



Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	414	JOSÉ GASPAR	M	39		00:47:30.14	00:47:30.14	CA ODIMARQ
2	1	CARLOS SILVA	M	32		00:49:14.38	00:49:14.38	GDR REBOLEIRA
3	2	ARTUR SANTIAGO	M	45		00:50:40.66	00:50:40.66	NUCLEO OEIRAS
4	1009	VITOR OLIVEIRA	M	27		00:52:54.49	00:52:50.38	ASSOC VALE GRANDE
5	666	LEONARDO COELHO	M	21		00:53:29.50	00:53:21.41	RUNLOVERS
6	1199	ARMANDO MONTEIRO	M	43		00:54:01.46	00:53:57.02	CORRER LISBOA
7	653	ROGER GIL BERTRAN	M	39		00:54:36.30	00:54:31.40	NO
8	741	SÉRGIO PAIVA	M	46		00:54:40.57	00:54:40.57	NUCLEOEIRAS
9	740	VITOR LIMA	M	49		00:54:46.96	00:54:40.87	NUCLEOEIRAS
10	1115	ALEXANDRE MONTEIRO	M	51		00:54:54.30	00:54:50.03	UA POVOENSE
11	1275	BRUNO CARVALHO	M	37		00:55:16.83	00:55:16.83	UNIAO POVOENSE
12	11	SUSANA CUNHA	F	29		00:55:31.07	00:55:27.40	LINDA-A-PASTORA SC
13	188	JOSÉ FÉLIX	M	49		00:55:32.01	00:55:27.91	LINDA-A-PASTORA SC
14	739	TIAGO VERMELHO	M	31		00:55:40.31	00:55:33.09	NUCLEOEIRAS
15	573	PAULO RAMOS	M	54		00:55:53.29	00:55:48.76	STAL
16	419	CARLOS GOMES	M	54		00:55:53.36	00:55:46.39	CP EDP LISBOA
17	82	VITOR T MARQUES	M	40		00:55:57.33	00:55:53.52	CORRER LISBOA
18	432	ANTÓNIO MURTEIRA	M	49		00:56:08.68	00:56:02.72	CARRASCO&AMIGOS
19	1180	MARCO QUEDAS	M	33		00:56:15.60	00:56:15.60	ACR MEALHADA
20	607	EDUARDO QUARESMA	M	38		00:56:24.53	00:56:16.62	VALEJAS AC
21	347	LUÍS BAÇO	M	41		00:56:26.57	00:56:21.58	
22	644	RICARDO CABO	M	27		00:56:27.49	00:56:22.98	
23	190	JOÃO CALDEIRA	M	55		00:56:28.05	00:56:17.63	LINDA-A-PASTORA SC
24	29	PEDRO G CARDOSO	M	35		00:56:28.57	00:56:22.83	CORRER LISBOA
25	264	GABRIEL SOUSA	M	22		00:56:29.10	00:56:18.42	LINDA-A-PASTORA SC
26	670	LUÍS BRITO	M	41		00:56:36.38	00:56:32.87	CA VALE FIGUEIRA
27	186	PEDRO MAGALHÃES	M	44		00:56:38.51	00:56:31.44	LINDA-A-PASTORA SC
28	1127	PAULO ARRENEGA	M	50		00:57:13.06	00:57:07.86	UA POVOENSE
29	779	PAULO COSTA	M	51		00:57:15.41	00:57:11.50	RB RUNNING
30	1228	ANTNIO SIMOES	M	46		00:57:21.35	00:57:21.35	CGD BANCO PT
31	90	JOÃO CANIÇO	M	36		00:57:31.51	00:57:27.49	3B-S
32	966	ÁLVARO CARDOSO	M	37		00:57:50.26	00:57:29.12	AR LUZ E VIDA GONDOMARENSE
33	958	TIAGO CASTELA	M	29		00:57:54.63	00:57:50.31	DCI-CCDRP MEALHADA



34	1172	NUNO F SILVA	M	41	00:57:56.17	00:57:52.46	CORRER LISBOA
35	918	SAMUEL GALVEIA	M	36	00:58:10.02	00:58:04.33	CADT PORTUCEL
36	128	JOSÉ E SANTOS	M	48	00:58:12.66	00:57:51.14	
37	780	JOSÉ LOPES	M	53	00:58:22.43	00:58:18.62	RB RUNNING
38	536	JOSÉ PAJINHA	M	56	00:58:23.76	00:58:19.94	CA ODIMARQ
39	861	FERNANDO CANDEIAS	M	45	00:58:29.48	00:58:17.01	SS CGD
40	46	VASCO TAVARES	M	40	00:58:32.03	00:58:27.50	CORRER LISBOA
41	1043	ANTÓNIO SANTOS	M	58	00:58:33.37	00:58:26.73	GD INE
42	593	JOSÉ GOUVEIA	M	48	00:58:34.73	00:58:30.79	STAL
43	1232	FERNANDO MARTINS	M	46	00:58:44.98	00:58:40.83	CGD BANCO PT
44	936	RUI HENRIQUES	M	37	00:58:48.29	00:58:43.62	SS MONTEPIO
45	401	MIGUEL CUNHA	M	35	00:58:57.81	00:58:51.84	CORRER LISBOA
46	136	DÁRIO LUZ	M	36	00:59:02.74	00:58:54.24	
47	1107	ARMANDO CORREIA	M	34	00:59:03.00	00:58:54.39	SC CASAÍNHOS
48	1116	AMBRÓSIO PEREIRA	M	43	00:59:10.41	00:59:06.06	UA POVOENSE
49	911	GUSTAVO GASOPO	M	24	00:59:11.00	00:59:06.53	AGD ACADEMIA DO KORPO
50	421	JOAQUIM E OLIVEIRA	M	51	00:59:13.29	00:58:58.79	CP EDP LISBOA
51	288	NELSON FONSECA	M	38	00:59:13.47	00:59:02.67	JOBRINDE MONTES SALOIOS
52	1015	JOSÉ PAIS	M	44	00:59:14.40	00:59:08.48	CORRER LISBOA
53	1100	NUNO GONÇALO	M	34	00:59:18.84	00:59:07.69	CC FISIOGASPAR
54	1231	PEDRO BARREIRAO	M	30	00:59:20.91	00:59:17.16	CGD BANCO PT
55	173	GUILLERMO HUNTER	M	34	00:59:22.24	00:59:11.78	
56	284	BRUNO CASTRO	M	34	00:59:23.72	00:59:08.33	CORRER SR GRANJA
57	283	RUI PACHECO	M	40	00:59:24.24	00:59:10.04	CORRER SR GRANJA
58	661	JAIME MAURICIO	M	42	00:59:24.61	00:59:17.17	RUNLOVERS
59	278	TIAGO CRUZ	M	30	00:59:28.43	00:59:01.83	CORRER SR GRANJA
60	1225	LUIS RIO	M	45	00:59:30.99	00:59:27.26	CGD BANCO PT
61	531	ISIDRO DUARTE	M	49	00:59:39.01	00:59:32.85	RB RUNNING
62	1246	VITOR MARQUES	M	37	00:59:39.98	00:59:30.31	
63	974	PEDRO SERRA	M	33	00:59:46.50	00:59:37.92	TARTARUGAS SOLIDÁRIAS
64	132	RAUL C COELHO	M	39	00:59:47.39	00:59:34.85	
65	209	LUIS MONTEIRO	M	45	00:59:48.34	00:59:42.17	CLUBE NOVO BANCO
66	616	PEDRO INÁCIO	M	34	00:59:48.34	00:59:37.83	VALEJAS AC
67	270	NUNO SOARES	M	35	00:59:51.71	00:59:46.52	CORRER LISBOA



68	694	JOSÉ MARCELINO	M	54	00:59:56.80	00:59:47.00	CD ESTRELA
69	629	JAIME LAMEGO	M	57	01:00:01.22	00:59:56.81	MULTIRUNNERS
70	87	NUNO ALMEIDA	M	37	01:00:10.85	01:00:04.57	
71	1001	JOSÉ M GOMES	M	56	01:00:16.51	01:00:11.26	
72	1135	DAVID KARIM	M	38	01:00:22.11	01:00:13.77	
73	1106	FÁBIO PEREIRA	M	25	01:00:26.59	01:00:18.19	SC CASAÍNHOS
74	1034	PAULO PINTO	M	44	01:00:27.60	00:59:59.67	CCDT AUT ALMADA
75	561	ANASTACIO VALADAS	M	63	01:00:30.82	01:00:25.40	GD SANTANDER TOTTA
76	552	JOAO JESUS	M	41	01:00:33.41	01:00:26.08	GD SANTANDER TOTTA
77	1133	JAIME MAYORDROMO	M	32	01:00:49.70	00:59:59.33	EMSA TEAM
78	22	PEDRO MARQUES	M	48	01:00:54.89	01:00:39.40	
79	1146	ANTÓNIO REBELO	M	45	01:00:55.09	01:00:31.62	
80	744	ANTÓNIO MADEIRA	M	56	01:01:00.95	01:00:57.18	C PRAÇAS ARMADA
81	313	MANUEL B COSTA	M	60	01:01:06.84	01:00:57.30	CCDT METRO LX
82	923	JOÃO P OLIVEIRA	M	41	01:01:07.72	01:00:56.30	METRO 2011
83	1218	DELFIN MACHADO	M	39	01:01:14.61	01:01:09.70	CORRER LISBOA
84	588	NELSON RODRIGUES	M	36	01:01:21.41	01:01:13.39	STAL
85	238	CONSTANTINO ARAÚJO	M	49	01:01:27.31	01:01:16.94	
86	1277	DUARTE COSTA	M	33	01:01:29.24	01:01:29.24	CORRER LISBOA
87	14	LUCILIA SOARES	F	55	01:01:31.05	01:01:27.32	CATAGAZ VULCANO
88	743	MARCO MENDES	M	41	01:01:31.40	01:01:28.09	C PRAÇAS ARMADA
89	1122	JOSÉ GOMES	M	43	01:01:32.22	01:01:13.14	UA POVOENSE
90	525	ANÍBAL COSTA	M	46	01:01:42.51	01:01:28.76	RB RUNNING
91	9	JOAO COVAS	M	62	01:01:43.00	01:01:43.00	
92	887	ANTÓNIO VILELA	M	47	01:01:46.40	01:01:39.13	AD REAL ACADEMIA
93	455	BRUNO GODINHO	M	36	01:02:01.29	01:01:45.81	
94	266	JOÃO S NUNES	M	53	01:02:04.10	01:02:00.86	
95	949	RUI OLIVEIRA	M	46	01:02:04.13	01:02:00.49	TRANQUILIDADE AÇOREANA CLUBE
96	926	GIL X ALVES	M	40	01:02:05.26	01:02:01.12	UNIDOS DA MANUTENÇÃO
97	117	FERNANDO VICENTE	M	51	01:02:06.04	01:01:58.91	
98	265	GERMANO SILVA	M	59	01:02:10.00	01:02:02.22	LINDA-A-PASTORA SC
99	1245	ORLANDO CARVALHO	M	45	01:02:11.60	01:02:03.39	LINDA A PASTORA SC
100	702	EDUARDO SANTOS	M	38	01:02:17.46	01:02:08.41	WL84
101	509	ANIBAL GASPAR	M	48	01:02:18.11	01:02:03.29	CCD O ALVITEJO



102	925	MANUEL SOARES	M	52	01:02:20.51	01:02:15.97	UNIDOS DA MANUTENÇÃO
103	568	JOÃO FERREIRA	M	35	01:02:26.03	01:02:13.10	CCD CAM
104	1104	CARLOS BAPTISTA	M	56	01:02:29.92	01:02:21.30	SC CASAÍNHOS
105	315	NUNO A PITA	M	41	01:02:30.09	01:02:17.83	CCDT METRO LX
106	775	HUGO BORGES	M	34	01:02:34.93	01:02:19.28	C BENFICA ALG M MARTINS
107	1024	CARLOS VISEU	M	47	01:02:37.16	01:02:24.12	CD ARNEIRO
108	104	LUIS BARATA	M	47	01:02:38.92	01:02:24.13	CORRER LISBOA
109	250	RICARDO RAMALHETE	M	39	01:02:42.57	01:02:34.32	CAPTAIN FLY
110	348	NUNO NAIÁ	M	42	01:02:50.54	01:02:42.91	C MILLENNIUM BCP
111	724	NUNO MENDÃO	M	43	01:02:50.97	01:02:42.73	
112	756	LUIS OLIVEIRA	M	46	01:02:55.33	01:02:49.20	C BENFICA ALG M MARTINS
113	334	NUNO SILVA	M	38	01:02:55.97	01:02:44.71	CARACÓIS DE PEDRA
114	884	SOFIA ARGENTINA	F	37	01:03:01.13	01:02:55.67	SS CGD
115	433	PAULO LOPES	M	47	01:03:01.85	01:03:01.85	CARRASCO&AMIGOS
116	523	JORGE JANUÁRIO	M	41	01:03:12.19	01:02:46.68	A VALE SILÊNCIO
117	579	MANUEL RODRIGUES	M	56	01:03:29.03	01:03:10.10	STAL
118	1243	BRUNO SOUSA	M	42	01:03:30.52	01:03:16.45	WIKABOO
119	857	CARLOS BRANCO	M	44	01:03:32.43	01:03:32.43	SS CGD
120	907	PEDRO SALVADOR	M	40	01:03:33.02	01:03:22.51	AGD ACADEMIA DO KORPO
121	462	PAULO SANTOS	M	50	01:03:35.33	01:03:23.20	CRUZQUEBRADENSE SIMECQ
122	746	MÁRIO LOURENÇO	M	51	01:03:37.39	01:03:16.50	C PRAÇAS ARMADA
123	24	RUI VALE	M	36	01:03:42.79	01:03:29.95	CORRER LISBOA
124	716	RUI FILIPE	M	53	01:03:43.67	01:03:43.67	OS ZATOPEQUES
125	30	BRIGITTE CARDOSO	F	34	01:03:43.69	01:03:37.46	CORRER LISBOA
126	1161	NUNO M MARTINS	M	40	01:03:45.00	01:03:29.79	WIKABOO
127	1211	DAVID SANTOS	M	54	01:03:58.89	01:03:42.42	OS PERIGOSOS
128	1109	LÚCIA OLIVEIRA	F	38	01:04:04.31	01:03:58.84	GENERG
129	1207	CARLOS LOPES	M	38	01:04:06.05	01:03:04.74	GD SBSI
130	1040	RUI PEDRO FERREIRA	M	39	01:04:06.81	01:03:57.78	
131	1011	PAULO RODRIGUES	M	50	01:04:07.92	01:04:02.20	
132	904	PEDRO MARQUES	M	41	01:04:13.71	01:04:01.44	GD CHELAS
133	697	JOÃO P SIMÕES	M	46	01:04:15.00	01:03:25.61	
134	975	ANTÓNIO MACHADO	M	46	01:04:18.08	01:03:48.44	
135	453	JOÃO SANTOS	M	35	01:04:18.28	01:03:28.29	



