

Pos	Numero	Nome	Sexo	Idade	Escalão	Posição Escalão	Tempo	Equipe
1	162	AURELIO DAVID	M	43	M4150	1	00:02:40	
2	159	NUNO GONCALVES	M	41	M4150	2	00:02:44	RUNCROSSTRAIL
3	201	HUGO JORGE	M	25	M0030	1	00:02:55	
4	61	ADRIANO CORREIA	M	26	M0030	2	00:02:58	
5	169	RUI CRUZ	M	45	M4150	3	00:02:59	
6	100	EURICO CABRITA	M	37	M3140	1	00:03:01	TREPA-DORES
7	68	DIOGO MARTINS	M	27	M0030	3	00:03:01	
8	73	JOÃO GARRINHAS	M	27	M0030	4	00:03:02	
9	64	CARLOS MARTINS	M	29	M0030	5	00:03:07	CATETOS
10	80	RICARDO DOMINGUES	M	20	M0030	6	00:03:08	TEAM COSME
11	177	AIRES PRATAS	M	63	M5199	1	00:03:09	ODIMARQ
12	119	PATRICK MAGALHÃES	M	36	M3140	2	00:03:10	CORRE K'EMAGRECES
13	110	JOÃO RAMALHO	M	33	M3140	3	00:03:11	
14	90	BRUNO CARVALHO	M	40	M3140	4	00:03:12	
15	67	DIOGO ALMEIDA	M	20	M0030	7	00:03:13	TEAM COSME
16	85	TIAGO SOARES	M	28	M0030	8	00:03:15	NEWME
17	200	PAULO S RODRIGUES	M	51	M5199	2	00:03:18	
18	62	BOGDAN SANDU	M	25	M0030	9	00:03:24	
19	171	SEBASTIAO BARATA	M	49	M4150	4	00:03:24	SS CGD
20	95	CEDRIC MONTEIRO	M	31	M3140	5	00:03:25	
21	156	MOISÉS ALMEIDA	M	45	M4150	5	00:03:25	
22	78	MIGUEL BAPTISTA	M	29	M0030	10	00:03:28	
23	96	DANIEL DE MATTOS BOTELHO	M	39	M3140	6	00:03:30	SS CGD
24	153	LÚIS SIMÕES	M	42	M4150	6	00:03:32	LEVEL HC
25	115	NELSON VAZ	M	34	M3140	7	00:03:34	CARNAXIDE
26	101	FILIFE JUNOT	M	36	M3140	8	00:03:35	
27	125	PEDRO CORREIA	M	35	M3140	9	00:03:35	
28	160	NUNO PEDROSA	M	45	M4150	7	00:03:35	NUNO
29	166	PEDRO SERRA	M	42	M4150	8	00:03:36	CORRER LISBOA
30	151	LUIS PEREIRA	M	47	M4150	9	00:03:37	
31	143	JOÃO PEDRO SILVA	M	50	M4150	10	00:03:37	SS CGD
32	199	PAULO LOURO	M	54	M5199	3	00:03:37	CORRER LISBOA
33	102	GONÇALO PORÊLO	M	36	M3140	10	00:03:38	GP RUNNING
34	135	CARLOS ABELHA	M	47	M4150	11	00:03:39	
35	94	CARLOS NORONHA	M	38	M3140	11	00:03:39	
36	134	CÂNDIDO POÇAS	M	49	M4150	12	00:03:41	ALONE
37	83	TIAGO DANIEL	M	27	M0030	11	00:03:42	CATETOS
38	17	DENISE PEREIRA	F	34	F3140	1	00:03:43	RUNCROSSTRAIL
39	193	MANUEL P ARAÚJO	M	57	M5199	4	00:03:45	
40	92	BRUNO MIGUEL CARVALHO	M	32	M3140	12	00:03:46	BANDIDOS
41	111	JOÃO SILVA	M	38	M3140	13	00:03:46	FIT 6 - CASA DA DIZIMA
42	2	CAROLINA SILVA	F	26	F0030	1	00:03:48	

43	107	JOÃO FERNANDES	M	37	M3140	14	00:03:48	
44	99	EDUARDO RIBEIRO	M	34	M3140	15	00:03:48	
45	163	PAULO FERREIRA	M	45	M4150	13	00:03:49	
46	178	ALMERINDO SILVA	M	59	M5199	5	00:03:49	A.D.C.CATUJAL
47	116	NUNO MACHADO	M	37	M3140	16	00:03:49	GUIZO RUNNERS
48	97	DANIEL PARRULAS	M	37	M3140	17	00:03:50	
49	154	MARIO SOBRAL	M	43	M4150	14	00:03:51	CORRER LISBOA
50	190	JOSÉ JOAQUIM MARTINS	M	66	M5199	6	00:03:54	ZAMBUJO-CORTES
