

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1	2976	Paulo Paula	00:15:11	00:30:31	00:30:30	1	RUN TEJO	V35	1
2	1	Samuel Barata	00:15:11	00:31:13	00:31:12	2	Sport Lisboa e Benfica	Senior	1
3	1217	Avelino Eusébio	00:15:39	00:32:05	00:32:04	3	GFD Running	Senior	2
4	1749	André Costa	00:15:43	00:32:35	00:32:34	4	Clube Desportivo e Recreativo Ribeirinho	Senior	3
5	1220	Carlos Cardoso	00:15:57	00:32:41	00:32:39	5	GFD Running	V35	2
6	2965	Miguel Quaresma	00:16:00	00:32:42	00:32:41	6	RUN TEJO	V35	3
7	1239	Roberto Ladeiras	00:15:58	00:32:44	00:32:43	7	GFD Running	Senior	4
8	2698	José Gaspar	00:15:50	00:33:03	00:33:02	8		V40	1
9	1211	João Fernandes	00:15:57	00:33:10	00:33:09	9	GFD Running	Senior	5
10	3198	Isaias Gomes	00:15:57	00:33:35	00:33:33	10	CF os Belenenses	Senior	6
11	2814	Pedro Nogueira	00:16:09	00:33:53	00:33:52	11		V35	4
12	650	Tiago Sousa	00:16:38	00:33:58	00:33:57	12	Pastelaria Viriato	Senior	7
13	928	Leonardo Coelho	00:16:27	00:34:24	00:34:23	13	RunLovers	Senior	8
14	2610	Filipe Rebelo	00:16:58	00:34:27	00:34:26	14	RUN TEJO	Senior	9
15	1042	Rui Pereira	00:16:58	00:34:28	00:34:27	15	Casa do Benfica em Castelo Branco	Senior	10
16	1443	Miguel Fortunato	00:16:56	00:34:34	00:34:33	16	Rio Maior Triatlo Clube	Senior	11
17	1216	António Sousa	00:16:59	00:34:41	00:34:39	17	GFD Running	V45	1
18	3015	Celso Pinto	00:17:08	00:34:43	00:34:41	18	CF os Belenenses	Senior	12
19	3014	Luís Brito	00:17:00	00:34:58	00:34:57	19	CF os Belenenses	V40	2
20	758	Jorge Cruz	00:17:08	00:34:59	00:34:57	20	Amigos do Atletismo de Mafra	V50	1

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21	2073	Diogo Garcia	00:17:07	00:35:04	00:35:01	21		Senior	13
22	2035	Pedro Guimarães	00:17:07	00:35:06	00:35:04	22	Ingleses Futebol Clube	V35	5
23	1290	Pedro Pedro	00:17:08	00:35:21	00:35:19	23	RB RUNNING	V35	6
24	1221	Carlos Ruxa	00:17:10	00:35:35	00:35:34	24	GFD Running	Senior	14
25	2757	Ricardo Santos	00:17:34	00:35:39	00:35:37	25	COO	V35	7
26	3011	Paulo Garcia	00:17:34	00:35:44	00:35:43	26	CF os Belenenses	V45	2
27	2929	Marcelo Santos	00:17:00	00:35:53	00:35:51	27		Senior	15
28	2030	Pedro Carreira	00:17:17	00:35:57	00:35:55	28		V40	3
29	388	Pedro Amaro	00:16:25	00:36:05	00:36:02	29	Clube EDP Lisboa	Senior	16
30	2084	Bruno Rolim	00:17:35	00:36:08	00:36:05	30		V35	8
31	1039	Nuno Gamboa	00:17:28	00:36:14	00:36:13	31	Casa do Benfica em Castelo Branco	V40	4
32	680	Pedro Serra	00:16:33	00:36:16	00:36:14	32		V35	9
33	2823	Natanael Guerreiro	00:17:41	00:36:22	00:36:20	33	Amigos do Atletismo de Mafra	Senior	17
34	2609	David Fernandes	00:18:11	00:36:52	00:36:50	34	RUN TEJO	V40	5
35	1228	Nelson Santos	00:17:57	00:36:55	00:36:53	35	GFD Running	V35	10
36	2607	João Freire	00:18:11	00:36:58	00:36:56	36	RUN TEJO	Senior	18
37	3174	Paulo Benevente	00:17:43	00:37:01	00:36:58	37		V40	6
38	582	Nuno Soares	00:18:11	00:37:05	00:37:03	38	Correr Lisboa	V35	11
39	2465	Frederico Lázaro	00:18:14	00:37:06	00:37:03	39		V40	7
40	1806	Carlos Almeida	00:18:11	00:37:09	00:37:06	41		V45	3

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41	1205	Joana Fonseca	00:16:49	00:37:13	00:37:11	42	GFD Running	Senior	1
42	37	José Santos	00:17:57	00:37:14	00:37:13	44		V50	2
43	1409	Pedro Caramba	00:18:45	00:37:14	00:37:05	40		V40	8
44	2175	José Pais	00:18:10	00:37:15	00:37:13	43		V45	4
45	2599	Anilson Vivace	00:18:05	00:37:19	00:37:17	46	RUN TEJO	Senior	19
46	3019	José Correia	00:18:11	00:37:19	00:37:16	45	CF os Belenenses	V50	3
47	1213	João Mateus	00:16:54	00:37:21	00:37:19	47	GFD Running	Senior	20
48	1052	José Santos	00:17:05	00:37:23	00:37:20	48	Os Galgos	V50	4
49	309	António Araújo	00:16:57	00:37:24	00:37:22	49	RUN TEJO	V50	5
50	1272	Paulo Cantante	00:18:14	00:37:25	00:37:23	50		V45	5
51	929	Tiago Dias	00:17:15	00:37:26	00:37:24	51	RunLovers	Senior	21
52	1773	Domingos Carneiro	00:18:15	00:37:34	00:37:33	52		V45	6
53	2055	Vitor Lima	00:16:57	00:37:39	00:37:37	53	NucleOeiras - ADNO	V50	6
54	1208	Ernesto Ferreira	00:18:26	00:37:44	00:37:42	54	GFD Running	V45	7
55	1441	Kim Mangrobang	00:18:17	00:37:45	00:37:44	55	Rio Maior Triatlo Clube	Senior	2
56	20	Telmo Nogueira	00:18:14	00:37:53	00:37:51	56		V35	12
57	2278	João Rocha	00:18:29	00:37:54	00:37:51	57	RB RUNNING	Senior	22
58	1797	Hugo Silva	00:17:06	00:37:56	00:37:54	58	RB RUNNING	Senior	23
59	654	Ivan Sanchez	00:18:16	00:38:07	00:38:05	59		V40	9
60	1843	Daniel Seborro	00:18:28	00:38:10	00:38:07	60		Senior	24

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61	1243	Vera Nunes	00:18:29	00:38:10	00:38:09	61	GFD Running	V35	1
62	1296	Gonçalo Costa	00:18:34	00:38:17	00:38:14	64		V45	8
63	1204	Céu Nunes	00:18:48	00:38:19	00:38:18	65	GFD Running	V40	1
64	1560	Vasco Tavares	00:18:37	00:38:20	00:38:18	66		V40	10
65	2754	Jacob Knudsen	00:19:15	00:38:20	00:38:10	62		V45	9
66	776	Fábio Correia	00:19:17	00:38:20	00:38:12	63		Senior	25
67	2606	Carlos Freitas	00:18:46	00:38:21	00:38:19	69	RUN TEJO	V45	10
68	2938	Nuno Teixeira	00:18:46	00:38:22	00:38:19	68		V40	11
69	2975	Joana Ramalho	00:18:47	00:38:22	00:38:21	70	RUN TEJO	Senior	3
70	384	Carlos Gomes	00:17:48	00:38:23	00:38:19	67	Clube EDP Lisboa	V55	1
71	3158	Henrique Coelho	00:18:15	00:38:26	00:38:24	71	A.M.Atibá	V45	11
72	917	Tiago Ribeiro	00:17:33	00:38:31	00:38:26	72		V35	13
73	3007	Fernando Santos	00:17:21	00:38:31	00:38:29	74	CF os Belenenses	V45	12
74	2167	José Simões	00:18:48	00:38:31	00:38:28	73		V45	13
75	2623	Nuno Naia	00:19:19	00:38:35	00:38:31	75	RUN TEJO	V40	12
76	1976	Fernando Martins	00:18:57	00:38:37	00:38:34	77	GDC Banco de Portugal	V45	14
77	1981	Hugo Dourado	00:18:41	00:38:39	00:38:36	78		V35	14
78	3063	Eduardo Coelho	00:18:47	00:38:39	00:38:34	76		V45	15
79	1975	Pedro Barreirão	00:17:34	00:38:41	00:38:37	79	GDC Banco de Portugal	Senior	26
80	568	Luis Monteiro	00:18:50	00:38:44	00:38:39	80	Clube Novo Banco	V45	16

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81	1440	Xavier Adrião	00:19:01	00:38:49	00:38:46	83	Rio Maior Triatlo Clube	Senior	27
82	1230	Nuno Ruela	00:18:59	00:38:50	00:38:46	84	GFD Running	V45	17
83	947	Rui Henriques	00:18:41	00:38:53	00:38:49	86	Serviços Sociais Montepio	V35	15
84	813	André Morgado	00:19:09	00:38:55	00:38:48	85	CAD a Correr	Senior	28
85	2613	Inocência Amorim	00:19:09	00:38:59	00:38:58	92	RUN TEJO	V40	13
86	2614	Jorge Abreu	00:19:20	00:38:59	00:38:55	90	RUN TEJO	Senior	29
87	418	Francisco Oliveira	00:18:49	00:39:01	00:38:53	88		V40	14
88	1210	Filipe Silveira	00:19:03	00:39:02	00:39:00	93	GFD Running	V35	16
89	2792	Nuno Bela	00:18:59	00:39:04	00:39:00	94		V35	17
90	2974	Paulo Pinto	00:19:23	00:39:04	00:38:51	87		V45	18
91	1919	Fábio Pereira	00:19:23	00:39:05	00:38:55	89	Sporting Clube de Casainhos	Senior	30
92	1212	João Magalhães	00:19:20	00:39:08	00:38:56	91	GFD Running	V40	15
93	1678	João Vieira	00:19:15	00:39:11	00:39:08	96		Senior	31
94	2890	João Cruz	00:19:31	00:39:12	00:38:42	82	Golfinhos	Senior	32
95	1869	Marco Seixo	00:19:27	00:39:14	00:39:03	95		V40	16
96	2600	André Cardoso	00:19:03	00:39:16	00:39:11	97	RUN TEJO	V35	18
97	2509	Pedro Preto	00:18:10	00:39:18	00:39:15	99	RUN TEJO	V45	19
98	1121	João Lopes	00:17:44	00:39:19	00:39:14	98		V35	19
99	293	José Cuco	00:20:29	00:39:20	00:38:42	81		Senior	33
100	2009	Nuno Varela	00:19:15	00:39:22	00:39:22	104	CA Vale Figueira	V40	17

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101	3008	Pedro Mota	00:19:24	00:39:23	00:39:18	101	CF os Belenenses	V45	20
102	2875	José Santos	00:17:52	00:39:24	00:39:21	102		V40	18
103	2425	Pedro Ferreira	00:17:40	00:39:26	00:39:23	105	RB RUNNING	V50	7
104	2883	Afonso Tomé	00:19:21	00:39:27	00:39:18	100	Quarentões na Bisga	Senior	34
105	1092	Isidoro Duarte	00:19:39	00:39:27	00:39:23	106	RB RUNNING	V50	8
106	2911	Sarah Vallin	00:19:37	00:39:29	00:39:25	107		Senior	4
107	1818	Nuno Rebelo	00:19:59	00:39:30	00:39:26	108	RUN TEJO	Senior	35
108	2629	José Silva	00:19:29	00:39:32	00:39:28	109	RUN TEJO	V55	2
109	1848	Ricardo Pinto	00:19:21	00:39:37	00:39:34	112		V35	20
110	1224	Luís Pereira	00:19:21	00:39:39	00:39:34	113	GFD Running	V50	9
111	2513	Rui Teixeira	00:19:09	00:39:40	00:39:32	110		V40	19
112	1733	Leonel Marques	00:19:27	00:39:42	00:39:40	116		V35	21
113	988	Bruno Marcelino	00:19:19	00:39:44	00:39:40	115		V35	22
114	1436	Sérgio Santos	00:19:07	00:39:47	00:39:45	118	ONTRISPORTS	V45	21
115	2616	Jorge Quarenta	00:19:57	00:39:49	00:39:44	117	RUN TEJO	V45	22
116	2799	Licínio Fidalgo	00:19:44	00:39:51	00:39:37	114		V55	3
117	1442	João Viana	00:18:11	00:39:54	00:39:51	123	Rio Maior Triatlo Clube	Senior	36
118	1414	João Santos	00:19:56	00:39:56	00:39:51	122		Junior	1
119	2906	Kcénia Bougrova	00:19:29	00:39:56	00:39:54	125		Senior	5
120	493	José Gomes	00:19:37	00:39:57	00:39:51	120		V55	4

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121	3076	4 Min/Km	00:18:28	00:40:00	00:39:57	127		Junior	2
122	2257	Vítor Martins	00:19:47	00:40:00	00:39:51	121		V45	23
123	495	Mário Borges	00:19:48	00:40:00	00:39:45	119		Senior	37
124	1138	Joaquim Silva	00:19:33	00:40:01	00:39:58	128	CTT Lisboa	V45	24
125	3155	José Heitor	00:19:56	00:40:02	00:39:58	129	A.M.Atibá	V55	5
126	2371	Sérgio Fernandes	00:19:26	00:40:02	00:39:52	124		Senior	38
127	2611	Filipe Santos	00:19:57	00:40:02	00:40:00	130	RUN TEJO	V45	25
128	2164	Pedro Alves	00:19:40	00:40:03	00:39:56	126		Senior	39
129	2688	Miriam Martins	00:18:46	00:40:09	00:40:09	132		Senior	6
130	2233	Diogo Azevedo	00:17:17	00:40:10	00:40:07	131		V35	23
131	1236	Ricardo Bernardes	00:19:36	00:40:17	00:40:12	134	GFD Running	Senior	40
132	2475	Tony Almeida	00:19:57	00:40:17	00:40:12	135	RB RUNNING	V35	24
133	1131	Nelson Custódio	00:19:57	00:40:21	00:40:11	133	CTT Lisboa	V40	20
134	1707	Artur Pereira	00:20:07	00:40:22	00:40:13	136		V45	26
135	976	Carlos Caetano	00:19:16	00:40:32	00:40:29	139		V45	27
136	868	Fernando Vicente	00:18:29	00:40:32	00:40:25	138		V50	10
137	2493	Diogo Mourão	00:20:14	00:40:36	00:40:21	137		Senior	41
138	1070	Hernâni Fernandes	00:19:48	00:40:39	00:40:32	140		V45	28
139	1366	Francisco Cerqueira	00:19:58	00:40:39	00:40:32	141	Ker Sport Trail Running	V45	29
140	3210	Peter Jensen	00:19:37	00:40:39	00:40:33	142		Senior	42

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141	240	Paulo Almeida	00:19:40	00:40:41	00:40:36	145	GFD Running	V45	30
142	1057	Pedro Gonçalves	00:17:55	00:40:41	00:40:38	146	Casa do Benfica em Castelo Branco	Senior	43
143	2759	Nuno Alves	00:19:47	00:40:44	00:40:40	149	COO	V40	21
144	1514	Nelson Coelho	00:19:20	00:40:45	00:40:40	147	Federação da Família para a Paz Mundial e Unifi	Senior	44
145	2481	Rodrigo Galão	00:18:26	00:40:45	00:40:35	144		V35	25
146	951	Fernanda Santinha	00:19:57	00:40:45	00:40:40	148		V45	1
147	2043	Luis Sanches	00:19:54	00:40:47	00:40:41	150		V40	22
148	662	João Antunes	00:20:10	00:40:51	00:40:48	154	URBAN RUN TEAM	V45	31
149	90	João Paixão	00:19:53	00:40:51	00:40:48	152	NAPA - Núcleo de Amigos da Perna Assada	V45	32
150	2632	Pedro Favinha	00:19:57	00:40:57	00:40:53	156	RUN TEJO	V45	33
151	1530	Adriano Correia	00:21:09	00:40:58	00:39:22	103		Senior	45
152	2626	José Castro	00:21:17	00:41:00	00:39:34	111	RUN TEJO	V40	23
153	2972	Felipe Alkain	00:20:27	00:41:04	00:40:50	155		Senior	46
154	3054	Nélio Freixo	00:20:16	00:41:05	00:40:48	153		V35	26
155	95	Jorge Pardal	00:19:33	00:41:06	00:41:03	158		V45	34
156	815	Augusto Carriço	00:20:22	00:41:11	00:41:02	157	CAD a Correr	V50	11
157	859	Frederico Miranda	00:19:53	00:41:17	00:41:13	162		V35	27
158	1203	Rafael Pinto	00:19:57	00:41:18	00:41:15	164	Clube Desportivo Moitense	Junior	3
159	3135	Pedro Soares	00:19:41	00:41:19	00:41:16	167		V40	24
160	685	João Trindade	00:18:36	00:41:20	00:41:12	161		Senior	47



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161	1240	Rui Freitas	00:20:21	00:41:22	00:41:16	166	GFD Running	V40	25
162	184	David Lopes	00:18:21	00:41:25	00:41:21	169	URBAN RUN TEAM	Senior	48
163	2896	Sérgio Pires	00:20:18	00:41:27	00:41:23	170	Grupo Excursionista "Os Económicos"	V40	26
164	3013	Rui Coelho	00:20:25	00:41:27	00:41:15	165	CF os Belenenses	V45	35
165	2118	Fernando Corda	00:20:02	00:41:28	00:41:21	168		V50	12
166	375	Tiago Barros	00:20:08	00:41:32	00:41:13	163		V40	27
167	320	Francisco Serrano	00:20:39	00:41:35	00:41:28	174	URBAN RUN TEAM	V45	36
168	1881	Tiago Cordeiro	00:18:30	00:41:35	00:41:27	173		Senior	49
169	177	Eduardo Pena	00:19:55	00:41:35	00:41:29	175	KEEP RUNNING	V50	13
170	2689	Rui Teixeira	00:20:41	00:41:36	00:41:10	160		Senior	50
171	1256	Pedro Costa	00:20:32	00:41:37	00:41:26	171	CCD CRÉDITO AGRÍCOLA	V50	14
172	1218	Carla Ribeiro	00:20:32	00:41:37	00:41:33	178	GFD Running	V35	2
173	1803	Paulo Ribeiro	00:19:02	00:41:39	00:41:32	176		V50	15
174	971	Manuel Roque	00:19:58	00:41:40	00:41:35	179		V35	28
175	2184	Paulo Pereira	00:20:10	00:41:40	00:41:38	181	CCD TRANQUILIDADE	V50	16
176	317	Carlos Lima	00:20:30	00:41:41	00:41:27	172		V45	37
177	21	António Santos	00:20:57	00:41:44	00:41:32	177		V45	38
178	1375	Pedro Trigo	00:19:59	00:41:46	00:41:39	182		Senior	51
179	2245	Luís Gamito	00:21:18	00:41:50	00:41:37	180		V40	28
180	1122	Vasco Ascensão	00:20:31	00:41:50	00:41:40	184	CTT Lisboa	V45	39

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
181	1403	Guilherme Farias	00:18:37	00:41:52	00:41:47	189		Senior	52
182	528	Antonio Arede	00:20:43	00:41:52	00:41:40	183	Clube Novo Banco	V40	29
183	2090	Marcos Oliveira	00:20:32	00:41:54	00:41:46	187		V45	40
184	707	Ângelo Silva	00:21:28	00:41:54	00:41:41	186	CCDTMetroLX	V35	29
185	2966	João Sequeira	00:19:58	00:41:55	00:41:49	190	CAD a Correr	V35	30
186	850	João Cruz	00:20:24	00:41:59	00:41:47	188		V35	31
187	619	Marco Wild	00:20:05	00:42:00	00:41:57	196		Senior	53
188	1732	João Rosa	00:21:22	00:42:00	00:40:44	151		V35	32
189	2576	João Moniz	00:20:15	00:42:01	00:41:57	197		Senior	54
190	1050	Eurico Nicho	00:20:32	00:42:02	00:41:56	195	Os Galgos	V55	6
191	2386	Jorge Sousa	00:20:54	00:42:05	00:41:49	191		V55	7
192	2876	João Fernandes	00:20:35	00:42:05	00:41:59	198		Senior	55
193	548	Miguel Sousa	00:20:20	00:42:05	00:42:00	201	Clube Novo Banco	V45	41
194	886	Nuno Manjerico	00:21:07	00:42:07	00:41:53	193	Anselminho Runners	V35	33
195	718	Paulo Guedes	00:21:36	00:42:07	00:41:52	192	CCDTMetroLX	V45	42
196	2862	Saul Leite	00:20:01	00:42:08	00:42:06	209		Senior	56
197	2437	Paulo Rodrigues	00:20:16	00:42:08	00:42:04	208		V50	17
198	1361	António Maritinho	00:19:34	00:42:08	00:41:59	199	FIDELIDADE GDC	V40	30
199	1168	Daniel Verissimo	00:19:50	00:42:08	00:41:59	200	SS CGD	V35	34
200	1807	Luís Martinho	00:18:39	00:42:09	00:42:04	207		Senior	57

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
201	1311	Luis Constante	00:20:44	00:42:09	00:42:01	203		V50	18
202	1334	Antonio Raimundo	00:21:06	00:42:10	00:42:04	206		V40	31
203	84	Alexandre Figueiredo	00:18:45	00:42:12	00:42:07	210	NAPA - Núcleo de Amigos da Perna Assada	V45	43
204	965	Samuel Matias	00:20:08	00:42:13	00:41:55	194	Sardines on the run	Senior	58
205	909	Carlos Graça	00:21:05	00:42:14	00:42:02	205		V35	35
206	3137	José Moreira	00:20:25	00:42:15	00:42:11	214		V40	32
207	2781	Vitor Oliveira	00:21:59	00:42:19	00:41:04	159	Simba Team	Senior	59
208	605	Luis Barbosa	00:19:16	00:42:20	00:42:11	212		V40	33
209	810	Ilisito Ferreira	00:20:44	00:42:20	00:42:11	213	CAD a Correr	V35	36
210	1805	Rita Ribeiro	00:20:34	00:42:20	00:42:12	215		Senior	7
211	3012	Artur Carvalho	00:20:07	00:42:23	00:42:17	221	CF os Belenenses	V45	44
212	745	Joaquim Ramalho	00:20:43	00:42:23	00:42:16	219		V45	45
213	1814	Tobias Speck	00:20:28	00:42:23	00:42:08	211		Senior	60
214	1639	Sadiq Kassamo	00:20:36	00:42:25	00:42:19	222	URBAN RUN TEAM	V45	46
215	2774	António Santos	00:21:11	00:42:26	00:42:16	220	CLUBE ATLETISMO AMIGOS DE BELÉM	V55	8
216	1268	Mario Seabra	00:20:39	00:42:27	00:42:16	218	GRJA	V45	47
217	489	Rui Vieira	00:20:47	00:42:30	00:42:23	225	CCD PM CASCAIS	V50	19
218	812	Paulo Jesus	00:19:20	00:42:33	00:42:26	228	CAD a Correr	V50	20
219	2237	Paulo Pires	00:20:04	00:42:34	00:42:15	217	SS CGD	V50	21
220	2018	Gonçalo Rodrigues	00:21:06	00:42:35	00:42:02	204	Corrida do 9	Senior	61

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
221	736	André Coelho	00:18:28	00:42:36	00:42:32	234	Os Galgos	V45	48
222	1924	Carlos Baptista	00:21:11	00:42:38	00:42:28	230	Sporting Clube de Casainhos	V55	9
223	2337	Carlos Sequeira	00:21:01	00:42:39	00:42:25	226		V50	22
224	1412	Luis Marta	00:21:25	00:42:40	00:42:26	227		V50	23
225	1961	Rui Batista	00:20:24	00:42:42	00:42:36	236	Amigos do Atletismo de Mafra	V40	34
226	281	Bogdan Sandu	00:18:38	00:42:44	00:42:31	233	Pico de Forma	Senior	62
227	1372	Carlos Palmeiro	00:20:53	00:42:47	00:42:30	231		V35	37
228	1519	Nuno Dantas	00:21:37	00:42:48	00:42:12	216	camara lisboa clube	V40	35
229	1491	Ruben Simão	00:21:01	00:42:48	00:42:31	232	APCMVM	Senior	63
230	1882	Rui Carvalho	00:20:44	00:42:49	00:42:34	235	A natureza ensina	V40	36
231	1464	Tiago Matos	00:21:04	00:42:50	00:42:43	240	FIDELIDADE GDC	V40	37
232	2562	Joel Pena	00:20:35	00:42:50	00:42:19	223		V35	38
233	2617	José Salazar	00:19:21	00:42:51	00:42:46	241	RUN TEJO	V55	10
234	2994	Pedro Jorge	00:20:56	00:42:51	00:42:36	237		Senior	64
235	434	Daniel Batalha	00:21:06	00:42:52	00:42:27	229		Senior	65
236	1064	Helder Pereira	00:21:24	00:42:53	00:42:41	238		V35	39
237	2020	Carlos Moreira	00:21:38	00:42:55	00:42:22	224	Corrida do 9	V40	38
238	2931	Pe Ismael	00:21:12	00:42:56	00:42:55	247		V40	39
239	1511	Rui Carvalho	00:21:15	00:43:00	00:42:47	242	GFD Running	V45	49
240	811	Nuno Costa	00:20:35	00:43:00	00:42:51	244	CAD a Correr	V45	50

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
241	1324	Marcelo Chagas	00:21:43	00:43:01	00:41:41	185		Senior	66
242	1838	Paulo Vieira	00:20:57	00:43:02	00:42:54	245		V50	24
243	2074	Isidro Rodrigues	00:21:25	00:43:02	00:42:01	202		V50	25
244	3006	Gonçalo Ferreira	00:21:16	00:43:03	00:42:55	249	CF os Belenenses	V45	51
245	3136	Carlos Ferreira	00:21:44	00:43:04	00:42:43	239		V45	52
246	3227	Tiago Varanda	00:21:35	00:43:04	00:42:48	243		V45	53
247	1481	Andre Costal	00:19:18	00:43:05	00:43:02	255	Clube PT-Zcs	V40	40
248	1538	Rui Santos	00:21:25	00:43:05	00:42:55	248		V40	41
249	3020	Luis Marçal	00:19:25	00:43:06	00:42:59	250	CF os Belenenses	V40	42
250	1416	Marius Leordean	00:20:53	00:43:06	00:43:01	251		V35	40
251	1960	Gilberto Dias	00:20:53	00:43:07	00:43:02	254	Amigos do Atletismo de Mafra	V55	11
252	847	Luis Rodrigues	00:20:53	00:43:08	00:43:01	252		Senior	67
253	780	António Martins	00:20:46	00:43:09	00:43:03	256	NAV Runners	V50	26
254	600	Antonio Rua	00:20:24	00:43:10	00:43:03	257	EX FEDERADOS	V55	12
255	1062	Luis Aurélio	00:21:10	00:43:11	00:43:04	258	BRRnightRUNNERS	V50	27
256	1492	Luis Almeida	00:21:16	00:43:11	00:42:54	246	APCMVM	V35	41
257	716	Nuno Pita	00:19:12	00:43:15	00:43:02	253	CCDTMetroLX	V40	43
258	1041	Leonído Afonso	00:19:08	00:43:16	00:43:12	261	Casa do Benfica em Castelo Branco	V55	13
259	740	Pedro Cardoso	00:19:47	00:43:17	00:43:10	259	Os Galgos	V40	44
260	202	José Jarmela	00:21:20	00:43:17	00:43:16	268		V50	28

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
261	2631	Pedro Pereira	00:21:11	00:43:19	00:43:13	264	RUN TEJO	V40	45
262	2596	Ana Filipa	00:21:11	00:43:19	00:43:13	263	RUN TEJO	Senior	8
263	1399	Mario Lourenço	00:21:23	00:43:21	00:43:11	260		V50	29
264	163	Luis Pereira	00:21:37	00:43:25	00:43:15	266		V45	54
265	1933	Álvaro Rodrigues	00:20:55	00:43:28	00:43:18	269		V35	42
266	2072	Tiago Rodrigues	00:21:24	00:43:30	00:43:15	265		Senior	68
267	1190	Armando Dias	00:20:32	00:43:31	00:43:26	277	Os Galgos	V50	30
268	699	Joao Fonseca	00:21:13	00:43:32	00:43:23	273		V45	55
269	3025	José Pinto	00:19:28	00:43:32	00:43:19	270	Clinica Dr Cautela	V55	14
270	1658	Francisco Ruano	00:20:40	00:43:34	00:43:24	274		Senior	69
271	1983	Arnaldo Rolo	00:20:38	00:43:35	00:43:23	272		V50	31
272	31	Carlos França	00:21:08	00:43:36	00:43:28	278	CAD a Correr	V40	46
273	1865	Paulo Ferreira	00:21:48	00:43:37	00:43:25	275	Tartarugas Velozes	V45	56
274	2620	Luis Chaves	00:21:17	00:43:37	00:43:30	280	RUN TEJO	V40	47
275	823	Rui Mónica	00:21:07	00:43:37	00:43:26	276		V40	48
276	26	Nuno Silva	00:22:49	00:43:38	00:43:34	286	Federação da Família para a Paz Mundial e Unifi	V35	43
277	1725	Paulo Toledo	00:21:09	00:43:40	00:43:35	287		V55	15
278	1105	José Ramalho	00:19:42	00:43:41	00:43:32	283	Correr Lisboa	V50	32
279	2518	Bruno Marrão	00:20:25	00:43:42	00:43:12	262		V40	49
280	373	Pedro Roxo	00:20:15	00:43:42	00:43:37	288		V35	44

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
281	56	Nuno Carvalho	00:21:12	00:43:42	00:43:31	282		V35	45
282	1123	Luis Veloso	00:20:51	00:43:42	00:43:33	285	CTT Lisboa	V45	57
283	2964	José Gomes	00:21:01	00:43:42	00:43:16	267		Senior	70
284	709	António Pereira	00:21:36	00:43:44	00:43:30	281	CCDTMetroLX	V50	33
285	2912	Pedro Coutinho	00:20:53	00:43:47	00:43:33	284		V35	46
286	2008	João Vaz	00:21:18	00:43:48	00:43:42	290		V50	34
287	1677	Joao Marreirosa	00:21:36	00:43:48	00:43:43	292		V55	16
288	2170	Albertino Pires	00:20:32	00:43:49	00:43:42	291		V45	58
289	2915	José Champalimaud	00:23:38	00:43:49	00:40:35	143		V40	50
290	2082	Carlos Lopes	00:21:05	00:43:51	00:43:44	295		V40	51
291	2270	Sérgio Pontes	00:21:11	00:43:51	00:43:43	293		V40	52
292	2602	Avelino Soares	00:20:34	00:43:53	00:43:47	298	RUN TEJO	V50	35
293	2345	António Vilela	00:21:47	00:44:00	00:43:46	296		V45	59
294	241	Jaime Pinto	00:21:00	00:44:00	00:43:52	304		V55	17
295	2552	Júlio Reis	00:21:20	00:44:01	00:43:43	294		V45	60
296	651	Pedro Biscaia	00:18:30	00:44:02	00:43:28	279	Pastelaria Viriato	Senior	71
297	54	Paulo Massano	00:21:23	00:44:03	00:43:55	305	Encontramo-nos na meta	V40	53
298	1484	Célio Moreira	00:21:18	00:44:04	00:43:48	300		V35	47
299	55	Diogo Matos	00:21:14	00:44:05	00:43:56	308	Encontramo-nos na meta	V40	54
300	13	Carlos Resa	00:21:07	00:44:05	00:43:57	311		V35	48

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
301	1249	João Tobias	00:21:10	00:44:06	00:43:57	310	CCD CRÉDITO AGRÍCOLA	V40	55
302	1258	Pedro Pedro	00:19:33	00:44:06	00:43:57	309	CCD CRÉDITO AGRÍCOLA	V35	49
303	1289	Miguel Soares	00:22:16	00:44:06	00:43:22	271		Senior	72
304	1275	Ricardo Silva	00:19:59	00:44:06	00:43:50	302		V35	50
305	2187	Jorge Serra	00:21:57	00:44:08	00:43:58	312	CCD TRANQUILIDADE	V50	36
306	843	Rui Costa	00:20:42	00:44:08	00:44:01	316	RB RUNNING	Senior	73
307	1767	Helder Borges	00:21:02	00:44:09	00:43:58	313		V40	56
308	1331	Carlos Santos	00:19:15	00:44:09	00:43:56	307	Amigos da Corrida	V50	37
309	2217	João Braz	00:21:49	00:44:12	00:43:52	303		Senior	74
310	3146	Scott Bates	00:22:03	00:44:13	00:43:59	314		Senior	75
311	411	Pedro Boléo-Tomé	00:20:37	00:44:13	00:44:05	318		V40	57
312	422	Carla Martins	00:21:27	00:44:17	00:44:10	322		V40	2
313	993	Andre Silva	00:21:27	00:44:17	00:44:10	323		V40	58
314	3197	Helena Miranda	00:19:53	00:44:18	00:44:16	330	CF os Belenenses	Senior	9
315	2910	Nelson Dias	00:21:48	00:44:20	00:44:06	319	RB RUNNING	V55	18
316	277	Alexandre Santos	00:20:51	00:44:22	00:44:17	331		V45	61
317	2543	Rodrigo Ramos	00:21:37	00:44:25	00:44:14	326		Senior	76
318	659	Tiago Guerra	00:21:53	00:44:26	00:44:15	327	Here 4 Beer	Senior	77
319	1717	Filipe Boléo	00:22:08	00:44:27	00:44:19	332	CLUBE ANACOM	V45	62
320	2458	Jorge Leite	00:21:48	00:44:28	00:44:13	325		V45	63



