



41ª CORRIDA DOS SINOS

06 de abril de 2025



Resultados

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1	962	Jack Hutchens		Individual	1 M SEN	00:48:01	00:47:59
2	3	Bruno Lourenço		Gfd Running	1 M35	00:48:03	00:48:02
3	4	Pedro Alves	Run Tejo - Prevent Sprain	2 M SEN	00:48:05	00:48:05	
4	2	Roberto Ladeiras		Gfd Running	3 M SEN	00:48:07	00:48:06
5	1576	Bruno Santos		GDR Reboleira	2 M35	00:48:23	
6	1336	Pedro Arsénio		Ca Vale Figueira	1 M40	00:50:27	00:50:25
7	1396	Victor Cerqueira		Capenafirme	4 M SEN	00:50:52	00:50:51
8	898	Avelino Eusébio		Gfd Running	5 M SEN	00:51:38	00:51:37
9	1440	Hugo Rodrigues		Cf Os Belenenses	6 M SEN	00:52:12	00:52:11
10	1437	Natanael Guerreiro		Cf Os Belenenses	7 M SEN	00:52:25	00:52:25
11	522	Joao Santos		Kiprun	8 M SEN	00:52:26	00:52:26
12	1020	Pedro Cruz	Amigos Do Atletismo De Mafra	9 M SEN	00:52:40	00:52:38	
13	1395	José Mota		Capenafirme	3 M35	00:53:11	00:53:09
14	1234	José Estrangeiro	Amigos Do Atletismo De Mafra	4 M35	00:53:39	00:53:37	
15	389	Jesus Oliveira		Individual	5 M35	00:53:53	00:53:47
16	1517	Carlos Silva		Individual	2 M40	00:54:05	00:54:03
17	1210	Joao Piedade	Amigos Do Atletismo De Mafra	10 M SEN	00:54:08	00:54:06	
18	226	Rui Silva	Linda-A-Pastora Sporting Clube	3 M40	00:54:39	00:54:37	
19	885	Bruno Bertão		Individual	1 M45	00:54:49	00:54:48
20	1366	Luis Brito	Run Tejo - Prevent Sprain	2 M45	00:54:53	00:54:51	
21	1438	Pedro Nogueira		Cf Os Belenenses	4 M40	00:54:58	00:54:56
22	1441	Rodolfo Vilela		Cf Os Belenenses	6 M35	00:55:10	
23	1238	Sérgio Paiva		Individual	1 M50	00:55:19	00:55:19
24	1005	José Camacho	Linda-A-Pastora Sporting Clube	7 M35	00:56:05	00:56:02	
25	1207	Rui Santos		Os Fixes	11 M SEN	00:56:06	00:56:01
26	1241	Helder Rebelo		Os Fixes	1 M55	00:56:08	00:56:00
27	627	Nuno Ruela		Os Galgos	2 M50	00:56:11	00:56:06
28	1472	Eduardo Coelho		Grcd Leião	3 M50	00:56:17	00:56:17
29	865	Rui Teixeira	Sociedade Recreativa Da Granja	3 M45	00:56:24	00:56:21	
30	821	Vasco Ribeiro	Amigos Do Atletismo De Mafra	12 M SEN	00:56:25	00:56:24	
31	11	Joana Fonseca		Gfd Running	1 F35	00:56:34	
32	905	Nuno Silva		Individual	5 M40	00:56:35	00:56:33
33	1520	Bruno Correia		Individual	13 M SEN	00:56:39	00:56:38
34	13	Marina Domingues	Linda-A-Pastora Sporting Clube	1 F40	00:56:42	00:56:39	
35	1138	Ricardo Candeias		Bilstein Group	6 M40	00:56:43	00:56:41
36	957	António Rodrigues		Individual	7 M40	00:56:47	00:56:42
37	960	Fernando Almeida		Team El Comandante	4 M45	00:56:56	00:56:53
38	366	Ricardo Abreu	Amigos Do Atletismo De Mafra	8 M40	00:56:58	00:56:58	
39	290	Artur Vasques		Individual	14 M SEN	00:57:09	00:57:07
40	1009	Luís Lima	Grafisol Running Team	4 M50	00:57:30	00:57:28	
41	1264	Joaquim Leal	Gdrc Ponterrolense	5 M50	00:57:42	00:57:42	
42	1036	Nelson Rafael		Thomar Athléticos	9 M40	00:57:49	00:57:47
43	270	Miguel Rodrigues	1º Dezembro Queijas	5 M45	00:57:51	00:57:49	
44	582	Nuno Naia	Clube Millennium Bcp	6 M50	00:57:52	00:57:49	
45	676	Marco Cunha	Ca Patameiras	8 M35	00:57:52	00:57:30	
46	187	Hugo Paulo	Fazfumorunners	6 M45	00:58:00	00:58:00	
47	993	Bruno Sabido		Fam 2 Run	15 M SEN	00:58:09	00:57:54
48	533	Hugo Domingos	Linda-A-Pastora Sporting Clube	7 M45	00:58:10	00:58:09	
49	194	João Caçador	Nesha Hop And Run Team	9 M35	00:58:26	00:58:21	
50	1246	André Ferreira		Os Fixes	10 M40	00:58:44	00:58:38
51	946	Ricardo Tim		Individual	10 M35	00:58:59	00:58:52
52	1309	Amanuel Gabriel		Hero Box	16 M SEN	00:59:04	00:59:03
53	514	Rui Sanches		Individual	11 M35	00:59:08	00:59:05
54	1118	Patrick Lima	Gdrc Ponterrolense	17 M SEN	00:59:10	00:59:08	
55	840	Joseline Santos		Caadc	2 F40	00:59:11	00:59:07
56	712	Horácio Alexandre		Acsr Toledo	11 M40	00:59:15	00:59:14
57	561	Jorge Pedroso	Amigos Do Atletismo De Mafra	7 M50	00:59:31	00:59:28	
58	531	Luis Gouveia		Fazfumorunners	12 M35	00:59:37	00:59:34
59	467	Gonçalo Correia	Valejas A C - O Muchacho	13 M35	00:59:38	00:59:34	
60	175	Davide Oliveira	Casa Do Benfica De Reguengos De Monsaraz	8 M45	00:59:40	00:59:40	



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Resultados

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
61	48	Andre Martins	Individual	12	M40	00:59:40	00:59:26
62	544	Pedro Costa	Ccd Crédito Agrícola	2	M55	00:59:43	00:59:39
63	1099	Henrique Janota	Caracóis De Pedra	8	M50	00:59:43	00:59:41
64	266	Sérgio Pires	Individual	9	M45	00:59:48	00:59:44
65	380	Francisco Ribeiro	Amigos Do Atletismo De Mafra	9	M50	01:00:00	00:59:57
66	896	António Boné	Gfd Running	18	M SEN	01:00:07	01:00:05
67	1397	Nelson Santos	Capenafirme	10	M50	01:00:13	01:00:07
68	1027	Eduardo Eustáquio	Amigos Do Atletismo De Mafra	1	M60	01:00:24	01:00:21
69	171	Carlos Duque	Linda-A-Pastora Sporting Clube	14	M35	01:00:34	01:00:31
70	1379	Henrique Avelar	Câmara Municipal De Mafra	13	M40	01:00:34	01:00:31
71	973	Luis Pereira	Team El Comandante	14	M40	01:00:40	01:00:29
72	801	João Pereira	Linda-A-Pastora Sporting Clube	19	M SEN	01:00:41	01:00:36
73	995	Miguel Costa	Fam 2 Run	20	M SEN	01:00:43	01:00:28
74	895	Ana Rebelo	Gfd Running	1	F SEN	01:00:45	01:00:41
75	221	Joao Ginja	Linda-A-Pastora Sporting Clube	3	M55	01:00:45	01:00:40
76	744	Inês Correia	Amigos Do Atletismo De Mafra	2	F SEN	01:00:46	01:00:40
77	1039	Pedro Porfírio	Gdrc Ponterrolense	15	M40	01:01:16	00:59:37
78	1257	Tiago Correia	Individual	10	M45	01:01:17	01:01:07
79	877	Pedro Pereira	Individual	16	M40	01:01:18	01:01:14
80	18	Mafalda Martinho	Gfd Running	2	F35	01:01:23	01:01:19
81	1244	Bruno Francisco	Os Fixes	17	M40	01:01:23	01:01:19
82	767	João Francisco	Individual	21	M SEN	01:01:24	01:00:45
83	1398	Daniel Rentschler	Ccd Siemens	18	M40	01:01:27	01:01:22
84	766	João Horta	Runópotência	19	M40	01:01:30	01:01:20
85	421	Daniel Silva	Cd Arneiro	22	M SEN	01:01:31	01:01:16
86	731	Nelson Custódio	Cdcr Dos Ctt	11	M50	01:01:37	01:01:28
87	184	Joao Bogalheiro	Naza	4	M55	01:01:38	01:01:35
88	1166	Carlos Silva	Os Carregueirenses	23	M SEN	01:01:43	01:01:32
89	1045	Paulo Gomes	Walkandrun.Pt-Seaside	20	M40	01:01:48	01:01:03
90	739	Ricardo Rodrigues	Team El Comandante	11	M45	01:01:50	01:01:49
91	988	Artur Pereira	Linda-A-Pastora Sporting Clube	12	M50	01:01:55	01:01:48
92	1139	Luis Marques	Bilstein Group	12	M45	01:01:59	01:01:57
93	391	Ricardo Santos	Amigos Do Atletismo De Mafra	21	M40	01:02:00	01:01:55
94	828	Joao Ribeiro	Amigos Do Atletismo De Mafra	24	M SEN	01:02:02	01:01:58
95	694	Paulo Alves	Grupo Desportivo Santander Totta	13	M45	01:02:03	01:01:51
96	902	Paulo Almeida	Gfd Running	13	M50	01:02:16	01:02:13
97	630	Pedro Cardoso	Os_Galgos_2025	14	M45	01:02:20	01:01:58
98	866	Miguel Carmo	Individual	25	M SEN	01:02:23	01:02:06
99	543	Nelson Costa	Ccd Crédito Agrícola	22	M40	01:02:26	01:02:21
100	1206	August Witt	Individual	26	M SEN	01:02:27	01:02:22
101	1436	Luis Marçal	Cf Os Belenenses	15	M45	01:02:35	01:02:30
102	1031	Sergio Ventura	Amigos Do Atletismo De Mafra	23	M40	01:02:38	01:02:34
103	251	Rúben Franco	Adrc Mata De Benfica	27	M SEN	01:02:39	01:02:27
104	1048	Dinis Dinis	Individual	28	M SEN	01:02:41	01:02:32
105	485	Rui Silva	Nesha Hop And Run Team	15	M35	01:02:46	01:02:31
106	518	Pedro Reis	Individual	29	M SEN	01:02:47	01:02:28
107	107	Vitor Candeias	Escola Atletismo Moita Tejo	24	M40	01:02:53	01:02:49
108	492	Marco Pequeno	Runningstones Do Oeste	16	M35	01:02:56	
109	104	Carlos Gregório	Escola Atletismo Moita Tejo	16	M45	01:03:02	01:02:58
110	15	Vera Nunes	Gfd Running	1	F45	01:03:03	
111	1146	Rui Tomás	Individual	17	M45	01:03:03	01:02:54
112	955	Francisco Freitas	Ontrisports	30	M SEN	01:03:04	01:02:51
113	502	André Guilherme	Individual	31	M SEN	01:03:17	01:03:14
114	419	José Silva	Individual	25	M40	01:03:23	01:03:19
115	1160	Jose Alves	Os Carregueirenses	14	M50	01:03:57	01:03:53
116	299	Sérgio Dias	Individual	26	M40	01:03:57	01:03:47
117	1189	Paulo Carvalho	Correr Lisboa	17	M35	01:04:03	01:03:54
118	736	Rafael Lopes	Grf Benedita-Atletismo	32	M SEN	01:04:03	01:03:53
119	1062	Rui Cleto	Amigos Do Atletismo De Mafra	15	M50	01:04:05	01:04:01
120	1573	Ruben Chaves	What.A.Run	18	M35	01:04:09	01:03:49



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06 de abril de 2025



Resultados

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
121	1008	António Lourenço		Corridist	33 M SEN	01:04:13	01:03:53
122	193	Luis Silva		SI Besuntas	27 M40	01:04:15	01:04:07
123	439	Luis Godinho		Clube Novobanco	5 M55	01:04:17	01:04:11
124	1187	Rafael Carias		Individual	34 M SEN	01:04:17	01:04:04
125	1401	Rita Almeida		Capenafirme	3 F SEN	01:04:22	01:04:19
126	1486	António Santos		Maxprog	2 M60	01:04:24	01:04:19
127	47	Hélder Cotrim		Walkandrun.Pt-Seaside	18 M45	01:04:30	01:04:28
128	1101	Bruno Margarido		Individual	35 M SEN	01:04:36	01:04:19
129	994	Abel Costa		Fam 2 Run	3 M60	01:04:41	01:04:27
130	780	Rui Henriques		Serviços Sociais Montepio	19 M45	01:04:46	01:04:42
131	677	Nuno Gonçalves		Ca Patameiras	20 M45	01:04:53	01:04:34
132	1323	Luis Rio		Gdc Banco De Portugal	16 M50	01:04:54	01:04:46
133	417	Jacinto Ferreira		Individual	6 M55	01:04:55	01:04:48
134	515	João Lourenço		Amigos Do Atletismo De Mafra	36 M SEN	01:04:56	01:04:50
135	539	Gonçalo Ferreira		Ccd Crédito Agrícola	19 M35	01:05:01	01:04:55
136	411	Hugo Evaristo		1º Dezembro Queijas	28 M40	01:05:04	01:05:02
137	966	Tamsin Stevens		Individual	4 F SEN	01:05:06	01:04:55
138	1256	Pedro Figueiredo		Fazfumorunners	17 M50	01:05:09	01:04:56
139	768	Mário Amorim		Individual	37 M SEN	01:05:11	01:05:02
140	1243	Carlos Taveira		Os Fixes	18 M50	01:05:11	01:04:56
141	1448	Joaquim Carreira		Individual	4 M60	01:05:13	01:05:09
142	177	Pedro Barata		São Domingos Futebol Clube	21 M45	01:05:14	01:04:57
143	215	Paulo Cruz		Nesha Hop And Run Team	19 M50	01:05:14	01:04:58
144	1277	Luis Filipe		Correr A 7 Pés Com Tranquilidade	29 M40	01:05:17	01:05:05
145	1006	Pedro Filipe		Individual	22 M45	01:05:17	01:05:04
146	1143	Hugo Dias		Individual	30 M40	01:05:17	01:04:54
147	445	Luis Lourenço		Clube Novobanco	20 M35	01:05:17	
148	1162	Joaquim Rodrigues		Os Carregueirenses	7 M55	01:05:18	01:05:07
149	1188	Daniel Santos		Individual	21 M35	01:05:19	01:05:14
150	857	José Silva		Amigos Do Atletismo De Mafra	31 M40	01:05:19	01:05:08
151	1559	Diogo Leitao		Individual	38 M SEN	01:05:25	01:05:07
152	1556	Diogo Santos		Individual	39 M SEN	01:05:27	01:05:03
153	1047	Filipe Pestana		Individual	32 M40	01:05:28	01:05:03
154	1065	João Godinho		Tanagra	33 M40	01:05:31	01:05:24
155	1071	Rita Valente		Clube Tap Portugal	5 F SEN	01:05:31	01:05:10
156	361	André Catarino		Amigos Do Atletismo De Mafra	22 M35	01:05:34	01:05:20
157	385	Duarte Rolim		Amigos Do Atletismo De Mafra	40 M SEN	01:05:37	01:05:27
158	1538	Tiago Rebelo		Individual	41 M SEN	01:05:41	01:05:16
159	745	Pedro Cruz		Individual	42 M SEN	01:05:46	01:05:38
160	1021	Duarte Grencho		Individual	34 M40	01:05:54	01:05:07
161	333	João Simões		Individual	23 M35	01:05:55	01:05:32
162	332	Pedro Duarte		Individual	35 M40	01:05:59	01:05:16
163	1135	Pedro Pinheiro		Bilstein Group	20 M50	01:06:03	01:05:49
164	1165	Manuel Lino		Os Carregueirenses	5 M60	01:06:03	01:05:41
165	369	Ricardo Luz		Amigos Do Atletismo De Mafra	43 M SEN	01:06:08	01:05:53
166	256	Duarte Costa		Acrmealhada	36 M40	01:06:12	01:06:07
167	1132	João Lourenço		Bilstein Group	44 M SEN	01:06:12	01:06:02
168	1055	Silvia Miranda		Amigos Do Atletismo De Mafra	3 F40	01:06:14	01:06:10
169	1338	Pedro Lencastre		Individual	24 M35	01:06:15	01:06:01
169	147	Sandro Ferreira		Individual	45 M SEN	01:06:15	01:05:58
170	1523	Nuno Carioca		Run Tejo - Prevent Sprain	23 M45	01:06:17	01:06:06
171	763	Daniel Pedro		Individual	46 M SEN	01:06:17	01:06:04
172	1268	Dulcinea Silva		Individual	1 F50	01:06:18	01:06:08
173	1490	João Charrua		Individual	25 M35	01:06:22	01:06:04
174	714	Ramiro Ramos		Individual	47 M SEN	01:06:23	01:05:56
175	915	Francisco Semedo		Individual	48 M SEN	01:06:25	01:06:11
176	78	Joao Lagarico		Individual	26 M35	01:06:30	01:06:22
177	159	Paulo Póvoa		Stravistas Venda Do Pinheiro	6 M60	01:06:31	01:06:25
178	1001	João Correia		Individual	49 M SEN	01:06:36	01:06:10
179	1112	Francisco Guerra		Individual	37 M40	01:06:38	01:06:21



