

01 OUT.
2023
BELÉM
LISBOA



 **CORRIDA
10KM**

Pos. Geral	Dorsal	Nome	Tempo	Tempo	Idade	Género	Escalão	Pos. Género	Pos. Escalão	Equipa
1	114	MIGUEL VALENTE	0:33:27,00	0:33:26,10	24	M	Jun Sen M (0-34)	1		1 BEJA ATLÉTICO CLUBE
2	847	MIGUEL QUARESMA	0:34:11,00	0:34:11,00	40	M	VetII M (40-44)	2		1 RUNTEJO
3	539	GONCALO BRANDAO MENDES	0:35:28,05	0:35:27,04	23	M	Jun Sen M (0-34)	3		2 C MILLENNIUM BCP
4	167	MARIO RUI POVOA	0:35:47,01	0:35:46,09	40	M	VetII M (40-44)	4		2 ANIMAL.K
5	108	DAVID PATTON	0:36:08,09	0:36:08,02	40	M	VetII M (40-44)	5		3 -
6	723	PAULO ALVES	0:36:14,02	0:36:13,06	45	M	VetIII M (45-49)	6		1 GDCT IN CM
7	470	JOÃO PAULO SILVA	0:36:19,09	0:36:19,08	43	M	VetII M (40-44)	7		4 GM 1 DEZEMBRO QUEIJAS
8	724	JOÃO LOPES	0:36:29,03	0:36:27,02	37	M	VetI M (35-39)	8		1 GDC BANCO DE PORTUGAL
9	469	BRUNO BATISTA	0:36:29,05	0:36:29,05	32	M	Jun Sen M (0-34)	9		3 CLUBE RECREATIVO ALTURENSE
10	868	FREDERICO LAZARO	0:36:30,00	0:36:30,00	44	M	VetII M (40-44)	10		5 CF BELENENSES
11	522	DAVID ANTUNES	0:36:57,02	0:36:47,09	30	M	Jun Sen M (0-34)	11		4 C MILLENNIUM BCP
12	194	JOÃO ALVES	0:37:41,08	0:37:40,04	31	M	Jun Sen M (0-34)	12		5 URBAN RUN TEAM
13	703	NUNO TINTIM	0:37:48,04	0:37:45,02	46	M	VetIII M (45-49)	13		2 GRCD LEIÃO
14	867	BRUNO SOUSA	0:37:51,01	0:37:51,01	41	M	VetII M (40-44)	14		6 -
15	613	PEDRO ALVES MARTINS	0:37:52,09	0:37:50,04	55	M	VetV M (55-59)	15		1 C MILLENNIUM BCP
16	227	HUGO LOPES	0:37:54,06	0:37:53,01	39	M	VetI M (35-39)	16		2 CCD CRÉDITO AGRÍCOLA
17	753	JORGE DEUS	0:38:19,06	0:38:16,04	48	M	VetIII M (45-49)	17		3 CCD TRANQUILIDADE
18	486	ANDRE CARDOSO	0:38:22,00	0:38:22,00	39	M	VetI M (35-39)	18		3 C MILLENNIUM BCP
19	718	NUNO FARIA	0:38:25,10	0:38:25,04	34	M	Jun Sen M (0-34)	19		6 -
20	241	IVO MENDES	0:38:30,02	0:38:30,02	41	M	VetII M (40-44)	20		7 -
21	425	PAULO COSTA	0:38:32,01	0:38:10,04	49	M	VetIII M (45-49)	21		4 BAR OGILVY
22	233	GODINHO RAMOS	0:38:35,02	0:38:28,00	45	M	VetIII M (45-49)	22		5 -
23	190	FRANCISCO PALMA	0:38:44,01	0:38:44,01	45	M	VetIII M (45-49)	23		6 -
24	789	EDGAR RODRIGO AGUIAR	0:38:45,01	0:38:43,01	30	M	Jun Sen M (0-34)	24		7 -
363	636	SÉRGIO COELHO	0:56:21,00	0:55:52,01	52	M	VetIV M (50-54)	325		42 ACA RUNNING ENGEL&VOLKERS
364	639	MARCO BARROS	0:56:27,04	0:56:05,01	54	M	VetIV M (50-54)	326		43 -
365	709	TÂNIA FILIPA FREITAS	0:56:31,02	0:55:27,09	37	F	VetI F (35-39)	39		4 -
366	531	FELIPE SIMOES MOREIRA	0:56:34,00	0:55:35,01	27	M	Jun Sen M (0-34)	327		83 C MILLENNIUM BCP
367	370	ALEXANDRE AIRES	0:56:35,03	0:56:35,03	34	M	Jun Sen M (0-34)	328		84 RONALDOS
368	243	PEDRO AUGUSTO FONSECA	0:56:40,02	0:56:05,05	31	M	Jun Sen M (0-34)	329		85 -
369	608	PAULO PAIS	0:56:42,04	0:56:17,03	58	M	VetV M (55-59)	330		34 C MILLENNIUM BCP
370	693	ANTONIO FRANCO	0:56:53,02	0:56:25,10	58	M	VetV M (55-59)	331		35 SERVIÇOS SOCIAIS MONTEPIO
371	688	LUÍS GRECHO	0:56:53,10	0:56:36,10	50	M	VetIV M (50-54)	332		44 SERVIÇOS SOCIAIS MONTEPIO
372	139	INÊS JÚLIO	0:56:57,06	0:56:11,07	43	F	VetII F (40-44)	40		7 GRUPO CORRIDA JCS
373	561	HENRIQUE BELMAR	0:56:57,08	0:56:09,07	65	M	VetVII M (65-69)	333		9 -
374	144	LUÍS VAZ	0:56:59,08	0:56:23,09	37	M	VetI M (35-39)	334		44 GRUPO CORRIDA JCS
375	765	MIGUEL CRAVO	0:57:00,05	0:55:40,02	18	M	Jun Sen M (0-34)	335		86 -
376	299	MARISA LARGUINHO	0:57:07,02	0:56:35,06	40	F	VetII F (40-44)	41		8 ML SPORTS
377	605	OLGA SOFIA LOPES	0:57:09,00	0:56:51,01	47	F	VetIII F (45-49)	42		9 C MILLENNIUM BCP
378	145	Mª JOSÉ CEBOLA	0:57:14,06	0:56:59,10	52	F	VetIV F (50-54)	43		6 GRUPO CORRIDA JCS
379	296	ANTÓNIO AUGUSTO MOREIRA	0:57:16,08	0:56:36,04	59	M	VetV M (55-59)	336		36 -
380	573	SÉRGIO LOUREIRO	0:57:27,07	0:57:27,07	40	M	VetII M (40-44)	337		42 -
381	772	ANDRÉ PEREIRA FONSECA	0:57:31,01	0:56:45,03	42	M	VetII M (40-44)	338		43 -
382	351	JOÃO MIGUEL RIBEIRO	0:57:42,07	0:56:50,09	30	M	Jun Sen M (0-34)	339		87 -
383	650	PEDRO MANUEL CANAS	0:57:42,09	0:57:14,00	50	M	VetIV M (50-54)	340		45 C MILLENNIUM BCP
384	807	JOÃO MILHEIRO BATISTA	0:57:43,03	0:56:55,06	62	M	VetVI M (60-64)	341		16 -
385	695	JOAQUIM GUERREIRO	0:57:50,05	0:57:25,10	68	M	VetVII M (65-69)	342		10 AFRS
386	836	THIAGO SILVA	0:57:53,08	0:56:55,06	28	M	Jun Sen M (0-34)	343		88 OESTE RUNNERS
387	738	SANDRO PRATES	0:57:54,09	0:57:20,07	44	M	VetII M (40-44)	344		44 GD SANTANDER TOTTA
388	493	ANTONIO JOSE MORIES	0:58:01,06	0:57:45,09	60	M	VetVI M (60-64)	345		17 C MILLENNIUM BCP
441	460	SÍLVIO BERRA	0:59:50,02	0:59:50,02	64	M	VetVI M (60-64)	378		21 -
442	77	MÁRIO RUI COELHO	0:59:50,10	0:58:56,03	62	M	VetVI M (60-64)	379		22 -
443	365	RENÉ GOUVEIA	0:59:54,06	0:58:51,04	34	M	Jun Sen M (0-34)	380		93 -
444	606	PATRICIA DINIS	0:59:57,10	0:59:43,04	54	F	VetIV F (50-54)	64		10 C MILLENNIUM BCP