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
321	57	Flávio Lopes	00:21:28	00:44:28	00:44:20	333		V35	51
322	2625	Vitor Gonçalves	00:21:12	00:44:29	00:44:24	341	RUN TEJO	V50	38
323	2256	Pedro Gil	00:21:41	00:44:29	00:44:22	337		V40	59
324	1529	José Ferreira	00:20:04	00:44:30	00:44:22	336		V45	64
325	1251	Luís Zêzere	00:19:36	00:44:31	00:44:22	335	CCD CRÉDITO AGRÍCOLA	V40	60
326	2844	Ricardo Santos	00:22:17	00:44:31	00:44:09	320		V35	52
327	219	Luis Correia	00:22:15	00:44:32	00:44:15	328		V35	53
328	1816	Pedro Neto	00:21:47	00:44:33	00:44:23	339		V45	65
329	1496	Nuno Morgado	00:21:39	00:44:34	00:44:16	329		V35	54
330	87	Luis Mendes	00:20:14	00:44:34	00:44:28	344	NAPA - Núcleo de Amigos da Perna Assada	V45	66
331	405	Hélder Cotrim	00:22:17	00:44:36	00:44:12	324	Federação da Família para a Paz Mundial e Unifi	V35	55
332	2381	Helder Rosário	00:22:13	00:44:36	00:44:21	334	GRCD Leião	V35	56
333	1352	Luís Godinho	00:21:25	00:44:38	00:44:31	351		V40	61
334	2618	José Faria	00:21:25	00:44:38	00:44:32	353	RUN TEJO	V40	62
335	1158	Joaquim Frade	00:21:59	00:44:38	00:44:28	343	SS CGD	V60	1
336	2881	Christiaan Oosterveen	00:22:58	00:44:39	00:44:22	338		Senior	78
337	1059	Sérgio Gonçalves	00:22:13	00:44:39	00:44:29	348		V35	57
338	584	Carlos Marques	00:21:28	00:44:39	00:44:24	342	Kenianos de Almada	V45	67
339	419	Joel Ferreira	00:21:54	00:44:39	00:44:32	352		Senior	79
340	165	Miguel Cruz	00:21:31	00:44:40	00:44:33	354	BRRnightRUNNERS	V40	63

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
341	464	Renato Ramos	00:21:12	00:44:43	00:44:24	340	Eci Running Team	V40	64
342	1288	Pedro Mendes	00:21:34	00:44:44	00:44:31	350		V45	68
343	2378	Paulo Botelho	00:22:15	00:44:44	00:44:29	347		V45	69
344	1462	Sérgio Martins	00:20:56	00:44:45	00:43:56	306	FIDELIDADE GDC	Senior	80
345	1701	Bruno Campos	00:21:49	00:44:45	00:44:37	356		V40	65
346	1108	Vitor Borges	00:21:32	00:44:47	00:44:40	361	FunBus - Barreiro	Senior	81
347	2281	Rui Sanches	00:21:49	00:44:48	00:44:38	357		V45	70
348	342	Ricardo Pinela	00:22:28	00:44:49	00:44:30	349	Les Filles Running Club	Senior	82
349	1113	Adelino Trindade	00:22:18	00:44:51	00:44:39	360		V45	71
350	173	Diogo Leite	00:21:24	00:44:51	00:44:39	359		Senior	83
351	2010	Pedro Correia	00:22:17	00:44:51	00:44:38	358		V45	72
352	1973	António Simões	00:23:25	00:44:53	00:43:59	315	GDC Banco de Portugal	V45	73
353	1964	Gonçalo Amado	00:22:16	00:44:54	00:44:28	346	GDC Banco de Portugal	Senior	84
354	551	Pedro Gabriel	00:22:18	00:44:56	00:44:44	367	Clube Novo Banco	V40	66
355	2758	Joana Taneco	00:22:03	00:44:58	00:44:41	364	COO	V35	3
356	2301	Bruno Leite	00:22:03	00:44:58	00:44:42	365	marvila jovem	V35	58
357	1970	Tiago Diogo	00:21:57	00:44:58	00:44:40	362	GDC Banco de Portugal	V40	67
358	2744	Pedro Homem	00:22:35	00:44:59	00:43:39	289		Senior	85
359	3144	Adriano Reis	00:22:46	00:44:59	00:44:10	321		V40	68
360	448	Carlos Dias	00:22:33	00:45:00	00:44:37	355		V40	69

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
361	1676	António Ramos	00:22:14	00:45:01	00:44:53	374	Federação da Família para a Paz Mundial e Unifi	V45	74
362	229	Pedro Sena	00:22:09	00:45:02	00:44:55	376		V35	59
363	239	Pedro Quintela	00:22:20	00:45:02	00:44:46	368		Senior	86
364	1884	Paulo Ramos	00:21:44	00:45:03	00:44:58	381		V45	75
365	1007	Paulo Santos	00:21:54	00:45:04	00:44:59	383	LOURDETE PERFUMARIAS	V50	39
366	1691	Nuno Venes	00:22:37	00:45:05	00:44:55	375		V40	70
367	2601	Apolo Pereira	00:21:43	00:45:08	00:45:02	384	RUN TEJO	V45	76
368	2367	Sandra Barros	00:20:06	00:45:08	00:45:03	385		V45	2
369	1498	João Vilares	00:21:52	00:45:10	00:44:56	377		Senior	87
370	2670	Telmo Oliveira	00:23:45	00:45:10	00:43:46	297	KPMG Runners	Senior	88
371	205	Duarte Costa	00:21:20	00:45:10	00:45:07	388		V35	60
372	1499	Cristina Pita	00:21:52	00:45:10	00:44:56	378		Senior	10
373	1380	Jorge Oliveira	00:22:20	00:45:10	00:44:53	372		V55	19
374	1522	Jorge Montês	00:21:20	00:45:10	00:45:06	386	Barbas de pedra	Senior	89
375	2455	Márcio Madeira	00:22:00	00:45:14	00:44:50	371		V40	71
376	3164	Rafael Roque	00:23:10	00:45:14	00:44:05	317		Senior	90
377	2819	Maria Pires	00:20:57	00:45:14	00:44:46	370		Senior	11
378	613	António Penacho	00:21:51	00:45:16	00:45:09	391		V45	77
379	873	Gonçalo Oliveira	00:21:50	00:45:16	00:44:43	366	Serrado FC Atletismo	V40	72
380	969	José Aleixo	00:22:39	00:45:18	00:44:53	373		V40	73

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
381	2019	Paulo Fernandes	00:23:51	00:45:19	00:44:46	369	Corrida do 9	V45	78
382	1305	Gonçalo Porêlo	00:18:55	00:45:19	00:45:15	393		V35	61
383	329	Ruben Alves	00:22:51	00:45:19	00:45:06	387		V35	62
384	2104	Rui Dias	00:21:40	00:45:24	00:45:14	392		V35	63
385	2243	João Nóbrega	00:21:34	00:45:25	00:45:16	394		Senior	91
386	2140	Marco Fernandes	00:23:11	00:45:27	00:45:08	389		V40	74
387	2143	João Belo	00:23:11	00:45:27	00:45:08	390		Senior	92
388	1760	Joaquim Silva	00:22:44	00:45:28	00:44:58	379	GINjinha Runners	V45	79
389	818	Rui Rodrigues	00:19:54	00:45:28	00:45:23	398	Correr Sociedade Recreativa da Granja	V45	80
390	2016	José Rosa	00:20:49	00:45:29	00:45:23	399		V40	75
391	566	Luis Godinho	00:22:31	00:45:32	00:45:25	401	Clube Novo Banco	V50	40
392	2884	Pedro Gonçalves	00:21:40	00:45:32	00:45:25	402	Os Galgos	V40	76
393	579	Rui Lopes	00:20:52	00:45:33	00:45:29	408	Clube Novo Banco	V65	1
394	86	António Rico	00:22:15	00:45:35	00:45:29	407	NAPA - Núcleo de Amigos da Perna Assada	V45	81
395	2755	Gonçalo Parreira	00:22:41	00:45:35	00:44:59	382		V45	82
396	160	Pedro Amaral	00:22:12	00:45:36	00:45:24	400		Senior	93
397	1378	Patrick Simões	00:22:32	00:45:37	00:45:22	397		V35	64
398	2186	Virgílio Madeira	00:22:22	00:45:38	00:45:27	405	CCD TRANQUILIDADE	V60	2
399	955	Carlos Pires	00:22:31	00:45:39	00:45:28	406		V40	77
400	652	Sérgio Manso	00:21:38	00:45:40	00:45:31	409	Pastelaria Viriato	V35	65

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
401	3115	Celso Pedrazzini	00:22:51	00:45:44	00:45:40	415		V45	83
402	2743	Pedro Macedo	00:23:21	00:45:47	00:44:28	345		V35	66
403	133	João Gama	00:22:19	00:45:47	00:45:17	395	Amigos da Corrida	V40	78
404	700	Julieta Mota	00:22:32	00:45:50	00:45:35	411		V45	3
405	1683	Rui Rodrigues	00:22:56	00:45:51	00:45:32	410		V50	41
406	1493	Pedro Trabucho	00:22:07	00:45:51	00:45:45	419		V50	42
407	3161	Vincent Couston	00:23:18	00:45:52	00:44:40	363		V55	20
408	356	Carlos Mota	00:22:25	00:45:53	00:45:26	404		V45	84
409	1897	David Nascimento	00:21:54	00:45:56	00:45:43	416		V35	67
410	191	Paulo Afonso	00:22:17	00:45:58	00:45:47	420		V40	79
411	3184	Hugo Pinnto	00:23:40	00:46:00	00:45:40	414		V40	80
412	974	Vitor Mourão	00:22:27	00:46:00	00:45:44	417	BRRnightRUNNERS	V50	43
413	1813	Francisco Furão	00:22:02	00:46:01	00:45:56	425		V35	68
414	980	José Santos	00:21:02	00:46:01	00:45:57	427		V50	44
415	2155	André Martins	00:22:10	00:46:02	00:45:49	421		Senior	94
416	1988	Julio Serras	00:20:45	00:46:04	00:45:58	429	URBAN RUN TEAM	V45	85
417	29	Jorge Ferreira	00:22:16	00:46:09	00:45:57	426		V45	86
418	389	Ricardo Santos	00:20:49	00:46:09	00:46:00	433	Clube EDP Lisboa	V45	87
419	2709	Ricardo Maia	00:22:28	00:46:09	00:46:01	435	TEAMITSUPTOYOU	V45	88
420	1809	Carlos Bernardo	00:22:26	00:46:10	00:45:59	432		V50	45

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
421	772	Paulo Félix	00:22:36	00:46:10	00:45:45	418		V35	69
422	938	José Guerreiro	00:22:29	00:46:10	00:45:53	423	Serviços Sociais Montepio	V60	3
423	2962	João Branquinho	00:22:50	00:46:10	00:45:26	403	marvila jovem	Senior	95
424	2498	Silvestre Demétrio	00:22:06	00:46:11	00:46:02	438		V50	46
425	199	Vasco Gonçalves	00:23:21	00:46:12	00:44:58	380	Clube Atletismo Vale de Figueira	V55	21
426	2206	Joao Carvalho	00:22:19	00:46:14	00:46:01	437	TEAM MELOM	V45	89
427	1640	Pedro Coelho	00:21:39	00:46:14	00:46:08	442		V40	81
428	2989	Rui Afonso	00:22:16	00:46:17	00:46:01	436		V40	82
429	2152	Ana Lourido	00:23:33	00:46:18	00:46:02	439		V35	4
430	1028	Miguel Nunes	00:22:25	00:46:19	00:46:03	440	GDCT Unicre	V45	90
431	483	João Faria	00:21:24	00:46:21	00:46:10	446	CCD PM CASCAIS	V50	47
432	2639	Maria Praça	00:22:28	00:46:21	00:46:10	445	RUN TEJO	V40	3
433	363	Óscar Santos	00:23:08	00:46:21	00:46:09	443		V60	4
434	490	Rui Vasques	00:23:05	00:46:21	00:45:57	428	CCD PM CASCAIS	V50	48
435	1154	Henrique Amador	00:20:58	00:46:24	00:46:13	452	SS CGD	V45	91
436	393	Sérgio Barbosa	00:22:10	00:46:25	00:46:16	455	Clube EDP Lisboa	Senior	96
437	476	Ana Brás	00:23:13	00:46:26	00:45:56	424	CCD PM CASCAIS	Senior	12
438	2888	Giorgos Xenakis	00:22:43	00:46:26	00:45:59	431	Golfinhos	Senior	97
439	395	Pedro Manaças	00:23:10	00:46:26	00:46:11	449		V45	92
440	488	Rui Brás	00:23:13	00:46:29	00:45:58	430	CCD PM CASCAIS	Senior	98

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
441	1949	Gabriel Moreira	00:24:02	00:46:29	00:45:19	396	GRUPO DE ATLETAS DE MONSANTO	V60	5
442	2215	Nuno Prata	00:23:05	00:46:30	00:45:51	422		V40	83
443	111	Paulo Pires	00:22:26	00:46:32	00:46:11	447	Amigos da Corrida	V50	49
444	3226	Robin Schilff	00:24:25	00:46:33	00:45:39	413		Junior	4
445	2958	Nuno Lopes	00:22:47	00:46:36	00:46:29	464	Futebol Clube Estrelas Lisboa	V40	84
446	1194	Diogo Fouto	00:23:23	00:46:36	00:46:29	463		Junior	5
447	1302	Afonso Dias	00:19:51	00:46:38	00:46:00	434	Dias Pires e Sol	Senior	99
448	2405	Teresa Reis	00:21:36	00:46:39	00:46:21	456		V40	4
449	724	Tito Henriques	00:23:12	00:46:39	00:46:10	444	Clube PT-Zcs	V45	93
450	3209	Cipriano Martins	00:22:57	00:46:40	00:46:14	454		V40	85
451	881	Miguel Tavares	00:21:21	00:46:41	00:46:28	462		V45	94
452	2054	Henrique Adrega	00:22:59	00:46:42	00:46:32	469	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	2
453	312	Mauricio Costa	00:22:59	00:46:43	00:46:34	474		V50	50
454	1146	Claire Price	00:23:09	00:46:45	00:46:22	457		V50	1
455	747	Ricardo Cravo	00:20:53	00:46:45	00:46:23	458	Amigos Atletismo Serra Sintra	Senior	100
456	1200	Ricardo Vicente	00:23:33	00:46:46	00:46:38	477	Clube Desportivo Moitense	V45	95
457	1510	Antonio Marcelo	00:22:58	00:46:46	00:46:39	478	GFD Running	V55	22
458	1047	Ricardo Santos	00:22:15	00:46:46	00:46:31	468	Casa do Benfica em Castelo Branco	Senior	101
459	2046	Luis Franco	00:22:39	00:46:47	00:46:30	466		V40	86
460	433	Frederico Fernandes	00:22:05	00:46:48	00:46:43	484		V40	87

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
461	968	André Graça	00:23:21	00:46:48	00:46:13	453		Senior	102
462	2553	Diamantino Serrano	00:25:01	00:46:49	00:43:47	299		V40	88
463	1648	Artur Denominato	00:23:03	00:46:50	00:46:42	482	Pi-Linha Runners	V45	96
464	91	Rui Costa	00:22:09	00:46:51	00:46:46	486	NAPA - Núcleo de Amigos da Perna Assada	V50	51
465	1735	Luis Ferreira	00:21:52	00:46:51	00:46:42	481		V40	89
466	714	João Mendes	00:23:41	00:46:51	00:46:26	460	CCDTMetroLX	V45	97
467	2786	Nuno Barreto	00:22:29	00:46:53	00:46:38	476		V45	98
468	1202	Carlos Pinto	00:23:08	00:46:56	00:46:51	497	Clube Desportivo Moitense	V50	52
469	889	Miguel Faria	00:23:07	00:46:56	00:46:42	483	Link	Senior	103
470	209	Antonio Lopes	00:22:56	00:46:58	00:46:30	467		V45	99
471	728	João Fonseca	00:23:06	00:46:59	00:46:28	461	Clube PT-Zcs	V45	100
472	2021	Pedro Sequeira	00:20:28	00:47:00	00:46:49	492		V40	90
473	603	Miguel Abraços	00:23:44	00:47:00	00:46:32	471	EX FEDERADOS	V40	91
474	2214	Bruno Simões	00:23:40	00:47:01	00:46:36	475		Senior	104
475	911	João Abrantes	00:23:28	00:47:03	00:46:48	490		V60	6
476	1381	Luís Trigo	00:22:31	00:47:05	00:46:57	506		V35	70
477	1556	Pedro Afonso	00:23:00	00:47:05	00:47:01	512	CF os Belenenses	V50	53
478	1022	Rui Pombinho	00:22:55	00:47:07	00:46:41	479	VALE DE MADEIROS SC	V55	23
479	2863	Camila Gomes	00:23:17	00:47:07	00:46:50	494		V35	5
480	2864	Renato Gomes	00:23:16	00:47:07	00:46:51	495		V40	92



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
481	899	Valter Onofre	00:23:31	00:47:08	00:46:32	470	Serrado FC Atletismo	V40	93
482	1018	Pedro Serra	00:23:40	00:47:08	00:46:57	507		V40	94
483	1931	Paulo Silva	00:23:19	00:47:09	00:46:54	501		V45	101
484	1544	Bruno Grácio	00:23:06	00:47:12	00:46:12	450		Senior	105
485	538	Francisco Nunes	00:23:18	00:47:14	00:46:53	498	Clube Novo Banco	V50	54
486	298	Nuno Galvão	00:23:26	00:47:16	00:46:49	491		V35	71
487	583	Pedro Pinto	00:20:58	00:47:18	00:46:58	509		Senior	106
488	1463	António Lobo	00:25:21	00:47:19	00:43:49	301	FIDELIDADE GDC	V40	95
489	394	Joaquim Galvão	00:23:19	00:47:19	00:46:53	499		V60	7
490	477	António Horta	00:22:56	00:47:19	00:46:55	504	CCD PM CASCAIS	V65	3
491	3067	Devon Byrne	00:24:35	00:47:21	00:45:38	412		Senior	13
492	253	Ângelo Sousa	00:23:38	00:47:22	00:47:00	511		V40	96
493	950	Pedro Machado	00:22:59	00:47:22	00:47:12	517		V50	55
494	257	Joao Sayanda	00:23:19	00:47:22	00:46:54	500		V40	97
495	927	Vitor Hugo	00:21:46	00:47:23	00:46:47	489	Serrado FC Atletismo	V40	98
496	22	Carlos Craveira	00:23:26	00:47:23	00:46:57	508		V45	102
497	1269	Vitor Pereira	00:23:03	00:47:24	00:47:09	516	GRJA	V40	99
498	2479	Domingos Rodrigues	00:23:25	00:47:24	00:47:20	530		V50	56
499	2886	Pedro Chaves	00:21:48	00:47:24	00:46:55	503	Golfinhos	V35	72
500	2678	David Neves	00:23:53	00:47:27	00:46:46	487		Senior	107

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
501	2677	Filipa Veloso	00:23:53	00:47:27	00:46:45	485		Senior	14
502	2156	Ana Mourato	00:23:45	00:47:28	00:46:50	493		V40	5
503	1909	José Brito	00:23:20	00:47:28	00:47:03	513		V35	73
504	1187	Rui Oliveira	00:22:39	00:47:29	00:46:04	441	SS CGD	V50	57
505	2882	Tiago Trombinhas	00:21:50	00:47:29	00:47:20	531	Quarentões na Bisga	Junior	6
506	1971	Joaquim Ferrão	00:23:47	00:47:30	00:46:59	510	GDC Banco de Portugal	V55	24
507	1501	Jose Freitas	00:21:29	00:47:31	00:47:25	536		V55	25
508	1233	Paulo Tainha	00:23:05	00:47:31	00:47:26	539	GFD Running	V55	26
509	767	Miguel Velez	00:23:17	00:47:32	00:47:13	519		V55	27
510	2798	Carlos Sousa	00:23:53	00:47:32	00:47:12	518		V40	100
511	1163	João Marques	00:22:26	00:47:32	00:47:28	544	SS CGD	V40	101
512	984	Jose Gomes	00:22:56	00:47:33	00:47:07	515		V40	102
513	1644	Fabian Dias	00:25:34	00:47:33	00:46:11	448		V40	103
514	1825	Oderlindo Vida	00:24:01	00:47:34	00:46:54	502	Casa do Benfica em Castelo Branco	V50	58
515	635	Alcindo Almeida	00:23:36	00:47:35	00:47:18	527		V60	8
516	3117	João Silva	00:24:05	00:47:38	00:46:32	472		V45	103
517	2908	Miguel Barradas	00:23:43	00:47:38	00:46:30	465		V45	104
518	3233	Jan Dube	00:23:07	00:47:40	00:47:25	537		V45	105
519	189	Nuno Dias	00:22:50	00:47:40	00:47:24	534		V40	104
520	2749	Miguel Judas	00:23:45	00:47:40	00:47:14	521		V45	106

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
521	798	João Fernandes	00:22:55	00:47:40	00:47:26	540		V35	74
522	3224	Rui Santos	00:23:36	00:47:42	00:47:16	525	COO	V35	75
523	2427	Mauro Marques	00:23:18	00:47:42	00:47:18	528	Tendinites	Senior	108
524	2753	Suzanne Bjornsen	00:23:46	00:47:42	00:47:24	533		V40	6
525	2198	Fernando Celestino	00:21:22	00:47:42	00:47:29	546	CCD TRANQUILIDADE	V60	9
526	49	Paulo Moutinho	00:23:49	00:47:44	00:47:14	522		V45	107
527	666	Jose Gaspar	00:22:42	00:47:44	00:47:27	541	QUARTETO	V45	108
528	2390	Emanuel Seita	00:23:34	00:47:45	00:47:34	548		V40	105
529	351	Manuel Coito	00:23:07	00:47:45	00:47:25	538		V35	76
530	1395	Rui Henriques	00:23:26	00:47:46	00:47:28	545		V45	109
531	2459	Marta Conceição	00:24:14	00:47:47	00:47:36	551		Senior	15
532	294	Paulo Nunes	00:24:12	00:47:47	00:47:36	552		V45	110
533	1061	Carlos Jesus	00:21:25	00:47:47	00:47:14	520		V35	77
534	484	Maria Policarpo	00:23:56	00:47:49	00:46:57	505	CCD PM CASCAIS	V45	4
535	715	José Alves	00:23:44	00:47:51	00:47:37	553	CCDTMetroLX	V45	111
536	2457	Jose Magalhaes	00:23:48	00:47:52	00:47:32	547		V50	59
537	676	Rogério Fonseca	00:22:15	00:47:52	00:47:20	529		V50	60
538	805	João Leitão	00:23:37	00:47:54	00:47:38	555	RunLovers	V45	112
539	585	José Costa	00:23:14	00:47:55	00:47:37	554	Kenianos de Almada	V35	78
540	1626	Sergio Goncalves	00:22:19	00:47:57	00:47:27	542	Clube Millennium bcp	V45	113

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
541	82	José Godinho	00:24:01	00:47:58	00:47:16	524		V45	114
542	2373	Daniel Martins	00:24:04	00:47:58	00:47:25	535		Senior	109
543	2768	Marcos Ferreira	00:26:03	00:48:00	00:46:47	488		Senior	110
544	3130	José Júdice	00:23:48	00:48:00	00:46:41	480		Senior	111
545	1169	José Augusto	00:24:15	00:48:01	00:47:16	523	SS CGD	V40	106
546	658	Diogo Assunção	00:23:04	00:48:01	00:47:49	563	Here 4 Beer	Senior	112
547	58	José Santos	00:22:54	00:48:02	00:47:48	562		V45	115
548	1323	Antonio Vieira	00:23:38	00:48:06	00:47:50	564		V65	4
549	1893	André Conceição	00:24:53	00:48:08	00:47:27	543		Senior	113
550	2228	Ricardo Luís	00:21:19	00:48:08	00:47:55	570		V40	107
551	1382	Graça Castro	00:22:56	00:48:09	00:47:35	549		V45	5
552	1864	Sérgio Feliciano	00:24:27	00:48:11	00:47:58	574	Tartarugas Velozes	V40	108
553	2619	Luis Teixeira	00:23:21	00:48:12	00:47:54	568	RUN TEJO	Junior	7
554	2627	Gentil Pereira	00:23:33	00:48:13	00:47:48	561	RUN TEJO	V45	116
555	2635	Rita Cruz	00:23:21	00:48:13	00:47:55	569	RUN TEJO	Senior	16
556	1161	André (Nunes)	00:21:15	00:48:14	00:48:03	581	SS CGD	Senior	114
557	85	Nelson Colaço	00:23:18	00:48:14	00:47:57	571	NAPA - Núcleo de Amigos da Perna Assada	V45	117
558	1185	Pedro Fontoura	00:23:52	00:48:16	00:48:04	583	SS CGD	V45	118
559	214	Alberto Matias	00:23:18	00:48:16	00:47:58	573		V60	10
560	753	Pedro Ribeiro	00:23:53	00:48:16	00:47:42	557		V35	79

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
561	2825	Carlos Ferreira	00:23:30	00:48:17	00:47:51	566		V55	28
562	1060	Fernando Carmo	00:23:39	00:48:18	00:48:01	580		V50	61
563	278	José Gonçalves	00:24:24	00:48:19	00:46:51	496		V45	119
564	2162	Vitorino Mota	00:23:39	00:48:21	00:47:58	572		V55	29
565	814	Rui Oliveira	00:23:54	00:48:22	00:47:50	565	CAD a Correr	V40	109
566	2734	Rui Catarrinha	00:24:29	00:48:23	00:47:03	514		V45	120
567	1179	Miguel Dias	00:23:44	00:48:24	00:47:47	559	SS CGD	V40	110
568	274	José Silvestre	00:21:59	00:48:24	00:48:03	582		V50	62
569	2051	Vicente Lorenzo	00:25:11	00:48:25	00:46:12	451		Senior	115
570	2560	David Jerónimo	00:23:58	00:48:26	00:47:59	576		Senior	116
571	2346	Hugo Hilário	00:24:19	00:48:26	00:47:59	577		V40	111
572	1023	Mariana Pombinho	00:23:39	00:48:26	00:48:00	578	VALE DE MADEIROS SC	Senior	17
573	108	António Almeida	00:23:51	00:48:26	00:48:18	599	Grupo Barraqueiro	V35	80
574	2578	Bruno Salvador	00:24:14	00:48:28	00:48:10	590		V40	112
575	2769	Pedro Esteves	00:24:14	00:48:28	00:48:09	588		V35	81
576	2795	Miguel Velez	00:22:25	00:48:28	00:48:12	591		V55	30
577	1992	António Antunes	00:23:55	00:48:28	00:48:10	589		V60	11
578	944	Paulo Rodrigues	00:23:44	00:48:31	00:48:24	610	Serviços Sociais Montepio	V40	113
579	1246	Cândido Alves	00:24:49	00:48:31	00:48:01	579	CCD CRÉDITO AGRÍCOLA	V45	121
580	2067	Carlos Ribeirinho	00:24:22	00:48:31	00:48:07	586		V50	63

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
581	622	Susana Duro	00:23:44	00:48:32	00:48:24	609	TEAMITSUPTOYOU	V40	7
582	1569	Paulo Pais	00:23:44	00:48:32	00:48:07	584	Clube Millennium bcp	V50	64
583	1509	Nuno Fideles	00:23:27	00:48:32	00:48:21	602	Savills Runners PT	V45	122
584	1796	Bernardo Serra	00:24:13	00:48:35	00:48:25	612		Senior	117
585	2179	Antonio Santos	00:23:41	00:48:36	00:48:27	614		V65	5
586	1294	Alison Neill	00:24:18	00:48:36	00:47:59	575		V35	6
587	977	Gonçalo Seabra	00:24:19	00:48:37	00:48:13	593		V45	123
588	2123	Carla Fernandes	00:23:32	00:48:39	00:48:18	598		V40	8
589	2680	Massimo Masala	00:25:07	00:48:39	00:46:33	473		Senior	118
590	1164	Antonio Nascimento	00:24:19	00:48:39	00:48:23	608	SS CGD	V60	12
591	3016	Cristiano Marques	00:22:56	00:48:39	00:48:31	620	CF os Belenenses	V45	124
592	1849	Sara Barata	00:24:16	00:48:40	00:48:13	592		Senior	18
593	250	Mário Duque	00:23:17	00:48:41	00:48:15	594		V50	65
594	1225	Luís Rosa	00:24:38	00:48:42	00:48:17	597	GFD Running	V50	66
595	1201	Alberto Vinagre	00:23:40	00:48:43	00:48:37	630	Clube Desportivo Moitense	V55	31
596	15	Pedro Vicente	00:23:19	00:48:45	00:48:35	626		V50	67
597	2144	Pedro Isabel	00:23:15	00:48:45	00:48:17	596		V40	114
598	2068	Maria Roldao	00:24:23	00:48:46	00:48:21	604		V45	6
599	2069	Carla Roldao	00:24:23	00:48:46	00:48:21	603		V45	7
600	2700	Jorge Santos	00:23:58	00:48:46	00:48:19	600	EX FEDERADOS	V50	68

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
601	2738	Jun Liang	00:23:52	00:48:46	00:48:31	622		V45	8
602	2066	Gonçalo Baroutakis	00:25:13	00:48:48	00:47:20	532		V45	125
603	797	Jean Gonçalves	00:24:26	00:48:48	00:48:26	613		Senior	119
604	2853	Rui Guilherme	00:22:32	00:48:49	00:48:38	631		V45	126
605	2592	Joao Rosa	00:25:06	00:48:49	00:47:35	550		V35	82
606	1132	Bruno Cardoso	00:23:47	00:48:50	00:48:40	639	CTT Lisboa	V40	115
607	526	Ana José	00:24:00	00:48:50	00:48:42	644	Clube Novo Banco	V45	9
608	1215	Abel Pina	00:24:38	00:48:50	00:48:25	611	GFD Running	V50	69
609	567	Luis José	00:22:15	00:48:50	00:48:42	645	Clube Novo Banco	V45	127
610	785	Pedro Ferreira	00:23:13	00:48:51	00:48:33	623		V40	116
611	2630	Paulo Silva	00:24:05	00:48:51	00:48:28	615	RUN TEJO	V50	70
612	615	Francisco Bispo	00:23:52	00:48:52	00:48:36	628		V55	32
613	1478	Hélder Pereira	00:23:46	00:48:52	00:48:30	618	Clube PT-Zcs	V45	128
614	2796	Nuno Moreira	00:24:11	00:48:53	00:48:33	624		V40	117
615	432	Sónia Brandão	00:21:59	00:48:54	00:48:23	607		V35	7
616	1541	Henrique Dias	00:22:33	00:48:54	00:48:16	595		V60	13
617	3110	Pedro Bernardo	00:25:03	00:48:55	00:47:39	556	EAE Lazy Runners	V40	118
618	2785	Sandra Monteiro	00:23:51	00:48:55	00:48:36	627		V40	9
619	711	Francisco Plínio	00:24:08	00:48:56	00:48:39	632	CCDTMetroLX	V60	14
620	292	Rodrigo Santos	00:23:54	00:48:57	00:48:48	652		V45	129

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
621	1447	Rui Sá	00:21:43	00:48:58	00:48:39	634		V35	83
622	1948	Rui Mena	00:23:53	00:48:58	00:48:31	619		V45	130
623	1561	Rui Matos	00:24:18	00:48:59	00:48:23	606		V40	119
624	2850	Francisco Jujior	00:24:45	00:49:00	00:48:48	653		Senior	120
625	1781	Nuno Afonso	00:26:09	00:49:01	00:47:16	526		V35	84
626	2430	Nuno Dias	00:23:45	00:49:03	00:48:40	636		Senior	121
627	2429	Bruno Dias	00:21:59	00:49:04	00:48:40	638		Senior	122
628	3187	Pedro Nunes	00:25:01	00:49:04	00:48:42	643	COO	V45	131
629	2866	Ana Santos	00:24:44	00:49:04	00:48:48	654		V40	10
630	2865	Nelson Gomes	00:24:44	00:49:05	00:48:47	650		V40	120
631	1702	Nuno Gomes	00:23:54	00:49:06	00:48:45	648		V40	121
632	2404	João Pereira	00:23:38	00:49:06	00:48:47	651		V55	33
633	1776	António Amaral	00:23:44	00:49:08	00:48:45	647		V40	122
634	1873	Paulo Figueira	00:24:56	00:49:08	00:48:49	657		V55	34
635	1066	Ana Vigia	00:23:58	00:49:10	00:48:50	660		V45	10
636	174	Nuno Piçarreira	00:23:47	00:49:10	00:48:41	641		V45	132
637	3186	Pedro Gomes	00:24:04	00:49:10	00:48:22	605		V35	85
638	118	Francisco Passos	00:24:21	00:49:11	00:48:39	633		V55	35
639	946	Rui Dias	00:24:44	00:49:11	00:48:35	625	Serviços Sociais Montepio	V50	71
640	630	Diogo Fontinha	00:25:56	00:49:12	00:47:43	558	RUN FORREST RUN	Senior	123



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
641	1920	Cláudia André	00:23:56	00:49:12	00:48:57	668	Sporting Clube de Casainhos	V40	11
642	982	Fernando Gonçalves	00:23:47	00:49:13	00:48:52	664		Senior	124
643	3043	Carlos Quintino	00:24:43	00:49:14	00:48:40	635	COFIDIS MOTOR 7 GFD	Senior	125
644	933	Filipe Ginja	00:25:19	00:49:14	00:48:07	585	Serviços Sociais Montepio	Senior	126
645	1193	Luis Fouto	00:24:18	00:49:17	00:49:14	703		V45	133
646	166	Rafael Lavouras	00:23:44	00:49:17	00:48:50	661		V50	72
647	140	João Melo	00:24:16	00:49:19	00:49:02	678	URBAN RUN TEAM	V35	86
648	1879	Pedro Cruz	00:23:54	00:49:21	00:48:43	646		V40	123
649	1845	Jorge Valadas	00:25:46	00:49:21	00:46:24	459		V35	87
650	1646	Rui Dias	00:25:05	00:49:22	00:48:21	601		V40	124
651	1043	Nuno Duarte	00:24:14	00:49:22	00:49:08	690	Casa do Benfica em Castelo Branco	V40	125
652	1762	Sérgio Oeiras	00:26:00	00:49:23	00:47:47	560	GRCD Leião	Senior	127
653	492	Paulo Colaço	00:24:49	00:49:24	00:48:52	663		V40	126
654	1861	Pedro Peleja	00:22:52	00:49:26	00:49:06	683		V45	134
655	1461	Augusto Caria	00:24:14	00:49:26	00:49:13	701	Grupo Barraqueiro	V65	6
656	3150	Marta Santos	00:24:37	00:49:27	00:48:09	587		V40	12
657	1086	Vitor Cavadas	00:23:41	00:49:27	00:49:06	684		Senior	128
658	1716	José Vaz	00:23:58	00:49:27	00:49:18	709	CLUBE ANACOM	V60	15
659	665	Miguel Figueiredo	00:24:03	00:49:28	00:49:01	677	QUARTETO	V40	127
660	1173	Luis Gomes	00:24:51	00:49:29	00:48:51	662	SS CGD	V35	88

