



CORRIDA
jumbo

10 KM

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	704	Nelson Cruz	00:15:00	00:31:15	00:31:15	1		V35	1
2	805	Miguel Santos	00:15:40	00:32:02	00:32:01	2		Senior	1
3	474	Luis Pinto	00:15:40	00:32:30	00:32:30	3		V35	2
4	827	Luís Macau	00:16:12	00:33:34	00:33:34	4		Senior	2
5	610	Antonio Pinto	00:17:24	00:35:37	00:35:36	5		V40	1
6	404	Nuno Lopes	00:17:36	00:35:45	00:35:45	6	LINDA A PASTORA SPORTING CLUBE	Senior	3
7	561	Tiago Sousa	00:17:43	00:36:47	00:36:47	7		Senior	4
8	462	Rui Cabeças	00:18:14	00:37:06	00:37:04	8		V40	2
9	756	Pedro Mota	00:18:30	00:37:15	00:37:15	9		V40	3
10	475	Luís Santos	00:18:30	00:37:21	00:37:21	10		Senior	5
11	473	Sandra Teixeira	00:18:36	00:37:39	00:37:39	11		V35	1
12	586	Dinis Oliveira	00:18:37	00:37:45	00:37:45	12		V40	4
13	295	Nuno Soares	00:18:56	00:37:58	00:37:56	13	Correr Lisboa	Senior	6
14	739	Marcos Estrela	00:18:29	00:37:59	00:37:58	14	GD Estoril Praia	Senior	7
15	795	Adolfo Leal	00:18:44	00:38:06	00:38:06	15	Restaurante O Cartaxeiro	V45	1
16	759	Luis Matos	00:18:44	00:38:36	00:38:36	17		V45	2
17	428	Rui Cabral	00:18:50	00:38:50	00:38:47	18	N.A. PAPAGAIOS CASCAIS	V35	3
18	649	Samuel Galveia	00:19:17	00:39:05	00:39:03	19		Senior	8
19	814	Fernando Almeida	00:19:11	00:39:16	00:39:16	20		V35	4



CORRIDA
jumbo

10 KM

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>
20	106	José Jorge	00:19:26	00:39:22	00:39:21	21		Senior	9
21	747	Nuno Silva	00:19:00	00:39:25	00:39:23	22	Eu e Tu	V35	5
22	500	Nuno Garcia	00:19:50	00:39:45	00:39:43	23		V40	5
23	228	Luis Alves	00:19:09	00:39:54	00:39:54	24		V45	3
24	258	Luis Mesquita	00:20:01	00:40:01	00:40:01	25		V40	6
25	677	João Correia	00:19:33	00:40:11	00:40:11	26		Junior	1
26	815	Orlando Silva	00:19:31	00:40:13	00:40:12	28		V55	1
27	369	Nuno Quintela	00:20:01	00:40:15	00:40:11	27		Senior	10
28	825	Alirio Neves	00:19:02	00:40:18	00:40:13	29		Senior	11
29	254	André Patrício	00:20:01	00:40:26	00:40:22	30		Senior	12
30	530	Cristina Garcia	00:20:05	00:40:30	00:40:30	32		V40	1
31	211	Edgar Trigo	00:19:55	00:40:31	00:40:28	31		V45	4
32	436	Joao Cabecas	00:20:04	00:40:41	00:40:31	33		V40	7
33	350	Stephan Koenig	00:20:24	00:40:47	00:40:37	34		V45	5
34	166	Carlos Pedro	00:20:05	00:40:51	00:40:48	35	Clube TAP PORTUGAL	V40	8
35	568	Mónica Moreiras	00:20:05	00:40:51	00:40:51	37	GFD RUNNING	V35	2
36	390	Bernardo Pinto-Coelho	00:20:07	00:41:00	00:40:50	36		V35	6
37	355	João Pastor	00:20:05	00:41:02	00:41:00	38	CCDT Metro Lx	V40	9
38	167	Daniel Seborro	00:20:29	00:41:13	00:41:08	39	Clube TAP PORTUGAL	Senior	13