136	327	ANTÓNIO J CARDOSO	M	50	01:04:20.04	01:04:13.82	URBAN RT
137	1010	FERNANDA SANTINHA	F	44	01:04:25.07	01:04:16.34	
138	102	PAULO FERREIRA	M	46	01:04:25.83	01:04:13.45	
139	1226	JOSE MONTEIRO	M	60	01:04:26.12	01:03:48.96	CGD BANCO PT
140	469	NUNO SILVA	M	44	01:04:30.54	01:04:25.07	RUNNING ACADEMY - O2 LIFE CENTER
141	367	RICARDO MARTA	M	37	01:04:35.00	01:04:29.68	C MILLENNIUM BCP
142	762	JOSÉ INOCÊNCIO	M	65	01:04:38.79	01:04:33.73	C BENFICA ALG M MARTINS
143	700	EMANUEL PEREIRA	M	31	01:04:43.96	01:04:22.27	CORRER LISBOA
144	219	SÉRGIO PIRES	M	41	01:04:44.81	01:03:56.04	MARATONEIROS
145	427	JOÃO LIMÃO	M	44	01:04:45.88	01:04:33.18	
146	482	VITOR AMADO	M	63	01:04:47.29	01:04:25.16	GRD OS FIXES
147	56	LUIS PEREIRA	M	37	01:04:49.02	01:03:59.69	MARATONEIROS
148	154	NUNO FERNANDES	M	41	01:04:50.88	01:03:39.19	AROO
149	643	JOÃO TRINDADE	M	19	01:04:56.12	01:04:50.23	CORRER LISBOA
150	302	ANTÓNIO PEREIRA	M	52	01:04:58.10	01:04:45.24	CCDT METRO LX
151	466	RICARDO NOBRE	M	36	01:05:03.80	01:04:37.75	CRUZQUEBRADENSE SIMECQ
152	937	ANDRÉ SANTOS	M	41	01:05:04.70	01:04:47.99	
153	1278	MARCOS PEREIRA	M	61	01:05:04.77	01:05:04.77	
154	170	NUNO COSTA	M	44	01:05:05.81	01:04:48.31	CAD A CORRER
155	267	CÉU NUNES	F	40	01:05:11.81	01:05:11.81	CORRER LISBOA
156	520	LEONEL NEVES	M	64	01:05:15.00	01:04:49.29	A VALE SILÊNCIO
157	1076	JOSÉ A BISCAIA	M	33	01:05:19.75	01:05:01.34	
158	62	RICARDO PIMENTA	M	41	01:05:23.00	01:04:13.30	OS LESMAS
159	1051	RICARDO PITA	M	36	01:05:27.07	01:05:19.17	CÂMARA LISBOA CLUBE
160	1052	JOÃO VALHELHAS	M	45	01:05:27.32	01:05:18.82	CÂMARA LISBOA CLUBE
161	1114	ALEXANDRA PORTELA	F	47	01:05:27.34	01:05:27.34	UA POVOENSE
162	905	EDUARDO RODRIGUES	M	58	01:05:28.71	01:05:16.87	GD CHELAS
163	236	LUÍS D SANTOS	M	49	01:05:33.01	01:04:56.03	
164	687	VIRGÍNIO PATEIRO	M	45	01:05:34.68	01:05:02.65	JIMBRAS RT
165	870	JOAQUIM FRADE	M	61	01:05:36.32	01:05:18.20	SS CGD
166	1050	IVAN COSTA	M	28	01:05:36.44	01:05:01.52	CÂMARA LISBOA CLUBE
167	1061	PAULO SANTOS	M	51	01:05:40.02	01:05:05.38	CÂMARA LISBOA CLUBE
168	696	CARLOS CARDOSO	M	64	01:05:40.44	01:05:27.44	GD BANCO BPI
169	451	GONÇALO LOPES	M	31	01:05:40.69	01:04:41.07	RUN 4 FUN



170	654	RICARDO LEITÃO	M	40	01:05:41.19	01:04:46.01	BOELAS TEAM
171	1176	JOSÉ SANTOS	M	57	01:05:42.88	01:05:38.92	PM LISBOA
172	714	JOSÉ CUNHA	M	52	01:05:54.69	01:05:36.79	OS ZATOPEQUES
173	395	MIGUEL T SOUSA	M	42	01:05:57.65	01:05:07.24	C COLAB AGEAS
174	1054	JÚLIO REIS	M	44	01:05:59.86	01:05:54.51	CÂMARA LISBOA CLUBE
175	513	TIAGO DIOGO	M	39	01:06:00.76	01:05:42.95	LX RUN
176	191	BRUNO GARCIA	M	39	01:06:03.96	01:05:52.89	LINDA-A-PASTORA SC
177	984	INÊS MARQUES	F	40	01:06:08.38	01:05:47.77	99 PROVAS GRATUITAS
178	595	MÓNICA PEREIRA	F	40	01:06:09.03	01:06:03.58	STAL
179	1035	SÉRGIO SANTOS	M	54	01:06:09.34	01:05:40.65	CCDT AUT ALMADA
180	323	JOÃO P MONIZ	M	21	01:06:12.24	01:06:05.85	AGD ACADEMIA DO KORPO
181	228	JOÃO N NAVARRO	M	42	01:06:12.29	01:06:03.61	PERENE RUN
182	1045	NUNO PEREIRA	M	27	01:06:12.99	01:05:42.05	STEFFAS
183	122	MIGUEL FIGUEIRÓ	M	44	01:06:14.19	01:06:05.24	
184	79	BRUNO DO BRITO	M	37	01:06:17.16	01:05:57.02	CORRER LISBOA
185	203	HUGO CARAGO	M	43	01:06:21.82	01:06:10.75	CLUBE NOVO BANCO
186	341	JOSÉ RAMALHO	M	50	01:06:23.40	01:06:13.95	CORRER LISBOA
187	812	JOSÉ PINTO	M	54	01:06:24.87	01:05:47.91	CLÍNICA DR CAUTELA
188	75	RICARDO ALVES	M	40	01:06:24.88	01:06:09.82	GDCT IN CASA MOEDA
189	715	PAULO BASÍLIO	M	50	01:06:27.84	01:06:01.78	OS ZATOPEQUES
190	489	MAFALDA MARTINHO	F	28	01:06:29.48	01:06:19.06	
191	275	VASCO MATOS	M	41	01:06:29.70	01:05:59.57	CORRER SR GRANJA
192	559	PEDRO XAVIER	M	44	01:06:33.70	01:06:03.45	GD SANTANDER TOTTA
193	678	DUARTE COSTA	M	36	01:06:39.03	01:06:01.50	GD SBSI
194	463	DANIEL SAMPAIO	M	48	01:06:40.00	01:06:28.54	CRUZQUEBRADENSE SIMECQ
195	1168	PEDRO PIRES	M	52	01:06:41.22	01:06:21.92	AA LEBRES DO SADO
196	596	JOSÉ VIEIRA	M	54	01:06:46.79	01:06:41.78	STAL
197	105	PEDRO REGO	M	39	01:06:49.01	01:06:20.79	
198	425	HORÁCIO OLIVEIRA	M	42	01:06:50.87	01:06:14.31	CASCAIS NIGHT RUNNERS
199	954	NUNO SILVA	M	42	01:06:51.63	01:06:45.13	CADT PORTUCEL
200	218	RUI ANTUNES	M	50	01:06:54.19	01:06:40.52	
201	277	RUI P RODRIQUES	M	42	01:06:54.40	01:06:44.90	CORRER SR GRANJA
202	960	NUNO SILVA	M	41	01:06:54.79	01:06:36.53	LX RUN
203	1274	JOAN COSTA	M	51	01:06:55.72	01:06:55.72	



204	858	CARLOS LEITÃO	M	53	01:06:57.37	01:06:39.13	SS CGD
205	85	LIBERTO SANTOS	M	50	01:06:58.17	01:06:29.88	
206	309	JOSÉ S ALVES	M	45	01:06:58.93	01:06:35.71	CCDT METRO LX
207	838	FERNANDO FARIA	M	37	01:06:59.04	01:06:48.66	
208	363	JOÃO GONÇALVES	M	49	01:07:04.00	01:06:21.84	C MILLENNIUM BCP
209	994	DIOGO LEITE	M	29	01:07:05.18	01:06:56.42	
210	1124	LUISA MONTEIRO	F	49	01:07:07.09	01:07:07.09	UA POVOENSE
211	503	MÁRIO SOARES	M	34	01:07:08.53	01:05:32.25	
212	384	PEDRO CANELAS	M	44	01:07:10.99	01:06:57.15	LINDA-A-PASTORA SC
213	162	ANTÓNIO ORLANDO	M	40	01:07:11.25	01:06:57.61	
214	526	ROBERTO GUERREIRO	M	35	01:07:12.73	01:06:53.24	RB RUNNING
215	530	ARNALDO TRINDADE	M	45	01:07:13.04	01:06:53.92	RB RUNNING
216	37	PAULO A NUNES	M	43	01:07:13.84	01:06:30.80	CORRER LISBOA
217	475	PAULO GOMES	M	43	01:07:14.20	01:06:30.99	CORRER LISBOA
218	819	ANASTÁCIO NETO	M	43	01:07:15.89	01:07:08.56	C NOTURNA PARQUE NAÇÕES
219	1248	ANTONIO ANGELINO	M	47	01:07:18.82	01:07:18.82	REAL ACADEMIA
220	483	CARLOS MONTEIRO	M	66	01:07:21.15	01:07:06.45	GRD OS FIXES
221	1101	PEDRO FONSECA	M	27	01:07:28.52	01:06:30.93	CC FISIOGASPAR
222	895	JOSÉ L GONÇALVES	M	41	01:07:30.10	01:07:16.80	PENICHE A CORRER
223	1044	CARLOS SANTOS	M	48	01:07:30.87	01:06:50.67	GD INE
224	123	TIAGO MARQUES	M	33	01:07:31.09	01:07:22.66	
225	537	FIRMINO OLIVEIRA	M	57	01:07:33.14	01:07:20.86	
226	1203	MARCO CASTANHEIRA	M	39	01:07:36.77	01:07:18.65	
227	1220	ANDRE CID	M	43	01:07:37.43	01:07:28.04	
228	578	ÓSCAR SANTOS	M	60	01:07:39.42	01:07:32.72	STAL
229	139	DAVID SARAIVA	M	34	01:07:39.69	01:07:15.66	AD MANTEIGAS
230	171	PEDRO CARVALHO	M	32	01:07:44.21	01:07:10.92	CAD A CORRER
231	886	LUIS ALVES	M	38	01:07:44.49	01:07:10.41	CAD A CORRER
232	261	PAULO COSTA	M	50	01:07:48.96	01:07:19.45	SFUAP
233	539	CARLOS TEIXEIRA	M	44	01:07:50.54	01:07:44.33	GD SANTANDER TOTTA
234	738	FERNANDO CONTREIRAS	M	41	01:07:56.67	01:07:45.02	
235	977	PAULO SANTOS	M	50	01:07:57.41	01:07:53.70	LOURDETE PERFUMARIAS
236	507	LUIS GARCIA	M	50	01:08:02.28	01:07:52.49	
237	522	CARLOS PÁSCOA	M	50	01:08:02.77	01:07:35.03	A VALE SILÊNCIO



238	1027	JOSÉ MAIO	M	53	01:08:05.99	01:07:53.37	CD ARNEIRO
239	798	AVELINO SOARES	M	50	01:08:06.87	01:07:50.26	COFINA RUNNERS
240	1123	LUIS SANTOS	M	48	01:08:07.70	01:07:57.04	UA POVOENSE
241	286	RUI RODRIGUES	M	53	01:08:08.25	01:07:51.55	CORRER SR GRANJA
242	279	JUCA JACOB	M	51	01:08:09.84	01:08:02.87	CORRER SR GRANJA
243	897	JOSÉ PEIXOTO	M	58	01:08:10.26	01:07:58.86	PENICHE A CORRER
244	778	LUIS BARBOSA	M	47	01:08:11.22	01:07:57.57	C BENFICA ALG M MARTINS
245	96	TIAGO SARAIVA	M	33	01:08:12.14	01:07:17.46	CCD AT
246	208	LUIS JOSÉ	M	47	01:08:13.79	01:07:39.41	CLUBE NOVO BANCO
247	982	NUNO M GONÇALVES	M	40	01:08:14.33	01:08:08.11	URBAN RT
248	131	ÁLVARO SANTOS	M	41	01:08:14.60	01:08:08.85	URBAN RT
249	1239	RUI RODRIGUES	M	38	01:08:16.61	01:07:54.25	
250	688	FRANCISCO TEIXEIRA	M	33	01:08:17.59	01:07:24.10	
251	586	EDUARDO SILVA	M	56	01:08:18.62	01:08:05.69	STAL
252	910	JOSÉ MIRA	M	49	01:08:20.11	01:08:03.74	AGD ACADEMIA DO KORPO
253	914	JORGE FRAGA	M	49	01:08:20.56	01:08:03.51	AGD ACADEMIA DO KORPO
254	909	ANTÓNIO NEREU	M	55	01:08:20.99	01:08:04.77	AGD ACADEMIA DO KORPO
255	776	NARCISO SÁ	M	50	01:08:23.30	01:08:17.00	C BENFICA ALG M MARTINS
256	773	JORGE SANTOS	M	63	01:08:24.14	01:08:09.95	C BENFICA ALG M MARTINS
257	976	NUNO CABEÇA	M	47	01:08:24.58	01:08:11.41	
258	865	HENRIQUE AMADOR	M	45	01:08:25.64	01:08:07.61	SS CGD
259	874	JOSÉ MARTINS	M	42	01:08:33.05	01:08:08.42	SS CGD
260	72	VASCO FERREIRA	M	41	01:08:34.42	01:07:30.28	GDCT IN CASA MOEDA
261	879	PEDRO LUZIO	M	40	01:08:35.68	01:08:10.28	SS CGD
262	145	JOÃO HEITOR	M	67	01:08:40.47	01:08:22.05	
263	672	VICTOR IDEIAS	M	50	01:08:42.70	01:08:42.70	CA VALE FIGUEIRA
264	673	VASCO GONÇALVES	M	54	01:08:42.99	01:08:27.94	CA VALE FIGUEIRA
265	969	ANTÓNIO F PEREIRA	M	56	01:08:46.47	01:08:15.99	
266	83	CARLOS SOARES	M	49	01:08:47.58	01:08:23.59	CORRER LISBOA
267	571	PEDRO SÉRGIO	M	49	01:08:47.89	01:08:34.72	CCD CAM
268	80	ANDRÉ COSTAL	M	41	01:08:49.35	01:08:43.61	
269	1227	ADELINO SEMEDO	M	63	01:08:52.00	01:08:43.04	CGD BANCO PT
270	980	LUIS RODRIGUES	M	33	01:08:53.03	01:08:49.80	CA NARANJA MECÂNICA
271	1265	EDUARDO SILVA	M	53	01:08:53.25	01:08:53.25	



