

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	39	ANDRE COSTA	M	29	1	00:33:29.72	00:33:29.72	C PRAÇAS ARMADA/ CPA TRAIL TEAM
2	830	BRUNO SABIDO	M	26	2	00:34:30.24	00:34:28.96	FAM 2 RUN
3	1013	PEDRO GOMES	M	41	1	00:35:03.69	00:35:03.69	FF PAZ MUNDIAL UNI
4	40	FLÁVIO SANTOS	M	23	3	00:35:24.89	00:35:22.73	FF PAZ MUNDIAL E UNIFICAÇÃO
5	234	AMÉRICO PEREIRA	M	55	1	00:35:46.89	00:35:46.89	C BENFICA ALG MEM MARTINS
6	802	FÁBIO SILVA	M	32	4	00:36:11.46	00:36:10.49	GDR SÃO FRANCISCO SERRA
7	395	PAULO ALVES	M	41	2	00:36:17.59	00:36:16.45	GDCT IN CM
8	61	HUGO JOSÉ	M	36	1	00:36:25.98	00:36:22.69	
9	405	JOSE SANTOS	M	50	1	00:37:34.03	00:37:32.16	OS GALGOS
10	53	RUI HENRIQUES	M	46	1	00:38:08.17	00:38:06.46	FF PAZ MUNDIAL E UNIFICAÇÃO
11	506	JOÃO NUNES	M	20	5	00:38:15.39	00:38:09.36	ESTRELAS AM
12	1167	DOMINGOS CARNEIRO	M	46	2	00:38:21.61	00:38:19.44	FF PAZ MUNDIAL UNI
13	662	RUI HENRIQUES	M	40	3	00:38:24.21	00:38:24.21	SS MONTEPIO GERAL
14	789	TIAGO ANDRÉ CORREIA	M	33	6	00:38:25.00	00:38:23.00	
15	1228	KCENIA BOUGROVA	F	25	1	00:38:27.70	00:38:27.70	RUN TEJO
16	19	NUNO RUELA	M	47	3	00:38:36.88	00:38:34.84	GFD RUNNING
17	567	PAULO NOLASCO RODRIGUES	M	42	4	00:38:43.31	00:38:39.77	SS MONTEPIO GERAL
18	237	BRUNO MARCELINO	M	37	2	00:38:53.97	00:38:53.47	TRILHOS NOCTURNOS TEAM RUNNING / BSM68
19	965	PEDRO BARREIRÃO	M	33	7	00:39:16.93	00:39:13.53	GDC BANCO DE PORTUGAL
20	103	JOÃO POMBO	M	20	8	00:39:27.51	00:39:22.73	
21	1211	PEDRO PRETO	M	48	4	00:39:29.87	00:39:26.66	RUN TEJO
22	916	SAMUEL GALVEIA	M	38	3	00:39:33.29	00:39:29.02	NAVIGATOR CLUBE SETÚBAL
23	358	EDUARDO LOURENÇO	M	51	2	00:39:40.46	00:39:38.72	CCM TRAIL
24	559	JOSÉ LUÍS SIMÕES	M	60	1	00:39:52.87	00:39:50.25	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
25	750	ARETINO MOTA	M	57	2	00:39:54.15	00:39:51.53	LINDA A PASTORA SC
26	790	ALEXANDRE FELÍCIO	M	29	9	00:39:59.20	00:39:55.15	CORRER LISBOA
27	1298	JOSE MARCELINO	M	56	3	00:40:02.29	00:39:59.26	LINDA A PASTORA SC
28	212	JOSÉ SANTOS	M	50	3	00:40:02.91	00:39:55.11	CCDT METRO LX
29	1181	PAULO PIRES	M	53	4	00:40:11.01	00:40:04.53	SS CGD
30	764	ANDRÉ MORGADO	M	35	4	00:40:12.15	00:40:07.48	CAD A CORRER
31	129	VALTER RIBEIRO	M	28	10	00:40:14.22	00:40:10.78	OS GALGOS
32	422	RODRIGO PEREIRA	M	18	11	00:40:16.39	00:40:12.19	C BENFICA ALG MEM MARTINS
33	1117	PEDRO SILVA	M	53	5	00:40:18.20	00:40:15.98	C MILLENNIUM BCP
34	1353	PAULO GUIMARAES	M	42	5	00:40:19.23	00:40:11.47	AMINHACORRIDA
35	849	DAVID LOPES	M	33	12	00:40:21.63	00:40:16.10	RUNNERS GRAFANIL

36	642	VITOR MANUEL MARTINS	M	50	6	00:40:27.60	00:40:27.60	C COLAB AGEAS
37	52	EDGAR TRIGO	M	50	7	00:40:33.58	00:40:30.72	CCD SINTRENSE
38	230	RICARDO LIMA	M	23	13	00:40:35.00	00:40:35.00	
39	563	VITOR JORGE	M	25	14	00:40:39.10	00:40:34.78	DESPORTIVO MONTE REAL
40	200	NUNO MARTINS	M	19	15	00:40:42.60	00:40:42.60	ESTRELAS AM
41	858	FERNANDO GOMES	M	46	5	00:40:44.93	00:40:42.87	FERRARIS DA SERAFINA
42	264	JOÃO GUTERRES	M	44	6	00:40:54.02	00:40:51.42	CORRER LISBOA
43	1286	DUARTE NUNO	M	36	5	00:40:58.39	00:40:56.21	GENERALI
44	680	JOSÉ FERNANDO MARQUES	M	52	8	00:41:01.89	00:40:59.17	CA VALE FIGUEIRA
45	677	JOSÉ GOMES	M	59	4	00:41:07.39	00:41:02.38	
46	350	ACACIO MENDES	M	34	16	00:41:07.42	00:40:41.94	
47	664	JOSEFINE BREKKE	F	24	2	00:41:12.37	00:41:12.37	
48	650	MÁRIO RODRIGUES	M	53	9	00:41:13.39	00:41:13.39	FF PAZ MUNDIAL E UNIFICAÇÃO
49	1221	JOSE SALAZAR	M	59	5	00:41:16.84	00:41:16.84	RUN TEJO
50	1061	BRUNO MARRÃO	M	43	7	00:41:20.00	00:41:14.71	CLUBE ANA LISBOA
51	1188	JOSÉ PINTO	M	56	6	00:41:24.19	00:41:20.45	CLÍNICA DR CAUTELA
52	402	EURICO NICO	M	58	7	00:41:27.32	00:41:16.24	OS GALGOS
53	1112	PIERRE SPICHA	M	28	17	00:41:34.00	00:41:34.00	
54	966	LUÍS RIO	M	48	6	00:41:42.14	00:41:38.99	GDC BANCO DE PORTUGAL
55	628	FILIPE DA SILVA	M	35	6	00:41:59.70	00:41:59.70	C COLAB AGEAS
56	353	ANA RITA SANTOS	F	24	3	00:42:03.28	00:41:15.43	
57	911	AMÉRICO PEREIRA	M	46	7	00:42:08.02	00:42:03.99	
58	993	PAULO SILVA	M	52	10	00:42:10.74	00:42:04.17	
59	312	SAMUEL MARQUES	M	40	8	00:42:12.00	00:41:57.14	
60	62	LUIS SILVÉRIO BARBOSA BARBOSA	M	44	9	00:42:12.09	00:42:01.52	
61	1135	LUIS GODINHO	M	53	11	00:42:15.10	00:41:50.91	C MILLENNIUM BCP
62	857	MANUEL SOARES	M	54	12	00:42:20.33	00:42:18.50	FERRARIS DA SERAFINA
63	557	GONÇALO PORÊLO	M	37	7	00:42:40.80	00:42:35.79	
64	338	JOÃO SEDAS NUNES	M	55	8	00:42:43.34	00:42:34.62	
65	558	RUI PEDRO ANTUNES	M	42	10	00:42:55.04	00:42:50.05	RUNNING CLUB SANTA CASA
66	759	GIL NOVO	M	25	18	00:42:59.53	00:42:59.53	FIDELIDADE GDC
67	489	ANDRE SILVA	M	40	11	00:43:00.86	00:42:48.52	BRR
68	400	PEDRO CARDOSO	M	41	12	00:43:01.09	00:42:35.86	OS GALGOS
69	428	LUIS AURÉLIO	M	50	13	00:43:01.22	00:42:47.73	BRRNIGHTRUNNERS
70	949	PEDRO SOUSA	M	63	2	00:43:11.81	00:43:05.12	PALMELENSE FC
71	652	JAIME LAMEGO	M	59	9	00:43:15.23	00:43:11.89	
72	735	FRANCISCO RODRIGUEZ	M	53	14	00:43:18.24	00:42:59.20	

73	1224	VITOR GONZAS	M	52	15	00:43:18.92	00:43:16.50	RUN TEJO
74	25	PATRICK MAGALHÃES	M	37	8	00:43:19.29	00:43:12.26	CORRE K'EMAGRECES
75	937	EDGAR AGUIAR	M	26	19	00:43:31.13	00:43:28.49	
76	800	TIAGO PORTO	M	34	20	00:43:36.52	00:43:30.35	
77	445	NUNO SANTOS	M	30	21	00:43:43.55	00:43:37.32	UD ALFORNELOS
78	1226	AVELINO SOARES	M	52	16	00:43:46.63	00:43:45.68	RUN TEJO
79	879	TIAGO LOURO	M	32	22	00:43:48.31	00:43:48.31	
80	659	TIAGO SOUSA	M	22	23	00:43:54.01	00:43:08.45	SEXY MALO RUNNERS
81	767	ILISITO FERREIRA	M	36	9	00:43:57.44	00:43:37.09	CAD A CORRER
82	950	ORLANDO CORREIA	M	48	8	00:44:02.62	00:43:48.52	
83	815	SOFIA ARGENTINA	F	40	1	00:44:07.20	00:44:02.36	SS CGD
84	1378	CHRISTIAAN OOSTERVEEN	M	33	24	00:44:11.50	00:43:56.74	BREAKING 3
85	1034	VIRGILIO MADEIRA	M	60	3	00:44:16.91	00:43:54.76	CCD TRANQUILIDADE
86	1352	FLORIANO SILVA	M	41	13	00:44:22.03	00:44:14.08	AMINHACORRIDA
87	739	FRANCISCO RIBEIRO	M	47	9	00:44:23.56	00:44:21.14	
88	1292	PAULO PIRES	M	52	17	00:44:29.22	00:44:14.92	
89	762	CARLA DIAS	F	46	1	00:44:29.35	00:44:26.94	
90	231	RUI PASTOR	M	47	10	00:44:34.98	00:43:31.19	PASTOR RACING
91	275	JOSÉ FRANCISCO MIRANDA	M	59	10	00:44:39.57	00:44:14.05	
92	541	CARLOS GONÇALVES	M	45	11	00:44:42.58	00:44:39.00	CA VALE FIGUEIRA
93	168	NUNO SANTOS DE ALMEIDA	M	39	10	00:44:45.23	00:44:25.16	
94	215	JOÃO BRÉE	M	25	25	00:44:48.70	00:44:00.31	
95	1094	BRUNO A PANDAIO	M	43	14	00:44:50.69	00:44:46.49	DOLCE FURADOURO
96	969	JOÃO MENESES	M	30	26	00:44:51.51	00:44:36.02	GDC BANCO DE PORTUGAL
97	41	SÉRGIO CARDOSO	M	32	27	00:44:53.02	00:44:48.85	
98	1309	MIGUEL MARTINS	M	43	15	00:44:53.97	00:44:21.09	ESC ATLETISMO DO MONTIJO
99	13	RUI FIGUEIREDO	M	44	16	00:44:55.30	00:44:37.19	
100	274	FABIO FERREIRA	M	33	28	00:44:55.92	00:44:40.90	
101	1179	JOAQUIM FRADE	M	64	4	00:44:58.48	00:44:50.06	SS CGD
102	809	FERNANDO CANDEIAS	M	48	12	00:44:59.48	00:44:59.48	SS CGD
103	635	MIGUEL TRUNINGER SOUSA	M	44	17	00:45:00.64	00:44:56.61	C COLAB AGEAS
104	51	FILIPE GONÇALVES	M	39	11	00:45:04.79	00:44:54.43	
105	862	JOAO BARBADO	M	50	18	00:45:07.43	00:44:02.94	
106	1107	JOAO S SILVA	M	51	19	00:45:09.49	00:44:44.61	CLUBE TEJO ATLANTICO
107	653	CHANTAL XHERVELLE	F	51	1	00:45:10.06	00:45:08.03	
108	300	AVELINO RODRIGUES	M	45	13	00:45:13.36	00:45:05.26	CLUBE EDP LISBOA
109	33	ADRIANO REIS	M	43	18	00:45:22.82	00:45:08.57	DPS ASSESSORIA ESPORTIVA

110	505	JOÃO DOMINGOS	M	43	19	00:45:29.91	00:45:05.92	
111	355	CEDRIC MONTEIRO	M	32	29	00:45:35.43	00:45:35.43	PERNETAS
112	1155	DEN CHUANG	M	28	30	00:45:37.64	00:45:33.86	
113	794	NUNO SANTOS	M	36	12	00:45:40.88	00:45:01.03	XPAND IT
114	1220	LUIS F CHAVES	M	42	20	00:45:44.80	00:45:34.96	
115	899	RUI HELENO	M	43	21	00:45:45.87	00:45:31.12	
116	1325	PEDRO SEMEDO	M	47	14	00:45:48.07	00:45:43.66	CLUBE DE NATAÇÃO DA AMADORA
117	1176	ANDRE FILIPE	M	29	31	00:45:50.21	00:45:41.55	SS CGD
118	1261	VASCO ASCENSÃO	M	49	15	00:45:51.20	00:45:51.20	GENERALI MEDIADOR
119	980	TIAGO DIOGO	M	42	22	00:45:56.24	00:45:44.46	GDC BANCO DE PORTUGAL
120	748	RUI FEIO	M	55	11	00:45:56.53	00:45:54.40	RIBEIRO E GONCALVES
121	852	PAULO PATRÍCIO	M	38	13	00:45:59.37	00:45:38.35	JÁ FOSTES...
122	873	EDUARDO RIBEIRO	M	52	20	00:46:00.15	00:45:57.02	GDCT UNICRE
123	623	ANTÓNIO RELVAS PEREIRA	M	57	12	00:46:01.75	00:45:59.00	C COLAB AGEAS
124	665	CARLOS AMARO	M	38	14	00:46:03.32	00:45:33.89	GRUPO BARRAQUEIRO
125	491	DAVID VIEGAS	M	30	32	00:46:09.78	00:45:14.65	
126	1308	DAVID FIGUEIREDO	M	43	23	00:46:09.99	00:45:37.12	ESC ATLETISMO DO MONTIJO
127	675	ANTONIO LOPES	M	54	21	00:46:20.31	00:46:20.31	LINDA A PASTORA SC
128	1303	DIANA CORREIA	F	29	4	00:46:22.02	00:46:09.33	AC PORTALEGRE
129	209	ANTONIO PEREIRA	M	55	13	00:46:31.39	00:46:10.05	CCDT METRO LX
130	914	RUBEN MACAU	M	20	33	00:46:33.23	00:45:47.35	C FERROVIARIO
131	1009	PEDRO GUERRA	M	23	34	00:46:43.11	00:46:08.73	
132	478	JOÃO DA NOVA MATEUS RIBEIRA	M	40	24	00:46:47.12	00:46:39.83	CAPTAIN FLY
133	616	RICARDO GRILO	M	43	25	00:46:52.23	00:46:52.23	
134	320	ANDRIA MOURÃO	F	30	5	00:47:02.57	00:46:59.54	RUN TEJO
135	1350	JORGE AMARAL	M	51	22	00:47:03.37	00:47:01.38	AMINHACORRIDA
136	34	RAMIRO CONCEIÇÃO SILVA	M	41	26	00:47:04.23	00:46:44.31	POWER RUNNER DE ALMADA
137	1196	DANIEL BARBOSA	M	61	5	00:47:08.09	00:46:59.31	PÉS DE CHUMBO
138	1145	NELSON SILVA	M	44	27	00:47:08.50	00:47:05.26	C MILLENNIUM BCP
139	811	NOEMIA SEQUEIRA	F	51	2	00:47:15.92	00:47:05.27	SS CGD
140	1121	FERNANDO RODRIGUES	M	55	14	00:47:16.24	00:46:25.25	C MILLENNIUM BCP
141	824	SILVIO DIAS	M	39	15	00:47:18.49	00:47:14.71	A PONTE É UMA PASSAGEM
142	963	ANTÓNIO SIMÕES	M	49	16	00:47:21.90	00:47:15.33	GDC BANCO DE PORTUGAL
143	1075	MARIO ALVES	M	34	35	00:47:22.32	00:47:22.32	AQUARUNNERS
144	87	JOAO HEITOR	M	69	1	00:47:24.78	00:47:24.78	CA AGUIAS PAÇO ARCOS
145	1156	FERNANDO COSTA	M	43	28	00:47:26.36	00:47:18.69	
146	982	FILIPE MORAIS	M	40	29	00:47:27.81	00:47:18.26	GDC BANCO DE PORTUGAL