51	165	PEDRO RAMOS	M	50	M4150	15	00:03:55	CORRIDA NOCTURNA PARQUE DAS NAÇÕES
52	180	ANTONIO ALMEIDA	M	54	M5199	7	00:03:56	NUCLEO DESPORTIVO AUTOCOOPE
53	84	TIAGO SILVA	M	26	M0030	12	00:03:56	
54	109	JOÃO PEREIRA	M	38	M3140	18	00:03:56	
55	130	ANTÓNIO CARAPETA	M	46	M4150	16	00:03:56	BANDIDOS
56	189	JOAQUIM JOIA	M	54	M5199	8	00:03:57	
57	77	MATEUS S FERREIRA	M	26	M0030	13	00:03:57	
58	66	DANIEL SILVA	M	29	M0030	14	00:03:58	MALUCO
59	118	OSCAR CRISTÓVÃO DIAS	M	33	M3140	19	00:03:59	MONTE GODEL
60	181	ANTÓNIO CASACA	M	57	M5199	9	00:04:00	
61	158	NUNO CABANAS	M	45	M4150	17	00:04:02	
62	161	PAULO ANGÉLICA	M	41	M4150	18	00:04:02	
63	117	NUNO MENDES	M	36	M3140	20	00:04:04	NEWME
64	30	ANGELA RAMALHO	F	42	F4150	1	00:04:05	NEWME
65	172	SÉRGIO FREITAS	M	42	M4150	19	00:04:06	
66	123	PEDRO BARROSO	M	32	M3140	21	00:04:06	NEWME
67	74	LUCAS SILVA	M	27	M0030	15	00:04:07	
68	170	RUI MENDES	M	46	M4150	20	00:04:10	
69	65	CLÁUDIO MIRA	M	25	M0030	16	00:04:11	
70	98	DIOGO SOARES	M	34	M3140	22	00:04:13	
71	126	PEDRO MOURA	M	38	M3140	23	00:04:14	
72	106	JOÃO DIREITINHO	M	37	M3140	24	00:04:15	
73	148	LUIS ALBUQUERQUE	M	46	M4150	21	00:04:16	
74	175	VAZZ ALEXANDERR	M	45	M4150	22	00:04:16	
75	57	MARIA TERESA DOMINGUES	F	51	F5199	1	00:04:16	SS CGD
76	182	ANTONIO SANTOS	M	65	M5199	10	00:04:17	
77	91	BRUNO GALVEIA	M	32	M3140	25	00:04:18	CATETOS
78	197	MIGUEL SILVA	M	51	M5199	11	00:04:20	
79	36	HELENA MARIA SILVA	F	50	F4150	2	00:04:22	
80	141	JOAO BOGALHEIRO	M	48	M4150	23	00:04:25	AMIGOS VALE DO SILENCIO
81	71	INÉS SANTOS	F	27	F0030	2	00:04:27	NEWME
82	81	RUI MARTINS	M	25	M0030	17	00:04:29	
83	186	HENRIQUE MARTINS	M	58	M5199	12	00:04:29	
84	184	CARLOS FERREIRA	M	61	M5199	13	00:04:31	NUCLEO DESPORTIVO AUTOCOOPE
85	167	RUI ALMEIDA	M	46	M4150	24	00:04:31	CNPN
86	188	JOÃO PASSEIRO	M	55	M5199	14	00:04:32	A.D.C.CATUJAL

87	144	JOÃO PEREIRA FARIA	M	42	M4150	25	00:04:35	MUNDICENTER
88	86	ANDRÉ MENDES	M	35	M3140	26	00:04:36	
89	150	LUIS MIGUEL ROSA	M	42	M4150	26	00:04:38	CNPN
90	176	VITOR ROCHA	M	45	M4150	27	00:04:38	
91	8	MARIA SILVA	F	22	F0030	3	00:04:39	A.D.C.CATUJAL
92	70	FILIFE CARDOSO	M	27	M0030	18	00:04:39	X4FUN
93	87	ANDRE NOGUEIRA	M	37	M3140	27	00:04:41	
94	142	JOÃO CATARINO	M	44	M4150	28	00:04:41	BARROCA
95	29	ANA PAULA REIS	F	43	F4150	3	00:04:43	ANJOS
96	145	JORGE TIMÓTEO	M	42	M4150	29	00:04:44	BARROCA
97	32	CARLA MORGADO	F	45	F4150	4	00:04:45	4FONIX
98	138	FRANCISCO JORGE PAULOS	M	41	M4150	30	00:04:48	BANDIDOS
99	76	MÁRIO VELEZ	M	23	M0030	19	00:04:50	
100	108	JOÃO GONÇALVES	M	37	M3140	28	00:04:50	
101	157	NUNO AMARO	M	48	M4150	31	00:04:51	
102	25	PATRÍCIA MACHADO	F	36	F3140	2	00:04:51	GUIZO RUNNERS
