



Resultados

38ª Corrida dos Sinos

3 abril 2022

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
1	715	Roberto Ladeiras	Gfd Running	M SEN	00:47:33	00:47:32
2	710	Avelino Eusébio	Gfd Running	M SEN	00:47:36	00:47:36
3	711	Bruno Lourenço	Gfd Running	M SEN	00:47:36	00:47:35
4	442	André Costa	Clube De Praças Da Armada	M SEN	00:48:59	00:48:58
5	187	José Sousa	Atletismo Clube Praia De Mira	M SEN	00:49:40	00:49:40
6	917	Ricardo Madeira	Mf Grupo	M35	00:49:52	00:49:52
7	1044	Carlos Tiago	Run Tejo - Prevent Sprain	M40	00:49:52	00:49:52
8	188	Pedro Rodrigues	Atletismo Clube Praia De Mira	M SEN	00:50:30	00:50:30
9	450	Carlos Silva	Clube Desportivo São Salvador Do Campo	M35	00:50:35	00:50:35
10	289	Victor Cerqueira	Capenafirme	M SEN	00:50:41	00:50:39
11	712	Carlos Cardoso	Gfd Running	M35	00:50:43	00:50:41
12	1017	Hugo Silva	Rb Running	M35	00:51:13	00:51:13
13	270	Luís Rações	Ca Vale Figueira	M45	00:51:42	00:51:41
14	686	João Vaz	G.D.R. Da Reboleira	M50	00:52:13	00:52:13
15	1061	Nuno Carraça	Run Tejo - Prevent Sprain	M SEN	00:52:26	00:52:25
16	349	Francisco Pedro	Casa Do Benfica Torres Vedras	M50	00:52:54	00:52:54
17	240	Luis Brito	C.F. Os Belenenses	M45	00:53:05	00:53:04
18	1048	Filipe Rebelo	Run Tejo - Prevent Sprain	M SEN	00:53:09	00:53:08
19	288	Tiago Matias	Capenafirme	M35	00:53:13	00:53:12
20	286	José Mota	Capenafirme	M35	00:53:16	00:53:14
21	22	Jorge Cruz	Amigos Do Atletismo De Mafra	M55	00:53:19	00:53:18
22	1059	Miguel Rebelo	Run Tejo - Prevent Sprain	M SEN	00:53:56	00:53:53
23	1486	Hugo Dourado	Individual	M40	00:54:16	00:54:16
24	847	Rui Silva	Linda-A-Pastora Sporting Clube	M40	00:54:38	00:54:37
25	804	Frederico Lázaro	Ingleses Fc	M40	00:54:54	00:54:51
26	685	Eugénio Neto	G.D.R. Da Reboleira	M55	00:54:54	00:54:54
27	1058	Miguel Pinto	Run Tejo - Prevent Sprain	M SEN	00:55:07	00:55:05
28	803	Rui Cabeças	Industrial Desportivo Viegrense	M45	00:55:11	00:55:09
29	243	Paulo Garcia	C.F. Os Belenenses	M45	00:55:25	00:55:25
30	688	Mário Cassaca	G.D.R. Da Reboleira	M45	00:55:26	00:55:26
31	285	Joao Santos	Capenafirme	M JUN	00:55:28	00:55:27
32	714	Nuno Romao	Gfd Running	M45	00:55:29	00:55:28
33	1067	Salvador Boura	Run Tejo - Prevent Sprain	M SEN	00:55:36	00:55:30
34	729	Hélder Rebelo	Grd Os Fixes	M50	00:55:53	00:55:51
35	25	José Simões	Amigos Do Atletismo De Mafra	M45	00:55:53	00:55:53
36	1051	Joel Pena	Run Tejo - Prevent Sprain	M35	00:56:05	00:56:00
37	775	Nuno Silva	Hecateam	M40	00:56:10	00:56:09
38	1287	Jorge Robalo	Vitória Futebol Clube	M40	00:56:31	00:56:31
39	1255	Hugo Rodrigues	União Atlético Povoense	M SEN	00:56:31	00:56:28
40	181	Bruno Ferreira	Associação Vale Grande	M SEN	00:56:31	00:56:30
41	837	José Camacho	Linda-A-Pastora Sporting Clube	M35	00:56:34	00:56:32
42	168	Alvaro Oliveira	Associação Desportiva De Palmeiros -Sintra	M50	00:56:36	00:56:34
43	26	Nelson Amaral	Amigos Do Atletismo De Mafra	M45	00:56:45	00:56:41
44	1116	Telmo Nogueira	São João Dos Montes	M35	00:57:03	00:57:02
45	829	Artur Pereira	Linda-A-Pastora Sporting Clube	M45	00:57:07	00:57:05
46	239	Joaquim Frazão	C.F. Os Belenenses	M45	00:57:10	00:57:08
47	1133	Rui Henriques	Serviços Sociais Montepio	M40	00:57:10	00:57:08
48	547	Nuno Caldeira	Cmamafra	M SEN	00:57:12	00:57:09
49	2	Afonso Barreiros	Amigos Do Atletismo De Mafra	M SEN	00:57:16	00:57:14
50	910	Luis Santos	Mcdonald'S	M40	00:57:21	00:57:20
51	941	Sérgio Paiva	Núcleoeiras	M45	00:57:21	00:57:21
52	713	Fernando Pereira	Gfd Running	M45	00:57:27	00:57:26
53	94	António Rodrigues	Academia Do Pro Peniche	M40	00:57:33	00:57:33
54	423	Nuno Silva	Clube Atletismo Amigos De Belém	M40	00:57:35	00:57:33
55	1531	Joao Piedade	Individual	M SEN	00:57:36	00:57:26
56	1184	Francisco Monte	Stravistas Venda Do Pinheiro	M40	00:57:53	00:57:51
57	23	Jorge Pedroso	Amigos Do Atletismo De Mafra	M45	00:58:00	00:57:59
58	1020	Pedro Martins	Rb Running	M40	00:58:03	00:58:03
59	169	Artur Oliveira	Associação Desportiva De Palmeiros -Sintra	M45	00:58:07	00:58:05
60	730	António Murteira	Grd. Ribeira Lage	M50	00:58:09	00:58:06
60	1651	Nelson Rafael	Individual	M35	00:58:09	00:58:07
61	1063	Nuno Rebelo	Run Tejo - Prevent Sprain	M SEN	00:58:10	00:58:09
62	293	Henrique Janota	Caracois De Pedra	M45	00:58:16	00:58:15
63	1258	David Pantana	Unique Adventure	M SEN	00:58:20	00:58:17
64	211	César Almeida	Bobadelas	M35	00:58:24	00:58:20
65	1153	Tiago Corvo	Sport União Colareense	M SEN	00:58:33	00:58:30
66	1361	Bruno Martins	Individual	M40	00:58:38	00:58:33



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38ª Corrida dos Sinos

3 abril 2022

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
67	1183	Helder Soares	Stevenage Striders	M55	00:58:41	00:58:39
68	32	Pedro Pardal	Amigos Do Atletismo De Mafra	M SEN	00:58:46	00:58:35
69	836	Jorge Pinho	Linda-A-Pastora Sporting Clube	M45	00:58:50	00:58:48
70	1276	Rui Teixeira	Vialonga	M45	00:58:57	00:58:55
71	1849	Adelino Oliveira	Grecas - Vagos	M SEN	00:59:02	00:59:01
72	1850	Miriam Martins	Grecas - Vagos	F SEN	00:59:03	00:59:03
73	439	Jorge Pardal	Clube De Atletismo De Sintra	M45	00:59:05	00:59:01
74	827	André Corvo	Linda-A-Pastora Sporting Clube	M40	00:59:08	00:59:06
75	1054	Kcénia Bougrova	Run Tejo - Prevent Sprain	F SEN	00:59:11	00:59:09
76	1863	Romário Almeida	Casa Do Benfica Em Algueirão Mem Martins	M45	00:59:11	00:59:08
77	177	Helder Varanda	Associação Gdak	M40	00:59:12	00:59:11
78	287	Nelson Santos	Capenafirme	M45	00:59:14	00:59:13
79	1786	Sergio Prazeres	Individual	M45	00:59:21	00:59:18
80	253	Marco Cunha	Ca Patameiras	M35	00:59:23	00:58:55
81	551	Henrique Avelar	Cmm	M40	00:59:40	00:59:34
82	1174	Rui Tomás	Srdrf Monte Godel	M45	00:59:46	00:59:44
83	1195	Andre Martins	Talentos Team	M40	01:00:00	00:59:56
84	666	António Martinho	Fidelidade Gdc	M45	01:00:03	00:59:58
85	81	Pedro Amigo	A Natureza Ensina	M35	01:00:18	01:00:13
86	835	João Caldeira	Linda-A-Pastora Sporting Clube	M60	01:00:23	01:00:21
87	667	Bruno Eu	Fidelidade Gdc	M40	01:00:26	01:00:20
88	178	Hugo Freire	Associação Gdak	M45	01:00:28	01:00:27
89	179	Miguel Sobral	Associação Gdak	M40	01:00:29	01:00:27
90	1674	Palmira Quinhama	Walkrun/Werun	F40	01:00:34	01:00:32
91	1280	Jorge Nabais	Vilt Runners	M35	01:00:39	01:00:35
92	378	Rui Grazina	Cod Sintrense	M60	01:01:12	01:01:09
93	964	Joaquim Rodrigues	Os Carregueirenses	M50	01:01:18	01:01:12
94	1053	José Nobre	Run Tejo - Prevent Sprain	M35	01:01:21	01:01:18
95	702	Alex Scutaru	Gdrc Ponterrolense	M45	01:01:23	01:01:22
96	704	Veronica Scutaru	Gdrc Ponterrolense	F45	01:01:25	01:01:24
97	284	Carlos Serra	Capenafirme	M40	01:01:29	01:01:27
98	1191	Artur Vasques	Stravistas Venda Do Pinheiro	M SEN	01:01:31	01:01:13
99	1234	Dinis Prudencio	Trail Runners Portimão	M50	01:01:37	01:01:33
100	1043	Carlos Freitas	Run Tejo - Prevent Sprain	M50	01:01:42	01:01:39
101	828	André Perdigão	Linda-A-Pastora Sporting Clube	M SEN	01:01:45	01:01:43
102	1036	Ana Rebelo	Run Tejo - Prevent Sprain	F SEN	01:01:49	01:01:43
103	367	Daniel Almeida	Cod Sintrense	M SEN	01:02:01	01:01:56
104	241	Luis Marçal	C.F. Os Belenenses	M45	01:02:02	01:02:01
105	1844	Luis Ferreira	Casa Do Benfica Torres Vedras	M35	01:02:05	01:02:03
106	1005	Pedro Simoes	People Outdoor	M40	01:02:07	01:02:03
107	572	Ivandro Moreira	Correr Lisboa	M SEN	01:02:13	01:01:40
108	28	Paulo Gomes	Amigos Do Atletismo De Mafra	M50	01:02:19	01:02:15
109	1897	Sandra Protásio	Individual	F SEN	01:02:22	01:02:21
110	1062	Nuno Fernandes	Run Tejo - Prevent Sprain	M45	01:02:25	01:02:12
111	1859	Migdon Batalha	Amigos Do Atletismo De Mafra	M SEN	01:02:27	01:02:21
112	1548	Jorge Barbosa	Individual	M SEN	01:02:35	01:02:25
113	1181	Paula Martins	Ss Cgd	F40	01:02:38	01:02:31
114	1587	Luis Marques	Individual	M45	01:02:39	01:02:33
115	95	Ricardo Rodrigues	Academia Do Pro Peniche	M45	01:02:43	01:02:43
116	1159	Fábio Pereira	Sporting Clube De Casainhos	M SEN	01:02:45	01:02:39
117	348	Fabio Ferreira	Casa Do Benfica Torres Vedras	M SEN	01:02:50	01:02:50
118	594	Diamantino Serrano	Correr Queluz	M45	01:02:55	
119	116	Joaquim Alexandre	Alcobela	M55	01:02:59	01:02:37
120	1042	Carlos Cristão	Run Tejo - Prevent Sprain	M60	01:02:59	01:02:54
121	377	Rogério Azevedo	Cod Sintrense	M50	01:02:59	01:02:53
122	513	Luis Monteiro	Clube Novo Banco	M50	01:03:00	01:02:57
123	244	Paulo Torres	C.F. Os Belenenses	M45	01:03:08	01:03:04
124	512	Luis Godinho	Clube Novo Banco	M55	01:03:08	01:03:04
125	233	Anibal Gaspar	C.C.D. "O Alvitejo"	M50	01:03:09	01:03:04
126	1019	Paulo Costa	Rb Running	M55	01:03:14	01:03:11
127	968	Ricardo Varela	Os Carregueirenses	M45	01:03:20	01:03:19
128	1316	Ana Santos	Individual	F SEN	01:03:25	01:03:22
129	201	Miguel Fernandes	Auto Jacinto	M40	01:03:37	01:03:34
130	931	João Caçador	Nesha Hop & Run Team	M SEN	01:03:45	01:03:38
131	1039	António Boné	Run Tejo - Prevent Sprain	M SEN	01:03:51	01:03:39
132	3	Alexandra Silva	Amigos Do Atletismo De Mafra	F35	01:03:52	01:03:43
133	1189	Paulo Pvoa	Stravistas Venda Do Pinheiro	M55	01:03:56	01:03:50



