



RESULTADOS PROVISÓRIOS COMPLETOS

cronometragem:

XISTARCA

Clas. Nº.	Atleta	Sx	Id.	Esc. Cl.	Esc. Equipa	Controlo	Final(10km)
1	2 HERMANO FERREIRA	M	27	M2039	1 MARATONA CP	0:17:50	0:30:22
2	1305 JOSE MADURO	M	37	M2039	2 MAIA AC	0:17:50	0:30:32
3	3 CARLOS SILVA	M	27	M2039	3 SPORTING CP	0:18:07	0:31:18
4	1371 TIAGO MARQUES	M	27	M2039	4 AA POMBAL	0:18:27	0:31:54
5	625 ARTUR SANTIAGO	M	38	M2039	5 GDU CAXIENSES	0:19:00	0:32:05
6	103 MIGUEL SANTOS	M	20	M2039	6 ARCD VILA REI	0:18:59	0:32:08
7	5 JOÃO MARQUES	M	41	M4044	1 GDU CAXIENSES	0:19:00	0:32:36
8	99 HERNANI SANTOS	M	25	M2039	7 ARCD VILA REI	0:19:00	0:32:37
9	1316 NUNO ROMAO	M	37	M2039	8 GDR REBOLEIRA	0:19:07	0:32:58
10	472 LUIS ALLEN	M	40	M4044	2 CR LEOES PORTO SALVO	0:19:25	0:32:59
11	1476 LUIS LIMA	M	38	M2039	9 INDIVIDUAL	0:19:25	0:33:00
12	632 CASIMIRO ABREU	M	52	M5054	1 GRD RIBEIRA LAGE	0:19:46	0:33:01
13	8 PEDRO PESSOA	M	42	M4044	3 CD PRAIA SALEMA	0:19:25	0:33:09
14	1315 JOSE INACIO	M	45	M4549	1 GDR REBOLEIRA	0:19:26	0:33:11
15	474 HUGO GONÇALVES	M	31	M2039	10 CR LEOES PORTO SALVO	0:19:34	0:33:22
16	1486 JOAO VAZ	M	42	M4044	4 AMIGOS VALE SILENCIO	0:19:35	0:33:23
17	1444 MARIO PEDRO	M	34	M2039	11 GD MACEDO OCULISTA	0:19:46	0:33:24
18	490 ALEXANDRE SOARES	M	48	M4549	2 CR LEOES PORTO SALVO	0:19:35	0:33:28
19	1381 JOSE HEITOR	M	48	M4549	3 AM ATIBA	0:19:35	0:33:31
20	13 MANUEL SILVA	M	31	M2039	12 SL BENFICA	0:19:38	0:33:50
21	1378 GILBERTO FERNANDES	M	47	M4549	4 ACR FRADE DE CIMA	0:19:51	0:33:52
22	1429 FELIX PAULOS	M	52	M5054	2 GD MACEDO OCULISTA	0:19:52	0:33:57
23	1066 MARIO CASSACA	M	37	M2039	13 GARMIN	0:19:59	0:34:04
24	1314 JOSE ANTUNES	M	44	M4044	5 GDR REBOLEIRA	0:19:54	0:34:17
25	1498 JOSE LOURO	M	50	M5054	3 CCD AUT SETUBAL	0:20:06	0:34:22
26	365 POMPILIO VAZ	M	45	M4549	5 CCD O ALVITEJO	0:19:56	0:34:25
27	150 RUI PACHECO	M	33	M2039	14 CCDP CM LOURES	0:20:09	0:34:37
28	487 ANTÓNIO MANETA	M	44	M4044	6 CR LEOES PORTO SALVO	0:20:07	0:34:43
29	973 EDUARDO LOPES	M	29	M2039	15 VIDAIS	0:20:26	0:34:46
30	1485 JOAO INOCENCIO	M	39	M2039	16 AMIGOS VALE SILENCIO	0:20:28	0:34:48
31	65 JOÃO GOMES	M	50	M5054	4 ADL APELAÇONENSES	0:20:26	0:34:56
32	1439 JORGE REIS	M	52	M5054	5 GD MACEDO OCULISTA	0:20:26	0:34:58
33	1049 PAULO MARTINS	M	34	M2039	17 AM ATIBA	0:20:34	0:35:07
34	1402 MANUEL VILELA	M	46	M4549	6 ACLIS LIBERTY	0:20:32	0:35:17
35	7 MÓNICA ROSA	F	30	F2039	1 MARATONA CP	0:20:30	0:35:19
36	972 HORACIO ALEXANDRE	M	29	M2039	18 VIDAIS	0:20:30	0:35:19
37	98 HUGO CASELHAS	M	31	M2039	19 ARCD VILA REI	0:20:54	0:35:26
38	1481 PEDRO ARSENIO	M	27	M2039	20 AMIGOS VALE SILENCIO	0:20:48	0:35:28
39	1464 FILIPE DIAS	M	33	M2039	21 GARMIN	0:20:48	0:35:34
40	1357 ANTONIO CARRILHO	M	45	M4549	7 BOAVISTA SÃO MATEUS	0:20:48	0:35:43
41	176 JOSE DA LUZ	M	39	M2039	22 INDIVIDUAL	0:21:16	0:36:02
42	1407 PAULO GUIMARAES	M	33	M2039	23 ACLIS LIBERTY	0:21:17	0:36:02
43	4 HELENA SAMPAIO	F	36	F2039	2 GRECAS	0:21:17	0:36:06
44	1356 SILVESTRE GOMES	M	55	M5559	1 BOAVISTA SÃO MATEUS	0:21:20	0:36:09
45	178 NUNO GRAÇA	M	26	M2039	24 A SACAVENENSE	0:21:21	0:36:28
46	142 PAULO PÓVOA	M	46	M4549	8 CCDP CM LOURES	0:21:31	0:36:33

47	1047	ANA M FERREIRA	F	22	F2039	3	INDIVIDUAL	0:21:17	0:36:43
48	1431	FILIFE SILVA	M	57	M5559	2	GD MACEDO OCULISTA	0:21:24	0:36:44
49	1163	RODOLFO MOREIRA	M	33	M2039	25	GD BV ALVERCA	0:21:33	0:36:46
50	1009	JOAO P P MIRANDA	M	39	M2039	26	CLUBE VODAFONE	0:21:49	0:36:51
51	1403	JOAO CARDOSO	M	48	M4549	9	ACLIS LIBERTY	#N/D	0:36:54
52	423	HUMBERTO VIAIS	M	47	M4549	10	C FERROVIARIO PORTUGAI	0:21:37	0:36:55
53	1477	VITOR LIMA	M	42	M4044	7	INDIVIDUAL	0:21:16	0:36:55
54	1458	JULIO BARROCO	M	30	M2039	27	RB RUNNING	0:21:26	0:36:57
55	506	JORGE TEIXEIRA	M	39	M2039	28	C SARGENTO ARMADA	0:21:39	0:37:01
56	507	PEDRO DIAS	M	39	M2039	29	C SARGENTO ARMADA	0:21:50	0:37:02
57	900	JOAO PORTELA	M	63	M6064	1	OS PORTELAS	0:21:38	0:37:06
58	140	EURICO CHARNECA	M	51	M5054	6	CCDP CM LOURES	0:22:18	0:37:20
59	333	PAULO ALFAR	M	45	M4549	11	CCDT METRO LX	0:22:11	0:37:23
60	381	ANTONIO PEREIRA	M	55	M5559	3	CCR ALTO MOINHO	0:22:15	0:37:27
61	138	ANTÓNIO HENRIQUES	M	53	M5054	7	CCDP CM LOURES	0:22:14	0:37:30
62	1224	RUI OLIVEIRA	M	39	M2039	30	INDIVIDUAL	0:22:10	0:37:43
63	1379	JULIO MOITA	M	52	M5054	8	ACR FRADE DE CIMA	0:22:23	0:37:44
64	1323	LUIS PEREIRA	M	44	M4044	8	OEIRAS SPORT ZONE	0:21:56	0:37:45
65	509	JOAQUIM BICO	M	51	M5054	9	C SARGENTO ARMADA	0:22:08	0:37:55
66	1322	EDMILSON SANTOS	M	45	M4549	12	CAFE MASSAGISTA	0:22:34	0:38:02
67	1372	ANTONIO SIMOES	M	50	M5054	10	AA POMBAL	0:22:20	0:38:03
68	1286	VICTOR LOPES	M	40	M4044	9	SFRAA	0:22:11	0:38:04
69	1350	RUI PRALES	M	37	M2039	31	INDIVIDUAL	0:22:20	0:38:07
70	173	PAULO SILVESTRE	M	37	M2039	32	A SACAVENENSE	0:22:22	0:38:10
71	214	FERNANDO MIRANDA	M	37	M2039	33	GD SAO DOMINGOS	0:22:56	0:38:14
72	312	VITOR ALVES	M	44	M4044	10	BOLOTAOBRA ATLETISMO	0:22:17	0:38:17
73	928	MARCOLINO VERISSIMO	M	38	M2039	34	SS CGD	#N/D	0:38:18
74	304	ANTONIO RIBEIRO	M	51	M5054	11	BOLOTAOBRA ATLETISMO	0:22:52	0:38:21
75	546	VICTOR NOGUEIRA	M	45	M4549	13	GAA VILA FRANCA XIRA	0:22:30	0:38:23
76	1207	LUIS SANTOS	M	25	M2039	35	AM B° CV LUMIAR	0:22:53	0:38:23
77	1354	ANTONIO P L SANTOS	M	41	M4044	11	GD INE	0:22:48	0:38:24
78	1408	RICARDO GUIMARAES	M	26	M2039	36	ACLIS LIBERTY	0:22:36	0:38:26
79	1367	PEDRO S GONCALVES	M	28	M2039	37	INDIVIDUAL	0:22:45	0:38:28
80	1456	ALEXANDRE MONTEIRO	M	35	M2039	38	RB RUNNING	0:22:14	0:38:29
81	556	PAULO ALVES	M	32	M2039	39	GD IN CASA MOEDA	0:22:45	0:38:32
82	807	JOAO A S ANTUNES	M	41	M4044	12	INDIVIDUAL	0:22:49	0:38:46
83	875	MARIO GONCALVES	M	60	M6064	2	LINDA A PASTORA S C	0:22:43	0:38:47
84	340	MARIO S CARDOSO	M	49	M4549	14	C BENFICA ALG MEM MART	0:22:51	0:38:53
85	1355	DUARTE MENDONCA	M	39	M2039	40	INDIVIDUAL	0:22:57	0:38:53
86	619	LUIS RAFAEL	M	38	M2039	41	GD SANTANDER TOTTA	0:22:46	0:38:55
87	310	PAULO LOPES	M	41	M4044	13	BOLOTAOBRA ATLETISMO	0:23:12	0:38:56
88	609	ANASTACIO VALADAS	M	56	M5559	4	GD SANTANDER TOTTA	0:23:16	0:38:58
89	364	ANIBAL GASPAR	M	40	M4044	14	CCD O ALVITEJO	0:23:07	0:39:00
90	503	ALMIRO FEIJÃO	M	52	M5054	12	CR LEOES PORTO SALVO	0:22:51	0:39:03
91	1187	JOAO ABRANTES	M	54	M5054	13	AMIGOS PARQUE PAZ	0:22:48	0:39:09
92	906	PAULO CORREIA	M	44	M4044	15	OS SANTARENOS	0:23:09	0:39:12
93	1055	LUIS PAULO	M	43	M4044	16	INDIVIDUAL	0:23:01	0:39:12
94	203	SÉRGIO ARRUDA	M	52	M5054	14	GD SAO DOMINGOS	0:23:46	0:39:23
95	217	TIAGO MARQUES	M	27	M2039	42	GD SAO DOMINGOS	0:23:09	0:39:26
96	314	VITOR CANDEIAS	M	36	M2039	43	BOLOTAOBRA ATLETISMO	0:23:12	0:39:26
97	1428	FABIO FERREIRA	M	30	M2039	44	GD MACEDO OCULISTA	0:23:47	0:39:28
98	522	RUI FALCAO	M	48	M4549	15	FALCOES SELVAGENS	0:23:39	0:39:30
99	1380	DUARTE SARES	M	53	M5054	15	C SARGENTO ARMADA	0:23:33	0:39:31
100	186	MANUEL CHAMUSCA	M	60	M6064	3	GA SUPER ESTRELAS	0:22:54	0:39:33
101	618	AUGUSTO LOPES	M	56	M5559	5	GD SANTANDER TOTTA	0:23:43	0:39:33
102	1252	LUIS MANUEL FERREIRA	M	33	M2039	45	INDIVIDUAL	0:23:21	0:39:37

103	475 ANTONIO SANTOS	M	50 M5054	16 CR LEOES PORTO SALVO	0:23:23	0:39:38
104	1211 ANTONIO MORTEIRA	M	43 M4044	17 AM B° CV LUMIAR	0:23:49	0:39:38
105	1313 NUNO LOPES	M	33 M2039	46 INDIVIDUAL	0:23:26	0:39:40
106	505 FERNANDO PEREIRA	M	36 M2039	47 C SARGENTO ARMADA	0:23:37	0:39:42
107	1310 EMANUEL GOMES	M	41 M4044	18 CCDT METRO LX	0:23:48	0:39:45
108	253 NUNO E SANTO	M	40 M4044	19 AÇOREANA C BANIF	0:23:26	0:39:46
109	598 NUNO M CORREIA	M	43 M4044	20 GD INE	0:23:09	0:39:48
110	9 BEATRIZ CUNHA	F	37 F2039	4 CA PATAMEIRAS	0:23:49	0:39:54
111	14 VERA NUNES	F	30 F2039	5 SL BENFICA	0:23:49	0:39:54
112	1391 JOSE VENANCIO	M	24 M2039	48 INDIVIDUAL	0:23:09	0:40:00
113	500 VICENTE ROCHA	M	37 M2039	49 CR LEOES PORTO SALVO	0:23:32	0:40:01
114	410 LUIS MONTEIRO	M	38 M2039	50 CD GRUPO BES	0:23:49	0:40:04
115	753 PEDRO REGO	M	32 M2039	51 INDIVIDUAL	0:23:41	0:40:04
116	1223 RICARDO C L RODRIGUES	M	33 M2039	52 INDIVIDUAL	0:23:36	0:40:05
117	540 BRUNO PIRES	M	28 M2039	53 GDC BANCO PORTUGAL	0:23:47	0:40:06
118	565 GERMANO PIRES	M	52 M5054	17 GDOA	0:23:36	0:40:06
119	693 MARIO GOMES	M	40 M4044	21 INDIVIDUAL	0:23:52	0:40:07
120	524 ANTONIO MARTINS	M	33 M2039	54 FALCOES SELVAGENS	0:24:01	0:40:08
121	1287 JOAO LOURENCO	M	44 M4044	22 INDIVIDUAL	0:23:58	0:40:09
122	244 PAULO GOMES	M	39 M2039	55 AA MAFRA	0:23:55	0:40:11
123	911 PEDRO MARTINEZ	M	51 M5054	18 OS SANTARENOS	0:23:56	0:40:11
124	1248 LUIS BARBOSA	M	40 M4044	23 DASSILVA LOVERS	0:23:38	0:40:11
125	826 MARCOS A F PEREIRA	M	54 M5054	19 INDIVIDUAL	0:23:48	0:40:12
126	10 LUCILIA SOARES	F	45 F4049	1 SL BENFICA	0:23:49	0:40:13
127	280 PEDRO GABRIEL	M	35 M2039	56 AMIGOS PARQUE PAZ	0:23:38	0:40:14
128	1216 RICHARDSON FERREIRA	M	35 M2039	57 GDR S FRANCISCO SERRA	0:24:34	0:40:18
129	1528 HUGO PINA	M	28 M2039	58 INDIVIDUAL	0:24:30	0:40:19
130	1348 ORLANDO FIGUEIREDO	M	62 M6064	4 SS CGD	0:23:30	0:40:22
131	11 AMILCAR DUARTE	M	51 M5054	20 SPORTING CP	0:20:02	0:40:26
132	1426 CARLOS MENDES	M	42 M4044	24 GD MACEDO OCULISTA	0:23:31	0:40:28
133	1226 PEDRO M R SILVA	M	31 M2039	59 INDIVIDUAL	0:24:12	0:40:29
134	787 ARTUR J M TAVARES	M	44 M4044	25 INDIVIDUAL	0:23:43	0:40:30
135	907 JERONIMO GRACA	M	37 M2039	60 OS SANTARENOS	0:23:32	0:40:32
136	373 PAULO OLIVEIRA	M	41 M4044	26 CCDP MUN CASCAIS	0:23:46	0:40:39
137	1096 CARLOS M A TEIXEIRA	M	36 M2039	61 INDIVIDUAL	0:24:16	0:40:41
138	1108 CHANTAL XHERVELLE	F	42 F4049	2 AM CASAL FIGUEIRAS	0:23:55	0:40:43
139	1396 JAIME LAMEGO	M	50 M5054	21 ACLIS LIBERTY	0:23:55	0:40:43
140	821 LUIS M F OLIVEIRA	M	38 M2039	62 INDIVIDUAL	0:24:16	0:40:46
141	659 FRANCISCO MONTE	M	29 M2039	63 INDIVIDUAL	0:24:25	0:40:47
142	1197 GILBERTO MORAIS	M	54 M5054	22 INGLESES FC	0:23:36	0:40:52
143	256 RUI SILVA	M	34 M2039	64 AÇOREANA C BANIF	#N/D	0:40:54
144	262 JORGE SERRA	M	43 M4044	27 AÇOREANA C BANIF	0:24:36	0:40:54
145	1255 FILIPE FIDALGO	M	29 M2039	65 INDIVIDUAL	0:24:24	0:40:55
146	1183 FERNANDO BRANCO	M	50 M5054	23 CADT PORTUCEL	0:24:10	0:41:00
147	547 CLAUDIO MIRA	M	45 M4549	16 GAA VILA FRANCA XIRA	0:24:24	0:41:01
148	375 JOSE TEIXEIRA	M	52 M5054	24 CCDP MUN CASCAIS	0:24:02	0:41:05
149	919 LUIS M FERREIRA	M	42 M4044	28 RUN 4 FUN	0:24:18	0:41:05
150	954 PEDRO CUNHA	M	37 M2039	66 SFUAP	0:24:22	0:41:08
151	1012 OLIVIER DELMOTTE	M	38 M2039	67 CLUBE VODAFONE	0:24:17	0:41:09
152	1257 VITOR MANSO	M	48 M4549	17 COSTA BRAVA PENICHE	0:24:30	0:41:12
153	1480 FERNANDO FIGUEIREDO	M	44 M4044	29 FALCOES SELVAGENS	0:24:01	0:41:12
154	539 JOAO BATISTA	M	52 M5054	25 GDC BANCO PORTUGAL	0:24:24	0:41:16
155	233 HUGO MONTEIRO	M	34 M2039	68 ADCR POLICIA JUDICIARIA	0:24:54	0:41:18
156	1169 MARIA JOSE FRIAS	F	44 F4049	3 AA MAFRA	0:24:51	0:41:18
157	1340 PAULO S P RODRIGUES	M	43 M4044	30 INDIVIDUAL	0:23:52	0:41:19
158	966 JOSE TOMAS	M	28 M2039	69 URD ARRANHO	0:24:32	0:41:21