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
180	381	João Branco	Amigos Do Atletismo De Mafra	38	M40	01:06:39	01:06:30
181	1370	David Toma	Individual	50	M SEN	01:06:40	01:06:03
182	428	Luis Gregório	Individual	27	M35	01:06:40	01:06:20
183	313	Pedro Almeida	Ccd Siemens	28	M35	01:06:40	01:06:20
184	1070	Carlos Silva	Clube Tap Portugal	21	M50	01:06:41	01:06:20
185	482	Sebastian Mazur	Ccd Siemens	51	M SEN	01:06:43	01:06:36
186	727	Gonçalo Paradela	Magnésimus	52	M SEN	01:06:46	01:06:27
187	1149	Arnaldo Rolo	Runners Da Frente Ribeirinha Da Póvoa De Santa Iria	8	M55	01:06:47	01:06:37
188	1458	Oliver Crawford	Individual	29	M35	01:06:49	01:06:32
189	191	Pedro Cardoso	Individual	22	M50	01:06:50	01:06:45
190	418	Hugo Moreira	Lebres Do Oeste	24	M45	01:06:52	01:06:32
191	378	Pedro Esteves	Amigos Do Atletismo De Mafra	9	M55	01:06:57	01:06:43
192	67	Luís Sardinha	Nesha Hop And Run Team	30	M35	01:07:00	01:06:44
193	410	Graciano Cardoso	Hero Box	25	M45	01:07:04	01:06:44
194	1434	Gonçalo Ferreira	Cf Os Belenenses	23	M50	01:07:05	01:07:00
195	1320	Simão Lourenço	Individual	53	M SEN	01:07:12	01:06:41
196	1339	Joaquim Alexandre	Alcobela	10	M55	01:07:12	01:06:43
197	1151	Ruben Bernardo	Individual	31	M35	01:07:14	01:07:01
198	392	Ricardo Cardoso	Amigos Do Atletismo De Mafra	39	M40	01:07:17	01:07:12
199	823	Fatima Costa	Amigos Do Atletismo De Mafra	3	F35	01:07:18	01:07:10
200	444	Pedro Almeida	Clube Novobanco	24	M50	01:07:19	01:07:09
201	1296	Fábio Pereira	Individual	54	M SEN	01:07:21	01:07:05
202	229	Carlos Baptista	Individual	7	M60	01:07:22	01:07:07
203	523	Tomás Grilo	Pica Miolos	55	M SEN	01:07:25	01:07:18
204	510	Gonçalo Roçado	Individual	56	M SEN	01:07:26	01:07:02
205	33	Luis Cascao	Amigos Do Atletismo De Mafra	25	M50	01:07:32	01:07:18
206	1344	Lídia Pinto	Amigos Do Atletismo De Mafra	6	F SEN	01:07:34	01:07:26
207	341	Hugo Fuzeta	Tálenos Team	57	M SEN	01:07:50	01:07:25
208	1330	Carlos Martins	Gdc Banco De Portugal	26	M50	01:07:52	01:07:21
209	1196	Luis Garanhoto	Individual	58	M SEN	01:07:56	01:07:48
210	876	Lénia Loureiro	Amigos Do Atletismo De Mafra	4	F40	01:08:00	01:07:50
211	1128	Bruno Canhão	Individual	32	M35	01:08:02	01:07:50
212	1273	Vítor Ribeiro	Individual	8	M60	01:08:03	01:07:53
213	174	Raquel Subtil	Casa Do Benfica De Reguengos De Monsaraz	5	F40	01:08:07	01:08:05
214	620	José Martins	Associação Cultural E Recreativa Da Ribeira Da Lage	33	M35	01:08:14	01:07:59
215	17	Liliana Barbosa	Individual	4	F35	01:08:20	01:08:16
216	900	Nelson Mota	Ccd Tranquilidade	27	M50	01:08:23	01:08:11
217	205	Rui Costa	Individual	40	M40	01:08:28	01:08:20
218	589	Pedro Cordas	Clube Millennium Bcp	28	M50	01:08:32	01:08:22
219	1447	Lúcia Oliveira	Totalenergies	2	F45	01:08:33	01:08:26
220	415	Jose Cantinha	Individual	59	M SEN	01:08:35	01:08:23
221	1456	Francisco Chorão	Individual	60	M SEN	01:08:35	01:08:14
222	1074	Gonçalo Mota	Clube Tap Portugal	41	M40	01:08:37	01:08:08
223	867	Moisés Batalha	Individual	61	M SEN	01:08:39	01:08:27
224	1566	Sérgio Moreira	Individual	29	M50	01:08:41	01:08:31
225	438	Luis Monteiro	Clube Novobanco	30	M50	01:08:43	01:08:37
226	1312	José Barradas	Gmcjamor	26	M45	01:08:43	01:08:28
227	89	Daniel Nogueira	Individual	62	M SEN	01:08:45	01:08:37
228	1489	João Correia	Escola Atletismo Moita Tejo	63	M SEN	01:08:50	01:08:21
229	637	João Ribeiro	Individual	27	M45	01:08:51	01:08:43
230	1022	Joao Camisao	Individual	31	M50	01:08:51	01:08:38
231	1444	Mário Cláudio	Ccd Tranquilidade	28	M45	01:08:54	01:08:41
232	280	José Gonçalves	Amigos Do Atletismo De Mafra	11	M55	01:09:00	01:08:45
233	36	Henrique Francisco	Individual	64	M SEN	01:09:01	01:08:48
234	579	Pedro Santos	Clube Millennium Bcp	32	M50	01:09:01	01:08:30
235	595	Jorge Santana	Individual	42	M40	01:09:03	01:08:38
236	550	Rui Almeida	Legionários	12	M55	01:09:04	01:08:24
237	1010	Vitor Ferreira	Grafisol Running Team	43	M40	01:09:04	01:08:28
238	1443	Nuno Ribeiro	Cf Os Belenenses	65	M SEN	01:09:10	01:08:53
239	230	Luís Rodrigues	Individual	34	M35	01:09:11	01:09:05



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Resultados

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
240	152	David Santos		Individual	9 M60	01:09:11	01:09:03
241	619	Pedro Goncalves		Os Galgos	29 M45	01:09:12	01:08:56
242	1439	Alexandre Pedrosa		Cf Os Belenenses	30 M45	01:09:12	01:09:06
243	910	Nuno Cabeça		Individual	13 M55	01:09:13	01:09:01
244	185	André Fernandes		Individual	66 M SEN	01:09:13	01:08:48
245	224	Carlos França		Individual	31 M45	01:09:15	01:08:54
246	941	Rui Ascensão		A Team Ageas	32 M45	01:09:16	01:08:57
247	603	Armando Dias		Os Galgos	14 M55	01:09:18	01:09:03
248	937	Miguel Truningier		A Team Ageas	33 M45	01:09:18	01:08:58
249	1433	Luis Neiva		Cf Os Belenenses	15 M55	01:09:22	01:09:08
250	1228	Rogério Silva		Individual	34 M45	01:09:27	01:09:12
251	1147	Rafael Martins		Individual	67 M SEN	01:09:33	01:09:17
252	1116	Tomás Baltazar		Individual	68 M SEN	01:09:34	01:09:25
253	1346	David Simão		Individual	33 M50	01:09:35	01:09:26
254	1057	Ana Santos	Amigos Do Atletismo De Maфра	1 F55	01:09:36	01:09:32	
255	861	Gonçalo Magalhães	Amigos Do Atletismo De Maфра	35 M35	01:09:38	01:09:25	
256	315	Mateus Coelho		Individual	36 M35	01:09:40	01:09:33
257	698	Álvaro Cachopo		Individual	37 M35	01:09:41	01:09:18
258	786	Nuno Neves		Individual	35 M45	01:09:41	01:09:05
259	1313	Angelo Luis		Familia Luis	44 M40	01:09:42	01:08:56
260	260	Frédéric Bento		Individual	38 M35	01:09:48	01:09:42
261	557	Nuno Sobral		Vara Trail Running	36 M45	01:09:48	01:09:42
262	715	Luís Costa		Individual	69 M SEN	01:09:53	01:09:40
263	233	Joao Damasio	Grupo Desportivo O Independente - Barreiro	34 M50	01:09:56	01:09:41	
264	86	Diogo Santos		Caracóis De Pedra	70 M SEN	01:09:58	01:09:51
265	740	Henrique Ramos		Agualva-Runners	10 M60	01:10:00	01:09:47
266	1571	Ricardo Suzano		Individual	39 M35	01:10:01	01:09:37
267	1092	Bruno Henriques		Clube Das Gazelas	71 M SEN	01:10:02	01:09:41
268	1567	Abel Dias		Acrmealhada	37 M45	01:10:02	01:09:38
269	798	Luis Ferreira		Individual	38 M45	01:10:03	01:09:52
270	1368	José Rocha		Trilhos Do Costume	16 M55	01:10:03	01:09:53
271	131	Beatriz Pereira		Individual	7 F SEN	01:10:06	
272	1527	João Pais		Sr Camarnal	11 M60	01:10:09	
273	1239	Ana Silva		Gmcjamor	6 F40	01:10:11	01:09:57
274	1226	Tomás Melo		Bota Calor	72 M SEN	01:10:13	01:09:32
275	959	Pedro Rijo		Individual	73 M SEN	01:10:14	01:10:07
276	342	Francisco Rodrigues		Os Galgos	12 M60	01:10:21	01:10:05
277	189	Bruno Rodrigues		Individual	74 M SEN	01:10:22	01:09:37
278	643	Lúcia Trigueiros		Gdc Banco De Portugal	7 F40	01:10:23	01:10:11
279	220	José Oliveira		Individual	75 M SEN	01:10:24	01:09:05
280	466	Tiago Crisóstomo	Amigos Do Atletismo De Maфра	76 M SEN	01:10:24	01:09:48	
281	1211	Rui Filipe		Individual	77 M SEN	01:10:30	01:10:11
282	1199	Márcio Martins		Individual	40 M35	01:10:31	01:10:15
283	929	Jaime Lamego		Grupo Pegada Ribeirinha	13 M60	01:10:33	01:10:07
284	513	Ricardo Silva		Individual	78 M SEN	01:10:39	01:09:37
285	1090	Diogo Dias		Individual	41 M35	01:10:41	01:09:45
286	1522	Tiago Andrade		Individual	79 M SEN	01:10:41	01:09:57
287	779	Ricardo Sousa		Serviços Sociais Montepio	39 M45	01:10:43	01:10:37
288	1290	Pedro Costa		Individual	45 M40	01:10:45	01:10:31
289	1306	Rodrigo Pereira		Individual	80 M SEN	01:10:46	01:10:09
290	596	Carlos Bras		Grupo Desportivo Santander Totta	17 M55	01:10:47	01:09:19
291	1394	Joana Pinto		Capenafirme	8 F SEN	01:10:56	01:10:31
292	210	Miguel Silva		Individual	81 M SEN	01:10:56	01:10:22
293	1051	Augusto Carriço		Os Perigosos	18 M55	01:10:57	01:10:29
294	352	Micael Sales		Wellphoria Studio	82 M SEN	01:10:58	01:10:15
295	301	Francisco Celestino		Individual	83 M SEN	01:11:01	01:10:02
296	30	Ricardo Almeida		Individual	84 M SEN	01:11:02	01:10:52
297	556	Bruno Serra		Individual	46 M40	01:11:05	01:10:58
298	32	Nuno Silva		Hecateam	40 M45	01:11:06	01:11:05
299	34	Helena Moreira		Hecateam	3 F45	01:11:07	01:11:07



