



Meia Maratona de Setúbal 2010
21ª edição

09/05/2010

Class.	Num.	Atleta	Escalao	ClasFE	Equipe	Percurso (12km)	Final
1	1	ERNEST KEBENEI	M2039	1	QUENIA	00:34:55	01:04:57
2	2	ELISHA BIRGEN	M2039	2	QUENIA	00:34:54	01:05:37
3	10	CARLOS SILVA	M2039	3	SPORTING CP	#N/D	01:07:16
4	456	BRUNO FRAGA	M2039	4	GDR REBOLEIRA	00:35:47	01:07:23
5	440	RICARDO RIBAS	M2039	5	GDR CONFORLIMPA	00:37:20	01:09:20
6	412	ARTUR SANTIAGO	M2039	6	GDU CAXIENSES	00:37:20	01:09:22
7	95	CARLOS CARDOSO	M2039	7	GARMIN	00:37:35	01:09:28
8	761	RIAD MOHAMED	M2039	8	OLIMPICO C LAGOS	00:37:19	01:09:51
9	730	IGOR TIMBALARI	M2039	9	CR PRAIA DA SALEMA	00:37:21	01:10:10
10	461	NUNO ROMAO	M2039	10	GDR REBOLEIRA	00:37:41	01:10:22
11	462	JOAO VIEIRA	M2039	11	GDR REBOLEIRA	00:37:41	01:10:22
12	13	JOAO MARQUES	M4044	1	GDU CAXIENSES	00:37:40	01:10:37
13	320	LUIS ALLEN	M4044	2	CR LEOES P SALVO	00:37:41	01:10:39
14	460	EUGENIO NETO	M4549	1	GDR REBOLEIRA	00:37:40	01:10:49
15	88	EUSEBIO ROSA	M4044	3	SUC	00:37:59	01:11:12
16	512	FRANCISCO PEDRO	M2039	12	INDIVIDUAL	00:37:59	01:11:42
17	459	JOSE INACIO	M4549	2	GDR REBOLEIRA	00:37:42	01:11:46
18	416	CARLOS SANTOS	M2039	13	SL BENFICA	00:38:10	01:11:53
19	535	PEDRO PESSOA	M4044	4	CR PRAIA DA SALEMA	00:38:39	01:11:54
20	65	HUGO PINTO	M2039	14	RB RUNNING	00:37:26	01:12:01
21	18	DAVID FERNANDES	M2039	15	CCDT CM SETUBAL	00:38:35	01:12:02
22	304	SILVESTRE GOMES	M5054	1	UA GUARDA	00:38:36	01:12:37
23	753	GILBERTO FERNANDES	M4549	3	ACR FRADE CIMA	00:39:49	01:13:36
24	15	CUSTODIO ANTONIO	M2039	16	CCDT CM SETUBAL	00:39:50	01:13:43
25	302	JOAO FERREIRA	M2039	17	UA GUARDA	00:39:53	01:13:49
26	300	JOSE JARMELA	M4549	4	UA GUARDA	00:39:53	01:13:51
27	98	MARIO CASSACA	M2039	18	GARMIN	00:39:50	01:13:53
28	17	JOSE LOURO	M5054	2	CCDT CM SETUBAL	00:39:50	01:14:16
29	87	MANUEL GABOLEIRO	M2039	19	SUC	00:39:49	01:14:50
30	16	JOSE DA LUZ	M2039	20	CCDT CM SETUBAL	00:40:38	01:15:27
31	409	JOAO GINJA	M4044	5	GD MACEDO OCULISTA	00:40:58	01:15:34
32	458	JOSE ANTUNES	M4044	6	GDR REBOLEIRA	00:40:57	01:15:41
33	547	ANTONIO REAL	M5054	3	INDIVIDUAL	00:41:08	01:15:48
34	97	ALCIDIO COSTA	M4044	7	GARMIN	00:41:02	01:15:50
35	349	MICKAEL TESSIER	M2039	21	FRANÇA	00:40:58	01:16:02
36	348	DOMINIQUE COULON	M4549	5	FRANÇA	00:41:06	01:16:03
37	83	BRUNO BONDOSO	M2039	22	VRC CARPINTARIA	00:41:20	01:16:06
38	90	JACINTO NASCIMENTO	M4044	8	SUC	00:41:19	01:16:09
39	20	JOEL JACINTO	M2039	23	CCDT CM SETUBAL	00:40:37	01:16:25
40	78	TIAGO LUIS	M2039	24	VRC CARPINTARIA	00:41:19	01:16:30
41	81	CARLOS SAIAS	M2039	25	VRC CARPINTARIA	00:41:18	01:16:30
42	746	ALEXI SCUTARU	M2039	26	CRD ARRUDENSE	00:41:02	01:16:33
43	745	ALEXANDRE MONTEIRO	M4044	9	CRD ARRUDENSE	00:41:10	01:16:34
44	414	VIRGILIO GOMES	M4044	10	GD MACEDO OCULISTA	00:41:05	01:16:39
45	347	SEBASTIEN GUITTET	M2039	27	FRANÇA	00:41:12	01:16:40
46	89	JOSE QUARESMA	M4044	11	SUC	00:41:01	01:17:04
47	4	MARGARET GIGICHUA	F2034	1	QUENIA	00:41:08	01:17:08
48	403	ANTONIO SANTOS	M4044	12	GD MACEDO OCULISTA	#N/D	01:17:09
49	749	JOSE MOREIRA	M2039	28	CRD ARRUDENSE	00:41:08	01:17:24
50	230	JOAO CARDOSO	M4549	6	ACLIS LIBERTY SEGUROS	00:41:02	01:17:37
51	99	FILIFE DIAS	M2039	29	GARMIN	00:41:21	01:18:17

52	12	AMILCAR DUARTE	M5054	4	SPORTING CP	00:40:58	01:18:19
53	681	RUI AFONSO	M4044	13	CDR AGUIAS UNIDAS	00:42:12	01:18:20
54	66	CARLOS FREITAS	M2039	30	RB RUNNING	00:41:52	01:18:23
55	682	PEDRO LUIS	M2039	31	CDR AGUIAS UNIDAS	00:42:52	01:18:39
56	3	RODAH CHEROP	F2034	2	QUENIA	00:41:08	01:18:47
57	213	FERNANDO SANTOS	M4044	14	CEFA MARINHA	00:42:12	01:18:47
58	760	PAULO DURAES	M2039	32	CRD ARRUDENSE	00:41:19	01:18:58
59	38	RUI INFANTE	M2039	33	AA LEBRES SADO	00:42:12	01:19:03
60	271	JOAO VEIGA	M5054	5	CCR ALTO MOINHO	00:42:36	01:19:03
61	457	PEDRO GIL	M2039	34	GDR REBOLEIRA	00:42:14	01:19:19
62	82	DUARTE BANDEIRAS	M2039	35	VRC CARPINTARIA	00:43:51	01:19:40
63	48	JOAO GOMES	M5054	6	ADL APELAÇONESES	00:41:39	01:19:58
64	747	AMBROSIO PEREIRA	M2039	36	CRD ARRUDENSE	00:42:57	01:20:02
65	212	CARLOS JORGE	M4044	15	CEFA MARINHA	00:43:06	01:20:05
66	270	EDMUNDO ALVES	M4549	7	CCR ALTO MOINHO	00:43:50	01:20:08
67	738	HELENA SAMPAIO	F2034	3	GRECAS	00:42:12	01:20:14
68	544	ANTONIO CARRILHO	M4549	8	INDIVIDUAL	00:42:14	01:20:17
69	683	JOAQUIM CAPUCHO	M4549	9	CDR AGUIAS UNIDAS	00:43:06	01:20:37
70	215	LUIS VALVERDE	M4044	16	CEFA MARINHA	00:43:31	01:20:45
71	406	CARLOS MENDES	M4044	17	GD MACEDO OCULISTA	00:43:20	01:21:09
72	487	FERNANDO RIBEIRO	M4044	18	AA LEBRES SADO	00:43:39	01:21:13
73	240	HENRIQUE DIAS	M5559	1	AM Bº CASAL FIGUEIRAS	00:43:19	01:21:15
74	272	ANTONIO PEREIRA	M5559	2	CCR ALTO MOINHO	00:43:19	01:21:22
75	249	MARCO MENDES	M2039	37	C PRAÇAS ARMADA	00:43:19	01:21:23
76	365	LUIS ROMAO	M4044	19	GD FERROV BARREIRO	00:44:04	01:21:25
77	335	TINA RAMOS	F3599	1	VALENCIA TIERRA I MAR	00:43:45	01:21:33
78	80	PAULO CANTANTE	M2039	38	VRC CARPINTARIA	00:43:54	01:21:37
79	79	VIRGILIO GONÇALVES	M2039	39	VRC CARPINTARIA	00:43:49	01:21:37
80	86	ANTONIO SARAIVA	M5559	3	VRC CARPINTARIA	00:43:45	01:21:37
81	754	JULIO MOITA	M5054	7	ACR FRADE CIMA	00:44:19	01:21:52