Resultados

38ª Corrida dos Sinos

3 abril 2022

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
134	40	Dinis Ribas	#Naotreinesnao	M50	01:03:58	01:03:48
135	590	Pedro Silva	Correr Loures	M50	01:03:58	01:03:43
136	523	Pedro Sanguino	Clube Novo Banco	M35	01:04:01	01:03:54
137	534	Carlos Pedro	Clube Tap Portugal	M50	01:04:02	01:02:57
138	101	Márcio Rodrigues	Acdrs Quinhendros	M40	01:04:04	01:03:57
139	652	Nuno Cordeiro	Falcoes Selvagens	M45	01:04:07	01:03:52
140	787	José Magalhães	Hero Team	M55	01:04:08	01:03:58
141	1091	Filipe Oliveira	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M45	01:04:10	01:03:51
142	1626	Mário Malheiro	Individual	M SEN	01:04:10	01:03:57
143	258	Aires Pratas	Ca Vale Figueira	M60	01:04:17	01:04:15
144	659	Duarte Costa	Federação Da Família Para A Paz Mundial E Unificação	M35	01:04:18	
145	1156	Carlos Baptista	Sporting Clube De Casainhos	M60	01:04:24	01:04:20
146	1155	Novo Dorsal	Sporting Clube De Casainhos	M40	01:04:26	01:04:22
147	1241	Bruno Marcelino	Trekking Nature Team Running Eilar	M40	01:04:32	01:04:14
148	249	António Ferreira	Ca Patameiras	M35	01:04:33	01:04:23
149	687	José Marcelino	G.D.R. Da Reboleira	M55	01:04:41	01:04:38
150	764	Pedro Santos	Grupo Desportivo Santander Totta	M45	01:04:41	01:04:23
151	250	Hélio Pereira	Ca Patameiras	M40	01:04:50	01:04:45
152	414	José Pinto	Clinica Dr Cautela	M55	01:04:51	01:04:49
153	956	Rui Pombinho	Os Bordalitos	M55	01:04:52	01:04:34
154	918	Kyle Heckler	Mikkeller Running Club Paris	M35	01:04:52	01:04:42
155	1902	Lucília Soares	Ingleses Fc	F50	01:04:53	01:04:52
156	31	Pedro Castro	Amigos Do Atletismo De Mafra	M55	01:05:01	01:04:56
157	1373	Carlos Cruz	Individual	M60	01:05:03	01:04:53
158	264	Fernando Almeida	Ca Vale Figueira	M40	01:05:04	01:04:57
159	37	Tiago Peralta	Amigos Do Atletismo De Mafra	M40	01:05:05	01:04:52
160	796	Tiago Mota	Hero Team	M SEN	01:05:06	01:04:38
161	491	Pedro Santos	Clube Millennium Bcp	M50	01:05:06	01:04:40
162	1593	Luis Isidoro	Individual	M35	01:05:07	01:04:59
163	1158	Eduardo Santos	Sporting Clube De Casainhos	M40	01:05:08	01:05:04
164	1468	Gonçalo Pereira	Individual	M SEN	01:05:10	01:05:06
165	87	Fabio Domingos	A.M.Atibã	M SEN	01:05:12	01:04:22
166	221	Pedro Pereira	Bombeiros Voluntários De Montemor-O-Novo	M40	01:05:12	01:05:08
167	1086	Arnaldo Rolo	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M55	01:05:12	01:04:54
168	1704	Pedro Barata	Individual	M45	01:05:17	01:05:05
169	1052	Jorge Silva	Run Tejo - Prevent Sprain	M45	01:05:23	01:05:13
170	268	José Pereira	Ca Vale Figueira	M45	01:05:34	01:05:33
171	615	Luis Sanches	Cppe	M40	01:05:40	01:05:34
172	1224	Sérgio Pires	Team El Comandante	M45	01:05:42	01:05:36
173	1259	Jorge Cruz	United Warriors Ocr	M35	01:05:42	01:05:39
174	473	Gonçalo Teixeira	Clube Millennium Bcp	M JUN	01:05:43	01:04:41
175	965	Manuel Lino	Os Carregueirenses	M55	01:05:43	01:05:34
176	734	Carlos Moreira	Grupeta Running Team	M40	01:05:43	01:05:34
177	1679	Paulo Mateus	Individual	M40	01:05:44	01:05:30
178	197	João Pais	Auto Jacinto	M45	01:05:45	01:04:53
179	1550	Jorge Leite	Individual	M50	01:05:47	01:05:33
180	768	Mário Seabra	Grupo Recreativo Janz E Associados	M45	01:05:49	01:05:30
181	1822	Tiago Pereira	Individual	M35	01:05:50	01:05:40
182	660	Mafalda Martinho	Federação Da Família Para A Paz Mundial E Unificação	F SEN	01:05:51	01:05:49
183	246	Vitor Gonzas	C.F. Os Belenenses	M55	01:05:53	01:05:46
184	235	Avelino Soares	C.F. Os Belenenses	M55	01:05:53	
185	350	Luis Rebelo	Casa Do Benfica Torres Vedras	M55	01:05:53	01:05:52
186	786	José Gregório	Hero Team	M50	01:05:53	01:05:40
187	323	Carlos Costa	Casa Do Benfica Em Algueirão Mem Martins	M50	01:05:55	01:05:37
188	1852	Paulo Alves	Grupo Desportivo Santander Totta	M40	01:05:58	01:05:42
189	1068	Sara Lobo	Run Tejo - Prevent Sprain	F SEN	01:05:58	01:05:48
190	27	Nuno Mota	Amigos Do Atletismo De Mafra	M40	01:06:01	01:05:48
191	1759	Rui Cardoso	Individual	M40	01:06:02	01:05:57
192	514	Miguel Sousa	Clube Novo Banco	M50	01:06:03	01:05:59
193	386	Nuno Pita	Codtmetrolox	M45	01:06:05	01:05:56
194	1653	Nuno Almeida	Individual	M35	01:06:06	01:06:01
195	189	Eduardo Luís	Atómicos	M40	01:06:08	01:05:57
196	1034	Alexandra Portela	Run Tejo - Prevent Sprain	F50	01:06:10	01:06:06
197	1172	Óscar Dias	Srdrf Monte Godel	M35	01:06:12	01:06:02
198	1056	Maria Santos	Run Tejo - Prevent Sprain	F SEN	01:06:14	01:06:03
199	1793	Sérgio Pereira	Individual	M45	01:06:15	01:06:04
200	1671	Nuno Almeida	Individual	M40	01:06:16	01:06:11



Resultados

38ª Corrida dos Sinos

3 abril 2022

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
201	1806	Sóstenes Barbosa	Individual	M35	01:06:19	01:06:17
202	1166	Nuno Almeida	Sportings De Almeida	M45	01:06:23	01:06:14
203	1565	José Alves	Individual	M45	01:06:25	01:06:13
204	1099	Vitor Marques	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M40	01:06:27	01:06:09
205	1088	Fábio Silva	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M SEN	01:06:28	01:06:09
206	1707	Pedro Lima	Individual	M55	01:06:35	01:06:29
207	34	Rui Cleto	Amigos Do Atletismo De Mafra	M50	01:06:35	01:06:26
208	393	Rui Silva	Cd Estrela	M50	01:06:36	01:06:26
209	1560	Jorge Vaz	Individual	M45	01:06:38	01:06:37
210	99	António Mendes	Acdrs Quinhendros	M35	01:06:38	01:06:29
211	1450	Filipe Freire	Individual	M35	01:06:42	01:06:23
212	20	João Pastor	Amigos Do Atletismo De Mafra	M45	01:06:43	01:06:30
213	102	Ruben Cardoso	Acdrs Quinhendros	M SEN	01:06:45	01:06:35
214	247	Vitor Oliveira	C.F. Os Belenenses	M SEN	01:06:46	01:06:42
215	1501	Jaime Lamego	Individual	M60	01:06:46	01:06:41
216	1499	Ivan Graça	Individual	M SEN	01:06:54	01:06:08
217	927	Sílvia Gomes	Mtba	F45	01:06:57	01:06:54
218	589	Jorge Pereira	Correr Loures	M45	01:06:59	01:06:53
219	963	Joao Pereira	Os Carregueirenses	M SEN	01:06:59	01:06:57
220	1588	Luís Sousa	Individual	M45	01:07:01	01:06:41
221	881	David Simão	Loures	M50	01:07:01	01:06:47
222	793	Rui Banha	Hero Team	M50	01:07:03	01:06:49
223	75	Carlos Lima	A Natureza Ensina	M50	01:07:05	01:06:59
224	1033	Chantal Xhervelle	Run Kinze	F50	01:07:06	01:07:02
225	1689	Paulo Lopes	Individual	M50	01:07:07	01:06:57
226	251	Jaime Mauricio	Ca Patameiras	M45	01:07:11	01:06:45
227	1693	Paulo Namorado	Individual	M SEN	01:07:12	01:06:52
228	1288	Anabela Vinha	Walkrun/Werun	F40	01:07:15	01:07:03
229	255	Nuno Gonçalves	Ca Patameiras	M45	01:07:15	01:06:51
230	46	Paulo Tomás	1 ° Dezembro Queijas	M50	01:07:17	01:07:04
231	1214	Jose Esteves	Tartarugas Solidárias	M40	01:07:28	01:07:22
232	1097	Valter Onofre	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M45	01:07:28	01:07:10
233	1281	Ricardo Domingues	Vilt Runners	M SEN	01:07:35	01:07:17
234	726	Ricardo Sebastião	Gr Gonçalvesense	M60	01:07:38	01:07:22
235	1198	João Páscoa	Táentos Team	M50	01:07:40	01:07:25
236	1632	Mateus Coelho	Individual	M35	01:07:41	01:07:27
237	1057	Mário Ribeiro	Run Tejo - Prevent Sprain	M55	01:07:41	01:07:35
238	257	Ricardo Carvalho	Ca Patameiras	M45	01:07:44	01:07:21
239	1177	Henrique Amador	Ss Cgd	M50	01:07:46	01:07:34
240	671	Maria Lucas	Fidelidade Gdc	F50	01:07:48	01:07:42
241	544	Paulo Monteiro	Clube Tap Portugal	M40	01:07:50	01:06:38
242	1771	Rute Martins	Individual	F35	01:07:52	01:07:48
243	1304	Alexandre Leal	Individual	M45	01:07:53	01:07:13
244	521	Pedro Catarino	Clube Novo Banco	M40	01:07:54	01:07:43
245	277	Carlos França	Cad A Correr	M40	01:07:57	01:07:53
246	36	Silvia Miranda	Amigos Do Atletismo De Mafra	F35	01:08:01	01:07:56
247	1647	Nelson Candeias	Individual	M45	01:08:02	01:07:47
248	1824	Tiago Santos	Individual	M SEN	01:08:04	01:07:54
249	194	Francisco Gonçalves	Auto Jacinto	M50	01:08:05	01:08:02
250	306	Rui Duarte	Caracois De Pedra	M40	01:08:05	01:07:47
251	825	Marta Conceição	Life Center	F35	01:08:11	01:08:01
252	1813	Telmo Patrício	Individual	M35	01:08:14	01:07:43
253	522	Pedro Gabriel	Clube Novo Banco	M45	01:08:16	01:08:09
254	1520	João Félix	Individual	M SEN	01:08:16	01:07:44
255	705	Nuno Sabino	Gdrmc	M40	01:08:16	01:07:41
256	799	Jose Cruz	I Am 18 Maio	M45	01:08:17	01:07:50
257	871	Inês Brito	Lisbon	F50	01:08:17	01:08:07
258	229	Jorge Pereira	Brrnighrunners	M50	01:08:18	01:08:00
259	303	Pedro Carrasqueira	Caracois De Pedra	M40	01:08:19	01:08:01
260	262	Carlos Gonçalves	Ca Vale Figueira	M45	01:08:20	01:08:11
260	636	Carla Bernardino	Equipa Cs	F45	01:08:20	01:08:14
261	838	José Pajinha	Linda-A-Pastora Sporting Clube	M60	01:08:20	01:08:14
262	774	Helena Moreira	Hecateam	F45	01:08:22	01:08:17
263	846	Rui Duarte	Linda-A-Pastora Sporting Clube	M45	01:08:23	01:08:08
264	1331	António Batalha	Individual	M40	01:08:25	01:07:56
265	1641	Miguel Silva	Individual	M SEN	01:08:26	01:08:16
266	19	João Branco	Amigos Do Atletismo De Mafra	M40	01:08:26	01:08:13



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
267	620	Ricardo Cardoso	Crossfit Boarland	M35	01:08:33	01:08:06
268	619	Lénia Loureiro	Crossfit Boarland	F35	01:08:33	01:08:07
269	537	Diamantino Gamito	Clube Tap Portugal	M55	01:08:36	01:08:30
270	606	Rui Rodrigues	Correr Sociedade Recreativa Da Granja	M45	01:08:36	01:08:17
271	1216	Luis Domingues	Tartarugas Solidárias	M50	01:08:36	01:07:46
272	1117	Sergio Machado	Seawolves	M45	01:08:37	01:08:26
273	118	Luis Ferreira	Alcobela	M55	01:08:38	01:08:01
274	604	Rui Gonçalves	Correr Queluz	M45	01:08:39	01:08:29
275	278	Ilisito Ferreira	Cad A Correr	M35	01:08:39	01:08:30
275	301	Patricia Caldas	Caracois De Pedra	F35	01:08:39	01:08:29
276	1891	Anastacio Valadas	Grupo Desportivo Santander Totta	M60	01:08:41	01:08:38
277	334	Luis Oliveira	Casa Do Benfica Em Algueirão Mem Martins	M50	01:08:45	01:08:24
278	422	Manuel Rocha	Clube Atletismo Amigos De Belém	M45	01:08:47	01:08:43
279	1599	Luís Nunes	Individual	M45	01:08:52	01:08:21
280	1257	Bruno Carriço	Unique Adventure	M SEN	01:08:57	01:08:54
281	782	Carolina Gregório	Hero Team	F SEN	01:08:58	01:08:54
282	230	Miguel Palma	Brrnighrunners	M40	01:08:59	01:08:40
283	752	Paulo Soldado	Grupo Desportivo "O Independente" - Barreiro	M50	01:09:00	01:08:47
284	751	Hugo Salvadinho	Grupo Desportivo "O Independente" - Barreiro	M45	01:09:00	01:08:49
285	198	Joaquim Cunha	Auto Jacinto	M50	01:09:05	01:08:46
286	128	Hugo Boura	Alverca Urban Runners	M SEN	01:09:05	01:08:46
287	18	Helena Martins	Amigos Do Atletismo De Mafra	F50	01:09:08	01:09:03
288	1050	Joaquim Santos	Run Tejo - Prevent Sprain	M50	01:09:08	01:09:01
289	707	Carlos Caseiro	Gdu Ericeirense	M40	01:09:11	01:08:42
290	969	Rui Sales	Os Carregueirenses	M55	01:09:13	01:08:31
291	80	Paulo Manaças	A Natureza Ensina	M50	01:09:16	01:09:07
292	371	José Bernardo	Ccd Sintrense	M50	01:09:17	01:09:07
293	1449	Filipe Diogo	Individual	M40	01:09:19	01:08:08
294	1278	Daniel Pinto	Vilt Runners	M SEN	01:09:22	01:09:04
295	1769	Rui Simoes	Individual	M40	01:09:22	01:09:13
296	1345	Antonio Teixeira	Individual	M40	01:09:22	01:09:13
297	216	Luís Brito	Bombeiros Voluntários De Montemor-O-Novo	M40	01:09:28	01:09:22
298	1093	João Gregório	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	M45	01:09:29	01:09:10
299	1524	João Lourenço	Individual	M SEN	01:09:40	01:09:29
300	328	Hugo Manita	Casa Do Benfica Em Algueirão Mem Martins	M40	01:09:41	01:09:23
301	1330	António Godinho	Individual	M45	01:09:44	01:09:34
302	785	Edgar Baltazar	Hero Team	M50	01:09:47	01:09:21
303	89	José Heitor	A.M.Atibã	M60	01:09:49	01:09:27
304	561	Luis Filipe	Correr A 7 Pés Com Tranquilidade	M40	01:09:51	01:09:25
305	533	Carlos Nunes	Clube Tap Portugal	M45	01:09:52	01:09:42
306	1517	Joao Dias	Individual	M55	01:09:52	01:09:25
307	1170	Hugo Tomé	Srdrf Monte Godel	M35	01:09:56	01:09:43
308	1464	Germano Silva	Individual	M60	01:09:57	01:09:30
309	988	Fernando Andrade	Os Perigosos	M40	01:10:00	01:09:45
310	346	António Merujo	Casa Do Benfica Torres Vedras	M60	01:10:05	01:09:36
311	962	Joao Franco	Os Carregueirenses	M60	01:10:05	01:10:00
312	1830	Valter Ramos	Individual	M SEN	01:10:06	01:09:47
313	446	Jose Silva	Clube Desportivo De Mafra	M50	01:10:07	01:10:01
314	381	João Oliveira	Ccdmetrolox	M45	01:10:08	01:09:55
315	769	Patrícia Rosado	Guarda Runners	F SEN	01:10:09	01:10:06
316	234	Anabela Ferreira	C.F. Os Belenenses	F50	01:10:15	01:09:57
317	242	Nuno Queija	C.F. Os Belenenses	M45	01:10:15	01:09:58
318	1731	Ricardo Abreu	Individual	M35	01:10:18	01:10:11
319	218	Maria Rodrigues	Bombeiros Voluntários De Montemor-O-Novo	F45	01:10:19	01:10:11
320	1892	Diogo Alves	Individual	M35	01:10:26	01:10:14
321	546	Miguel Franco	Cmamafra	M SEN	01:10:26	01:10:16
322	1745	Ricardo Silva	Individual	M40	01:10:26	01:10:04
323	582	Pedro Roberto	Correr Lisboa	M35	01:10:30	01:10:25
324	618	João Tomaz	Crossfit Boarland	M35	01:10:31	01:10:04
325	755	Carla Dias	Grupo Desportivo Santander Totta	F45	01:10:31	01:10:21
326	1732	Ricardo Almeida	Individual	M SEN	01:10:33	01:09:32
327	1751	Rodrigo Santos	Individual	M45	01:10:36	01:10:29
328	1239	Nelson Mota	Tranquilidade	M50	01:10:39	01:10:10
329	926	Luis Ferreira	Mtba	M55	01:10:45	01:10:10
330	213	Abilio Catarro	Bombeiros Voluntários De Montemor-O-Novo	M60	01:10:53	01:10:47
331	1083	André Queda	Runners Da Calçada	M SEN	01:10:55	01:10:48
331	1433	Fábio Portela	Individual	M SEN	01:10:55	01:10:15