103	18	ELISABETE SANTOS	F	36	F3140	3	00:04:52	
104	122	PEDRO BAPTISTA	M	38	M3140	29	00:04:52	FIT 6 - CASA DA DIZIMA
105	23	MÓNICA MACHADO	F	33	F3140	4	00:04:52	NEWME
106	128	RICARDO ALMEIDA	M	34	M3140	30	00:04:52	
107	105	JOÃO CRAVO	M	33	M3140	31	00:04:54	4 AO KM
108	19	INÉS CATARINA MARQUES	F	35	F3140	5	00:04:56	CORRE K'EMAGRECES
109	82	TIAGO CALDEIRA	M	26	M0030	20	00:04:57	
110	4	CRISTINA VICENTE	F	28	F0030	4	00:04:57	CORRER LISBOA
111	114	LINO PIRES	M	38	M3140	32	00:05:00	GUIZO RUNNERS
112	194	MANUEL SEQUEIRA	M	68	M5199	15	00:05:00	G.D.C.T. REPSOL POLÍMEROS
113	174	SIMÃO SANTANA	M	41	M4150	32	00:05:02	BANDIDOS
114	15	CELINA JORGE	F	36	F3140	6	00:05:02	
115	5	JOANA VIEIRA	F	26	F0030	5	00:05:03	
116	55	MARIA DE DEUS PALMA	F	61	F5199	2	00:05:04	
117	147	JÚLIO BRÁS	M	44	M4150	33	00:05:04	ABRASES
118	43	MARISA MARTINS	F	42	F4150	5	00:05:21	
119	89	BRUNO BERNARDO	M	40	M3140	33	00:05:23	
120	13	CARLA REIS	F	37	F3140	7	00:05:26	
121	10	RAFAELA GONÇALVES	F	24	F0030	6	00:05:27	LES BEAUTÉ
122	183	ARTUR DINIS	M	61	M5199	16	00:05:29	ALGYMNS
123	12	ANDREIA MARQUES	F	33	F3140	8	00:05:34	
124	14	CATARINA MOSER	F	33	F3140	9	00:05:36	
125	42	MARIA QUITÉRIA	F	45	F4150	6	00:05:37	ALGYMNS
126	196	MAYER RAPOSO	M	71	M5199	17	00:05:39	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO
127	46	PATRÍCIA VICENTE	F	41	F4150	7	00:05:45	
128	38	LARA BRÁS	F	44	F4150	8	00:05:52	ABRASES
129	133	BÁSILIO PAIXAO	M	49	M4150	34	00:05:53	
130	24	NÉLIA CARREIRA	F	35	F3140	10	00:06:20	

131	39	MAFALDA ANASTÁCIO	F	44	F4150	9	00:06:24	ABRASES
132	45	NAZARÉ BARREIRA	F	49	F4150	10	00:06:25	LISBOA
133	28	VERA BEXIGA	F	38	F3140	11	00:06:27	X4FUN
134	52	INÉS ARAÚJO	F	53	F5199	3	00:06:28	
135	49	ELISABETH LOUREIRO	F	62	F5199	4	00:06:28	ALGYMNS
136	56	MARIA PEREIRA	F	59	F5199	5	00:06:35	A.D.C.CATUJAL
137	21	LILIANA ANTUNES	F	34	F3140	12	00:06:38	
138	47	PATRICIA XAVIER	F	43	F4150	11	00:06:44	RAIL RUNNERS
139	34	CARLA SOUSA	F	45	F4150	12	00:06:51	
140	20	INES GONCALVES	F	34	F3140	13	00:07:04	
141	50	FERNANDA DUARTE	F	61	F5199	6	00:07:20	CALVARIAS
142	60	TERESA PASSEIRO	F	59	F5199	7	00:07:24	A.D.C.CATUJAL
143	53	ISABEL GARCIA	F	51	F5199	8	00:07:24	GUIZO RUNNERS
144	9	PATRICIA COSTA	F	25	F0030	7	00:07:34	X4FUN
145	58	ONDINA DUARTE	F	51	F5199	9	00:07:35	CALVARIAS
146	179	AMERICO CARDOSO	M	52	M5199	18	00:07:35	
147	33	CARLA REIS	F	42	F4150	13	00:07:55	
148	41	MARIA CRISTINA MOTA	F	47	F4150	14	00:07:57	MOTA & PERES
149	185	CARLOS GONÇALVES	M	57	M5199	19	00:08:36	LES BEAUTÉ
150	48	PAULA CRISTINA DIOGO	F	49	F4150	15	00:08:50	
151	35	CRISTINA PERES	F	45	F4150	16	00:08:57	MOTA & PERES