82	368	CARLOS JESUS	M2039	40	GD FERROV BARREIRO	00:43:40	01:22:28
83	361	RICARDO FRANCO	M2039	41	WIKABOO	00:45:38	01:22:51
84	755	JOAO P CHAINHO	M4549	10	GDC ESTRELA NEGRA	00:44:29	01:22:52
85	603	MARK MONTEIRO	M2039	42	INDIVIDUAL	00:44:28	01:23:11
86	239	JOAO PORTELA	M6064	1	AM Bº CASAL FIGUEIRAS	#N/D	01:23:12
87	144	JOAQUIM FREITAS	M2039	43	BV MONTEMOR NOVO	00:44:32	01:23:36
88	686	HERNANI FRANCISCO	M4044	20	CDR AGUIAS UNIDAS	00:43:57	01:23:41
89	301	ANTONIO MOREIRA	M2039	44	UA GUARDA	00:45:09	01:23:47
90	709	LUIS PEREIRA	M5054	8	GD O INDEPENDENTE	00:45:25	01:24:08
91	656	ANTONIO SANTOS	M5054	9	FLORES.PT	00:45:25	01:24:12
92	757	RUI JORGE	M4044	21	VRC CARPINTARIA	00:45:07	01:24:16
93	146	ORLANDO CORREIA	M2039	45	ODIMARQ	00:45:26	01:24:45
94	748	JOAO DIAS	M2039	46	CRD ARRUDENSE	00:44:32	01:24:50
95	729	BEATRIZ CUNHA	F2034	4	CA PATAMEIRAS	00:45:27	01:24:54
96	762	ARTUR LOPES	M2039	47	INDIVIDUAL	00:45:27	01:24:55
97	637	JOAO P M F CAPA	M2039	48	INDIVIDUAL	00:46:39	01:25:01
98	231	JAIME LAMEGO	M5054	10	ACLIS LIBERTY SEGUROS	00:44:08	01:25:13
99	298	PAULO MOREIRA	M4044	22	C BENFICA ALGUEIRAO	00:45:39	01:25:24
100	67	ALEXANDRE MONTEIRO	M2039	49	RB RUNNING	00:46:05	01:25:26
101	691	PEDRO ESTEVENS	M5054	11	C FERROV PORTUGAL	00:46:27	01:25:27
102	22	JORGE AMARAL	M4044	23	CCDT CM SETUBAL	00:45:41	01:25:30
103	428	VITOR CANDEIAS	M2039	50	BOLOTAOBRA	00:46:22	01:25:39
104	510	PEDRO S GONÇALVES	M2039	51	INDIVIDUAL	00:46:03	01:25:46
105	477	PAULO PEREIRA	M4044	24	AÇOREANA C BANIF	00:46:18	01:25:51
106	140	CARLOS PIOREK	M2039	52	BV MONTEMOR NOVO	00:46:35	01:25:53
107	722	LUIS GUERREIRO	M2039	53	INDIVIDUAL	00:45:51	01:26:09
108	176	FERNANDO CHAMUSCA	M6064	2	GDCT IN CASA MOEDA	00:45:56	01:26:11
109	665	RUI FALCAO	M4549	11	FALÇOES SELVAGENS	00:46:39	01:26:20

110	21	FRANCISCO PIRES	M4044	25	CCDT CM SETUBAL	00:46:30	01:26:30
111	471	JORGE CANTEIRO	M4044	26	AÇOREANA C BANIF	00:45:51	01:26:45
112	411	JOSE INOCENCIO	M5559	4	GD MACEDO OCULISTA	00:46:40	01:26:55
113	413	SILVINO ANTUNES	M6064	3	GD MACEDO OCULISTA	00:46:40	01:26:57
114	427	PAULO LOPES	M4044	27	BOLOTAOBRA	00:46:44	01:26:59
115	690	AIRES S PEDRO	M5559	5	C FERROV PORTUGAL	00:48:14	01:27:05
116	353	FILIPE NEVES	M2039	54	WIKABOO	00:48:15	01:27:11
117	352	ANTONIO LEMOS	M5054	12	WIKABOO	00:48:14	01:27:18
118	251	ADOLFO LOUREIRO	M5559	6	C PRAÇAS ARMADA	00:46:44	01:27:27
119	219	JOAO ARENGA	M5559	7	CADT PORTUCEL	00:46:29	01:27:39
120	158	MARIO GUERREIRO	M4549	12	CR CRUZ PAU	00:46:30	01:27:42
121	6	DOMINGOS LOPES	M5054	13	BEAUVAIS	00:46:56	01:27:56
122	25	ANABELA TAVARES	F2034	5	CCDT CM SETUBAL	00:48:08	01:27:56
123	23	EURICO BRAZ	M5054	14	CCDT CM SETUBAL	00:48:08	01:27:59
124	193	JOÃO ABRANTES	M5054	15	AMIGOS PARQUE PAZ	00:47:59	01:28:04
125	540	JORVAL F CONCEIÇÃO	M5054	16	INDIVIDUAL	00:47:26	01:28:21
126	739	IRBERT VEGA	M2039	55	INDIVIDUAL	00:46:08	01:28:23
127	731	NUNO FORTE	M2039	56	FIRST TEAM	00:47:51	01:28:26
128	242	JOAO DIAS	M4549	13	AM B° CASAL FIGUEIRAS	00:46:29	01:28:34
129	689	VASCO CAFE	M2039	57	AA GRANDOLA	00:47:07	01:28:43
130	233	JOAO CALDAS	M4044	28	CLUBE AUTOCOOPE	00:47:26	01:28:45
131	286	PAULO CARVALHO	M2039	58	ACA	00:49:17	01:28:50
132	454	PAULO PAULINO	M4549	14	CLUBE STRESS	00:48:39	01:28:54
133	77	JOSE SANTIAGO	M4044	29	BELTRAO LIS	00:48:01	01:28:56
134	267	LUIS MONTEIRO	M2039	59	CD GRUPO BES	00:48:40	01:29:00
135	203	JOSE CARLOS	M5559	8	C MILLENNIUM BCP	00:48:17	01:29:06
136	539	JORGE M P GONÇALVES	M4044	30	INDIVIDUAL	00:48:21	01:29:10
137	49	JULIO FIRME	M2039	60	AA LEBRES SADO	00:48:56	01:29:12
138	299	MANUEL COELHO	M5054	17	UA GUARDA	00:47:48	01:29:15
139	263	PAULO GOMES	M2039	61	AA MAFRA	00:48:17	01:29:20
140	714	JOSE AFONSO	M4549	15	INDIVIDUAL	00:48:35	01:29:25
141	145	CARLOS MADEIRA	M4044	31	BV MONTEMOR NOVO	00:47:50	01:29:32
142	342	ALEXANDRE TEIXEIRA	M4549	16	AMIGOS ESTRELA	00:48:07	01:29:35
143	518	JOSE A S BILREIRO	M5054	18	INDIVIDUAL	00:48:38	01:29:39
144	243	FRANCISCO MOLETA	M5559	9	AM B° CASAL FIGUEIRAS	00:48:36	01:29:44
145	404	CARLA PINTO	F3599	2	GD MACEDO OCULISTA	00:48:11	01:29:44
146	30	MANUEL JANEIRO	M4549	17	ASS AUT SEIXAL	00:47:52	01:29:45
147	712	FRANCISCO FERA	M6599	1	GD O INDEPENDENTE	00:48:19	01:29:46
148	175	ANIBAL GASPAR	M4044	32	CCD O ALVITEJO	00:48:19	01:29:50
149	711	JOAO ELIAS	M6064	4	GD O INDEPENDENTE	00:47:52	01:29:51
150	24	FRANCISCO FERNANDES	M6599	2	CCDT CM SETUBAL	00:48:15	01:29:55
151	148	ANASTACIO VALADAS	M5559	10	GD SANTANDER TOTTA	00:49:12	01:29:58
152	244	MARIO PITEIRA	M2039	62	AM B° CASAL FIGUEIRAS	00:50:33	01:30:13
153	51	GUMERSINDO RODRIGUES	M6064	5	AA LEBRES SADO	00:48:26	01:30:22
154	221	OLIMPIO SANTOS	M4044	33	CADT PORTUCEL	00:50:32	01:30:22
155	185	PEDRO GABRIEL	M2039	63	AMIGOS PARQUE PAZ	00:48:48	01:30:23
156	432	HUGO MONTEIRO	M2039	64	ADCR POLICIA JUDICIARIA	00:50:59	01:30:23
157	228	FRANCISCO M GAIO	M4549	18	A 20 KM ALMEIRIM	00:49:38	01:30:24
158	397	LUIS SOBRAL	M4549	19	GD AGUIAS MOITA	00:50:12	01:30:46
159	597	LUIS D SANTOS	M4044	34	INDIVIDUAL	00:49:43	01:30:52
