

Lugar	Número	Nome	Sexo	Idade	Faixa Etária	Modalidade	Equipe	Início	Fim	Tempo
1	181	FERNANDO SANTOS GOMES	M	34	M2339	20K	CAFZ	00:33:33	00:39:20	00:05:47
2	600	PAULO JOSÉ FRANCO	M	28	M2339	10K	INDIVIDUAL	00:32:54	00:39:01	00:06:07
3	293	NELSON AMARAL	M	36	M2339	20K	SALAMANDRECOS	00:34:27	00:40:42	00:06:15
4	515	NUNO GOMES	M	34	M2339	10K	INDIVIDUAL	00:33:31	00:39:48	00:06:17
5	545	NUNO GONCALVES	M	40	M4044	10K	RUNCROSSTRAIL.COM	00:33:31	00:39:50	00:06:19
6	105	HENRIQUE JORGE JOANICO	M	38	M2339	20K	INDIVIDUAL	00:33:42	00:40:22	00:06:40
7	271	SANDRO JORDAO	M	35	M2339	20K	INDIVIDUAL	00:39:27	00:46:24	00:06:57
8	228	PAULO RODRIGUES	M	40	M4044	20K	RAIL RUNNERS	00:54:46	01:01:52	00:07:06
9	675	RICARDO CARREIRA	M	32	M2339	10K	INDIVIDUAL	00:36:11	00:43:24	00:07:13
10	204	XAVIER SOUSA	M	45	M4549	20K	WERUN	00:37:46	00:45:12	00:07:26
11	165	TIAGO SOUSA	M	26	M2339	20K	GO!RUNNERS	00:37:52	00:45:24	00:07:32
12	172	JOÃO PRISAL	M	45	M4549	20K	SALAMANDRECOS	00:36:32	00:44:08	00:07:36
13	301	PEDRO PINHEIRO	M	42	M4044	20K	TRILHO PERDIDO EVENTOS / IMPORLUX	00:39:00	00:46:38	00:07:38
14	302	JOÃO VALENTE	M	42	M4044	20K	GO!RUNNERS	00:42:45	00:50:25	00:07:40
15	289	EMANUEL MARQUES	M	47	M4549	10K	INDIVIDUAL	00:40:01	00:47:44	00:07:43
16	161	WESLEY TRIGG	M	39	M2339	20K	GO!RUNNERS	00:36:50	00:44:41	00:07:51
17	242	VITOR PARADA	M	35	M2339	20K	INDIVIDUAL	00:36:35	00:44:34	00:07:59
18	250	RUI VALE	M	36	M2339	20K	INDIVIDUAL	00:42:47	00:51:02	00:08:15
19	106	BRUNO CARRUDO	M	39	M2339	20K	INDIVIDUAL	00:40:32	00:48:48	00:08:16
20	286	GONÇALO PRUDÊNCIO	M	16	M0022	20K	RUNSOX	00:40:34	00:48:51	00:08:17
21	243	JOAO PEREIRA	M	39	M2339	20K	INDIVIDUAL	00:42:43	00:51:00	00:08:17
22	249	GABRIEL FONSECA	M	47	M4549	20K	INDIVIDUAL	00:42:14	00:50:32	00:08:18
23	176	MARIO RODRIGUES	M	51	M5054	20K	SALAMANDRECOS	00:39:04	00:47:26	00:08:22
24	207	PAULO CRUZ	M	46	M4549	20K	CLUBE ATLETISMO DA BARREIRA	00:40:33	00:48:56	00:08:23
25	210	LUÍS SOARES	M	51	M5054	20K	CLUBE OGMA	00:42:10	00:50:33	00:08:23
26	169	VICTOR GABRIEL FRANCO	M	33	M2339	20K	OPRATICANTE.PT	00:42:48	00:51:12	00:08:24
27	268	RUI LEANDRO	M	31	M2339	20K	INDIVIDUAL	00:45:37	00:54:02	00:08:25
28	638	JOÃO ANDRÉ	M	39	M2339	10K	SR. CAMARNAL	00:42:55	00:51:20	00:08:25
29	639	ÉLIO ANDRÉ	M	36	M2339	10K	SR. CAMARNAL	00:41:05	00:49:32	00:08:27
30	513	DIANA PEREIRA	F	31	F2339	10K	INDIVIDUAL	00:42:04	00:50:31	00:08:27
31	248	TIAGO DE OLIVEIRA DAVID	M	36	M2339	20K	INDIVIDUAL	00:41:04	00:49:40	00:08:36
