

G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1	1755	SEN-F	1	IRINA SERGEEVA	0:34:34		0:16:17	0:34:34	0:03:27	
2	1811	SEN-F	2	SUSANA CUNHA	0:35:23	0:00:49	0:16:33	0:35:22	0:03:32	LINDA-A-PASTORA SPORTING CLUBE
3	1328	SEN-F	3	RAQUEL TRABUCO	0:36:13	0:01:38	0:16:47	0:36:12	0:03:37	
4	1038	SEN-F	4	FILIPA SANTOS	0:36:18	0:01:43	0:17:00	0:36:15	0:03:37	AGUIAS DE ALPIARCA - TRIATLO
5	121	SEN-F	5	MARGARIDA DIONÍSIO	0:37:19	0:02:44	0:17:09	0:37:17	0:03:43	
6	424	SEN-F	6	ALEXANDRA ALVES	0:39:17	0:04:42	0:18:19	0:39:15	0:03:55	ACOREANA CLUBE BANIF
7	1361	SEN-F	7	SANDRA CRUZ	0:39:37	0:05:02	0:18:44	0:39:29	0:03:56	CLUBE PEDRO PESSOA EA
8	130	SEN-F	8	KCÉNIA BOUGROVA	0:39:41	0:05:06	0:18:44	0:39:39	0:03:57	VALEJAS ATLETICO CLUBE
9	1195	SEN-F	9	JOANA GRAÇA	0:40:10	0:05:35	0:18:38	0:40:08	0:04:00	RUN4FUN
10	930	VET-A-F	1	LÚCIA OLIVEIRA	0:40:54	0:06:20	0:18:48	0:40:51	0:04:05	
11	170	VET-B-F	1	ANA COELHO	0:41:32	0:06:57	0:19:26	0:41:13	0:04:07	BANCO ALIMENTAR
12	1039	SEN-F	10	ANDREIA FERRUM	0:42:24	0:07:49	0:19:24	0:42:21	0:04:14	AGUIAS DE ALPIARCA - TRIATLO
13	1040	SEN-F	11	EDUARDA VIDIGUEIRA	0:42:30	0:07:55	0:19:35	0:42:18	0:04:13	AGUIAS DE ALPIARCA - TRIATLO
14	1857	VET-B-F	2	CARMO TAVARES	0:42:45	0:08:10	0:20:07	0:42:43	0:04:16	NEW BALANCE
15	131	VET-B-F	3	ALEXANDRINA SANDRA BARROS	0:43:18	0:08:43	0:20:03	0:43:12	0:04:19	VALEJAS ATLETICO CLUBE
16	1814	VET-B-F	4	ODETE FIUZA	0:43:22	0:08:47	0:20:49	0:43:20	0:04:20	MARATONA CLUBE DE PORTUGAL
17	1905	VET-B-F	5	LURDES ANTONIO	0:43:24	0:08:49	0:20:25	0:43:15	0:04:19	
18	1655	VET-A-F	2	ANA VIEIRA	0:44:00	0:09:25	0:20:25	0:43:53	0:04:23	ASSOC. ESTILOS DE VIDA EM LISBOA
19	466	SEN-F	12	ISABEL MATIAS	0:44:04	0:09:29	0:20:29	0:43:58	0:04:23	ACOREANA CLUBE BANIF
20	1337	SEN-F	13	SHIN ISABELA PIRES	0:44:15	0:09:40	0:20:47	0:44:10	0:04:25	CASA DO BENFICA DE ALGUEIRAO M
21	1712	SEN-F	14	SOLANGE FERNANDES	0:44:17	0:09:42	0:20:11	0:42:47	0:04:16	CLUBE ATLETISMO SALESIANOS DE MANIQUE
22	1638	SEN-F	15	ISABEL COELHO DIAS DA SILVA	0:44:45	0:10:10	0:21:00	0:43:58	0:04:23	
23	1676	SEN-F	16	SARA MARINHO	0:45:21	0:10:46	0:20:43	0:44:35	0:04:27	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
24	1850	VET-A-F	3	VERA VAZ	0:45:26	0:10:51	0:21:14	0:45:18	0:04:31	ASSOCIACAO MORADORES ATIBA
25	1441	SEN-F	17	SARA LOUREIRO	0:45:38	0:11:03	0:21:28	0:45:29	0:04:32	SPORTING CLUBE DE CASAINHOS
26	234	VET-A-F	4	PAULA JACOB	0:46:29	0:11:54	0:21:42	0:46:18	0:04:37	CLUBE DO NOVO BANCO
27	384	VET-B-F	6	ALEXANDRA MATIAS	0:46:30	0:11:55	0:21:48	0:45:51	0:04:35	AJP
28	931	SEN-F	18	CÁTIA SOFIA NASCIMENTO	0:46:49	0:12:14	0:21:58	0:46:38	0:04:39	CORRER LISBOA
29	823	SEN-F	19	VANESSA ROCHA	0:46:50	0:12:15	0:21:32	0:46:29	0:04:38	SS CGD
30	752	VET-C-F	1	PEDRO ALMEIDA	0:47:14	0:12:39	0:21:06	0:45:42	0:04:34	SS CGD
31	1761	VET-C-F	2	MANUELA FOLGADO	0:47:16	0:12:41	0:22:04	0:47:09	0:04:42	
32	986	VET-A-F	5	HAZEL FRY	0:47:22	0:12:47	0:22:10	0:46:29	0:04:38	
33	371	VET-C-F	3	M TERESA DOMINGUES	0:47:26	0:12:52	0:21:52	0:46:43	0:04:40	
34	1633	SEN-F	20	ANA MARGARIDA GARCIA MARTINS	0:47:30	0:12:55	0:21:16	0:46:40	0:04:40	
35	411	VET-C-F	4	MARIA CLEONICE DE OLIVEIRA	0:47:59	0:13:25	0:22:36	0:47:59	0:04:47	
36	448	VET-A-F	6	PAULA SIMÕES	0:48:13	0:13:38	0:22:00	0:47:44	0:04:46	ACOREANA CLUBE BANIF
37	1735	VET-C-F	5	ANABELA CARVALHO	0:48:15	0:13:40	0:22:04	0:48:01	0:04:48	GRUPO DESPORTIVO SAO DOMINGOS
38	1743	VET-B-F	7	MARIA DO ROSÁRIO MORGADO	0:48:15	0:13:40	0:22:06	0:48:01	0:04:48	GRUPO DESPORTIVO SAO DOMINGOS
39	822	VET-B-F	8	SILVIA NEIVA	0:48:52	0:14:17	0:23:23	0:48:35	0:04:51	SS CGD
40	407	VET-C-F	6	MARIA JOÃO VAZ	0:49:15	0:14:41	0:23:02	0:48:36	0:04:51	
41	1829	VET-C-F	7	DEOLINDA DE SOUSA	0:49:33	0:14:58	0:23:19	0:49:13	0:04:55	SPORT LISBOA E CAMPOLIDE
