



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
1	616	LILIANA	SILVA	F	PT		00:43:05	00:04:17	00:42:59	00:21:32
2	158	PATRICIA	PORTO	F	PT	ACADEMIA FERNANDA RIBEIRO	00:45:21	00:04:31	00:45:15	00:22:58
3	509	ANA	PEREIRA	F	PT		00:45:53	00:04:33	00:45:53	00:23:06
4	586	ELISABETE	NUNES	F	PT	SPORT COMÉRCIO E SALGUEIROS	00:45:54	00:04:34	00:45:49	00:22:08
5	457	ANA BEATRIZ	NUNES	F	PT	JOSÉ NUNES	00:46:03	00:04:36	00:46:03	00:22:38
6	53	CONCEIÇÃO	GRARE	F	PT	PAC RUNNING ACADEMY	00:46:36	00:04:39	00:46:35	00:23:14
7	332	SUSANA	PINTO	F	PT		00:48:10	00:04:48	00:48:07	00:23:34
8	159	ETELVINA	ROCHA	F	PT		00:48:10	00:04:48	00:48:06	00:23:34
9	76	CATARINA	LOPES	F	PT		00:49:12	00:04:54	00:49:05	00:23:57
10	194	TÂNIA FILIPA	BARBOSA	F	PT	DIVE LIBERDADE FC	00:49:25	00:04:55	00:49:18	00:23:57
11	146	JANETE	SOUSA	F	PT	DE SOUSA MARIANI	00:50:46	00:04:59	00:49:59	00:25:47
12	96	DULCE	PEREIRA	F	PT		00:51:54	00:05:10	00:51:47	00:25:18
13	307	MARIA	SAAVEDRA	F	PT	PEDECHUMBOTEAM	00:51:55	00:05:08	00:51:25	00:25:55
14	568	ANA	SANTOS	F	PT		00:52:28	00:05:13	00:52:14	00:26:17
15	38	SANDRA	FERREIRA	F	PT		00:52:31	00:05:11	00:51:58	00:27:24
16	335	SANDRA	MOREIRA	F	PT	SOBE MONTANHAS	00:53:05	00:05:18	00:53:00	00:25:02
17	336	ISABEL	RIBEIRO	F	PT	ARC VALE S. COSME	00:53:29	00:05:20	00:53:22	00:26:16
18	431	ROSA	GUEDES	F	PT	CORRE SÃO JOÃO	00:53:29	00:05:20	00:53:23	00:26:19
19	649	MARIANA	AMEIXEIRA	F	PT		00:53:49	00:05:21	00:53:33	00:27:55
20	41	PAULA	SOUSA	F	PT		00:53:54	00:05:10	00:51:46	00:30:16
21	429	MARTA	TOMÁS	F	PT		00:54:02	00:05:23	00:53:51	00:26:17
22	618	CÉLIA	ANDRADE	F	PT	FORTES A DESCER 2.0	00:54:14	00:05:24	00:54:06	00:26:06
23	46	CLARA	SILVA	F	PT		00:54:40	00:05:19	00:53:17	00:29:23
24	47	CARLA	FIGUEROA GARCIA	F	PT		00:54:40	00:05:26	00:54:21	00:28:39
25	526	MARIA ADELAIDE	ALMEIDA	F	PT	ATLÉTICO CLUBE ALFENENSE	00:55:59	00:05:33	00:55:37	00:27:29
26	129	SARAH ALEXANDRA	SILVA	F	PT	TEAM RUNNERS	00:55:59	00:05:33	00:55:36	00:27:30
27	695	CLÁUDIA	COELHO	F	PT	AMA - ASSOCIAÇÃO MONDIM ATLETISMO	00:56:32	00:05:38	00:56:28	00:27:42
28	701	ORIANA	SILVA	F	PT		00:56:33	00:05:39	00:56:30	00:27:47
29	756	SÍLVIA	ALBERTO BARBOSA VELOSO	F	PT		00:56:52	00:05:36	00:56:07	00:30:56
30	757	MÓNICA	URBANO	F	PT		00:56:52	00:05:23	00:53:56	00:31:43
31	758	MARIA LUZ	FERREIRA	F	PT		00:56:52	00:05:35	00:55:55	00:30:55
32	117	ELOÍSA	FERNANDES CEPINHA	F	PT	DUDE Agency	00:57:27	00:05:40	00:56:43	00:28:08
