



39ª Corrida dos Sinos

Resultados

26 março 2023

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1	465	Said Ameqrane	Individual	1	M SEN	00:47:19	00:47:19
2	633	Joao Antunes	Prime Running Club	2	M SEN	00:47:31	00:47:28
3	789	Bruno Lourenço	Vitória Setúbal/Gfd Running	3	M SEN	00:48:53	00:48:51
4	1038	Luis Margarido	Individual	1	M35	00:49:01	00:49:01
5	647	Carlos Tiago	Run Tejo - Prevent Sprain	1	M40	00:49:18	00:49:14
6	1247	Ricardo Madeira	Mf Grupo	2	M35	00:49:21	00:49:21
7	1252	Victor Cerqueira	Capenafirme	4	M SEN	00:49:54	00:49:51
8	471	Avelino Eusébio	Gfd Running	5	M SEN	00:50:10	00:50:10
9	1	Roberto Ladeiras	Vitória Setúbal/Gfd Running	6	M SEN	00:50:20	00:50:19
10	120	José Gaspar	Associação Desportiva De Palmeiros Sintra	1	M45	00:50:41	00:50:37
11	371	Alexandre Felício	Correr Lisboa	7	M SEN	00:52:15	00:52:10
12	31	Pedro Cruz	Amigos Do Atletismo De Mafra	8	M SEN	00:52:24	00:52:24
13	1254	Andre Alves	Cfosbelenenses	3	M35	00:52:36	00:52:33
14	262	Ricardo Jordão	Cfosbelenenses	2	M40	00:52:37	00:52:35
15	697	Ricardo Ceia	Sporting Clube De Casainhos	4	M35	00:52:51	00:52:49
16	955	Hugo Dourado	Individual	3	M40	00:53:30	00:53:27
17	467	João Vaz	Gdroleira	1	M55	00:53:55	00:53:50
18	424	Joana Fonseca	Feirense/Gfd Running	1	F35	00:53:59	00:53:56
19	1250	José Mota	Capenafirme	5	M35	00:54:00	00:53:57
20	1266	Paulo Garcia	Cfosbelenenses	1	M50	00:54:05	00:54:03
21	109	David Alfaiate	Associação 20Kms De Almeirim	6	M35	00:54:09	00:54:02
22	1280	Emília Piseiro	Individual	2	F35	00:54:15	00:54:11
23	602	Sérgio Paiva	Núcleoeiras	2	M50	00:54:47	00:54:47
24	475	Fernando Pereira	Gfd Running	2	M45	00:54:47	00:54:45
25	466	Eugénio Neto	Gdroleira	1	M60	00:54:57	00:54:56
26	578	Bruno Pontes	Marvila Jovem	7	M35	00:55:05	00:55:00
27	423	Pedro Pereira	Federação Da Família Para A Paz Mundial E Unificação	8	M35	00:55:09	00:55:05
28	122	Vasco Palma	Associação Desportiva De Palmeiros Sintra	3	M45	00:55:13	00:55:06
29	648	Kcénia Bougrova	Run Tejo - Prevent Sprain	1	F SEN	00:55:25	00:55:22
30	260	Paulo Torres	Cfosbelenenses	4	M45	00:55:26	00:55:23
31	15	Joao Piedade	Amigos Do Atletismo De Mafra	9	M SEN	00:55:33	00:55:29
32	317	Duarte Alves	Clube Novo Banco	10	M SEN	00:55:44	00:55:39
33	430	Helder Rebelo	Fitares Electrodomesticos	3	M50	00:55:50	00:55:43
34	1214	Telmo Nogueira	Individual	9	M35	00:56:04	00:56:01
35	372	André Melo	Correr Lisboa	4	M40	00:56:05	00:56:02
36	360	Carlos Correia	Core	5	M45	00:56:19	00:56:19
37	1258	Pedro Cardoso	Correr Lisboa	5	M40	00:56:31	00:56:27
38	3	Afonso Barreiros	Amigos Do Atletismo De Mafra	11	M SEN	00:56:58	00:56:54
39	171	Henrique Janota	Caracóis De Pedra	4	M50	00:57:02	00:56:58
40	483	Vera Nunes	Gfd Running	1	F40	00:57:18	00:57:16
41	735	Jorge Pardal	Tartarugas Solidárias	5	M50	00:57:28	00:57:24
42	73	António Rodrigues	Academia Do Pro Peniche	6	M40	00:57:37	00:57:33
43	78	Ivandro Moreira	Aguilva-Runners	12	M SEN	00:58:04	00:57:56
44	139	César Almeida	Bobadelas Running Team	10	M35	00:58:28	00:58:21
45	509	Antonio Murteira	Grupo Recreativo E Desportivo Da Ribeira Da Lage	2	M55	00:58:34	00:58:28
46	1183	Rui Rodrigues	Individual	7	M40	00:58:36	00:58:30
47	413	Rodrigo Ladeira	Escola Das Armas	13	M SEN	00:58:44	00:58:37
48	163	Henrique Avelar	Câmara Municipal Mafra	8	M40	00:58:45	00:58:40
49	408	Cláudio Bagulho	Escola Das Armas	11	M35	00:58:46	00:58:41
50	762	Sheila Azevedo	Treino Personalizado Com Mário Sá	2	F40	00:58:51	00:58:49
51	464	Pedro Porfírio	Gdrc Ponterrolense	12	M35	00:58:55	00:58:48
52	1270	Vicente Sobrinho	Cfosbelenenses	3	M55	00:59:05	00:58:46
53	561	João Caldeira	Linda-A-Pastora Sporting Clube	2	M60	00:59:10	00:59:06
54	1166	Rita Ribeiro	Individual	2	F SEN	00:59:11	00:59:04
55	754	Tiago Esteves	Team Tulipa	13	M35	00:59:15	00:59:04
56	934	Gabriel Henriques	Individual	14	M SEN	00:59:15	00:59:08
57	220	Joseline Santos	Casa Do Benfica Torres Vedras	3	F35	00:59:31	00:59:25
58	1184	Rui Santos	Individual	9	M40	00:59:40	00:59:32
59	1110	Paulo Costa	Individual	6	M45	00:59:42	00:59:36
60	174	Joao Libanio	Caracóis De Pedra	15	M SEN	00:59:50	00:59:44
61	595	João Caçador	Nesha Hop & Run Team	16	M SEN	00:59:52	00:59:40
62	1081	Miguel Labisa	Individual	17	M SEN	00:59:58	00:59:44
63	418	Nuno Cordeiro	Falcões Selvagens	7	M45	00:59:59	00:59:47



39ª Corrida dos Sinos

Resultados

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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
64	42	Vasco Ribeiro	Amigos Do Atletismo De Mafra	18	M SEN	00:59:59	00:59:59
65	321	Francisco Duarte	Clube Novo Banco	19	M SEN	01:00:00	00:59:35
66	368	Francisco Santos	Correr É Sofrer ...	6	M50	01:00:04	01:00:00
67	562	João Pereira	Linda-A-Pastora Sporting Clube	20	M SEN	01:00:06	01:00:06
68	771	Tiago Lopes	União Sport Clube Mira Sintra	21	M SEN	01:00:13	01:00:06
69	985	João Canas	Individual	14	M35	01:00:15	00:59:56
70	1149	Pedro Simoes	Individual	10	M40	01:00:15	01:00:08
71	989	João Moniz	Individual	22	M SEN	01:00:18	01:00:16
72	1089	Nuno Ferreira	Individual	15	M35	01:00:19	01:00:10
73	422	Mafalda Martinho	Federação Da Família Para A Paz Mundial E Unificação	3	F SEN	01:00:19	01:00:11
74	773	Fábio Oliveira	Unique Adventure	23	M SEN	01:00:27	01:00:22
75	480	Pedro Cruz	Gfd Running	16	M35	01:00:30	01:00:25
76	479	Nuno Romao	Gfd Running	7	M50	01:00:31	01:00:24
77	473	Ernesto Ferreira	Gfd Running	8	M50	01:00:32	01:00:26
78	929	Francisco Teixeira	Individual	11	M40	01:00:35	01:00:30
79	1253	António Boné	Runtejo-Prevent Sprain	24	M SEN	01:00:41	01:00:36
80	645	Ana Rebelo	Run Tejo - Prevent Sprain	4	F SEN	01:00:48	01:00:46
81	606	Paulo Alves	Ocs Arrabida Trail Team	8	M45	01:01:03	01:00:58
82	960	Hugo Palmeiro	Individual	9	M45	01:01:05	01:01:00
83	1265	Gustavo Santos	Cfosbelenenses	9	M50	01:01:08	01:00:54
84	395	Ricardo Cardoso	Crossfitboardland	17	M35	01:01:08	01:01:02
85	113	Álvaro Oliveira	Associação Desportiva De Palmeiros Sintra	10	M50	01:01:12	01:01:06
86	257	Carlos Viseu	Cfosbelenenses	11	M50	01:01:13	
87	468	José Marcelino	Gdrebolera	3	M60	01:01:27	01:01:20
88	605	Nuno Carvalho	Ocr Portugal Lab Club	18	M35	01:01:28	01:01:22
89	1268	Luis Marçal	Cfosbelenenses	10	M45	01:01:30	01:01:25
90	221	Luis Rebelo	Casa Do Benfica Torres Vedras	4	M55	01:01:32	01:01:29
91	1080	Miguel Fernandes	Individual	12	M40	01:01:34	01:01:28
92	366	Adolfo Leal	Correr É Sofrer	5	M55	01:01:35	01:01:32
93	330	Luis Godinho	Clube Novo Banco	6	M55	01:01:36	01:01:12
94	792	Paulo Gomes	Walk Run We Run	13	M40	01:01:43	01:01:35
95	834	António Batalha	Individual	11	M45	01:01:50	01:01:39
96	622	Marco Caseiro	Os Perigosos	14	M40	01:01:52	01:01:39
97	34	Ricardo Abreu	Amigos Do Atletismo De Mafra	15	M40	01:01:54	01:01:50
98	1208	Sóstenes Barbosa	Individual	19	M35	01:01:57	01:01:50
99	1255	Luis Ladeira	Escola Das Armas	12	M50	01:01:58	01:01:50
100	147	Joaquim Freitas	Bombeiros Voluntários De Montemor-O-Novo	12	M45	01:02:00	01:01:55
101	348	Carlos Pedro	Clube Tap Portugal	13	M50	01:02:01	01:01:54
102	239	José Santos	Ccdtmetrolox	14	M50	01:02:05	01:01:39
103	1071	Mário Nunes	Individual	20	M35	01:02:06	01:01:54
104	238	João Oliveira	Ccdtmetrolox	13	M45	01:02:07	01:01:57
105	596	Jose Morais	Nesha Hop & Run Team	25	M SEN	01:02:11	01:01:57
106	126	Henrique Santos	Associação Vale Grande	26	M SEN	01:02:15	01:02:06
107	613	Ricardo Varela	Os Carregueirenses	14	M45	01:02:23	01:02:20
108	826	André Ribeiro	Individual	21	M35	01:02:23	01:02:09
109	779	Jorge Cruz	United Warriors Ocr	22	M35	01:02:25	01:02:19
110	718	Paulo Póvoa	Stravistas. Venda Do Pinheiro	7	M55	01:02:25	01:02:19
111	382	Ricardo Domingues	Correr Lisboa	27	M SEN	01:02:28	01:02:18
112	609	Joaquim Rodrigues	Os Carregueirenses	15	M50	01:02:31	01:02:18
113	24	Migdon Batalha	Amigos Do Atletismo De Mafra	28	M SEN	01:02:32	01:02:17
114	751	Sérgio Pires	Team El Comandante	15	M45	01:02:34	01:02:23
115	808	Alexandre Leal	Individual	16	M45	01:02:41	
116	64	Nelson Santos	7Colinasrunners	16	M40	01:02:50	01:02:46
117	979	João Charrua	Individual	23	M35	01:02:51	01:02:06
118	610	Jose Alves	Os Carregueirenses	17	M45	01:02:52	01:02:47
119	693	Fábio Pereira	Sporting Clube De Casainhos	29	M SEN	01:02:53	01:02:43
120	649	Sara Lobo	Run Tejo - Prevent Sprain	5	F SEN	01:02:55	01:02:50
121	275	Paulo Resende	Clube Atletismo Ovar	18	M45	01:02:59	01:02:54
122	774	Luis Marques	Unique Adventure	19	M45	01:03:08	01:03:01
123	1042	Luis Silva	Individual	17	M40	01:03:09	01:02:56
124	112	Rui Sarmiento	Associação Corrida Noturna Parque Das Nações	20	M45	01:03:10	01:02:57
125	538	Tiago Mota	Hero Team	30	M SEN	01:03:17	01:03:11
126	72	Catarina Távora	A.M. Atibá	6	F SEN	01:03:21	01:03:16



