

Class	Num	Nome	Sx	Idd	Pos Esc	T. Bruto	T. Líquido	Equipa
1	495	ALEXANDRE NOBRE	M	25	1	00:30:54.01	00:30:54.01	SL BENFICA
2	105	LUIS MARGARIDO	M	33	2	00:31:24.37	00:31:23.47	VITORIA FC
3	425	EMILIANO VIEIRA	M	30	3	00:31:31.80	00:31:31.80	RUN TEJO - CM SOCKS
4	99	LUIS RAÇÕES	M	44	1	00:33:04.64	00:33:01.63	VITORIA FC
5	431	LUIS COELHO	M	47	1	00:33:11.55	00:33:10.66	GDR REBOLEIRA
6	216	RUI DOLORES	M	35	4	00:33:21.27	00:33:17.69	AMICICLO GRÂNDOLA
7	429	PEDRO URBANO	M	23	5	00:33:21.30	00:33:17.34	GDR REBOLEIRA
8	316	PEDRO GOMES	M	42	2	00:33:32.63	00:33:29.77	FF PAZ MUNDIAL E UNIFICAÇÃO
9	106	MARIO CASSACA	M	47	2	00:33:53.99	00:33:52.82	VITORIA FC
10	493	RODRIGO CARRILHO	M	37	6	00:34:00.90	00:33:56.94	
11	317	PEDRO AMARO	M	29	7	00:34:03.17	00:33:56.46	FF PAZ MUNDIAL E UNIFICAÇÃO
12	210	PEDRO POEIRA	M	38	8	00:34:06.29	00:34:04.68	
13	81	SERGIO PAIVA	M	47	3	00:34:08.09	00:34:07.19	NÚCLEO OEIRAS
14	285	PEDRO NOGUEIRA	M	37	9	00:34:27.05	00:34:25.77	AA MAFRA
15	438	HUGO BALUGA	M	23	10	00:34:30.00	00:34:25.01	AMICICLO GRÂNDOLA
16	407	CARLOS FREITAS	M	48	4	00:34:35.22	00:34:35.22	RUN TEJO - CM SOCKS
17	102	IVO COELHO	M	36	11	00:34:48.34	00:34:45.96	VITORIA FC
18	297	JORGE CRUZ	M	54	1	00:34:53.75	00:34:53.02	AA MAFRA
19	359	CUSTÓDIO ANTÓNIO	M	43	3	00:35:11.13	00:35:10.17	GDR SÃO FRANCISCO SERRA
20	464	AMERICO PEREIRA	M	55	1	00:35:14.62	00:35:10.12	C BENFICA ALG MEM MARTINS
21	343	MANUEL JOÃO MUANDO MUANDO	M	35	12	00:35:19.17	00:35:14.55	AMICICLO GRÂNDOLA
22	116	ADRIANO DOMINGOS	M	31	13	00:35:20.65	00:35:18.93	GDCT REPSOL POLÍMEROS
23	125	RUI GONÇALVES	M	44	4	00:35:23.44	00:35:21.06	GDCT REPSOL POLÍMEROS
24	361	JOSÉ LAIR	M	44	5	00:35:26.48	00:35:23.51	GDR SÃO FRANCISCO SERRA
25	104	JOÃO VEIGA	M	60	1	00:35:35.17	00:35:32.30	VITORIA FC
26	432	JOSÉ INACIO	M	54	2	00:35:36.24	00:35:35.41	GDR REBOLEIRA
27	387	ALVARO OLIVEIRA	M	50	3	00:35:40.24	00:35:38.15	C BENFICA ALG MEM MARTINS
28	367	EMANUEL DIOGO	M	29	14	00:35:42.81	00:35:42.81	GDR SÃO FRANCISCO SERRA
29	501	BRUNO SILVA	M	18	15	00:35:47.40	00:35:43.25	
30	45	JOSÉ JARMELA	M	55	2	00:36:13.05	00:36:10.62	NAZ ABOBODA
31	291	MARIUS LEORDEAN	M	37	16	00:36:15.50	00:36:12.52	AA MAFRA
32	463	RUI PALMA	M	47	5	00:36:17.03	00:36:15.12	C BENFICA ALG MEM MARTINS
33	406	NUNO REBELO	M	31	17	00:36:24.66	00:36:21.43	RUN TEJO - CM SOCKS
34	433	ABEL GLÓRIA	M	57	3	00:36:26.47	00:36:22.32	GDR REBOLEIRA
35	430	PAULO MOREIRA	M	50	4	00:36:29.94	00:36:27.78	GDR REBOLEIRA
36	497	FRANCISCO GUERREIRO	M	20	18	00:36:32.41	00:36:32.41	
37	301	RUI CUPIDO	M	51	5	00:36:34.26	00:36:30.15	AA MAFRA

38	256	ALEXANDRE PIMPÃO	M	48	6	00:36:44.83	00:36:40.80	NAR MESSEJANA
39	286	EDUARDO EUSTÁQUIO	M	55	4	00:36:50.04	00:36:50.04	AA MAFRA
40	103	JOÃO REBELO	M	26	19	00:36:57.34	00:36:54.03	VITORIA FC
41	174	DANIEL PEREIRA	M	33	20	00:37:10.05	00:36:55.75	JUVENTUDE ATLÉTICO CLUBE
42	315	FLÁVIO SANTOS	M	23	21	00:37:20.88	00:37:14.09	FF PAZ MUNDIAL E UNIFICAÇÃO
43	179	JOSÉ GAMITO	M	31	22	00:37:27.59	00:37:16.22	JUVENTUDE ATLÉTICO CLUBE
44	422	KCENIA BOUGROVA	F	25	1	00:37:36.50	00:37:36.50	RUN TEJO - CM SOCKS
45	481	ANTÓNIO BRANCO	M	55	5	00:37:43.37	00:37:39.95	C PRAÇAS ARMADA
46	428	VALTER OLIVEIRA	M	42	6	00:37:50.60	00:37:50.60	GDR REBOLEIRA
47	115	ANTÓNIO MARTINS	M	47	7	00:37:55.32	00:37:51.71	GDCT REPSOL POLÍMEROS
48	147	LUIS REBELO	M	55	6	00:38:02.85	00:37:59.09	FALCÕES SELVAGENS
49	98	HERNANI FRANCISCO	M	51	6	00:38:05.64	00:38:03.72	VITORIA FC
50	488	ALEX SCUTARU	M	47	8	00:38:08.67	00:38:06.32	GDRC PONTERROLENSE
51	487	VERONICA SCUTARU	F	43	1	00:38:09.68	00:38:07.08	GDRC PONTERROLENSE
52	399	PEDRO SILVA	M	46	9	00:38:18.50	00:38:14.07	NAR MESSEJANA
53	336	RUBEN FONSECA	M	38	23	00:38:18.50	00:38:13.34	AMICICLO GRÂNDOLA
54	486	SAMUEL GALVEIA	M	38	24	00:38:20.20	00:38:20.20	NAVIGATOR CLUBE SETUBAL
55	417	PAULO ARRENEGA	M	53	7	00:38:22.61	00:38:17.56	RUN TEJO - CM SOCKS
56	368	JOÃO EDUARDO	M	34	25	00:38:26.45	00:38:22.23	GDR SÃO FRANCISCO SERRA
57	400	ANA LOURENÇO	F	36	2	00:38:28.92	00:38:28.92	NDC ODEMIRA
58	279	MIGUEL GARCIA	M	42	7	00:38:30.97	00:38:26.42	AMICICLO GRÂNDOLA
59	29	JOÃO SANTOS	M	53	8	00:38:45.67	00:38:42.80	IRMÃOS LUZIA
60	138	JOSÉ SANTOS	M	50	9	00:38:46.54	00:38:40.91	CCDT METRO LX
61	421	JORGE QUARENTA	M	49	10	00:38:47.77	00:38:42.59	RUN TEJO - CM SOCKS
62	341	PEDRO PARDAL	M	18	26	00:38:49.48	00:38:44.22	AA MAFRA
63	246	PEDRO COSTA	M	51	10	00:38:55.32	00:38:55.32	CCD CRÉDITO AGRÍCOLA
64	48	RUI SOUSA SOUSA	M	45	11	00:39:05.80	00:38:58.53	SINGARUNNERS
65	345	ANTÓNIO FERREIRA DOS SANTOS	M	44	8	00:39:10.15	00:39:07.34	NASCIDOS PARA CORRER
66	148	LUIS CASCÃO	M	47	12	00:39:10.29	00:39:07.71	CP RTP
67	313	PEDRO PEREIRA	M	35	27	00:39:10.34	00:39:07.35	ASICS FRONTRUNNER
68	303	JOÃO MIRANDA	M	49	13	00:39:13.02	00:39:07.94	A A MAFRA
69	70	PEDRO NUNES	M	34	28	00:39:20.21	00:39:16.13	BAJOUCO TEAM
70	119	HUGO GAUDÊNCIO	M	44	9	00:39:25.00	00:39:25.00	GDCT REPSOL POLÍMEROS
71	477	DAVID SILVA	M	39	29	00:39:27.37	00:39:20.50	AMINHACORRIDA
72	255	JOSÉ MARCELINO	M	57	7	00:39:28.00	00:39:20.50	CD ESTRELA
73	117	CARLOS ROSÁRIO	M	43	10	00:39:29.20	00:39:29.20	GDCT REPSOL POLÍMEROS
74	496	FLORIVAL BACALHAU	M	62	2	00:39:38.63	00:39:37.47	VF CLUBE
75	362	IVO NUNES	M	44	11	00:39:45.49	00:39:39.98	GDR SÃO FRANCISCO SERRA