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
661	3190	Eva Braz	00:22:52	00:49:29	00:49:07	687	COO	V35	8
662	1250	Luís Damião	00:24:13	00:49:31	00:49:12	699	CCD CRÉDITO AGRÍCOLA	V35	89
663	869	Maximiano Santos	00:25:04	00:49:31	00:49:11	696		V55	36
664	2382	Clive Saffery	00:24:00	00:49:32	00:49:12	700		V60	16
665	41	João Moiteiro	00:24:49	00:49:32	00:49:01	675		V45	135
666	1385	Rui Santos	00:23:37	00:49:32	00:49:07	686	30 SEGUNDOS AO KM	V40	128
667	138	Paulo Santos	00:24:13	00:49:33	00:49:01	676		V55	37
668	499	José Mota	00:24:49	00:49:33	00:49:01	674		V45	136
669	2255	Alvaro Pinto	00:24:54	00:49:33	00:48:46	649		V60	17
670	999	Nuno Moleiro	00:23:15	00:49:34	00:49:13	702	Brunosempre	V40	129
671	2145	Alexandre Cardoso	00:24:51	00:49:36	00:49:04	681		V45	137
672	1137	Carlos Marinho	00:24:58	00:49:37	00:49:03	679	CTT Lisboa	V35	90
673	2037	João Ferro	00:24:40	00:49:37	00:49:22	724		Senior	129
674	93	Luis Carvalho	00:24:56	00:49:37	00:49:04	680		V40	130
675	783	Vitor Marques	00:22:01	00:49:38	00:49:27	732		V35	91
676	1014	Ricardo Claro	00:24:50	00:49:39	00:49:14	704		V35	92
677	125	Diana Gaspar	00:25:04	00:49:39	00:48:48	655	MIMOS	V35	9
678	1087	Magda Farinha	00:24:39	00:49:40	00:49:18	715		V35	10
679	1184	Pedro Costa	00:24:38	00:49:40	00:49:18	713	SS CGD	V45	138
680	2898	Paulo Lopes	00:22:40	00:49:40	00:49:32	742	Grupo Excursionista "Os Económicos"	V45	139

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
681	1274	Carlos Ramos	00:24:35	00:49:41	00:49:18	712		V45	140
682	3141	José Trindade	00:24:48	00:49:42	00:48:49	658		V35	93
683	1332	Carlos Gonçalves	00:24:30	00:49:42	00:49:31	738	sfuap	V55	38
684	2146	Sérgio Simões	00:25:05	00:49:42	00:48:58	670		V40	131
685	446	Nuno Nunes	00:24:08	00:49:43	00:49:06	685		V40	132
686	1651	Bruno Almeida	00:24:03	00:49:43	00:49:28	733	Serviços Sociais Montepio	V35	94
687	128	Edgar Anastacio	00:23:50	00:49:43	00:49:19	716	AZA - Azambuja com Alma	V50	73
688	604	Jorge Venancio	00:23:28	00:49:43	00:49:08	689	EX FEDERADOS	V40	133
689	719	Rafael Santos	00:25:07	00:49:44	00:49:28	734	CCDTMetroLX	V50	74
690	369	Nuno Condeço	00:25:08	00:49:44	00:49:11	695		V35	95
691	2199	Filipe Silva	00:24:17	00:49:44	00:49:11	694	CCD TRANQUILIDADE	V40	134
692	3111	Tiago Bioucas	00:25:15	00:49:45	00:48:29	617	EAE Lazy Runners	Senior	130
693	3217	Pedro Moreira	00:24:57	00:49:45	00:49:10	691		V45	141
694	2961	Jose Casimiro	00:24:14	00:49:46	00:49:10	692	marvila jovem	Senior	131
695	1637	Ana Paz	00:25:07	00:49:46	00:49:19	718		V35	11
696	318	Ana Lopes	00:25:04	00:49:47	00:49:33	748		V45	11
697	754	Daniel Valente	00:24:47	00:49:47	00:49:12	698		V40	135
698	1126	José Rua	00:24:44	00:49:47	00:49:11	693	CTT Lisboa	V45	142
699	1353	Rui Canelas	00:25:59	00:49:48	00:48:37	629		V40	136
700	1847	Eduardo Pinto	00:25:01	00:49:49	00:49:21	723		V35	96

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
701	2879	Fernando Serrano	00:25:06	00:49:49	00:49:29	735		V45	143
702	194	Rui Mendes	00:25:02	00:49:50	00:49:18	711		V45	144
703	1118	Marta Anselmo	00:24:04	00:49:50	00:49:25	730	ALENQUER RUN	V45	12
704	1265	Luis Ribeiro	00:25:05	00:49:50	00:49:06	682		V50	75
705	1110	Artur Gonçalves	00:25:04	00:49:50	00:49:17	708		V40	137
706	2266	Ricardo Rodrigues	00:24:39	00:49:51	00:49:39	759		V35	97
707	1165	João Silveira	00:24:34	00:49:51	00:49:19	717	SS CGD	V50	76
708	1008	Ricardo Conceição	00:24:42	00:49:51	00:49:46	767	LOURDETE PERFUMARIAS	Senior	132
709	1067	Marlene Oliveira	00:22:29	00:49:51	00:49:32	741		V40	13
710	2076	Orlando Dias	00:25:20	00:49:51	00:49:16	706		V50	77
711	496	Jorge Pereira	00:24:50	00:49:51	00:49:18	714		V50	78
712	527	Ana Monteiro	00:24:49	00:49:51	00:49:25	729	Clube Novo Banco	V50	2
713	2038	Jilson Brito	00:24:40	00:49:52	00:49:37	752		Junior	8
714	2239	Luis Guerreiro	00:25:04	00:49:52	00:49:21	721	Teen From Restelo	V35	98
715	3009	Óscar Rodrigues	00:23:52	00:49:53	00:49:42	764	CF os Belenenses	V45	145
716	686	Joel Mósca	00:24:45	00:49:53	00:49:25	728		V50	79
717	888	Fernando Faria	00:24:10	00:49:53	00:49:39	756	Link	V55	39
718	744	Henrique Pereira	00:24:45	00:49:53	00:49:25	726		V40	138
719	1056	João Lopes	00:24:47	00:49:53	00:49:22	725		V45	146
720	3182	Fatima Pereira	00:23:43	00:49:54	00:48:42	642		V55	1

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
721	2539	Ricardo Ferreira	00:25:56	00:49:54	00:48:29	616		Senior	133
722	2957	Fernando Matos	00:24:40	00:49:54	00:49:12	697	NAPA - Núcleo de Amigos da Perna Assada	V40	139
723	88	Célia Cecílio	00:22:56	00:49:54	00:49:48	770	NAPA - Núcleo de Amigos da Perna Assada	V45	13
724	74	Renato Pauleta	00:25:04	00:49:54	00:49:30	736		V50	80
725	1127	João Reis	00:22:54	00:49:56	00:49:38	753	CTT Lisboa	V50	81
726	1504	Aristides Mendes	00:24:42	00:49:56	00:49:32	743		Senior	134
727	3077	5 Min/Km	00:25:04	00:49:59	00:49:35	750		Junior	9
728	1148	Hugo Moura	00:24:02	00:49:59	00:49:31	740		V45	147
729	3156	Mónica Moreiras	00:25:04	00:49:59	00:49:56	782	A.M.Atibá	V35	12
730	796	Sérgio Antunes	00:26:03	00:49:59	00:48:31	621		V40	140
731	245	Joao Brito	00:25:10	00:50:00	00:49:18	710		V50	82
732	243	Mário Caetano	00:25:09	00:50:00	00:49:19	719		V50	83
733	101	Antonio Teixeira	00:24:44	00:50:00	00:49:42	763		V40	141
734	1482	José Oliveira	00:24:44	00:50:00	00:49:31	737		V45	148
735	2746	Bernardo Cayolla	00:25:15	00:50:01	00:49:34	749		V40	142
736	383	Avelino Rodrigues	00:24:20	00:50:01	00:49:52	777	Clube EDP Lisboa	V40	143
737	1860	Nuno Miguel	00:24:56	00:50:01	00:49:33	747		V45	149
738	2829	Hugo Ferreira	00:25:38	00:50:02	00:49:07	688		Senior	135
739	2526	Carlos Silva	00:24:19	00:50:03	00:49:33	746		Senior	136
740	1000	Fernando Claudino	00:25:05	00:50:04	00:49:43	765	Brunosempre	V65	7

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
741	1755	Pedro Nobre	00:25:21	00:50:06	00:48:59	672	condores varge mondar	V40	144
742	838	Ana Araújo	00:24:04	00:50:07	00:49:48	769		V45	14
743	1957	Miguel Carvalho	00:25:37	00:50:09	00:49:26	731	GRUPO DE ATLETAS DE MONSANTO	Senior	137
744	1223	Luís Pires	00:25:01	00:50:11	00:49:50	773	GFD Running	V50	84
745	1435	André Cabral	00:25:08	00:50:12	00:49:51	775		V40	145
746	3188	Fernando Coito	00:25:08	00:50:13	00:49:52	778	COO	V35	99
747	1932	José Vestead	00:24:30	00:50:13	00:49:39	757		V45	150
748	198	Pedro Rosendo	00:25:42	00:50:14	00:49:00	673	Clube Atletismo Vale de Figueira	Senior	138
749	1486	Ana Sousa	00:25:02	00:50:14	00:49:52	779	APCMVM	V35	13
750	2789	Moises Rodrigues	00:25:45	00:50:15	00:48:59	671		V55	40
751	1656	João Pereira	00:26:13	00:50:15	00:48:40	637		V50	85
752	2824	António Guerreiro	00:24:22	00:50:17	00:49:51	774	Amigos do Atletismo de Mafra	V60	18
753	2335	Miguel Cruz	00:24:34	00:50:17	00:50:09	807		V45	151
754	2559	Jorge Ferreira	00:24:15	00:50:17	00:50:06	799		V55	41
755	2831	Hugo Sobreira	00:24:49	00:50:18	00:49:49	771		V40	146
756	2242	Vitor Ferreira	00:22:34	00:50:18	00:50:06	798		V55	42
757	1090	Carlos Silva	00:25:22	00:50:18	00:49:55	781	GMCJamor	V55	43
758	2350	Patrícia Bacelar	00:25:02	00:50:19	00:49:54	780		Senior	19
759	1785	Sérgio Costa	00:24:55	00:50:19	00:49:43	766		Senior	139
760	328	Rui Fernandes	00:25:01	00:50:19	00:49:56	783		V45	152

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
761	1602	Rui Rijo	00:24:33	00:50:22	00:49:56	784	Clube Millennium bcp	V50	86
762	2937	David Simão	00:24:53	00:50:22	00:50:09	808		V45	153
763	1282	Carla Mendes	00:24:55	00:50:22	00:49:37	751	Alverca Urban Runners	V40	14
764	1575	Carlos Ramos	00:24:29	00:50:23	00:50:08	804	Clube Millennium bcp	V50	87
765	1281	Nuno Mendes	00:24:55	00:50:24	00:49:38	754	Alverca Urban Runners	V45	154
766	2045	Aritz Ruiz	00:24:53	00:50:24	00:50:06	800		V35	100
767	68	Diogo Barata	00:25:09	00:50:24	00:50:03	792		V35	101
768	1912	Henrique Belmar	00:24:55	00:50:24	00:50:12	813		V60	19
769	1958	Raúl Carvalho	00:25:37	00:50:25	00:49:15	705	GRUPO DE ATLETAS DE MONSANTO	V60	20
770	826	Paulo Rodrigues	00:24:23	00:50:26	00:49:46	768		V40	147
771	1917	Pedro Martins	00:23:16	00:50:26	00:50:08	803	RB RUNNING	V40	148
772	2835	Alexandre Abade	00:26:09	00:50:27	00:48:41	640	3x1	V45	155
773	794	Alberto Araujo	00:25:00	00:50:27	00:50:08	805	RB RUNNING	V45	156
774	1972	Adelino Semedo	00:24:32	00:50:27	00:50:14	815	GDC Banco de Portugal	V65	8
775	874	Pedro Fernandes	00:25:14	00:50:28	00:49:56	785	Jou Jou Uh Uh	Senior	140
776	1245	Cândida Esteves	00:25:14	00:50:28	00:50:04	795	CCD CRÉDITO AGRÍCOLA	V45	15
777	2784	Fernando Lourenço	00:26:12	00:50:28	00:48:49	659		V50	88
778	2705	Nuno Centeno	00:25:53	00:50:29	00:48:54	666	CENTENOS	V40	149
779	197	João Costa	00:26:02	00:50:31	00:49:20	720		V55	44
780	175	José Nunes	00:23:40	00:50:31	00:50:24	833	KEEP RUNNING	V50	89

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
781	2608	Cláudia Borralho	00:24:29	00:50:32	00:50:10	810	RUN TEJO	V45	16
782	2466	Nuno Figueiredo	00:24:12	00:50:34	00:50:04	796		V40	150
783	556	Silvio Paiva	00:23:08	00:50:34	00:50:19	822	Clube Novo Banco	V65	9
784	1136	Rui Martins	00:24:52	00:50:34	00:50:23	830	CTT Lisboa	V50	90
785	1999	Ruben Fonseca	00:26:42	00:50:35	00:48:58	669	GDC Banco de Portugal	V35	102
786	723	Nuno Vilarica	00:24:15	00:50:37	00:50:07	801	Clube PT-Zcs	V45	157
787	608	Carlos Rangel	00:25:42	00:50:37	00:49:49	772		V65	10
788	385	Carlos Rodrigues	00:24:26	00:50:37	00:50:25	835	Clube EDP Lisboa	V60	21
789	232	Sheila Galiano	00:24:42	00:50:38	00:50:12	814		V45	17
790	340	Jorge Serra	00:22:28	00:50:38	00:50:22	829	CA Vale Figueira	V45	158
791	902	Francisco Silveira	00:23:52	00:50:40	00:50:35	849		V50	91
792	1026	Gonçalo Lopes	00:25:45	00:50:40	00:50:03	791	GDCT Unicre	V40	151
793	2636	Rosa Freitas	00:24:54	00:50:41	00:50:18	821	RUN TEJO	V50	3
794	1292	Andre Laborinho	00:25:23	00:50:43	00:50:12	812		V50	92
795	1754	Luis Santos	00:25:48	00:50:43	00:49:39	760	condores varge mondar	V45	159
796	1734	Henrique Farias	00:26:53	00:50:44	00:49:38	755		V50	93
797	168	Pedro Goncalves	00:23:13	00:50:46	00:50:03	790		V45	160
798	475	Alberto Abreu	00:22:38	00:50:47	00:50:15	818	CCD PM CASCAIS	V50	94
799	1038	Pedro Lopes	00:23:28	00:50:47	00:50:32	844	Casa do Benfica em Castelo Branco	V40	152
800	787	Rafaela Gonçalves	00:25:03	00:50:47	00:50:26	836		Senior	20



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
801	3120	Fernando Faleiro	00:25:50	00:50:48	00:48:52	665	Clube Groundforce Portugal	V40	153
802	2364	Sergio Lourinho	00:25:04	00:50:48	00:50:36	853		V35	103
803	1342	Sandro Peres	00:25:05	00:50:49	00:50:10	809		V40	154
804	1197	Luis Colaço	00:25:10	00:50:49	00:50:09	806		V45	161
805	1682	Pedro Oliveira	00:25:05	00:50:50	00:50:00	789		V45	162
806	2444	Pedro Almeida	00:25:54	00:50:51	00:50:15	819		V45	163
807	3125	Teresa Sepúlveda	00:26:03	00:50:51	00:48:56	667	Clube Groundforce Portugal	V35	14
808	2103	Nuno Sousa	00:23:21	00:50:51	00:50:39	857		V40	155
809	34	Luís Moura	00:22:51	00:50:52	00:50:35	847		V45	164
810	2050	André Rodrigues	00:26:58	00:50:52	00:47:54	567		Senior	141
811	367	Pedro Matos	00:25:21	00:50:52	00:50:20	825		V55	45
812	748	Ana Rocha	00:24:01	00:50:52	00:49:33	745		Senior	21
813	825	Fernando Almeida	00:22:36	00:50:54	00:50:35	848		V50	95
814	706	Carlos Domingos	00:26:01	00:50:55	00:49:41	762		V40	156
815	109	Eduardo Jorge	00:26:00	00:50:55	00:50:00	788	Amigos da Corrida	V65	11
816	3149	Ana Pedreira	00:24:49	00:50:55	00:50:15	816		V35	15
817	2730	Teresa Féria	00:25:08	00:50:56	00:50:35	846		V50	4
818	2840	Paulo Oliveira	00:23:26	00:50:56	00:50:34	845		V40	157
819	409	Carlos Silva	00:26:20	00:50:57	00:49:33	744	Team do Bairro	V35	104
820	1241	Sofia Fraga	00:25:06	00:50:57	00:50:23	832	GFD Running	V35	16

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
821	3069	Rebekah Bullock	00:26:26	00:50:58	00:49:25	727		Senior	22
822	2469	José Filipe	00:24:47	00:51:01	00:50:42	862		V55	46
823	1314	Nuno Pacheco	00:25:47	00:51:02	00:50:28	838		V45	165
824	105	Paulo Sousa	00:25:44	00:51:04	00:50:11	811		V45	166
825	1330	José Tomé	00:25:01	00:51:04	00:50:37	856	Grupo Barraqueiro	V55	47
826	2197	Fernando Andrade	00:24:45	00:51:05	00:50:32	842	CCD TRANQUILIDADE	V60	22
827	230	Inês Figueiredo	00:25:14	00:51:05	00:51:00	884		Junior	1
828	2724	Andreia Castro	00:26:38	00:51:05	00:49:17	707		Senior	23
829	3162	Antonio Figueiredo	00:25:13	00:51:06	00:51:01	885	Os Galgos	V35	105
830	3165	Rogério Gonçalves	00:25:14	00:51:07	00:51:01	886		V45	167
831	1350	Paulo Costa	00:27:17	00:51:08	00:49:59	787		V45	168
832	1923	Nuno Mateus	00:24:54	00:51:08	00:50:39	858	Sporting Clube de Casainhos	V35	106
833	1581	Jorge Salvado	00:25:31	00:51:08	00:50:42	863	Clube Millennium bcp	V55	48
834	33	Marco Morgado	00:24:13	00:51:09	00:50:03	793		V40	158
835	1858	Pedro Ferreira	00:25:37	00:51:10	00:49:52	776		Senior	142
836	2925	Geninha Andrade	00:24:48	00:51:10	00:50:58	881	CF os Belenenses	V40	15
837	337	Rafael Martins	00:24:50	00:51:11	00:50:36	854		V35	107
838	1104	Isabel Nunes	00:25:42	00:51:13	00:50:51	873	Correr Lisboa	V45	18
839	1252	Mário Freitas	00:26:46	00:51:13	00:49:31	739	CCD CRÉDITO AGRÍCOLA	V50	96
840	506	Miguel Boim	00:25:25	00:51:13	00:50:30	841		V45	169

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
841	2570	Daniel Raposo	00:25:13	00:51:14	00:50:45	865		V35	108
842	560	Joaquim Monteiro	00:24:50	00:51:15	00:50:49	870	Clube Novo Banco	V50	97
843	1219	Carla Santos	00:25:56	00:51:16	00:50:21	828	GFD Running	V45	19
844	3053	Mário Esperança	00:26:18	00:51:16	00:50:04	794		V35	109
845	1300	Miguel Sol	00:27:05	00:51:18	00:50:15	817	Dias Pires e Sol	Senior	143
846	2729	Tiago Ribeiro	00:26:08	00:51:19	00:49:40	761	GRCD Leião	Senior	144
847	1593	Jose Ferreira	00:23:15	00:51:19	00:50:56	878	Clube Millennium bcp	V45	170
848	2851	João Calisto	00:25:44	00:51:19	00:50:08	802		V55	49
849	1346	Luís Pera	00:25:47	00:51:21	00:50:46	868	BRRnightRUNNERS	V45	171
850	1455	Célia Rosa	00:24:42	00:51:21	00:50:54	877		V40	16
851	2431	Alfredo Notário	00:25:43	00:51:23	00:50:40	860		V45	172
852	2856	Luis Morais	00:24:59	00:51:26	00:50:45	867		V35	110
853	3083	Matteo Riz	00:26:37	00:51:28	00:49:21	722		Senior	145
854	249	Ruben Costa	00:25:50	00:51:28	00:50:44	864		V40	159
855	730	Marta Silva	00:25:27	00:51:30	00:50:39	859		V50	5
856	77	Antonio Lopes	00:24:59	00:51:31	00:50:50	871		V50	98
857	3203	Tiago Tenente	00:26:41	00:51:31	00:49:39	758		V40	160
858	2328	Dulce Reis	00:26:24	00:51:31	00:50:19	824		V50	6
859	1010	Carlos Trombinhas	00:26:05	00:51:32	00:50:45	866	Quarentões na Bisga	V45	173
860	1739	Bruno Lopes	00:25:05	00:51:32	00:50:51	872		Senior	146

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
861	1738	Rui Oliveira	00:25:01	00:51:32	00:50:52	874		Senior	147
862	301	Osvaldo Barros	00:27:24	00:51:32	00:49:57	786	BRRnightRUNNERS	V55	50
863	1994	João Martins	00:25:35	00:51:34	00:51:11	891		V60	23
864	220	Rui Miranda	00:24:16	00:51:34	00:51:17	894		V35	111
865	1505	Gonçalo Alves	00:24:52	00:51:37	00:50:57	879		V40	161
866	1394	Pedro Cleto	00:26:15	00:51:39	00:50:36	850		V45	174
867	1521	João Limeiro	00:25:07	00:51:40	00:50:58	882	Barbas de pedra	Senior	148
868	2691	Carlos Sousa	00:26:04	00:51:41	00:50:16	820		V55	51
869	3231	Henrique Oliveira	00:23:54	00:51:42	00:50:04	797		Senior	149
870	2196	Fausto Isaac	00:22:06	00:51:43	00:51:32	921	CCD TRANQUILIDADE	V45	175
871	1577	Marcos Noritake	00:23:09	00:51:44	00:51:15	893	Clube Millennium bcp	V50	99
872	3215	Margarida Lucas	00:26:08	00:51:44	00:50:54	876	EAE Lazy Runners	Senior	24
873	2049	Antonio Marino	00:25:29	00:51:45	00:51:24	905		V45	176
874	2954	Teresa Antão	00:25:10	00:51:46	00:51:05	888	Casa do Benfica em Castelo Branco	V35	17
875	2541	Jose Silva	00:25:39	00:51:47	00:51:09	890		V40	162
876	2540	Thomas Stark	00:25:38	00:51:47	00:51:09	889		V40	163
877	127	Emílio Gonçalves	00:25:26	00:51:47	00:51:22	902		V50	100
878	596	Adelino Pereira	00:26:18	00:51:48	00:51:00	883	Run2Finish.PT	V55	52
879	1417	Nuno Fernandes	00:25:10	00:51:48	00:51:24	909		V40	164
880	872	Nuno Sobral	00:25:17	00:51:50	00:51:13	892	Serrado FC Atletismo	V40	165

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
881	2546	David Pascoal	00:26:36	00:51:50	00:50:27	837	Tendinites	Senior	150
882	2598	Anabela Salazar	00:25:16	00:51:50	00:51:27	912	RUN TEJO	V45	20
883	1540	Hugo Sequeira	00:24:52	00:51:52	00:51:28	915		V40	166
884	2637	Rúben Dias	00:23:15	00:51:52	00:51:27	913	RUN TEJO	V40	167
885	2826	David Ribeiro	00:27:05	00:51:53	00:50:32	843	PsiArte	Senior	151
886	3202	Cláudia Pimenta	00:25:44	00:51:54	00:50:28	839		Senior	25
887	1128	Ricardo Ramos	00:26:21	00:51:54	00:50:52	875	CTT Lisboa	V40	168
888	594	Miguel Cêrca	00:25:38	00:51:54	00:51:19	896	Fontanelas	V40	169
889	485	Nuno Almeida	00:25:00	00:51:55	00:51:24	908	CCD PM CASCAIS	V45	177
890	3153	Nuno Paiva	00:24:19	00:51:55	00:51:19	900	A.M.Atibá	V40	170
891	2684	Tomás Brites	00:24:49	00:51:56	00:50:21	826		Junior	10
892	3181	Gonçalo Vieira	00:25:53	00:51:57	00:50:25	834		V40	171
893	122	Luis Marques	00:26:58	00:51:58	00:50:57	880		V50	101
894	2773	Nuno Parreira	00:26:48	00:51:58	00:50:36	852		V40	172
895	2991	Rui Sousa	00:26:30	00:51:58	00:50:19	823		V35	112
896	1485	Bento Quaresma	00:26:21	00:51:59	00:51:02	887	Linda-a-Pastora Sporting Clube	V45	178
897	916	Paulo Palminha	00:23:09	00:51:59	00:51:37	924		V45	179
898	3134	Rui Alegre	00:27:02	00:52:01	00:50:36	851		V40	173
899	2971	Bruno Campos	00:27:40	00:52:03	00:50:23	831		Senior	152
900	2510	Fernando Nobre	00:25:10	00:52:03	00:51:19	898	BRRnightRUNNERS	V45	180

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
901	2696	Rui Pereira	00:26:31	00:52:04	00:50:28	840		Senior	153
902	2499	Daniel Pinho	00:25:35	00:52:05	00:50:37	855		Senior	154
903	1207	Emanuel Santos	00:25:59	00:52:07	00:51:22	901	GFD Running	V65	12
904	1666	José Andrade	00:26:18	00:52:08	00:51:31	919	Grupo Barraqueiro	V35	113
905	1730	Carlos Leão	00:25:39	00:52:08	00:51:41	927		V55	53
906	940	Salomé Santos	00:25:52	00:52:09	00:51:29	916	pára-choques	Senior	26
907	207	Carlos Martins	00:26:12	00:52:10	00:51:42	928		V45	181
908	2085	Márcia Vilarinho	00:25:32	00:52:10	00:51:39	926		V45	21
909	228	Pedro Lourenço	00:25:25	00:52:11	00:51:45	931		V40	174
910	3175	Paulo Gordinho	00:25:21	00:52:12	00:51:51	937		V40	175
911	2296	Armando Lacerda	00:25:17	00:52:12	00:51:46	932		V60	24
912	2463	Catarina Leitão	00:23:34	00:52:12	00:51:24	907		Senior	27
913	1503	Carla Silva	00:23:30	00:52:13	00:51:51	940	AZA - Azambuja com Alma	V45	22
914	1310	Daniela Freire	00:25:31	00:52:15	00:51:54	944		V35	18
915	829	Sónia Brandão	00:25:08	00:52:16	00:51:58	949		V45	23
916	514	Joao Figueiredo	00:27:16	00:52:16	00:50:40	861		V60	25
917	1600	Pedro Broco	00:25:02	00:52:16	00:51:50	936	Clube Millennium bcp	V45	182
918	597	Thelmo Cunha	00:26:18	00:52:16	00:51:29	917	Run2Finish.PT	V55	54
919	803	Nuno Marques	00:26:23	00:52:17	00:51:43	929	RunLovers	V50	102
920	2149	Nuno Martins	00:22:58	00:52:19	00:52:06	960		V35	114

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
921	1170	Jose Ferreira	00:26:20	00:52:20	00:51:28	914	SS CGD	V60	26
922	1151	Fernando Lima	00:25:38	00:52:20	00:51:44	930	SS CGD	V45	183
923	3071	António Carvalho	00:25:54	00:52:20	00:51:18	895		Senior	155
924	314	Rui Gonçalves	00:24:17	00:52:20	00:51:51	939		V40	176
925	2654	Alfredo Bacelar	00:25:51	00:52:21	00:51:55	946		Senior	156
926	2568	Raquel Fortes	00:25:32	00:52:24	00:52:15	971	TEAMITSUPTOYOU	V40	17
927	123	Arlindo Rolo	00:26:58	00:52:26	00:51:25	911		V50	103
928	2810	Marcos Farias	00:25:56	00:52:26	00:51:58	948		V40	177
929	2828	Luis Alexandre	00:27:33	00:52:27	00:51:19	899		V45	184
930	1502	Pedro Carvalho	00:26:21	00:52:28	00:51:38	925		V40	178
931	1058	Daniela Martins	00:25:02	00:52:29	00:51:48	935	Casa do Benfica em Castelo Branco	Senior	28
932	3236	Maycon Vieira	00:25:05	00:52:29	00:51:19	897		V35	115
933	2528	Alberto Sousa	00:27:12	00:52:29	00:51:51	938		V50	104
934	2052	Miguel Horta	00:26:38	00:52:31	00:51:24	906		V40	179
935	2638	Rui Silva	00:24:47	00:52:33	00:52:07	962	RUN TEJO	V45	185
936	2928	Jose Silva	00:25:00	00:52:36	00:52:29	991	Federação da Família para a Paz Mundial e Unifi	V35	116
937	27	Helena Moreira	00:24:25	00:52:36	00:52:28	988	Federação da Família para a Paz Mundial e Unifi	V40	18
938	1373	Joao Anjos	00:26:20	00:52:36	00:51:25	910		V45	186
939	1166	Catia Fonseca	00:25:37	00:52:36	00:52:00	951	SS CGD	V35	19
940	2982	Manuel Preto	00:26:18	00:52:37	00:52:07	961		V55	55

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
941	104	Miguel Sousa	00:25:15	00:52:37	00:52:09	963		V45	187
942	2930	Mariana Graça	00:25:50	00:52:38	00:52:05	957		Senior	29
943	2554	Jonathan Aparício	00:25:48	00:52:39	00:51:32	922		Senior	157
944	1969	João Aleluia	00:25:52	00:52:39	00:51:53	942	GDC Banco de Portugal	V35	117
945	1048	Tó Jerónimo	00:25:50	00:52:40	00:52:04	955	Serrado FC Atletismo	V35	118
946	2580	Gonçalo Marques	00:27:27	00:52:42	00:48:48	656		V40	180
947	1262	Eugénio Rodrigues	00:25:45	00:52:44	00:52:20	978	Casa do Benfica em Castelo Branco	V60	27
948	3157	Sérgio Ferreira	00:25:18	00:52:45	00:52:29	990	A.M.Atibá	V45	188
949	2922	Rui Mendes	00:24:44	00:52:45	00:51:31	920		Senior	158
950	3018	Pedro Carqueijeiro	00:25:10	00:52:45	00:52:25	984	CF os Belenenses	V35	119
951	1817	Gonçalo Jorge	00:25:50	00:52:46	00:51:59	950		V40	181
952	1570	Augusto Lourenco	00:26:50	00:52:47	00:51:57	947	Clube Millennium bcp	V55	56
953	1045	Sandra Ferreira	00:27:29	00:52:47	00:50:47	869	Casa do Benfica em Castelo Branco	V35	20
954	2299	Manuel Romano	00:25:55	00:52:47	00:52:10	965	marvila jovem	V55	57
955	1254	Nuno Póvoa	00:25:07	00:52:47	00:52:21	980	CCD CRÉDITO AGRÍCOLA	V35	120
956	50	Nuno Barra	00:25:17	00:52:48	00:52:09	964	RUN FORREST RUN	V40	182
957	2525	Pedro Almeida	00:24:47	00:52:50	00:52:32	997		V40	183
958	1143	Eva Rosa	00:26:01	00:52:51	00:52:22	982		V45	24
959	1595	Pedro Tome	00:26:47	00:52:51	00:51:53	943	Clube Millennium bcp	V40	184
960	571	Paulo Ricardo	00:25:55	00:52:54	00:52:01	953	Clube Novo Banco	V50	105



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
961	1153	Francisco Cruz	00:25:36	00:52:55	00:52:18	974	SS CGD	V45	189
962	1456	Carlos Custodia	00:25:51	00:52:55	00:52:11	967		Senior	159
963	482	Isabel Vieira	00:26:15	00:52:58	00:52:06	959	CCD PM CASCAIS	V45	25
964	505	Nuno Fialho	00:25:51	00:52:59	00:52:28	987		V45	190
965	865	Manuel Pereira	00:24:55	00:53:01	00:52:43	1014		V60	28
966	255	Nuno Oliveira	00:27:24	00:53:02	00:51:46	933		Senior	160
967	1135	Vitor Guimarães	00:27:00	00:53:03	00:52:04	956	CTT Lisboa	V50	106
968	1094	Bárbara Gonçalves	00:26:13	00:53:04	00:52:16	973	FIDELIDADE GDC	Senior	30
969	2918	Alice Vilaça	00:25:52	00:53:05	00:52:46	1018		V40	19
970	80	José Raposo	00:26:14	00:53:06	00:52:41	1010		V50	107
971	2121	Raquel Coutinho	00:26:10	00:53:06	00:52:43	1016		V35	21
972	2687	Hélder Silvério	00:26:33	00:53:06	00:52:28	986		V45	191
973	1003	Carla Santos	00:27:28	00:53:07	00:51:30	918	O MUNDO DA CORRIDA	V40	20
974	765	Luis Ferreira	00:26:01	00:53:08	00:52:36	1001		V60	29
975	914	Samuel Martins	00:25:38	00:53:09	00:52:51	1028		V40	185
976	1966	João Silva	00:22:30	00:53:09	00:52:54	1031	GDC Banco de Portugal	Senior	161
977	2904	Inês Reis	00:25:09	00:53:10	00:52:57	1036		V35	22
978	1709	Nuno Simões	00:23:34	00:53:10	00:52:42	1012		V40	186
979	1710	Marta Sequeira	00:25:28	00:53:11	00:52:42	1013		V45	26
980	1078	Nuno Fragoso	00:26:41	00:53:11	00:52:14	969	Linces da Bela Vista	V40	187