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
300	674	António Ferreira	Ca Patameiras	47	M40	01:11:08	01:10:47
301	850	Pedro Antunes	Gdrc Ponterrolense	35	M50	01:11:10	01:10:54
302	449	Rosalia Saldanha	Clube Novobanco	2	F50	01:11:10	01:10:57
303	1328	Filipe Amado	Gdc Banco De Portugal	41	M45	01:11:11	01:10:03
304	1050	Tiago Cavaleiro	A Team Ageas	42	M35	01:11:12	01:10:41
305	1073	Pedro Paulo	Clube Tap Portugal	42	M45	01:11:13	01:11:02
306	1442	Marques Marques	Cf Os Belenenses	36	M50	01:11:13	01:11:02
307	783	Tiago Pereira	Individual	48	M40	01:11:18	01:10:52
308	1081	Sidney Moreira	Individual	85	M SEN	01:11:20	01:11:02
309	1003	Mário Lourenço	Individual	86	M SEN	01:11:20	01:11:07
310	176	Didier Alexandre	Individual	43	M35	01:11:22	01:10:36
311	604	Marco Timóteo	Individual	37	M50	01:11:23	01:10:51
312	701	Marisa Chemela	Fit Fun Team	4	F45	01:11:23	01:10:53
313	62	Ricardo Silva	Individual	49	M40	01:11:23	01:10:37
314	1091	Rodrigo Carvalho	Individual	87	M SEN	01:11:24	01:10:52
315	724	Gonçalo Frazão	Magnésimus	50	M40	01:11:25	01:11:09
316	1084	Nuno Torres	Cpa Chesmas	51	M40	01:11:25	01:11:17
317	359	Ricardo Guerra	Individual	88	M SEN	01:11:25	01:10:27
318	1478	Gonçalo Mesquita	Individual	89	M SEN	01:11:25	01:10:41
319	40	José Luis	Clube Desportivo De Mafra	38	M50	01:11:25	01:11:20
320	702	João Antunes	Fit Fun Team	43	M45	01:11:26	01:10:35
321	1107	Nelson Dias	Individual	44	M35	01:11:26	01:10:19
322	1251	Nélio Barreiro	Amigos Do Atletismo De Mafra	44	M45	01:11:27	01:11:08
323	542	João Pereira	Ccd Crédito Agrícola	39	M50	01:11:28	01:10:29
324	1474	Micael Pereira	Associação Desportiva De Ilhavo	45	M35	01:11:31	01:11:07
325	591	Camilo Vieira	Individual	19	M55	01:11:32	01:11:25
326	931	Ana Oliveira	Grupo Desportivo De S Domingos	5	F45	01:11:32	01:11:03
327	1572	Apolo Pereira	Individual	20	M55	01:11:33	01:11:00
328	262	Joao Fernandes	Individual	52	M40	01:11:34	01:11:09
329	373	Ricardo Margarido	Amigos Do Atletismo De Mafra	53	M40	01:11:35	01:11:19
330	574	João Pastor	Amigos Do Atletismo De Mafra	40	M50	01:11:41	01:11:29
331	245	Jose Esteves	Individual	21	M55	01:11:49	01:11:38
332	1516	Nelson Ribeiro	Individual	41	M50	01:11:50	01:10:40
333	1183	Pedro Diaz	Individual	42	M50	01:11:51	01:11:32
334	1575	Luis Rodrigues	Clube Tap Portugal	43	M50	01:11:51	01:10:49
335	1354	Artur Saramago	Individual	90	M SEN	01:11:56	01:11:32
336	478	Ivan Pizhyk	Individual	44	M50	01:11:56	01:11:47
337	1202	Mário Domingues	Câmara Municipal De Mafra	46	M35	01:11:56	01:11:32
338	253	Diogo Alves	Individual	47	M35	01:11:56	01:11:47
339	116	Ricardo Lourenço	Individual	45	M45	01:12:00	01:11:53
340	379	Agostinho Matos	Ccd Siemens	46	M45	01:12:03	01:11:55
341	60	Tobias Franco	Individual	91	M SEN	01:12:03	01:11:46
342	1580	Ana Lourido	Individual	8	F40	01:12:05	01:11:34
343	370	André Teodoro	Amigos Do Atletismo De Mafra	92	M SEN	01:12:05	01:11:47
344	138	Ricardo Mendonça	Individual	93	M SEN	01:12:05	01:11:21
345	314	Miguel Matias	Individual	94	M SEN	01:12:05	01:10:51
346	918	Francisco Carneiro	Individual	95	M SEN	01:12:06	01:11:38
347	308	Ricardo Silva	Hero Box	54	M40	01:12:07	01:11:48
348	404	Carolina Gregório	Hero Box	9	F SEN	01:12:10	01:11:50
349	530	João Assunção	Ind2	96	M SEN	01:12:12	01:11:04
350	1018	Bruno Porfirio	Individual	97	M SEN	01:12:15	01:12:08
351	1329	Manuel Martins	Gdc Banco De Portugal	98	M SEN	01:12:23	01:11:49
352	188	Teotónio Neto	Adrc Mata De Benfica	14	M60	01:12:23	01:11:51
353	1041	Fernando Espanhol	Individual	99	M SEN	01:12:26	01:11:33
354	363	Gonçalo Lopes	Amigos Do Atletismo De Mafra	47	M45	01:12:27	01:11:55
355	1040	Pedro Lopes	Individual	100	M SEN	01:12:31	01:12:20
356	374	Nuno Sousa	Amigos Do Atletismo De Mafra	48	M45	01:12:33	01:12:24
357	1411	Nuno Afonso	Run24run	49	M45	01:12:35	01:11:50
358	430	Nuno Martins	Adr "O Relâmpago"	50	M45	01:12:35	01:12:22
359	782	Tiago Carvalho	Serviços Sociais Montepio	101	M SEN	01:12:37	01:11:44



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
360	613	João Neves	Preguiças Velozes E Cia.	102	M SEN	01:12:37	01:11:09
361	1083	Bruno Esteves	Individual	51	M45	01:12:39	01:11:48
362	872	Ângelo Mendes	Grupo Desportivo Os Amarelos	45	M50	01:12:41	01:12:26
363	1150	António Grilo	Individual	15	M60	01:12:41	01:11:45
364	368	Emanuel Silva	Amigos Do Atletismo De Mafra	103	M SEN	01:12:42	01:12:24
365	546	Ricardo Menino	Ccd Crédito Agrícola	48	M35	01:12:47	01:12:16
366	632	Fernando Torcato	Hero Box	49	M35	01:12:53	01:12:16
367	873	Vasco Agostinho	Grupo Desportivo Os Amarelos	22	M55	01:12:54	01:12:38
368	1159	Ana Faustino	Individual	5	F35	01:12:56	01:12:43
369	806	Paulo Garcia	Garcia Runners	46	M50	01:12:57	01:12:23
370	1341	Paulo Tomás	Alcobela	47	M50	01:12:57	01:12:27
371	1248	Nuno Estrangeiro	Individual	52	M45	01:12:58	01:12:44
372	111	Nuno Silva	Nesha Hop And Run Team	50	M35	01:12:59	01:12:19
373	1324	Alexandre Agostinho	Gdc Banco De Portugal	53	M45	01:13:00	01:11:52
374	930	Xhervelle Chantal	Grupo Pegada Ribeirinha	2	F55	01:13:01	01:12:31
375	831	Andreia Cachopo	Individual	9	F40	01:13:05	01:12:43
376	615	Bruno Cardoso	Cdcr Dos Ctt	54	M45	01:13:07	01:12:56
377	575	José Afonso	Amigos Do Atletismo De Mafra	104	M SEN	01:13:09	01:12:51
378	31	Pedro Martins	Individual	55	M40	01:13:12	01:13:02
379	706	Sérgio Casal	São Domingos Futebol Clube	23	M55	01:13:12	01:12:54
380	377	Vítor Nunes	Amigos Do Atletismo De Mafra	51	M35	01:13:16	01:13:07
381	1152	Carlos Machado	Alverca Urban Runners	55	M45	01:13:21	01:13:00
382	58	Miguel Barreto	Individual	105	M SEN	01:13:25	01:13:02
383	1417	Pedro Nobre	Individual	106	M SEN	01:13:31	01:13:00
384	284	Paulo Campos	Individual	48	M50	01:13:31	01:12:55
385	553	Nelson Marques	Gmcjamor	56	M40	01:13:35	01:13:10
386	1088	Bruno Mateus	Bobadelas Running Team	107	M SEN	01:13:35	01:13:18
387	1269	Tiago Batista	A Favor Do Vento	108	M SEN	01:13:36	01:12:59
388	42	Claudio Coelho	Individual	57	M40	01:13:37	01:13:31
389	1432	Daniel Neto	Individual	52	M35	01:13:38	01:12:52
390	1529	Ricardo Dias	Individual	109	M SEN	01:13:40	01:13:03
391	641	José Duarte	Gdc Banco De Portugal	16	M60	01:13:41	01:12:35
392	1322	Tiago Duarte	Gdc Banco De Portugal	58	M40	01:13:41	01:12:36
393	151	Teófilo Pedro	Nesha Hop And Run Team	110	M SEN	01:13:41	01:13:19
394	560	Pedro Ramos	Individual	24	M55	01:13:42	01:13:15
395	551	Paulo Fernandes	Individual	25	M55	01:13:43	01:13:18
396	61	Joana Henriques	Nesha Hop And Run Team	10	F SEN	01:13:46	01:13:11
397	190	Natalia Esteveao	Individual	10	F40	01:13:46	01:13:39
398	327	David Fortunato	Individual	111	M SEN	01:13:48	01:13:06
399	323	Lúcio Lopes	Sabugueironroad	53	M35	01:13:49	01:13:41
400	813	Guilherme Silva	Viriathvs Runners Viseu	112	M SEN	01:13:56	01:13:44
401	1485	João Faria	Individual	113	M SEN	01:13:58	01:13:41
402	1237	Julia Schiavon	Individual	11	F40	01:13:59	01:13:21
403	375	Jorge Santana	Amigos Do Atletismo De Mafra	49	M50	01:14:00	01:13:41
404	1570	Nuno Loia	Ind16	54	M35	01:14:08	01:13:30
405	594	Diogo Coelho	Individual	59	M40	01:14:09	01:13:47
406	606	Nuno Cabrita	Individual	50	M50	01:14:11	01:13:27
407	558	Carlos Baptista	Individual	56	M45	01:14:11	01:13:50
408	1089	Cláudio Matos	Individual	55	M35	01:14:15	01:13:19
409	687	José Pereira	Grupo Desportivo Santander Totta	26	M55	01:14:15	01:13:57
410	1294	Miguel Tarrasón	Individual	114	M SEN	01:14:16	01:13:58
411	985	David Carvalho	Pica Mioslos	115	M SEN	01:14:18	01:13:46
412	1230	Denise Lorenzoni	Individual	12	F40	01:14:18	01:14:12
413	1056	Mario Neto	Amigos Do Atletismo De Mafra	27	M55	01:14:23	01:14:00
414	465	Diogo Agostinho	Jinx Running Club	116	M SEN	01:14:24	01:14:12
415	601	José Dias	Individual	117	M SEN	01:14:25	01:13:26
416	1295	Élio Lourenço	Individual	57	M45	01:14:25	01:13:56
417	384	Cláudia Franco	Hero Box	11	F SEN	01:14:27	01:14:07
418	1450	Mário Fazenda	Individual	56	M35	01:14:28	01:13:25
419	335	Abel Gonçalves	Individual	58	M45	01:14:28	01:14:09



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
420	1254	David Sabina		Individual	118 M SEN	01:14:28	01:13:25
421	750	Tiago Porto		Individual	57 M35	01:14:29	01:14:18
422	710	Sérgio Santos		Acd Bocal	60 M40	01:14:32	01:13:38
423	708	Joaquim Jesus		Sr Camarnal	17 M60	01:14:34	01:14:29
424	427	Vicente Lourenço		Individual	119 M SEN	01:14:35	01:14:12
425	1410	Ana Augusto		Individual	12 F SEN	01:14:35	01:14:20
426	669	Sara Gabriel		Sr Camarnal	6 F35	01:14:38	01:14:26
427	331	Carlos Marinho		Individual	61 M40	01:14:39	01:14:16
428	1505	Sérgio Paz		Individual	51 M50	01:14:44	01:14:22
429	1498	André Vieira		Individual	120 M SEN	01:14:46	01:13:56
430	874	Pedro Correia	Grupo Desportivo Os Amarelos	52 M50	01:14:46	01:14:31	
431	1511	Tiago Mendes	Clube Tap Portugal	62 M40	01:14:51	01:14:13	
432	1534	André Trigueiro	SI Besuntas	63 M40	01:14:51	01:14:05	
433	1488	Maria Sousa	Grco Leião	6 F45	01:14:51	01:14:46	
434	59	António Abrantes		Individual	58 M35	01:14:52	01:14:26
435	629	Célia Lopes		Simecq	7 F35	01:14:53	01:14:26
436	393	João Oliveira	Amigos Do Atletismo De Mafra	59 M45	01:14:54	01:14:35	
437	916	Guilherme Ramos		Individual	121 M SEN	01:14:59	
438	922	Pedro Tuna		Fidelidade Gdc	122 M SEN	01:15:00	01:14:40
439	563	Ana Araújo	Amigos Do Atletismo De Mafra	3 F50	01:15:01	01:14:54	
440	285	António Calado	Amigos Do Atletismo De Mafra	123 M SEN	01:15:03	01:14:47	
441	925	Ruben Pinto		Individual	60 M45	01:15:06	01:14:30
442	573	João Mota		Individual	124 M SEN	01:15:06	01:14:26
443	316	Ricardo Firmino	Clube Edp - Lisboa	61 M45	01:15:08	01:14:52	
444	1484	Nuno Santos		Individual	64 M40	01:15:15	01:14:00
445	240	Gonçalo Rito		Individual	125 M SEN	01:15:16	01:13:57
446	84	Hugo Silva	Nesha Hop And Run Team	126 M SEN	01:15:16	01:14:37	
447	390	João Lourenço	Clube Edp - Lisboa	65 M40	01:15:17	01:14:07	
448	883	Rui Merujo	Ca De A-Dos-Cunhados	18 M60	01:15:18	01:15:06	
449	39	João Silva	Jambanas Aldraboies	127 M SEN	01:15:19	01:14:56	
450	173	Bento Quaresma	Linda-A-Pastora Sporting Clube	53 M50	01:15:19	01:15:10	
451	155	Bruno Raposo	Associação Cultural Da Lage	62 M45	01:15:21	01:15:12	
452	103	Tiago Silva		Individual	66 M40	01:15:21	01:14:26
453	343	Gilberto Paulino		Individual	28 M55	01:15:23	01:14:58
454	540	Gonçalo Monteiro	Ccd Crédito Agrícola	67 M40	01:15:27	01:14:15	
455	547	Rui Melo	Ccd Crédito Agrícola	54 M50	01:15:28	01:14:26	
456	972	Tomás Nunes		Individual	128 M SEN	01:15:28	01:15:01
457	812	João Marques		Individual	63 M45	01:15:29	01:15:15
458	458	Joao Gregorio	Clube Novobanco	129 M SEN	01:15:30	01:14:40	
459	585	Hugo Mendonça	S. C. Casainhos	64 M45	01:15:31	01:15:11	
460	195	Hugo Ferreira		Individual	59 M35	01:15:31	01:14:46
461	1549	Pedro Machado		Individual	60 M35	01:15:33	01:14:35
462	584	Pedro Sá	Clube Millennium Bcp	55 M50	01:15:34	01:15:11	
463	56	Ruben Costa		Individual	68 M40	01:15:35	01:15:16
464	934	Pedro Fialho		Individual	130 M SEN	01:15:35	01:15:11
465	1167	Pedro Povoas	2800Move	69 M40	01:15:37	01:15:20	
466	586	Pedro Pereira	Clube Millennium Bcp	29 M55	01:15:38	01:15:15	
467	1518	Cláudia Fernandes		Individual	13 F40	01:15:39	01:15:01
468	1252	Cauã Ramos	Mrunners	131 M SEN	01:15:43	01:14:54	
469	749	David Correia		Individual	65 M45	01:15:44	01:15:24
470	1263	Filipe Branco		Individual	30 M55	01:15:44	01:15:23
471	1175	Cláudio Ramos	Grupo Desportivo Da Carapinheira	66 M45	01:15:46	01:15:09	
472	1302	Pedro Leal		Individual	70 M40	01:15:46	01:14:48
473	490	Jose Raposo	Valejas A C - O Muchacho	56 M50	01:15:48	01:15:37	
474	350	Tiago Rocha	Valejas A C - O Muchacho	67 M45	01:15:48	01:15:37	
475	884	João Batalha		Individual	57 M50	01:15:50	01:15:35
476	1494	Antonio Anjos		Ritmoluz	68 M45	01:15:50	01:15:43
477	663	Pedro Costa		Individual	132 M SEN	01:15:50	01:15:05
478	809	Miguel Figueiredo		Individual	133 M SEN	01:15:52	01:15:00
479	231	Luís Ribeiro	Associação Vale Grande	58 M50	01:15:52	01:15:40	