CORRIDA
jumbo

10 KM

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
39	728	Carlos Marques	00:20:15	00:41:15	00:41:09	40		V45	6
40	201	Bruno Amaro	00:20:21	00:41:31	00:41:21	41		V35	7
41	334	Carlos Guedes	00:20:17	00:41:33	00:41:31	43		V45	7
42	800	Ricardo Lobo	00:20:21	00:41:36	00:41:34	44		V40	10
43	830	Pedro Lavrador	00:20:00	00:41:43	00:41:42	45		Senior	14
44	796	Arlindo Paixão	00:20:31	00:41:45	00:41:45	46	Restaurante O Cartaxeiro	V50	1
45	679	Telmo Simões	00:21:05	00:41:47	00:41:31	42		Senior	15
46	21	Hugo Rocha	00:20:26	00:41:53	00:41:48	47		V40	11
47	767	Pedro Gonçalves	00:21:01	00:42:02	00:41:52	48		Senior	16
48	396	Pedro Martins	00:20:32	00:42:17	00:42:13	50		V35	8
49	346	Jaime Nunes	00:20:29	00:42:20	00:42:14	51		V45	8
50	599	Ricardo Martins	00:20:41	00:42:23	00:42:22	55	CLUBE OLÍMPICO DE OEIRAS	Junior	2
51	179	Tiago Lourenço	00:20:48	00:42:24	00:42:20	54		Senior	17
52	816	Eduardo Santos	00:20:38	00:42:26	00:42:25	58		V35	9
53	353	Ricardo Nunes	00:20:52	00:42:26	00:42:17	52		V40	12
54	184	Luis Zêzere	00:20:50	00:42:26	00:42:25	57	CCD Crédito Agrícola Mútuo	V35	10
55	469	Nuno Lucas	00:21:15	00:42:28	00:42:18	53	Pernas de Gafanhoto	V35	11
56	389	Hugo Conceição	00:20:25	00:42:28	00:42:24	56		V35	12
57	592	António Almeida	00:21:39	00:42:45	00:42:39	60	CLUBE OLÍMPICO DE OEIRAS	Junior	3



CORRIDA
jumbo

10 KM

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>
58	778	Luís Sanches	00:20:38	00:42:47	00:42:41	61		Senior	18
59	19	Hugo Borges	00:21:21	00:42:48	00:42:38	59		Senior	19
60	341	André Ribeiro	00:21:24	00:42:54	00:42:44	62		Senior	20
61	405	Agostinho Semedo	00:21:16	00:43:07	00:43:07	65	LINDA A PASTORA SPORTING CLUBE	V35	13
62	732	Mário Marques	00:21:34	00:43:10	00:42:57	63		Senior	21
63	379	Rogério Silva	00:20:45	00:43:12	00:43:10	66		V50	2
64	110	João Gaspar	00:21:21	00:43:14	00:43:03	64		Senior	22
65	143	Afzal Aziz	00:21:14	00:43:16	00:43:12	67		Senior	23
66	242	Carlos Viseu	00:21:21	00:43:17	00:43:14	68		V45	9
67	121	Armando Dias	00:21:20	00:43:22	00:43:20	69	MASSAMÁ RUN	V45	10
68	183	Gonçalo Ferreira	00:21:38	00:43:24	00:43:21	70	CCD Crédito Agrícola Mútuo	Senior	24
69	36	Ricardo Pereira	00:21:03	00:43:27	00:43:25	72		V35	14
70	84	Miguel Soares	00:22:32	00:43:28	00:41:55	49		Senior	25
71	520	David Resina	00:21:07	00:43:29	00:43:27	75	Resinas	V50	3
72	571	John Gilsenan	00:21:22	00:43:30	00:43:25	71		V45	11
73	85	Rui Paulo	00:21:21	00:43:33	00:43:30	76		V45	12
74	668	Pedro Pires	00:22:09	00:43:34	00:43:27	73		Senior	26
75	141	Maurício Marques	00:21:44	00:43:38	00:43:27	74		V40	13
76	256	Carlos Santos	00:21:30	00:43:39	00:43:34	77	GDINE	V45	13



CORRIDA
jumbo

10 KM

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>
77	373	Nuno Apolo	00:21:10	00:43:45	00:43:45	80	Restaurante O Cartaxeiro	V35	15
78	160	Carlos Marques	00:21:57	00:43:50	00:43:44	79		V35	16
79	260	Ivo Pina	00:21:35	00:43:50	00:43:41	78		V40	14
80	822	Eder Brito	00:20:36	00:43:51	00:43:50	81		Senior	27
81	276	Carlos Goncalves	00:21:33	00:43:53	00:43:52	82		V65	1
82	135	Joao Caldas	00:20:45	00:43:55	00:43:54	84	NUCLEO DESPORTIVO AUTOCOOPE	V45	14
83	30	David Saraiva	00:21:04	00:43:55	00:43:54	85	A. D. Manteigas	Senior	28
84	749	Isabel Gonçalves	00:21:26	00:43:58	00:43:55	86		Senior	1
85	192	Andreas Tschakert	00:21:52	00:44:01	00:43:56	87		V40	15
86	455	Virgilio Madeira	00:21:48	00:44:05	00:43:57	88	AÇOREANA CLUBE BANIF	V55	2
87	164	Luis Ferreira	00:21:27	00:44:09	00:44:04	89		V45	15
88	545	Nuno Filipe	00:21:49	00:44:10	00:44:09	92		V35	17
89	532	David Harrison	00:21:59	00:44:17	00:44:13	93		V45	16
90	727	Helder Borges	00:21:29	00:44:25	00:43:54	83		V35	18
91	806	Luis Macedo	00:24:10	00:44:27	00:44:08	90		V35	19
92	810	Paulo Vieira	00:22:12	00:44:29	00:44:17	94		V45	17
93	35	Paulo Lopes	00:22:38	00:44:36	00:44:09	91		V35	20
94	645	Feliciano Carvalho	00:21:41	00:44:38	00:44:33	99	BRRnightRUNNERS	V45	18
95	444	Fernando Celestino	00:21:59	00:44:39	00:44:28	95	AÇOREANA CLUBE BANIF	V55	3