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
332	53	Higino Silva	100 Turbo	M50	01:10:55	01:10:44
333	38	Vasco Braz	Amigos Do Atletismo De Maфра	M40	01:10:58	01:10:31
334	48	Rui Vieira	100 Limites Trail Team	M50	01:10:58	01:10:06
335	1007	Pedro Marques	Pinto Marques Family	M40	01:10:59	01:10:28
336	662	Pedro Pereira	Federação Da Família Para A Paz Mundial E Unificação	M35	01:10:59	01:10:26
337	824	Paulo Santos	Leiria	M50	01:10:59	01:10:11
338	330	João Afonso	Casa Do Benfica Em Algueirão Mem Martins	M35	01:11:00	01:10:02
339	823	Luis Cunha	Leiria	M55	01:11:01	01:10:13
340	1098	Vasco Armes	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M50	01:11:02	01:10:44
341	1619	Maria Monteiro	Individual	F45	01:11:02	01:10:55
342	325	Cristina Carvalho	Casa Do Benfica Em Algueirão Mem Martins	F50	01:11:06	01:10:48
343	1104	Leandro Reis	S.O. Houilles	M50	01:11:09	01:10:24
344	777	Ricardo Caetano	Here4beer	M SEN	01:11:09	01:10:33
345	370	João Cardoso	Ccd Sintrense	M45	01:11:10	01:10:57
346	1557	Jorge Teles	Individual	M40	01:11:12	01:10:52
347	283	Sérgio Lopes	Cad A Correr	M SEN	01:11:14	01:11:04
348	1583	Liberto Santos	Individual	M55	01:11:17	01:11:06
349	110	Miguel Gomes	Aqualva Runners	M50	01:11:21	01:09:41
350	1012	Jose Gaspar	Quarteto	M45	01:11:21	01:10:45
351	577	Nuno Morgado	Correr Lisboa	M40	01:11:25	01:10:53
352	961	Joao Bernardes	Os Carregueirenses	M45	01:11:25	01:11:14
353	182	Luís Almeida	Associação Vale Grande	M45	01:11:26	01:09:14
354	435	Bruno Henriques	Clube Das Gazelas	M SEN	01:11:27	01:10:50
355	331	João Grilo	Casa Do Benfica Em Algueirão Mem Martins	M SEN	01:11:29	01:10:37
356	1893	Duarte Ferreira	Individual	M JUN	01:11:30	01:10:34
357	996	Paulo Ferreira	Pai & Filho Team	M45	01:11:30	01:10:33
358	1836	Virgínio Pateiro	Individual	M50	01:11:31	01:11:10
359	1014	Rui Figueiredo	Quarteto	M45	01:11:31	01:10:56
360	269	José Neto	Ca Vale Figueira	M60	01:11:35	01:11:28
361	574	Mário Gaspar	Correr Lisboa	M55	01:11:38	01:11:27
362	568	Carlos Soares	Correr Lisboa	M50	01:11:38	01:11:25
363	1805	Sónia Neves	Individual	F45	01:11:39	01:11:32
364	345	Vitor Santos	Casa Do Benfica Em Algueirão Mem Martins	M50	01:11:39	01:10:21
365	1860	Rui Costa	Individual	M SEN	01:11:44	01:10:52
366	200	Luis Ferreira	Auto Jacinto	M40	01:11:44	01:10:55
367	1173	Pedro Santos	Srctrf Monte Godel	M45	01:11:49	01:11:17
368	1490	Hugo Moreira	Individual	M40	01:11:49	01:11:26
369	669	Carlos Domingos	Fidelidade Gdc	M45	01:11:51	01:11:24
370	955	Mariana Pombinho	Os Bortalitos	F SEN	01:11:53	01:11:34
371	732	João Marques	Grd. Ribeira Lage	M55	01:11:59	01:11:52
372	1662	Nuno Filipe	Individual	M40	01:12:00	01:11:14
373	394	Carlos Marinho	Cdcr Dos Ctt	M40	01:12:00	01:10:57
374	658	Rui Vieitas	Fat Old Dudes	M45	01:12:04	01:11:47
375	1670	Nuno Santos	Individual	M45	01:12:04	
376	12	Carlos Valente	Amigos Do Atletismo De Maфра	M50	01:12:04	01:11:33
377	1459	Francisco Ribeiro	Individual	M45	01:12:05	01:11:59
378	500	David Leite	Clube Novo Banco	M40	01:12:07	01:12:01
379	305	Ricardo Domingues	Caracois De Pedra	M SEN	01:12:07	01:11:49
380	483	Mario Duro	Clube Millennium Bcp	M40	01:12:07	01:11:30
381	282	Rui Oliveira	Cad A Correr	M40	01:12:11	01:11:31
382	174	Luis Luciano	Associação Desportiva De Palmeiros -Sintra	M55	01:12:13	01:12:09
383	399	Luis Andrade	Cdcr Dos Ctt	M45	01:12:14	01:11:48
384	1558	Jorge Thomas	Individual	M SEN	01:12:14	01:11:50
385	925	Ricardo Firmino	Moshtribe	M45	01:12:21	01:12:09
386	1621	Maria Sousa	Individual	F45	01:12:21	01:11:54
387	1744	Ricardo Pereira	Individual	M40	01:12:23	01:11:27
388	78	José Amigo	A Natureza Ensina	M60	01:12:25	01:12:15
389	894	João Batalha	Maфра	M45	01:12:27	01:11:30
390	1447	Filipe Silva	Individual	M40	01:12:31	01:11:35
391	792	Ricardo Silva	Hero Team	M35	01:12:32	01:11:56
392	1864	Horácio Alexandre	Academia Do Pro Peniche	M40	01:12:38	01:12:37
393	384	Manuel Costa	Ccdtmetrolx	M60	01:12:38	01:12:22
394	1656	Nuno Cabeça	Individual	M50	01:12:38	01:12:27
395	1758	Rui Batista	Individual	M SEN	01:12:40	01:12:28
396	784	David Costa	Hero Team	M SEN	01:12:49	01:12:17
397	276	Augusto Carriço	Cad A Correr	M55	01:12:50	01:12:09
398	932	Luís Sardinha	Nesha Hop & Run Team	M SEN	01:12:51	01:12:41



38ª Corrida dos Sinos

Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
399	114	Filipe Branco	Alcobela	M50	01:12:51	01:12:30
400	767	Carlos Santos	Grupo Excursionista "Os Económicos"	M60	01:12:51	01:12:41
401	1818	Tiago André	Individual	M SEN	01:12:54	01:12:35
402	1299	Afonso Ataíde	Individual	M SEN	01:12:55	01:12:42
403	1643	Moisés Batalha	Individual	M SEN	01:12:55	01:11:37
404	4	Ana Araújo	Amigos Do Atletismo De Mafra	F45	01:12:56	01:12:50
405	122	Afonso Nunes	Alverca Urban Runners	M60	01:12:56	01:12:38
405	1368	Carla Roldao	Individual	F50	01:12:56	01:12:44
406	1620	Maria Roldao	Individual	F50	01:12:57	01:12:45
407	183	Maria Serra	Associação Vale Grande	F50	01:12:57	01:12:39
408	1085	Antonio Simoes	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M45	01:12:58	01:12:17
409	318	Carlos Luis	Carlos Luid	M50	01:12:58	01:12:30
410	595	Helder Martins	Correr Queluz	M50	01:12:58	01:12:47
411	1832	Vasco Figueiredo	Individual	M SEN	01:13:00	01:12:25
412	644	Carlos Coelho	Falcoes Selvagens	M45	01:13:00	01:12:31
413	1383	Carlos Ribeirinho	Individual	M50	01:13:03	01:12:51
414	1664	Nuno Mendes	Individual	M45	01:13:13	01:12:54
415	1296	Acácio Silva	Individual	M SEN	01:13:14	01:12:54
416	1461	Francisco Ribeiro	Individual	M SEN	01:13:16	01:13:01
417	850	Vitor Canto	Linda-A-Pastora Sporting Clube	M50	01:13:17	01:13:04
418	540	Fernando Pereira	Clube Tap Portugal	M55	01:13:22	01:12:13
419	72	Sergio Ventura	7K'S	M40	01:13:23	01:12:14
420	1180	Noémia Sequeira	Ss Cgd	F50	01:13:25	01:13:13
421	805	Luis Ferreira	Insane'S Team	M45	01:13:27	01:12:52
422	1178	Joaquim Frade	Ss Cgd	M60	01:13:29	01:13:18
423	59	Pedro Figueiredo	2 Pipos	M45	01:13:31	01:12:28
424	24	José Afonso	Amigos Do Atletismo De Mafra	M SEN	01:13:33	01:13:28
424	1342	António Procópio	Individual	M45	01:13:33	01:13:23
425	950	Rui Sousa	One Buy Shop Runners	M40	01:13:37	01:13:00
426	214	Carina Rebocho	Bombeiros Voluntários De Montemor-O-Novo	F SEN	01:13:37	01:13:30
427	944	Miguel Amaral	Oakley Team	M40	01:13:39	01:13:05
428	1371	Carlos Moreira	Individual	M50	01:13:39	01:12:53
429	1275	Paulo Alves	Veteranos Do Cd Mafra	M40	01:13:44	01:13:17
430	1553	Jorge Nunes	Individual	M45	01:13:44	01:13:26
431	219	Nuno Marques	Bombeiros Voluntários De Montemor-O-Novo	M45	01:13:50	01:13:41
431	222	Susana Espada	Bombeiros Voluntários De Montemor-O-Novo	F35	01:13:50	01:13:41
432	887	Rui Serafim	Lx Run	M45	01:13:54	01:13:35
433	1788	Sérgio Cardoso	Individual	M SEN	01:13:54	01:13:32
434	1815	Tiago Sobreiro	Individual	M35	01:13:55	01:13:23
435	1794	Sergio Rocha	Individual	M45	01:13:58	01:13:52
436	906	João Fernandes	Mcdonald'S	M40	01:13:59	01:12:36
437	1714	Pedro Leiria	Individual	M45	01:14:00	01:13:48
438	30	Paulo Salgado	Amigos Do Atletismo De Mafra	M45	01:14:00	01:13:16
439	1625	Mário Lúcio	Individual	M55	01:14:02	01:13:48
440	1752	Rogério Carvalho	Individual	M40	01:14:03	01:13:43
441	343	Tomás Grilo	Casa Do Benfica Em Algueirão Mem Martins	M SEN	01:14:03	01:13:13
441	1090	Fernando Andrade	Runners Da Frente Ribeirinha Da Povia De Santa Iria	M35	01:14:03	01:12:44
442	70	Paulo Antunes	7K'S	M40	01:14:03	01:12:53
443	893	Gilberto Crisóstomo	Mafra	M45	01:14:04	01:12:54
444	1150	Rui Rodrigues	Soc. Recreativa Da Granja	M55	01:14:05	01:13:26
445	380	António Pereira	Ccdtmetrolox	M55	01:14:05	01:13:51
446	1082	Nuno Marques	Runlovers	M50	01:14:06	01:13:54
447	541	Jorge Gonçalves	Clube Tap Portugal	M35	01:14:07	01:12:55
448	1590	Luís Ferreira	Individual	M50	01:14:08	01:13:49
449	833	Catarina Carreira	Linda-A-Pastora Sporting Clube	F SEN	01:14:08	01:14:05
450	1780	Sandro Ferreira	Individual	M SEN	01:14:08	01:13:49
451	1187	José Correia	Stravistas Venda Do Pinheiro	M55	01:14:09	01:13:47
452	1305	Alexandre Paulo	Individual	M40	01:14:11	01:13:35
453	1176	Carlos Leitão	Ss Cgd	M55	01:14:11	01:14:00
454	1430	Fábio Alexandre	Individual	M SEN	01:14:13	01:14:01
455	1701	Pedro Antunes	Individual	M35	01:14:16	01:14:03
456	11	Carlos Rodrigues	Amigos Do Atletismo De Mafra	M60	01:14:17	01:14:13
457	638	Goncalo Seabra	Estoril	M50	01:14:18	01:14:00
458	780	Andreia Mendes	Hero Team	F45	01:14:19	01:13:46
459	1047	Evelino Magalhães	Run Tejo - Prevent Sprain	M45	01:14:20	01:14:10
460	1851	José Pereira	Grupo Desportivo Santander Totta	M50	01:14:20	01:13:45
461	908	Jorge Costa	Mcdonald'S	M40	01:14:21	01:13:00