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Resultados

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
480	602	Rui Silva	Valejas A C - O Muchacho	59	M50	01:15:55	01:15:33
481	1025	Frederico Costa	Individual	61	M35	01:15:58	01:14:29
482	1548	Paulo Caetano	Individual	69	M45	01:16:01	01:15:55
483	742	Pedro Botelho	Individual	134	M SEN	01:16:07	01:15:30
484	292	Eduardo Neves	Clube Atletismo Amigos De Belém	71	M40	01:16:08	01:15:43
485	1463	Mafalda Oliveira	Individual	13	F SEN	01:16:16	01:15:52
486	1465	Diogo Antunes	Individual	62	M35	01:16:16	01:15:54
487	788	Marco Teixeira	Individual	72	M40	01:16:18	01:15:00
488	349	Jorge Pepe	Linda-A-Pastora Sporting Clube	60	M50	01:16:18	01:16:05
489	954	João Miranda	Individual	63	M35	01:16:19	01:15:26
490	1525	Samuel Fonseca	Individual	135	M SEN	01:16:19	01:15:49
491	237	Tiago Jorge	Individual	136	M SEN	01:16:20	01:15:04
492	1392	Paulo Nunes	Correr Lisboa	61	M50	01:16:23	01:15:47
493	201	Tiago Caballero	Individual	64	M35	01:16:25	01:15:12
494	1327	Joaquim Ferrão	Gdc Banco De Portugal	19	M60	01:16:25	01:15:52
495	683	Anastacio Valadas	Grupo Desportivo Santander Totta	20	M60	01:16:27	01:16:08
496	1283	David Costa	Hero Box	137	M SEN	01:16:29	01:15:59
497	689	Hugo Nunes	Grupo Desportivo Santander Totta	62	M50	01:16:30	01:16:01
498	206	Ana Teixeira	Individual	14	F40	01:16:33	01:16:09
499	338	Lúis Sousa	Individual	70	M45	01:16:37	01:16:13
500	787	Paulo Vieira	Amantes Trail & Run	138	M SEN	01:16:37	01:16:21
501	474	Daniel Gregg	Individual	139	M SEN	01:16:41	01:16:31
502	180	Mafalda Ribeiro	Fazfumorunners	15	F40	01:16:43	01:16:15
503	1557	Emanuel Silva	Individual	65	M35	01:16:43	01:16:14
504	503	João Grilo	Pica Mioslos	66	M35	01:16:43	01:16:35
505	661	Luis Ferreira	Pica Mioslos	71	M45	01:16:43	01:16:32
506	1063	Vasco Bento	Individual	140	M SEN	01:16:44	01:15:47
507	847	João Branco	Individual	141	M SEN	01:16:48	01:16:13
508	1240	Inês Simões	Bota Calor	14	F SEN	01:16:50	01:16:10
509	696	Rafael Guerra	Grupo Desportivo Santander Totta	142	M SEN	01:16:51	01:15:40
510	752	João Alves	Individual	143	M SEN	01:16:56	01:15:46
511	376	Francisco Folgado	Individual	21	M60	01:17:00	01:16:06
512	1371	Paulo Duarte	Gdct-Incm	31	M55	01:17:03	01:16:37
513	300	Rui Vasconcelos	Individual	72	M45	01:17:03	01:16:39
514	1406	Bruno Alves	Individual	73	M40	01:17:04	01:16:29
515	496	Nuno Sampaio	Atlético Clube De Porto Salvo	67	M35	01:17:06	01:16:42
516	157	Vasco Oliveira	Individual	144	M SEN	01:17:09	01:16:29
517	800	André Pires	Individual	32	M55	01:17:11	01:16:37
518	228	Élio Rodrigues	Individual	73	M45	01:17:15	01:17:06
519	670	Gonçalo Oliveira	Vara Trail Running	74	M45	01:17:18	01:16:48
520	1553	Paulo Pereira	Individual	145	M SEN	01:17:19	01:16:36
521	837	Nuno Moutinho	Amigos Do Atletismo De Maфра	75	M45	01:17:19	01:17:06
522	108	Andreia Banha	Escola Atletismo Moita Tejo	7	F45	01:17:21	01:16:29
523	1255	Rui Ferreira	Individual	76	M45	01:17:27	01:16:21
524	1418	Tomás Santos	União Recreativa Da Charneca	146	M SEN	01:17:28	01:16:42
525	844	Paulo Rodrigues	Individual	63	M50	01:17:29	01:17:07
526	178	Gonçalo Martinho	Individual	77	M45	01:17:33	01:16:59
527	144	Francois Riviere	Individual	22	M60	01:17:35	01:17:23
528	626	Gonçalo Ferreira	Simecq	147	M SEN	01:17:36	01:17:04
529	372	Márcio Rodrigues	Amigos Do Atletismo De Maфра	78	M45	01:17:37	01:17:27
530	127	Pedro Abraços	Individual	79	M45	01:17:38	01:16:33
531	140	Pedro Matias	Individual	148	M SEN	01:17:42	01:16:36
532	249	Vasco Carvalho	Individual	80	M45	01:17:47	01:17:17
533	475	António Peixe	Individual	74	M40	01:17:47	01:17:18
534	1224	Vera Duarte	Mrunner'S	81	M45	01:17:50	01:16:28
535	198	Fernando Marcos	Individual	23	M60	01:17:52	01:17:11
536	247	Paulo Teimão	Individual	75	M40	01:17:53	01:17:38
537	1364	Carla Henriques	Associação Vale Grande	8	F45	01:17:58	01:17:46
538	371	Flávio Ferreira	Amigos Do Atletismo De Maфра	64	M50	01:17:58	01:17:42
539	1163	Rui Sales	Os Carregueirenses	33	M55	01:18:00	01:17:24



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
540	639	Mónica Martins	Gdc Banco De Portugal	15	F SEN	01:18:00	01:17:37
541	1236	Tiago Algarvio	Individual	76	M40	01:18:05	01:16:42
542	774	Jorge Sousa	Serviços Sociais Montepio	65	M50	01:18:05	01:17:29
543	81	Filipe Barbosa	Nesha Hop And Run Team	149	M SEN	01:18:08	01:17:28
544	154	José Silva	Clube Desportivo De Maфра	34	M55	01:18:08	01:18:01
545	1512	Mário Ribeiro	Individual	68	M35	01:18:09	01:16:46
546	607	Nuno Curto	Valejas A C - O Muchacho	82	M45	01:18:09	01:17:48
547	398	Nelson Nunes	Individual	77	M40	01:18:13	01:17:08
548	219	Nuno Oliveira	Hero Box	150	M SEN	01:18:13	01:17:35
549	186	Leandro Reis	Sports Olympics Houilles	35	M55	01:18:16	01:17:48
550	434	Pedro Duarte	Individual	66	M50	01:18:20	01:17:55
551	52	Luis Pinto	Individual	36	M55	01:18:21	01:18:04
552	998	Catarina Jorge	Individual	8	F35	01:18:23	01:17:13
553	85	Luis Santos	Caracóis De Pedra	67	M50	01:18:24	01:18:16
554	1103	Carlos Cordeiro	Peniche A Correr	24	M60	01:18:25	01:18:17
555	1389	Rui Almeida	Câmara Municipal De Maфра	83	M45	01:18:28	01:17:58
556	1473	Tânia Azevedo	Individual	9	F45	01:18:29	01:18:10
557	464	Emanuel Silva	Individual	78	M40	01:18:29	01:17:52
558	1242	Jorge Rebelo	Os Fixes	25	M60	01:18:31	01:18:27
559	1377	Diogo Dias	Câmara Municipal De Maфра	69	M35	01:18:33	01:18:03
560	1288	Graça Roldão	Os Tugas	1	F60	01:18:34	01:18:21
561	101	José Fidalgo	Individual	37	M55	01:18:40	01:18:33
562	1353	Rui Grancho	Fidelidade Gdc	68	M50	01:18:41	01:18:29
563	520	Diogo Santos	Individual	151	M SEN	01:18:41	01:17:34
564	1503	Pedro Tavares	Individual	84	M45	01:18:42	01:18:34
565	707	Bruno Caldeira	Individual	70	M35	01:18:43	01:17:39
566	665	José Cardoso	Individual	69	M50	01:18:46	01:18:38
567	1117	Luis Dias	Individual	152	M SEN	01:18:47	01:17:31
568	1508	Paulo Almeida	Individual	70	M50	01:18:47	01:18:22
569	1308	Jorge Ribeiro	Os Ribeiros	38	M55	01:18:48	01:18:14
570	1037	Arlete Rego	Individual	16	F40	01:18:49	01:17:51
571	700	Mauro Peliquito	Individual	79	M40	01:18:52	01:17:47
572	57	Hugo Goncalves	Individual	80	M40	01:18:53	01:18:26
573	1454	Vanessa Santos	Individual	16	F SEN	01:18:55	01:17:50
574	274	Cecilia Nicolau	Individual	3	F55	01:18:56	01:18:17
575	242	Pedro Carvalho	Individual	85	M45	01:19:01	01:18:41
576	1153	Márcio Ricardo	Individual	153	M SEN	01:19:03	01:18:10
577	273	Carlos Condeço	Individual	26	M60	01:19:04	01:18:56
578	1369	Nuno Pacheco	Individual	154	M SEN	01:19:05	
579	653	Bernardo Augusto	Individual	155	M SEN	01:19:10	01:18:29
580	399	Samuel Flores	Individual	86	M45	01:19:17	01:18:15
581	1233	Tiago Fernandes	Individual	156	M SEN	01:19:17	01:18:25
582	128	José Pardal	Individual	71	M50	01:19:23	01:18:42
583	1168	Francisco Batista	Individual	39	M55	01:19:26	01:18:55
584	1030	Nuno Oliveira	Grupo Desp São Domingos	72	M50	01:19:30	01:19:03
585	1029	Carolina Mata	Individual	17	F SEN	01:19:30	01:19:09
586	864	Salomé Santos	Individual	4	F50	01:19:30	01:18:48
587	267	Marcelo Cardeira	Linda-A-Pastora Sporting Clube	40	M55	01:19:32	01:18:58
588	524	Bernardo Gandra	Individual	157	M SEN	01:19:33	01:18:29
589	541	Helder Grave	Ccd Crédito Agrícola	81	M40	01:19:33	01:18:32
590	795	José Véstias	Simecq	73	M50	01:19:35	01:19:07
591	758	Catarina Marques	Fidelidade Gdc	17	F40	01:19:36	01:19:15
592	199	Eugenio Ruivo	Adr "O Relâmpago"	27	M60	01:19:36	01:19:35
593	258	Felipe Okubo	Clube Novobanco	158	M SEN	01:19:38	01:18:21
594	565	Helder Borges	Individual	87	M45	01:19:40	01:18:57
595	790	Pedro Libanio	Caracóis De Pedra	159	M SEN	01:19:42	01:18:57
596	705	Paulo Mamede	Fit Fun Team	160	M SEN	01:19:44	01:18:35
597	834	Tiago Oliveira	Amigos Do Atletismo De Maфра	161	M SEN	01:19:46	01:19:01
598	248	Cátia Sousa	Amigos Do Atletismo De Maфра	18	F40	01:19:50	01:19:34
599	49	Rui Vieitas	Individual	88	M45	01:19:50	01:19:44



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
600	90	Álvaro Miranda	Amigos Do Atletismo De Mafra	74	M50	01:19:53	01:19:33
601	435	Carla Andre	Clube Novobanco	10	F45	01:19:58	01:19:08
602	559	Rui Borges	Individual	82	M40	01:20:02	01:19:30
603	279	Nuno Nunes	Amigos Do Atletismo De Mafra	75	M50	01:20:03	01:19:58
604	961	Micaela Ferreira	Individual	18	F SEN	01:20:08	01:19:32
605	45	Carlos Ramos	Amigos Do Atletismo De Mafra	41	M55	01:20:11	01:19:36
606	1332	Nuno Correia	United Warriors Ocr	89	M45	01:20:11	01:19:52
607	135	Inês Teixeira	Individual	19	F SEN	01:20:11	01:19:08
608	156	Vitor Teixeira	Individual	42	M55	01:20:11	01:19:12
609	838	Nuno Oliveira	Individual	90	M45	01:20:12	01:19:19
610	664	Diogo Cardoso	Individual	162	M SEN	01:20:14	01:20:05
611	773	Filipe Duarte	Serviços Sociais Montepio	71	M35	01:20:15	01:19:37
612	764	Inês Rijo	Individual	20	F SEN	01:20:22	01:19:17
613	635	Nuno Silva	Individual	83	M40	01:20:24	01:19:42
614	1362	Cristina Brasoveanu	Individual	21	F SEN	01:20:26	01:19:07
615	71	Paulo Colaço	Caracóis De Pedra	91	M45	01:20:26	01:20:13
616	497	Ricardo Domingos	Individual	92	M45	01:20:26	01:19:43
617	1532	João Marques	Grupo Recreativo E Desportivo Da Ribeira Da Lage	43	M55	01:20:26	01:20:00
618	870	Andreza Araújo	Individual	11	F45	01:20:26	01:20:13
619	312	Marco Lopes	Ccd Siemens	93	M45	01:20:28	01:20:03
620	1350	Tiago Leonardo	Sobral Run Club	163	M SEN	01:20:30	01:19:57
621	623	João Santos	Os Galgos	164	M SEN	01:20:30	01:20:14
622	924	Miguel Felix	Individual	94	M45	01:20:32	01:20:06
623	562	Gonçalo Pimentel	Individual	84	M40	01:20:33	01:19:42
624	1169	Cristina Coelho	Individual	2	F60	01:20:33	01:20:01
625	605	Pedro Campos	Individual	165	M SEN	01:20:34	01:19:42
626	136	Diogo Caracinha	Individual	85	M40	01:20:35	
627	179	Maria Costa	Fazfumorunners	12	F45	01:20:35	
628	1519	Ricardo Costa	Individual	166	M SEN	01:20:41	01:19:57
629	296	Manuel Nogueira	Individual	95	M45	01:20:41	01:20:17
630	1413	Jose Monje	Individual	167	M SEN	01:20:43	01:19:30
631	666	Bruno Lourenço	Individual	96	M45	01:20:45	01:19:52
632	1186	Rita Paulo	Individual	22	F SEN	01:20:45	01:19:48
633	326	Bruno Barros	Papa Trilhos	86	M40	01:20:45	01:20:05
634	252	Rogério Dias	Gmcjamor	97	M45	01:20:48	01:20:33
635	1069	Antonio Iria	Clube Tap Portugal	44	M55	01:20:52	01:20:26
636	765	Paulo Moreira	Amigos Do Atletismo De Mafra	45	M55	01:20:52	01:20:40
637	310	Cláudia Conceição	Sangria Runners	19	F40	01:20:53	01:19:52
638	746	Lucas Lima	Individual	168	M SEN	01:20:54	01:20:10
639	365	Eduardo Barradas	Amigos Do Atletismo De Mafra	87	M40	01:20:55	01:20:32
640	684	Luis Lucio	Grupo Desportivo Santander Totta	76	M50	01:20:56	01:20:19
641	122	Nuno Silva	Individual	98	M45	01:20:58	01:20:09
642	1058	Ricardo Vale	Individual	72	M35	01:20:59	01:20:03
643	309	Tiago Alves	Sangria Runners	99	M45	01:21:00	01:19:59
644	621	Sónia Pinto	Os Galgos	5	F50	01:21:00	01:20:23
645	132	Rui Serafim	Individual	77	M50	01:21:01	01:20:11
646	1280	Rui Lopes	Correr A 7 Pés Com Tranquilidade	88	M40	01:21:03	01:20:08
647	893	Hugo Bernardes	Individual	100	M45	01:21:04	01:20:34
648	73	Pedro Rodrigues	Individual	101	M45	01:21:07	01:20:03
649	525	João Passeiro	Individual	28	M60	01:21:11	01:20:34
650	888	Luis Dias	Neves E Ferrão Lda	73	M35	01:21:11	01:19:53
651	1253	António Pereira	Individual	29	M60	01:21:11	01:19:53
652	997	Manuel Fonseca	Amigos Do Atletismo De Mafra	30	M60	01:21:16	01:20:57
653	1568	Marcio Andrade	Clube Atletismo Amigos De Belém	89	M40	01:21:16	01:20:04
654	133	Goncalo Seabra	Lx Run - Juntos Somos Fortes	46	M55	01:21:17	01:20:57
655	407	Rui Godinho	Individual	47	M55	01:21:17	01:21:12
656	1487	Alexandre Ribeiro	Grupo Barraqueiro	78	M50	01:21:26	01:21:17
657	134	Elsa Ferreira	Individual	13	F45	01:21:26	01:20:52
658	356	Miguel Rocha	Individual	79	M50	01:21:29	01:20:58
659	499	Tiago Silva	Valejas A C - O Muchacho	169	M SEN	01:21:37	01:20:50