42	1781	VET-C-F	8	ALICE MACHADO	0:49:37	0:15:02	0:23:06	0:49:22	0:04:56	LINDA-A-PASTORA SPORTING CLUBE
43	398	SEN-F	21	FILIPA GONÇALVES	0:49:43	0:15:08	0:23:13	0:49:13	0:04:55	G D C BANCO DE PORTUGAL
44	397	VET-B-F	9	GINA CHEIO	0:49:44	0:15:10	0:23:13	0:49:14	0:04:55	G D C BANCO DE PORTUGAL
45	983	SEN-F	22	PATRÍCIA CASTANHO	0:49:51	0:15:16	0:22:18	0:47:43	0:04:46	
46	559	VET-C-F	9	MARIA FILOMENA RAMOS MARTINS	0:49:55	0:15:20	0:22:47	0:49:09	0:04:54	
47	800	VET-A-F	7	NOEMIA MONTEIRO	0:50:01	0:15:26	0:23:02	0:49:26	0:04:56	
48	123	VET-A-F	8	CARLA MENDES	0:50:10	0:15:35	0:23:15	0:49:07	0:04:54	BANCO ALIMENTAR
49	124	VET-A-F	9	ANDREIA COSTA	0:50:10	0:15:35	0:23:15	0:49:07	0:04:54	BANCO ALIMENTAR
50	201	SEN-F	23	CATARINA COSTA	0:50:15	0:15:40	0:23:07	0:49:38	0:04:57	PES TROIKADOS



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Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
51	349	VET-A-F	10	INES PEIXOTO	0:50:16	0:15:41	0:23:05	0:49:41	0:04:58	
52	847	VET-C-F	10	GRAÇA ROLDÃO	0:50:24	0:15:49	0:23:51	0:48:48	0:04:52	
53	1664	SEN-F	24	DÉBORA GARCIA	0:50:25	0:15:50	0:23:35	0:49:33	0:04:57	ASSOCIACAO CULTURAL E RECREATIVA DA MEAL
54	831	VET-A-F	11	JOANA DOMINGUES	0:50:36	0:16:01	0:22:51	0:48:26	0:04:50	VITORIA & DOMINGUES, LDA
55	479	VET-A-F	12	MONICA MATOS	0:50:45	0:16:10	0:23:16	0:49:23	0:04:56	BANCO ALIMENTAR
56	253	VET-A-F	13	SUSANA MOTA	0:50:48	0:16:13	0:23:09	0:49:11	0:04:55	CLUBE DO NOVO BANCO
57	1129	VET-A-F	14	FILIPA MARIA SERENO FERRO	0:51:06	0:16:32	0:23:39	0:50:23	0:05:02	RUN4FUN
58	990	SEN-F	25	CATARINA SANTOS	0:51:14	0:16:39	0:23:59	0:50:02	0:05:00	LEBRES E TARTARUGAS
59	1004	SEN-F	26	LILIANA RODRIGUES	0:51:21	0:16:46	0:23:39	0:50:07	0:05:00	SERVICOS SOCIAIS MONTEPIO
60	1751	VET-C-F	11	CLAUDIA NOVAIS	0:51:25	0:16:50	0:23:12	0:49:55	0:04:59	
61	478	SEN-F	27	JOANA RIBEIRO	0:51:36	0:17:01	0:23:06	0:50:35	0:05:03	
62	430	SEN-F	28	SUSANA MATIAS	0:51:37	0:17:02	0:23:41	0:50:21	0:05:02	MOVET
63	852	VET-C-F	12	FÁTIMA GONÇALVES	0:51:47	0:17:13	0:23:28	0:50:09	0:05:00	
64	1090	VET-A-F	15	MARIA JOÃO VAZ	0:51:48	0:17:13	0:24:01	0:49:47	0:04:58	REDS
65	37	SEN-F	29	SANDRA TRIÃES	0:51:48	0:17:13	0:23:56	0:51:14	0:05:07	
66	1445	VET-A-F	16	CLÁUDIA ANDRÉ	0:51:51	0:17:16	0:24:05	0:49:51	0:04:59	SPORTING CLUBE DE CASAINHOS
67	656	SEN-F	30	MAGALI GUERREIRO	0:51:59	0:17:25	0:24:21	0:51:15	0:05:07	CLUBE ROBBIALAC
68	219	VET-C-F	13	ANA BERNARDES	0:52:04	0:17:29	0:22:49	0:51:11	0:05:07	CLUBE DO NOVO BANCO
69	481	VET-C-F	14	ANA PAULA FÓRNEAS	0:52:10	0:17:35	0:24:28	0:51:50	0:05:11	GD BANCO BPI
70	1576	VET-A-F	17	VANDA FERNANDES	0:52:18	0:17:43	0:22:42	0:50:31	0:05:03	PACE MAKERS
71	357	SEN-F	31	SANDRA ARRAIAS	0:52:20	0:17:45	0:24:15	0:51:04	0:05:06	OS ARRAIAS
72	1457	VET-B-F	10	PAULA SOARES	0:52:21	0:17:46	0:24:15	0:51:53	0:05:11	RESTAURANTE O CARTAXEIRO
73	259	VET-C-F	15	ETELVINA VIDAL	0:52:27	0:17:52	0:24:24	0:52:14	0:05:13	
74	1379	VET-B-F	11	JOANA ALBUQUERQUE	0:52:39	0:18:04	0:24:14	0:52:12	0:05:13	HOLMES PLACE ALGES - FITZRUN
75	1649	VET-C-F	16	FILOMENA JACINTO	0:52:45	0:18:10	0:24:01	0:51:27	0:05:08	OS AMIGOS DA ALAMEDA
76	607	VET-C-F	17	PAULA MACHADO	0:52:48	0:18:13	0:24:43	0:51:59	0:05:11	
77	227	VET-A-F	18	ANA AZEVEDO	0:52:52	0:18:17	0:24:25	0:51:52	0:05:11	CLUBE DO NOVO BANCO
78	1110	VET-C-F	18	CECÍLIA NICOLAU	0:52:53	0:18:19	0:24:56	0:51:12	0:05:07	ASSOCIACAO DE ATLETISMO LEBRES
79	1807	SEN-F	32	PATRICIA SANTOS	0:52:55	0:18:20	0:24:00	0:51:27	0:05:08	LINDA-A-PASTORA SPORTING CLUBE
80	1805	VET-C-F	19	PALMIRA RODRIGUES	0:52:59	0:18:25	0:24:30	0:51:49	0:05:10	LINDA-A-PASTORA SPORTING CLUBE
81	1518	VET-A-F	19	SUSANA DURO	0:53:02	0:18:27	0:24:32	0:51:03	0:05:06	VALADARES
82	1339	VET-C-F	20	NATALIA MARCHEVA	0:53:05	0:18:30	0:24:58	0:52:32	0:05:15	CASA DO BENFICA DE ALGUEIRAO M