160	128	MARCOLINO VERISSIMO	M2039	65	SS CGD	#N/D	01:30:55
161	269	NORBERTO AGOSTINHO	M4549	20	CCR ALTO MOINHO	00:48:10	01:30:58
162	9	LUZIA DIAS	F3599	3	SPORTING CP	00:48:39	01:31:05
163	763	ERNESTO FERREIRA	M2039	66	RB RUNNING	00:48:40	01:31:05
164	181	ARSENIO FERREIRA	M6064	6	GELPINHOS	00:48:42	01:31:11
165	434	FERNANDO CANDEIAS	M2039	67	ADCR POLICIA JUDICIARIA	00:49:18	01:31:23
166	664	ANTONIO MARTINS	M2039	68	FALÇOES SELVAGENS	00:48:51	01:31:23
167	276	LUIS PEREIRA	M4044	35	GDR S FRANCISCO SERRA	00:50:10	01:31:27

168	679	RODRIGO SILVA	M4044	36	CDR AGUIAS UNIDAS	00:49:32	01:31:29
169	84	JOAQUIM FIGUEIREDO	M5054	19	VRC CARPINTARIA	00:48:27	01:31:32
170	701	ANTONIO COSTA	M4044	37	CPOC	00:50:12	01:31:39
171	76	JOSE GALVAO	M4549	21	SFUAP	00:51:14	01:31:41
172	497	CARLOS CARDOSO	M5559	11	GD BANCO BPI	00:51:13	01:31:43
173	577	SERGIO INACIO	M2039	69	INDIVIDUAL	00:49:43	01:31:45
174	636	RUI M CABRAL	M2039	70	INDIVIDUAL	00:49:42	01:31:46
175	123	DAVID FAUSTINO	M4044	38	SS CGD	00:49:25	01:31:52
176	143	JOAO RODRIGUES	M2039	71	BV MONTEMOR NOVO	00:48:29	01:31:55
177	169	LUIS FERREIRA	M4044	39	CLUBE VODAFONE	00:50:20	01:31:57
178	236	JULIO RAMOS	M4044	40	MULTIFLOW	00:50:22	01:31:57
179	94	PAULA FERNANDES	F3599	4	GARMIN	00:49:38	01:31:58
180	237	PAULO SANTOS	M4044	41	MULTIFLOW	00:49:43	01:31:58
181	560	PEDRO PETRONEO	M2039	72	INDIVIDUAL	00:48:10	01:32:03
182	134	JOAQUIM FRADE	M5054	20	SS CGD	00:50:44	01:32:05
183	170	OLIVIER DELMOTTE	M2039	73	CLUBE VODAFONE	00:50:20	01:32:11
184	431	SERGIO SANTOS	M4549	22	CCDT AUT ALMADA	00:49:31	01:32:19
185	72	PEDRO CUNHA	M4549	23	SFUAP	00:49:32	01:32:20
186	328	RICARDO CASTRO	M2039	74	SESIMBRA MAR	00:49:57	01:32:21
187	551	FERNANDO BEIJINHA	M6064	7	INDIVIDUAL	00:49:17	01:32:25
188	370	PAULO TEIXEIRA	M4549	24	GD CHELAS	00:48:13	01:32:27
189	156	HAMILTON DIAS	M2039	75	GD SANTANDER TOTTA	00:50:41	01:32:31
190	131	ORLINDO FIGUEIREDO	M6064	8	SS CGD	00:48:54	01:32:34
191	555	JOAQUIM PATO	M2039	76	INDIVIDUAL	00:51:15	01:32:34
192	750	VERONICA SCUTARU	F2034	6	CRD ARRUDENSE	00:49:29	01:32:34
193	424	LUIS PEREIRA	M5559	12	BOLOTAOBRA	00:50:16	01:32:44
194	142	FRANCISCO OLIVEIRA	M2039	77	BV MONTEMOR NOVO	00:49:24	01:32:47
195	464	ANDRE QUARENTA	M2039	78	AÇOREANA C BANIF	00:49:29	01:32:51
196	241	NUNO ABILIO	M2039	79	AM B° CASAL FIGUEIRAS	00:48:17	01:32:55
197	478	PAULO TORRAO	M2039	80	AÇOREANA C BANIF	00:50:18	01:32:56
198	245	CHANTAL XHERVELLE	F3599	5	AM B° CASAL FIGUEIRAS	00:49:03	01:32:57
199	91	CARLOS A NATHIS	M4044	42	JD FONTAINHAS	00:50:18	01:32:59
200	619	JORGE PE CURTO	M2039	81	INDIVIDUAL	00:50:17	01:33:00
201	426	ANTONIO COSTA	M5054	21	BOLOTAOBRA	00:50:39	01:33:06
202	120	MARIA LIMA	F3599	6	O FORNO CIDADE	#N/D	01:33:09
203	164	CARLOS PALAS	M5054	22	CR CRUZ PAU	00:51:42	01:33:10
204	159	JOAO LOURENÇO	M4549	25	CR CRUZ PAU	00:50:17	01:33:22
205	227	NUNO M CORREIA	M4044	43	GD INE	00:48:47	01:33:30
206	425	AUGUSTO BRITO	M5054	23	BOLOTAOBRA	00:50:16	01:33:32
207	96	LUCIANO DANTAS	M4044	44	GARMIN	00:49:28	01:33:36
208	92	PAULA LEMOS	F3599	7	GARMIN	00:49:29	01:33:39
209	475	NUNO E SANTO	M4044	45	AÇOREANA C BANIF	00:50:03	01:33:45
210	268	JORGE P SANTOS	M4549	26	CCR ALTO MOINHO	00:51:33	01:33:46
211	483	VIRGILIO MADEIRA	M5054	24	AÇOREANA C BANIF	00:50:04	01:33:46
212	693	GUILHERME GONÇALVES	M4549	27	C FERROV PORTUGAL	00:49:48	01:33:48
213	326	JOSE SILVA	M5054	25	SESIMBRA MAR	00:51:05	01:33:53
214	327	FILIFE FILIFE	M4044	46	SESIMBRA MAR	00:51:05	01:33:53
215	238	GASPAR LANEIRO	M5054	26	MULTIFLOW	00:51:08	01:33:56
216	696	CARLOS SANTOS	M5559	13	C FERROV PORTUGAL	00:50:43	01:33:57
217	764	JOAO SOUSA	M5054	27	AM B° CASAL FIGUEIRAS	00:49:43	01:34:11
218	141	JOSE VARELA	M2039	82	BV MONTEMOR NOVO	00:49:23	01:34:13
219	11	ARMANDO ALDEGALEGA	M6599	3	SPORTING CP	00:49:42	01:34:14
220	69	FERNANDO BATISTA	M5559	14	SFUAP	00:51:34	01:34:22
221	575	CARLOS JACINTO	M4044	47	INDIVIDUAL	00:50:19	01:34:39
222	364	ALBERTO COVAS	M5054	28	GD FERROV BARREIRO	00:50:15	01:34:44
223	312	HILARIO TORRES	M5054	29	R 4 F	00:52:35	01:34:48
224	154	LUIS RAFAEL	M2039	83	GD SANTANDER TOTTA	00:52:10	01:34:50
225	407	CRISTINA GUERREIRO	F3599	8	GD MACEDO OCULISTA	00:50:15	01:34:50

226	351	MILTON MELO	M2039	84	WIKABOO	00:52:03	01:34:51
227	480	RUI SILVA	M2039	85	AÇOREANA C BANIF	00:49:42	01:34:55
228	258	JOAO PALMA	M4549	28	AAE BNU	00:50:44	01:35:22
229	613	NUNO A M PITA	M2039	86	INDIVIDUAL	00:51:19	01:35:23
230	752	CARLOS PEREIRA	M2039	87	CRD ARRUDENSE	00:50:36	01:35:28
231	34	JOSE FAIAS	M4549	29	ASS AUT SEIXAL	00:52:24	01:35:29
232	608	NUNO C CARMO	M2039	88	INDIVIDUAL	00:52:01	01:35:32
233	402	ALEXANDRA ALVES	F2034	7	GD MACEDO OCULISTA	00:51:08	01:35:36
234	259	ROGERIO CASSACA	M2039	89	AA GRANDOLA	00:51:10	01:35:43
235	515	AMERICO J C L CARVALHO	M2039	90	INDIVIDUAL	00:52:35	01:35:43
236	526	ANIBAL CABOZ	M6064	9	INDIVIDUAL	00:51:11	01:35:43
237	310	RENATO VELEZ	M2039	91	R 4 F	00:53:07	01:35:47
238	232	ANTONIO CASTANHEIRA	M5054	30	ACLIS LIBERTY SEGUROS	00:50:06	01:35:51
239	74	PEDRO ALVAREZ	M4549	30	SFUAP	00:51:27	01:35:52