147	694	RUI PEREIRA	M	55	15	00:47:29.52	00:47:23.87	
148	877	JOSÉ VAZ	M	36	16	00:47:30.56	00:47:05.16	GDCT UNICRE
149	1305	JOÃO CRUZ	M	34	36	00:47:31.17	00:46:57.71	ESC ATLETISMO DO MONTIJO
150	441	ALEXANDRE PALMEIRO	M	37	17	00:47:31.28	00:47:11.73	
151	637	PIERRE LE BACCON	M	35	18	00:47:31.47	00:47:31.47	C COLAB AGEAS
152	732	ANTÓNIO MORGADO	M	53	23	00:47:31.88	00:47:21.81	CHITAS DE ALCOBAÇA
153	568	PAULO RODRIGUES	M	44	30	00:47:32.06	00:47:24.92	SS MONTEPIO GERAL
154	63	MARLENE CECÍLIA LUÍS DE OLIVEIRA LUIS DE OLIVEIRA	F	41	2	00:47:32.43	00:47:22.48	
155	1032	NELSON MOTA	M	49	17	00:47:32.64	00:47:16.82	CCD TRANQUILIDADE
156	1370	SUSANA DURO	F	42	3	00:47:32.86	00:47:25.82	TEAM IT'S UP TO YOU
157	1058	SERGIO SANTOS	M	41	31	00:47:35.97	00:47:19.45	CLUBE ANA LISBOA
158	867	JULIO DAMAS	M	40	32	00:47:36.87	00:47:36.87	
159	1366	ALBERTO CHAIÇA	M	46	18	00:47:37.37	00:46:37.63	ACADEMIA D'ESTRELAS
160	149	RUI MENAS	M	42	33	00:47:37.56	00:46:37.32	ACADEMIA D'ESTRELAS
161	727	JOAQUIM SANDE	M	59	16	00:47:37.98	00:46:50.91	
162	533	MARCOS PEREIRA	M	64	6	00:47:39.31	00:46:45.51	
163	632	JOSÉ LOPES CAETANO	M	67	2	00:47:39.68	00:47:14.49	C COLAB AGEAS
164	612	RUI SILVA	M	40	34	00:47:40.80	00:47:00.36	
165	979	JOÃO RODRIGUES	M	40	35	00:47:41.00	00:47:30.78	GDC BANCO DE PORTUGAL
166	479	MIGUEL CRUZ	M	44	36	00:47:42.24	00:47:29.29	
167	104	HUGO PINA E MOURA	M	46	19	00:47:42.84	00:47:25.58	
168	607	VITOR AMADO	M	65	3	00:47:45.50	00:47:45.50	RUNNING CLUB SANTA CASA
169	476	ALEXANDRA SILVA	F	43	4	00:47:46.00	00:47:46.00	AMINHACORRIDA
170	453	PEDRO CORREIA	M	37	19	00:47:46.13	00:47:46.13	
171	1198	PEDRO BERNARDO	M	43	37	00:47:48.02	00:47:33.94	CORRER LISBOA
172	670	SILVINO MACHADO	M	33	37	00:47:48.94	00:47:45.90	PAIS E TIOS
173	939	FÁBIO MACHADO	M	30	38	00:47:49.56	00:47:46.02	
174	1307	JOÃO BOGAS	M	39	20	00:47:53.38	00:47:21.33	ESC ATLETISMO DO MONTIJO
175	109	LUÍS GRAMACHO	M	48	20	00:47:55.87	00:47:47.22	
176	1244	JOSE AMARO	M	43	38	00:47:57.85	00:47:41.78	VIMEIRO
177	512	PAULO COSTA	M	53	24	00:48:00.64	00:46:55.35	
178	708	JAIME RAMOS	M	34	39	00:48:01.25	00:47:51.69	GOOFELAS
179	303	SÉRGIO BARBOSA	M	34	40	00:48:02.23	00:47:45.77	CLUBE EDP LISBOA
180	1326	AUGUSTO LOPES	M	65	4	00:48:03.00	00:47:42.20	
181	820	TITO NASCIMENTO	M	39	21	00:48:10.45	00:47:53.32	
182	381	FÁBIO MARTINS	M	29	41	00:48:14.37	00:48:01.37	
183	135	ANA RITA PAULINO	F	31	6	00:48:17.59	00:48:10.19	

# 9ª CORRIDA DA

# ÁGUA



10 km  
17 NOV  
2019

184	228	PAULA FERREIRA	F	41	5	00:48:18.15	00:48:11.62	CLUBE ROBBIALAC
185	1180	LUIS GOMES	M	37	22	00:48:21.20	00:48:10.13	SS CGD
186	1215	BRUNO ANTUNES	M	32	42	00:48:23.61	00:48:07.57	FITNESS HUT
187	1230	MARIO RIBEIRO	M	54	25	00:48:25.56	00:47:53.47	RUN TEJO
188	238	CRISTIANO FILIPE	M	28	43	00:48:26.53	00:47:50.12	
189	462	NUNO GONÇALVES	M	46	21	00:48:26.57	00:48:26.57	
190	552	NUNO FRIAS	M	31	44	00:48:26.92	00:48:11.71	
191	743	DINIS CORREIA	M	36	23	00:48:27.34	00:47:37.06	ALIENS INC
192	733	ARTUR CARVALHO	M	52	26	00:48:33.73	00:48:11.42	
193	673	ANTONIO REBELO	M	48	22	00:48:36.32	00:48:05.07	
194	113	JOSE GOMES	M	42	39	00:48:36.90	00:48:12.34	CORRER LISBOA
195	1243	JOSE CRUZ	M	45	23	00:48:37.25	00:48:18.04	VIMEIRO
196	418	ANTÓNIO RODRIGUES	M	52	27	00:48:37.69	00:48:06.76	
197	1324	TIAGO LOPES	M	25	45	00:48:37.95	00:48:37.95	
198	584	SOFIA PEDREIRA	F	39	1	00:48:40.09	00:48:35.27	
199	335	RAMIRO MADUREIRA	M	40	40	00:48:40.89	00:48:13.99	
200	850	RUI LUIS	M	30	46	00:48:43.04	00:48:37.57	RUNNERS GRAFANIL
201	486	CLAIRE PRICE	F	50	3	00:48:45.41	00:48:30.80	
202	751	RUI OLIVEIRA	M	42	41	00:48:46.40	00:48:24.10	CAD A CORRER
203	749	JOSE GONCALVES	M	57	17	00:48:48.76	00:48:46.17	RIBEIRO E GONCALVES
204	774	JOÃO ROSÁRIO	M	45	24	00:48:51.05	00:47:43.43	
205	488	HENRIQUE JOAQUIM	M	49	25	00:48:53.28	00:48:53.28	
206	1356	PEDRO PONTE	M	40	42	00:48:54.45	00:48:39.09	CLUBE ANA LISBOA
207	14	JOSE GASPAR	M	46	26	00:48:57.56	00:48:40.32	
208	1168	JOÃO PAULO NEVES	M	54	28	00:49:01.11	00:48:53.75	
209	204	JOSÉ TOMÉ	M	53	29	00:49:04.86	00:48:42.48	GRUPO BARRAQUEIRO
210	587	DAVID MARQUES	M	28	47	00:49:06.80	00:48:59.43	
211	222	JOÃO BANDEIRA	M	51	30	00:49:14.14	00:48:53.41	
212	922	JOÃO PIRES	M	49	27	00:49:18.02	00:48:40.25	
213	865	NUNO AFONSO	M	40	43	00:49:19.04	00:49:15.51	OSMOKITOS
214	373	JOSÉ TAVARES	M	51	31	00:49:22.07	00:48:40.41	CORRER LISBOA
215	788	LUIS FERREIRA	M	52	32	00:49:22.23	00:48:36.25	C FERROV PORTUGAL
216	74	RUI VIEITAS	M	43	44	00:49:22.64	00:49:11.87	FAT OLD DUDES
217	1204	SISU VILLODRE I ARMENGOL	M	23	48	00:49:23.11	00:49:14.08	
218	1193	JORGE COSTA	M	50	33	00:49:23.99	00:48:37.09	SS MONTEPIO GERAL
219	1256	VERA SIMÕES	F	44	6	00:49:25.40	00:49:19.20	GENERALI
220	984	PEDRO MIGUEL PEREIRA	M	31	49	00:49:26.31	00:49:18.33	

221	1252	JOÃO ANTUNES	M	50	34	00:49:26.57	00:48:45.43	
222	1048	JOÃO SIMÕES	M	29	50	00:49:27.58	00:48:56.38	
223	193	MARTA COSTA	F	27	7	00:49:28.10	00:48:13.05	
224	1225	ANABELA SALAZAR	F	47	2	00:49:29.82	00:48:58.05	RUN TEJO
225	337	EDUARDO COELHO	M	37	24	00:49:33.08	00:49:13.63	ADRC MATA DE BENFICA
226	791	TOMÁS FERNANDES	M	23	51	00:49:33.60	00:49:33.60	CORRER LISBOA
227	1322	SARA BARATA	F	27	8	00:49:39.30	00:49:34.02	
228	1205	MIGUEL BRADFORD FERREIRA	M	31	52	00:49:39.91	00:49:28.35	GUANACOS
229	1063	MARIANA FIGUEIREDO POMBINHO	F	27	9	00:49:41.30	00:48:54.48	CLUBE ANA LISBOA
230	451	MARIA DE OLIVEIRA	F	54	4	00:49:44.67	00:49:37.70	
231	783	CARLOS TEIXEIRA	M	59	18	00:49:45.62	00:49:22.18	LEBRES E TARTARUGAS
232	197	PEDRO CLETO	M	46	28	00:49:46.97	00:48:56.02	O DESPERTAR DE CASAL DE CAMBRA
233	446	HENRIQUE DIAS	M	64	7	00:49:49.69	00:49:36.90	CORRER LISBOA
234	519	NELSON FRADIQUE	M	44	45	00:49:49.78	00:49:49.78	MAQUINAS DE GUERRA
235	576	JOEL FERREIRA	M	37	25	00:49:51.89	00:49:26.00	
236	994	VITOR LOURENÇO	M	51	35	00:49:52.48	00:49:33.36	MONTES SALOIOS TRAIL TEAM
237	1124	PAULO PAIS	M	54	36	00:49:54.48	00:49:16.67	C MILLENNIUM BCP
238	784	GUILHERME GONÇALVES	M	59	19	00:49:54.79	00:49:50.50	C FERROV PORTUGAL
239	461	CARLOS RODRIGUES	M	48	29	00:49:55.26	00:49:28.92	
240	444	RAUL SANTOS	M	61	8	00:49:56.17	00:49:48.76	FF PAZ MUNIDAL UNI
241	1183	BELMIRO SILVA	M	56	20	00:49:56.35	00:49:39.85	
242	474	ISABEL SANTOS	F	50	5	00:49:57.27	00:49:51.40	FF PAZ MUNDIAL E UNIFICAÇÃO
243	315	VITOR PINTO	M	56	21	00:49:57.70	00:49:24.20	SHARKS
244	554	PEDRO TAVARES	M	38	26	00:49:58.07	00:49:19.79	RACING BIKES
245	577	ANA PAULA LOPES	F	34	10	00:49:59.44	00:49:34.66	
246	1088	PEDRO F RAPOSO	M	40	46	00:50:00.16	00:48:45.69	
247	196	JOÃO SABINA	M	42	47	00:50:04.56	00:50:04.56	
248	1263	PAULO GONÇALVES	M	53	37	00:50:04.72	00:49:56.76	MARVILA JOVEM
249	1089	NUNO M FARIA	M	41	48	00:50:04.87	00:48:49.77	
250	1118	JORGE SALVADO	M	56	22	00:50:06.85	00:49:57.37	C MILLENNIUM BCP
251	132	JÚLIO RIBEIRO	M	50	38	00:50:07.97	00:49:26.59	OK RUNNERS
252	336	DANIEL PINTO	M	29	53	00:50:08.32	00:49:08.83	BRRNIGHTRUNNERS
253	1278	CARLA AMARAL	F	39	2	00:50:10.21	00:49:32.80	GENERALI MEDIADOR
254	520	FILIPE GRAÇA	M	29	54	00:50:11.45	00:48:47.44	RIT
255	810	JOAO SILVEIRA	M	51	39	00:50:12.26	00:49:35.21	SS CGD
256	1092	FILIPA VIEIRA	F	32	11	00:50:12.48	00:49:27.04	
257	634	MIGUEL FIGUEIREDO ESTEVES	M	36	27	00:50:13.21	00:50:08.23	C COLAB AGEAS