Resultados

39ª Corrida dos Sinos

26 março 2023

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
127	251	Nelson Custódio	Cdcr Dos Ctt	21	M45	01:03:23	01:02:46
128	585	Nelson Graça	Monsanto Running Team	24	M35	01:03:23	01:03:19
129	183	Rui Duarte	Caracóis De Pedra	18	M40	01:03:24	01:03:18
130	791	Palmira Quinhama	Walk Run We Run	1	F45	01:03:36	01:03:29
131	646	Ana Rosa	Run Tejo - Prevent Sprain	3	F40	01:03:39	01:03:28
132	630	Jacinto Ferreira	Penicheacorrer	16	M50	01:03:47	01:03:30
133	332	Luis Monteiro	Clube Novo Banco	17	M50	01:03:54	01:03:28
134	503	Rui Machinho	Grupo Desportivo Santander Totta	22	M45	01:04:00	01:03:54
135	19	José Gonçalves	Amigos Do Atletismo De Mafra	8	M55	01:04:05	01:03:59
136	399	Joaquim Carreira	Dolce Foradouro	4	M60	01:04:07	01:04:01
137	224	Anibal Gaspar	Ccd Alvítejo	18	M50	01:04:14	01:04:07
138	1269	Gonçalo Ferreira	Cfósbelenenses	19	M50	01:04:16	01:04:13
139	611	Manuel Lino	Os Carregueirenses	9	M55	01:04:23	01:04:12
140	874	David Cardoso	Individual	19	M40	01:04:24	01:04:19
141	692	Carlos Baptista	Sporting Clube De Casainhos	5	M60	01:04:26	01:04:17
142	1125	Paulo Soeiro	Individual	23	M45	01:04:36	01:03:52
143	9	Francisco Ribeiro	Amigos Do Atletismo De Mafra	20	M50	01:04:37	01:04:23
144	263	Vítor Gonzas	Cfósbelenenses	10	M55	01:04:55	01:04:53
145	1251	Nelson Santos	Capenafirme	24	M45	01:04:59	
146	38	Rui Cleto	Amigos Do Atletismo De Mafra	21	M50	01:05:04	01:04:59
147	420	Duarte Costa	Federação Da Família Para A Paz Mundial E Unificação	25	M35	01:05:06	01:05:01
148	768	Inês Correia	Uap	7	F SEN	01:05:07	01:04:59
149	872	Daniel Alves	Individual	20	M40	01:05:07	01:04:48
150	702	Peter Romão	Sporting Clube Vila Maria	21	M40	01:05:13	01:04:57
151	115	David Karin	Associação Desportiva De Palmeiros Sintra	22	M40	01:05:14	01:05:08
152	196	Américo Rodrigues	Casa Do Benfica Em Algueirão Mem Martins	6	M60	01:05:18	01:05:11
153	1267	Avelino Soares	Cfósbelenenses	11	M55	01:05:28	01:05:24
154	837	António Vilela	Individual	22	M50	01:05:29	01:05:18
155	988	João Limão	Individual	25	M45	01:05:31	01:05:23
156	27	Nuno Mota	Amigos Do Atletismo De Mafra	23	M40	01:05:41	01:05:28
157	474	Fernando Martins	Gfd Running	23	M50	01:05:45	01:05:40
158	470	Artur Pinto	Gfd Running	26	M45	01:05:45	01:05:40
159	83	Joaquim Alexandre	Alcobela	12	M55	01:05:45	01:05:23
160	365	Luis Filipe	Correr A 7 Pés Com Tranquilidade	24	M40	01:05:48	01:05:25
161	1189	Salvador Carvalho	Individual	26	M35	01:05:50	01:05:42
162	544	Lucília Soares	Ingleses Fc	1	F60	01:05:52	01:05:48
163	749	Pedro Serra	Team El Comandante	27	M35	01:05:53	01:05:32
164	389	Mário Moreira	Correr Queluz	27	M45	01:06:02	01:05:53
165	33	Renato Rocha	Amigos Do Atletismo De Mafra	28	M35	01:06:05	01:05:07
166	590	Pedro Pedroso	Mtba	29	M35	01:06:08	01:05:54
167	954	Hugo Antunes	Individual	30	M35	01:06:09	01:05:54
168	508	André Oliveira	Grupo Recreativo E Desportivo Da Ribeira Da Lage	31	M35	01:06:11	01:05:56
169	198	Bruno Matias	Casa Do Benfica Em Algueirão Mem Martins	32	M35	01:06:22	01:06:10
170	793	António Martins	Zatopeques	24	M50	01:06:23	01:06:12
171	748	Apolo Pereira	Team El Comandante	25	M50	01:06:30	01:06:18
172	84	Jorge Sirgado	Castanheira Caminhar e Correr	26	M50	01:06:30	01:06:21
173	289	Antonio Almeida	Clube Millennium Bcp	13	M55	01:06:33	01:06:10
174	828	André Silva	Individual	31	M SEN	01:06:33	01:06:23
175	411	Mário Fazenda	Escola Das Armas	33	M35	01:06:33	01:05:55
176	1175	Rui Conceição	Individual	25	M40	01:06:34	01:06:15
177	298	José Farinha	Clube Millennium Bcp	28	M45	01:06:34	01:05:26
178	394	Lénia Loureiro	Crossfitboardland	4	F35	01:06:36	01:06:20
179	811	Alexandre Santos	Individual	27	M50	01:06:37	01:06:31
180	407	André Silva	Escola Das Armas	34	M35	01:06:39	01:06:01
181	1062	Maria Monteiro	Individual	4	F40	01:06:40	01:06:30
182	99	Carlos Caeiro	Aminhacorrida/Runextrem	29	M45	01:06:41	01:06:27
183	1203	Sergio Ventura	Individual	26	M40	01:06:41	01:06:24
184	551	Artur Araujo	Kilosmoda	14	M55	01:06:43	
185	1246	Vitor Novais	Gaavfxira	30	M45	01:06:44	01:06:24
186	351	Diamantino Gamito	Clube Tap Portugal	15	M55	01:06:44	01:06:38
187	736	Jose Esteves	Tartarugas Solidárias	16	M55	01:06:47	01:06:40
188	477	Jorge Aguardenteiro	Gfd Running	28	M50	01:06:48	01:06:37
189	1131	Pedro Anjos	Individual	35	M35	01:06:51	01:06:36



Resultados

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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
190	160	Carlos França	Cad A Correr	27	M40	01:06:55	01:06:40
191	1116	Paulo Mateus	Individual	31	M45	01:06:57	01:06:33
192	460	Joaquim Leal	Gdrc Ponterrolense	32	M45	01:07:01	01:06:36
193	339	Pedro Sanguino	Clube Novo Banco	28	M40	01:07:05	01:06:40
194	189	Sérgio Nunes	Carapaus De Corrida	33	M45	01:07:08	01:06:15
195	1257	Bruno Margarido	Individual	32	M SEN	01:07:11	01:06:45
196	142	Rui Martins	Bobadelas Running Team	33	M SEN	01:07:15	01:06:54
197	710	Carlos Leitão	Ss Cgd	17	M55	01:07:18	01:07:08
198	421	Leandro Reis	Federação Da Família Para A Paz Mundial E Unificação	29	M50	01:07:20	01:06:55
199	13	João Branco	Amigos Do Atletismo De Mafra	29	M40	01:07:24	01:07:09
200	409	Gonçalo Lourenço	Escola Das Armas	34	M SEN	01:07:25	01:07:09
201	498	Nuno Sabino	Grupo Desportivo Recreativo De Manique De Cima	34	M45	01:07:27	01:07:12
202	886	Diogo Gomes	Individual	35	M SEN	01:07:27	01:07:17
203	1004	Jorge Leite	Individual	30	M50	01:07:28	01:07:16
204	66	Chantal Xhervelle	A Natureza Ensina	1	F55	01:07:30	01:07:25
205	261	Pedro Favinha	Cfrosbelenenses	31	M50	01:07:33	01:07:15
206	443	Tito Pereira	G.D.R. São Francisco Da Serra	30	M40	01:07:34	01:07:09
207	514	Leandro Rodrigues	Grupo Recreativo E Desportivo Da Ribeira Da Lage	31	M40	01:07:35	01:07:13
208	914	Filipe Gomes	Individual	36	M35	01:07:36	01:06:57
209	891	Dulcinea Silva	Individual	1	F50	01:07:48	01:07:36
210	527	Cláudio Mateus	Hero Team	32	M40	01:07:48	01:07:33
211	150	Nuno Marques	Bombeiros Voluntários De Montemor-O-Novo	35	M45	01:07:49	01:07:44
212	530	João Tomaz	Hero Team	37	M35	01:07:53	01:06:59
213	598	Luis Silva	Nesha Hop & Run Team	38	M35	01:07:55	01:07:43
213	1097	Nuno Pacheco	Individual	36	M SEN	01:07:55	01:07:48
215	629	Carlos Pascoal	Papa Trilhos	18	M55	01:08:01	01:07:45
216	457	Tatiana Rocha	Gdctincm	8	F SEN	01:08:06	01:07:57
217	1222	Tiago Margato	Individual	37	M SEN	01:08:07	01:07:52
218	1146	Pedro Ramos	Individual	19	M55	01:08:07	01:07:56
219	915	Filipe Oliveira	Individual	33	M40	01:08:09	01:07:28
220	281	Jose Luis	Clube Desportivo De Mafra	32	M50	01:08:10	01:07:52
221	1165	Rita Jesus	Individual	5	F35	01:08:14	01:07:40
222	481	Rui Freitas	Gfd Running	36	M45	01:08:18	01:08:07
223	179	Patricia Caldas	Caracóis De Pedra	5	F40	01:08:20	01:08:13
224	184	Tiago Baleia	Caracóis De Pedra	37	M45	01:08:20	01:08:12
225	1169	Rodrigo Oliveira	Individual	34	M40	01:08:22	01:08:08
226	98	Carla Fernandes	Aminhacorrida/Runextrem	6	F40	01:08:23	01:08:15
227	626	Kevlee Oliveira	Ousadiaconsciente	38	M SEN	01:08:31	01:08:25
228	546	Luis Ferreira	Insanes Team	38	M45	01:08:33	01:08:00
229	454	Rui Henriques	Gaavfxira	39	M45	01:08:34	01:08:15
230	712	Henrique Amador	Ss Cgd	33	M50	01:08:34	01:08:24
231	414	Ruben Félix	Escola Das Armas	39	M SEN	01:08:35	01:07:36
232	412	Miguel Cardoso	Escola Das Armas	40	M SEN	01:08:36	01:07:37
233	522	Nuno Silva	Hecateam	35	M40	01:08:38	01:08:31
234	917	Filipe Freire	Individual	39	M35	01:08:39	01:08:24
235	1140	Pedro Santos	Individual	41	M SEN	01:08:43	01:08:22
235	367	Arlindo Paixão	Correr É Sofrer ...	7	M60	01:08:53	01:08:48
237	52	Pedro Figueiredo	2 Pipos	40	M45	01:08:53	01:07:57
238	359	Pedro Leiria	Cncvg	41	M45	01:08:58	01:08:12
239	589	Nuno Torres	Mtba	36	M40	01:09:00	01:08:44
240	688	João Ribeiro	Smas	37	M40	01:09:03	01:08:25
241	90	Leonardo Jesus	Alverca Urban Runners	40	M35	01:09:04	01:08:47
242	282	Jose Silva	Clube Desportivo De Mafra	34	M50	01:09:07	01:09:01
243	4	Ana Santos	Amigos Do Atletismo De Mafra	2	F50	01:09:08	01:09:01
244	535	Pedro Roberto	Hero Team	41	M35	01:09:08	01:08:53
245	1118	Paulo Namorado	Individual	42	M SEN	01:09:12	01:08:50
246	57	Amândio Pereira	300V	38	M40	01:09:12	01:08:38
247	461	Luis Franco	Gdrc Ponterrolense	42	M45	01:09:20	01:08:53
248	512	João Oliveira	Grupo Recreativo E Desportivo Da Ribeira Da Lage	20	M55	01:09:22	01:09:08
249	706	Pedro Santos	Srccrf Monte Godel	35	M50	01:09:26	01:09:03
250	1153	Ricardo Lopes	Individual	43	M SEN	01:09:28	01:09:18
251	1112	Paulo Fernandes	Individual	36	M50	01:09:30	01:09:07
252	691	António Godinho	Sporting Clube De Casinhos	43	M45	01:09:35	01:09:18