240	32	CARLOS JANEIRO	M4044	48	ASS AUT SEIXAL	00:52:24	01:35:59
241	516	VITOR LEBRE	M2039	92	INDIVIDUAL	00:51:53	01:36:00
242	633	JULIO VIEGAS	M2039	93	INDIVIDUAL	00:52:38	01:36:09
243	735	ANTONIO NEREU	M4549	31	ACADEMIA KORPO	00:52:07	01:36:10
244	622	PAULO J PEREIRA	M2039	94	INDIVIDUAL	00:52:05	01:36:12
245	704	PAULO MARTINS	M4044	49	RUNNING OF D MARIA	00:51:51	01:36:14
246	395	EDGAR FRANCISCO	M4044	50	URD ARRANHO	00:52:05	01:36:23
247	250	MARIO LOURENÇO	M4044	51	C PRAÇAS ARMADA	00:53:02	01:36:30
248	277	VITOR PEREIRA	M2039	95	GDR S FRANCISCO SERRA	00:43:44	01:36:31
249	278	ANTONIO SIMOES	M4549	32	GDR S FRANCISCO SERRA	00:52:07	01:36:32
250	85	LUIS FRANCO	M5559	15	VRC CARPINTARIA	00:52:40	01:36:34
251	756	ANTONIO ANTUNES	M4549	33	VRC CARPINTARIA	00:52:39	01:36:34
252	161	AUGUSTO PINTO	M2039	96	CR CRUZ PAU	00:50:00	01:36:36
253	596	JOSE PEDRAS	M5054	31	INDIVIDUAL	00:52:20	01:36:37
254	44	MANUEL PARDAL	M5559	16	AA LEBRES SADO	00:52:52	01:36:39
255	702	GONÇALO SANTOS	M2039	97	GDC PORTO SINES	00:52:56	01:36:44
256	503	NUNO M S F ALVES	M2039	98	INDIVIDUAL	00:52:57	01:36:45
257	155	CARLOS TEIXEIRA	M2039	99	GD SANTANDER TOTTA	00:52:10	01:36:47
258	423	JOSE COSTA	M4044	52	BOLOTAOBRA	00:51:35	01:36:48
259	182	ALBERTO BELO	M4044	53	GELPINHOS	00:51:35	01:36:50
260	39	JOAO SANTOS	M4549	34	AA LEBRES SADO	00:52:21	01:36:52
261	188	ANTONIO NASCIMENTO	M5054	32	AMIGOS PARQUE PAZ	00:53:43	01:36:53
262	728	JOSE AFONSO	M4549	35	GD O INDEPENDENTE	00:51:55	01:36:53
263	742	VITOR PINHO	M4549	36	INDIVIDUAL	00:53:02	01:36:53
264	688	RUI FREITAS	M5559	17	AA GRANDOLA	00:52:56	01:36:58
265	435	DAVID FREITAS	M4044	54	ADCR POLICIA JUDICIARIA	00:52:10	01:36:59
266	70	RUI SILVA	M5559	18	SFUAP	00:53:02	01:37:05
267	346	CARLOS PINELA	M4044	55	CP PINHEIRO CRUZ	00:52:56	01:37:06
268	410	JOAQUIM MACEDO	M5559	19	GD MACEDO OCULISTA	00:53:18	01:37:20
269	153	FERNANDO CARDOSO	M6064	10	GD SANTANDER TOTTA	00:51:44	01:37:26
270	519	JOSE FAUSTINO	M5559	20	INDIVIDUAL	00:52:05	01:37:27
271	226	JOSE GOMES	M5054	33	GD INE	00:52:47	01:37:29
272	565	EDUARDO CHAGAS	M2039	100	INDIVIDUAL	00:52:27	01:37:29
273	450	JOAO NASCIMENTO	M4044	56	CLUBE STRESS	00:54:32	01:37:30
274	266	MONICA POPA	F2034	8	CF OS BELENENSES	00:52:38	01:37:31
275	116	HELIO SANTOS	M2039	101	OS PORTELAS	00:52:20	01:37:38
276	168	HELDER F BRANCO	M2039	102	CLUBE VODAFONE	00:53:40	01:37:45
277	50	MANUEL BAPTISTA	M6064	11	AA LEBRES SADO	00:53:02	01:37:48
278	651	JOSE CARDOSO	M4549	37	CA FLAMINGOS TORRE	00:53:59	01:37:48
279	604	JOSE M COSTA	M4549	38	INDIVIDUAL	00:53:17	01:37:55
280	40	JOSE INFANTE	M4044	57	AA LEBRES SADO	00:52:19	01:37:56
281	323	MARCELO PINTO	M2039	103	SESIMBRA MAR	00:53:47	01:38:02
282	734	ALEXANDRE SILVA	M2039	104	ACADEMIA KORPO	00:53:00	01:38:07
283	218	SILVINO MARREIROS	M4044	58	CADT PORTUCEL	00:51:46	01:38:11

284	429	JOSE CABRAL	M5054	34	CCDT AUT ALMADA	00:53:03	01:38:15
285	598	JOSE F OLIVEIRA	M2039	105	INDIVIDUAL	00:53:21	01:38:15
286	366	TIAGO COELHO	M2039	106	GD FERROV BARREIRO	00:55:00	01:38:18
287	541	BRAULIO J A CABRITA	M4044	59	INDIVIDUAL	00:53:56	01:38:32
288	184	NUNO GOMES	M4044	60	AMIGOS PARQUE PAZ	00:53:45	01:38:44
289	466	ARLINDO DUARTE	M4549	39	AÇOREANA C BANIF	00:54:20	01:38:45
290	531	APARICIO COSTA	M5559	21	INDIVIDUAL	00:52:10	01:38:45
291	602	JOSE F MIRANDA	M4549	40	INDIVIDUAL	00:52:05	01:38:45
292	190	CARLOS PALMA	M5559	22	AMIGOS PARQUE PAZ	00:53:48	01:38:50
293	192	MIGUEL MARQUES	M4549	41	AMIGOS PARQUE PAZ	00:53:32	01:38:50
294	507	LEONEL J T SANTOS	M5559	23	INDIVIDUAL	00:53:20	01:39:07
295	453	MARIO VICENTE	M6064	12	CLUBE STRESS	00:54:32	01:39:09
296	537	DOMINGOS M F AGUIAR	M4044	61	INDIVIDUAL	00:53:07	01:39:13
297	57	FERNANDO CARVALHO	M6064	13	AA LEBRES SADO	00:53:08	01:39:14
298	172	RUI P ALMEIDA	M2039	107	CLUBE VODAFONE	00:51:04	01:39:15
299	549	CARLOS A RODRIGUES	M2039	108	INDIVIDUAL	00:52:21	01:39:34
300	33	JOSE ASSIS	M4549	42	ASS AUT SEIXAL	00:55:54	01:39:46
301	649	HUGO PINA	M2039	109	INDIVIDUAL	00:55:03	01:39:49
302	324	CARLOS PINTO	M4549	43	SESIMBRA MAR	00:54:04	01:39:52
303	511	JOSE M NASCIMENTO	M4549	44	INDIVIDUAL	00:54:59	01:39:56
304	248	LUIS CONCEIÇÃO	M2039	110	C PRAÇAS ARMADA	00:56:15	01:40:00
305	307	ANTONIO P MATA	M4549	45	R 4 F	00:54:27	01:40:05
306	287	ANTONIO SOARES	M4044	62	CD ASAS MILENIUM	00:54:56	01:40:10
307	646	NUNO F GOMES	M2039	111	INDIVIDUAL	00:54:55	01:40:16
308	47	JOAO BRANCO	M4044	63	AA LEBRES SADO	00:53:50	01:40:18
309	115	NUNO CABEÇA	M4044	64	CCD SEG SOCIAL	00:54:54	01:40:20
310	28	ISABEL MALDONADO	F3599	9	CCDT CM SETUBAL	00:53:04	01:40:22
311	733	HELDER VARANDA	M2039	112	ACADEMIA KORPO	00:53:04	01:40:22
312	160	MANUEL NASCIMENTO	M5054	35	CR CRUZ PAU	00:53:35	01:40:25
313	405	CARLOS FORTUNATO	M4549	46	GD MACEDO OCULISTA	00:53:48	01:40:28
314	358	MARIA AZEVEDO	F2034	9	WIKABOO	00:55:23	01:40:30
315	357	NUNO BARRADAS	M4549	47	WIKABOO	00:55:24	01:40:31
316	698	MARIO VIEIRA	M5559	24	C FERROV PORTUGAL	#N/D	01:40:36
317	46	JOSE FREITAS	M4549	48	AA LEBRES SADO	00:52:40	01:40:38
318	548	MANUEL POEJO	M5054	36	INDIVIDUAL	00:54:26	01:40:38