83	1402	VET-A-F	20	CARLA PINTO FERNANDES	0:53:06	0:18:31	0:24:30	0:52:56	0:05:17	
84	1618	SEN-F	33	TOURAIS	0:53:16	0:18:41	0:24:17	0:52:05	0:05:12	
85	490	VET-C-F	21	MARIA DE LURDES VENÂNCIO	0:53:18	0:18:43	0:23:18	0:53:02	0:05:18	CLUBE COLABORADORES AXA
86	1208	VET-A-F	21	CÁTIA PEDRO	0:53:23	0:18:48	0:24:52	0:52:17	0:05:13	GD INE
87	685	VET-B-F	12	ANDREIA SOFIA SERRA ROQUE COSTA	0:53:23	0:18:49	0:25:09	0:53:12	0:05:19	CLUBE MILLENIUM BCP
88	1030	VET-B-F	13	CARLA OLIVEIRA	0:53:30	0:18:55	0:24:34	0:52:00	0:05:12	
89	332	SEN-F	34	ROSALINA GIL	0:53:39	0:19:04	0:24:37	0:52:19	0:05:13	ROADRUNNERS
90	636	VET-C-F	22	MARIA DE LURDES NUNES GONÇALVES	0:53:48	0:19:13	0:25:48	0:52:23	0:05:14	
91	672	VET-C-F	23	DULCE MARIA SILVA NOGUEIRA RAMOS	0:54:08	0:19:34	0:24:18	0:53:07	0:05:18	CLUBE MILLENIUM BCP
92	220	VET-C-F	24	ANA MARGARIDA MONTEIRO	0:54:13	0:19:38	0:25:13	0:53:08	0:05:18	CLUBE DO NOVO BANCO
93	1642	VET-B-F	14	CATARINA MARTINS	0:54:22	0:19:47	0:24:58	0:52:45	0:05:16	SS CGD
94	1549	VET-A-F	22	TELMA MOTA	0:54:22	0:19:47	0:25:09	0:53:34	0:05:21	
95	809	VET-B-F	15	LUIA LANDEIRO	0:54:22	0:19:47	0:24:58	0:52:45	0:05:16	SS CGD
96	765	VET-A-F	23	TERESA RODRIGUES	0:54:26	0:19:51	0:25:05	0:54:01	0:05:24	
97	1499	VET-B-F	16	SÓNIA SIMÕES	0:54:28	0:19:53	0:25:07	0:54:14	0:05:25	ACADEMIA DO LUMIAR
98	1554	SEN-F	35	MARIA COTRIM	0:54:49	0:20:14	0:24:29	0:53:02	0:05:18	SCALABIS NIGHT RUNNERS
99	581	VET-B-F	17	CARLA MORGADO	0:54:50	0:20:15	0:25:33	0:54:31	0:05:27	
100	1745	VET-B-F	18	ANA PAULA GUEDES	0:54:56	0:20:21	0:25:50	0:53:22	0:05:20	



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Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
101	1407	VET-B-F	19	SARA VALADARES	0:55:02	0:20:27	0:25:28	0:54:34	0:05:27	BRAIN TUMOR TEAM
102	437	VET-A-F	24	ANA BIGODE	0:55:13	0:20:38	0:25:19	0:53:38	0:05:21	
103	495	VET-B-F	20	SARA PAIXÃO HENRIQUES	0:55:18	0:20:43	0:25:26	0:54:28	0:05:26	
104	109	VET-A-F	25	ELSA SANTIAGO	0:55:21	0:20:46	0:25:36	0:53:53	0:05:23	
105	1290	SEN-F	36	SARA PAULINO	0:55:29	0:20:54	0:25:36	0:53:53	0:05:23	JUBASTEAM
106	317	SEN-F	37	INÊS ABRANTES	0:55:29	0:20:54	0:26:01	0:53:40	0:05:22	BANCO ALIMENTAR
107	241	VET-C-F	25	ADELAIDE MANHICA	0:55:37	0:21:03	0:25:52	0:54:20	0:05:26	TEAM DA PTZONA
108	1112	SEN-F	38	JOANA DOS SANTOS PENÃO	0:55:38	0:21:04	0:25:43	0:55:12	0:05:31	PERNAS DE PAU
109	1113	SEN-F	39	ANA ISABEL ANDRADE COSTA	0:55:38	0:21:04	0:25:42	0:55:12	0:05:31	PERNAS DE PAU
110	882	VET-B-F	21	CÉLIA FRANCISCO	0:55:49	0:21:14	0:25:56	0:53:41	0:05:22	TARTARUGAS SOLIDARIAS
111	1169	VET-B-F	22	HELENA LEITÃO	0:55:51	0:21:16	0:25:55	0:54:56	0:05:29	RUNLOVERS
112	571	VET-B-F	23	GUIOMAR DE SOUSA MARIANO SOARES	0:55:53	0:21:18	0:26:02	0:55:40	0:05:34	
113	242	VET-B-F	24	CARMEN CRISTINO	0:56:00	0:21:25	0:25:52	0:54:44	0:05:28	TEAM DA PTZONA
114	621	SEN-F	40	CÁTIA SILVA	0:56:02	0:21:27	0:25:54	0:55:12	0:05:31	
115	1295	VET-C-F	26	ELSA MOTA	0:56:04	0:21:29	0:25:39	0:55:12	0:05:31	
116	237	SEN-F	41	MARTA ANDRADE	0:56:07	0:21:32	0:25:57	0:55:01	0:05:30	
117	516	SEN-F	42	ÉNIA	0:56:09	0:21:35	0:25:24	0:55:53	0:05:35	
118	638	VET-A-F	26	HELENA LOPES	0:56:13	0:21:38	0:26:29	0:55:48	0:05:34	
119	468	VET-B-F	25	CRISTINA DE LA CERDA	0:56:15	0:21:40	0:25:50	0:55:06	0:05:30	
120	1658	VET-C-F	27	MARIA FERNANDA SANTOS	0:56:32	0:21:58	0:25:31	0:55:27	0:05:32	ASSOC. ESTILOS DE VIDA EM LISBOA
121	217	VET-B-F	26	XANA FILIPE	0:56:39	0:22:05	0:25:46	0:55:27	0:05:32	CLUBE DO NOVO BANCO
122	1017	VET-A-F	27	RUTE MORNA	0:56:40	0:22:05	0:25:37	0:55:32	0:05:33	SERVICOS SOCIAIS MONTEPIO
123	1332	VET-C-F	28	MARIA MARQUES	0:56:51	0:22:16	0:26:06	0:55:56	0:05:35	CASA DO BENFICA DE ALGUEIRAO M
124	1394	VET-C-F	29	TERESA MORENO	0:56:54	0:22:19	0:25:48	0:56:42	0:05:40	BRAIN TUMOR TEAM