01 OUT.
2023
BELÉM
LISBOA



**CORRIDA
10KM**

Pos. Geral	Dorsal	Nome	Tempo	Tempo	Idade	Género	Escalaão	Pos. Género	Pos. Escalão	Equipa
445	776	LUÍS MIGUEL REVÉS	0:59:58,03	0:59:53,09	49	M	VetIII M (45-49)	381	63	CCD SIEMENS
446	550	JOAO SEBORRO	1:00:01,00	0:59:43,09	56	M	VetV M (55-59)	382	46	C MILLENNIUM BCP
447	640	MARIA JOÃO FERNANDES	1:00:06,02	0:59:41,01	65	F	VetVII F (65-69)	65	2	-
448	455	LUIS FOUTO	1:00:06,05	0:59:51,01	52	M	VetIV M (50-54)	383	49	-
449	149	PEDRO MEDEIROS	1:00:08,04	0:59:31,08	32	M	Jun Sen M (0-34)	384	94	GRUPO CORRIDA JCS
450	511	CARLA SOFIA MEDEIROS	1:00:08,07	0:58:58,09	43	F	VetII F (40-44)	66	10	C MILLENNIUM BCP
451	524	DIOGO BRUNO MOREIRA	1:00:09,08	0:58:59,05	18	M	Jun Sen M (0-34)	385	95	C MILLENNIUM BCP
452	543	INÊS BERNARDO	1:00:11,05	0:59:29,04	41	F	VetII F (40-44)	67	11	C MILLENNIUM BCP
453	538	FRANCISCO VIEIRA	1:00:16,00	0:59:55,02	49	M	VetIII M (45-49)	386	64	C MILLENNIUM BCP
454	60	MARCO ANTÓNIO LOURENÇO	1:00:20,05	0:59:39,01	38	M	VetI M (35-39)	387	50	-
455	591	MANUEL DINIS FERREIRA	1:00:22,07	0:59:46,01	28	M	Jun Sen M (0-34)	388	96	C MILLENNIUM BCP
456	198	KIKE YIN	1:00:24,01	1:00:17,09	36	M	VetI M (35-39)	389	51	-
457	492	ANTONIO JOSE ALMEIDA	1:00:27,00	0:59:45,08	57	M	VetV M (55-59)	390	47	C MILLENNIUM BCP
458	762	TAM AFONSO	1:00:28,02	1:00:23,06	70	M	VetVIII M (70-99)	391	5	CCD TRANQUILIDADE
459	758	MIGUEL BRANDÃO	1:00:28,06	1:00:23,04	35	M	VetI M (35-39)	392	52	CCD TRANQUILIDADE
460	751	JOÃO RIBEIRO	1:00:28,06	1:00:21,00	59	M	VetV M (55-59)	393	48	CCD TRANQUILIDADE
461	742	ANTÓNIO ALBUQUERQUE	1:00:28,06	1:00:23,05	54	M	VetIV M (50-54)	394	50	CCD TRANQUILIDADE
462	585	LUIS MANUEL SILVA	1:00:29,09	0:59:55,04	56	M	VetV M (55-59)	395	49	C MILLENNIUM BCP
463	643	JOÃO PEDRO VAZ	1:00:30,00	1:00:30,00	58	M	VetV M (55-59)	396	50	-
464	124	ALEXANDRA CENTENO	1:00:30,09	1:00:30,09	50	F	VetIV F (50-54)	68	11	GRUPO CORRIDA JCS
465	291	TERESA MARTINS	1:00:31,10	1:00:21,05	64	F	VetVI F (60-64)	69	3	SS CGD
466	409	ANDRÉ MOREIRA	1:00:43,06	1:00:09,04	35	M	VetI M (35-39)	397	53	-
493	575	PAULO FALCÃO	1:01:53,04	1:01:23,01	36	M	VetI M (35-39)	414	56	-
494	325	PAULO DUARTE	1:02:00,09	1:00:59,09	58	M	VetV M (55-59)	415	52	GDCT UNICRE
495	363	LIDIANE MENDES LOR	1:02:04,07	1:01:32,03	49	F	VetIII F (45-49)	80	19	-
496	302	PAULA COSTA	1:02:07,07	1:01:55,04	50	F	VetIV F (50-54)	81	12	-
497	401	ARTUR JORGE FERREIRA	1:02:17,08	1:01:11,06	52	M	VetIV M (50-54)	416	52	-
498	670	RUI MANUEL FIDALGO	1:02:27,09	1:02:23,08	56	M	VetV M (55-59)	417	53	C MILLENNIUM BCP
499	371	SILVIA BETTENCOURT	1:02:40,06	1:01:56,07	38	F	VetI F (35-39)	82	7	-
500	236	LUIS PROENÇA	1:02:42,03	1:02:07,04	53	M	VetIV M (50-54)	418	53	-
501	344	IVA OLIVEIRA	1:02:44,03	1:02:13,05	49	F	VetIII F (45-49)	83	20	ML SPORTS
502	369	ÁLVARO NETO	1:02:45,01	1:02:02,03	44	M	VetII M (40-44)	419	49	ANRUN
503	252	ANA SOFIA SILVA	1:02:47,05	1:01:58,07	41	F	VetII F (40-44)	84	15	BÉLHAS BOAS
504	328	GONÇALO OLIVEIRA	1:02:48,09	1:02:10,07	61	M	VetVI M (60-64)	420	23	GDCT UNICRE