Resultados

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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
253	845	Billy Santos	Individual	39	M40	01:09:36	01:09:16
254	1234	Virgínio Pateiro	Individual	37	M50	01:09:38	01:09:20
255	556	Rui Almeida	Legionários	38	M50	01:09:43	01:09:04
256	1117	Paulo Monteiro	Individual	44	M45	01:09:44	01:09:22
257	667	Duarte Costa	Serviços Sociais Montepio	40	M40	01:09:49	01:09:27
258	753	Carlos Faustino	Team Tulipa	41	M40	01:09:50	01:09:39
259	182	Ricardo Domingues	Caracóis De Pedra	42	M35	01:09:54	01:09:47
260	111	Ricardo Pinto	Associação Corrida Noturna Parque Das Nações	42	M40	01:09:57	01:09:44
261	951	Henrique Cruz	Individual	21	M55	01:09:58	01:09:41
262	529	Graciano Cardoso	Hero Team	43	M40	01:09:58	01:09:42
263	657	Diogo Pombo	Saf - Special Athlete Force	44	M SEN	01:10:00	
264	661	Luís Castro	Saf - Special Athlete Force	44	M40	01:10:00	01:09:40
265	494	Luís Nunes	Grupeta Running Team	45	M45	01:10:00	01:09:39
266	1007	Jorge Santana	Individual	45	M40	01:10:05	01:09:51
267	1120	Paulo Ribeiro	Individual	22	M55	01:10:06	01:09:45
268	1168	Roberto Rosado	Individual	46	M40	01:10:07	01:09:01
269	758	Diogo Silva	Toa - Os Que Levam Na Boca E Ficam Sempre Mas Sem	43	M35	01:10:08	01:09:43
270	267	José Pinto	Clínica Dr. José Cautela	8	M60	01:10:08	01:09:59
271	760	Rui Sebastião	Toa - Os Que Levam Na Boca E Ficam Sempre Mas Sem	44	M35	01:10:09	01:09:45
272	77	Henrique Ramos	Agualva-Runners	9	M60	01:10:10	01:09:51
273	559	Catarina Carreira	Linda-A-Pastora Sporting Clube	9	F SEN	01:10:11	01:10:04
274	287	Mario Santana	Clube Edp Lisboa	47	M40	01:10:11	01:09:49
275	867	Cesar Junior	Individual	45	M SEN	01:10:15	01:09:58
276	1157	Ricardo Almeida	Individual	46	M SEN	01:10:15	01:09:27
277	977	João Batalha	Individual	46	M45	01:10:21	01:09:36
278	567	Hugo Chaves	Lobos Do Brunheiro De Chaves / Anteros	47	M SEN	01:10:24	01:10:12
279	525	Carolina Gregório	Hero Team	10	F SEN	01:10:26	01:10:11
279	58	Narciso Santos	300V	39	M50	01:10:26	01:09:52
281	531	José Magalhães	Hero Team	23	M55	01:10:26	01:10:11
282	1106	Paulo Garcia	Individual	40	M50	01:10:26	01:10:06
283	223	Ana Margarida	Ccd Alvitejo	2	F55	01:10:27	01:10:21
284	352	Fernando Pereira	Clube Tap Portugal	24	M55	01:10:27	01:10:18
285	1010	Jose Cantinha	Individual	48	M SEN	01:10:28	01:10:18
286	43	Luis Paulo	-	25	M55	01:10:31	01:10:20
287	209	Raul Massano	Casa Do Benfica Em Algueirão Mem Martins	48	M40	01:10:33	01:10:05
288	234	Nelson Mota	Ccd Tranquilidade	41	M50	01:10:34	01:10:21
289	1287	Maria Sousa	Grcd Leão Triatlo	2	F45	01:10:36	01:10:09
290	148	Luís Brito	Bombeiros Voluntários De Montemor-O-Novo	49	M40	01:10:36	01:10:32
291	1281	Rita Almeida	Capenafirme	11	F SEN	01:10:37	
292	1201	Sergio Rocha	Individual	47	M45	01:10:44	
293	704	João Assunção	Sportisel	49	M SEN	01:10:52	01:10:15
294	639	Jose Gaspar	Quarteto	42	M50	01:10:52	01:10:07
295	380	Nuno Morgado	Correr Lisboa	50	M40	01:10:53	01:10:29
296	123	Domingos Coelho	Associação Nacional De Artes Marciais	43	M50	01:10:53	01:10:39
297	664	Pedro Barata	São Domingos Futebol Clube	48	M45	01:10:54	01:10:36
298	568	Jorge Mota	Lousada Runners	49	M45	01:10:54	01:10:37
299	1091	Nuno Cabeça	Individual	44	M50	01:10:55	01:10:43
300	432	Jorge Rebelo	Fitares Electrodomesticos	10	M60	01:10:57	
301	658	Filipe Rocha	Saf - Special Athlete Force	50	M SEN	01:11:04	01:10:10
302	204	José Inocêncio	Casa Do Benfica Em Algueirão Mem Martins	11	M60	01:11:04	01:10:44
303	218	Ricardo Santos	Casa Do Benfica Em Castelo Branco	51	M SEN	01:11:04	01:10:49
304	117	Fábio Alexandre	Associação Desportiva De Palmeiros Sintra	52	M SEN	01:11:06	01:10:57
305	911	Fernando Palma	Individual	50	M45	01:11:08	01:10:49
306	1075	Mateus Coelho	Individual	45	M35	01:11:10	01:11:01
307	555	Hugo Moreira	Lebres Do Oeste	51	M40	01:11:11	01:10:48
307	326	João Lobato	Clube Novo Banco	52	M40	01:11:12	01:10:47
309	1099	Nuno Raposo	Individual	51	M45	01:11:20	01:11:01
310	272	Manuel Rocha	Clube Atletismo Amigos De Belém	45	M50	01:11:21	01:11:17
311	547	Luís Guilherme	Insanes Team	53	M40	01:11:21	01:10:48
312	521	Helena Moreira	Hecateam	3	F45	01:11:22	01:11:01
313	200	Cristina Carvalho	Casa Do Benfica Em Algueirão Mem Martins	3	F50	01:11:23	01:11:17
314	1260	Carlos Alcobia	Individual	52	M45	01:11:25	01:10:34
315	293	Carlos Abrunhosa	Clube Millennium Bcp	46	M50	01:11:25	01:10:27



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
316	492	Rafael Abrunhosa	Grdc Leião Triatlo	26	M55	01:11:27	01:10:30
317	1171	Ruben Costa	Individual	53	M SEN	01:11:27	01:10:26
318	211	Rui Ferreira	Casa Do Benfica Em Algueirão Mem Martins	53	M45	01:11:28	01:11:22
319	143	Abilio Catarro	Bombeiros Voluntários De Montemor-O-Novo	12	M60	01:11:31	01:11:27
320	1049	Manuel Pinto	Individual	27	M55	01:11:33	01:10:57
321	713	Joaquim Frade	Ss Cgd	13	M60	01:11:35	01:11:23
322	1145	Pedro Povoas	Individual	54	M40	01:11:36	01:11:14
323	790	Gustavo Neves	Waffles & Boardgames	55	M40	01:11:38	01:10:52
324	192	Carolina Marques	Caravela	12	F SEN	01:11:39	01:11:06
325	782	André Narciso	Urdarranho	54	M SEN	01:11:39	01:10:46
326	1092	Nuno Carvalho	Individual	56	M40	01:11:55	01:11:24
327	1244	Artur Saramago	Individual	55	M SEN	01:12:02	01:11:12
328	50	Pedro Marques	1º Dezembro Queijas	57	M40	01:12:02	01:11:47
329	842	Baltasar Matias	Individual	58	M40	01:12:04	01:11:38
330	783	Gonçalo Batista	Urdarranho	56	M SEN	01:12:06	01:11:47
331	708	André Lopes	Ss Cgd	46	M35	01:12:13	01:11:54
332	1053	Marco Timóteo	Individual	47	M50	01:12:14	01:11:11
333	542	Filipe Silva	Hovione	54	M45	01:12:16	01:11:35
334	1033	Luis Chaves	Individual	55	M45	01:12:16	01:11:57
335	750	Ricardo Wenceslau	Team El Comandante	59	M40	01:12:18	01:12:05
336	323	Hugo Carago	Clube Novo Banco	48	M50	01:12:18	01:11:26
337	576	Tomás Grilo	Maceira Marathon Club	57	M SEN	01:12:19	01:11:20
338	597	Luis Sardinha	Nesha Hop & Run Team	58	M SEN	01:12:21	01:11:55
339	777	Sílvia Silva	Unique Adventure	7	F40	01:12:32	01:12:15
340	1225	Tiago Pereira	Individual	47	M35	01:12:32	01:11:59
341	338	Paulo Verissimo	Clube Novo Banco	28	M55	01:12:34	01:11:58
342	962	Icaro Soares	Individual	60	M40	01:12:39	01:11:19
343	569	José Faria	Luzigás	49	M50	01:12:42	01:12:25
344	1242	Francisco Calçada	Ccd Alvitejo	29	M55	01:12:42	01:12:19
345	76	Fábio Júlio	Aqualva-Runners	59	M SEN	01:12:42	01:11:54
346	614	Rui Sales	Os Carregueirenses	30	M55	01:12:44	01:12:35
347	1162	Ricardo Silva	Individual	61	M40	01:12:48	01:12:25
348	628	Bruno Barros	Papa Trilhos	62	M40	01:12:49	01:12:31
349	469	Abel Pina	Gfd Running	31	M55	01:12:50	
350	1196	Sara Gomes	Individual	6	F35	01:12:51	01:12:31
351	852	Carlos Moreira	Individual	50	M50	01:12:58	01:12:30
352	528	David Costa	Hero Team	60	M SEN	01:12:59	01:12:43
353	307	Pedro Sa	Clube Millennium Bcp	51	M50	01:13:00	01:11:56
354	930	Francisco Vieira	Individual	48	M35	01:13:00	01:12:46
355	398	Rui Pécurto	Dalton Bros Running	52	M50	01:13:01	01:12:08
356	463	Pedro Antunes	Gdrc Ponterrolense	56	M45	01:13:02	01:12:48
357	397	Rui Barroso	Dalton Bros Running	57	M45	01:13:02	01:12:07
358	121	Luis Ferreira	Associação Desportiva De Palmeiros Sintra	58	M45	01:13:04	01:12:04
359	347	Antonio Iria	Clube Tap Portugal	53	M50	01:13:06	01:12:58
360	87	Bruno Serra	Aldeia Do Bispo	49	M35	01:13:07	01:12:38
361	91	Miguel Machado	Alverca Urban Runners	50	M35	01:13:09	01:12:51
362	301	Luis Baixinho	Clube Millennium Bcp	51	M35	01:13:10	01:12:10
363	1243	José Lagariço	Amigos Do Atletismo De Mafra	54	M50	01:13:10	01:13:05
364	40	Valdevagner Santos	Amigos Do Atletismo De Mafra	61	M SEN	01:13:12	01:12:53
364	801	Afonso Ataíde	Individual	62	M SEN	01:13:15	01:12:06
366	247	Bruno Cardoso	Cdcr Dos Ctt	63	M40	01:13:17	01:12:38
367	1108	Paulo Campos	Individual	55	M50	01:13:23	01:13:05
368	1194	Sandro Ferreira	Individual	63	M SEN	01:13:24	01:13:16
369	650	André Martins	Run&Wine	52	M35	01:13:24	01:12:03
370	1030	Luis Ferreira	Individual	56	M50	01:13:25	01:13:17
371	940	Guilherme Pinto	Individual	64	M SEN	01:13:26	01:12:29
372	324	Hugo Ribeiro	Clube Novo Banco	59	M45	01:13:28	01:13:01
373	426	Tiago Rodrigues	Fidelidade Gdc	60	M45	01:13:33	01:13:20
374	716	Noémia Sequeira	Ss Cgd	4	F50	01:13:35	01:13:23
375	1202	Sérgio Simoes	Individual	61	M45	01:13:35	01:13:14
376	88	Rui Bernardo	Aldeia Do Bispo	64	M40	01:13:42	01:13:10
377	809	Alexandre Paulo	Individual	65	M40	01:13:42	01:13:26
378	1132	Pedro Antunes	Individual	62	M45	01:13:47	01:13:02



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
379	1172	Ruben Rocha	Individual	65	M SEN	01:13:47	01:13:26
380	1177	Rui Costa	Individual	53	M35	01:13:49	01:13:39
381	854	Carlos Luis	Individual	57	M50	01:13:50	01:13:37
382	1134	Pedro Costa	Individual	66	M40	01:13:52	01:13:34
383	26	Nelson Lourenço	Amigos Do Atletismo De Mafra	58	M50	01:13:53	01:13:34
384	1019	José Pedro	Individual	59	M50	01:13:55	01:13:34
385	1023	Júlio Teodoro	Individual	63	M45	01:13:58	01:13:26
386	1288	Ana Guedes	Cfosbelenenses	5	F50	01:14:01	01:13:45
387	537	Rui Mota	Hero Team	32	M55	01:14:04	01:13:47
388	410	João Faro	Escola Das Armas	66	M SEN	01:14:08	01:13:07
389	295	Fernando Ferreira	Clube Millennium Bcp	14	M60	01:14:13	01:13:28
390	306	Pedro Pereira	Clube Millennium Bcp	33	M55	01:14:14	01:13:11
391	217	Paulo Moradas	Casa Do Benfica Em Castelo Branco	34	M55	01:14:15	01:14:03
391	788	Natalia Estevao	Vitória Clube De Lisboa	8	F40	01:14:18	01:14:04
393	1218	Tiago Vieira	Individual	67	M SEN	01:14:19	01:13:09
394	851	Carla Roldao	Individual	6	F50	01:14:20	01:14:09
395	1063	Maria Roldao	Individual	7	F50	01:14:20	01:14:09
396	850	Camilo Vieira	Individual	35	M55	01:14:22	01:13:58
397	592	Mário Louro	Napa Núcleo Amigos Perna Assada	60	M50	01:14:22	01:14:12
398	660	Jorge Nunes	Saf - Special Athlete Force	64	M45	01:14:25	01:13:34
399	662	Paulo Morais	Saf - Special Athlete Force	67	M40	01:14:27	01:13:36
400	892	Edilene Lopes	Individual	7	F35	01:14:28	01:13:56
401	248	Filipe Teixeira	Cdcr Dos Ctt	68	M SEN	01:14:29	01:14:10
402	1264	Filipe Conceição	Amigos Do Atletismo De Mafra	54	M35	01:14:30	01:13:44
403	140	Joaquim Chitas	Bobadelas Running Team	65	M45	01:14:32	01:14:13
404	924	Francisco Costa	Individual	69	M SEN	01:14:34	01:14:06
405	599	Nuno Silva	Nesha Hop & Run Team	70	M SEN	01:14:35	01:13:34
406	1272	Luis Mateus	Individual	55	M35	01:14:36	01:13:55
407	636	Filipe Marques	Pull Up	71	M SEN	01:14:36	01:13:31
407	54	João Pereira	22_And_Counting	68	M40	01:14:37	01:13:24
409	144	Carlos Mestrinho	Bombeiros Voluntários De Montemor-O-Novo	66	M45	01:14:38	01:14:11
410	653	Anabela Madeira	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	8	F50	01:14:42	01:14:27
411	7	Carlos Rodrigues	Amigos Do Atletismo De Mafra	15	M60	01:14:42	01:14:35
412	1248	Francisco Melicias	Capenafirme	69	M40	01:14:42	01:13:08
413	888	Dirceu Santos	Individual	70	M40	01:14:42	01:14:22
414	856	Carlos Ramos	Individual	61	M50	01:14:42	01:13:50
415	124	Ana Abrunhosa	Associação Vale Grande	9	F50	01:14:48	01:14:14
416	926	Francisco Guerra	Individual	71	M40	01:14:48	01:14:36
417	759	João Amorim	Toa - Os Que Levam Na Boca E Ficam Sempre Mas Sem	72	M SEN	01:14:49	01:14:24
418	44	Paulo Franco	-	62	M50	01:14:50	01:14:25
419	1076	Matias Duarte	Individual	67	M45	01:14:51	01:13:40
420	478	Liliana Louro	Gfd Running	4	F45	01:14:51	01:14:37
421	190	Tiago Telles	Carapaus De Corrida	56	M35	01:14:53	01:14:41
422	827	André Filipe	Individual	73	M SEN	01:14:53	01:14:20
423	902	Fabio Freitas	Individual	74	M SEN	01:15:00	01:14:26
424	885	Diogo Galo	Individual	75	M SEN	01:15:01	01:13:53
425	286	José Alves	Clube Edp Lisboa	16	M60	01:15:02	01:14:42
426	29	Paulo Antunes	Amigos Do Atletismo De Mafra	68	M45	01:15:04	01:14:07
427	588	Ricardo Firmino	Moshtribe	69	M45	01:15:06	01:14:48
428	136	João Lourenço	Bilstein Group	76	M SEN	01:15:10	01:14:55
429	932	Frederico Costa	Individual	77	M SEN	01:15:10	01:14:12
430	429	Daniel Nunes	Fitares Electrodomesticos	17	M60	01:15:19	01:15:06
431	877	David Simao	Individual	57	M35	01:15:20	01:14:44
432	146	Graça Malarranha	Bombeiros Voluntários De Montemor-O-Novo	5	F45	01:15:21	01:15:07
433	320	Fernando Primo	Clube Novo Banco	63	M50	01:15:22	01:14:41
434	335	Nuno Carrasco	Clube Novo Banco	70	M45	01:15:23	01:14:55
435	796	Hugo Lucio	Zmars Cru	78	M SEN	01:15:24	01:15:04
436	165	Mário Domingues	Câmara Municipal Mafra	79	M SEN	01:15:27	01:14:52
437	944	Helder Borges	Individual	71	M45	01:15:27	01:15:10
438	1088	Norberto Cabaço	Individual	72	M45	01:15:32	01:15:22
439	127	Sandra Monteiro	Associação Vale Grande	6	F45	01:15:37	01:15:03
440	733	Ivo Claro	Tartarugas Solidárias	73	M45	01:15:41	01:14:30
441	936	Germano Silva	Individual	18	M60	01:15:43	01:15:27