258	455	LUÍS FIGUEIREDO	M	57	23	00:50:13.26	00:49:50.92	
259	1030	FERNANDO CELESTINO	M	60	9	00:50:14.72	00:49:56.68	CCD TRANQUILIDADE
260	49	HARUN AR RASHID	M	35	28	00:50:15.35	00:50:13.88	
261	1037	DANIEL RODRIGUES	M	35	29	00:50:15.68	00:49:36.76	CLUBE ACCENTURE
262	415	RUI MELO	M	48	30	00:50:16.48	00:49:31.66	CCD CRÉDITO AGRÍCOLA
263	55	PAULO ALVES	M	49	31	00:50:18.09	00:50:00.35	
264	379	TIAGO NASCIMENTO	M	31	55	00:50:19.08	00:50:19.08	RUNNING CLUB SANTA CASA
265	435	PATRICIA MATOS	F	45	3	00:50:20.28	00:50:09.66	LINDA A PASTORA SC
266	436	PEDRO VITORINO	M	43	49	00:50:20.29	00:50:10.10	LINDA A PASTORA SC
267	419	SÓNIA NEVES	F	41	7	00:50:21.12	00:49:54.50	SUNSET RUNNING TEAM
268	760	PEDRO FÉLIX	F	51	6	00:50:22.51	00:49:32.83	TARTARUGAS SOLIDÁRIAS
269	10	RUI MENDES	M	47	32	00:50:25.98	00:49:50.53	
270	1255	HUGO SILVA	M	32	56	00:50:26.16	00:49:56.14	GENERALI
271	44	JOÃO MOITEIRO	M	47	33	00:50:26.69	00:49:33.11	
272	823	FILIPPE VIEIRA	M	32	57	00:50:28.05	00:50:25.35	A PONTE E UMA PASSAGEM
273	544	JOÃO ESTEVÃO	M	39	30	00:50:28.44	00:50:28.44	
274	36	GUILHERME GODINHO	M	44	50	00:50:30.16	00:50:01.40	SUNSET RUNNING TEAM
275	907	ARDEN DE RAAIJ	M	34	58	00:50:30.52	00:49:23.48	RUN-MB.IO
276	500	CLIVE SAFFERY	M	64	10	00:50:30.89	00:50:30.89	
277	1349	CARLOS LOPES	M	45	34	00:50:32.67	00:49:57.14	AMINHACORRIDA
278	1289	MANUEL FONSECA	M	55	24	00:50:33.27	00:50:28.99	GENERALI
279	695	ANTÓNIO FERNANDO TAVARES FLOR	M	51	40	00:50:34.23	00:49:51.39	RUMO AO OBJETIVO
280	208	JOÃO PEDRAS	M	28	59	00:50:36.07	00:49:48.25	
281	1113	VALENTIN SPICHA	M	23	60	00:50:37.32	00:49:57.52	
282	1006	SÉRGIO ANTUNES	M	43	51	00:50:37.55	00:50:01.35	
283	1133	JOAO MARTINS	M	52	41	00:50:37.94	00:50:30.11	C MILLENNIUM BCP
284	595	TIAGO FERREIRA	M	40	52	00:50:38.78	00:49:46.66	OPTICALIA RUNNING TEAM
285	1026	ELIZETE DUARTE	F	46	4	00:50:38.85	00:50:09.26	CCD TRANQUILIDADE
286	1083	ANTONIO M NARCISO	M	55	25	00:50:40.13	00:49:24.47	EPAL
287	1049	FERNANDO CLAUDINO	M	67	5	00:50:40.67	00:50:40.67	SEASIDE
288	1262	NUNO PATRICIO	M	50	42	00:50:40.71	00:50:10.12	BRUNO SEMPRE
289	719	ALBERTO PASCOAL	M	52	43	00:50:42.79	00:50:32.29	CA VALE FIGUEIRA
290	406	RUI GRANCHO	M	45	35	00:50:46.22	00:50:22.73	OS GALGOS
291	367	LUIS RATO	M	53	44	00:50:48.79	00:50:48.79	UDFAC
292	148	PEDRO MAURÍCIO	M	27	61	00:50:50.06	00:49:43.68	
293	534	FILIPPE PEREIRA	M	37	31	00:50:51.19	00:50:15.12	
294	1096	VASCO SILVA	M	25	62	00:50:51.68	00:49:58.73	



295	492	NED DWYER	M	53	45	00:50:52.15	00:50:24.59	
296	1197	AUGUSTO CARIA	M	67	6	00:50:52.36	00:50:32.91	GRUPO BARRAQUEIRO
297	843	JOÃO PEDRO SOUSA	M	48	36	00:50:55.66	00:49:43.84	
298	189	RICARDO OLIVEIRA	M	42	53	00:50:58.76	00:50:09.69	
299	875	RUI RAMOS	M	35	32	00:50:59.41	00:50:59.41	GDCT UNICRE
300	564	ANTONIO CAIXEIRO	M	49	37	00:50:59.55	00:49:26.07	SS MONTEPIO GERAL
301	1153	HÉLIO GIRÃO	M	52	46	00:51:00.36	00:50:54.83	MIND SOURCE RUNNERS
302	140	ANTONIO MINA	M	58	26	00:51:01.34	00:50:28.20	CA VALE FIGUEIRA
303	553	RUI FRIAS	M	59	27	00:51:02.58	00:50:46.69	
304	507	CARLOS GONÇALVES	M	43	54	00:51:03.12	00:50:38.56	
305	669	MIGUEL ROBIN	M	47	38	00:51:03.53	00:50:43.50	
306	252	RAFAEL AZRIEL	M	50	47	00:51:03.68	00:50:22.52	
307	30	BRUNO LOPES	M	33	63	00:51:03.99	00:49:49.46	#BEIRHEMIOS
308	29	RUI OLIVEIRA	M	35	33	00:51:04.04	00:49:49.56	#BEIRHEMIOS
309	1208	TIAGO BIOUCAS	M	32	64	00:51:11.28	00:50:56.77	
310	352	FABIANO FERREIRA	M	39	34	00:51:16.12	00:50:50.04	BENFICA EM FORMA
311	746	NUNO SILVA	M	41	55	00:51:19.96	00:50:13.71	
312	929	ALEXANDRE MATEUS	M	43	56	00:51:21.46	00:50:30.33	
313	119	SÉRGIO LOPES	M	27	65	00:51:22.20	00:51:22.20	
314	796	HENRIQUE FERNANDES	M	28	66	00:51:23.49	00:50:46.95	XPAND IT
315	970	CATARINA SILVA	F	30	12	00:51:24.45	00:51:09.17	GDC BANCO DE PORTUGAL
316	1147	FILIPE ARAUJO	M	35	35	00:51:26.33	00:50:28.05	C MILLENNIUM BCP
317	1148	KAREN CAMPO	F	31	13	00:51:26.46	00:50:28.91	C MILLENNIUM BCP
318	1051	RICARDO SANTOS	M	44	57	00:51:28.03	00:51:00.05	SEASIDE
319	173	PEDRO LOURENÇO	M	42	58	00:51:28.47	00:50:50.47	
320	660	ANTÓNIO COELHO	M	62	11	00:51:29.37	00:50:57.29	
321	943	LUIS PILAR	M	53	48	00:51:31.94	00:51:09.02	
322	1110	RENATO ANTUNES	M	28	67	00:51:33.06	00:51:22.47	BULIMUNDO
323	1260	JOÃO REIS	M	55	28	00:51:35.08	00:51:35.08	GENERALI MEDIADOR
324	1182	RUI PEREIRA	M	49	39	00:51:35.43	00:51:04.27	SS CGD
325	995	RICARDO MORAIS	M	33	68	00:51:37.77	00:50:12.88	FRIENDS & BROTHERS
326	1169	PEDRO RIBEIRO	M	42	59	00:51:38.49	00:51:38.49	
327	1085	HELIO M GOMES	M	40	60	00:51:38.78	00:50:23.71	
328	996	PEDRO MORAIS	M	46	40	00:51:38.83	00:50:13.77	FRIENDS & BROTHERS
329	1101	PEDRO JORDÃO	M	51	49	00:51:39.00	00:51:01.00	
330	1008	LUIS FIRMO	M	29	69	00:51:40.09	00:50:15.76	FRIENDS & BROTHERS
331	46	JOSÉ MENDES	M	43	61	00:51:42.29	00:51:24.55	

332	1140	RUI RIJO	M	50	50	00:51:42.90	00:51:09.98	C MILLENNIUM BCP
333	1131	PEDRO BROCO	M	46	41	00:51:43.02	00:51:11.13	C MILLENNIUM BCP
334	95	CARLOS CRAVEIRA	M	48	42	00:51:44.64	00:51:21.44	
335	86	JAIME SILVA	M	43	62	00:51:44.77	00:51:21.59	
336	986	ADRIANO LOPES	M	35	36	00:51:45.24	00:50:43.57	CA VALE FIGUEIRA
337	535	FERNANDO MARQUES	M	54	51	00:51:45.89	00:51:08.31	
338	1280	RUI SILVA	M	44	63	00:51:46.32	00:51:02.31	GENERALI MEDIADOR
339	555	ANA CORTES	F	40	8	00:51:49.40	00:51:44.79	RUNNING CLUB SANTA CASA
340	722	NUNO PEREIRA	M	39	37	00:51:50.15	00:50:54.89	HUT RUNNERS
341	490	MARCO FREITAS	M	43	64	00:51:51.74	00:51:26.07	
342	851	FABIO SIMÕES	M	32	70	00:51:52.31	00:51:47.54	RUNNERS GRAFANIL
343	742	DANIEL DA SILVA	M	28	71	00:51:53.26	00:51:02.23	ALIENS INC
344	931	PAULO SOUSA	M	37	38	00:51:55.49	00:50:42.03	PALMELENSE FC
345	1288	JOÃO PINTO	M	43	65	00:51:55.67	00:51:31.88	GENERALI
346	1160	FABIO BUSETTI	M	34	72	00:51:59.16	00:50:43.38	
347	892	MANUEL PEREIRA	M	50	52	00:51:59.70	00:51:53.00	GENERALI CLIENTE
348	501	JACQUI SAFFERY	F	59	1	00:52:01.88	00:51:46.10	
349	244	CARLOS PEREIRA	M	32	73	00:52:03.70	00:51:05.00	
350	1144	ANA GIL MARQUES	F	59	2	00:52:09.14	00:51:31.18	C MILLENNIUM BCP
351	295	JOSÉ MOTA	M	47	43	00:52:16.19	00:52:16.19	BARREIRO NIGHT RUNNER'S
352	1068	NUNO M NUNES	M	45	44	00:52:17.08	00:51:13.16	
353	561	NUNO CORREIA	M	48	45	00:52:18.28	00:51:56.90	
354	798	JOÃO MENDONÇA	M	33	74	00:52:19.35	00:52:19.35	XPAND IT
355	1310	SÓNIA RIBEIRO	F	38	3	00:52:19.72	00:51:45.81	ESC ATLETISMO DO MONTIJO
356	293	JOÃO AMORIM	M	30	75	00:52:21.01	00:51:54.23	TOA - OS QUE LEVAM NA BOCA E ...!
357	26	INÊS CATARINA MARQUES	F	36	4	00:52:22.83	00:52:16.11	CORRE K'EMAGRECES
358	1251	JOSE COSTA	M	38	39	00:52:23.74	00:51:49.45	CCD TRANQUILIDADE
359	1345	AZINHEIRA, ANTÓNIO	M	53	53	00:52:25.75	00:51:35.94	GENERALI
360	1306	ILÍDIA JOSÉ	F	32	14	00:52:26.78	00:51:53.05	ESC ATLETISMO DO MONTIJO
361	399	RICARDO SIMÕES	M	50	54	00:52:27.30	00:52:12.67	GDCT IN CM
362	951	DUARTE SEGURADO	M	41	66	00:52:28.57	00:51:21.69	RUN-MB.IO
363	583	DUARTE TEIXEIRA	M	39	40	00:52:29.19	00:51:51.02	
364	808	CARLOS LEITAO	M	56	29	00:52:30.83	00:52:19.33	SS CGD
365	429	AFONSO SOUSA	M	49	46	00:52:35.43	00:52:30.38	
366	1293	MARTA ADÃO	F	42	9	00:52:35.58	00:52:31.75	GENERALI
367	513	AFONSO RODRIGUES	M	41	67	00:52:44.29	00:51:51.45	GDCF RUNNING TEAM
368	1134	JOSE FERREIRA	M	49	47	00:52:45.02	00:52:45.02	C MILLENNIUM BCP

369	1217	JOÃO BATISTA	M	38	41	00:52:46.62	00:52:13.45	
370	648	ALMERINDO SILVA	M	60	12	00:52:50.29	00:51:35.81	ADC CATUJAL
371	672	NUNO BATISTA	M	21	76	00:52:51.01	00:52:51.01	OS SILVAS
372	974	GONÇALO DUARTE	M	31	77	00:52:54.32	00:52:44.22	GDC BANCO DE PORTUGAL
373	976	TIAGO DUARTE	M	30	78	00:52:54.39	00:52:44.03	GDC BANCO DE PORTUGAL
374	291	DIOGO SILVA	M	32	79	00:52:56.16	00:52:29.70	TOA - OS QUE LEVAM NA BOCA E ...!
375	301	CARLOS RODRIGUES	M	62	13	00:52:57.75	00:52:57.75	CLUBE EDP LISBOA
376	362	PAULO PEDREIRA	M	51	55	00:52:58.17	00:52:53.38	
377	647	JOÃO PASSEIRO	M	57	30	00:52:59.49	00:51:44.49	ADC CATUJAL
378	1005	RICARDO SILVA	M	28	80	00:53:00.24	00:51:34.84	FRIENDS & BROTHERS
379	1273	JOSÉ MAGALHÃES	M	65	7	00:53:01.12	00:52:31.47	GENERALI MEDIADOR
380	1079	CRISTINA SANTA	F	44	10	00:53:03.56	00:52:42.04	
381	825	LUIS PINHEIRO	M	47	48	00:53:04.01	00:52:41.75	
382	585	CARLOS SANTOS	M	60	14	00:53:05.32	00:52:17.16	
383	1020	ANTONIO SENA	M	48	49	00:53:05.89	00:52:34.69	CCD TRANQUILIDADE
384	934	LUÍS NUNO OLIVEIRA	M	49	50	00:53:06.01	00:52:54.08	
385	310	LUIS MIGUEL	M	27	81	00:53:08.58	00:51:48.43	
386	251	ANTÓNIO JOAQUIM RIBEIRO VAZ	M	43	68	00:53:11.26	00:52:37.91	
387	930	NUNO VIDEIRA	M	43	69	00:53:18.15	00:52:21.12	
388	682	LUÍS PEDRO AFONSO	M	44	70	00:53:18.22	00:52:21.02	
389	202	ALEXANDRE RIBEIRO	M	47	51	00:53:19.09	00:52:56.27	GRUPO BARRAQUEIRO
390	842	JOÃO PEREIRA	M	56	31	00:53:19.94	00:52:55.60	AC PORTALEGRA
391	537	NUNO GRILO	M	31	82	00:53:20.09	00:53:20.09	
392	741	MÁRIO BRINCA	M	38	42	00:53:20.21	00:53:03.20	VIALONGA RUNNERS
393	734	FÁBIO ALEXANDRE	M	28	83	00:53:20.63	00:52:22.47	
394	371	JORGE PEREIRA	M	50	56	00:53:21.31	00:52:21.96	
395	396	RICARDO ALVES	M	43	71	00:53:21.72	00:52:54.29	GDCT IN CM
396	412	LUIS DAMIÃO	M	52	57	00:53:22.26	00:52:50.63	CCD CRÉDITO AGRÍCOLA
397	136	RUI COELHO	M	39	43	00:53:23.25	00:52:46.74	
398	633	MARGARIDA SIMÃO	F	33	15	00:53:26.01	00:53:19.78	C COLAB AGEAS
399	23	PEDRO BARROSO	M	38	44	00:53:26.76	00:53:14.99	
400	803	JOÃO PEDRO RODRIGUES	M	27	84	00:53:28.97	00:52:49.71	
401	1219	RUI MIRANDA	M	39	45	00:53:32.14	00:52:17.25	FITNESS HUT
402	100	LUIS LOUREIRO	M	39	46	00:53:34.71	00:52:38.96	
403	530	NUNO SALGADO	M	40	72	00:53:35.06	00:53:23.42	CA VALE DE FIGUEIRA
404	16	RUI CARDOSO	M	32	85	00:53:36.47	00:52:33.53	
405	101	LUIS RODRIGUES	M	52	58	00:53:37.13	00:52:49.64	