**01 OUT.
2023
BELÉM**
LISBOA



**CORRIDA
10KM**

Pos. Geral	Dorsal	Nome	Tempo	Tempo	Idade	Géner	Escalão	Pos. Género	Pos. Escalão	Equipa
3	539	GONCALO BRANDAO MENDES	0:35:28,05	0:35:27,04	23	M	Jun Sen M (0-34)	3	2	C MILLENNIUM BCP
11	522	DAVID ANTUNES	0:36:57,02	0:36:47,09	30	M	Jun Sen M (0-34)	11	4	C MILLENNIUM BCP
15	613	PEDRO ALVES MARTINS	0:37:52,09	0:37:50,04	55	M	VetV M (55-59)	15	1	C MILLENNIUM BCP
18	486	ANDRE CARDOSO	0:38:22,00	0:38:22,00	39	M	VetI M (35-39)	18	3	C MILLENNIUM BCP
27	602	NUNO NAIA	0:38:55,08	0:38:53,03	49	M	VetIII M (45-49)	27	8	C MILLENNIUM BCP
35	783	GONCALO PAIVA LIMA	0:40:12,09	0:39:41,04	42	M	VetII M (40-44)	35	9	C MILLENNIUM BCP
37	661	RICARDO ESPIRITO SANTO	0:40:19,06	0:40:05,07	34	M	Jun Sen M (0-34)	37	10	C MILLENNIUM BCP
43	586	LUIS MANUEL GODINHO	0:41:18,06	0:41:11,10	57	M	VetV M (55-59)	43	3	C MILLENNIUM BCP
60	603	NUNO MIGUEL LOPES	0:42:48,00	0:42:40,03	50	M	VetIV M (50-54)	60	5	C MILLENNIUM BCP
80	525	DIOGO MONTEIRO JUSTINO	0:44:30,09	0:44:07,00	40	M	VetII M (40-44)	79	16	C MILLENNIUM BCP
82	558	JOSE BAPTISTA	0:44:33,00	0:44:28,09	57	M	VetV M (55-59)	81	5	C MILLENNIUM BCP
94	536	FRANCISCO CASEGAS	0:45:01,03	0:44:57,01	31	M	Jun Sen M (0-34)	93	26	C MILLENNIUM BCP
118	786	VIRILIO VEDOR COSTA	0:46:39,09	0:46:39,09	53	M	VetIV M (50-54)	114	13	C MILLENNIUM BCP
121	547	JOAO FRANCISCO BOTO	0:46:55,07	0:46:22,07	30	M	Jun Sen M (0-34)	117	35	C MILLENNIUM BCP
148	669	RUI JORGE RAMALHO	0:48:13,08	0:47:59,08	55	M	VetV M (55-59)	142	11	C MILLENNIUM BCP
152	513	CARLO PINHO	0:48:51,07	0:48:21,10	49	M	VetIII M (45-49)	145	27	C MILLENNIUM BCP
156	668	ROGERIO PAULO ARAUJO	0:49:04,07	0:48:57,06	59	M	VetV M (55-59)	149	12	C MILLENNIUM BCP
158	654	PEDRO NEVES	0:49:06,08	0:48:38,05	58	M	VetV M (55-59)	151	14	C MILLENNIUM BCP
167	483	ANA MARQUES	0:49:18,05	0:48:55,00	63	F	VetVI F (60-64)	9	1	C MILLENNIUM BCP
168	784	TIAGO SILVA ANDRADE	0:49:19,03	0:49:02,03	19	M	Jun Sen M (0-34)	159	44	C MILLENNIUM BCP
170	501	BRUNO ANTONIO VAZ	0:49:22,06	0:48:56,03	54	M	VetIV M (50-54)	161	20	C MILLENNIUM BCP
172	556	JORGE MANUEL ANTUNES	0:49:26,00	0:48:47,05	48	M	VetIII M (45-49)	163	32	C MILLENNIUM BCP
175	601	NUNO AUGUSTO	0:49:44,08	0:49:10,08	40	M	VetII M (40-44)	166	25	C MILLENNIUM BCP
182	496	ANTONIO RENATO BOTAO	0:49:53,07	0:49:27,02	30	M	Jun Sen M (0-34)	173	46	C MILLENNIUM BCP
183	499	ARTUR BOTÃO	0:49:53,09	0:49:27,07	54	M	VetIV M (50-54)	174	22	C MILLENNIUM BCP
187	781	BERNARDO FRAUSTO ANGELO	0:50:03,00	0:50:03,00	26	M	Jun Sen M (0-34)	178	49	C MILLENNIUM BCP
192	1615	GONCALO HENRIQUES TEIXEIRA	0:50:25,00	0:50:25,00	15	M	Jun Sen M (0-34)	181	51	C MILLENNIUM BCP
201	676	SOFIA INES RAMALHO	0:50:43,00	0:50:31,06	27	F	Jun Sen F (0-34)	14	2	C MILLENNIUM BCP
202	557	JORGE SALVADO	0:50:46,06	0:50:46,06	60	M	VetVI M (60-64)	188	10	C MILLENNIUM BCP
205	653	PEDRO MIGUEL CORDAS	0:50:49,01	0:50:24,02	49	M	VetIII M (45-49)	190	38	C MILLENNIUM BCP
210	578	JOSE LUIS MARQUES	0:51:07,00	0:50:51,03	53	M	VetIV M (50-54)	194	24	C MILLENNIUM BCP
211	515	CARLOS JOSE RAMOS	0:51:10,01	0:50:42,09	57	M	VetV M (55-59)	195	15	C MILLENNIUM BCP
215	520	CELIA MARINA LOURENCO	0:51:18,10	0:37:04,01	49	F	VetIII F (45-49)	17	5	C MILLENNIUM BCP