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
981	2193	Carlos Bargado	00:25:21	00:53:11	00:52:56	1034	CCD TRANQUILIDADE	V50	108
982	1081	Ricardo Lopes	00:26:46	00:53:12	00:52:14	968	Linces da Bela Vista	V40	188
983	1082	Sónia Figueiredo	00:24:36	00:53:12	00:52:15	972	Linces da Bela Vista	V40	21
984	156	João Conceição	00:25:22	00:53:13	00:52:36	1002	Asas	V40	189
985	2545	António Ribeiro	00:27:09	00:53:14	00:51:52	941	Tendinites	Senior	162
986	1582	Luis Correia	00:23:23	00:53:15	00:52:39	1009	Clube Millennium bcp	V45	192
987	882	Pedro Lopes	00:25:50	00:53:17	00:52:38	1006	Serrado FC Atletismo	V45	193
988	1916	Olga Martins	00:25:28	00:53:17	00:52:58	1040	RB RUNNING	V40	22
989	2802	Paulo Goncalves	00:27:01	00:53:17	00:52:57	1038		V45	194
990	2306	Jose Freitas	00:24:32	00:53:19	00:52:49	1025		V50	109
991	3124	Joana Craveiro	00:25:22	00:53:19	00:51:23	904	Clube Groundforce Portugal	V35	23
992	1634	Rita Rocha	00:27:05	00:53:20	00:52:39	1008	MM2019	V40	23
993	789	Hugo Silva	00:26:02	00:53:20	00:52:34	999		V35	121
994	2210	Sario Nunes	00:26:47	00:53:20	00:52:20	979	pe de atleta	Senior	163
995	1633	Bárbara Abreu	00:27:06	00:53:21	00:52:41	1011	MM2019	Senior	31
996	1095	Bruno Loução	00:24:01	00:53:21	00:52:35	1000	FIDELIDADE GDC	V35	122
997	729	João Prelhaz	00:26:07	00:53:22	00:52:31	995		V40	190
998	195	Pedro Pires	00:27:08	00:53:25	00:52:18	975		V40	191
999	1091	Sara Nogueira	00:23:42	00:53:25	00:52:54	1030	GRC D Leião	V40	24
1000	379	Almerindo Silva	00:24:14	00:53:25	00:52:19	977	A.D.C.Catujal	V55	58

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1001	901	André Macedo	00:26:05	00:53:26	00:52:47	1019	Serrado FC Atletismo	V40	192
1002	185	Gonçalo Santos	00:27:21	00:53:26	00:51:47	934		V40	193
1003	986	José Fialho	00:26:23	00:53:28	00:52:48	1022		V35	123
1004	2360	Rui Monteiro	00:25:55	00:53:28	00:52:43	1015		V35	124
1005	2391	Diogo Jesus	00:25:46	00:53:28	00:51:55	945	CAD a Correr	Junior	11
1006	2028	Rita Rodrigues	00:27:46	00:53:29	00:52:28	985		Senior	32
1007	2885	Sérgio Rodrigues	00:25:58	00:53:30	00:53:08	1055	CLUBE ATLETISMO AMIGOS DE BELÉM	V40	194
1008	1400	Alexandre Caninhas	00:26:46	00:53:30	00:52:19	976		V40	195
1009	2191	António Sena	00:25:58	00:53:30	00:52:57	1037	CCD TRANQUILIDADE	V45	195
1010	380	João Passeiro	00:26:09	00:53:30	00:52:25	983	A.D.C.Catujal	V55	59
1011	610	Alexandra Sousa	00:27:03	00:53:31	00:52:32	996		V35	24
1012	62	Helena Sécio	00:26:26	00:53:31	00:52:47	1020		V50	7
1013	2647	Honorato Moura	00:25:49	00:53:32	00:52:54	1032	marvila jovem	V35	125
1014	2309	Bárbara Cruz	00:24:23	00:53:32	00:53:03	1048		Senior	33
1015	1257	Pedro Fernandes	00:26:08	00:53:32	00:53:07	1054	CCD CRÉDITO AGRÍCOLA	Senior	164
1016	1232	Paula Costa	00:26:00	00:53:33	00:52:37	1003	GFD Running	V35	25
1017	3126	Rui Júlio	00:27:08	00:53:33	00:51:36	923	Clube Groundforce Portugal	V40	196
1018	1235	Pedro Vieira	00:26:15	00:53:34	00:53:13	1062	GFD Running	V45	196
1019	1209	Filipe Bugalho	00:21:41	00:53:35	00:53:28	1086	GFD Running	V35	126
1020	2955	Paula Nunes	00:23:53	00:53:37	00:53:21	1076	NAPA - Núcleo de Amigos da Perna Assada	V45	27

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1021	1821	Miguel Coelho	00:26:04	00:53:38	00:52:57	1039	Os Sousas	V60	30
1022	299	Rui Silva	00:25:37	00:53:40	00:53:20	1074		V50	110
1023	2379	António Botelho	00:26:55	00:53:40	00:52:29	989	Multirunners	V35	127
1024	227	Tiago Almeida	00:25:25	00:53:40	00:53:04	1050		Senior	165
1025	2591	António Ferreira	00:23:57	00:53:42	00:53:19	1073		V50	111
1026	208	Jacinto Batista	00:25:24	00:53:43	00:53:08	1056		V55	60
1027	23	Sónia França	00:27:22	00:53:44	00:52:59	1041		V40	25
1028	2280	El Chicco	00:26:38	00:53:44	00:52:38	1005		V35	128
1029	725	António Almeida	00:24:39	00:53:45	00:53:14	1064	Clube PT-Zcs	V45	197
1030	932	Bruno Rodrigues	00:27:21	00:53:45	00:52:33	998	Serviços Sociais Montepio	V40	197
1031	2905	Bruno Simões	00:25:11	00:53:47	00:53:34	1094		V35	129
1032	2597	Ana Gil	00:26:46	00:53:48	00:52:56	1035	RUN TEJO	V55	2
1033	2717	Vitor Comercio	00:25:37	00:53:49	00:53:00	1044		V45	198
1034	357	Pedro Silva	00:26:54	00:53:50	00:53:07	1053		V50	112
1035	777	Daniel Colla	00:26:20	00:53:50	00:53:12	1061		V45	199
1036	1545	José Finuras	00:27:26	00:53:50	00:52:39	1007		V45	200
1037	2105	Patrícia Costa	00:24:53	00:53:50	00:53:27	1083		V40	26
1038	2996	Céline Correia	00:27:00	00:53:52	00:52:48	1021		V40	27
1039	1261	Carlos Cabral	00:25:07	00:53:52	00:53:33	1092	BRRnightRUNNERS	V40	198
1040	1301	João Pires	00:27:05	00:53:53	00:52:50	1027	Dias Pires e Sol	Junior	12

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1041	2420	Sérgio Lopes	00:28:09	00:53:53	00:51:23	903		V40	199
1042	1234	Pedro Cerdeira	00:27:08	00:53:53	00:53:15	1066	GFD Running	V45	201
1043	1130	Catarina Sousa	00:27:26	00:53:54	00:52:55	1033	CTT Lisboa	V40	28
1044	3143	Joao Antunes	00:27:57	00:53:55	00:52:21	981		V35	130
1045	103	João Sotomayor	00:26:07	00:53:55	00:53:09	1057		V55	61
1046	3206	Laura Asbury	00:27:54	00:53:55	00:52:01	952		Senior	34
1047	1870	Maria Borges	00:26:06	00:53:56	00:53:19	1070		V45	28
1048	937	Jorge Sousa	00:27:20	00:53:57	00:52:49	1026	Serviços Sociais Montepio	V45	202
1049	931	Antonio Franco	00:27:21	00:53:57	00:52:48	1023	Serviços Sociais Montepio	V50	113
1050	807	Rodrigo Sousa	00:26:08	00:53:58	00:53:25	1082	RunLovers	V35	131
1051	894	Carlos Palma	00:26:52	00:53:59	00:53:24	1079	Link	V50	114
1052	1109	Ricardo Baptista	00:25:02	00:54:00	00:53:27	1084		V40	200
1053	1778	Andreia Castanheira	00:26:45	00:54:00	00:53:25	1080	BRRnightRUNNERS	V35	26
1054	459	João Faria	00:26:16	00:54:00	00:53:11	1059	Eci Running Team	V45	203
1055	1051	Nuno Azul	00:27:16	00:54:01	00:53:01	1046	Os Galgos	V40	201
1056	698	Anabela Constante	00:26:26	00:54:01	00:53:28	1085		V40	29
1057	71	Fernando Oliveira	00:25:58	00:54:03	00:53:35	1096		V50	115
1058	879	Bruno Alle	00:27:13	00:54:04	00:52:02	954	eutivemataquedeasma.blogspot.com	Senior	166
1059	1590	Luis Silva	00:26:34	00:54:04	00:53:30	1087	Clube Millennium bcp	V50	116
1060	3173	Luis Canhão	00:27:22	00:54:06	00:53:34	1093		V50	117

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1061	110	Joaquim Costa	00:27:14	00:54:07	00:53:11	1058	Amigos da Corrida	V55	62
1062	3058	Hugo Isidoro	00:25:43	00:54:08	00:53:44	1105		Senior	167
1063	1226	Madalena Andrade	00:27:32	00:54:08	00:53:32	1091	GFD Running	V40	30
1064	2070	Carina Rebocho	00:27:11	00:54:09	00:53:02	1047		Senior	35
1065	535	Fernando Brandão	00:26:46	00:54:09	00:53:18	1069	Clube Novo Banco	V55	63
1066	2081	Luis Pita	00:25:04	00:54:10	00:53:49	1116		V45	204
1067	3051	Rui Andre	00:27:19	00:54:10	00:52:30	992		V60	31
1068	1392	Carlos Conceição	00:27:28	00:54:10	00:53:21	1075		V35	132
1069	3049	Maria Andre	00:27:19	00:54:10	00:52:31	993		V45	29
1070	2002	Claudio Rodrigues	00:27:44	00:54:11	00:52:06	958	Cunhados	Senior	168
1071	2383	Jacqui Saffery	00:27:28	00:54:11	00:53:48	1113		V55	3
1072	1427	João Costa	00:28:34	00:54:12	00:52:15	970	Moniketes	V35	133
1073	2086	Jose Luis	00:25:36	00:54:12	00:53:40	1102		V45	205
1074	3223	Hakka Mutlu	00:23:26	00:54:12	00:53:13	1063		Senior	169
1075	1629	Luis Sousa	00:25:10	00:54:12	00:53:51	1118	Clube Millennium bcp	V55	64
1076	1798	Paulo Sarroeira	00:27:07	00:54:13	00:53:44	1107	Clube Ferroviário de Portugal	V45	206
1077	1982	Paulo Roxo	00:27:21	00:54:13	00:53:45	1111		V40	202
1078	1103	Nuno Peres	00:27:06	00:54:14	00:52:38	1004	Team CUF	V35	134
1079	1579	Cristina Fale	00:27:36	00:54:14	00:53:12	1060	Clube Millennium bcp	V40	31
1080	774	Sara Fonseca	00:28:08	00:54:14	00:53:05	1051		Senior	36

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1081	2766	João Abreu	00:30:35	00:54:15	00:52:10	966		Senior	170
1082	1852	João Bernardino	00:27:26	00:54:16	00:53:32	1090		V50	118
1083	1273	Américo Carvalho	00:26:15	00:54:17	00:53:57	1124		V45	207
1084	575	Ricardo Canas	00:27:49	00:54:19	00:52:31	994	Clube Novo Banco	V45	208
1085	3078	5'30 Min/Km	00:27:26	00:54:20	00:53:56	1123		Junior	13
1086	2854	Pedro Teixeira	00:26:47	00:54:20	00:54:06	1140		V45	209
1087	290	Paulo Almeida	00:26:10	00:54:20	00:53:14	1065		V50	119
1088	1180	Paulo Martins	00:25:38	00:54:21	00:53:52	1121	SS CGD	V50	120
1089	1351	Luís Duarte	00:24:35	00:54:21	00:53:59	1127		V50	121
1090	2203	Jose Sousa	00:27:25	00:54:22	00:53:38	1100	CCD TRANQUILIDADE	V55	65
1091	2192	Artur Gaio	00:26:51	00:54:22	00:53:49	1117	CCD TRANQUILIDADE	V35	135
1092	734	Hugo Vieira	00:26:59	00:54:23	00:53:18	1068		V40	203
1093	3017	Vincenzo Scarlato	00:27:24	00:54:23	00:53:45	1108	CF os Belenenses	V50	122
1094	677	Carlos Belo	00:26:09	00:54:23	00:53:45	1110		V50	123
1095	2339	Célia Anacleto	00:27:43	00:54:26	00:53:17	1067		V40	32
1096	2338	Jorge Gonçalves	00:27:44	00:54:27	00:53:19	1071		V35	136
1097	1667	Ricardo Dias	00:26:20	00:54:27	00:53:49	1115	Grupo Barraqueiro	V35	137
1098	2511	Marco Santos	00:25:22	00:54:28	00:54:07	1143		V40	204
1099	667	Paulo Vaz	00:27:32	00:54:28	00:53:30	1088	QUARTETO	V45	210
1100	2295	Tiago Cardao-Pito	00:27:30	00:54:29	00:53:31	1089		V40	205

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1101	954	Jorge Ildefonso	00:25:07	00:54:30	00:54:03	1133		V35	138
1102	1799	Luís Nogueira	00:25:59	00:54:30	00:53:59	1128	GRCD Leião	V40	206
1103	558	Vanda Murteira	00:26:25	00:54:30	00:54:04	1134	Clube Novo Banco	V45	30
1104	2693	Miguel Robin	00:27:27	00:54:31	00:52:59	1042		V45	211
1105	2555	Gonçalo Domingues	00:25:29	00:54:34	00:53:25	1081		Senior	171
1106	2652	Joaquim Carronha	00:26:41	00:54:35	00:54:04	1135	N. A. PAPAGAIOS DE CASCAIS	V65	13
1107	3259	José Carretas	00:24:03	00:54:36	00:54:10	1147		V50	124
1108	2406	Eduardo Santos	00:26:17	00:54:37	00:54:10	1146		V35	139
1109	2589	Andronico Duarte	00:26:04	00:54:38	00:54:03	1132	Alinas	V40	207
1110	480	Carla Destapado	00:25:13	00:54:38	00:53:45	1109	CCD PM CASCAIS	V45	31
1111	3189	Bibiana Farias	00:26:22	00:54:38	00:54:16	1156	COO	V35	27
1112	2292	Rogério Oliveira	00:27:13	00:54:39	00:53:07	1052		V35	140
1113	2945	Ruben Mauricio	00:26:57	00:54:40	00:53:22	1077		Senior	172
1114	3057	Rui Santos	00:27:36	00:54:41	00:53:03	1049		Senior	173
1115	1854	Patrícia Machado	00:27:10	00:54:41	00:54:04	1136		V35	28
1116	2031	Pedro Valentim	00:27:03	00:54:42	00:53:53	1122		V50	125
1117	1535	Filipe Rosário	00:25:29	00:54:43	00:53:00	1043		Senior	174
1118	2551	Jhony Leffa	00:27:40	00:54:43	00:53:36	1097		Senior	175
1119	1824	Maria Rodrigues	00:27:22	00:54:44	00:53:37	1098	Casa do Benfica em Castelo Branco	V40	33
1120	1558	Sérgio Matos	00:26:41	00:54:44	00:53:51	1120		V40	208



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1121	1557	João Lourenço	00:25:06	00:54:45	00:53:58	1125		V35	141
1122	1077	Pedro Silva	00:26:56	00:54:46	00:53:59	1129		Senior	176
1123	1040	Flávio Pintado	00:27:21	00:54:46	00:53:40	1103	Casa do Benfica em Castelo Branco	V35	142
1124	366	António Lavajo	00:27:25	00:54:46	00:54:14	1152		V40	209
1125	2569	Valter Cunha	00:31:39	00:54:47	00:53:00	1045		V40	210
1126	1934	Duarte Almeida	00:25:38	00:54:49	00:54:01	1130		V35	143
1127	14	Bruno Madeira	00:24:49	00:54:51	00:54:06	1141		V40	211
1128	3204	André Santos	00:28:16	00:54:51	00:53:37	1099		Senior	177
1129	1500	Jorge Silva	00:26:36	00:54:52	00:54:09	1145		V60	32
1130	2895	Carlos Pena	00:27:58	00:54:52	00:54:13	1150	Grupo Excursionista "Os Económicos"	V50	126
1131	3230	Carlos Páscoa	00:28:25	00:54:53	00:53:41	1104		V60	33
1132	2399	Anselmo Ferreira	00:26:26	00:54:53	00:54:15	1155		V40	212
1133	2804	Rafael Pina	00:26:30	00:54:54	00:54:33	1182		V40	213
1134	1598	Leonel Brandao	00:26:44	00:54:54	00:54:28	1170	Clube Millennium bcp	V50	127
1135	1603	Fernando Rodrigues	00:26:44	00:54:54	00:54:29	1177	Clube Millennium bcp	V50	128
1136	1584	Nelson Costa	00:26:44	00:54:54	00:54:28	1174	Clube Millennium bcp	V35	144
1137	1367	Silvia Viana	00:27:29	00:54:55	00:54:29	1178	Ker Sport Trail Running	V40	34
1138	564	Paulo Veríssimo	00:26:15	00:54:55	00:54:01	1131	Clube Novo Banco	V50	129
1139	1085	Nânci Bôto	00:27:15	00:54:56	00:54:14	1153		Senior	37
1140	289	Jaime Silva	00:25:38	00:54:57	00:54:49	1199		V40	214

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1141	1013	Aderito Carrelhas	00:26:24	00:54:57	00:54:36	1184		V65	14
1142	1989	Ana Monteiro	00:27:07	00:54:58	00:54:33	1181		V40	35
1143	981	Evelino Magalhães	00:28:46	00:54:58	00:50:21	827		V40	215
1144	828	Helder Santos	00:27:41	00:54:58	00:54:05	1138		V40	216
1145	1670	Rui Alves	00:25:14	00:54:59	00:54:36	1185	AZA - Azambuja com Alma	V40	217
1146	2604	Carla Nascimento	00:27:27	00:54:59	00:54:05	1137	RUN TEJO	V35	29
1147	631	Luís Mateus	00:27:26	00:54:59	00:53:34	1095	RUN FORREST RUN	V35	145
1148	2650	Luís Ferreira	00:28:32	00:55:00	00:52:49	1024		Senior	178
1149	2393	Maria Anjos	00:27:07	00:55:02	00:54:38	1190		V65	1
1150	2327	Karolina Szerlag	00:27:32	00:55:02	00:53:47	1112		Senior	38
1151	3081	Filipa Ferreira	00:28:32	00:55:03	00:52:53	1029		Senior	39
1152	1901	Nuno Cabaço	00:27:19	00:55:04	00:54:28	1171		V35	146
1153	1820	Marco Graca	00:27:08	00:55:06	00:54:07	1142		V40	218
1154	510	Sara Gomes	00:27:18	00:55:08	00:54:21	1160		Senior	40
1155	491	Teresa Simões	00:27:38	00:55:09	00:54:15	1154	CCD PM CASCAIS	V45	32
1156	890	António Dias	00:26:33	00:55:09	00:54:23	1165	Link	V55	66
1157	1906	Paulo Cardoso	00:28:14	00:55:10	00:54:28	1173		V55	67
1158	410	Filipe Silva	00:27:10	00:55:10	00:54:25	1167		V40	219
1159	703	João Carril	00:27:01	00:55:11	00:54:21	1159		V60	34
1160	458	José Cruz	00:28:54	00:55:12	00:54:07	1144	Eci Running Team	V45	212

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1161	1718	Sofia Boléo	00:27:37	00:55:17	00:54:36	1186	CLUBE ANACOM	V45	33
1162	1819	Alcides Estrela	00:23:44	00:55:17	00:55:10	1239		V40	220
1163	3010	Rui Afonso	00:24:29	00:55:18	00:55:06	1235	CF os Belenenses	V50	130
1164	1508	Ricardo Resende	00:28:03	00:55:20	00:53:51	1119	Noivos Em Fuga	Senior	179
1165	1150	Miguel Angelo	00:27:44	00:55:21	00:54:19	1158	SS CGD	V40	221
1166	966	Henrique Ferreira	00:24:58	00:55:21	00:54:14	1151		V35	147
1167	1444	Andreia Mesquita	00:27:05	00:55:21	00:54:38	1189		V35	30
1168	3196	Tiago Meneses	00:22:56	00:55:21	00:55:16	1253	CF os Belenenses	V35	148
1169	837	Marisa Silva	00:27:39	00:55:22	00:54:29	1176		V40	36
1170	816	Leonel Freira	00:26:29	00:55:24	00:54:53	1202	CAD a Correr	V45	213
1171	1842	Pedro Rodrigues	00:27:42	00:55:28	00:54:19	1157		V35	149
1172	1189	Sandro Costa	00:27:51	00:55:28	00:54:37	1187	SS CGD	V35	150
1173	338	João Lima	00:27:42	00:55:32	00:54:48	1198	4 ao Km	V55	68
1174	2160	Pedro Sousa	00:29:00	00:55:33	00:54:57	1209		V35	151
1175	3194	Joao Ferreira	00:29:00	00:55:33	00:54:56	1205		V50	131
1176	348	Vitor Loureiro	00:27:25	00:55:33	00:54:56	1208		V50	132
1177	2527	Pedro Vieira	00:23:16	00:55:34	00:55:05	1234		V45	214
1178	2395	Ricardo Santos	00:25:50	00:55:35	00:54:41	1192		V35	152
1179	236	Rui Pereira	00:29:59	00:55:35	00:53:23	1078	CASA DO PESSOAL DA RTP	V45	215
1180	2438	Paolo Iacomini	00:27:48	00:55:35	00:54:22	1161		Senior	180

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1181	1425	Luis Francisco	00:26:38	00:55:36	00:53:38	1101	Moniketes	Senior	181
1182	182	Jorge Guerreiro	00:26:38	00:55:37	00:55:17	1254		V50	133
1183	467	Ana Ferreira	00:27:46	00:55:37	00:54:47	1195	Eci Running Team	Senior	41
1184	3152	Joana Caldeira	00:27:08	00:55:38	00:55:04	1232	A.M.Atibá	V40	37
1185	2220	Antonio Ribeiro	00:27:18	00:55:39	00:54:56	1207		V50	134
1186	1012	Ines Marques	00:28:10	00:55:40	00:55:03	1229		V45	34
1187	276	Pedro Barroso	00:23:28	00:55:40	00:55:12	1244		V35	153
1188	2645	Jaime Carvalho	00:28:24	00:55:41	00:53:19	1072	#SUPERAÇÃO	Senior	182
1189	1420	Tiago Rodrigues	00:28:42	00:55:41	00:53:44	1106		V40	222
1190	1572	Alvaro Imaginario	00:27:25	00:55:41	00:54:58	1213	Clube Millennium bcp	V40	223
1191	244	Jorge Oliveira	00:27:17	00:55:42	00:54:51	1200		V55	69
1192	1408	Miguel Leão	00:28:03	00:55:42	00:54:11	1148	Noivos Em Fuga	Senior	183
1193	1407	Miguel Paiva	00:28:03	00:55:42	00:54:11	1149	Noivos Em Fuga	Senior	184
1194	2061	Mário Lino	00:28:12	00:55:42	00:53:59	1126		V55	70
1195	1421	Tiago Moacho	00:27:07	00:55:42	00:54:06	1139	RUN FORREST RUN	Senior	185
1196	1099	José Araújo	00:25:45	00:55:43	00:55:18	1257	FIDELIDADE GDC	V50	135
1197	2376	Carla Mota	00:25:09	00:55:44	00:55:15	1250		V45	35
1198	2917	Cristina Baião	00:27:09	00:55:44	00:55:02	1223		V45	36
1199	2667	André Santos	00:25:44	00:55:46	00:54:27	1169	KPMG Runners	Senior	186
1200	1317	Jorge Diogo	00:27:55	00:55:46	00:55:04	1230		V45	216

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1201	2462	David Gonçalves	00:29:03	00:55:46	00:53:48	1114		V40	224
1202	2999	Luís Ramos	00:27:43	00:55:46	00:54:47	1194		V45	217
1203	167	Nelson Bastos	00:27:22	00:55:46	00:55:01	1221		V45	218
1204	497	Delfim Pratas	00:27:43	00:55:46	00:54:47	1196		V50	136
1205	616	Pedro Ferreira	00:27:31	00:55:47	00:54:58	1211		V40	225
1206	653	Miguel Pina	00:24:32	00:55:47	00:55:10	1241	Pastelaria Viriato	Senior	187
1207	444	Beatriz Matias	00:27:31	00:55:48	00:54:59	1214		V40	38
1208	507	Maria Palma	00:27:51	00:55:48	00:55:11	1243		V60	1
1209	186	Marco Miguel	00:27:47	00:55:49	00:55:28	1268		V40	226
1210	2707	Camila Medici	00:27:48	00:55:50	00:54:55	1203		Senior	42
1211	2529	Bruno António	00:26:02	00:55:50	00:55:41	1297		V40	227
1212	525	Ana Ferreira	00:27:56	00:55:51	00:54:58	1210	Clube Novo Banco	V50	8
1213	555	Paulo Gonçalves	00:27:57	00:55:52	00:54:58	1212	Clube Novo Banco	V50	137
1214	1726	Paulo Silva	00:26:54	00:55:52	00:54:59	1215		V50	138
1215	2651	António Teixeira	00:26:58	00:55:53	00:55:22	1264	N. A. PAPAGAIOS DE CASCAIS	V70	1
1216	2558	Fernando Jerónimo	00:26:55	00:55:54	00:55:16	1251		V65	15
1217	1553	Nuno Branco	00:26:56	00:55:55	00:54:29	1175		V45	219
1218	539	Hernani Bonifácio	00:27:32	00:55:56	00:55:01	1217	Clube Novo Banco	V40	228
1219	1551	Nélia Brito	00:26:56	00:55:56	00:54:29	1179	correr Loures	V45	37
1220	1794	Inês Martins	00:27:45	00:55:56	00:54:22	1163		Senior	43

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1221	2178	Cátia Pinto	00:30:09	00:55:57	00:54:23	1164		V35	31
1222	99	Cristina Cunha	00:28:00	00:55:57	00:55:01	1219		V45	38
1223	840	Carlos Silva	00:27:10	00:55:58	00:55:39	1291		V50	139
1224	116	Adelino Correia	00:28:34	00:55:58	00:55:03	1226	Amigos da Corrida	V65	16
1225	609	Andreia Carvalho	00:27:34	00:55:59	00:55:17	1255		V35	32
1226	1911	Paulo Viegas	00:27:04	00:56:00	00:55:12	1245		V45	220
1227	60	Elisabete Pinto	00:27:46	00:56:02	00:55:20	1258		V45	39
1228	1069	Odete Oliveira	00:27:05	00:56:02	00:55:02	1224		V35	33
1229	1140	Celestino Oliveira	00:27:47	00:56:03	00:55:02	1225		V60	35
1230	412	Rute Santos	00:27:31	00:56:04	00:55:31	1274		V50	9
1231	1036	Paulo Gonçalves	00:31:14	00:56:04	00:54:25	1166	BeSmart	V45	221
1232	991	Fátima Cardoso	00:27:42	00:56:04	00:54:56	1206		Senior	44
1233	461	Maria Garcia	00:28:09	00:56:05	00:55:03	1227	Eci Running Team	V45	40
1234	2713	Victor Riscado	00:28:42	00:56:07	00:54:48	1197		V45	222
1235	1978	Inês Mariquitos	00:28:19	00:56:07	00:54:52	1201	GDC Banco de Portugal	Senior	45
1236	2771	Ana Coelho	00:28:17	00:56:08	00:55:10	1242		V40	39
1237	2595	Alexandre Bento	00:26:58	00:56:09	00:55:45	1308	RUN TEJO	V55	71
1238	3212	Francisco Castanhas	00:27:21	00:56:13	00:55:15	1249		V50	140
1239	2820	Marina Silva	00:26:38	00:56:13	00:54:40	1191		V50	10
1240	359	Armando Cid	00:30:38	00:56:13	00:54:22	1162		V55	72

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1241	655	Victória Mata	00:27:37	00:56:13	00:55:35	1278	OS MATAS	V65	2
1242	2108	Luis Pinto	00:27:22	00:56:14	00:55:08	1237	Trilhos & Bigodes	V40	229
1243	1955	António Inglês	00:26:45	00:56:14	00:55:04	1231	GRUPO DE ATLETAS DE MONSANTO	V60	36
1244	2782	Margarida Salvado	00:28:48	00:56:15	00:54:34	1183	TEAMITSUPTOYOU	V35	34
1245	130	António Duarte	00:25:57	00:56:16	00:55:24	1265	Clube do Stress	V55	73
1246	3040	Frederico Guedes	00:26:11	00:56:16	00:55:54	1317	COFIDIS MOTOR 7 GFD	V45	223
1247	2701	Ana Martins	00:27:51	00:56:16	00:55:21	1261		V35	35
1248	1231	Patricia Santos	00:27:51	00:56:16	00:55:21	1259	GFD Running	V40	40
1249	386	César Fundo	00:27:57	00:56:18	00:55:01	1222	Clube EDP Lisboa	V35	154
1250	885	Paulo Filipe	00:27:58	00:56:19	00:55:15	1248		V45	224
1251	2793	Maria Passarinho	00:26:31	00:56:19	00:54:46	1193		V35	36
1252	690	Raul Massano	00:27:56	00:56:19	00:55:55	1320		V40	230
1253	321	Inês Campos	00:27:28	00:56:20	00:55:53	1314		V35	37
1254	770	André Rijo	00:28:11	00:56:21	00:55:55	1322		Senior	188
1255	907	Sónia Henriques	00:26:39	00:56:24	00:55:45	1307		V40	41
1256	2329	Cândida Ganchas	00:27:09	00:56:24	00:56:03	1329		V40	42
1257	2333	Diogo Santos	00:28:47	00:56:26	00:55:37	1286		Senior	189
1258	637	Joana Pinto	00:27:30	00:56:26	00:55:46	1310		V35	38
1259	204	Goncalo Palminha	00:28:43	00:56:27	00:55:00	1216		V40	231
1260	2173	Alexandre Simoes	00:29:13	00:56:27	00:54:28	1172		V40	232

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1261	3050	Miguel Candeias	00:26:19	00:56:27	00:56:04	1331		V45	225
1262	802	Rui Rato	00:27:27	00:56:28	00:55:46	1309	Coxos do Palmeiras	V40	233
1263	1280	Fernando Almeida	00:29:04	00:56:28	00:54:32	1180		V50	141
1264	2249	Carlos Mendes	00:29:03	00:56:28	00:55:21	1260		V50	142
1265	2756	António Bila	00:29:28	00:56:29	00:55:25	1266	COO	V60	37
1266	913	Alice Martins	00:29:15	00:56:29	00:54:55	1204		V35	39
1267	1622	Jorge Lourenco	00:28:55	00:56:31	00:55:32	1275	Clube Millennium bcp	V45	226
1268	1756	Nuno Mestre	00:28:06	00:56:32	00:55:27	1267	condores varge mondar	V45	227
1269	1630	Mario Mendes	00:27:25	00:56:33	00:55:32	1276	Clube Millennium bcp	V55	74
1270	1834	Isabel Cardeal	00:26:02	00:56:34	00:55:01	1218		V50	11
1271	1745	Margarida Simão	00:28:03	00:56:35	00:55:38	1288		Senior	46
1272	3062	Maria Gonçalves	00:28:21	00:56:35	00:55:01	1220		V55	4
1273	670	José Saraiva	00:27:26	00:56:35	00:55:43	1302		V55	75
1274	1731	Rita Carrapiço	00:28:37	00:56:36	00:55:16	1252		Senior	47
1275	187	Marta Mafra	00:28:47	00:56:36	00:55:10	1240		V35	40
1276	188	Tiago Matias	00:28:47	00:56:38	00:55:12	1246		V35	155
1277	326	Manuel Dias	00:28:46	00:56:39	00:55:37	1287		V50	143
1278	1446	Rodrigo Coutinho	00:26:33	00:56:39	00:55:39	1294		V40	234
1279	1278	Rafael Azriel	00:27:12	00:56:40	00:56:04	1332		V45	228
1280	919	Nuno Bonacho	00:28:56	00:56:40	00:55:12	1247		Junior	14



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1281	2900	Telma Taveira	00:30:16	00:56:41	00:55:03	1228		V45	41
1282	2902	Claudia Matos	00:30:17	00:56:41	00:55:05	1233		V35	41
1283	355	Selma Silva	00:25:19	00:56:42	00:56:12	1342		V50	12
1284	316	Pedro Barata	00:27:20	00:56:42	00:55:54	1318		V50	144
1285	2827	Renato Paula	00:30:32	00:56:43	00:54:26	1168		Senior	190
1286	1789	Sergio Santos	00:28:30	00:56:43	00:55:45	1306	GDBarcarena	V40	235
1287	708	António Gonçalves	00:27:34	00:56:43	00:56:32	1372	CCDTMetroLX	V50	145
1288	1792	Joao Paiva	00:28:31	00:56:43	00:55:42	1298	GDBarcarena	V40	236
1289	1791	Jorge Marques	00:28:30	00:56:44	00:55:43	1300	GDBarcarena	V40	237
1290	2365	Nuno Santos	00:26:50	00:56:44	00:55:40	1295		V35	156
1291	59	Raúl Matos	00:28:13	00:56:44	00:55:54	1319		V50	146
1292	2223	Rui Soares	00:27:30	00:56:44	00:55:58	1323		V35	157
1293	2380	Maria Saldanha	00:29:09	00:56:45	00:55:33	1277	Multirunners	V40	43
1294	1183	Paulo Bonacho	00:29:12	00:56:45	00:55:17	1256	SS CGD	V45	229
1295	2846	Carlos Silvério	00:27:26	00:56:46	00:56:07	1333		V50	147
1296	2279	Vanessa Sequeira	00:28:41	00:56:49	00:55:44	1304		V35	42
1297	1562	Monica Matos	00:28:41	00:56:49	00:55:44	1305		V40	44
1298	808	Margarida Coelho	00:28:39	00:56:51	00:56:03	1330	Papa Kms	V50	13
1299	644	Paulo Barroso	00:24:50	00:56:52	00:56:00	1325	Running Family	V40	238
1300	2564	Marco Martins	00:26:03	00:56:52	00:56:26	1363		V35	158