159	801	ANTONIO MARCAL	M	51	M5054	26	INDIVIDUAL	0:24:36	0:41:23
160	698	JOSE A S BILREIRO	M	51	M5054	27	INDIVIDUAL	0:23:46	0:41:26
161	1309	JOSE NOVAIS	M	45	M4549	18	GDU CAXIENSES	0:24:27	0:41:26
162	307	LUIS PEREIRA	M	59	M5559	6	BOLOTAOBRA ATLETISMO	0:24:05	0:41:28
163	637	NUNO A M PITA	M	34	M2039	70	INDIVIDUAL	0:24:17	0:41:28
164	234	GERMANO CANDEIAS	M	37	M2039	71	ADCR POLICIA JUDICIARIA	0:24:14	0:41:29
165	456	JOSE C S RODRIGUES	M	59	M5559	7	C MILLENNIUM BCP	0:24:38	0:41:30
166	1365	SONIA SOUSA	F	28	F2039	6	SL BENFICA	0:24:16	0:41:34
167	626	MANUEL FIGUEIREDO	M	57	M5559	8	GRD RIBEIRA LAGE	0:24:05	0:41:35
168	508	ANTONIO MARQUES	M	46	M4549	19	C SARGENTO ARMADA	0:24:52	0:41:37
169	964	LUIS FERREIRA	M	43	M4044	31	URD ARRANHO	0:24:34	0:41:41
170	361	CARLOS PASCOAL	M	46	M4549	20	CCD EFACEC LISBOA	0:25:07	0:41:42
171	864	MIGUEL CHARRUA	M	67	M6599	1	JF PORTELA	0:24:51	0:41:43
172	930	JOAQUIM FRADE	M	54	M5054	28	SS CGD	0:24:52	0:41:44
173	877	DONALD V D BERG	M	59	M5559	9	LOOPGROEP PK	0:24:31	0:41:46
174	809	HUMBERTO M BARRETO	M	51	M5054	29	INDIVIDUAL	0:24:37	0:41:47
175	1205	JOSE PEIXOTO	M	51	M5054	30	AM B° CV LUMIAR	0:24:46	0:41:47
176	271	ALEXANDRE TEIXEIRA	M	46	M4549	21	AMIGOS ESTRELA	0:24:45	0:41:48
177	1473	ANTONIO CARDOSO	M	43	M4044	32	CDUL	0:24:48	0:41:48
178	126	AUGUSTO CRUZ	M	61	M6064	5	CCDP CM LOURES	0:24:37	0:41:49
179	1307	ANTONIO VILELA	M	40	M4044	33	GDU CAXIENSES	0:24:39	0:41:49
180	382	LUIS R PEREIRA	M	55	M5559	10	CF OS BELENENSES	0:25:02	0:41:50
181	666	FRANCISCO AZEVEDO	M	40	M4044	34	INDIVIDUAL	0:24:43	0:41:50
182	595	GONCALO FERREIRA	M	37	M2039	72	GD INE	0:24:46	0:41:51
183	1185	PAULO J OLIVEIRA	M	41	M4044	35	INDIVIDUAL	0:24:38	0:41:51
184	1389	GASPAR LAMEIRO	M	50	M5054	31	MULTIFLOW	0:24:36	0:41:53
185	621	HAMILTON DIAS	M	34	M2039	73	GD SANTANDER TOTTA	0:25:03	0:41:54
186	567	JOSÉ NUNES	M	42	M4044	36	GDOA	0:24:51	0:41:57
187	640	AMÁVEL FIGUEIREDO	M	50	M5054	32	INDIVIDUAL	0:25:04	0:41:58
188	1065	PAULA FERNANDES	F	45	F4049	4	GARMIN	0:24:45	0:41:59
189	237	JOSE BOUCEIRO	M	45	M4549	22	ADCR POLICIA JUDICIARIA	0:24:56	0:42:01
190	1193	FRANCISCO FERA	M	67	M6599	2	GD O INDEPENDENTE	0:24:53	0:42:03
191	1488	FRANCISCO FERNANDES	M	66	M6599	3	CR ALTURENSE	0:24:51	0:42:03
192	639	MARIO AMARO	M	42	M4044	37	INDIVIDUAL	0:24:52	0:42:04
193	492	ANDRE GOMES	M	39	M2039	74	CR LEOES PORTO SALVO	0:24:48	0:42:06
194	1517	DANIEL PINTO	M	25	M2039	75	AMIGOS VALE SILENCIO	0:25:03	0:42:07
195	771	EDUARDO CHAGAS	M	48	M4549	23	INDIVIDUAL	0:24:42	0:42:08
196	576	CARLOS CARDOSO	M	57	M5559	11	GD BANCO BPI	0:25:00	0:42:09
197	963	EDGAR FRANCISCO	M	44	M4044	38	URD ARRANHO	0:24:52	0:42:10
198	1306	CARLOS M S JACINTO	M	41	M4044	39	INDIVIDUAL	0:24:56	0:42:12
199	160	DANIEL MORÃO	M	57	M5559	12	A SACAVENENSE	0:24:00	0:42:13
200	308	AUGUSTO BRITO	M	54	M5054	33	BOLOTAOBRA ATLETISMO	0:24:41	0:42:15
201	549	MAURO PIMENTA	M	33	M2039	76	GAA VILA FRANCA XIRA	0:24:48	0:42:16
202	443	JOAO M B SOTERO	M	20	M2039	77	C MILLENNIUM BCP	0:24:08	0:42:19
203	1344	ANTONIO J L S COSTA	M	42	M4044	40	CPOC	0:25:23	0:42:20
204	1496	JOSE MORAIS	M	48	M4549	24	CCD AUT ALMADA	0:24:27	0:42:22
205	12	ARMANDO ALDEGALEGA	M	72	M6599	4	SPORTING CP	0:24:50	0:42:23
206	258	VIRGILIO MADEIRA	M	51	M5054	34	AÇOREANA C BANIF	0:24:57	0:42:24
207	501	JANUÁRIO COELHO	M	57	M5559	13	CR LEOES PORTO SALVO	0:25:38	0:42:29
208	1491	JAIME FIGUEIREDO	M	43	M4044	41	CDR AGUIAS UNIDAS	0:24:23	0:42:31
209	493	AUGUSTO FERNANDES	M	46	M4549	25	CR LEOES PORTO SALVO	0:25:13	0:42:32
210	484	MANUEL SIMOES	M	48	M4549	26	CR LEOES PORTO SALVO	0:24:29	0:42:38
211	624	PAULO LOPES	M	38	M2039	78	GRD RIBEIRA LAGE	0:25:28	0:42:38
212	908	MIGUEL SATURNINO	M	25	M2039	79	OS SANTARENOS	0:25:18	0:42:39
213	592	PAULO TEIXEIRA	M	48	M4549	27	GD CHELAS	0:24:30	0:42:40
214	696	PAULO J ALMEIDA	M	45	M4549	28	INDIVIDUAL	#N/D	0:42:41

215	675 PEDRO FARTO	M	30 M2039	80 INDIVIDUAL	0:25:23	0:42:42
216	811 VEACESLAV IGNAT	M	32 M2039	81 INDIVIDUAL	0:25:05	0:42:42
217	842 CARLOS AFONSO	M	51 M5054	35 INDIVIDUAL	0:25:11	0:42:45
218	904 MARIO NETO	M	33 M2039	82 OS SANTARENOS	0:25:18	0:42:46
219	1425 CARLA PINTO	F	38 F2039	7 GD MACEDO OCULISTA	0:25:22	0:42:49
220	1051 ANTONIO ADRO	M	41 M4044	42 AM ATIBA	0:26:15	0:42:50
221	279 LUIS ROQUE	M	41 M4044	43 AMIGOS PARQUE PAZ	0:25:02	0:42:51
222	856 SANDRO SILVA	M	31 M2039	83 INDIVIDUAL	0:25:00	0:42:53
223	1460 RUI MARQUES	M	35 M2039	84 RB RUNNING	0:25:33	0:42:54
224	311 ARNALDO MARTINS	M	55 M5559	14 BOLOTAOBRA ATLETISMO	0:24:28	0:42:56
225	470 JOAO SANTOS	M	45 M4549	29 C PRACAS ARMADA	0:25:34	0:42:58
226	1006 HELDER F BRANCO	M	38 M2039	85 CLUBE VODAFONE	0:24:51	0:42:59
227	828 RUI M CABRAL	M	33 M2039	86 INDIVIDUAL	0:26:07	0:43:01
228	1008 JOAO M ROSA	M	35 M2039	87 CLUBE VODAFONE	0:24:48	0:43:01
229	827 JOSE M CUNHA	M	46 M4549	30 INDIVIDUAL	0:25:02	0:43:03
230	309 ANTONIO COSTA	M	52 M5054	36 BOLOTAOBRA ATLETISMO	0:25:42	0:43:06
231	596 JOAO DIAS FRIAS	M	56 M5559	15 GD INE	0:25:31	0:43:06
232	1347 ANTONIO MONTEIRO	M	70 M6599	5 AMCR FONTE GRADA	0:24:50	0:43:06
233	761 RAFAEL SANTOS	M	37 M2039	88 INDIVIDUAL	0:25:41	0:43:07
234	1470 MANUEL ANTUNES	M	65 M6599	6 Os CARREGUEIRENSES	0:25:22	0:43:09
235	421 GUILHERME GONCALVES	M	50 M5054	37 C FERROVIARIO PORTUGAI	0:25:02	0:43:11
236	448 JOAQUIM J G ARAUJO	M	46 M4549	31 C MILLENNIUM BCP	0:24:50	0:43:13
237	1019 RUI P ALMEIDA	M	33 M2039	89 CLUBE VODAFONE	0:24:44	0:43:14
238	254 PAULO TORRAO	M	38 M2039	90 AÇOREANA C BANIF	0:25:57	0:43:16
239	1060 ADILSON OLIVEIRA	M	33 M2039	91 ANGELIC	0:25:01	0:43:16
240	615 ANTONIO CRUZ	M	62 M6064	6 GD SANTANDER TOTTA	#N/D	0:43:22
241	1397 ANTONIO CASTANHEIRA	M	51 M5054	38 ACLIS LIBERTY	0:25:23	0:43:23
242	50 ATTILA VASILE	M	30 M2039	92 ADC CATUJAL	0:25:20	0:43:24
243	1214 RUI CANDEIAS	M	33 M2039	93 GDR S FRANCISCO SERRA	0:26:16	0:43:24
244	1459 LUIS ANTUNES	M	38 M2039	94 RB RUNNING	0:26:06	0:43:24
245	1217 LUIS PEREIRA	M	40 M4044	44 GDR S FRANCISCO SERRA	0:26:16	0:43:26
246	942 BERNARDINO PEREIRA	M	74 M6599	7 SS CGD	0:25:20	0:43:27
247	1494 PAULO CORREIA	M	35 M2039	95 INDIVIDUAL	0:25:56	0:43:28
248	353 ANTONIO RAMOS	M	41 M4044	45 CCD EFACEC LISBOA	0:26:22	0:43:29
249	1427 CONSTANTINO ARAUJO	M	43 M4044	46 GD MACEDO OCULISTA	0:26:57	0:43:29
250	1463 PAULA LEMOS	F	43 F4049	5 GARMIN	0:25:02	0:43:30
251	1489 JOAO PAIXAO	M	39 M2039	96 CDR AGUIAS UNIDAS	0:25:22	0:43:30
252	232 JOAO PALMA	M	49 M4549	32 AAE BNU	0:25:33	0:43:33
253	1352 VITOR VELOSO	M	34 M2039	97 TANDUR	0:26:14	0:43:33
254	1398 JOSE M COSTA	M	64 M6064	7 ACLIS LIBERTY	0:25:53	0:43:34
255	1399 JOSE CRUZ	M	60 M6064	8 ACLIS LIBERTY	0:26:15	0:43:35
256	977 PAULO BASILIO	M	42 M4044	47 OS ZATOPEQUES	0:26:29	0:43:36
257	1353 MANUEL SILVA	M	55 M5559	16 TANDUR	0:25:58	0:43:38
258	1218 ANTONIO SIMOES	M	46 M4549	33 GDR S FRANCISCO SERRA	0:26:17	0:43:39
259	1221 VITOR PEREIRA	M	33 M2039	98 GDR S FRANCISCO SERRA	0:26:16	0:43:39
260	704 MANUEL D TRINDADE	M	53 M5054	39 INDIVIDUAL	0:24:03	0:43:40
261	831 BRUNO J C SILVA	M	20 M2039	99 INDIVIDUAL	0:26:14	0:43:40
262	1220 BRUNO GAMITO	M	22 M2039	100 GDR S FRANCISCO SERRA	0:26:17	0:43:42
263	1432 GABRIEL GONÇALVES	M	55 M5559	17 GD MACEDO OCULISTA	0:24:14	0:43:42
264	6 ANTÓNIO SOUSA	M	41 M4044	48 GAP	0:25:42	0:43:43
265	1219 LUIS GONCALVES	M	35 M2039	101 GDR S FRANCISCO SERRA	0:26:15	0:43:43
266	1449 PEDRO S FERREIRA	M	34 M2039	102 GD MACEDO OCULISTA	0:25:47	0:43:44
267	1471 PEDRO MADEIRA	M	35 M2039	103 GAP	0:25:43	0:43:45
268	1082 ANTONIO C COSTA	M	38 M2039	104 INDIVIDUAL	0:25:31	0:43:46
269	1335 JOAO GONCALVES	M	38 M2039	105 MERIDIANOS	0:25:49	0:43:46
270	172 PAULO TOMÁS	M	37 M2039	106 A SACAVENENSE	0:26:02	0:43:47

271	281	NUNO GOMES	M	40	M4044	49	AMIGOS PARQUE PAZ	0:25:54	0:43:47
272	383	MONICA POPA	F	28	F2039	8	CF OS BELENENSES	0:26:01	0:43:47
273	1209	GABRIEL CABRAL	M	43	M4044	50	AM B° CV LUMIAR	0:26:58	0:43:48
274	573	FRANCISCO CALCADA	M	45	M4549	34	ALVITEJO	0:25:36	0:43:50
275	1018	PEDRO LOURENCO	M	40	M4044	51	CLUBE VODAFONE	0:26:06	0:43:52
276	902	HELIO SANTOS	M	39	M2039	107	OS PORTELAS	0:25:36	0:43:53
277	950	ANTONIO TABORDA	M	60	M6064	9	SS CGD	0:26:08	0:43:58
278	915	NUNO MENDAO	M	36	M2039	108	OS SANTARENOS	0:25:56	0:44:01
279	355	JOAO SILVA	M	47	M4549	35	CCD EFACEC LISBOA	0:25:48	0:44:03
280	35	PAULO CARMO	M	35	M2039	109	ACR MEALHADA	0:25:42	0:44:04
281	235	ARAUJO FREITAS	M	42	M4044	52	ADCR POLICIA JUDICIARIA	0:26:00	0:44:07
282	439	FERNANDO A G RODRIGUE	M	45	M4549	36	C MILLENNIUM BCP	0:26:43	0:44:08
283	1016	PEDRO MENDONCA	M	34	M2039	110	CLUBE VODAFONE	0:25:06	0:44:10
284	1409	CONSTANCIO MARTINS	M	53	M5054	40	ACLIS LIBERTY	0:26:05	0:44:11
285	212	ROGÉRIO DUARTE	M	42	M4044	53	GD SAO DOMINGOS	0:26:17	0:44:13
286	124	JOSÉ ARUIL	M	64	M6064	10	CCDP CM LOURES	0:25:50	0:44:14
287	866	EUCLIDES COIMBRA	M	50	M5054	41	KAISEN	0:25:54	0:44:15
288	1167	HELENA MARTINS	F	48	F4049	6	AA MAFRA	0:26:04	0:44:16
289	250	ARLINDO DUARTE	M	45	M4549	37	AÇOREANA C BANIF	0:26:31	0:44:18
290	603	JOSE SIMOES	M	61	M6064	11	GD SANTANDER TOTTA	0:26:12	0:44:19
291	387	ISIDRO SANTOS	M	55	M5559	18	CA AGUALVA	0:25:59	0:44:20
292	407	JULIO FERREIRA	M	55	M5559	19	CD GRUPO BES	0:27:11	0:44:21
293	385	JAIME SOUSA	M	48	M4549	38	CLAC - CORRIDA	0:25:45	0:44:22
294	409	LUIS GODINHO	M	43	M4044	54	CD GRUPO BES	0:27:11	0:44:23
295	1446	MARIO NEVES	M	54	M5054	42	GD MACEDO OCULISTA	0:26:52	0:44:24
296	713	RICARDO SOFIO	M	26	M2039	111	INDIVIDUAL	0:26:31	0:44:28
297	1457	ARISTIDES MONTEIRO	M	40	M4044	55	RB RUNNING	0:26:16	0:44:31
298	960	ANTONIO FERNANDES	M	46	M4549	39	TOCANDAR	0:26:53	0:44:34
299	805	VITOR LEBRE	M	35	M2039	112	INDIVIDUAL	0:26:48	0:44:37
300	1128	MARCO A SOUSA	M	45	M4549	40	INDIVIDUAL	0:26:12	0:44:40
301	610	ANTONIO LOURO	M	36	M2039	113	GD SANTANDER TOTTA	0:26:31	0:44:41
302	910	CARLOS HENRIQUES	M	26	M2039	114	OS SANTARENOS	0:26:15	0:44:41
303	1089	NUNO CARVALHINHO	M	35	M2039	115	INDIVIDUAL	0:26:51	0:44:41
304	614	FERNANDO CARDOSO	M	62	M6064	12	GD SANTANDER TOTTA	0:26:30	0:44:42
305	869	FILIFE FONTES	M	32	M2039	116	KAISEN	0:26:22	0:44:46
306	1206	CARLOS GONCALVES	M	38	M2039	117	AM B° CV LUMIAR	0:26:04	0:44:47
307	200	ANTÓNIO PORTIJO	M	55	M5559	20	GD SAO DOMINGOS	0:26:59	0:44:48
308	1387	JOSE A DIONISIO	M	48	M4549	41	MULTIFLOW	0:26:52	0:44:49
309	998	JOSE SARGACO	M	37	M2039	118	FALCOES SELVAGENS	0:26:40	0:44:50
310	1341	RUI M SILVA	M	38	M2039	119	SPORTING CP	0:27:25	0:44:50
311	1493	LUIS FILIFE ASCENSÃO	M	32	M2039	120	INDIVIDUAL	0:26:17	0:44:52
312	330	NUNO AZEVEDO	M	32	M2039	121	CCDT METRO LX	0:27:09	0:44:53
313	1311	JOAO MIRANDA	M	51	M5054	43	CCDT METRO LX	0:27:05	0:44:53
314	901	RUI SANTOS	M	58	M5559	21	OS PORTELAS	0:26:23	0:44:54
315	471	POSSIDONIO CONSTANTINI	M	57	M5559	22	C PRACAS ARMADA	0:27:07	0:44:55
316	734	MIGUEL MARQUES	M	50	M5054	44	INDIVIDUAL	0:26:57	0:44:56
317	912	JORGE FONSECA	M	42	M4044	56	OS SANTARENOS	0:25:56	0:44:56
318	327	JOSÉ SILVA	M	54	M5054	45	CCDT METRO LX	0:27:05	0:44:57
319	1136	EDUARDO RODRIGUES	M	51	M5054	46	INDIVIDUAL	0:26:30	0:44:58
320	1509	ANTONIO PEREIRA	M	45	M4549	42	CCDT METRO LX	0:27:09	0:44:58
321	432	CARLOS SANTOS	M	58	M5559	23	C FERROVIARIO PORTUGAL	0:26:37	0:44:59
322	976	EDGAR JACINTO	M	23	M2039	122	OS ZATOPEQUES	0:26:35	0:45:00
323	712	RICARDO PEREIRA	M	36	M2039	123	INDIVIDUAL	0:26:43	0:45:01
324	1077	JOSE M V LOPES	M	46	M4549	43	INDIVIDUAL	0:26:50	0:45:02
325	1512	JOSE PEREIRA	M	63	M6064	13	AMIGOS VALE SILENCIO	0:27:01	0:45:03
326	255	PEDRO BURGUETTE	M	35	M2039	124	AÇOREANA C BANIF	0:26:39	0:45:04