33	137	PAULA	MELO	F	PT	MAGIC RUNNERS	00:57:59	00:05:47	00:57:50	00:28:37
34	223	DIANA	MARQUES	F	PT		00:58:00	00:05:46	00:57:44	00:28:57
35	762	ANA	GONCALVES	F	PT		00:58:28	00:05:37	00:56:19	00:31:58
36	556	MARIA	LIRIO	F	PT		00:58:31	00:05:50	00:58:21	00:28:23
37	572	RAQUEL	SOUSA	F	PT	TAINADAS COM SILAMPOS	00:59:33	00:05:53	00:58:51	00:30:18
38	574	SOFIA	ROCHA	F	PT	TAINADAS COM SILAMPOS	00:59:33	00:05:53	00:58:51	00:30:17
39	188	LINA	PIRES	F	PT		01:00:10	00:05:56	00:59:24	00:30:46
40	95	ANTÓNIA	GUERRA	F	PT	CORRE SÃO JOÃO	01:00:13	00:06:00	01:00:08	00:28:47
41	149	CARLA	RIBEIRO	F	PT		01:00:19	00:05:57	00:59:37	00:29:43
42	142	SUSANA	TAVARES	F	PT		01:00:27	00:06:00	01:00:08	00:28:38
43	774	SONIA	SANTOS	F	PT		01:00:50	00:05:24	00:54:01	00:36:34
44	377	MARIA	PIMENTEL	F	PT		01:00:54	00:06:03	01:00:31	00:30:14
45	58	SANDRA	MONTEIRO	F	PT		01:00:58	00:06:03	01:00:35	00:29:52
46	82	TERESA	BRITO	F	PT		01:00:58	00:06:03	01:00:35	00:29:52
47	201	MARLENE	MADUREIRA	F	PT	TURBOLENTOS	01:00:59	00:06:01	01:00:12	00:29:31
48	75	MÓNICA	MARGARIDE	F	PT	MUSA RUNNERS	01:01:41	00:06:09	01:01:36	00:30:02
49	777	PAULA	OLIVEIRA	F	PT		01:02:05	00:06:09	01:01:36	00:31:16
50	780	ELISABETE	EIRAS RODRIGUEZ	F	PT		01:02:06	00:06:02	01:00:24	00:32:57
51	471	VIVIANA	RESENDE	F	PT	BRIGADA DO REUMÁTICO	01:02:41	00:06:08	01:01:29	00:32:18
52	56	MADALENA	COSTA	F	PT	COSTA	01:02:47	00:06:16	01:02:44	00:30:43
53	361	ROSA	PEREIRA	F	PT	SONOSOSDOIS	01:03:03	00:06:15	01:02:34	00:30:13
54	128	JOANA	PADUA	F	PT	MAGIC RUNNERS	01:03:04	00:06:17	01:02:55	00:29:21
55	263	MARIA	SOUSA	F	PT		01:03:12	00:06:17	01:02:56	00:30:04
56	533	JOANA	SILVA	F	PT	AJ	01:03:15	00:05:54	00:59:09	00:32:28
57	516	MARIA	VINHAS	F	PT	TEAM VINHAS	01:03:21	00:06:18	01:03:09	00:30:44
58	587	LÚCIA	NUNES	F	PT	SPORT COMÉRCIO E SALGUEIROS	01:03:37	00:06:21	01:03:32	00:30:14
59	781	SOFIA	GOMES	F	PT		01:03:47	00:06:18	01:03:00	00:33:09
60	697	GRACE	YUKI	F	BR		01:04:22	00:06:21	01:03:30	00:31:01
61	786	VANIA	AFONSO	F	PT		01:04:39	00:06:02	01:00:27	00:36:27
62	787	PAULA	LEITE	F	PT		01:04:40	00:05:59	00:59:52	00:36:58
63	788	PAULA	PONTES	F	PT		01:04:40	00:06:11	01:01:56	00:35:46
64	527	MARIANA FERNANDES	LOPES	F	PT		01:04:41	00:06:26	01:04:21	00:29:50
65	177	MARIA DO CÉU	CATARINO	F	PT	TOTOS	01:04:56	00:06:23	01:03:52	00:33:33