406	142	CONCEICAO RODRIGUES	F	59	3	00:53:38.23	00:53:26.39	CA VALE FIGUEIRA
407	971	JOÃO SILVA	M	30	86	00:53:38.37	00:53:27.04	GDC BANCO DE PORTUGAL
408	600	ALBERTO ROMÃO	M	57	32	00:53:38.51	00:52:44.32	
409	601	PEDRO ROMÃO	M	57	33	00:53:38.96	00:52:43.81	
410	880	LUÍS MANUEL SOUSA DUARTE	M	72	8	00:53:39.75	00:53:22.17	
411	1266	ÉLIO LAVADO	M	34	87	00:53:44.73	00:52:22.88	
412	1002	RAUL JESUS	M	51	59	00:53:46.33	00:52:34.69	
413	1287	HUGO REBELO	M	45	52	00:53:47.92	00:53:01.94	GENERALI
414	1284	CARLA NEVES	F	44	11	00:53:48.09	00:53:48.09	GENERALI
415	54	MARIA DE LURDES GONÇALVES	F	52	7	00:53:48.79	00:53:26.40	
416	31	RUI FERNANDES	M	32	88	00:53:51.41	00:53:12.04	MARVILA JOVEM
417	38	JOANA ALMEIDA	F	32	16	00:53:51.74	00:53:11.69	
418	106	ARMANDO VALENTE	M	49	53	00:53:51.98	00:53:26.40	
419	619	MANUEL PEREIRA	M	62	15	00:53:54.37	00:53:31.28	
420	926	IOAN MATEI	M	59	34	00:53:54.84	00:53:51.99	
421	906	BRUNO FARIA	M	47	54	00:53:56.05	00:53:47.32	
422	1318	JUN LIANG	F	49	5	00:53:57.15	00:53:40.26	CORRER LISBOA
423	1269	PEDRO CAMPOS	M	37	47	00:53:57.56	00:53:20.86	GENERALI MEDIADOR
424	1317	JORGE SOUSA	M	55	35	00:53:58.42	00:53:41.71	CORRER LISBOA
425	266	PEDRO MANUEL SANTOS	M	40	73	00:53:58.93	00:53:58.93	
426	964	GINA CHEIO	F	48	6	00:54:02.01	00:53:56.71	GDC BANCO DE PORTUGAL
427	1297	PAULO CARDOSO LUIS	M	50	60	00:54:03.42	00:53:16.51	GENERALI
428	1249	MIGUEL MATOS	M	49	55	00:54:06.43	00:53:36.34	CCD TRANQUILIDADE
429	414	NUNO SIMÕES	M	46	56	00:54:06.54	00:53:22.73	CCD CRÉDITO AGRÍCOLA
430	127	AMILCAR MONTEIRO	M	65	9	00:54:06.93	00:54:01.59	
431	884	FERNANDO MONTEIRO	M	48	57	00:54:10.98	00:53:28.79	
432	883	BRUNO MONTEIRO	M	22	89	00:54:11.19	00:53:27.09	
433	863	ANÍBAL FREIRE	M	66	10	00:54:11.52	00:54:11.52	
434	882	LUIS GOUVEIA	M	31	90	00:54:11.57	00:53:11.83	
435	116	LUIS RAPOSO	M	42	74	00:54:13.98	00:54:03.28	FUGASSA
436	854	RUBEN ALMEIDA	M	39	48	00:54:15.79	00:53:46.16	CORREDORES FDS
437	467	SUSANA PÍFANO	F	32	17	00:54:19.74	00:53:53.38	
438	556	PAULO SOARES	M	38	49	00:54:20.08	00:52:50.37	TARTARUGAS GENIAIS
439	729	PAULO LDA	M	48	58	00:54:21.66	00:54:21.66	
440	1239	MIGUEL REIS	M	43	75	00:54:22.97	00:53:12.31	SS CGD
441	831	ELSA SABIDO	F	48	7	00:54:23.09	00:53:56.76	FAM 2 RUN
442	847	ANDRÉ PERNES	M	28	91	00:54:24.42	00:53:25.03	

# 9ª CORRIDA DA

# ÁGUA



10 km  
17 NOV  
2019

443	1276	ANSELMO FERREIRA	M	41	76	00:54:25.91	00:53:12.66	GENERALI MEDIADOR
444	1045	RAFAEL MURTA	M	35	50	00:54:26.69	00:54:05.11	CLUBE ACCENTURE
445	1172	GONÇALO PEREIRA	M	37	51	00:54:28.71	00:54:19.99	OS SILVAS
446	120	TIAGO ALMEIDA	M	32	92	00:54:29.17	00:53:53.20	
447	948	SONIA PINTO	F	49	8	00:54:30.78	00:53:56.91	OS GALGOS
448	1209	EMANUEL MAGALHÃES	M	30	93	00:54:31.27	00:53:14.71	
449	382	HELENA SOUSA	F	40	12	00:54:33.09	00:54:18.32	
450	1374	PEDRO GOUVEIA	M	44	77	00:54:33.62	00:54:24.54	GD EXTERNATO LUZ
451	248	PAULO ALEXANDRE MIRANDA	M	49	59	00:54:33.92	00:54:28.44	
452	250	ANA LOPES	F	50	8	00:54:34.09	00:54:28.37	
453	1016	CARLOS BARGADO	M	54	61	00:54:34.57	00:54:04.49	CCD TRANQUILIDADE
454	1319	BRUNO PIRES	M	38	52	00:54:35.51	00:53:43.99	GDC BANCO DE PORTUGAL
455	618	SÉRGIO VASCO	M	37	53	00:54:37.60	00:53:35.85	
456	602	FRANCISCO COSTA	M	27	94	00:54:40.80	00:53:19.83	
457	813	ROGERIO LUIS	M	48	60	00:54:41.15	00:54:04.68	SS CGD
458	696	MIGUEL DIAS	M	32	95	00:54:47.25	00:53:48.24	ADRC MATA DE BENFICA
459	638	RUI AGUA BOA	M	38	54	00:54:47.32	00:54:27.29	C COLAB AGEAS
460	1334	JOÃO FERREIRA	M	47	61	00:54:51.50	00:54:36.83	GENERALI CLIENTE
461	340	FRANCISCO BANDO	M	68	11	00:54:51.70	00:54:16.25	
462	582	ANTONIO CASAS NOVAS	M	41	78	00:54:52.78	00:53:38.93	PLURAL DREAM TEAM
463	924	SARA GOMES	F	22	18	00:54:53.16	00:54:53.16	CORRER LISBOA
464	1301	FERNANDO AZEVEDO	M	66	12	00:54:54.12	00:53:32.28	
465	1041	JULIO MIRANDA	M	59	36	00:54:54.28	00:54:09.48	CLUBE ACCENTURE
466	1162	PEDRO ESTEVES	M	34	96	00:54:54.89	00:54:47.37	
467	1192	MANUEL VENÂNCIO	M	47	62	00:54:55.70	00:54:48.06	SS MONTEPIO GERAL
468	761	ANIBAL CARVALHO	M	68	13	00:54:56.43	00:54:20.46	
469	339	JOSE MONTEIRO	M	62	16	00:54:57.07	00:54:57.07	
470	182	CARLOS LOPES	M	51	62	00:54:57.14	00:54:42.91	SERRANOS
471	978	NELSON MADEIRA	M	31	97	00:54:57.40	00:54:44.19	GDC BANCO DE PORTUGAL
472	738	NATACHA CABRAL	M	44	79	00:54:57.62	00:54:10.31	OS CORRE PARA COMER
473	956	BRUNO LOURENÇO	M	41	80	00:54:57.89	00:54:10.80	
474	890	MÁRIO NUNES	M	47	63	00:54:57.98	00:54:11.70	GENERALI CLIENTE
475	22	GONÇALO CALISTO	M	41	81	00:54:58.46	00:54:47.17	TEAM FUGASSA
476	1065	PAULA CRISTINA SANTOS ALMEIDA	F	50	9	00:55:00.83	00:54:29.32	CLUBE ANA LISBOA
477	1333	CRISTINA GABRIEL	F	38	5	00:55:01.41	00:54:08.17	SS CGD
478	644	FILIPE GONÇALVES	M	50	63	00:55:01.62	00:54:42.40	
479	1291	CARLOS SANTOS	M	50	64	00:55:02.20	00:54:09.16	

480	214	RAFAEL SANTOS	M	52	65	00:55:02.28	00:54:39.06	CCDT METRO LX
481	785	RITA MELO	F	38	6	00:55:03.69	00:54:59.43	C FERROV PORTUGAL
482	378	EDUARDA ADRIANO	F	45	9	00:55:04.80	00:54:39.21	SUNSET RUNNING TEAM
483	709	ANTÓNIO RODRIGUES	M	43	82	00:55:06.84	00:54:57.74	GOODFELAS
484	256	FERNANDO FARIA	M	57	37	00:55:09.41	00:54:38.63	LINK
485	1190	JAIME GOMES	M	63	17	00:55:12.15	00:54:26.59	SS MONTEPIO GERAL
486	1024	JOAO RAMALHO	M	29	98	00:55:13.81	00:54:31.91	CCD TRANQUILIDADE
487	1375	SERGIO BORGES	M	47	64	00:55:15.01	00:55:15.01	
488	236	CARLOS BRANCO	M	49	65	00:55:15.73	00:55:04.75	LX RUN
489	1001	ARTUR VICENTE	M	62	18	00:55:17.07	00:55:17.07	
490	1195	LUÍS POMBO	M	45	66	00:55:17.36	00:55:08.65	PÉS DE CHUMBO
491	1097	FILIPE AMADO	M	40	83	00:55:18.06	00:55:18.06	GDC BANCO DE PORTUGAL
492	700	ANA MONTEIRO	F	43	13	00:55:18.33	00:55:12.65	
493	596	HENRIQUE COELHO	M	39	55	00:55:21.15	00:55:21.15	OPTICALIA RUNNING TEAM
494	973	CÉLIA MINAU	F	44	14	00:55:21.47	00:55:15.18	GDC BANCO DE PORTUGAL
495	35	ANDRÉ DIONÍSIO	M	32	99	00:55:21.95	00:55:03.62	POWER RUNNER DE ALMADA
496	1272	MARCO FERNANDES	M	31	100	00:55:21.99	00:54:51.82	GENERALI MEDIADOR
497	705	JAIME VEIGA	M	56	38	00:55:22.26	00:54:44.35	
498	955	CARLOS MOREIRA	M	42	84	00:55:23.83	00:54:45.45	
499	43	PAULA CUNHA	F	39	7	00:55:24.60	00:55:13.03	DN RUNNERS
500	1122	ELSA FRANCISCO	F	48	10	00:55:30.13	00:55:19.49	
501	998	MARIANA SARAIVA	F	44	15	00:55:33.61	00:54:21.82	
502	1000	ANA BIVAR	F	40	16	00:55:35.92	00:54:23.76	
503	872	GONÇALO OLIVEIRA	M	57	39	00:55:37.14	00:55:35.22	GDCT UNICRE
504	614	RUI GONCALVES	M	59	40	00:55:37.18	00:55:11.99	
505	835	MAFALDA DIAS	F	32	19	00:55:38.42	00:54:44.43	
506	936	ALBERTO SANTOS	M	58	41	00:55:38.82	00:54:56.12	
507	990	PEDRO LUCAS	M	41	85	00:55:40.05	00:55:11.15	
508	495	GONÇALO TELO	M	28	101	00:55:40.09	00:55:00.79	
509	176	LUÍS MIGUEL BAPTISTA	M	42	86	00:55:40.23	00:55:19.68	AMIGOS DO ORVALHO
510	1027	ANA R PANELA	F	45	11	00:55:41.44	00:55:11.59	CCD TRANQUILIDADE
511	690	LUIA RALHA	F	60	1	00:55:41.75	00:54:46.43	HUT RUNNERS
512	360	PAULO GONÇALVES	M	51	66	00:55:42.69	00:55:42.69	CLUBE NOVO BANCO
513	1074	PEDRO GOMES	M	31	102	00:55:44.07	00:54:32.56	AQUARUNNERS
514	456	JOAQUIM PALMA	M	65	14	00:55:44.74	00:55:37.32	
515	47	JOÃO ALBERTO	M	52	67	00:55:47.26	00:55:28.37	MONTES SALOIOS TRAIL TEAM
516	50	MARISA RIANÇO	F	39	8	00:55:48.76	00:55:29.91	TARTARUGAS SOLIDÁRIAS

# 9ª CORRIDA DA

# ÁGUA



10 km  
17 NOV  
2019

517	517	PAULO SILVA	M	46	67	00:55:50.00	00:54:56.20	BIGROSCAS
518	377	MARIO ALVES	M	64	19	00:55:50.50	00:54:33.17	
519	837	LUIS GRENCHO	M	46	68	00:55:52.20	00:55:04.77	SS MONTEPIO GERAL
520	397	SÓNIA CORREIA	F	43	17	00:55:53.76	00:55:39.45	GDCT IN CM
521	731	PEDRO SIMÃO	M	34	103	00:55:53.97	00:54:50.86	
522	313	JOÃO CARVALHO	M	51	68	00:55:54.01	00:55:23.02	
523	384	LUÍS MIRANDA	M	36	56	00:55:54.68	00:54:57.26	
524	1163	JOSE MAGALHAES	M	52	69	00:55:54.81	00:55:02.21	GENERALI CLIENTE
525	98	TIAGO LUIS	M	34	104	00:55:56.50	00:54:58.66	
526	65	MARIA LUÍSA ALMEIDA	F	43	18	00:55:57.54	00:55:38.48	CORRER QUELUZ
527	1017	ARTUR GAIO	M	36	57	00:55:58.68	00:55:58.68	CCD TRANQUILIDADE
528	1232	JONATHAN APARICIO	M	29	105	00:55:59.92	00:55:59.92	
529	1274	LUIS GODINHO	M	47	69	00:56:00.00	00:56:00.00	CLUBE VODAFONE
530	885	VICTOR RISCADO	M	49	70	00:56:00.04	00:55:22.87	
531	547	NUNO NEVES	M	41	87	00:56:00.71	00:55:25.85	
532	409	PAULO COLAÇO	M	43	88	00:56:03.32	00:55:03.18	BRRNIGHTRUNNERS
533	154	FERNANDO CORREIA	M	52	70	00:56:04.92	00:55:10.49	
534	1354	JOSE FERREIRA	M	46	71	00:56:05.85	00:55:37.79	AMINHACORRIDA
535	359	BRUNO LEMOS	M	35	58	00:56:08.08	00:55:11.44	
536	707	FERNANDO PAIXÃO	M	53	71	00:56:08.78	00:55:59.93	GOODFELAS
537	1103	ANTERO DIAS	M	26	106	00:56:10.33	00:55:30.86	FCA RUNNERS
538	281	ANTONIO FERREIRA	M	31	107	00:56:10.36	00:55:51.15	COXOS DO HOSA E CIA
539	565	ANTONIO FRANCO	M	54	72	00:56:12.30	00:55:06.77	SS MONTEPIO GERAL
540	122	VIOLETA NUNES	F	53	10	00:56:12.50	00:56:12.50	CORRER QUELUZ
541	1010	ANA COELHO	F	44	19	00:56:14.52	00:56:09.00	
542	938	PEDRO PALRÃO	M	53	73	00:56:17.93	00:55:23.68	
543	179	ANTÓNIO FONSECA	M	73	15	00:56:19.38	00:55:54.78	
544	1077	RICARDO GONÇALVES	M	37	59	00:56:19.98	00:56:02.88	AQUARUNNERS
545	927	ANTÓNIO VARELA	M	53	74	00:56:21.29	00:56:12.38	
546	728	BRUNO SILVESTRE	M	28	108	00:56:22.26	00:55:10.97	
547	543	RUI ENCARNACAO	M	42	89	00:56:22.32	00:55:56.63	
548	249	MANUEL ALVES	M	54	75	00:56:22.42	00:56:16.88	
549	581	ISIDRO DIAS	M	47	72	00:56:22.48	00:55:57.24	
550	779	RICARDO SILVA	M	35	60	00:56:23.02	00:55:54.32	
551	59	JOÃO TORRES	M	43	90	00:56:24.23	00:55:15.19	
552	685	FRANCISCO LOURIDO	M	39	61	00:56:25.09	00:55:03.84	
553	48	VALÉRIO PASSARINHO	M	32	109	00:56:26.55	00:55:10.10	