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1301	1727	Filipe Eugénio	00:28:12	00:56:52	00:55:31	1273		V35	159
1302	1413	Sónia Pinto	00:28:33	00:56:53	00:55:53	1313		V45	42
1303	2039	Carlos Nunes	00:27:07	00:56:53	00:56:42	1383		Junior	15
1304	576	Ricardo Silva	00:28:26	00:56:54	00:55:39	1292	Clube Novo Banco	V40	239
1305	1905	Cristina Assunção	00:28:43	00:56:55	00:55:37	1285	saguratr	Senior	48
1306	1904	Paulo Ribeiro	00:28:43	00:56:55	00:55:35	1279	saguratr	Senior	191
1307	115	José Neves	00:28:55	00:56:55	00:56:01	1326	Amigos da Corrida	V50	148
1308	172	Favelina Santos	00:28:20	00:56:56	00:56:02	1327		V40	45
1309	1671	Renato Cunha	00:28:42	00:56:56	00:55:53	1315		Senior	192
1310	2297	Isabel Alves	00:29:54	00:56:56	00:56:09	1336		V50	14
1311	2524	Ricardo Gomes	00:28:42	00:57:01	00:55:36	1281		V35	160
1312	1907	Maria Cardoso	00:28:21	00:57:02	00:55:28	1270		V55	5
1313	79	Carlos Pereira	00:26:38	00:57:04	00:56:32	1373		V35	161
1314	2221	António Boavida	00:25:42	00:57:04	00:56:15	1347		V50	149
1315	2742	Ana Marques	00:28:30	00:57:04	00:55:39	1290		V35	43
1316	1333	Manuela Gonçalves	00:28:24	00:57:05	00:56:23	1356	sfuap	V50	15
1317	532	Carlos Fernandes	00:29:12	00:57:05	00:55:35	1280	Clube Novo Banco	V55	76
1318	3142	Laurindo Frias	00:27:05	00:57:05	00:55:55	1321		Senior	193
1319	2483	João Bastos	00:28:32	00:57:06	00:55:53	1316		Senior	194
1320	2951	David Bota	00:28:29	00:57:06	00:55:08	1238		V35	162

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1321	2361	José Roseiro	00:29:20	00:57:06	00:55:37	1284		V60	38
1322	2993	André Fonseca	00:28:53	00:57:07	00:55:39	1293		V35	163
1323	1362	Antonio Faria	00:28:13	00:57:08	00:56:18	1350	Pernas Loucas	V50	150
1324	403	Fernando Coelho	00:28:13	00:57:08	00:56:19	1353		V45	230
1325	1489	António Delicado	00:26:03	00:57:10	00:56:13	1344	APCMVM	V45	231
1326	1578	Manuel Lopes	00:27:46	00:57:10	00:56:07	1334	Clube Millennium bcp	V40	240
1327	1585	Jose Rocha	00:27:40	00:57:11	00:56:10	1338	Clube Millennium bcp	V50	151
1328	1631	Vitor Gomes	00:27:40	00:57:11	00:56:11	1340	Clube Millennium bcp	V45	232
1329	1586	Maria Rodrigues	00:27:40	00:57:11	00:56:11	1339	Clube Millennium bcp	V50	16
1330	1383	João Osório	00:28:34	00:57:13	00:56:19	1352		V40	241
1331	2044	Paulo Alves	00:27:17	00:57:14	00:56:32	1374		Senior	195
1332	2622	Mário Ribeiro	00:29:57	00:57:14	00:55:29	1271	RUN TEJO	V50	152
1333	795	Vera Paulo	00:28:13	00:57:14	00:56:15	1348		V35	44
1334	407	Nuno Damiães	00:28:58	00:57:16	00:55:50	1312	Team do Bairro	V35	164
1335	406	Adriano Cotrim	00:27:58	00:57:16	00:56:35	1376	Federação da Família para a Paz Mundial e Unifi	V75	1
1336	2833	Ivo Domingues	00:29:19	00:57:17	00:55:39	1289		Senior	196
1337	3178	Célia Penedo	00:28:19	00:57:19	00:56:32	1371		V40	46
1338	1495	Carla Neves	00:28:19	00:57:20	00:56:31	1370		V35	45
1339	2176	Jorge Lopes	00:27:46	00:57:20	00:56:52	1401		V50	153
1340	63	Rui Ferreira	00:27:16	00:57:20	00:56:43	1386		V45	233

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1341	1176	Luisa Landeiro	00:27:14	00:57:21	00:56:42	1384	SS CGD	V45	43
1342	2942	Diana Vieira	00:29:25	00:57:21	00:55:21	1262		V35	46
1343	377	Luís Oliveira	00:29:25	00:57:22	00:55:21	1263		V45	234
1344	544	João Ramos	00:28:14	00:57:23	00:56:28	1365	Clube Novo Banco	V45	235
1345	846	Olga Borges	00:27:13	00:57:23	00:56:46	1392		V40	47
1346	3021	Janice Trainor	00:26:35	00:57:23	00:56:49	1397	CF os Belenenses	Senior	49
1347	2995	Paulo Nogueira	00:29:46	00:57:24	00:55:06	1236		V55	77
1348	1765	Raul Girão	00:29:12	00:57:24	00:56:27	1364	URBAN RUN TEAM	V60	39
1349	3073	Pedro Leitao	00:30:01	00:57:25	00:52:44	1017		V40	242
1350	834	Jorge Costa	00:27:24	00:57:25	00:55:49	1311	BRRnightRUNNERS	V50	154
1351	942	Nelson Bento	00:29:25	00:57:25	00:55:36	1282	pára-choques	Senior	197
1352	1583	Mario Campos	00:28:00	00:57:26	00:57:12	1432	Clube Millennium bcp	V70	2
1353	2180	Patricia Lopes	00:28:16	00:57:26	00:56:41	1382		V45	44
1354	760	Nuno Almeida	00:24:27	00:57:27	00:56:56	1404	Sportings de Almeida	V40	243
1355	595	Paulo Schofield	00:29:10	00:57:27	00:56:18	1351	Fontanelas	V50	155
1356	64	Jose Correia	00:25:53	00:57:28	00:57:10	1427		V55	78
1357	462	Manuel Duque	00:29:03	00:57:30	00:55:42	1299	Eci Running Team	V45	236
1358	2250	Isabel Mendes	00:29:03	00:57:30	00:56:23	1358		V50	17
1359	2384	Elisabete Santos	00:28:58	00:57:30	00:56:12	1343	CCD PM CASCAIS	V35	47
1360	1878	Pedro Biscaia	00:29:06	00:57:30	00:56:08	1335		V45	237

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1361	2800	Paula Leitao	00:27:59	00:57:31	00:57:09	1425		V45	45
1362	731	Alfredo Martinho	00:28:32	00:57:32	00:56:43	1387		V40	244
1363	589	Cláudia Bordalo	00:29:10	00:57:32	00:56:24	1359	Fontanelas	Senior	50
1364	743	Hugo Casaca	00:30:06	00:57:34	00:55:40	1296		V40	245
1365	1458	Tiago Corujo	00:27:26	00:57:35	00:56:39	1380		Senior	198
1366	1329	Alexandre Ribeiro	00:28:28	00:57:35	00:56:43	1385	Grupo Barraqueiro	V45	238
1367	1102	Paulo Cruz	00:27:07	00:57:37	00:57:27	1456	FIDELIDADE GDC	V45	239
1368	1645	Joaquim Agostinho	00:28:31	00:57:38	00:56:20	1354		V50	156
1369	2563	Bruno Guerra	00:28:38	00:57:38	00:57:04	1415		V35	165
1370	766	Jose Pereira	00:29:06	00:57:39	00:56:34	1375		V50	157
1371	117	Pedro Martins	00:28:45	00:57:40	00:56:47	1393		V40	246
1372	2587	Carlos Sequeira	00:26:25	00:57:41	00:57:13	1436		V40	247
1373	1740	António Lima	00:28:19	00:57:41	00:57:06	1416		V55	79
1374	663	Antonio Ribeiro	00:28:22	00:57:43	00:56:45	1390	QUARTETO	V50	158
1375	530	Antonio Reis	00:28:14	00:57:44	00:56:48	1396	Clube Novo Banco	V50	159
1376	2267	João Fonseca	00:28:30	00:57:44	00:56:14	1346		Senior	199
1377	542	João Batista	00:28:14	00:57:44	00:56:48	1395	Clube Novo Banco	V40	248
1378	2261	Marcelo Pires	00:28:30	00:57:44	00:56:14	1345		Senior	200
1379	581	Sergio Eira	00:28:07	00:57:44	00:57:16	1442	Clube Novo Banco	V45	240
1380	534	Fatima Ferreira	00:28:14	00:57:44	00:56:49	1398	Clube Novo Banco	V45	46

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1381	2495	Bruno Claro	00:24:34	00:57:45	00:57:31	1460		V35	166
1382	1963	Vera Bangy	00:26:18	00:57:45	00:56:30	1368	GDC Banco de Portugal	Senior	51
1383	1980	Karim Bangy	00:28:21	00:57:45	00:56:30	1367	GDC Banco de Portugal	Senior	201
1384	702	Luís Dias	00:27:46	00:57:46	00:56:57	1405		V35	167
1385	1589	Sergio Anjos	00:29:18	00:57:46	00:56:55	1403	Clube Millennium bcp	V70	3
1386	3084	Danielle Henriquez	00:29:24	00:57:46	00:55:36	1283		Senior	52
1387	1533	João Miranda	00:30:50	00:57:47	00:55:30	1272		Senior	202
1388	2695	Tiago Dores	00:28:43	00:57:47	00:56:12	1341		V40	249
1389	1074	Francisco Soares	00:28:06	00:57:47	00:57:01	1410		V40	250
1390	2024	Maria Magro	00:28:15	00:57:49	00:56:39	1381		V45	47
1391	972	Umbelina Nunes	00:29:05	00:57:51	00:57:12	1433		V65	3
1392	2275	Joel Sousa	00:30:42	00:57:53	00:55:43	1301		V35	168
1393	2101	Luís Ventura	00:27:38	00:57:53	00:57:10	1426		Senior	203
1394	70	Luis Isidoro	00:30:41	00:57:53	00:55:44	1303		V35	169
1395	3176	José Ferreira	00:28:52	00:57:54	00:56:23	1357		V65	17
1396	2953	Rui Dias	00:28:47	00:57:54	00:56:45	1391	Os Galgos	V35	170
1397	1728	Mário Rogado	00:27:46	00:57:55	00:57:02	1412		V40	251
1398	2138	Irina Freitas	00:27:04	00:57:55	00:55:28	1269		V35	48
1399	2472	Jéssica Mota	00:28:39	00:57:57	00:56:38	1379		Senior	53
1400	857	Crina Oltean	00:28:58	00:57:57	00:56:59	1408	FarmAtiva	V35	49

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1401	1591	Artur Leite	00:28:46	00:57:57	00:56:59	1409	Clube Millennium bcp	V50	160
1402	598	Orlando Santos	00:28:09	00:57:57	00:57:18	1445	EX FEDERADOS	V45	241
1403	2813	Joana Antunes	00:30:01	00:57:57	00:56:43	1388		Senior	54
1404	1746	Sérgio Correia	00:30:00	00:57:59	00:55:58	1324		V35	171
1405	611	Amilcar Póvoa	00:27:58	00:58:00	00:57:42	1469		V70	4
1406	801	Diogo Santos	00:27:59	00:58:00	00:57:19	1447	Coxos do Palmeiras	V40	252
1407	2114	Sandra Silva	00:28:28	00:58:01	00:57:07	1421		V40	48
1408	2797	Helena Pereira	00:27:58	00:58:01	00:57:44	1473		V40	49
1409	94	João Pereira	00:28:33	00:58:02	00:57:12	1435		V50	161
1410	1967	Célia Minau	00:28:18	00:58:04	00:57:11	1430	GDC Banco de Portugal	V40	50
1411	2208	Xana Santos	00:28:54	00:58:04	00:57:07	1420	pe de atleta	V35	50
1412	126	Pedro Lopes	00:27:59	00:58:04	00:57:13	1437	MIMOS	Senior	204
1413	1049	Catarina Nicho	00:28:54	00:58:06	00:57:06	1417	Os Galgos	V50	18
1414	3140	Victoria Castillo	00:30:30	00:58:08	00:56:24	1360		Senior	55
1415	2209	Nuno Barradas	00:27:37	00:58:09	00:57:12	1434	pe de atleta	V35	172
1416	151	Sónia Panasco	00:33:09	00:58:09	00:56:53	1402		V40	51
1417	2230	José Ribeiro	00:29:39	00:58:10	00:57:02	1411		V55	80
1418	2790	Inigo Echegaray	00:30:54	00:58:11	00:56:02	1328		V40	253
1419	17	João Antunes	00:27:23	00:58:12	00:57:39	1464		V60	40
1420	1034	Sofia Morgado	00:28:39	00:58:14	00:57:09	1424	100NOÇÃO	V45	48

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1421	887	Adriano Manjerico	00:28:47	00:58:14	00:57:09	1423	Anselmino Runners	V40	254
1422	2113	Andriy Nechyporenko	00:29:28	00:58:15	00:57:14	1439		V45	242
1423	2127	Inês Gregório	00:29:06	00:58:16	00:56:31	1369		Senior	56
1424	2115	Tetiana Malykhina	00:29:28	00:58:16	00:57:14	1440		V35	51
1425	2447	Vasco Gonçalves	00:31:46	00:58:17	00:56:29	1366		V35	173
1426	1313	Maria Conchinha	00:28:54	00:58:17	00:57:30	1459		V60	2
1427	1653	Joao Salazar	00:28:35	00:58:17	00:57:07	1422		V50	162
1428	2920	Harry Flowers	00:28:36	00:58:18	00:56:37	1377		Senior	205
1429	2919	Jennifer Lace	00:28:36	00:58:19	00:56:37	1378		Senior	57
1430	2171	Pedro Lopes	00:32:58	00:58:19	00:57:23	1450		Senior	206
1431	1840	Germano Bernardo	00:32:18	00:58:19	00:54:37	1188	PRAZER DA CORRIDA	V60	41
1432	2053	Pedro Almeida	00:29:26	00:58:20	00:56:10	1337		V40	255
1433	1155	Henrique Gairifo	00:28:06	00:58:21	00:57:32	1461	SS CGD	V60	42
1434	3001	António Gouveia	00:29:26	00:58:23	00:56:51	1400		V45	243
1435	3004	Humberto Galvão	00:29:26	00:58:23	00:56:51	1399		V45	244
1436	3082	Vasco Peres	00:29:51	00:58:24	00:57:17	1443		V40	256
1437	2857	Emanuel Magalhaes	00:29:13	00:58:24	00:57:17	1444		Senior	207
1438	1097	Carlos Dias	00:29:54	00:58:25	00:56:59	1407	FIDELIDADE GDC	V60	43
1439	1516	Luís Resende	00:27:03	00:58:25	00:57:42	1470		V35	174
1440	2064	Nuno Almeida	00:31:31	00:58:25	00:56:16	1349		Senior	208



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1441	2027	Gonçalo Alves	00:30:53	00:58:26	00:57:04	1414		Senior	209
1442	2396	Gonçalo Borges	00:28:13	00:58:31	00:56:23	1355	Surfers	V35	175
1443	2122	Carlos Sousa	00:27:48	00:58:31	00:57:48	1479		V40	257
1444	2603	Carla Coelho	00:26:37	00:58:32	00:57:41	1468	RUN TEJO	V40	52
1445	3151	Duarte Gaspar	00:28:53	00:58:32	00:58:01	1501		Junior	16
1446	861	Antonio Pais	00:29:09	00:58:32	00:57:53	1488	VALE DE MADEIROS SC	V70	5
1447	1527	Inês Rodrigues	00:28:55	00:58:34	00:57:24	1451		V35	52
1448	1638	João Alves	00:29:00	00:58:34	00:57:36	1463		V40	258
1449	675	Silverio Rodrigues	00:29:02	00:58:34	00:57:46	1477		V45	245
1450	2205	Irene Carvalho	00:29:41	00:58:36	00:57:47	1478	TEAM MELOM	V45	49
1451	935	Jaime Gomes	00:26:25	00:58:37	00:57:27	1454	Serviços Sociais Montepio	V55	81
1452	624	Mário Lopes	00:29:01	00:58:37	00:58:06	1506	Tangas Clube	V70	6
1453	1831	Paulo Fernandes	00:31:54	00:58:40	00:57:11	1429	Papa Kms	V55	82
1454	449	Luis Nunes	00:27:50	00:58:41	00:57:52	1486		V40	259
1455	206	Alexandre Tam	00:29:18	00:58:41	00:58:01	1498		V40	260
1456	647	Alberico Guerra	00:29:57	00:58:41	00:57:43	1472	Running Family	V65	18
1457	1812	João Oliveira	00:30:08	00:58:42	00:57:10	1428		V45	246
1458	2388	Rui Sabino	00:29:39	00:58:43	00:57:59	1497		V45	247
1459	1133	Pedro Galguinho	00:27:09	00:58:43	00:57:40	1467	CTT Lisboa	V45	248
1460	2921	António Vaz	00:28:04	00:58:43	00:56:44	1389		Senior	210

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1461	2640	Inês Paiva	00:30:43	00:58:45	00:56:57	1406		V35	53
1462	806	Sandro Pinto	00:27:22	00:58:46	00:58:11	1511	RunLovers	V40	261
1463	2566	Diogo Martins	00:27:40	00:58:46	00:58:21	1525		Senior	211
1464	2725	Alberto Santos	00:29:54	00:58:48	00:57:22	1449		V55	83
1465	1079	António Pina	00:29:03	00:58:49	00:57:52	1487	Linces da Bela Vista	V65	19
1466	948	Maria Cardoso	00:28:37	00:58:50	00:57:40	1465	Serviços Sociais Montepio	V40	53
1467	1954	José Aires	00:29:33	00:58:50	00:57:40	1466	GRUPO DE ATLETAS DE MONSANTO	V60	44
1468	2665	Sónia Correia	00:29:27	00:58:50	00:57:26	1452	KPMG Runners	V40	54
1469	19	Nuno Bonifácio	00:28:57	00:58:51	00:57:55	1490		V40	262
1470	2216	Cláudio Mira	00:30:14	00:58:52	00:56:47	1394		Senior	212
1471	536	Fernando Filipe	00:29:00	00:58:55	00:58:01	1499	Clube Novo Banco	V50	163
1472	2683	José Brites	00:28:00	00:58:56	00:57:20	1448		V45	249
1473	2836	Filipa Malheiro	00:30:11	00:58:58	00:57:12	1431	3x1	V45	50
1474	1253	Miguel Mendanha	00:29:08	00:58:58	00:57:57	1495	CCD CRÉDITO AGRÍCOLA	V40	263
1475	949	Pedro Ferreira	00:29:29	00:58:58	00:58:14	1514	Serviços Sociais Montepio	V40	264
1476	3123	João Soares	00:30:34	00:58:59	00:57:03	1413	Clube Groundforce Portugal	V35	176
1477	573	Pedro Domingos	00:29:08	00:59:00	00:58:05	1505	Clube Novo Banco	V45	250
1478	1741	Sílvia Santos	00:28:49	00:59:00	00:58:16	1518		V40	55
1479	2484	David Pinelas	00:29:45	00:59:00	00:57:07	1419	Campo de Ourique	V35	177
1480	1839	Bernardo Salavessa	00:26:07	00:59:00	00:58:26	1542		V40	265

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1481	457	Isabel Rodrigues	00:29:02	00:59:02	00:58:15	1517	Eci Running Team	V50	19
1482	3107	Pedro Santos	00:28:39	00:59:04	00:57:30	1458		V55	84
1483	750	Carlos Cardoso	00:29:11	00:59:04	00:57:49	1481		V55	85
1484	836	Lília Gonçalves	00:28:42	00:59:05	00:58:12	1512		V50	20
1485	3131	Marta Lopes	00:27:13	00:59:06	00:58:40	1562		V50	21
1486	2899	Jose Reis	00:29:20	00:59:06	00:57:52	1484		V45	251
1487	2434	Rita Elvas	00:29:20	00:59:06	00:57:52	1485		V40	56
1488	1826	Luís Raposo	00:30:11	00:59:08	00:57:36	1462		Senior	213
1489	552	Patricia Cecilio	00:27:33	00:59:08	00:58:04	1504	Clube Novo Banco	V45	51
1490	16	Sérgio Ferreira	00:26:35	00:59:09	00:58:30	1547		V40	266
1491	1632	Carlos Martins	00:27:55	00:59:10	00:58:25	1537	Clube PT-Zcs	V55	86
1492	221	Joaquim Pereira	00:28:48	00:59:10	00:58:29	1544		V70	7
1493	2590	Mariana Boleta	00:28:12	00:59:13	00:58:30	1546		Senior	58
1494	1703	João Gonçalves	00:29:11	00:59:14	00:58:21	1527		V55	87
1495	1853	Pedro Holtreman	00:29:12	00:59:14	00:56:25	1362		V45	252
1496	1574	Dulce Ramos	00:28:49	00:59:14	00:58:14	1516	Clube Millennium bcp	V45	52
1497	1851	Gonçalo Martins	00:31:18	00:59:14	00:56:25	1361		V35	178
1498	2612	Guilhermina Cruz	00:28:37	00:59:15	00:58:23	1531	RUN TEJO	V50	22
1499	2474	Ana Aleixo	00:28:38	00:59:15	00:58:31	1552	Linda-a-Pastora Sporting Clube	V40	57
1500	922	Sara Martins	00:28:51	00:59:16	00:58:14	1515		Senior	59

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1501	1979	Ana Baptista	00:29:24	00:59:17	00:58:24	1534	GDC Banco de Portugal	V35	54
1502	3056	Sónia Bastos	00:30:28	00:59:17	00:57:06	1418		V35	55
1503	1744	João Rato	00:27:01	00:59:18	00:58:25	1538		V50	164
1504	1650	Bruno Penisga	00:30:53	00:59:18	00:58:31	1551	Bitsight Runners	Senior	214
1505	3159	Cleonice Oliveira	00:28:08	00:59:20	00:58:47	1576	A.M.Atibá	V50	23
1506	2763	Tiago Abreu	00:31:56	00:59:20	00:57:14	1438		V35	179
1507	2783	Ricardo Candeias	00:29:37	00:59:20	00:57:16	1441		Senior	215
1508	242	João Carvalho	00:28:08	00:59:21	00:58:47	1575		V50	165
1509	2168	Nuno Sá	00:29:33	00:59:21	00:58:21	1528		V40	267
1510	1654	Joaquim Saramago	00:29:33	00:59:21	00:58:21	1530		V45	253
1511	3201	André Costa	00:29:04	00:59:22	00:57:19	1446	Kira	Senior	216
1512	779	Carina Condeço	00:29:32	00:59:23	00:57:58	1496	Wonder Couple	V35	56
1513	923	Miguel Bermonte	00:31:33	00:59:23	00:57:46	1475	BeSmart	V40	268
1514	1037	Helena Rodrigues	00:31:33	00:59:23	00:57:45	1474	BeSmart	V45	53
1515	793	Márcia Correia	00:29:13	00:59:24	00:57:46	1476	GRCD Leião	Senior	60
1516	983	Luis Miguel	00:26:20	00:59:24	00:58:21	1529		V40	269
1517	1347	Pedro Abreu	00:28:53	00:59:24	00:58:36	1561	FIDELIDADE GDC	V40	270
1518	737	António Monteiro	00:28:56	00:59:26	00:58:26	1540	Os Galgos	V70	8
1519	335	António Ferreira	00:29:04	00:59:27	00:57:42	1471		V60	45
1520	1157	João Guégués	00:27:38	00:59:27	00:58:02	1502	SS CGD	V50	166

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1521	749	Esmeralda Ramalho	00:29:00	00:59:27	00:58:33	1554		V45	54
1522	1298	Luís Graça	00:29:12	00:59:28	00:58:23	1533	Dias Pires e Sol	V45	254
1523	1777	Sofia Ambrioso	00:26:48	00:59:28	00:58:54	1585	BRRnightRUNNERS	V40	58
1524	1299	Cristina Dias	00:29:12	00:59:28	00:58:58	1589	Dias Pires e Sol	V45	55
1525	2456	Luciana Constâncio	00:29:24	00:59:28	00:58:10	1510		V40	59
1526	2471	João Pinheiro	00:27:22	00:59:29	00:58:10	1509		Senior	217
1527	2351	Carla Monteiro	00:28:33	00:59:29	00:59:04	1593		V40	60
1528	112	Maria Vaz	00:28:56	00:59:29	00:58:34	1557	Amigos da Corrida	V50	24
1529	2841	Rogério Silvestre	00:27:53	00:59:30	00:57:26	1453		V40	271
1530	2663	Jorge Barroso	00:27:53	00:59:30	00:57:27	1455		V40	272
1531	1715	Sérgio Antunes	00:28:53	00:59:30	00:58:46	1572	CLUBE ANACOM	V50	167
1532	563	Jorge Monteiro	00:28:07	00:59:31	00:58:40	1564	Clube Novo Banco	V50	168
1533	259	Angela Theodoro	00:28:46	00:59:32	00:58:40	1563		V45	56
1534	2765	Gonçalo Costa	00:31:57	00:59:34	00:57:28	1457		V35	180
1535	771	Carlos Rijo	00:26:57	00:59:35	00:59:08	1595		V55	88
1536	2139	Sandro Lavado	00:28:37	00:59:37	00:59:14	1602		V35	181
1537	1729	Faustina Reis	00:30:54	00:59:40	00:58:21	1524		Senior	61
1538	401	Luís Ribeiro	00:29:00	00:59:41	00:58:12	1513		V45	255
1539	417	Sandra Oliveira	00:28:58	00:59:42	00:58:51	1579		V45	57
1540	3103	Diogo Madaleno	00:29:47	00:59:42	00:57:56	1494		V40	273

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1541	1894	Joao Leitao	00:29:47	00:59:42	00:57:55	1491		Senior	218
1542	2944	Isabel Ramos	00:28:56	00:59:42	00:58:36	1559		Senior	62
1543	762	Ana Gonçalves	00:29:47	00:59:43	00:57:55	1492		V50	25
1544	696	Ana Neves	00:30:20	00:59:43	00:58:16	1519		V45	58
1545	697	Paula Rodrigues	00:30:20	00:59:43	00:58:16	1520		V45	59
1546	443	Joaquim Pinto	00:30:21	00:59:43	00:58:34	1555		V60	46
1547	863	Ana Valente	00:29:11	00:59:44	00:58:48	1577	Gang das Venenosas	Senior	63
1548	819	Joana Pereira	00:29:11	00:59:44	00:58:47	1574	Gang das Venenosas	Senior	64
1549	2017	Inês Bexiga	00:29:14	00:59:46	00:59:01	1590		Senior	65
1550	201	Catarina Rodrigues	00:29:57	00:59:47	00:58:51	1578		V40	61
1551	97	Cecilia Santiago	00:29:57	00:59:47	00:58:52	1580		V35	57
1552	1124	Ricardo Carvalho	00:29:17	00:59:48	00:58:46	1571	CTT Lisboa	V45	256
1553	1588	Luis Silva	00:30:20	00:59:49	00:58:46	1570	Clube Millennium bcp	V50	169
1554	1472	Pedro Fernandes	00:30:54	00:59:50	00:57:49	1480	PowerBoost Club	Senior	219
1555	414	João Carvalho	00:27:39	00:59:53	00:59:06	1594		V55	89
1556	413	Alexandra Pestana	00:29:46	00:59:54	00:59:08	1596		V45	60
1557	3064	Paulo Maceiras	00:28:53	00:59:55	00:58:43	1568		V45	257
1558	2907	Artur Carvalho	00:29:39	00:59:56	00:58:47	1573		V45	258
1559	878	Hugo Cássimo	00:30:30	00:59:56	00:57:56	1493	eutiveumataquedeasma.blogspot.com	Senior	220
1560	1089	Jorge Rodrigues	00:29:23	00:59:57	00:59:26	1615		V55	90

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1561	3097	Pedro Carvalho	00:30:07	00:59:57	00:58:35	1558		V45	259
1562	51	Diogo Arraias	00:27:28	00:59:59	00:59:15	1603	Os Arraias	V65	20
1563	2358	José Marques	00:30:45	01:00:00	00:59:22	1612	GMCJamor	V65	21
1564	2775	Jorge Azevedo	00:29:32	01:00:00	00:58:19	1522	GW Runners	V45	260
1565	2776	António Sousa	00:29:32	01:00:00	00:58:18	1521	GW Runners	Senior	221
1566	1031	Gonçalo Oliveira	00:30:11	01:00:01	00:58:41	1566	GDCT Unicre	V55	91
1567	2185	Tam Afonso	00:25:08	01:00:01	00:59:48	1651	CCD TRANQUILIDADE	V65	22
1568	1139	Manuel Martins	00:28:49	01:00:01	00:58:20	1523		V55	92
1569	2047	Carmen Silva	00:30:21	01:00:02	00:58:25	1536		V35	58
1570	2778	Gonçalo Lagos	00:29:40	01:00:02	00:58:23	1532	GW Runners	V35	182
1571	2777	Vanessa Rolim	00:29:41	01:00:02	00:58:24	1535	GW Runners	Senior	66
1572	1827	Ilyas Esmail	00:29:08	01:00:02	00:58:52	1581		Junior	17
1573	1995	José Carvalho	00:32:01	01:00:02	00:58:02	1503		V45	261
1574	3072	Carolina Pinheiro	00:29:44	01:00:05	00:59:13	1600		Senior	67
1575	2354	Paula Pereira	00:28:30	01:00:05	00:59:40	1635	Federação da Família para a Paz Mundial e Unifi	V40	62
1576	2926	Sara Madeira	00:29:24	01:00:08	00:59:13	1599		V40	63
1577	233	Anna Tucker	00:31:08	01:00:08	00:58:26	1539		Senior	68
1578	2621	Maria Fortes	00:29:51	01:00:08	00:59:17	1604	RUN TEJO	V40	64
1579	435	Cláudia Silva	00:30:35	01:00:10	00:58:56	1587		V35	59
1580	2153	Joana Pais	00:30:02	01:00:10	00:58:43	1569		Senior	69

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1581	2547	Luis Grencho	00:29:42	01:00:10	00:59:03	1591	Serviços Sociais Montepio	V45	262
1582	269	João Melo	00:30:47	01:00:10	00:58:57	1588		V45	263
1583	3105	Rui Santinho	00:29:29	01:00:11	00:58:53	1582		V35	183
1584	835	Marta Agostinho	00:30:13	01:00:11	00:58:55	1586		V40	65
1585	2672	Paulo Dias	00:29:38	01:00:12	00:58:21	1526	KPMG Runners	V40	274
1586	3090	Francisca Rosendo	00:30:25	01:00:15	00:57:51	1482		Senior	70
1587	2860	Hipólito Pereira	00:30:07	01:00:15	00:57:51	1483		Senior	222
1588	1618	Carlos Santo	00:30:20	01:00:15	00:59:41	1636	Clube Millennium bcp	V60	47
1589	2476	Ângelo Ventura	00:28:50	01:00:16	00:59:36	1630		V40	275
1590	523	Solange Antunes	00:29:31	01:00:18	00:59:41	1637		V35	60
1591	2735	Raquel Reis	00:29:29	01:00:19	00:58:01	1500		V35	61
1592	1006	Isabel Santos	00:30:01	01:00:20	00:59:38	1633	LOURDETE PERFUMARIAS	V50	26
1593	614	Nuno Molero	00:28:43	01:00:20	00:59:36	1627		V45	264
1594	2855	Nuno Fernandes	00:30:10	01:00:21	00:59:39	1634		V55	93
1595	2932	Valter Ramos	00:30:52	01:00:22	00:58:54	1584		Senior	223
1596	1908	João Soares	00:31:37	01:00:25	00:59:04	1592		V45	265
1597	2363	Susana Barroso	00:27:25	01:00:26	00:59:21	1610		Senior	71
1598	759	Ana Almeida	00:27:44	01:00:27	00:59:32	1618	Sportings de Almeida	V40	66
1599	761	Alexandre Dâmaso	00:27:44	01:00:27	00:59:32	1620	Sportings de Almeida	V50	170
1600	1355	Luiz Rosa	00:30:20	01:00:29	00:59:48	1650	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	23



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1601	1357	José Castro	00:30:21	01:00:29	00:59:57	1663	CLUBE ATLETISMO AMIGOS DE BELÉM	V60	48
1602	1242	Tatiana Louro	00:25:06	01:00:31	00:59:56	1661	GFD Running	V35	62
1603	1766	Francisco Santos	00:29:52	01:00:31	00:59:20	1607		V60	49
1604	1214	Liliana Louro	00:25:16	01:00:31	00:59:36	1628	GFD Running	V40	67
1605	1238	Rita Borbinha	00:29:09	01:00:31	00:59:35	1625	GFD Running	V35	63
1606	661	Anca Santos	00:28:56	01:00:35	00:59:43	1644	Correr Algés	Senior	72
1607	2521	Bruno Costa	00:30:22	01:00:35	00:58:31	1553		V40	276
1608	660	Eugénio Santos	00:28:53	01:00:36	00:59:44	1646	Correr Algés	V50	171
1609	2702	Carlos Tomé	00:28:20	01:00:36	00:59:50	1656	Quarentões na Bisga	V50	172
1610	280	Ricardo Preguiça	00:29:58	01:00:37	00:59:36	1629		Senior	224
1611	3022	Janine Trainor	00:30:38	01:00:38	01:00:08	1675	CF os Belenenses	Senior	73
1612	3228	Ana Coito	00:31:29	01:00:38	00:58:40	1565		V40	68
1613	339	Aurélio Calado	00:29:23	01:00:39	00:59:51	1658	4 ao Km	V65	24
1614	2517	Pedro Pinto	00:31:30	01:00:39	00:58:31	1550		Senior	225
1615	3229	Rui Ascensão	00:31:30	01:00:40	00:58:42	1567		V40	277
1616	2519	Paulo Marques	00:30:05	01:00:40	00:58:36	1560		V40	278
1617	1661	Vasco Lucas	00:28:42	01:00:41	00:59:38	1632		V35	184
1618	3213	Joana Reis	00:31:30	01:00:41	01:00:11	1677		Senior	74
1619	1695	Nuno Oliveira	00:28:24	01:00:41	00:59:35	1623		V40	279
1620	2514	José Hernández	00:30:28	01:00:41	00:58:34	1556		V50	173