66	172	ANA BEATRIZ	BARBOSA MARQUES SOUSA	F	PT		01:05:13	00:06:24	01:04:00	00:33:01
67	165	PATRICIA	MONTEIRO	F	PT		01:05:13	00:06:24	01:04:00	00:33:00
68	791	PAULA	VIEIRA	F	PT		01:05:18	00:06:06	01:01:09	00:36:05
69	795	HELENA	OLIVEIRA	F	PT		01:05:20	00:06:08	01:01:27	00:36:07
70	799	PATRICIA	MOTA	F	PT		01:05:47	00:06:19	01:03:13	00:35:11
71	802	SUSANA	TEIXEIRA	F	PT		01:06:22	00:06:14	01:02:28	00:36:43
72	804	CELESTE	SILVA	F	PT		01:06:22	00:06:26	01:04:27	00:36:01



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
73	805	DIANA	SOUZA	F	PT		01:06:22	00:06:29	01:04:53	00:35:58
74	604	LIGIA RAQUEL	MAGALHÃES TAVARES	F	PT	JOSE LUIS PACHECO	01:06:23	00:06:33	01:05:33	00:32:12
75	114	ANA	COUTINHO	F	PT		01:06:28	00:06:35	01:05:55	00:33:14
76	362	SUSANA	BRAGA	F	PT		01:07:17	00:06:43	01:07:13	00:31:42
77	807	SANDRA	ALMEIDA	F	PT		01:07:27	00:06:01	01:00:15	00:39:04
78	808	BEATRIZ	OLIVEIRA	F	PT		01:07:27	00:06:28	01:04:49	00:36:36
79	810	MAFALDA	MOITA	F	PT		01:07:28	00:06:13	01:02:12	00:38:00
80	811	FILIPA	TRIGUEIROS	F	PT		01:07:51	00:06:39	01:06:38	00:35:36
81	814	RITA	GONÇALVES	F	PT		01:07:52	00:06:09	01:01:31	00:39:37
82	567	MARIA CLARA	RUBINGER DE SOUSA	F	PT		01:08:26	00:06:45	01:07:36	00:34:21
83	816	GABY	BARBOSA	F	NA		01:08:49	00:06:16	01:02:43	00:39:18
84	819	RAQUEL	SOARES	F	PT		01:08:49	00:06:47	01:07:54	00:36:58
85	60	MARIA	PRAÇA	F	PT		01:08:57	00:06:48	01:08:09	00:34:44
86	309	MARILIA	ALMEIDA	F	PT	PEDECHUMBOTEAM	01:09:02	00:06:51	01:08:30	00:00:00
87	224	CARLA	ARAÚJO	F	PT	ROCA	01:09:14	00:06:50	01:08:24	00:34:15
88	823	RAQUEL	ALMEIDA	F	PT		01:10:05	00:06:24	01:04:05	00:39:56
89	104	BEATRIZ	MENDES	F	PT	AS 100 JUÍZO	01:10:09	00:06:58	01:09:49	00:32:57
90	466	ANA	DUARTE	F	PT	BRIGADA DO REUMÁTICO	01:10:12	00:06:54	01:09:07	00:33:28
91	650	MARIA CLARA	RUA	F	PT		01:10:17	00:06:56	01:09:27	00:34:08
92	736	ISABEL	MAIA	F	PT		01:10:17	00:06:56	01:09:27	00:34:08
93	103	ANDREIA	GRANJO	F	PT	AS 100 JUÍZO	01:10:26	00:07:00	01:10:04	00:32:58
94	468	MARISA ALEXANDRA TEIXEIRA	SILVA	F	PT	BRIGADA DO REUMÁTICO	01:10:39	00:06:57	01:09:34	00:33:25
95	326	DANIELA	SOARES	F	PT		01:11:20	00:07:03	01:10:35	00:34:42
96	562	ISA	RIBEIRO	F	PT	ADE TRAIL RUNNING	01:11:22	00:07:07	01:11:15	00:33:11
97	827	ANA	PINTO	F	PT		01:11:44	00:06:42	01:07:00	00:40:20
98	830	ANA CATARINA	COUTO	F	PT		01:11:46	00:06:25	01:04:13	00:41:28
99	831	SAMANTA	CARDOSO	F	PT		01:12:22	00:06:40	01:06:49	00:40:06