32	265	NELSON PEREIRA	M	40	M4044	20K	INDIVIDUAL	00:39:25	00:48:03	00:08:38

33	247	GUILHERME FERREIRA DAVID	M	56	M5559	20K	INDIVIDUAL	00:41:08	00:49:46	00:08:38
34	296	RICARDO	M	41	M4044	20K	CLUBE OGMA	00:41:43	00:50:21	00:08:38
35	203	JOÃO OLEGÁRIO	M	43	M4044	20K	CDCR DOS CTT	00:43:45	00:52:25	00:08:40
36	541	ANTONIO ALMEIDA	M	54	M5054	10K	ND AUTOCOOPE	00:42:09	00:50:49	00:08:40
37	297	JOÃO BARBADO	M	48	M4549	20K	INDIVIDUAL	00:43:08	00:51:50	00:08:42
38	241	JOÃO CARLOS GRANJA	M	44	M4044	20K	INDIVIDUAL	00:45:37	00:54:21	00:08:44
39	685	JOSÉ SILVA	M	53	M5054	10K	CA ODIMARQ	00:39:55	00:48:41	00:08:46
40	116	JOÃO MARQUES	M	29	M2339	20K	INDIVIDUAL	00:48:00	00:56:48	00:08:48
41	294	RUI RODRIGUES	M	37	M2339	20K	INDIVIDUAL	00:45:43	00:54:31	00:08:48
42	630	ANTÓNIO TAVARES MARTINS	M	47	M4549	10K	HOUSEMARTINS BELAS	00:44:16	00:53:05	00:08:49
43	202	PEDRO CARDOSO	M	37	M2339	20K	INDIVIDUAL	00:41:51	00:50:41	00:08:50
44	157	HUGO HENRIQUES	M	37	M2339	20K	GALHARDOS	00:41:02	00:49:52	00:08:50
45	256	ROGÉRIO RODRIGUES	M	40	M4044	20K	G.D.M.TRAIL TEAM	00:42:07	00:50:59	00:08:52
46	257	VITOR VELOSO	M	41	M4044	20K	O MUNDO DA CORRIDA	00:40:46	00:49:40	00:08:54
47	260	ROGERIO MELEIRO	M	51	M5054	20K	INDIVIDUAL	00:41:04	00:49:58	00:08:54
48	264	NUNO PEREIRA	M	40	M4044	20K	INDIVIDUAL	00:41:35	00:50:31	00:08:56
49	267	RICARDO BOTÃO	M	44	M4044	20K	INDIVIDUAL	00:50:52	00:59:51	00:08:59
50	279	PAULO BARRY	M	47	M4549	20K	RUN CREW TRAIL MONTIJO	00:42:51	00:51:54	00:09:03
51	544	PEDRO SEQUEIRA	M	37	M2339	10K	ND AUTOCOOPE	00:44:59	00:54:05	00:09:06
52	171	ROMÃO SANTOS	M	43	M4044	20K	SALAMANDRECOS	00:47:34	00:56:40	00:09:06
53	287	FLORIANO SILVA	M	38	M2339	20K	AMINHACORRIDA	00:42:49	00:51:56	00:09:07
54	511	MANUEL SANTOS	M	42	M4044	10K	INDIVIDUAL	00:40:59	00:50:08	00:09:09
55	259	HELENA TAUBE	F	44	F4044	20K	INDIVIDUAL	00:49:04	00:58:15	00:09:11
56	647	JOSÉ JÚLIO RODRIGUES	M	47	M4549	10K	INDIVIDUAL	00:47:30	00:56:44	00:09:14
57	674	ANTÓNIO GUERRA FERREIRA	M	64	M6099	10K	INDIVIDUAL	00:44:15	00:53:30	00:09:15
58	285	PEDRO PRUDÊNCIO	M	47	M4549	20K	RUNSOX	00:44:44	00:53:59	00:09:15
59	159	PAULO ALVES	M	39	M2339	20K	GD SANTANDER TOTTA	00:42:52	00:52:10	00:09:18
60	154	ANDRÉ MÁRIO MATOS	M	37	M2339	20K	CORRER SOC REC DA GRANJA	00:47:39	00:56:58	00:09:19
61	101	PEDRO LOZANO	M	26	M2339	20K	INDIVIDUAL	00:45:57	00:55:18	00:09:21
62	114	ORLANDO GABRIEL FERREIRA	M	60	M6099	20K	SALAMANDRECOS	00:48:19	00:57:41	00:09:22
63	137	VASCO ASCENSÃO	M	46	M4549	20K	CDCR DOS CTT	00:43:35	00:52:58	00:09:23