319	132	ANTONIO CARPINTEIRO	M6599	4	SS CGD	00:54:57	01:40:42
320	289	AUGUSTO SEMEDO	M5054	37	CD ASAS MILENIUM	00:52:18	01:40:42
321	207	JOAO GONÇALVES	M2039	113	MERIDIANOS	00:55:47	01:40:44
322	61	JORGE M COSTA	M5559	25	AA LEBRES SADO	00:54:54	01:40:47
323	439	HENRIQUE MARTINS	M4549	49	PROMOFITNESS	00:55:41	01:40:50
324	127	PAULO PIRES	M4044	65	SS CGD	00:56:21	01:41:00
325	246	EDNA TELES	F2034	10	AM B° CASAL FIGUEIRAS	00:54:55	01:41:02
326	595	JOAO GARCIA	M2039	114	INDIVIDUAL	00:54:56	01:41:03
327	41	VICTOR SILVA	M4044	66	AA LEBRES SADO	00:55:07	01:41:09
328	623	RUI MARQUES	M2039	115	RB RUNNING	00:55:47	01:41:09
329	208	RUI P SANTOS	M2039	116	MERIDIANOS	00:55:47	01:41:10
330	113	DAVID SANTOS	M4549	50	UDCA	00:55:38	01:41:12
331	189	JOSE MATOS	M4549	51	AMIGOS PARQUE PAZ	00:56:27	01:41:13
332	252	ANTONIO BORLA	M6064	14	UCRD PRAIENSE	00:54:56	01:41:15
333	55	PAULO J CONCEIÇÃO	M4044	67	AA LEBRES SADO	00:55:41	01:41:18
334	367	PAULO LOURO	M4044	68	GD FERROV BARREIRO	00:55:15	01:41:20
335	290	JOSE MIRA	M5559	26	CD ASAS MILENIUM	00:56:51	01:41:24
336	479	PEDRO BURGETTE	M2039	117	AÇOREANA C BANIF	00:55:13	01:41:25
337	262	CARLOS RODRIGUES	M5054	38	AA MAFRA	00:55:42	01:41:26
338	514	JOSE BELCHIOR	M5559	27	INDIVIDUAL	00:54:54	01:41:29
339	638	CARLOS M V D SILVA	M2039	118	INDIVIDUAL	00:55:08	01:41:29
340	124	ISABEL MOLEIRO	F3599	10	SS CGD	00:54:23	01:41:30
341	343	CARLOS GEMA	M5559	28	TARTUGAS LOULE	00:53:26	01:41:34

342	583	JORGE GODINHO	M5054	39	INDIVIDUAL	00:55:27	01:41:41
343	53	PAULO MOTA	M4044	69	AA LEBRES SADO	00:55:41	01:42:07
344	710	CONSTANCIO MARTINS	M5054	40	GD O INDEPENDENTE	00:54:19	01:42:17
345	117	RUI SANTOS	M5559	29	OS PORTELAS	00:55:20	01:42:18
346	542	JOSE M C MOREIRA	M5559	30	INDIVIDUAL	00:55:15	01:42:21
347	229	MANUEL FONSECA	M4549	52	O MUNDO CORRIDA	00:53:18	01:42:22
348	222	GASPAR GONÇALVES	M6064	15	CADT PORTUCEL	00:54:50	01:42:30
349	495	FERNANDO MORAIS	M4549	53	GD BANCO BPI	00:54:56	01:42:33
350	671	JOAQUIM CARPELHO	M6064	16	CCD EPUL	#N/D	01:42:34
351	111	MANUEL CRISPIM	M5559	31	UDCA	00:55:39	01:42:36
352	147	JOAO ROCHA	M5559	32	GD SANTANDER TOTTA	00:55:39	01:42:47
353	177	PAULO ALVES	M2039	119	GDCT IN CASA MOEDA	00:53:50	01:42:47
354	297	GILBERTO GONÇALVES	M6064	17	CR ALVORADA	00:55:35	01:42:48
355	180	NUNO SOUSA	M2039	120	GDCT IN CASA MOEDA	00:53:50	01:42:49
356	42	POSSIDONIO CONSTANTINO	M5559	33	AA LEBRES SADO	00:56:08	01:42:51
357	744	JOSE GABRIEL	M5054	41	INDIVIDUAL	00:56:38	01:42:56
358	546	IVAN J L ROSALINO	M2039	121	INDIVIDUAL	00:58:07	01:42:58
359	635	GERMANO M MATOS	M6064	18	INDIVIDUAL	00:56:33	01:42:59
360	513	JORGE P MORGADO	M4549	54	INDIVIDUAL	00:56:40	01:43:00
361	640	LUIS BOLETO	M2039	122	INDIVIDUAL	00:56:57	01:43:00
362	639	ANTONIO G SOARES	M4549	55	INDIVIDUAL	00:56:57	01:43:01
363	668	ANTONIO SILVA	M2039	123	BAMOXIMBORA	00:56:31	01:43:02
364	27	CARMEN PIRES	F2034	11	CCDT CM SETUBAL	00:53:53	01:43:04
365	194	LUIS ROQUE	M4044	70	AMIGOS PARQUE PAZ	00:53:48	01:43:04
366	469	FRANCISCO PEREIRA	M4044	71	AÇOREANA C BANIF	00:56:30	01:43:05
367	265	ISABEL SANTOS	F3599	11	FF PAZ MUNDIAL	00:55:10	01:43:07
368	264	ARMINDO SANTOS	M4549	56	FF PAZ MUNDIAL	00:55:10	01:43:08
369	618	JOSE C MELO	M4549	57	INDIVIDUAL	00:56:03	01:43:10
370	687	JOSE SIMOES	M6064	19	CDR AGUIAS UNIDAS	00:54:55	01:43:17
371	559	VIRGILIO GONÇALVES	M5054	42	INDIVIDUAL	00:55:10	01:43:21
372	279	FERNANDO MESTRE	M2039	124	GDR S FRANCISCO SERRA	00:50:10	01:43:27
373	220	MANUEL CARDIN	M5559	34	CADT PORTUCEL	00:55:12	01:43:32
374	436	VIRGILIO OLIVEIRA	M4549	58	ADCR POLICIA JUDICIARIA	00:55:55	01:43:32
375	93	ISABEL RODRIGUES	F3599	12	GARMIN	00:55:54	01:43:34
376	309	JOAO GOMES	M4044	72	R 4 F	00:56:38	01:43:34
377	363	MANUEL FERREIRA	M5559	35	GD FERROV BARREIRO	00:57:44	01:43:35
378	163	RUI PAREDES	M2039	125	CR CRUZ PAU	00:55:35	01:43:38
379	611	MIGUEL GOMES	M2039	126	INDIVIDUAL	00:59:04	01:43:39
380	517	CARLOS RANGEL	M5559	36	INDIVIDUAL	00:56:45	01:43:41
381	401	SERGIO NUNES	M2039	127	GD AGUIAS MOITA	00:56:48	01:43:43
382	743	JOSE CAMOES	M2039	128	INDIVIDUAL	00:55:40	01:43:45
383	571	CARLOS G FERREIRA	M2039	129	INDIVIDUAL	00:57:26	01:43:48
384	572	FRANCISCO ALMEIDA	M2039	130	INDIVIDUAL	00:57:26	01:43:48
385	574	JOAQUIM DAMAS	M5559	37	INDIVIDUAL	00:55:53	01:43:51
386	441	JOSE VALERIO	M6064	20	ADC CATUJAL	00:55:07	01:43:54
387	133	JOAQUIM CARRILHO	M4044	73	SS CGD	00:57:20	01:43:57
388	676	LUIS DIAS	M2039	131	OS KAMARROS	00:54:42	01:43:58
389	694	MARIO SILVA	M5559	38	C FERROV PORTUGAL	00:55:25	01:43:58
390	107	LUIS D BRANDAO	M4549	59	IRMAOS METRALHA	00:56:44	01:44:01
391	643	PEDRO PIRES	M4549	60	INDIVIDUAL	00:57:18	01:44:02
392	118	FLORIVAL ANDRADE	M6064	21	O FORNO CIDADE	00:56:35	01:44:16
393	394	FILIFE BRANCO	M4044	74	URD ARRANHO	00:53:53	01:44:20
394	562	PEDRO JORDAO	M2039	132	INDIVIDUAL	00:57:47	01:44:26
395	715	PEDRO PRATES	M2039	133	INDIVIDUAL	00:56:45	01:44:27
396	58	MANUEL PRATES	M6064	22	AA LEBRES SADO	00:56:22	01:44:29
397	205	ANTONIO CORREIA	M5054	43	C MILLENNIUM BCP	00:55:10	01:44:36