76	394	NUNO SILVA	M	48	14	00:39:45.77	00:39:42.37	C BENFICA ALG MEM MARTINS
77	363	NUNO MARTINS	M	43	12	00:39:51.96	00:39:44.30	GDR SÃO FRANCISCO SERRA
78	11	JORGE FOPNTES	M	58	8	00:39:57.84	00:39:53.55	BEJA ATLETICO CLUBE
79	82	PEDRO MENDONÇA	M	43	13	00:39:59.30	00:39:51.33	CTRQN
80	357	PAULO CHAINHO	M	55	9	00:40:04.37	00:39:59.74	GDR SÃO FRANCISCO SERRA
81	412	VÍTOR GONÇALVES	M	53	11	00:40:18.58	00:40:12.56	RUN TEJO - CM SOCKS
82	224	ALEXANDRE FIGUEIREDO	M	46	15	00:40:24.28	00:40:04.91	NA PERNA ASSADA
83	108	JOÃO RODRIGUES	M	40	14	00:40:29.64	00:40:22.28	CORUCHE RUNNERS
84	58	JOÃO BESSA	M	41	15	00:40:32.00	00:40:32.00	SPARTAN RACERS
85	410	ALEXANDRA PORTELA	F	49	1	00:40:37.10	00:40:33.88	RUN TEJO - CM SOCKS
86	47	LUIS ANICETO	M	61	3	00:40:37.19	00:40:32.51	SINGARUNNERS
87	175	FERNANDO MESTRE	M	46	16	00:40:40.23	00:40:37.87	JUVENTUDE ATLÉTICO CLUBE
88	376	RICARDO RAPOSO	M	36	30	00:40:45.15	00:40:30.55	FC ALVALADENSE
89	445	RICARDO MACHADO	M	38	31	00:40:55.75	00:40:44.14	LEBRES DE DOMINGO
90	269	NUNO CHAINHO	M	34	32	00:40:58.13	00:40:53.59	OS KOTAS
91	243	HUGO PATRÍCIO	M	43	16	00:41:01.15	00:40:44.75	AMICICLO GRÂNDOLA
92	306	LUCILIA SOARES	F	58	1	00:41:09.66	00:41:09.66	WERUN
93	442	JAIME LAMEGO	M	60	4	00:41:18.99	00:41:15.89	
94	93	GONÇALO RODRIGUES	M	42	17	00:41:20.05	00:41:06.42	C FERROV PORTUGAL
95	204	RICARDO GONÇALVES	M	30	33	00:41:21.37	00:41:17.13	CLUBE BTT GRÂNDOLA
96	365	VASCO AGOSTINHO	M	54	12	00:41:25.08	00:41:11.48	GDR SÃO FRANCISCO SERRA
97	183	VÍTOR SANTOS	M	36	34	00:41:28.79	00:41:14.26	JUVENTUDE ATLÉTICO CLUBE
98	436	PALMIRA QUINHAMA	F	42	2	00:41:30.21	00:41:09.81	WERUN
99	196	JOSÉ SANTOS	M	56	10	00:41:35.96	00:41:26.27	TARTUGAS DE LOULÉ
100	290	GILBERTO DIAS	M	57	11	00:41:42.40	00:41:38.17	AA MAFRA
101	287	MÁRIO ZORRO	M	44	18	00:41:45.83	00:41:15.21	AA MAFRA
102	100	LUIS CALHA	M	51	13	00:41:47.34	00:41:45.17	VITORIA FC
103	124	ARLINDO DIAS	M	41	19	00:41:50.95	00:41:34.71	GDCT REPSOL POLÍMEROS
104	33	ANDRÉ AFONSO	M	31	35	00:41:51.34	00:41:35.83	GDCT REPSOL POLÍMEROS
105	97	RAFAEL SILVA	M	41	20	00:41:59.02	00:41:43.61	GDCI
106	476	JOAO SIMOES	M	48	17	00:42:02.83	00:41:59.83	AMINHACORRIDA
107	408	ANA REBELO	F	26	3	00:42:03.09	00:42:03.09	RUN TEJO - CM SOCKS
108	24	JOAO CRUZ	M	37	36	00:42:08.31	00:41:48.60	RC TEAM
109	413	PEDRO PEREIRA	M	44	21	00:42:11.97	00:42:06.29	RUN TEJO - CM SOCKS
110	280	FRANCISCO CERQUEIRA	M	48	18	00:42:12.82	00:42:01.53	KER SPORT TRAIL RUNNING
111	184	EDUARDO PIMENTA	M	31	37	00:42:13.92	00:42:05.15	JUVENTUDE ATLÉTICO CLUBE
112	76	JOAQUIM LOPES	M	56	12	00:42:15.76	00:42:07.64	AMICICLO GRÂNDOLA
113	37	ANTÓNIO MANUEL AMARO SILVESTRE	M	53	14	00:42:18.79	00:42:06.57	SSTM ODEMIRA