64	162	MAFALDA MONIZ	F	30	F2339	20K	GO!RUNNERS	00:45:43	00:55:07	00:09:24
65	135	INÊS PEIXOTO	F	38	F2339	20K	BENFICA EM FORMA	00:50:25	00:59:51	00:09:26

66	641	FERNANDO PARENTE	M	37	M2339	10K	STRONG TEAM	00:49:07	00:58:34	00:09:27
67	666	VASCO COSTA	M	62	M6099	10K	INDIVIDUAL	00:44:50	00:54:20	00:09:30
68	246	FILIFE PEDRO	M	38	M2339	20K	INDIVIDUAL	00:48:24	00:57:56	00:09:32
69	134	PAULO GOMES	M	37	M2339	20K	BENFICA EM FORMA	00:50:16	00:59:48	00:09:32
70	163	RICARDO PEBRE	M	37	M2339	10K	GO!RUNNERS	00:43:32	00:53:04	00:09:32
71	684	JOSÉ GUERREIRO	M	60	M6099	10K	RUNSOX	00:46:26	00:55:59	00:09:33
72	205	CARMEN HENRIQUES	F	40	F4044	20K	INDIVIDUAL	00:46:09	00:55:44	00:09:35
73	642	PAULO SARTY	M	44	M4044	10K	STRONG TEAM	00:45:52	00:55:29	00:09:37
74	269	RUI MIGUEL INÁCIO	M	37	M2339	20K	INDIVIDUAL	00:48:21	00:57:58	00:09:37
75	273	MANUEL VICTORINO	M	67	M6099	20K	C.C.D. O ALVITEJO	00:46:00	00:55:38	00:09:38
76	225	JOSÉ CARLOS AMARAL	M	45	M4549	20K	INDIVIDUAL	00:47:54	00:57:32	00:09:38
77	230	CARLOS SOUSA	M	60	M6099	20K	OS PERIGOSOS	00:48:27	00:58:05	00:09:38
78	791	BEATRIZ SÉCIO	F	19	F0022	10K	MÃE E FILHA	00:53:10	01:02:48	00:09:38
79	258	TIAGO MARCELINO	M	39	M2339	20K	INDIVIDUAL	00:46:16	00:55:55	00:09:39
80	676	HELDER MARQUES	M	51	M5054	10K	SR. CAMARNAL	00:47:32	00:57:11	00:09:39
81	625	CARLA SANTOS	F	37	F2339	10K	O MUNDO DA CORRIDA	00:45:49	00:55:29	00:09:40
82	206	MÁRIO COUTO	M	40	M4044	20K	INDIVIDUAL	00:44:39	00:54:19	00:09:40
83	654	JOÃO JACINTO	M	60	M6099	10K	CCD o ALVITEJO	00:45:31	00:55:17	00:09:46
84	690	CIDALIA	F	52	F5054	10K	INDIVIDUAL	00:47:27	00:57:14	00:09:47
85	689	SANDRO GALVÃO	M	35	M2339	10K		00:47:27	00:57:14	00:09:47
86	140	LUIS ANDRADE	M	43	M4044	20K	CDCR DOS CTT	00:44:08	00:53:59	00:09:51
87	543	JUVENAL MOREIRA	M	53	M5054	10K	ND AUTOCOOPE	00:45:04	00:54:56	00:09:52
88	201	ANTÓNIO CARDOSO	M	42	M4044	20K	INDIVIDUAL	00:45:09	00:55:02	00:09:53
89	670	ALFREDO MARQUES	M	49	M4549	10K	INDIVIDUAL	00:46:46	00:56:39	00:09:53
90	152	VASCO MATOS	M	41	M4044	20K	CORRER SOC REC DA GRANJA	00:46:30	00:56:25	00:09:55
91	691	JOSE MARTINS	M	55	M5559	10K	INDIVIDUAL	00:47:25	00:57:20	00:09:55
92	244	HENRIQUE ADREGA	M	64	M6099	20K	INDIVIDUAL	00:48:33	00:58:30	00:09:57
93	170	HÉLIO RIBAS DIAS	M	53	M5054	20K	OPRATICANTE.PT	00:43:33	00:53:33	00:10:00
94	610	PEDRO SOBREIRO	M	36	M2339	10K	INDIVIDUAL	00:45:00	00:55:01	00:10:01
95	661	ANTÓNIO LOPES	M	46	M4549	10K	SERVIÇOS SOCIAIS MONTEPIO GERA	00:47:37	00:57:39	00:10:02