327	272	ARLINDO BRAS	M	46	M4549	44	AMIGOS ESTRELA	0:26:27	0:45:08
328	1511	FERNANDO AVELINO	M	50	M5054	47	AMIGOS VALE SILENCIO	0:27:14	0:45:09
329	1202	LUIS FERREIRA	M	29	M2039	125	AM B° CV LUMIAR	0:27:00	0:45:10
330	752	JOAQUIM P MARQUES	M	41	M4044	57	INDIVIDUAL	#N/D	0:45:11
331	1062	MANUEL CRUZ	M	55	M5559	24	ANGELIC	0:27:08	0:45:11
332	620	CARLOS TEIXEIRA	M	37	M2039	126	GD SANTANDER TOTTA	0:25:58	0:45:12
333	633	PAULO SANTOS	M	42	M4044	58	GRD RIBEIRA LAGE	0:28:09	0:45:12
334	1497	MIGUEL GOMES	M	39	M2039	127	INDIVIDUAL	0:27:38	0:45:12
335	1484	NUNO GOMES	M	39	M2039	128	INDIVIDUAL	0:27:26	0:45:13
336	305	FAUSTINO PEREIRINHA	M	47	M4549	45	BOLOTAOBRA ATLETISMO	0:26:36	0:45:15
337	344	CARLOS RODRIGUES	M	37	M2039	129	CCD CASA PIA	0:27:25	0:45:16
338	263	TEOTONIO X NETO	M	46	M4549	46	ADCR MATA BENFICA	0:26:29	0:45:18
339	561	FERNANDO LUZ	M	41	M4044	59	GDCT UNICRE	0:27:27	0:45:20
340	1053	MARGARIDA PEREIRA	F	52	F5059	1	AM ATIBA	0:26:26	0:45:20
341	495	PAULO LUÍS	M	46	M4549	47	CR LEOES PORTO SALVO	0:26:22	0:45:21
342	636	JOSE OLIVEIRA	M	36	M2039	130	INDIVIDUAL	0:27:22	0:45:23
343	1351	ANTONIO ALMEIDA	M	47	M4549	48	TANDUR	0:26:45	0:45:23
344	1482	ARMANDO ALMEIDA	M	51	M5054	48	AMIGOS VALE SILENCIO	0:26:26	0:45:24
345	113	ANTÓNIO MINA	M	49	M4549	49	CA VALE FIGUEIRA	0:26:47	0:45:27
346	937	PAULO PIRES	M	44	M4044	60	SS CGD	0:27:23	0:45:27
347	574	CARLA CALCADA	F	40	F4049	7	ALVITEJO	0:26:30	0:45:28
348	812	PAULO J M ALVES	M	40	M4044	61	INDIVIDUAL	0:27:18	0:45:30
349	155	JOSÉ SILVESTRE	M	66	M6599	8	A SACAVENENSE	0:27:11	0:45:31
350	1461	MARGARIDA GODINHO	F	51	F5059	2	INDIVIDUAL	0:26:37	0:45:34
351	980	JOSE CUNHA	M	45	M4549	50	OS ZATPEQUES	0:28:23	0:45:35
352	488	JOAQUIM OLIVEIRA	M	46	M4549	51	CR LEOES PORTO SALVO	0:27:07	0:45:36
353	983	ORLANDO SILVA	M	54	M5054	49	OS ZATPEQUES	0:27:42	0:45:37
354	461	JOSE M N MARCELINO	M	51	M5054	50	C MILLENNIUM BCP	0:26:38	0:45:40
355	852	PEDRO C P PATRICIO	M	55	M5559	25	INDIVIDUAL	0:27:32	0:45:42
356	575	ANTONIO RIBEIRO	M	48	M4549	52	GAA VILA FRANCA XIRA	0:27:24	0:45:44
357	1447	RUBEM FERREIRA	M	20	M2039	131	GD MACEDO OCULISTA	0:26:13	0:45:45
358	730	JOAQUIM COSTA	M	59	M5559	26	INDIVIDUAL	0:26:55	0:45:46
359	1198	BEATO MARQUES	M	60	M6064	14	INGLESES FC	0:27:24	0:45:46
360	521	LUIS REIS	M	47	M4549	53	FALCOES SELVAGENS	0:26:56	0:45:47
361	909	PEDRO CARVALHO	M	46	M4549	54	OS SANTARENOS	0:27:14	0:45:48
362	277	ANTONIO COELHO	M	54	M5054	51	A PALACIO QUELUZ	0:26:42	0:45:49
363	494	JOSÉ BORGES	M	50	M5054	52	CR LEOES PORTO SALVO	0:27:06	0:45:50
364	970	MANUELA FOLGADO	F	60	F6099	1	VALEJAS AC	0:26:42	0:45:50
365	981	JOSE MORAIS	M	48	M4549	55	OS ZATPEQUES	0:27:52	0:45:50
366	982	ANTONIO JACINTO	M	50	M5054	53	OS ZATPEQUES	0:27:23	0:45:50
367	1151	LUIS GONZAGA	M	50	M5054	54	CUN BOSTON	0:28:05	0:45:50
368	44	ALMERINDO SILVA	M	50	M5054	55	ADC CATUJAL	0:27:03	0:45:51
369	498	ALBERTO FERNANDES	M	57	M5559	27	CR LEOES PORTO SALVO	0:27:40	0:45:53
370	1413	CARLOS CALDEIRA	M	46	M4549	56	A DANIEL CALDEIRA	0:27:45	0:45:53
371	1105	SEVERINO CRUZ	M	47	M4549	57	AFIS OVAR	0:27:30	0:45:54
372	211	VASCO SILVA	M	43	M4044	62	GD SAO DOMINGOS	0:27:04	0:45:55
373	111	RUI LUÍS	M	52	M5054	56	CA VALE FIGUEIRA	0:28:08	0:45:56
374	428	CARLOS ALVES	M	53	M5054	57	C FERROVIARIO PORTUGAL	0:26:56	0:45:57
375	414	PEDRO SANGUINO	M	27	M2039	132	CD GRUPO BES	0:27:13	0:45:58
376	1109	LUIS H DIEGUES	M	38	M2039	133	RADICAL GYM	0:27:24	0:45:58
377	393	JUVENAL MOREIRA	M	46	M4549	58	CLUBE AUTOCOOPE	0:27:42	0:46:00
378	395	ANTONIO ALMEIDA	M	46	M4549	59	CLUBE AUTOCOOPE	0:27:41	0:46:00
379	71	RUI FILIPE	M	46	M4549	60	ADL APELAÇONENSES	0:28:09	0:46:02
380	167	CARLOS CONCEIÇÃO	M	46	M4549	61	A SACAVENENSE	0:27:46	0:46:03
381	502	ARMANDO CORREIA	M	58	M5559	28	CR LEOES PORTO SALVO	0:27:34	0:46:05
382	722	JOSE C SARAIVA	M	41	M4044	63	INDIVIDUAL	0:27:15	0:46:05

383	368	ANTONIO HORTA	M	56	M5559	29	CCDP MUN CASCAIS	0:27:21	0:46:06
384	405	JOSE PEDRO	M	62	M6064	15	CD GRUPO BES	0:27:50	0:46:06
385	426	NEVES SILVA	M	57	M5559	30	C FERROVIARIO PORTUGAL	0:27:19	0:46:06
386	978	JORGE LEITAO	M	45	M4549	62	OS ZATOPEQUES	0:27:52	0:46:06
387	1303	JOSE LUIS ALVES	M	45	M4549	63	INDIVIDUAL	0:26:52	0:46:07
388	829	CARLOS M RODRIGUES	M	43	M4044	64	INDIVIDUAL	0:27:32	0:46:08
389	545	OLIMPIO GUEDELHA	M	54	M5054	58	GAA VILA FRANCA XIRA	0:27:42	0:46:09
390	1513	CARLOS MACHADO	M	34	M2039	134	INDIVIDUAL	0:27:53	0:46:09
391	435	ANTONIO J P BRAGA	M	50	M5054	59	C MILLENNIUM BCP	0:27:13	0:46:10
392	719	JOAO T SANTOS	M	38	M2039	135	INDIVIDUAL	0:27:41	0:46:10
393	793	JOSE BELCHIOR	M	58	M5559	31	INDIVIDUAL	0:27:41	0:46:11
394	1299	JOSE L C LEAO	M	55	M5559	32	INDIVIDUAL	0:26:57	0:46:11
395	1131	ELIZEU A SANTOS	M	36	M2039	136	INDIVIDUAL	0:27:38	0:46:14
396	1215	FRANCISCO CARMO	M	39	M2039	137	GDR S FRANCISCO SERRA	0:27:02	0:46:14
397	1495	LUIS FARINHA	M	54	M5054	60	OS PERIGOSOS	0:27:41	0:46:14
398	367	JULIO MEIRELES	M	58	M5559	33	CCDP MUN CASCAIS	0:27:30	0:46:15
399	541	JOAQUIM FERRAO	M	49	M4549	64	GDC BANCO PORTUGAL	0:27:19	0:46:16
400	1346	JOANA LAVADO	F	26	F2039	9	INDIVIDUAL	0:27:55	0:46:19
401	451	JOSE M BRANCO	M	59	M5559	34	C MILLENNIUM BCP	0:27:30	0:46:20
402	544	FAUSTO BATISTA	M	54	M5054	61	GDC BANCO PORTUGAL	0:27:06	0:46:23
403	1001	ANTONIO J N SOUSA	M	51	M5054	62	INDIVIDUAL	0:27:47	0:46:24
404	469	SANDRO JORDAO	M	28	M2039	138	C MILLENNIUM BCP	0:27:13	0:46:27
405	1225	ANTONIO S VIEIRA	M	30	M2039	139	INDIVIDUAL	0:27:40	0:46:28
406	817	ANTONIO M S MASSANO	M	27	M2039	140	INDIVIDUAL	0:27:44	0:46:29
407	249	ANTONIO JORGE	M	55	M5559	35	AÇOREANA C BANIF	#N/D	0:46:30
408	415	RUI LOPES	M	58	M5559	36	CD GRUPO BES	0:27:48	0:46:30
409	499	JOSÉ CARDOSO	M	52	M5054	63	CR LEOES PORTO SALVO	0:27:20	0:46:31
410	673	CARLOS A C MENDES	M	55	M5559	37	INDIVIDUAL	0:27:40	0:46:32
411	1430	RAUL SANTOS	M	52	M5054	64	GD MACEDO OCULISTA	0:27:54	0:46:32
412	447	PAULO H C PAIS	M	45	M4549	65	C MILLENNIUM BCP	0:27:14	0:46:33
413	259	ANTONIO F M NETO	M	38	M2039	141	AÇOREANA C BANIF	0:28:38	0:46:34
414	489	PAULO RAMOS	M	47	M4549	66	CR LEOES PORTO SALVO	0:27:52	0:46:34
415	605	JOSE MARCAL	M	53	M5054	65	GD SANTANDER TOTTA	0:27:50	0:46:34
416	248	ANDRE QUARENTA	M	39	M2039	142	AÇOREANA C BANIF	0:27:25	0:46:35
417	1085	PEDRO A SA	M	41	M4044	65	INDIVIDUAL	0:27:40	0:46:35
418	833	LUCAS G NASCIMENTO	M	20	M2039	143	INDIVIDUAL	0:28:36	0:46:39
419	1188	JOSE MATOS	M	49	M4549	67	AMIGOS PARQUE PAZ	0:28:53	0:46:39
420	1271	GILBERTO GONCALVES	M	61	M6064	16	CR ALVORADA	0:27:35	0:46:40
421	638	RICARDO J F FRANCO	M	38	M2039	144	INDIVIDUAL	0:27:50	0:46:41
422	292	VICTOR BRAGANCA	M	39	M2039	145	AA LEBRES SADO	0:27:57	0:46:42
423	1166	CARLOS MORAIS	M	47	M4549	68	AA MAFRA	0:27:22	0:46:43
424	1466	ALBANO OSEIAS	M	35	M2039	146	Os CARREGUEIRENSES	0:28:03	0:46:43
425	1132	JOSE MARTINS	M	42	M4044	66	INDIVIDUAL	0:28:02	0:46:44
426	1331	FREDERICO J M QUINTENS	M	35	M2039	147	INDIVIDUAL	0:26:36	0:46:44
427	795	DINARTE FREITAS	M	25	M2039	148	INDIVIDUAL	0:27:43	0:46:46
428	1244	MANUEL ROSA	M	26	M2039	149	LINK	0:28:01	0:46:46
429	479	SUSANA ALMEIDA	F	40	F4049	8	CR LEOES PORTO SALVO	0:28:01	0:46:47
430	127	FRANCISCO BANDO	M	59	M5559	38	CCDP CM LOURES	0:28:12	0:46:48
431	715	JORGE D PINHEIRO	M	43	M4044	67	INDIVIDUAL	0:27:26	0:46:49
432	1441	JOSE REIS	M	56	M5559	39	GD MACEDO OCULISTA	0:28:25	0:46:52
433	197	JOSÉ SANTOS	M	60	M6064	17	GD SAO DOMINGOS	0:28:16	0:46:54
434	914	JOSE CAROLA	M	34	M2039	150	OS SANTARENOS	0:27:17	0:46:56
435	1129	ANDRE A B COSTA	M	20	M2039	151	INDIVIDUAL	0:28:20	0:46:56
436	1524	ISABEL SANTOS	F	40	F4049	9	FEDERAÇÃO PAZ UNIVERS,	0:27:35	0:46:58
437	1523	ARMINDO SANTOS	M	49	M4549	69	FEDERAÇÃO PAZ UNIVERS,	0:27:36	0:46:59
438	816	EDUARDO J F LOPES	M	38	M2039	152	INDIVIDUAL	#N/D	0:47:01

439	772	ALCIDES NUNES	M	51	M5054	66	INDIVIDUAL	0:28:08	0:47:02
440	1148	FERNANDO COSTA	M	33	M2039	153	CUN BOSTON	0:28:12	0:47:02
441	346	JORGE SOUSA	M	49	M4549	70	CCD CASA PIA	0:28:19	0:47:03
442	606	JOAO ROCHA	M	58	M5559	40	GD SANTANDER TOTTA	0:27:35	0:47:04
443	798	PEDRO R AFONSO	M	43	M4044	68	INDIVIDUAL	0:28:20	0:47:05
444	332	MANUEL COSTA	M	54	M5054	67	CCDT METRO LX	0:29:44	0:47:07
445	323	JOÃO SEQUEIRA	M	47	M4549	71	CCDT METRO LX	0:29:44	0:47:08
446	1301	JOSE NASCIMENTO	M	46	M4549	72	INDIVIDUAL	0:29:43	0:47:08
447	400	CARLOS NABICA	M	46	M4549	73	CD GRUPO BES	0:28:18	0:47:09
448	1462	JACINTO PEREIRA	M	53	M5054	68	GDU CAXIENSES	0:28:13	0:47:10
449	245	CARLOS RODRIGUES	M	53	M5054	69	AA MAFRA	0:27:54	0:47:11
450	871	JOAO REVES	M	38	M2039	154	LESMAS ALOPRADAS	0:28:16	0:47:14
451	961	JOAQUIM CRISPIM	M	54	M5054	70	UDCA	0:28:47	0:47:14
452	43	JOSÉ VALÉRIO	M	64	M6064	18	ADC CATUJAL	0:27:59	0:47:15
453	1520	FERNANDO SOBRAL	M	52	M5054	71	AA GRANDOLA	0:28:48	0:47:15
454	215	PAULA SILVA	F	36	F2039	10	GD SAO DOMINGOS	0:28:23	0:47:16
455	1204	JOSE COSTA	M	39	M2039	155	AM B° CV LUMIAR	0:28:57	0:47:20
456	486	ALIPIO COELHO	M	43	M4044	69	CR LEOES PORTO SALVO	0:27:56	0:47:21
457	1416	NUNO REIS	M	34	M2039	156	A DANIEL CALDEIRA	0:28:18	0:47:21
458	1410	HELDER SOARES	M	34	M2039	157	A DANIEL CALDEIRA	0:28:18	0:47:22
459	560	VITOR CID	M	35	M2039	158	GDCT UNICRE	0:29:00	0:47:23
460	441	PAULO M L RATO	M	47	M4549	74	C MILLENNIUM BCP	0:27:45	0:47:24
461	520	FRANCISCO SILVA	M	49	M4549	75	FALCOES SELVAGENS	0:27:45	0:47:25
462	463	SERGIO P ANJOS	M	62	M6064	19	C MILLENNIUM BCP	#N/D	0:47:26
463	1133	ROGERIO RANPAZZO	M	31	M2039	159	INDIVIDUAL	0:27:38	0:47:28
464	1483	HERNANI MONTEIRO	M	49	M4549	76	AMIGOS VALE SILENCIO	0:28:29	0:47:28
465	925	JORGE M SIMOES	M	28	M2039	160	RUN 4 FUN	0:28:33	0:47:29
466	366	JOSE SANTOS	M	53	M5054	72	CCD O ALVITEJO	0:27:48	0:47:30
467	238	VIRGILIO OLIVEIRA	M	49	M4549	77	ADCR POLICIA JUDICIARIA	0:28:29	0:47:31
468	236	ANTONIO SUL	M	41	M4044	70	ADCR POLICIA JUDICIARIA	0:27:28	0:47:32
469	763	CARLOS M O SILVA	M	45	M4549	78	INDIVIDUAL	0:28:23	0:47:32
470	1210	DANIEL NUNES	M	50	M5054	73	AM B° CV LUMIAR	0:28:58	0:47:34
471	1376	CARLOS M V D SILVA	M	36	M2039	161	RADICAL GYM	0:28:43	0:47:34
472	770	CARLOS RANGEL	M	57	M5559	41	INDIVIDUAL	0:28:05	0:47:35
473	1366	JOAO C LOPES	M	46	M4549	79	INDIVIDUAL	0:28:21	0:47:37
474	890	SILVINO MARTINS	M	60	M6064	20	NA PALACIO JUSTICA	0:28:38	0:47:38
475	241	ISABEL RODRIGUES	F	39	F2039	11	ADCR POLICIA JUDICIARIA	0:27:56	0:47:39
476	295	AMANDIO LOBO	M	61	M6064	21	AA LEBRES SADO	0:27:56	0:47:39
477	1014	PAULO TRILHO	M	34	M2039	162	CLUBE VODAFONE	0:27:55	0:47:39
478	199	ANTÓNIO BRITO	M	58	M5559	42	GD SAO DOMINGOS	0:28:17	0:47:42
479	260	DIOGO FERREIRA	M	37	M2039	163	AÇOREANA C BANIF	0:27:54	0:47:43
480	261	FRANCISCO PEREIRA	M	43	M4044	71	AÇOREANA C BANIF	0:27:51	0:47:43
481	139	CELESTINO SILVA	M	53	M5054	74	CCDP CM LOURES	0:27:52	0:47:44
482	1526	HELDER TEIXEIRA	M	40	M4044	72	FEDERAÇÃO PAZ UNIVERS,	0:29:05	0:47:44
483	289	MANUEL BATISTA	M	45	M4549	80	APOGMA	0:27:38	0:47:45
484	1029	TIAGO X LOURO	M	32	M2039	164	PHARMMED	0:28:40	0:47:51
485	196	FERNANDO GUERREIRO	M	63	M6064	22	GD SAO DOMINGOS	0:26:26	0:47:52
486	143	LUÍS LOURENÇO	M	43	M4044	73	CCDP CM LOURES	0:28:52	0:47:53
487	962	DAVID SANTOS	M	47	M4549	81	UDCA	0:28:46	0:47:53
488	1192	JOSE GARRIDO	M	49	M4549	82	AMIGOS PARQUE PAZ	0:29:13	0:47:55
489	446	ILIDIO G RODRIGUES	M	58	M5559	43	C MILLENNIUM BCP	0:29:07	0:47:56
490	585	FERNANDO MORAIS	M	48	M4549	83	GD BANCO BPI	0:28:54	0:47:57
491	803	CARLOS SOUSA	M	53	M5054	75	INDIVIDUAL	0:27:47	0:47:58
492	372	LUIS REIS	M	51	M5054	76	CCDP MUN CASCAIS	0:28:26	0:48:00
493	830	JOAQUIM VIANA	M	47	M4549	84	INDIVIDUAL	0:28:52	0:48:00
494	134	ELÍSIO COSTA	M	57	M5559	44	CCDP CM LOURES	0:28:53	0:48:02