114	193	ROGÉRIO PINGUINHA	M	56	13	00:42:19.87	00:42:09.22	TARTUGAS DE LOULÉ
115	101	MIGUEL DUARTE	M	46	19	00:42:23.36	00:42:21.25	VITORIA FC
116	202	OCTÁVIO DO CARMO	M	46	20	00:42:24.15	00:42:18.74	CLUBE BTT GRÂNDOLA
117	36	MARIA LUCAS	F	51	1	00:42:26.99	00:42:21.10	FIDELIDADE GDC
118	296	ORLANDO REBELO	M	62	5	00:42:28.28	00:42:22.69	AA MAFRA
119	172	HÉLDER GUERREIRO	M	43	22	00:42:29.20	00:42:19.18	JUVENTUDE ATLÉTICO CLUBE
120	154	MARCO FETEIRA	M	35	38	00:42:33.53	00:42:26.75	GRANHO RUNNERS
121	180	NUNO PALMINHA	M	38	39	00:42:41.40	00:42:24.39	JUVENTUDE ATLÉTICO CLUBE
122	226	NUNO VENES	M	44	23	00:42:44.07	00:42:25.47	NA PERNA ASSADA
123	479	JOSE AMARO	M	44	24	00:42:47.08	00:42:39.29	AMINHACORRIDA
124	443	CHANTAL XHERVELLE	F	51	2	00:42:50.00	00:42:50.00	
125	169	MÁRIO SANTANA	M	39	40	00:43:10.30	00:43:01.47	CLUBE EDP LISBOA
126	471	MARCIA SANTOS	F	37	4	00:43:13.30	00:43:07.98	AA PINHALNOVENSE
127	143	RUI PASTOR	M	47	21	00:43:14.76	00:42:51.55	CCDT METRO LX
128	223	RICARDO FARIA	M	39	41	00:43:17.85	00:42:56.24	JUVENTUDE ATLÉTICO CLUBE
129	254	RUI SILVA	M	49	22	00:43:21.73	00:43:05.20	CD ESTRELA
130	391	JOAO SOARES	M	66	6	00:43:22.99	00:43:04.61	C BENFICA ALG MEM MARTINS
131	203	HERNÂNI VENTURA	M	36	42	00:43:25.00	00:43:25.00	CLUBE BTT GRÂNDOLA
132	344	MÁRIO COXILHA	M	53	15	00:43:26.69	00:43:16.19	CD ASAS DO MILÉNIO / 99PROVASGRATUITAS
133	288	HELENA MARTINS	F	58	2	00:43:26.90	00:43:23.58	AA MAFRA
134	219	PEDRO CRUZ	M	29	43	00:43:27.09	00:43:27.09	AA MAFRA
135	182	VASCO RODRIGUES	M	37	44	00:43:28.00	00:43:20.08	JUVENTUDE ATLÉTICO CLUBE
136	160	NUNO PEREIRA	M	36	45	00:43:32.61	00:43:23.45	JD MELIDENSE - ATLETISMO
137	134	ANTÓNIO PEREIRA	M	55	14	00:43:35.57	00:43:22.78	CCDT METRO LX
138	450	MÁRCIO CHAINHO	M	27	46	00:43:39.18	00:43:30.98	
139	227	RUI COSTA	M	53	16	00:43:40.36	00:43:20.76	NA PERNA ASSADA
140	59	FABIO CORAGEM	M	35	47	00:43:45.54	00:43:23.31	SPARTAN RACERS
141	414	MÁRIO RIBEIRO	M	54	17	00:43:46.18	00:43:40.73	RUN TEJO - CM SOCKS
142	236	GONÇALO SANTOS	M	46	23	00:43:46.78	00:43:34.42	GDC PORTOS DE SINES E DO ALGARVE
143	472	JOSÉ MACHADO	M	63	7	00:43:48.93	00:43:37.34	CD ESTRELA
144	129	JOÃO CHAINHO	M	20	48	00:43:55.07	00:43:29.28	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
145	302	ALICE ROMA	F	49	2	00:43:59.32	00:43:53.68	AA MAFRA
146	189	VITOR FERRÃO	M	49	24	00:44:00.19	00:43:49.00	
147	136	NELSON DIAS	M	59	15	00:44:04.44	00:43:58.13	CCDT METRO LX
148	150	AURÉLIO SOBRAL	M	35	49	00:44:05.60	00:43:40.97	FURA VEREDAS
149	393	JOSE INOCENCIO	M	67	8	00:44:06.01	00:43:58.07	C BENFICA ALG MEM MARTINS
150	349	JOAO P CARVALHO	M	50	18	00:44:10.28	00:43:54.27	CD ASAS DO MILÉNIO / 99PROVASGRATUITAS
151	91	PEDRO M A PEREIRA	M	42	25	00:44:13.70	00:44:01.56	AMINHACORRIDA

152	258	PAULO PALMA	M	56	16	00:44:20.98	00:44:14.50	DREAM RUNNERS ÉVORA
153	257	ANTÓNIO PARREIRA	M	64	9	00:44:33.96	00:44:21.42	NAR MESSEJANA
154	178	JOÃO GARVÃO	M	39	50	00:44:43.14	00:44:25.03	JUVENTUDE ATLÉTICO CLUBE
155	308	HUGO PARREIRA	M	46	25	00:44:45.72	00:44:34.79	VITÓRIA FC ERMIDENSE
156	283	PAULO MARQUES	M	54	19	00:44:46.81	00:44:40.52	AA MAFRA
157	461	RUI FREITAS	M	67	10	00:44:52.52	00:44:47.41	GDR SÃO FRANCISCO SERRA
158	151	FRANCISCO MORAIS	M	18	51	00:44:53.52	00:44:41.92	
159	92	ALDINA MARQUES	F	49	3	00:44:56.88	00:44:40.62	C FERROV PORTUGAL
160	94	MARIO MONTEIRO	M	43	26	00:44:57.17	00:44:40.69	C FERROV PORTUGAL
161	185	FLAVIANO DIAS	M	70	11	00:45:01.15	00:44:53.55	JUVENTUDE ATLÉTICO CLUBE
162	335	MAFALDA MARTINHO	F	31	5	00:45:04.76	00:44:52.61	FF PAZ MUNDIAL E UNIFICAÇÃO
163	392	JOSE DUARTE	M	56	17	00:45:07.63	00:44:59.48	C BENFICA ALG MEM MARTINS
164	370	ANTÓNIO ROSADO	M	55	18	00:45:09.68	00:45:05.92	GDR SÃO FRANCISCO SERRA
165	277	MANUEL JACINTO	M	64	12	00:45:11.22	00:44:54.33	C PRAÇAS ARMADA
166	187	EZEQUIEL FERNANDES	M	63	13	00:45:12.84	00:45:06.44	
167	220	EDUARDO BORGES	M	49	26	00:45:20.86	00:45:16.18	VITORIA FC
168	364	DANIEL SILVÉRIO	M	44	27	00:45:24.64	00:45:17.71	GDR SÃO FRANCISCO SERRA
169	320	ISABEL SANTOS	F	50	3	00:45:29.49	00:45:20.42	FF PAZ MUNDIAL E UNIFICAÇÃO
170	398	VITOR SILVA	M	53	20	00:45:31.74	00:45:16.41	C BENFICA ALG MEM MARTINS
171	110	LUIS NEVES	M	41	28	00:45:38.46	00:45:31.41	MARINHAIS AC
172	13	GONÇALO SALES	M	18	52	00:45:40.67	00:45:28.17	CM CORRIDA DE GRÂNDOLA
173	131	JOÃO CAMPOS	M	34	53	00:45:43.09	00:45:15.46	SEAGULL RESCUE
174	366	PAULO DÂMASO	M	21	54	00:45:46.24	00:45:30.46	GDR SÃO FRANCISCO SERRA
175	265	JOSE VILHENA	M	53	21	00:45:47.74	00:45:43.94	OS KOTAS
176	310	JOSÉ MARCOS GUERREIRO MIRA MIRA	M	67	14	00:45:50.24	00:45:35.61	CD ASAS DO MILÉNium / 99PROVASGRATUITAS
177	307	OLGA ARAÚJO	F	40	3	00:45:54.79	00:45:48.84	FF PAZ MUNDIAL E UNIFICAÇÃO
178	311	EUGÉNIA ISAÍAS	F	57	3	00:45:55.12	00:45:51.44	FF PAZ MUNDIAL E UNIFICAÇÃO
179	509	ANDRE SANTOS	M	23	55	00:46:01.91	00:45:56.03	
180	275	ALVARO SILVA	M	63	15	00:46:07.95	00:46:01.88	C PRAÇAS ARMADA
181	454	HÉLIO BARRELAS	M	37	56	00:46:08.25	00:45:57.33	ASSOCIAÇÃO JOVENS DA LANDEIRA
182	358	VITOR PEREIRA	M	43	29	00:46:09.74	00:45:58.93	GDR SÃO FRANCISCO SERRA
183	352	JOSÉ MONTEIRO	M	63	16	00:46:14.52	00:45:56.32	GDC BANCO DE PORTUGAL
184	276	SERGIO PEDREIRO	M	44	30	00:46:15.17	00:46:11.23	C PRAÇAS ARMADA
185	38	RUI CORREIA	M	50	22	00:46:16.23	00:45:59.45	JUVENTUDE ATLÉTICO CLUBE
186	195	VICÉLIO MENDES	M	57	19	00:46:20.36	00:46:10.33	TARTUGAS DE LOULÉ
187	190	ANTÓNIO ALVES	M	53	23	00:46:20.50	00:46:09.98	TARTUGAS DE LOULÉ
188	478	ANA AMARO	F	48	4	00:46:23.28	00:46:12.85	AMINHACORRIDA
189	401	ANTONIO VENTURA	M	43	31	00:46:23.92	00:46:13.63	BEJA ATLÉTICO CLUBE