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
462	1861	Jorge Serra	Ca Vale Figueira	M45	01:14:22	01:14:13
463	1895	Francisco Bernardes	Gdu Ericeirense	M50	01:14:23	01:14:11
464	6	Ana Santos	Amigos Do Atletismo De Mafra	F50	01:14:24	01:14:14
465	1384	Carlos Ribeiro	Individual	M50	01:14:24	01:13:37
466	1495	Icaro Soares	Individual	M40	01:14:26	01:14:11
467	143	Carla Fernandes	Aminhacorrida	F40	01:14:28	01:14:18
468	74	Antónia Jordão	A Natureza Ensina	F40	01:14:28	01:14:18
469	877	Gonçalo Batista	Los Caballos Pichudos	M SEN	01:14:28	01:13:14
470	173	José Duarte	Associação Desportiva De Palmeiros -Sintra	M55	01:14:30	01:14:16
471	1286	Natalia Estevao	Vitória Clube De Lisboa	F40	01:14:30	01:14:15
472	67	José Rato	60% Vip	M60	01:14:30	01:13:37
473	1132	Ricardo Sousa	Serviços Sociais Montepio	M40	01:14:31	01:14:11
474	1124	João Dias	Serviços Sociais Montepio	M50	01:14:31	01:14:17
475	532	Alexandre Damaso	Clube Tap Portugal	M50	01:14:32	01:13:22
476	430	Miguel Sousa	Clube Colaboradores Ageas	M45	01:14:34	01:13:32
477	1161	Hugo Mendonça	Sporting Clube De Casainhos	M45	01:14:34	01:13:41
478	256	Paulo Gamboa	Ca Patameiras	M50	01:14:34	01:14:11
479	387	Orlando Silva	Ccdtmetrolox	M60	01:14:35	01:14:20
479	869	Pedro Serra	Lisboa	M45	01:14:35	01:13:55
480	333	José Inocencio	Casa Do Benfica Em Algueirão Mem Martins	M60	01:14:39	01:14:12
481	29	Paulo Martins	Amigos Do Atletismo De Mafra	M40	01:14:43	01:14:16
482	1471	Graziela Alves	Individual	F35	01:14:45	01:14:41
483	1285	Luis Potra	Vitória Clube De Lisboa	M40	01:14:45	01:14:30
484	132	Paulo Lopes	Alverca Urban Runners	M40	01:14:46	01:14:27
485	1401	Cláudio Vidreiro	Individual	M50	01:14:46	01:14:30
486	876	André Narciso	Los Caballos Pichudos	M SEN	01:14:50	01:13:36
487	1336	António Luzia	Individual	M50	01:14:54	01:14:13
488	1096	Teresa Simoes	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	F45	01:14:54	01:14:18
489	69	Carlos Oliveira	7K'S	M40	01:14:56	01:13:46
490	1201	Nuno Lucas	Tálenos Team	M45	01:14:57	01:14:42
491	1513	João Barbosa	Individual	M45	01:15:01	01:14:10
492	86	André Riscado	Os Sapinhos	M40	01:15:02	01:14:32
493	1248	Inês Claudina	Trilhos Do Costume	F SEN	01:15:02	01:14:26
494	77	Filipe Correia	A Natureza Ensina	M35	01:15:03	01:14:16
495	1194	Antonio Oliveira	Stx	M45	01:15:03	01:14:49
496	47	Rute Queiroz	1 ° Dezembro Queijas	F45	01:15:04	01:14:37
497	196	Jaime Silva	Auto Jacinto	M60	01:15:04	01:14:39
498	1049	Joaquim Amaral	Run Tejo - Prevent Sprain	M45	01:15:06	01:14:56
499	994	Marco Caseiro	Os Perigosos	M40	01:15:06	01:14:48
500	1591	Luís Pestana	Individual	M50	01:15:07	01:14:44
501	140	Leonel Seleiro	Amigos Do Atletismo Da Aqualva	M60	01:15:11	01:14:51
502	1213	Ivo Claro	Tartarugas Solidárias	M40	01:15:12	01:14:24
503	115	Gabriel Antonio	Alcobela	M55	01:15:12	01:14:48
504	1188	Miguel Simões	Stravistas Venda Do Pinheiro	M40	01:15:12	01:14:49
505	279	Joao Sequeira	Cad A Correr	M35	01:15:13	01:15:10
506	455	Susana Morais	Clube Desportivo Venda Do Pinheiro	F45	01:15:14	01:14:22
507	505	Hugo Carago	Clube Novo Banco	M45	01:15:16	01:14:32
508	1681	Paulo Guedes	Individual	M45	01:15:17	01:14:57
509	1339	António Miranda	Individual	M45	01:15:17	01:14:54
510	185	Nuno Chibante	Astanga	M40	01:15:19	01:12:05
511	728	Carlos Taveira	Grd Os Fixes	M45	01:15:20	01:14:58
512	254	Miguel Tavares	Ca Patameiras	M45	01:15:21	01:14:58
513	1400	Clara Augusto	Individual	F50	01:15:22	01:14:29
514	137	Daniel Nunes	Amigos Do Atletismo Da Aqualva	M60	01:15:22	01:15:00
515	1237	Nuno Neves	Trails E Tralhos - Ericeira	M45	01:15:23	01:14:34
516	1069	Telma Silva	Run Tejo - Prevent Sprain	F SEN	01:15:25	01:15:15
517	88	Joaquim Rosa	A.M.Atibã	M55	01:15:26	01:15:04
518	1545	Joaquim Sande	Individual	M60	01:15:26	01:14:34
519	1040	Bárbara Abreu	Run Tejo - Prevent Sprain	F SEN	01:15:28	01:15:19
520	1525	João Lourenço	Individual	M55	01:15:28	
520	1694	Paulo Pereira	Individual	M45	01:15:28	01:14:30
521	1657	Nuno Caldeira	Individual	M40	01:15:28	01:14:27
522	1684	Paulo Fernandes	Individual	M50	01:15:28	01:14:41
523	404	Rodrigo Acensão	Cdcr Dos Ctt	M45	01:15:28	01:15:05
524	259	Alberto Pascoal	Ca Vale Figueira	M55	01:15:29	
525	1350	Aurélio Frango	Individual	M55	01:15:29	01:14:45
526	808	António Duarte	Kaninos	M45	01:15:30	01:14:59



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
527	1018	Luis Marques	Rb Running	M60	01:15:32	01:15:06
528	79	Mário Cunha	A Natureza Ensina	M40	01:15:35	01:14:42
529	1344	António Sousa	Individual	M50	01:15:36	01:15:04
530	929	Francisco Silveira	Naza	M50	01:15:36	01:15:05
530	119	Paulo Tomas	Alcobela	M45	01:15:36	01:15:04
531	449	Alberto Vinagre	Clube Desportivo Moitense	M60	01:15:37	01:14:36
532	753	Nuno Malaquias	Grupo Desportivo Bpi	M45	01:15:40	01:15:13
533	1826	Tiago Vieira	Individual	M SEN	01:15:42	01:14:30
534	1537	João Soares	Individual	M SEN	01:15:43	01:15:15
535	1386	Carlos Santos	Individual	M60	01:15:48	01:15:42
536	405	Ricardo Ramos	Cdcr Dos Ctt	M45	01:15:50	01:14:39
537	489	Pedro Pereira	Clube Millennium Bcp	M55	01:15:53	01:14:48
538	1127	Jose Guerreiro	Serviços Sociais Montepio	M60	01:15:54	01:15:34
539	735	João Jorge	Grupeta Running Team	M40	01:15:58	01:15:48
540	58	Paulo Gonçalves	2 Pipos	M45	01:15:59	01:14:56
541	130	Mónica Moreno	Alverca Urban Runners	F35	01:16:00	01:15:42
542	123	Alexandra Repolho	Alverca Urban Runners	F40	01:16:02	01:15:18
543	1721	Pedro Matias	Individual	M SEN	01:16:07	01:15:54
544	794	Rui Mota	Hero Team	M55	01:16:11	01:15:43
545	882	Sérgio Batista	Loures	M40	01:16:14	01:15:29
546	1066	Rui Parreira	Run Tejo - Prevent Sprain	M55	01:16:17	01:16:02
547	1522	João Ferreira	Individual	M60	01:16:23	01:16:14
548	1130	Paulo Rodrigues	Serviços Sociais Montepio	M45	01:16:24	01:16:10
549	499	Carlos Nabiça	Clube Novo Banco	M55	01:16:25	01:16:09
550	1380	Carlos Monteiro	Individual	M50	01:16:25	01:16:10
551	1633	Matias Duarte	Individual	M45	01:16:33	01:15:22
552	697	Afonso Rodrigues	Gdcf Running Team	M40	01:16:37	01:16:02
553	238	Carlos Fortunato	C.F. Os Belenenses	M60	01:16:39	01:16:18
554	1858	Filipe Garranas	Falcões Selvagens	M40	01:16:41	01:16:10
555	1579	Jun Liang	Individual	F50	01:16:41	01:16:22
556	578	Nuno Nunes	Correr Lisboa	M45	01:16:42	01:16:14
557	1798	Sofia Bastos	Individual	F40	01:16:43	01:16:29
558	1002	Luis Costa	Peniche A Correr	M45	01:16:45	01:16:40
559	172	Jorge Silva	Associacao Desportiva De Palmeiros -Sintra	M45	01:16:46	01:16:19
560	860	Carlos Ramos	Lisboa	M50	01:16:49	01:16:09
561	905	Cláudio Moreira	Mcdonald'S	M40	01:16:53	01:15:30
562	1722	Pedro Rosa	Individual	M45	01:16:53	01:15:35
563	1377	Carlos Magalhães	Individual	M50	01:16:57	01:16:45
564	142	Nuno Bogalheiro	Amigos Vale Silêncio	M45	01:17:02	01:16:40
565	376	Orlando Pedro	Ccd Sintrense	M55	01:17:04	01:16:22
566	1349	Augusto Semedo	Individual	M60	01:17:07	01:16:57
567	125	António Gonçalves	Alverca Urban Runners	M60	01:17:10	01:16:26
568	1070	Tiago Silva	Run Tejo - Prevent Sprain	M SEN	01:17:13	01:16:54
569	1351	Baltasar Matias	Individual	M40	01:17:20	01:16:26
570	1544	Joaquim Pereira	Individual	M55	01:17:24	01:16:31
571	992	José Henriques	Os Perigosos	M60	01:17:25	01:17:10
572	407	Rui Martins	Cdcr Dos Ctt	M50	01:17:27	01:16:22
573	497	Ana Monteiro	Clube Novo Banco	F50	01:17:27	01:16:51
574	170	Catarina Palma	Associacao Desportiva De Palmeiros -Sintra	F40	01:17:30	01:16:12
575	1840	Vítor Morais	Individual	M60	01:17:30	01:16:59
576	176	Vasco Palma	Associacao Desportiva De Palmeiros -Sintra	M40	01:17:32	01:16:16
577	1487	Hugo Gonçalves	Individual	M40	01:17:33	01:17:02
578	10	António Guerreiro	Amigos Do Atletismo De Mafra	M60	01:17:33	01:16:22
579	1666	Nuno Nunes	Individual	M45	01:17:34	01:17:08
580	1277	Bruno Domingues	Vilt Runners	M SEN	01:17:37	01:16:48
581	1600	Luis Palma	Individual	M45	01:17:38	01:17:20
582	581	Paulo Nunes	Correr Lisboa	M45	01:17:38	01:16:57
583	374	Mário Lageiro	Ccd Sintrense	M55	01:17:39	01:16:55
584	1359	Bruno Marques	Individual	M40	01:17:39	01:17:12
585	171	Elsa Oliveira	Associacao Desportiva De Palmeiros -Sintra	F50	01:17:40	01:17:27
586	1789	Sérgio Clemente	Individual	M45	01:17:42	01:16:40
587	1087	Carla Costa	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	F45	01:17:45	01:17:02
588	1084	Adelaide Pereira	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	F50	01:17:46	01:17:04
589	1247	Álvaro Ferreira	Trilhos Do Costume	M50	01:17:53	01:17:41
590	1746	Ricardo Silva	Individual	M45	01:17:53	01:17:01
591	295	Joaquim Portela	Caracois De Pedra	M60	01:17:55	01:17:27
592	252	Luis Rato	Ca Patameiras	M60	01:18:02	01:17:37



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
593	922	Dário Canas	Montes Saloios Trail Team	M40	01:18:03	01:17:22
594	1446	Filipe Pereira	Individual	M40	01:18:04	01:17:15
595	1612	Marcos Pereira	Individual	M60	01:18:04	01:17:16
596	1185	Jaime Simões	Stravistas Venda Do Pinheiro	M40	01:18:11	01:17:25
597	417	José Vaz	Clube Anacom	M60	01:18:11	01:17:48
598	97	Marco Baptista	Acd Bocal	M40	01:18:14	01:17:18
599	1756	Ruben Supelos	Individual	M35	01:18:15	01:17:14
600	1605	Madalena Guerreiro	Individual	F SEN	01:18:16	01:17:47
601	112	Andre Mota	Alcobela	M45	01:18:18	01:17:46
602	842	Paula Lemos	Linda-A-Pastora Sporting Clube	F50	01:18:18	01:18:06
603	353	Almerindo Silva	Catujal	M60	01:18:18	01:17:34
604	1543	Joaquim Medinas	Individual	M45	01:18:20	01:17:19
605	1729	Renato Moreiras	Individual	M40	01:18:20	01:18:13
606	921	Andreia Banha	Moita	F40	01:18:20	01:18:14
607	1041	Bruno Monteiro	Run Tejo - Prevent Sprain	M SEN	01:18:21	01:18:11
608	113	Edgar Francisco	Alcobela	M55	01:18:27	01:17:57
609	85	João Passeiro	A.D.C.Catujal	M55	01:18:29	01:17:44
610	340	Ricardo Costa	Casa Do Benfica Em Algueirão Mem Martins	M35	01:18:31	01:17:36
611	1530	João Pereira	Individual	M40	01:18:32	01:17:29
612	1608	Márcio Rodrigues	Individual	M40	01:18:37	01:18:15
613	510	José Gonçalves	Clube Novo Banco	M55	01:18:44	01:18:00
614	1697	Paulo Silva	Individual	M45	01:18:45	01:17:43
615	1064	Paulo Velez	Run Tejo - Prevent Sprain	M40	01:18:48	01:18:03
616	302	Pedro Baleia	Caracois De Pedra	M40	01:18:50	01:17:31
616	307	Tiago Almeida	Caracois De Pedra	M40	01:18:50	01:17:31
617	308	Tiago Baleia	Caracois De Pedra	M40	01:18:51	
618	555	António Cancelinha	Comandos	M50	01:18:58	01:18:15
619	389	Rui Pastor	Ccdmetrolox	M45	01:19:01	01:18:28
620	1462	Francois Riviere	Individual	M60	01:19:05	01:18:38
621	623	Marcos Ferreira	Dalton Bros Running	M35	01:19:05	01:18:01
621	624	Rui Barroso	Dalton Bros Running	M45	01:19:05	01:18:02
622	111	Olga Pécúrto	Aqualva Runners	F45	01:19:06	01:18:01
623	699	Ricardo Simões	Gdctincm	M50	01:19:09	01:18:17
624	1485	Hugo Brito	Individual	M SEN	01:19:12	01:18:27
625	580	Paulo Gomes	Correr Lisboa	M45	01:19:12	01:18:31
626	879	Luis Coelho	Los Caballos Pichudos	M SEN	01:19:14	01:17:58
627	117	Jose Ferreira	Alcobela	M50	01:19:18	01:18:46
628	506	Hugo Ribeiro	Clube Novo Banco	M45	01:19:20	01:19:10
629	1204	Carlos Noronha	Talho Do Pai	M40	01:19:20	01:19:00
630	1314	Ana Pedreira	Individual	F40	01:19:25	01:18:45
631	778	Ana Ordem	Hero Team	F50	01:19:27	01:18:52
632	141	Manuel Emídio	Amigos Do Atletismo Da Aqualva	M60	01:19:28	01:19:18
633	1179	Luís Gomes	Ss Cgd	M35	01:19:28	01:18:42
634	539	Fernando Coelho	Clube Tap Portugal	M55	01:19:28	01:18:19
635	1419	Dirceu Santos	Individual	M40	01:19:29	01:18:53
636	1137	Ana Pereira	Sfraa	F50	01:19:30	01:18:50
637	1533	João Rosa	Individual	M SEN	01:19:30	01:18:41
638	62	Rui Santos	30 Segundos Ao Km	M40	01:19:30	01:19:24
639	783	Cláudia Franco	Hero Team	F SEN	01:19:31	01:18:56
640	1354	Billy Santos	Individual	M40	01:19:35	01:19:14
641	1343	António Rodrigues	Individual	M JUN	01:19:36	01:19:31
642	1470	Gonçalo Pimentel	Individual	M35	01:19:36	01:18:54
643	525	Rui Lopes	Clube Novo Banco	M60	01:19:36	01:19:24
644	852	Gonçalo Grazina	Link	M SEN	01:19:40	01:19:24
645	1899	Sandra Monteiro	Associação Vale Grande	F40	01:19:42	01:19:15
646	1655	Nuno Araújo	Individual	M50	01:19:43	01:18:59
647	1848	Iris Mauricio	Ca Patameiras	F45	01:19:43	01:19:20
648	851	Fernando Faria	Link	M55	01:19:47	01:19:32
649	947	José Robalo	Odivelas	M60	01:19:48	01:18:38
650	1284	Oscar Rocha	Viriathvs Runners Viseu	M60	01:19:49	01:19:07
651	379	Rui Pereira	Ccd Sintrense	M40	01:19:53	01:18:43
652	369	Helder Vaz	Ccd Sintrense	M40	01:19:54	01:18:44
653	1726	Pedro Taborda	Individual	M SEN	01:19:56	01:19:09
654	1774	Sancho Custódio	Individual	M JUN	01:19:58	01:18:43
655	596	José Borges	Correr Queluz	M50	01:20:00	01:19:06
656	593	Carla Serrano	Correr Queluz	F45	01:20:01	01:19:25
657	15	Douglas Fry	Amigos Do Atletismo De Mafra	M60	01:20:01	01:19:07