272	71	RUI CORREIA	M	40	01:08:53.71	01:08:38.15	GDCT IN CASA MOEDA
273	922	ANTÓNIO C ALMEIDA	M	49	01:08:58.91	01:08:53.60	
274	49	HÉLDER COTRIM	M	37	01:09:03.09	01:08:24.61	
275	1143	MIGUEL ROCHA	M	45	01:09:04.45	01:08:41.92	
276	875	LUIS SILVA	M	47	01:09:05.09	01:08:12.00	SS CGD
277	825	RUI ANTUNES	M	39	01:09:06.39	01:08:41.91	C NOTURNA PARQUE NAÇÕES
278	755	ALBINO OLIVEIRA	M	71	01:09:06.62	01:09:00.09	C BENFICA ALG M MARTINS
279	878	PEDRO FONTOURA	M	46	01:09:08.05	01:08:42.76	SS CGD
280	1217	ANDRE CAMPOS	M	36	01:09:15.36	01:08:52.00	
281	1093	HEITOR CARDOSO	M	52	01:09:17.60	01:09:11.12	CORRER LISBOA
282	17	DANIEL NUNES	M	43	01:09:18.96	01:09:18.96	
283	840	JOSÉ MOREIRA	M	40	01:09:20.13	01:09:16.88	CCDT MUN ODIVELAS
284	871	JORGE MORGADO	M	56	01:09:20.75	01:09:02.65	SS CGD
285	896	VITOR MANSO	M	55	01:09:22.82	01:09:10.12	PENICHE A CORRER
286	216	RODRIGO ALMEIDA	M	37	01:09:25.84	01:09:10.74	CLUBE NOVO BANCO
287	1249	ALVARO PINTO	M	60	01:09:28.18	01:09:28.18	REAL ACADEMIA
288	660	JOÃO P VEIGA	M	28	01:09:28.58	01:09:09.28	CORRER LISBOA
289	545	ANTONIO CRUZ	M	69	01:09:32.80	01:09:04.72	GD SANTANDER TOTTA
290	92	CARLOS FRANÇA	M	38	01:09:33.63	01:09:16.71	
291	140	JOÃO PARADINHA	M	43	01:09:37.47	01:09:11.73	AD MANTEIGAS
292	646	FERNANDO ANACLETO	M	66	01:09:40.49	01:09:34.90	
293	828	JOSÉ SARAIVA	M	48	01:09:42.00	01:09:17.89	C NOTURNA PARQUE NAÇÕES
294	534	JORGE SERRA	M	50	01:09:43.85	01:09:08.37	
295	627	EDUARDO TAVARES	M	43	01:09:49.98	01:09:19.96	MULTIRUNNERS
296	1042	DOMINGOS RODRIGUES	M	47	01:09:54.08	01:09:49.99	LEGIONÁRIOS
297	947	VÍRGILIO MADEIRA	M	58	01:09:56.83	01:09:24.44	TRANQUILIDADE AÇOREANA CLUBE
298	369	CARLOS RAMOS	M	50	01:09:59.16	01:09:34.07	C MILLENNIUM BCP
299	800	JOÃO GONÇALVES	M	39	01:10:02.20	01:09:58.60	COFINA RUNNERS
300	707	BRUNO LOPES	M	34	01:10:04.24	01:09:10.45	ACDRS QUINHENDROS
301	693	RUI SILVA	M	46	01:10:09.93	01:09:17.30	CD ESTRELA
302	174	GISELE BRAUN	F	34	01:10:11.81	01:10:01.30	
303	1064	LICÍNIO FIDALGO	M	57	01:10:12.65	01:09:39.87	CÂMARA LISBOA CLUBE
304	987	PAULO CALDEIRA	M	46	01:10:13.84	01:09:24.43	
305	447	LEONEL SELEIRO	M	60	01:10:14.55	01:10:04.67	AA AGUALVA



306	446	FRANCISCO PESSOA	M	43	01:10:14.72	01:10:04.31	AA AGUALVA
307	237	JOSÉ REIS	M	63	01:10:14.90	01:10:04.53	
308	430	FERNANDO CORREIA	M	52	01:10:16.66	01:10:16.66	CARRASCO&AMIGOS
309	415	ANDRÉ LOPES	M	32	01:10:17.42	01:09:37.77	OS BILHUDOS
310	934	PEDRO BOTO	M	49	01:10:17.62	01:09:56.21	SS MONTEPIO
311	782	FREDERICO PINA	M	33	01:10:18.93	01:09:19.34	
312	772	JOSE ALVES	M	67	01:10:19.47	01:10:12.61	C BENFICA ALG M MARTINS
313	1083	JOAQUIM FIDALGO	M	56	01:10:20.09	01:09:29.48	TEJAVISTA
314	1257	ITELVINA VIDAL	F	48	01:10:22.44	01:10:22.44	
315	770	VITOR SANTOS	M	48	01:10:22.60	01:10:13.82	C BENFICA ALG M MARTINS
316	1206	JOAQUIM GUERRA	M	52	01:10:22.74	01:09:40.17	CARRASCO&AMIGOS
317	225	HUGO FERNANDES	M	29	01:10:23.97	01:09:45.50	TIRAORABODOSOFÁ
318	410	SÍLVIA OLIVEIRA	F	39	01:10:25.01	01:09:35.90	
319	719	MIGUEL SILVA	M	20	01:10:26.16	01:09:59.56	OS ZATOPEQUES
320	718	JOÃO SILVA	M	58	01:10:26.20	01:09:59.67	OS ZATOPEQUES
321	172	ILISITO FERREIRA	M	33	01:10:27.53	01:10:08.94	CAD A CORRER
322	1216	JOSÉ C RAMOS	M	42	01:10:28.51	01:09:49.23	EXPLICOLÂNDIA
323	839	HÉLDER SILVA	M	43	01:10:30.66	01:09:53.04	GE RUNNERS
324	200	CARLOS NABIÇA	M	53	01:10:31.60	01:10:01.83	CLUBE NOVO BANCO
325	944	JOÃO MELO	M	30	01:10:32.44	01:09:58.42	TRANQUILIDADE AÇOREANA CLUBE
326	514	VITOR SILVA	M	51	01:10:36.34	01:09:44.89	AA LEBRES SADO
327	961	MÁRIO MIGUEL	M	67	01:10:37.36	01:09:45.20	STAL
328	81	TIAGO RODRIGUES	M	38	01:10:38.62	01:10:15.81	
329	45	PEDRO A C CARVALHO	M	44	01:10:38.67	01:10:15.85	
330	599	PAULO PIRES	M	49	01:10:41.74	01:10:01.53	AMIGOS DA CORRIDA
331	1171	ANDRÉ CONCEIÇÃO	M	36	01:10:43.69	01:09:48.78	C NOTURNA PARQUE NAÇÕES
332	1032	AMÁVEL FIGUEIREDO	M	56	01:10:44.48	01:10:14.82	CCDT AUT ALMADA
333	1057	PAULO GONÇALVES	M	45	01:10:45.66	01:10:10.55	CÂMARA LISBOA CLUBE
334	281	CARLOS MARQUES	M	46	01:10:47.64	01:10:30.37	CORRER SR GRANJA
335	777	RUI EMÍDIO	M	60	01:10:48.13	01:10:40.75	C BENFICA ALG M MARTINS
336	1088	PEDRO FERRAZ	M	40	01:10:49.13	01:10:09.88	
337	496	LUIS REIS	M	58	01:10:49.18	01:10:25.88	CCDP MUN CASCAIS
338	998	BRUNO FERNANDES	M	37	01:10:52.00	01:10:13.94	GURU RUNNING
339	540	RUI SARROEIRA	M	48	01:10:56.07	01:10:28.54	GD SANTANDER TOTTA



340	444	AGOSTINHO TORRES	M	55	01:10:56.68	01:09:55.14	AA AGUALVA
341	31	KAROLINA SZERLAG	F	26	01:11:00.12	01:10:09.48	
342	1272	DOMINGOS PENEDO	M	59	01:11:01.03	01:11:01.03	CARRASCO & AMIGOS
343	510	HENRIQUE NARCISO	M	61	01:11:01.40	01:10:30.37	TOKATODOS
344	981	NUNO ALCOBIA	M	41	01:11:01.46	01:10:32.18	CBV
345	1224	JOAQUIM FERRÃO	M	56	01:11:02.15	01:10:23.89	CGD BANCO PT
346	220	JOÃO M MARQUES	M	46	01:11:02.38	01:10:32.76	CBV
347	276	ALBERTINO NETO	M	47	01:11:03.20	01:10:55.73	CORRER SR GRANJA
348	423	JOSÉ M BARRADAS	M	37	01:11:03.37	01:10:27.60	CASCAIS NIGHT RUNNERS
349	624	JOÃO PEREIRA	M	50	01:11:09.00	01:10:38.56	MULTIRUNNERS
350	634	MANUEL CARVALHO	M	33	01:11:09.16	01:10:26.66	MULTIRUNNERS
351	836	MARCO COSTA	M	38	01:11:10.00	01:10:16.21	37 SERAFINA
352	706	CÉSAR QUINTAS	M	38	01:11:10.82	01:10:15.94	ACDRS QUINHENDROS
353	900	NUNO PINTO	M	43	01:11:11.08	01:10:15.60	
354	818	CARLOS GONÇALVES	M	47	01:11:15.62	01:10:45.48	C NOTURNA PARQUE NAÇÕES
355	636	PAULO J REIS	M	46	01:11:15.73	01:11:08.06	
356	501	SARA HENRIQUES	F	43	01:11:16.76	01:10:50.26	CCDP MUN CASCAIS
357	854	BRUNO RAÍNHO	M	33	01:11:18.76	01:11:02.69	SS CGD
358	141	PAULO RANA	M	52	01:11:20.19	01:10:37.65	
359	1025	PEDRO BUENO	M	49	01:11:20.65	01:11:09.81	CD ARNEIRO
360	720	JOSÉ MONTEIRO	M	60	01:11:23.94	01:11:03.77	OS ZATOPEQUES
361	1162	SÉRGIO CAMPOS	M	49	01:11:24.01	01:10:54.58	
362	1033	CARLOS COELHO	M	57	01:11:29.22	01:10:59.37	CCDT AUT ALMADA
363	36	ANTÓNIO CARRETO	M	34	01:11:31.50	01:10:25.17	CORRER LISBOA
364	788	NORBERTO MARQUES	M	46	01:11:31.84	01:11:02.57	RUNNING OF D MARIA
365	648	VENÂNCIO GUERREIRO	M	62	01:11:36.28	01:10:42.08	CARACOIS DE CORRIDA
366	1256	MARGARIDA GODINHO	F	59	01:11:37.17	01:11:37.17	
367	515	ANTÓNIO FERNANDES	M	60	01:11:48.00	01:11:33.00	A VALE SILÊNCIO
368	445	BERNARDO GRADISSIMO	M	59	01:11:51.05	01:10:39.54	AA AGUALVA
369	747	CEDRIC MONTEIRO	M	29	01:11:52.11	01:10:48.82	CASEBRE
370	1189	CARLOS COSTA	M	46	01:11:55.81	01:11:48.59	CLUBE ANACOM
371	360	PEDRO CORREIA	M	40	01:12:00.88	01:11:49.23	C MILLENNIUM BCP
372	953	JOÃO ABREU	M	42	01:12:01.06	01:11:44.11	
373	389	ANTÓNIO MARÇAL	M	58	01:12:04.64	01:11:39.91	



374	811	JOÃO ANTUNES	M	47	01:12:06.20	01:11:53.60	
375	305	HUMBERTO BRITO	M	42	01:12:07.94	01:11:20.24	CCDT METRO LX
376	1185	FERNANDO COSTA	M	40	01:12:09.65	01:11:23.73	
377	527	CARLOS A CARVALHO	M	46	01:12:10.41	01:11:04.84	RB RUNNING
378	856	CARLOS ANTUNES	M	43	01:12:14.41	01:11:48.79	SS CGD
379	612	JOSÉ TOMÁS	M	42	01:12:15.06	01:11:06.03	VALEJAS AC
380	846	RICARDO SANTOS	M	37	01:12:16.69	01:11:05.73	CORRER LISBOA
381	473	JOSÉ TAVARES	M	48	01:12:17.28	01:11:52.70	CORRER LISBOA
382	103	ANTÓNIO G SILVA	M	43	01:12:18.26	01:11:38.24	BAMOXIMBORA
383	390	RICARDO AFONSO	M	45	01:12:18.62	01:11:31.87	
384	876	NOÉMIA SEQUEIRA	F	48	01:12:20.13	01:12:01.41	SS CGD
385	1026	MANUEL ALVES	M	51	01:12:21.91	01:12:09.64	CD ARNEIRO
386	1028	CARLOS DUARTE	M	63	01:12:22.42	01:12:10.40	CD ARNEIRO
387	609	HUGO LAMPREIA	M	42	01:12:22.52	01:11:15.42	VALEJAS AC
388	608	FERNANDO CORDA	M	50	01:12:23.13	01:11:15.24	VALEJAS AC
389	613	RITA RODRIGUES	F	21	01:12:23.67	01:11:37.66	VALEJAS AC
390	1111	JOÃO RIBEIRA	M	38	01:12:24.80	01:12:16.32	CAPTAIN FLY
391	337	JOSÉ HILÁRIO	M	57	01:12:27.32	01:11:20.53	OS ARGÁLIAS
392	494	IVAN RAMOS	M	33	01:12:28.06	01:12:04.60	CCDP MUN CASCAIS
393	589	ANTONIO SILVA	M	42	01:12:30.40	01:11:18.94	STAL
394	474	CARLOS BATISTA	M	43	01:12:34.62	01:11:29.29	CORRER LISBOA
395	632	FERNANDO MARQUES	M	51	01:12:38.08	01:11:52.13	MULTIRUNNERS
396	521	JOÃO SALDANHA	M	43	01:12:42.32	01:12:17.18	A VALE SILÊNCIO
397	862	FERNANDO LIMA	M	47	01:12:42.62	01:12:20.86	SS CGD
398	70	NUNO GONÇALVES	M	42	01:12:45.00	01:12:28.88	GDCT IN CASA MOEDA
399	73	JOÃO FREIRE	M	51	01:12:45.08	01:12:29.80	GDCT IN CASA MOEDA
400	1190	CARLOS VAZ	M	48	01:12:46.85	01:11:46.82	
401	1235	JOAO RODRIGUES	M	37	01:12:50.69	01:12:19.67	CGD BANCO PT
402	1230	PEDRO PINTO	M	31	01:12:50.84	01:12:30.74	CGD BANCO PT
403	234	ROGÉRIO FONSECA	M	51	01:12:51.16	01:12:32.53	
404	880	GUILHERME GONÇALVES	M	56	01:12:53.34	01:12:16.03	CLUBE FERROVIARIO PORTUGAL
405	490	ANTÓNIO HORTA	M	63	01:12:54.08	01:12:43.46	CCDP MUN CASCAIS
406	194	JOSÉ SIMÕES	M	54	01:12:55.09	01:12:01.15	O MUNDO DA CORRIDA
407	945	CARLOS LOPES	M	51	01:12:55.47	01:12:41.45	