495	1317	HUGO REBELO	M	36	M2039	165	INDIVIDUAL	0:28:11	0:48:02
496	1465	PEDRO ANTUNES	M	36	M2039	166	Os CARREGUEIRENSES	0:27:09	0:48:02
497	1400	JACINTO MARQUES	M	66	M6599	9	ACLIS LIBERTY	0:28:39	0:48:03
498	1503	ANTONIO FERNANDES	M	53	M5054	77	AMIGOS VALE SILENCIO	0:29:10	0:48:03
499	468	MIGUEL A M MONTEIRO	M	31	M2039	167	C MILLENNIUM BCP	0:28:13	0:48:04
500	922	RUI RALHA	M	52	M5054	78	RUN 4 FUN	0:28:10	0:48:05
501	1125	FLORIVAL ANDRADE	M	61	M6064	23	O FORNO CIDADE	0:28:15	0:48:05
502	491	FERNANDO SANTOS	M	57	M5559	45	CR LEOES PORTO SALVO	#N/D	0:48:06
503	895	JOAO DURAO	M	59	M5559	46	NA PAPAGAIOS CASCAIS	0:29:10	0:48:06
504	1332	MIGUEL M PEREIRA	M	37	M2039	168	INDIVIDUAL	0:28:06	0:48:07
505	404	JORGE PEREIRA	M	55	M5559	47	CD GRUPO BES	0:28:04	0:48:08
506	563	GONCALO OLIVEIRA	M	48	M4549	85	GDCT UNICRE	0:28:14	0:48:09
507	744	PAULO SAINICA	M	38	M2039	169	INDIVIDUAL	0:28:30	0:48:09
508	427	MARIO FERRO	M	57	M5559	48	C FERROVIARIO PORTUGAI	0:28:43	0:48:10
509	959	JOAO VERISSIMO	M	52	M5054	79	TOCANDAR	0:28:22	0:48:10
510	990	PAULO J MATEUS	M	44	M4044	74	INDIVIDUAL	#N/D	0:48:10
511	1227	TIAGO L C BARRA	M	24	M2039	170	INDIVIDUAL	0:27:43	0:48:11
512	839	VIRGILIO FERRAZ	M	61	M6064	24	INDIVIDUAL	0:28:49	0:48:12
513	745	JOAQUIM DAMAS	M	56	M5559	49	INDIVIDUAL	0:28:29	0:48:13
514	1052	CARLA ADRO	F	37	F2039	12	AM ATIBA	0:27:57	0:48:15
515	604	SALVADOR AFONSO	M	56	M5559	50	GD SANTANDER TOTTA	0:27:54	0:48:16
516	680	PAULINO A PACHECO	M	53	M5054	80	INDIVIDUAL	0:27:47	0:48:16
517	109	ANTÓNIO SILVA	M	57	M5559	51	CA VALE FIGUEIRA	0:28:33	0:48:17
518	534	RUI BORGES	M	47	M4549	86	GA MONSANTO GASCAN	0:28:31	0:48:22
519	956	AMERICO COSTA	M	52	M5054	81	TECNOSPIE	0:29:09	0:48:22
520	533	CONSTANCIO ALMEIDA	M	50	M5054	82	GA MONSANTO GASCAN	0:28:32	0:48:23
521	535	FRANCISCO PINHEIRO	M	55	M5559	52	GA MONSANTO GASCAN	0:28:40	0:48:23
522	422	ANTONIO BORGES	M	49	M4549	87	C FERROVIARIO PORTUGAI	0:28:48	0:48:25
523	988	PAULO GOMES	M	44	M4044	75	PRAZER CORRIDA	0:29:53	0:48:25
524	110	VERGILIO NASCIMENTO	M	56	M5559	53	CA VALE FIGUEIRA	0:28:53	0:48:27
525	107	ANTÓNIO CAMACHO	M	58	M5559	54	CA VALE FIGUEIRA	0:28:52	0:48:28
526	115	LUÍS REIS	M	43	M4044	76	CA VALE FIGUEIRA	0:28:54	0:48:29
527	888	LUIS F AMORIM	M	52	M5054	83	NA BEIERSDORF	0:29:27	0:48:29
528	1011	NUNO PEDROSO	M	39	M2039	171	CLUBE VODAFONE	0:28:58	0:48:30
529	1015	PEDRO M L GONCALVES	M	35	M2039	172	CLUBE VODAFONE	0:28:18	0:48:30
530	873	FERNANDO P ANTUNES	M	42	M4044	77	LESMAS ALOPRADAS	0:27:57	0:48:33
531	899	JOAO C VICENTE	M	41	M4044	78	OS CHINITAS	0:28:55	0:48:34
532	832	RAFAEL B NASCIMENTO	M	20	M2039	173	INDIVIDUAL	0:28:24	0:48:36
533	918	MANUEL ROMANO	M	47	M4549	88	RUN 4 FUN	0:29:06	0:48:36
534	974	TIAGO COSTA	M	30	M2039	174	WAYNEXT	0:29:41	0:48:38
535	438	MARIO J D C MARCELINO	M	51	M5054	84	C MILLENNIUM BCP	0:28:28	0:48:39
536	683	JOSE C MELO	M	47	M4549	89	INDIVIDUAL	0:28:51	0:48:39
537	550	CARLOS MIRA	M	38	M2039	175	GAA VILA FRANCA XIRA	0:29:03	0:48:40
538	697	CARLOS M S CAEIRO	M	55	M5559	55	INDIVIDUAL	0:29:09	0:48:41
539	418	PAULO FERREIRA	M	41	M4044	79	CLUBE STRESS	0:28:24	0:48:43
540	417	CLAUDIA FERREIRA	F	43	F4049	10	CLUBE STRESS	0:28:23	0:48:44
541	965	HENRIQUE FERREIRA	M	39	M2039	176	URD ARRANHO	0:28:52	0:48:45
542	92	MIGUEL RUIVO	M	20	M2039	177	ADL APELAÇONENSES	0:29:36	0:48:47
543	920	JOAO RALHA	M	51	M5054	85	RUN 4 FUN	0:28:59	0:48:48
544	285	JOAO SIMOES	M	46	M4549	90	APOGMA	0:28:17	0:48:53
545	702	VICTOR REVES	M	50	M5054	86	INDIVIDUAL	0:29:21	0:48:53
546	485	FRANCISCO PAIS	M	53	M5054	87	CR LEOES PORTO SALVO	0:29:10	0:48:54
547	1171	RENEE JAVALT	F	32	F2039	13	AA MAFRA	0:29:13	0:48:54
548	1370	AMERICO S SANTOS	M	41	M4044	80	INDIVIDUAL	0:28:35	0:48:54
549	876	FERNANDO P SOUSA	M	51	M5054	88	LINDA A PASTORA S C	0:30:51	0:48:55
550	971	VITOR GONCALVES	M	42	M4044	81	VALEJAS AC	0:29:06	0:48:55

551	1135	JOSE A A LOPES	M	45	M4549	91	INDIVIDUAL	0:28:10	0:48:55
552	1152	PEDRO FERREIRA	M	34	M2039	178	CUN BOSTON	0:29:09	0:48:55
553	784	JOSE C ALVES	M	61	M6064	25	INDIVIDUAL	0:28:33	0:48:57
554	303	ALVARO GINGADO	M	53	M5054	89	AA LEBRES SADO	0:29:04	0:48:58
555	478	LUÍSA SANTO	F	43	F4049	11	CR LEOES PORTO SALVO	0:28:37	0:48:59
556	88	JOSÉ PEREIRA	M	30	M2039	179	ADL APELAÇONENSES	0:29:36	0:49:01
557	1086	JORG LOHKEN	M	42	M4044	82	INDIVIDUAL	0:29:02	0:49:02
558	251	LUIS MELO	M	52	M5054	90	AÇOREANA C BANIF	0:28:26	0:49:03
559	436	ANTONIO F S SOUSA	M	63	M6064	26	C MILLENNIUM BCP	0:29:07	0:49:06
560	33	LUÍS GALAMBA	M	44	M4044	83	ACR MEALHADA	0:28:15	0:49:07
561	318	CARLOS MOREIRA	M	57	M5559	56	CCDT METRO LX	0:29:57	0:49:08
562	570	CARLOS FERNANDES	M	48	M4549	92	GDOA	0:28:37	0:49:08
563	425	CUSTODIO JANUARIO	M	57	M5559	57	C FERROVIARIO PORTUGAL	0:29:10	0:49:09
564	1330	JOAO R PEIXOTO	M	31	M2039	180	INDIVIDUAL	0:28:36	0:49:09
565	536	ANTONIO INGLES	M	51	M5054	91	GA MONSANTO GASCAN	0:28:37	0:49:12
566	853	ANTONIO SIMOES	M	52	M5054	92	INDIVIDUAL	0:29:40	0:49:13
567	1203	JOSE TEIXEIRA	M	36	M2039	181	AM Bº CV LUMIAR	0:30:05	0:49:14
568	1071	JOSE L N MARQUES	M	40	M4044	84	INDIVIDUAL	0:28:29	0:49:16
569	1173	JOSE NOGUEIRA	M	49	M4549	93	INDIVIDUAL	0:28:57	0:49:16
570	1013	PAULO J BONIFACIO	M	43	M4044	85	CLUBE VODAFONE	0:28:42	0:49:17
571	424	MARTINS BARATA	M	66	M6599	10	C FERROVIARIO PORTUGAL	0:29:09	0:49:18
572	986	RAUL M G C QUARESMA	M	29	M2039	182	INDIVIDUAL	0:29:57	0:49:18
573	1097	SANDRA M S TEIXEIRA	F	37	F2039	14	INDIVIDUAL	0:28:57	0:49:19
574	1208	MANUEL RODRIGUES	M	51	M5054	93	AM Bº CV LUMIAR	0:30:05	0:49:20
575	343	FERNANDO CAEIRO	M	38	M2039	183	CCD CASA PIA	0:28:28	0:49:21
576	957	MAURO TEIXEIRA	M	30	M2039	184	TOCANDAR	0:29:22	0:49:22
577	587	FILIFE RODA	M	25	M2039	185	GD BANCO BPI	0:29:31	0:49:24
578	345	JORGE MARQUES	M	40	M4044	86	CCD CASA PIA	0:29:16	0:49:26
579	583	LUIS ALVARO	M	42	M4044	87	GD BANCO BPI	0:30:47	0:49:28
580	306	LINO OLIVEIRA	M	64	M6064	27	BOLOTAOBRA ATLETISMO	0:28:57	0:49:29
581	765	DAMIAO REGA	M	49	M4549	94	INDIVIDUAL	0:29:24	0:49:29
582	1020	SESHADRI DH	M	33	M2039	186	CLUBE VODAFONE	#N/D	0:49:29
583	81	PAULO SANTOS	M	41	M4044	88	ADL APELAÇONENSES	0:29:07	0:49:30
584	371	ALBERTO ABREU	M	42	M4044	89	CCDP MUN CASCAIS	0:30:01	0:49:30
585	931	RICARDO COELHO	M	39	M2039	187	SS CGD	0:29:57	0:49:31
586	1050	CARLA MARTINS	F	34	F2039	15	AM ATIBA	0:29:11	0:49:31
587	1181	NUNO SILVA	M	34	M2039	188	CADT PORTUCEL	0:29:17	0:49:31
588	1487	JOAQUIM GOMES	M	62	M6064	28	AMIGOS VALE SILENCIO	0:29:42	0:49:31
589	391	CARLOS FERREIRA	M	53	M5054	94	CLUBE AUTOCOOPE	0:28:53	0:49:32
590	692	JOAO F G S N MONTEIRO	M	35	M2039	189	INDIVIDUAL	0:30:00	0:49:33
591	1246	EUGENIO MARQUES	M	28	M2039	190	LINK	0:29:06	0:49:34
592	445	JOAO P V PEREIRA	M	38	M2039	191	C MILLENNIUM BCP	0:28:59	0:49:36
593	701	ALVARO M R RIBEIRO	M	30	M2039	192	INDIVIDUAL	0:29:57	0:49:37
594	686	JOSE M COSTA	M	45	M4549	95	INDIVIDUAL	0:29:23	0:49:40
595	240	MANUEL MOREIRA	M	65	M6599	11	ADCR POLICIA JUDICIARIA	0:30:15	0:49:43
596	437	LEONEL F G BRANDAO	M	42	M4044	90	C MILLENNIUM BCP	0:29:22	0:49:43
597	987	GERMANO BERNARDO	M	54	M5054	95	PRAZER CORRIDA	0:30:14	0:49:44
598	1120	JOSE M CARRETAS	M	45	M4549	96	INDIVIDUAL	0:29:18	0:49:44
599	515	JOAO M BANDEIRA	M	42	M4044	91	DOMINGOS GODINHO	0:29:43	0:49:46
600	1180	FERNANDO MARTINHO	M	47	M4549	97	CADT PORTUCEL	0:29:16	0:49:46
601	1010	LUIS M M FERREIRA	M	42	M4044	92	CLUBE VODAFONE	0:29:00	0:49:47
602	1479	PAULO SILVA	M	35	M2039	193	AS J LAMPAS	0:30:07	0:49:47
603	137	ANTÓNIO CAÇADOR	M	54	M5054	96	CCDP CM LOURES	0:29:43	0:49:48
604	377	GRACIANO MUCHATO	M	50	M5054	97	CCDP MUN CASCAIS	0:29:42	0:49:49
605	181	JOAQUINA FLORES	F	70	F6099	2	GA SUPER ESTRELAS	0:29:14	0:49:50
606	804	AUGUSTO FERREIRA	M	61	M6064	29	INDIVIDUAL	0:29:03	0:49:51

607	1468	RUI SALES	M	41	M4044	93 Os CARREGUEIRENSES	0:30:37	0:49:52
608	819	SERAFIM GONCALVES	M	56	M5559	58 INDIVIDUAL	0:29:11	0:49:55
609	135	VÍTOR MOREIRA	M	57	M5559	59 CCDP CM LOURES	0:30:04	0:49:56
610	1078	JOAO M R GONCALVES	M	33	M2039	194 INDIVIDUAL	0:28:47	0:49:56
611	207	LUIGI POLLARA	M	47	M4549	98 GD SAO DOMINGOS	0:29:38	0:49:57
612	1170	KRISTINE REIS	F	30	F2039	16 AA MAFRA	0:29:14	0:49:57
613	1373	VIRGILIO OLIVEIRA	M	46	M4549	99 AA POMBAL	0:28:51	0:49:57
614	562	PAULO DUARTE	M	44	M4044	94 GDCT UNICRE	0:29:35	0:49:58
615	685	RICARDO CARIA	M	31	M2039	195 INDIVIDUAL	0:29:57	0:49:58
616	700	JOAO A A RIBEIRO	M	32	M2039	196 INDIVIDUAL	0:29:57	0:49:58
617	1455	FERNANDO SANTOS	M	64	M6064	30 CP IVA	0:29:58	0:49:58
618	1312	ABILIO TAVARES	M	55	M5559	60 INDIVIDUAL	0:29:32	0:49:59
619	296	FERNANDO MENDES	M	63	M6064	31 AA LEBRES SADO	0:29:58	0:50:01
620	1235	JORGE M NORTE	M	43	M4044	95 INDIVIDUAL	0:29:35	0:50:01
621	627	ANTONIO SANTOS	M	65	M6599	12 GRD RIBEIRA LAGE	0:30:40	0:50:03
622	1123	JOAO MILHEIRO	M	50	M5054	98 O FORNO CIDADE	0:29:40	0:50:06
623	1440	UMBELINA NUNES	F	57	F5059	3 GARMIN	0:29:45	0:50:06
624	1038	MANUEL NORTE	M	42	M4044	96 CLUBE ANA PORTUGAL	0:30:20	0:50:08
625	727	FERNANDO M B VILELAS	M	34	M2039	197 INDIVIDUAL	0:29:39	0:50:09
626	1069	ANTONIO MOEDA	M	50	M5054	99 INDIVIDUAL	0:29:45	0:50:11
627	643	CARLOS A T LUIS	M	40	M4044	97 INDIVIDUAL	0:28:02	0:50:12
628	452	ANTONIO T O RAMOS	M	39	M2039	198 C MILLENNIUM BCP	0:29:08	0:50:14
629	1088	JOAO DUARTE	M	57	M5559	61 INDIVIDUAL	0:29:17	0:50:14
630	557	JOAO FREIRE	M	44	M4044	98 GD IN CASA MOEDA	0:30:06	0:50:15
631	661	CARLOS DIAS	M	54	M5054	100 INDIVIDUAL	0:29:01	0:50:15
632	688	CARLOS M C SILVA	M	37	M2039	199 INDIVIDUAL	0:30:05	0:50:16
633	679	VIRGILIO CARLOS	M	48	M4549	100 INDIVIDUAL	0:28:56	0:50:17
634	731	JOSE P MORAIS	M	40	M4044	99 INDIVIDUAL	0:30:22	0:50:17
635	1384	GENTIL PEREIRA	M	36	M2039	200 AMIGOS FLOR	0:30:49	0:50:20
636	695	VITOR M V LEMOS	M	29	M2039	201 INDIVIDUAL	0:30:08	0:50:21
637	1358	SILVIA MADEIRA	F	37	F2039	17 BOAVISTA SÃO MATEUS	0:29:10	0:50:21
638	270	CARLOS CRAVO	M	44	M4044	100 AA SERRA SINTRA	0:30:13	0:50:22
639	997	RAUL CARVALHO	M	51	M5054	101 FALCOES SELVAGENS	0:29:26	0:50:22
640	1034	LICINIO SIMOES	M	28	M2039	202 ATOMIC TEAM	0:30:30	0:50:23
641	951	JOAQUIM MONTEIRO	M	68	M6599	13 SS MONTEPIO GERAL	0:29:53	0:50:24
642	1035	EDUARDO LUIS	M	32	M2039	203 ATOMIC TEAM	0:30:57	0:50:26
643	335	RUI ARAUJO	M	52	M5054	102 CCDT METRO LX	0:29:52	0:50:27
644	1161	NUNO R NORTE	M	39	M2039	204 INDIVIDUAL	0:29:37	0:50:27
645	594	ANTONIO PORTUGAL	M	44	M4044	101 GD INE	0:30:09	0:50:28
646	635	FERNANDO OLIVEIRA	M	42	M4044	102 GRD RIBEIRA LAGE	0:29:52	0:50:28
647	969	CARLOS A D GONCALVES	M	53	M5054	103 VALEJAS AC	0:29:22	0:50:28
648	1103	NUNO MARTINS	M	38	M2039	205 INDIVIDUAL	0:30:58	0:50:29
649	1233	LINA M S MENDES	F	39	F2039	18 INDIVIDUAL	0:29:56	0:50:29
650	1308	MARIA NOVAIS	F	45	F4049	12 GDU CAXIENSES	0:29:16	0:50:29
651	1329	FERNANDO GONCALVES	M	42	M4044	103 GDCT UNICRE	0:29:35	0:50:29
652	1229	ANTONIO M GONCALVES	M	45	M4549	101 INDIVIDUAL	0:29:55	0:50:30
653	510	HENRIQUE ALVAREDO	M	52	M5054	104 C SARGENTO ARMADA	#N/D	0:50:32
654	1081	ANDRE P CAETANO	M	23	M2039	206 INDIVIDUAL	0:30:02	0:50:32
655	648	CARLOS M GONÇALVES	M	54	M5054	105 INDIVIDUAL	0:30:00	0:50:33
656	496	LINA VALENTE	F	53	F5059	4 CR LEOES PORTO SALVO	0:29:36	0:50:34
657	1177	GERALDO FERNANDES	M	57	M5559	62 CADT PORTUCEL	0:30:46	0:50:34
658	597	JOSE MAGALHAES	M	56	M5559	63 GD INE	0:30:13	0:50:35
659	462	MARIO B CAMPOS	M	61	M6064	32 C MILLENNIUM BCP	0:30:21	0:50:36
660	889	VICENTE R DIAS	M	55	M5559	64 NA BEIERSDORF	0:30:01	0:50:36
661	1079	MARIO ESPANHA	M	67	M6599	14 INDIVIDUAL	0:29:46	0:50:36
662	1127	ALEXANDRE DIAS	M	40	M4044	104 O FORNO CIDADE	0:29:41	0:50:38