554	72	PEDRO IGREJA	M	40	91	00:56:27.29	00:55:53.06	
555	704	CATIA PINTO	F	37	9	00:56:27.32	00:55:05.82	
556	887	JORGE MONTEIRO	M	52	76	00:56:28.79	00:55:46.73	
557	1332	MANUEL ANASTACIO	M	50	77	00:56:29.03	00:55:44.20	RUN2FINISH
558	569	LUIS FERREIRA	M	65	16	00:56:31.85	00:55:38.76	
559	721	ANA CARREIRA	F	41	20	00:56:32.75	00:56:15.72	
560	443	RUI CASIMIRO	M	46	73	00:56:33.02	00:56:09.80	
561	1335	ISABEL MENDES	F	53	11	00:56:36.62	00:55:54.19	GENERALI MEDIADOR
562	311	FERNANDO MARQUES	M	70	17	00:56:38.00	00:56:38.00	CP EDP CARREGADO
563	942	LUIS ESTORNINHO	M	50	78	00:56:38.26	00:56:05.33	
564	617	PAULA RITA	F	52	12	00:56:38.57	00:56:06.00	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
565	945	ANDRÉ COSTA	M	28	110	00:56:38.77	00:55:27.88	KIRA
566	545	HUGO NICOLAU	M	34	111	00:56:40.65	00:55:59.15	
567	869	KIMBERLEY CORTINA CAMPOS	F	25	20	00:56:41.55	00:56:32.53	RACERS LEGION VALENCIA
568	67	FERNANDO OLIVEIRA	M	44	92	00:56:45.07	00:55:21.88	
569	1372	ATLETA NÃO CADASTRADO	M	0	112	00:56:46.21	00:56:42.95	
570	89	EUCINÁRIO PINHEIRO	M	54	79	00:56:47.69	00:56:45.84	FIDELIDADE GDC
571	860	ANDRÉ COSTA	M	37	62	00:56:48.40	00:55:34.76	
572	510	MARIA MANUELA GONÇALVES	F	51	13	00:56:52.91	00:56:40.23	
573	818	NUNO CAEIRO	M	31	113	00:56:55.29	00:56:55.29	
574	1223	ANA GODINHO	F	49	12	00:56:58.81	00:56:49.78	RUN TEJO
575	542	CARLA NASCIMENTO	F	39	10	00:56:58.84	00:56:58.84	RUN TEJO
576	15	PAULO ANTUNES	M	47	74	00:57:00.60	00:56:41.93	
577	1018	MIGUEL BRANDÃO	M	32	114	00:57:00.75	00:56:28.91	CCD TRANQUILIDADE
578	778	GONÇALO BEIRÃO	M	35	63	00:57:01.32	00:56:31.42	
579	1339	CARLA LOPES	F	0	21	00:57:02.47	00:56:33.09	GENERALI MEDIADOR
580	840	MANUEL GOMES	M	54	80	00:57:03.49	00:57:00.76	CLUBE MARGINAL
581	1247	JOÃO GONÇALVES	M	32	115	00:57:03.55	00:56:49.97	CCD TRANQUILIDADE
582	1033	TAM AFONSO	M	66	18	00:57:03.71	00:56:50.40	CCD TRANQUILIDADE
583	1023	NUNO FRANCO	M	46	75	00:57:06.63	00:56:21.87	CCD TRANQUILIDADE
584	1203	HUGO ROMA	M	43	93	00:57:07.04	00:56:21.74	
585	1213	RITA CERTÃ	F	44	21	00:57:10.64	00:56:19.63	FITNESS HUT
586	181	ODETE FRANCISCO	F	49	13	00:57:12.34	00:56:58.66	SERRANOS
587	1178	JOAO CORREIA	M	58	42	00:57:14.68	00:56:44.14	SS CGD
588	401	CATARINA NICHU	F	53	14	00:57:21.87	00:56:48.39	OS GALGOS
589	77	MIGUEL VIVAS	M	41	94	00:57:22.91	00:56:13.56	
590	893	FERNANDO PIRES	M	52	81	00:57:25.41	00:56:26.09	



591	941	SOFIA ESCARIA	F	23	22	00:57:28.22	00:56:18.96	
592	1340	CARLOS LOPES	F	47	14	00:57:31.05	00:57:01.11	GENERALI MEDIADOR
593	546	PAULO SANTOS	M	32	116	00:57:31.59	00:55:55.74	TARTARUGAS GENIAIS
594	611	DIOGO MARQUES	M	27	117	00:57:31.73	00:56:16.50	
595	1364	ROGERIO DIAS	M	48	76	00:57:31.80	00:57:15.94	GENERALI
596	1271	RICARDO CALDEIRA	M	26	118	00:57:32.43	00:56:47.93	GENERALI MEDIADOR
597	475	SAMUEL MARTINS	M	43	95	00:57:34.02	00:56:14.33	FREE RUNNERS
598	516	IVO MARQUES	M	37	64	00:57:35.27	00:57:29.94	GRUPO BARRAQUEIRO
599	640	SÉRGIO MANUEL RODRIGUES	M	46	77	00:57:38.68	00:57:31.81	C COLAB AGEAS
600	992	SANDRA OLIVEIRA	F	38	11	00:57:38.79	00:57:02.09	
601	1123	JOSE REBELO	M	53	82	00:57:39.61	00:57:35.93	C MILLENNIUM BCP
602	198	JORGE SANTOS	M	54	83	00:57:39.66	00:56:49.48	O DESPERTAR DE CASAL DE CAMBRA
603	845	PATRÍCIA BENTES	F	38	12	00:57:41.57	00:57:41.57	
604	1078	MIGUEL VIVAS	M	27	119	00:57:45.03	00:57:29.77	AQUARUNNERS
605	79	NUNO MARTINS	M	42	96	00:57:46.52	00:56:41.46	
606	792	FERNANDO MARQUES	M	25	120	00:57:54.22	00:57:14.21	XPAND IT
607	1371	ATLETA NÃO CADASTRADO	M	0	121	00:57:54.45	00:57:41.66	
608	117	ANTÓNIO VALE	M	31	122	00:57:54.54	00:57:14.84	CASAL NOT FIT
609	125	SANDRA CARDOSO	F	47	15	00:57:55.07	00:57:30.86	AMCS
610	1104	FILIPE TOMAZ	M	53	84	00:57:55.37	00:57:16.40	FCA RUNNERS
611	137	CÉLIA SILVA	F	43	22	00:57:56.78	00:57:15.23	LINDA A PASTORA SC
612	793	FILIPE SANTOS	M	27	123	00:57:57.96	00:57:18.72	XPAND IT
613	864	CRISTIANO VENTURA	M	47	78	00:57:58.48	00:56:41.53	
614	859	RUI RIBEIRO	M	43	97	00:58:00.35	00:57:00.40	
615	115	JOSUE XAVIER	M	41	98	00:58:01.68	00:57:36.17	CORRER QUELUZ
616	593	MIGUEL MIRANDA	M	35	65	00:58:05.59	00:57:05.40	GRILOS TEAM & ASSOCIADOS
617	591	PEDRO GRILO	M	34	124	00:58:05.73	00:57:06.19	GRILOS TEAM & ASSOCIADOS
618	1138	RAQUEL MENDES	F	43	23	00:58:07.50	00:57:13.85	C MILLENNIUM BCP
619	776	JORGE LOPES	M	53	85	00:58:10.06	00:57:49.44	
620	848	NICOLE VIEIRA	F	28	23	00:58:10.40	00:57:11.41	
621	253	GUILHERME RELVAS	M	24	125	00:58:10.63	00:58:08.29	
622	1142	EDUARDO FERREIRA	M	44	99	00:58:10.95	00:58:10.95	C MILLENNIUM BCP
623	99	MIGUEL GONZALEZ	M	49	79	00:58:11.54	00:57:00.93	A NATUREZA ENSINA
624	1250	RUI SILVA	M	40	100	00:58:11.54	00:57:42.17	CCD TRANQUILIDADE
625	265	MARCOS SERRANO	M	37	66	00:58:13.56	00:56:52.20	
626	334	ANDRÉ LOURENÇO	M	33	126	00:58:14.21	00:57:01.64	NOVENTEIROS
627	539	DIOGO VIEIRA	M	28	127	00:58:15.29	00:57:02.45	NOVENTEIROS

628	194	CARLA PEREIRA	F	48	16	00:58:18.22	00:58:00.43	
629	269	SANDRO PINTO	M	45	80	00:58:18.36	00:57:35.75	RUNLOVERS
630	268	NUNO MARQUES	M	52	86	00:58:18.65	00:57:38.12	RUNLOVERS
631	485	RUI RODRIGUES	M	18	128	00:58:18.72	00:57:50.87	SUNSET RUNNING TEAM
632	165	MARIA SILVIA VIANA	F	41	24	00:58:18.97	00:57:33.19	KER SPORT TRAIL RUNNING
633	364	EDGAR RAMOS	M	46	81	00:58:20.14	00:58:05.14	
634	164	FRANCISCO CERQUEIRA	M	48	82	00:58:20.25	00:57:33.53	KER SPORT TRAIL RUNNING
635	629	JOÃO FILIPE FRADE	M	48	83	00:58:21.01	00:57:59.57	C COLAB AGEAS
636	674	ANTÓNIO BARROSO SALGUEIRO DOS SANTOS	M	51	87	00:58:22.23	00:57:53.50	SUNSET RUNNING TEAM
637	782	BRADLEY PARKER	M	38	67	00:58:22.98	00:57:57.01	
638	1336	CARLOS MENDES	M	39	68	00:58:24.02	00:57:41.11	GENERALI MEDIADOR
639	799	FILIPE MADEIRA	M	43	101	00:58:24.78	00:57:25.94	HUT RUNNERS
640	1328	JOAO VICENTE	M	33	129	00:58:26.54	00:58:16.69	
641	1108	CLAUDIA MADEIRA	F	45	17	00:58:26.64	00:57:26.74	CLUBE TEJO ATLANTICO
642	123	JOÃO VIEIRA	M	41	102	00:58:31.37	00:57:11.23	
643	1152	NUNO MATOS	M	41	103	00:58:31.51	00:57:26.74	C MILLENNIUM BCP
644	900	MARTIM FRANCO	M	34	130	00:58:33.17	00:57:42.77	
645	888	ANTONIO FRANCO	M	62	20	00:58:33.44	00:57:43.25	CORRE PÁ
646	604	MARIA GOMES	F	47	18	00:58:33.84	00:58:01.39	
647	560	RITA CORREIA	F	39	13	00:58:36.02	00:58:15.41	
648	548	JOÃO RAPOSO	M	55	43	00:58:36.18	00:57:48.55	FITHFOX
649	319	JOAQUIM BENTES	M	69	19	00:58:37.16	00:58:17.80	QUARTETO
650	318	ANTONIO RIBEIRO	M	55	44	00:58:37.28	00:58:18.49	QUARTETO
651	20	ANTÓNIO JOSÉ GASPAR POMBINHO	M	62	21	00:58:38.14	00:58:20.80	
652	826	JOANA CARVALHO	F	27	24	00:58:38.93	00:57:27.32	
653	1320	ELISABETE SANTOS	F	40	25	00:58:38.97	00:57:46.94	GDC BANCO DE PORTUGAL
654	575	INES RODRIGUES	F	41	26	00:58:40.14	00:58:07.50	
655	639	RUI FILIPE GARCIA	M	40	104	00:58:41.66	00:58:06.36	C COLAB AGEAS
656	627	FERNANDO JORGE MATIAS	M	63	22	00:58:41.70	00:58:19.12	C COLAB AGEAS
657	1126	ARTUR BOTAO	M	50	88	00:58:42.19	00:58:22.67	C MILLENNIUM BCP
658	141	CLARA MINA	F	58	4	00:58:43.82	00:58:32.31	CA VALE FIGUEIRA
659	449	PAULA SOBRAL	F	47	19	00:58:44.22	00:57:53.56	TARTARUGAS SOLIDÁRIAS
660	754	MARIA SILVA	F	61	2	00:58:45.75	00:57:50.03	HUT RUNNERS
661	177	CÉLIA BAPTISTA	F	42	27	00:58:46.60	00:58:26.49	AMIGOS DO ORVALHO
662	1143	MARIO ROMAO	M	46	84	00:58:47.38	00:58:13.66	C MILLENNIUM BCP
663	508	PAULA MACHADO	F	65	1	00:58:57.17	00:58:46.62	
664	838	LUIS REIS	M	62	23	00:58:57.99	00:58:11.90	SS MONTEPIO GERAL