216	532	FERNANDO RODRIGUES	0:51:20,09	0:50:53,08	59	M	VetV M (55-59)	199	16	C MILLENNIUM BCP
234	680	TANIA ALMEIDA	0:51:57,02	0:51:05,08	30	F	Jun Sen F (0-34)	20	3	C MILLENNIUM BCP
247	497	ARLINDO FRIAS DEUS	0:52:27,00	0:52:19,07	74	M	VetVIII M (70-99)	225	3	C MILLENNIUM BCP
253	495	ANTONIO MANUEL	0:52:33,07	0:52:02,08	18	M	Jun Sen M (0-34)	231	61	C MILLENNIUM BCP
260	673	RUTE SOFIA RIBEIRO	0:52:48,06	0:52:39,07	39	F	VetI F (35-39)	23	1	C MILLENNIUM BCP
261	517	CARLOS NUNES	0:52:49,01	0:52:26,01	56	M	VetV M (55-59)	238	24	C MILLENNIUM BCP
273	599	NELSON SANTOS SILVA	0:53:30,00	0:53:05,02	48	M	VetIII M (45-49)	248	46	C MILLENNIUM BCP
278	782	ATLETA MASCULINO NÃO REGISTA	0:53:38,03	0:53:06,03	68	M	VetVII M (65-69)	252	5	C MILLENNIUM BCP
280	685	VITOR NELSON MARQUES	0:53:45,06	0:53:18,06	53	M	VetIV M (50-54)	254	30	C MILLENNIUM BCP
288	551	JOAO MIGUEL ESTIVEIRA	0:53:52,01	0:53:25,06	55	M	VetV M (55-59)	261	27	C MILLENNIUM BCP
294	582	LEONEL RODRIGUES	0:54:05,08	0:53:29,10	46	M	VetIII M (45-49)	267	50	C MILLENNIUM BCP
305	648	PEDRO FILIPE BROCO	0:54:24,09	0:54:06,05	50	M	VetIV M (50-54)	276	32	C MILLENNIUM BCP
308	660	RICARDO BRITO SENA	0:54:37,04	0:54:13,07	23	M	Jun Sen M (0-34)	278	72	C MILLENNIUM BCP
312	590	LUIS MIGUEL CASTANHO	0:54:41,01	0:54:27,02	50	M	VetIV M (50-54)	281	34	C MILLENNIUM BCP
317	595	MARINA MORGADO	0:54:45,03	0:54:37,10	33	F	Jun Sen F (0-34)	33	7	C MILLENNIUM BCP
319	671	RUI MANUEL RIJO	0:54:46,01	0:54:30,08	54	M	VetIV M (50-54)	286	35	C MILLENNIUM BCP
336	593	MARCOS JOSE NORITAKE	0:55:32,06	0:55:21,04	56	M	VetV M (55-59)	299	29	C MILLENNIUM BCP
338	611	PEDRO ALEXANDRE SA	0:55:35,07	0:54:53,07	51	M	VetIV M (50-54)	301	40	C MILLENNIUM BCP
339	559	JOSE A FERREIRA	0:55:36,08	0:55:12,01	58	M	VetV M (55-59)	302	30	C MILLENNIUM BCP
341	612	PEDRO CONDE	0:55:42,09	0:54:43,08	23	M	Jun Sen M (0-34)	304	76	C MILLENNIUM BCP
343	579	JOSE LUIS REBELO	0:55:43,08	0:55:37,09	57	M	VetV M (55-59)	306	31	C MILLENNIUM BCP
345	1625	MIGUEL SANTOS SABINO	0:55:46,04	0:55:46,04	17	M	Jun Sen M (0-34)	308	79	C MILLENNIUM BCP
347	596	MARIO MENDES	0:55:53,03	0:55:27,10	59	M	VetV M (55-59)	310	32	C MILLENNIUM BCP
366	531	FELIPE SIMOES MOREIRA	0:56:34,00	0:55:35,01	27	M	Jun Sen M (0-34)	327	83	C MILLENNIUM BCP
369	608	PAULO PAIS	0:56:42,04	0:56:17,03	58	M	VetV M (55-59)	330	34	C MILLENNIUM BCP
377	605	OLGA SOFIA LOPES	0:57:09,00	0:56:51,01	47	F	VetIII F (45-49)	42	9	C MILLENNIUM BCP
383	650	PEDRO MANUEL CANAS	0:57:42,09	0:57:14,00	50	M	VetIV M (50-54)	340	45	C MILLENNIUM BCP
388	493	ANTONIO JOSE MORIES	0:58:01,06	0:57:45,09	60	M	VetVI M (60-64)	345	17	C MILLENNIUM BCP
392	545	JOANA PEREIRA	0:58:08,03	0:57:45,06	30	F	Jun Sen F (0-34)	44	11	C MILLENNIUM BCP
394	656	PEDRO MIGUEL PEREIRA	0:58:09,07	0:57:47,02	31	M	Jun Sen M (0-34)	349	90	C MILLENNIUM BCP
395	528	EDUARDO VILHENA	0:58:10,05	0:57:13,09	56	M	VetV M (55-59)	350	37	C MILLENNIUM BCP
399	684	VANDA SOFIA CORREIA	0:58:17,08	0:57:53,03	48	F	VetIII F (45-49)	49	11	C MILLENNIUM BCP
406	666	RODRIGO MENDES	0:58:26,06	0:57:44,09	37	M	VetI M (35-39)	356	46	C MILLENNIUM BCP
408	482	ALCIDIO PEREIRA	0:58:33,09	0:57:51,04	59	M	VetV M (55-59)	358	38	C MILLENNIUM BCP
414	576	JOSÉ RIBEIRO	0:58:50,01	0:58:12,01	62	M	VetVI M (60-64)	362	19	C MILLENNIUM BCP