190	402	NELSON GATINHO CRUZ	M	43	32	00:46:24.20	00:46:14.18	MOINHOS DO GUADIANA CP SALVADA
191	411	RÚBEN DIAS	M	45	27	00:46:28.97	00:46:12.96	RUN TEJO - CM SOCKS
192	158	PAULO ISMÉNIO	M	44	33	00:46:30.00	00:46:26.00	CORRER QUELUZ
193	69	NUNO CASIMIRO	M	43	34	00:46:32.00	00:46:29.00	
194	304	MARIA RODRIGUES	F	45	5	00:46:37.24	00:46:29.81	BV MONTEMOR-O-NOVO
195	209	JOÃO REAL	M	35	57	00:46:44.33	00:46:37.25	COAAL -CLUBE DE ORIENTAÇÃO DO ALTO ALENTEJO
196	263	ANTONIO PARREIRA	M	61	17	00:46:46.07	00:46:42.45	OS KOTAS
197	205	PEDRO LOURENÇO	M	45	28	00:46:56.79	00:46:49.66	CLUBE BTT GRÂNDOLA
198	43	LUÍS REGO	M	33	58	00:47:05.54	00:46:45.00	OURIQUE RUNNING
199	446	NUNO GOMES	M	43	35	00:47:05.95	00:46:57.51	
200	390	JOSE ALVES	M	78	18	00:47:07.41	00:46:53.22	C BENFICA ALG MEM MARTINS
201	270	PAULO MIGUEL	M	46	29	00:47:09.52	00:46:56.79	OS KOTAS
202	490	CARLOS VIEIRA	M	48	30	00:47:18.59	00:47:06.98	AMICICLO GRÂNDOLA
203	455	LUIS AGOSTINHO	M	41	36	00:47:20.72	00:47:08.50	LEBRES DE DOMINGO
204	383	GUSTAVO SILVA ÉVORA ÉVORA	M	55	20	00:47:24.03	00:47:08.37	CD ASAS DO MILÉNIO / 99PROVASGRATUITAS
205	328	RUI PEREIRA	M	52	24	00:47:29.43	00:47:09.70	CP PINHEIRO CRUZ
206	114	RODRIGO SILVA	M	34	59	00:47:30.99	00:47:10.32	GDCT REPSOL POLÍMEROS
207	457	ANTONIO VIEIRA	M	70	19	00:47:34.59	00:47:26.67	
208	498	ANTONIO SOLPOSTO	M	52	25	00:47:35.78	00:47:20.73	
209	273	JOÃO SANTOS	M	55	21	00:47:39.36	00:47:34.92	C PRAÇAS ARMADA
210	444	JOÃO FARINHA	M	26	60	00:47:46.36	00:47:39.00	
211	229	CÉLIA CECÍLIO	F	47	6	00:47:51.77	00:47:42.84	NA PERNA ASSADA
212	231	PAULA TRINDADE	F	47	7	00:47:52.00	00:47:52.00	NA PERNA ASSADA
213	329	TIAGO DIAS	M	36	61	00:47:55.27	00:47:35.28	CP PINHEIRO CRUZ
214	39	ANTÓNIO OLIVEIRA	M	39	62	00:47:55.92	00:47:42.35	
215	200	NELMA CRAVEIRO	F	33	6	00:47:59.10	00:47:52.92	
216	241	PAULO SANTOS	M	52	26	00:48:00.42	00:47:54.09	LOURDETE PERFUMARIAS
217	299	CARLOS RODRIGUES	M	63	20	00:48:01.00	00:47:45.32	AA MAFRA
218	230	MARTA COSTA	F	48	8	00:48:10.41	00:47:50.45	NA PERNA ASSADA
219	153	POSSIDÓNIO GRAÇA	M	47	31	00:48:13.42	00:48:06.38	GRANHO RUNNERS
220	292	MANUEL ZORRO	M	58	22	00:48:14.30	00:48:01.63	AA MAFRA
221	15	JOÃO SANTOS	M	39	63	00:48:25.00	00:48:06.79	AMICICLO GRÂNDOLA
222	232	INÊS MARQUES	F	42	4	00:48:41.08	00:48:20.13	NA PERNA ASSADA
223	356	PEDRO GAMITO	M	43	37	00:48:42.46	00:48:26.38	GDR SÃO FRANCISCO SERRA
224	85	TIAGO ANDRE R REIS FERNANDES	M	31	64	00:48:45.00	00:48:37.48	
225	245	CARLOS SILVA	M	56	23	00:48:47.24	00:48:25.85	CCD CRÉDITO AGRÍCOLA
226	142	RAFAEL SANTOS	M	52	27	00:48:47.86	00:48:34.31	CCDT METRO LX
227	482	TERESA SILVA SILVA	F	46	9	00:48:51.05	00:48:47.21	C PRAÇAS ARMADA

228	152	JOÃO GASPAR	M	34	65	00:48:54.08	00:48:47.65	GRANHO RUNNERS
229	321	PAULA ANJOS	F	47	10	00:48:54.80	00:48:37.03	CP PINHEIRO CRUZ
230	72	ANA SILVA	F	40	5	00:48:56.79	00:48:31.46	
231	388	CARLA RODRIGUES	F	49	11	00:48:58.08	00:48:53.23	C BENFICA ALG MEM MARTINS
232	473	RICARDO CONCEIÇÃO	M	34	66	00:49:02.09	00:48:55.10	LOURDETE PERFUMARIAS
233	389	ELSA OLIVEIRA	F	54	4	00:49:03.10	00:48:58.47	C BENFICA ALG MEM MARTINS
234	452	LUÍS OLIVEIRA	M	51	28	00:49:03.38	00:48:53.79	
235	64	FRANCISCO CARMO	M	48	32	00:49:07.23	00:48:45.09	ERMELINO NUNES BIKE TIME
236	360	RUI CANDEIAS	M	43	38	00:49:07.41	00:48:49.12	GDR SÃO FRANCISCO SERRA
237	309	MÁRIO DA SILVA CARVALHO CARVALHO	M	64	21	00:49:10.73	00:48:55.40	CD ASAS DO MILÉNIO / 99PROVASGRATUITAS
238	434	EKATERINA KHRAMENKOVA	F	63	1	00:49:12.85	00:49:06.69	
239	77	FERNANDO FE-CU NETO	M	47	33	00:49:14.29	00:49:04.58	
240	424	CARLA NASCIMENTO	F	39	7	00:49:14.91	00:49:03.42	RUN TEJO - CM SOCKS
241	78	ARTUR MARINHO	M	35	67	00:49:14.95	00:49:04.27	
242	314	RICARDO VIEGAS	M	43	39	00:49:18.15	00:48:57.04	
243	440	ALEXANDRA AZEVEDO	F	44	6	00:49:18.42	00:48:59.63	
244	166	PEDRO VENTURA	M	34	68	00:49:19.51	00:49:08.31	JD MELIDENSE - ATLETISMO
245	233	FILIPA FERNANDES	F	36	8	00:49:26.14	00:49:15.08	NA PERNA ASSADA
246	55	JOANA SILVA	F	22	9	00:49:30.37	00:49:16.54	
247	294	SÍLVIA MIRANDA	F	36	10	00:49:31.67	00:49:28.29	AA MAFRA
248	305	MARLENE CANIÇO	F	36	11	00:49:40.52	00:49:31.23	BV MONTEMOR-O-NOVO
249	128	JOÃO LOPES	M	32	69	00:49:47.62	00:49:21.57	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
250	416	ROSA FREITAS	F	54	5	00:49:53.13	00:49:41.89	RUN TEJO - CM SOCKS
251	127	NEUZA REIS	F	28	12	00:49:55.19	00:49:28.53	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
252	22	HELDER RAFAEL	M	54	29	00:49:55.56	00:49:30.35	CM CORRIDA DE GRÂNDOLA
253	334	NELSON BARRADINHAS	M	42	40	00:50:00.81	00:49:43.69	AMICICLO GRÂNDOLA
254	330	FÁBIO MATEUS	M	32	70	00:50:04.32	00:49:42.54	CP PINHEIRO CRUZ
255	56	GONCALO PALMINHA	M	41	41	00:50:09.63	00:49:43.28	CD ÁGUIAS ALPIARÇA
256	247	RUI GRAÇA	M	57	24	00:50:09.76	00:49:48.94	CCD CRÉDITO AGRÍCOLA
257	173	ALBERTINO PACHECO	M	56	25	00:50:13.82	00:49:54.61	JUVENTUDE ATLÉTICO CLUBE
258	319	JOSÉ SANTOS	M	60	22	00:50:35.89	00:50:31.90	FF PAZ MUNDIAL E UNIFICAÇÃO
259	426	ANTÓNIO CAPELÃO	M	53	30	00:50:38.44	00:50:12.93	
260	500	INES SANTOS	F	22	13	00:50:39.48	00:50:39.48	RUN4FWPU
261	176	HENRIQUE SANTOS	M	55	26	00:50:40.37	00:50:21.23	JUVENTUDE ATLÉTICO CLUBE
262	66	PEDRO COELHO	M	41	42	00:50:53.57	00:50:33.76	SPARTAN RACERS
263	384	JORGE MANUEL SANTOS BARROS BARROS	M	42	43	00:51:09.47	00:50:54.27	
264	448	VICENTE BÔTO	M	47	34	00:51:16.35	00:51:03.93	
265	80	PAULO CANÁRIO	M	45	35	00:51:17.84	00:50:53.82	