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
660	642	Gonçalo Duarte	Gdc Banco De Portugal	74	M35	01:21:41	01:20:36
661	1262	Luis Ferreira	Alcobela	48	M55	01:21:42	01:20:55
662	778	Paulo Pereira	Serviços Sociais Montepio	80	M50	01:21:46	01:21:12
663	842	Luis Costa	Gdrc Ponterrolense	81	M50	01:21:46	01:21:36
664	936	Ricardo Carvalho	No Salt	170	M SEN	01:21:48	01:20:35
665	298	Jorge Campos	Individual	82	M50	01:21:50	01:21:11
666	1383	Gabriel Simões	Câmara Municipal De Maфра	171	M SEN	01:21:50	01:20:41
667	119	Telmo Silva	Individual	172	M SEN	01:21:52	01:21:27
668	622	Remigio Machado	Preguiças Velozes E Cia.	49	M55	01:21:54	01:20:29
669	1059	Rita Vale	Individual	9	F35	01:21:56	01:21:01
670	1399	Bernardo Ferreira	Individual	173	M SEN	01:21:58	01:20:40
671	288	Bernardo Nicolau	Individual	174	M SEN	01:21:59	01:20:43
672	1129	Mário Marcelino	Individual	102	M45	01:21:59	01:21:31
673	772	Antonio Franco	Serviços Sociais Montepio	50	M55	01:22:00	01:21:23
674	1127	Nuno Bogalheiro	Amigos Vale Do Silêncio	83	M50	01:22:01	01:21:27
675	388	Nuno Lucas	Tálenos Team	84	M50	01:22:01	01:21:19
676	1426	Mário Esteves	Nesha Hop And Run Team	175	M SEN	01:22:07	01:21:25
677	1305	Fernando Rios	Individual	103	M45	01:22:07	01:21:28
678	516	Tiago Dantas	Individual	176	M SEN	01:22:09	
679	1300	Francisco Silva	Boarland Crossfit	177	M SEN	01:22:10	01:21:31
680	170	Maria Fernandes	Hero Box	20	F40	01:22:11	01:20:54
681	1318	Francisco Gonçalves	Speedy Gonçalves	178	M SEN	01:22:11	
682	1125	Sofia Gonçalves	Speedy Gonçalves	23	F SEN	01:22:11	01:20:56
683	250	Nelson Almendra	Hero Box	75	M35	01:22:13	01:21:32
684	820	Adriana Machado	Amigos Do Atletismo De Maфра	21	F40	01:22:13	01:22:03
685	796	Marco Tomás	Individual	76	M35	01:22:13	01:21:35
686	1360	Valter Pais	Vinhateiros	51	M55	01:22:14	01:21:52
687	1260	João Dias	Águeda Racing Power Team	179	M SEN	01:22:18	01:21:53
688	317	José Alves	Clube Edp - Lisboa	31	M60	01:22:22	01:22:06
689	440	Carlos Nabica	Clube Novobanco	32	M60	01:22:34	01:21:43
690	409	Nilton Carvalho	Individual	90	M40	01:22:36	01:21:45
691	1314	Susana Laia	Associação Hélio Fumo Team	6	F50	01:22:42	01:21:52
692	817	Henrique Telhado	Amigos Do Atletismo De Maфра	33	M60	01:22:44	01:22:27
693	222	Ana Folgado	Individual	7	F50	01:22:45	01:21:54
694	406	Sandra Aguiar	Individual	8	F50	01:22:46	01:22:41
695	917	Alberto Romão	Individual	34	M60	01:22:47	01:21:35
696	347	Jorge Carvalho	Individual	52	M55	01:22:48	
697	991	Liliana Correia	Fam 2 Run	24	F SEN	01:22:50	01:22:21
698	64	Rodrigo Oliveira	Sesimbra Mar	180	M SEN	01:22:51	01:22:28
699	43	Filipe Filipe	Sesimbra Mar	53	M55	01:22:51	01:22:28
700	1042	Cátia Almeida	Individual	10	F35	01:22:53	01:22:14
701	1157	Luis Santos	Pica Miolos	85	M50	01:22:54	01:22:10
702	775	José Guerreiro	Serviços Sociais Montepio	35	M60	01:22:55	01:22:48
703	1310	Jose Guerreiro	Individual	104	M45	01:22:56	01:22:07
704	1347	Cláudio Milheiro	Individual	105	M45	01:22:57	01:22:27
705	583	Patrícia Pacheco	Clube Millennium Bcp	25	F SEN	01:22:59	01:22:07
706	1123	Joana Rodrigues	Individual	11	F35	01:22:59	01:21:45
707	538	André Dias	Ccd Crédito Agrícola	77	M35	01:23:00	01:21:58
708	1521	Fernando Andrade	Ccd Tranquilidade	36	M60	01:23:00	
709	1480	Claudio Moreira	Individual	106	M45	01:23:01	01:21:40
710	1219	André Santos	Mrunner'S	107	M45	01:23:01	01:21:43
711	1223	Nuno Ferreira	Mrunner'S	181	M SEN	01:23:02	01:21:41
712	454	Rui Lopes	Clube Novobanco	37	M60	01:23:03	01:22:23
713	976	Migdon Batalha	Individual	182	M SEN	01:23:03	01:22:12
714	682	Daniel Filipe	Individual	183	M SEN	01:23:05	01:22:13
715	1012	Ricardo Seródio	Individual	108	M45	01:23:07	01:22:26
716	1142	Armando Coelho	Individual	91	M40	01:23:09	01:22:19
717	268	Eurico Teixeira	Individual	109	M45	01:23:13	01:22:47
718	1408	Rita Goja	Estratégia: Chegar Ao Fim	12	F35	01:23:15	01:22:00
719	1085	Rui Casaleiro	Individual	110	M45	01:23:15	01:22:06



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip	
720	951	Inês Estrompa		Individual	26	F SEN	01:23:15	01:22:15
721	72	Rodrigo Neves		Rôçomato	78	M35	01:23:15	01:22:35
722	822	André Antunes	Amigos Do Atletismo De Mafra	111	M45	01:23:17	01:22:51	
723	952	Miguel Maximiano		Individual	184	M SEN	01:23:17	01:22:17
724	1197	Carla Mira		Individual	9	F50	01:23:18	01:22:52
725	1428	Miguel Farropo		Individual	112	M45	01:23:18	01:22:07
726	792	Dany Pereira		Individual	92	M40	01:23:19	01:22:40
727	1393	Cristiano Rodrigues		Individual	79	M35	01:23:21	01:22:44
728	162	Vitor Rodrigues		Individual	185	M SEN	01:23:25	01:22:18
729	207	António Santos		Individual	86	M50	01:23:25	01:22:28
730	161	Carlos Marta		Individual	80	M35	01:23:27	01:22:20
731	889	Diogo Maltez		Individual	93	M40	01:23:27	01:22:38
732	667	Bruno Albino		Individual	113	M45	01:23:28	01:23:03
733	754	Joviano Bettencourt		Individual	94	M40	01:23:30	01:22:40
734	614	Ricardo Vicente		Individual	87	M50	01:23:30	01:22:57
735	1111	Rebeca Amado		Individual	27	F SEN	01:23:34	01:22:55
736	566	Beatriz Cunha		Individual	28	F SEN	01:23:35	01:22:30
737	1173	Hildo Jesus		Individual	95	M40	01:23:36	
738	1355	Paulo Giglio		Individual	54	M55	01:23:40	01:22:58
739	225	João Nogueira		Gmcjamor	96	M40	01:23:41	01:22:33
740	624	Joaquim Cardoso		Individual	88	M50	01:23:43	01:23:22
741	532	António Moreira		Individual	38	M60	01:23:51	01:22:59
742	1547	Joaquim Neves		Individual	89	M50	01:23:51	01:22:59
743	357	Paulo Duarte		Individual	114	M45	01:23:53	01:23:03
744	1497	João Antunes	Gaspar E Óscar - Seguros, Running Team	90	M50	01:23:55	01:22:43	
745	1495	Pedro Oscar	Gaspar E Óscar - Seguros, Running Team	91	M50	01:23:55	01:22:43	
746	855	Luis Carradilha		Individual	81	M35	01:23:59	01:23:24
747	1492	Diogo Pisco		Anicura Atlântico	82	M35	01:24:04	01:23:38
748	322	Hélder Silva	Já Te Venho Buscar	97	M40	01:24:06	01:22:42	
749	436	João Escoval	Clube Novobanco	92	M50	01:24:07	01:23:20	
750	860	Miguel Lopes		Individual	186	M SEN	01:24:08	01:22:59
751	725	Diogo Bernardino		Magnésimus	187	M SEN	01:24:08	01:23:51
752	340	Marisa Martins		Individual	14	F45	01:24:08	01:23:27
753	420	José Maio		Cd Arneiro	39	M60	01:24:09	01:23:53
754	422	Rita Maio		Cd Arneiro	29	F SEN	01:24:09	01:23:56
755	1072	Paulo Monteiro	Clube Tap Portugal	98	M40	01:24:14	01:23:24	
756	255	Carmen Santos		Fidelidade Gdc	15	F45	01:24:14	01:23:50
757	129	João Cadete	Lx Run - Juntos Somos Fortes	55	M55	01:24:15	01:23:25	
758	1161	Pedro Caiado		Os Carregueirenses	40	M60	01:24:15	01:24:03
759	984	Jorge Casinhas	Linda-A-Pastora Sporting Clube	83	M35	01:24:16	01:23:19	
760	1378	Francisco Martins	Câmara Municipal De Mafra	84	M35	01:24:20	01:23:53	
761	172	Ricardo Guerreiro		Individual	115	M45	01:24:22	01:23:31
762	1284	Paulo Almeida		Individual	41	M60	01:24:24	01:23:57
763	519	Jaime Simões	Amigos Do Atletismo De Mafra	116	M45	01:24:25	01:23:28	
764	1435	Carlos Fortunato		Cf Os Belenenses	42	M60	01:24:28	01:24:07
765	945	Marta Gil		Individual	16	F45	01:24:29	01:23:45
766	802	João Martins		Individual	99	M40	01:24:30	01:24:01
767	1282	Beatriz Almeida		Individual	30	F SEN	01:24:33	01:24:06
768	759	Mariana Costa		Individual	31	F SEN	01:24:34	01:23:53
769	1388	Mauro Ruivo	Câmara Municipal De Mafra	188	M SEN	01:24:38	01:23:48	
770	1016	Fernando Marques	Clube Brisa	189	M SEN	01:24:41	01:23:36	
771	1540	Hugo Camilo		Individual	100	M40	01:24:42	01:24:10
772	1265	Messias Fernandes		Individual	101	M40	01:24:42	01:23:33
773	1460	Joao Carvalho		Individual	190	M SEN	01:24:42	01:23:36
774	968	Vitor Ribeiro		Individual	117	M45	01:24:42	01:23:36
775	382	Carlos Cagica		Cod Siemens	56	M55	01:24:45	01:23:50
776	1357	Carlos Rodrigues	Amigos Do Atletismo De Mafra	43	M60	01:24:45	01:24:43	
777	1204	Valter Fontão	Câmara Municipal De Mafra	102	M40	01:24:48	01:24:20	
778	1201	Gonçalo Cardeal	Jambanas Aldraboos	191	M SEN	01:24:48	01:23:38	
779	1515	Martim Heitor	Housemartins Belas	192	M SEN	01:24:49	01:24:30	



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
780	685	Rui Machinho	Grupo Desportivo Santander Totta	118	M45	01:24:50	01:23:48
781	1372	Rui Silva	Grupo Desportivo Santander Totta	103	M40	01:24:50	01:23:52
782	572	Pedro Macário	S. C. Casainhos	104	M40	01:24:56	01:23:52
783	1340	Henrique Ferreira	Alcobela	93	M50	01:25:02	01:24:14
784	98	Pedro Cunha	Róçómató	119	M45	01:25:02	01:24:22
785	130	João Cadete	Lx Run - Juntos Somos Fortes	193	M SEN	01:25:05	01:24:15
786	500	Vitor Antunes	Valejas A C - O Muchacho	120	M45	01:25:06	01:24:19
787	875	Susana Gomes	Amigos Do Atletismo De Maфра	4	F55	01:25:08	01:24:46
788	1501	Tânia Coelho	Valejas A C - O Muchacho	22	F40	01:25:11	01:24:24
789	74	Tiago Batalha	Individual	194	M SEN	01:25:11	01:24:33
790	647	Joaquim Crispim	Individual	44	M60	01:25:12	01:24:33
791	83	Gonçalo Santos	Individual	195	M SEN	01:25:13	01:24:35
792	1351	Rui Santos	Correr Em Évora	94	M50	01:25:15	01:24:27
793	1352	Cláudia Pepe	Correr Em Évora	10	F50	01:25:15	01:24:28
794	1140	Tânia Gouveia	Bilstein Group	23	F40	01:25:17	01:23:53
795	1133	João Pinheiro	Bilstein Group	105	M40	01:25:17	01:23:58
796	367	Cláudia Abreu	Amigos Do Atletismo De Maфра	24	F40	01:25:17	01:24:44
797	1569	Vitor Teodoro	Ind16	121	M45	01:25:17	01:24:39
798	964	Beatriz Algarvio	Individual	32	F SEN	01:25:18	01:24:38
799	862	João Soares	Individual	196	M SEN	01:25:19	01:24:25
800	113	Eduardo Bernardo	Cmc Odivelas	95	M50	01:25:21	01:25:10
801	662	Sandra Santos	Individual	17	F45	01:25:22	01:24:24
802	493	Ana Hermenegildo	Runningstones Do Oeste	25	F40	01:25:24	01:24:38
803	203	Andreia Pereira	Hero Box	26	F40	01:25:25	01:24:48
804	1231	Ana Vicente	Caadc	27	F40	01:25:27	01:24:22
805	1402	Susana Vicente	Caadc	33	F SEN	01:25:28	01:24:28
806	990	Hugo Paulo	Individual	122	M45	01:25:33	01:24:13
807	1192	Carla Grancho	Fidelidade Gdc	11	F50	01:25:33	01:25:11
808	770	Ricardo Mateus	Corridas E Companhia	123	M45	01:25:35	01:24:08
809	1539	Joana Baranita	Not Fast, Just Furious	34	F SEN	01:25:36	01:24:40
810	1144	João Serra	Ccd Tranquilidade	96	M50	01:25:36	01:25:10
811	907	Bruno Marques	Individual	124	M45	01:25:38	01:24:23
812	554	Ricardo Matos	Individual	97	M50	01:25:39	01:24:55
813	217	Diogo Santos	Individual	85	M35	01:25:39	01:24:56
814	75	Paulo Valente	Individual	86	M35	01:25:42	01:24:33
815	1526	Filipe Nunes	Individual	87	M35	01:25:44	01:24:28
816	453	Claudio Rocha	Clube Novobanco	98	M50	01:25:48	01:25:05
817	1342	Miguel Ferreira	Individual	197	M SEN	01:25:52	01:24:55
818	1154	Sérgio Costa	Agualva-Runners	88	M35	01:25:52	01:25:18
819	1208	José Correia	Individual	89	M35	01:25:56	01:24:05
820	935	Isac Albino	Individual	90	M35	01:26:01	01:24:41
821	697	António Pereira	Grupo Desportivo Santander Totta	45	M60	01:26:01	01:25:29
822	477	Carlos Silva	Gmcjamor	46	M60	01:26:05	01:25:40
823	1455	Roberto Bettencourt	Individual	125	M45	01:26:06	01:25:42
824	80	Paulo Rodrigues	Individual	91	M35	01:26:11	01:25:01
825	197	Guilherme Godinho	Individual	126	M45	01:26:13	01:25:10
826	673	Jaime Mauricio	Ca Patameiras	99	M50	01:26:19	01:25:18
827	91	Jorge Mira	Individual	198	M SEN	01:26:19	01:25:20
828	791	Edmundo Costa	Ccd Siemens	47	M60	01:26:21	01:25:25
829	979	Marcelo Coelho	Individual	199	M SEN	01:26:23	01:25:04
830	932	Hugo Aguiar	Individual	92	M35	01:26:25	01:25:07
831	506	Pedro Ferreira	Individual	200	M SEN	01:26:25	01:25:11
832	484	Mario Simoes	Câmara Municipal De Maфра	48	M60	01:26:27	01:25:14
833	397	Luis Dias	Amigos Do Atletismo De Maфра	57	M55	01:26:27	01:26:10
834	919	Marta Gomes	Individual	35	F SEN	01:26:28	01:25:32
835	446	Sandra Lucas	Clube Novobanco	18	F45	01:26:29	01:25:53
836	580	Marina Morgado	Clube Millennium Bcp	13	F35	01:26:29	01:26:11
837	576	Douglas Fry	Amigos Do Atletismo De Maфра	49	M60	01:26:29	01:25:30
838	1564	Ricardo Silva	Individual	127	M45	01:26:31	01:26:05
839	658	António Carvalho	Individual	201	M SEN	01:26:31	01:25:50