**01 OUT.
2023
BELÉM**
LISBOA



**CORRIDA
10KM**

Pos. Geral	Dorsal	Nome	Tempo	Tempo	Idade	Géner	Escalão	Pos. Género	Pos. Escalão	Equipa
415	607	PAULO COUTINHO	0:58:53,04	0:58:42,04	55	M	VetV M (55-59)	363	40	C MILLENNIUM BCP
422	614	PEDRO FILIPE TOME	0:59:10,07	0:58:23,02	46	M	VetIII M (45-49)	365	62	C MILLENNIUM BCP
423	587	LUIS ALMEIDA	0:59:13,01	0:58:22,08	57	M	VetV M (55-59)	366	41	C MILLENNIUM BCP
427	679	SUSANA BOAVENTURA	0:59:20,02	0:58:51,09	48	F	VetIII F (45-49)	60	16	C MILLENNIUM BCP
429	480	ADRIANA MARIA MEDEIROS	0:59:21,09	0:58:52,03	52	F	VetIV F (50-54)	61	9	C MILLENNIUM BCP
433	534	FERNANDO ALMEIDA	0:59:29,09	0:59:07,02	55	M	VetV M (55-59)	371	43	C MILLENNIUM BCP
434	672	RUI MIGUEL SABINO	0:59:34,02	0:58:57,02	53	M	VetIV M (50-54)	372	48	C MILLENNIUM BCP
435	490	ANDRE AIRES PEREIRA	0:59:34,08	0:59:14,02	55	M	VetV M (55-59)	373	44	C MILLENNIUM BCP
437	583	LEONEL BRANDAO	0:59:40,07	0:59:40,07	56	M	VetV M (55-59)	375	45	C MILLENNIUM BCP
438	503	BRUNO MENDES SILVA	0:59:47,03	0:59:30,09	21	M	Jun Sen M (0-34)	376	92	C MILLENNIUM BCP
439	598	NELSON MARTINS	0:59:48,06	0:59:25,02	39	M	VetI M (35-39)	377	49	C MILLENNIUM BCP
444	606	PATRICIA DINIS	0:59:57,10	0:59:43,04	54	F	VetIV F (50-54)	64	10	C MILLENNIUM BCP
446	550	JOAO SEBORRO	1:00:01,00	0:59:43,09	56	M	VetV M (55-59)	382	46	C MILLENNIUM BCP
450	511	CARLA SOFIA MEDEIROS	1:00:08,07	0:58:58,09	43	F	VetII F (40-44)	66	10	C MILLENNIUM BCP
451	524	DIOGO BRUNO MOREIRA	1:00:09,08	0:58:59,05	18	M	Jun Sen M (0-34)	385	95	C MILLENNIUM BCP
452	543	INÊS BERNARDO	1:00:11,05	0:59:29,04	41	F	VetII F (40-44)	67	11	C MILLENNIUM BCP
453	538	FRANCISCO VIEIRA	1:00:16,00	0:59:55,02	49	M	VetIII M (45-49)	386	64	C MILLENNIUM BCP
455	591	MANUEL DINIS FERREIRA	1:00:22,07	0:59:46,01	28	M	Jun Sen M (0-34)	388	96	C MILLENNIUM BCP
457	492	ANTONIO JOSE ALMEIDA	1:00:27,00	0:59:45,08	57	M	VetV M (55-59)	390	47	C MILLENNIUM BCP
462	585	LUIS MANUEL SILVA	1:00:29,09	0:59:55,04	56	M	VetV M (55-59)	395	49	C MILLENNIUM BCP
470	610	PAULO JOSE LIMA	1:00:48,01	1:00:16,07	50	M	VetIV M (50-54)	399	51	C MILLENNIUM BCP
477	560	JOSE CARLOS RODRIGUES	1:01:06,00	1:00:49,09	73	M	VetVIII M (70-99)	404	7	C MILLENNIUM BCP
483	487	ANDRE FILIPE SALVADO	1:01:37,09	1:01:24,05	27	M	Jun Sen M (0-34)	408	98	C MILLENNIUM BCP
491	681	TELMA RODRIGUES	1:01:49,05	1:01:14,06	33	F	Jun Sen F (0-34)	79	17	C MILLENNIUM BCP
498	670	RUI MANUEL FIDALGO	1:02:27,09	1:02:23,08	56	M	VetV M (55-59)	417	53	C MILLENNIUM BCP
513	554	JOAQUIM MANUEL FULGENCIO	1:04:02,07	1:04:02,07	66	M	VetVII M (65-69)	427	14	C MILLENNIUM BCP
515	507	CARLA MARIA COUTINHO	1:04:10,03	1:03:58,05	53	F	VetIV F (50-54)	88	15	C MILLENNIUM BCP
523	665	RODRIGO A BOTO	1:04:51,03	1:03:56,07	19	M	Jun Sen M (0-34)	434	104	C MILLENNIUM BCP
528	597	MÁRIO ANDRADE	1:05:20,00	1:05:02,03	53	M	VetIV M (50-54)	436	57	C MILLENNIUM BCP
533	594	CATARINA ISABEL ALTAS	1:05:36,04	1:05:12,10	50	F	VetIV F (50-54)	95	16	C MILLENNIUM BCP
534	584	LUIS FILIPE SILVA	1:05:37,03	1:05:14,06	55	M	VetV M (55-59)	439	54	C MILLENNIUM BCP
539	541	GUILHERME AFONSO	1:05:52,06	1:04:44,08	28	M	Jun Sen M (0-34)	442	108	C MILLENNIUM BCP
540	548	JOAO LUIS CARVALHO	1:05:55,07	1:04:44,08	51	M	VetIV M (50-54)	443	58	C MILLENNIUM BCP
541	682	TIAGO CARVALHO	1:05:56,05	1:04:45,06	19	M	Jun Sen M (0-34)	444	109	C MILLENNIUM BCP
544	526	DULCE RAMOS	1:06:13,06	1:05:46,00	54	F	VetIV F (50-54)	99	17	C MILLENNIUM BCP
550	544	IVO GOMES SILVA	1:06:22,06	1:05:52,05	73	M	VetVIII M (70-99)	451	9	C MILLENNIUM BCP
551	485	NUNO PEDROSA	1:06:35,03	1:05:52,07	46	M	VetIII M (45-49)	452	69	C MILLENNIUM BCP
554	549	JOAO MANUEL BOTO	1:06:50,06	1:05:56,06	61	M	VetVI M (60-64)	454	24	C MILLENNIUM BCP
565	529	EDUARDO CUNHA PINTO	1:07:16,08	1:06:57,06	55	M	VetV M (55-59)	458	56	C MILLENNIUM BCP
566	498	ARTUR LEITE	1:07:18,03	1:06:51,02	58	M	VetV M (55-59)	459	57	C MILLENNIUM BCP
571	521	CLAUDIA SOFIA AUGUSTO	1:07:25,10	0:53:52,08	39	F	VetI F (35-39)	110	11	C MILLENNIUM BCP
574	649	PEDRO DELGADO	1:07:38,02	1:06:10,05	56	M	VetV M (55-59)	464	58	C MILLENNIUM BCP
579	514	RUI MENDES	1:08:41,05	1:07:58,10	45	M	VetIII M (45-49)	466	73	C MILLENNIUM BCP
580	592	MARCO FILIPE LUZ	1:08:41,05	1:07:58,07	46	M	VetIII M (45-49)	467	74	C MILLENNIUM BCP
582	817	PEDRO MURCA	1:08:53,09	1:08:12,05	56	M	VetV M (55-59)	468	59	C MILLENNIUM BCP
584	510	CARLA SOFIA LOPES	1:09:10,06	1:08:18,09	45	F	VetIII F (45-49)	115	25	C MILLENNIUM BCP
609	523	DELFINA MARIA ALEXANDRE	1:12:30,08	1:12:02,10	55	F	VetV F (55-59)	128	9	C MILLENNIUM BCP
611	663	RITA PAULA SOARES	1:12:46,03	1:10:04,03	50	F	VetIV F (50-54)	129	21	C MILLENNIUM BCP
630	580	JOSE MANUEL BALINHO	1:16:42,01	1:15:46,01	64	M	VetVI M (60-64)	489	30	C MILLENNIUM BCP
631	500	BERNARDO JOSE PARAIBA	1:16:42,04	1:15:49,04	69	M	VetVII M (65-69)	490	20	C MILLENNIUM BCP
652	674	SANDRA PAULA MATOS	1:26:14,04	1:25:31,09	50	F	VetIV F (50-54)	152	22	C MILLENNIUM BCP
653	530	EDUARDO LOPES	1:26:14,07	1:25:32,02	52	M	VetIV M (50-54)	500	64	C MILLENNIUM BCP
657	535	FOCK YIOT WAN	1:30:48,03	1:30:19,04	73	F	VetVIII F (70-99)	156	2	C MILLENNIUM BCP
658	678	SUSANA CARMO	1:31:12,09	1:28:34,01	53	F	VetIV F (50-54)	157	23	C MILLENNIUM BCP
662	683	TIAGO MANUEL MENDES	1:42:32,09	1:42:32,09	49	M	VetIII M (45-49)	501	76	C MILLENNIUM BCP