100	833	PAULA	TOMÁS	F	PT		01:12:23	00:06:31	01:05:12	00:41:35
101	835	ANA	OLIVEIRA	F	PT		01:12:23	00:06:43	01:07:12	00:40:12
102	178	PATRÍCIA	PINTO	F	PT	TOTOS	01:12:43	00:07:09	01:11:39	00:35:18
103	204	LAUANA	LARRE	F	PT		01:12:44	00:07:13	01:12:11	00:33:23
104	111	GORETI	MARREIROS	F	PT	MINIS & BIFANAS	01:13:30	00:07:16	01:12:42	00:35:49
105	207	ISOLINA	CUNHA	F	PT		01:14:19	00:07:20	01:13:26	00:35:52
106	723	TERESA	FERREIRA	F	PT	CGD	01:14:19	00:07:20	01:13:28	00:35:01
107	727	LILIANA	SILVA	F	PT		01:17:45	00:07:44	01:17:29	00:38:04
108	78	SONIA	GORITO	F	PT	OLI2005	01:21:12	00:08:04	01:20:48	00:36:16
109	341	CRISTINA	CORREIA	F	PT		01:22:22	00:08:11	01:21:58	00:38:45
110	455	MARTA	RODRIGUES	F	PT	FARIARUNING	01:24:14	00:08:19	01:23:10	00:37:31
111	454	MARIA JOSE	FARIA	F	PT	FARIARUNING	01:24:15	00:08:19	01:23:10	00:37:30
112	658	LILIANA	AMERICANO	F	PT	TRUCKING RUNNING TEAM	01:24:21	00:08:16	01:22:45	00:00:00
113	654	HELENA	ANDRADE	F	PT	TRUCKING RUNNING TEAM	01:24:22	00:08:16	01:22:46	00:00:00
114	179	TERESA	SILVA	F	PT	TOTOS	01:24:30	00:08:20	01:23:26	00:41:27
115	669	LUCILIA	CARDOSO	F	PT		01:24:46	00:08:27	01:24:33	00:37:51
116	119	MARTA	MARTINS	F	PT	DUDE Agency	01:25:27	00:08:28	01:24:41	00:42:37
117	115	ANA	FÉLIX	F	PT	DUDE Agency	01:25:28	00:08:28	01:24:42	00:42:37
118	558	MANUELA	SILVA	F	PT	OKI DOKI	01:25:32	00:08:28	01:24:41	00:39:16
119	501	LURDES	CARVALHO	F	PT	OS ALTICES	01:28:38	00:08:50	01:28:20	00:40:08
120	500	LUANA	CARVALHO	F	PT	OS ALTICES	01:28:54	00:08:51	01:28:36	00:40:07
121	160	RAQUEL	CARNEIRO	F	PT		01:32:10	00:09:05	01:30:51	00:47:32
122	734	CRISTINA	MONTEIRO	F	PT		01:32:15	00:09:08	01:31:28	00:44:31
123	741	MARA	DINIZ	F	BR		01:32:32	00:09:12	01:32:06	00:44:18
124	364	MARA LYSE	DINIZ	F	BR	AGORA VAI !!	01:32:32	00:09:12	01:32:06	00:44:18
125	271	INES	ALVES	F	PT	PEAK	01:34:40	00:09:20	01:33:25	00:50:08
126	272	JOANA	CAMPOS	F	PT	PEAK	01:34:41	00:09:20	01:33:26	00:50:09
127	323	ANA	DIAS	F	PT	ACRVC	01:36:13	00:09:32	01:35:21	00:46:42
128	325	ANA	SILVA	F	PT	ACRVC	01:36:17	00:09:32	01:35:25	00:46:44
129	640	SÍLVIA	LEITE	F	PT	ARRIFANENSES	01:36:25	00:09:30	01:35:07	00:49:56
130	711	ROSA	SILVA	F	PT		01:36:51	00:09:40	01:36:42	00:38:42
131	237	MARTA	PEREIRA	F	PT		01:37:39	00:09:40	01:36:45	00:50:45
132	266	PATRICIA	OLIVEIRA	F	PT		01:38:20	00:09:45	01:37:33	00:50:05
133	161	ISABEL	TEIXEIRA	F	PT	FERREIRA TEAM	01:38:49	00:09:48	01:38:08	00:50:42