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip	
840	956	Rui Henriques		Individual	100	M50	01:26:32	01:25:29
841	311	Maria Madeira		Individual	12	F50	01:26:33	01:25:32
842	433	Filipe Teixeira		Individual	202	M SEN	01:26:40	01:25:38
843	1077	Carlos Silva	Clube Tap Portugal	50	M60	01:26:41	01:25:38	
844	319	Artur Lopes		Individual	58	M55	01:26:42	01:26:17
845	1466	Iran Delfino		Individual	128	M45	01:26:42	01:26:04
846	1227	Teresa Sousa		Individual	13	F50	01:26:46	01:26:04
847	264	Susana Pacheco		Individual	28	F40	01:26:48	01:25:56
848	1110	Bernardo Barros		Individual	203	M SEN	01:26:55	01:26:17
849	1024	Arlete Costa		Individual	19	F45	01:26:57	01:26:13
850	400	Pedro Cachaço		Individual	101	M50	01:27:04	01:26:03
851	600	Catarina Dias		Individual	204	M SEN	01:27:06	01:26:07
852	909	Ricardo Marques		Individual	106	M40	01:27:06	01:25:57
853	892	Leonel Gomes		Individual	51	M60	01:27:06	01:26:26
854	291	Miguel Castela		Individual	102	M50	01:27:08	01:26:24
855	849	Elsa Godinho		Individual	20	F45	01:27:10	01:26:39
856	100	Fabiana Zunfrilli		Individual	14	F50	01:27:11	01:26:45
857	1333	Marisa Esteves		Individual	36	F SEN	01:27:18	01:26:38
858	1086	Raimundo Pechilga		Individual	52	M60	01:27:20	01:26:06
859	681	Claudia Leal		Individual	14	F35	01:27:20	01:26:59
860	1102	Luís Silva	Clube Das Gazelas	205	M SEN	01:27:20	01:26:12	
861	1367	Gilberto Silva		Individual	206	M SEN	01:27:20	01:25:54
862	688	Antonio Castro	Grupo Desportivo Santander Totta	59	M55	01:27:25	01:26:40	
863	743	Raquel Mateus		Individual	37	F SEN	01:27:25	01:26:39
864	1053	Maria Feliciano		Individual	29	F40	01:27:27	01:26:31
865	234	David Pereira		Individual	207	M SEN	01:27:27	01:26:31
866	987	Fernando Silva	Clube Desportivo De Mafra	53	M60	01:27:31	01:27:09	
867	235	Ana Rocha		Individual	38	F SEN	01:27:32	01:26:36
868	66	José Jorge		Individual	60	M55	01:27:33	01:26:32
869	46	Eduardo Dias		Individual	129	M45	01:27:33	01:26:59
870	886	João Santos		Individual	61	M55	01:27:34	01:27:04
871	307	Luiz Rosa	Clube Atletismo Amigos De Belém	54	M60	01:27:37	01:27:20	
872	721	Brenda Vasconcellos		Magnésimus	39	F SEN	01:27:38	01:27:22
873	555	Sebastian Parente		Individual	130	M45	01:27:42	01:26:50
874	165	Alexandre Coelho	Clube Edp - Lisboa	208	M SEN	01:27:43	01:26:44	
875	726	Andreia Silva		Magnésimus	40	F SEN	01:27:43	01:27:27
876	346	João Guégués		Individual	62	M55	01:27:45	01:26:33
877	983	Vítor Morais		Individual	55	M60	01:27:46	01:27:29
878	733	Nuno Pimpão		Individual	131	M45	01:27:47	01:27:22
879	938	Daniela Rodrigues	A Team Ageas	30	F40	01:27:50	01:27:29	
880	1076	Carlos Fernandes	Clube Tap Portugal	132	M45	01:27:52	01:27:22	
881	1176	Renato Cabrita		Individual	209	M SEN	01:28:06	01:26:56
882	1122	Tiago Paulo	Caracóis De Pedra	210	M SEN	01:28:09	01:27:29	
883	1555	Pedro Romao		Individual	93	M35	01:28:14	01:27:02
884	836	Sandra Leite		Individual	31	F40	01:28:21	01:27:28
885	1315	Meagan Carty	Associação Hélio Fumo Team	21	F45	01:28:23	01:27:33	
886	1126	Manuela Patrício		Individual	5	F55	01:28:26	01:27:53
887	329	Luis Andrade	Cdcr Dos Ctt	103	M50	01:28:29	01:27:18	
888	942	Vítor Ramos	A Team Ageas	104	M50	01:28:30	01:27:40	
889	353	Marcelo Carracha		Individual	94	M35	01:28:33	01:27:20
890	451	Nuno Ramalho	Clube Novobanco	105	M50	01:28:33	01:27:29	
891	504	Gonçalo Bonifácio		Individual	211	M SEN	01:28:33	01:27:39
892	640	Tiago Catalão	Gdc Banco De Portugal	107	M40	01:28:33	01:27:27	
893	1462	Luís Revés	Ccd Siemens	106	M50	01:28:35	01:27:39	
894	1499	Carlos Ferreira		Individual	107	M50	01:28:39	01:27:46
895	351	Diana Guimarães	Valejas A C - O Muchacho	32	F40	01:28:43	01:27:56	
896	472	Rafael Silva	Valejas A C - O Muchacho	95	M35	01:28:46	01:27:56	
897	735	João Alpedrinha	Adr "O Relâmpago"	133	M45	01:28:49	01:27:40	
898	1028	Inês Aguas	Cdcr Dos Ctt	15	F35	01:28:50	01:27:36	
899	462	Rui Soares	Clube Novobanco	108	M40	01:28:58	01:28:23	



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
900	463	Catia Soares	Clube Novobanco	33	F40	01:28:58	01:28:26
901	487	Bruno Silva	Individual	212	M SEN	01:28:58	01:27:56
902	69	Damiana Sardinha	Nesha Hop And Run Team	41	F SEN	01:28:59	01:28:22
903	1104	Sara Alberto	Individual	42	F SEN	01:29:02	01:28:09
904	1106	Francisco Ribeiro	Individual	213	M SEN	01:29:03	01:28:06
905	414	Sandra Leal	Individual	22	F45	01:29:10	01:28:44
906	246	Valentina Carvalho	Individual	43	F SEN	01:29:11	01:28:23
907	967	Kevin Vianna	Mrunners	214	M SEN	01:29:15	01:28:47
908	570	Afonso Amoretty	Clube Millennium Bcp	215	M SEN	01:29:20	01:28:37
909	1514	Adilson Lino	Crc Marvila Jovem	108	M50	01:29:21	01:27:58
910	569	Mario Mendes	Clube Millennium Bcp	56	M60	01:29:23	01:28:40
911	1209	João Mocho	Jambanas Aldraboos	216	M SEN	01:29:27	01:28:16
912	1560	Rafael Azriel	Individual	63	M55	01:29:31	01:28:38
913	437	Ricardo Rodrigues	Clube Novobanco	109	M50	01:29:38	01:28:55
914	1217	Nelson Gonçalves	Mrunner'S	96	M35	01:29:40	01:28:24
915	1193	Pedro Cardoso	Individual	97	M35	01:29:41	01:29:06
916	693	João Frazão	Grupo Desportivo Santander Totta	134	M45	01:29:44	01:28:51
917	1279	David Inácio	Correr A 7 Pés Com Tranquilidade	109	M40	01:29:44	01:28:42
918	1299	Andre Inacio	Individual	98	M35	01:29:44	01:28:43
919	1049	Carolina D'Oliveira	Individual	44	F SEN	01:29:47	01:29:08
920	1007	Pedro Cruz	Individual	217	M SEN	01:29:47	01:29:07
921	974	Mário Faustino	Individual	110	M50	01:29:51	01:28:36
922	1482	Joao Silva	Individual	135	M45	01:29:54	01:28:26
923	856	João Alves	Armada Torriense	64	M55	01:29:54	01:28:40
924	1023	Manuel Pedro	Individual	111	M50	01:29:57	01:29:12
925	1316	Sheyla Carvalho	Individual	34	F40	01:29:57	01:29:29
926	548	Henriqueta Solipa	Individual	3	F60	01:30:00	01:28:52
927	345	José Guia	Valejas A C - O Muchacho	57	M60	01:30:00	01:29:19
928	833	Leonel Silvestre	Individual	58	M60	01:30:02	01:29:08
929	578	Jose Rebelo	Clube Millennium Bcp	65	M55	01:30:03	01:29:46
930	832	Pedro Mouta	Individual	99	M35	01:30:03	01:28:44
931	1170	Fúlvio Ramos	Individual	136	M45	01:30:12	01:29:59
932	1429	Ricardo Silva	Individual	137	M45	01:30:12	01:28:50
933	680	Sandra Ribeiro	Individual	15	F50	01:30:13	01:29:45
934	1468	João Meirinho	Individual	218	M SEN	01:30:17	01:29:13
935	1563	Jorge Casinhas	Individual	219	M SEN	01:30:18	01:29:29
936	1483	Miguel Trancoso	Individual	220	M SEN	01:30:18	01:29:14
937	1094	Paulo Varela	Cpa Chesmas	112	M50	01:30:18	01:29:00
938	1061	Jorge Peixoto	Ss Cgd	138	M45	01:30:20	01:29:06
939	95	Edmundo Lourenço	Clube Desportivo Venda Do Pinheiro	139	M45	01:30:33	01:29:16
940	160	Nídia Esteves	Hero Box	35	F40	01:30:34	01:29:58
941	505	Nuno Rafael	Pica Mioslos	140	M45	01:30:39	01:30:31
942	495	Francisco Pereira	Ccd Tranquilidade	66	M55	01:30:40	01:29:24
943	671	Idalecio Barros	Ca Patameiras	59	M60	01:30:42	01:30:11
944	738	Catia Mendes	Individual	23	F45	01:30:44	01:30:08
945	678	Luís Marques	Individual	113	M50	01:30:46	01:30:19
946	1311	Sara Conde	Hero Box	24	F45	01:30:48	01:30:08
947	1493	Artur Alves	Anicura Atlântico	114	M50	01:30:48	01:29:43
948	483	José Dantas	Clube Desportivo De Mafra	60	M60	01:30:49	01:30:13
949	989	Elsa Sabido	Fam 2 Run	16	F50	01:30:51	01:30:23
950	1585	Cristina Rainha	Gdct-Incm	6	F55	01:30:59	01:30:29
951	1422	André Riscado	União Recreativa Da Charneca	141	M45	01:31:03	01:29:43
952	1200	João Cardoso	Jambanas Aldraboos	221	M SEN	01:31:04	01:29:46
953	1430	Luís Pereira	Individual	110	M40	01:31:05	01:30:38
954	1229	Vítor Caetano	Individual	222	M SEN	01:31:13	01:29:21
955	408	Rui Vaz	Individual	115	M50	01:31:19	01:30:42
956	858	Hugo Santos	Individual	142	M45	01:31:30	01:30:55
957	1281	Andre Sardinha	Correr A 7 Pés Com Tranquilidade	143	M45	01:31:30	01:30:28
958	1278	Paulo Alves	Correr A 7 Pés Com Tranquilidade	144	M45	01:31:30	01:30:27
959	716	Catarina Rodrigo	Engimind	16	F35	01:31:31	01:30:42



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Resultados

Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip	
960	717	Pedro Reis		Engimind	116	M50	01:31:32	01:30:43
961	859	Francisco Santos		Individual	223	M SEN	01:31:32	01:30:57
962	534	Rute Dias		Individual	17	F50	01:31:33	01:31:18
963	281	Moises Rodrigues		Individual	61	M60	01:31:37	01:31:22
964	668	Luis Cadaxa	Valejas A C - O Muchacho	145	M45	01:31:41	01:30:55	
965	282	Catarina Nicolau		Individual	45	F SEN	01:31:41	01:30:28
966	785	Rita Correia		Individual	36	F40	01:31:41	01:30:46
967	958	Carlos Quintino		Hero Box	62	M60	01:31:44	01:31:08
968	330	João Afonso		Individual	117	M50	01:31:46	01:30:35
969	1137	Miguel Sousa	Amigos Do Atletismo De Mafra	63	M60	01:31:46	01:31:09	
970	334	Carolina Vitorino	Clube Atletismo Amigos De Belém	46	F SEN	01:31:57	01:30:39	
971	1531	Adriana Ribeiro		Individual	47	F SEN	01:31:59	01:31:10
972	852	Inês Simões	Amigos Do Atletismo De Mafra	17	F35	01:32:09	01:31:50	
973	1156	Fabio Conde		Individual	111	M40	01:32:09	01:31:06
974	848	Carlos Fonseca	Amigos Do Atletismo De Mafra	112	M40	01:32:10	01:31:52	
975	769	Teresa Abreu	Corridas E Companhia	146	M45	01:32:11	01:30:48	
976	450	Paulo Gonçalves	Clube Novobanco	67	M55	01:32:12	01:31:16	
977	459	Jorge Maximo	Clube Novobanco	118	M50	01:32:13	01:31:34	
978	448	Cidália Borges	Clube Novobanco	18	F50	01:32:15	01:31:50	
979	169	Paulo Silva		Individual	119	M50	01:32:17	01:30:59
980	241	Sara Casaleiro		Individual	18	F35	01:32:17	01:31:06
981	1235	Joaquim Ferreira		Individual	64	M60	01:32:18	01:31:38
982	1115	Maria Borlinhas		Individual	19	F50	01:32:18	01:31:38
983	890	Tiago Soares		Individual	224	M SEN	01:32:21	01:31:27
984	1542	Mário Fernandes		Individual	147	M45	01:32:21	01:31:24
985	1373	Gilberto Silva		Individual	65	M60	01:32:26	01:31:01
986	651	Pedro Manso	Tálenos Team	148	M45	01:32:28	01:31:46	
987	1182	Fernando Oliveira	Gdct-Incm	68	M55	01:32:30	01:31:11	
988	814	Manuel Baptista	Ss Cgd	66	M60	01:32:31	01:31:57	
989	209	Carlos Salgueiro		Individual	69	M55	01:32:33	01:32:14
990	265	Susana Silva		Individual	25	F45	01:32:36	01:31:35
991	1565	Hoël Royer		Individual	225	M SEN	01:32:37	01:31:18
992	1019	Sonia Dias	Runners By Medicare	19	F35	01:32:39	01:31:23	
993	1124	Sergiy Chernichenko	Real Mafra	67	M60	01:32:41	01:31:26	
994	200	Susana Ferreira		Individual	20	F35	01:32:42	01:31:50
995	511	Catilina Moreira		Individual	21	F35	01:32:43	01:31:51
996	1079	Madalena Pina	Clube Tap Portugal	7	F55	01:32:47	01:32:23	
997	324	Mónica Ribeiro	Já Te Venho Buscar	37	F40	01:32:51	01:31:29	
998	278	Ana Fonseca	Adr "O Relâmpago"	48	F SEN	01:32:52	01:31:56	
999	1363	Vitor Aguiar	Run 4 Fun	68	M60	01:32:54	01:32:26	
1000	498	Bernardete Silva		Individual	8	F55	01:33:00	01:32:03
1001	94	Alexandre Dâmaso	Ccd Crédito Agrícola	70	M55	01:33:01	01:31:45	
1002	537	Ana Silva	Ccd Crédito Agrícola	26	F45	01:33:02	01:31:45	
1003	386	Paula Costa	Amigos Do Atletismo De Mafra	20	F50	01:33:02	01:31:56	
1004	1067	Antonio Oliveira	Lá Vão De Almeirim	69	M60	01:33:03	01:32:43	
1005	1013	Maria Moita		Individual	49	F SEN	01:33:04	01:31:44
1006	811	Alexandra Santos		Individual	50	F SEN	01:33:06	01:31:55
1007	760	Francisco Paulo		Individual	226	M SEN	01:33:07	01:31:56
1008	761	Cesário Paulo		Individual	227	M SEN	01:33:09	01:31:57
1009	447	Ana Ferreira	Clube Novobanco	9	F55	01:33:10	01:32:20	
1010	564	Gabriel Cachinho		Individual	228	M SEN	01:33:13	01:32:04
1011	808	Madalena Garcia	Garcia Runners	51	F SEN	01:33:13	01:32:39	
1012	41	Jorge Paulino	Clube Desportivo De Mafra	70	M60	01:33:14	01:33:07	
1013	609	Alexandre Chambel	Preguiças Velozes E Cia.	113	M40	01:33:18	01:31:51	
1014	610	João Rodrigues	Preguiças Velozes E Cia.	114	M40	01:33:18	01:31:51	
1015	158	Pedro Lopes	Stravistas Venda Do Pinheiro	149	M45	01:33:20	01:33:10	
1016	125	Beatriz Sousa		Individual	52	F SEN	01:33:25	01:32:30
1016	1359	Annie Subiza	Clube Desportivo Venda Do Pinheiro	53	F SEN	01:33:25	01:32:32	
1017	526	Silvia Bettencourt		Individual	38	F40	01:33:26	01:32:42
1018	387	Cristiana Marquês		Individual	54	F SEN	01:33:26	01:32:10