01 OUT.
2023
BELÉM
LISBOA



MINI-CORRIDA
5.5KM

Pos. Geral	Dorsal	Nome	Tempo	Tempo	Idad	Géner	Escalão	Pos. Género	Pos. Escalão	Equipa
1	1623	JOAO FRANCLIM VAZ	0:16:51,05	0:16:49,04	16	M	Geral Masc M (0-99)	1	1	C MILLENNIUM BCP
2	1658	BRUNO FRANCISCO	0:17:10,00	0:17:10,00	40	M	Geral Masc M (0-99)	2	2	UAP
3	1563	DIOGO DAS NEVES	0:18:31,02	0:18:30,07	9	M	Geral Masc M (0-99)	3	3	QUITÉRIO TRIPENICHE
4	1562	MÁRCIO NEVES	0:18:33,01	0:18:32,04	40	M	Geral Masc M (0-99)	4	4	QUITÉRIO TRIPENICHE
5	1659	FILIPE MONTEIRO	0:19:11,01	0:19:11,01	37	M	Geral Masc M (0-99)	5	5	GD SANTANDER TOTTA
6	1572	GUILHERME D'KORTH-BRANDÃO P	0:19:47,04	0:19:47,04	12	M	Geral Masc M (0-99)	6	6	-
7	1544	GUILHERME NOGUEIRA FALEIROS	0:19:51,05	0:19:44,06	30	M	Geral Masc M (0-99)	7	7	-
8	1543	GUILHERME NERY	0:20:08,08	0:20:01,08	30	M	Geral Masc M (0-99)	8	8	-
9	1584	BRUNO MANUEL PINTO	0:20:48,08	0:20:48,02	19	M	Geral Masc M (0-99)	9	9	-
10	1533	MARCELL BATISTA COSTA	0:21:50,02	0:21:01,06	29	M	Geral Masc M (0-99)	10	10	-
11	1637	TIAGO EMANUEL BESSA	0:21:57,02	0:21:46,02	42	M	Geral Masc M (0-99)	11	11	C MILLENNIUM BCP
12	1510	VICENTE STOCK	0:22:20,09	0:22:19,01	12	M	Geral Masc M (0-99)	12	12	-
13	1559	XAVIER VELOSA CARTÓ	0:22:21,09	0:22:13,05	14	M	Geral Masc M (0-99)	13	13	CARTÓS
14	1649	FRANCISCO S. PAIS	0:22:30,03	0:22:17,08	23	M	Geral Masc M (0-99)	14	14	-
15	1654	RUI MACHADO	0:22:36,00	0:22:12,09	48	M	Geral Masc M (0-99)	15	15	MACHADINHOS
16	1557	VITOR MARTINS OLIVEIRA	0:22:37,04	0:22:32,00	33	M	Geral Masc M (0-99)	16	16	-
17	1655	MIGUEL BRIGIDO MACHADO	0:22:43,02	0:22:19,07	15	M	Geral Masc M (0-99)	17	17	MACHADINHOS
18	1630	RODRIGO MIGUEL ALMEIDA	0:23:07,01	0:23:07,01	31	M	Geral Masc M (0-99)	18	18	C MILLENNIUM BCP
19	1641	LUIS MIGUEL BOIALVO	0:23:38,05	0:23:21,02	52	M	Geral Masc M (0-99)	19	19	C MILLENNIUM BCP
20	1569	OMAR ALEXIS PEREZ	0:23:42,09	0:23:29,03	30	M	Geral Masc M (0-99)	20	20	-
21	1619	INES MARIA GONCALVES	0:23:45,03	0:23:43,10	13	F	Geral Fem F (0-99)	1	1	C MILLENNIUM BCP
22	1632	SERGIO MANUEL GONCALVES	0:23:50,10	0:23:50,10	50	M	Geral Masc M (0-99)	21	21	C MILLENNIUM BCP
23	1509	ANDRE STOCK	0:23:54,04	0:23:45,09	48	M	Geral Masc M (0-99)	22	22	-
24	1636	TELMA QUINTINO	0:23:55,06	0:23:45,07	41	F	Geral Fem F (0-99)	2	2	C MILLENNIUM BCP
25	1537	SARA MARGARIDA GONÇALVES	0:24:22,00	0:24:16,09	21	F	Geral Fem F (0-99)	3	3	-
26	1653	ANALICE GONÇALVES	0:24:24,05	0:24:22,08	35	F	Geral Fem F (0-99)	4	4	-
27	1640	FILIPA ALEXANDRA VILAR	0:24:39,04	0:24:33,04	38	F	Geral Fem F (0-99)	5	5	C MILLENNIUM BCP
28	1528	PAULA GONÇALVES	0:24:43,04	0:24:43,04	49	F	Geral Fem F (0-99)	6	6	GRUPO CORRIDA JCS
29	1571	LILIAN IZUNO LIMA	0:24:49,05	0:24:30,00	40	F	Geral Fem F (0-99)	7	7	VEM CORRER COMIGO BRASIL
30	1648	JAIME MEARS	0:25:12,03	0:25:00,08	38	F	Geral Fem F (0-99)	8	8	-
31	1638	RAFAELA NORTE	0:25:19,08	0:25:17,01	33	F	Geral Fem F (0-99)	9	9	HERDADE MODERNA
32	1597	RUBEM VON JUNIOR	0:25:29,04	0:25:06,09	50	M	Geral Masc M (0-99)	23	23	-
33	1561	DAVID TRAVANCA	0:25:35,07	0:24:36,08	13	M	Geral Masc M (0-99)	24	24	-
34	1588	GABRIEL MARTINS	0:26:10,00	0:25:28,03	29	M	Geral Masc M (0-99)	25	25	INFINERA
35	1577	NUNO FILIPE	0:26:17,00	0:26:13,01	47	M	Geral Masc M (0-99)	26	26	-
36	1652	VERA ANDRADE	0:26:19,00	0:26:17,05	11	F	Geral Fem F (0-99)	10	10	-
37	1592	KIKA ALCÂNTARA BRAVO	0:26:19,03	0:26:17,08	11	F	Geral Fem F (0-99)	11	11	-
38	1589	JOÃO FRANCO	0:26:36,00	0:25:34,07	44	M	Geral Masc M (0-99)	27	27	-
39	1560	FILIPE TRAVANCA	0:26:41,06	0:25:42,10	44	M	Geral Masc M (0-99)	28	28	-
40	1536	LUCIMAR ORRICO	0:27:02,00	0:26:55,09	40	F	Geral Fem F (0-99)	12	12	-
41	1610	ARNALDO ANTUNES PINTEUS	0:27:17,00	0:27:15,01	62	M	Geral Masc M (0-99)	29	29	C MILLENNIUM BCP
42	1556	CAMILA DALECIO SOARES	0:28:06,06	0:28:01,08	32	F	Geral Fem F (0-99)	13	13	-
43	1647	FILIPA PAIS	0:28:10,00	0:27:57,07	20	F	Geral Fem F (0-99)	14	14	-
44	1554	ANA CRISTINA MARTINS	0:28:15,07	0:27:56,05	32	F	Geral Fem F (0-99)	15	15	-
45	1639	DANIELA PERESTRELO	0:28:31,06	0:28:27,06	37	F	Geral Fem F (0-99)	16	16	GOIABADA
46	1539	RUI BARROS	0:28:39,09	0:28:37,08	54	M	Geral Masc M (0-99)	30	30	-
47	1593	INÊS GONÇALVES	0:29:07,08	0:28:57,06	47	F	Geral Fem F (0-99)	17	17	-
48	1600	DEOLINDA MARIA PITACHO	0:29:18,08	0:29:18,00	53	F	Geral Fem F (0-99)	18	18	GD SANTANDER TOTTA
49	1542	CARINA SANTOS	0:29:20,01	0:29:19,03	52	F	Geral Fem F (0-99)	19	19	-