408	943	ARMANDO PARREIRA	M	48	01:12:55.83	01:12:45.70	TRANQUILIDADE AÇOREANA CLUBE
409	560	LUIS R ALMEIDA	M	47	01:12:56.35	01:12:36.24	GD SANTANDER TOTTA
410	169	NUNO T GOMES	M	41	01:12:58.26	01:12:58.26	
411	580	FRANCISCO CUNHA	M	52	01:13:01.36	01:13:01.36	STAL
412	581	JOSÉ SILVA	M	53	01:13:01.43	01:12:57.89	STAL
413	712	JOSÉ CRUZ	M	42	01:13:03.01	01:12:31.66	RUN FOR LUNCH
414	1150	RITA RIBEIRO	F	23	01:13:03.61	01:12:44.13	CORRER LISBOA
415	1212	TIAGO PINTO	M	38	01:13:04.53	01:12:16.92	CORRER LISBOA
416	663	CARLOS M LOPES	M	52	01:13:08.00	01:12:42.10	RUNLOVERS
417	665	JOÃO LEITÃO	M	46	01:13:08.77	01:12:44.14	RUNLOVERS
418	297	JOÃO PASSEIRO	M	54	01:13:08.88	01:12:35.43	ADC CATUJAL
419	114	ANA M CORREIA	F	37	01:13:09.92	01:12:05.22	
420	115	GIL CARNEIRO	M	39	01:13:10.35	01:12:04.68	
421	912	PAULO PEREIRA	M	52	01:13:11.87	01:12:05.50	AGD ACADEMIA DO KORPO
422	282	GONÇALO GUIOMAR	M	23	01:13:13.08	01:12:56.66	CORRER SR GRANJA
423	88	JOSÉ A GOMES	M	39	01:13:14.39	01:12:50.14	
424	249	ANTÓNIO J SOUSA	M	55	01:13:14.45	01:12:55.83	
425	417	MANUEL SILVA	M	61	01:13:16.11	01:12:51.45	OS BILHUDOS
426	1041	SÍLVIO ROMÃO	M	36	01:13:17.46	01:12:58.51	
427	888	JOÃO AREAL	M	46	01:13:19.14	01:12:48.81	OS METRALHAS
428	428	JOÃO T SANTOS	M	45	01:13:21.99	01:12:43.37	
429	1058	ADELINO PIRES	M	55	01:13:22.55	01:12:15.07	CÂMARA LISBOA CLUBE
430	113	JOÃO P ADEGAS	M	46	01:13:23.62	01:12:53.34	
431	10	ARMANDO ALDEGALEGA	M	79	01:13:24.10	01:13:24.10	SPORTING CP
432	13	LUZIA DIAS	F	46	01:13:24.92	01:13:24.92	SPORTING CP
433	195	MANUELA PINTO	F	54	01:13:27.95	01:13:27.95	O MUNDO DA CORRIDA
434	512	EDUARDO P MARQUES	M	31	01:13:30.26	01:13:23.55	
435	495	JOÃO FARIA	M	48	01:13:31.34	01:13:07.08	CCDP MUN CASCAIS
436	532	JORGE CAMPOS	M	42	01:13:31.60	01:12:39.44	
437	754	JOÃO SOARES	M	63	01:13:33.56	01:13:18.16	C BENFICA ALG M MARTINS
438	763	JANUÁRIO COELHO	M	64	01:13:33.97	01:12:17.91	C BENFICA ALG M MARTINS
439	41	PAULO GONÇALVES	M	44	01:13:33.99	01:12:58.32	
440	1037	ANA R MATOS	F	46	01:13:34.05	01:12:52.48	
441	33	CARLOS PENA	M	47	01:13:37.00	01:12:49.69	GRD OS FIXES



442	94	MANUEL MARTINHO	M	49	01:13:40.87	01:12:32.91	CCD AT
443	1140	ANTÓNIO COSTA	M	38	01:13:42.09	01:12:42.02	CORRER LISBOA
444	1240	ANA ALMEIDA	F	37	01:13:42.18	01:13:08.76	
445	253	PAULO M ALVES	M	46	01:13:43.06	01:12:40.61	
446	133	LUÍS SANTOS	M	40	01:13:44.00	01:13:00.10	CORRER LISBOA
447	528	OLGA MARTINS	F	42	01:13:44.63	01:13:18.99	RB RUNNING
448	1139	BRUNO BUCO	M	33	01:13:44.63	01:12:43.77	CORRER LISBOA
449	1242	PEDRO MONTEIRO	M	45	01:13:45.14	01:13:27.78	WIKABOO
450	1187	MIGUEL RIBEIRO	M	44	01:13:45.73	01:13:28.31	WIKABOO
451	330	MANUEL COITO	M	37	01:13:46.70	01:13:04.99	COITO RUNNING
452	737	LUIS ALMEIDA	M	43	01:13:50.38	01:12:48.93	JOBRINDE MONTES SALOIOS
453	1060	EDUARDO ALEIXO	M	52	01:13:50.87	01:13:43.83	CÂMARA LISBOA CLUBE
454	371	FERNANDO RODRIGUES	M	52	01:13:52.11	01:13:18.54	C MILLENNIUM BCP
455	69	MIGUEL FRAGA	M	46	01:13:52.57	01:13:52.57	GDCT IN CASA MOEDA
456	667	RODRIGO SOUSA	M	36	01:13:53.14	01:13:27.19	RUNLOVERS
457	751	JOÃO J FERNANDES	M	36	01:13:53.65	01:13:05.55	
458	338	ROBERT TEIXEIRA	M	31	01:13:56.88	01:12:50.61	OS ARGÁLIAS
459	942	PAULO FERNANDES	M	48	01:13:57.82	01:13:57.82	TRANQUILIDADE AÇOREANA CLUBE
460	985	CARLOS RAMOS	M	47	01:13:58.87	01:13:37.87	CORRER LISBOA
461	683	MÁRIO VICENTE	M	68	01:13:59.66	01:13:48.99	
462	921	PAULO M COSTA	M	48	01:14:03.03	01:13:23.26	
463	449	MANUEL RODRIGUES	M	58	01:14:04.29	01:13:53.73	AA AGUALVA
464	655	JOAQUIM SANDE	M	57	01:14:05.78	01:13:21.40	
465	146	GRAÇA ROLDÃO	F	53	01:14:06.98	01:13:26.04	OS TUGAS
466	385	FERNANDO COSTA	M	47	01:14:08.99	01:13:06.10	LINDA-A-PASTORA SC
467	983	MIGUEL LOPES	M	41	01:14:11.40	01:13:47.10	99 PROVAS GRATUITAS
468	500	RUI VASQUES	M	51	01:14:13.75	01:13:51.36	CCDP MUN CASCAIS
469	1128	ROSA VASSINDULA	F	43	01:14:18.77	01:14:11.08	UA POVOENSE
470	783	ANDRÉ SILVA	M	28	01:14:19.17	01:13:18.12	
471	641	LUÍS ROMÃOZINHO	M	55	01:14:21.41	01:13:43.65	
472	231	PIERRE LOES	M	37	01:14:21.57	01:13:52.54	RUN 4 FUN
473	1086	FABIANO BORTOLOTTI	M	42	01:14:21.62	01:13:30.03	EMSA TEAM
474	452	RUI DIAS	M	39	01:14:22.00	01:13:56.06	MOVET
475	929	EURICO LOUREIRO	M	36	01:14:24.35	01:14:03.48	SS MONTEPIO



476	713	JOSÉ MORAIS	M	55	01:14:24.54	01:13:58.20	OS ZATOPEQUES
477	1085	STEVEN DUNLOP	M	43	01:14:24.87	01:13:32.86	EMSA TEAM
478	34	JOÃO P FERNANDES	M	37	01:14:26.97	01:14:01.43	CORRER LISBOA
479	339	HILÁRIO TORRES	M	57	01:14:29.16	01:13:29.01	RUN 4 FUN
480	1069	FIRMINO DUARTE	M	41	01:14:31.92	01:13:55.11	ADCR PJ
481	1030	CARLOS SIMÕES	M	38	01:14:33.56	01:14:21.82	VILA SECA RUN TEAM
482	441	ANTÓNIO MOREZO	M	57	01:14:34.08	01:14:20.22	AMIGOSDACORRIDA.COM
483	434	FERNANDA CAMACHO	F	46	01:14:34.20	01:14:14.74	CARRASCO&AMIGOS
484	645	IDALÉCIO BARROS	M	62	01:14:34.48	01:14:28.68	
485	1134	RUI NEVES	M	40	01:14:39.20	01:13:44.45	GÉMEOS BM
486	946	FERNANDO ANDRADE	M	62	01:14:40.07	01:13:43.70	TRANQUILIDADE AÇOREANA CLUBE
487	201	EDUARDO FIGUEIREDO	M	45	01:14:40.49	01:14:06.31	CLUBE NOVO BANCO
488	1191	JOÃO VALERIANO	M	23	01:14:40.84	01:13:43.93	
489	1053	PAULO GORDINHO	M	42	01:14:47.08	01:14:11.85	CÂMARA LISBOA CLUBE
490	273	FILIPE RAMALHO	M	36	01:14:50.58	01:14:33.80	CORRER SR GRANJA
491	541	JOSE ALMAS	M	46	01:14:56.36	01:14:35.19	GD SANTANDER TOTTA
492	1117	CARLOS FELICIO	M	46	01:14:57.32	01:14:45.99	UA POVOENSE
493	971	PAULO TRINDADE	M	42	01:14:59.74	01:14:42.21	O MUNDO DA CORRIDA
494	386	RICARDO MARQUES	M	28	01:15:01.42	01:15:01.42	DÁ-LE
495	771	ALEXANDRE REIS	M	56	01:15:01.81	01:14:29.78	C BENFICA ALG M MARTINS
496	296	ALMERINDO SILVA	M	57	01:15:01.96	01:14:29.43	ADC CATUJAL
497	107	FERNANDO MONTEIRO	M	46	01:15:03.29	01:14:30.43	SABUGUENSE
498	732	CARLOS TEIXEIRA	M	56	01:15:04.15	01:13:58.07	LEBRES E TARTARUGAS
499	1177	JOAQUIM ROSA	M	48	01:15:06.76	01:15:06.76	PM LISBOA
500	247	NEVES SILVA	M	64	01:15:08.96	01:14:30.75	C FERROV PORTUGAL
501	464	ANTÓNIO CORREIA	M	55	01:15:09.34	01:14:40.55	CRUZQUEBRADENSE SIMECQ
502	1175	RICARDO BORDALO	M	47	01:15:13.22	01:14:27.75	
503	1014	FILIPE PEDRO	M	38	01:15:13.63	01:14:09.93	
504	111	BRUNO FERNANDES	M	35	01:15:19.06	01:14:48.52	SIMITO
505	343	LUÍS SANTOS	M	44	01:15:19.43	01:15:04.33	
506	950	FERNANDO CELESTINO	M	58	01:15:20.52	01:14:30.89	TRANQUILIDADE AÇOREANA CLUBE
507	15	TIAGO SILVA	M	39	01:15:29.01	01:15:29.01	
508	439	LUÍS COSTA	M	40	01:15:29.46	01:15:15.10	AMIGOSDACORRIDA.COM
509	431	VITOR REVEZ	M	57	01:15:31.12	01:14:15.02	CARRASCO&AMIGOS



510	867	JOÃO ALMEIDA	M	47	01:15:31.50	01:15:23.11	SS CGD
511	487	GABRIEL MARCONDES	M	28	01:15:31.74	01:14:09.68	
512	656	NUNO MOREIRA	M	35	01:15:32.97	01:15:12.84	ALVERCA URBAN RUNNERS
513	182	NUNO NUNES	M	42	01:15:35.33	01:15:07.81	
514	55	RUBEN SILVA	M	60	01:15:36.20	01:14:47.24	MARATONEIROS
515	1056	ERNESTO MONTEIRO	M	45	01:15:37.06	01:14:36.82	CÂMARA LISBOA CLUBE
516	594	JOSÉ ALVES	M	58	01:15:37.25	01:14:37.60	STAL
517	460	ORLANDO SILVA	M	46	01:15:37.25	01:15:10.11	CRUZQUEBRADENSE SIMECQ
518	847	ANTÓNIO GALHETO	M	68	01:15:39.41	01:15:35.18	
519	1090	PEDRO FERNANDES	M	39	01:15:41.50	01:14:36.77	
520	189	MANUEL SARAIVA	M	55	01:15:41.82	01:14:39.11	LINDA-A-PASTORA SC
521	307	JOÃO P CUNHA	M	19	01:15:44.82	01:15:22.81	CCDT METRO LX
522	233	RICARDO SANTOS	M	39	01:15:45.50	01:15:10.15	JANTATUDO
523	1201	ANTÓNIO G SOARES	M	54	01:15:48.37	01:15:02.77	
524	681	RUI PARÓLA	M	45	01:15:56.18	01:15:01.02	GD SBSI
525	864	FRANCISCO VIEIRA	M	48	01:15:56.43	01:15:29.15	SS CGD
526	572	RUI GRAÇA	M	54	01:15:59.16	01:15:08.54	CCD CAM
527	152	ANTÓNIO F ALMEIDA	M	54	01:16:02.97	01:14:58.46	VIA3RUNNERS
528	761	CARLOS SILVA	M	51	01:16:03.77	01:15:52.15	C BENFICA ALG M MARTINS
529	479	CLÁUDIA NOVAIS	F	49	01:16:04.87	01:15:43.40	
530	959	MÁRIO P LOPES	M	47	01:16:05.26	01:15:29.30	GD MPL
531	1112	KAL DA SILVA	M	49	01:16:05.70	01:15:52.57	CAPTAIN FLY
532	967	ALEXANDRE NEVES	M	42	01:16:06.39	01:15:02.75	
533	126	HÉLDER VALADAS	M	36	01:16:08.04	01:15:36.56	OS PERIGOSOS
534	298	RUI M MENDES	M	45	01:16:09.68	01:15:57.34	
535	917	JOSÉ A SILVA	M	44	01:16:10.54	01:15:53.58	
536	889	PAULO DUARTE	M	51	01:16:10.89	01:16:01.81	GDCT UNICRE
537	344	GERMANO BERNARDO	M	61	01:16:12.44	01:14:46.08	PRAZER DA CORRIDA
538	577	INES SANTOS	F	28	01:16:12.60	01:15:14.44	STAL
539	863	FRANCISCO CLÉRIGO	M	64	01:16:13.13	01:15:57.46	SS CGD
540	565	CARLOS F CORREIA	M	31	01:16:14.10	01:16:07.44	
541	99	RUI MESTRE	M	46	01:16:14.96	01:15:19.45	
542	769	ESTELA COSTA	F	42	01:16:19.79	01:15:42.57	C BENFICA ALG M MARTINS
543	119	VITOR MORAIS	M	58	01:16:21.49	01:15:27.61	