125	277	VET-C-F	30	MARIA SILVA	0:56:57	0:22:22	0:26:19	0:55:30	0:05:33	
126	1198	VET-B-F	27	CÉLIA SILVEIRA	0:56:59	0:22:24	0:26:14	0:56:03	0:05:36	
127	617	VET-B-F	28	ANA SILVA	0:57:02	0:22:27	0:26:29	0:56:28	0:05:38	
128	359	VET-C-F	31	JOHANNA MOLINA	0:57:03	0:22:28	0:26:29	0:56:02	0:05:36	
129	1335	VET-B-F	29	ANA MARTINS	0:57:05	0:22:30	0:25:41	0:56:32	0:05:39	CASA DO BENFICA DE ALGUEIRAO M
130	72	VET-B-F	30	VIRGINIA FONSECA	0:57:10	0:22:35	0:25:22	0:55:44	0:05:34	
131	1681	SEN-F	43	CATARINA GOMES	0:57:11	0:22:37	0:25:51	0:55:49	0:05:34	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
132	1058	SEN-F	44	ANA SOFIA CORREIA	0:57:13	0:22:38	0:26:15	0:56:55	0:05:41	CORRER LISBOA
133	1798	VET-C-F	32	LEONOR FAINHA	0:57:13	0:22:38	0:26:35	0:56:37	0:05:39	LINDA-A-PASTORA SPORTING CLUBE
134	1791	VET-C-F	33	ISABEL LINO	0:57:16	0:22:41	0:26:31	0:56:09	0:05:36	LINDA-A-PASTORA SPORTING CLUBE
135	668	VET-B-F	31	PAULA AMIGUINHO	0:57:16	0:22:41	0:26:03	0:55:36	0:05:33	TOSCANO
136	199	VET-B-F	32	CATARINA VARGES	0:57:18	0:22:44	0:27:36	0:56:42	0:05:40	
137	902	SEN-F	45	SUSANA CLIMAS	0:57:33	0:22:58	0:25:59	0:55:43	0:05:34	OS CARACOIS FURIOSOS
138	687	VET-C-F	34	PATRICIA ALEXANDRA CASTANHEIRA DINIS	0:57:34	0:22:59	0:26:28	0:56:32	0:05:39	CLUBE MILLENIUM BCP
139	821	SEN-F	46	SARA PINTO	0:57:34	0:22:59	0:26:34	0:55:31	0:05:33	SS CGD
140	1830	VET-C-F	35	ISILDA BARRADAS	0:57:36	0:23:01	0:26:21	0:57:12	0:05:43	SPORT LISBOA E CAMPOLIDE
141	197	VET-C-F	36	SUSANA GOMES	0:57:38	0:23:03	0:26:42	0:57:31	0:05:45	VALEJAS ATLETICO CLUBE
142	196	VET-B-F	33	Mª JOÃO FRANCO	0:57:38	0:23:03	0:26:43	0:57:31	0:05:45	VALEJAS ATLETICO CLUBE
143	1213	VET-B-F	34	SOFIA RIBEIRO	0:57:38	0:23:03	0:26:35	0:55:57	0:05:35	GD INE
144	666	VET-C-F	37	CARMINDA PIRES REGA	0:57:41	0:23:06	0:26:50	0:56:00	0:05:36	BANCO ALIMENTAR
145	1263	SEN-F	47	CÁTIA RODRIGUES	0:57:47	0:23:12	0:26:47	0:57:16	0:05:43	
146	13	VET-B-F	35	MARIA QUITÉRIA	0:57:47	0:23:13	0:26:50	0:57:15	0:05:43	ALGYMNS
147	285	SEN-F	48	JOANA VAZ	0:57:49	0:23:14	0:27:22	0:55:43	0:05:34	BANCO ALIMENTAR
148	1166	SEN-F	49	INÊS PAIS	0:57:51	0:23:17	0:26:08	0:56:34	0:05:39	MOVET
149	1622	SEN-F	50	ANDREIA CASTRO	0:58:01	0:23:26	0:27:06	0:56:58	0:05:41	
150	382	VET-B-F	36	CLAUDIA BELO	0:58:01	0:23:26	0:27:03	0:57:28	0:05:44	G D C BANCO DE PORTUGAL

G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
151	1578	VET-C-F	38	HELENA ESTEVINHA	0:58:03	0:23:29	0:26:58	0:57:12	0:05:43	
152	1880	VET-C-F	39	MARIANA PEDRO ANDRADE	0:58:04	0:23:29	0:27:05	0:57:00	0:05:42	
153	1210	VET-B-F	37	ELSA SOARES	0:58:15	0:23:41	0:27:09	0:57:10	0:05:43	GD INE
154	421	SEN-F	51	CLAUDIA TAM	0:58:16	0:23:42	0:27:00	0:57:03	0:05:42	ACOREANA CLUBE BANIF
155	895	SEN-F	52	CATARINA FALCÃO	0:58:17	0:23:42	0:27:07	0:56:24	0:05:38	
156	1913	VET-B-F	38	ANA CANHOTO	0:58:17	0:23:43	0:26:11	0:56:15	0:05:37	
157	1573	VET-A-F	28	RITA MONTALVÃO	0:58:18	0:23:43	0:26:49	0:57:44	0:05:46	BANCOALIMENTARGPNATAL
158	1635	VET-C-F	40	CECILIA RIBEIRO	0:58:30	0:23:55	0:26:38	0:58:09	0:05:48	
159	415	SEN-F	53	ANDREIA OLIVEIRA	0:58:31	0:23:56	0:26:27	0:57:35	0:05:45	AC TEAM
160	1586	VET-A-F	29	ROSA MARIA LEITÃO MARQUES	0:58:37	0:24:02	0:26:21	0:57:28	0:05:44	
161	445	VET-B-F	39	ELSA NUNES	0:58:37	0:24:02	0:27:05	0:57:28	0:05:44	
162	1265	SEN-F	54	SOFIA RAPOSO	0:58:39	0:24:04	0:26:43	0:56:46	0:05:40	BANCO ALIMENTAR
163	1015	VET-A-F	30	RITA GONÇALVES	0:58:45	0:24:10	0:27:04	0:57:30	0:05:45	SERVICOS SOCIAIS MONTEPIO
164	813	VET-A-F	31	PATRICIA MORAIS	0:58:47	0:24:12	0:27:31	0:56:43	0:05:40	SS CGD
165	33	VET-C-F	41	TERESA LOUREIRO	0:58:50	0:24:16	0:27:04	0:58:06	0:05:48	
166	1429	VET-C-F	42	ANABELA MEIA-VIA	0:58:53	0:24:18	0:27:27	0:58:37	0:05:51	CÂMARA LISBOA CLUBE