663	608	MANUEL ROBALO	M	64	M6064	33	GD SANTANDER TOTTA	0:30:08	0:50:40
664	678	Mª ROSA CARITA	F	50	F5059	5	INDIVIDUAL	0:29:30	0:50:40
665	593	ANTONIO MARQUES	M	54	M5054	106	GD INE	0:30:12	0:50:42
666	357	JOSE CARVALHO	M	57	M5559	65	CCD EFACEC LISBOA	0:30:12	0:50:43
667	1072	ANTONIO VIEIRA	M	45	M4549	102	CP RTP	0:29:38	0:50:44
668	1417	MANUEL SEQUEIRA	M	59	M5559	66	A DANIEL CALDEIRA	0:30:18	0:50:44
669	287	JOSE LOUREIRO	M	45	M4549	103	APOGMA	0:30:37	0:50:46
670	1349	EURICO SEMEDO	M	62	M6064	34	SS CGD	0:30:36	0:50:47
671	1382	JOAO FERREIRA	M	54	M5054	107	AMIGOS FLOR	0:30:50	0:50:48
672	1383	MANUEL HORTELAO	M	41	M4044	105	AMIGOS FLOR	0:30:50	0:50:49
673	1113	SERGIO T ROMERO	M	30	M2039	207	RADICAL GYM	0:30:04	0:50:51
674	1061	PAULO RODRIGUES	M	39	M2039	208	ANGELIC	0:30:02	0:50:54
675	1138	RUI OLIVENCA	M	36	M2039	209	INDIVIDUAL	0:30:15	0:50:54
676	791	MARIO J R LUCIO	M	46	M4549	104	INDIVIDUAL	0:30:16	0:50:55
677	1146	JOAO P CATARINO	M	22	M2039	210	INDIVIDUAL	0:32:59	0:50:56
678	183	JOAQUIM SILVÉRIO	M	64	M6064	35	GA SUPER ESTRELAS	0:27:54	0:50:57
679	591	JORGE F NUNES	M	32	M2039	211	GD BANCO BPI	0:31:15	0:50:57
680	266	BRUNO J SANTOS	M	27	M2039	212	ADCR MATA BENFICA	0:30:03	0:50:59
681	166	ANA BARATA	F	52	F5059	6	A SACAVERNENSE	0:29:52	0:51:00
682	898	LUIS M S AZEVEDO	M	45	M4549	105	OS BEKAS	0:29:15	0:51:00
683	392	JOSE DIAS	M	52	M5054	108	CLUBE AUTOCOOPE	0:29:53	0:51:01
684	513	DOMINGOS GODINHO	M	41	M4044	106	DOMINGOS GODINHO	0:29:51	0:51:01
685	449	LUDGERO B RODRIGUES	M	54	M5054	109	C MILLENNIUM BCP	0:30:06	0:51:03
686	903	JOAO ROXO	M	38	M2039	213	OS RASPOTACHO	0:29:10	0:51:04
687	684	RUI M GAMEIRO	M	37	M2039	214	INDIVIDUAL	0:31:26	0:51:05
688	601	ANTONIO PEREIRA	M	44	M4044	107	GD SANTANDER TOTTA	0:29:53	0:51:06
689	1280	ORLANDO MARTINS	M	54	M5054	110	RUNNING OF D MARIA	0:30:42	0:51:06
690	665	LUIS S REIS	M	46	M4549	106	INDIVIDUAL	0:31:01	0:51:07
691	257	TAM AFONSO	M	57	M5559	67	AÇOREANA C BANIF	0:30:15	0:51:08
692	958	MARILIA RIBEIRO	F	26	F2039	19	TOCANDAR	0:30:45	0:51:08
693	1143	HERLANDER BRANCO	M	36	M2039	215	INDIVIDUAL	#N/D	0:51:08
694	569	PEDRO DIAS	M	36	M2039	216	GDOA	0:29:49	0:51:10
695	554	ANTONIO NASCIMENTO	M	69	M6599	15	GD IN CASA MOEDA	#N/D	0:51:13
696	870	JORGE LIBANO	M	42	M4044	108	KAISEN	0:29:36	0:51:13
697	1448	RUTE MENEZES	F	29	F2039	20	GD MACEDO OCULISTA	0:30:26	0:51:13
698	1401	MARIO FERREIRA	M	64	M6064	36	ACLIS LIBERTY	0:30:13	0:51:14
699	1033	VASCO A M NAZARIO	M	36	M2039	217	PHARMMED	0:30:29	0:51:15
700	783	FERNANDO FARIA	M	30	M2039	218	INDIVIDUAL	0:29:51	0:51:16
701	716	HENRIQUE CABACEIRA	M	48	M4549	107	INDIVIDUAL	0:30:37	0:51:18
702	1442	LUIS MACEDO	M	30	M2039	219	GD MACEDO OCULISTA	0:30:25	0:51:18
703	537	ANTONIO PARDAL	M	54	M5054	111	GA MONSANTO GASCAN	0:30:57	0:51:19
704	607	JOSE RIBEIRO	M	65	M6599	16	GD SANTANDER TOTTA	0:29:32	0:51:20
705	717	ANTONIO M J SOUSA	M	39	M2039	220	INDIVIDUAL	0:29:51	0:51:20
706	101	JORGE SANTOS	M	21	M2039	221	ARCD VILA REI	0:31:01	0:51:22
707	590	ALBERTO SANTOS	M	53	M5054	112	GD BANCO BPI	0:30:39	0:51:22
708	336	ADRIANO VITORINO	M	48	M4549	108	CA PATAMEIRAS	0:30:59	0:51:23
709	444	OSCAR S MARQUES	M	56	M5559	68	C MILLENNIUM BCP	0:30:09	0:51:24
710	538	VANESSA REIS	F	31	F2039	21	GA MONSANTO GASCAN	0:30:56	0:51:24
711	584	VASCO SANTOS	M	51	M5054	113	GD BANCO BPI	0:30:40	0:51:24
712	1101	PAULO DINIS	M	31	M2039	222	INDIVIDUAL	0:30:19	0:51:24
713	736	CLAUDIO VENTURA	M	20	M2039	223	INDIVIDUAL	0:29:59	0:51:27
714	1281	MIGUEL TEIXEIRA	M	31	M2039	224	RUNNING OF D MARIA	0:30:42	0:51:28
715	246	RITA CARROLA	F	33	F2039	22	AÇOREANA C BANIF	0:31:00	0:51:31
716	413	PAULO GONCALVES	M	42	M4044	109	CD GRUPO BES	0:31:25	0:51:31
717	1510	JOAO PINTO	M	49	M4549	109	GA MONSANTO GASCAN	0:30:56	0:51:31
718	102	JOÃO BRITO	M	20	M2039	225	ARCD VILA REI	0:29:56	0:51:33

719	243	JORGE ESTEVES	M	45	M4549	110 AD REAL ACADEMIA	0:30:23	0:51:33
720	735	FERNANDO HOMEM	M	39	M2039	226 INDIVIDUAL	0:30:00	0:51:33
721	1017	PEDRO ALEIXO	M	40	M4044	110 CLUBE VODAFONE	0:29:37	0:51:33
722	857	CARLOS SANTOS	M	20	M2039	227 INDIVIDUAL	0:30:55	0:51:35
723	100	DANIEL FERNANDES	M	23	M2039	228 ARCD VILA REI	0:29:56	0:51:36
724	578	RENATO CRUZ	M	41	M4044	111 GD BANCO BPI	0:30:48	0:51:38
725	1415	NUNO GOMES	M	40	M4044	112 A DANIEL CALDEIRA	0:30:10	0:51:40
726	1260	YANN GUEZOU	M	37	M2039	229 INDIVIDUAL	0:32:30	0:51:41
727	872	ALBINO FERREIRA	M	45	M4549	111 LESMAS ALOPRADAS	0:30:30	0:51:43
728	612	JOSE PEREIRA	M	40	M4044	113 GD SANTANDER TOTTA	0:31:46	0:51:49
729	299	MARCOS FERREIRA	M	63	M6064	37 AA LEBRES SADO	0:31:35	0:51:55
730	841	ARMENIO T SILVA	M	72	M6599	17 INDIVIDUAL	0:31:17	0:51:55
731	369	ANTONIO J TAVARES	M	45	M4549	112 CCDP MUN CASCAIS	0:30:48	0:51:56
732	948	JOAO BALAO	M	70	M6599	18 SS CGD	0:30:29	0:51:56
733	580	RUI VIGOCO	M	65	M6599	19 GD BANCO BPI	0:31:22	0:51:57
734	1134	JOSE CALDAS	M	54	M5054	114 INDIVIDUAL	0:30:10	0:51:58
735	1199	JOSE JEROMIAS	M	67	M6599	20 INGLESES FC	0:32:25	0:51:59
736	655	CARLOS RENATO	M	50	M5054	115 INDIVIDUAL	0:31:10	0:52:00
737	967	EDMUNDO LOURENCO	M	31	M2039	230 URD ARRANHO	0:29:59	0:52:00
738	806	DOMINGOS BARREIROS	M	72	M6599	21 INDIVIDUAL	0:30:08	0:52:02
739	985	JORGE M S PAULO	M	51	M5054	116 INDIVIDUAL	0:31:00	0:52:04
740	1274	JOSE M CONCHINHA	M	58	M5559	69 CLUBE STRESS	0:31:44	0:52:04
741	412	NUNO RODRIGUES	M	33	M2039	231 CD GRUPO BES	0:31:18	0:52:08
742	416	SILVIO PAIVA	M	58	M5559	70 CD GRUPO BES	0:31:18	0:52:08
743	317	ALBERTO MARTINHO	M	46	M4549	113 CCDT METRO LX	0:30:39	0:52:17
744	1122	CLAUDIO MONTEIRO	M	37	M2039	232 INDIVIDUAL	0:28:28	0:52:19
745	755	TEODORO TRINDADE	M	48	M4549	114 INDIVIDUAL	0:30:27	0:52:25
746	654	HENRIQUETA SOLIPA	F	48	F4049	13 INDIVIDUAL	0:31:10	0:52:28
747	202	JOAQUIM LEITÃO	M	54	M5054	117 GD SAO DOMINGOS	#N/D	0:52:29
748	694	JORGE F R RODRIGUES	M	31	M2039	233 INDIVIDUAL	0:30:29	0:52:29
749	105	JOSÉ LINDO	M	63	M6064	38 CA VALE FIGUEIRA	0:30:59	0:52:30
750	631	ANTONIO LIMA	M	47	M4549	115 GRD RIBEIRA LAGE	0:31:00	0:52:30
751	917	JOSÉ M M MAGALHÃES	M	42	M4044	114 RUN 4 FUN	0:30:59	0:52:30
752	750	MARCO A SILVA	M	40	M4044	115 INDIVIDUAL	0:30:45	0:52:31
753	921	LUIA RALHA	F	51	F5059	7 RUN 4 FUN	0:30:25	0:52:31
754	1080	JUAM FREITAS	M	58	M5559	71 INDIVIDUAL	0:29:54	0:52:31
755	1434	ISABEL REIS	F	49	F4049	14 GD MACEDO OCULISTA	0:31:36	0:52:31
756	294	MANUEL SANTOS	M	60	M6064	39 AA LEBRES SADO	0:31:39	0:52:34
757	298	ALBERTO CAROLINO	M	58	M5559	72 AA LEBRES SADO	0:31:38	0:52:34
758	525	JOAO BRANCO	M	50	M5054	118 FAMILIA BRANCO	0:30:58	0:52:38
759	1326	JOAO V ALMEIDA	M	48	M4549	116 INDIVIDUAL	0:31:46	0:52:41
760	1003	RICARDO J E X PEREIRA	M	44	M4044	116 INDIVIDUAL	0:32:25	0:52:44
761	1149	JOSE P FERREIRA	M	49	M4549	117 CUN BOSTON	0:32:03	0:52:44
762	1188	PEDRO REIS	M	37	M2039	234 AA MAFRA	0:30:28	0:52:44
763	1395	PAULO LOPES	M	41	M4044	117 ACLIS LIBERTY	0:30:12	0:52:44
764	1433	ISABEL OLEIRO	F	36	F2039	23 GD MACEDO OCULISTA	0:31:29	0:52:44
765	1501	ANTONIO MANTEIGA	M	37	M2039	235 CLUBE STRESS	0:32:24	0:52:44
766	564	JOSE PRACA	M	64	M6064	40 GDCT UNICRE	0:31:15	0:52:45
767	746	JOAO C BORGES	M	42	M4044	118 INDIVIDUAL	0:31:02	0:52:45
768	723	LUIS M C R BASTOS	M	41	M4044	119 INDIVIDUAL	0:30:41	0:52:46
769	774	Mª HELENA COSTA	F	54	F5059	8 INDIVIDUAL	0:31:28	0:52:46
770	775	ALEXANDRA DAVID	F	33	F2039	24 INDIVIDUAL	0:31:28	0:52:46
771	1295	ABEL CARVALHO	M	53	M5054	119 INDIVIDUAL	0:31:08	0:52:46
772	764	JOAQUIM F C PINTO	M	53	M5054	120 INDIVIDUAL	0:31:48	0:52:47
773	1437	JOAO VEIGA	M	60	M6064	41 GD MACEDO OCULISTA	0:31:16	0:52:47
774	394	AMERICO COSTA	M	55	M5559	73 CLUBE AUTOCOOPE	0:30:58	0:52:51

775	760	JORGE MATINHO	M	42	M4044	120	INDIVIDUAL	0:30:05	0:52:54
776	568	JOSÉ ANDRADE	M	45	M4549	118	GDOA	0:29:50	0:52:58
777	119	BETO MARINHO	M	73	M6599	22	CCDP CM LOURES	0:32:52	0:53:02
778	1324	ADOLFO SALAZAR	M	67	M6599	23	CP EDP LISBOA	0:32:52	0:53:03
779	159	CARLOS PEREIRA	M	58	M5559	74	A SACAVENENSE	0:32:24	0:53:05
780	1024	ANTONIO BILA	M	53	M5054	121	C OLIMPICO OEIRAS	0:33:13	0:53:08
781	1375	JOAO D B FERNANDES	M	62	M6064	42	INDIVIDUAL	0:31:03	0:53:08
782	141	ANTONIO PICA	M	61	M6064	43	CCDP CM LOURES	0:31:52	0:53:09
783	628	ACACIO LOPES	M	43	M4044	121	GRD RIBEIRA LAGE	0:32:25	0:53:10
784	1504	RAUL FERREIRA	M	51	M5054	122	AMIGOS PARQUE PAZ	0:32:13	0:53:10
785	1070	ANA FATELA	F	49	F4049	15	INDIVIDUAL	0:32:00	0:53:11
786	843	TERESA KNAPIC	F	57	F5059	9	INDIVIDUAL	0:32:00	0:53:12
787	1265	DIOGO JARDIM	M	46	M4549	119	INDIVIDUAL	0:32:34	0:53:12
788	1266	PAULO AMORIM	M	45	M4549	120	INDIVIDUAL	0:32:34	0:53:12
789	733	LUIS SANTOS	M	45	M4549	121	INDIVIDUAL	0:31:36	0:53:16
790	813	NUNO CRUZ	M	28	M2039	236	INDIVIDUAL	0:31:45	0:53:16
791	814	SERGIO CRUZ	M	36	M2039	237	INDIVIDUAL	0:31:45	0:53:17
792	1289	LUIS ALMEIDA	M	36	M2039	238	GUP GRALHAS	0:31:55	0:53:17
793	341	JOAQUIM FRAGOSO	M	60	M6064	44	CCD CASA PIA	0:32:51	0:53:18
794	239	JOSE COELHO	M	52	M5054	123	ADCR POLICIA JUDICIARIA	0:32:52	0:53:19
795	952	HORACIO PINTO	M	52	M5054	124	SS MONTEPIO GERAL	0:30:45	0:53:20
796	1404	FERNANDO NUNO	M	47	M4549	122	ACLIS LIBERTY	0:30:05	0:53:22
797	1420	ANTONIA OLEIRO	M	43	M4044	122	GD MACEDO OCULISTA	0:31:38	0:53:22
798	1421	ANTONIO FERREIRA	M	47	M4549	123	GD MACEDO OCULISTA	0:31:20	0:53:22
799	611	FERNANDO MARQUES	M	55	M5559	75	GD SANTANDER TOTTA	0:32:17	0:53:23
800	623	CARLOS PEREIRA	M	39	M2039	239	GD SANTANDER TOTTA	0:32:17	0:53:23
801	313	JOAO MIRANDA	M	60	M6064	45	BOLOTAOBRA ATLETISMO	0:32:05	0:53:24
802	1302	ALBERTO SOARES	M	44	M4044	123	INDIVIDUAL	0:31:41	0:53:24
803	1275	MARIA DA CRUZ	F	51	F5059	10	CLUBE STRESS	0:31:45	0:53:27
804	766	CARMINDA PIRES	F	47	F4049	16	INDIVIDUAL	0:31:38	0:53:29
805	939	LUIS BOTTO	M	52	M5054	125	SS CGD	0:31:52	0:53:29
806	558	JOSE LIBERATO	M	34	M2039	240	GD IN CASA MOEDA	0:31:38	0:53:30
807	708	JOAO V B LUCIO	M	34	M2039	241	INDIVIDUAL	0:31:08	0:53:30
808	1164	JOAQUIM M C SANTOS	M	58	M5559	76	INDIVIDUAL	0:31:55	0:53:37
809	1165	JOSE J S SANTOS	M	44	M4044	124	INDIVIDUAL	0:31:55	0:53:37
810	532	LUIS ANTUNES	M	48	M4549	124	GA MONSANTO GASCAN	0:31:36	0:53:39
811	122	CARLOS GADUNHAS	M	67	M6599	24	CCDP CM LOURES	0:31:59	0:53:42
812	634	LUIS PAULO	M	43	M4044	125	GRD RIBEIRA LAGE	0:32:50	0:53:45
813	1291	AMERICO PEREIRA	M	46	M4549	125	GUP GRALHAS	0:31:54	0:53:45
814	953	MARIO ALVES	M	54	M5054	126	SFUAP	0:32:14	0:53:47
815	1333	JOSE PEREIRA	M	42	M4044	126	INDIVIDUAL	0:30:49	0:53:49
816	1063	FILIFE RODRIGUES	M	56	M5559	77	ANGELIC	0:31:29	0:53:50
817	1044	ANTONIO M ALMEIDA	M	45	M4549	126	INDIVIDUAL	0:32:23	0:53:51
818	1525	FATIMA ABREU	F	61	F6099	3	FEDERAÇÃO PAZ UNIVERS,	0:31:27	0:53:51
819	854	ARTUR MADEIRA	M	56	M5559	78	INDIVIDUAL	0:30:57	0:53:52
820	480	AMÉLIA FERNANDES	F	41	F4049	17	CR LEOES PORTO SALVO	0:31:30	0:53:53
821	548	MANUEL SANTOS	M	62	M6064	46	GAA VILA FRANCA XIRA	0:31:56	0:53:54
822	859	MANUEL SIMOES	M	61	M6064	47	INDIVIDUAL	0:31:05	0:53:54
823	947	RUI MARTINS	M	30	M2039	242	SS CGD	0:32:19	0:53:55
824	647	CARLOS C TEIXEIRA	M	50	M5054	127	INDIVIDUAL	0:31:14	0:53:59
825	300	CARLOS PEREIRA	M	54	M5054	128	AA LEBRES SADO	0:31:38	0:54:02
826	316	ANTÓNIO EDUARDO	M	56	M5559	79	CCDT METRO LX	0:32:56	0:54:02
827	758	VITOR CARDOSO	M	46	M4549	127	INDIVIDUAL	0:32:08	0:54:02
828	334	RAFAEL SANTOS	M	43	M4044	127	CCDT METRO LX	0:32:07	0:54:03
829	1174	PAULA SANTOS	F	40	F4049	18	INDIVIDUAL	0:31:47	0:54:04
830	1518	FERNANDO SILVA	M	45	M4549	128	AMIGOS VALE SILENCIO	0:33:24	0:54:04