544	517	CARLOS COSTA	M	50	01:16:22.52	01:15:55.50	A VALE SILÊNCIO
545	516	ARMANDO ALMEIDA	M	57	01:16:22.84	01:15:57.09	A VALE SILÊNCIO
546	872	JOSÉ DIMAS	M	48	01:16:23.63	01:15:38.74	SS CGD
547	970	MIGUEL CASTELA	M	46	01:16:30.08	01:15:38.83	AA LEBRES SADO
548	566	NUNO S ALMEIDA	M	32	01:16:30.68	01:15:39.55	
549	470	RICARDO CAMPOS	M	41	01:16:38.53	01:15:29.60	CCD AT
550	529	PEDRO MARTINS	M	42	01:16:39.53	01:16:13.64	RB RUNNING
551	328	CARLOS ALVES	M	55	01:16:42.62	01:16:00.46	COITO RUNNING
552	1081	JOSÉ FINO GOMES	M	64	01:16:43.53	01:15:52.85	TEJAVISTA
553	932	JORGE COSTA	M	47	01:16:45.10	01:16:23.40	SS MONTEPIO
554	54	GONÇALO SILVA	M	39	01:16:50.35	01:16:01.07	MARATONEIROS
555	411	VALDAIR CASTRO	M	37	01:16:51.78	01:16:26.48	JOBRINDE MONTES SALOIOS
556	668	SANDRO PINTO	M	41	01:16:54.78	01:16:54.78	RUNLOVERS
557	212	PAULO GONÇALVES	M	49	01:16:54.90	01:16:24.58	CLUBE NOVO BANCO
558	699	NUNO BERTON	M	46	01:16:55.70	01:16:05.22	
559	1007	PAULO J ALMEIDA	M	43	01:16:56.40	01:16:14.64	
560	289	VITOR LOURENÇO	M	49	01:16:57.39	01:16:33.64	JOBRINDE MONTES SALOIOS
561	192	GERMANO MATOS	M	69	01:16:57.50	01:15:34.62	LINDA-A-PASTORA SC
562	890	VITOR CID	M	42	01:16:57.74	01:16:50.68	GDCT UNICRE
563	1063	EDUARDO MANSO	M	55	01:16:58.29	01:16:23.27	CÂMARA LISBOA CLUBE
564	1159	SARA GOMES	F	31	01:16:58.63	01:16:38.38	
565	76	RUI BRAZ	M	40	01:16:59.50	01:16:34.74	GDCT IN CASA MOEDA
566	74	JOSÉ LIBERATO	M	40	01:16:59.58	01:16:46.52	GDCT IN CASA MOEDA
567	214	PAULO VERÍSSIMO	M	49	01:17:00.78	01:16:31.23	CLUBE NOVO BANCO
568	651	LÚCIO MORAIS	M	57	01:17:02.16	01:16:00.22	CARRASCO&AMIGOS
569	1137	TIAGO A FERREIRA	M	29	01:17:06.03	01:16:06.41	CORRER LISBOA
570	1138	PATRÍCIA M FERREIRA	F	28	01:17:06.15	01:16:04.93	CORRER LISBOA
571	108	JOÃO LIMA	M	57	01:17:09.36	01:16:40.87	4 AO KM
572	25	DIOGO ARRAIAS	M	62	01:17:09.63	01:16:28.81	OS ARRAIAS
573	1046	JOÃO QUELHAS	M	27	01:17:11.04	01:16:39.19	STEFFAS
574	181	AGOSTINHO MARQUES	M	59	01:17:11.49	01:16:48.17	ASAS
575	1071	VIRGÍLIO OLIVEIRA	M	56	01:17:11.71	01:16:35.78	ADECR
576	784	HUGO PROENÇA	M	26	01:17:14.00	01:16:12.95	
577	331	LEONEL FREIRA	M	42	01:17:28.61	01:16:54.88	CAD A CORRER



578	39	LUIS POLIDO	M	43	01:17:30.00	01:17:19.11	
579	806	ANTÓNIO C NOVAS	M	38	01:17:30.93	01:16:23.00	
580	1129	ZULMIRA BELO	F	50	01:17:36.13	01:17:32.00	UA POVOENSE
581	1163	PEDRO MOLAR	M	39	01:17:36.16	01:16:40.41	BELÉM RUNNERS
582	158	ÁLVARO GOMES	M	43	01:17:37.03	01:17:26.23	
583	1259	DIOGO FRAGOSO	M	27	01:17:38.60	01:17:38.60	CC FISIOGASPAR
584	1280	JOSE REODRIGUES	M	57	01:17:42.37	01:17:42.37	
585	873	JOSÉ FERREIRA	M	61	01:17:43.16	01:16:58.76	SS CGD
586	1141	HÉLDER SANTOS	M	35	01:17:45.83	01:17:45.83	
587	941	NELSON MOTA	M	46	01:17:45.92	01:16:58.46	TRANQUILIDADE AÇOREANA CLUBE
588	67	JOSÉ ABREU	M	68	01:17:47.00	01:17:47.00	GDCT IN CASA MOEDA
589	851	SILVANO MONTEIRO	M	65	01:17:47.36	01:17:00.09	ARMADA TORREENSE
590	1102	RITA FERNANDES	F	23	01:17:48.99	01:17:22.00	MOVET
591	574	VITOR PEREIRA	M	54	01:17:53.48	01:17:16.10	STAL
592	1198	JAIME GOMES	M	60	01:17:54.50	01:17:32.36	SS MONTEPIO
593	1098	NELSON SANTOS	M	24	01:18:01.18	01:17:16.46	
594	205	JOÃO BATISTA	M	41	01:18:02.55	01:17:43.75	CLUBE NOVO BANCO
595	928	ANTÓNIO FRANCO	M	51	01:18:07.54	01:17:48.17	SS MONTEPIO
596	498	PAULO OLIVEIRA	M	48	01:18:08.46	01:17:45.03	CCDP MUN CASCAIS
597	66	ANTÓNIO NASCIMENTO	M	76	01:18:12.25	01:18:12.25	GDCT IN CASA MOEDA
598	506	FRANCISCO BANDO	M	66	01:18:14.13	01:17:53.01	
599	518	SANDRA BATISTA	F	41	01:18:14.35	01:18:14.35	A VALE SILÊNCIO
600	519	HERNÂNI SILVA	M	55	01:18:14.69	01:17:47.64	A VALE SILÊNCIO
601	883	SÉRGIO AMARAL	M	40	01:18:14.75	01:17:00.63	SS CGD
602	493	ISABEL VIEIRA	F	45	01:18:14.85	01:17:31.76	CCDP MUN CASCAIS
603	695	ANTÓNIO A M MOREIRA	M	53	01:18:16.96	01:17:38.99	
604	95	NUNO NUNES	M	42	01:18:18.68	01:17:09.84	CCD AT
605	677	JOSÉ LINDO	M	71	01:18:25.83	01:18:20.99	CA VALE FIGUEIRA
606	497	PAULA MACHADO	F	62	01:18:26.93	01:18:04.17	CCDP MUN CASCAIS
607	440	JOÃO COSTA	M	54	01:18:27.44	01:17:26.79	AMIGOSDACORRIDA.COM
608	913	LUÍS CARLOS SILVA	M	31	01:18:28.24	01:17:21.92	AGD ACADEMIA DO KORPO
609	1005	CARLOS GASOPO	M	53	01:18:28.41	01:17:45.31	AGD ACADEMIA DO KORPO
610	604	TAM AFONSO	M	60	01:18:29.52	01:18:20.05	TRANQUILIDADE AÇOREANA CLUBE
611	184	LUIS BARROS	M	46	01:18:31.29	01:17:17.77	



612	623	PAULO RODRIGUES	M	44	01:18:34.89	01:17:48.66	MULTIRUNNERS
613	795	JOSÉ P GONÇALVES	M	42	01:18:43.59	01:18:43.59	
614	1136	SÓNIA FIGUEIREDO	F	41	01:18:44.76	01:17:43.64	
615	1148	NUNO FERREIRA	M	40	01:18:47.28	01:18:14.96	C NOTURNA PARQUE NAÇÕES
616	374	EDUARDO VILHENA	M	50	01:18:51.67	01:17:52.24	C MILLENNIUM BCP
617	1237	ANIBAL CARVALHO	M	65	01:18:56.58	01:18:15.14	
618	843	NOÉMIA MONTEIRO	F	42	01:18:57.89	01:18:18.35	
619	558	DIOGO VIVEIROS	M	28	01:19:01.23	01:18:06.66	GD SANTANDER TOTTA
620	881	RUI BRAZ	M	35	01:19:07.10	01:18:30.53	SS CGD
621	794	LUIS CONSTANTINO	M	34	01:19:07.45	01:19:07.45	
622	924	LUIS BRAZÃO	M	68	01:19:08.76	01:19:05.50	UNIDOS DA MANUTENÇÃO
623	1221	EUGENIA CID	F	45	01:19:10.36	01:19:00.94	
624	802	NELSON BARREIROS	M	48	01:19:10.97	01:18:54.68	COFINA RUNNERS
625	799	CLÁUDIO CARVALHO	M	28	01:19:11.80	01:18:35.92	COFINA RUNNERS
626	248	VALTER TEIXEIRA	M	48	01:19:13.49	01:18:34.95	C FERROV PORTUGAL
627	547	JOAO ROCHA	M	65	01:19:14.74	01:19:09.64	GD SANTANDER TOTTA
628	619	JOSÉ GALAMBA	M	67	01:19:15.69	01:18:11.77	VALEJAS AC
629	269	LUÍS TORRÃO	M	63	01:19:16.19	01:18:13.15	GDCT REPSOL POLÍMEROS
630	1147	FILIPA FERRO	F	39	01:19:17.28	01:18:25.30	
631	1110	VERA ALMEIDA	F	37	01:19:17.50	01:18:49.11	
632	508	MIGUEL AZEVEDO	M	46	01:19:17.64	01:18:36.36	
633	380	PAULO REVEZ	M	45	01:19:21.00	01:18:54.25	LESMAS ALOPRADAS
634	1213	NUNO PINELA	M	38	01:19:22.89	01:19:08.93	MIROBRIGA TR
635	626	NUNO COSTA	M	42	01:19:23.14	01:18:39.33	MULTIRUNNERS
636	569	JOÃO VIEIRA	M	58	01:19:23.33	01:18:30.99	CCD CAM
637	813	FERNANDO SERRANO	M	47	01:19:25.32	01:18:56.67	C NOTURNA PARQUE NAÇÕES
638	1192	TELMO PINTO	M	32	01:19:29.31	01:18:55.44	CORRER LISBOA
639	224	ALICIA M ROJO	F	46	01:19:30.13	01:18:58.77	
640	399	VALTER NUNES	M	40	01:19:33.21	01:18:42.46	C COLAB AGEAS
641	852	PAULO ALVES	M	53	01:19:41.38	01:18:53.40	ARMADA TORREENSE
642	850	PEDRO M CORREIA	M	39	01:19:41.87	01:18:53.89	ARMADA TORREENSE
643	792	TIAGO MENDONÇA	M	38	01:19:42.81	01:19:14.49	
644	553	TIAGO CANHOTO	M	45	01:19:50.35	01:18:37.67	GD SANTANDER TOTTA
645	538	VERA DUARTE	F	44	01:19:50.43	01:19:27.06	CORRER LISBOA



646	1267	JOSE CANHOTO	M	68	01:19:50.98	01:19:50.98	
647	919	MANUEL MATOS	M	46	01:19:52.57	01:19:20.19	GA OS PATRÍCIOS
648	121	VITOR ABRANCHES	M	45	01:19:52.87	01:18:54.83	FALCÕES SELVAGENS
649	394	JOÃO F FRADE	M	45	01:19:54.56	01:19:19.39	C COLAB AGEAS
650	160	JOSÉ M MARTINS	M	58	01:19:56.21	01:19:42.27	
651	322	PAULO MONIZ	M	62	01:19:56.30	01:19:22.80	AGD ACADEMIA DO KORPO
652	454	ANA I MARQUES	F	47	01:19:57.24	01:19:23.70	
653	575	PAULO MENDES	M	53	01:19:59.70	01:19:21.99	STAL
654	306	ISABEL FRANÇA	F	44	01:20:01.50	01:19:39.88	CCDT METRO LX
655	301	ANTÓNIO GONÇALVES	M	51	01:20:02.29	01:19:40.27	CCDT METRO LX
656	1197	ANTÓNIO BAPTISTA	M	50	01:20:05.36	01:19:28.83	PELEGAS
657	1263	PAULO GONÇALVES	M	51	01:20:05.90	01:20:05.90	MARVILA JOVEM
658	308	JOSÉ P CUNHA	M	53	01:20:08.85	01:19:45.89	CCDT METRO LX
659	319	PEDRO GOMES	M	43	01:20:09.69	01:19:46.74	CCDT METRO LX
660	1223	ANTONIO QUADROS	M	43	01:20:14.65	01:19:54.19	GEADAS RUNNING
661	567	BRUNO ROCHA	M	34	01:20:24.31	01:19:33.03	CCD CAM
662	159	CARLOS M MORAIS	M	51	01:20:24.34	01:19:22.49	
663	684	FRANCISCO SANTOS	M	53	01:20:25.36	01:20:04.01	AMIGOS DA MATINHA
664	685	JOSÉ FREIRE	M	60	01:20:25.41	01:20:03.83	AMIGOS DA MATINHA
665	242	RUI MACHADO	M	50	01:20:26.24	01:19:32.65	
666	167	PEDRO VARANDA	M	44	01:20:27.28	01:20:27.28	
667	168	ANA VARANDA	F	43	01:20:27.35	01:19:55.45	
668	413	LUIS R SILVA	M	50	01:20:29.77	01:19:21.47	CORRER LISBOA
669	320	RAFAEL SANTOS	M	50	01:20:30.39	01:19:48.90	CCDT METRO LX
670	1126	PAULA MADEIRA	F	32	01:20:32.62	01:20:12.24	UA POVOENSE
671	256	EUGÉNIO RUIVO	M	63	01:20:36.17	01:20:36.17	UNIDOS VENCERÃO
672	361	PEDRO PEREIRA	M	51	01:20:36.39	01:19:52.62	C MILLENNIUM BCP
673	349	MÁRIO B CAMPOS	M	68	01:20:38.80	01:19:46.72	C MILLENNIUM BCP
674	53	ALBERTO CARVALHO	M	59	01:20:41.36	01:19:51.71	MARATONEIROS
675	708	DIOGO GONÇALVES	M	26	01:20:42.94	01:19:48.76	ACDRS QUINHENDROS
676	562	IVO LIMA	M	40	01:20:44.82	01:20:14.24	GD SANTANDER TOTTA
677	1188	VITOR AGUILAR	M	66	01:20:48.93	01:20:37.02	RUN 4 FUN
678	118	Mª LEONOR ANTUNES	F	47	01:21:01.27	01:20:47.77	
679	657	HÉLDER LOURENÇO	M	45	01:21:03.96	01:20:53.15	ALVERCA URBAN RUNNERS