167	1281	VET-A-F	32	ANABELA VIDIGAL	0:58:54	0:24:19	0:25:35	0:57:28	0:05:44	
168	1092	VET-C-F	43	HENRIQUETA MAJOR	0:58:54	0:24:19	0:26:30	0:56:54	0:05:41	REDS
169	1089	VET-C-F	44	MARIA DE LURDES VAZ	0:58:54	0:24:19	0:26:30	0:56:53	0:05:41	REDS
170	293	SEN-F	55	SUSANA FERREIRA	0:58:59	0:24:24	0:26:45	0:56:57	0:05:41	
171	1333	SEN-F	56	CÁTIA MARIANO	0:59:00	0:24:25	0:27:10	0:57:34	0:05:45	CASA DO BENFICA DE ALGUEIRAO M
172	651	SEN-F	57	ANA REBELO	0:59:02	0:24:27	0:26:26	0:58:32	0:05:51	REBELOS
173	127	VET-B-F	40	CARLA RAPOSO	0:59:04	0:24:29	0:26:55	0:58:20	0:05:50	CORRER LISBOA
174	1546	VET-B-F	41	SUSANA FIGUEIREDO	0:59:07	0:24:32	0:27:09	0:57:40	0:05:46	BRAIN TUMOR TEAM
175	1495	VET-A-F	33	SUSANA EVANGELISTA	0:59:11	0:24:36	0:26:10	0:57:52	0:05:47	EVANG
176	19	VET-A-F	34	PAULA LEÃO NOGUEIRA	0:59:23	0:24:48	0:27:22	0:57:42	0:05:46	
177	186	VET-A-F	35	SÍLVIA EDUARDO	0:59:25	0:24:50	0:27:11	0:57:22	0:05:44	
178	1452	SEN-F	58	ALEXANDRA SOUSA	0:59:29	0:24:54	0:26:54	0:58:11	0:05:49	MOVET
179	149	VET-C-F	45	ISABEL RODRIGUES	0:59:43	0:25:09	0:26:29	0:58:06	0:05:48	CLUBE ANACOM
180	1369	VET-C-F	46	MARIA BATISTA	0:59:47	0:25:12	0:27:08	0:58:45	0:05:52	G.A.OS TARTARUGAS
181	1400	SEN-F	59	GILDA ROCHA	0:59:51	0:25:17	0:26:30	0:59:21	0:05:56	BRAIN TUMOR TEAM
182	812	SEN-F	60	NILDA SILVA	0:59:52	0:25:17	0:27:19	0:58:25	0:05:50	SS CGD
183	1659	VET-C-F	47	MARIANA PEREIRA	0:59:54	0:25:19	0:26:41	0:58:21	0:05:50	ASSOC. ESTILOS DE VIDA EM LISBOA
184	1519	SEN-F	61	SARA LOPES	0:59:54	0:25:20	0:27:35	0:57:41	0:05:46	VALADARES
185	406	SEN-F	62	SUSANA AMORIM	0:59:54	0:25:20	0:27:37	0:59:10	0:05:55	CORRER LISBOA
186	1864	SEN-F	63	LUCIENNE NEVES	0:59:59	0:25:24	0:27:32	0:57:53	0:05:47	LIBERTY SEGUROS
187	539	VET-B-F	42	INÊS BARROSO	1:00:01	0:25:26	0:27:27	0:58:19	0:05:49	CLUBE EDP - LISBOA
188	1068	VET-A-F	36	PAULA CARDOSO	1:00:05	0:25:30	0:27:56	0:58:47	0:05:52	
189	1845	VET-C-F	48	MARIA FÁTIMA REIXA RODRIGUES ABREU	1:00:05	0:25:30	0:27:57	0:58:48	0:05:52	SPORTING CLUBE DA REBOLEIRA DAMAJA
190	1524	VET-C-F	49	OLGA GALVÃO	1:00:09	0:25:34	0:27:33	0:58:10	0:05:49	VALADARES
191	23	VET-C-F	50	ANA MARQUES	1:00:11	0:25:36	0:27:53	0:59:03	0:05:54	
192	1697	SEN-F	64	SOFIA BERNARDES	1:00:20	0:25:45	0:29:05	0:59:01	0:05:54	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
193	464	VET-C-F	51	IDALINA MADEIRA	1:00:21	0:25:46	0:27:08	0:59:09	0:05:54	ACOREANA CLUBE BANIF
194	719	VET-A-F	37	CLÁUDIA FARIA	1:00:23	0:25:48	0:27:35	0:59:53	0:05:59	BRAIN TUMOR TEAM
195	492	VET-B-F	43	MÓNICA TRUNINGER SOUSA	1:00:28	0:25:53	0:27:38	1:00:10	0:06:01	CLUBE COLABORADORES AXA
196	1118	VET-B-F	44	PAULA COSTA	1:00:36	0:26:01	0:27:40	0:59:14	0:05:55	SFUAP
197	706	VET-C-F	52	MARIA TERESA ALVES ANTUNES JANELA	1:00:37	0:26:02	0:27:11	0:59:59	0:05:59	CLUBE MILLENIUM BCP
198	1209	SEN-F	65	DANIELA OLIVEIRA	1:00:41	0:26:06	0:28:16	0:59:33	0:05:57	GD INE
199	961	VET-A-F	38	CRISTINA BRIZIDO	1:00:41	0:26:06	0:28:06	0:59:53	0:05:59	
200	751	VET-A-F	39	ANA AZEVEDO	1:00:49	0:26:14	0:27:29	0:59:11	0:05:55	SS CGD



G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
201	284	SEN-F	66	CATARINA SIMAO	1:00:53	0:26:18	0:27:41	0:58:46	0:05:52	BANCO ALIMENTAR
202	586	VET-B-F	45	MARLENE OLIVEIRA	1:00:59	0:26:25	0:28:19	0:59:34	0:05:57	
203	1024	VET-C-F	53	ISABEL GUERRA	1:01:03	0:26:28	0:27:49	0:59:43	0:05:58	
204	639	VET-C-F	54	MARIA HELENA ANDRADE	1:01:15	0:26:40	0:27:55	0:59:03	0:05:54	
205	1545	VET-C-F	55	OLENA RAZINKOVA	1:01:19	0:26:44	0:28:29	0:59:28	0:05:56	
206	1886	SEN-F	67	CATARINA MATOS	1:01:22	0:26:48	0:28:02	0:59:37	0:05:57	
207	30	VET-B-F	46	CARLA ANTUNES	1:01:25	0:26:50	0:28:03	1:00:58	0:06:05	
208	1564	VET-A-F	40	ANA ROBIN DE ANDRADE	1:01:29	0:26:54	0:28:19	0:59:34	0:05:57	