398	381	VIRGILIO FERRAZ	M6064	23	FALÇÕES CHILE	00:57:27	01:44:47
399	197	ANTONIO REIS	M4549	61	AMIGOS PARQUE PAZ	00:56:18	01:44:48

400	200	ILIDIO RODRIGUES	M5559	39	C MILLENNIUM BCP	00:57:55	01:44:52
401	568	VICTOR ROIOS	M4044	75	INDIVIDUAL	00:57:55	01:44:53
402	569	TIAGO CASTRO	M2039	134	INDIVIDUAL	00:57:55	01:44:53
403	187	MARCOS FAUSTINO	M5054	44	AMIGOS PARQUE PAZ	00:57:54	01:44:54
404	284	MARIO ANTONIO	M6064	24	TANGAS CLUBE	00:56:49	01:45:08
405	552	JOAO E PINTO	M4044	76	INDIVIDUAL	00:58:21	01:45:08
406	306	MARCO GOUVEIA	M2039	135	R 4 F	00:56:38	01:45:09
407	609	JOAO COELHO	M2039	136	INDIVIDUAL	00:57:12	01:45:10
408	591	RICARDO FRANCO	M2039	137	INDIVIDUAL	00:59:23	01:45:24
409	60	LUIS OLIVEIRA	M4044	77	AA LEBRES SADO	00:59:23	01:45:27
410	584	JOSE M C GONÇALVES	M2039	138	INDIVIDUAL	00:56:11	01:45:44
411	166	PAULO GOMES	M4044	78	CR CRUZ PAU	00:54:22	01:45:49
412	644	MIGUEL RODRIGUES	M4044	79	INDIVIDUAL	00:57:18	01:45:53
413	672	JOSE J FURTADO	M5054	45	ODEBRECHT	00:56:12	01:46:00
414	400	ROGERIO NUNES	M2039	139	GD AGUIAS MOITA	00:56:48	01:46:07
415	732	NUNO GAMEIRO	M2039	140	FIRST TEAM	00:56:48	01:46:07
416	433	MIGUEL CARNEIRO	M2039	141	ADCR POLICIA JUDICIARIA	00:57:03	01:46:09
417	509	JOSE RIJO	M6064	25	INDIVIDUAL	00:58:13	01:46:13
418	375	PAULO LOURINHO	M4044	80	CAA BELEM	00:57:50	01:46:15
419	393	ANTONIO SOARES	M4044	81	AMIGOS PARQUE PAZ	00:57:59	01:46:18
420	725	FREDERICO QUINTENS	M2039	142	INDIVIDUAL	00:55:44	01:46:20
421	621	RUI M GAMEIRO	M2039	143	INDIVIDUAL	00:58:45	01:46:37
422	488	DIAMANTINO ALBUQUERQUE	M5559	40	CD MAFRA	00:59:30	01:46:40
423	490	JOSE SILVA	M4044	82	CD MAFRA	00:57:52	01:46:40
424	601	JORGE M G PIRES	M5559	41	INDIVIDUAL	00:58:18	01:46:41
425	261	ALMERINDO SILVA	M5054	46	ADC CATUJAL	00:55:32	01:46:45
426	217	EZEQUIEL FERNANDES	M5054	47	CADT PORTUCEL	00:58:00	01:46:51
427	135	ALVARO FURTADO	M5054	48	SS CGD	00:57:20	01:46:54
428	391	PAULO CANARIO	M4044	83	AMIGOS PARQUE PAZ	00:57:58	01:46:55
429	692	CUSTODIO JANUARIO	M5559	42	C FERROV PORTUGAL	00:58:06	01:47:04
430	489	JORGE PAULINO	M5054	49	CD MAFRA	00:59:30	01:47:08
431	566	PAULO PATRICIO	M2039	144	INDIVIDUAL	00:58:23	01:47:09
432	389	JOSE MOGA	M5054	50	A VALE SILENCIO	00:56:09	01:47:16
433	751	JOAO CARTAXANA	M4044	84	SFUAP	00:57:57	01:47:18
434	641	HELDER PEREIRA	M2039	145	INDIVIDUAL	00:58:52	01:47:22
435	355	BRUNO ROLDAO	M2039	146	WIKABOO	00:58:53	01:47:23
436	282	ALFREDO BARBOSA	M5559	43	GD LEOES VENEZA	00:57:20	01:47:27
437	195	ROGERIO CARVALHO	M4549	62	AMIGOS PARQUE PAZ	00:58:40	01:47:30
438	499	FERNANDO TAVARES	M5559	44	GD BANCO BPI	00:58:48	01:47:34
439	620	CARLOS TELHAL	M4044	85	INDIVIDUAL	00:56:43	01:47:34
440	274	Mª ALEXANDRINA PONTES	F3599	13	CCR ALTO MOINHO	00:58:36	01:47:35
441	374	RUI VARELA	M4549	63	CAA BELEM	00:57:52	01:47:37
442	376	CARLOS PRECISO	M2039	147	CAA BELEM	00:57:53	01:47:37
443	417	AGOSTINHO MARQUES	M5054	51	CD ASAS MILENIUM	00:58:16	01:47:39
444	581	JOSE J A SILVA	M4044	86	INDIVIDUAL	00:58:32	01:47:50
445	663	LUIS REIS	M4549	64	FALÇOES SELVAGENS	00:58:10	01:47:50
446	504	PEDRO R AFONSO	M4044	87	INDIVIDUAL	00:57:47	01:47:59
447	662	MANUEL AVELEIRA	M2039	148	HP CLUBE	00:59:32	01:48:06
448	211	JOAO VERISSIMO	M5054	52	TOKANDAR	00:58:04	01:48:08
449	558	Mª JOAO LOPES	F2034	12	INDIVIDUAL	00:58:27	01:48:09
450	536	JOAQUIM VIEGAS	M5559	45	INDIVIDUAL	00:57:06	01:48:30
451	576	HENRIQUE CABACEIRA	M4549	65	INDIVIDUAL	00:58:18	01:48:32
452	561	FERNANDO FAVINHA	M4549	66	INDIVIDUAL	00:59:42	01:48:51
453	362	LUIS RIBEIRO	M4549	67	WIKABOO	00:59:02	01:48:52
454	525	LUIS D AURELIO	M5054	53	INDIVIDUAL	00:59:26	01:48:54
455	468	DIOGO FERREIRA	M2039	149	AÇOREANA C BANIF	00:58:55	01:48:58
456	660	PAULO CABRITA	M4044	88	HP CLUBE	00:59:44	01:49:00
457	138	CARLOS LOPES	M5559	46	SC LAVRADIENSE	00:58:18	01:49:01

458	521	HUMBERTO C L SERPA	M5054	54	INDIVIDUAL	00:58:38	01:49:05
459	695	MARIO FERRO	M5559	47	C FERROV PORTUGAL	00:58:28	01:49:09
460	600	AFONSO NUNES	M4044	89	INDIVIDUAL	00:58:42	01:49:45
461	667	ARTUR BEJA	M4549	68	BAMOXIMBORA	00:58:44	01:49:48
462	586	JOSE ROBALO	M5559	48	INDIVIDUAL	00:58:09	01:49:59
463	341	VICENTE DIAS	M5559	49	NA BEIERSDORF	00:59:43	01:50:05
464	114	PAULO SILVA	M2039	150	ATLETICO SJ LAMPAS	01:00:41	01:50:06
465	340	LUIS AMORIM	M5054	55	NA BEIERSDORF	00:59:43	01:50:06
466	707	JOSE R V VILLALOBOS	M4549	69	AACB SD	00:59:48	01:50:09
467	210	MAURO TEIXEIRA	M2039	151	TOKANDAR	00:58:50	01:50:31
468	333	DANIELA MARINHEIRO	F2034	13	CAA BELEM	01:00:18	01:50:34
469	334	LUIS BERNARDINO	M2039	152	CAA BELEM	01:00:18	01:50:34
470	629	CARLOS SIMAO	M5054	56	INDIVIDUAL	00:57:32	01:50:45
471	183	ANTONIO OLIVEIRA	M6064	26	AMIGOS PARQUE PAZ	00:59:12	01:50:47
472	377	LUISA LEITÃO	F3599	14	CAA BELEM	#N/D	01:50:51
473	545	SILVIA MADEIRA	F2034	14	INDIVIDUAL	00:59:53	01:50:51
474	720	VITORINO M SANTOS	M5054	57	INDIVIDUAL	00:55:41	01:50:55
475	484	CLARINDA SANTOS	F3599	15	AA LEBRES SADO	#N/D	01:50:57
476	100	ANTONIO SUL	M4044	90	GARMIN	00:58:23	01:51:00
477	157	FABIO DIAS	M2039	153	GD SANTANDER TOTTA	#N/D	01:51:05