680	202	FERNANDO BRANDÃO	M	53	01:21:08.24	01:20:21.42	CLUBE NOVO BANCO
681	1241	TITO NASCIMENTO	M	36	01:21:08.96	01:20:01.54	
682	833	PAULO SOUSA	M	43	01:21:10.02	01:20:50.22	P3P
683	1075	RICARDO DIAS	M	30	01:21:12.53	01:20:31.65	
684	757	ANTONIO BOGAS	M	50	01:21:12.90	01:20:40.47	C BENFICA ALG M MARTINS
685	992	GONÇALO B MARQUES	M	40	01:21:13.60	01:20:18.07	GÉMEOS BM
686	692	VIRGÍLIO RODRIGUES	M	69	01:21:15.23	01:21:15.23	CD ESTRELA
687	704	ANDRÉ WIBORG	M	58	01:21:15.27	01:19:54.86	WL84
688	1062	DANIEL ANTUNES	M	55	01:21:15.93	01:19:55.44	CÂMARA LISBOA CLUBE
689	335	TÂNIA GARCIA	F	30	01:21:16.72	01:20:33.61	
690	869	JOÃO P MARQUES	M	39	01:21:17.00	01:20:15.12	SS CGD
691	1174	JOÃO F DUARTE	M	27	01:21:17.37	01:20:34.87	
692	64	JOÃO FONSECA	M	30	01:21:23.51	01:20:13.78	CORRER LISBOA
693	318	PAULO GUEDES	M	44	01:21:26.50	01:20:41.01	CCDT METRO LX
694	324	PAULO PASCOAL	M	49	01:21:26.89	01:20:42.18	
695	50	PAULO BORGES	M	48	01:21:26.93	01:20:38.90	MARATONEIROS
696	58	ÁLVARO VIEIRA	M	55	01:21:27.49	01:20:38.19	MARATONEIROS
697	206	JORGE MONTEIRO	M	50	01:21:36.24	01:20:43.14	CLUBE NOVO BANCO
698	210	MANUEL ANASTÁCIO	M	47	01:21:36.56	01:20:42.84	CLUBE NOVO BANCO
699	705	PAULO SILVA	M	34	01:21:38.79	01:20:44.13	ACDRS QUINHENDROS
700	979	ANTÓNIO MELGÃO	M	37	01:21:39.28	01:20:46.63	
701	610	SUSANA GOMES	F	48	01:21:39.34	01:20:52.41	VALEJAS AC
702	340	ISABEL NUNES	F	45	01:21:39.91	01:21:19.62	CORRER LISBOA
703	418	LUIS C ALMEIDA	M	46	01:21:40.33	01:21:10.35	
704	951	EVA ROSA	F	47	01:21:40.68	01:21:16.79	CD MOITENSE
705	226	SÓNIA NEVES	F	41	01:21:41.38	01:21:24.07	
706	244	CARLOS M GOMES	M	45	01:21:47.23	01:20:44.58	
707	63	RUI A PINTO	M	41	01:21:48.02	01:21:13.05	
708	227	CARLOS M TAVARES	M	43	01:21:51.56	01:21:33.88	
709	336	ANTÓNIO TEIXEIRA	M	39	01:21:52.16	01:21:40.71	
710	478	CHEILA DIAS	F	29	01:21:55.71	01:21:33.33	UFCI TOMAR
711	722	JOSÉ FREITAS	M	38	01:21:56.34	01:21:08.57	ÁGUAS LIVRES CANEÇAS
712	587	JOÃO ALVES	M	56	01:21:56.88	01:21:18.16	STAL
713	990	DAVID J ALMEIDA	M	45	01:21:57.28	01:21:03.50	



714	366	MARCOS NORITAKE	M	50	01:21:59.35	01:21:12.46	C MILLENNIUM BCP
715	621	JOSÉ FINURAS	M	46	01:22:00.47	01:21:10.77	MULTIRUNNERS
716	630	SEVERO MELO	M	51	01:22:00.85	01:21:16.78	MULTIRUNNERS
717	442	ANTÓNIO BELO	M	72	01:22:01.39	01:21:00.43	AMIGOSDACORRIDA.COM
718	147	LURDES SILVA	F	48	01:22:01.71	01:21:20.78	OS TUGAS
719	314	MÁRIO GONÇALVES	M	51	01:22:01.88	01:21:39.31	CCDT METRO LX
720	548	LINO OLIVEIRA	M	71	01:22:03.42	01:21:58.35	GD SANTANDER TOTTA
721	584	MANUEL TEIXEIRA	M	61	01:22:07.49	01:21:35.05	STAL
722	332	VITOR GONZAS	M	50	01:22:07.66	01:21:28.52	PIRATE RUNNERS
723	1219	GENINHA ANDRADE	F	38	01:22:09.51	01:21:16.33	
724	287	JOÃO ALBERTO	M	50	01:22:09.79	01:21:44.57	JOBRINDE MONTES SALOIOS
725	397	TITO TEIXEIRA	M	39	01:22:16.62	01:21:41.58	C COLAB AGEAS
726	185	SÓNIA BEATO	F	37	01:22:23.06	01:22:14.83	LINDA-A-PASTORA SC
727	991	JORGE B MARQUES	M	40	01:22:23.45	01:21:27.30	GÉMEOS BM
728	187	CARLOS BEATO	M	44	01:22:23.96	01:22:16.41	LINDA-A-PASTORA SC
729	598	JOAQUIM COSTA	M	56	01:22:25.83	01:21:42.76	AMIGOS DA CORRIDA
730	207	JÚLIO FERREIRA	M	62	01:22:25.94	01:22:07.46	CLUBE NOVO BANCO
731	601	JOSÉ NEVES	M	49	01:22:25.95	01:21:44.67	AMIGOS DA CORRIDA
732	602	AFONSO PIRES	M	49	01:22:26.24	01:21:43.41	AMIGOS DA CORRIDA
733	597	Mª JOÃO VAZ	F	51	01:22:26.69	01:21:44.09	AMIGOS DA CORRIDA
734	436	PEDRO R SILVA	M	37	01:22:29.60	01:21:16.71	TALENTO PARA CORRER
735	35	MIGUEL MARQUES	M	56	01:22:30.51	01:21:43.66	
736	352	LEONEL BRANDÃO	M	49	01:22:34.46	01:21:59.67	C MILLENNIUM BCP
737	426	GILBERTO GONÇALVES	M	68	01:22:34.52	01:21:58.78	
738	101	LUIS ABRUNHOSA	M	49	01:22:35.40	01:22:24.41	
739	842	NUNO MADUREIRA	M	36	01:22:35.97	01:22:30.16	
740	633	FREDERICO MANUEL	M	37	01:22:36.91	01:21:55.15	MULTIRUNNERS
741	116	AUGUSTO CARIA	M	64	01:22:45.62	01:22:33.98	
742	745	CRISTINA DE LACERDA	F	45	01:22:45.77	01:22:24.65	C PRAÇAS ARMADA
743	1258	CELIA SILVEIRA	F	45	01:22:46.00	01:22:46.00	
744	815	CARLOS DIAS	M	61	01:22:49.28	01:22:25.47	C NOTURNA PARQUE NAÇÕES
745	1229	GINA CHEIO	F	46	01:22:50.76	01:22:37.41	CGD BANCO PT
746	765	ANA MARTINS	F	44	01:22:54.98	01:22:39.80	C BENFICA ALG M MARTINS
747	759	ARNALDO MACHADO	M	66	01:22:55.47	01:22:55.47	C BENFICA ALG M MARTINS



748	753	VITOR SILVA	M	50	01:22:55.65	01:22:40.66	C BENFICA ALG M MARTINS
749	1204	VITOR MELO	M	55	01:22:58.75	01:22:49.50	
750	491	CLÁUDIA BICO	F	37	01:23:01.44	01:22:31.89	CCDP MUN CASCAIS
751	868	JOÃO CORREIA	M	55	01:23:02.56	01:22:18.18	SS CGD
752	703	TOMÁS WIBORG	M	47	01:23:03.07	01:21:43.07	WL84
753	822	FERNANDO MARQUES	M	68	01:23:03.93	01:22:44.17	C NOTURNA PARQUE NAÇÕES
754	524	JOSÉ PEREIRA	M	70	01:23:04.44	01:22:10.09	A VALE SILÊNCIO
755	628	JOÃO REBOCHO	M	44	01:23:07.77	01:22:22.47	MULTIRUNNERS
756	731	CARLOS GONÇALVES	M	60	01:23:08.73	01:22:00.33	LEBRES E TARTARUGAS
757	1103	MARCO CACHINHO	M	37	01:23:10.29	01:22:28.65	KANINOS
758	1023	BRUNO CLARO	M	27	01:23:11.48	01:22:01.16	CORRER LISBOA
759	333	BRUNO ABRANTES	M	41	01:23:12.84	01:22:31.52	FALCÕES SELVAGENS
760	26	SANDRA ARRAIAS	F	36	01:23:12.88	01:22:31.58	OS ARRAIAS
761	1079	FREDERIC SERRE	M	49	01:23:13.65	01:22:23.04	OS ZATOPEQUES
762	44	SÓNIA DANTAS	F	38	01:23:18.23	01:22:43.69	
763	476	PAULO DIAS	M	52	01:23:24.02	01:23:03.12	
764	615	JOÃO REIS	M	52	01:23:25.67	01:22:39.39	VALEJAS AC
765	77	PAULO SOUSA	M	43	01:23:25.84	01:23:00.71	GDCT IN CASA MOEDA
766	1236	SUSANA AMORIM	F	31	01:23:26.93	01:23:06.28	
767	40	MANUEL CLEMENTE	M	67	01:23:28.43	01:22:22.57	
768	262	ANA MONTEIRO	F	30	01:23:29.52	01:22:41.42	SFUAP
769	260	MÁRIO ALVES	M	61	01:23:29.73	01:22:41.25	SFUAP
770	1170	MANUEL TIAGO	M	55	01:23:31.80	01:22:26.02	
771	642	JOÃO MALHA	M	37	01:23:35.93	01:22:50.29	
772	789	MIGUEL TEIXEIRA	M	38	01:23:38.96	01:23:08.98	RUNNING OF D MARIA
773	617	RICARDO LAMPREIA	M	39	01:23:39.79	01:22:30.56	VALEJAS AC
774	1156	JORGE BICHO	M	57	01:23:49.45	01:23:49.45	4 A FUNDO
775	127	JOSÉ PEREIRA	M	60	01:23:52.25	01:23:21.11	OS PERIGOSOS
776	138	VIRGÍLIA FREIRE	F	51	01:23:53.28	01:23:09.15	
777	826	ANTONIO LIMA	M	54	01:24:00.19	01:24:00.19	
778	582	JOÃO MONTES	M	52	01:24:03.90	01:23:19.57	STAL
779	866	HUGO VENÂNCIO	M	38	01:24:05.21	01:23:43.54	SS CGD
780	373	CARLOS FERNANDES	M	52	01:24:05.39	01:23:51.53	C MILLENNIUM BCP
781	52	JOÃO CORREIA	M	48	01:24:07.79	01:23:20.29	MARATONEIROS



782	379	PAULO ANTUNES	M	49	01:24:11.65	01:23:59.05	LESMAS ALOPRADAS
783	1193	ANA OLIVEIRA	F	27	01:24:13.72	01:23:12.18	
784	450	TEODORO TRINDADE	M	55	01:24:13.82	01:23:13.50	RUN 4 FUN
785	1113	JOÃO P COELHO	M	32	01:24:13.84	01:22:35.83	
786	504	JORGE PAULO	M	58	01:24:13.88	01:23:14.83	RUN 4 FUN
787	735	JAIME AFONSO	M	52	01:24:16.12	01:23:58.20	CLUBE ANACOM
788	727	FRANCISCO COSTA	M	59	01:24:18.19	01:23:45.56	
789	859	CLAUDIA LOURENÇO	F	46	01:24:21.59	01:23:34.42	SS CGD
790	68	MARCO CARVALHO	M	40	01:24:23.03	01:23:19.62	GDCT IN CASA MOEDA
791	1048	FREDERICO CARVALHO	M	27	01:24:23.36	01:23:20.11	STEFFAS
792	1066	DANIEL OLIVEIRA	M	61	01:24:24.71	01:23:49.40	CÂMARA LISBOA CLUBE
793	239	MARÍLIA RIBEIRO	F	33	01:24:26.69	01:23:16.95	TOKANDAR
794	240	DAVID BARBOTIN	M	32	01:24:26.97	01:23:17.64	TOKANDAR
795	679	FILIPE P LOUREIRO	M	54	01:24:29.05	01:24:01.79	GD SBSI
796	477	DIANA PEREIRA	F	26	01:24:29.90	01:24:07.23	
797	730	JOÃO VALÉRIO	M	62	01:24:30.45	01:23:21.16	LEBRES E TARTARUGAS
798	416	MIGUEL VIVAS	M	24	01:24:31.62	01:23:33.39	OS BILHUDOS
799	1047	MÁRIO FETEIRA	M	27	01:24:33.91	01:24:01.43	STEFFAS
800	241	JOSÉ L CORREIA	M	57	01:24:35.53	01:24:06.33	NAVRUNNERS
801	1022	RODOLFO RAPAÇ	M	45	01:24:39.61	01:23:34.73	
802	1077	ANDRÉ FONSECA	M	36	01:24:43.62	01:23:50.81	
803	930	HÉLDER PALMA	M	46	01:24:45.36	01:24:03.65	SS MONTEPIO
804	805	VIRGÍLIO FERRAZ	M	68	01:24:48.35	01:23:55.37	FALCÕES DO CHILE
805	1065	JOÃO FIGUEIREDO	M	60	01:24:48.44	01:24:14.41	CÂMARA LISBOA CLUBE
806	406	JORGE PEREIRA	M	53	01:24:51.63	01:23:36.01	
807	1125	MARISA COSTA	F	37	01:24:54.57	01:24:45.79	UA POVOENSE
808	1120	INÊS ARRENEGA	F	42	01:24:55.07	01:24:38.69	UA POVOENSE
809	100	RICARDO J RODRIGUES	M	33	01:24:55.88	01:23:43.72	
810	350	VIRGÍLIO FERREIRA	M	62	01:24:56.22	01:24:04.66	C MILLENNIUM BCP
811	1121	JOSÉ FERREIRA	M	37	01:24:56.83	01:24:45.97	UA POVOENSE
812	448	MANUEL EMÍDIO	M	60	01:24:57.18	01:24:41.78	AA AGUALVA
813	484	VITÓRIA MONTEIRO	F	64	01:25:02.77	01:24:48.49	GRD OS FIXES
814	830	JOSÉ GOMES	M	47	01:25:05.86	01:24:42.98	C NOTURNA PARQUE NAÇÕES
815	1003	MARIA FATUDA	F	61	01:25:13.21	01:25:00.48	CARRASCO&AMIGOS