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
658	1220	Rita Certã	Tartarugas Solidárias	F45	01:20:03	01:19:15
659	1055	Luis Rosa	Run Tejo - Prevent Sprain	M45	01:20:03	01:19:54
660	822	Carlos Teixeira	Lebres E Tartarugas	M60	01:20:05	01:19:23
661	989	Helder Valadas	Os Perigosos	M40	01:20:07	01:19:49
662	495	Alexandre Neves	Clube Novo Banco	M50	01:20:07	01:19:52
663	248	Albino Tomás	Ca Patameiras	M60	01:20:15	01:20:09
664	480	Luis Baixinho	Clube Millennium Bcp	M35	01:20:17	01:19:13
664	538	Diogo Madeira	Clube Tap Portugal	M35	01:20:17	01:17:27
665	107	Diogo Mendes	Aqualva Runners	M SEN	01:20:17	01:19:39
666	1415	Davide Barbosa	Individual	M SEN	01:20:18	01:19:34
667	1833	Vasco Ramos	Individual	M45	01:20:18	01:20:05
668	742	Maria Gamito	Grupo Atletas Algês	F45	01:20:21	01:19:52
669	1388	Catarina Ferreira	Individual	F40	01:20:21	01:19:46
670	1760	Rui Carmo	Individual	M35	01:20:22	01:19:04
671	1821	Tiago Mendes	Individual	M35	01:20:23	01:19:07
672	1165	Ana Almeida	Sportings De Almeida	F40	01:20:24	01:19:10
673	745	Rui Vinhas	Grupo Atletas Algês	M55	01:20:26	
674	936	Rui Silva	Nesha Hop & Run Team	M SEN	01:20:29	01:19:19
675	891	Paulo Pessoa	Lx Run	M55	01:20:30	01:19:07
676	930	Ángelo Geraldo	Nesha Hop & Run Team	M SEN	01:20:33	01:19:22
677	1613	Margarida Cruz	Individual	F SEN	01:20:33	01:20:03
678	507	João Antunes	Clube Novo Banco	M SEN	01:20:36	01:20:26
679	496	Ana Ferreira	Clube Novo Banco	F50	01:20:43	01:19:59
680	637	Moisés Gonçalves	Ericeira	M60	01:20:43	01:20:13
681	1829	Urbino Soares	Individual	M35	01:20:45	01:19:58
682	819	Manuel Almeida	La Va0... De Almeirim	M60	01:20:48	01:19:48
683	1010	Gonçalo Inácio	Póvoa Santo Adrião	M40	01:20:53	01:20:25
684	727	Marisa Martins	Granja - Vialonga	F45	01:20:56	01:20:16
685	149	Pedro Correia	Armada Torriense	M40	01:20:58	01:20:26
686	1152	Rui Merujo	Sport Clube União Torreense	M60	01:21:00	01:20:27
687	410	Vasco Ascensão	Cdcr Dos Ctt	M50	01:21:01	01:20:38
688	958	Gonçalo Ferreira	Os Carregueirenses	M SEN	01:21:02	01:20:51
689	583	Rogério Dias	Correr Lisboa	M45	01:21:03	01:20:50
690	1374	Carlos Ferreira	Individual	M45	01:21:04	01:20:36
691	347	Claudio Dias	Casa Do Benfica Torres Vedras	M45	01:21:07	01:21:05
692	84	Ruben Costa	A Natureza Ensina	M40	01:21:07	01:19:47
693	806	Mafalda Ribeiro	Insane'S Team	F35	01:21:09	01:20:33
694	388	Rafael Santos	Ccdtmetrolox	M55	01:21:09	01:20:54
695	227	Carlos Cardoso	Brrnightrunners	M60	01:21:11	01:20:22
696	228	Delfim Pratas	Brrnightrunners	M50	01:21:11	01:20:24
697	272	Nuno Salgado	Ca Vale Figueira	M40	01:21:14	01:21:06
698	1376	Carlos Gregorio	Individual	M60	01:21:14	01:20:55
699	1289	Fernando Manuel	Walkrun/Werun	M60	01:21:17	01:20:24
699	1290	Nuno Patrício	Walkrun/Werun	M50	01:21:17	01:20:24
700	1215	Luís Cabaça	Tartarugas Solidárias	M40	01:21:18	01:20:31
701	520	Paulo Verissimo	Clube Novo Banco	M50	01:21:18	01:20:34
702	951	Carlos Cardoso	Os Andarilhos	M40	01:21:20	01:20:04
703	960	Jacinto Soares	Os Carregueirenses	M40	01:21:21	01:20:11
704	1817	Tiago Almeida	Individual	M SEN	01:21:23	01:17:45
705	1378	Carlos Conceição	Individual	M55	01:21:24	01:21:12
706	1131	Paulo Pereira	Serviços Sociais Montepio	M50	01:21:26	01:20:22
707	1730	Ricardo Rodrigues	Individual	M45	01:21:28	01:20:50
708	966	Paulo Alves	Os Carregueirenses	M35	01:21:30	01:20:21
709	1327	Andreia Fonseca	Individual	F SEN	01:21:32	01:20:12
710	1337	António Pereira	Individual	M60	01:21:35	01:21:15
711	236	Carla Nascimento	C.F. Os Belenenses	F40	01:21:36	01:21:22
712	1076	Carlos Fernandes	Run2finish.Pt	M60	01:21:37	01:21:08
713	1555	Jorge Rodrigues	Individual	M60	01:21:40	01:20:45
714	14	Céu Carvalho	Amigos Do Atletismo De Mafra	F45	01:21:44	01:20:51
715	193	Carlos Rolo	Auto Jacinto	M55	01:21:45	01:21:19
716	1175	Bernardino Pereira	Ss Cgd	M60	01:21:47	01:21:42
717	373	Mara Vaz	Ccd Sintrense	F35	01:21:48	01:20:39
718	438	Cristina Cunha	Clube De Atletismo De Sintra	F50	01:21:51	01:21:32
719	631	Glória Garcia	Eci Running Team	F45	01:21:51	01:20:42
720	1260	Nuno Correia	United Warriors Ocr	M45	01:21:51	01:21:22
721	1803	Sónia Lopes	Individual	F40	01:21:51	01:21:16
722	995	Jorge Ribeiro	Os Ribeiros	M50	01:21:56	01:20:40



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
723	151	Agostinho Marques	Asas	M60	01:21:58	01:21:36
724	1669	Nuno Rodrigues	Individual	M35	01:21:59	01:21:32
725	1665	Nuno Miguel	Individual	M45	01:22:04	01:21:51
726	1571	José Dinis	Individual	M45	01:22:04	01:21:37
727	263	Conceição Rodrigues	Ca Vale Figueira	F50	01:22:05	01:21:09
728	260	António Camacho	Ca Vale Figueira	M60	01:22:05	01:21:09
729	385	Maria Ferreira	Codtmetrolox	F45	01:22:08	01:21:20
730	1267	Nuno Sobral	Vara Trail Running	M45	01:22:08	01:21:00
730	1268	Pedro Lopes	Vara Trail Running	M45	01:22:08	01:21:03
731	684	José Melo	For 3	M60	01:22:08	01:21:40
732	1251	Helena Sousa	Trilhos Nocturnos Team Running	F40	01:22:09	01:21:47
733	1719	Pedro Marques	Individual	M45	01:22:10	01:21:41
734	1526	João Marques	Individual	M40	01:22:10	01:20:51
735	1631	Marta Santos	Individual	F40	01:22:13	01:21:19
736	1164	Pedro Macário	Sporting Clube De Casinhos	M35	01:22:22	01:21:37
737	1443	Fernando Oliveira	Individual	M40	01:22:25	01:22:02
738	1659	Nuno Correia	Individual	M50	01:22:25	01:22:05
739	1748	Rita Correia	Individual	F40	01:22:25	01:22:03
740	967	Pedro Caiado	Os Carregueirenses	M60	01:22:26	01:22:08
741	1629	Marisa Duarte	Individual	F40	01:22:30	01:21:46
742	1573	José Mello	Individual	M60	01:22:31	01:21:18
743	524	Ricardo Rodrigues	Clube Novo Banco	M50	01:22:32	01:22:02
744	1026	João Ribeiro	Ribeirinhos	M40	01:22:34	01:21:12
745	76	Filipa Fernandes	A Natureza Ensina	F35	01:22:37	01:22:25
746	490	Pedro Sa	Clube Millennium Bcp	M45	01:22:40	01:21:38
747	789	Liliana Torrão	Hero Team	F40	01:22:42	01:22:07
748	747	Tiago Sousa	Grupo Atletas Algês	M45	01:22:51	01:22:20
749	758	José Santos	Grupo Desportivo Santander Totta	M45	01:22:51	01:22:23
750	1250	Carlos Alfeirão	Trilhos Nocturnos Team Running	M40	01:22:58	01:22:36
751	1695	Paulo Ramos	Individual	M SEN	01:23:00	01:22:15
752	21	Joelma Silva	Amigos Do Atletismo De Mafra	F35	01:23:00	01:22:29
753	298	Luis Santos	Caracois De Pedra	M45	01:23:00	01:21:37
754	314	Manuel Francisco	Carapaus De Corrida	M60	01:23:05	01:22:20
755	1481	Henrique Nabais	Individual	M SEN	01:23:05	01:21:54
756	1078	Luis Carvalho	Run4beer	M60	01:23:08	01:21:57
757	5	Ana Monteiro	Amigos Do Atletismo De Mafra	F SEN	01:23:08	01:21:54
758	464	José Alves	Clube Edp Lisboa	M55	01:23:09	01:22:44
759	8	André Almeida	Amigos Do Atletismo De Mafra	M45	01:23:09	01:22:50
760	1574	Jose Oliveira	Individual	M45	01:23:10	01:22:06
760	1364	Camilo Vieira	Individual	M50	01:23:10	01:22:27
761	588	Carlos Vieira	Correr Loures	M50	01:23:12	01:22:49
762	1325	André Rodrigues	Individual	M35	01:23:13	01:22:16
763	16	Fátima Valentim	Amigos Do Atletismo De Mafra	F45	01:23:14	01:22:27
764	485	Mario Romao	Clube Millennium Bcp	M45	01:23:15	01:22:14
765	220	Nuno Mota	Bombeiros Voluntários De Montemor-O-Novo	M35	01:23:22	01:23:13
766	1210	Henrique Ruivo	Tartarugas Solidárias	M60	01:23:23	01:22:36
767	1595	Luis Lopes	Individual	M40	01:23:27	01:22:40
768	1414	David Regueiró	Individual	M35	01:23:29	01:22:19
769	1642	Miguel Sousa	Individual	M55	01:23:32	01:23:07
770	591	Anabela Moreira	Correr Queluz	F50	01:23:33	01:22:58
771	477	Joel Esteves	Clube Millennium Bcp	M40	01:23:35	01:22:58
772	337	Nuno Rafael	Casa Do Benfica Em Algueirão Mem Martins	M40	01:23:36	01:22:26
773	1398	Celso Pereira	Individual	M40	01:23:37	01:23:04
774	718	José Brito	Gmcjamor	M50	01:23:40	01:22:50
775	678	Vera Pinto	Fire Team	F45	01:23:40	01:22:41
776	677	Miguel Ferreira	Fire Team	M50	01:23:40	01:22:42
777	717	Gracinda Fernandes	Gmcjamor	F50	01:23:43	01:22:57
778	1218	Nuno Rito	Tartarugas Solidárias	M40	01:23:43	01:22:58
779	1011	Antonio Ribeiro	Quarteto	M55	01:23:47	01:23:11
780	109	João Morais	Agualva Runners	M45	01:23:47	01:21:59
781	486	Nuno Mendes	Clube Millennium Bcp	M35	01:23:49	01:23:04
782	1405	Cristina Carrega	Individual	F45	01:23:50	01:23:24
783	1804	Sónia Loureiro	Individual	F40	01:23:55	01:23:45
784	558	Diogo Rosa	Correr A 7 Pés Com Tranquilidade	M40	01:23:57	01:23:19
785	1717	Pedro Caetano	Individual	M50	01:23:59	01:23:32
786	1473	Gustavo Almeida	Individual	M JUN	01:23:59	01:21:46
787	1834	Vera Ministro	Individual	F40	01:24:01	01:23:26