10 KM

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>
96	866	João Girão	00:21:28	00:44:42	00:44:31	97		Senior	29
97	585	Bernardo Branco	00:21:36	00:44:47	00:44:31	98		Junior	4
98	39	Mario Marques	00:21:59	00:44:49	00:44:46	100		V45	19
99	579	Tiago Santos	00:21:54	00:44:51	00:44:47	102		Senior	30
100	578	Luis Santos	00:21:54	00:44:51	00:44:48	103		V45	20
101	217	Renato Ramos	00:22:08	00:44:53	00:44:47	101	Movet	V35	21
102	415	Joaquim Frade	00:21:48	00:44:57	00:44:55	104	SS CGD	V55	4
103	820	Carlos Fortunato	00:22:22	00:45:09	00:45:01	105		V50	4
104	413	Henrique Amador	00:22:08	00:45:14	00:45:11	110	SS CGD	V40	16
105	370	Fernando Gonçalves	00:21:58	00:45:14	00:45:11	109		V45	21
106	724	Nuno Alves	00:21:58	00:45:16	00:45:11	108		V35	22
107	799	Pedro Amaral	00:21:29	00:45:18	00:45:18	112		V40	17
108	52	Carlos Craveira	00:22:30	00:45:23	00:45:11	107		V40	18
109	231	Paulo Francisco	00:22:12	00:45:23	00:45:21	116		V45	22
110	188	Rui Graça	00:21:55	00:45:23	00:45:22	119	CCD Crédito Agrícola Mútuo	V50	5
111	40	Bruno Pandaio	00:22:00	00:45:25	00:45:24	120		V35	23
112	451	Nuno Forte	00:22:41	00:45:25	00:45:13	111	AÇOREANA CLUBE BANIF	V40	19
113	168	Jorge Gonçalves	00:22:54	00:45:25	00:45:04	106	Clube TAP PORTUGAL	Senior	31
114	777	Rúben Godinho	00:21:27	00:45:26	00:45:18	113		Senior	32



CORRIDA
jumbo

10 KM

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>
115	786	Nuno Cruz	00:22:03	00:45:30	00:45:22	118		Senior	33
116	61	Pedro Machado	00:22:32	00:45:31	00:45:29	121		V35	24
117	63	Ruben Costa	00:22:28	00:45:35	00:45:22	117		Senior	34
118	169	Manuel Mexia	00:22:54	00:45:41	00:45:21	115	Clube TAP PORTUGAL	V45	23
119	259	Pedro Machado	00:22:28	00:45:44	00:45:33	123		Senior	35
120	218	Bruno Duque	00:22:27	00:45:44	00:45:32	122		Senior	36
121	105	José Silva	00:22:24	00:45:45	00:45:44	124		V45	24
122	371	João Barreto	00:22:11	00:45:50	00:45:44	125		V35	25
123	129	Sérgio Manso	00:23:14	00:45:53	00:45:49	126		Senior	37
124	417	Orlindo Figueiredo	00:22:26	00:45:55	00:45:55	128	SS CGD	V65	2
125	182	Carlos Silva	00:22:49	00:45:59	00:45:53	127	CCD Crédito Agrícola Mútuo	V50	6
126	746	João Almeida	00:22:44	00:46:02	00:45:57	129	Kaninos	V45	25
127	174	Antonio Ramalho	00:22:38	00:46:06	00:46:01	132		V50	7
128	717	Pedro Tomás	00:22:42	00:46:11	00:46:00	131		V40	20
129	471	João Duarte	00:22:40	00:46:15	00:45:59	130		V50	8
130	45	Luís Alegria	00:22:35	00:46:20	00:46:20	137	Criminalistic Runners	V35	26
131	29	Nuno Santos	00:22:25	00:46:21	00:46:03	133		Senior	38
132	79	Carlos Costa	00:23:25	00:46:25	00:46:11	134		V55	5
133	559	Adriano Felicio	00:22:44	00:46:28	00:46:26	138	CCD Sintrense	V35	27