96	613	PAULA BARRACHO	F	32	F2339	10K	INDIVIDUAL	00:46:14	00:56:24	00:10:10
97	240	RICARDO PAULO PARADA	M	37	M2339	20K	INDIVIDUAL	00:40:37	00:50:49	00:10:12
98	262	DAVID MANUEL SANTOS	M	54	M5054	20K	OS PERIGOSOS	00:43:30	00:53:45	00:10:15

99	665	LUÍS PALMA	M	43	M4044	10K	ZINGARUN	00:54:59	01:05:15	00:10:16
100	298	PEDRO VICENTE	M	40	M4044	20K	INDIVIDUAL	00:45:48	00:56:04	00:10:16
101	177	RUI MARTINS	M	31	M2339	20K	VALE GRANDE/ WERUN	00:49:04	00:59:21	00:10:17
102	173	BERNARDO DE CASTRO ZOIO	M	40	M4044	20K	SALAMANDRECOS	00:45:42	00:56:01	00:10:19
103	178	CARMEN FERREIRA	F	49	F4549	20K	VALE GRANDE/ WERUN	00:49:01	00:59:20	00:10:19
104	124	JORGE MIGUEL FERREIRA	M	45	M4549	20K	INDIVIDUAL	00:49:20	00:59:41	00:10:21
105	238	JOSÉ TOMÁS	M	44	M4044	20K	JOBRINDE-MONTES SALOIOS	00:46:19	00:56:41	00:10:22
106	693	JOAQUIM PINHEIRO	M	55	M5559	10K		00:47:29	00:57:52	00:10:23
107	614	DAVID LOURENÇO	M	29	M2339	10K	INDIVIDUAL	00:48:10	00:58:33	00:10:23
108	117	NUNO JACINTO	M	42	M4044	20K	INDIVIDUAL	00:46:41	00:57:05	00:10:24
109	274	CARLOS MANUEL MARTINS	M	55	M5559	20K	O MUNDO DA CORRIDA	00:49:56	01:00:21	00:10:25
110	407	MIGUEL CASTRO	M	49	M4549	20K	SALAMANDRECOS	00:54:45	01:05:12	00:10:27
111	110	RUI VIEITAS	M	41	M4044	20K	INDIVIDUAL	00:54:43	01:05:11	00:10:28
112	542	CARLOS FERREIRA	M	60	M6099	10K	ND AUTOCOOPE	00:50:00	01:00:29	00:10:29
113	645	PAULO QUARESMA	M	62	M6099	10K	VETERANOS DE MASSAMÁ	00:52:53	01:03:24	00:10:31
114	164	SÉRGIO CORTEZ	M	28	M2339	20K	GO!RUNNERS	00:46:54	00:57:26	00:10:32
115	160	JOAO FRAZAO	M	37	M2339	20K	GD SANTANDER TOTTA	00:44:55	00:55:30	00:10:35
116	180	DIOGO GAMITO	M	50	M5054	20K	SALAMANDRECOS	00:47:31	00:58:09	00:10:38
117	224	EDUARDO MANUEL LUÍS	M	39	M2339	20K	INDIVIDUAL	00:51:49	01:02:30	00:10:41
118	272	MIGUEL DUARTE PEDRO	M	48	M4549	20K	INDIVIDUAL	00:47:43	00:58:25	00:10:42
119	136	ALFREDO DE SOUSA	M	62	M6099	20K	CARACOIS DE CORRIDA	01:02:56	01:13:38	00:10:42
120	112	BRUNO VALENTE	M	29	M2339	20K	RUN CREW TRAIL MONTIJO	00:48:40	00:59:22	00:10:42
121	664	JOSÉ JACINTO	M	43	M4044	10K	ZINGARUN	00:47:33	00:58:16	00:10:43
122	130	RUI ESTEVES	M	43	M4044	20K	INDIVIDUAL	00:47:29	00:58:13	00:10:44
123	277	PEDRO PINEL	M	47	M4549	20K	NAV RANNERS	00:53:27	01:04:16	00:10:49
124	276	JOSE MACHADO	M	51	M5054	20K	NAV RANNERS	00:53:26	01:04:16	00:10:50
125	292	HUGO EVARISTO	M	32	M2339	20K	RAIL RUNNERS	00:50:31	01:01:25	00:10:54
126	305	HELIO SANTOS	M	32	M2339	20K	INDIVIDUAL	00:49:53	01:00:48	00:10:55