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
788	1381	Carlos Morais	Individual	M55	01:24:04	01:23:46
789	1509	João Serafim	Individual	M45	01:24:07	01:23:30
790	365	Edmundo Costa	Cod Siemens	M60	01:24:09	01:23:28
791	215	Graça Malarranha	Bombeiros Voluntários De Montemor-O-Novo	F45	01:24:11	01:24:01
792	600	Nuno Pascoal	Correr Queluz	M45	01:24:12	01:24:05
793	954	Sandra Arraias	Os Arraias	F40	01:24:14	01:23:33
794	1816	Tiago Vieira	Individual	M40	01:24:14	01:23:51
795	1799	Sofia Santos	Individual	F45	01:24:16	01:23:25
796	559	Élio Rodrigues	Correr A 7 Pés Com Tranquilidade	M40	01:24:17	01:22:59
797	560	Hugo Santos	Correr A 7 Pés Com Tranquilidade	M40	01:24:17	01:22:59
798	731	Fernanda Camacho	Grd. Ribeira Lage	F50	01:24:17	01:23:50
799	13	Cátia Costa	Amigos Do Atletismo De Mafra	F35	01:24:21	01:24:03
800	9	André Pimenta	Amigos Do Atletismo De Mafra	M40	01:24:22	01:24:02
801	529	Vitor Venda	Clube Pt-Zcs	M50	01:24:24	01:24:06
802	35	Sara Ramos	Amigos Do Atletismo De Mafra	F40	01:24:26	01:23:07
802	1791	Sérgio Faia	Individual	M40	01:24:26	01:23:06
803	1713	Pedro Henriques	Individual	M45	01:24:28	01:23:59
804	1212	Ines Machado	Tartarugas Solidárias	F40	01:24:28	01:23:36
805	1734	Ricardo Correia	Individual	M40	01:24:35	01:24:13
806	488	Paulo Pinto	Clube Millennium Bcp	M55	01:24:36	01:23:32
807	1021	Alvaro Pinto	Real Academia	M60	01:24:36	01:23:32
808	56	Ricardo Silva	100 Turbo	M35	01:24:37	01:23:59
809	492	Vanda Rosa	Clube Millennium Bcp	F45	01:24:37	01:23:29
810	1546	Joaquim Vermelhudo	Individual	M55	01:24:44	01:23:32
811	1563	José Rodrigues	Individual	M60	01:24:46	01:23:26
812	1254	Manuel Crispim	Udca	M60	01:24:50	01:23:48
813	733	Lúcia Silva	Grd. Ribeira Lage	F50	01:24:52	01:24:24
814	725	Bruno Santos	Goron Vendas Novas	M45	01:24:55	01:23:51
815	672	Pedro Anselmo	Fidelidade Gdc	M45	01:24:59	01:23:40
816	1498	Israele Soares	Individual	M55	01:24:59	01:24:26
817	1347	Arcino Lopes	Individual	M SEN	01:25:01	01:24:09
818	1562	José Dantas	Individual	M55	01:25:02	01:24:38
819	1472	Guilherme Vermelhudo	Individual	M SEN	01:25:02	01:23:51
820	138	Januário Coelho	Amigos Do Atletismo Da Aigualva	M60	01:25:03	01:24:42
821	403	Pedro Silva	Cdcr Dos Ctt	M45	01:25:04	01:23:50
822	1596	Luís Macedo	Individual	M50	01:25:05	01:24:38
823	372	Jose Borges	Cod Sintrense	M60	01:25:07	01:24:12
824	724	Adelaide Felizardo	Goron Vendas Novas	F40	01:25:07	01:24:02
825	326	Filipa Ferro	Casa Do Benfica Em Algueirão Mem Martins	F40	01:25:09	01:24:17
826	205	Sergio Santos	Barcarena	M40	01:25:10	01:24:49
827	613	Paulo Pereira	Corro_Contigo	M45	01:25:11	01:24:46
828	1510	João Veríssimo	Individual	M60	01:25:11	01:24:42
829	1140	Nuno Silva	Shar	M40	01:25:11	01:24:07
830	621	Sara Mira	Crossfit Boarland	F SEN	01:25:11	01:24:44
831	716	Carlos Silva	Gmcjamor	M60	01:25:12	01:24:25
832	567	Carlos Leão	Correr Lisboa	M60	01:25:13	01:24:18
833	773	Sónia Vicente	Hctrunning Team	F45	01:25:13	01:23:58
834	772	Daniela Rebelo	Hctrunning Team	F35	01:25:13	01:23:58
835	1118	Sérgio Figueiras	Securnet	M45	01:25:14	01:24:12
836	1652	Neuza Rebelo	Individual	F SEN	01:25:16	01:24:00
837	207	Guilherme Dias	Bem-Amen	M JUN	01:25:16	01:24:15
838	1111	Barbara Marques	Santana Fc - Trail Team	F40	01:25:16	01:24:35
839	1839	Vitor Fernandes	Individual	M40	01:25:16	01:24:14
840	1478	Helena Silva	Individual	F50	01:25:17	01:24:38
841	292	Tiago Paulo	Caracois De Pedra	M SEN	01:25:17	01:23:54
842	1102	Miguel Teixeira	Running Dona Maria	M40	01:25:19	01:24:09
843	42	Brigite Clemente	#Virtualteam	F40	01:25:19	01:24:15
844	791	Patrícia Alexandre	Hero Team	F35	01:25:21	01:24:36
845	1077	Manuel Paulo	Run2finish.Pt	M60	01:25:22	01:24:20
846	845	Roberto Bettencourt	Linda-A-Pastora Sporting Clube	M45	01:25:22	01:24:13
847	1837	Vitor Aguilar	Individual	M60	01:25:24	01:24:58
848	1269	João Santos	Veteranos De Massama	M60	01:25:24	01:25:00
849	1103	Norberto Marques	Running Dona Maria	M50	01:25:25	01:24:14
850	108	Henrique Ramos	Aigualva Runners	M60	01:25:26	01:24:07
851	1032	Jorge Campos	Rio De Mouro	M45	01:25:26	01:22:42
852	1392	Catarina Marques	Individual	F40	01:25:27	01:24:57
853	518	Paulo Gonçalves	Clube Novo Banco	M50	01:25:29	01:24:45



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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
854	502	Fernando Brandão	Clube Novo Banco	M55	01:25:29	01:25:01
855	321	Adriana Silva	Casa Do Benfica Em Algueirão Mem Martins	F SEN	01:25:34	01:24:42
856	1569	José Gomes	Individual	M60	01:25:39	01:24:45
857	175	Patricia Xavier	Associacao Desportiva De Palmeiros -Sintra	F45	01:25:39	01:24:22
858	1493	Hugo Silva	Individual	M35	01:25:39	01:24:57
859	557	Nuno Marques	Conversa Corrida	M50	01:25:43	01:24:20
860	157	Mario Carvalho	Asas	M60	01:25:46	01:25:10
861	909	Luis Pita	Mcdonald'S	M45	01:25:50	01:24:31
862	1134	Teresa Cardoso	Serviços Sociais Montepio	F40	01:25:50	01:25:06
863	1607	Manuel Pedro	Individual	M45	01:25:52	01:25:23
864	957	Carlos Ferreira	Os Carregueirenses	M50	01:25:52	01:25:42
865	1801	Sónia Brandão	Individual	F50	01:25:54	01:25:27
866	810	Joao Almeida	Kaninos	M50	01:25:55	
867	1348	Arlete Costa	Individual	F45	01:25:55	01:25:27
868	1013	Paulo Antunes	Quarteto	M45	01:25:56	01:25:19
869	856	Samuel Gomes	Link	M SEN	01:26:02	01:25:46
870	855	Renato Alves	Link	M40	01:26:02	01:25:46
871	853	João Agostinho	Link	M SEN	01:26:05	01:25:50
872	788	Jose Pais	Hero Team	M50	01:26:07	01:25:28
873	1710	Pedro Ferreira	Individual	M SEN	01:26:10	01:24:49
874	327	Filipe Maçorano	Casa Do Benfica Em Algueirão Mem Martins	M40	01:26:15	01:25:00
875	1700	Paulo Veríssimo	Individual	M55	01:26:15	01:25:29
876	830	Bento Quaresma	Linda-A-Pastora Sporting Clube	M45	01:26:15	01:25:57
877	131	Nuno Moreira	Alverca Urban Runners	M40	01:26:20	01:25:36
878	484	Mario Mendes	Clube Millennium Bcp	M55	01:26:24	01:25:22
879	71	Pedro Luís	7K'S	M45	01:26:25	01:25:14
880	64	Isadora Costa	4 Ao Km	F SEN	01:26:27	01:25:30
881	65	Vitor Gonçalves	4 Ao Km	M50	01:26:28	01:25:31
882	934	Mário Esteves	Nesha Hop & Run Team	M SEN	01:26:28	01:25:17
883	406	Rui Carvalho	Cdcr Dos Ctt	M50	01:26:29	01:25:06
884	1238	Francisco Pereira	Tranquilidade	M55	01:26:30	01:26:08
885	1896	Sofia Pinheiro	A Natureza Ensina	F45	01:26:30	01:25:34
886	933	Luís Silva	Nesha Hop & Run Team	M35	01:26:30	01:25:19
887	839	Marcelo Cardeira	Linda-A-Pastora Sporting Clube	M50	01:26:30	01:25:35
888	396	João Afonso	Cdcr Dos Ctt	M50	01:26:31	01:26:06
889	1264	Susana Gomes	Valejasac	F50	01:26:32	01:25:16
890	889	João Cadete	Lx Run	M55	01:26:32	01:25:40
891	1534	João Santos	Individual	M40	01:26:33	01:25:55
892	1602	Licinia Rego	Individual	F50	01:26:34	01:25:50
893	416	Rafaela Santos	Clinica Dr Cautela	F SEN	01:26:35	01:26:14
894	415	Paulo Santos	Clinica Dr Cautela	M50	01:26:35	01:26:14
895	1370	Carlos Casal	Individual	M45	01:26:35	01:25:49
896	943	Rogério Venâncio	O Mundo Da Corrida	M60	01:26:37	01:25:17
897	1901	Paula Sobral	Tartarugas Solidárias	F50	01:26:41	01:25:20
898	1100	Carlos Correia	Running Club Santa Casa	M60	01:26:41	01:25:48
898	598	Luis Pereira	Correr Queluz	M60	01:26:41	01:26:31
899	935	Nuno Silva	Nesha Hop & Run Team	M SEN	01:26:43	01:25:31
900	760	Lourenço Pereira	Grupo Desportivo Santander Totta	M50	01:26:46	01:25:44
901	136	Luis Pereira	Amigos Da Matinha	M60	01:26:47	01:26:37
902	647	João Maia	Falcoes Selvagens	M55	01:26:49	01:26:20
903	1618	Maria Mocisso	Individual	F45	01:26:53	01:26:16
904	885	Marco Silva	Lusamar	M40	01:26:58	01:25:40
905	217	Manuel Antonio	Bombeiros Voluntários De Montemor-O-Novo	M60	01:27:00	01:26:50
906	1448	Filipe Conceição	Individual	M SEN	01:27:00	01:26:24
907	759	Lino Oliveira	Grupo Desportivo Santander Totta	M60	01:27:02	01:26:24
908	1784	Sara Portela	Individual	F SEN	01:27:06	01:26:26
909	1407	Cristina Romão	Individual	F50	01:27:06	01:26:40
910	1113	Marta Sá	Santana Fc - Trail Team	F35	01:27:09	01:26:27
911	1715	Pedro Lopes	Individual	M45	01:27:09	01:26:08
912	1451	Filipe Gonçalves	Individual	M50	01:27:10	01:26:09
913	1541	Joaquim Bacalhau	Individual	M60	01:27:15	01:26:41
914	826	Andre Antunes	Linda-A-Pastora Sporting Clube	M40	01:27:15	01:26:08
915	848	Sofia Aleixo	Linda-A-Pastora Sporting Clube	F40	01:27:15	01:26:08
916	675	Claudia Inacio	Fire Team	F35	01:27:17	01:26:19
916	676	Elisabete Fonseca	Fire Team	F45	01:27:17	01:26:20
917	517	Paula Silva	Clube Novo Banco	F50	01:27:17	01:26:19
918	1506	João Ferreira	Individual	M60	01:27:21	01:26:44



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
919	154	Inês Almas	Asas	F SEN	01:27:26	01:27:02
920	44	Sónia Cardoso	#Virtualteam	F40	01:27:27	01:26:22
921	1785	Sara Rainho	Individual	F45	01:27:27	01:26:26
922	1761	Rui Ferreira	Individual	M50	01:27:32	01:26:43
923	1326	Andreia Alves	Individual	F45	01:27:33	01:26:54
924	610	Jose Lima	Corrida Com A Lesma	M55	01:27:34	01:26:55
925	1511	João Antunes	Individual	M45	01:27:34	01:26:33
926	1718	Pedro Maria	Individual	M45	01:27:34	01:26:39
927	1016	Nuno Maria	Rapidísimos	M40	01:27:34	01:26:39
928	1312	Ana Martins	Individual	F40	01:27:35	01:26:39
929	683	André Leandro	For 3	M35	01:27:37	01:27:09
930	722	Marta Rita	Gmcjamor	F45	01:27:38	01:26:49
931	60	Eugénio Ruivo	25 Abril Sempre	M60	01:27:40	01:27:38
932	959	Helio Reis	Os Carregueirenses	M45	01:27:40	01:27:28
933	322	Ana Pauleta	Casa Do Benfica Em Algueirão Mem Martins	F40	01:27:40	01:26:47
934	719	José Marques	Gmcjamor	M60	01:27:41	01:26:52
935	1219	Pedro Alves	Tartarugas Solidárias	M45	01:27:49	01:27:02
936	766	Carlos Pena	Grupo Excursionista "Os Económicos"	M50	01:27:51	01:26:57
937	579	Paula Gomes	Correr Lisboa	F45	01:27:53	01:27:10
938	898	Jose Rodrigues	Maratona Saudavel	M40	01:27:57	01:27:25
939	1854	João Fontes	Ss Cgd	M40	01:27:57	01:27:34
940	342	Sónia Ferreira	Casa Do Benfica Em Algueirão Mem Martins	F40	01:28:01	01:27:07
941	329	Hugo Palmeiro	Casa Do Benfica Em Algueirão Mem Martins	M45	01:28:01	01:27:07
942	911	Rita Azevedo	Mcdonald'S	F45	01:28:04	01:26:46
943	888	Carolina Manuel	Lx Run	F45	01:28:06	01:26:43
944	445	Jorge Paulino	Clube Desportivo De Mafra	M60	01:28:07	01:27:46
945	1810	Susana Rodrigues	Individual	F40	01:28:11	01:27:24
946	776	Guilherme Viegas	Here4beer	M SEN	01:28:13	01:27:38
947	1521	João Ferreira	Los Caballos Pichudos	M SEN	01:28:17	01:27:01
948	469	Artur Leite	Clube Millennium Bcp	M55	01:28:18	01:27:13
949	1765	Rui Mendes	Individual	M45	01:28:20	01:27:33
950	771	Paulo Moutinho	H-Garra A Lebre !!!	M50	01:28:20	01:27:32
951	1298	Adriana Machado	Individual	F40	01:28:23	01:27:06
952	166	Miguel Castela	Associação Atletismo Lebres Do Sado	M50	01:28:23	01:27:18
953	1783	Sara Hall	Individual	F SEN	01:28:24	01:27:34
954	661	Miguel Pinto	Federação Da Família Para A Paz Mundial E Unificação	M45	01:28:28	01:27:17
955	1208	Carla Duarte	Tartarugas Solidárias	F50	01:28:29	01:27:36
956	1676	Paula Miranda	Individual	F50	01:28:31	01:27:19
957	1728	Reinaldo Miranda	Individual	M55	01:28:31	01:27:19
958	1650	Nelson Pantaleão	Individual	M40	01:28:32	01:28:01
959	614	Sílvia Pereira	Corro_Contigo	F45	01:28:40	01:28:16
960	566	Carla Neves	Correr Lisboa	F35	01:28:41	01:27:56
961	519	Paulo Ricardo	Clube Novo Banco	M50	01:28:43	01:28:16
962	315	Nuno Clemente	Carapaus De Corrida	M45	01:28:44	01:27:58
963	316	Tiago Telles	Carapaus De Corrida	M35	01:28:45	01:28:00
964	526	Xana Filipe	Clube Novo Banco	F50	01:28:48	01:28:04
965	1209	Fernando Oliveira	Tartarugas Solidárias	M55	01:28:50	01:28:00
966	1846	Idalécio Barros	Ca Patameiras	M60	01:28:52	01:28:23
967	1202	Pedro Manso	Tálenos Team	M45	01:28:53	01:28:34
968	487	Paulo Pais	Clube Millennium Bcp	M55	01:28:54	01:27:49
969	1022	António Ventura	Real Academia	M60	01:28:55	01:28:16
970	1623	Marina Rosario	Individual	F45	01:28:59	01:28:00
971	1825	Tiago Silva	Individual	M35	01:29:01	01:27:40
972	421	Luiz Rosa	Clube Atletismo Amigos De Belém	M60	01:29:06	01:28:04
973	556	João Margaça	Consulai Running Team	M45	01:29:06	01:28:26
974	548	Elisabete Maria	Cmc Odivelas	F50	01:29:06	01:28:09
975	501	Eduardo Figueiredo	Clube Novo Banco	M50	01:29:08	01:28:10
976	1311	Ana Folgado	Individual	F50	01:29:11	01:28:16
977	1894	Diogo Luis Nunes Santos	Individual	M SEN	01:29:12	01:27:49
978	1128	Luis Grencho	Serviços Sociais Montepio	M45	01:29:29	01:28:52
979	549	Adriana Santos	Cmm	F35	01:29:31	01:28:22
980	1236	Jorge Mira	Trails E Tralhos - Ericeira	M SEN	01:29:31	01:28:42
981	612	Pedro Duarte	Corridinhas Boas	M45	01:29:31	01:28:43
982	757	João Sequeira	Grupo Desportivo Santander Totta	M45	01:29:32	01:28:36
983	765	Sandro Prates	Grupo Desportivo Santander Totta	M40	01:29:32	01:28:39
984	550	António Ludovino	Cmm	M35	01:29:35	01:28:28
985	1232	Luísa Palminhas	Tojeira	F50	01:29:36	01:29:00