831	1519	EMILIO GONCALVES	M	43	M4044	128	AMIGOS VALE SILENCIO	0:33:24	0:54:04
832	656	PEDRO M P GIL	M	32	M2039	243	INDIVIDUAL	0:31:45	0:54:07
833	1290	PAULO MAGALHAES	M	40	M4044	129	GUP GRALHAS	0:32:23	0:54:07
834	1254	PEDRO M C FERREIRA	M	35	M2039	244	INDIVIDUAL	0:33:05	0:54:08
835	1521	JOAO PATROCINIO	M	41	M4044	130	INDIVIDUAL	0:31:34	0:54:08
836	1201	MARIO RUI ROMAO	M	37	M2039	245	INDIVIDUAL	0:32:37	0:54:09
837	1238	JOAO P F PINTO	M	26	M2039	246	INDIVIDUAL	0:31:35	0:54:09
838	1234	PEDRO D SIMOES	M	39	M2039	247	INDIVIDUAL	0:32:01	0:54:10
839	1237	IVO R D ROSA	M	26	M2039	248	INDIVIDUAL	0:31:35	0:54:10
840	792	ANSELMO LIMA	M	40	M4044	131	INDIVIDUAL	0:31:46	0:54:11
841	1172	PATRICIA AGOSTINHO	F	41	F4049	19	AA MAFRA	0:31:30	0:54:11
842	1270	LIBORIO BORLOTT	M	51	M5054	129	CR ALVORADA	0:32:06	0:54:21
843	504	MÁRIO PIRES	M	60	M6064	48	CR LEOES PORTO SALVO	0:32:07	0:54:22
844	1327	JOAO P RAIMUNDO	M	49	M4549	129	INDIVIDUAL	0:32:11	0:54:27
845	1328	JOSE P RAIMUNDO	M	48	M4549	130	INDIVIDUAL	0:32:11	0:54:27
846	401	JOAO DIAS	M	38	M2039	249	CD GRUPO BES	0:31:25	0:54:28
847	431	FERNANDO PESTANA	M	63	M6064	49	C FERROVIARIO PORTUGAI	0:32:29	0:54:28
848	286	JOSE LEVEZINHO	M	37	M2039	250	APOGMA	0:32:42	0:54:32
849	1243	PEDRO SOUSA	M	45	M4549	131	LINK	0:32:17	0:54:33
850	397	ANA FERREIRA	F	41	F4049	20	CD GRUPO BES	0:32:20	0:54:34
851	406	JOSE SANTOS	M	62	M6064	50	CD GRUPO BES	0:32:19	0:54:34
852	975	MARCO GONCALVES	M	31	M2039	251	WAYNEXT	0:31:30	0:54:37
853	529	RUI MOURA	M	56	M5559	80	FAMILIA BUGALHO	0:33:31	0:54:38
854	531	SERGIO MOURATO	M	32	M2039	252	FAMILIA BUGALHO	0:33:31	0:54:38
855	511	FERNANDO OLIVEIRA	M	54	M5054	130	C SARGENTO ARMADA	0:32:51	0:54:39
856	1036	JORGE VICENTE	M	31	M2039	253	INDIVIDUAL	0:32:48	0:54:43
857	1283	DANIEL NUNES	M	30	M2039	254	OS NUNES	0:33:42	0:54:46
858	158	ANTÓNIO PEREIRA	M	62	M6064	51	A SACAVENENSE	0:32:35	0:54:47
859	1124	EDUARDO MARTINS	M	62	M6064	52	O FORNO CIDADE	0:32:07	0:54:47
860	1325	GONCALO NETO	M	33	M2039	255	INDIVIDUAL	0:34:03	0:54:50
861	663	LUIS SILVEIRO	M	40	M4044	132	INDIVIDUAL	0:33:33	0:54:52
862	718	RODRIGO FERREIRA	M	40	M4044	133	INDIVIDUAL	0:32:38	0:54:53
863	1273	JORGE MARQUES	M	57	M5559	81	INDIVIDUAL	0:32:38	0:54:59
864	290	PAULO JOSE PIRES	M	45	M4549	132	APOGMA	0:32:42	0:55:01
865	670	MANUEL O PEREIRA	M	52	M5054	131	INDIVIDUAL	0:32:19	0:55:01
866	284	HELDER GANDARINHO	M	41	M4044	134	APOGMA	0:32:42	0:55:02
867	616	HENRIQUE MARCAL	M	56	M5559	82	GD SANTANDER TOTTA	0:32:53	0:55:03
868	644	JOÃO P S LIMA	M	50	M5054	132	INDIVIDUAL	0:32:32	0:55:06
869	1045	RAQUEL MADEIRA	F	21	F2039	25	INDIVIDUAL	0:33:29	0:55:12
870	1377	MARIA COSTA	F	40	F4049	21	INDIVIDUAL	0:32:28	0:55:14
871	1392	PATRICIA BALTAZAR	F	36	F2039	26	AMCPN	0:33:55	0:55:19
872	838	CARLOS A N CABRAL	M	49	M4549	133	INDIVIDUAL	0:31:39	0:55:21
873	999	RUI CARNEIRO	M	54	M5054	133	JOAO CARNEIRO SAD	0:32:49	0:55:21
874	1160	NELSON OLIVEIRA	M	33	M2039	256	INDIVIDUAL	0:33:35	0:55:23
875	482	EMÍLIA BORGES	F	47	F4049	22	CR LEOES PORTO SALVO	0:32:11	0:55:27
876	613	ANTONIO CASTRO	M	40	M4044	135	GD SANTANDER TOTTA	0:34:05	0:55:32
877	762	TOMAS SOUSA	M	33	M2039	257	INDIVIDUAL	0:31:05	0:55:33
878	846	JOAO LANDEIRO	M	63	M6064	53	INDIVIDUAL	0:32:55	0:55:34
879	905	JOAO RAMOS	M	49	M4549	134	OS SANTARENOS	0:31:33	0:55:34
880	754	FERNANDO F BATISTA	M	38	M2039	258	INDIVIDUAL	0:32:58	0:55:36
881	1268	JORGE MIGUEL	M	20	M2039	259	INDIVIDUAL	0:32:05	0:55:36
882	388	JOSE RICARDO	M	56	M5559	83	CA AGUALVA	0:34:19	0:55:37
883	1297	MAURICIO ENES	M	47	M4549	135	INDIVIDUAL	0:32:51	0:55:41
884	1285	CORBE NEVES	M	41	M4044	136	OS NUNES	0:33:17	0:55:42
885	927	MIGUEL REIS	M	34	M2039	260	SS CGD	0:32:43	0:55:43
886	465	FERNANDO A S LEMOS	M	60	M6064	54	C MILLENNIUM BCP	#N/D	0:55:45

887	897	JOAO RAPOSO	M	69	M6599	25	INDIVIDUAL	0:31:23	0:55:46
888	989	PAULO J S CAETANO	M	41	M4044	137	INDIVIDUAL	0:34:18	0:55:50
889	1184	ALEXSANDRO LOURENCO	M	34	M2039	261	INDIVIDUAL	0:33:18	0:55:50
890	840	ANA ALGARVE	F	32	F2039	27	INDIVIDUAL	0:33:41	0:55:53
891	724	FILIFE RAMALHO	M	29	M2039	262	INDIVIDUAL	0:32:16	0:55:55
892	1292	ARMENIO CORREIA	M	50	M5054	134	GUP GRALHAS	0:32:48	0:55:56
893	374	JOSE CARLOS SILVA	M	39	M2039	263	CCDP MUN CASCAIS	0:33:17	0:55:59
894	378	PAULA MACHADO	F	55	F5059	11	CCDP MUN CASCAIS	0:32:33	0:55:59
895	1245	LURDES ANTONIO	F	40	F4049	23	LINK	0:33:10	0:56:03
896	1100	LUIS SILVA	M	47	M4549	136	SPORTISEL	0:31:45	0:56:05
897	1267	PAULO ASSUNCAO	M	39	M2039	264	INDIVIDUAL	0:32:24	0:56:07
898	399	CARLOS MONTEIRO	M	40	M4044	138	CD GRUPO BES	0:34:32	0:56:10
899	1182	FERNANDO NUNES	M	34	M2039	265	CADT PORTUCEL	0:33:35	0:56:11
900	1005	ANTONIO P SIETRA	M	38	M2039	266	CLUBE VODAFONE	0:32:29	0:56:12
901	863	FÁTIMA OLIVEIRA	F	59	F5059	12	JG SEGUROS	#N/D	0:56:16
902	1189	LUIS PIRES	M	42	M4044	139	AMIGOS PARQUE PAZ	0:34:28	0:56:17
903	891	BRUNO DURAO	M	20	M2039	267	NA PAPAGAIOS CASCAIS	0:34:22	0:56:18
904	932	LUIS MADEIRA	M	40	M4044	140	SS CGD	0:32:41	0:56:19
905	926	ALFREDO FALCAO	M	44	M4044	141	RUN 4 FUN	0:32:49	0:56:20
906	600	PAULO PUGA	M	44	M4044	142	GD INE	0:33:38	0:56:21
907	1253	JOSE CATITA	M	52	M5054	135	GARMIN	0:33:58	0:56:21
908	984	JORGE M O P ALMEIDA	M	41	M4044	143	INDIVIDUAL	0:33:28	0:56:22
909	599	NUNO ROMAO	M	42	M4044	144	GD INE	0:34:23	0:56:23
910	994	MIGUEL CANSADO	M	39	M2039	268	NS MS E LS	0:33:39	0:56:25
911	275	PAULO COSTA	M	33	M2039	269	AMIGOS ESTRELA	0:32:04	0:56:27
912	1529	JOANA GOMES	F	27	F2039	28	TEJAVISTA	0:34:30	0:56:27
913	73	MARINA BATISTA	F	45	F4049	24	ADL APELAÇONENSES	0:33:40	0:56:28
914	201	EUGÉNIA DO VALE	F	55	F5059	13	GD SAO DOMINGOS	0:33:57	0:56:28
915	1059	PAULA MOREIRA	F	30	F2039	29	ANGELIC	0:34:22	0:56:28
916	835	MANUEL L BARBOSA	M	55	M5559	84	INDIVIDUAL	0:32:53	0:56:29
917	1241	PEDRO TEIXIERA	M	36	M2039	270	RUN4WATER	0:34:43	0:56:29
918	1276	JORGE FERREIRA	M	45	M4549	137	RUNNING OF D MARIA	0:34:00	0:56:29
919	1277	PAULO MARTINS	M	42	M4044	145	RUNNING OF D MARIA	0:33:59	0:56:30
920	667	JOÃO E R PARADINHA	M	36	M2039	271	INDIVIDUAL	0:34:05	0:56:31
921	1360	DIOGO F E MARQUES	M	27	M2039	272	INDIVIDUAL	0:35:02	0:56:31
922	586	VITOR VALENTE	M	55	M5559	85	GD BANCO BPI	0:32:59	0:56:32
923	1359	PEDRO M M S BRAS	M	27	M2039	273	INDIVIDUAL	0:35:02	0:56:32
924	1452	VALDEMAR PEREIRA	M	59	M5559	86	INDIVIDUAL	0:34:00	0:56:33
925	302	CECILIA NICOLAU	F	46	F4049	25	AA LEBRES SADO	0:34:04	0:56:34
926	1090	SAUL RAFAEL	M	38	M2039	274	INDIVIDUAL	0:34:04	0:56:34
927	1021	TITO F L SANTOS	M	34	M2039	275	CLUBE VODAFONE	0:33:38	0:56:37
928	1141	JAIME MARCAL	M	55	M5559	87	INDIVIDUAL	0:33:40	0:56:40
929	555	JOSE ABREU	M	62	M6064	55	GD IN CASA MOEDA	0:34:18	0:56:49
930	1500	ORLANDO RODRIGUES	M	45	M4549	138	INDIVIDUAL	0:32:30	0:56:51
931	171	CAROLINA FERNANDES	F	37	F2039	30	A SACAVENENSE	0:34:02	0:56:53
932	1454	JOSE SILVA	M	65	M6599	26	CP IVA	0:33:55	0:56:54
933	588	CARLOS RODA	M	53	M5054	136	GD BANCO BPI	0:33:49	0:56:56
934	672	SANDRA S S MARTINS	F	33	F2039	31	INDIVIDUAL	0:33:58	0:56:57
935	1031	NUNO M C MENDONCA	M	22	M2039	276	PHARMMED	0:31:45	0:56:57
936	1041	DEOLINDA SANTOS	F	39	F2039	32	CLUBE ANA PORTUGAL	0:34:06	0:56:57
937	1042	CARLOS AMBROSIO	M	54	M5054	137	CLUBE ANA PORTUGAL	0:34:02	0:56:58
938	1000	JOAO CARNEIRO	M	50	M5054	138	JOAO CARNEIRO SAD	0:34:07	0:56:59
939	924	PAULO C SOUSA	M	43	M4044	146	RUN 4 FUN	0:32:01	0:57:00
940	419	JORGE CARVALHO	M	56	M5559	88	CLUBE STRESS	0:34:02	0:57:01
941	1304	MANUEL OLIVEIRA	M	70	M6599	27	INDIVIDUAL	0:34:31	0:57:07
942	1272	ANTONIO AGOSTINHO	M	63	M6064	56	CR ALVORADA	0:34:44	0:57:09

943	464	LEONEL C FERREIRINHA	M	62	M6064	57	C MILLENNIUM BCP	0:33:59	0:57:11
944	844	MANUEL A CASALTA	M	59	M5559	89	INDIVIDUAL	0:33:00	0:57:13
945	1515	JOAQUIM CARAPELHO	M	61	M6064	58	CD EPUL	0:34:28	0:57:13
946	622	FABIO DIAS	M	38	M2039	277	GD SANTANDER TOTTA	0:33:56	0:57:14
947	785	TIAGO CARVALHO	M	31	M2039	278	INDIVIDUAL	0:33:00	0:57:16
948	403	JOAO SIMOES	M	56	M5559	90	CD GRUPO BES	0:34:18	0:57:17
949	979	LUIS GRAVE	M	45	M4549	139	OS ZATOPEQUES	0:33:44	0:57:19
950	1057	PEDRO A MACHADO	M	42	M4044	147	WEBWISE	0:34:54	0:57:20
951	645	HELDER J F LOPES	M	36	M2039	279	INDIVIDUAL	0:33:16	0:57:23
952	714	ALEXANDRE BENTO	M	48	M4549	140	INDIVIDUAL	#N/D	0:57:24
953	1394	PEDRO ROSA	M	40	M4044	148	INDIVIDUAL	0:35:28	0:57:26
954	477	PEDRO MESQUITA	M	24	M2039	280	CR LEOES PORTO SALVO	0:33:45	0:57:28
955	781	JOAO E B CARVALHO	M	60	M6064	59	INDIVIDUAL	0:33:06	0:57:28
956	849	ANIBAL FERNANDES	M	42	M4044	149	INDIVIDUAL	0:34:42	0:57:29
957	1345	JOAO PEDRO C A COSTA	M	39	M2039	281	INDIVIDUAL	0:33:51	0:57:33
958	836	MARUSA GOLOB	F	21	F2039	33	INDIVIDUAL	0:34:29	0:57:34
959	837	CARLOS SEBASTIAO	M	49	M4549	141	INDIVIDUAL	0:34:28	0:57:34
960	646	FREDERICO SOUSA	M	46	M4549	142	INDIVIDUAL	0:33:52	0:57:43
961	946	JOAQUIM CABRAL	M	64	M6064	60	SS CGD	0:34:30	0:57:44
962	268	LEONARDO M ANDRADE	M	30	M2039	282	ADCR MATA BENFICA	0:34:41	0:57:45
963	473	ANTONIO MESQUITA	M	46	M4549	143	CR LEOES PORTO SALVO	0:34:41	0:57:45
964	650	ANTÓNIO A C BATISTA	M	50	M5054	139	INDIVIDUAL	0:33:47	0:57:46
965	1368	JOSE F FREITAS	M	32	M2039	283	A AGUAS LIVRES CANECAS	0:32:27	0:57:46
966	1369	NUNO M FREITAS	M	31	M2039	284	A AGUAS LIVRES CANECAS	0:32:29	0:57:46
967	690	MANUEL F RODRIGO	M	61	M6064	61	INDIVIDUAL	0:33:29	0:57:47
968	1527	PAULO J MATEUS	M	44	M4044	150	INDIVIDUAL	0:34:19	0:57:49
969	1499	VITOR COSTA	M	48	M4549	144	INDIVIDUAL	0:34:36	0:57:50
970	720	DOMINGOS COSTA	M	61	M6064	62	INDIVIDUAL	0:34:06	0:57:53
971	1175	PAULO J VELOSO	M	46	M4549	145	INDIVIDUAL	0:32:10	0:57:53
972	321	FRANCISCO GONÇALVES	M	43	M4044	151	CCDT METRO LX	0:32:44	0:57:58
973	1293	ROGERIO PINA	M	56	M5559	91	CLUBE ANACOM	0:33:15	0:57:59
974	1423	ARMANDO CARMO	M	73	M6599	28	GD MACEDO OCULISTA	#N/D	0:58:01
975	339	MANUEL L BARATA	M	60	M6064	63	CARACOIS SANTA IRIA	0:33:47	0:58:03
976	1130	JOSE L GONCALVES	M	34	M2039	285	INDIVIDUAL	#N/D	0:58:06
977	87	PAULO ESPERANÇA	M	35	M2039	286	ADL APELAÇONENSES	0:33:54	0:58:12
978	481	ANABELA OLIVEIRA	F	46	F4049	26	CR LEOES PORTO SALVO	#N/D	0:58:12
979	360	JOSE BARROCO	M	51	M5054	140	CCD EFACEC LISBOA	0:33:57	0:58:15
980	1472	ANA CARDOSO	F	45	F4049	27	CDUL	0:34:33	0:58:15
981	1186	MARIO GONCALVES	M	62	M6064	64	AMIGOS PARQUE PAZ	0:34:58	0:58:21
982	1190	LUIS ALVES	M	62	M6064	65	AMIGOS PARQUE PAZ	0:34:58	0:58:21
983	278	CARLOS CRESPO	M	48	M4549	146	A PALACIO QUELUZ	0:34:50	0:58:22
984	1191	LUIS FONSECA	M	49	M4549	147	AMIGOS PARQUE PAZ	0:34:59	0:58:22
985	1435	ILIDIO TORGAL	M	67	M6599	29	GD MACEDO OCULISTA	0:34:51	0:58:22
986	677	JOSE CARITA	M	51	M5054	141	INDIVIDUAL	0:32:11	0:58:25
987	1424	ARTUR DINIS	M	52	M5054	142	GD MACEDO OCULISTA	0:34:43	0:58:30
988	1256	RUI C VAZ	M	33	M2039	287	INDIVIDUAL	#N/D	0:58:33
989	1284	JOAQUIM PALMA	M	56	M5559	92	OS NUNES	0:34:34	0:58:38
990	1282	JOSE M MATILDES	M	53	M5054	143	OS NUNES	0:34:34	0:58:39
991	356	FERNANDO MAGALHAES	M	53	M5054	144	CCD EFACEC LISBOA	0:35:42	0:58:41
992	1522	JOSE C FERREIRA	M	37	M2039	288	INDIVIDUAL	0:33:10	0:58:42
993	1279	JORGE PINTO	M	34	M2039	289	RUNNING OF D MARIA	0:34:12	0:58:44
994	337	APARICIO CIDRA	M	54	M5054	145	CAFE PALOMA BRANCA	0:33:11	0:58:45
995	1179	DANIEL AVENIDA	M	54	M5054	146	CADT PORTUCCEL	0:35:17	0:58:46
996	1474	HELDER OLIVEIRA	M	41	M4044	152	INDIVIDUAL	0:34:42	0:58:46
997	823	CARLOS CORREIA	M	63	M6064	66	INDIVIDUAL	0:35:17	0:58:47
998	188	VANDA AUGUSTO	F	55	F5059	14	GA SUPER ESTRELAS	0:34:16	0:58:48