CORRIDA
jumbo

10 KM

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>
134	234	Pedro Gameiro	00:22:44	00:46:29	00:46:19	136		V40	21
135	437	Rodrigo Costa	00:24:07	00:46:33	00:46:12	135		Junior	5
136	170	Joao Bogalheiro	00:22:18	00:46:35	00:46:34	141		V45	26
137	86	Pedro Teixeira	00:23:19	00:46:38	00:46:31	140	Portelas	V40	22
138	553	Augusto Aguiar	00:22:19	00:46:39	00:46:36	143	CCD Sintrense	V55	6
139	511	Ricardo Filipe	00:24:11	00:46:41	00:46:28	139	Radio_in_activos	V35	28
140	678	António Silva	00:22:30	00:46:41	00:46:39	144		V55	7
141	54	Alberto Matias	00:22:53	00:46:43	00:46:40	147		V55	8
142	22	Joao Barreira	00:23:13	00:46:48	00:46:40	146		Senior	39
143	12	Diogo Brehm	00:24:00	00:46:51	00:45:19	114		Senior	40
144	594	Isabel Rodrigues	00:23:15	00:46:52	00:46:39	145	CLUBE OLÍMPICO DE OEIRAS	Junior	1
145	589	Paulo Sena	00:22:36	00:46:57	00:46:48	148		V40	23
146	117	Jorge Leite	00:22:53	00:46:57	00:46:53	151		V45	27
147	246	Carlos Nabiça	00:23:14	00:46:58	00:46:48	149		V50	9
148	682	Luís Vale	00:23:35	00:47:02	00:46:55	153		V40	24
149	811	Hélder Silva	00:23:45	00:47:03	00:46:36	142		V35	29
150	779	Tito Vieira	00:22:42	00:47:03	00:46:55	154		Senior	41
151	621	Moisés Cardoso	00:22:52	00:47:03	00:46:48	150		V35	30
152	323	Sergio Henrique	00:23:25	00:47:08	00:47:01	156	ODEBRECHT PORTUGAL	V40	25



CORRIDA
jumbo

10 KM

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
153	283	Diogo Henriques	00:22:41	00:47:09	00:47:08	158	CCD PM CASCAIS	Junior	6
154	349	José Veiga	00:23:10	00:47:10	00:47:00	155		V55	9
155	669	Pablo Gonzalez	00:24:33	00:47:10	00:46:53	152		V40	26
156	657	Joaquim Barrocas	00:23:34	00:47:14	00:47:07	157	Os Papagaios	V60	1
157	363	Jose Dionisio	00:23:07	00:47:24	00:47:19	162	alverca urban runners	V50	10
158	721	Vitor Rodrigues	00:23:22	00:47:24	00:47:17	160		V45	28
159	525	Nuno Patricio	00:22:31	00:47:26	00:47:25	165		V40	27
160	83	Vitor Santos	00:23:46	00:47:27	00:47:17	161		V35	31
161	269	Ricardo Motomura	00:23:20	00:47:33	00:47:09	159		V40	28
162	583	Hugo Molha	00:23:56	00:47:34	00:47:25	166		Senior	42
163	512	Nuno Bogalheiro	00:22:59	00:47:35	00:47:34	171		V40	29
164	824	Rubén Almeida	00:24:50	00:47:36	00:44:29	96		Senior	43
165	46	Fernando Rodrigues	00:23:01	00:47:39	00:47:39	174	Criminalistic Runners	V35	32
166	722	Luis Martins	00:23:52	00:47:41	00:47:20	163		V35	33
167	406	Filipe Castro	00:23:34	00:47:42	00:47:36	173		Senior	44
168	709	Jose Magalhaes	00:23:10	00:47:43	00:47:35	172		V45	29
169	590	Patrícia Pereira	00:23:56	00:47:43	00:47:34	170		Senior	2
170	37	Pedro Fraústo	00:23:56	00:47:44	00:47:24	164		V40	30
171	818	Nuno Beijoca	00:23:29	00:47:50	00:47:48	177		V35	34



CORRIDA
jumbo

10 KM

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>
172	251	Marcos Ferreira	00:23:45	00:47:50	00:47:45	175		Senior	45
173	688	Mário Mota	00:23:32	00:47:51	00:47:28	168		V35	35
174	109	Abilio Campos	00:24:02	00:47:59	00:47:25	167		V40	31
175	597	Paulo Santos	00:23:43	00:48:00	00:47:47	176	CLUBE OLÍMPICO DE OEIRAS	Junior	7
176	861	Rui Custódio	00:24:07	00:48:01	00:47:51	179		V35	36
177	772	M ^a Madeira	00:23:48	00:48:03	00:47:57	185	N.A. PAPAGAIOS CASCAIS	V40	2
178	193	David Almeida	00:23:43	00:48:04	00:47:56	181		V40	32
179	653	Pedro Silva	00:24:49	00:48:05	00:47:52	180		Junior	8
180	609	Nuno Araújo	00:24:08	00:48:08	00:47:57	182		V40	33
181	613	Gilberto Pereira	00:23:19	00:48:11	00:47:32	169		V40	34
182	311	Adelino Pereira	00:23:40	00:48:12	00:48:08	187	ODEBRECHT PORTUGAL	V50	11
183	655	André Rodrigues	00:23:48	00:48:12	00:47:57	183		Senior	46
184	782	Honório Teixeira	00:23:51	00:48:15	00:48:07	186		V45	30
185	828	Paulo Garcia	00:24:06	00:48:19	00:48:08	188		V45	31
186	544	Pedro Vicente	00:23:48	00:48:20	00:48:15	189		V35	37
187	400	João Crisóstomo	00:24:21	00:48:21	00:47:51	178		V50	12
188	432	Fernanda Gil	00:23:45	00:48:22	00:48:18	192		V45	1
189	556	Orlando Martins	00:23:19	00:48:24	00:48:21	195	CCD Sintrense	V55	10
190	308	Helder Pereira	00:23:48	00:48:24	00:48:18	191		V35	38