209	1610	SEN-F	68	SUSANA PINHEIRO	1:01:36	0:27:01	0:27:59	0:59:32	0:05:57	
210	1161	VET-C-F	56	LEONOR COTRIM	1:01:38	0:27:03	0:29:02	1:01:33	0:06:09	
211	912	SEN-F	69	MARGARIDA SANTOS	1:01:39	0:27:04	0:28:21	0:59:57	0:05:59	BANCO ALIMENTAR
212	980	SEN-F	70	ANGELICA TAVARES	1:01:39	0:27:05	0:28:13	1:00:54	0:06:05	
213	1876	SEN-F	71	MARIANA MIRA	1:01:43	0:27:08	0:28:12	1:00:49	0:06:04	
214	992	SEN-F	72	ANA FILIPA CANELHAS	1:01:50	0:27:15	0:28:09	1:00:51	0:06:05	SERVICOS SOCIAIS MONTEPIO
215	1567	SEN-F	73	CLAUDIA SANTOS	1:01:56	0:27:22	0:27:57	0:59:53	0:05:59	
216	324	VET-C-F	57	EMILIA JANELA	1:02:00	0:27:25	0:28:36	1:00:56	0:06:05	TARTARUGAS SOLIDARIAS
217	1906	VET-A-F	41	RAQUEL ARNAUT	1:02:14	0:27:39	0:27:43	1:00:32	0:06:03	
218	461	VET-C-F	58	HELENA SANTOS	1:02:21	0:27:46	0:28:10	1:01:50	0:06:11	ACOREANA CLUBE BANIF
219	515	VET-C-F	59	MARIA JOAO FERNANDES SIMOES	1:02:23	0:27:48	0:28:34	1:02:06	0:06:12	
220	1450	SEN-F	74	ANA FILIPA BARREIRA FERREIRA	1:02:29	0:27:54	0:28:10	1:02:10	0:06:13	CORRER LISBOA
221	1189	SEN-F	75	RAQUEL MARTINS	1:02:30	0:27:55	0:28:11	1:02:11	0:06:13	CORRER LISBOA
222	1352	VET-B-F	47	MARIA AMORIM	1:02:35	0:28:00	0:28:43	1:00:47	0:06:04	
223	338	VET-C-F	60	ISABEL SANTIAGO	1:02:38	0:28:03	0:28:39	1:00:30	0:06:03	
224	1272	VET-B-F	48	DORA FIGUEIREDO	1:02:43	0:28:08	0:29:43	1:01:38	0:06:09	CORRER EPAL
225	1175	SEN-F	76	PANTERA NEGRA	1:02:46	0:28:11	0:28:01	1:01:23	0:06:08	CASA DA DIZIMA
226	914	SEN-F	77	TERESA MONTEIRO	1:03:00	0:28:25	0:28:56	1:01:19	0:06:07	BANCO ALIMENTAR
227	1041	VET-A-F	42	ANABELA VALADAS	1:03:00	0:28:26	0:28:24	1:02:28	0:06:14	BRAIN TUMOR TEAM
228	655	SEN-F	78	INÊS CUNHA	1:03:06	0:28:31	0:29:45	1:02:20	0:06:14	CLUBE ROBBIALAC
229	1607	SEN-F	79	JOANA PEREZ	1:03:09	0:28:34	0:30:03	1:02:41	0:06:16	
230	43	VET-C-F	61	JOANA DARC CHOURIÇO	1:03:13	0:28:38	0:29:17	1:03:06	0:06:18	
231	747	VET-C-F	62	CRISTINA MARTINS	1:03:18	0:28:43	0:29:41	1:02:08	0:06:12	RB RUNNING
232	211	SEN-F	80	ANA BERNARDO	1:03:19	0:28:44	0:26:11	1:02:23	0:06:14	
233	1553	VET-C-F	63	HELENA ROSADO	1:03:24	0:28:50	0:28:58	1:01:38	0:06:09	SCALABIS NIGHT RUNNERS
234	1440	VET-C-F	64	ELISABETH LOUREIRO	1:03:24	0:28:50	0:29:26	1:02:13	0:06:13	SPORTING CLUBE DE CASINHOS
235	1643	SEN-F	81	MARIA FRANCO FERREIRA	1:03:28	0:28:53	0:28:52	1:01:21	0:06:08	
236	1061	SEN-F	82	REBECA GUERRA	1:03:30	0:28:55	0:29:07	1:02:11	0:06:13	
237	604	VET-B-F	49	SANDRA BATISTA	1:03:39	0:29:05	0:29:57	1:03:27	0:06:20	
238	12	VET-C-F	65	PAULA COUTO	1:03:44	0:29:09	0:30:04	1:03:11	0:06:19	ALGYMNS
239	1801	VET-B-F	50	MAGDA CABRAL	1:03:47	0:29:12	0:29:30	1:03:11	0:06:19	LINDA-A-PASTORA SPORTING CLUBE
240	1688	VET-C-F	66	PAULA NETO	1:03:49	0:29:14	0:29:14	1:01:40	0:06:10	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
241	261	VET-B-F	51	PAULA GRANCHO GONCALVES	1:03:49	0:29:14	0:28:58	1:02:47	0:06:16	
242	1353	VET-B-F	52	ANA TEIXEIRA MARQUES	1:03:53	0:29:18	0:29:56	1:03:20	0:06:20	CORREDORES ANONIMOS
243	176	VET-C-F	67	ANA-ALICE SIMÕES PEREIRA	1:03:59	0:29:24	0:29:17	1:03:37	0:06:21	
244	1538	VET-A-F	43	SÓNIA CASTANHEIRA	1:04:01	0:29:26	0:29:22	1:02:37	0:06:15	
245	1351	VET-C-F	68	NIDIA SILVA	1:04:04	0:29:29	0:29:47	1:03:14	0:06:19	
246	1274	VET-A-F	44	HELENA OLIVEIRA DO VAL	1:04:04	0:29:29	0:29:44	1:02:59	0:06:17	CORRER EPAL
247	1327	VET-A-F	45	LISA SANTOS	1:04:08	0:29:33	0:29:30	1:03:21	0:06:20	
248	1293	VET-A-F	46	MARISA GONÇALVES	1:04:18	0:29:43	0:29:10	1:03:47	0:06:22	OS GALGOS
249	993	VET-A-F	47	ANA PAULA SARAMAGO	1:04:29	0:29:54	0:29:44	1:03:21	0:06:20	SERVICOS SOCIAIS MONTEPIO
250	1305	SEN-F	83	CARLA OLIVEIRA	1:04:31	0:29:56	0:27:18	1:02:45	0:06:16	TIVOLI



G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
251	233	VET-B-F	53	PATRICIA SANTOS	1:04:33	0:29:58	0:30:24	1:03:19	0:06:19	CLUBE DO NOVO BANCO