127	255	TIAGO MIGUEL CRUZ	M	30	M2339	20K	CORRER SOC REC DA GRANJA	00:50:37	01:01:32	00:10:55
128	657	FERNANDO TORRES	M	54	M5054	10K	GAREHOTELRUNNING	00:53:37	01:04:34	00:10:57
129	158	PAULO MENDES	M	40	M4044	20K	GALHARDOS	00:50:03	01:01:01	00:10:58
130	303	LUIS PENTEADO	M	46	M4549	20K	BUE RAPIDOS	00:49:50	01:00:49	00:10:59
131	139	JOAO REIS	M	53	M5054	20K	CDCR DOS CTT	00:50:41	01:01:44	00:11:03

132	304	NUNO MENDES	M	43	M4044	10K	BUE RAPIDOS	00:49:52	01:00:56	00:11:04
133	138	ÂNGELA SUZANO	F	44	F4044	20K	CDCR DOS CTT	00:50:43	01:01:48	00:11:05
134	209	JOAQUIM BEXIGA	M	49	M4549	20K	CLUBE OGMA	00:52:48	01:03:55	00:11:07
135	208	FERNANDA FRANÇA	F	43	F4044	20K	CLUBE OGMA	00:52:46	01:03:55	00:11:09
136	211	PEDRO CONSTANTINO	M	33	M2339	20K	WWW.CORRERPORTUGAL.NET	00:49:29	01:00:44	00:11:15
137	266	JORGE GONÇALVES	M	0	M0022	20K	INDIVIDUAL	00:53:23	01:04:41	00:11:18
138	502	LUÍS SIMÕES	M	41	M4044	10K	INDIVIDUAL	00:50:15	01:01:34	00:11:19
139	640	CLAUDIA FERREIRA	F	33	F2339	10K	STRONG TEAM	00:50:58	01:02:20	00:11:22
140	270	RUI AMADOR	M	41	M4044	20K	INDIVIDUAL	00:52:23	01:03:47	00:11:24
141	252	JUSTINO MANUEL SILVA	M	40	M4044	20K	INDIVIDUAL	00:50:25	01:01:51	00:11:26
142	263	FERNANDO PEREIRA	M	50	M5054	20K	INDIVIDUAL	00:50:54	01:02:21	00:11:27
143	632	IVO MARTINS	M	17	M0022	10K	HOUSEMARTINS BELAS	00:51:48	01:03:15	00:11:27
144	214	ISADORA BRAZ COSTA	F	28	F2339	20K	4 AO KM	00:59:44	01:11:14	00:11:30
145	215	VITOR GONÇALVES	M	47	M4549	20K	4 AO KM	00:59:41	01:11:13	00:11:32
146	118	IVO CLARO	M	39	M2339	20K	INDIVIDUAL	00:59:19	01:10:57	00:11:38
147	220	JOAQUIM CARRILHO	M	50	M5054	20K	SS CGD	00:50:36	01:02:16	00:11:40
148	251	LUÍS SANTOS	M	40	M4044	20K	INDIVIDUAL	00:50:26	01:02:06	00:11:40
149	535	CARLOS MANUEL MAGALHÃES	M	51	M5054	10K	DEIXEM PASSAR OS COXOS	00:49:58	01:01:41	00:11:43
150	187	PEDRO MATO SERRA	M	41	M4044	20K	INDIVIDUAL	00:50:20	01:02:05	00:11:45
151	113	NUNO TRINDADE	M	39	M2339	10K	INDIVIDUAL	00:51:27	01:03:13	00:11:46
152	234	RUI PEDRO	M	35	M2339	20K	OS PERIGOSOS	00:57:33	01:09:20	00:11:47
153	239	FILIPA CURRALO	F	40	F4044	20K	INDIVIDUAL	01:01:03	01:12:50	00:11:47
154	232	JOSÉ PEREIRA	M	60	M6099	20K	OS PERIGOSOS	00:57:33	01:09:21	00:11:48
155	619	NUNO DIAS	M	31	M2339	10K	INDIVIDUAL	01:03:33	01:15:21	00:11:48
156	612	NUNO MOLERO	M	45	M4549	10K	INDIVIDUAL	00:59:13	01:11:02	00:11:49
157	672	PEDRO FELICIO	M	48	M4549	10K	INDIVIDUAL	00:50:00	01:01:50	00:11:50
158	237	HUGO COSTA	M	44	M4044	20K	INDIVIDUAL	00:50:39	01:02:29	00:11:50