999	934	LUIS SANTAREM	M	54	M5054	147	SS CGD	0:35:47	0:58:49
1000	725	JOSE REBOCHO	M	54	M5054	148	INDIVIDUAL	0:33:22	0:58:50
1001	1126	MARIA LIMA	F	54	F5059	15	O FORNO CIDADE	0:34:06	0:58:51
1002	459	CARLOS A A TOME	M	59	M5559	93	C MILLENNIUM BCP	0:35:31	0:58:52
1003	430	PAULO JANUARIO	M	40	M4044	153	C FERROVIARIO PORTUGAI	0:33:43	0:58:54
1004	1228	ISABEL M D MARTINS	F	35	F2039	34	INDIVIDUAL	0:34:33	0:58:54
1005	161	JOSÉ SANTOS	M	51	M5054	149	GA MONSANTO GASCAN	0:34:23	0:59:03
1006	1342	ALEXANDRE ABADE	M	36	M2039	290	INDIVIDUAL	0:34:52	0:59:03
1007	1361	JOSE M F MATEUS	M	21	M2039	291	INDIVIDUAL	0:34:47	0:59:04
1008	682	CRISTINA PIRES	F	40	F4049	28	INDIVIDUAL	0:34:33	0:59:05
1009	1162	GONCALO MALHEIRO	M	37	M2039	292	INDIVIDUAL	0:34:51	0:59:06
1010	776	JOAO M C GOMES	M	59	M5559	94	INDIVIDUAL	0:35:16	0:59:07
1011	1111	PEDRO A FAVINHA	M	30	M2039	293	RADICAL GYM	0:35:35	0:59:09
1012	1112	JOSE J SILVA	M	40	M4044	154	RADICAL GYM	0:35:36	0:59:09
1013	1119	JOSE M CARVALHO	M	57	M5559	95	RADICAL GYM	0:35:36	0:59:09
1014	728	JOSE M D LOPES	M	56	M5559	96	INDIVIDUAL	0:34:26	0:59:15
1015	1374	FERNANDO S DIAS	M	49	M4549	148	INDIVIDUAL	0:33:09	0:59:16
1016	1145	PAULO FIGUEIREDO	M	31	M2039	294	INDIVIDUAL	0:35:15	0:59:21
1017	642	RICARDO ALVES	M	39	M2039	295	INDIVIDUAL	0:35:07	0:59:29
1018	252	LUIS NEVES	M	36	M2039	296	AÇOREANA C BANIF	0:35:36	0:59:30
1019	1240	DAVID VICENTE	M	33	M2039	297	RUN4WATER	0:35:18	0:59:33
1020	1094	MARIO PIRES	M	51	M5054	150	INDIVIDUAL	0:35:21	0:59:34
1021	944	ANDRE NORONHA	M	45	M4549	149	SS CGD	0:36:02	0:59:35
1022	1507	MAFALDA NUNES	F	41	F4049	29	INDIVIDUAL	0:36:47	0:59:42
1023	581	PAULO GODINHO	M	43	M4044	155	GD BANCO BPI	0:35:01	0:59:44
1024	1068	SERGIO LUCAS	M	32	M2039	298	INDIVIDUAL	0:35:21	0:59:48
1025	1067	RUI ALMEIDA	M	38	M2039	299	INDIVIDUAL	0:35:21	0:59:49
1026	1213	PAULA A COSTA	F	38	F2039	35	INDIVIDUAL	0:36:07	0:59:49
1027	933	SEVERINO ROSA	M	54	M5054	151	SS CGD	0:36:07	0:59:50
1028	699	JOAO QUITALO	M	58	M5559	97	INDIVIDUAL	0:35:43	0:59:53
1029	630	MARIA FATUDA	F	54	F5059	16	GRD RIBEIRA LAGE	0:35:09	0:59:54
1030	1364	RAQUEL A C CARVALHO	F	33	F2039	36	INDIVIDUAL	0:35:15	0:59:59
1031	454	ANTONIO J Q ALMEIDA	M	43	M4044	156	C MILLENNIUM BCP	0:34:57	1:00:02
1032	669	NUNO MARQUES	M	33	M2039	300	INDIVIDUAL	0:33:31	1:00:02
1033	1121	ANTONIO F O COSTA	M	59	M5559	98	INDIVIDUAL	0:34:27	1:00:03
1034	526	INES BRANCO	F	29	F2039	37	FAMILIA BRANCO	0:35:47	1:00:04
1035	359	MANUEL GOMES	M	65	M6599	30	CCD EFACEC LISBOA	0:36:06	1:00:08
1036	657	JOSÉ J P GIL	M	38	M2039	301	INDIVIDUAL	0:34:31	1:00:09
1037	769	JOAO D FINO	M	43	M4044	157	INDIVIDUAL	0:35:23	1:00:09
1038	885	JOAQUIM LAVOS	M	29	M2039	302	MONTANELAS	0:35:02	1:00:10
1039	886	RENATO SILVA	M	29	M2039	303	MONTANELAS	0:35:01	1:00:10
1040	707	EBERHARD WILHELM	M	62	M6064	67	INDIVIDUAL	0:34:30	1:00:11
1041	1212	ANA COSTA	F	20	F2039	38	AM B° CV LUMIAR	0:35:40	1:00:12
1042	1043	REGINA FERNANDES	F	35	F2039	39	INDIVIDUAL	0:35:12	1:00:13
1043	1074	NUNO GONCALVES	M	57	M5559	99	INDIVIDUAL	0:36:15	1:00:14
1044	1046	JAVIER COSTA	M	24	M2039	304	INDIVIDUAL	0:33:29	1:00:16
1045	1443	MARIA QUITERIA	F	36	F2039	40	GD MACEDO OCULISTA	0:35:21	1:00:16
1046	602	LUIS SILVA	M	68	M6599	31	GD SANTANDER TOTTA	0:36:03	1:00:22
1047	231	NUNO OLIVEIRA	M	33	M2039	305	#1	0:36:06	1:00:24
1048	1451	VITOR SILVA	M	57	M5559	100	GD MACEDO OCULISTA	0:36:04	1:00:27
1049	553	PALMIRA RODRIGUES	F	56	F5059	17	GATOS FEDORENTOS	0:34:17	1:00:28
1050	453	RODOLFO J C LIMA	M	43	M4044	158	C MILLENNIUM BCP	0:35:55	1:00:37
1051	338	LUIS GOMES	M	55	M5559	101	CARACOIS SANTA IRIA	0:36:57	1:00:38
1052	282	CARLOS SOUSA	M	42	M4044	159	APOGMA	0:36:23	1:00:39
1053	1412	PAULO CARDIM	M	36	M2039	306	A DANIEL CALDEIRA	0:36:53	1:00:43
1054	1321	HELDER VARANDAS	M	62	M6064	68	LINK	0:35:37	1:00:45

1055	1411	DAVID CALDEIRA	M	31	M2039	307 A DANIEL CALDEIRA	0:36:54	1:00:47
1056	1239	NUNO CALVO	M	37	M2039	308 RUN4WATER	0:35:16	1:00:57
1057	1478	JOAQUIM LIMA	M	66	M6599	32 INDIVIDUAL	0:35:18	1:01:02
1058	858	SOFIA M ALMEIDA	F	36	F2039	41 INDIVIDUAL	0:36:01	1:01:05
1059	120	FERNANDO PEREIRA	M	68	M6599	33 CCDP CM LOURES	0:35:57	1:01:11
1060	1158	MARIO SANTOS	M	40	M4044	160 INDIVIDUAL	0:36:08	1:01:14
1061	882	HELDER ALEXANDRE	M	28	M2039	309 MISTRAL SPIRIT	0:36:13	1:01:18
1062	883	EMIDIO ALEXANDRE	M	51	M5054	152 MISTRAL SPIRIT	0:36:14	1:01:18
1063	881	CARLOS OLIVEIRA	M	57	M5559	102 MISTRAL SPIRIT	0:36:14	1:01:19
1064	1037	SANDRA SILVA	F	33	F2039	42 INDIVIDUAL	0:36:01	1:01:19
1065	380	ALICE JUSTINO	F	58	F5059	18 CCD SEGURANCA SOCIAL	0:36:27	1:01:22
1066	687	MARCO CASTELO	M	22	M2039	310 INDIVIDUAL	0:38:42	1:01:23
1067	442	PAULA I R BATALHA	F	44	F4049	30 C MILLENNIUM BCP	0:36:24	1:01:27
1068	1414	ANTONIO CALDEIRA	M	56	M5559	103 A DANIEL CALDEIRA	0:36:53	1:01:28
1069	949	PAULO BAILAO	M	39	M2039	311 SS CGD	0:36:07	1:01:29
1070	929	AURELIO CALADO	M	60	M6064	69 SS CGD	0:36:10	1:01:30
1071	1334	RODRIGO A M C REIS	M	36	M2039	312 INDIVIDUAL	0:34:20	1:01:33
1072	711	MANUEL D ALVES	M	56	M5559	104 INDIVIDUAL	0:35:59	1:01:34
1073	1259	MARTA CRUZ	F	33	F2039	43 INDIVIDUAL	0:36:38	1:01:34
1074	767	TERESA M M F BARRADAS	F	48	F4049	31 INDIVIDUAL	0:36:52	1:01:36
1075	1288	BEATRIZ LOURENCO	F	44	F4049	32 INDIVIDUAL	0:35:17	1:01:42
1076	1516	FRANCISCO FIGUEIREDO	M	52	M5054	153 INDIVIDUAL	0:35:37	1:01:46
1077	551	PAULO RODRIGUES	M	35	M2039	313 GATOS FEDORENTOS	0:36:48	1:01:50
1078	429	ARSENIO FACAS	M	59	M5559	105 C FERROVIARIO PORTUGAI	0:37:57	1:01:51
1079	768	MARIO R M FREITAS	M	41	M4044	161 INDIVIDUAL	0:37:38	1:01:53
1080	512	NATERCIA CARVALHO	F	29	F2039	44 C VETERANOS LIS	0:36:00	1:01:54
1081	1058	JACQUELINE OWEN	F	44	F4049	33 ANGELIC	0:35:45	1:01:57
1082	434	JULIA JANUARIO	F	54	F5059	19 C FERROVIARIO PORTUGAI	0:35:59	1:02:00
1083	782	AUGUSTO REIS	M	42	M4044	162 INDIVIDUAL	0:37:16	1:02:00
1084	834	JOAQUIM S PIRES	M	45	M4549	150 INDIVIDUAL	0:37:37	1:02:07
1085	1200	Mª ALICE GOMES	F	58	F5059	20 INGLESES FC	0:36:49	1:02:09
1086	582	ANTONIO SANCHES	M	53	M5054	154 GD BANCO BPI	0:37:19	1:02:10
1087	668	TELMA MARQUES	F	23	F2039	45 INDIVIDUAL	0:35:20	1:02:12
1088	778	VITOR D TAVARES	M	64	M6064	70 INDIVIDUAL	#N/D	1:02:18
1089	182	DINIS SOUSA	M	68	M6599	34 GA SUPER ESTRELAS	0:38:15	1:02:20
1090	396	ANA PAULA	F	32	F2039	46 CLUBE AUTOCOOPE	0:36:25	1:02:21
1091	992	NUNO MOREIRA	M	37	M2039	314 NS MS E LS	0:36:01	1:02:21
1092	552	MARIO RODRIGUES	M	56	M5559	106 GATOS FEDORENTOS	0:36:48	1:02:22
1093	1027	DIOGO BALTAZAR	M	20	M2039	315 INDIVIDUAL	0:35:24	1:02:23
1094	1506	NUNO LOPES	M	33	M2039	316 INDIVIDUAL	0:37:20	1:02:24
1095	1508	FILOMENA MENDES	F	40	F4049	34 INDIVIDUAL	0:37:19	1:02:24
1096	190	LIDIA LOPES	F	48	F4049	35 GA SUPER ESTRELAS	0:38:16	1:02:26
1097	1343	LEONEL F S CORREIA	M	43	M4044	163 ALU - ALCATEL-LUCENT	0:33:44	1:02:33
1098	773	JOSELIA ALMEIDA	F	52	F5059	21 INDIVIDUAL	0:35:55	1:02:36
1099	847	JORGE M ROQUE	M	44	M4044	164 INDIVIDUAL	0:36:26	1:02:36
1100	466	JOAO G S GODINHO	M	72	M6599	35 C MILLENNIUM BCP	0:36:23	1:02:43
1101	1514	PEDRO MATOS	M	38	M2039	317 INDIVIDUAL	0:36:25	1:02:43
1102	940	JOAQUIM LAVADO	M	57	M5559	107 SS CGD	0:38:15	1:02:45
1103	1117	PEDRO REIS	M	39	M2039	318 RADICAL GYM	0:37:00	1:02:47
1104	703	RENATO SILVA	M	37	M2039	319 INDIVIDUAL	0:35:11	1:02:49
1105	808	JOSE J FRAGA	M	38	M2039	320 INDIVIDUAL	0:32:18	1:02:50
1106	358	ADELINO CASTRO	M	58	M5559	108 CCD EFACEC LISBOA	0:36:08	1:02:59
1107	1140	RUI COSTA PINTO	M	46	M4549	151 INDIVIDUAL	0:37:05	1:03:10
1108	370	JOSE FIALHO	M	50	M5054	155 CCDP MUN CASCAIS	0:35:52	1:03:11
1109	379	LUIS GOIS	M	55	M5559	109 CCD SEGURANCA SOCIAL	0:37:09	1:03:15
1110	1102	ILIDIO G MONTEIRO	M	60	M6064	71 BE SMART	0:38:12	1:03:21

1111	440	FERNANDO M S ALMEIDA	M	42	M4044	165	C MILLENNIUM BCP	#N/D	1:03:23
1112	467	PAULO A O MATEUS	M	43	M4044	166	C MILLENNIUM BCP	#N/D	1:03:24
1113	297	JOAQUIM PEREIRA	M	70	M6599	36	AA LEBRES SADO	0:36:32	1:03:31
1114	923	JOANA MENDES	F	55	F5059	22	RUN 4 FUN	0:36:50	1:03:33
1115	450	JOAO J C CUNHA	M	53	M5054	156	C MILLENNIUM BCP	0:36:14	1:03:35
1116	1099	LUCIANO ASSUNCAO	M	64	M6064	72	SPORTISEL	0:37:52	1:03:40
1117	1093	RUI M S HENRIQUES	M	38	M2039	321	INDIVIDUAL	0:36:02	1:03:43
1118	1073	SHABIR NAJMUDIN	M	49	M4549	152	INDIVIDUAL	0:37:43	1:03:45
1119	162	FRANCISCO GRAVITO	M	57	M5559	110	A SACAVENENSE	#N/D	1:04:02
1120	112	CLARA MINA	F	49	F4049	36	CA VALE FIGUEIRA	0:36:33	1:04:03
1121	325	JORGE CHAGAS	M	43	M4044	167	CCDT METRO LX	0:36:40	1:04:05
1122	242	ISABEL COELHO	F	44	F4049	37	ADCR POLICIA JUDICIARIA	0:37:42	1:04:06
1123	273	JOSE LUIS LOPES	M	53	M5054	157	AMIGOS ESTRELA	0:33:41	1:04:08
1124	283	FRANCISCO LOPES	M	43	M4044	168	APOGMA	#N/D	1:04:11
1125	1147	LEONIA CEBAN	F	45	F4049	38	INDIVIDUAL	0:37:13	1:04:11
1126	1039	JOSE MARTINS	M	55	M5559	111	CLUBE ANA PORTUGAL	0:37:11	1:04:20
1127	867	LUIS DEVEVA	M	36	M2039	322	KAISEN	0:36:00	1:04:21
1128	362	FRANCISCO FERREIRA	M	55	M5559	112	CCD EFACEC LISBOA	0:36:31	1:04:22
1129	1023	NUNO JORGE	M	34	M2039	323	CLUBE VODAFONE	0:37:45	1:04:28
1130	1250	ANA C T PEREIRA	F	20	F2039	47	INDIVIDUAL	0:37:45	1:04:28
1131	527	ANA NASCIMENTO	F	39	F2039	48	FAMILIA BRANCO	0:38:16	1:04:48
1132	1390	JORGE ROVISCO	M	43	M4044	169	INDIVIDUAL	0:38:41	1:05:00
1133	1385	EVA CARVALHO	F	29	F2039	49	INDIVIDUAL	0:36:56	1:05:02
1134	991	JOAO P LOPES	M	47	M4549	153	INDIVIDUAL	0:34:59	1:05:07
1135	121	JOÃO RAMOS	M	67	M6599	37	CCDP CM LOURES	0:38:28	1:05:17
1136	247	IDALINA MADEIRA	F	49	F4049	39	AÇOREANA C BANIF	0:38:03	1:05:19
1137	589	PEDRO BARBOSA	M	25	M2039	324	GD BANCO BPI	0:38:27	1:05:19
1138	681	ALINE A FONSECA	F	29	F2039	50	INDIVIDUAL	0:38:24	1:05:32
1139	1338	DIOGO PINHO	M	26	M2039	325	INDIVIDUAL	0:38:44	1:05:46
1140	797	JOSE HENRIQUES	M	60	M6064	73	INDIVIDUAL	0:40:00	1:06:08
1141	874	FILOMENA AGUIA	F	49	F4049	40	LESMAS ALOPRADAS	0:38:50	1:06:22
1142	759	JOAO MOREIRA	M	38	M2039	326	INDIVIDUAL	0:38:39	1:06:40
1143	777	MANUEL P GONCALVES	M	63	M6064	74	INDIVIDUAL	0:37:35	1:06:45
1144	649	CARLOS M C OLIVEIRA	M	54	M5054	158	INDIVIDUAL	0:38:32	1:07:04
1145	1026	RENATO FONSECA	M	68	M6599	38	INDIVIDUAL	0:38:16	1:07:04
1146	862	CARLOS FERREIRA	M	49	M4549	154	JG SEGUROS	0:38:14	1:07:10
1147	528	JOANA BRANCO	F	22	F2039	51	FAMILIA BRANCO	0:38:53	1:07:11
1148	861	JOÃO GOMES	M	53	M5054	159	JG SEGUROS	0:38:13	1:07:11
1149	483	MARIA ANTON	F	40	F4049	41	CR LEOES PORTO SALVO	0:38:33	1:07:16
1150	460	ANTONIO A G CORREIA	M	55	M5559	113	C MILLENNIUM BCP	#N/D	1:07:17
1151	455	FERNANDO H R FERREIRA	M	63	M6064	75	C MILLENNIUM BCP	#N/D	1:07:18
1152	1156	VASCO T ROMAO	M	32	M2039	327	INDIVIDUAL	0:41:51	1:07:26
1153	264	RUI T HENRIQUES	M	62	M6064	76	ADCR MATA BENFICA	0:39:21	1:07:29
1154	1022	ACACIO L B S PEREIRA	M	49	M4549	155	CLUBE VODAFONE	0:38:57	1:07:48
1155	1249	ACACIO PEREIRA	M	49	M4549	156	INDIVIDUAL	0:38:57	1:07:49
1156	118	LINA SILVA	F	20	F2039	52	CA VALE FIGUEIRA	0:38:22	1:08:05
1157	1505	RUI BARBOSA	M	33	M2039	328	INDIVIDUAL	0:39:24	1:08:10
1158	1242	RICARDO SILVA	M	35	M2039	329	LINK	0:40:22	1:08:13
1159	1247	SANDRA SERAFIM	F	35	F2039	53	DASSILVA LOVERS	0:40:23	1:08:13
1160	757	LUIS PROENCA	M	40	M4044	170	INDIVIDUAL	0:39:33	1:08:33
1161	848	CARLOS LOPES	M	38	M2039	330	INDIVIDUAL	0:39:01	1:08:41
1162	267	JOSE M V ANDRADE	M	31	M2039	331	ADCR MATA BENFICA	0:41:03	1:08:44
1163	629	CARLOS GOMES	M	40	M4044	171	GRD RIBEIRA LAGE	0:41:03	1:08:44
1164	1157	ANA M CASTRO	F	27	F2039	54	INDIVIDUAL	0:41:50	1:08:46
1165	799	CARLOS V PEDRO	M	64	M6064	77	INDIVIDUAL	0:38:44	1:08:50
1166	1150	RUI SANTOS	M	38	M2039	332	CUN BOSTON	0:40:03	1:08:50