478	430	LUIS GONÇALVES	M5054	58	CCDT AUT ALMADA	01:00:40	01:51:14
479	675	JOAO DIAS	M2039	154	OS KAMARROS	01:00:25	01:51:14
480	684	ANTONIO RIBEIRO	M6064	27	CDR AGUIAS UNIDAS	00:58:49	01:51:15
481	121	JOAO MILHEIRO	M5054	59	O FORNO CIDADE	00:59:48	01:51:24
482	527	MIGUEL SILVA	M5559	50	INDIVIDUAL	00:59:16	01:51:26
483	247	ANA BARATA	F3599	16	AM B° CASAL FIGUEIRAS	00:59:44	01:51:27
484	505	CARLOS A J MARQUES	M6599	5	INDIVIDUAL	01:00:53	01:51:28
485	273	GABRIEL CRUZ	M6599	6	CCR ALTO MOINHO	01:00:53	01:51:30
486	285	ARTUR MARTINS	M6599	7	TANGAS CLUBE	00:59:43	01:51:39
487	570	PAULO PAREDES	M2039	155	INDIVIDUAL	00:59:54	01:51:44
488	553	MICHAEL ABERY	M5559	51	INDIVIDUAL	00:59:33	01:51:56
489	421	ANTONIO SOBRAL	M5054	60	CD ASAS MILENIUM	01:00:25	01:51:59
490	481	TAM AFONSO	M5559	52	AÇOREANA C BANIF	00:58:56	01:51:59
491	173	JOAO FERREIRA	M5054	61	AMIGOS FLOR	00:59:43	01:52:03
492	174	GENTIL PEREIRA	M2039	156	AMIGOS FLOR	00:59:41	01:52:03
493	721	DAVIDE J D RAMOS	M2039	157	INDIVIDUAL	01:01:08	01:52:04
494	63	DINA MOTA	F3599	17	AA LEBRES SADO	01:01:22	01:52:05
495	112	JOSE A PEREIRA	M5054	62	UDCA	01:01:22	01:52:05
496	129	JOAO BALAO	M6599	8	SS CGD	00:59:05	01:52:13
497	360	NUNO VENTURA	M2039	158	WIKABOO	01:00:47	01:52:15
498	275	ANGELINA CAETANO	F3599	18	CCR ALTO MOINHO	01:00:53	01:52:24
499	235	MANUEL AZEVEDO	M5054	63	MULTIFLOW	01:01:23	01:52:25
500	224	GERALDO FERNANDES	M5559	53	CADT PORTUCEL	00:59:50	01:52:31
501	45	ALVARO GINGADO	M5054	64	AA LEBRES SADO	00:59:23	01:52:36
502	670	ANTONIO FRANCO	M4044	91	SS MONTEPIO GERAL	01:01:59	01:52:50
503	610	MARCO LEONARDO	M2039	159	INDIVIDUAL	#N/D	01:52:53
504	493	RENATO CRUZ	M4044	92	GD BANCO BPI	01:02:09	01:52:55
505	677	JOSE SIMOES	M4549	70	APOGMA	01:00:19	01:52:58
506	678	JOSE ANDRE	M5054	65	APOGMA	01:00:19	01:53:00
507	508	JEREMIAS S RIBEIRO	M6599	9	INDIVIDUAL	01:02:47	01:53:01
508	325	ADELINO FORTUNATO	M6064	28	SESIMBRA MAR	00:59:00	01:53:37
509	293	LURDES HENRIQUES	F3599	19	CD ASAS MILENIUM	01:02:26	01:53:38
510	627	JORGE CORREIA	M6064	29	INDIVIDUAL	00:58:28	01:53:46
511	422	ALZIRA SOBRAL	F3599	20	CD ASAS MILENIUM	01:02:47	01:54:07
512	103	JOSE CATITA	M5559	54	GARMIN	01:02:47	01:54:08
513	506	CARLOS J G C A MONTEIRO	M4549	71	INDIVIDUAL	01:01:43	01:54:11
514	727	VANESSA COLLEN	F2034	15	INDIVIDUAL	01:00:17	01:54:15
515	313	JOAO RALHA	M5054	66	R 4 F	01:02:57	01:54:16

516	592	CARLOS M GONÇALVES	M5054	67	INDIVIDUAL	01:01:07	01:54:17
517	106	MANUEL A GORDILHO	M4044	93	IRMAOS METRALHA	01:01:26	01:54:18
518	234	CARLOS FERREIRA	M5054	68	CLUBE AUTOCOOPE	01:01:26	01:54:18
519	447	ELOI M SILVA	M5559	55	CLUBE STRESS	01:01:06	01:54:40
520	26	TINA OLIVEIRA	F3599	21	CCDT CM SETUBAL	01:00:25	01:54:50
521	700	JOSE M S SALAZAR	M4549	72	APPACDM SETUBAL	00:58:48	01:54:50
522	191	RUI LOPES	M4549	73	AMIGOS PARQUE PAZ	00:59:16	01:54:52
523	223	NUNO SILVA	M2039	160	CADT PORTUCEL	01:03:00	01:54:55
524	706	RUI M M OLIVEIRA	M2039	161	R 4 F	01:02:58	01:55:05
525	661	MANUEL CORREIA	M2039	162	HP CLUBE	01:04:05	01:55:13
526	657	PEDRO GOMES	M2039	163	HP CLUBE	01:01:31	01:55:14
527	736	ANTONIO J CEBOLA	M5054	69	R 4 F	01:01:55	01:55:26
528	345	ARMINDO CHAINHO	M2039	164	CP PINHEIRO CRUZ	00:58:41	01:55:28
529	62	ESTELA GONÇALVES	F2034	16	AA LEBRES SADO	01:01:42	01:55:43
530	653	PAULO SANTOS	M2039	165	CA FLAMINGOS TORRE	01:00:45	01:55:43
531	445	CARLA MORGADO	F3599	22	CLUBE STRESS	01:03:42	01:56:02
532	486	MARIO COELHO	M4044	94	AA LEBRES SADO	01:01:47	01:56:42
533	705	AMELIA GONÇALVES	F3599	23	R 4 F	01:02:57	01:56:43
534	314	LUIZA RALHA	F3599	24	R 4 F	01:02:57	01:56:44
535	199	LEONEL BRANDAO	M4044	95	C MILLENNIUM BCP	01:04:09	01:56:46
536	204	OSCAR MARQUES	M5559	56	C MILLENNIUM BCP	01:04:08	01:56:48
537	594	LUIS TORRAO	M5559	57	AA LEBRES SADO	01:04:10	01:56:56
538	396	EDMUNDO LOURENÇO	M2039	166	URD ARRANHO	01:02:04	01:56:57
539	136	JORGE COSTA	M4044	96	SC LAVRADIENSE	00:57:04	01:57:01
540	139	FRANCISCO NUNES	M5559	58	SC LAVRADIENSE	00:57:05	01:57:02
541	724	THALES A LANNES	M4044	97	INDIVIDUAL	01:01:57	01:57:17
542	652	JOSE RAPOSO	M2039	167	CA FLAMINGOS TORRE	01:03:16	01:57:24
543	659	LUIS ABREU	M4044	98	HP CLUBE	01:04:10	01:57:29
544	151	JOSE PEREIRA	M4044	99	GD SANTANDER TOTTA	01:08:08	01:57:41
545	498	CARLOS OLIVEIRA	M4549	74	GD BANCO BPI	01:04:13	01:57:47
546	758	GONÇALO GRANHAO	M0019	1	INDIVIDUAL	00:58:52	01:57:48
547	165	GERMANO BERNARDO	M5054	70	CR CRUZ PAU	01:05:16	01:57:50
548	520	NUNO M C GAMITO	M2039	168	INDIVIDUAL	01:04:33	01:58:08
549	716	HENRIQUE J M R FERREIRA	M2039	169	INDIVIDUAL	01:04:34	01:58:08
550	563	PEDRO PINA	M4549	75	INDIVIDUAL	01:04:14	01:58:10
551	390	LUCIANO TOMAS	M5054	71	A VALE SILENCIO	01:02:03	01:58:13
552	494	JORGE F NUNES	M2039	170	GD BANCO BPI	01:05:50	01:58:14
553	590	RUI P PEREIRA	M4044	100	INDIVIDUAL	01:04:48	01:58:20
554	196	JOAO CUNHA	M5054	72	AMIGOS PARQUE PAZ	01:04:35	01:58:24
555	564	CASSIS ROSA	F3599	25	INDIVIDUAL	01:04:13	01:58:24
556	605	HENRIQUETA SOLIPA	F3599	26	INDIVIDUAL	01:04:37	01:58:41
557	606	CARLOS RENATO	M5054	73	INDIVIDUAL	01:04:37	01:58:41