159	688	ANDRE FILIPE	M	31	M2339	10K	GAREHOTELRUNNING	00:56:32	01:08:22	00:11:50
160	254	JORGE MANUEL FERNANDES	M	48	M4549	20K	INDIVIDUAL	00:52:44	01:04:35	00:11:51
161	141	CARLOS HENRIQUE	M	49	M4549	20K	RUNSOX	00:56:06	01:07:58	00:11:52
162	646	JOÃO SANTOS	M	68	M6099	10K	VETERANOS DE MASSAMÁ	00:54:57	01:06:58	00:12:01
163	149	JOÃO VEIGA	M	28	M2339	20K	CORRER LISBOA	00:52:07	01:04:08	00:12:01
164	153	NUNO DIOGO	M	44	M4044	20K	CORRER SOC REC DA GRANJA	00:52:09	01:04:12	00:12:03

165	291	LUIS FERREIRA	M	49	M4549	20K	RAIL RUNNERS	00:54:49	01:07:00	00:12:11
166	534	HUMBERTO DE MATOS FERREIRA	M	46	M4549	10K	DEIXEM PASSAR OS COXOS	01:00:48	01:12:59	00:12:11
167	533	LUÍSA MARIA FERREIRA	F	47	F4549	10K	DEIXEM PASSAR OS COXOS	01:00:47	01:13:00	00:12:13
168	151	FILIPE RAMALHO	M	36	M2339	20K	CORRER SOC REC DA GRANJA	00:51:57	01:04:11	00:12:14
169	115	CARLOS CORREIA	M	46	M4549	20K	INDIVIDUAL	00:55:24	01:07:39	00:12:15
170	686	PEDRO NOGUEIRA	M	45	M4549	10K	AUTOCOOPE	00:56:12	01:08:28	00:12:16
171	125	ALVARO MIRANDA	M	46	M4549	20K	INDIVIDUAL	00:48:13	01:00:30	00:12:17
172	519	PAULO MOUTINHO	M	45	M4549	10K	INDIVIDUAL	00:56:38	01:08:58	00:12:20
173	150	ANTÓNIO CEREJO	M	43	M4044	20K	CORRER LISBOA	00:54:16	01:06:36	00:12:20
174	673	TIAGO LADEIRA	M	20	M0022	10K	INDIVIDUAL	00:53:52	01:06:14	00:12:22
175	631	JOÃO MIRANDA	M	51	M5054	10K	HOUSEMARTINS BELAS	00:54:07	01:06:29	00:12:22
176	655	RUI XAVIER	M	50	M5054	10K	CLUBE EDP – LISBOA	00:57:52	01:10:14	00:12:22
177	532	SUSANA AMORIM	F	31	F2339	10K	CORRER LISBOA	00:59:48	01:12:11	00:12:23
178	651	JOÃO SANTIAGO	M	40	M4044	10K	INDIVIDUAL	01:09:28	01:21:52	00:12:24
179	530	PEDRO GALGUINHO	M	46	M4549	10K	CDCR DOS CTT	01:00:44	01:13:11	00:12:27
180	668	BRUNA ROCHA	F	31	F2339	10K	INDIVIDUAL	00:54:59	01:07:28	00:12:29
181	667	TANIA AZEVEDO	F	32	F2339	10K	INDIVIDUAL	00:54:53	01:07:22	00:12:29
182	682	PAULO PEREIRA	M	46	M4549	10K	CDCR DOS CTT	00:53:30	01:06:03	00:12:33
183	275	JOÃO RODRIGUES	M	53	M5054	20K	INDIVIDUAL	00:50:12	01:02:46	00:12:34
184	629	ANTÓNIO MARTINS	M	44	M4044	10K	HOUSEMARTINS BELAS	01:01:33	01:14:08	00:12:35
185	184	PAULA TRINDADE	F	45	F4549	20K	AMINHACORRIDA	00:50:12	01:02:48	00:12:36
186	227	Pedro Santos	M	45	M4549	20K	JOBRINDE-MONTES SALOIOS	00:56:39	01:09:15	00:12:36
187	102	NUNO MIGUEL OLIVEIRA	M	38	M2339	10K	INDIVIDUAL	01:02:38	01:15:16	00:12:38
188	681	RICARDO RAMOS	M	42	M4044	10K	CDCR DOS CTT	00:53:17	01:05:56	00:12:39
189	508	RITA VALE	F	29	F2339	10K	INDIVIDUAL	01:00:24	01:13:08	00:12:44