CORRIDA
jumbo

10 KM

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>
191	13	Rodrigo Santos	00:22:54	00:48:26	00:48:25	197		V40	35
192	17	António Ramos	00:23:09	00:48:26	00:48:26	198		V40	36
193	230	Ana Francisco	00:23:17	00:48:26	00:48:23	196		V40	3
194	639	Carlos Lapa	00:24:14	00:48:30	00:48:16	190		Senior	47
195	573	Artur Denominato	00:24:17	00:48:38	00:48:34	199	Pi Linha Runners	V40	37
196	207	Miguel Passos	00:23:51	00:48:38	00:48:21	194		V40	38
197	270	Pedro Ferreira	00:23:56	00:48:38	00:48:20	193		V35	39
198	87	Manuel Valença	00:24:54	00:48:40	00:47:57	184	Portelas	Senior	48
199	178	Luis Aires	00:22:59	00:48:45	00:48:36	200		V45	32
200	534	João Teixeira	00:23:53	00:48:55	00:48:46	204		V45	33
201	812	Domingos Leitão	00:24:10	00:48:57	00:48:38	201		V40	39
202	304	Carlos Noronha	00:24:21	00:48:59	00:48:57	208		V35	40
203	366	Domingos Fernandes	00:23:36	00:48:59	00:48:58	209	Os Amigos do Atletismo	V60	2
204	497	João Luz	00:23:31	00:49:00	00:48:59	210		V35	41
205	697	Pedro Cardoso	00:23:54	00:49:00	00:48:50	205		V40	40
206	48	Pedro Alves	00:23:06	00:49:00	00:49:00	212	Criminalistic Runners	Senior	49
207	496	Carlos Teixeira	00:23:53	00:49:01	00:48:46	203	Lebres e Tartarugas	V55	11
208	55	Avelino Henriques	00:24:01	00:49:03	00:49:03	213		V50	13
209	718	Tomas Tim	00:23:35	00:49:03	00:48:43	202		Senior	50



CORRIDA
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10 KM

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>
210	510	Francisco Paraiba	00:24:31	00:49:05	00:48:53	207	Radio_in_activos	V35	42
211	524	Nuno Almeida	00:24:50	00:49:08	00:49:03	214		V35	43
212	233	Fernando Almeida	00:23:36	00:49:14	00:49:11	217		V45	34
213	23	Rui Barros	00:24:11	00:49:15	00:49:04	215		V45	35
214	477	Bernardo Gradissimo	00:23:41	00:49:17	00:49:10	216		V55	12
215	523	Ricardo Pires	00:23:53	00:49:17	00:49:13	218		Senior	51
216	412	Fernando Lima	00:24:01	00:49:19	00:49:16	220	SS CGD	V45	36
217	719	Telmo Lopes	00:24:29	00:49:20	00:48:52	206		V40	41
218	761	Jose Machado	00:23:18	00:49:25	00:49:20	222		V45	37
219	103	António Raposo	00:24:37	00:49:25	00:49:16	219		V45	38
220	156	Joaquim Palmeiro	00:23:38	00:49:29	00:49:21	223		V45	39
221	78	Gilberto Gonçalves	00:24:21	00:49:31	00:49:22	225	Clube Atletismo Amigos de Belém	V65	3
222	671	Joao Silva	00:24:35	00:49:33	00:49:19	221		V40	42
223	674	Rui Mendes	00:23:28	00:49:34	00:49:29	228	Mendes Brother's	Senior	52
224	807	Jose Marques	00:23:49	00:49:38	00:49:34	230		V45	40
225	108	Paulo Soares	00:24:38	00:49:39	00:48:59	211		V35	44
226	297	João Pereira	00:24:22	00:49:39	00:49:24	227		V50	14
227	692	Nuno Melo	00:23:58	00:49:39	00:49:36	233		V40	43
228	113	Jorge Miranda	00:25:34	00:49:39	00:49:33	229		V45	41