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1621	2536	Nuno Gato	00:30:22	01:00:41	00:58:31	1549		V35	185
1622	2516	Fernando Pinto	00:31:30	01:00:41	00:58:30	1545		Senior	226
1623	1841	Catarina Gomes	00:30:29	01:00:41	00:58:31	1548		Senior	75
1624	738	Luis Miranda	00:27:03	01:00:41	00:59:41	1640	Os Galgos	V45	266
1625	2867	César Viegas	00:27:18	01:00:41	01:00:09	1676		V60	50
1626	1951	Constancio Almeida	00:30:53	01:00:41	00:59:22	1611	GRUPO DE ATLETAS DE MONSANTO	V60	51
1627	1526	Luciano Reis	00:28:15	01:00:42	00:59:44	1647		V55	94
1628	3208	Cláudia Couto	00:30:29	01:00:42	01:00:12	1678		Senior	76
1629	3079	6 Min/Km	00:30:51	01:00:42	00:59:30	1617		Junior	18
1630	3260	João Alves	00:30:53	01:00:42	00:59:30	1616		V50	174
1631	142	Edgar Ramos	00:28:48	01:00:42	00:59:37	1631		V45	267
1632	1959	João Pinto	00:30:53	01:00:43	00:59:21	1609	GRUPO DE ATLETAS DE MONSANTO	V55	95
1633	2001	Pedro Raínho	00:32:16	01:00:43	00:58:26	1541	Cunhados	Senior	227
1634	845	Susana Lopes	00:27:20	01:00:43	01:00:04	1672		V45	61
1635	1929	Lisa Santos	00:30:07	01:00:43	00:59:45	1648	A natureza ensina	V35	64
1636	2026	Vera Silva	00:32:16	01:00:43	00:58:27	1543		Senior	77
1637	3207	André Paixão	00:30:23	01:00:44	01:00:14	1679		Senior	228
1638	1156	João Correia	00:30:34	01:00:44	00:59:43	1645	SS CGD	V55	96
1639	1172	Lidia Bailão	00:30:34	01:00:44	00:59:42	1642	SS CGD	V45	62
1640	673	Suzana Morais	00:30:08	01:00:44	00:59:22	1613		V55	6

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1641	1863	Ricardo Andrade	00:30:19	01:00:44	00:59:11	1597		Senior	229
1642	519	Paula Almeida	00:30:40	01:00:46	00:59:43	1643		V45	63
1643	1986	Monica Pereira	00:29:59	01:00:49	00:59:59	1664		V40	69
1644	180	Eurico Carocha	00:29:39	01:00:50	00:59:48	1652	KEEP RUNNING	V50	175
1645	3127	João Morais	00:30:26	01:00:51	00:58:54	1583	Clube Groundforce Portugal	V45	268
1646	2818	Inês Abreu	00:30:32	01:00:52	00:59:19	1606		V35	65
1647	1790	Marco Reis	00:29:10	01:00:52	00:59:52	1659	GDBarcarena	V40	280
1648	2464	Rosa Dias	00:30:37	01:00:53	00:59:11	1598		V45	64
1649	2809	Rita Oliveira	00:30:40	01:00:53	00:59:18	1605		V35	66
1650	1528	Carlos Pereira	00:30:46	01:00:55	00:59:45	1649		V35	186
1651	3154	Mónica Lopes	00:29:10	01:00:58	01:00:25	1692	A.M.Atibá	V40	70
1652	870	Susana Toledo	00:29:19	01:00:59	00:59:50	1654		Senior	78
1653	149	José Vale	00:29:51	01:01:00	01:00:28	1695		V55	97
1654	2852	Julia Calisto	00:29:55	01:01:01	00:59:49	1653		V55	7
1655	349	Rute Briganti	00:28:20	01:01:01	01:00:24	1686		V40	71
1656	883	Lucinda Tavares	00:30:54	01:01:06	01:00:00	1666		V40	72
1657	1129	José Machado	00:27:14	01:01:09	01:00:04	1670	CTT Lisboa	V55	98
1658	473	Jose Gordillo	00:30:21	01:01:11	00:59:23	1614	Eci Running Team	V40	281
1659	2943	Jorge Costa	00:29:00	01:01:12	01:00:04	1671		Senior	230
1660	279	Glória Vilela	00:30:24	01:01:12	01:00:56	1726		V40	73

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1661	867	Ana Lopes	00:27:03	01:01:13	01:00:30	1697		V40	74
1662	694	Jorge Dias	00:29:45	01:01:13	01:00:40	1710		V50	176
1663	2342	Marta Sá	00:30:33	01:01:14	01:00:28	1694		V35	67
1664	2643	Rogério Matos	00:28:16	01:01:14	01:00:24	1689		V55	99
1665	152	Joana Rodrigues	00:30:33	01:01:14	01:00:17	1680		V35	68
1666	832	António Rêgo	00:29:41	01:01:14	00:59:59	1665		V50	177
1667	1950	Ricardo Romão	00:29:50	01:01:15	00:59:57	1662	CASA DO PESSOAL DA RTP	V40	282
1668	1769	Paulo Purvis	00:29:28	01:01:17	01:00:04	1669		V40	283
1669	2340	Inês Oliveira	00:29:51	01:01:19	01:00:40	1709		Senior	79
1670	2764	Ricardo Carvalho	00:30:00	01:01:21	00:59:14	1601		Senior	231
1671	2089	Ricardo Reixa	00:29:57	01:01:24	01:00:27	1693		V40	284
1672	438	Inês Silva	00:31:34	01:01:25	00:59:32	1619		Senior	80
1673	1757	Isabel Santos	00:30:51	01:01:26	00:59:35	1624	condores varge mondar	V45	65
1674	1758	Luis Fernandes	00:30:51	01:01:26	00:59:36	1626	condores varge mondar	V50	178
1675	2803	Carlos Ferreira	00:30:53	01:01:26	01:01:01	1734		V55	100
1676	2719	Flor Duarte	00:29:20	01:01:27	01:00:32	1700		Senior	81
1677	636	Marta Lima	00:31:34	01:01:27	00:59:35	1622		Senior	82
1678	303	Fernando Louro	00:28:33	01:01:27	01:00:38	1708		V50	179
1679	2201	João Serra	00:29:10	01:01:30	01:00:41	1712	CCD TRANQUILIDADE	V45	269
1680	2200	Isabel Mota	00:29:11	01:01:30	01:00:41	1713	CCD TRANQUILIDADE	V45	66

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1681	773	Paulo Patrício	00:30:03	01:01:30	01:00:50	1723		V45	270
1682	1793	Rita Pasadas	00:29:59	01:01:33	01:00:35	1703	GDBarcarena	V35	69
1683	638	Andrea Sousa	00:27:22	01:01:34	01:00:59	1730		V45	271
1684	1935	Gile Catarino	00:32:28	01:01:35	00:59:51	1657		V45	272
1685	2806	Márcia Gaspar	00:28:57	01:01:35	01:01:04	1736		V40	75
1686	3026	Alexandra Pinto	00:30:10	01:01:36	01:00:25	1691	Clinica Dr Cautela	V45	67
1687	222	Nuno Grandão	00:31:52	01:01:37	00:57:55	1489		V45	273
1688	1534	José Dias	00:31:13	01:01:37	00:59:20	1608		Senior	232
1689	1035	Carla Carvalho	00:30:19	01:01:38	01:00:32	1701	100NOÇÃO	V45	68
1690	1206	Conceição Pina	00:29:59	01:01:39	01:00:43	1716	GFD Running	V50	27
1691	1800	Sara Luís	00:30:55	01:01:39	01:00:42	1715		Senior	83
1692	1255	Paula Neto	00:28:37	01:01:43	01:00:18	1681	CCD CRÉDITO AGRÍCOLA	V50	28
1693	1080	José Cruz	00:31:08	01:01:43	01:00:45	1717	Linces da Bela Vista	V65	25
1694	831	Rui Martins	00:29:37	01:01:43	01:00:30	1696		V45	274
1695	1490	Marisa Larginho	00:31:36	01:01:44	00:59:41	1639	APCMVM	V35	70
1696	2272	Nuria Monedero	00:30:07	01:01:46	01:00:02	1668		Senior	84
1697	1448	Pedro Maroco	00:30:07	01:01:46	01:00:01	1667		Senior	233
1698	235	Marisa Gonçalves	00:32:14	01:01:46	00:59:33	1621	CASA DO PESSOAL DA RTP	Senior	85
1699	1513	Antonio Faria	00:29:50	01:01:47	01:00:49	1720		V65	26
1700	2259	Alcides Paulo	00:30:26	01:01:51	01:01:07	1738		V50	180

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1701	1011	Sandra Inácio	00:31:26	01:01:52	01:00:36	1707		V45	69
1702	1937	Antonio Nogueira	00:31:35	01:01:52	01:00:08	1674		V45	275
1703	2302	Ricardo Nogueira	00:31:35	01:01:52	01:00:07	1673		V40	285
1704	2372	Luís Santinha	00:30:45	01:01:55	01:00:31	1699		V40	286
1705	1159	José Dimas	00:28:15	01:01:56	01:00:51	1724	SS CGD	V50	181
1706	2029	Diana Lopes	00:30:32	01:01:57	01:00:56	1727		Senior	86
1707	1795	Guilherme Oliveira	00:30:08	01:01:58	01:00:24	1687		Junior	19
1708	987	Ricardo Franco	00:31:04	01:01:59	00:59:50	1655		V40	287
1709	2731	Luísa Motta	00:31:53	01:02:00	00:59:41	1641		V40	76
1710	2733	Ricardo Sardinha	00:31:53	01:02:00	00:59:41	1638		V35	187
1711	2244	Sérgio Estanqueiro	00:32:52	01:02:00	01:00:42	1714		V35	188
1712	892	João Jorge	00:30:59	01:02:02	01:00:31	1698	Link	Senior	234
1713	1083	Marisa Gonçalves	00:31:02	01:02:03	01:00:53	1725	Os Galgos	V40	77
1714	47	Cesar Guerra	00:32:44	01:02:03	01:00:21	1685	CT	V45	276
1715	521	Maria Stelling	00:31:34	01:02:06	01:00:24	1688		V50	29
1716	593	Peu Camacho	00:29:33	01:02:08	01:01:00	1732	Fontanelas	V45	277
1717	739	Monica Sousa	00:30:43	01:02:10	01:01:01	1733	Os Galgos	V40	78
1718	2703	Alexandra Centeno	00:31:45	01:02:10	01:00:35	1702	CENTENOS	V45	70
1719	1532	Inês Marinho	00:31:13	01:02:11	00:59:54	1660		Senior	87
1720	2224	Pedro Gil	00:30:14	01:02:12	01:01:06	1737		V40	288

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1721	1759	Alexandra Silva	00:30:15	01:02:13	01:01:09	1739	GINjinha Runners	V45	71
1722	1244	Victor Carvalho	00:29:27	01:02:15	01:01:53	1776	GFD Running	V55	101
1723	2628	Anabela Pereira	00:31:01	01:02:15	01:00:20	1683	RUN TEJO	V45	72
1724	1401	Cláudio Vinha	00:34:11	01:02:17	01:00:36	1705		Senior	235
1725	178	José Andrade	00:28:21	01:02:18	01:01:31	1756	KEEP RUNNING	V50	182
1726	2116	Ana Pinto	00:30:51	01:02:22	01:01:19	1747		Senior	88
1727	360	Joanna Paraizo	00:30:56	01:02:23	01:00:19	1682		Senior	89
1728	2248	João Granja	00:29:23	01:02:23	01:01:36	1757		V40	289
1729	1628	Celia Lourenco	00:30:12	01:02:23	01:00:45	1719	Clube Millennium bcp	V45	73
1730	1627	Nuno Raminhos	00:28:13	01:02:23	01:00:45	1718	Clube Millennium bcp	V45	278
1731	1599	Luis Goncalves	00:28:07	01:02:23	01:01:18	1745	Clube Millennium bcp	V40	290
1732	1315	Andreia Cardador	00:32:03	01:02:25	01:00:25	1690		V40	79
1733	2891	Julian Perelman	00:28:59	01:02:25	01:01:51	1772	Golfinhos	V40	291
1734	225	Sandra Atalho	00:31:31	01:02:26	01:00:36	1704	Os papos secos	V45	74
1735	224	Milena Alipio	00:31:30	01:02:26	01:00:36	1706	Os papos secos	V50	30
1736	2980	Tiago Magalhães	00:31:54	01:02:26	01:00:50	1722		V40	292
1737	3041	Fabrizia Ramalho	00:31:56	01:02:27	01:00:50	1721	COFIDIS MOTOR 7 GFD	V35	71
1738	1649	Luísa Monteiro	00:30:53	01:02:27	01:01:38	1762	Bitsight Runners	Senior	90
1739	311	Luisa Rebordão	00:30:57	01:02:28	01:01:37	1760		Senior	91
1740	939	João Diegues	00:29:42	01:02:31	01:01:24	1753	Serviços Sociais Montepio	V45	279

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1741	641	Sergio Silveira	00:28:27	01:02:32	01:01:49	1770		V45	280
1742	396	Rui Marques	00:31:43	01:02:33	01:01:36	1759		V65	27
1743	1344	Ana Rolo	00:31:02	01:02:34	01:01:22	1751		V50	31
1744	973	Joaquim Sobral	00:31:03	01:02:34	01:01:28	1755		V70	9
1745	2644	Roberto Bettencourt	00:30:26	01:02:34	01:01:20	1748		V40	293
1746	2767	Ana Godinho	00:30:26	01:02:34	01:01:21	1750		V45	75
1747	1635	Patricia Xavier	00:32:13	01:02:34	01:01:02	1735	MM2019	V40	80
1748	2889	Valentina Tossato	00:28:57	01:02:35	01:00:41	1711	Golfinhos	Senior	92
1749	3044	Carlos Homem	00:29:48	01:02:36	01:01:58	1780	COFIDIS MOTOR 7 GFD	V60	52
1750	580	Rui Paiva	00:31:20	01:02:37	01:01:43	1766	Clube Novo Banco	V40	294
1751	3179	Céu Monteiro	00:29:24	01:02:42	01:01:10	1740		V55	8
1752	2512	Luciano Lemgruber	00:27:35	01:02:44	01:02:24	1799		V40	295
1753	632	Jorge Santos	00:29:37	01:02:45	01:01:43	1765		V50	183
1754	2470	Luis Lourenco	00:28:40	01:02:46	01:02:20	1798		V40	296
1755	784	Alexandre Paulo	00:29:06	01:02:49	01:01:20	1749		V35	189
1756	2032	Deolinda Santos	00:31:44	01:02:50	01:02:06	1787		V45	76
1757	649	Luis Mendes	00:29:02	01:02:50	01:01:58	1779	Running Family	V40	297
1758	2761	José Catita	00:30:45	01:02:51	01:00:59	1731	COO	V60	53
1759	2492	Marília Ribeiro	00:31:43	01:02:53	01:00:57	1728	TOKANDAR	V35	72
1760	2491	David Barbotin	00:31:44	01:02:53	01:00:58	1729	TOKANDAR	Senior	236



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1761	1537	Susana Monteiro	00:31:01	01:02:54	01:01:11	1741		Senior	93
1762	522	Joao Moreira	00:31:06	01:02:55	01:01:24	1752		V45	281
1763	618	Pedro Machado	00:33:41	01:02:57	01:00:20	1684		V40	298
1764	804	Maria Leitão	00:31:44	01:02:58	01:02:10	1792	RunLovers	V45	77
1765	1885	Rita Azevedo	00:29:02	01:03:01	01:02:29	1806		V40	81
1766	717	Orlando Sousa	00:31:31	01:03:05	01:01:40	1764	CCDTMetroLX	V55	102
1767	607	Catarina Sá	00:30:50	01:03:06	01:01:51	1773		Senior	94
1768	1390	Elsa Bruxelas	00:29:35	01:03:07	01:02:40	1824		V55	9
1769	1927	Hélio Barrelas	00:31:56	01:03:07	01:01:16	1742	H&J	V35	190
1770	3055	Cláudia Sacramento	00:31:55	01:03:08	01:01:18	1744		V35	73
1771	1926	Joana Gonçalves	00:31:56	01:03:08	01:01:18	1746	H&J	Senior	95
1772	2077	Luis Lopes	00:27:57	01:03:11	01:01:52	1774		V35	191
1773	83	Henrique Ferreira	00:30:28	01:03:13	01:01:50	1771		V60	54
1774	271	Pedro Encarnação	00:28:00	01:03:14	01:01:16	1743		V45	282
1775	1657	João Neves	00:30:53	01:03:16	01:02:04	1785		V40	299
1776	2229	Marusha Belle	00:30:38	01:03:19	01:02:20	1797		V35	74
1777	3139	Nilcilene Ormond	00:32:33	01:03:20	01:01:59	1782		V35	75
1778	626	João Miguel	00:32:23	01:03:20	01:01:59	1783	Tangas Clube	V80	1
1779	288	Nuno Amaro	00:29:50	01:03:20	01:02:36	1821		V45	283
1780	2892	Miguel Negrão	00:32:41	01:03:22	01:01:28	1754	Golfinhos	V35	192

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1781	2711	Miguel Lopes	00:29:50	01:03:25	01:02:08	1791		V45	284
1782	1837	Pedro Duarte	00:28:51	01:03:25	01:02:54	1836		V35	193
1783	1788	Fernando Tristão	00:33:50	01:03:26	00:58:08	1507	correr Loures	V40	300
1784	1787	Sofia Tristão	00:33:50	01:03:27	00:58:08	1508	correr Loures	V40	82
1785	2482	Carmen Oliva	00:30:11	01:03:27	01:03:10	1853		V50	32
1786	3221	Paulo Hadich	00:30:46	01:03:28	01:02:31	1811		V50	184
1787	1615	Sara Oliveira	00:30:29	01:03:28	01:02:29	1805	Clube Millennium bcp	V40	83
1788	2506	Carla Sobreda	00:31:09	01:03:29	01:02:46	1831		V45	78
1789	2550	Stefan Woudwijk	00:29:44	01:03:30	01:02:34	1816		Senior	237
1790	2594	Susan Woudwijk	00:29:44	01:03:30	01:02:34	1815		Senior	96
1791	2538	Nuno Colaço	00:31:25	01:03:33	01:01:46	1767		V40	301
1792	1546	Fernando Lopes	00:31:07	01:03:34	01:02:29	1803		V55	103
1793	2779	Joana Correia	00:33:38	01:03:35	01:02:19	1795	Simba Team	Senior	97
1794	2963	Ana Oliveira	00:33:38	01:03:35	01:02:19	1796	Simba Team	Senior	98
1795	479	António Vicêncio	00:29:39	01:03:36	01:02:42	1825	CCD PM CASCAIS	V45	285
1796	2023	Sara Gonçalves	00:33:11	01:03:37	01:01:36	1758		Senior	99
1797	1764	Helga Girão	00:32:02	01:03:37	01:03:00	1847	URBAN RUN TEAM	V65	4
1798	1876	Brian Rodgers	00:29:20	01:03:37	01:02:37	1822		V65	28
1799	1374	Clara Chaves	00:32:16	01:03:39	01:01:59	1781		V45	79
1800	1965	João Batista	00:30:44	01:03:41	01:02:33	1813	GDC Banco de Portugal	V60	55

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1801	1363	Sonia Casaca	00:31:23	01:03:42	01:02:24	1800	Pernas Loucas	V40	84
1802	587	Rui Alves	00:31:28	01:03:42	01:02:34	1817	Fontanelas	V55	104
1803	402	Catarina Soares	00:32:41	01:03:42	01:02:05	1786		V40	85
1804	2119	Tiago Trindade	00:30:45	01:03:42	01:02:34	1814		V40	302
1805	3191	Bianca Accioly	00:30:19	01:03:43	01:03:21	1872	COO	V40	86
1806	2548	Marisa Pereira	00:29:26	01:03:44	01:01:53	1775	Serviços Sociais Montepio	Senior	100
1807	2967	Justiliano Silva	00:30:00	01:03:44	01:02:35	1819		V65	29
1808	3171	Natalino Lopes	00:31:23	01:03:44	01:03:17	1868		V55	105
1809	2624	Paula Toscano	00:28:15	01:03:45	01:03:00	1845	RUN TEJO	V60	3
1810	3183	Edgar Silva	00:31:34	01:03:45	01:01:55	1778		Senior	238
1811	1939	Patrícia Costa	00:31:24	01:03:47	01:02:35	1818		Senior	101
1812	154	Helena Cunha	00:32:30	01:03:47	01:02:12	1793	Asas	V60	4
1813	3066	Maria Cortesão	00:31:24	01:03:47	01:02:36	1820		Senior	102
1814	454	Sílvia Pereira	00:32:07	01:03:50	01:01:48	1769	PéLebre	V40	87
1815	2988	Vanda Jesus	00:32:01	01:03:50	01:02:33	1812		V35	76
1816	65	Veronica Cruz	00:30:26	01:03:50	01:02:45	1827		V40	88
1817	550	António Barata	00:29:25	01:03:51	01:03:18	1869	Clube Novo Banco	V40	303
1818	2411	Marcelo Tobo	00:28:43	01:03:51	01:02:31	1810		V50	185
1819	2992	2992	00:33:11	01:03:51	01:01:37	1761		V45	286
1820	481	Diogo Henriques	00:32:01	01:03:53	01:02:59	1841	CCD PM CASCAIS	Senior	239

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1821	1811	Alexandra Guerra	00:29:29	01:03:56	01:02:52	1835		V55	10
1822	2374	Henrique Vilhena	00:31:38	01:03:56	01:03:04	1848		V60	56
1823	1810	Vitor Aguilár	00:31:46	01:03:57	01:02:54	1838		V65	30
1824	1479	Maria Lopes	00:32:55	01:03:59	01:02:02	1784	Clube PT-Zcs	V55	11
1825	2952	Lisa Figueiras	00:31:47	01:03:59	01:03:13	1857		Junior	2
1826	2950	Juana Figueiras	00:31:47	01:03:59	01:03:15	1862		V35	77
1827	1237	Ricardo Branco	00:30:18	01:03:59	01:03:23	1874	GFD Running	V45	287
1828	3088	João Oliva	00:33:05	01:04:01	01:02:08	1790		V55	106
1829	2973	Bruno Guerra	00:32:13	01:04:01	01:01:39	1763		V35	194
1830	2330	Victor Morgado	00:29:56	01:04:04	01:03:40	1892		V40	304
1831	2225	José Gil	00:30:19	01:04:05	01:02:59	1843		V45	288
1832	2573	André Santos	00:30:43	01:04:05	01:02:40	1823		Senior	240
1833	1890	Nelson Castelôa	00:32:35	01:04:07	01:02:43	1826		V50	186
1834	1921	Eduardo Santos	00:28:55	01:04:09	01:03:59	1907	Sporting Clube de Casinhos	V40	305
1835	2830	Sofia Pignatelli	00:31:01	01:04:10	01:02:29	1807		V40	89
1836	2723	Carlos Duarte	00:29:29	01:04:12	01:03:17	1867		V60	57
1837	871	António Silva	00:27:19	01:04:14	01:03:10	1854		V70	10
1838	2646	Pedro Calado	00:32:12	01:04:14	01:01:53	1777	#SUPERAÇÃO	V35	195
1839	2040	Leandro Tomás	00:24:40	01:04:14	01:04:00	1910		Junior	20
1840	656	Sílvia Mata	00:31:54	01:04:14	01:03:32	1882	OS MATAS	V40	90

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1841	67	Paulo Pimpão	00:32:15	01:04:14	01:02:06	1788		Senior	241
1842	25	Paulo Santos	00:32:15	01:04:15	01:02:07	1789		V35	196
1843	2042	Vítor Lopes	00:27:07	01:04:15	01:04:02	1913		V40	306
1844	900	Joana Onofre	00:29:39	01:04:15	01:03:22	1873	Serrado FC Atletismo	V35	78
1845	617	Dora Sousa	00:29:23	01:04:15	01:03:14	1859		V40	91
1846	2446	Nuno Manana	00:32:06	01:04:16	01:02:27	1801		V45	289
1847	1338	José Nogueira	00:31:22	01:04:16	01:02:54	1837		V50	187
1848	1468	Carlos Cortês	00:32:33	01:04:16	01:02:13	1794	PowerBoost Club	V55	107
1849	2290	Daniel Mugeiro	00:36:37	01:04:18	01:03:32	1884		Senior	242
1850	2407	Bruno Santos	00:31:23	01:04:20	01:02:28	1802		V40	307
1851	2151	Paulo Ventura	00:31:23	01:04:20	01:02:29	1804		V45	290
1852	678	Damião Rega	00:30:25	01:04:21	01:03:16	1864		V55	108
1853	1021	Rita Alves	00:32:17	01:04:21	01:03:15	1860	Anselminho Runners	V45	80
1854	1073	Susana Travanca	00:32:17	01:04:21	01:03:15	1863		V45	81
1855	2478	Maria Ferreira	00:31:09	01:04:22	01:03:00	1844		V60	5
1856	852	Carla Ferreira	00:27:16	01:04:22	01:03:29	1879	Mind Source Runners	V35	79
1857	1483	Ana Afonso	00:31:13	01:04:22	01:03:06	1850		V45	82
1858	1708	Manuel Leandro	00:32:07	01:04:23	01:02:58	1840		V50	188
1859	1402	Gonçalo Farias	00:28:13	01:04:23	01:04:11	1918		Senior	243
1860	1512	Pedro Malheiro	00:31:16	01:04:24	01:03:33	1885		V35	197

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1861	1391	Nelson Tanganha	00:31:16	01:04:24	01:03:35	1887		V35	198
1862	1665	David Fernandes	00:32:07	01:04:24	01:03:00	1846	Grupo Barraqueiro	V35	199
1863	1802	Nuno Santos	00:32:49	01:04:26	01:02:46	1829	Asas	V40	308
1864	155	António Marques	00:32:49	01:04:26	01:02:47	1832	Asas	V70	11
1865	1279	Sonia Lima	00:30:59	01:04:26	01:03:43	1896		V55	12
1866	238	José Ferrabelo	00:32:42	01:04:27	01:02:46	1830	Asas	V65	31
1867	1587	Pedro Murca	00:29:36	01:04:28	01:03:28	1876	Clube Millennium bcp	V50	189
1868	345	Lídia Santos	00:30:38	01:04:28	01:02:51	1834	Asas	V55	13
1869	179	Nuno Gonçalves	00:30:51	01:04:28	01:03:09	1852	KEEP RUNNING	V65	32
1870	159	Maria Silva	00:31:48	01:04:31	01:03:17	1866		V50	33
1871	498	Luis Rodrigues	00:29:44	01:04:33	01:03:39	1891		V50	190
1872	2690	José Santos	00:30:44	01:04:33	01:03:19	1870		V55	109
1873	1604	Paulo Goncalves	00:29:13	01:04:33	01:04:10	1917	Clube Millennium bcp	V45	291
1874	1101	Maria Lucas	00:32:49	01:04:34	01:03:21	1871	FIDELIDADE GDC	V50	34
1875	1115	Tara Goulet	00:30:46	01:04:35	01:03:28	1877		V40	92
1876	404	Mónica Graça	00:32:49	01:04:35	01:03:23	1875		V40	93
1877	918	Beatriz Tomé	00:34:09	01:04:36	01:02:30	1808		V50	35
1878	470	Rafael Martinez	00:32:02	01:04:37	01:02:30	1809	Eci Running Team	V45	292
1879	3180	Tiago Gomes	00:29:03	01:04:38	01:03:05	1849		Senior	244
1880	2480	Nuno Amiguinho	00:29:32	01:04:38	01:02:50	1833		V50	191

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1881	3122	Sofia Cândido	00:32:40	01:04:40	01:02:45	1828	Clube Groundforce Portugal	V45	83
1882	2238	Dora Pires	00:30:27	01:04:50	01:04:16	1926	SS CGD	V50	36
1883	181	António Alves	00:31:07	01:04:51	01:02:57	1839		V40	309
1884	170	Pedro Silva	00:31:06	01:04:51	01:02:59	1842		V40	310
1885	1886	Mário Lobo	00:30:08	01:04:51	01:03:31	1880		V45	293
1886	382	António Figueiredo	00:32:30	01:04:53	01:03:10	1855	Clube EDP Lisboa	V55	110
1887	520	José Teles	00:31:36	01:04:56	01:03:12	1856		V55	111
1888	975	Maria Veloso	00:33:00	01:04:58	01:04:13	1922		V65	5
1889	537	Moises Fernandes	00:31:09	01:04:58	01:03:36	1889	Clube Novo Banco	V50	192
1890	2838	Nancy Almeida	00:31:43	01:05:01	01:03:53	1901		V45	84
1891	1152	Francisco Clerigo	00:29:10	01:05:02	01:04:33	1946	SS CGD	V65	33
1892	2812	Ana Roberto	00:33:08	01:05:04	01:04:34	1948		V35	80
1893	1267	Ivo Marques	00:31:21	01:05:05	01:03:49	1898	Grupo Barraqueiro	V35	200
1894	2583	Mónica Lopes	00:28:58	01:05:05	01:04:20	1935		V40	94
1895	3096	Barbara Borges	00:28:57	01:05:05	01:03:43	1895		V45	85
1896	2117	Luis Lopes	00:30:10	01:05:07	01:03:47	1897		V65	34
1897	1659	Tânia Alvas	00:31:50	01:05:10	01:04:00	1912		Senior	103
1898	2523	Miguel Dias	00:28:56	01:05:10	01:04:41	1953		V45	294
1899	3121	Maria Gonçalves	00:32:40	01:05:10	01:03:16	1865	Clube Groundforce Portugal	V50	37
1900	531	Carla Correia	00:29:26	01:05:11	01:04:16	1925	Clube Novo Banco	V40	95

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1901	570	Manuel Correia	00:31:44	01:05:11	01:04:15	1924	Clube Novo Banco	V40	311
1902	162	Ricardo Tavares	00:32:44	01:05:11	01:03:15	1861		V35	201
1903	1930	Luís Pereira	00:28:33	01:05:12	01:04:25	1937		Senior	245
1904	399	Sofia Brito	00:33:19	01:05:13	01:03:13	1858		V45	86
1905	1032	Gdct Unicre	00:29:25	01:05:14	01:04:59	1979	GDCT Unicre	V45	295
1906	1259	Rita Pedro	00:29:46	01:05:14	01:03:57	1906	CCD CRÉDITO AGRÍCOLA	V35	81
1907	741	Irene Inacio	00:33:07	01:05:15	01:04:19	1930		V50	38
1908	742	Susana Lagoas	00:29:54	01:05:16	01:03:54	1902		V40	96
1909	557	Sofia Aguiar	00:29:59	01:05:17	01:04:12	1920	Clube Novo Banco	V45	87
1910	1364	Ana Rodrigues	00:32:18	01:05:18	01:03:59	1909	Pernas Loucas	V55	14
1911	1406	Maria Cunha	00:32:17	01:05:21	01:03:41	1893	Ginásio Clube Português	V35	82
1912	2868	Maria Viegas	00:31:39	01:05:21	01:04:47	1959		V55	15
1913	1804	Ana Ribeiro	00:31:21	01:05:21	01:04:43	1955		V50	39
1914	1779	Márcia Jeronymo	00:32:50	01:05:21	01:03:07	1851		V40	97
1915	1445	Ricardo Silva	00:29:39	01:05:22	01:03:37	1890		Senior	246
1916	669	Pedro Reis	00:31:31	01:05:23	01:04:20	1933		V45	296
1917	3061	António Gonçalves	00:32:58	01:05:24	01:03:29	1878		V45	297
1918	144	Ivo Bouça	00:28:52	01:05:24	01:04:19	1929		V40	312
1919	752	Lídia Pratas	00:32:42	01:05:26	01:04:12	1921		V50	40
1920	601	João Nita	00:30:45	01:05:26	01:04:47	1960	EX FEDERADOS	V45	298



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1921	1523	André Limeiro	00:30:14	01:05:26	01:04:02	1914	Barbas de pedra	Junior	21
1922	2486	Catia Reis	00:33:40	01:05:28	01:03:35	1888	Campo de Ourique	V35	83
1923	590	Carlos Paredes	00:31:27	01:05:28	01:04:20	1934	Fontanelas	V45	299
1924	3023	Valérie Laur	00:29:40	01:05:29	01:04:49	1964		V50	41
1925	628	Diana Quaresma	00:32:40	01:05:29	01:04:00	1911	RUN FORREST RUN	Senior	104
1926	2362	Maria Bello	00:32:11	01:05:29	01:04:06	1916		V45	88
1927	2874	Sérgio Vasco	00:30:17	01:05:32	01:05:03	1986		V35	202
1928	397	Sónia Melo	00:31:07	01:05:32	01:03:32	1881		V40	98
1929	1520	José Limeiro	00:32:30	01:05:36	01:04:11	1919	Barbas de pedra	V55	112
1930	365	Maria Simoes	00:33:10	01:05:39	01:03:42	1894		V50	42
1931	925	Catarina Ricardo	00:31:27	01:05:41	01:04:33	1945		Senior	105
1932	860	Maria Carvalho	00:31:26	01:05:41	01:04:25	1940		V50	43
1933	2821	Sandra Coval	00:30:45	01:05:42	01:04:16	1927		V40	99
1934	2739	Gilmar Silva	00:32:08	01:05:42	01:04:25	1939		V45	300
1935	1386	Maria Soares	00:32:15	01:05:43	01:04:26	1941	30 SEGUNDOS AO KM	V50	44
1936	398	Sara Faro	00:32:07	01:05:43	01:04:25	1938		V40	100
1937	69	João Mayor	00:32:56	01:05:46	01:05:16	1991		V70	12
1938	1887	Ana Dias	00:32:32	01:05:46	01:03:34	1886		V40	101
1939	2998	Nuno Cruz	00:34:06	01:05:46	01:03:32	1883		V40	313
1940	2544	Luís Ramos	00:32:10	01:05:49	01:04:43	1956		V45	301