190	683	LUIS PARRO	M	56	M5559	10K	INDIVIDUAL	01:08:52	01:21:37	00:12:45
191	226	RUI CARLOS JESUS	M	48	M4549	20K	INDIVIDUAL	01:03:23	01:16:08	00:12:45
192	790	HELENA SÉCIO	F	51	F5054	10K	MÃE E FILHA	01:02:24	01:15:12	00:12:48
193	669	CARINA LOURINHO	F	35	F2339	10K	INDIVIDUAL	00:59:03	01:11:53	00:12:50
194	129	OLÍVIA GASPAS	F	46	F4549	20K	SS CGD	01:04:52	01:17:42	00:12:50
195	678	ANTÓNIO SOUSA	M	46	M4549	10K	INDIVIDUAL	00:57:06	01:09:57	00:12:51
196	119	ANTONIO RAIMUNDO	M	51	M5054	10K	INDIVIDUAL	01:03:26	01:16:18	00:12:52
197	280	SÓNIA MAURÍCIO	F	42	F4044	20K	RUN CREW TRAIL MONTIJO	00:55:21	01:08:13	00:12:52

198	123	PAULO JORGE GONÇALVES	M	43	M4044	20K	INDIVIDUAL	00:59:55	01:12:49	00:12:54
199	218	DIOGO ARRAIAS	M	62	M6099	20K	OS ARRAIAS	01:01:31	01:14:27	00:12:56
200	126	FRANCISCO MACHETA	M	44	M4044	20K	INDIVIDUAL	01:04:40	01:17:41	00:13:01
201	615	NATALIA TERLECKA	F	25	F2339	10K	INDIVIDUAL	00:56:15	01:09:17	00:13:02
202	219	SANDRA ARRAIAS	F	36	F2339	20K	OS ARRAIAS	01:01:24	01:14:28	00:13:04
203	617	IRYNA DYACHOK	F	38	F2339	10K	INDIVIDUAL	01:03:59	01:17:04	00:13:05
204	145	RICARDO CARVALHO	M	42	M4044	20K	CDCR DOS CTT	00:57:26	01:10:32	00:13:06
205	509	NUNO MONTEIRO	M	31	M2339	10K	INDIVIDUAL	00:59:29	01:12:36	00:13:07
206	253	CARLOS SILVA	M	32	M2339	20K	INDIVIDUAL	00:58:29	01:11:39	00:13:10
207	652	JORGE DE JESUS MOREIRA	M	54	M5054	10K	INDIVIDUAL	01:02:52	01:16:08	00:13:16
208	235	JOAO CRUZ	M	42	M4044	20K	INDIVIDUAL	01:01:06	01:14:23	00:13:17
209	538	RODRIGO NUNO MAGALHÃES	M	21	M0022	10K	DEIXEM PASSAR OS COXOS	01:02:48	01:16:06	00:13:18
210	624	ARMANDO REIS	M	37	M2339	10K	HOUSEMARTINS BELAS	00:59:23	01:12:46	00:13:23
211	660	SANDRA ROCHA	F	47	F4549	10K	RUN CREW TRAIL MONTIJO	00:55:13	01:08:40	00:13:27
212	278	JOÃO MANUEL NEVES	M	53	M5054	20K	RUN CREW TRAIL MONTIJO	00:53:21	01:06:51	00:13:30
213	516	CLÁUDIA OLIVEIRA	F	34	F2339	10K	INDIVIDUAL	01:03:12	01:16:43	00:13:31
214	503	ALEXANDRE ORLANDO BARROSO	M	44	M4044	10K	INDIVIDUAL	00:57:35	01:11:12	00:13:37
215	518	LUIS FILIPE MATEUS	M	33	M2339	10K	INDIVIDUAL	00:53:24	01:07:11	00:13:47
216	120	JOSÉ AMARO	M	41	M4044	20K	AMINHACORRIDA	00:50:10	01:03:59	00:13:49
217	185	ANA AMARO	F	43	F4044	20K	AMINHACORRIDA	00:50:18	01:04:09	00:13:51
218	517	MANUEL RAPOSO	M	70	M6099	10K	INDIVIDUAL	01:05:01	01:18:54	00:13:53
219	507	RICARDO VALE	M	30	M2339	10K	INDIVIDUAL	01:01:09	01:15:03	00:13:54
220	281	PAULO SILVA	M	46	M4549	20K	RUN CREW TRAIL MONTIJO	01:00:45	01:14:43	00:13:58