1167	1176	NOEMI S VELOSO	F	41	F4049	42	INDIVIDUAL	0:39:17	1:08:54
1168	1064	DIOGO BARTOLO	M	55	M5559	114	ANGELIC	#N/D	1:09:06
1169	721	FOCK Y W CHIU	F	59	F5059	23	INDIVIDUAL	0:41:18	1:09:29
1170	818	JORGE SOBRAL	M	71	M6599	39	INDIVIDUAL	0:41:00	1:09:29
1171	1502	TANIA DIMAS	F	40	F4049	43	INDIVIDUAL	0:39:44	1:09:43
1172	106	TERESA BRITO	F	61	F6099	4	CA VALE FIGUEIRA	0:40:02	1:10:03
1173	530	LOURDES BUGALHO	F	54	F5059	24	FAMILIA BUGALHO	0:40:58	1:10:18
1174	860	ANA REBELO	F	38	F2039	55	INDIVIDUAL	0:41:13	1:10:19
1175	941	JOSE GUIA	M	61	M6064	78	SS CGD	0:41:13	1:10:19
1176	1107	MAFALDA CARVALHO	F	20	F2039	56	AFIS OVAR	0:42:01	1:10:20
1177	855	MARCIA SILVA	F	20	F2039	57	INDIVIDUAL	0:42:08	1:10:49
1178	968	JOAO SILVA	M	45	M4549	157	URD ARRANHO	0:42:09	1:11:04
1179	1475	VITALINO MENDONÇA	M	61	M6064	79	INDIVIDUAL	0:43:41	1:11:11
1180	1298	MARIA DIAS	F	64	F6099	5	INDIVIDUAL	0:41:27	1:11:16
1181	276	NOEMIA COELHO	F	55	F5059	25	A PALACIO QUELUZ	0:42:16	1:11:25
1182	943	TERESA PEREIRA	F	46	F4049	44	SS CGD	0:42:15	1:11:25
1183	1118	Mª GLORIA SANTOS	F	45	F4049	45	RADICAL GYM	0:42:39	1:11:25
1184	1114	ANA C PINTO	F	47	F4049	46	RADICAL GYM	0:42:39	1:11:26
1185	1261	MIGUEL SILVA	M	65	M6599	40	GA MONSANTO GASCAN	0:42:41	1:11:28
1186	1388	ANA C DIONISIO	F	45	F4049	47	MULTIFLOW	0:42:23	1:11:28
1187	689	LUCILIA E AMARO	F	29	F2039	58	INDIVIDUAL	0:40:40	1:11:43
1188	1492	ANA RITA CARVALHO	F	26	F2039	59	VETERANOS LIS	0:40:41	1:11:43
1189	705	LUIS A J NABAIS	M	47	M4549	158	INDIVIDUAL	0:42:38	1:12:11
1190	1142	ALBERTO ALVES	M	61	M6064	80	INDIVIDUAL	0:41:05	1:12:14
1191	1106	LINA CRUZ	F	49	F4049	48	AFIS OVAR	0:42:01	1:12:26
1192	1453	LUDGERO CALDEIRA	M	65	M6599	41	CP IVA	0:42:29	1:12:58
1193	825	JAIME PAIXAO	M	78	M6599	42	INDIVIDUAL	0:42:29	1:12:59
1194	868	SUSANA MARQUES	F	31	F2039	60	KAISEN	0:39:54	1:13:11
1195	780	JORGE BARREIRA	M	49	M4549	159	INDIVIDUAL	#N/D	1:13:54
1196	617	MARIA GERTRUDES	F	61	F6099	6	GD SANTANDER TOTTA	0:42:24	1:14:00
1197	893	ISABEL BARGAO	F	57	F5059	26	NA PAPAGAIOS CASCAIS	0:43:22	1:14:11
1198	653	JOÃO M N ALVES	M	31	M2039	333	INDIVIDUAL	0:47:38	1:14:43
1199	1269	EMILIA MARTINS	F	51	F5059	27	INDIVIDUAL	0:44:14	1:16:08
1200	523	LUCILIA REIS	F	51	F5059	28	FALCOES SELVAGENS	0:44:34	1:16:15
1201	1419	INES CALDEIRA	F	30	F2039	61	A DANIEL CALDEIRA	0:45:18	1:17:20
1202	516	LUIS FONTES	M	38	M2039	334	DOMINGOS GODINHO	0:44:35	1:17:21
1203	1418	PAULO CALDEIRA	M	30	M2039	335	A DANIEL CALDEIRA	0:45:18	1:17:21
1204	269	TIAGO NEVES	M	30	M2039	336	ADCR MATA BENFICA	0:48:46	1:18:51
1205	1115	DANIEL CUNHA	M	31	M2039	337	RADICAL GYM	0:50:39	1:29:07
1206	1116	SUSANA CUNHA	F	28	F2039	62	RADICAL GYM	#N/D	1:29:12
1207	800	GLORIALDO BRITO	M	79	M6599	43	INDIVIDUAL	0:53:41	1:30:32
1208	865	Mª CARMO ANJOS	F	63	F6099	7	JF PORTELA	0:55:33	1:32:34
1209	213	JOANA PARREIRA	F	42	F4049	49	GD SAO DOMINGOS	#N/D	3:00:00
1210	350	JOSE VENANCIO	M	56	M5559	115	CCD CASA PIA	#N/D	3:00:00
1211	433	ROSA PRATAS	F	50	F5059	29	C FERROVIARIO PORTUGAI	0:29:45	3:00:00
1212	652	CARLOS J D ALVES	M	60	M6064	81	INDIVIDUAL	#N/D	3:00:00
1213	779	ANTONIO FERNANDES	M	73	M6599	44	INDIVIDUAL	#N/D	3:00:00
1214	1318	DALIA C C CAVACO	F	32	F2039	63	INDIVIDUAL	#N/D	3:00:00
1215	1319	CRISTINA S PINTO	F	32	F2039	64	INDIVIDUAL	#N/D	3:00:00

Pontos

Seniores Femininas

35	7	MÓNICA ROSA	F	30	F2039	1	MARATONA CP	0:20:30	0:35:19	24	Pontos
43	4	HELENA SAMPAIO	F	36	F2039	2	GRECAS	0:21:17	0:36:06	20	Pontos
47	1047	ANA M FERREIRA	F	22	F2039	3	INDIVIDUAL	0:21:17	0:36:43	18	Pontos
110	9	BEATRIZ CUNHA	F	37	F2039	4	CA PATAMEIRAS	0:23:49	0:39:54	16	Pontos
111	14	VERA NUNES	F	30	F2039	5	SL BENFICA	0:23:49	0:39:54	14	Pontos
166	1365	SONIA SOUSA	F	28	F2039	6	SL BENFICA	0:24:16	0:41:34	12	Pontos
219	1425	CARLA PINTO	F	38	F2039	7	GD MACEDO OCULISTA	0:25:22	0:42:49	10	Pontos
272	383	MONICA POPA	F	28	F2039	8	CF OS BELENENSES	0:26:01	0:43:47	8	Pontos
400	1346	JOANA LAVADO	F	26	F2039	9	INDIVIDUAL	0:27:55	0:46:19	6	Pontos
454	215	PAULA SILVA	F	36	F2039	10	GD SAO DOMINGOS	0:28:23	0:47:16	4	Pontos

Seniores Masculinos

1	2	HERMANO FERREIRA	M	27	M2039	1	MARATONA CP	0:17:50	0:30:22	24	Pontos
2	1305	JOSE MADURO	M	37	M2039	2	MAIA AC	0:17:50	0:30:32	20	Pontos
3	3	CARLOS SILVA	M	27	M2039	3	SPORTING CP	0:18:07	0:31:18	18	Pontos
4	1371	TIAGO MARQUES	M	27	M2039	4	AA POMBAL	0:18:27	0:31:54	16	Pontos
5	625	ARTUR SANTIAGO	M	38	M2039	5	GDU CAXIENSES	0:19:00	0:32:05	14	Pontos
6	103	MIGUEL SANTOS	M	20	M2039	6	ARCD VILA REI	0:18:59	0:32:08	12	Pontos
8	99	HERNANI SANTOS	M	25	M2039	7	ARCD VILA REI	0:19:00	0:32:37	10	Pontos
9	1316	NUNO ROMAO	M	37	M2039	8	GDR REBOLEIRA	0:19:07	0:32:58	8	Pontos
11	1476	LUIS LIMA	M	38	M2039	9	INDIVIDUAL	0:19:25	0:33:00	6	Pontos
15	474	HUGO GONÇALVES	M	31	M2039	10	CR LEOES PORTO SALVO	0:19:34	0:33:22	4	Pontos

Veteranas F40

126	10	LUCILIA SOARES	F	45	F4049	1	SL BENFICA	0:23:49	0:40:13	24	Pontos
138	1108	CHANTAL XHERVELLE	F	42	F4049	2	AM CASAL FIGUEIRAS	0:23:55	0:40:43	20	Pontos
156	1169	MARIA JOSE FRIAS	F	44	F4049	3	AA MAFRA	0:24:51	0:41:18	18	Pontos
188	1065	PAULA FERNANDES	F	45	F4049	4	GARMIN	0:24:45	0:41:59	16	Pontos
250	1463	PAULA LEMOS	F	43	F4049	5	GARMIN	0:25:02	0:43:30	14	Pontos
288	1167	HELENA MARTINS	F	48	F4049	6	AA MAFRA	0:26:04	0:44:16	12	Pontos
347	574	CARLA CALCADA	F	40	F4049	7	ALVITEJO	0:26:30	0:45:28	10	Pontos
429	479	SUSANA ALMEIDA	F	40	F4049	8	CR LEOES PORTO SALVO	0:28:01	0:46:47	8	Pontos
436	1524	ISABEL SANTOS	F	40	F4049	9	FEDERAÇÃO PAZ UNIVERS	0:27:35	0:46:58	6	Pontos
540	417	CLAUDIA FERREIRA	F	43	F4049	10	CLUBE STRESS	0:28:23	0:48:44	4	Pontos

Veteranas F50

340	1053	MARGARIDA PEREIRA	F	52	F5059	1	AM ATIBA	0:26:26	0:45:20	24	Pontos
350	1461	MARGARIDA GODINHO	F	51	F5059	2	INDIVIDUAL	0:26:37	0:45:34	20	Pontos
623	1440	UMBELINA NUNES	F	57	F5059	3	GARMIN	0:29:45	0:50:06	18	Pontos
656	496	LINA VALENTE	F	53	F5059	4	CR LEOES PORTO SALVO	0:29:36	0:50:34	16	Pontos
664	678	Mª ROSA CARITA	F	50	F5059	5	INDIVIDUAL	0:29:30	0:50:40	14	Pontos
681	166	ANA BARATA	F	52	F5059	6	A SACAVENENSE	0:29:52	0:51:00	12	Pontos
753	921	LUISA RALHA	F	51	F5059	7	RUN 4 FUN	0:30:25	0:52:31	10	Pontos
769	774	Mª HELENA COSTA	F	54	F5059	8	INDIVIDUAL	0:31:28	0:52:46	8	Pontos
786	843	TERESA KNAPIC	F	57	F5059	9	INDIVIDUAL	0:32:00	0:53:12	6	Pontos
803	1275	MARIA DA CRUZ	F	51	F5059	10	CLUBE STRESS	0:31:45	0:53:27	4	Pontos

Veteranas F60

364	970 MANUELA FOLGADO	F	60 F6099	1 VALEJAS AC	0:26:42	0:45:50	24 Pontos
605	181 JOAQUINA FLORES	F	70 F6099	2 GA SUPER ESTRELAS	0:29:14	0:49:50	20 Pontos
818	1525 FATIMA ABREU	F	61 F6099	3 FEDERAÇÃO PAZ UNIVERS,	0:31:27	0:53:51	18 Pontos
1172	106 TERESA BRITO	F	61 F6099	4 CA VALE FIGUEIRA	0:40:02	1:10:03	16 Pontos
1180	1298 MARIA DIAS	F	64 F6099	5 INDIVIDUAL	0:41:27	1:11:16	14 Pontos
1196	617 MARIA GERTRUDES	F	61 F6099	6 GD SANTANDER TOTTA	0:42:24	1:14:00	12 Pontos
1208	865 Mª CARMO ANJOS	F	63 F6099	7 JF PORTELA	0:55:33	1:32:34	10 Pontos

Veteranos M40

7	5 JOÃO MARQUES	M	41 M4044	1 GDU CAXIENSES	0:19:00	0:32:36	24 Pontos
10	472 LUIS ALLEN	M	40 M4044	2 CR LEOES PORTO SALVO	0:19:25	0:32:59	20 Pontos
13	8 PEDRO PESSOA	M	42 M4044	3 CD PRAIA SALEMA	0:19:25	0:33:09	18 Pontos
16	1486 JOAO VAZ	M	42 M4044	4 AMIGOS VALE SILENCIO	0:19:35	0:33:23	16 Pontos
24	1314 JOSE ANTUNES	M	44 M4044	5 GDR REBOLEIRA	0:19:54	0:34:17	14 Pontos
28	487 ANTÓNIO MANETA	M	44 M4044	6 CR LEOES PORTO SALVO	0:20:07	0:34:43	12 Pontos
53	1477 VITOR LIMA	M	42 M4044	7 INDIVIDUAL	0:21:16	0:36:55	10 Pontos
64	1323 LUIS PEREIRA	M	44 M4044	8 OEIRAS SPORT ZONE	0:21:56	0:37:45	8 Pontos
68	1286 VICTOR LOPES	M	40 M4044	9 SFRAA	0:22:11	0:38:04	6 Pontos
72	312 VITOR ALVES	M	44 M4044	10 BOLOTAOBRA ATLETISMO	0:22:17	0:38:17	4 Pontos

Veteranos M45

14	1315 JOSE INACIO	M	45 M4549	1 GDR REBOLEIRA	0:19:26	0:33:11	24 Pontos
18	490 ALEXANDRE SOARES	M	48 M4549	2 CR LEOES PORTO SALVO	0:19:35	0:33:28	20 Pontos
19	1381 JOSE HEITOR	M	48 M4549	3 AM ATIBA	0:19:35	0:33:31	18 Pontos
21	1378 GILBERTO FERNANDES	M	47 M4549	4 ACR FRADE DE CIMA	0:19:51	0:33:52	16 Pontos
26	365 POMPILIO VAZ	M	45 M4549	5 CCD O ALVITEJO	0:19:56	0:34:25	14 Pontos
34	1402 MANUEL VILELA	M	46 M4549	6 ACLIS LIBERTY	0:20:32	0:35:17	12 Pontos
40	1357 ANTONIO CARRILHO	M	45 M4549	7 BOAVISTA SÃO MATEUS	0:20:48	0:35:43	10 Pontos
46	142 PAULO PÓVOA	M	46 M4549	8 CCDP CM LOURES	0:21:31	0:36:33	8 Pontos
51	1403 JOAO CARDOSO	M	48 M4549	9 ACLIS LIBERTY	#N/D	0:36:54	6 Pontos
52	423 HUMBERTO VIAIS	M	47 M4549	10 C FERROVIARIO PORTUGAL	0:21:37	0:36:55	4 Pontos

Veteranos M50

12	632 CASIMIRO ABREU	M	52 M5054	1 GRD RIBEIRA LAGE	0:19:46	0:33:01	24 Pontos
22	1429 FELIX PAULOS	M	52 M5054	2 GD MACEDO OCULISTA	0:19:52	0:33:57	20 Pontos
25	1498 JOSE LOURO	M	50 M5054	3 CCD AUT SETUBAL	0:20:06	0:34:22	18 Pontos
31	65 JOÃO GOMES	M	50 M5054	4 ADL APELAÇONENSES	0:20:26	0:34:56	16 Pontos
32	1439 JORGE REIS	M	52 M5054	5 GD MACEDO OCULISTA	0:20:26	0:34:58	14 Pontos
58	140 EURICO CHARNECA	M	51 M5054	6 CCDP CM LOURES	0:22:18	0:37:20	12 Pontos
61	138 ANTÓNIO HENRIQUES	M	53 M5054	7 CCDP CM LOURES	0:22:14	0:37:30	10 Pontos
63	1379 JULIO MOITA	M	52 M5054	8 ACR FRADE DE CIMA	0:22:23	0:37:44	8 Pontos
65	509 JOAQUIM BICO	M	51 M5054	9 C SARGENTO ARMADA	0:22:08	0:37:55	6 Pontos
67	1372 ANTONIO SIMOES	M	50 M5054	10 AA POMBAL	0:22:20	0:38:03	4 Pontos

Veteranos M55

44	1356 SILVESTRE GOMES	M	55 M5559	1 BOAVISTA SÃO MATEUS	0:21:20	0:36:09	24 Pontos
48	1431 FILIPE SILVA	M	57 M5559	2 GD MACEDO OCULISTA	0:21:24	0:36:44	20 Pontos
60	381 ANTONIO PEREIRA	M	55 M5559	3 CCR ALTO MOINHO	0:22:15	0:37:27	18 Pontos
88	609 ANASTACIO VALADAS	M	56 M5559	4 GD SANTANDER TOTTA	0:23:16	0:38:58	16 Pontos
101	618 AUGUSTO LOPES	M	56 M5559	5 GD SANTANDER TOTTA	0:23:43	0:39:33	14 Pontos
162	307 LUIS PEREIRA	M	59 M5559	6 BOLOTAOBRA ATLETISMO	0:24:05	0:41:28	12 Pontos
165	456 JOSE C S RODRIGUES	M	59 M5559	7 C MILLENNIUM BCP	0:24:38	0:41:30	10 Pontos
167	626 MANUEL FIGUEIREDO	M	57 M5559	8 GRD RIBEIRA LAGE	0:24:05	0:41:35	8 Pontos
173	877 DONALD V D BERG	M	59 M5559	9 LOOPGROEP PK	0:24:31	0:41:46	6 Pontos
180	382 LUIS R PEREIRA	M	55 M5559	10 CF OS BELENENSES	0:25:02	0:41:50	4 Pontos

Veteranos M60

57	900 JOAO PORTELA	M	63 M6064	1 OS PORTELAS	0:21:38	0:37:06	24 Pontos
83	875 MARIO GONCALVES	M	60 M6064	2 LINDA A PASTORA S C	0:22:43	0:38:47	20 Pontos
100	186 MANUEL CHAMUSCA	M	60 M6064	3 GA SUPER ESTRELAS	0:22:54	0:39:33	18 Pontos
130	1348 ORLANDO FIGUEIREDO	M	62 M6064	4 SS CGD	0:23:30	0:40:22	16 Pontos
178	126 AUGUSTO CRUZ	M	61 M6064	5 CCDP CM LOURES	0:24:37	0:41:49	14 Pontos
240	615 ANTONIO CRUZ	M	62 M6064	6 GD SANTANDER TOTTA	#N/D	0:43:22	12 Pontos
254	1398 JOSE M COSTA	M	64 M6064	7 ACLIS LIBERTY	0:25:53	0:43:34	10 Pontos
255	1399 JOSE CRUZ	M	60 M6064	8 ACLIS LIBERTY	0:26:15	0:43:35	8 Pontos
277	950 ANTONIO TABORDA	M	60 M6064	9 SS CGD	0:26:08	0:43:58	6 Pontos
286	124 JOSÉ ARUIL	M	64 M6064	10 CCDP CM LOURES	0:25:50	0:44:14	4 Pontos

Veteranos M65

171	864 MIGUEL CHARRUA	M	67 M6599	1 JF PORTELA	0:24:51	0:41:43	24 Pontos
190	1193 FRANCISCO FERA	M	67 M6599	2 GD O INDEPENDENTE	0:24:53	0:42:03	20 Pontos
191	1488 FRANCISCO FERNANDES	M	66 M6599	3 CR ALTURENSE	0:24:51	0:42:03	18 Pontos
205	12 ARMANDO ALDEGALEGA	M	72 M6599	4 SPORTING CP	0:24:50	0:42:23	16 Pontos
232	1347 ANTONIO MONTEIRO	M	70 M6599	5 AMCR FONTE GRADA	0:24:50	0:43:06	14 Pontos
234	1470 MANUEL ANTUNES	M	65 M6599	6 Os CARREGUEIRENSES	0:25:22	0:43:09	12 Pontos
246	942 BERNARDINO PEREIRA	M	74 M6599	7 SS CGD	0:25:20	0:43:27	10 Pontos
349	155 JOSÉ SILVESTRE	M	66 M6599	8 A SACAVENENSE	0:27:11	0:45:31	8 Pontos
497	1400 JACINTO MARQUES	M	66 M6599	9 ACLIS LIBERTY	0:28:39	0:48:03	6 Pontos
571	424 MARTINS BARATA	M	66 M6599	10 C FERROVIARIO PORTUGAL	0:29:09	0:49:18	4 Pontos