665	1285	CÉU PARDANA	F	54	15	00:58:59.64	00:58:46.89	GENERALI
666	1283	ANTÓNIO GARCIA	M	45	85	00:58:59.91	00:58:12.01	GENERALI
667	975	CATARINA RAMOS	F	30	25	00:59:00.80	00:58:49.13	GDC BANCO DE PORTUGAL
668	1212	LUÍS CABAÇA	M	42	105	00:59:03.07	00:58:11.48	FITNESS HUT
669	1154	JOSÉ QUARESMA	M	54	89	00:59:04.29	00:58:27.06	
670	167	SANDRA TORRES	F	39	14	00:59:05.80	00:59:05.80	
671	622	ANA PAULA MATIAS	F	54	16	00:59:08.78	00:58:44.68	C COLAB AGEAS
672	952	ANTONIO SILVA	M	43	106	00:59:08.82	00:58:44.99	
673	641	VANDA SEQUEIRA	F	47	20	00:59:09.16	00:58:44.79	C COLAB AGEAS
674	245	MIGUEL REDMONT	M	49	86	00:59:09.52	00:58:18.69	
675	904	DANIELA LETRA	F	29	26	00:59:10.10	00:58:12.43	HUT RUNNERS
676	935	PEDRO PACHECO	M	48	87	00:59:15.79	00:59:02.64	
677	331	ISABEL REDMONT	F	49	21	00:59:16.92	00:58:25.37	
678	139	SARA COLAÇO	F	45	22	00:59:17.37	00:58:10.35	
679	908	PEDRO GOMES	M	25	131	00:59:17.48	00:58:09.18	RUN-MB.IO
680	138	RUI MANUEL VELEZ	M	55	45	00:59:17.67	00:58:10.48	
681	1116	EDUARDO PINTO	M	51	90	00:59:20.93	00:58:42.59	C MILLENNIUM BCP
682	712	PEDRO MELO	M	49	88	00:59:21.37	00:59:09.70	GOODFELAS
683	711	LUÍS REIS	M	34	132	00:59:21.65	00:59:12.04	GOODFELAS
684	898	LUIS MATOS	M	61	24	00:59:23.32	00:58:33.61	
685	80	MARISA NUNES	F	49	23	00:59:24.27	00:58:58.59	SUNSET RUNNING TEAM
686	1302	VITOR BENTO BENTO	M	42	107	00:59:24.52	00:58:26.08	
687	1105	MARINA OLSSON	F	45	24	00:59:24.85	00:58:41.16	
688	294	MARTA RIBEIRO	F	30	27	00:59:25.65	00:58:59.01	TOA - OS QUE LEVAM NA BOCA E ...!
689	1102	LUIS DOMINGUES	M	38	69	00:59:26.65	00:59:26.65	FCA RUNNERS
690	909	GONÇALO MARQUES	M	24	133	00:59:30.24	00:58:21.64	RUN-MB.IO
691	257	ANTÓNIO DIAS	M	55	46	00:59:30.59	00:59:00.94	LINK
692	345	ANTÓNIO HENRIQUES	M	52	91	00:59:35.94	00:59:35.94	FAMILIA HENRIQUES
693	590	JOANA GAROUPA	F	44	28	00:59:36.12	00:59:14.71	GAROUPAS
694	411	JOÃO CAVALEIRO	M	43	108	00:59:38.29	00:58:22.02	CCD CRÉDITO AGRÍCOLA
695	1062	JORGE RODRIGUES	M	58	47	00:59:39.82	00:58:51.88	CLUBE ANA LISBOA
696	1270	ANDRÉ GONÇALVES	M	21	134	00:59:42.30	00:58:59.07	GENERALI MEDIADOR
697	145	CARLOS CAEIRO	M	45	89	00:59:43.58	00:59:31.51	CAEIRO RUN
698	178	MARTA ALVES	F	40	29	00:59:46.12	00:58:43.92	
699	413	MIGUEL VINAGRE	M	44	109	00:59:46.80	00:58:51.31	CCD CRÉDITO AGRÍCOLA
700	410	CARLA DOMINGOS	F	39	15	00:59:46.97	00:58:50.52	CCD CRÉDITO AGRÍCOLA
701	589	MARCIA SILVA JERONYMO	F	42	30	00:59:51.74	00:59:29.60	GAROUPA

702	1368	MILTON PEREIRA	M	32	135	00:59:54.06	00:59:39.74	
703	915	FRANCISCA SILVA	F	36	16	00:59:54.93	00:59:10.35	
704	432	HELENA GRÁCIO	F	54	17	00:59:57.41	00:59:51.91	OS GALGOS DE TANCOS
705	430	JOÃO BAPTISTA	M	51	92	00:59:58.26	00:59:52.92	OS GALGOS DE TANCOS
706	431	CARLOS GRÁCIO	M	57	48	00:59:58.46	00:59:58.46	OS GALGOS DE TANCOS
707	170	EDUARDO BERNARDO	M	48	90	01:00:00.48	00:59:47.67	C MARCHA E CORRIDA DE ODIVELAS
708	169	SUSANA SOUSA	F	44	31	01:00:00.54	00:59:47.86	C MARCHA E CORRIDA DE ODIVELAS
709	910	RODRIGO NEVES	M	32	136	01:00:00.93	00:58:53.21	RUN-MB.IO
710	1184	RITA OLIVEIRA MARTINS	F	46	25	01:00:02.14	00:59:54.50	
711	855	ALICE CIPRIANO	F	34	28	01:00:02.20	00:58:52.55	
712	88	PAULO CRUZ	M	48	91	01:00:02.30	00:59:46.56	FIDELIDADE GDC
713	90	NAYARA PINHEIRO	F	23	29	01:00:02.66	01:00:02.66	FIDELIDADE GDC
714	1313	SÉRGIO ESTANQUEIRO	M	39	70	01:00:02.91	00:59:54.93	
715	195	ANA FILIPA DIAS	F	42	32	01:00:03.46	00:58:59.25	
716	254	DAVID AZEDO	M	31	137	01:00:10.35	00:59:43.70	
717	997	JOÃO COELHO	M	35	71	01:00:12.06	01:00:12.06	
718	933	MÁRIO FERNANDO ESTEVES	M	44	110	01:00:16.00	00:58:59.04	JP
719	466	PAULO DINIS	M	40	111	01:00:16.67	00:59:41.88	
720	1351	TINA OLIVEIRA	F	55	5	01:00:17.68	00:59:29.71	AMINHACORRIDA
721	856	LUÍS BRAZÃO	M	71	20	01:00:17.75	01:00:14.03	FERRARIS DA SERAFINA
722	693	JOÃO RALHA	M	60	25	01:00:21.57	00:59:42.48	RUN 4 FUN
723	330	GONÇALO RATAO	M	18	138	01:00:29.70	00:59:25.96	
724	720	HELIO BALINHA	M	39	72	01:00:31.36	00:59:21.02	
725	426	HUGO MAÇOAS	M	24	139	01:00:33.87	00:59:47.44	
726	1115	LEONEL BRANDAO	M	52	93	01:00:35.39	00:59:23.65	C MILLENNIUM BCP
727	689	TIAGO GALEGO	M	40	112	01:00:37.84	00:59:56.13	
728	667	JOSE BRAVO	M	46	92	01:00:39.54	01:00:22.79	
729	503	DANIELA BRILHANTE	F	33	30	01:00:39.95	00:59:43.91	
730	1231	AGNES KOPPANYI	F	34	31	01:00:42.86	01:00:42.86	RUN TEJO
731	661	JOÃO DIEGUES	M	48	93	01:00:47.92	01:00:00.17	SS MONTEPIO GERAL
732	229	GONCALO SEQUEIRA	M	35	73	01:00:49.59	00:59:19.04	TARTARUGAS GENIAIS
733	1268	SANDRA GONÇALVES	F	46	26	01:00:52.85	01:00:09.50	GENERALI MEDIADOR
734	1277	ESMERALDO GONÇALVES	M	47	94	01:00:53.03	01:00:10.36	GENERALI MEDIADOR
735	1161	CARLOS FERNANDES	M	59	49	01:00:53.72	01:00:19.22	
736	386	AIRES ILDEFONSO	M	64	26	01:00:55.57	00:59:43.83	CABELEIREIRO MODA JOVEM
737	713	MARIA MORADIAS	F	26	32	01:01:01.10	01:00:11.85	
738	440	MANUEL LOPES DA COSTA	M	54	94	01:01:02.59	01:01:02.59	LES SKIEURS

739	1157	NUNO ESGUELHA	M	29	140	01:01:02.73	00:59:35.96	NGM
740	357	ANA ROCHA	F	37	17	01:01:06.36	01:00:31.30	
741	787	NEVES SILVA	M	66	21	01:01:11.14	01:00:49.70	C FERROV PORTUGAL
742	1081	VITOR SANTOS	M	40	113	01:01:12.98	01:00:00.14	
743	1187	ALEXANDRA PINTO	F	44	33	01:01:13.01	00:59:56.06	CLÍNICA DR CAUTELA
744	1361	MARGARIDA ALMEIDA	F	38	18	01:01:13.67	01:00:32.13	OS FRAQUINHOS
745	981	CASIMIRO RAMOS	M	57	50	01:01:13.74	01:01:01.91	GDC BANCO DE PORTUGAL
746	1185	BRUNO COSTA	M	35	74	01:01:16.58	01:00:41.57	
747	146	FLAVIO MARTINS	M	33	141	01:01:18.09	01:00:20.39	
748	1132	MARIA NOBRE	F	51	18	01:01:19.14	01:00:25.29	C MILLENNIUM BCP
749	737	NUNO DANTAS	M	45	95	01:01:19.30	01:00:34.87	OS CORRE PARA COMER
750	688	TÂNIA CARMO	F	33	33	01:01:20.02	01:00:39.05	
751	878	VITOR PEREIRA	M	50	95	01:01:20.68	01:01:20.68	
752	874	CARLOS VIEGAS	M	61	27	01:01:23.19	01:01:20.53	GDCT UNICRE
753	459	LUCIANO REIS	M	59	51	01:01:24.61	01:00:11.40	
754	983	CLOÉ MAGALHÃES	F	34	34	01:01:26.42	01:01:11.96	GDC BANCO DE PORTUGAL
755	348	PEDRO PAULO	M	43	114	01:01:29.08	01:00:27.72	
756	940	VITOR ESCARIA	M	49	96	01:01:31.18	01:00:21.06	
757	349	ANNA PEZZAROSSA	F	37	19	01:01:33.44	01:00:32.51	
758	597	PEDRO VIEIRA	M	39	75	01:01:34.56	01:00:41.68	OPTICALIA RUNNING TEAM
759	1129	VIRGILIO FERREIRA	M	65	22	01:01:37.50	01:00:27.22	C MILLENNIUM BCP
760	1282	SERGIO KRITHINAS	M	40	115	01:01:37.96	01:00:12.10	
761	891	CARLA NUNES	F	41	34	01:01:38.56	01:00:55.05	GENERALI CLIENTE
762	832	ALICE FRANÇA	F	41	35	01:01:39.52	01:01:07.39	
763	752	MARIA TERESA CUNHA	F	39	20	01:01:39.90	01:01:08.24	
764	821	NADIA MIRANDA	F	42	36	01:01:46.31	01:01:24.89	
765	921	LUIS SOUSA	M	49	97	01:01:50.01	01:01:10.87	
766	157	PEDRO FERREIRA	M	35	76	01:01:50.20	01:00:48.87	
767	416	RUI FRANGO	M	53	96	01:01:50.24	01:01:22.81	COO
768	85	CÉSAR GUERRA	M	50	97	01:01:51.38	01:00:22.83	CT
769	1164	CARLA MONTEIRO	F	44	37	01:01:53.50	01:01:47.12	GENERALI CLIENTE
770	753	TIAGO FERNANDES	M	35	77	01:01:55.00	01:01:05.68	
771	1315	GONÇALO SIMÕES	M	48	98	01:01:56.10	01:00:41.30	
772	442	CARLA GEADA	F	22	35	01:01:58.46	01:01:34.73	
773	816	PAULA GEADA	F	49	27	01:01:58.50	01:01:35.08	
774	1073	PEDRO ANTUNES	M	43	116	01:02:00.06	01:00:46.83	AQUARUNNERS
775	1344	SÉRGIO BENTO	M	33	142	01:02:01.54	01:01:32.77	GENERALI

776	388	AMÉRICO LANÇA	M	41	117	01:02:03.42	01:01:34.76	GDCT IN CM
777	786	JACINTA ALMEIDA	F	56	6	01:02:04.37	01:01:17.18	C FERROV PORTUGAL
778	1177	DORA PIRES	F	53	19	01:02:08.66	01:02:02.45	SS CGD
779	156	CARLOS FRANCO	M	48	99	01:02:15.23	01:01:09.37	
780	17	MARISA ALCÁCER	F	37	21	01:02:15.41	01:01:13.06	
781	1109	CARLOS BERNARDO	M	51	98	01:02:15.53	01:01:14.53	CLUBE TEJO ATLANTICO
782	1210	SUSANA GOUVEIA	F	44	38	01:02:15.65	01:02:09.51	
783	499	NINA HONRADO	F	30	36	01:02:15.72	01:01:19.37	
784	105	CARLA CARDOSO	F	45	28	01:02:16.09	01:01:52.49	
785	241	CÉLIA CATARINO	F	52	20	01:02:16.49	01:01:51.41	
786	571	MARIA LUZ RODRIGUES	F	65	2	01:02:17.94	01:02:17.94	UGC RUNNERS
787	32	NEIDE GUERREIRO	F	66	3	01:02:20.65	01:01:59.65	
788	1175	VANESSA BORGES	F	43	39	01:02:23.84	01:01:07.07	
789	1275	JOAO GOMES	M	39	78	01:02:30.46	01:02:30.46	GENERALI MEDIADOR
790	599	BRUNO PIEGAS	M	42	118	01:02:31.92	01:01:38.89	OPTICALIA RUNNING TEAM
791	925	FILIPE JUNOT	M	37	79	01:02:41.17	01:02:28.96	
792	1072	JOAO BRITES	M	50	99	01:02:41.69	01:01:27.87	AQUARUNNERS
793	527	ELISABETE ÁGUAS	F	54	21	01:02:42.22	01:01:48.04	CCD O ALVITEJO
794	814	SERGIO AMARAL	M	43	119	01:02:42.98	01:01:58.33	SS CGD
795	573	ANDRE MORGADO	M	73	23	01:02:52.37	01:02:34.63	UGC RUNNERS
796	572	JOÃO SEQUEIRA	M	44	120	01:02:54.16	01:02:54.16	UGC RUNNERS
797	1076	EDUARDO B DUARTE	M	63	28	01:02:54.43	01:01:39.16	AQUARUNNERS
798	1233	ANDRE NORONHA	M	55	52	01:02:54.86	01:02:11.96	SS CGD
799	477	MARIO LUIS RIBEIRO GONZAGA SOUSA	M	45	100	01:02:55.88	01:02:47.80	CAPTAIN FLY
800	836	CLAUDIA GRENCHO	F	46	29	01:02:59.03	01:02:11.15	SS MONTEPIO GERAL
801	158	TIAGO SILVA	M	42	121	01:03:00.11	01:01:59.10	
802	1191	ALEXANDRA BAPTISTA	F	44	40	01:03:03.56	01:02:55.75	SS MONTEPIO GERAL
803	947	MONICA SOUSA	F	42	41	01:03:06.36	01:02:32.76	OS GALGOS
804	58	ANA COSTA	F	44	42	01:03:14.49	01:02:05.18	
805	676	ANA ISABEL LOPES	F	49	30	01:03:14.53	01:02:46.48	SUNSET RUNNING TEAM
806	658	NUNO TRINDADE	M	38	80	01:03:15.68	01:02:27.03	SEXY MALO RUNNERS
807	1004	SOFIA SIMÕES	F	48	31	01:03:17.72	01:02:03.38	
808	999	CRISTINA CHAVES	F	50	22	01:03:17.91	01:02:06.06	
809	578	ANTÓNIO CAEIRO	M	44	122	01:03:22.22	01:02:21.32	
810	464	MIGUEL GARCIA	M	32	143	01:03:22.94	01:02:36.09	
811	465	JOANA CAPRICHOSO	F	30	37	01:03:23.65	01:02:36.13	
812	393	MAURO LANÇA	M	42	123	01:03:25.25	01:02:57.53	GDCT IN CM