221	687	MIZELLA VERGORA	F	39	F2339	10K	INDIVIDUAL	01:04:53	01:18:55	00:14:02
222	609	TERESA REIS	F	41	F4044	10K	JOBRINDE-MONTES SALOIOS	00:59:56	01:14:11	00:14:15
223	283	FERNANDO PATRÍCIO	M	53	M5054	20K	RUN CREW TRAIL MONTIJO	01:00:28	01:14:44	00:14:16
224	212	CHRISTOPHE SILVA	M	32	M2339	20K	WWW.CORRERPORTUGAL.NET	01:10:48	01:25:14	00:14:26
225	213	CRISTIANA MAIA	F	27	F2339	20K	WWW.CORRERPORTUGAL.NET	01:10:49	01:25:17	00:14:28
226	282	JOSÉ PLÁCIDO	M	47	M4549	20K	RUN CREW TRAIL MONTIJO	00:59:59	01:14:32	00:14:33
227	692	HELENA PIRES	F	49	F4549	10K		01:00:44	01:15:19	00:14:35
228	649	DORA FIGUEIREDO	F	45	F4549	10K	INDIVIDUAL	01:09:54	01:24:36	00:14:42
229	679	FERNANDO MARTINS	M	50	M5054	10K	CDCR DOS CTT	01:07:05	01:21:50	00:14:45
230	529	ANA PAULA SOUSA	F	54	F5054	10K	CARACOIS DE CORRIDA	01:07:30	01:22:17	00:14:47

231	537	JOSÉ FRANCISCO CALDEIRA	M	47	M4549	10K	DEIXEM PASSAR OS COXOS	01:12:05	01:26:52	00:14:47
232	549	RITA BAILÃO	F	36	F2339	10K	CDCR DOS CTT	01:21:27	01:36:26	00:14:59
233	621	CARLOS CANELAS	M	48	M4549	10K	INDIVIDUAL	00:59:16	01:14:18	00:15:02
234	680	CLAUDIA ALMEIDA	F	35	F2339	10K	CDCR DOS CTT	01:21:11	01:36:31	00:15:20
235	628	MARIA QUITÉRIA	F	43	F4044	10K	ALGYMNS	01:12:05	01:27:26	00:15:21
236	602	ANA CRISTINA PANCADAS	F	37	F2339	10K	INDIVIDUAL	01:10:54	01:26:18	00:15:24
237	616	ESMERALDO PEREIRA	M	40	M4044	10K	INDIVIDUAL	01:10:51	01:26:16	00:15:25
238	290	JACINTA ALMEIDA	F	53	F5054	20K	RAIL RUNNERS	01:09:21	01:24:56	00:15:35
239	637	NATÁLIA NARCISO	F	52	F5054	10K	SERVIÇOS SOCIAIS MONTEPIO GERA	01:08:53	01:24:31	00:15:38
240	644	MANUEL AZEVEDO	M	60	M6099	10K	VETERANOS DE MASSAMÁ	01:08:50	01:24:28	00:15:38
241	611	ANA LÚCIA CORDEIRO	F	34	F2339	10K	INDIVIDUAL	01:11:59	01:27:38	00:15:39
242	650	CRISTINA SANTOS	F	34	F2339	10K	INDIVIDUAL	00:59:20	01:15:01	00:15:41
243	501	VALTER FILIPE RIBEIRO	M	38	M2339	10K	INDIVIDUAL	01:01:16	01:17:01	00:15:45
244	662	ORLANDO CUSTÓDIO	M	41	M4044	10K	INDIVIDUAL	01:11:23	01:27:14	00:15:51
245	627	PAULA COUTO	F	53	F5054	10K	ALGYMNS	01:20:58	01:36:58	00:16:00
246	623	MIGUEL LUCENA	M	29	M2339	10K	HOUSEMARTINS BELAS	01:01:25	01:17:27	00:16:02
247	622	TÂNIA CARVALHO	F	32	F2339	10K	HOUSEMARTINS BELAS	01:01:24	01:17:37	00:16:13
248	643	RUI GONÇALVES	M	50	M5054	10K	STRONG TEAM	01:01:24	01:17:43	00:16:19
249	536	MARIA HELENA SANTOS	F	48	F4549	10K	DEIXEM PASSAR OS COXOS	01:19:27	01:36:39	00:17:12
250	620	PAULA ALEXANDRA SILVA	F	45	F4549	10K	INDIVIDUAL	01:14:38	01:32:38	00:18:00

CORRIDA DO
MIRANTE