01 OUT.
2023
BELÉM
LISBOA



MINI-CORRIDA
5.5KM

Pos. Geral	Dorsal	Nome	Tempo	Tempo	Idad	Géner	Escalão	Pos. Género	Pos. Escalão	Equipa
50	546	JOANA SOFIA SOUSA	0:29:22,00	0:29:15,01	33	F	Geral Fem F (0-99)	20	20	C MILLENNIUM BCP
51	1596	INÊS CORREIA	0:29:26,05	0:29:06,07	33	F	Geral Fem F (0-99)	21	21	-
52	1582	MARIA PINHEIRO	0:29:30,03	0:29:06,01	13	F	Geral Fem F (0-99)	22	22	ALERTA TARTARUGAS
53	1657	ANDREIA SILVA	0:29:34,08	0:29:11,06	35	F	Geral Fem F (0-99)	23	23	-
54	1643	ROSA MARIA GAMEIRO	0:29:39,07	0:29:35,08	50	F	Geral Fem F (0-99)	24	24	C MILLENNIUM BCP
55	1650	MARIANA VILAS	0:29:43,02	0:29:28,03	29	F	Geral Fem F (0-99)	25	25	-
56	1574	MARIANA MENDES CARVALHO	0:29:43,09	0:29:33,05	30	F	Geral Fem F (0-99)	26	26	-
57	1506	DIOGO ROSA	0:29:45,10	0:29:35,00	16	M	Geral Masc M (0-99)	31	31	CLUBE MILLENNIUM BCP
58	1679	SUSANA JESUS	0:30:24,04	0:30:24,04	30	F	Geral Fem F (0-99)	27	27	-
59	1549	RAQUEL NOVO	0:30:28,03	0:30:24,02	23	F	Geral Fem F (0-99)	28	28	ATUM QUEIMADO
60	1678	CARLOS JESUS	0:30:28,08	0:30:28,08	59	M	Geral Masc M (0-99)	32	32	-
61	1645	FRANCISCO PAIS	0:30:37,07	0:30:25,02	58	M	Geral Masc M (0-99)	33	33	-
62	1646	SARA GONÇALVES	0:30:37,07	0:30:25,06	46	F	Geral Fem F (0-99)	29	29	-
63	1558	ANA STECCO	0:30:41,02	0:30:27,07	26	F	Geral Fem F (0-99)	30	30	-
64	1578	JORGE MENDES	0:30:41,04	0:30:14,01	62	M	Geral Masc M (0-99)	34	34	WEDOENG
65	1580	ANDRÉ MURICY MEDEIROS	0:30:42,04	0:30:42,04	51	M	Geral Masc M (0-99)	35	35	-
66	1552	RITA FERNANDES	0:30:55,10	0:30:51,07	22	F	Geral Fem F (0-99)	31	31	ATUM QUEIMADO
67	1618	INES DIANA NAIÁ	0:31:07,08	0:31:07,08	37	F	Geral Fem F (0-99)	32	32	C MILLENNIUM BCP
68	1576	JOAQUIM MORAIS	0:31:16,00	0:30:55,05	63	M	Geral Masc M (0-99)	36	36	-
69	1656	CLARA PINTO	0:31:17,07	0:31:15,01	67	F	Geral Fem F (0-99)	33	33	-
70	1581	FILIPA NENÉ GONÇALVES	0:31:24,08	0:31:00,04	43	F	Geral Fem F (0-99)	34	34	ALERTA TARTARUGAS
71	1529	RAFAELA GOUVEIA	0:31:27,05	0:31:02,05	24	F	Geral Fem F (0-99)	35	35	GRUPO CORRIDA JCS
72	1606	ANA FILIPA TORRES	0:31:35,08	0:31:16,03	39	F	Geral Fem F (0-99)	36	36	C MILLENNIUM BCP
73	1508	SONIA AUGUSTO	0:31:53,01	0:31:28,04	44	F	Geral Fem F (0-99)	37	37	-
74	1595	ANA BARBARA SILVA	0:32:04,05	0:31:58,04	49	F	Geral Fem F (0-99)	38	38	C MILLENNIUM BCP
75	1513	GIOVANA PAVAN	0:32:18,00	0:31:50,07	31	F	Geral Fem F (0-99)	39	39	-
76	1514	BRUNO BHERING	0:32:18,04	0:31:51,01	28	M	Geral Masc M (0-99)	37	37	-
77	1579	MARIANA CARVALHO BOATTO	0:32:26,08	0:31:46,02	35	F	Geral Fem F (0-99)	40	40	-
78	1507	RENATA DA SILVEIRA	0:32:36,03	0:32:08,03	35	F	Geral Fem F (0-99)	41	41	-
79	1599	MYLENA SAGAZ	0:32:57,08	0:32:17,00	29	M	Geral Masc M (0-99)	38	38	-
80	1534	CLÁUDIA BATISTA SANTOS	0:33:02,00	0:32:13,09	52	F	Geral Fem F (0-99)	42	42	-
81	1575	MILANA CLARA MACIEL	0:33:14,08	0:32:29,02	31	F	Geral Fem F (0-99)	43	43	-
82	1613	FILIPA NUNES NAIÁ	0:33:28,02	0:33:23,08	20	F	Geral Fem F (0-99)	44	44	C MILLENNIUM BCP
83	1634	TANIA CRISTINA PINA	0:33:29,00	0:33:12,09	42	F	Geral Fem F (0-99)	45	45	C MILLENNIUM BCP
84	1546	EDUARDO HENRIQUE VASCONCEL	0:33:35,04	0:33:28,07	44	M	Geral Masc M (0-99)	39	39	300K MEEEEUS AMIGOS
85	1570	GILVANIA MESSIAS FERREIRA	0:34:09,03	0:34:03,05	51	F	Geral Fem F (0-99)	46	46	-
86	1586	LUIS JUS	0:34:42,07	0:34:01,07	29	M	Geral Masc M (0-99)	40	40	INFINERA
87	1629	RENATA CARVALHEIRA CANAS	0:34:54,07	0:34:41,01	13	F	Geral Fem F (0-99)	47	47	C MILLENNIUM BCP
88	1604	ANA CRISTINA GOUVEIA	0:35:13,08	0:34:54,01	57	F	Geral Fem F (0-99)	48	48	C MILLENNIUM BCP