CORRIDA
jumbo

10 KM

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>
229	637	Gonçalo Oliveira	00:25:09	00:49:43	00:49:22	226		V40	44
230	826	Mario Rodrigues	00:23:49	00:49:43	00:49:36	231		V45	42
231	716	Luis Pires	00:24:48	00:49:57	00:49:36	232		V40	45
232	408	Luis Leite	00:25:28	00:49:59	00:49:43	237		V40	46
233	111	Paulo Caldeira	00:25:31	00:50:00	00:49:42	236		V35	45
234	565	Dario Coffetti	00:24:49	00:50:00	00:49:21	224		V35	46
235	317	Manuel Paulo	00:23:52	00:50:02	00:49:58	242	ODEBRECHT PORTUGAL	V55	13
236	587	Joana Ribeiro	00:24:39	00:50:02	00:49:48	239		Senior	3
237	447	João Fernandes	00:24:04	00:50:03	00:49:58	241	AÇOREANA CLUBE BANIF	Senior	53
238	58	Marco Ligeiro	00:24:59	00:50:04	00:49:37	234		V35	47
239	285	Ivan Ramos	00:25:54	00:50:06	00:49:40	235	CCD PM CASCAIS	Senior	54
240	755	Fernando Ferreira	00:23:51	00:50:08	00:50:02	243		V35	48
241	381	Pedro Marques	00:24:34	00:50:09	00:49:45	238		V40	47
242	672	Jose Morais	00:24:00	00:50:12	00:50:05	245	N.A. PAPAGAIOS CASCAIS	V50	15
243	208	Manuel Canané	00:25:35	00:50:13	00:49:55	240		V50	16
244	785	Vincent Pacaud	00:24:32	00:50:15	00:50:08	247		V50	17
245	543	Nuno Lemos	00:24:22	00:50:19	00:50:10	249		V35	49
246	407	Ricardo Franco	00:25:29	00:50:21	00:50:04	244		V40	48
247	205	Nuno Simões	00:24:26	00:50:21	00:50:20	253	CCD Crédito Agrícola Mútuo	V35	50



CORRIDA
jumbo

10 KM

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>
248	352	Daniel Pereira	00:25:11	00:50:21	00:50:05	246		Senior	55
249	385	Nuno Júlio	00:24:38	00:50:28	00:50:27	258		V40	49
250	684	Valter Duarte	00:24:22	00:50:29	00:50:11	250		V35	51
251	344	Susana Marques	00:26:26	00:50:30	00:50:11	251		V40	4
252	357	João Veiga	00:26:26	00:50:31	00:50:11	252		Senior	56
253	343	Helder Rosário	00:24:20	00:50:33	00:50:29	260		V35	52
254	725	Daniel Oliveira	00:25:17	00:50:34	00:50:23	254		Senior	57
255	271	Raul Costa	00:24:10	00:50:36	00:50:31	262		V50	18
256	51	Gil Carneiro	00:25:07	00:50:37	00:50:24	256		V35	53
257	50	Ana Correia	00:25:06	00:50:37	00:50:24	257		V35	3
258	97	João Estevão	00:25:31	00:50:39	00:50:08	248		V35	54
259	605	José Borges	00:25:55	00:50:41	00:50:28	259		V50	19
260	829	Mónica Teixeira	00:24:30	00:50:42	00:50:40	269		Senior	4
261	284	Hugo Lourenço	00:24:30	00:50:43	00:50:30	261	CCD PM CASCAIS	V40	50
262	227	Rui Luis	00:25:08	00:50:44	00:50:36	265		V35	55
263	555	Mara Araujo	00:25:28	00:50:45	00:50:36	264	CCD Sintrense	Senior	5
264	265	Rui Gafur	00:24:51	00:50:46	00:50:23	255		Senior	58
265	134	Carlos Ferreira	00:24:26	00:50:50	00:50:49	275	NUCLEO DESPORTIVO AUTOCOOPE	V55	14
266	635	Vitor Vieira	00:25:38	00:50:51	00:50:37	267		V40	51



CORRIDA
jumbo

10 KM

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>
267	262	Helder Cruz	00:28:51	00:50:57	00:50:48	273		V40	52
268	93	José Fernandes	00:26:11	00:51:01	00:50:48	274	GDCT Unicre	Senior	59
269	528	Luis Nunes	00:24:58	00:51:02	00:50:46	271		V40	53
270	612	Bruno Soares	00:25:47	00:51:03	00:50:36	266		Senior	60
271	382	Carlos Henrique	00:25:33	00:51:03	00:50:39	268		V45	43
272	797	João Gomes	00:24:08	00:51:03	00:50:54	277		V45	44
273	195	José Pardal	00:26:16	00:51:05	00:50:44	270		V35	56
274	465	Jorge Garcia	00:24:49	00:51:06	00:50:54	278	CLUBE ANACOM	V35	57
275	158	Alexandre Arana	00:25:13	00:51:07	00:50:58	279		V50	20
276	214	Sérgio Faísca	00:24:39	00:51:08	00:50:34	263		V35	58
277	640	Rui Figueira	00:25:59	00:51:09	00:50:48	272		V35	59
278	685	Nuno Lanita	00:25:22	00:51:11	00:50:59	280		V35	60
279	478	Paulo Milicias	00:25:09	00:51:12	00:50:52	276		V45	45
280	290	Nuno Almeida	00:25:29	00:51:15	00:51:03	282	CCD PM CASCAIS	V40	54
281	629	Arnaldo Pinteus	00:24:31	00:51:20	00:51:00	281		V50	21
282	454	Tam Afonso	00:25:18	00:51:25	00:51:17	283	AÇOREANA CLUBE BANIF	V60	3
283	237	Marco Vaz	00:25:49	00:51:36	00:51:34	287	FALCÕES SELVAGENS	Senior	61
284	773	Henrique Menezes	00:25:27	00:51:38	00:51:33	286		V50	22
285	274	Alberto Sousa	00:25:48	00:51:41	00:51:23	285		V45	46