Resultados

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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
442	909	Fernando Marques	Individual	80	M SEN	01:15:43	01:15:16
443	177	Luis Roussado	Caracóis De Pedra	64	M50	01:15:45	01:14:45
444	1223	Tiago Marques	Individual	72	M40	01:15:49	01:15:03
444	250	Luis Andrade	Cdcr Dos Ctt	74	M45	01:15:51	01:15:24
446	23	Márcio Rodrigues	Amigos Do Atletismo De Mafra	73	M40	01:15:56	01:15:31
447	95	Vítor Nunes	Amigos Do Atletismo De Mafra	58	M35	01:15:57	01:15:37
448	1070	Mário Lúcio	Individual	36	M55	01:15:57	01:15:39
449	152	Susana Espada	Bombeiros Voluntários De Montemor-O-Novo	8	F35	01:16:02	01:15:49
450	586	Dário Canas	Montes Saloios Trail Team	74	M40	01:16:02	01:15:27
451	79	José Fidalgo	Aqualva-Runners	37	M55	01:16:05	01:15:47
452	836	António Pereira	Individual	19	M60	01:16:05	01:15:46
453	634	Rui Filipe	Prime Running Club	59	M35	01:16:07	01:15:40
454	274	Ricardo Cano	Clube Atletismo Amigos De Belém	75	M40	01:16:08	01:15:30
455	62	David Silva	7Colinasrunners	81	M SEN	01:16:18	01:15:48
456	63	Jorge Nobre	7Colinasrunners	38	M55	01:16:18	01:15:50
457	1011	José Henriques	Individual	65	M50	01:16:19	01:15:53
458	1066	Marina Henriques	Individual	3	F55	01:16:19	01:15:53
459	767	André Riscado	U.R.Charneca Trail Team	76	M40	01:16:20	01:16:02
460	957	Hugo Goncalves	Individual	77	M40	01:16:20	01:15:49
461	1195	Sandro Gonçalves	Individual	75	M45	01:16:21	01:15:15
462	980	João Estevão	Individual	78	M40	01:16:21	01:16:09
463	642	João Lourenço	Ren	79	M40	01:16:24	01:14:45
464	1170	Rodrigo Santos	Individual	66	M50	01:16:27	01:16:13
465	487	José Brito	Gmcjamor	67	M50	01:16:28	01:15:38
465	56	Rui Santos	30 Segundos Ao Km	80	M40	01:16:33	01:16:23
467	540	Joao Silva	Hipoloeste Full Energy	68	M50	01:16:33	01:16:00
468	763	Álvaro Ferreira	Trilhos Do Costume	39	M55	01:16:33	01:16:19
469	125	Carla Henriques	Associação Vale Grande	7	F45	01:16:34	01:16:22
470	1158	Ricardo Alves	Individual	82	M SEN	01:16:41	01:16:11
471	1020	Julia Schiavon	Individual	9	F40	01:16:42	01:16:11
472	6	António Sousa	Amigos Do Atletismo De Mafra	81	M40	01:16:43	01:16:31
473	523	Andreia Mendes	Hero Team	8	F45	01:16:50	01:16:26
473	1188	Rui Vieitas	Individual	76	M45	01:16:50	01:16:40
475	825	André Guilherme	Individual	83	M SEN	01:16:55	01:16:26
476	270	Henrique Adrega	Clube Atletismo Amigos De Belém	20	M60	01:17:01	01:16:16
477	41	Vasco Braz	Amigos Do Atletismo De Mafra	82	M40	01:17:02	01:16:23
478	883	Diogo Bobone	Individual	77	M45	01:17:03	01:16:24
479	219	Claudio Dias	Casa Do Benfica Torres Vedras	78	M45	01:17:05	01:16:50
480	119	José Duarte	Associação Desportiva De Palmeiros Sintra	40	M55	01:17:08	01:16:47
481	386	Ricardo Dinis	Correr Loures	60	M35	01:17:08	01:16:45
482	831	Andreia Alves	Individual	9	F45	01:17:10	01:16:45
483	1240	Ivone Duarte	Individual	10	F40	01:17:10	01:16:59
484	215	Vítor Santos	Casa Do Benfica Em Algueirão Mem Martins	69	M50	01:17:10	01:16:50
485	93	Ricardo Victor	Alverca Urban Runners	61	M35	01:17:16	01:16:25
486	1037	Luis Jorge	Individual	84	M SEN	01:17:20	01:16:23
487	156	Gonçalo Figueiredo	Bruxos Runners	83	M40	01:17:22	01:16:31
488	511	João Marques	Grupo Recreativo E Desportivo Da Ribeira Da Lage	41	M55	01:17:24	01:16:46
489	668	Filipe Duarte	Serviços Sociais Montepio	62	M35	01:17:26	01:16:55
490	510	Fernanda Camacho	Grupo Recreativo E Desportivo Da Ribeira Da Lage	10	F50	01:17:27	01:16:54
491	345	Ricardo Falé	Clube Ogma	84	M40	01:17:27	01:17:24
492	344	Ana Montez	Clube Ogma	10	F45	01:17:28	01:17:18
493	981	João Lourenço	Individual	85	M40	01:17:29	01:16:36
494	686	Rui Marques	Sintra Runners	70	M50	01:17:29	01:17:08
495	253	Ricardo Ramos	Cdcr Dos Ctt	79	M45	01:17:31	01:16:42
496	643	Jorge Ribeiro	Ribeiros	71	M50	01:17:32	01:16:25
497	683	Nuno Almeida	Sintra Runners	80	M45	01:17:32	01:17:11
497	807	Alexandre Dâmaso	Individual	72	M50	01:17:34	01:17:22
499	766	Gonçalo Pereira	Nesha Hop & Run Team	85	M SEN	01:17:35	01:17:08
500	906	Felipe Souza	Individual	86	M SEN	01:17:35	01:16:28
501	1237	Vítor Morais	Individual	21	M60	01:17:35	01:17:11
502	833	António Maurício	Individual	42	M55	01:17:38	01:17:22
503	46	Sónia Miguel	#Movimentogirlpower	13	F SEN	01:17:39	01:17:10
504	375	Elizangela Silva	Correr Lisboa	11	F40	01:17:39	01:17:17



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
505	313	Carlos Nabica	Clube Novo Banco	43	M55	01:17:41	01:17:07
506	685	Paulo Galhardo	Sintra Runners	44	M55	01:17:42	01:17:21
507	180	Paulo Colaço	Caracóis De Pedra	81	M45	01:17:46	01:17:31
508	548	Mafalda Ribeiro	Insanes Team	9	F35	01:17:46	01:17:12
509	346	Teresa Sepúlveda	Clube Tap Portugal	12	F40	01:17:50	01:17:28
510	659	Jorge Valério	Saf - Special Athlete Force	87	M SEN	01:17:52	01:17:25
511	663	Pedro Palmas	Saf - Special Athlete Force	88	M SEN	01:17:52	01:17:27
512	178	Luis Santos	Caracóis De Pedra	73	M50	01:17:53	01:17:29
512	830	André Valério	Individual	63	M35	01:17:54	01:17:37
514	390	Paulo Santos	Correr Queluz	45	M55	01:17:56	01:17:27
515	378	José Tavares	Correr Lisboa	74	M50	01:18:00	01:17:20
516	385	Abel Dias	Correr Loures	86	M40	01:18:01	01:17:36
517	745	Rui Duarte	Tartarugas Solidárias	75	M50	01:18:02	01:16:51
518	246	Rafael Santos	Ccdmetrolx	46	M55	01:18:03	01:17:28
519	857	Carlos Ribeirinho	Individual	76	M50	01:18:04	01:17:53
520	374	Carlos Soares	Correr Lisboa	47	M55	01:18:07	01:17:46
521	505	João Silva	Correr Lisboa	89	M SEN	01:18:09	01:17:29
522	340	Rui Lopes	Clube Novo Banco	22	M60	01:18:11	01:17:29
523	669	João Catarino	Serviços Sociais Montepio	48	M55	01:18:13	01:17:46
524	673	Paulo Rodrigues	Serviços Sociais Montepio	82	M45	01:18:13	01:17:46
525	994	Joaquim Pereira	Individual	49	M55	01:18:14	01:16:52
526	671	Jorge Vieira	Serviços Sociais Montepio	87	M40	01:18:14	
527	908	Fernando Marcos	Individual	50	M55	01:18:14	01:17:33
528	244	Orlando Silva	Ccdmetrolx	23	M60	01:18:15	01:17:41
529	654	António Matos	Runners Da Frente Ribeirinha Da Povia De Santa Iria	24	M60	01:18:21	01:18:05
530	114	Catarina Palma	Associação Desportiva De Palmeiros Sintra	13	F40	01:18:21	01:18:12
531	558	Bento Quaresma	Linda-A-Pastora Sporting Clube	77	M50	01:18:21	01:18:12
532	8	Filipe Santos	Amigos Do Atletismo De Mafra	83	M45	01:18:24	01:16:19
533	1039	Luís Pestana	Individual	78	M50	01:18:32	01:18:01
534	841	Augusto Santos	Individual	25	M60	01:18:33	
535	858	Carlos Teixeira	Individual	26	M60	01:18:33	01:18:12
535	1078	Micael Silva	Individual	90	M SEN	01:18:33	01:17:57
537	65	Paulo Martins	7Colinasrunners	51	M55	01:18:33	
538	992	João Soares	Individual	91	M SEN	01:18:36	01:17:58
539	353	Fernando Coelho	Clube Tap Portugal	52	M55	01:18:39	01:18:28
540	349	Carlos Silva	Clube Tap Portugal	53	M55	01:18:40	01:18:29
541	941	Guilherme Moreira	Individual	79	M50	01:18:42	01:18:12
542	1090	Nuno Miguel	Individual	80	M50	01:18:46	01:17:25
543	405	André Alves	Ericeira Run	92	M SEN	01:18:47	01:18:10
544	482	Sara Campos	Gfd Running	11	F45	01:18:51	01:18:16
545	1133	Pedro Antunes	Individual	64	M35	01:18:51	01:17:55
546	329	José Gonçalves	Clube Novo Banco	54	M55	01:18:52	01:18:08
547	1200	Sérgio Paz	Individual	81	M50	01:18:54	01:18:21
548	966	Inês Tomé	Individual	14	F40	01:18:54	01:18:33
549	212	Sónia Ferreira	Casa Do Benfica Em Algueirão Mem Martins	15	F40	01:18:54	01:18:31
550	118	Jaime Silva	Associação Desportiva De Palmeiros Sintra	27	M60	01:18:57	01:18:50
551	384	Tomás Fernandes	Correr Lisboa	93	M SEN	01:18:58	01:18:48
552	939	Goncalo Seabra	Individual	82	M50	01:19:03	01:18:11
553	1241	Carla Calçada	Ccd Alvitejo	11	F50	01:19:07	01:18:47
554	110	Joaquim Galvão	Associação Corrida Noturna Parque Das Nações	28	M60	01:19:08	01:18:22
555	982	João Monteiro	Individual	84	M45	01:19:10	01:18:17
556	1278	Fernando Oliveira	Individual	88	M40	01:19:11	01:18:15
557	1077	Mauro Ruivo	Individual	94	M SEN	01:19:11	01:17:52
558	884	Diogo Cruz	Individual	89	M40	01:19:14	01:18:52
559	16	Joelma Silva	Amigos Do Atletismo De Mafra	10	F35	01:19:20	01:19:06
560	35	Ricardo Luz	Amigos Do Atletismo De Mafra	95	M SEN	01:19:22	01:18:33
561	233	Francisco Pereira	Ccd Tranquilidade	55	M55	01:19:25	01:19:10
562	756	Celso Pereira	Tesoureira Team	90	M40	01:19:25	01:18:33
563	1139	Pedro Figueiredo	Individual	83	M50	01:19:27	01:19:09
564	1032	Luis Pebre	Individual	84	M50	01:19:28	01:19:10
565	356	Paulo Monteiro	Clube Tap Portugal	91	M40	01:19:46	01:19:23
566	703	Tiago Lança	Sporting Clube Vila Maria	65	M35	01:19:47	01:19:27
567	612	Pedro Caiado	Os Carregueirenses	29	M60	01:19:49	01:19:34