01 OUT.
2023
BELÉM
LISBOA



MINI-CORRIDA
5.5KM

Pos. Geral	Dorsal	Nome	Tempo	Tempo	Idad	Géner	Escalão	Pos. Género	Pos. Escalão	Equipa
1	1623	JOAO FRANCLIM VAZ	0:16:51,05	0:16:49,04	16	M	Geral Masc M (0-99)	1	1	C MILLENNIUM BCP
11	1637	TIAGO EMANUEL BESSA	0:21:57,02	0:21:46,02	42	M	Geral Masc M (0-99)	11	11	C MILLENNIUM BCP
18	1630	RODRIGO MIGUEL ALMEIDA	0:23:07,01	0:23:07,01	31	M	Geral Masc M (0-99)	18	18	C MILLENNIUM BCP
19	1641	LUIS MIGUEL BOIALVO	0:23:38,05	0:23:21,02	52	M	Geral Masc M (0-99)	19	19	C MILLENNIUM BCP
21	1619	INES MARIA GONCALVES	0:23:45,03	0:23:43,10	13	F	Geral Fem F (0-99)	1	1	C MILLENNIUM BCP
22	1632	SERGIO MANUEL GONCALVES	0:23:50,10	0:23:50,10	50	M	Geral Masc M (0-99)	21	21	C MILLENNIUM BCP
24	1636	TELMA QUINTINO	0:23:55,06	0:23:45,07	41	F	Geral Fem F (0-99)	2	2	C MILLENNIUM BCP
27	1640	FILIPA ALEXANDRA VILAR	0:24:39,04	0:24:33,04	38	F	Geral Fem F (0-99)	5	5	C MILLENNIUM BCP
41	1610	ARNALDO ANTUNES PINTEUS	0:27:17,00	0:27:15,01	62	M	Geral Masc M (0-99)	29	29	C MILLENNIUM BCP
50	546	JOANA SOFIA SOUSA	0:29:22,00	0:29:15,01	33	F	Geral Fem F (0-99)	20	20	C MILLENNIUM BCP
54	1643	ROSA MARIA GAMEIRO	0:29:39,07	0:29:35,08	50	F	Geral Fem F (0-99)	24	24	C MILLENNIUM BCP
67	1618	INES DIANA NAIÁ	0:31:07,08	0:31:07,08	37	F	Geral Fem F (0-99)	32	32	C MILLENNIUM BCP
72	1606	ANA FILIPA TORRES	0:31:35,08	0:31:16,03	39	F	Geral Fem F (0-99)	36	36	C MILLENNIUM BCP
74	1595	ANA BARBARA SILVA	0:32:04,05	0:31:58,04	49	F	Geral Fem F (0-99)	38	38	C MILLENNIUM BCP
82	1613	FILIPA NUNES NAIÁ	0:33:28,02	0:33:23,08	20	F	Geral Fem F (0-99)	44	44	C MILLENNIUM BCP
83	1634	TANIA CRISTINA PINA	0:33:29,00	0:33:12,09	42	F	Geral Fem F (0-99)	45	45	C MILLENNIUM BCP
87	1629	RENATA CARVALHEIRA CANAS	0:34:54,07	0:34:41,01	13	F	Geral Fem F (0-99)	47	47	C MILLENNIUM BCP
88	1604	ANA CRISTINA GOUVEIA	0:35:13,08	0:34:54,01	57	F	Geral Fem F (0-99)	48	48	C MILLENNIUM BCP
89	1621	JOANA ISABEL ARANTES	0:35:14,02	0:34:53,09	51	F	Geral Fem F (0-99)	49	49	C MILLENNIUM BCP
90	1608	ANA SOFIA RODRIGUES	0:35:22,07	0:35:10,09	32	F	Geral Fem F (0-99)	50	50	C MILLENNIUM BCP
92	533	FERNANDO FERREIRA	0:35:46,04	0:22:37,03	76	M	Geral Masc M (0-99)	42	42	C MILLENNIUM BCP
95	1616	HELENA MARIA ALMEIDA	0:36:44,01	0:36:35,02	55	F	Geral Fem F (0-99)	53	53	C MILLENNIUM BCP
98	1635	TELMA FILIPA CARVALHEIRA	0:37:57,03	0:37:43,08	43	F	Geral Fem F (0-99)	54	54	C MILLENNIUM BCP
106	1607	ANA I GONCALVES	0:46:36,04	0:46:19,01	48	F	Geral Fem F (0-99)	61	61	C MILLENNIUM BCP
108	1614	FILOMENA MARIA RODRIGU	0:50:28,05	0:50:02,00	62	F	Geral Fem F (0-99)	63	63	C MILLENNIUM BCP
109	1609	ARMENIO DIAS VIDEIRA	0:50:58,00	0:50:51,09	81	M	Geral Masc M (0-99)	46	46	C MILLENNIUM BCP
110	1620	JAIME PEDRO MARTINS	0:51:05,06	0:50:26,05	51	M	Geral Masc M (0-99)	47	47	C MILLENNIUM BCP
111	1626	PEDRO BERNARDO MARTINS	0:51:10,05	0:50:31,02	18	M	Geral Masc M (0-99)	48	48	C MILLENNIUM BCP
114	1628	RAQUEL SUSANA CODICES	0:52:17,00	0:52:17,00	29	F	Geral Fem F (0-99)	66	66	C MILLENNIUM BCP
115	1631	SARA LUISA SILVA	0:52:17,04	0:52:17,04	28	F	Geral Fem F (0-99)	67	67	C MILLENNIUM BCP
116	1612	CARLOTA BAPTISTA PATACA	0:54:17,09	0:53:50,10	19	F	Geral Fem F (0-99)	68	68	C MILLENNIUM BCP
117	1611	CARLA ALEXANDRA PATACA	0:54:18,06	0:53:52,08	48	F	Geral Fem F (0-99)	69	69	C MILLENNIUM BCP
122	1617	HUGO ALEXANDRE LUZ	0:55:22,01	0:55:14,04	59	M	Geral Masc M (0-99)	50	50	C MILLENNIUM BCP