558	658	LUIS CARVALHO	M2039	171	HP CLUBE	01:06:34	01:58:49
559	225	FERNANDO MARTINHO	M2039	172	CADT PORTUCEL	01:03:00	01:59:08
560	126	LUIS BOTTO	M5054	74	SS CGD	01:05:07	01:59:25
561	337	ANGEL PAREDES	M5054	75	C MARATON BADAJOZ	01:05:11	01:59:26
562	338	JOSE LLERA	M5054	76	C MARATON BADAJOZ	01:05:10	01:59:26
563	339	EDUARDO SUBIRAN	M5559	59	C MARATON BADAJOZ	01:05:11	01:59:27
564	378	SOFIA BRITO	F3599	27	CAA BELEM	01:04:39	01:59:29
565	593	CARLOS C TEIXEIRA	M4549	76	INDIVIDUAL	01:03:51	01:59:30
566	532	ALAVRO M R RIBEIRO	M2039	173	INDIVIDUAL	01:05:04	01:59:45
567	666	DOMINGOS MATOS	M4549	77	FALÇOES SELVAGENS	01:02:49	02:00:06
568	167	ANTONIO SIETRA	M2039	174	CLUBE VODAFONE	#N/D	02:00:23
569	630	JOAO SALDANHA	M2039	175	INDIVIDUAL	01:05:21	02:00:31
570	292	JOAO FRANCO	M5559	60	CD ASAS MILENIUM	01:05:20	02:00:32
571	588	DANIEL PEREIRA	M2039	176	INDIVIDUAL	01:05:06	02:00:34
572	645	HOMERO MAGALHAES	M2039	177	INDIVIDUAL	01:05:19	02:01:44
573	388	JOAQUIM ADELINO	M6064	30	A VALE SILENCIO	01:02:50	02:01:48

574	530	MARIO NOVA	M5559	61	INDIVIDUAL	01:04:38	02:01:49
575	567	JOSE L M LOPES	M2039	178	INDIVIDUAL	01:03:49	02:01:57
576	708	MARIA PEDRO	F3599	28	GD O INDEPENDENTE	01:03:45	02:02:17
577	119	EDUARDO MARTINS	M6064	31	O FORNO CIDADE	01:04:42	02:02:28
578	723	PAULO CRUZ	M5054	77	INDIVIDUAL	01:03:31	02:02:28
579	673	JOAQUIM SIMAO	M4549	78	ODEBRECHT	01:04:16	02:02:29
580	674	JOAO M ANDRADE	M4044	101	ODEBRECHT	01:04:16	02:02:33
581	150	FERNANDO MARQUES	M5559	62	GD SANTANDER TOTTA	01:05:04	02:02:36
582	465	ANTONIO GUEDES	M2039	179	AÇOREANA C BANIF	01:03:11	02:02:36
583	467	CARLOS CANDEIAS	M4044	102	AÇOREANA C BANIF	01:03:11	02:02:37
584	102	LUIS PARRO	M4549	79	GARMIN	01:04:06	02:03:02
585	179	JOAO FREIRE	M4044	103	GDCT IN CASA MOEDA	01:05:46	02:03:23
586	209	JOAO FONSECA	M2039	180	MERIDIANOS	01:06:22	02:03:24
587	697	ANTONIO BORGES	M4549	80	C FERROV PORTUGAL	01:02:31	02:03:40
588	442	ALBERTO REIS	M4549	81	CLUBE STRESS	01:06:50	02:03:51
589	500	RUI VIGOÇO	M6599	10	GD BANCO BPI	01:08:32	02:03:54
590	585	HENRIQUE VILHENA	M5054	78	INDIVIDUAL	01:08:04	02:03:54
591	625	JOAQUIM PAIVA	M4044	104	INDIVIDUAL	01:08:32	02:04:00
592	387	EMILIO GONÇALVES	M4044	105	A VALE SILENCIO	01:08:03	02:04:06
593	73	PAULO COSTA	M4044	106	SFUAP	01:08:03	02:04:14
594	472	JOSE PAVAO	M5054	79	AÇOREANA C BANIF	01:06:53	02:04:14
595	283	ALBERTO MELO	M6599	11	GD LEOES VENEZA	01:05:38	02:04:24
596	64	LUISA CAROÇO	F3599	29	AA LEBRES SADO	01:06:57	02:04:39
597	108	MANUEL AUGUSTO	M6599	12	OUR ESP SANTO	01:06:04	02:05:41
598	386	AFONSO PINTO	M4549	82	A VALE SILENCIO	01:07:40	02:05:41
599	451	JOSE CALDAS	M5054	80	CLUBE STRESS	01:07:40	02:05:42
600	384	CARLOS CRESPO	M4549	83	A PALACIO QUELUZ	01:07:42	02:05:43
601	452	MANUEL VAZ	M5054	81	CLUBE STRESS	01:07:40	02:05:43
602	533	JOSE J A RIBEIRO	M6064	32	INDIVIDUAL	01:04:16	02:05:51
603	599	JOAO GAVANCHA	M2039	181	INDIVIDUAL	01:07:04	02:05:57
604	152	ANTONIO CASTRO	M4044	107	GD SANTANDER TOTTA	01:09:59	02:05:59
605	137	JOAO FIALHO	M4044	108	SC LAVRADIENSE	01:06:15	02:06:04
606	501	VITOR R SOUSA	M6064	33	INDIVIDUAL	01:07:56	02:06:31
607	383	ILIDIO TORGAL	M6599	13	A PALACIO QUELUZ	01:07:42	02:06:47
608	257	VICTOR MENDES	M4549	84	VPRLR MENDES	01:07:41	02:06:51
609	485	ANA L COELHO	F3599	30	AA LEBRES SADO	01:06:54	02:06:51
610	52	ANTONIO PINHO	M5559	63	AA LEBRES SADO	01:07:34	02:06:56
611	737	NUNO OLIVEIRA	M2039	182	#1	01:07:22	02:07:39
612	315	RUI RALHA	M5054	82	R 4 F	01:09:20	02:07:46
613	104	BOSCO FERNANDES	M5054	83	GARMIN	01:10:55	02:08:58
614	717	PEDRO M O M RODRIGUES	M4044	109	INDIVIDUAL	01:07:59	02:09:29
615	718	JOSE A S BENTO	M4044	110	INDIVIDUAL	01:04:48	02:09:29
616	336	FATIMA MANCHA	F3599	31	C MARATON BADAJOZ	01:10:10	02:09:36
617	650	IVO ROSA	M2039	183	INDIVIDUAL	01:07:54	02:09:44
618	330	RAUL COSTA	M4549	85	CLUBE ROBBIALAC	#N/D	02:10:46
619	331	JORGE PINTO	M2039	184	CLUBE ROBBIALAC	01:10:09	02:10:46
620	538	INACIO S MENDONÇA	M6599	14	INDIVIDUAL	01:09:04	02:10:48
621	350	ALEXANDRE BENTO	M4549	86	WIKABOO	01:10:54	02:10:51
622	105	JOAO GONÇALVES	M4549	87	GARMIN	01:11:04	02:10:52
623	308	PEDRO NEVES	M2039	185	R 4 F	01:02:58	02:11:55
624	109	JORGE NARCISO	M4549	88	SMO PROGRESSO	01:09:15	02:12:31
625	523	ANA M C SERPA	F2034	17	INDIVIDUAL	01:10:10	02:13:35
626	624	PAULA COSTA	M2039	186	INDIVIDUAL	01:11:12	02:14:16
627	130	AURELIO CALADO	M6064	34	SS CGD	01:11:13	02:14:18
628	125	ANDRE NORONHA	M4549	89	SS CGD	01:11:13	02:14:20
629	354	JOANA BARBOSA	F2034	18	WIKABOO	01:11:13	02:14:37
630	647	RUI VAZ	M2039	187	INDIVIDUAL	01:14:20	02:16:07
631	632	LUIS BAIONETE	M2039	188	INDIVIDUAL	01:06:53	02:16:12

632	332	ISABEL PINTO	F3599	32	CLUBE ROBBIALAC	01:10:09	02:16:17
633	415	VITOR SILVA	M5559	64	GD MACEDO OCULISTA	01:11:22	02:18:25
634	648	RAMIRO VAZ	M2039	189	INDIVIDUAL	01:14:20	02:19:50
635	529	LUIS M SILVA	M5559	65	INDIVIDUAL	01:12:54	02:24:36
636	759	JOAO FARINHA	M0019	2	INDIVIDUAL	01:10:53	02:24:38
637	438	LUIS M SILVA	M5559	66	GDC ESTRELA NEGRA	01:12:54	02:24:42
638	699	ARSENIO FACAS	M5559	67	C FERROV PORTUGAL	01:16:01	02:27:27