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip	
1019	965	Mário Duarte		Individual	100	M35	01:33:31	01:32:37
1020	1412	Carla Figueroa		Individual	55	F SEN	01:33:38	01:32:27
1021	631	Marina Rosario	Dolce Furadouro	21	F50	01:33:39	01:33:09	
1022	294	Joana Girbal		Individual	39	F40	01:33:41	01:32:53
1023	293	Paulo Lopes		Individual	115	M40	01:33:41	01:32:53
1024	1184	Rita Diaz		Individual	22	F50	01:33:42	01:33:04
1025	1319	Carolina Correia		Individual	56	F SEN	01:33:43	01:32:49
1026	1301	João Pestana		Bota Calor	229	M SEN	01:33:46	01:32:31
1027	1421	Ana Saraiva	União Recreativa Da Charneca	27	F45	01:33:47	01:32:27	
1028	344	Camila Anjos	Valejas A C - O Muchacho	57	F SEN	01:33:47	01:33:03	
1029	1108	João Crespo		Individual	150	M45	01:33:48	01:32:41
1030	675	Paulo Gamboa	Ca Patameiras	120	M50	01:33:48	01:33:11	
1031	358	Solano Santos		Individual	230	M SEN	01:33:49	01:32:50
1032	1225	David Sousa		Bota Calor	231	M SEN	01:33:50	01:32:35
1033	776	Luis Lourenço	Serviços Sociais Montepio	151	M45	01:33:52	01:33:17	
1034	781	Teresa Quaresma	Serviços Sociais Montepio	23	F50	01:33:52	01:33:15	
1035	648	António Batista	Valejas A C - O Muchacho	71	M60	01:33:54	01:33:10	
1036	1145	Isabel Mota	Ccd Tranquilidade	24	F50	01:33:58	01:32:52	
1037	124	Ana Cardoso		Individual	58	F SEN	01:34:01	01:32:53
1038	1507	Cristina Santos	Alverca Urban Runners	28	F45	01:34:01	01:33:14	
1039	102	João Cardoso		Individual	232	M SEN	01:34:02	01:33:36
1040	1506	José Leitão	Alverca Urban Runners	121	M50	01:34:05	01:33:15	
1041	923	Carlos Sousa	Os Perigosos	72	M60	01:34:07	01:33:35	
1042	164	Marta Vieira		Individual	29	F45	01:34:13	01:32:56
1043	51	Orlando Dias		Individual	71	M55	01:34:17	01:33:06
1044	501	Maria Palma		Individual	4	F60	01:34:20	01:33:55
1045	1471	Vitor Gonçalves		Individual	72	M55	01:34:23	01:33:17
1046	517	Marco Cachinho	Clube Edp - Lisboa	152	M45	01:34:25	01:33:03	
1047	1267	Paulo Cardoso	Jambanas Aldraboos	73	M55	01:34:26	01:33:05	
1048	1270	Daniel Miranda	A Favor Do Vento	233	M SEN	01:34:30	01:33:56	
1049	1554	Domingos Santos		Individual	234	M SEN	01:34:30	01:33:30
1050	1272	Diogo Dias	A Favor Do Vento	235	M SEN	01:34:34	01:33:56	
1051	1271	Rafael Ribeiro	A Favor Do Vento	236	M SEN	01:34:34	01:33:59	
1052	1109	Liliana Crespo		Individual	40	F40	01:34:40	01:33:33
1053	1380	Joana Armés	Câmara Municipal De Mafra	59	F SEN	01:34:41	01:33:33	
1054	679	Rui Gaspar	Cdcr Dos Ctt	122	M50	01:34:43	01:33:27	
1055	70	Daniel Bertola		Individual	116	M40	01:34:44	01:33:56
1056	1481	Liliana Canarias		Individual	41	F40	01:34:46	01:34:17
1057	753	Margarida Pereira		Individual	60	F SEN	01:34:51	01:34:19
1058	1095	Francisca Venâncio		Individual	61	F SEN	01:34:56	01:33:44
1059	1098	Maxim Pringalle		Individual	237	M SEN	01:34:57	01:33:42
1060	723	Joana Teixeira	Magnésimus	62	F SEN	01:35:03	01:34:45	
1061	709	Beatriz Silva		Individual	63	F SEN	01:35:04	01:34:13
1062	1477	Luis Batalha		Individual	74	M55	01:35:05	01:34:37
1063	1476	Margarida Batalha		Individual	64	F SEN	01:35:05	01:34:37
1064	816	Nuno Alves		Individual	238	M SEN	01:35:20	01:34:17
1065	1550	Tania Lopes	Câmara Municipal De Mafra	65	F SEN	01:35:24	01:34:45	
1066	1427	Jorge Goncalves	Câmara Municipal De Mafra	239	M SEN	01:35:24	01:34:46	
1067	1046	Rozelis Sottomaior		Individual	30	F45	01:35:29	01:34:04
1068	163	Odete Francisco		Individual	25	F50	01:35:29	01:34:18
1069	1286	Tiago Silva		Individual	240	M SEN	01:35:30	01:34:05
1070	920	Jose Pereira	Os Perigosos	73	M60	01:35:30	01:35:01	
1071	1052	Mariana Duarte		Individual	66	F SEN	01:35:30	01:34:09
1072	1038	Lília Leongomez		Individual	31	F45	01:35:30	01:34:06
1073	549	Cátia Cruz		Individual	101	M35	01:35:31	01:34:33
1074	577	Ana Sousa	Hybrea	42	F40	01:35:32	01:34:33	
1075	713	Susana Rodrigues	Amigos Do Atletismo De Mafra	43	F40	01:35:37	01:34:40	
1076	286	Rui Ferreira		Individual	102	M35	01:35:38	01:35:04
1077	287	Diana Ramos		Individual	22	F35	01:35:41	01:35:07
1078	1400	Gisela Silva		Individual	67	F SEN	01:35:42	01:34:17



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1079	1449	Nádia Marcos		Individual	68 F SEN	01:35:44	01:34:18
1080	275	Eliana Salomé		Individual	23 F35	01:35:44	01:34:43
1081	1130	Rute Oliveira		Individual	32 F45	01:35:47	01:35:21
1082	996	Nazaret Nascimento		Individual	44 F40	01:35:52	01:34:57
1083	944	António Camilo		Individual	123 M50	01:35:53	01:34:59
1084	825	Francisco Costa	Amigos Do Atletismo De Mafra	103 M35		01:35:53	01:35:27
1085	824	Vanessa Oliveira	Amigos Do Atletismo De Mafra	24 F35		01:35:57	01:35:25
1086	443	Hugo Ribeiro	Clube Novobanco	153 M45		01:35:58	01:35:03
1087	703	Ricardo Melo	Fit Fun Team	154 M45		01:36:02	01:35:14
1088	92	Tiago Cerqueira		Individual	241 M SEN	01:36:06	01:34:56
1089	868	Moises Pires		Individual	75 M55	01:36:09	01:35:34
1090	403	Carlos Fernandes	Tálenos Team	124 M50		01:36:20	
1091	1325	Sónia Teixeira	Gdc Banco De Portugal	33 F45		01:36:21	01:35:11
1092	815	Marta Andrade		Individual	69 F SEN	01:36:21	01:35:47
1093	121	Carla Brás		Individual	34 F45	01:36:25	01:35:21
1094	571	Leonel Brandão	Clube Millennium Bcp	76 M55		01:36:25	01:35:54
1095	401	Jorge Tavares		Individual	77 M55	01:36:28	01:35:30
1096	470	Maria Veloso		Individual	5 F60	01:36:29	01:36:07
1097	192	Clorinda Mona		Individual	25 F35	01:36:30	01:35:16
1098	153	José Neto		Individual	125 M50	01:36:36	01:35:34
1099	1552	Tiago Oliveira		Individual	117 M40	01:36:39	01:36:37
1100	254	João Santos		Individual	155 M45	01:36:43	01:36:30
1101	297	Rita Santos		Individual	70 F SEN	01:36:44	01:35:29
1102	238	Célia Azenha		Individual	6 F60	01:36:46	01:36:13
1103	777	Luis Reis	Serviços Sociais Montepio	74 M60		01:36:50	01:36:07
1104	1232	Luis Esteves	Jambanas Aldraboos	242 M SEN		01:36:53	01:35:47
1105	1178	Gonçalo Beirão		Individual	243 M SEN	01:36:56	01:36:01
1106	597	Hugo Nunes	Já Te Venho Buscar	118 M40		01:36:57	01:35:33
1107	1533	João Almeida		Individual	78 M55	01:36:58	01:35:51
1108	1033	Sara Pereira		Individual	71 F SEN	01:36:59	01:36:04
1109	168	Filipe Moraes	Lx Run - Juntos Somos Fortes	156 M45		01:37:00	01:35:38
1110	711	Andre Xavier		Individual	244 M SEN	01:37:03	01:36:12
1111	636	Vânia Faria	Valejas A C - O Muchacho	26 F35		01:37:06	01:36:20
1112	50	Dina Anjos	Ginásio Clube Bragança	35 F45		01:37:06	01:36:36
1113	1558	Ana Santos		Individual	45 F40	01:37:07	01:36:37
1114	96	Susana Abrantes	Clube Desportivo Venda Do Pinheiro	26 F50		01:37:08	01:35:45
1115	79	Joana Rodrigues	Adr "O Relâmpago"	46 F40		01:37:12	01:36:03
1116	645	Nuno Andrade		Individual	126 M50	01:37:16	01:36:11
1117	646	Tomás Andrade		Individual	245 M SEN	01:37:17	01:36:14
1118	480	Aires Ildefonso		Individual	75 M60	01:37:19	01:35:35
1119	851	Tânia Arruda		Individual	47 F40	01:37:28	01:37:00
1120	364	Vitor Santos	Amigos Do Atletismo De Mafra	127 M50		01:37:28	01:36:43
1121	261	Manuel Francisco		Individual	76 M60	01:37:28	01:36:47
1122	1358	Filipa Ferrugento		Individual	27 F50	01:37:30	01:36:11
1123	1180	Rui Patrício	Gdct-Incm	128 M50		01:37:46	01:37:15
1124	846	Bruno Rodrigues		Individual	157 M45	01:37:47	01:36:33
1125	146	Nuno Moreira	Alverca Urban Runners	119 M40		01:37:55	01:36:41
1126	590	António Godinho	S. C. Casainhos	129 M50		01:37:55	01:36:50
1127	1461	Catarina Fernandes	Alverca Urban Runners	48 F40		01:37:56	01:36:42
1128	142	Raquel Batalha	Hero Box	72 F SEN		01:37:56	01:37:12
1129	1304	Mariana Roseira		Individual	73 F SEN	01:37:57	01:37:17
1130	1331	Carla Carvalho	Alverca Urban Runners	36 F45		01:37:58	01:36:40
1131	452	Francisco Campos	Clube Novobanco	130 M50		01:38:10	01:37:10
1132	488	Nuno Marques		Individual	120 M40	01:38:18	01:37:45
1133	1205	Renato Teixeira	Jambanas Aldraboos	246 M SEN		01:38:23	01:37:06
1134	911	Nuno Francisco		Individual	158 M45	01:38:30	01:37:38
1135	912	Filipa Francisco		Individual	37 F45	01:38:32	01:37:42
1136	908	Beatriz Mano		Individual	74 F SEN	01:38:34	01:37:28
1137	616	Graça Matias		Individual	10 F55	01:38:38	01:38:08
1138	1093	Giovanna Paino		Individual	75 F SEN	01:38:58	01:37:33