816	456	ELISABETE ASSUNÇÃO	F	47	01:25:17.08	01:25:17.08
817	391	JOÃO CRAVO	M	32	01:25:21.98	01:24:53.33 4 AO KM
818	690	ARMANDO TAVARES	M	68	01:25:22.61	01:24:30.53 CD ESTRELA
819	894	LUÍS CATITA	M	59	01:25:23.28	01:24:54.66 MOVET
820	965	LUIS PROENÇA	M	47	01:25:24.72	01:24:30.51
821	364	AUGUSTO LOURENÇO	M	54	01:25:27.33	01:24:49.75 C MILLENNIUM BCP
822	355	LUÍS SILVA	M	48	01:25:29.42	01:24:35.59 C MILLENNIUM BCP
823	790	SANDRA CARDOSO	F	44	01:25:29.95	01:24:28.92
824	711	RICARDO SANTOS	M	24	01:25:30.73	01:25:03.22 C BENFICA CASTELO BRANCO
825	1105	NUNO PEREIRA	M	45	01:25:33.08	01:25:23.37 SC CASAÍNHOS
826	257	ADALBERTO GRILO	M	55	01:25:33.76	01:25:33.76 RUN 4 FUN
827	258	NUNO MOLERO	M	44	01:25:34.82	01:25:23.27
828	1173	SÓNIA ARRUDA	F	40	01:25:35.18	01:25:19.17 WIKABOO
829	485	JORGE OLIVEIRA	M	54	01:25:37.02	01:24:49.78 GRD OS FIXES
830	734	JOSÉ PINTO	M	41	01:25:45.35	01:24:34.15 CLUBE ANACOM
831	955	LUCIANO REIS	M	57	01:25:46.30	01:24:59.85
832	458	LUIS COELHO	M	53	01:25:47.24	01:25:20.27 CRUZQUEBRADENSE SIMECQ
833	407	VITOR COLELA	M	45	01:25:47.48	01:24:32.10
834	1247	MARRCO FERNANDES	M	28	01:25:48.44	01:25:48.44 RUN FOR FRIENDS
835	1055	JOÃO PEREIRA	M	46	01:25:48.64	01:24:57.48 CÂMARA LISBOA CLUBE
836	97	ALEXANDRA GUERREIRO	F	43	01:25:48.92	01:24:40.09 CCD AT
837	178	ISAAC DINIS	M	66	01:25:55.75	01:24:54.48 ASAS
838	767	NATALIE MARCHEVA	F	51	01:25:56.38	01:25:42.19 C BENFICA ALG M MARTINS
839	1253	JOSE VERMELHUDO	M	57	01:25:57.22	01:25:57.22 AERORUNNERS
840	796	HENRIQUE FERREIRA	M	36	01:26:03.33	01:24:47.31
841	438	Mª JOÃO FERNANDES	F	59	01:26:03.98	01:25:02.14 AMIGOSDACORRIDA.COM
842	468	PAULA LEITÃO	F	43	01:26:08.70	01:25:40.85 CRUZQUEBRADENSE SIMECQ
843	614	ANA RAPOSO	F	42	01:26:19.56	01:25:32.25 VALEJAS AC
844	999	MIGUEL MARQUES	M	39	01:26:23.31	01:25:44.19 GURU RUNNING
845	1082	JOÃO PARRA	M	61	01:26:25.98	01:25:34.27 TEJAVISTA
846	1167	CATARINA VARGES	F	43	01:26:26.56	01:25:32.83 AA LEBRES DO SADO
847	787	PAULO MARTINS	M	49	01:26:35.56	01:26:07.44 RUNNING OF D MARIA
848	786	JORGE FERREIRA	M	52	01:26:35.64	01:26:07.40 RUNNING OF D MARIA
849	841	CARLA P FERNANDES	F	41	01:26:36.58	01:26:12.01 CCDT MUN ODIVELAS



850	268	MANUEL SEQUEIRA	M	66	01:26:38.89	01:25:38.74	GDCT REPSOL POLÍMEROS
851	57	ANÍBAL COSTA	M	44	01:26:39.10	01:25:42.57	MARATONEIROS
852	1255	PATRICIA DINIS	F	48	01:26:41.92	01:26:41.92	
853	125	MANUEL GOMES	M	51	01:26:42.91	01:26:28.56	CLUBE MARGINAL
854	193	FRANCISCO RIBEIRO	M	66	01:26:42.95	01:25:32.12	
855	124	FRANCISCO COITO	M	64	01:26:43.78	01:26:30.08	CLUBE MARGINAL
856	721	ANDREIA OLIVEIRA	F	38	01:26:44.98	01:25:53.25	GEORUNNERS PORTUGAL
857	717	ELISIO COSTA	M	60	01:26:50.68	01:26:11.61	OS ZATOPEQUES
858	903	EDUARDO AMORIM	M	45	01:26:53.99	01:25:48.65	
859	1196	JOÃO FOUTO RITA	M	59	01:26:54.51	01:26:18.31	PELEGAS
860	443	DOMINGOS DURO	M	72	01:26:57.14	01:25:55.71	AMIGOSDACORRIDA.COM
861	135	CLÁUDIA SANTOS	F	32	01:26:57.73	01:26:13.61	
862	353	EDUARDO PINTO	M	48	01:26:58.50	01:26:13.36	C MILLENNIUM BCP
863	1070	JOSÉ BOUCEIRO	M	52	01:26:59.54	01:26:22.64	ADCR PJ
864	1155	JOSÉ CATITA	M	58	01:26:59.83	01:26:21.86	
865	1008	CRISTINA R FERNANDEZ	F	33	01:27:06.34	01:26:03.50	
866	1195	SANDRA SILVA	F	40	01:27:15.42	01:25:57.29	
867	901	VASCO SANTOS	M	57	01:27:15.93	01:26:04.02	GD BANCO BPI
868	902	JORGE NUNES	M	39	01:27:16.65	01:26:04.57	GD BANCO BPI
869	938	JOAQUIM FERNANDES	M	41	01:27:16.91	01:26:04.71	
870	600	ANTÓNIO AFONSO	M	58	01:27:17.26	01:26:34.90	AMIGOS DA CORRIDA
871	204	JOÃO ANTUNES	M	29	01:27:17.70	01:26:38.04	CLUBE NOVO BANCO
872	65	ANTÓNIO GASPAR	M	73	01:27:18.73	01:26:13.65	GDCT IN CASA MOEDA
873	860	ESMERALDO PEREIRA	M	70	01:27:19.48	01:26:25.96	SS CGD
874	726	SANDRA TRIÃES	F	34	01:27:26.79	01:26:53.25	
875	1186	NUNO COSTA	M	43	01:27:26.97	01:26:52.68	
876	978	ISABEL SANTOS	F	49	01:27:29.55	01:27:29.55	LOURDETE PERFUMARIAS
877	21	JOSÉ L AGAPITO	M	38	01:27:30.64	01:26:21.85	PERNAS DE GAFANHOTO
878	435	HELENA SOUSA	F	56	01:27:33.44	01:27:13.34	CARRASCO&AMIGOS
879	368	DULCE RAMOS	F	47	01:27:37.01	01:27:12.31	C MILLENNIUM BCP
880	963	VALTER LIMA	M	42	01:27:50.94	01:26:37.42	
881	295	MANUEL RODRIGUES	M	56	01:28:02.59	01:27:46.32	CATERINGPOR
882	492	DIOGO HENRIQUES	M	18	01:28:03.13	01:27:38.45	CCDP MUN CASCAIS
883	156	JOÃO GODINHO	M	40	01:28:04.32	01:26:50.45	AROO



884	155	NUNO MARTINS	M	40	01:28:05.05	01:26:51.48	AROO
885	1158	MATEUS SOSSAI	M	29	01:28:05.51	01:26:44.51	
886	481	RICARDO PATO	M	37	01:28:13.05	01:27:33.03	
887	710	Mª CATARINA MORADIAS	F	23	01:28:17.39	01:27:49.39	C BENFICA CASTELO BRANCO
888	749	PAULO MARTINS	M	48	01:28:20.30	01:27:15.98	CASEBRE
889	32	JOSÉ M SOUSA	M	32	01:28:22.24	01:27:29.14	
890	285	VANESSA SOUSA	F	36	01:28:26.40	01:27:44.13	CORRER SR GRANJA
891	245	MARTINS BARATA	M	73	01:28:26.53	01:27:49.49	C FERROV PORTUGAL
892	1019	ISABEL AMORIM	F	29	01:28:27.74	01:27:54.89	CORRER LISBOA
893	1068	PAULA LEITÃO	F	43	01:28:34.55	01:27:59.21	CÂMARA LISBOA CLUBE
894	1238	CELIA GIL	F	46	01:28:34.74	01:27:38.57	
895	1210	SANDRA BAPTISTA	F	44	01:28:35.34	01:27:26.68	CORRER LISBOA
896	1209	ANTÓNIO IRIA	M	48	01:28:35.89	01:27:27.87	CORRER LISBOA
897	396	PAULO FIGUEIREDO	M	35	01:28:42.20	01:27:51.63	C COLAB AGEAS
898	664	HELENA LEITÃO	F	47	01:28:48.04	01:28:23.41	RUNLOVERS
899	1279	VITOR RODRIGUES	M	60	01:28:55.65	01:28:55.65	
900	1266	MARTINHO DIAS	M	40	01:29:09.00	01:29:09.00	CORRER LISBOA
901	1078	MARCO SILVA	M	31	01:29:19.34	01:28:27.89	OS ZATOPEQUES
902	1080	GONÇALO SEABRA	M	39	01:29:24.05	01:28:32.91	OS ZATOPEQUES
903	43	JOÃO MARQUES	M	40	01:29:25.42	01:28:51.86	
904	1264	NUNO LOUREIRO	M	50	01:29:27.44	01:29:27.44	FALCÕES SELVAGENS
905	263	MANUELA BARRETO	F	46	01:29:27.75	01:28:29.43	FALCÕES SELVAGENS
906	993	FRANCISCO SILVA	M	56	01:29:28.22	01:28:29.59	FALCÕES SELVAGENS
907	109	AURÉLIO CALADO	M	68	01:29:29.92	01:28:26.87	4 AO KM
908	583	MANUEL OLIVEIRA	M	76	01:29:29.97	01:28:33.83	STAL
909	546	PAULA FIGUEIREDO	F	59	01:29:30.12	01:28:33.15	GD SANTANDER TOTTA
910	544	ANTONIO CASTRO	M	47	01:29:33.84	01:28:36.11	GD SANTANDER TOTTA
911	1202	FERNANDO CASTANHEIRA	M	67	01:29:37.26	01:28:32.56	
912	325	MARCOS MADEIRA	M	42	01:29:40.92	01:28:42.55	
913	1021	CARLA OLIVEIRA	F	42	01:29:47.81	01:29:31.15	
914	1142	ANE B MARQUES	F	44	01:29:48.03	01:29:16.31	
915	243	FRANCISCO RAFAEL	M	42	01:30:10.34	01:29:32.12	
916	213	PAULO RICARDO	M	49	01:30:17.02	01:29:30.59	CLUBE NOVO BANCO
917	383	VASCO LAVADO	M	41	01:30:17.21	01:29:15.22	LEZÍRIA RUNNERS



918	952	CARLOS PÁSCOA	M	62	01:30:19.44	01:30:19.44
919	16	AUGUSTO T FERREIRA	M	68	01:30:20.22	01:30:20.22
920	229	ANDRY POLITYLO	M	39	01:30:31.96	01:30:01.40 PERENE RUN
921	758	JOAQUIM MONICA	M	59	01:30:32.09	01:29:43.76 C BENFICA ALG M MARTINS
922	378	ARMANDO CORREIA	M	65	01:30:35.16	01:29:35.40 LESMAS ALOPRADAS
923	1012	JOÃO CASTRO	M	57	01:30:35.23	01:30:28.19 CLUBE ANACOM
924	1084	ANA PINTO	F	23	01:30:37.04	01:30:17.80
925	382	RUI ALMEIDA	M	40	01:30:39.05	01:29:37.97 LEZÍRIA RUNNERS
926	698	JEREMIAS RIBEIRO	M	74	01:30:42.93	01:29:48.20
927	230	BRUNO PEREIRA	M	39	01:30:43.11	01:29:32.20 PERENE RUN
928	486	PAULA ALMEIDA	F	45	01:30:43.19	01:29:20.87
929	471	JORGE CRUZ	M	45	01:30:48.73	01:30:00.08
930	1250	RAMIRO MIGUEL	M	71	01:30:50.56	01:30:50.56
931	1153	PAULO NEVES	M	39	01:30:52.49	01:29:54.09
932	1031	ARMANDO GONÇALVES	M	64	01:30:53.65	01:29:59.53 CCDT AUT ALMADA
933	768	PATRICIA PEDRO	F	52	01:30:55.72	01:30:16.28 C BENFICA ALG M MARTINS
934	300	JOAQUIM C PINTO	M	58	01:30:58.80	01:30:04.29
935	166	Mª ALCINA CORREIA	F	63	01:30:59.17	01:30:05.00 GD O INDEPENDENTE
936	793	CÉLIA FRANCISCO	F	44	01:30:59.27	01:30:05.48
937	290	NUNO NOGUEIRA	M	41	01:31:04.06	01:30:50.10
938	424	OSVALDO PIRES	M	33	01:31:07.29	01:30:30.93 CASCAIS NIGHT RUNNERS
939	804	ANDRÉ FERREIRA	M	31	01:31:07.60	01:30:31.37 COFINA RUNNERS
940	1087	ANN MCPHERSON	F	38	01:31:07.99	01:30:15.72 EMSA TEAM
941	831	PEDRO FERREIRA	M	47	01:31:10.24	01:30:38.06 C NOTURNA PARQUE NAÇÕES
942	412	DANIEL RAMOS	M	40	01:31:12.27	01:30:47.70 JOBRINDE MONTES SALOIOS
943	986	MARIA MAGRO	F	43	01:31:12.67	01:30:47.12 JOBRINDE MONTES SALOIOS
944	827	JOAO G ALCANTARA	M	52	01:31:18.65	01:30:47.88 C NOTURNA PARQUE NAÇÕES
945	1262	ESMERALDA RAMALHO	F	45	01:31:21.82	01:31:21.82
946	376	JOSÉ ROCHA	M	49	01:31:22.83	01:30:12.59 C MILLENNIUM BCP
947	377	Mª ROCHA RODRIGUES	F	29	01:31:22.99	01:30:13.15 C MILLENNIUM BCP
948	832	ALBERTO SANTOS	M	56	01:31:24.38	01:31:02.79 C NOTURNA PARQUE NAÇÕES
949	807	GONÇALO LOUREIRO	M	40	01:31:29.88	01:30:44.73 RUN FOR 2
950	1194	JOSÉ P RODRIGUES	M	39	01:31:40.53	01:30:39.95
951	764	FERNANDO FERREIRA	M	78	01:31:42.80	01:31:27.26 C BENFICA ALG M MARTINS



952	785	LUIS C SILVA	M	43	01:31:49.37	01:31:06.15	TRANQUILIDADE AÇOREANA CLUBE
953	1097	PEDRO REBELO	M	34	01:31:52.36	01:31:41.10	OS RESISTENTES
954	893	GONÇALO OLIVEIRA	M	55	01:31:56.46	01:31:46.69	GDCT UNICRE
955	533	Mª JOÃO SIMÕES	F	48	01:31:59.52	01:31:03.04	
956	968	SÓNIA CRUZ	F	41	01:32:02.88	01:31:00.17	
957	1149	SANDRA PIRES	F	44	01:32:03.49	01:31:35.00	C NOTURNA PARQUE NAÇÕES
958	814	SANDRA PIRES	F	45	01:32:04.68	01:31:36.77	C NOTURNA PARQUE NAÇÕES
959	729	CELSO PEREIRA	M	38	01:32:05.90	01:30:58.01	SRCD TESOUREIRA
960	556	LUIS GATINHO	M	49	01:32:06.16	01:31:35.45	GD SANTANDER TOTTA
961	728	ANTÓNIO L PEREIRA	M	42	01:32:06.24	01:30:58.41	SRCD TESOUREIRA
962	849	RUBEN GUERREIRO	M	24	01:32:09.44	01:31:12.61	
963	163	RUI PAULO REIS	M	47	01:32:17.73	01:31:42.33	
964	342	ROSA MARQUES	F	33	01:32:18.99	01:32:03.55	
965	550	JOSE RIBEIRO	M	72	01:32:24.04	01:31:12.82	GD SANTANDER TOTTA
966	674	RUI LUIS	M	60	01:32:27.39	01:31:52.80	CA VALE FIGUEIRA
967	1067	ANABELA MEIA-VIA	F	48	01:32:29.77	01:31:55.92	CÂMARA LISBOA CLUBE
968	848	TIAGO S BARRA	M	24	01:32:34.52	01:31:37.50	
969	48	PAULO D SILVA	M	41	01:32:36.76	01:31:46.08	
970	570	PAULA NETO	F	52	01:32:39.25	01:31:44.80	CCD CAM
971	392	ALEXANDRA PESTANA	F	44	01:32:41.90	01:31:34.73	
972	393	NELSON COSTA	M	46	01:32:42.74	01:31:34.72	
973	1006	TIAGO PEREIRA	M	36	01:32:47.04	01:32:18.11	
974	47	ALBERTINO SOARES	M	54	01:32:47.71	01:31:31.36	
975	809	ANTÓNIO MENDES	M	58	01:32:55.23	01:31:57.73	
976	810	ZAIDA MENDES	F	58	01:32:55.45	01:31:57.51	
977	605	MARISA SIMÕES	F	52	01:32:56.93	01:31:43.18	VALEJAS AC
978	606	ILDA SIMÕES	F	45	01:32:57.12	01:31:42.79	VALEJAS AC
979	611	Mª JOÃO FRANCO	F	42	01:32:57.54	01:31:44.54	VALEJAS AC
980	223	PALOMA B CASES	F	46	01:33:00.65	01:32:29.01	
981	176	CARLA FERNANDES	F	38	01:33:05.07	01:32:02.79	ASAS
982	180	RUBEN COUTO	M	35	01:33:05.80	01:32:03.91	ASAS
983	60	MILENA ALÍPIO	F	48	01:33:09.31	01:32:13.20	C ÓPTICO STº ANDRÉ
984	766	PAULA SOARES	F	46	01:33:10.45	01:32:27.96	C BENFICA ALG M MARTINS
985	845	VANDA COVAS	F	36	01:33:15.53	01:32:05.10	CORRER LISBOA