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
568	1068	Mário Alves	Individual	66	M35	01:19:49	01:18:16
569	381	Paulo Ferreira	Correr Lisboa	85	M50	01:19:50	01:19:10
569	133	Fabiano Ferreira	Benfica Em Forma	92	M40	01:19:50	01:19:14
571	701	Bruno Rosário	Sporting Clube Vila Maria	67	M35	01:19:50	01:19:28
572	1087	Norberto Marques	Individual	86	M50	01:19:58	01:19:21
573	1119	Paulo Ramos	Individual	56	M55	01:19:58	01:19:29
574	89	Carlos Machado	Alverca Urban Runners	85	M45	01:20:00	01:19:13
575	916	Filipe Pereira	Individual	93	M40	01:20:02	01:18:54
576	1130	Pedro Mata	Individual	57	M55	01:20:04	01:19:17
577	476	Joana Campos	Gfd Running	14	F SEN	01:20:07	01:19:30
578	1095	Nuno Mota	Individual	94	M40	01:20:08	01:19:36
579	1239	Vitor Rodrigues	Individual	68	M35	01:20:19	01:19:39
580	1109	Paulo Carneiro	Individual	30	M60	01:20:24	01:19:20
581	579	Carla Simões	Marvila Jovem	11	F35	01:20:29	01:19:57
582	560	Célia Silva	Linda-A-Pastora Sporting Clube	12	F45	01:20:30	01:19:37
583	1235	Vitor Canto	Individual	87	M50	01:20:30	01:19:34
584	331	Luis Jose	Clube Novo Banco	88	M50	01:20:36	01:20:10
585	227	Edmundo Costa	Ccd Siemens	31	M60	01:20:37	01:19:53
586	1154	Ricardo Louro	Individual	96	M SEN	01:20:38	01:19:36
587	11	Ines Ribeiro	Amigos Do Atletismo De Mafra	12	F35	01:20:42	01:19:43
588	166	Paulo Louro	Câmara Municipal Mafra	58	M55	01:20:46	01:20:38
589	94	João Ferreira	Amigos Da Flor	32	M60	01:20:47	01:20:28
590	795	Bruna Dias	Zmars Cru	15	F SEN	01:20:48	01:20:29
591	797	Marco Lima	Zmars Cru	97	M SEN	01:20:48	01:20:31
592	187	Nuno Clemente	Carapaus De Corrida	89	M50	01:20:50	01:19:54
593	873	Daniel Duarte	Individual	95	M40	01:20:51	01:19:59
594	950	Helio Mota	Individual	96	M40	01:20:52	
595	618	Bento Valente	Os Perigosos	59	M55	01:21:06	01:20:37
596	1231	Vasco Carvalho	Individual	86	M45	01:21:07	01:20:30
597	516	Suelen Almeida	Grupo Recreativo E Desportivo Da Ribeira Da Lage	13	F35	01:21:09	01:20:49
598	472	Conceição Pina	Gfd Running	4	F55	01:21:13	01:20:59
599	1028	Lucas Afonso	Individual	98	M SEN	01:21:16	01:20:52
600	534	Patricia Alexandre	Hero Team	14	F35	01:21:16	01:20:51
601	70	Manuel Pardal	A.A. Lebres Do Sado	33	M60	01:21:16	01:20:53
602	442	Luís Gonçalves	G.D.R. São Francisco Da Serra	87	M45	01:21:17	01:20:51
603	199	Carlos Silva	Casa Do Benfica Em Algueirão Mem Martins	60	M55	01:21:19	01:20:24
604	573	Nuno Silva	Lx Run	88	M45	01:21:26	01:20:33
605	1093	Nuno Correia	Individual	90	M50	01:21:28	01:21:08
606	259	Paulo Moraes	Cfsoabelenenses	91	M50	01:21:29	01:20:37
607	51	Paulo Gonçalves	2 Pipos	92	M50	01:21:29	01:20:32
608	370	Rui Santos	Correr Em Évora	89	M45	01:21:31	01:21:05
609	102	Agostinho Marques	Asas Almada/Seixal	34	M60	01:21:33	01:21:03
610	256	Carla Nascimento	Cfsoabelenenses	16	F40	01:21:33	01:20:38
611	863	Catarina Santos	Individual	13	F45	01:21:36	01:21:06
612	458	Ana Duarte	Gdrc Ponterrolense	12	F50	01:21:37	01:20:43
613	1212	Tais Werneck	Individual	16	F SEN	01:21:38	01:20:46
614	999	Jorge Monteiro	Individual	93	M50	01:21:47	01:21:38
615	194	Élio Rodrigues	Caretos.Ocr	97	M40	01:21:47	01:20:30
616	956	Hugo Figueiredo	Individual	94	M50	01:21:47	01:21:13
617	1226	Tomás Almeida	Individual	99	M SEN	01:21:50	01:21:29
618	1271	Carlos Fortunato	Cfsoabelenenses	35	M60	01:21:52	01:21:01
619	687	Paulo Moreira	SI	61	M55	01:21:53	01:21:01
620	869	Claudio Goncalves	Individual	98	M40	01:21:55	01:21:27
621	967	Iolanda Malheiro	Individual	14	F45	01:21:57	01:21:46
622	361	José Gonçalves	Core	90	M45	01:21:58	01:21:41
623	764	Elsa Alves	Turma Do Pára E Arranca	17	F40	01:21:58	01:21:35
624	185	Cláudio Rodrigues	Carapaus De Corrida	62	M55	01:21:59	01:21:03
625	765	Miguel Travanca	Turma Do Pára E Arranca	63	M55	01:22:00	01:21:37
626	493	Glória Garcia	Greci Running	13	F50	01:22:09	01:21:24
627	232	Fernando Andrade	Ccd Tranquilidade	36	M60	01:22:12	01:21:50
628	1284	Helena Alcobia	Individual	18	F40	01:22:15	01:21:24
629	268	Eduardo Neves	Clube Atletismo Amigos De Belém	99	M40	01:22:15	01:21:30
630	100	José Maia	Aminhacorrida/Runextrem	37	M60	01:22:19	01:21:31



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
631	1279	Nuno Miguel	Individual	95	M50	01:22:19	01:21:55
632	290	Artur Botao	Clube Millennium Bcp	96	M50	01:22:20	
633	134	André Campos	Bilstein Group	69	M35	01:22:23	01:21:35
634	910	Fernando Oliveira	Individual	100	M40	01:22:24	01:21:53
635	22	Manuel Fonseca	Amigos Do Atletismo De Mafra	64	M55	01:22:25	01:22:11
636	696	Pedro Macário	Sporting Clube De Casainhos	70	M35	01:22:36	01:21:32
637	419	Paula Teixeira	Falcões Selvagens	15	F45	01:22:41	01:22:24
638	48	Isabel Antunes	1º Dezembro Queijas	14	F50	01:22:43	01:22:05
639	882	Diogo Antunes	Individual	101	M40	01:22:44	01:22:04
640	787	André Queda	Vesti-Me No Carro	100	M SEN	01:22:48	01:22:15
641	620	Hélder Valadas	Os Perigosos	102	M40	01:22:52	01:22:19
642	97	Nuno Bogalheiro	Amigos Vale Silêncio	97	M50	01:22:55	01:22:37
643	812	Alice Pais	Individual	15	F50	01:22:57	01:22:18
644	82	Gabriel António	Alcobela	65	M55	01:22:57	01:22:17
645	786	Susana Gomes	Valejas Ac	16	F50	01:22:58	01:22:05
646	1164	Rita Correia	Individual	19	F40	01:22:58	
647	116	Elsa Oliveira	Associação Desportiva De Palmeiros Sintra	5	F55	01:22:59	01:22:39
648	145	Elisabete Picanço	Bombeiros Voluntários De Montemor-O-Novo	16	F45	01:23:01	01:22:46
649	572	João Cadete	Lx Run	101	M SEN	01:23:02	01:22:11
650	1040	Luis Pinto	Individual	66	M55	01:23:04	01:22:01
651	159	Filomena Jesus	Caapp	17	F50	01:23:04	01:22:37
652	1143	Pedro Martinho	Individual	91	M45	01:23:06	01:21:42
653	895	Eduardo Lourenço	Individual	98	M50	01:23:07	01:22:40
654	225	Carlos Cagica	Ccd Siemens	67	M55	01:23:09	01:22:26
655	901	Eurico Teixeira	Individual	103	M40	01:23:14	01:22:35
656	1065	Mariana Mourão	Individual	17	F SEN	01:23:14	01:22:22
657	744	Rita Certã	Tartarugas Solidárias	17	F45	01:23:14	01:22:02
658	526	Cláudia Franco	Hero Team	18	F SEN	01:23:15	01:22:51
659	325	João Costa	Clube Novo Banco	68	M55	01:23:17	01:22:35
660	781	Pedro Vieira	United Warriors Ocr	71	M35	01:23:18	01:22:45
661	277	Daniel Silva	Clube Desportivo De Mafra	104	M40	01:23:20	01:22:45
662	60	José Rato	60%Vip	38	M60	01:23:35	01:22:54
663	61	Susana Pacheco	60%Vip	20	F40	01:23:36	01:23:00
664	571	João Cadete	Lx Run	69	M55	01:23:45	01:22:51
665	570	Petru Cesenco	Luzigás	92	M45	01:23:48	01:23:32
666	222	Maria Conchinha	Cbr Calhau	2	F60	01:23:53	01:23:42
667	226	Daniel Rentschler	Ccd Siemens	72	M35	01:23:55	01:23:12
668	500	José Santos	Grupo Desportivo Santander Totta	99	M50	01:23:55	01:23:49
669	129	Custódio Ventura	Ativo Team Running Cnv	105	M40	01:23:56	01:23:04
670	1085	Nilton Carvalho	Individual	106	M40	01:24:03	01:23:24
671	564	Sofia Aleixo	Linda-A-Pastora Sporting Clube	18	F45	01:24:04	01:23:11
672	1017	Jose Oliveira	Individual	93	M45	01:24:04	01:23:44
673	364	Hugo Santos	Correr A 7 Pés Com Tranquilidade	94	M45	01:24:05	01:22:47
674	305	Pedro Broco	Clube Millennium Bcp	100	M50	01:24:06	01:23:25
675	637	Paula Caliman	Pull Up	19	F SEN	01:24:09	01:22:59
676	822	Ana Silva	Individual	20	F SEN	01:24:09	01:22:59
677	969	Ivo Marques	Individual	107	M40	01:24:10	01:23:46
678	489	Paula Machado	Gmcjamor	3	F60	01:24:15	01:23:32
679	297	Jorge Salvado	Clube Millennium Bcp	39	M60	01:24:18	
680	288	Manuel António	Clube Ferroviário De Portugal	40	M60	01:24:19	01:23:41
681	672	Luís Grencho	Serviços Sociais Montepio	101	M50	01:24:20	01:23:51
682	1178	Rui Fernandes	Individual	102	M50	01:24:20	
683	1101	Nuno Sousa	Individual	95	M45	01:24:24	01:22:59
684	164	João Lourenço	Câmara Municipal Mafra	102	M SEN	01:24:25	01:23:38
685	846	Bruno Albino	Individual	96	M45	01:24:28	01:23:40
686	900	Eugénio Ruivo	Individual	41	M60	01:24:30	01:24:30
687	575	João Matas	M571/Amantes Do Trail	103	M SEN	01:24:32	01:23:44
688	333	Miguel Dias	Clube Novo Banco	103	M50	01:24:41	01:23:55
688	167	Rogério Madeira	Câmara Municipal Mafra	108	M40	01:24:44	01:23:35
690	404	Orlando Duarte	Em Força - Spem	42	M60	01:24:45	01:24:00
691	1229	Valter Duarte	Individual	109	M40	01:24:45	01:24:16
692	943	Helder Miguens	Individual	110	M40	01:24:46	01:24:05
693	923	Francisco Amaro	Individual	70	M55	01:24:47	01:24:03