CORRIDA
jumbo

10 KM

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>
286	481	Carlos Santos	00:25:27	00:51:43	00:51:17	284		V35	61
287	771	Daniel Conceição	00:25:37	00:51:47	00:51:41	288	N.A. PAPAGAIOS CASCAIS	V50	23
288	11	Alexandre Tam	00:25:56	00:51:50	00:51:47	290		V35	62
289	340	Pedro Ferreira	00:22:31	00:51:59	00:51:55	292	Clube Robbialac	V35	63
290	616	Nuno Lufinha	00:26:15	00:52:04	00:51:46	289	Happy Runners	V40	55
291	758	Miguel Marti	00:26:55	00:52:11	00:51:48	291		V40	56
292	411	Bruno Dias	00:26:24	00:52:12	00:52:03	294	SS CGD	V35	64
293	392	Jaime Afonso	00:24:10	00:52:13	00:38:22	16	CLUBE ANACOM	V50	24
294	185	Luisa Mourão	00:25:34	00:52:15	00:52:13	300	CCD Crédito Agrícola Mútuo	V35	4
295	38	Luís Meira	00:25:30	00:52:15	00:52:08	296		V40	57
296	546	Jose Vieira	00:25:41	00:52:16	00:52:14	301		V45	47
297	780	José Brites	00:24:36	00:52:17	00:52:09	297		V40	58
298	418	Pedro Lopes	00:26:24	00:52:18	00:52:09	298	SS CGD	V35	65
299	268	Manuel Silva	00:25:10	00:52:21	00:52:20	302		V55	15
300	277	Alberto Abreu	00:26:27	00:52:21	00:51:56	293	CCD PM CASCAIS	V45	48
301	393	José Vaz	00:26:08	00:52:25	00:52:13	299	CLUBE ANACOM	V55	16
302	209	Manuel Dias	00:26:05	00:52:25	00:52:07	295	Clube Atletismo Amora	V45	49
303	476	Carlos Silva	00:26:59	00:52:28	00:52:22	303		V50	25
304	498	Joao Barbosa	00:25:37	00:52:34	00:52:27	307	Movet	V50	26



CORRIDA
jumbo

10 KM

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>
305	651	Carlos Beijinho	00:25:56	00:52:34	00:52:23	304	Jumbo Almada	V40	59
306	70	Miguel Pereira	00:26:29	00:52:36	00:52:33	309	Pi Linha Runners	V40	60
307	175	Nuno Alves	00:26:06	00:52:37	00:52:31	308		V60	4
308	730	Joaquim Melo	00:26:07	00:52:45	00:52:25	305		V55	17
309	73	Joaquim Gamito	00:25:16	00:52:46	00:52:38	315		V50	27
310	864	Pedro Rebelo	00:25:26	00:52:46	00:52:36	313		Senior	62
311	666	Carsten Weymann	00:27:07	00:52:51	00:52:25	306		V40	61
312	738	João Valério	00:26:03	00:52:52	00:52:37	314	Lebres e Tartarugas	V60	5
313	551	José Borges	00:26:02	00:52:54	00:52:43	318	CCD Sintrense	V55	18
314	33	Bruno Graça	00:25:32	00:52:55	00:52:48	322	Urorunners	V35	66
315	633	Rui Fernandes	00:25:24	00:52:56	00:52:51	324		V40	62
316	368	Nuno Madureira	00:24:54	00:52:56	00:52:53	326		Senior	63
317	774	Vitor Ramos	00:26:48	00:52:57	00:52:39	316		V40	63
318	395	Pedro Ferraz	00:26:09	00:52:58	00:52:34	310		V35	67
319	466	Pedro Santos	00:26:10	00:52:58	00:52:34	311		Senior	64
320	388	Luís Moreira	00:25:59	00:52:58	00:52:35	312		V40	64
321	176	Paulo Domingues	00:26:14	00:52:58	00:52:49	323		V40	65
322	491	Ricardo Silva	00:28:41	00:53:01	00:52:46	319		V35	68
323	607	Luís Pereira	00:27:33	00:53:04	00:52:41	317		V40	66