813	1174	ANA RAMOS	F	44	43	01:03:33.73	01:02:17.15	
814	1294	MARTA DE SOUSA	F	51	23	01:03:37.21	01:02:52.47	GENERALI
815	968	MÓNICA MIRA	F	34	38	01:03:40.22	01:02:45.55	GDC BANCO DE PORTUGAL
816	1234	CLAUDIA LOURENCO	F	48	32	01:03:41.59	01:02:57.91	SS CGD
817	407	BRUNO FERREIRA	M	28	144	01:03:41.65	01:02:34.82	
818	570	OLGA FIGUEIREDO	F	45	33	01:03:43.74	01:03:24.49	UGC RUNNERS
819	375	TANIA DE SALES	F	42	44	01:03:46.34	01:02:54.45	
820	376	DORA ESTEVES	F	37	22	01:03:46.46	01:02:54.92	PUMP RUNNERS
821	1238	CRISTIANA ALMEIDA	F	55	7	01:03:50.62	01:03:06.41	SS CGD
822	1214	JOAO CAMPOS	M	47	101	01:03:50.83	01:02:40.76	FITNESS HUT
823	1036	CATARINA SANTOS	F	30	39	01:03:51.00	01:03:51.00	CLUBE ACCENTURE
824	654	JOÃO LOPES	M	32	145	01:03:51.31	01:03:51.31	SEXY MALO RUNNERS
825	270	NUNO ANASTACIO	M	40	124	01:03:51.31	01:03:10.97	RUNLOVERS
826	747	ELSA ALVES	F	37	23	01:04:06.33	01:03:36.44	
827	714	JOAQUIM JOSÉ SOBREIRA NUNES	M	52	100	01:04:06.55	01:03:36.66	
828	1056	PALMIRA RIBEIRO	F	51	24	01:04:07.33	01:03:52.80	SEASIDE
829	588	ANTÓNIO JUBILADO	M	62	29	01:04:07.50	01:03:05.11	
830	775	HUGO COSTA	M	40	125	01:04:07.90	01:03:01.25	
831	702	ANABELA LUIS	F	52	25	01:04:24.12	01:04:17.68	RUNNING CLUB SANTA CASA
832	1021	LUIS PALMEIRO	M	50	101	01:04:25.37	01:03:56.58	CCD TRANQUILIDADE
833	1071	ANA A CRUZ	F	44	45	01:04:29.85	01:03:25.16	
834	1069	CARLOS L DOMINGOS	M	43	126	01:04:31.73	01:03:25.99	
835	822	MARIA JOÃO RIBEIRO	F	34	40	01:04:35.32	01:03:53.46	
836	1038	FILIPE FAUSTINO	M	39	81	01:04:36.96	01:04:36.96	CLUBE ACCENTURE
837	1151	JOAO SEBORRO	M	52	102	01:04:40.11	01:03:44.45	C MILLENNIUM BCP
838	326	FRANCISCO VIEIRA	M	37	82	01:04:53.67	01:03:47.49	
839	247	PATRÍCIA PRIMO	F	33	41	01:04:53.91	01:03:47.33	
840	620	ISABEL MAGALHÃES	F	63	3	01:04:54.44	01:04:20.32	
841	235	SOFIA SANTOS	F	33	42	01:04:55.00	01:04:55.00	
842	246	TERESA PEREIRA	F	44	46	01:04:55.80	01:03:53.55	
843	1127	PAULO GONCALVES	M	46	102	01:04:57.00	01:04:18.54	C MILLENNIUM BCP
844	988	MARCO CAMOES	M	27	146	01:04:57.50	01:03:47.53	
845	56	CATIA LOPES	F	34	43	01:04:57.81	01:03:48.58	
846	332	SAMUEL MOREIRA	M	31	147	01:04:58.74	01:03:45.53	NOVENTEIOS
847	333	CÁTIA QUEIMADELAS	F	30	44	01:04:58.74	01:03:44.70	NOVENTEIOS
848	528	VÍTOR RODRIGUES	M	52	103	01:05:00.85	01:04:06.28	CCD O ALVITEJO
849	317	INÉS PINTO	F	29	45	01:05:02.73	01:04:29.60	SHARKS

850	316	BRUNO BRANCO	M	28	148	01:05:02.92	01:04:29.40	SHARKS
851	217	MANUEL SEQUEIRA	M	69	24	01:05:04.62	01:04:33.78	
852	944	SARA AMORIM	F	29	46	01:05:10.07	01:03:57.44	KIRA
853	185	SUSAN PEREIRA	F	43	47	01:05:16.98	01:04:37.11	OS INTERNACIONAIS
854	186	JOÃO TOMÁS	M	64	30	01:05:17.14	01:04:36.43	OS INTERNACIONAIS
855	131	ANA MOTA	F	47	34	01:05:18.27	01:04:38.03	OK RUNNERS
856	1067	ANA C VIEIRA	F	43	48	01:05:20.60	01:04:15.04	EPAL
857	224	RAÚL COSTA	M	59	53	01:05:20.76	01:05:04.00	CLUBE ROBBIALAC
858	227	MARIA SOUSA	F	50	26	01:05:20.76	01:05:04.00	CLUBE ROBBIALAC
859	314	JOÃO AZEDO	M	57	54	01:05:25.29	01:04:57.93	
860	1046	TIAGO PINHAL	M	43	127	01:05:33.72	01:04:39.61	
861	1047	SHEILA SOBRAL	F	43	49	01:05:34.45	01:04:39.56	
862	496	SORAIA PAULO	F	27	47	01:05:36.11	01:04:55.03	
863	497	MARIANA PAULO	F	27	48	01:05:37.48	01:04:56.40	
864	493	CARMEL SHARKEY	F	55	8	01:05:40.18	01:05:12.52	
865	417	NICOLAU FURTADO	M	55	55	01:05:44.02	01:05:09.77	
866	365	FERNANDO ALVES	M	62	31	01:05:45.15	01:05:31.57	
867	203	JOSÉ DIAS	M	62	32	01:05:47.19	01:05:21.46	GRUPO BARRAQUEIRO
868	1022	JOAO SERRA	M	47	103	01:05:51.01	01:05:37.86	CCD TRANQUILIDADE
869	1025	ISABEL MOTA	F	46	35	01:05:51.32	01:05:37.52	CCD TRANQUILIDADE
870	740	PAULA COSTA	F	46	36	01:05:51.88	01:05:51.88	
871	1264	LISA AZEVEDO	F	24	49	01:05:52.05	01:05:52.05	MANAS
872	1369	ANDRÉ MARQUES	M	37	83	01:05:56.66	01:05:56.66	ADRC MATA DE BENFICA
873	216	ANTÓNIO LOPES	M	65	25	01:05:57.43	01:04:38.07	
874	434	MARISA MARTINS	F	43	50	01:05:58.43	01:05:01.74	
875	1265	SIRA AZEVEDO	F	31	50	01:06:00.15	01:04:54.54	MANAS
876	1159	MIGUEL PESSOA	M	25	149	01:06:01.25	01:04:34.44	NGM
877	1158	GONÇALO LEAL	M	30	150	01:06:01.57	01:04:34.89	NGM
878	828	SÓNIA DIAS	F	42	51	01:06:01.74	01:05:55.46	
879	1362	TANIA LAVRA	F	42	52	01:06:02.29	01:05:20.77	OS FRAQUINHOS
880	625	CATARINA MORGADO FIGUEIRA	F	41	53	01:06:05.40	01:05:29.33	C COLAB AGEAS
881	655	MONICA BERNARDO	F	28	51	01:06:08.77	01:05:20.18	SEXY MALO RUNNERS
882	207	ANA CARVALHO	F	40	54	01:06:09.96	01:05:07.56	
883	205	JOSE TORGAL	M	42	128	01:06:10.00	01:05:07.31	
884	913	MARCO CASTANHEIRA	M	41	129	01:06:10.00	01:06:10.00	RUN-MB.IO
885	536	JOÃO SANTOS	M	27	151	01:06:14.08	01:05:09.95	
886	592	MAFALDA GRILO	F	24	52	01:06:14.30	01:05:11.43	GRILOS TEAM & ASSOCIADOS



**9ª CORRIDA DA****ÁGUA****10 km**  
**17 NOV**  
**2019**

887	18	JOANA DARC CHOURIÇO	F	56	9	01:06:15.78	01:06:05.81	RUNNING CLUB SANTA CASA
888	804	FILIPA FERREIRA	F	28	53	01:06:17.09	01:05:35.74	
889	473	BERNARDO LOBO	M	47	104	01:06:17.71	01:06:17.71	
890	1206	CLARA MARIA CORREIA PESTANA	F	33	54	01:06:18.57	01:06:06.76	GUANACOS
891	1242	LUIZ PEREIRA	M	39	84	01:06:19.97	01:05:23.72	
892	1241	CATIA RAMOS	F	39	24	01:06:21.58	01:06:21.58	
893	777	CARLOS SERAFIM	M	35	85	01:06:23.44	01:05:54.86	
894	717	NARENDRA GINA	M	44	130	01:06:24.90	01:05:16.56	ADRC MATA DE BENFICA
895	991	OLIVIA KPAKPO	F	37	25	01:06:29.80	01:06:29.80	
896	385	DALILA ARAÚJO	F	31	55	01:06:31.84	01:06:15.65	VIALONGA RUNNERS
897	1316	MAFALDA MOURA	F	45	37	01:06:32.43	01:05:19.59	
898	958	RAQUEL VIEIRA	F	38	26	01:06:37.77	01:06:20.50	
899	807	ANA CALINAS	F	47	38	01:06:41.62	01:06:41.62	SS CGD
900	1227	LUIZA FIGUEIRA	F	48	39	01:06:44.15	01:06:44.15	RUN TEJO
901	97	JOAO RICARDO SERRA	M	44	131	01:06:46.64	01:06:22.23	
902	1173	ANA ROBIN ANDRADE	F	42	55	01:06:51.18	01:05:32.86	
903	111	FILIPA REIS	F	43	56	01:06:57.95	01:06:57.95	SUNSET RUNNING TEAM
904	1086	PAULO J LOURENÇO	M	53	104	01:06:58.00	01:06:58.00	EPAL
905	540	SONIA FERNANDES	F	41	57	01:07:06.81	01:06:08.88	CA VALE FIGUEIRA
906	258	JOÃO JORGE	M	34	152	01:07:10.43	01:06:43.88	LINK
907	213	ORLANDO SOUSA	M	57	56	01:07:10.46	01:06:35.33	CCDT METRO LX
908	905	RITA OLIVEIRA	F	30	56	01:07:11.95	01:07:11.95	
909	902	MIGUEL VALE	M	46	105	01:07:11.95	01:06:03.56	MMV ADVOGADOS
910	871	PEDRO SARRASQUEIRO	M	39	86	01:07:18.04	01:07:18.04	GDCT UNICRE
911	876	PAULO FRANÇA	M	57	57	01:07:18.40	01:07:18.40	GDCT UNICRE
912	870	BENTO CORREIA	M	58	58	01:07:18.45	01:07:14.85	GDCT UNICRE
913	866	JOSÉ CATITA	M	61	33	01:07:20.65	01:06:27.26	
914	1029	CLAUDIA TAM	F	37	27	01:07:21.31	01:06:28.22	CCD TRANQUILIDADE
915	621	ANA MARIA GUIMARÃES	F	62	4	01:07:23.87	01:06:57.23	C COLAB AGEAS
916	630	JOÃO PAULO PINTO	M	33	153	01:07:24.20	01:06:57.69	C COLAB AGEAS
917	1311	JORGE MARTINS	M	41	132	01:07:26.39	01:06:27.75	CA VALE FIGUEIRA
918	624	CATARINA CARAS-ALTAS	F	46	40	01:07:29.41	01:06:24.63	C COLAB AGEAS
919	124	CARLA VIEIRA	F	41	58	01:07:32.34	01:06:11.65	
920	242	TANIA DIMAS	F	49	41	01:07:34.40	01:07:10.28	
921	912	PEDRO FIALHO	M	24	154	01:07:35.11	01:06:27.10	RUN-MB.IO
922	829	ANA PAULA PARRACHO	F	53	27	01:07:35.60	01:07:13.68	CCD SIEMENS
923	736	SONIA QUINTAS	F	44	59	01:07:35.80	01:07:13.62	CCD SIEMENS

924	839	FRANCISCO COITO	M	67	26	01:07:37.93	01:07:28.51	CLUBE MARGINAL
925	219	MARIA TEIXEIRA	F	46	42	01:07:39.67	01:06:28.00	ALGYMNS
926	985	JOAQUIM MATOS	M	37	87	01:07:43.02	01:06:25.51	PALMELENSE FC
927	953	CLÁUDIA PIMENTA	F	38	28	01:07:46.34	01:07:36.92	OS SILVAS
928	133	FERNANDO CAEIRO	M	49	106	01:07:50.21	01:06:29.83	
929	134	MARIA SANCHES	F	47	43	01:07:50.35	01:07:50.35	
930	421	EDUARDO RUI MAIA PINTO	M	66	27	01:07:50.68	01:07:38.17	
931	917	JOSÉ GALVEIA	M	67	28	01:07:54.68	01:06:46.17	NAVIGATOR CLUBE SETÚBAL
932	1012	EDUARDO LOPES	M	51	105	01:07:57.77	01:06:56.84	GENERALI CLIENTE
933	37	ANDREIA FILIPA ALMEIDA	F	29	57	01:07:58.91	01:07:19.92	
934	763	MATILDE MENAS	F	18	58	01:08:00.13	01:06:54.78	ACADEMIA D'ESTRELAS
935	220	ELISABETH LOUREIRO	F	63	5	01:08:00.76	01:06:51.18	ALGYMNS
936	309	SARA LOURENÇO	F	43	60	01:08:02.68	01:06:55.50	WECANIT
937	987	MIGUEL SILVA	M	25	155	01:08:07.06	01:06:55.62	UBUS
938	609	CATARINA SOUSA	F	41	61	01:08:15.87	01:06:56.52	AD METAM
939	480	MARGARIDA BAJANCA	F	52	28	01:08:16.01	01:06:56.46	AD METAM
940	610	TINA ALMEIDA	F	45	44	01:08:16.21	01:06:57.98	AD METAM
941	483	DORA FERNANDES	F	44	62	01:08:16.51	01:06:57.11	
942	102	JOSE M M HENRIQUES	M	54	106	01:08:16.64	01:06:57.60	AD METAN
943	846	PEDRO MARIANO	M	34	156	01:08:17.07	01:08:00.93	
944	1346	PEDRO MANSO	M	33	157	01:08:17.50	01:06:54.94	GENERALI
945	812	PAULO ANDRADE	M	48	107	01:08:17.57	01:06:58.90	SS CGD
946	260	JOSÉ SIMÕES	M	57	59	01:08:17.92	01:08:06.04	
947	1098	CLAUDIA FLORENTIM	F	41	63	01:08:18.62	01:08:07.25	GDC BANCO DE PORTUGAL
948	267	JOÃO PAULO	M	37	88	01:08:19.08	01:07:18.22	
949	1165	VERA LIMA	F	47	45	01:08:19.98	01:08:01.89	GENERALI CLIENTE
950	201	JORGE BAPTISTA	M	64	34	01:08:21.49	01:07:18.38	
951	526	JOÃO RITO	M	61	35	01:08:29.04	01:07:10.41	
952	225	JOSÉ VILELA	M	55	60	01:08:33.39	01:08:27.24	CLUBE ROBBIALAC
953	795	PAULA BRAZ	F	33	59	01:08:43.47	01:08:04.94	XPAND IT
954	471	LUCINDA REIS	F	58	10	01:08:49.43	01:08:49.43	
955	514	CÁTIA RODRIGUES	F	37	29	01:08:53.22	01:08:00.30	GDCF RUNNING TEAM
956	529	VERA MATOS	F	29	60	01:08:53.52	01:08:01.61	
957	1028	ANA CANAVEIRA	F	52	29	01:08:59.79	01:08:37.39	CCD TRANQUILIDADE
958	755	VANDA SOARES	F	41	64	01:09:00.29	01:08:02.41	HUT RUNNERS
959	482	PAULA SILVA	F	48	46	01:09:00.46	01:08:07.12	
960	1200	FABIO BAGAGEM	M	33	158	01:09:06.43	01:08:09.18	