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1139	362	João Barros	Amigos Do Atletismo De Maфра	121	M40	01:39:00	01:38:08
1140	432	Sonia Araújo	Os Mamedes	38	F45	01:39:03	01:37:44
1141	891	Catía Cruz	Individual	27	F35	01:39:13	01:38:32
1142	656	Rita Silva	Individual	28	F35	01:39:26	01:38:05
1143	659	Nuno Silva	Shar	122	M40	01:39:26	01:38:04
1144	1113	Inês Esteves	Individual	76	F SEN	01:39:28	01:38:24
1145	123	Inês Lopes	Individual	77	F SEN	01:39:29	01:38:36
1146	109	Sonia Candido	Individual	39	F45	01:39:32	01:38:14
1147	76	Luís Proença	Individual	79	M55	01:39:33	01:39:04
1148	1578	Sónia Teodoro	Ind16	29	F35	01:39:33	01:38:52
1149	1293	Rodrigo Miguel	Individual	247	M SEN	01:39:34	01:38:44
1150	567	Luis Narciso	Friends	104	M35	01:39:35	01:38:23
1150	1459	Adriana Palmeiro	Individual	78	F SEN	01:39:36	01:38:29
1151	1245	Paula Rebelo	Os Fixes	28	F50	01:39:36	01:38:42
1152	1356	Américo Carvalho	Individual	131	M50	01:39:40	01:38:53
1153	950	Gonçalo Rocha	Individual	248	M SEN	01:39:41	01:38:48
1154	1247	Bárbara Ferreira	Individual	79	F SEN	01:39:42	01:38:33
1155	1181	Mauro Lança	Gdct-Incm	159	M45	01:40:00	01:38:50
1156	853	Rui Barradas	Individual	132	M50	01:40:02	01:39:21
1157	1105	Guilherme Feiteira	Individual	249	M SEN	01:40:03	01:39:06
1158	655	Luciano Silva	Shar	77	M60	01:40:07	01:38:47
1159	54	Martin Moreno	Individual	133	M50	01:40:22	01:39:13
1160	906	Vera Tolêdo	Casa Do Benfica Em Algueirão Mem Martins	40	F45	01:40:27	01:40:07
1161	1551	Madalena Viçoso	Câmara Municipal De Maфра	80	F SEN	01:40:29	01:39:05
1162	644	Fatima Dias	Individual	29	F50	01:40:33	01:39:25
1163	1423	Joaquim Fernandes	Individual	134	M50	01:40:47	01:40:13
1164	728	Sara Pantalhão	Amigos Do Atletismo De Maфра	81	F SEN	01:40:51	01:39:48
1165	1194	Rita Simões	Individual	49	F40	01:41:02	01:40:02
1166	1502	Célia Sousa	Gdct-Incm	30	F50	01:41:02	01:40:02
1167	1191	Joao Miranda	Individual	160	M45	01:41:03	01:40:03
1168	1335	Marta Arsénio	Ca Vale Figueira	50	F40	01:41:06	01:39:48
1169	751	Manuel Crispim	Udca	78	M60	01:41:14	01:40:34
1170	1574	Joao Brito	Individual	135	M50	01:41:21	01:40:10
1171	425	João Lázaro	Os Flechas	123	M40	01:41:21	01:40:12
1172	426	Nuno Dias	Os Flechas	124	M40	01:41:21	01:40:16
1173	110	Solange Pinto	Individual	41	F45	01:41:25	01:40:41
1174	239	Bernardo Rodrigues	Individual	250	M SEN	01:41:37	01:40:16
1175	1259	Clara Guapo	Águeda Racing Power Team	82	F SEN	01:41:37	01:40:44
1176	1535	Gilson Jesus	Individual	105	M35	01:41:46	
1177	608	Celso Pereira	Tesoureira Team	161	M45	01:41:47	01:41:02
1178	611	António Pereira	Tesoureira Team	136	M50	01:41:47	01:40:57
1179	587	Maria Folques	Clube Millennium Bcp	11	F55	01:41:47	01:41:27
1180	921	Gonçalo Andrade	No Salt	251	M SEN	01:41:51	01:40:34
1181	1136	Pedro Jacinto	Bilstein Group	252	M SEN	01:41:52	01:41:00
1182	1096	José Grilo	Individual	253	M SEN	01:41:54	01:41:11
1183	1386	Mariana Armés	Câmara Municipal De Maфра	83	F SEN	01:41:57	01:40:48
1184	1289	Lurdes Silva	Os Tugas	12	F55	01:42:07	01:41:57
1185	1292	Mara Quintas	Individual	84	F SEN	01:42:11	01:41:17
1186	1291	Tomás Costa	Individual	254	M SEN	01:42:13	01:41:19
1187	649	Armando Tavares	Valejas A C - O Muchacho	79	M60	01:42:14	01:41:28
1188	455	Sérgio Centeno	Clube Novobanco	162	M45	01:42:15	01:41:31
1189	1577	Joana Falcão	Individual	85	F SEN	01:42:17	01:41:46
1190	257	Manuel Mota	Individual	137	M50	01:42:19	01:42:00
1191	1348	Iris Mauricio	Ca Patameiras	42	F45	01:42:22	01:41:17
1192	734	Vasco Braz	Amigos Do Atletismo De Maфра	163	M45	01:42:24	01:41:24
1193	1407	David Mota	Individual	106	M35	01:42:26	01:41:33
1194	969	Marco Bernardo	Mrunners	255	M SEN	01:42:34	01:41:17
1195	970	Rodrigo Oliveira	Mrunners	107	M35	01:42:35	01:41:19
1196	204	Catarina Andrade	Clube4estilos	86	F SEN	01:42:36	01:41:52
1197	1491	Rodrigo Ladeira	Clube4estilos	256	M SEN	01:42:36	01:41:49



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1198	489	Rita Lopes	Valejas A C - O Muchacho	87	F SEN	01:42:37	01:41:50
1199	1337	Luisa Madeira	Linda-A-Pastora Sporting Clube	43	F45	01:42:43	01:42:18
1200	1171	Rui Alves	Individual	138	M50	01:42:46	01:41:38
1201	1172	Elisa Alves	Individual	44	F45	01:42:49	01:41:41
1202	1326	Ana Brito	Gdc Banco De Portugal	51	F40	01:43:02	01:41:53
1203	618	Edma Araujo	Individual	31	F50	01:43:20	01:42:00
1204	1541	Gabriel Simões	No Salt	257	M SEN	01:43:27	01:42:11
1205	1343	Rui Veiga	Individual	80	M55	01:43:35	01:43:00
1206	947	Manuel Santos	Individual	258	M SEN	01:43:53	01:42:20
1207	295	Henrique Magalhães	Individual	259	M SEN	01:44:11	01:43:07
1208	16	Bianca Acúrcio	Câmara Municipal De Mafra	88	F SEN	01:44:21	01:42:57
1209	1195	Elsa Lourenço	Individual	45	F45	01:44:28	01:43:32
1210	650	Virgilio Rodrigues	Valejas A C - O Muchacho	80	M60	01:44:30	01:43:45
1211	479	Tatiana Oliveira	Câmara Municipal De Mafra	89	F SEN	01:44:34	01:43:11
1212	521	Rute Ferreira	Amigos Do Atletismo De Mafra	46	F45	01:44:37	01:43:40
1213	1134	Miguel Sc	Bilstein Group	125	M40	01:44:38	01:43:45
1214	869	Paulo Franco	Individual	108	M35	01:44:44	01:44:02
1215	882	Ana Gomes	Individual	30	F35	01:44:45	01:44:01
1216	527	Maria Valdez	Individual	90	F SEN	01:44:45	01:43:30
1217	943	Catarina Altas	A Team Ageas	32	F50	01:44:56	01:44:27
1218	1082	Joana Santos	Eat Run And Repeat	31	F35	01:44:59	01:44:04
1219	835	Carolina Maia	Individual	91	F SEN	01:45:02	01:44:19
1220	1452	Mário Maia	Individual	139	M50	01:45:04	01:44:19
1221	1464	Gilberto Crisostomo	Individual	140	M50	01:45:13	01:44:06
1222	38	Robin Staffeld	Amigos Do Atletismo De Mafra	7	F60	01:45:20	01:44:19
1223	1365	Gonçalo Inácio	Associação Vale Grande	164	M45	01:45:23	01:44:48
1224	336	Ana Silva	Individual	92	F SEN	01:46:07	01:45:37
1225	1015	Maria Nunes	Tartarugas Da Maiorga/Corep Team	93	F SEN	01:46:15	01:45:14
1226	429	Dulce Duarte	Individual	13	F55	01:46:17	01:45:22
1227	1014	Artur Carolino	Tartarugas Da Maiorga/Corep Team	165	M45	01:46:18	01:45:21
1228	1475	Ana Parracho	Ccd Siemens	14	F55	01:46:26	01:45:27
1229	423	Alexandre Rodrigues	Individual	260	M SEN	01:46:29	01:45:17
1230	424	Cristina Santos	Individual	94	F SEN	01:46:30	01:45:17
1231	106	Mario Pires	Individual	81	M60	01:46:37	
1232	1479	Maria Pontes	Individual	33	F50	01:46:39	01:46:08
1233	328	Conceição Baptista	Individual	47	F45	01:46:42	01:45:28
1234	1266	Rui Oliveira	Individual	261	M SEN	01:46:50	01:45:44
1235	691	Laura Barroso	Grupo Desportivo Santander Totta	95	F SEN	01:46:55	01:45:31
1236	690	Lucio Bicho	Grupo Desportivo Santander Totta	81	M55	01:46:55	01:45:32
1237	1361	António Guerreiro	Amigos Do Atletismo De Mafra	82	M60	01:46:59	01:46:30
1238	1387	Thaíza Quintana	Câmara Municipal De Mafra	96	F SEN	01:47:07	01:46:13
1239	441	Sergio Naito	Clube Novobanco	126	M40	01:47:07	01:46:19
1240	841	Ana Martins	Individual	48	F45	01:47:18	01:46:51
1241	232	Vítor Simões	Os Falsos Rápidos	127	M40	01:47:23	01:46:20
1242	276	Sérgio Xarepe	Os Falsos Rápidos	141	M50	01:47:23	01:46:21
1243	1524	Alfredo Carvalho	Os Falsos Rápidos	262	M SEN	01:47:25	01:46:22
1244	213	Jorge Silva	Os Falsos Rápidos	142	M50	01:47:26	01:46:25
1245	214	André Correia	Os Falsos Rápidos	263	M SEN	01:47:26	01:46:24
1246	243	Miguel Simões	Os Falsos Rápidos	143	M50	01:47:26	01:46:21
1247	216	Vítor Costa	Os Falsos Rápidos	144	M50	01:47:27	01:46:20
1248	212	Pedro Henriques	Individual	128	M40	01:47:34	01:46:08
1249	819	Fernando Silva	Individual	264	M SEN	01:47:40	01:46:46
1250	818	Amanda Silva	Individual	97	F SEN	01:47:41	01:46:41
1251	1034	Sandra Nunes	Individual	98	F SEN	01:47:55	01:46:49
1252	1035	Pedro Dias	Individual	129	M40	01:47:56	01:46:45
1253	405	Pedro Sousa	Individual	130	M40	01:48:03	01:46:33
1254	277	Francisco Sarrasqueiro	Individual	83	M60	01:48:23	01:48:09
1255	878	Mário Príncipe	Individual	145	M50	01:48:27	01:47:54
1256	1026	Laura Dias	No Salt	99	F SEN	01:48:28	01:47:17
1257	183	Renato Guilherme	Clube Desportivo De Mafra	166	M45	01:48:46	



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Pos	Dorsal	Nome	Equipa	Pesc	Escalão	Tempo	Tempo Chip
1258	486	Cláudio Silva	Clube Desportivo De Maфра	131	M40	01:48:46	
1259	476	Sofia Raminhos	Clube Desportivo De Maфра	167	M45	01:48:46	01:48:15
1260	182	Jorge Leitão	Clube Desportivo De Maфра	109	M35	01:48:46	
1261	412	Diamantino Albuquerque	Clube Desportivo De Maфра	168	M45	01:48:48	01:48:14
1262	471	Patrícia Maurício	Clube Desportivo De Maфра	265	M SEN	01:48:48	01:48:13
1263	829	Tânia Catarina	Cmc Odivelas	49	F45	01:49:27	01:48:22
1264	354	Inês Araújo	Individual	8	F60	01:49:54	01:48:55
1265	1287	Paulo Oliveira	Caracois Runners	82	M55	01:50:11	01:48:51
1266	1297	Daniel Oliveira	Caracois Runners	146	M50	01:50:11	01:48:45
1267	283	Nuno Leal	Individual	169	M45	01:50:41	01:49:26
1268	82	Lurdes Morgado	Individual	50	F45	01:50:46	01:49:28
1269	1582	Telma Gomes	Individual	52	F40	01:51:15	
1270	1581	Veronica Ramos	Individual	100	F SEN	01:51:16	01:50:18
1271	1513	António Gavado	Valejas A C - O Muchacho	84	M60	01:51:47	01:50:32
1272	1496	Mónica Miranda	Individual	101	F SEN	01:52:22	01:50:59
1273	1382	Eduardo Simoes	Câmara Municipal De Maфра	266	M SEN	01:52:24	
1274	978	Sara Pires	Individual	102	F SEN	01:52:24	01:51:00
1275	395	Pedro Silva	Individual	267	M SEN	01:52:26	01:50:56
1276	686	Paulo Coelho	Grupo Desportivo Santander Totta	85	M60	01:52:33	01:51:54
1277	468	Cristóvão Albuquerque	Individual	83	M55	01:53:04	01:51:56
1278	830	André Coelho	Os Galgos	147	M50	01:53:21	01:52:33
1279	536	Ana Alberto	Ccd Crédito Agrícola	103	F SEN	01:53:52	01:52:35
1280	1420	Ana Santos	União Recreativa Da Charneca	34	F50	01:54:00	01:52:41
1281	1419	Luisa Barbas	União Recreativa Da Charneca	51	F45	01:54:03	01:52:40
1282	321	Paulo Veríssimo	Individual	84	M55	01:54:26	01:53:16
1283	730	Cristina Ferreira	Individual	9	F60	01:54:30	01:53:33
1284	757	Susana Brito	Individual	32	F35	01:54:50	01:53:39
1285	1276	Diogo Raposo	Correr A 7 Pés Com Tranquilidade	170	M45	01:55:00	01:54:50
1286	1060	Samuel Joaquim	Individual	86	M60	01:55:44	01:54:53
1287	1212	Alexandre Silva	Mrunner'S	171	M45	01:55:54	01:54:34
1288	1190	Yanina Trento	Individual	33	F35	01:56:08	01:54:44
1289	1546	Marina Ramos	Associação Corrida Noturna Do Parque Das Nações	52	F45	01:56:10	01:55:16
1290	535	Hugo Noronha	Individual	172	M45	01:56:15	01:54:57
1291	1213	Carla Cunha	Mrunner'S	35	F50	01:56:20	01:54:58
1292	1216	Rute Lopes	Mrunner'S	53	F45	01:56:21	01:54:59
1293	797	Ana Mendes	Clube Millennium Bcp	34	F35	01:56:45	01:55:48
1294	588	Nuno Mendes	Clube Millennium Bcp	132	M40	01:56:47	01:55:49
1295	416	Constança Pereira	Individual	104	F SEN	01:56:54	01:56:13
1296	211	Marta Silva	Individual	53	F40	01:56:56	01:55:24
1297	1141	Rui Vieira	Individual	85	M55	01:57:19	01:56:10
1298	115	Bruno Rosa	Grupo Recreativo Gonçalveshense	133	M40	01:57:20	01:56:10
1299	699	Paolo Menescardi	Individual	134	M40	01:57:21	01:56:13
1300	442	Ricardo Deodato	Clube Novobanco	135	M40	01:57:58	01:57:08
1301	456	Ricardo Freire	Clube Novobanco	136	M40	01:58:02	01:57:13
1302	887	Sandra Paulo	Individual	36	F50	01:58:21	01:57:25
1303	545	Pedro Sérgio	Ccd Crédito Agrícola	86	M55	01:59:40	01:58:37
1304	396	Rosa Reis	Individual	10	F60	01:59:46	01:58:48
1305	1500	Marcelo Martins	Individual	173	M45	01:59:51	01:58:36
1306	244	Sara Sousa	Individual	54	F45	02:00:16	01:59:30
1307	1537	Sara Nunes	Not Fast, Just Furious	35	F35	02:01:15	02:00:14
1308	1155	Ana Conde	Individual	36	F35	02:01:32	02:00:25
1309	1080	Isaura Santos	Individual	37	F50	02:02:07	02:01:04
1310	1446	Ana Ferreira	Individual	15	F55	02:05:01	02:04:29
1311	1425	João Ferreira	Individual	87	M60	02:05:05	02:04:34
1312	980	Gonçalo Alves	Individual	174	M45	02:07:34	02:06:44
1313	93	Liliana Almeida	Individual	37	F35	02:07:39	02:07:14
1314	863	Miguel Figueiredo	Individual	148	M50	02:14:23	02:13:41
1315	718	Catia Vicente	Individual	38	F35	02:19:01	02:18:05