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1941	679	Carminda Pires	00:31:34	01:05:50	01:04:47	1963		V55	16
1942	2172	Teresa Teixeira	00:32:45	01:05:51	01:04:27	1942		V50	45
1943	193	Maria Teixeira	00:34:15	01:05:53	01:03:50	1900		V45	89
1944	1494	Ana Lopes	00:32:32	01:05:55	01:04:39	1950		V45	90
1945	1910	Ines Martins	00:30:55	01:05:57	01:05:28	1999		Senior	106
1946	3047	Anabela Graca	00:32:18	01:05:58	01:04:18	1928		V45	91
1947	3048	Luís Graca	00:32:18	01:05:58	01:04:19	1931		V45	302
1948	1998	Inês Ribeiro	00:32:40	01:05:58	01:04:32	1943		Senior	107
1949	2232	Daniel Machado	00:28:27	01:05:59	01:04:58	1973	Os Galgos	V35	203
1950	3085	Camila Salonia	00:29:39	01:05:59	01:03:49	1899		Senior	108
1951	370	Vanda Martins	00:32:40	01:06:01	01:04:34	1947		V40	102
1952	856	Joao Galveia	00:30:03	01:06:01	01:05:04	1987	FarmAtiva	V40	314
1953	1713	Karin Maria	00:33:27	01:06:02	01:04:47	1962		V50	46
1954	1714	Rosa Overmeer	00:33:27	01:06:02	01:04:47	1961		Senior	109
1955	2732	Vanessa Pais	00:33:24	01:06:03	01:03:59	1908		Senior	110
1956	1369	Pedro Salgado	00:32:10	01:06:04	01:03:57	1905		Senior	247
1957	2736	Dinis Cartas	00:33:25	01:06:05	01:03:57	1904		V35	204
1958	2189	Maria Sena	00:33:11	01:06:09	01:04:14	1923	CCD TRANQUILIDADE	V45	92
1959	2387	Patrícia Branco	00:34:09	01:06:11	01:04:37	1949		V45	93
1960	1895	Jeremias Ribeiro	00:30:07	01:06:11	01:05:21	1995		V75	2

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1961	2059	Gonçalo Cruz	00:30:01	01:06:12	01:04:59	1975		Senior	248
1962	2859	Pedro Roma	00:31:31	01:06:14	01:05:01	1980		V35	205
1963	1304	Paula Bedo	00:31:51	01:06:14	01:04:40	1952		V45	94
1964	1162	André Nunes	00:32:12	01:06:15	01:04:44	1957	SS CGD	Senior	249
1965	1174	Luis Silva	00:29:52	01:06:15	01:04:45	1958	SS CGD	V45	303
1966	553	Paula Mello	00:29:41	01:06:16	01:04:52	1967	Clube Novo Banco	V50	47
1967	354	Joao Lagoas	00:32:43	01:06:17	01:04:06	1915		V45	304
1968	439	Helena Val	00:33:39	01:06:18	01:04:20	1936		V40	103
1969	786	Maria Lamarão	00:29:36	01:06:18	01:05:05	1989		V50	48
1970	440	Nuno Fernandes	00:33:39	01:06:18	01:04:20	1932		V45	305
1971	119	Germinia Marsh	00:32:28	01:06:20	01:04:59	1978		V60	6
1972	2231	João Ribeiro	00:30:37	01:06:23	01:05:16	1992		Senior	250
1973	1072	Ines Alves	00:33:22	01:06:24	01:05:01	1982		V45	95
1974	2940	Rodrigo Souza	00:32:15	01:06:25	01:04:33	1944		V40	315
1975	953	Eduardo Jesus	00:30:04	01:06:27	01:05:38	2006		V45	306
1976	1880	Isabel Redmont	00:32:49	01:06:28	01:05:25	1997		V50	49
1977	2025	Paulo Ascensão	00:30:33	01:06:31	01:06:02	2027		V45	307
1978	1866	Rui Carrasqueira	00:30:18	01:06:32	01:05:39	2009		V55	113
1979	2832	Ilze Jekabsone	00:34:25	01:06:34	01:04:39	1951		V45	96
1980	2834	Sofia Costa	00:33:19	01:06:37	01:05:05	1988		V35	84

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1981	2981	Cristina Gonçalves	00:30:25	01:06:38	01:05:02	1984		V35	85
1982	1507	Caroline Delmazo	00:32:43	01:06:38	01:05:56	2023		V35	86
1983	2195	Dina Nunes	00:33:29	01:06:40	01:04:56	1972	CCD TRANQUILIDADE	V40	104
1984	2577	Maria Bonito	00:33:29	01:06:40	01:04:55	1971		V45	97
1985	2439	José Bonito	00:23:58	01:06:40	01:06:14	2036		V45	308
1986	1283	Carolina Sá	00:30:07	01:06:40	01:05:14	1990		V35	87
1987	1046	Maria Moradias	00:30:34	01:06:41	01:05:52	2017	Casa do Benfica em Castelo Branco	Senior	111
1988	1308	Nuno Pimenta	00:30:23	01:06:41	01:04:54	1969		V40	316
1989	2408	Carlos Cardoso	00:30:23	01:06:42	01:04:54	1970		V40	317
1990	1033	Luis Morgado	00:30:16	01:06:43	01:05:37	2005	100NOÇÃO	V45	309
1991	200	Dora Gonçalves	00:28:59	01:06:47	01:05:33	2001	Clube Atletismo Vale de Figueira	Senior	112
1992	2128	Rui Peres	00:32:41	01:06:47	01:04:59	1974	Irmãos Peres	Senior	251
1993	2129	Pedro Peres	00:32:41	01:06:48	01:04:59	1976	Irmãos Peres	Senior	252
1994	1306	Maria Andrade	00:28:19	01:06:48	01:06:05	2031		V40	105
1995	809	Armando Teixeira	00:31:08	01:06:50	01:05:20	1993	Papa Kms	V55	114
1996	1475	Vera Manuel	00:32:41	01:06:52	01:04:52	1966	PowerBoost Club	V40	106
1997	1473	Susana Cruz	00:32:42	01:06:52	01:04:53	1968	PowerBoost Club	Senior	113
1998	2772	Vera Costa	00:32:22	01:06:53	01:05:37	2004		Senior	114
1999	2549	João Gonçalves	00:32:34	01:06:53	01:04:50	1965	PowerBoost Club	V50	193
2000	2903	Diogo Lucas	00:35:08	01:06:54	01:05:01	1981	Os Sousas	Senior	253

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2001	1936	Ines Almeida	00:34:55	01:06:55	01:04:42	1954		V35	88
2002	353	Carla Duarte	00:30:35	01:06:59	01:06:11	2033		V50	50
2003	1326	Maria Noronha	00:31:50	01:07:01	01:05:50	2015	Peral	V55	17
2004	1327	Sara Lopes	00:32:54	01:07:01	01:05:50	2016	Peral	V40	107
2005	778	Tiago Nascimento	00:31:48	01:07:03	01:05:39	2008	Wonder Couple	V40	318
2006	1612	Tiago Rosa	00:34:15	01:07:04	01:05:25	1996	Clube Millennium bcp	V35	206
2007	2265	José Santos	00:34:20	01:07:05	01:05:21	1994		V60	58
2008	2142	Roberta Pinto	00:33:35	01:07:05	01:05:42	2011		V40	108
2009	2182	Joao Pinto	00:33:35	01:07:05	01:05:42	2012		V40	319
2010	1771	Alexandre Guimarães	00:29:36	01:07:06	01:05:53	2020		V35	207
2011	1063	José Pereira	00:32:37	01:07:07	01:06:02	2026		V50	194
2012	2605	Carlos Alves	00:34:47	01:07:09	01:05:02	1985	RUN TEJO	V40	320
2013	2079	Maria Mateus	00:32:58	01:07:09	01:06:15	2038		V35	89
2014	1096	Carla Guerreiro	00:32:11	01:07:11	01:06:24	2043	FIDELIDADE GDC	V40	109
2015	1360	Sandra Pires	00:32:01	01:07:12	01:05:59	2025	Correr Lisboa	V45	98
2016	358	Jorge Vaz	00:32:00	01:07:13	01:06:03	2028		V45	310
2017	96	Sonia Godinho	00:33:11	01:07:13	01:05:55	2021		V40	110
2018	234	Cecília Nicolau	00:33:27	01:07:13	01:04:59	1977	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	51
2019	625	Artur Martins	00:32:23	01:07:13	01:05:53	2019	Tangas Clube	V80	2
2020	1940	Elisabete Costa	00:33:11	01:07:13	01:05:55	2022		V45	99

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2021	2983	Pedro Nicolau	00:33:27	01:07:13	01:05:02	1983		V45	311
2022	1775	João Caeiro	00:32:42	01:07:14	01:05:48	2013		Senior	254
2023	627	Rui Martins	00:32:23	01:07:14	01:05:52	2018	Tangas Clube	V45	312
2024	313	Marianela Figueiredo	00:32:58	01:07:15	01:05:39	2007		V45	100
2025	2402	Eugénia Mota	00:31:23	01:07:15	01:06:44	2060		V40	111
2026	1768	Cátia Almeida	00:33:30	01:07:17	01:05:30	2000		V40	112
2027	1705	Joao Henriques	00:34:07	01:07:17	01:05:27	1998		V40	321
2028	61	Cristina Neves	00:33:51	01:07:19	01:05:50	2014		V45	101
2029	1697	Maria Pontes	00:33:06	01:07:20	01:06:04	2030		V45	102
2030	2534	Joana Almeida	00:32:55	01:07:21	01:05:37	2002		Senior	115
2031	2533	Ana Almeida	00:32:55	01:07:21	01:05:37	2003		V35	90
2032	1345	Leonor Pinto	00:33:48	01:07:26	01:06:12	2034		V45	103
2033	559	Xana Filipe	00:31:29	01:07:31	01:07:01	2073	Clube Novo Banco	V45	104
2034	2100	Rui Videira	00:29:07	01:07:32	01:06:58	2071		Senior	255
2035	391	Rui Xavier	00:30:52	01:07:33	01:06:57	2070	Clube EDP Lisboa	V50	195
2036	2375	Maut Palomino	00:32:22	01:07:34	01:06:18	2039		V45	105
2037	2575	Alice Madeira	00:31:02	01:07:34	01:07:04	2083		V65	6
2038	2135	Andreia Maruta	00:33:57	01:07:35	01:06:07	2032		V40	113
2039	2574	Rutelene Batista	00:29:42	01:07:35	01:07:04	2081		V45	106
2040	2848	Ana Boto	00:31:03	01:07:37	01:06:56	2069		V40	114

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2041	1017	Natalia Fernandes	00:29:59	01:07:39	01:06:29	2047		V55	18
2042	344	Luis Parro	00:32:41	01:07:43	01:06:04	2029	Asas	V55	115
2043	695	Antonio Horta	00:32:39	01:07:49	01:06:27	2044		V60	59
2044	508	Vanda Oliveira	00:32:38	01:07:49	01:06:28	2046		V45	107
2045	1832	Carla Costa	00:32:08	01:07:49	01:07:41	2116	TEAMITSUPTOYOU	V45	108
2046	2807	Inês Gaspar	00:29:13	01:07:51	01:07:21	2098		Junior	3
2047	1024	Paulo Duarte	00:33:47	01:07:52	01:07:34	2110	GDCT Unicre	V50	196
2048	2141	Carla Caetano	00:33:43	01:07:52	01:06:30	2048		V40	115
2049	1119	Marina Gomes	00:32:00	01:07:53	01:06:28	2045	ALENQUER RUN	V45	109
2050	210	João Vieira	00:32:18	01:07:53	01:06:42	2059		V40	322
2051	2207	Nuno Agostinho	00:31:48	01:07:53	01:07:04	2082	TEAM MELOM	V45	313
2052	903	Sandra Batista	00:31:58	01:07:55	01:07:10	2087		V45	110
2053	3086	Susana Esteves	00:32:12	01:07:56	01:06:23	2042		V40	116
2054	2013	Rui Euzébio	00:34:00	01:07:56	01:06:20	2041		V70	13
2055	2822	Grace Mwakyoma	00:35:06	01:07:56	01:05:39	2010		Senior	116
2056	2805	Joao Figueiredo	00:30:44	01:07:59	01:07:39	2115		V60	60
2057	1015	Sílvia Soares	00:33:42	01:07:59	01:06:46	2062		V40	117
2058	2163	Nelson Cabaço	00:34:14	01:07:59	01:06:13	2035		V40	323
2059	979	Cidalia Pimentel	00:33:33	01:08:00	01:06:39	2056		V45	111
2060	1071	Luís Alves	00:33:22	01:08:00	01:06:37	2053		V55	116

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2061	2648	Patricia Jonet	00:33:09	01:08:00	01:07:36	2113		V45	112
2062	2788	Clémence Freitas	00:33:35	01:08:02	01:07:05	2084		Senior	117
2063	1956	Lúcia Carvalho	00:30:59	01:08:02	01:06:52	2064	GRUPO DE ATLETAS DE MONSANTO	V55	19
2064	203	Maria Ribeiro	00:34:26	01:08:03	01:06:14	2037		V50	52
2065	1573	Paulo Carreira	00:31:46	01:08:06	01:06:19	2040	Clube Millennium bcp	V50	197
2066	2165	Sílvia Moreira	00:32:47	01:08:10	01:06:56	2067		Senior	118
2067	1902	Luís Guerreiro	00:32:18	01:08:10	01:07:12	2088		V35	208
2068	1112	Sílvia Silva	00:32:47	01:08:15	01:07:02	2077		V40	118
2069	2984	Jose Bastos	00:34:54	01:08:15	01:06:45	2061		V50	198
2070	334	Adelaide Manhiça	00:34:45	01:08:16	01:06:38	2055		V60	7
2071	3172	Nuno Amaro	00:34:19	01:08:16	01:05:58	2024		V40	324
2072	1761	Dora Moraes	00:32:53	01:08:17	01:06:35	2050	GINjinha Runners	V45	113
2073	1030	Carlos Viegas	00:34:01	01:08:22	01:07:02	2078	GDCT Unicre	V60	61
2074	1025	Bento Correia	00:34:01	01:08:22	01:07:02	2075	GDCT Unicre	V55	117
2075	1029	Paulo França	00:34:01	01:08:22	01:07:02	2076	GDCT Unicre	V55	118
2076	1415	José Rega	00:31:11	01:08:24	01:07:20	2097		V50	199
2077	3024	Ana Andrade	00:34:13	01:08:25	01:06:56	2068		V40	119
2078	263	Isabel América	00:34:00	01:08:26	01:06:59	2072	pace.makers	V55	20
2079	720	Susana	00:34:20	01:08:28	01:06:39	2057	CCDTMetroLX	V45	114
2080	2659	Preciosa Passinhas	00:31:46	01:08:29	01:06:55	2065		V45	115



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2081	1711	Felismina Ferreira	00:34:06	01:08:32	01:06:55	2066		V50	53
2082	2787	Paulo Granja	00:33:36	01:08:32	01:06:35	2049		V40	325
2083	2269	Elia Granja	00:33:36	01:08:32	01:06:35	2051		V45	116
2084	282	Sónia Afonso	00:32:40	01:08:33	01:07:07	2086	Pico de Forma	Senior	119
2085	2057	Maria Goreti	00:32:45	01:08:34	01:07:02	2079		V55	21
2086	1531	Carla Vaz	00:32:45	01:08:34	01:07:19	2096		V35	91
2087	450	Patricia Leal	00:32:14	01:08:38	01:07:19	2094		V40	120
2088	3005	Bruno Martins	00:31:30	01:08:38	01:03:56	1903		V40	326
2089	469	Antonio Betancor	00:33:48	01:08:39	01:07:03	2080	Eci Running Team	V60	62
2090	3046	Liliana Jorge	00:33:02	01:08:42	01:07:17	2091		Senior	120
2091	2014	Isabel Guerra	00:34:00	01:08:42	01:07:07	2085		V60	8
2092	3099	Manuela Silva	00:33:02	01:08:42	01:07:18	2092		V50	54
2093	839	Rute Dias	00:33:19	01:08:43	01:06:41	2058		V45	117
2094	1554	Celeste Almeida	00:32:43	01:08:44	01:08:23	2133		V45	118
2095	237	Paulo Pinto	00:34:29	01:08:47	01:06:35	2052	CASA DO PESSOAL DA RTP	V40	327
2096	215	Cátia Gaudêncio	00:33:24	01:08:47	01:06:37	2054		V35	92
2097	2336	Célia Corte	00:35:03	01:08:53	01:07:19	2095		V35	93
2098	183	Teresa Reis	00:34:18	01:08:56	01:07:33	2109		V40	121
2099	39	Carla Nascimento	00:31:50	01:08:56	01:07:33	2107		V40	122
2100	390	Rui Estriga	00:34:19	01:08:56	01:07:32	2106	Clube EDP Lisboa	Senior	256

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2101	691	Rafaela Carreira	00:34:18	01:08:58	01:07:26	2103		V35	94
2102	1303	Isabel Magalhães	00:35:04	01:08:58	01:07:01	2074		V60	9
2103	2934	Annalena Belz	00:33:52	01:08:59	01:07:36	2112		Senior	121
2104	107	Samuel Joaquim	00:33:31	01:08:59	01:07:31	2105		V65	35
2105	1322	Nuno Martins	00:32:09	01:09:01	01:08:13	2126		V35	209
2106	1319	Teresa Nabais	00:29:44	01:09:01	01:08:15	2128		V35	95
2107	1780	Wana Costa	00:34:26	01:09:03	01:07:24	2101		Senior	122
2108	1320	João Matos	00:33:31	01:09:03	01:07:16	2090		V60	63
2109	2000	Catarina Gomes	00:36:42	01:09:04	01:06:49	2063	Cunhados	Senior	123
2110	139	Rita Carvalhinho	00:35:01	01:09:07	01:07:18	2093		V45	119
2111	3052	Joana Santos	00:33:49	01:09:07	01:08:37	2144		V40	123
2112	1196	Cecília Ribeiro	00:33:29	01:09:10	01:07:56	2122		V50	55
2113	910	Luís Fulgêncio	00:33:52	01:09:13	01:07:44	2117		V35	210
2114	1423	Ana Moital	00:33:18	01:09:13	01:07:16	2089	Moniketes	Senior	124
2115	266	Susana Madeira	00:34:13	01:09:14	01:07:47	2118	pace.makers	V40	124
2116	267	Francisco Sarrasqueiro	00:30:35	01:09:19	01:08:38	2145		V70	14
2117	1125	Ana Bailão	00:33:19	01:09:23	01:08:54	2152	CTT Lisboa	V35	96
2118	40	Geisa Amize	00:33:48	01:09:23	01:08:51	2148		Senior	125
2119	1134	João Duro	00:33:19	01:09:23	01:08:53	2151	CTT Lisboa	V35	211
2120	1752	André Palma	00:33:12	01:09:25	01:07:33	2108	Os coxos	V40	328

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2121	755	Sonia Gamito	00:34:14	01:09:29	01:08:08	2125		V40	125
2122	561	Jorge Ascensão	00:32:51	01:09:29	01:08:35	2142	Clube Novo Banco	V40	329
2123	3199	Izilda Lourenço	00:33:17	01:09:29	01:08:25	2134		V50	56
2124	1451	Marisa Costa	00:34:29	01:09:31	01:07:50	2119		V35	97
2125	2310	Ruth Costa	00:34:32	01:09:34	01:08:16	2129		V35	98
2126	272	Andreia Soares	00:33:04	01:09:34	01:07:58	2124		V45	120
2127	844	Ricardo Neto	00:35:07	01:09:38	01:07:36	2111		V40	330
2128	1339	Patrícia Martins	00:35:07	01:09:38	01:07:37	2114		V35	99
2129	3200	Sara Amorim	00:33:00	01:09:39	01:07:26	2104	Kira	Senior	126
2130	264	Patricia Rosa	00:34:08	01:09:44	01:08:15	2127	pace.makers	V35	100
2131	100	Mario Pires	00:36:27	01:09:47	01:07:50	2120		V60	64
2132	3129	Waldyr Filho	00:33:46	01:09:47	01:09:25	2167	COFIDIS MOTOR 7 GFD	V55	119
2133	683	Ana Santos	00:34:26	01:09:48	01:08:27	2135		Senior	127
2134	2188	Luís	00:34:43	01:09:51	01:07:58	2123	CCD TRANQUILIDADE	V45	314
2135	1722	Catarina Leite	00:34:55	01:09:55	01:07:53	2121		Senior	128
2136	1439	Guilherme Lúcio	00:17:59	01:09:58	01:09:56	2173	Rio Maior Triatlo Clube	Senior	257
2137	1450	Rui Silva	00:34:01	01:10:00	01:08:19	2130		V35	212
2138	764	Luis Ramos	00:34:02	01:10:00	01:07:22	2100		V35	213
2139	934	Isabel Oliveira	00:33:41	01:10:06	01:08:32	2141	Serviços Sociais Montepio	V55	22
2140	1686	Ana Morais	00:35:01	01:10:16	01:08:28	2136		Senior	129

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2141	2262	Pedro Cruz	00:34:12	01:10:16	01:08:29	2139	CRUZES	V50	200
2142	1660	Márcio Freitas	00:35:01	01:10:16	01:08:29	2138		V45	315
2143	2263	Inês Cruz	00:34:25	01:10:17	01:08:29	2137	CRUZES	Senior	130
2144	921	Fátima Lucas	00:32:37	01:10:20	01:09:03	2154		V45	121
2145	2012	Catarina Silva	00:32:52	01:10:22	01:09:04	2155		V35	101
2146	2240	Paulo Martins	00:33:51	01:10:22	01:09:18	2162	Teen From Restelo	V50	201
2147	1984	Sofia Martins	00:33:43	01:10:24	01:08:47	2147		Senior	131
2148	978	António Costa	00:33:55	01:10:28	01:08:30	2140		V55	120
2149	143	Fernando Alves	00:31:43	01:10:29	01:09:24	2166		V60	65
2150	1318	Pedro Pinto	00:33:29	01:10:29	01:09:18	2161	CLUBE CIMPOR	V45	316
2151	995	Jose Silva	00:34:34	01:10:33	01:08:53	2150	Casa do Pessoal do IVA	V75	3
2152	2190	Ana Canaveira	00:32:26	01:10:33	01:09:17	2158	CCD TRANQUILIDADE	V50	57
2153	134	Ana Pereira	00:34:54	01:10:34	01:08:21	2131		V40	126
2154	1888	Fátima Cidra	00:32:40	01:10:34	01:08:21	2132		V50	58
2155	2194	Cláudia Tam	00:34:52	01:10:34	01:09:17	2159	CCD TRANQUILIDADE	V35	102
2156	858	Hélder Costa	00:34:40	01:10:35	01:08:37	2143		V45	317
2157	310	Isaura Pinto	00:34:54	01:10:36	01:09:08	2156		V55	23
2158	42	Sandra Monteiro	00:34:27	01:10:37	01:09:20	2164		V40	127
2159	3195	Diego Chemes	00:32:32	01:10:45	01:10:07	2179		V50	202
2160	1084	Catarina Portugal	00:31:33	01:10:47	01:09:13	2157		V35	103

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2161	1903	Lígia Gonçalves	00:33:46	01:10:48	01:09:30	2168		Senior	132
2162	2397	Pedro Caetano	00:35:06	01:10:49	01:08:39	2146	Surfers	V45	318
2163	1284	John Hinchey	00:30:27	01:10:53	01:09:19	2163		Senior	258
2164	1307	Bernardo Santos	00:32:56	01:10:54	01:09:22	2165		Senior	259
2165	820	Milene Bação	00:35:24	01:11:00	01:10:03	2175	Gang das Venenosas	Senior	133
2166	1611	Nelson Guimaraes	00:34:46	01:11:00	01:09:38	2170	Clube Millennium bcp	V70	15
2167	1555	Rute Lagoas	00:34:09	01:11:02	01:08:53	2149		V45	122
2168	2584	Luis Lavrador	00:35:38	01:11:04	01:08:58	2153		V40	331
2169	297	Carlos Campos	00:30:50	01:11:07	01:10:58	2206		V50	203
2170	2157	Cecilia Morais	00:33:50	01:11:13	01:10:35	2193		V40	128
2171	504	Tiago Jorge	00:37:00	01:11:16	01:09:18	2160		Junior	22
2172	3100	Aziza Tria	00:32:29	01:11:19	01:10:39	2198		V55	24
2173	884	Celia Filipe	00:32:31	01:11:21	01:10:04	2176		V40	129
2174	254	Ana Abrunhosa	00:35:03	01:11:21	01:10:04	2177		V45	123
2175	437	Carina Amaro	00:33:57	01:11:21	01:10:02	2174		Senior	134
2176	1892	Inês Galvão	00:34:08	01:11:26	01:10:08	2182		Senior	135
2177	251	Carlos Teixeira	00:35:07	01:11:30	01:09:41	2171		V75	4
2178	912	Rodrigo Fonseca	00:35:38	01:11:33	01:10:14	2184		Senior	260
2179	2291	Maria Santos	00:35:51	01:11:33	01:09:48	2172		V60	10
2180	2398	Maria Silva	00:35:02	01:11:39	01:10:07	2180		V50	59

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2181	2056	Fatima Fernandes	00:35:34	01:11:39	01:10:07	2181		V55	25
2182	990	Vera Viegas	00:36:06	01:11:39	01:10:05	2178		V35	104
2183	945	Ricardo Ferreira	00:30:54	01:11:39	01:10:39	2197	Serviços Sociais Montepio	V40	332
2184	2501	Susana Carvalho	00:34:31	01:11:44	01:10:09	2183		V40	130
2185	3112	Luis Guerra	00:40:13	01:11:48	01:07:25	2102		V50	204
2186	2181	Gonçalo Rocha	00:31:52	01:11:48	01:10:18	2185		V50	205
2187	2368	Irene Carvalho	00:34:41	01:11:55	01:09:36	2169		V45	124
2188	1171	Leonor Teixeira	00:34:23	01:12:03	01:10:22	2189	SS CGD	V45	125
2189	2227	João Morais	00:36:20	01:12:04	01:10:18	2186		Senior	261
2190	2226	Maria Cunha	00:36:20	01:12:06	01:10:21	2188		Senior	136
2191	161	Ana Rocha	00:34:36	01:12:07	01:10:56	2205		Senior	137
2192	1548	Manuel Costa	00:33:46	01:12:09	01:10:53	2203		V35	214
2193	657	Isabel Vieira	00:34:46	01:12:12	01:11:25	2215	OS MATAS	V55	26
2194	2780	Cátia Nascimento	00:35:40	01:12:17	01:11:00	2208	Simba Team	Senior	138
2195	692	Clara Carreira	00:34:39	01:12:18	01:10:45	2199		Senior	139
2196	308	Catarina Novais	00:33:00	01:12:18	01:10:32	2192		V40	131
2197	2567	Armando Teixeira	00:33:14	01:12:21	01:11:55	2238		V65	36
2198	612	Fernando Nunes	00:33:11	01:12:21	01:11:00	2207		V45	319
2199	705	Raquel Santos	00:35:37	01:12:22	01:11:04	2210		Senior	140
2200	2673	Marta Palha	00:31:56	01:12:23	01:10:52	2202		V35	105

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2201	2845	Maria Aguiar	00:36:46	01:12:24	01:10:21	2187		V45	126
2202	192	Artur Dinis	00:35:25	01:12:24	01:10:26	2190		V60	66
2203	848	Almerinda Rodrigues	00:35:54	01:12:26	01:11:39	2231		V65	7
2204	1688	Marta Simão	00:35:29	01:12:26	01:10:29	2191		V40	132
2205	2312	Carlos Silva	00:36:37	01:12:33	01:10:50	2201	A Brigada do Reumático	V50	206
2206	682	Rosa Falardo	00:35:10	01:12:33	01:11:29	2223		V55	27
2207	2433	Annika Kumar	00:36:30	01:12:36	01:10:36	2194		Senior	141
2208	392	Rute Coelho	00:33:49	01:12:43	01:11:00	2209	Clube EDP Lisboa	Senior	142
2209	701	Susana Brazinha	00:35:19	01:12:44	01:11:07	2212		V40	133
2210	864	Carla Alves	00:35:39	01:12:44	01:10:55	2204		V45	127
2211	286	Ana Castelhana	00:34:11	01:12:45	01:11:29	2222		V40	134
2212	275	Carmen Antunes	00:34:11	01:12:45	01:11:29	2221		V40	135
2213	1720	António Vidas	00:35:18	01:12:46	01:11:28	2217	CLUBE ANACOM	V55	121
2214	920	Carlos Vital	00:34:11	01:12:46	01:10:39	2196		V45	320
2215	2022	Inês Vaz	00:34:24	01:12:47	01:12:34	2253		V40	136
2216	2003	Joana Gomes	00:36:42	01:12:53	01:10:37	2195	Cunhados	Senior	143
2217	3065	Sara Sousa	00:36:16	01:12:53	01:11:15	2214		Senior	144
2218	2572	Laura Gouveia	00:35:10	01:12:54	01:11:28	2218		Senior	145
2219	2660	Ângela Pirralho	00:37:14	01:12:57	01:10:49	2200		Senior	146
2220	997	Sandra Silva	00:34:39	01:13:09	01:11:29	2220	Casa do Pessoal do IVA	V45	128

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2221	2150	Ana Paulino	00:33:46	01:13:13	01:12:04	2242		V40	137
2222	2277	Rosa Cardoso	00:33:47	01:13:14	01:12:05	2245		V40	138
2223	1195	Miguel Garanhoto	00:30:44	01:13:14	01:11:52	2236		V40	333
2224	1471	Marisa Franco	00:38:55	01:13:18	01:11:07	2211	PowerBoost Club	Senior	147
2225	3177	Miguel Angelo	00:31:42	01:13:18	01:11:45	2235		V45	321
2226	300	Ana Caracol	00:37:06	01:13:19	01:11:31	2224		V50	60
2227	2990	Catarina Zanatti	00:37:06	01:13:19	01:11:32	2226		V45	129
2228	1191	Luis Braz	00:34:45	01:13:21	01:12:29	2250	GRCD Leião	V40	334
2229	1469	Eduardo Correia	00:38:55	01:13:23	01:11:14	2213	PowerBoost Club	V45	322
2230	73	Magda Ribeiro	00:37:00	01:13:29	01:11:31	2225		V35	106
2231	502	Bruno Rocha	00:37:00	01:13:31	01:11:33	2227		V35	215
2232	3036	Filipa Appleton	00:38:03	01:13:31	01:11:28	2216		V40	139
2233	256	Carlos Cavaco	00:37:00	01:13:33	01:11:34	2228		V45	323
2234	3095	Luiz Silva	00:37:10	01:13:33	01:11:29	2219		V35	216
2235	2252	Bruno Silva	00:36:55	01:13:34	01:11:39	2230	Nós três	V35	217
2236	124	Sonia Souza	00:33:12	01:13:34	01:12:32	2252		V40	140
2237	2253	Adrian Muresanu	00:36:54	01:13:34	01:11:39	2229	Nós três	V40	335
2238	2251	Vitor Cruz	00:36:53	01:13:35	01:11:40	2232	Nós três	V45	324
2239	1846	Ellen Theodoro	00:32:34	01:13:37	01:11:59	2239		V40	141
2240	1354	Gilberto Gonçalves	00:36:39	01:13:41	01:11:43	2234	CLUBE ATLETISMO AMIGOS DE BELÉM	V70	16



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2241	1356	Alberto Cano	00:36:39	01:13:42	01:11:43	2233	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	37
2242	782	Sandra Antunes	00:35:32	01:13:42	01:12:04	2243		V40	142
2243	2815	Carolina Marques	00:34:18	01:13:46	01:12:15	2247		V35	107
2244	1922	Nuno Pereira	00:30:22	01:13:47	01:13:17	2272	Sporting Clube de Casainhos	V45	325
2245	2293	Maria Ferreira	00:35:15	01:13:51	01:12:01	2241	CHULIPA	V40	143
2246	2294	Sérgio Paz	00:35:15	01:13:51	01:12:00	2240	CHULIPA	V45	326
2247	503	Carlos Cardoso	00:34:16	01:13:55	01:12:42	2255		V40	336
2248	452	Nelson Coruche	00:34:23	01:13:56	01:11:54	2237	PéLebre	V45	327
2249	1647	Cláudia Meireles	00:37:08	01:13:59	01:12:05	2244		V35	108
2250	2349	Bruno Ferreira	00:39:26	01:13:59	01:07:21	2099		Senior	262
2251	2246	Manuela Linhares	00:37:26	01:14:04	01:12:15	2246		Senior	148
2252	2112	Ricardo Ferreira	00:32:12	01:14:05	01:13:41	2278		V40	337
2253	1830	Filomena Correia	00:34:36	01:14:06	01:12:37	2254	Papa Kms	V40	144
2254	1316	Antonio Braga	00:35:22	01:14:07	01:12:46	2260		V65	38
2255	2366	Jose Pais	00:35:42	01:14:10	01:12:44	2258		V50	207
2256	2461	Sofia Esteves	00:34:20	01:14:11	01:12:29	2251		V35	109
2257	2400	Gustavo Baldrico	00:34:21	01:14:11	01:12:29	2249		V40	338
2258	727	Eleanor Lobo	00:37:44	01:14:11	01:12:53	2264	Clube PT-Zcs	V50	61
2259	1422	Inês Moital	00:35:15	01:14:13	01:12:16	2248	Moniketes	Senior	149
2260	2901	Alberto Taveira	00:35:12	01:14:22	01:12:45	2259		V45	328

