	146	01:15:14.88	01:14:51.55	OS CANSADOS
1025	736	CLAUDIA RATO	F	37	146	01:15:21.23	01:14:43.08	
1026	210	CARLA ALMEIDA	F	45	101	01:15:37.12	01:15:30.78	
1027	336	INES SOARES	F	30	118	01:15:48.16	01:14:50.70	CDCR CTT
1028	968	SILVIA RODRIGUES	F	30	119	01:16:10.33	01:15:33.48	CLUBE ROBBIALAC
1029	998	PAULA A.DIAS	F	36	147	01:16:16.41	01:15:16.77	
1030	986	RUTE DIAS	F	37	148	01:16:16.57	01:15:16.90	
1031	765	MIGUEL COSTA	M	18	147	01:16:30.62	01:15:40.56	NUNO LIMA
1032	910	FRANCISCO COSTA	M	44	141	01:16:35.14	01:16:02.77	CLUBE NOVO BANCO
1033	883	MANUEL BRAS	M	49	116	01:16:36.63	01:15:53.45	SS CGD
1034	864	BARBARA BRAS	F	20	120	01:16:36.91	01:15:53.61	SS CGD
1035	1223	ALEXANDER THIEL	M	48	117	01:16:41.66	01:15:48.89	





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1036	1044	CRISTINA BETTENCOURT	F	34	121	01:16:47.39	01:16:47.39	
1037	616	GUALDINO FREIRE	M	71	49	01:16:48.55	01:16:33.33	CCDTMETROLX
1038	943	ANTÓNIO MARQUES	M	71	50	01:17:09.50	01:16:50.26	
1039	945	GUSTAVO J GAMA	M	50	78	01:17:12.05	01:17:12.05	
1040	1143	SANDRA DEUS	F	32	122	01:17:12.48	01:16:30.04	
1041	57	ALDA COELHO	F	47	102	01:17:21.85	01:17:17.54	SPEM
1042	856	HELENA LOPES	F	49	103	01:17:23.54	01:17:23.54	ADRC MATA DE BENFICA
1043	12066	FOCK WAN	F	67	104	01:17:28.00	01:17:28.00	C MILLENNIUM BCP
1044	12064	JOSÉ ARRUDA	M	68	51	01:17:28.10	01:17:28.10	C MILLENNIUM BCP
1045	937	MIGUEL GUERREIRO	M	20	148	01:17:35.85	01:16:32.37	WHS TEAM
1046	973	BÁRBARA COSTA	F	27	123	01:17:48.32	01:17:04.08	GMR
1047	833	ANA GONÇALVES	F	42	149	01:17:50.69	01:16:45.23	C MILLENNIUM BCP
1048	746	YULIETH CAROLINA	F	23	124	01:18:29.53	01:17:29.36	
1049	877	LINA BAIA	F	35	150	01:18:38.27	01:17:50.93	
1050	1202	MARIA M A CALDEIRA	F	54	105	01:18:41.88	01:17:47.22	TARTARUGAS SOLIDÁRIAS
1051	423	MA F HUNG	F	67	106	01:18:43.29	01:17:51.84	TRANQUILIDADE AÇOREANA
1052	927	PEDRO J R FILIPE	M	38	88	01:18:44.32	01:18:01.14	SISCOG
1053	91	CARLA CLAMOTE	F	40	151	01:18:45.06	01:18:39.11	
1054	92	LUÍSA RIBEIRO	F	43	152	01:18:45.50	01:18:39.04	
1055	957	INÊS PEGUICHA	F	34	125	01:18:48.71	01:18:06.05	TURTLE GIRLS
1056	1261	ANDRÉ ALDEIA	M	35	89	01:19:51.66	01:19:51.66	
1057	671	KARINA V MARTINS	F	31	126	01:20:03.79	01:19:48.52	MAXIMUM SPORTS
1058	1152	MIGUEL ROMÃO	M	26	149	01:20:08.69	01:20:08.69	DICE RUNNERS
1059	1246	RITA A FONTINHA	F	39	153	01:20:10.35	01:19:25.01	
1060	906	ANA SILVA	F	59	107	01:20:11.03	01:20:07.62	GRD OS FIXES
1061	356	JOSE COSTA	M	53	79	01:20:23.61	01:20:23.61	PORTUGAL
1062	5	CATARINA SANTOS	F	25	127	01:20:55.91	01:19:54.33	SPEM
1063	801	ROSA GAMEIRO	F	45	108	01:21:14.79	01:20:14.07	C MILLENNIUM BCP
1064	1334	ANA G CUNHA	F	28	128	01:21:27.92	01:20:46.73	
1065	329	ATLETA NÃO CADASTRADO	M	0	150	01:22:01.23	01:21:36.10	
1066	1169	Mª C ANJOS	F	71	109	01:22:10.48	01:21:35.64	CONDOR
1067	1168	LUCINDA HENRIQUES	F	68	110	01:22:11.02	01:21:36.38	CONDOR
1068	960	JOANA M F LOUREIRO	F	19	129	01:24:03.63	01:23:07.52	BELO MARQUES
1069	959	ANA M M FERNANDES	F	53	111	01:24:04.31	01:23:08.43	BELO MARQUES
1070	388	TERESA MARQUES	F	56	112	01:24:13.69	01:23:42.04	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO
1071	1149	SORAIA AMARELINHO	F	31	130	01:24:22.96	01:23:29.97	
1072	969	JOANA FERREIRA	F	30	131	01:24:35.12	01:24:35.12	CORRER LISBOA



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1073	1089	MARTA HENRIQUES	F	39	154	01:24:42.32	01:23:49.50	
1074	896	ANA TAVARES	F	38	155	01:25:55.66	01:25:02.72	
1075	727	WIMOL JEAMPOONSUP	F	48	113	01:26:07.20	01:25:32.05	
1076	1349	SONG RONGQI	F	46	114	01:29:42.09	01:28:46.15	
1077	1288	TERESA PASTOR	F	42	156	01:30:42.75	01:29:44.86	PASTOR RAUNG
1078	1164	HELENA SANTOS	F	39	157	01:31:04.20	01:30:16.03	
1079	711	NORHIRO KAKISAKA	M	44	142	01:31:50.14	01:31:00.50	JAPÃO
1080	717	MINAKO KAMISHIMA	F	44	158	01:31:50.18	01:31:00.50	JAPÃO
1081	914	MARGARIDA ASCENÇÃO	F	43	159	01:32:25.10	01:32:25.10	CLUBE NOVO BANCO
1082	1111	MARIA A SANTOS	F	53	115	01:32:26.00	01:31:26.38	
1083	1162	ISABEL PIRES	F	48	116	01:34:32.00	01:33:43.40	
1084	1163	TÂNIA GONÇALVES	F	28	132	01:34:33.50	01:33:44.12	

Total de registros: 1084