266	470	VITOR BATISTA	M	50	31	00:51:19.84	00:51:15.25	
267	451	DIOGO MIGUEL GONÇALVES	M	26	71	00:51:20.84	00:50:58.27	SPORTING FC ABELENSE
268	225	NELSON COLAÇO	M	47	36	00:51:26.92	00:51:10.43	NA PERNA ASSADA
269	289	PAULO VARELA	M	48	37	00:51:31.15	00:51:19.27	AA MAFRA
270	267	MARINA PEDRO	F	31	14	00:51:35.80	00:51:32.19	OS KOTAS
271	382	NUNO PEREIRA	M	38	72	00:51:38.21	00:51:24.10	JD MELIDENSE - ATLETISMO
272	467	INÊS MATEUS	F	24	15	00:51:38.31	00:51:22.31	JUVENTUDE ATLÉTICO CLUBE
273	49	MARIA SOUSA	F	41	7	00:51:39.22	00:51:31.90	SINGARUNNERS
274	234	FLORBELA DE BARROS	F	47	12	00:51:40.22	00:51:30.00	NA PERNA ASSADA
275	238	FERNANDA MARTINS	F	55	4	00:51:45.42	00:51:40.59	GDC PORTOS DE SINES E DO ALGARVE
276	57	LILIANA JACINTO	F	34	16	00:51:58.27	00:51:39.87	SPARTAN RACERS
277	261	NANCI BOTO	F	27	17	00:52:08.77	00:51:57.57	
278	491	RICARDO SIMOES	M	34	73	00:52:08.93	00:51:48.73	
279	326	VERISSIMO PEREIRA	M	49	38	00:52:10.19	00:51:51.75	CP PINHEIRO CRUZ
280	377	SÓNIA LUZ	F	37	18	00:52:10.73	00:51:57.23	FC ALVALADENSE
281	268	MARGARIDA PEDRO	F	55	5	00:52:16.49	00:52:14.51	OS KOTAS
282	198	MANUEL CARLOS VICENTE PEDRO	M	57	27	00:52:16.63	00:52:12.07	CP EDP SINES
283	338	MANUEL CRISPIM	M	63	23	00:52:30.26	00:52:08.59	UDCA
284	159	JOÃO RAPOSO	M	55	28	00:52:43.00	00:52:33.03	
285	221	NUNO CAEIRO	M	31	74	00:52:43.69	00:52:16.80	
286	510	GAUALDINO ALMEIDA	M	41	44	00:52:44.61	00:52:23.76	
287	163	LUCIA PEREIRA	F	44	8	00:52:49.83	00:52:40.17	JD MELIDENSE - ATLETISMO
288	51	EDMUNDO JESUS	M	59	29	00:52:51.02	00:52:25.36	AMICICLO GRÂNDOLA
289	353	JOÃO DA MAIA	M	39	75	00:53:00.89	00:52:37.27	AMICICLO GRÂNDOLA
290	213	ANTONIO MATOS	M	42	45	00:53:04.51	00:52:40.22	SSTM ODEMIRA
291	211	ILÍDIO CAMPOS	M	59	30	00:53:04.73	00:52:40.60	SSTM ODEMIRA
292	34	JOÃO SILVA	M	58	31	00:53:06.28	00:52:52.24	RUN 4 FUN
293	447	FILIPA SOBRAL	F	29	19	00:53:07.53	00:52:57.19	PINHAL NOVO A CORRER
294	168	PAULO ANTUNES	M	47	39	00:53:09.35	00:52:57.69	
295	378	PEDRO PAULOS	M	37	76	00:53:10.60	00:52:56.28	FC ALVALADENSE
296	278	POSSIDÓNIO CONSTANTINO	M	67	24	00:53:23.58	00:53:08.86	C PRAÇAS ARMADA
297	42	RICARDO PINTO	M	49	40	00:53:24.58	00:53:01.86	
298	249	ANTONIO FONSECA	M	73	25	00:53:40.52	00:53:21.63	CD ESTRELA
299	323	RUI SOBRAL	M	33	77	00:53:41.62	00:53:19.19	CP PINHEIRO CRUZ
300	53	RUI MANUEL CLAUDINO RAPOSO	M	52	32	00:53:45.72	00:53:23.97	AMICICLO GRÂNDOLA
301	281	MARIA VIANA	F	41	9	00:53:54.81	00:53:45.22	KER SPORT TRAIL RUNNING
302	502	SANDRA CATURRA	M	47	41	00:54:10.98	00:53:48.87	CM MARCHA CORRIDA
303	87	HUGO GONÇALVES	M	25	78	00:54:12.94	00:53:48.75	



304	324	HELIODORO NUNES	M	57	32	00:54:14.62	00:53:54.88	CP PINHEIRO CRUZ
305	27	PEDRO RIBEIRO	M	39	79	00:54:15.10	00:53:48.26	MATI & XAVI
306	88	JOANA BANZA	F	26	20	00:54:15.83	00:53:51.04	
307	188	JOÃO BAPTISTA	M	37	80	00:54:15.97	00:53:52.24	
308	75	SUSANA GUERREIRO	F	44	10	00:54:23.69	00:54:16.34	BOXGRANDOLATIVA
309	74	PEDRO GUERREIRO	M	50	33	00:54:24.91	00:54:16.46	BOXGRANDOLATIVA
310	26	HUGO VIEIRA	M	36	81	00:54:35.21	00:54:08.31	MATI & XAVI
311	456	JOSE MARTINS	M	45	42	00:54:35.99	00:54:26.48	
312	32	ÂNGELA MENDES	F	35	21	00:54:37.63	00:54:29.15	
313	135	CARLOS MOREIRA	M	66	26	00:54:45.52	00:54:32.20	CCDT METRO LX
314	20	VANDA CORREIA	F	45	13	00:54:47.07	00:54:34.33	BOX RUNNERS
315	120	SUSANA BRAGA	F	42	11	00:54:47.12	00:54:34.08	GDCT REPSOL POLÍMEROS
316	60	MANUELA BEIRÃO	F	43	12	00:55:00.68	00:54:40.61	SPARTAN RACERS
317	126	CARLOS JESUS	M	69	27	00:55:00.73	00:54:39.74	GDCT REPSOL POLÍMEROS
318	86	CARLOS MATEUS	M	52	34	00:55:14.50	00:54:55.74	CM CORRIDA DE GRÂNDOLA
319	381	ELISABETEDOVALE DO VALE	F	35	22	00:55:18.28	00:55:03.81	JUVENTUDE ATLÉTICO CLUBE
320	459	PAULO ANDRÉ DE ROSADO	M	59	33	00:55:18.66	00:55:00.96	
321	65	VÍTOR VERDADES	M	51	35	00:55:21.40	00:54:58.98	CM CORRIDA DE GRÂNDOLA
322	144	TELMA MATEUS	F	28	23	00:55:21.97	00:55:09.02	LEGIÃO 13
323	162	CRISTINA GREGORIO	F	41	13	00:55:23.79	00:55:13.30	JD MELIDENSE - ATLETISMO
324	337	JOAQUIM CRISPIM	M	63	28	00:55:25.10	00:55:02.06	UDCA
325	73	NELIO BERNARDO	M	49	43	00:55:26.24	00:55:03.69	CM CORRIDA DE GRÂNDOLA
326	259	RITA PALMA	F	50	6	00:55:36.08	00:55:32.88	DREAM RUNNERS ÉVORA
327	244	BRUNO ROCHA	M	36	82	00:55:36.35	00:55:15.03	CCD CRÉDITO AGRÍCOLA
328	62	JOAQUIM FONSECA	M	64	29	00:55:45.34	00:55:36.67	FF PAZ MUNDIAL E UNIFICAÇÃO
329	460	PEDRO PINTO DUARTE	M	39	83	00:55:47.02	00:55:25.64	
330	111	MARIA DO CÉU CARVALHO	F	47	14	00:55:48.48	00:55:22.27	AA MAFRA
331	386	ADALBERTO GRILO	M	58	34	00:55:53.47	00:55:44.39	C BENFICA ALG MEM MARTINS
332	240	ISABEL SANTOS	F	52	7	00:56:01.82	00:55:56.65	LOURDETE PERFUMARIAS
333	107	DOMINGOS PIRES	M	67	30	00:56:03.95	00:55:52.24	
334	483	HUGO AREIAS	M	26	84	00:56:08.84	00:56:00.20	
335	44	HELENA ISABEL SANTOS	F	38	24	00:56:20.37	00:56:14.26	
336	274	ANTONIO BORLA	M	74	31	00:56:21.71	00:56:02.52	C PRAÇAS ARMADA
337	84	ANTONIO CARLOS DA LUZ CORREIA	M	62	32	00:56:25.64	00:56:25.64	GEORUNNERS
338	68	TIAGO GALEGO	M	41	46	00:56:35.61	00:56:27.60	
339	250	MARIO ANTONIO	M	73	33	00:56:41.99	00:56:29.29	CD ESTRELA
340	12	IRENE PEREIRA	F	52	8	00:56:47.49	00:56:47.49	CM CORRIDA DE GRÂNDOLA
341	31	RAFAEL VILHENA	M	26	85	00:56:47.72	00:56:32.43	RUN QUÉ A DESCER