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2261	1349	Elisabete Maria	00:37:02	01:14:24	01:13:06	2266		V50	62
2262	1944	Rita Cabral	00:38:40	01:14:32	01:12:48	2263		V45	130
2263	1601	Fernando Almeida	00:36:39	01:14:33	01:14:03	2287	Clube Millennium bcp	V50	208
2264	1614	Carlo Pinho	00:36:38	01:14:33	01:14:07	2291	Clube Millennium bcp	V45	329
2265	1617	Fernando Ferreira	00:36:39	01:14:33	01:14:07	2293	Clube Millennium bcp	V70	17
2266	2861	João Carvalho	00:30:16	01:14:34	01:12:42	2256		Senior	263
2267	1597	Joao Caeiro	00:36:39	01:14:34	01:14:04	2289	Clube Millennium bcp	V45	330
2268	1621	Carlos Conceicao	00:36:39	01:14:34	01:14:07	2294	Clube Millennium bcp	V55	122
2269	3148	Andreani Melody	00:37:42	01:14:40	01:12:48	2261		Senior	150
2270	3147	Bourget Andreani	00:37:41	01:14:40	01:12:48	2262		V55	28
2271	447	Sandra Reis	00:34:50	01:14:41	01:13:46	2283		V40	145
2272	1855	Isabel Cardoso	00:36:06	01:14:42	01:13:22	2275		V50	63
2273	2241	Carla Aniceto	00:35:31	01:14:43	01:13:43	2280		V45	131
2274	2432	Ana Notário	00:35:16	01:14:45	01:13:58	2285		V45	132
2275	1996	João Aniceto	00:35:31	01:14:45	01:13:44	2281		V50	209
2276	2088	Luísa Santos	00:36:10	01:14:50	01:13:08	2269		V50	64
2277	1687	Joana Jesus	00:34:01	01:14:52	01:13:05	2265		Senior	151
2278	791	Antonio Madaleno	00:36:48	01:14:54	01:13:27	2276		V55	123
2279	2750	Elisa Esteves	00:37:36	01:14:55	01:13:08	2270		Senior	152
2280	3128	Carla Santos	00:37:37	01:14:55	01:13:09	2271		Senior	153

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2281	3222	Sveinung Traa	00:33:45	01:14:56	01:13:46	2282		V70	18
2282	726	Rogério Ribeiro	00:33:20	01:14:58	01:12:44	2257	Clube PT-Zcs	V50	210
2283	1753	Andreia Barão	00:36:01	01:14:58	01:13:07	2268	Os coxos	V35	110
2284	1398	Maria Borges	00:37:07	01:14:58	01:13:19	2274		Senior	154
2285	137	João Ferreira	00:34:54	01:15:00	01:13:18	2273	GINjinha Runners	V45	331
2286	633	Nuno Alves	00:35:23	01:15:08	01:13:06	2267		V55	124
2287	588	Rita Silva	00:34:53	01:15:12	01:14:03	2288	Fontanelas	V35	111
2288	592	Tomás Esteves	00:36:21	01:15:13	01:14:05	2290	Fontanelas	Junior	23
2289	2348	Rui Melão	00:35:31	01:15:16	01:14:39	2305		V55	125
2290	924	Silvia Marçal	00:32:44	01:15:21	01:13:42	2279	BeSmart	V40	146
2291	1896	André Sousa	00:37:54	01:15:28	01:14:11	2298		Senior	264
2292	2298	Maria Lacerda	00:36:30	01:15:33	01:14:47	2312		V55	29
2293	3160	Alexandra Couston	00:36:05	01:15:37	01:14:24	2301		V55	30
2294	211	Carla Vieira	00:35:55	01:15:44	01:14:13	2299		V40	147
2295	2515	Zita Elias	00:31:58	01:15:47	01:15:27	2331		Senior	155
2296	472	Maria Ridruejo	00:38:02	01:15:47	01:13:37	2277	Eci Running Team	Senior	156
2297	1266	Sónia Martins	00:37:14	01:15:49	01:14:10	2297		V35	112
2298	1990	Paulo Carvalho	00:35:37	01:15:49	01:13:54	2284		V45	332
2299	45	Marcelo Marques	00:37:52	01:15:51	01:14:08	2296	Star	V40	339
2300	46	Lúcia Pinto	00:37:52	01:15:51	01:14:08	2295	Star	V45	133

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2301	2770	Rita Marques	00:35:32	01:15:56	01:14:40	2306		V40	148
2302	2887	Assunção Chaves	00:37:14	01:16:01	01:14:07	2292	Golfinhos	Senior	157
2303	1177	Manuel Brás	00:36:40	01:16:02	01:14:29	2304	SS CGD	V50	211
2304	1387	Claudia Oliveira	00:38:27	01:16:03	01:14:01	2286		V35	113
2305	24	Johnny Thomassen	00:37:39	01:16:04	01:14:40	2307		V55	126
2306	368	Jorge Baptista	00:35:50	01:16:11	01:15:16	2324		V60	67
2307	1750	Maria Oliveira	00:36:26	01:16:12	01:14:20	2300	Os coxos	V45	134
2308	2669	Andreia Santos	00:34:19	01:16:12	01:14:41	2308	KPMG Runners	Senior	158
2309	866	Jose Carlos	00:35:46	01:16:13	01:15:29	2332		V40	340
2310	2502	Catarina Pinto	00:37:03	01:16:13	01:15:44	2335		Senior	159
2311	3211	Rita Gíria	00:35:46	01:16:13	01:15:15	2323		V40	149
2312	53	Tania Simoes	00:33:52	01:16:15	01:15:04	2320	Encontramo-nos na meta	V35	114
2313	2218	Nuno Botelho	00:36:34	01:16:16	01:14:42	2309		V45	333
2314	2385	Cristina Reis	00:36:35	01:16:16	01:14:44	2310		V45	135
2315	2428	Dalila Araújo	00:37:53	01:16:18	01:15:01	2317		Senior	160
2316	1594	Carlos Tome	00:34:23	01:16:21	01:15:22	2326	Clube Millennium bcp	V65	39
2317	2947	Paulo Santos	00:36:55	01:16:22	01:14:58	2314		V45	334
2318	466	Paulo Duarte	00:38:56	01:16:22	01:14:28	2302	Eci Running Team	V35	218
2319	2948	Dora Matias	00:36:56	01:16:23	01:14:58	2315		V40	150
2320	2485	Antonio Elmiro	00:38:56	01:16:23	01:14:29	2303	Campo de Ourique	V45	335

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2321	648	Daniela Xavier	00:33:39	01:16:23	01:15:26	2328	Running Family	Senior	161
2322	2941	Carlos Gonçalves	00:34:02	01:16:29	01:15:01	2316		V40	341
2323	1608	Pedro Vilela	00:40:44	01:16:39	01:15:23	2327	Clube Millennium bcp	Senior	265
2324	930	Agostinho Coelho	00:37:11	01:16:42	01:14:49	2313	Serviços Sociais Montepio	V50	212
2325	1652	Luis Farinha	00:35:37	01:16:49	01:14:45	2311	Serviços Sociais Montepio	V50	213
2326	2500	André Pinho	00:38:44	01:16:54	01:15:03	2319		Senior	266
2327	2303	Cátia Araújo	00:38:43	01:16:54	01:15:02	2318	GDC Banco de Portugal	Senior	162
2328	378	Ana Cortês	00:38:32	01:16:56	01:15:27	2329		Senior	163
2329	941	Beatriz Coelho	00:33:23	01:17:02	01:15:13	2322	pára-choques	Senior	164
2330	1424	Monica Francisco	00:37:06	01:17:05	01:15:06	2321	Moniketes	Senior	165
2331	1542	Sónia Rolim	00:38:02	01:17:08	01:15:27	2330		V50	65
2332	1693	Eliana Almeida	00:34:02	01:17:08	01:15:35	2334		Senior	166
2333	1694	Henrique Ferreira	00:36:41	01:17:09	01:15:34	2333		Senior	267
2334	1997	Quim Sande	00:36:06	01:17:14	01:17:02	2359		V55	127
2335	2894	Ana Coelho	00:42:37	01:17:14	01:15:20	2325		Senior	167
2336	2260	Paula Cunha	00:36:38	01:17:21	01:16:36	2352		V40	151
2337	2276	Nidia Silva	00:37:46	01:17:23	01:16:12	2345		V60	11
2338	2969	Maria Guilherme	00:38:17	01:17:35	01:16:24	2349		V35	115
2339	1875	Ana Filipa	00:39:03	01:17:36	01:16:09	2343		Senior	168
2340	1874	David Morgado	00:39:04	01:17:37	01:16:08	2342		Senior	268

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2341	1515	Rita Gonçalves	00:36:36	01:17:38	01:16:29	2350		V35	116
2342	554	Paula Silva	00:37:55	01:17:38	01:16:17	2347	Clube Novo Banco	V45	136
2343	2359	Daniela Monteiro	00:34:51	01:17:38	01:16:06	2338		V40	152
2344	1368	Catarina Morgado	00:38:59	01:17:39	01:16:11	2344		Senior	169
2345	2970	Joana Pinha	00:45:16	01:17:42	01:01:47	1768		V40	153
2346	1641	Sérgio Ventura	00:37:42	01:17:51	01:16:06	2339		V35	219
2347	2177	Elsa Lavrador	00:37:15	01:17:52	01:15:47	2336		V35	117
2348	1550	Tania Costa	00:37:42	01:17:52	01:16:07	2341		Senior	170
2349	1642	Marisa Ventura	00:37:45	01:17:53	01:16:07	2340		V35	118
2350	1379	Francisco Silva	00:37:32	01:17:55	01:16:34	2351		V45	336
2351	2311	Miguel Gomes	00:38:23	01:17:56	01:17:32	2370		V45	337
2352	2283	Carla Henriques	00:38:22	01:17:56	01:17:33	2371		V45	137
2353	2676	Carla Carvalho	00:37:04	01:17:57	01:16:23	2348		V40	154
2354	1742	Bruno Correia	00:37:13	01:18:00	01:16:16	2346		V40	342
2355	1559	Helena Prata	00:36:36	01:18:03	01:17:00	2356		V50	66
2356	790	Patricia Mateus	00:37:57	01:18:07	01:16:04	2337		Senior	171
2357	565	Luis Antunes	00:36:46	01:18:08	01:17:29	2366	Clube Novo Banco	V45	338
2358	331	Carlos Luis	00:38:48	01:18:20	01:17:01	2358		V45	339
2359	1404	Maria Fernandes	00:38:49	01:18:20	01:17:03	2360		Senior	172
2360	2060	Maria Guise	00:38:02	01:18:35	01:17:10	2361		V45	138

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2361	3104	Ana Madaleno	00:37:53	01:18:45	01:16:57	2353		V40	155
2362	2909	Isilda Rabasquinho	00:37:53	01:18:46	01:16:58	2354		V50	67
2363	1001	Raquel Moleiro	00:34:24	01:18:55	01:17:38	2372	Brunosempre	V40	156
2364	1328	Claudia Meireles	00:38:07	01:18:57	01:17:46	2373	Peral	V45	139
2365	1325	Ana Lopes	00:35:19	01:18:57	01:17:47	2374	Peral	V40	157
2366	1945	Ana Sousa	00:38:06	01:19:03	01:18:50	2392		V40	158
2367	2655	Abel Silva	00:39:17	01:19:11	01:17:20	2362		V35	220
2368	2305	Alípio Costa	00:36:28	01:19:11	01:17:50	2377		V55	128
2369	3116	Sara Carvalha	00:36:28	01:19:11	01:17:50	2376		V45	140
2370	2581	Andreia Gouveia	00:39:18	01:19:12	01:17:21	2364		V40	159
2371	2817	Sanjaysinh Nathá	00:36:15	01:19:12	01:18:25	2385		V45	340
2372	1565	Davide Silva	00:41:35	01:19:13	01:17:48	2375	Clube Millennium bcp	Senior	269
2373	2808	Inês Henrique	00:37:52	01:19:15	01:18:44	2390		Junior	4
2374	1721	Susana Jesus	00:37:47	01:19:16	01:17:59	2378		V55	31
2375	171	Vânia Pereira	00:36:26	01:19:20	01:17:31	2369		V35	119
2376	1563	Carina Monteiro	00:36:26	01:19:20	01:17:30	2367		V35	120
2377	343	Inês Delicioso	00:38:31	01:19:25	01:16:59	2355	Les Filles Running Club	Senior	173
2378	341	Joana Bernardo	00:38:32	01:19:25	01:17:00	2357	Les Filles Running Club	Senior	174
2379	634	Inês Alves	00:40:12	01:19:32	01:17:30	2368		Senior	175
2380	400	Ana Ribeiro	00:35:01	01:19:34	01:18:06	2379		V45	141

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2381	963	Carlos Serafim	00:38:11	01:19:42	01:17:21	2363	Sardines on the run	V35	221
2382	964	Catarina Silva	00:38:11	01:19:43	01:17:22	2365	Sardines on the run	Senior	176
2383	190	Manuel Lima	00:39:40	01:19:58	01:18:09	2380		V55	129
2384	28	Maria Gomes	00:38:31	01:20:08	01:18:41	2388		V45	142
2385	1685	Emilia Janela	00:38:21	01:20:18	01:18:41	2389	Eu corro com a minha mãe	V50	68
2386	330	Ana Machado	00:39:19	01:20:24	01:18:17	2381		Senior	177
2387	319	Edgar Caldeira	00:39:19	01:20:25	01:18:19	2382		Senior	270
2388	1397	Gabriele Pfister	00:38:31	01:20:26	01:19:03	2399		V55	32
2389	270	Jaime Severino	00:40:36	01:20:27	01:18:57	2393		V50	214
2390	3032	Rui Guedes	00:38:51	01:20:31	01:19:00	2394	VdAtletas	V50	215
2391	3031	Sofia Vivas	00:38:51	01:20:31	01:19:01	2395	VdAtletas	V35	121
2392	3118	Diogo Aguiar	00:39:09	01:20:36	01:18:23	2384		V35	222
2393	3119	Djamila Andrade	00:39:09	01:20:36	01:18:21	2383		Senior	178
2394	1947	João Daniel	00:37:25	01:20:37	01:18:41	2386		V35	223
2395	1946	Ana Carvalho	00:40:16	01:20:37	01:18:41	2387		Senior	179
2396	136	Dora Cruz	00:38:41	01:20:43	01:19:03	2398	GINjinha Runners	V45	143
2397	3034	Diogo Falcato	00:38:03	01:20:46	01:18:46	2391		Senior	271
2398	2979	Sandra Caetano	00:38:50	01:20:53	01:19:02	2396		V35	122
2399	2978	Ricardo Marques	00:38:49	01:20:54	01:19:02	2397		Senior	272
2400	1823	Ana Gomes	00:35:12	01:21:07	01:19:15	2400	Os Sousas	Senior	180



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2401	262	Cristina Marcos	00:38:45	01:21:09	01:19:43	2402	pace.makers	V50	69
2402	1114	Ana Trindade	00:38:35	01:21:12	01:19:31	2401		V45	144
2403	1198	Ana Ribeiro	00:38:15	01:21:12	01:19:52	2404		V45	145
2404	1076	Célia Francisco	00:38:16	01:21:25	01:20:00	2407		V45	146
2405	1117	Rosário Anselmo	00:35:17	01:21:28	01:20:05	2409	ALENQUER RUN	V50	70
2406	1389	Jessica Sintra	00:38:32	01:21:31	01:20:48	2428		Senior	181
2407	494	Maria Macedo	00:39:12	01:21:39	01:20:54	2429		V55	33
2408	1160	Ana Castro	00:38:10	01:21:39	01:20:35	2416	SS CGD	V50	71
2409	2174	Teresa Graça	00:38:23	01:21:41	01:19:57	2406		V60	12
2410	643	Lemmy Bouda	00:39:23	01:21:43	01:20:44	2426	Running Family	Junior	5
2411	642	Vera Ferreira	00:39:23	01:21:43	01:20:44	2427	Running Family	V40	160
2412	646	Bauduino Ferreira	00:39:23	01:21:43	01:20:44	2425	Running Family	V65	40
2413	645	Teresa Ferreira	00:38:16	01:21:44	01:20:44	2424	Running Family	V65	8
2414	1751	António Rodrigues	00:36:39	01:21:46	01:19:55	2405	Os coxos	V40	343
2415	2166	Margarida Matos	00:41:39	01:21:53	01:19:49	2403		V35	123
2416	2130	Adelaide Leitão	00:38:12	01:21:59	01:20:18	2411	Serviços Sociais Montepio	V45	147
2417	3035	Rita Sousa	00:40:25	01:22:02	01:20:03	2408		Senior	182
2418	3216	Margarida Porém	00:36:48	01:22:05	01:20:34	2414		Senior	183
2419	3113	António Silva	00:31:50	01:22:05	01:20:35	2417		V50	216
2420	3114	Francisco Nogueira	00:31:49	01:22:05	01:20:34	2415		Junior	24

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2421	1452	Rui Nunes	00:41:01	01:22:06	01:20:22	2412		V40	344
2422	1321	Magda Pereira	00:41:01	01:22:07	01:20:22	2413		V40	161
2423	1836	Sandra Duarte	00:38:59	01:22:09	01:20:18	2410		V40	162
2424	500	Fernanda Vieira	00:38:18	01:22:30	01:21:16	2436		V45	148
2425	751	Luís Malveiro	00:38:17	01:22:31	01:21:15	2434		V55	130
2426	2268	Fernanda Machadinha	00:41:04	01:22:33	01:20:42	2421		V50	72
2427	2535	Yara Fernandes	00:40:55	01:22:39	01:20:36	2419		Senior	184
2428	2685	Kézia Fernandes	00:37:57	01:22:39	01:20:36	2418		Senior	185
2429	1430	Olga Morais	00:40:00	01:22:41	01:20:43	2422	Moniketes	V55	34
2430	2352	Sónia Gonçalves	00:40:23	01:22:41	01:20:44	2423		V40	163
2431	1576	Fock Wan	00:42:03	01:22:44	01:20:41	2420	Clube Millennium bcp	V65	9
2432	2454	Mariana Soares	00:39:45	01:22:53	01:21:07	2430		V65	10
2433	471	Ceferino Exposito	00:39:45	01:22:55	01:21:08	2431	Eci Running Team	V55	131
2434	1388	Renata Rossi	00:40:19	01:22:57	01:21:57	2439		V40	164
2435	1020	Sandra Andrade	00:36:49	01:23:08	01:22:11	2441		V40	165
2436	1815	Billur Üfler	00:41:46	01:23:09	01:21:15	2435		Senior	186
2437	1564	Luis Taborda	00:40:37	01:23:27	01:21:11	2432		Senior	273
2438	1293	Liliana Pires	00:40:37	01:23:27	01:21:12	2433		Senior	187
2439	546	Mariana Baptista	00:38:47	01:23:35	01:22:01	2440	Clube Novo Banco	V35	124
2440	1336	Carina Osorio	00:39:37	01:23:46	01:21:52	2438		V45	149

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2441	1620	Joana Rocha	00:41:34	01:23:51	01:22:26	2442	Clube Millennium bcp	Senior	188
2442	2284	Clara Henriques	00:38:38	01:23:55	01:22:29	2444		V35	125
2443	1411	Rui Monica	00:37:39	01:23:56	01:22:49	2446		Senior	274
2444	295	Filipa Carapuço	00:43:22	01:24:02	01:22:43	2445		V40	166
2445	2137	Paulo Gonçalves	00:38:40	01:24:03	01:23:39	2451		Senior	275
2446	2997	José Quaresma	00:42:19	01:24:11	01:21:40	2437		V45	341
2447	2247	Filipa Linhares	00:40:07	01:24:18	01:22:28	2443		V35	126
2448	735	Ana Vieira	00:39:08	01:24:44	01:23:37	2449		V40	167
2449	1192	Liliana Correia	00:39:48	01:24:51	01:23:39	2450		V40	168
2450	788	Carlos Gonçalves	00:41:14	01:25:10	01:24:10	2453		V55	132
2451	474	Clara Millan	00:40:24	01:25:23	01:23:33	2447	Eci Running Team	Senior	189
2452	2460	José Pereira	00:40:25	01:25:23	01:23:34	2448		V55	133
2453	1460	Youssara Almeida	00:43:35	01:25:25	01:24:26	2461		Senior	190
2454	2321	Carlos Faias	00:41:15	01:25:43	01:24:25	2457	CLUBE ANACOM	V50	217
2455	524	Alexandre Baptista	00:43:48	01:25:56	01:24:21	2456	Clube Novo Banco	V35	224
2456	1027	Ana Madeira	00:42:20	01:25:56	01:24:05	2452	GDCT Unicre	V45	150
2457	216	Lina Baia	00:42:01	01:26:00	01:24:54	2466		V35	127
2458	2288	Rita Lourenço	00:34:47	01:26:01	01:25:15	2470		Senior	191
2459	2530	Jacinta Gama	00:38:18	01:26:01	01:25:20	2473		V35	128
2460	2531	Frederico Alexandre	00:47:01	01:26:02	01:25:26	2474		V35	225

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2461	1377	Isabel Louro	00:42:50	01:26:03	01:24:47	2465		V45	151
2462	1016	Fernanda Braga	00:41:35	01:26:19	01:25:11	2469		V65	11
2463	3234	Andre Riscado	00:42:25	01:26:19	01:24:10	2454		V45	342
2464	3235	Ana Magalhaes	00:42:36	01:26:20	01:24:11	2455		V45	152
2465	2869	José Sousa	00:37:48	01:26:24	01:24:54	2467		V60	68
2466	876	André Além	00:37:56	01:26:26	01:24:26	2458	eutiveumataquedeasma.blogspot.com	Senior	276
2467	880	André Nogueira	00:37:46	01:26:27	01:24:26	2459	eutiveumataquedeasma.blogspot.com	Senior	277
2468	877	Ricardo Caldeira	00:37:47	01:26:27	01:24:26	2460	eutiveumataquedeasma.blogspot.com	Senior	278
2469	970	Isabel Figueira	00:42:23	01:26:31	01:25:00	2468		V45	153
2470	268	Mario Gonçalves	00:43:21	01:26:34	01:25:30	2475		V70	19
2471	961	Maria Anjos	00:43:23	01:26:42	01:24:40	2464	CONDOR	V70	1
2472	1828	Mário Coelho	00:41:49	01:26:48	01:25:20	2472	Papa Kms	V55	134
2473	1829	João Augusto	00:41:48	01:26:48	01:25:20	2471	Papa Kms	V50	218
2474	2377	Ana Lourenço	00:41:50	01:26:48	01:26:14	2483		V50	73
2475	1525	Carina Vergas	00:43:45	01:26:50	01:24:39	2463	Linhas Cruzadas	V35	129
2476	1524	Ricardo Vergas	00:43:45	01:26:50	01:24:39	2462	Linhas Cruzadas	V50	219
2477	1712	Carlos Bandeijas	00:40:25	01:27:16	01:25:34	2476	JG Seguros	V55	135
2478	296	Célia Figueiredo	00:43:22	01:27:28	01:26:10	2480		V45	154
2479	1607	Ana Vilela	00:40:44	01:27:28	01:26:14	2482	Clube Millennium bcp	V50	74
2480	1506	Sara Silva	00:39:57	01:27:34	01:26:05	2478		V40	169

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2481	1747	Ana Cardoso	00:43:46	01:28:00	01:25:58	2477		V35	130
2482	915	Marlene Cunha	00:43:02	01:28:05	01:26:10	2481		V40	170
2483	3038	Catarina Bettencourt	00:43:46	01:28:06	01:26:06	2479		V35	131
2484	2147	Maria Brito	00:42:21	01:28:46	01:28:12	2494		V60	13
2485	3102	Cláudia Amaro	00:42:01	01:28:49	01:26:47	2484		V40	171
2486	3093	Cláudia Espada	00:42:01	01:28:50	01:26:48	2485		V40	172
2487	1706	Paula Rodrigues	00:44:19	01:29:01	01:27:44	2488		V45	155
2488	926	Margarida Fonseca	00:43:21	01:29:07	01:28:03	2493		V60	14
2489	1684	Denise Rosa	00:43:33	01:29:09	01:27:34	2487	Eu corro com a minha mãe	Senior	192
2490	2334	Carlos Rodrigues	00:44:41	01:29:10	01:27:46	2489		V45	343
2491	1459	Marta Pontes	00:43:36	01:29:18	01:28:19	2495		Senior	193
2492	540	Hugo Carago	00:47:19	01:29:34	01:27:15	2486	Clube Novo Banco	V45	344
2493	1616	Acacio Lopes	00:38:49	01:29:34	01:27:58	2491	Clube Millennium bcp	V50	220
2494	1567	Marta Moreira	00:39:01	01:29:35	01:27:58	2492	Clube Millennium bcp	Junior	6
2495	2893	Ana Miranda	00:42:40	01:29:47	01:27:52	2490		Senior	194
2496	158	Antonio Figueiredo	00:39:36	01:30:15	01:28:49	2496		V60	69
2497	66	Sandra Silva	00:45:08	01:30:40	01:28:54	2497		V45	156
2498	1596	Jose Rebelo	00:42:04	01:30:42	01:28:56	2498	Clube Millennium bcp	V50	221
2499	1941	António Marques	00:44:51	01:31:05	01:30:26	2500		V70	20
2500	1704	Andreia Carriço	00:46:09	01:31:06	01:29:15	2499		V35	132

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2501	2096	Paula Mendes	00:45:06	01:31:22	01:30:37	2502		V45	157
2502	943	Lurdes Ferreira	00:41:40	01:32:08	01:30:33	2501	Serviços Sociais Montepio	V55	35
2503	2258	Alona Ostapenko	00:46:50	01:32:13	01:30:37	2503		Senior	195
2504	1770	Andreia Vaz	00:44:27	01:32:15	01:31:00	2506		V35	133
2505	1264	Diana Santos	00:42:15	01:32:26	01:30:40	2504		Senior	196
2506	1263	António Silva	00:42:16	01:32:27	01:30:41	2505		V40	345
2507	3109	José Marcos	00:46:15	01:33:37	01:31:43	2509	Os Sousas	V55	136
2508	3108	Ana Branquinho	00:46:15	01:33:37	01:31:43	2510	Os Sousas	V55	36
2509	2213	Leonor Cabral	00:46:15	01:33:38	01:33:08	2518	Tartarugas	Senior	197
2510	2211	Vanessa Cabral	00:46:15	01:33:38	01:31:39	2508	Tartarugas	V35	134
2511	2212	Catarina Bento	00:46:14	01:33:38	01:31:38	2507	Tartarugas	V35	135
2512	2706	Luciana Pimentel	00:47:20	01:33:40	01:32:03	2511		V65	12
2513	2314	Francisco Lança	00:45:48	01:34:02	01:32:23	2512	A Brigada do Reumático	V55	137
2514	2747	Rita Manteigas	00:47:40	01:34:17	01:32:51	2517		Senior	198
2515	962	Lucinda Henriques	00:44:23	01:34:45	01:32:42	2516	CONDOR	V70	2
2516	2956	Sandra Matos	00:46:55	01:34:47	01:32:32	2513	NAPA - Núcleo de Amigos da Perna Assada	V40	173
2517	2710	Ana Agostinho	00:46:52	01:34:47	01:32:34	2515		V40	174
2518	3101	Elisa Gomes	00:46:51	01:34:47	01:32:33	2514		Senior	199
2519	821	Mayer Raposo	00:43:02	01:37:03	01:34:52	2519	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V70	21
2520	3070	Erica Santos	00:47:51	01:37:11	01:36:51	2529		V40	175

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2521	2132	Carla Antunes	00:47:03	01:37:14	01:35:38	2523		V45	158
2522	2440	Luisa Pereira	00:47:03	01:37:15	01:36:38	2528		V35	136
2523	72	Jorge Ferro	00:46:50	01:37:19	01:34:56	2520		V45	345
2524	132	Elsa Fonseca	00:43:00	01:37:19	01:34:57	2521	Ronhonhós Running Team	V45	159
2525	131	João Campos	00:43:00	01:37:19	01:34:58	2522	Ronhonhós Running Team	V45	346
2526	3068	Hugo Santos	00:46:39	01:37:39	01:37:19	2532		V35	226
2527	2357	Luís Barbosa	00:47:00	01:38:02	01:36:32	2526		Senior	279
2528	2356	Sara Oliveira	00:47:00	01:38:03	01:36:33	2527		Senior	200
2529	2916	Rogério Cunha	00:47:50	01:38:06	01:37:45	2533		V45	347
2530	3091	José Pereira	00:48:38	01:38:32	01:36:05	2524		V50	222
2531	3094	Jorge Sobral	00:49:04	01:38:36	01:36:27	2525		V80	3
2532	3075	Tiago Galamba	00:50:43	01:38:50	01:36:57	2530		V35	227
2533	2714	Hugo Galamba	00:50:43	01:38:51	01:36:57	2531		V40	346
2534	2134	Diana Leal	00:46:57	01:38:57	01:38:15	2534		Senior	201
2535	2159	Carla Conceição	00:46:57	01:39:07	01:38:27	2535		V45	160
2536	2968	Ana Marecos	00:49:04	01:40:23	01:38:33	2536		V40	176
2537	2109	Sandra Pereira	00:50:32	01:40:26	01:38:37	2538	Trilhos & Bigodes	V45	161
2538	2110	Elza Raposo	00:50:32	01:40:26	01:38:37	2537	Trilhos & Bigodes	V40	177
2539	2094	Julio Bras	00:45:05	01:40:36	01:39:53	2539		V45	348
2540	2410	Glória Correia	00:52:44	01:42:24	01:40:33	2540		V45	162

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2541	1359	Maria Lobato	00:49:38	01:42:31	01:41:25	2543	CLUBE ATLETISMO AMIGOS DE BELÉM	V60	15
2542	1358	Isabel Nobre	00:49:39	01:42:32	01:41:27	2545	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	13
2543	2304	Cristina Xavier	00:52:42	01:43:30	01:41:21	2541		V45	163
2544	2315	Maria Lança	00:53:45	01:43:31	01:41:51	2552	A Brigada do Reumático	V55	37
2545	2416	Ines Xavier	00:52:41	01:43:31	01:41:25	2544		Junior	7
2546	2394	Maria Vespeira	00:48:52	01:43:33	01:41:25	2542		V45	164
2547	2748	Maria Anjos	00:52:44	01:43:36	01:41:44	2550		V65	14
2548	2222	Vera Patinha	00:51:14	01:43:39	01:41:58	2553		V40	178
2549	1991	Ana Baptista	00:51:15	01:43:40	01:42:01	2554		V45	165
2550	2308	Alda Pires	00:51:13	01:43:41	01:42:01	2555		V45	166
2551	1145	Sonia Rodrigues	00:49:28	01:43:52	01:41:41	2546		V35	137
2552	1144	Jorge Rodrigues	00:51:41	01:43:54	01:41:42	2547		V40	347
2553	2923	Fatima Bernardo	00:52:00	01:43:57	01:41:44	2548		V50	75
2554	3003	Marcia Pereira	00:52:00	01:43:58	01:41:44	2549		V45	167
2555	1111	Flávio Sousa	00:51:43	01:44:01	01:41:50	2551		Senior	280
2556	2924	Ana Bernardo	00:51:59	01:44:43	01:42:31	2556		Senior	202
2557	2727	Julia Cunha	00:55:14	01:46:18	01:44:35	2558		V50	76
2558	2679	Elisabete Santos	00:55:16	01:46:19	01:44:36	2559		V50	77
2559	2582	Paula Morais	00:55:15	01:46:20	01:44:35	2557		V50	78
2560	3193	Manuel Amado	00:53:48	01:48:00	01:46:01	2560		Junior	25



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2561	3039	Inês Rebelo	00:53:49	01:48:02	01:46:02	2561		Senior	203
2562	3192	Tânia Amado	00:53:48	01:49:09	01:47:09	2564		Senior	204
2563	2324	Leonor Lascas	00:54:54	01:50:39	01:48:42	2565		V35	138
2564	2565	Vera Carranca	00:54:08	01:50:40	01:48:51	2566		V35	139
2565	2692	Maria Nunes	00:55:54	01:50:42	01:49:12	2569		V55	38
2566	2642	Fatima Casaca	00:55:54	01:50:42	01:49:12	2570		V45	168
2567	1474	Susana Gonçalves	00:56:45	01:51:10	01:48:59	2567	PowerBoost Club	Senior	205
2568	1466	Ana Carlos	00:56:43	01:51:11	01:49:00	2568	PowerBoost Club	V35	140
2569	1005	Beatriz Magalhães	00:54:31	01:51:31	01:46:54	2563	Família Magalhães	Junior	8
2570	1004	Paula Magalhães	00:58:06	01:51:32	01:46:53	2562	Família Magalhães	V40	179
2571	2849	Cláudia Cortes	00:56:38	01:53:15	01:51:59	2574		V40	180
2572	2504	Carla Dias	00:56:38	01:53:16	01:52:01	2575		V45	169
2573	1116	Patrícia Trovão	00:57:37	01:53:46	01:52:20	2576	ALENQUER RUN	V40	181
2574	2126	Manuel Gonçalves	00:57:37	01:53:47	01:51:53	2573		V80	4
2575	2125	Carla Carichas	00:57:37	01:53:47	01:51:52	2571		V45	170
2576	2124	Alexandre Sá	00:57:36	01:53:47	01:51:52	2572		V45	349
2577	3089	G Dias	00:58:31	01:58:09	01:56:56	2578		V50	79
2578	2489	Jorge Henriques	00:58:33	01:58:16	01:57:30	2583		V50	223
2579	2490	Helena Silva	00:58:31	01:58:16	01:57:30	2584		V60	16
2580	2319	José Santos	00:54:06	01:58:35	01:56:55	2577	A Brigada do Reumático	V60	70

1 JUNHO '19

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2581	2318	Rui Marques	00:58:17	01:58:37	01:56:57	2580	A Brigada do Reumático	V50	224
2582	2317	Célia Marques	00:58:36	01:58:38	01:56:59	2581	A Brigada do Reumático	V45	171
2583	2316	Maria Peixoto	00:58:37	01:58:39	01:57:00	2582	A Brigada do Reumático	V55	39
2584	1467	Ana Rodrigues	00:58:25	01:58:40	01:56:57	2579	PowerBoost Club	V35	141