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
694	935	Gentil Pereira	Individual	97	M45	01:24:54	01:24:32
695	870	Cláudio Milheiro	Individual	98	M45	01:24:56	01:23:54
696	1003	Jorge Ferro	Individual	71	M55	01:24:56	01:23:49
697	1054	Marcos Pereira	Individual	43	M60	01:24:57	01:23:51
698	533	Nuno Costa	Hero Team	111	M40	01:25:01	01:24:34
699	1057	Maria Martins	Individual	19	F45	01:25:01	01:23:56
700	1150	Pedro Taborda	Individual	104	M SEN	01:25:02	01:24:21
701	195	Adriana Silva	Casa Do Benfica Em Algueirão Mem Martins	21	F SEN	01:25:04	01:24:07
702	101	Ana Silva	Arruda Runners	20	F45	01:25:05	01:24:11
703	815	Ana Folgado	Individual	18	F50	01:25:05	01:24:28
704	727	Cristina Cunha	Tartarugas Solidárias	19	F50	01:25:10	01:24:45
705	5	António Guerreiro	Amigos Do Atletismo De Maфра	44	M60	01:25:13	01:23:43
706	310	Ana Ferreira	Clube Novo Banco	20	F50	01:25:17	01:24:36
707	1046	Manuel Mota	Individual	104	M50	01:25:18	
708	847	Bruno Alves	Individual	112	M40	01:25:18	01:24:23
709	1001	Jorge Correia	Individual	105	M SEN	01:25:19	01:24:10
710	780	Nuno Correia	Individual	99	M45	01:25:20	01:24:50
711	925	Francisco Cristina	Individual	106	M SEN	01:25:21	01:24:23
712	581	Otilia Tome	Matinal Girls	21	F45	01:25:25	01:24:57
713	1035	Luis Dinis	Individual	100	M45	01:25:27	01:24:58
714	383	Rogério Dias	Correr Lisboa	101	M45	01:25:27	01:25:06
715	549	Joel Melo	Jekos	107	M SEN	01:25:28	01:25:01
716	363	Diogo Raposo	Correr A 7 Pés Com Tranquilidade	113	M40	01:25:29	01:25:06
717	1275	Rafael Azriel	Individual	105	M50	01:25:30	01:24:49
718	769	Joaquim Crispim	Udca	45	M60	01:25:31	01:25:02
718	820	Ana Ribeiro	Individual	6	F55	01:25:31	01:25:00
720	866	Catia Mendes	Fáisca Trail Team	22	F45	01:25:32	01:24:43
721	106	Mario Carvalho	Asas Almada/Seixal	46	M60	01:25:35	01:25:04
722	574	Rui Serafim	Lx Run	106	M50	01:25:35	01:24:43
723	617	Guilherme Dias	Os Mal-Amém	108	M SEN	01:25:36	01:25:07
724	92	Nuno Moreira	Alverca Urban Runners	114	M40	01:25:37	01:24:51
725	202	Joaquim Costa	Casa Do Benfica Em Algueirão Mem Martins	47	M60	01:25:38	01:25:15
726	456	José Liberato	Gdctincm	102	M45	01:25:38	01:25:03
727	1285	Rita Ferreira	Individual	21	F40	01:25:38	01:25:00
728	517	Bruno Rosa	Grupo Recreativo Gonçalvinhense	115	M40	01:25:39	01:24:52
729	1290	Ana Videira	Individual	22	F SEN	01:25:40	01:24:58
730	518	Rui Vieira	Grupo Recreativo Gonçalvinhense	107	M50	01:25:40	01:24:53
731	1273	Pedro Costa	Individual	103	M45	01:25:40	01:25:02
732	1274	Oscar Rocha	Individual	48	M60	01:25:40	01:25:01
733	1276	Bernardino Pereira	Individual	49	M60	01:25:41	01:25:34
734	623	Joao Alves	Os Pinheiros	73	M35	01:25:41	01:24:51
735	74	Horácio Alexandre	Academia Do Pro Peniche	116	M40	01:25:42	01:25:24
736	362	Vitor Manso	Core	50	M60	01:25:43	01:25:27
737	104	Helena Cunha	Asas Almada/Seixal	4	F60	01:25:53	01:25:20
738	848	Bruno Carreira	Individual	74	M35	01:25:53	01:25:10
739	1027	Liliana Faustino	Individual	15	F35	01:25:54	01:25:10
740	249	João Afonso	Cdcr Dos Ctt	108	M50	01:25:54	01:25:28
741	1124	Paulo Soares	Individual	117	M40	01:25:59	01:25:06
742	638	Antonio Ribeiro	Quarteto	72	M55	01:26:00	01:25:15
743	1034	Luis Costa	Individual	104	M45	01:26:02	01:25:44
744	737	Luís Cabaça	Tartarugas Solidárias	105	M45	01:26:05	01:24:54
745	741	Nuno Rito	Tartarugas Solidárias	118	M40	01:26:07	01:24:52
746	730	Henrique Ruivo	Tartarugas Solidárias	51	M60	01:26:07	01:24:56
747	995	Joaquim Safara	Individual	52	M60	01:26:13	
748	918	Filipe Nunes	Individual	109	M SEN	01:26:13	
749	1156	Ricardo Silva	Individual	106	M45	01:26:22	01:25:10
749	1022	Julio Costa	Individual	107	M45	01:26:25	01:25:04
751	770	Manuel Crispim	Udca	53	M60	01:26:25	01:25:56
752	890	Duarte Ribeiro	Individual	108	M45	01:26:27	01:26:02
753	552	Manuel Almeida	Lá Vão...De Almeirim	54	M60	01:26:27	01:26:06
754	285	Manuel Barros	Clube Do Stress	55	M60	01:26:28	01:25:25
755	1262	Luís Fouto	Individual	109	M50	01:26:29	01:26:07
756	1115	Paulo Mamede	Individual	110	M SEN	01:26:30	01:24:45



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
757	840	Arnaldo Lourenço	Individual	56	M60	01:26:33	01:25:09
758	369	Cláudia Pepe	Correr Em Évora	23	F45	01:26:34	01:26:06
759	1000	Jorge Campos	Individual	109	M45	01:26:35	01:26:07
760	607	André Chanoca	Ontrisports	119	M40	01:26:40	01:25:53
761	161	Amélia Rijo	Câmara Municipal Mafra	21	F50	01:26:42	01:26:04
761	627	Pedro Oliveira	Outsystems Olímpico De Oeiras	120	M40	01:26:43	01:26:00
763	965	Inês Rijo	Individual	23	F SEN	01:26:43	01:26:06
764	299	Jose Marques	Clube Millennium Bcp	110	M50	01:26:45	
765	679	Guilherme Santos	Shar	111	M SEN	01:26:49	01:25:47
766	1144	Pedro Nobre	Individual	110	M45	01:26:49	01:26:08
767	700	Luzia Dias	Sporting Clube De Portugal	22	F50	01:26:49	01:26:37
768	699	Armando Aldegalega	Sporting Clube De Portugal	57	M60	01:26:50	01:26:37
769	838	Arlete Costa	Individual	24	F45	01:26:54	01:26:26
770	1014	José Campos	Individual	58	M60	01:26:56	01:26:20
771	499	Carlos Morais	Grupo Desportivo Santander Totta	73	M55	01:27:00	01:25:57
772	255	Carla Coelho	Cfobelenses	25	F45	01:27:01	01:26:06
773	149	Manuel Antonio	Bombeiros Voluntários De Montemor-O-Novo	59	M60	01:27:02	01:26:34
774	155	Marília Ribeiro	Bretugal	16	F35	01:27:05	01:26:31
775	154	João Veríssimo	Bretugal	60	M60	01:27:05	01:26:32
776	1159	Ricardo Guerreiro	Individual	111	M45	01:27:13	01:26:26
777	425	Pedro Henriques	Fidelidade Gdc	112	M45	01:27:14	01:25:44
778	67	Cecilia Nicolau	A.A. Lebres Do Sado	7	F55	01:27:17	01:26:17
779	68	José Marques	A.A. Lebres Do Sado	61	M60	01:27:17	01:26:16
780	565	Mauro Peliquito	Litrosa 2.0	75	M35	01:27:19	01:26:42
781	878	Delfim Ferreira	Individual	112	M SEN	01:27:20	01:26:13
782	566	Ricardo Medeiros	Litrosa 2.0	76	M35	01:27:22	01:26:47
783	619	Carlos Sousa	Os Perigosos	62	M60	01:27:27	01:26:59
784	1126	Paulo Valente	Individual	113	M SEN	01:27:27	01:26:41
785	1067	Marina Rosario	Individual	23	F50	01:27:27	01:27:00
786	107	Nuno Santos	Asas Almada/Seixal	113	M45	01:27:28	01:26:55
787	1082	Miguel Mana	Individual	121	M40	01:27:28	01:26:26
788	803	Alberto Romão	Individual	63	M60	01:27:29	01:26:19
789	1114	Paulo Duarte	Individual	114	M45	01:27:30	01:26:46
790	862	Catarina Jorge	Individual	17	F35	01:27:30	01:25:48
791	1221	Tiago Cerqueira	Individual	114	M SEN	01:27:31	01:26:45
792	1048	Manuel Pedro	Individual	115	M45	01:27:35	01:27:06
793	952	Henrique Neto	Individual	116	M45	01:27:35	01:26:44
794	734	João Santos	Tartarugas Solidárias	74	M55	01:27:37	01:26:27
795	545	Ana Branco	Insanes Team	18	F35	01:27:37	01:26:59
796	698	Sérgio Morgado	Sporting Clube De Casainhos	117	M45	01:27:40	01:26:36
797	188	Rafael Santos	Carapaus De Corrida	115	M SEN	01:27:40	01:26:46
798	336	Paulo Gonçalves	Clube Novo Banco	75	M55	01:27:40	01:26:55
799	1155	Ricardo Rodrigues	Individual	118	M45	01:27:43	01:27:34
800	550	Sara Ramos	Jekos	26	F45	01:27:57	01:27:32
801	1016	José Santos	Individual	77	M35	01:27:57	01:26:53
802	328	Jorge Monteiro	Clube Novo Banco	76	M55	01:27:59	01:27:23
803	402	Marcelo Alves	Dóminos	116	M SEN	01:28:02	
804	400	Graça Matias	Dolce Furadouro	8	F55	01:28:02	01:27:54
805	584	João Braga	Militar Bootcamp	117	M SEN	01:28:03	01:27:22
806	583	Guilherme Bernardino	Militar Bootcamp	118	M SEN	01:28:04	01:27:22
807	1122	Paulo Silva	Individual	119	M45	01:28:05	01:27:16
808	354	Madalena Pina	Clube Tap Portugal	9	F55	01:28:06	01:27:53
809	775	Marco Silva	Unique Adventure	122	M40	01:28:08	01:26:49
810	818	Ana Gorgueira	Individual	24	F SEN	01:28:09	01:27:39
811	486	Carlos Silva	Gmcjamor	64	M60	01:28:09	01:27:27
812	714	José Guia	Ss Cgd	65	M60	01:28:10	01:27:16
813	128	Rosindo Bandeira	Astanga	123	M40	01:28:16	01:27:27
814	216	Maria Moradias	Casa Do Benfica Em Castelo Branco	25	F SEN	01:28:19	01:27:38
815	738	Luis Pereira	Tartarugas Solidárias	124	M40	01:28:21	01:27:03
816	732	Inês Machado	Tartarugas Solidárias	22	F40	01:28:21	01:27:06
817	973	Joana Onofre	Individual	23	F40	01:28:22	01:27:50
818	343	Xana Filipe	Clube Novo Banco	24	F50	01:28:23	01:27:40
819	1220	Tiago Algarvio	Individual	78	M35	01:28:26	01:27:11