252	737	VET-B-F	54	ANA PARDAL	1:04:34	0:30:00	0:29:56	1:04:13	0:06:25	CORRER LISBOA
253	1289	SEN-F	84	MAGDA VERISSIMO	1:04:37	0:30:02	0:29:34	1:03:01	0:06:18	JUBASTEAM
254	1083	SEN-F	85	MARTA BESSA	1:04:42	0:30:07	0:29:04	1:02:49	0:06:16	SAMSUNG
255	1355	SEN-F	86	MARIANA TEIXEIRA MARQUES	1:04:45	0:30:10	0:28:34	1:04:13	0:06:25	CORREDORES ANONIMOS
256	542	VET-C-F	69	MARIA CLOTILDE RIBEIRO DA SILVA	1:04:49	0:30:15	0:29:19	1:03:23	0:06:20	CORRER LISBOA
257	1018	VET-A-F	48	SÔNIA QUINTINO	1:05:05	0:30:30	0:31:31	1:03:56	0:06:23	SERVICOS SOCIAIS MONTEPIO
258	1835	VET-B-F	55	MARIA AGUIAR	1:05:11	0:30:36	0:30:03	1:04:08	0:06:24	SPORT LISBOA E CAMPOLIDE
259	1054	SEN-F	87	VANIA SILVA	1:05:20	0:30:45	0:30:22	1:04:24	0:06:26	
260	735	VET-C-F	70	MANUELA JUNOT	1:05:21	0:30:46	0:30:28	1:03:35	0:06:21	
261	178	VET-B-F	56	CARLA CRISTINA DOS REIS BATISTA	1:05:22	0:30:47	0:30:49	1:03:54	0:06:23	
262	455	VET-C-F	71	ANA CANAVEIRA	1:05:22	0:30:48	0:29:44	1:04:14	0:06:25	ACOREANA CLUBE BANIF
263	15	VET-C-F	72	LUIA FALE COSTA	1:05:24	0:30:49	0:29:00	1:04:12	0:06:25	
264	565	VET-C-F	73	ISABEL MARIA SOBREDA BARBIERI CARDOSO	1:05:37	0:31:02	0:30:11	1:03:49	0:06:22	
265	222	VET-C-F	74	FELICIANA FERREIRA	1:05:51	0:31:17	0:30:24	1:04:38	0:06:27	CLUBE DO NOVO BANCO
266	544	SEN-F	88	VICTORIA MELO	1:06:24	0:31:49	0:30:06	1:04:12	0:06:25	
267	1871	VET-A-F	49	MAFALDA FERNANDES	1:06:24	0:31:50	0:30:03	1:05:26	0:06:32	LIBERTY SEGUROS
268	855	VET-B-F	57	ANA ISABEL LOPES	1:06:24	0:31:50	0:31:07	1:06:01	0:06:36	
269	950	VET-A-F	50	PAULA OLIVEIRA	1:06:34	0:31:59	0:29:30	1:04:45	0:06:28	FC ESTRELAS LISBOA
270	955	VET-A-F	51	SANDRA LOURENÇO	1:06:34	0:31:59	0:29:14	1:04:44	0:06:28	FC ESTRELAS LISBOA
271	591	SEN-F	89	ANA FILIPA ALMEIDA SILVA	1:06:35	0:32:00	0:30:32	1:05:50	0:06:35	CORRER LISBOA
272	1551	VET-A-F	52	RUTE PATROCÍNIO	1:06:37	0:32:02	0:30:29	1:05:12	0:06:31	
273	534	SEN-F	90	RITA SOFIA NEVES	1:06:43	0:32:08	0:30:26	1:04:38	0:06:27	
274	1487	VET-C-F	75	HELENA FINO	1:06:43	0:32:08	0:30:40	1:05:46	0:06:34	HAPPY RUNNERS
275	102	VET-C-F	76	FILOMENA SANTANA	1:06:46	0:32:11	0:32:35	1:06:11	0:06:37	
276	923	SEN-F	91	INES NETO	1:06:54	0:32:19	0:31:09	1:04:45	0:06:28	
277	1249	VET-A-F	53	RITA MARQUES	1:06:59	0:32:24	0:30:49	1:06:18	0:06:37	
278	1637	VET-A-F	54	LILIANA CORREIA	1:07:10	0:32:35	0:30:29	1:07:03	0:06:42	
279	221	SEN-F	92	CÁTIA ANASTÁCIO	1:07:17	0:32:42	0:30:25	1:06:04	0:06:36	CLUBE DO NOVO BANCO
280	66	VET-C-F	77	LURDES ALVES	1:07:19	0:32:44	0:30:48	1:06:10	0:06:37	
281	1253	VET-A-F	55	PATRÍCIA CRUZ	1:07:20	0:32:45	0:30:29	1:06:19	0:06:37	
282	1653	VET-A-F	56	LÚCIA CAVALEIRO	1:07:24	0:32:49	0:30:57	1:06:25	0:06:38	
283	925	SEN-F	93	CATARINA LOPES	1:07:28	0:32:53	0:31:59	1:05:17	0:06:31	
284	919	SEN-F	94	CÁTIA SIMÕES	1:07:34	0:32:59	0:30:40	1:05:15	0:06:31	POUCOS POR MUITOS
285	1146	VET-A-F	57	CATARINA LOPES	1:07:41	0:33:07	0:30:37	1:05:57	0:06:35	RUN BUDDY RUN
286	1644	SEN-F	95	CATIA BASTO	1:07:42	0:33:07	0:30:12	1:05:35	0:06:33	
287	1273	SEN-F	96	CATIA PEREIRA HENRIQUES	1:07:56	0:33:21	0:29:43	1:06:51	0:06:41	CORRER EPAL
288	1008	SEN-F	97	MÓNICA ABREU	1:08:08	0:33:33	0:29:17	1:06:58	0:06:41	SERVICOS SOCIAIS MONTEPIO
289	964	SEN-F	98	FILIPA ABREU	1:08:39	0:34:04	0:36:06	1:08:39	0:06:51	THE LAST ONES
290	327	VET-C-F	78	FERNANDA ALMEIDA	1:09:00	0:34:25	0:30:36	1:06:57	0:06:41	
291	1257	VET-B-F	58	ÉLIA SOARES DA SILVA	1:09:05	0:34:30	0:31:02	1:08:02	0:06:48	
292	71	VET-B-F	59	CLAUDIA MIRANDA RAMOS	1:09:28	0:34:53	0:32:02	1:07:59	0:06:47	
293	128	VET-A-F	58	CÉLIA LUZ	1:09:37	0:35:03	0:31:59	1:08:05	0:06:48	
294	958	SEN-F	99	GISELA CARVALHO	1:09:40	0:35:05	0:30:44	1:07:49	0:06:46	FC ESTRELAS LISBOA
295	984	VET-C-F	79	MANUELA CASTANHO	1:09:42	0:35:07	0:32:44	1:08:18	0:06:49	