342	197	HUMBERTO RIBEIRO	M	58	35	00:56:47.79	00:56:24.65	
343	21	TERESA GONÇALVES	F	44	14	00:56:49.82	00:56:35.77	BOX RUNNERS
344	396	PAULA SOARES	F	49	15	00:56:54.47	00:56:46.13	C BENFICA ALG MEM MARTINS
345	41	MTF SANTIAGO DO CACÉM	F	30	25	00:56:58.58	00:56:34.67	MTF-HCS
346	133	MARIA BICO	F	45	16	00:57:00.58	00:56:54.74	LEBRES DE DOMINGO
347	379	RUI GOMES	M	58	36	00:57:06.18	00:56:53.77	VITÓRIA FC ERMIDENSE
348	266	JOAQUIM SANTANA	M	36	86	00:57:10.11	00:56:58.50	OS KOTAS
349	19	ISAURA CORREIA	F	41	15	00:57:10.27	00:56:48.08	CM CORRIDA DE GRÂNDOLA
350	489	MEDA VENTURA	F	39	26	00:57:10.89	00:56:54.95	
351	312	JOSÉ BORRACHA	M	59	37	00:57:18.51	00:57:02.80	FF PAZ MUNDIAL E UNIFICAÇÃO
352	494	JOSE CRUZ	M	65	34	00:57:27.22	00:57:10.22	
353	322	ARMINDO CHAINHO	M	45	44	00:57:30.28	00:57:06.59	CP PINHEIRO CRUZ
354	14	DELFINA FREIRE	F	55	6	00:57:35.16	00:57:21.45	MÃE E FILHA
355	248	JOAO MIGUEL	M	81	35	00:57:38.87	00:57:19.66	CD ESTRELA
356	191	FELICIANO ELIAS	M	74	36	00:57:39.85	00:57:27.97	TARTUGAS DE LOULÉ
357	63	MERCEDES FONSECA	F	63	2	00:57:42.93	00:57:34.26	FF PAZ MUNDIAL E UNIFICAÇÃO
358	499	ANA FILIPA RODRIGUES	F	36	27	00:57:58.60	00:57:40.59	
359	350	MIGUEL LOPES	M	44	47	00:58:03.02	00:57:30.45	CD ASAS DO MILÉNIO / 99PROVASGRATUITAS
360	475	JORGE AMARAL	M	51	36	00:58:03.08	00:57:41.53	AMINHACORRIDA
361	427	ANA FILIPA GUERREIRO	F	39	28	00:58:23.22	00:58:02.86	OURIQUE RUNNING
362	253	VIRGILIO RODRIGUES	M	72	37	00:58:48.64	00:58:24.16	CD ESTRELA
363	46	ALEXANDRA BATISTA	F	41	16	00:58:51.25	00:58:44.32	
364	342	SÉRGIO A V MARQUES	M	53	37	00:59:01.01	00:58:36.32	
365	300	PAULO COSTA	M	59	38	00:59:01.13	00:58:36.93	AA MAFRA
366	340	RUTE MARQUES	F	46	17	00:59:01.14	00:58:35.08	AA MAFRA
367	284	ANTÓNIO REIS	M	65	38	00:59:01.23	00:58:38.19	AA MAFRA
368	165	SÓNIA GODINHO	F	43	17	00:59:01.79	00:58:48.52	JD MELIDENSE - ATLETISMO
369	372	MARCELO BENTO	M	32	87	00:59:07.29	00:58:45.44	
370	89	HÉLIO CAVACO	M	44	48	00:59:08.55	00:58:45.55	
371	215	GABRIELA SOBRAL	F	59	7	00:59:10.85	00:58:45.90	
372	403	JOSE LOPES	M	62	39	00:59:11.00	00:58:44.85	AMIGOS DA ESTRELA
373	167	JOSÉ SANTOS	M	57	39	00:59:11.49	00:58:45.61	
374	214	FERNANDO SOBRAL	M	62	40	00:59:11.93	00:58:49.53	
375	453	JOANA GONÇALVES	F	35	29	00:59:13.92	00:59:00.56	ASSOCIAÇÃO JOVENS DA LANDEIRA
376	207	MÓNICA QUARENTA	F	46	18	00:59:15.66	00:58:57.36	QUARENTAS
377	208	DULCE MARCOS	F	42	18	00:59:17.39	00:58:59.10	QUARENTAS
378	404	ROSA ROSA	F	42	19	00:59:18.01	00:58:52.09	AMIGOS DA ESTRELA
379	161	CARLA PARREIRA	F	37	30	00:59:28.01	00:59:14.81	JD MELIDENSE - ATLETISMO

380	186	ANDREIA MARIANITO	F	27	31	00:59:31.68	00:59:14.76	JUVENTUDE ATLÉTICO CLUBE
381	437	ANTÓNIO ROCHA	M	18	88	00:59:35.56	00:59:25.34	GDR SÃO FRANCISCO SERRA
382	71	TIAGO SILVA	M	38	89	00:59:43.40	00:59:18.16	
383	52	CLÁUDIA DIAS	F	44	20	00:59:45.22	00:59:21.22	CM CORRIDA DE GRÂNDOLA
384	171	SANDRA JOAQUIM	F	44	21	00:59:56.30	00:59:47.61	CLUBE EDP LISBOA
385	61	MAGDA LOPES	F	36	32	00:59:58.20	00:59:40.21	SPARTAN RACERS
386	271	PAULO DEUS	M	51	38	01:00:06.82	01:00:06.82	OS KOTAS
387	155	ULISSES PEDRO	M	47	45	01:00:39.84	01:00:16.69	
388	492	JOSE FRANCISCO DUARTE	M	42	49	01:00:43.08	01:00:19.57	
389	395	MARLA CARVALHO	F	39	33	01:00:43.84	01:00:35.42	C BENFICA ALG MEM MARTINS
390	264	MARIA FATIMA	F	57	8	01:00:49.68	01:00:45.65	OS KOTAS
391	218	MARIA TEIXEIRA	F	46	19	01:00:53.09	01:00:36.24	ALGYMNS
392	79	PEDRO MIGUEL DA SARDINHA	M	42	50	01:01:02.74	01:00:40.11	CM CORRIDA DE GRÂNDOLA
393	130	ANA BELA PARREIRA	F	30	34	01:01:12.37	01:00:47.44	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
394	67	TÂNIA CARMO	F	33	35	01:01:18.64	01:01:09.69	
395	397	VERA TOLEDO	F	44	22	01:01:24.57	01:01:16.08	C BENFICA ALG MEM MARTINS
396	164	SÓNIA PEREIRA	F	40	23	01:01:27.65	01:01:17.26	JD MELIDENSE - ATLETISMO
397	331	FILIPA SANTOS	F	41	24	01:01:55.84	01:01:43.30	VITÓRIA FC ERMIDENSE
398	177	INÊS ALMEIDA	F	35	36	01:02:19.23	01:02:04.28	JUVENTUDE ATLÉTICO CLUBE
399	252	ARMANDO TAVARES	M	71	41	01:02:19.73	01:01:56.26	CD ESTRELA
400	260	TATIANA ILDEFONSO	F	37	37	01:02:32.64	01:02:06.72	CCDT METRO LX
401	199	MARIA CORREIA	F	66	3	01:02:56.87	01:02:48.65	
402	484	BRUNA MANUEL	F	33	38	01:03:30.32	01:03:12.12	VITÓRIA FC ERMIDENSE
403	17	ANA FIGUEIRA	F	51	9	01:03:41.33	01:03:24.69	AMICICLO GRANDOLA
404	16	PAULO FIGUEIRA	M	54	39	01:03:41.38	01:03:23.25	AMICICLO GRANDOLA
405	170	RUI XAVIER	M	53	40	01:03:50.61	01:03:42.34	CLUBE EDP LISBOA
406	333	DANIELA BOLETA	F	26	39	01:03:52.68	01:03:34.51	AMICICLO GRÂNDOLA
407	369	MARIA JOÃO PEREIRA	F	39	40	01:03:59.06	01:03:34.05	GDR SÃO FRANCISCO SERRA
408	380	JOSÉ MODESTO	M	48	46	01:04:09.57	01:03:56.40	VITÓRIA FC ERMIDENSE
409	251	DEOLINDA ROCHA	F	66	4	01:04:39.42	01:04:19.38	CD ESTRELA
410	132	SANDRA GUERREIRO	F	41	25	01:05:07.07	01:04:57.25	
411	469	PEDRO PONTE	M	59	40	01:05:07.66	01:04:49.47	
412	485	RUI BASTOS	M	46	47	01:05:12.95	01:04:47.13	AA MAFRA
413	480	JOSE DE SOUSA	M	60	42	01:05:30.18	01:05:10.54	A PARQUE DA PAZ
414	374	BEATRIZ FRANCO	F	64	5	01:05:30.74	01:05:12.34	CD ESTRELA
415	409	CARLOS ALVES	M	42	51	01:05:47.18	01:05:19.67	RUN TEJO - CM SOCKS
416	140	ORLANDO SILVA	M	62	43	01:06:51.45	01:06:24.46	CCDT METRO LX
417	449	ANA RITA BÔTO	F	42	26	01:07:19.87	01:07:06.74	