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
820	677	Teresa Cardoso	Serviços Sociais Montepio	24	F40	01:28:26	01:27:55
821	355	Manuel Mexia	Clube Tap Portugal	77	M55	01:28:28	01:28:04
822	631	Gonçalo Cristóvão	Pnmc Marina Oeiras	111	M50	01:28:31	01:28:06
823	373	Carla Neves	Correr Lisboa	19	F35	01:28:34	01:28:07
824	1182	Rui Silva	Individual	120	M45	01:28:39	01:27:57
825	258	Elsa Bruxelas	Cfrosbelenenses	5	F60	01:28:41	01:28:15
826	376	Fernanda Ribeiro	Correr Lisboa	25	F50	01:28:44	01:28:04
827	1282	Maria Vanova	Hero Box	26	F SEN	01:28:45	01:28:24
828	1002	Jorge Sousa	Individual	119	M SEN	01:28:47	01:27:32
829	1148	Pedro Santos	Individual	120	M SEN	01:28:51	01:27:57
830	656	Jorge Ferreira	Running Dona Maria	78	M55	01:28:54	01:28:19
831	557	Anabela Santos	Linda-A-Pastora Sporting Clube	27	F45	01:28:55	01:28:02
832	799	Adriana Machado	Individual	25	F40	01:28:58	01:28:28
833	157	Inês Alvaia	Ca Barreira	20	F35	01:29:00	01:28:46
834	813	Américo Carvalho	Individual	121	M45	01:29:00	01:28:06
835	829	André Tomaz	Individual	79	M35	01:29:06	01:28:37
836	350	David Afonso	Clube Tap Portugal	79	M55	01:29:12	01:28:26
837	1129	Pedro Cardoso	Individual	80	M35	01:29:14	01:28:30
838	742	Renato Morais	Tartarugas Solidárias	125	M40	01:29:21	01:28:58
839	341	Rui Soares	Clube Novo Banco	126	M40	01:29:21	01:28:25
840	993	Joaquim Bacalhau	Individual	66	M60	01:29:28	01:28:50
841	839	Armando Costa	Individual	112	M50	01:29:29	01:29:12
842	1187	Rui Vaz	Individual	113	M50	01:29:29	01:29:14
843	1230	Vasco Almeida	Individual	121	M SEN	01:29:32	01:29:01
844	357	Elisabete Maria	Cmc Odivelas	26	F50	01:29:33	01:29:01
845	1204	Sergiy Chernichenko	Individual	67	M60	01:29:42	01:28:50
846	1199	Sérgio Figueiras	Individual	122	M45	01:29:45	01:27:36
847	945	Hélder Nogueira	Individual	114	M50	01:29:46	01:29:01
848	1236	Vitor Fernandes	Individual	127	M40	01:29:50	01:27:44
849	448	Nuno Ventura	Gaa- Grupo Atletas Algés	123	M45	01:29:53	01:28:55
850	191	Vitor Santos	Carapaus De Corrida	115	M50	01:29:53	01:28:57
851	1005	Jorge Mira	Bora Lá	122	M SEN	01:29:56	01:28:49
852	388	Luis Pereira	Correr Queluz	68	M60	01:29:56	01:29:08
853	403	Vitor Duarte	Dualtime	116	M50	01:29:57	01:29:27
854	280	Jorge Paulino	Clube Desportivo De Mafra	69	M60	01:29:59	01:29:42
855	651	Franco Wudich	Runlovers	80	M55	01:30:02	01:29:18
856	652	Nuno Marques	Runlovers	81	M55	01:30:02	01:29:20
857	228	Marco Lopes	Ccd Siemens	124	M45	01:30:03	01:29:20
858	1121	Paulo Ruivo	Individual	128	M40	01:30:04	01:28:31
859	640	Paulo Vaz	Quarteto	117	M50	01:30:04	01:29:17
860	802	Afonso Rodrigues	Individual	129	M40	01:30:08	01:29:19
861	986	João Coelho	Individual	81	M35	01:30:09	01:29:37
862	314	Catia Soares	Clube Novo Banco	26	F40	01:30:15	01:29:21
863	896	Eduardo Ricou	Individual	130	M40	01:30:15	01:29:32
864	997	Joel Pereira	Individual	82	M35	01:30:22	01:29:51
865	379	Mário Rogado	Correr Lisboa	131	M40	01:30:23	01:29:45
866	604	Miguel Barros	Ocr Portugal Lab Club	125	M45	01:30:23	01:29:46
867	927	Francisco Paulo	Individual	123	M SEN	01:30:23	01:29:20
868	587	João Santos	Moshtribe	132	M40	01:30:25	01:29:47
869	894	Eduardo Barradas	Individual	133	M40	01:30:26	01:29:54
870	861	Carolina Silva	Individual	27	F SEN	01:30:31	01:29:25
871	536	Rui Banha	Hero Team	118	M50	01:30:38	01:30:17
872	1224	Tiago Mendes	Individual	83	M35	01:30:43	01:29:21
873	998	Jorge Adivinha	Individual	134	M40	01:30:44	01:29:24
874	1176	Rui Carmo	Individual	135	M40	01:30:45	01:29:26
875	1012	José Santos	Individual	119	M50	01:30:45	01:30:14
876	391	Paulo Pereira	Corrocontigo	126	M45	01:30:47	01:30:05
877	392	Sílvia Pereira	Corrocontigo	28	F45	01:30:47	01:30:07
878	1105	Paulo Certal	Individual	120	M50	01:30:55	01:30:19
879	983	João Rodrigues	Individual	124	M SEN	01:30:58	01:29:42
880	853	Carlos Abreu	Individual	82	M55	01:31:01	01:29:58
881	1058	Maria Ventura	Individual	27	F50	01:31:12	01:30:20
882	1163	Ricardo Vicente	Individual	121	M50	01:31:15	01:30:11



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
883	644	Vitor Aguilar	Run 4 Fun	70	M60	01:31:16	01:30:31
884	893	Edma Araujo	Individual	28	F50	01:31:16	01:30:12
885	835	Antonio Castro	Individual	122	M50	01:31:17	01:30:27
886	1111	Paulo Cruz	Individual	127	M45	01:31:25	01:30:41
887	715	Manuel Baptista	Ss Cgd	83	M55	01:31:29	01:30:38
888	1047	Manuel Paulo	Individual	71	M60	01:31:32	01:30:55
888	25	Miguel Sousa	Amigos Do Atletismo De Mafra	84	M55	01:31:34	01:30:41
890	186	Manuel Francisco	Carapaus De Corrida	72	M60	01:31:38	01:30:46
891	433	Paula Rebelo	Fitares Electrodomesticos	29	F50	01:31:41	01:31:17
892	315	Cidália Borges	Clube Novo Banco	30	F50	01:31:45	01:31:07
893	237	Francisco Plínio	Codtmetrolox	73	M60	01:31:47	01:31:34
894	441	Patricia Gonçalves	Frutas E Legumes É Vida	27	F40	01:31:50	01:30:32
895	435	Gonçalo Brunheta	Frutas E Legumes É Vida	84	M35	01:31:51	01:30:32
896	913	Filipa Belmarço	Individual	28	F SEN	01:31:51	01:31:21
897	269	Gilberto Gonçalves	Clube Atletismo Amigos De Belém	74	M60	01:31:52	01:31:04
898	1013	José Barreiros	Individual	123	M50	01:32:03	01:31:22
899	1197	Sara Rainho	Individual	29	F45	01:32:05	01:31:17
900	1031	Luís Marques	Individual	128	M45	01:32:09	01:31:28
901	197	António Bogas	Casa Do Benfica Em Algueirão Mem Martins	85	M55	01:32:13	01:31:33
902	1219	Tiago Vieira	Individual	136	M40	01:32:17	01:31:38
902	47	Ricardo Silva	100 Turbo	85	M35	01:32:17	01:31:48
904	1102	Patrícia Miranda	Individual	30	F45	01:32:30	01:32:05
905	240	Manuel Costa	Codtmetrolox	75	M60	01:32:41	01:32:36
906	1161	Ricardo Marques	Individual	137	M40	01:32:49	01:32:15
907	1211	Susana Santos	Individual	31	F45	01:32:49	01:31:59
908	938	Gonçalo Pereira	Individual	129	M45	01:32:56	01:31:38
909	682	Rita Silva	Shar	29	F SEN	01:33:05	01:32:05
910	507	Ana Coutinho	Grupo Recreativo E Desportivo Da Ribeira Da Lage	21	F35	01:33:14	01:32:41
911	515	Lúcia Silva	Grupo Recreativo E Desportivo Da Ribeira Da Lage	10	F55	01:33:15	01:32:39
912	921	Flávio Ferreira	Individual	130	M45	01:33:18	01:32:40
913	819	Ana Hermenegildo	Individual	22	F35	01:33:19	01:32:37
914	1052	Marco Pequeno	Individual	86	M35	01:33:20	01:32:37
915	170	Diogo Santos	Caracóis De Pedra	125	M SEN	01:33:23	01:32:56
916	1261	Francisco Silva	Individual	138	M40	01:33:24	01:33:08
916	680	Luciano Silva	Shar	76	M60	01:33:32	01:32:34
918	963	Inês Chan	Individual	30	F SEN	01:33:33	01:32:51
919	1006	Jorge Sabino	Individual	126	M SEN	01:33:35	01:32:25
920	1015	José Silva	Individual	124	M50	01:33:40	01:33:17
921	1138	Pedro Ferreira	Individual	127	M SEN	01:33:41	
922	214	Vera Tolêdo	Casa Do Benfica Em Algueirão Mem Martins	32	F45	01:33:41	01:32:46
923	747	Vanda Oliveira	Tartarugas Solidárias	31	F50	01:33:46	01:32:34
924	316	Dinis Martins	Clube Novo Banco	125	M50	01:33:46	01:33:08
925	1074	Marta Vieira	Individual	31	F SEN	01:33:47	01:32:44
926	743	Renato Pauleta	Tartarugas Solidárias	86	M55	01:33:48	01:32:35
927	971	Jenival Moreira	Individual	131	M45	01:33:55	01:32:44
928	520	Joaquim Roque	Guerreiro Roque	87	M55	01:34:01	01:33:12
929	694	Hélder Martins	Sporting Clube De Casainhos	126	M50	01:34:07	01:33:04
930	1127	Paulo Veríssimo	Individual	88	M55	01:34:08	01:33:24
931	358	Natália Fernandes	Cmc Odivelas	6	F60	01:34:10	01:33:37
932	168	Valter Fontão	Câmara Municipal Mafra	139	M40	01:34:20	01:33:48
933	972	Joana Fernandes	Individual	32	F SEN	01:34:21	01:33:32
934	821	Ana Silva	Individual	33	F45	01:34:22	01:33:48
935	975	João Barros	Individual	140	M40	01:34:22	01:33:34
936	181	Renato Guilherme	Caracóis De Pedra	132	M45	01:34:27	01:33:24
937	176	Jorge Leitão	Caracóis De Pedra	87	M35	01:34:27	01:33:28
938	942	Hélder Cotrim	Individual	141	M40	01:34:31	01:34:21
939	1142	Pedro Lopes	Individual	133	M45	01:34:31	01:33:48
940	1141	Pedro Ligeiro	Individual	134	M45	01:34:32	01:33:49
941	207	Nuno Rafael	Casa Do Benfica Em Algueirão Mem Martins	142	M40	01:34:38	01:33:52
942	427	Ana Moura	Figueiredo	34	F45	01:34:40	01:34:02
942	922	Francisco Santos	Individual	89	M55	01:34:41	01:34:19
944	428	Sérgio Figueiredo	Figueiredo	143	M40	01:34:43	01:34:07
945	1245	Alberto Portela	Escola Das Armas	128	M SEN	01:34:48	01:34:08



Resultados

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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
945	1152	Renato Cabrita	Individual	129	M SEN	01:34:56	01:33:10
947	964	Inês Teixeira	Individual	33	F SEN	01:34:57	01:33:56
948	1026	Leonel Silvestre	Individual	77	M60	01:34:58	01:33:35
949	724	António Gonçalves	Tartarugas Solidárias	135	M45	01:35:03	01:33:46
950	1289	Ines Bernardo	Cfrosbelenses	28	F40	01:35:05	01:35:00
951	175	Joaquim Portela	Caracóis De Pedra	78	M60	01:35:06	01:33:50
952	1191	Sandra Leite	Individual	29	F40	01:35:07	01:33:44
953	1249	Rui Pastor	Ccdtmetrolox	127	M50	01:35:10	01:34:28
954	823	Ana Silva	Individual	23	F35	01:35:13	01:34:22
955	303	Marina Morgado	Clube Millennium Bcp	34	F SEN	01:35:13	01:35:02
956	294	Fernando Almeida	Clube Millennium Bcp	128	M50	01:35:17	01:35:05
957	991	João Pestana	Individual	130	M SEN	01:35:52	01:34:49
958	729	Fernando Oliveira	Tartarugas Solidárias	90	M55	01:35:56	01:35:30
959	496	Cláudio Ramos	Grupo Desportivo Da Carapineira	144	M40	01:36:09	01:34:57
960	495	Ângela Aires	Grupo Desportivo Da Carapineira	35	F45	01:36:09	01:35:00
961	484	Ângela Santos	Ginjais	24	F35	01:36:17	01:35:23
962	252	Pedro Galguinho	Cdcr Dos Ctt	129	M50	01:36:18	01:34:58
963	103	António Marques	Asas Almada/Seixal	79	M60	01:36:27	01:35:20
964	832	Antónia Jordão	Individual	36	F45	01:36:27	01:35:19
965	800	Adriana Palmeiro	Individual	35	F SEN	01:36:27	01:35:31
966	210	Rosa Gonçalves	Casa Do Benfica Em Algueirão Mem Martins	11	F55	01:36:28	01:35:31
967	108	Odete Francisco	Asas Almada/Seixal	32	F50	01:36:28	01:35:21
968	621	Jose Pereira	Os Perigosos	80	M60	01:36:28	01:35:57
969	449	Raul Carvalho	Gaa- Grupo Atletas Algés	81	M60	01:36:28	01:35:29
970	695	Nuno Pereira	Sporting Clube De Casainhos	130	M50	01:36:37	01:36:13
971	55	Paulo Ferreira	3 Tristes Tigres	136	M45	01:36:39	01:34:23
972	445	Elisabete Rosa	Gaa- Grupo Atletas Algés	37	F45	01:36:46	01:35:46
973	1135	Pedro Dias	Individual	88	M35	01:36:48	01:36:21
974	203	Joaquim Cruz	Casa Do Benfica Em Algueirão Mem Martins	82	M60	01:36:49	01:35:44
975	208	Patricia Pedro	Casa Do Benfica Em Algueirão Mem Martins	12	F55	01:36:51	01:35:45
976	898	Elsa Carrilho	Individual	30	F40	01:37:00	01:35:40
977	1216	Teresa Atanasio	Individual	38	F45	01:37:01	01:36:36
978	1098	Nuno Pimpão	Individual	137	M45	01:37:07	01:36:35
979	278	Diamantino Albuquerque	Clube Desportivo De Mafra	83	M60	01:37:11	01:36:51
980	18	José Amaro	Amigos Do Atletismo De Mafra	91	M55	01:37:14	01:36:24
981	776	Ricardo Rodrigues	Bilstein Group	145	M40	01:37:15	01:36:28
982	563	Rita Mina	Linda-A-Pastora Sporting Clube	33	F50	01:37:17	01:36:24
983	130	Nuno Fernandes	Ativo Team Running Cnv	131	M50	01:37:27	01:36:34
984	778	Andreia Gonçalves	United Warriors Ocr	25	F35	01:37:27	01:36:57
985	1021	Juliana Torres	Individual	36	F SEN	01:37:35	01:36:40
986	1069	Mário Fernandes	Individual	138	M45	01:37:50	01:36:51
987	580	Elsa Godinho	Matinal Girls	39	F45	01:38:03	01:37:36
988	855	Carlos Mimoso	Individual	92	M55	01:38:05	01:37:10
989	300	Leonel Brandão	Clube Millennium Bcp	93	M55	01:38:07	01:37:44
990	304	Mario Mendes	Clube Millennium Bcp	94	M55	01:38:07	01:37:26
991	1205	Sofia Antunes	Individual	31	F40	01:38:13	01:37:29
992	318	Eduardo Figueiredo	Clube Novo Banco	132	M50	01:38:17	01:36:44
993	594	David Santos	Nesha Hop & Run Team	131	M SEN	01:38:17	01:37:17
994	593	Ângelo Geraldo	Nesha Hop & Run Team	132	M SEN	01:38:17	01:37:16
995	327	Jorge Maximo	Clube Novo Banco	139	M45	01:38:18	01:37:31
996	577	José Gonçalves	Marmotas	95	M55	01:38:26	01:37:26
997	1217	Teresa Ourique	Individual	37	F SEN	01:38:27	01:37:25
998	266	Alexandra Pinto	Clínica Dr. José Cautela	40	F45	01:38:27	01:37:21
999	539	Dina Flores	Hipoloeste Full Energy	34	F50	01:38:29	01:37:54
1000	603	Mario Lima	O Mundo Da Corrida	84	M60	01:38:29	01:37:36
1001	524	Carlos Quintino	Hero Team	96	M55	01:38:33	01:38:07
1002	731	Henriqueta Solipa	Tartarugas Solidárias	7	F60	01:38:35	01:37:22
1003	302	Maria Folques	Clube Millennium Bcp	35	F50	01:38:35	01:37:30
1004	726	Carla Duarte	Tartarugas Solidárias	36	F50	01:38:36	01:37:22
1005	676	Susana Costa	Serviços Sociais Montepio	32	F40	01:38:38	01:37:40
1006	1008	Jorge Tavares	Individual	97	M55	01:38:42	01:37:55
1007	450	Rui Borges	Gaa- Grupo Atletas Algés	85	M60	01:38:42	01:37:44
1008	1213	Telma Abreu	Individual	38	F SEN	01:38:43	01:38:06