134	190	FILIPA	ROCHA	F	PT	RICARDO MIGUEL DA SILVA GOMES	01:38:49	00:09:48	01:38:08	00:50:42
135	464	FERNANDA	VIEIRA	F	PT		01:38:54	00:09:49	01:38:11	00:46:58
136	549	ISABEL	LEITÃO	F	PT		01:40:51	00:10:01	01:40:15	00:51:29
137	644	SUSANA	SILVA	F	PT	TURBOLENTOS DE MOREIRA	01:40:51	00:10:01	01:40:15	00:51:30
138	643	SUSANA	PEDREGAL	F	PT	TURBOLENTOS DE MOREIRA	01:40:52	00:10:01	01:40:16	00:51:30
139	493	SÍLVIA	COELHO	F	PT	MAIS SAÚDE	01:41:09	00:09:39	01:36:39	00:47:53
140	492	PAULA	MELO	F	PT	MAIS SAÚDE	01:41:22	00:09:41	01:36:52	00:48:01
141	489	MÁRCIA	LEITE	F	PT	ANJOS	01:42:28	00:10:07	01:41:16	00:52:16
142	694	CLÁUDIA	PIMENTEL	F	PT	MP	01:42:49	00:10:11	01:41:53	00:48:47
143	732	CARLA	TONDELA	F	PT		01:42:49	00:10:11	01:41:52	00:48:48
144	676	ANA	CANHOLA	F	PT	I9COZINHAS	01:43:08	00:10:08	01:41:25	00:52:45



POS	DORSAL	NOME	APELIDO	SEXO	NAC	EQUIPA	TEMPO	RITMO	TEMPO CHIP	5K
145	678	MARA	CANHOLA	F	PT	I9COZINHAS	01:43:08	00:10:08	01:41:25	00:52:47
146	404	REGINA	PERES	F	PT	OS GUARDIÕES	01:43:14	00:10:13	01:42:13	00:49:32
147	344	SUSANA	TORRES	F	PT	OS RATINHOS	01:44:24	00:10:20	01:43:27	00:50:46
148	688	CLAUDIA	LOPES	F	PT	CART RUNNING TEAM	01:45:27	00:10:25	01:44:14	00:53:04
149	698	ANA	NEGRÃO	F	PT		01:48:19	00:10:42	01:47:03	00:55:26
150	686	MARGARIDA	VALENTE	F	PT	OS VALENTES	01:48:34	00:10:44	01:47:26	00:53:10
151	729	ANA	ALVIM	F	PT		01:48:34	00:10:47	01:47:55	00:51:58
152	577	FILIPA	VIEIRA	F	PT		01:48:58	00:10:47	01:47:59	00:53:16
153	555	ANA RITA	VIEIRA	F	PT		01:48:58	00:10:48	01:48:00	00:53:15
154	540	CRISTINA	MACHADO	F	PT		01:49:04	00:10:51	01:48:31	00:53:21
155	434	ROSA PAULA	GOMES DA SILVA AMORIM	F	PT	MAIATOS	01:49:04	00:10:51	01:48:31	00:53:21
156	208	ÂNGELA	RAMOS	F	PT	FAMÍLIA CARNEIRO	01:50:26	00:10:54	01:49:08	00:56:54
157	209	HELENA	LOPES	F	PT	FAMÍLIA CARNEIRO	01:50:26	00:10:54	01:49:07	00:56:52
158	706	EUGENIA	DIAS	F	PT	MSTEAM	01:50:28	00:10:58	01:49:46	00:53:42
159	136	INÊS	RODRIGUES	F	PT		01:50:54	00:10:56	01:49:22	00:57:29
160	127	PAULA	RODRIGUES	F	PT		01:51:21	00:10:59	01:49:50	00:57:40
161	145	ALBINA	RODRIGUES	F	PT		01:51:23	00:10:59	01:49:53	00:57:30
162	652	ÁGATA	COSTA	F	PT	TRUCKING RUNNING TEAM	01:53:13	00:11:03	01:50:38	00:57:56
163	105	ROSA	NOGUEIRA	F	PT	ALL ABOUT	01:53:15	00:11:13	01:52:11	00:56:10
164	381	SANDRA	TAVARES	F	PT	OS TAVARES	01:55:23	00:11:22	01:53:46	00:58:01