418	113	MAYER RAPOSO	M	72	44	01:07:24.74	01:07:04.15	AA LEBRES SADO
419	217	ARTUR DINIS	M	62	45	01:08:16.16	01:07:59.68	ALGYMNS
420	235	SUSANA PEREIRA	F	36	41	01:08:21.25	01:08:06.93	JD MELIDENSE - ATLETISMO
421	23	MARIA CARMO GOMES	F	52	10	01:08:27.60	01:08:13.78	CM CORRIDA DE GRÂNDOLA
422	10	JOHNNY THOMASSEN	M	59	41	01:09:31.30	01:09:15.25	
423	141	ORLANDO SOUSA	M	57	42	01:11:10.79	01:10:54.57	CCDT METRO LX
424	139	JOSÉ PIRES	M	84	46	01:11:12.84	01:10:55.64	CCDT METRO LX
425	375	TÂNIA LUZ	F	34	42	01:13:34.03	01:13:19.07	FC ALVALADENSE
426	122	CARLOS CARMO	M	66	47	01:13:41.86	01:13:22.36	GDCT REPSOL POLÍMEROS
427	30	LÉNIA OLIVEIRA	F	37	43	01:15:59.38	01:15:49.41	
428	25	ANA COSTA	F	44	27	01:15:59.77	01:15:47.88	
429	145	MARISA ROMERO	F	41	28	01:16:01.29	01:15:51.23	
430	112	Mª CARMO ANJOS	F	73	6	01:20:30.53	01:20:13.89	CONDOR
431	137	GUALDINO FREIRE	M	74	48	01:20:40.05	01:20:22.22	CCDT METRO LX
432	40	CRISTINA GUERREIRO	F	50	11	01:24:07.07	01:23:44.84	
433	318	DOMINGOS CARNEIRO	M	46	48	01:36:57.41	01:36:57.41	FF PAZ MUNDIAL E UNIFICAÇÃO
434	272	JOAQUIM PEREIRA	M	80	49	01:44:09.59	01:43:57.98	C PRAÇAS ARMADA

**Total de registos: 434**

**Classificação Coletiva baseada na soma das posições dos 5 primeiros atletas masculinos e femininos chegados de cada equipa:**

Class.	Equipa	Numero Chegados	Soma Posições	Posições				
				1º	2º	3º	4º	5º
1	VITORIA FC	10	57	2	4	9	17	25
2	GDR REBOLEIRA	6	107	5	7	26	34	35
3	AA MAFRA	23	139	14	18	31	37	39
4	RUN TEJO - CM SOCKS	15	151	3	16	33	44	55
5	AMICICLO GRANDOLA	16	153	6	15	21	53	58
6	GDR SÃO FRANCISCO SERRA	17	202	19	24	28	56	75
7	GDCT REPSOL POLÍMEROS	11	235	22	23	47	70	73
8	C BENFICA ALG MEM MARTINS	15	285	20	27	32	76	130
9	JUVENTUDE ATLÉTICO CLUBE	18	379	41	43	87	97	111
10	FF PAZ MUNDIAL E UNIFICAÇÃO	13	392	8	11	42	162	169
11	AMINHACORRIDA	6	639	71	106	123	151	188
12	CCDT METRO LX	11	697	60	127	137	147	226
13	NA PERNA ASSADA	10	766	82	122	139	211	212
14	C PRAÇAS ARMADA	9	783	45	165	180	184	209
15	CD ASAS DO MILÉNIO / 99PROVASGRATUITAS	6	899	132	150	176	204	237
16	OS KOTAS	9	932	90	175	196	201	270
17	TARTUGAS DE LOULÉ	5	942	99	114	186	187	356
18	CD ESTRELA	10	981	72	129	143	298	339
19	SPARTAN RACERS	6	1078	84	140	262	276	316

20	CP PINHEIRO CRUZ	8	1180	205	213	229	254	279
21	JD MELIDENSE - ATLETISMO	9	1261	136	244	271	287	323
22	CM CORRIDA DE GRÂNDOLA	10	1388	172	252	318	321	325
23	VITÓRIA FC ERMIDENSE	5	1709	155	347	397	402	408

**Classificação residentes no concelho de Grândola Masculino:**

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	216	RUI DOLORES	M	35		00:33:21.27	00:33:17.69	AMICICLO GRÂNDOLA
2	106	MARIO CASSACA	M	47		00:33:53.99	00:33:52.82	VITORIA FC
3	438	HUGO BALUGA	M	23		00:34:30.00	00:34:25.01	AMICICLO GRÂNDOLA
4	359	CUSTÓDIO ANTÓNIO	M	43		00:35:11.13	00:35:10.17	GDR SÃO FRANCISCO SERRA
5	343	MANUEL JOÃO MUANDO MUANDO	M	35		00:35:19.17	00:35:14.55	AMICICLO GRÂNDOLA
6	279	MIGUEL GARCIA	M	42		00:38:30.97	00:38:26.42	AMICICLO GRÂNDOLA
7	246	PEDRO COSTA	M	51		00:38:55.32	00:38:55.32	CCD CRÉDITO AGRÍCOLA
8	70	PEDRO NUNES	M	34		00:39:20.21	00:39:16.13	BAJOUCO TEAM
9	445	RICARDO MACHADO	M	38		00:40:55.75	00:40:44.14	LEBRES DE DOMINGO
10	243	HUGO PATRÍCIO	M	43		00:41:01.15	00:40:44.75	AMICICLO GRÂNDOLA
11	204	RICARDO GONÇALVES	M	30		00:41:21.37	00:41:17.13	CLUBE BTT GRÂNDOLA
12	76	JOAQUIM LOPES	M	56		00:42:15.76	00:42:07.64	AMICICLO GRÂNDOLA
13	202	OCTÁVIO DO CARMO	M	46		00:42:24.15	00:42:18.74	CLUBE BTT GRÂNDOLA
14	172	HÉLDER GUERREIRO	M	43		00:42:29.20	00:42:19.18	JUVENTUDE ATLÉTICO CLUBE
15	203	HERNÂNI VENTURA	M	36		00:43:25.00	00:43:25.00	CLUBE BTT GRÂNDOLA
16	160	NUNO PEREIRA	M	36		00:43:32.61	00:43:23.45	JD MELIDENSE - ATLETISMO
17	450	MÁRCIO CHAINHO	M	27		00:43:39.18	00:43:30.98	
18	129	JOÃO CHAINHO	M	20		00:43:55.07	00:43:29.28	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
19	461	RUI FREITAS	M	67		00:44:52.52	00:44:47.41	GDR SÃO FRANCISCO SERRA
20	151	FRANCISCO MORAIS	M	18		00:44:53.52	00:44:41.92	
21	185	FLAVIANO DIAS	M	70		00:45:01.15	00:44:53.55	JUVENTUDE ATLÉTICO CLUBE
22	13	GONÇALO SALES	M	18		00:45:40.67	00:45:28.17	CM CORRIDA DE GRÂNDOLA
23	358	VITOR PEREIRA	M	43		00:46:09.74	00:45:58.93	GDR SÃO FRANCISCO SERRA
24	205	PEDRO LOURENÇO	M	45		00:46:56.79	00:46:49.66	CLUBE BTT GRÂNDOLA
25	490	CARLOS VIEIRA	M	48		00:47:18.59	00:47:06.98	AMICICLO GRÂNDOLA
26	455	LUIS AGOSTINHO	M	41		00:47:20.72	00:47:08.50	LEBRES DE DOMINGO
27	328	RUI PEREIRA	M	52		00:47:29.43	00:47:09.70	CP PINHEIRO CRUZ
28	498	ANTONIO SOLPOSTO	M	52		00:47:35.78	00:47:20.73	
29	329	TIAGO DIAS	M	36		00:47:55.27	00:47:35.28	CP PINHEIRO CRUZ
30	15	JOÃO SANTOS	M	39		00:48:25.00	00:48:06.79	AMICICLO GRÂNDOLA
31	64	FRANCISCO CARMO	M	48		00:49:07.23	00:48:45.09	ERMELINO NUNES BIKE TIME