961	1199	ANA ROCHA	F	36	30	01:09:06.70	01:08:09.88	
962	370	FERNANDO CHAMBEL	M	53	107	01:09:07.27	01:07:43.82	UDFAC
963	701	RICARDO CARVALHO	M	39	89	01:09:11.87	01:08:55.17	ANACONDAS
964	276	MAYER RAPOSO	M	72	29	01:09:13.85	01:08:19.47	AA LEBRES DO SADO
965	484	PEDRO ALFERES SANTOS	M	55	61	01:09:13.96	01:09:13.96	
966	538	FILIPA JERONIMO	F	44	65	01:09:15.46	01:07:55.51	
967	1312	RICARDO NOGUEIRA	M	27	159	01:09:17.15	01:08:06.26	UBUS
968	199	VITOR NUNES	M	51	108	01:09:18.37	01:09:18.37	O DESPERTAR DE CASAL DE CAMBRA
969	606	TELMA ABREU	F	31	61	01:09:32.54	01:09:27.92	RUNNING CLUB SANTA CASA
970	354	ANDRÉ FILIPE SOUSA	M	28	160	01:09:49.75	01:09:34.31	VIALONGA RUNNERS
971	108	MARGARIDA RITO	F	31	62	01:09:54.13	01:08:35.41	
972	726	OCTÁVIO AMARO	M	38	90	01:09:56.44	01:08:58.70	HUT RUNNERS
973	744	CARLA MARQUES	F	43	66	01:09:58.12	01:08:59.88	HUT RUNNERS
974	166	PAULO CURTO DE SOUSA	M	53	109	01:09:58.99	01:09:19.88	RUN 4 FUN
975	391	CRISTINA RAINHA	F	51	30	01:09:59.14	01:09:27.07	GDCT IN CM
976	128	MADALENA ESTÊVÃO	F	48	47	01:10:11.91	01:09:06.40	
977	172	DIOGO CID	M	30	161	01:10:15.42	01:09:23.40	
978	366	LUIS DIAS	M	48	108	01:10:15.58	01:08:51.57	UDFAC
979	889	JOSE BATISTA	M	67	30	01:10:16.19	01:09:27.75	
980	1257	SÉRGIO VENTURA	M	37	91	01:10:23.21	01:09:56.51	GENERALI
981	1343	MARISA VENTURA	F	36	31	01:10:23.32	01:09:56.79	GENERALI
982	679	MARIA SAMPAIO	F	42	67	01:10:28.05	01:09:38.10	
983	758	JÉSSICA PERFEITO	F	26	63	01:10:34.13	01:09:13.79	SISCOG
984	923	SÉRGIO CASTILHO	M	27	162	01:10:34.36	01:10:34.36	
985	725	PEDRO ANTÃO	M	29	163	01:10:40.20	01:09:43.48	HUT RUNNERS
986	756	ELIANA SALES	F	32	64	01:10:40.50	01:09:42.65	HUT RUNNERS
987	1330	HELDER RODRIGUES	M	46	109	01:10:40.77	01:09:51.23	
988	424	PEDRO ANTUNES	M	32	164	01:10:41.62	01:10:03.57	
989	498	MANUEL PAIVA	M	57	62	01:10:44.36	01:10:10.11	
990	11	JOHNNY THOMASSEN	M	59	63	01:10:45.85	01:10:05.12	
991	586	FRANCISCO RIBEIRO	M	68	31	01:10:50.69	01:09:39.94	ADRC MATA DE BENFICA
992	1355	JOAO RIBEIRO	M	40	133	01:11:07.18	01:11:07.18	AMINHACORRIDA
993	806	ALEXANDRA FERNANDES	F	48	48	01:11:10.04	01:10:27.89	ATIVO TEAM RUNNING
994	805	NUNO FERNANDES	M	48	110	01:11:10.25	01:10:28.85	ATIVO TEAM RUNNING
995	918	ALTINO SILVA	M	75	32	01:11:13.54	01:10:42.17	CP IVA
996	920	SANDRA SILVA	F	47	49	01:11:13.87	01:10:41.01	CP IVA
997	745	SÍLVIA SOUSA	F	37	32	01:11:15.62	01:10:16.43	

998	772	VASCO FERREIRA	M	46	111	01:11:20.45	01:11:14.10	
999	161	FLÁVIO FERREIRA	M	37	92	01:11:32.13	01:10:29.12	
1000	901	INÊS MENDONÇA	F	41	68	01:11:35.25	01:10:26.38	MMV ADVOGADOS
1001	1099	MANUEL LIMA	M	57	64	01:12:02.48	01:11:49.68	TRILHOS NOCTURNOS TEAM RUNNING
1002	91	TÂNIA GUERREIRO	F	45	50	01:12:14.54	01:12:13.33	FIDELIDADE GDC
1003	286	TATIANA ILDEFONSO	F	37	33	01:12:21.49	01:11:11.62	COXOS DO HOSA E CIA
1004	1194	RAFAEL SIMÕES	M	27	165	01:12:21.62	01:11:09.49	UBUS
1005	454	JOSÉ ALIPIO	M	62	36	01:12:31.57	01:12:24.50	
1006	298	JOAO GARIZO	M	49	112	01:12:38.07	01:12:09.44	LOBOS
1007	299	SANDRA CABAÇO	F	47	51	01:12:38.14	01:12:09.73	LOBOS
1008	977	ISA MADEIRA	F	28	65	01:12:40.12	01:12:27.11	GDC BANCO DE PORTUGAL
1009	218	ARTUR DINIS	M	62	37	01:12:59.97	01:11:50.53	ALGYMNS
1010	329	SUSANA MARIA	F	48	52	01:13:03.50	01:11:59.00	
1011	598	CRISTÓVÃO SILVA	M	45	113	01:13:04.75	01:12:14.51	OPTICALIA RUNNING TEAM
1012	511	HELENA PRATA	F	51	31	01:13:26.57	01:12:58.77	
1013	114	TANAMARA SANTOS	F	40	69	01:13:39.57	01:13:14.38	
1014	278	FRANCISCO COSTA	F	38	34	01:13:41.23	01:13:41.23	COXOS DO HOSA E CIA
1015	390	ANTÓNIO NASCIMENTO	M	78	33	01:13:41.89	01:12:59.41	GDCT IN CM
1016	881	JOAO LANDEIRO	M	73	34	01:13:51.84	01:12:33.79	
1017	1053	PEDRO BATISTA	M	43	134	01:13:52.12	01:13:21.29	SEASIDE
1018	1050	SUSANA FREITAS	F	42	70	01:13:53.11	01:13:23.48	SEASIDE
1019	468	RICARDO FIGUEIREDO	M	50	110	01:13:57.26	01:13:02.02	
1020	861	FILIPA CORREIA	F	27	66	01:14:14.58	01:13:21.92	PIPZCORREIAZ
1021	289	CARLOS NETO	M	43	135	01:14:21.88	01:14:02.99	COXOS DO HOSA E CIA
1022	681	INÊS RODRIGUES	F	49	53	01:14:37.26	01:13:46.27	
1023	894	ANA SOARES	F	52	32	01:14:40.94	01:13:40.34	
1024	1323	MARIA SERRA	F	25	67	01:14:42.27	01:14:28.31	
1025	919	RICARDO FONSECA	M	43	136	01:14:42.57	01:14:10.74	CP IVA
1026	447	SÓINIA ROLIM	F	53	33	01:14:49.67	01:14:36.01	
1027	671	TERESA PEREIRA	F	37	35	01:15:05.32	01:14:14.07	
1028	668	DELFINA PEREIRA	F	47	54	01:15:10.63	01:15:10.63	
1029	1066	MONICA GRAÇA	F	43	71	01:15:26.88	01:14:20.69	EPAL
1030	723	PEDRO COSTA	M	46	114	01:15:42.78	01:14:58.75	
1031	425	PAULO DELICADO	M	49	115	01:15:42.94	01:14:57.95	
1032	296	FERNANDA VIEIRA	F	45	55	01:15:51.82	01:14:49.17	BARREIRO NIGHT RUNNER'S
1033	1019	JOAO RIBEIRO	M	55	65	01:15:56.65	01:15:27.91	CCD TRANQUILIDADE
1034	1359	LUIZA MADEIRA	F	41	72	01:16:08.46	01:15:27.68	OS FRAQUINHOS

1035	438	MANUEL CORREIA	M	46	116	01:16:13.30	01:16:02.50	LES SKIEURS
1036	1329	SUSANA SOUSA	F	44	73	01:16:15.32	01:15:26.07	
1037	437	GABRIELA MARTINS	F	45	56	01:16:19.63	01:16:09.52	LES SKIEURS
1038	1011	ANA CALAFATE	F	52	34	01:16:19.65	01:15:19.87	GENERALI CLIENTE
1039	363	CATARINA PEDREIRA	F	21	68	01:16:19.76	01:16:00.31	
1040	1039	INES FERREIRA	F	27	69	01:16:32.05	01:16:32.05	CLUBE ACCENTURE
1041	1360	EDUARDO MADEIRA	M	42	137	01:16:56.17	01:16:13.78	OS FRAQUINHOS
1042	1240	CLAUDIA FREITAS	F	44	74	01:17:23.65	01:16:43.08	VIMEIRO
1043	1186	ANDREIA DUARTE	F	35	36	01:17:23.70	01:16:49.08	
1044	928	SHARON MESQUITA	F	58	11	01:17:26.20	01:16:18.47	
1045	715	MIGUEL COELHO	M	46	117	01:17:48.66	01:17:48.66	
1046	716	SOFIA PALMA	F	43	75	01:17:50.22	01:16:25.32	
1047	1070	FILIPA MARQUES	F	36	37	01:18:22.78	01:17:16.90	EPAL
1048	678	MARIA MACEDO	F	57	12	01:18:24.83	01:18:11.62	
1049	833	TERESA OLIVEIRA	F	32	70	01:18:46.67	01:17:45.14	ACADEMIA D'ESTRELAS
1050	221	ANABELA MARTINS	F	53	35	01:18:56.35	01:17:52.31	ACADEMIA D'ESTRELAS
1051	427	SILVIA DELICADO	F	23	71	01:20:39.33	01:19:53.29	
1052	28	GLADANIEL CARVALHO	M	61	38	01:20:39.38	01:19:54.25	
1053	1130	FOCK YIOT WAN	F	69	4	01:21:02.43	01:20:27.17	C MILLENNIUM BCP
1054	1189	JOÃO PARDAL	M	26	166	01:21:05.40	01:19:55.24	FCA RUNNERS
1055	1171	RUBEN ANDRÉ	M	32	167	01:21:05.54	01:19:54.75	FCA RUNNERS
1056	283	RITA SANTOS	F	20	72	01:21:48.81	01:21:27.10	COSOS DO HOSA E CIA
1057	175	LUIGI ROSSI	M	70	35	01:22:02.45	01:21:11.77	
1058	1031	MA FEE HUNG	F	69	5	01:22:34.52	01:21:57.44	CCD TRANQUILIDADE
1059	834	PATRICIA PRATES	F	43	76	01:24:18.82	01:23:17.41	ACADEMIA D'ESTRELAS
1060	259	MATILDE SIMÕES	F	60	6	01:24:22.12	01:24:08.89	
1061	308	SARA GOMES	F	28	73	01:25:04.25	01:23:56.46	WECANIT
1062	143	CARLA VIEGAS	F	41	77	01:26:21.21	01:25:16.79	ACADEMIA D'ESTRELAS
1063	645	Mª CARMO ANJOS	F	73	6	01:27:02.74	01:26:28.17	CONDOR
1064	1367	SANDRA CHAIÇA	F	42	78	01:27:40.53	01:26:37.22	ACADEMIA D'ESTRELAS
1065	1295	MÓNICA AMARO	F	39	38	01:27:47.92	01:27:24.59	GENERALI
1066	1290	MARIA ELISABETE FIRME	F	43	79	01:27:48.06	01:27:25.29	GENERALI
1067	684	CATARINA MADUREIRA	F	54	36	01:30:58.33	01:30:36.56	
1068	771	TÂNIA ALVES-OLIVEIRA	F	46	57	01:31:46.24	01:30:19.58	
1069	773	JORGE CACHAO	M	45	118	01:31:48.63	01:30:21.96	
1070	387	MARIA PINTO	F	56	13	01:32:05.86	01:30:56.37	CABELEIREIRO MODA JOVEM
1071	463	LUZIA MESQUITA	F	58	14	01:32:09.61	01:32:09.61	ACADEMIA D'ESTRELAS

1072	458	ANTONIA OLEIRO	F	52	37	01:32:41.44	01:31:57.53	VOU
1073	457	CRISTINA NARCISO	F	55	15	01:32:41.91	01:31:58.01	VOU
1074	1090	JOAO F LIMA	M	29	168	01:32:43.83	01:31:28.06	
1075	150	LILIANA MESTRE	F	45	58	01:32:50.52	01:31:49.66	ACADEMIA D'ESTRELAS
1076	153	BRUNO FORRETA	M	19	169	01:33:56.02	01:32:52.24	ACADEMIA D'ESTRELAS
1077	151	CLÁUDIA GONÇALVES	F	34	74	01:33:57.22	01:32:53.55	ACADEMIA D'ESTRELAS
1078	646	LUCINDA HENRIQUES	F	70	7	01:34:17.18	01:33:42.25	CONDOR
1079	1052	LUISA CANDEIAS	F	55	16	01:34:35.42	01:34:35.42	SEASIDE
1080	1054	ALEXANDRA CARDAO	F	57	17	01:34:35.80	01:34:35.80	SEASIDE
1081	152	SARA CALADO	F	20	75	01:36:53.08	01:36:53.08	ACADEMIA D'ESTRELAS
1082	284	LUIS VALADAS	M	55	66	01:43:58.69	01:43:58.69	COXOS DO HOSA E CIA
1083	282	CLAUDIA VIDEIRA	F	40	80	01:44:00.38	01:44:00.38	COXOS DO HOSA E CIA
1084	290	TERESA MARQUES	F	50	38	01:44:00.42	01:43:41.88	COXOS DO HOSA E CIA
1085	277	TERESA NUNES	F	52	39	01:44:31.46	01:44:13.85	
1086	285	CONCEIÇÃO SOARES	F	51	40	01:44:34.56	01:44:34.56	COXOS DO HOSA E CIA
1087	206	ROSALBA LEÃO	M	40	138	01:45:10.95	01:44:07.65	
1088	346	CHEILA MARIQUITO	F	33	76	01:46:52.26	01:46:39.57	

Total de registros: 1088