296	905	SEN-F	100	VANESSA FERREIRA	1:09:50	0:35:15	0:31:16	1:08:00	0:06:48	OS CARACOIS FURIOSOS
297	166	SEN-F	101	LUIA ALVES	1:10:00	0:35:25	0:32:38	1:09:02	0:06:54	BANCO ALIMENTAR
298	423	VET-C-F	80	MA FEE HUNG	1:10:02	0:35:27	0:32:25	1:08:46	0:06:52	ACOREANA CLUBE BANIF
299	1204	SEN-F	102	ANDREIA SOFIA	1:10:08	0:35:34	0:30:13	1:08:00	0:06:48	TARTARUGAS SOLIDARIAS
300	513	SEN-F	103	ANA BELA FERREIRA	1:10:44	0:36:09	0:30:23	1:09:44	0:06:58	



G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
301	348	VET-B-F	60	MAFALDA	1:10:53	0:36:18	0:31:59	1:08:54	0:06:53	BANCO ALIMENTAR
302	88	VET-B-F	61	SANDRA CRISTINA PRATES CAETANO	1:11:16	0:36:41	0:31:53	1:10:27	0:07:02	
303	87	VET-A-F	59	DÉLIA BOINO	1:11:16	0:36:41	0:31:53	1:10:28	0:07:02	
304	1454	VET-B-F	62	CATARINA AMEIXIAL	1:11:23	0:36:48	0:33:06	1:09:56	0:06:59	
305	101	SEN-F	104	JOANA MARTA SANTANA	1:11:46	0:37:11	0:32:36	1:11:10	0:07:07	
306	1045	SEN-F	105	CARINA RODRIGUES	1:11:53	0:37:18	0:31:59	1:10:04	0:07:00	
307	960	VET-C-F	81	HELENA DORES	1:11:58	0:37:23	0:33:12	1:11:03	0:07:06	
308	366	VET-C-F	82	JULIETA SANTOS	1:12:06	0:37:31	0:32:13	1:09:06	0:06:54	TARTARUGAS SOLIDARIAS
309	231	VET-A-F	60	MANUELA LOPES	1:12:08	0:37:33	0:32:49	1:11:29	0:07:08	CLUBE DO NOVO BANCO
310	1509	VET-A-F	61	JOANA CHORINCAS	1:12:15	0:37:40	0:32:41	1:10:36	0:07:03	GRUPO EXCURS. OS ECONOMICOS
311	1652	SEN-F	106	CARLA ALMEIDA	1:12:26	0:37:51	0:32:05	1:11:04	0:07:06	
312	780	VET-B-F	63	MARIA DO ROSÁRIO BARROSO VILHENA D'ALMEI	1:12:32	0:37:57	0:32:33	1:10:59	0:07:05	
313	22	VET-A-F	62	SARA PRATES	1:13:25	0:38:50	0:34:31	1:12:02	0:07:12	G D VIDENSE
314	1136	SEN-F	107	TÂNIA ABREU	1:13:27	0:38:52	0:32:53	1:12:34	0:07:15	
315	1510	VET-C-F	83	NATÁLIA PINTO	1:13:43	0:39:08	0:32:52	1:12:05	0:07:12	GRUPO EXCURS. OS ECONOMICOS
316	303	VET-C-F	84	CLÁUDIA FERREIRA	1:13:43	0:39:08	0:32:01	1:13:18	0:07:19	CLUBE DO STRESS
317	1492	SEN-F	108	CATARINA MARQUES	1:13:44	0:39:09	0:33:19	1:11:48	0:07:10	
318	108	VET-C-F	85	DORA DUARTE	1:13:55	0:39:20	0:33:18	1:12:57	0:07:17	
319	991	VET-B-F	64	ANA CLAUDIA PAIXÃO	1:13:55	0:39:20	0:33:18	1:12:57	0:07:17	SERVICOS SOCIAIS MONTEPIO
320	540	VET-C-F	86	MARIA CARMO ANJOS	1:14:02	0:39:27	0:34:09	1:12:50	0:07:17	
321	756	VET-C-F	87	DORA PIRES	1:14:16	0:39:41	0:34:25	1:12:40	0:07:16	SS CGD
322	755	VET-C-F	88	CRISTINA SANTOS	1:14:16	0:39:41	0:34:25	1:12:40	0:07:16	SS CGD
323	1597	VET-C-F	89	ANA NAVA	1:14:26	0:39:51	0:34:24	1:12:14	0:07:13	
324	1277	VET-A-F	63	ANA BARROS	1:15:49	0:41:14	0:33:46	1:15:00	0:07:30	
325	547	VET-A-F	64	MARIA CANAVEIRA	1:16:03	0:41:29	0:41:20	1:16:03	0:07:36	BANCO ALIMENTAR
326	557	SEN-F	109	LURDES SANTOS	1:16:09	0:41:34	0:33:43	1:14:22	0:07:26	
327	609	VET-B-F	65	CARLA PALMEIRO	1:16:32	0:41:57	0:34:57	1:15:51	0:07:35	
328	611	VET-A-F	65	MEG GARCIA	1:16:32	0:41:57	0:34:58	1:15:50	0:07:35	
329	1162	SEN-F	110	MAFALDA PEREIRA	1:16:34	0:41:59	0:34:35	1:15:09	0:07:30	MONTE DA LUA
330	414	SEN-F	111	ELSA SANCHEZ CORREIA	1:16:48	0:42:14	0:33:01	1:14:42	0:07:28	1 DESAFIO
331	369	SEN-F	112	PATRÍCIA MARQUES	1:17:11	0:42:36	0:34:26	1:14:57	0:07:29	
332	157	VET-C-F	90	VERA SILVA	1:17:46	0:43:11	0:35:22	1:16:16	0:07:37	BANCO ALIMENTAR
333	1163	SEN-F	113	FILIPA LOPES	1:18:22	0:43:47	0:34:35	1:16:56	0:07:41	MONTE DA LUA
334	1074	SEN-F	114	HELENA CHINELO	1:19:43	0:45:08	0:35:19	1:17:48	0:07:46	SAMSUNG
335	1588	VET-A-F	66	CATARINA AZEVEDO	1:20:09	0:45:34	0:35:14	1:17:52	0:07:47	ORIGINAL RUNNERS
336	777	VET-C-F	91	NATÁLIA EMILIA DO CARMO MARTINS	1:20:10	0:45:35	0:35:05	1:19:20	0:07:56	
337	1589	VET-A-F	67	FILIPA FIGUEIRA	1:22:06	0:47:31	0:36:44	1:19:51	0:07:59	ORIGINAL RUNNERS
338	691	VET-C-F	92	REGINA LUCIA FERREIRA DE OLIVEIRA	1:31:53	0:57:18	0:42:48	1:30:03	0:09:00	CLUBE MILLENIUM BCP