986	59	SANDRA ATALHO	F	45	01:33:20.57	01:32:24.02	C ÓPTICO STº ANDRÉ
987	603	CLÁUDIA TAM	F	35	01:33:20.69	01:32:16.76	TRANQUILIDADE AÇOREANA CLUBE
988	329	CARLOS TOMAZ	M	42	01:33:23.74	01:32:41.74	COITO RUNNING
989	18	LUIS MARQUES	M	61	01:33:28.72	01:33:28.72	
990	933	LUIS FARINHA	M	48	01:33:28.93	01:32:46.15	SS MONTEPIO
991	19	ISMAEL GERALDES	M	62	01:33:30.34	01:33:30.34	
992	920	MÁRIO LIMA	M	64	01:33:34.19	01:32:25.14	O MUNDO DA CORRIDA
993	1234	MARCO BAPTISTA	M	39	01:33:35.06	01:32:29.21	CGD BANCO PT
994	1233	ANA BAPTISTA	F	36	01:33:36.55	01:32:30.28	CGD BANCO PT
995	1181	RICARDO MIRANDA	M	36	01:33:37.79	01:32:25.25	SANDRO FERRONE
996	1059	CARLOS FERREIRA	M	52	01:33:38.53	01:32:23.92	CÂMARA LISBOA CLUBE
997	1049	DIOGO FERREIRA	M	44	01:33:43.67	01:33:08.10	CCD TRANQUILIDADE
998	222	EDUARDO MOUTINHO	M	48	01:33:53.93	01:32:48.23	
999	1271	CRISTINA TOSCANO	F	57	01:33:57.14	01:33:57.14	
1000	1029	CATARINA SOUSA	F	38	01:34:00.23	01:33:08.31	
1001	1004	JOSUÉ FRADE	M	44	01:34:05.53	01:32:45.19	CARRASCO&AMIGOS
1002	317	PAULO J FERNANDES	M	44	01:34:08.88	01:33:04.94	CCDT METRO LX
1003	618	JORGE BRITO	M	47	01:34:16.61	01:32:55.25	VALEJAS AC
1004	402	RAQUEL AFONSO	F	43	01:34:21.16	01:33:48.37	
1005	403	ANA BALTAZAR	F	37	01:34:21.49	01:33:48.08	
1006	635	JOSÉ AZEVEDO	M	44	01:34:26.41	01:33:38.50	MULTIRUNNERS
1007	591	MARTA CUNHA	F	35	01:34:26.85	01:33:38.61	
1008	1017	MARIANA NEVES	F	20	01:34:32.57	01:33:40.16	CORRER LISBOA
1009	1018	CATARINA RODRIGUES	F	19	01:34:36.94	01:33:44.73	CORRER LISBOA
1010	808	CÁTIA PINTO	F	35	01:34:37.78	01:33:52.45	RUN FOR 2
1011	625	VÍTOR FREITAS	M	42	01:34:40.67	01:33:56.86	MULTIRUNNERS
1012	1208	PEDRO REIS	M	45	01:34:44.52	01:34:07.95	ENGIMIND
1013	143	ANTERO MARTINS	M	46	01:34:47.78	01:33:34.06	
1014	98	JOÃO C FERREIRA	M	53	01:34:48.11	01:33:35.21	
1015	989	HELENA COSTA	F	56	01:34:50.41	01:34:27.19	JOBRINDE MONTES SALOIOS
1016	409	IVONE MINELI	F	48	01:34:50.78	01:34:24.31	LESMAS ALOPRADAS
1017	408	JORGE LOPES	M	50	01:34:58.58	01:33:54.35	
1018	1144	SUZANA SILVEIRO	F	46	01:34:59.08	01:34:35.24	
1019	542	LUIS MILHEIRO	M	56	01:35:02.76	01:34:33.62	GD SANTANDER TOTTA



1020	669	RAQUEL PINHEIRO	F	40	01:35:07.33	01:34:27.06	CA VALE FIGUEIRA
1021	671	ALVARO PINHEIRO	M	45	01:35:07.67	01:34:27.38	CA VALE FIGUEIRA
1022	676	ANTÓNIO CAMACHO	M	65	01:35:07.75	01:34:26.75	CA VALE FIGUEIRA
1023	274	JOSE REBOCHO	M	61	01:35:08.34	01:34:51.08	CORRER SR GRANJA
1024	1118	DEOLINDA URBANO	F	61	01:35:28.47	01:35:20.21	UA POVOENSE
1025	535	DÁLIA LEITE	F	54	01:35:34.05	01:35:19.29	CA ODIMARQ
1026	400	VITOR J RAMOS	M	46	01:35:45.29	01:34:54.28	C COLAB AGEAS
1027	303	CARLA RODRIGUES	F	38	01:35:49.47	01:34:51.37	CCDT METRO LX
1028	312	JOSÉ TAVARES	M	46	01:35:49.51	01:34:51.55	CCDT METRO LX
1029	1260	CELIA AZENHA	F	52	01:35:51.60	01:35:51.60	
1030	647	ALFREDO DE SOUSA	M	62	01:35:51.77	01:34:34.31	CARACOIS DE CORRIDA
1031	291	CECÍLIA NICOLAU	F	50	01:35:52.36	01:35:31.50	AA LEBRES SADO
1032	112	LÉLIA AREAL	F	57	01:36:13.13	01:35:04.53	
1033	356	CARLOS TOMÉ	M	42	01:36:16.51	01:35:28.40	C MILLENNIUM BCP
1034	637	DEOLINDA SANTOS	F	45	01:36:21.43	01:35:32.26	
1035	252	CARINA AMARO	F	26	01:36:22.59	01:35:23.44	
1036	1132	BRUNO R ALMEIDA	M	33	01:36:26.45	01:35:23.69	
1037	175	HELENA CUNHA	F	58	01:36:27.57	01:35:26.31	ASAS
1038	733	FREDERICO SOUSA	M	53	01:36:41.59	01:35:31.68	LEBRES E TARTARUGAS
1039	1095	MARGARIDA TEIXEIRA	F	37	01:36:44.84	01:35:40.19	CORRER LISBOA
1040	736	FERNANDO LOPES	M	45	01:36:57.40	01:36:12.77	
1041	816	JOSÉ ROLÃO	M	60	01:37:03.05	01:36:17.17	C NOTURNA PARQUE NAÇÕES
1042	137	ALBANO SANTOS	M	56	01:37:04.40	01:36:17.56	
1043	658	CRISTINA LINO	F	50	01:37:09.72	01:36:47.62	ALVERCA URBAN RUNNERS
1044	1094	CARLOS GALVÃO	M	39	01:37:14.38	01:37:14.38	
1045	197	TIAGO A ALVES	F	31	01:37:29.58	01:36:23.44	
1046	988	MARIA VIEIRA	F	44	01:37:30.26	01:36:23.99	CRT
1047	196	Mª LEONOR ALMEIDA	F	26	01:37:39.31	01:36:34.39	
1048	304	CARLOS N DIAS	M	56	01:37:40.51	01:36:41.98	CCDT METRO LX
1049	110	EBERHARD WILHELM	M	68	01:37:49.34	01:37:36.81	4 AO KM
1050	590	ISABEL COSTA	F	44	01:37:53.09	01:36:53.71	STAL
1051	592	LURDES OLAS	F	44	01:37:53.97	01:36:54.80	STAL
1052	505	LEONIA CEBAN	F	52	01:38:03.78	01:37:18.91	
1053	1096	NELSON CASTELA	M	51	01:38:14.57	01:38:00.74	



1054	488	HENRIQUE VILHENA	M	61	01:38:16.38	01:36:58.50	
1055	179	JOSÉ P FERRABELO	M	63	01:38:22.46	01:37:19.53	ASAS
1056	177	SERAFIM MARQUES	M	68	01:38:22.60	01:37:22.12	ASAS
1057	499	RUI VIEIRA	M	50	01:38:28.81	01:37:15.87	CCDP MUN CASCAIS
1058	549	JOSE MONTEIRO	M	68	01:38:31.86	01:38:24.80	GD SANTANDER TOTTA
1059	742	ANTÓNIO ABRANTES	M	62	01:38:38.39	01:37:46.02	
1060	381	FILOMENA AGUIAR	F	48	01:38:40.93	01:38:13.97	LESMAS ALOPRADAS
1061	326	ANTÓNIO BILA	M	60	01:39:02.98	01:38:01.92	
1062	622	FLORBELA SOARES	F	51	01:39:04.41	01:38:14.89	MULTIRUNNERS
1063	232	ILÍDIO MONTEIRO	M	67	01:39:05.74	01:38:26.21	
1064	38	ISABEL RODRIGUES	F	44	01:39:20.98	01:38:13.96	CORRER LISBOA
1065	398	VANDA SEQUEIRA	F	44	01:39:34.15	01:38:44.42	C COLAB AGEAS
1066	973	ANA C PEREIRA	F	42	01:39:46.83	01:38:36.27	
1067	824	RUTE C TEIXEIRA	F	39	01:39:52.65	01:39:23.26	C NOTURNA PARQUE NAÇÕES
1068	820	RUI ALMEIDA	M	44	01:39:52.98	01:39:21.44	C NOTURNA PARQUE NAÇÕES
1069	948	IDALINA MADEIRA	F	56	01:40:21.37	01:39:48.60	TRANQUILIDADE AÇOREANA CLUBE
1070	84	JOÃO RUSSO	M	38	01:40:37.92	01:39:32.72	CORRER LISBOA
1071	78	ANA PEREIRA	M	41	01:40:39.89	01:40:16.01	GDCT IN CASA MOEDA
1072	362	CARLOS CONCEIÇÃO	M	55	01:41:05.25	01:40:18.57	C MILLENNIUM BCP
1073	760	CARLOS OLEASTRO	M	54	01:41:35.81	01:40:51.87	C BENFICA ALG M MARTINS
1074	931	ISABEL OLIVEIRA	F	56	01:41:38.53	01:41:18.99	SS MONTEPIO
1075	892	PAULO FRANÇA	M	55	01:41:56.72	01:41:48.90	GDCT UNICRE
1076	1183	LUÍSA FERREIRA	F	47	01:41:57.89	01:41:14.72	C BENFICA ALG M MARTINS
1077	659	GRAÇA NOBRE	F	57	01:42:52.46	01:42:30.20	ALVERCA URBAN RUNNERS
1078	774	JORGE JESUS	M	64	01:42:53.03	01:42:04.59	C BENFICA ALG M MARTINS
1079	1252	EDUARDO GONÇALVES	M	32	01:43:24.19	01:43:24.19	RUN FOR FRIENDS
1080	311	JOSÉ L SANTOS	M	47	01:43:38.41	01:43:02.94	CCDT METRO LX
1081	149	MIGUEL SILVA	M	72	01:43:43.43	01:42:56.27	
1082	1164	ISABEL MAGALHÃES	F	60	01:43:43.62	01:43:02.78	GYM2010
1083	885	CATARINA FIGUEIRA	F	38	01:43:43.77	01:42:53.44	C COLAB AGEAS
1084	844	RUI MELÃO	M	53	01:44:06.85	01:42:52.95	
1085	1270	FABIO DIAS	M	45	01:44:37.28	01:44:37.28	SANTANDER TOTTA
1086	120	MÁRIO PIRES	M	58	01:44:45.40	01:43:30.92	
1087	1179	ISILDA BARRADAS	F	66	01:44:59.57	01:44:59.57	ACR MEALHADA



1088	1089	Mª FÁTIMA AGUIAR	F	45	01:45:08.34	01:43:56.43	
1089	251	JOANA VITÓRIO	F	28	01:45:28.49	01:44:16.97	CORRER LISBOA
1090	1269	FRANCISCO P SILVA	M	73	01:45:44.99	01:45:44.99	
1091	365	CRISTINA LOURENÇO	F	52	01:45:47.53	01:44:54.97	C MILLENNIUM BCP
1092	1013	ISABEL CALDEIRA	F	44	01:47:17.56	01:46:13.77	
1093	1254	RUTE CASEMIRO	F	37	01:48:27.00	01:48:27.00	AERORUNNERS
1094	1145	MANUEL VEIGA	M	64	01:48:27.38	01:47:15.27	SANDRO FERRONE
1095	631	NUNO OLIVEIRA	M	40	01:48:50.99	01:48:00.98	MULTIRUNNERS
1096	1273	JOÃO MARQUES	M	51	01:48:56.10	01:48:56.10	CARRASCO & AMIGOS
1097	1166	MARTA SIMÃO	F	40	01:50:23.30	01:49:42.28	GYM2010
1098	27	RUI PEDRO SANTOS	M	48	01:51:22.74	01:50:15.50	PLMJ RUNNERS
1099	211	PAULA MELLO	M	50	01:52:01.94	01:50:59.61	CLUBE NOVO BANCO
1100	246	MIGUEL BARATA	M	44	01:52:08.24	01:51:29.30	C FERROV PORTUGAL
1101	1092	RITA MADALENO	F	40	01:59:26.54	01:58:31.96	C NOTURNA PARQUE NAÇÕES
1102	1091	DIOGO MADALENO	M	42	01:59:27.26	01:58:31.48	C NOTURNA PARQUE NAÇÕES
1103	358	FOCK YIOT WAN	F	66	02:01:45.93	02:00:49.04	C MILLENNIUM BCP
1104	359	JOSÉ ARRUDA	M	67	02:01:46.38	02:00:49.04	C MILLENNIUM BCP
1105	898	Mª CARMO ANJOS	F	70	02:03:53.59	02:03:27.36	
1106	387	DIOGO MARQUES	M	24	02:06:25.87	02:05:10.00	DÁ-LE
1107	899	LUCINDA HENRIQUES	F	68	02:12:56.00	02:12:28.84	

Total de registros: 1107