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
986	1635	Mauro Ruivo	Individual	M SEN	01:29:37	01:28:35
987	790	Nuno Costa	Hero Team	M40	01:29:40	01:28:55
988	754	António Cruz	Grupo Desportivo Santander Totta	M60	01:29:40	01:28:36
989	592	António Bizarro	Correr Queluz	M55	01:29:40	01:28:47
990	668	Bruno Loução	Fidelidade Gdc	M40	01:29:41	01:29:35
991	472	Goncalo Costa	Clube Millennium Bcp	M JUN	01:29:41	01:28:39
992	720	Manuel Estevens	Gmcjamor	M60	01:29:42	01:28:52
993	1028	Ricardo Medeiros	Ribeirinhos	M35	01:29:43	01:28:21
994	339	Paula Soares	Casa Do Benfica Em Algueirão Mem Martins	F50	01:29:43	01:28:53
995	160	Ricardo Viegas	Asics Lisboa Run Club	M45	01:29:45	01:28:34
996	224	David Barbotin	Bretugal	M35	01:29:46	01:29:16
997	701	Sónia Correia	Gdctincm	F45	01:29:47	01:28:53
998	1321	André Campos	Individual	M35	01:29:48	01:29:07
999	1411	Daniel Martins	Individual	M SEN	01:29:49	01:29:16
1000	180	Antonio Pereira	Associação O Mundo Da Corrida	M55	01:29:50	01:28:54
1001	73	Ana Rosário	A Natureza Ensina	F45	01:29:51	01:28:55
1002	225	Marília Ribeiro	Bretugal	F35	01:29:51	01:29:21
1003	1295	Abílio Tavares	Individual	M60	01:29:54	01:29:22
1004	1699	Paulo Sousa	Individual	M45	01:29:57	01:28:51
1005	1072	Marta Matos	Run&Win(E)	F40	01:30:00	01:29:33
1006	232	Miguel Barradas	C Ao Cubo	M35	01:30:00	01:28:54
1007	1310	Ana Seixo	Individual	F35	01:30:00	01:29:12
1008	462	Manuel Barros	Clube Do Stress	M60	01:30:04	01:29:33
1009	504	Francisco Campos	Clube Novo Banco	M45	01:30:12	01:28:57
1010	575	Mário Rogado	Correr Lisboa	M40	01:30:20	01:29:24
1011	460	Carlos Abreu	Clube Do Stress	M50	01:30:25	01:29:53
1012	1073	Sidónia Atanázio	Run&Win(E)	F35	01:30:25	01:29:58
1013	670	João Ribeiro	Fidelidade Gdc	M60	01:30:28	01:29:21
1014	1271	Paulo Quaresma	Veteranos De Massama	M60	01:30:29	01:30:05
1015	723	Paulo Silva	Gmcjamor	M60	01:30:36	01:29:46
1016	1570	José Lopes	Individual	M40	01:30:42	01:30:02
1017	1196	Carlos Fernandes	Talentos Team	M50	01:30:48	01:30:30
1018	1538	João Costa	Individual	M50	01:30:50	01:29:49
1019	1060	Natália Dias	Run Tejo - Prevent Sprain	F50	01:30:50	01:29:48
1020	320	Adalberto Griolo	Casa Do Benfica Em Algueirão Mem Martins	M60	01:30:54	01:30:00
1021	1121	Joana Onofre	Serrado Fc Atletismo	F40	01:31:00	01:30:33
1022	209	Vitor Duarte	Bem-Amen	M50	01:31:05	01:30:06
1022	1767	Rui Rosa	Individual	M50	01:31:05	01:29:57
1023	1126	Jorge Vieira	Serviços Sociais Montepio	M40	01:31:05	01:29:59
1024	1225	Vanessa Soares	Team El Comandante	F SEN	01:31:05	01:29:51
1025	1630	Marta Conde	Individual	F50	01:31:09	01:30:01
1026	1687	Paulo Duarte	Individual	M45	01:31:09	01:30:10
1027	1038	Anabela Salazar	Run Tejo - Prevent Sprain	F50	01:31:13	01:30:12
1028	840	Marina Pantalhão	Linda-A-Pastora Sporting Clube	F40	01:31:21	01:30:14
1029	126	Cristina Lino	Alverca Urban Runners	F50	01:31:25	01:30:13
1030	1634	Mauro Magalhães	Individual	M SEN	01:31:30	01:30:43
1031	706	Paula Simões	Gdrmc	F40	01:31:39	01:31:04
1032	528	João Medeiro	Clube Olímpico De Oeiras	M55	01:31:42	01:30:29
1033	527	Helena Medeiro	Clube Olímpico De Oeiras	F50	01:31:42	01:30:29
1034	459	Carlos Paiva	Clube Do Stress	M60	01:31:45	01:30:47
1035	1045	Emília Tavares	Run Tejo - Prevent Sprain	F50	01:31:50	01:30:47
1036	663	Alexandre Peralta	Fidelidade Gdc	M45	01:31:56	01:30:37
1037	542	Madalena Pina	Clube Tap Portugal	F50	01:31:56	01:30:49
1038	336	Marcos Leonardo	Casa Do Benfica Em Algueirão Mem Martins	M60	01:31:59	01:31:18
1039	467	Andre Esteves	Clube Millennium Bcp	M SEN	01:32:00	01:31:24
1040	444	Diamantino Albuquerque	Clube Desportivo De Mafra	M60	01:32:02	01:31:42
1041	736	Joaquim Carvalho	Grupeta Running Team	M50	01:32:06	01:31:33
1042	152	António Marques	Asas	M60	01:32:07	01:31:23
1043	433	Vanda Sequeira	Clube Colaboradores Ageas	F45	01:32:08	01:31:07
1044	153	Helena Cunha	Asas	F50	01:32:08	01:31:32
1045	427	Fernando Matias	Clube Colaboradores Ageas	M60	01:32:08	01:31:07
1046	453	Elsa Godinho	Clube Desportivo Venda Do Pinheiro	F40	01:32:13	01:31:20
1047	366	João Queiroz	Ccd Siemens	M45	01:32:13	01:31:32
1048	382	Francisco Plínio	Ccdtmetrolox	M60	01:32:13	01:31:59
1049	913	Sérgio Cardoso	Mcdonald'S	M40	01:32:13	01:30:50
1050	91	Márcio Silva	A.R.S.M.-Associação Recreativa De São Miguel	M35	01:32:14	01:32:04
1051	93	Paula Simões	A.R.S.M.-Associação Recreativa De São Miguel	F35	01:32:14	01:32:03



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
1052	419	Gilberto Gonçalves	Clube Atletismo Amigos De Belém	M60	01:32:14	01:31:12
1053	90	Jorge Scevola	A.R.S.M.-Associação Recreativa De São Miguel	M SEN	01:32:14	01:32:03
1054	912	Sara Catita	Mcdonald'S	F35	01:32:15	01:30:52
1055	903	Alexandre Silva	Mcdonald'S	M40	01:32:16	01:30:52
1056	463	João Santos	Clube Edp Lisboa	M55	01:32:17	01:31:30
1057	553	Rogério Madeira	Cmm	M40	01:32:24	01:31:34
1058	1736	Ricardo Ferreira	Individual	M SEN	01:32:24	01:31:27
1059	844	Rita Mina	Linda-A-Pastora Sporting Clube	F45	01:32:24	01:31:17
1060	626	Ana Mendes	Desportivo De Mafra	F SEN	01:32:28	01:32:08
1061	1739	Ricardo Marques	Individual	M40	01:32:30	01:31:20
1062	821	Mario Santos	La Va0... De Almeirim	M50	01:32:31	01:31:21
1063	1391	Catarina Gusmao	Individual	F35	01:32:32	01:31:19
1064	1186	Joaquim Agostinho	Stravistas Venda Do Pinheiro	M55	01:32:33	01:31:55
1065	1306	Alexandre Rodrigues	Individual	M SEN	01:32:38	01:31:30
1066	1408	Cristina Santos	Individual	F SEN	01:32:38	01:31:30
1067	1402	Cloé Magalhães	Individual	F35	01:32:40	01:31:32
1068	1649	Nelson Fernandes	Individual	M45	01:32:41	01:32:04
1069	274	Sónia Fernandes	Ca Vale Figueira	F40	01:32:41	01:31:44
1070	440	João Duarte	Clube De Corrida Ren	M60	01:32:43	01:32:04
1071	1365	Carina Oliveira	Individual	F40	01:32:43	01:32:07
1072	657	Paulo Ruivo	Família Ruivo	M40	01:32:45	01:31:39
1073	834	Elisabete Silva	Linda-A-Pastora Sporting Clube	F35	01:32:47	01:32:07
1074	609	Andreia Gonçalves	Corrida Com A Lesma	F SEN	01:32:47	01:32:07
1075	41	Maria Sanches	#Naotreinesnao	F50	01:32:47	01:31:38
1076	608	Ana Saraiva	Corrida Com A Lesma	F40	01:32:48	01:32:08
1077	494	Aires Barata	Clube Novo Banco	M45	01:32:53	01:32:00
1078	1192	Rute Ferreira	Stravistas Venda Do Pinheiro	F40	01:32:58	01:32:12
1079	146	Mário Anjo	Anjo & Mendes	M55	01:33:02	01:32:12
1080	1101	Jorge Ferreira	Running Dona Maria	M55	01:33:04	01:31:53
1081	1252	Palmira Ribeiro	Trilhos Noturnor	F50	01:33:04	01:32:40
1082	145	Gessina Mendes	Anjo & Mendes	F50	01:33:05	01:32:16
1083	1539	Joaquim Neves	Individual	M50	01:33:05	01:31:50
1084	1505	João Costa	Individual	M60	01:33:06	01:31:50
1085	1223	Vanda Oliveira	Tartarugas Solidárias	F50	01:33:09	01:32:20
1086	1163	Nuno Pereira	Sporting Clube De Casainhos	M50	01:33:12	01:32:10
1087	1645	Natalia Feranandes	Individual	F50	01:33:21	01:32:23
1088	1393	Cátia Ramos	Individual	F40	01:33:27	01:32:34
1089	1603	Luiz Pereira	Individual	M40	01:33:27	01:32:34
1090	1193	Carlos Mimoso	Stromp	M55	01:33:35	01:33:15
1091	599	Luisa Xarraz	Correr Queluz	F50	01:33:39	01:33:04
1092	602	Paulo Gordo	Correr Queluz	M55	01:33:40	01:33:05
1093	267	José Lindo	Ca Vale Figueira	M60	01:33:58	01:33:55
1094	1079	Franco Wudich	Runlovers	M55	01:34:00	01:33:12
1095	1081	João Leitão	Runlovers	M50	01:34:00	01:33:12
1096	915	Paulo Viana	Me Myself And I	M50	01:34:07	01:33:21
1097	368	Emília Borges	Ccd Sintrense	F50	01:34:12	01:32:52
1098	1442	Fernando Moura	Individual	M60	01:34:21	01:33:52
1099	1138	Ana Fonseca	Shar	F40	01:34:25	01:33:19
1100	1762	Rui Gonçalves	Individual	M50	01:34:35	01:33:56
1101	1435	Fátima Luciano	Individual	F35	01:34:46	01:34:09
1102	1404	Cristina Antunes	Individual	F50	01:34:50	01:34:20
1103	475	Ivo Silva	Clube Millennium Bcp	M60	01:34:52	01:34:22
1103	161	Cecília Nicolau	Associação Atletismo Lebres Do Sado	F50	01:34:52	01:34:32
1104	1396	Célia Azenha	Individual	F50	01:34:52	01:34:33
1105	1416	Deborah Vasconcelos	Individual	F SEN	01:35:03	01:33:39
1106	937	Sónia Neves	Nightwalkers	F40	01:35:04	01:34:00
1107	1508	João Miguel	Individual	M60	01:35:07	01:34:35
1107	1182	Susana Jesus	Ss Cgd	F45	01:35:07	01:34:40
1108	818	Duarte Ribeiro	La Va0... De Almeirim	M45	01:35:08	01:34:00
1109	625	Rui Mota	Decati Run	M40	01:35:12	01:34:09
1110	820	Marina Serrao	La Va0... De Almeirim	F45	01:35:12	01:34:05
1111	1576	Jose Santos	Individual	M50	01:35:16	01:34:26
1112	441	Marco Cachinho	Clube De Corrida Ren	M40	01:35:20	01:34:40
1113	1319	Ana Silva	Individual	F35	01:35:26	01:34:51
1114	335	Luis Santos	Casa Do Benfica Em Algueirão Mem Martins	M45	01:35:27	01:34:18
1115	159	Mário Fernandes	Asf	M45	01:35:29	01:35:05
1116	1429	Fábio Alexandre	Individual	M SEN	01:35:39	01:32:13