Resultados

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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1009	135	Gonçalo Pinto	Bilstein Group	89	M35	01:38:43	01:37:58
1010	241	Maria Ferreira	Ccdtmetrolox	41	F45	01:38:44	01:37:59
1011	447	Nuno Mota	Gaa- Grupo Atletas Algés	90	M35	01:38:44	01:37:45
1012	401	Manuel Santos	Dóminos	133	M SEN	01:38:44	
1013	69	Lídia Vieira	A.A. Lebres Do Sado	42	F45	01:38:49	01:37:48
1014	245	Paula Santos	Ccdtmetrolox	37	F50	01:38:53	01:38:08
1015	451	Rui Vinhas	Gaa- Grupo Atletas Algés	98	M55	01:38:56	01:37:59
1016	446	José Aires	Gaa- Grupo Atletas Algés	86	M60	01:38:59	01:38:00
1017	105	João Conceição	Asas Almada/Seixal	146	M40	01:39:08	01:38:36
1018	141	Marlene Borges	Bobadelas Running Team	26	F35	01:39:17	01:38:45
1019	172	Joao Colaco	Caracóis De Pedra	133	M50	01:39:19	01:38:45
1020	169	Ivanka Valcheva	Capi40+	33	F40	01:39:19	01:38:02
1021	711	Cristiana Almeida	Ss Cgd	13	F55	01:39:23	01:38:15
1022	709	André Noronha	Ss Cgd	99	M55	01:39:24	01:38:14
1023	532	Nídia Esteves	Hero Team	34	F40	01:39:25	01:39:01
1024	897	Elisa Alves	Individual	43	F45	01:39:28	01:38:58
1025	14	João Martins	Amigos Do Atletismo De Mafra	147	M40	01:39:29	01:38:56
1026	1173	Rui Alves	Individual	140	M45	01:39:29	01:39:01
1027	1113	Paulo Guedes	Individual	134	M50	01:39:32	01:38:43
1028	541	Sandra Lopo	Hipoloeste Full Energy	38	F50	01:39:48	01:39:12
1029	674	Luis Lourenço	Serviços Sociais Montepio	148	M40	01:39:51	01:39:19
1030	675	Teresa Quaresma	Serviços Sociais Montepio	35	F40	01:39:52	01:39:20
1031	875	David Mota	Individual	91	M35	01:39:53	01:39:14
1032	173	João Cunha	Caracóis De Pedra	92	M35	01:39:57	01:38:38
1033	860	Carmen Neves	Individual	27	F35	01:40:04	01:39:25
1034	1174	Rui Barradas	Individual	135	M50	01:40:26	01:39:49
1035	502	Paula Toscano	Grupo Desportivo Santander Totta	8	F60	01:40:29	01:39:40
1036	439	Naterce Santos	Frutas E Legumes É Vida	28	F35	01:40:38	01:39:17
1037	928	Francisco Santos	Individual	87	M60	01:40:39	01:40:18
1038	434	Daniela Mayorga	Frutas E Legumes É Vida	39	F SEN	01:40:39	01:39:20
1039	437	José Raimundo	Frutas E Legumes É Vida	93	M35	01:40:39	01:39:21
1040	415	Aline Santos	Eye Running	36	F40	01:40:45	01:39:23
1041	416	Fabio Gaudencio	Eye Running	149	M40	01:40:45	01:39:23
1042	444	Ana Bibi	Gaa- Grupo Atletas Algés	44	F45	01:40:50	01:39:51
1043	452	Susana Lourenço	Gaa- Grupo Atletas Algés	45	F45	01:40:51	01:39:54
1044	961	Hugo Silva	Individual	134	M SEN	01:41:02	01:40:02
1045	817	Ana Freitas	Individual	46	F45	01:41:05	01:39:43
1046	947	Helena Luis	Individual	47	F45	01:41:21	01:40:43
1047	752	Vanessa Soares	Team El Comandante	40	F SEN	01:41:24	01:41:11
1048	806	Alexandra Pais	Individual	41	F SEN	01:41:47	01:41:17
1049	946	Hélder Silva	Individual	150	M40	01:42:08	01:40:02
1050	959	Hugo Nunes	Individual	94	M35	01:42:08	01:40:04
1051	904	Fatima Dias	Individual	48	F45	01:42:11	01:41:42
1052	342	Sergio Naito	Clube Novo Banco	151	M40	01:42:25	01:41:41
1053	881	Diogo Santos	Individual	135	M SEN	01:42:27	01:41:39
1054	1147	Pedro Ribeiro	Individual	152	M40	01:42:27	01:41:40
1055	1277	Carlos Crespo	Individual	88	M60	01:42:47	01:41:37
1056	1228	Valentina Messoria	Individual	37	F40	01:43:06	01:42:23
1057	871	Cristina Santos	Individual	42	F SEN	01:43:18	01:41:31
1058	1060	Maria Duarte	Individual	14	F55	01:43:35	01:42:31
1059	485	Isaura Tomás	Ginjais	39	F50	01:43:48	01:43:18
1060	49	Paulo Tomás	1º Dezembro Queijas	136	M50	01:43:50	01:43:21
1061	337	Paulo Ricardo	Clube Novo Banco	100	M55	01:44:03	01:43:13
1062	876	David Regueiró	Individual	95	M35	01:44:15	01:43:37
1063	308	Rodolfo Lima	Clube Millennium Bcp	101	M55	01:44:22	01:43:21
1064	1283	Cristina Viegas	Individual	15	F55	01:44:22	01:43:29
1065	1256	Tiago Custodio	Individual	153	M40	01:44:26	01:43:32
1066	279	Fernando Silva	Clube Desportivo De Mafra	102	M55	01:44:32	01:44:12
1067	968	Israele Soares	Individual	103	M55	01:44:33	01:44:00
1068	810	Alexandre Rodrigues	Individual	136	M SEN	01:44:47	01:43:02
1069	1043	Luiz Pereira	Individual	154	M40	01:44:48	01:43:56
1070	865	Cátia Ramos	Individual	38	F40	01:44:48	01:44:00
1071	665	Daniel Bertola	Sccp 1910	155	M40	01:45:18	01:43:52



Resultados

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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1072	96	Ivo Santos	Amigos Vale Silêncio	96	M35	01:45:35	01:44:19
1073	635	Ana Rodrigues	Professores Em Luta	49	F45	01:45:35	01:44:22
1074	600	Catarina Santinhos	Nuc.Pt/ Spirito Nuovo/ +Watt	39	F40	01:45:38	01:45:15
1075	681	Nuno Silva	Shar	156	M40	01:45:39	01:44:38
1076	678	Ana Fonseca	Shar	40	F40	01:45:40	01:44:37
1077	666	Cláudia Grencho	Serviços Sociais Montepio	40	F50	01:45:42	01:45:11
1078	880	Diana Ramos	Individual	29	F35	01:45:45	01:44:55
1079	1179	Rui Ferreira	Individual	97	M35	01:45:46	01:44:55
1080	1029	Luciano Reis	Individual	89	M60	01:46:10	
1081	670	João Diegues	Serviços Sociais Montepio	137	M50	01:46:52	01:46:20
1082	71	Manuel Prates	A.A. Lebres Do Sado	90	M60	01:46:58	01:45:58
1083	1193	Sandra Dias	Individual	50	F45	01:47:00	01:45:59
1084	705	Luciano Assunção	Sportisel	91	M60	01:47:13	01:46:38
1085	137	Natanael Serra	Bilstein Group	98	M35	01:47:50	01:47:06
1086	1181	Rui Gonçalves	Individual	138	M50	01:48:03	01:46:49
1087	206	Mário Lameirão	Casa Do Benfica Em Algueirão Mem Martins	92	M60	01:48:06	01:47:40
1088	453	Tiago Sousa	Gaa- Grupo Atletas Algés	141	M45	01:48:08	01:47:09
1089	615	Luís Miranda	Os Galgos	142	M45	01:48:43	01:48:06
1090	205	Luis Santos	Casa Do Benfica Em Algueirão Mem Martins	139	M50	01:48:50	01:48:04
1091	905	Fátima Luciano	Individual	30	F35	01:48:51	01:47:54
1092	740	Moiken Feddersen	Tartarugas Solidárias	41	F50	01:49:19	01:48:02
1093	757	Nelson Fernandes	Tesoureira Team	143	M45	01:49:39	01:48:48
1094	59	Aurélio Calado	4 Ao Km	93	M60	01:50:33	01:49:58
1095	814	Ana Martins	Individual	41	F40	01:50:34	01:49:48
1096	440	Oscar Cordeiro	Frutas E Legumes É Vida	140	M50	01:50:35	01:49:12
1097	1192	Sandra Antonio	Individual	42	F40	01:50:41	01:50:07
1098	907	Fernando Sequeira	Individual	144	M45	01:50:42	01:50:09
1099	864	Cátia Freitas	Individual	31	F35	01:50:46	01:49:22
1100	624	João Rodrigues	Os Pinheiros	104	M55	01:51:26	01:50:36
1101	1061	Maria Louro	Individual	51	F45	01:51:39	01:50:38
1102	273	Maria Simoes	Clube Atletismo Amigos De Belém	42	F50	01:52:58	01:52:41
1103	723	Alexandra Ruivo	Tartarugas Solidárias	16	F55	01:53:03	01:51:50
1104	739	Maria Pinto	Tartarugas Solidárias	52	F45	01:53:03	01:51:50
1105	53	Celina Jorge	22_And_Counting	43	F40	01:53:05	01:51:48
1106	1044	Lurdes Morgado	Individual	53	F45	01:53:29	01:52:33
1107	582	Sofia Marques	Matinal Girls	54	F45	01:53:50	01:53:20
1108	1227	Tomás Costa	Individual	137	M SEN	01:54:53	01:53:52
1109	1050	Mara Quintas	Individual	43	F SEN	01:54:53	01:53:53
1110	1072	Mario Pires	Individual	94	M60	01:55:07	01:54:00
1111	625	Nuno Santos	Os Pinheiros	145	M45	01:55:47	01:54:55
1112	513	José Silva	Grupo Recreativo E Desportivo Da Ribeira Da Lage	95	M60	01:55:56	01:55:19
1113	1051	Marcelo Matos	Individual	146	M45	01:57:56	01:56:30
1114	1103	Paula Guerreiro	Individual	44	F SEN	01:57:56	01:57:26
1115	1094	Nuno Ferreira	Individual	147	M45	01:59:23	01:58:51
1116	1186	Rui Silva	Individual	96	M60	01:59:35	01:58:58
1117	265	Miguel Costa	Ckllrunning	141	M50	02:01:39	02:01:15
1118	213	Tânia Simões	Casa Do Benfica Em Algueirão Mem Martins	44	F40	02:01:43	02:00:59
1119	334	Natercia Nogueira	Clube Novo Banco	32	F35	02:01:44	02:01:05
1120	1190	Samuel Joaquim	Individual	97	M60	02:01:49	02:00:40
1121	987	João Gomes	Individual	142	M50	02:01:49	02:00:42
1122	1024	Lara Lima	Individual	45	F SEN	02:03:04	02:02:34