32	77	FERNANDO FE-CU NETO	M	47	00:49:14.29	00:49:04.58	
33	78	ARTUR MARINHO	M	35	00:49:14.95	00:49:04.27	
34	166	PEDRO VENTURA	M	34	00:49:19.51	00:49:08.31	JD MELIDENSE - ATLETISMO
35	128	JOÃO LOPES	M	32	00:49:47.62	00:49:21.57	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
36	22	HELDER RAFAEL	M	54	00:49:55.56	00:49:30.35	CM CORRIDA DE GRÂNDOLA
37	334	NELSON BARRADINHAS	M	42	00:50:00.81	00:49:43.69	AMICICLO GRÂNDOLA
38	330	FÁBIO MATEUS	M	32	00:50:04.32	00:49:42.54	CP PINHEIRO CRUZ
39	470	VITOR BATISTA	M	50	00:51:19.84	00:51:15.25	
40	382	NUNO PEREIRA	M	38	00:51:38.21	00:51:24.10	JD MELIDENSE - ATLETISMO
41	326	VERISSIMO PEREIRA	M	49	00:52:10.19	00:51:51.75	CP PINHEIRO CRUZ
42	159	JOÃO RAPOSO	M	55	00:52:43.00	00:52:33.03	
43	51	EDMUNDO JESUS	M	59	00:52:51.02	00:52:25.36	AMICICLO GRÂNDOLA
44	353	JOÃO DA MAIA	M	39	00:53:00.89	00:52:37.27	AMICICLO GRÂNDOLA
45	323	RUI SOBRAL	M	33	00:53:41.62	00:53:19.19	CP PINHEIRO CRUZ
46	53	RUI MANUEL CLAUDINO RAPOSO	M	52	00:53:45.72	00:53:23.97	AMICICLO GRÂNDOLA
47	324	HELIODORO NUNES	M	57	00:54:14.62	00:53:54.88	CP PINHEIRO CRUZ
48	188	JOÃO BAPTISTA	M	37	00:54:15.97	00:53:52.24	
49	74	PEDRO GUERREIRO	M	50	00:54:24.91	00:54:16.46	BOXGRANDOLATIVA
50	86	CARLOS MATEUS	M	52	00:55:14.50	00:54:55.74	CM CORRIDA DE GRÂNDOLA
51	65	VÍTOR VERDADES	M	51	00:55:21.40	00:54:58.98	CM CORRIDA DE GRÂNDOLA
52	73	NELIO BERNARDO	M	49	00:55:26.24	00:55:03.69	CM CORRIDA DE GRÂNDOLA
53	483	HUGO AREIAS	M	26	00:56:08.84	00:56:00.20	
54	322	ARMINDO CHAINHO	M	45	00:57:30.28	00:57:06.59	CP PINHEIRO CRUZ
55	372	MARCELO BENTO	M	32	00:59:07.29	00:58:45.44	
56	89	HÉLIO CAVACO	M	44	00:59:08.55	00:58:45.55	
57	167	JOSÉ SANTOS	M	57	00:59:11.49	00:58:45.61	
58	214	FERNANDO SOBRAL	M	62	00:59:11.93	00:58:49.53	
59	492	JOSE FRANCISCO DUARTE	M	42	01:00:43.08	01:00:19.57	
60	79	PEDRO MIGUEL DA SARDINHA	M	42	01:01:02.74	01:00:40.11	CM CORRIDA DE GRÂNDOLA
61	16	PAULO FIGUEIRA	M	54	01:03:41.38	01:03:23.25	AMICICLO GRANDOLA

**Total de registos: 61**

**Classificação residentes no concelho de Grândola Feminino:**

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	321	PAULA ANJOS	F	47		00:48:54.80	00:48:37.03	CP PINHEIRO CRUZ
2	127	NEUZA REIS	F	28		00:49:55.19	00:49:28.53	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
3	163	LUCIA PEREIRA	F	44		00:52:49.83	00:52:40.17	JD MELIDENSE - ATLETISMO
4	447	FILIPA SOBRAL	F	29		00:53:07.53	00:52:57.19	PINHAL NOVO A CORRER
5	75	SUSANA GUERREIRO	F	44		00:54:23.69	00:54:16.34	BOXGRANDOLATIVA
6	32	ÂNGELA MENDES	F	35		00:54:37.63	00:54:29.15	
7	144	TELMA MATEUS	F	28		00:55:21.97	00:55:09.02	LEGIÃO 13
8	162	CRISTINA GREGORIO	F	41		00:55:23.79	00:55:13.30	JD MELIDENSE - ATLETISMO
9	12	IRENE PEREIRA	F	52		00:56:47.49	00:56:47.49	CM CORRIDA DE GRÂNDOLA
10	21	TERESA GONÇALVES	F	44		00:56:49.82	00:56:35.77	BOX RUNNERS
11	19	ISAURA CORREIA	F	41		00:57:10.27	00:56:48.08	CM CORRIDA DE GRÂNDOLA
12	46	ALEXANDRA BATISTA	F	41		00:58:51.25	00:58:44.32	
13	165	SÓNIA GODINHO	F	43		00:59:01.79	00:58:48.52	JD MELIDENSE - ATLETISMO
14	215	GABRIELA SOBRAL	F	59		00:59:10.85	00:58:45.90	
15	161	CARLA PARREIRA	F	37		00:59:28.01	00:59:14.81	JD MELIDENSE - ATLETISMO
16	52	CLÁUDIA DIAS	F	44		00:59:45.22	00:59:21.22	CM CORRIDA DE GRÂNDOLA
17	130	ANA BELA PARREIRA	F	30		01:01:12.37	01:00:47.44	NADADORES SALV GRÂNDOLA - SEAGULL RESCUE
18	164	SÓNIA PEREIRA	F	40		01:01:27.65	01:01:17.26	JD MELIDENSE - ATLETISMO
19	17	ANA FIGUEIRA	F	51		01:03:41.33	01:03:24.69	AMICICLO GRANDOLA
20	333	DANIELA BOLETA	F	26		01:03:52.68	01:03:34.51	AMICICLO GRÂNDOLA
21	235	SUSANA PEREIRA	F	36		01:08:21.25	01:08:06.93	JD MELIDENSE - ATLETISMO
22	23	MARIA CARMO GOMES	F	52		01:08:27.60	01:08:13.78	CM CORRIDA DE GRÂNDOLA
23	25	ANA COSTA	F	44		01:15:59.77	01:15:47.88	
24	145	MARISA ROMERO	F	41		01:16:01.29	01:15:51.23	

**Total de registros: 24**