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
1117	1675	Paula Colaço	Individual	F40	01:35:40	01:34:25
1118	545	Sergio Almeida	Clube Tap Portugal	M SEN	01:35:46	01:34:59
1119	68	Susana Pacheco	60% Vip	F40	01:35:46	01:34:52
1120	103	André Galupa	Achada	M JUN	01:35:47	01:34:31
1121	1145	Antonio Alves	Sobral Team	M45	01:35:47	01:34:46
1122	1146	Beatriz Botelho	Sobral Team	F40	01:35:48	01:34:48
1123	1205	António Fonseca	Tangas Clube	M60	01:35:48	01:35:16
1124	1328	Angela Solposto	Individual	F40	01:35:51	01:35:19
1125	509	Jorge Monteiro	Clube Novo Banco	M55	01:35:53	01:34:51
1126	432	Tito Teixeira	Clube Colaboradores Ageas	M40	01:35:56	01:34:29
1127	98	Vitor Rodrigues	Acd Bocal	M60	01:35:56	01:34:49
1127	96	Ernesto Guia	Acd Bocal	M60	01:35:56	01:34:47
1128	1426	Elsa Bruxelas	Individual	F50	01:36:03	01:35:13
1129	649	José Augusto	Falcoes Selvagens	M60	01:36:05	01:35:46
1130	698	Cristina Rainha	Gdctincm	F50	01:36:15	01:35:22
1131	413	Alexandra Pinto	Clinica Dr Cautela	F45	01:36:17	01:35:32
1132	562	Miguel Simões	Correr A 7 Pés Com Tranquilidade	M45	01:36:20	01:35:01
1133	603	Rui Costa	Correr Queluz	M50	01:36:23	01:35:35
1134	426	António Silva	Clube Colaboradores Ageas	M45	01:36:23	01:35:24
1135	1135	Teresa Quaresma	Serviços Sociais Montepio	F45	01:36:35	01:35:51
1136	1129	Luis Lourenço	Serviços Sociais Montepio	M45	01:36:35	01:35:51
1137	425	Ana Matias	Clube Colaboradores Ageas	F50	01:36:37	01:35:36
1138	338	Patricia Pedro	Casa Do Benfica Em Algueirão Mem Martins	F50	01:36:45	01:35:42
1139	332	Joaquim Cruz	Casa Do Benfica Em Algueirão Mem Martins	M60	01:36:45	01:35:42
1140	1168	Luciano Assunção	Sportisel	M60	01:36:48	01:36:14
1141	744	Rui Borges	Grupo Atletas Algês	M55	01:36:49	01:36:17
1142	737	Ana Bibi	Grupo Atletas Algês	F45	01:36:49	01:36:20
1143	746	Susana Lourenço	Grupo Atletas Algês	F45	01:36:49	01:36:19
1144	741	Lúcia Carvalho	Grupo Atletas Algês	F50	01:36:49	01:36:21
1145	739	Elisabete Rosa	Grupo Atletas Algês	F45	01:36:50	01:36:21
1146	743	Raul Carvalho	Grupo Atletas Algês	M60	01:36:50	01:36:21
1147	721	Maria Silva	Gmcmjor	F50	01:36:51	01:36:05
1148	1309	Américo Carvalho	Individual	M45	01:36:52	01:36:02
1149	738	Constâncio Almeida	Grupo Atletas Algês	M60	01:36:52	01:36:22
1150	740	José Aires	Grupo Atletas Algês	M60	01:36:52	01:36:21
1151	55	Nuno Lopes	100 Turbo	M40	01:36:55	01:36:16
1152	1460	Francisco Martins	Individual	M35	01:36:58	01:36:16
1153	1162	Hugo Roque	Sporting Clube De Casinhos	M40	01:36:59	01:36:02
1154	1568	Jose Cavaco	Individual	M60	01:36:59	01:36:02
1155	1582	Leonor Pimenta	Individual	F40	01:37:02	01:35:53
1156	1427	Elsa Martins	Individual	F45	01:37:04	01:35:48
1157	408	Sandra Gonçalves	Cdcr Dos Ctt	M45	01:37:07	01:36:45
1158	395	Esmeraldo Gonçalves	Cdcr Dos Ctt	M45	01:37:08	01:36:44
1159	654	Rui Pereira	Falcoes Selvagens	M50	01:37:15	01:36:04
1160	1089	Fernanda Cardoso	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	F45	01:37:22	01:36:41
1161	1092	Jaime Beato	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	M45	01:37:23	01:36:04
1162	1095	Paula Pontinha	Runners Da Frente Ribeirinha Da Povoia De Santa Iria	F45	01:37:26	01:36:44
1163	584	Sandro Nunes	Correr Lisboa	M40	01:37:29	01:36:14
1164	1340	Antonio Pereira	Individual	M45	01:37:32	01:36:56
1165	1395	Catã Mendes	Individual	F40	01:37:34	01:36:16
1166	854	João Jorge	Link	M35	01:37:36	01:33:37
1167	781	Carlos Quintino	Hero Team	M55	01:37:36	01:37:03
1168	1455	Flávio Ferreira	Individual	M45	01:37:41	01:37:04
1169	124	Ana Caliça	Alverca Urban Runners	F40	01:37:48	01:36:35
1170	437	Sofia Reis	Clube Das Gazelas	F SEN	01:37:50	01:37:23
1171	1263	Manuel Fonseca	Valejasac	M55	01:37:56	01:37:38
1172	531	Alexandra Ferreira	Clube Tap Portugal	F45	01:37:57	01:36:47
1173	1030	Bruno Rosa	Rijos	M40	01:38:13	01:36:59
1174	1031	Rui Vieira	Rijos	M50	01:38:13	01:36:59
1175	1389	Catarina Cibrão	Individual	F45	01:38:19	01:37:22
1176	1820	Tiago Loureiro	Individual	M40	01:38:19	01:37:20
1177	324	Carlos Silva	Casa Do Benfica Em Algueirão Mem Martins	M55	01:38:31	01:37:36
1178	344	Vera Tolêdo	Casa Do Benfica Em Algueirão Mem Martins	F45	01:38:31	01:37:38
1179	1835	Vilma Colaço	Individual	F40	01:38:33	01:37:38
1180	1778	Sandra Rodrigues	Individual	F40	01:38:34	01:37:37
1181	265	Jorge Martins	Ca Vale Figueira	M40	01:38:36	01:37:37
1182	1308	Aline Santos	Individual	F40	01:38:38	01:37:27



Resultados

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Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
1183	1432	Fabio Gaudencio	Individual	M35	01:38:39	01:37:28
1184	779	André Noivo	Hero Team	M35	01:38:41	01:37:24
1185	795	Sofia França	Hero Team	F40	01:38:41	01:37:25
1186	296	Jorge Leitão	Caracois De Pedra	M35	01:38:54	01:35:21
1187	1272	Cláudio Silva	Veteranos Do Cd Mafra	M35	01:38:54	01:35:06
1188	304	Renato Guilherme	Caracois De Pedra	M40	01:38:54	01:35:09
1189	1262	Daniel Bertola	Vai Corinthians	M40	01:39:03	01:38:10
1190	942	Mario Lima	O Mundo Da Corrida	M60	01:39:06	01:38:27
1191	313	Mafalda Alves	Carapaus De Corrida	F40	01:39:12	01:37:57
1192	1412	David Mota	Individual	M SEN	01:39:15	01:38:08
1193	611	Luisa Barbas	Corrida Com A Lesma	F45	01:39:30	01:38:52
1194	973	Paulo Alves	Os Falsos Rápidos	M45	01:39:31	01:39:11
1195	975	Vitor Costa	Os Falsos Rápidos	M45	01:39:32	01:39:12
1196	971	Jorge Silva	Os Falsos Rápidos	M50	01:39:32	01:39:13
1197	457	António Paulino	Clube Do Stress	M60	01:39:38	01:38:37
1198	456	Ana Paulino	Clube Do Stress	F50	01:39:38	01:38:39
1199	1075	António Martins	Run2finish.Pt	M50	01:39:41	01:38:40
1200	651	Luis Reis	Falcoes Selvagens	M55	01:39:45	01:38:54
1201	375	Orlando Martins	Ccd Sintrense	M60	01:39:54	01:38:58
1202	191	Ana Moura	Auto Jacinto	F45	01:40:02	01:38:43
1203	203	Sérgio Figueredo	Auto Jacinto	M40	01:40:05	01:38:46
1204	1770	Rui Vaz	Individual	M40	01:40:13	01:39:00
1205	900	Bruno Abrantes	Massama	M45	01:40:17	01:39:32
1206	482	Maria Folques	Clube Millennium Bcp	F50	01:40:27	01:39:20
1207	1757	Rui Barradas	Individual	M50	01:40:35	01:39:34
1208	1812	Tatiana Ildefonso	Individual	F35	01:40:40	01:38:37
1209	208	Luis Dias	Bem-Amen	M50	01:40:48	01:39:47
1210	1779	Sandra Teixeira	Individual	F40	01:40:57	01:39:39
1211	237	Carlos Crespo	C.F. Os Belenenses	M55	01:41:03	01:40:19
1212	515	Moises Fernandes	Clube Novo Banco	M50	01:41:09	01:39:49
1213	1782	Sara Camões	Individual	F40	01:41:18	01:40:05
1214	135	Sérgio Teixeira	Alverca Urban Runners	M45	01:41:23	01:40:09
1215	129	Marília Nascimento	Alverca Urban Runners	F50	01:41:27	01:40:13
1216	1802	Sonia Candido	Individual	F40	01:41:48	01:41:23
1217	1125	João Diegues	Serviços Sociais Montepio	M50	01:41:52	01:41:15
1218	1527	João Martins	Individual	M40	01:42:00	01:39:07
1219	1567	José Bento	Individual	M SEN	01:42:03	01:40:44
1220	1727	Rafael Outeiro	Individual	M JUN	01:42:04	01:40:44
1221	1463	Gabriel Outeiro	Individual	M SEN	01:42:08	01:40:48
1222	1292	Mário Rodrigues	Xid	M40	01:42:09	01:41:06
1223	1742	Ricardo Neves	Individual	M45	01:42:09	01:41:06
1224	763	Paula Toscano	Grupo Desportivo Santander Totta	F50	01:42:24	01:41:10
1225	1586	Luciano Reis	Individual	M60	01:42:37	01:41:53
1226	919	Eduardo Barradas	Mind Source Runners	M40	01:43:34	01:42:44
1227	461	Joaquim Leal	Clube Do Stress	M55	01:43:39	01:42:41
1228	916	Mário Lameirão	Mem Martins	M60	01:43:57	
1229	474	Ines Bernardo	Clube Millennium Bcp	F40	01:44:15	01:43:13
1230	470	Carla Vaz	Clube Millennium Bcp	F50	01:44:52	01:43:43
1231	481	Luis Costa	Clube Millennium Bcp	M50	01:44:56	01:43:46
1232	1265	Raquel Ribeiro	Vamos Com A Lesma	F SEN	01:45:09	01:44:30
1233	1672	Nuno Silva	Individual	M50	01:45:12	01:44:08
1234	1795	Sérgio Ventura	Individual	M40	01:45:18	01:44:38
1235	1452	Filipe Rosário	Individual	M SEN	01:45:18	
1236	1809	Susana Monteiro	Individual	F SEN	01:45:22	01:44:43
1237	1206	Ar Martins	Tangas Clube	M60	01:45:46	01:45:15
1238	1029	Sandra Ribeiro	Ribeirinhos	F45	01:46:10	01:44:49
1239	57	Daniel Caetano	100 Vontade	M40	01:46:13	01:44:57
1240	1027	Luís Marques	Ribeirinhos	M45	01:46:15	01:44:52
1241	1317	Ana Rocha	Individual	F35	01:46:16	01:45:01
1242	1122	Claudia Grencho	Serviços Sociais Montepio	F45	01:46:18	01:45:41
1243	1431	Fabio Bagagem	Individual	M35	01:46:18	01:45:03
1244	1708	Pedro Faisca	Individual	M35	01:46:26	01:45:53
1245	1477	Helder Silva	Individual	M40	01:46:38	01:45:53
1246	607	Ana Santos	Corrida Com A Lesma	F45	01:47:24	01:46:45
1247	134	Sara Barata	Alverca Urban Runners	F45	01:47:37	01:46:22
1248	1644	Monica Ribeiro	Individual	F35	01:49:09	01:48:24
1249	890	João Cadete	Lx Run	M SEN	01:49:10	01:48:18



Resultados

38ª Corrida dos Sinos

3 abril 2022

Pos	Dorsal	Nome	Equipa	Escalão	Tempo	Tempo Chip
1250	493	Virgílio Ferreira	Clube Millennium Bcp	M60	01:49:14	01:47:51
1251	953	Diogo Arraias	Os Arraias	M60	01:49:23	01:48:38
1252	498	Carla André	Clube Novo Banco	F40	01:49:36	01:48:52
1253	1397	Celina Jorge	Individual	F35	01:49:40	01:48:37
1254	1270	Manuel Azevedo	Veteranos De Massama	M60	01:49:54	01:49:19
1255	1696	Paulo Roberto	Individual	M45	01:50:42	01:50:05
1256	1638	Miguel Martins	Individual	M50	01:51:36	01:50:35
1257	1149	Vitor Vicente	Sobral Team	M45	01:51:36	01:50:33
1258	454	Sofia Marques	Clube Desportivo Venda Do Pinheiro	F45	01:51:41	01:50:03
1259	503	Fernando Filipe	Clube Novo Banco	M50	01:53:48	01:53:03
1260	54	Manuel Almeida	100 Turbo	M45	01:53:48	01:53:01
1261	92	Nuno Sousa	A.R.S.M.-Associação Recreativa De São Miguel	M35	01:54:34	01:54:24
1262	1160	Hélder Martins	Sporting Clube De Casainhos	M50	01:54:49	01:54:03
1263	133	Rita Merenda	Alverca Urban Runners	F40	01:54:55	01:53:40
1264	1617	Maria Simoes	Individual	F50	01:54:56	01:54:11
1265	1190	Pedro Lopes	Stravistas Venda Do Pinheiro	M45	01:55:12	01:54:20
1266	516	Paula Mello	Clube Novo Banco	F50	01:55:53	01:55:24
1267	1627	Mario Pires	Individual	M60	01:58:24	
1268	1211	Henriqueta Solipa	Tartarugas Solidárias	F45	01:59:19	01:58:26
1269	1217	Maria Pinto	Tartarugas Solidárias	F40	01:59:20	01:58:26
1270	858	Ana Calafate	Lisboa	F50	01:59:20	01:58:26
1271	1542	Joaquim Cardoso	Individual	M45	01:59:22	01:58:21
1272	1352	Beatriz Lopes	Individual	F SEN	02:02:00	02:00:59
1273	811	Maria Condeço	Kaninos	F50	02:03:34	02:02:23
1274	812	Mário Santiago	Kaninos	M55	02:03:35	02:02:21
1275	585	Sara Gomes	Correr Lisboa	F SEN	02:04:02	02:03:08
1276	1597	Luis Martins	Individual	M35	02:07:58	02:07:14
1277	907	João Sietinga	Mcdonald'S	M55	02:07:59	02:06:32
1278	1403	Cristiana Franco	Individual	F SEN	02:07:59	02:06:58
1279	904	Carla Cunha	Mcdonald'S	F45	02:08:03	02:06:36
1280	418	António Pina	Clube Atletismo Amigos De Belém	M60	02:10:10	02:06:21