CORRIDA
jumbo

10 KM

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>
324	153	Victor Riscado	00:26:08	00:53:05	00:52:58	331		V40	67
325	463	Angelo Silva	00:26:14	00:53:07	00:52:52	325		V65	4
326	80	José Pinto	00:26:28	00:53:07	00:52:55	328		Senior	65
327	813	Bruno Trincheiras	00:28:46	00:53:11	00:52:54	327		V40	68
328	549	Céu Leitão	00:25:35	00:53:11	00:53:02	332	CCD Sintrense	V45	2
329	165	Antonio Ribeiro	00:25:10	00:53:13	00:53:04	333	Clube TAP PORTUGAL	V50	28
330	282	Bruno Santos	00:26:36	00:53:13	00:52:46	321	CCD PM CASCAIS	Senior	66
331	206	Paulo Silva	00:26:37	00:53:14	00:52:57	329		V45	50
332	219	Victor Raimundo	00:26:36	00:53:14	00:52:57	330		V45	51
333	574	Daniel Rodrigues	00:25:22	00:53:14	00:53:10	334		V35	69
334	691	Maria Coelho	00:26:54	00:53:15	00:52:46	320	RUN IS A GIFT	V40	5
335	441	Carlos Bargado	00:25:07	00:53:23	00:53:17	336	AÇOREANA CLUBE BANIF	V50	29
336	483	Ana Baptista	00:25:38	00:53:27	00:53:19	337		V40	6
337	482	Bruno Talhadas	00:25:38	00:53:27	00:53:20	338		V40	69
338	339	José Vilela	00:27:01	00:53:28	00:53:24	339	Clube Robbialac	V50	30
339	338	Raúl Costa	00:27:01	00:53:28	00:53:24	340	Clube Robbialac	V50	31
340	518	Abilio Tavares	00:25:47	00:53:32	00:53:29	342		V60	6
341	76	Jorge Francisco	00:25:23	00:53:34	00:53:31	343		V35	70
342	563	Paulo Patricio	00:27:18	00:53:34	00:53:14	335		V40	70



CORRIDA
jumbo

10 KM

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
343	100	Joaquim Pinto	00:27:30	00:53:37	00:53:33	344		V55	19
344	670	Joao Martins	00:25:58	00:53:40	00:53:26	341		V35	71
345	706	Célia Francisco	00:26:07	00:53:45	00:53:39	346		V40	7
346	177	Jose Correia	00:26:16	00:53:48	00:53:43	347		V55	20
347	582	Jorge Modesto	00:26:30	00:53:50	00:53:37	345		V35	72
348	504	Pedro Faro	00:26:53	00:53:59	00:53:49	350		V45	52
349	310	João Rêgo	00:28:43	00:54:02	00:53:45	348		Senior	67
350	319	Jorge Monteiro	00:27:02	00:54:02	00:53:59	353	ODEBRECHT PORTUGAL	V45	53
351	25	Paulo Tainha	00:26:31	00:54:15	00:54:13	356		V50	32
352	801	Miguel Afonso	00:26:59	00:54:18	00:54:14	358		V35	73
353	125	Bernardo Eliseu	00:26:10	00:54:19	00:53:50	351	Breakaway	V40	71
354	734	Antonio Baldo	00:27:50	00:54:22	00:53:56	352		Senior	68
355	831	Camilo Vieira	00:26:41	00:54:22	00:54:18	361		V45	54
356	24	Jorge Pires	00:27:52	00:54:24	00:54:20	362		V60	7
357	617	Tiago Lino	00:26:39	00:54:25	00:54:07	355	Happy Runners	Senior	69
358	636	António Vieira	00:25:57	00:54:27	00:54:13	357		Senior	70
359	299	Rui Santos	00:28:26	00:54:29	00:53:47	349		Senior	71
360	294	Tânia Valentim	00:27:40	00:54:32	00:54:05	354	CCD PM CASCAIS	Senior	6
361	516	Luís Santos	00:27:58	00:54:38	00:54:22	363		V40	72



CORRIDA
jumbo

10 KM

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>
362	658	Cidália Oliveira	00:26:07	00:54:41	00:54:34	365	Os Papagaios	V55	1
363	460	Daniel Freire	00:26:45	00:54:46	00:54:44	370		V55	21
364	762	Catarina Azevedo	00:26:57	00:54:48	00:54:46	371		V35	5
365	98	Sandro Prates	00:25:59	00:54:48	00:54:29	364		V35	74
366	792	Mario Jesus	00:27:31	00:54:52	00:54:15	359		V40	73
367	91	Gonçalo Lopes	00:27:13	00:54:59	00:54:47	373	GDCT Unicre	V35	75
368	375	João Simões	00:26:38	00:54:59	00:54:48	374		Senior	72
369	92	Gonçalo Oliveira	00:27:00	00:54:59	00:54:47	372	GDCT Unicre	V50	33
370	766	Manuel Costa	00:26:47	00:54:59	00:54:40	367		V60	8
371	763	João Santos	00:27:50	00:55:01	00:54:36	366		V45	55
372	580	Gonçalo Barbosa	00:27:26	00:55:03	00:54:42	369		Senior	73
373	581	Pedro Romão	00:27:27	00:55:03	00:54:42	368		Senior	74
374	644	Susi Carvalho	00:27:04	00:55:03	00:54:56	381	BRRnightRUNNERS	V45	3
375	507	Cristina Cerda	00:27:05	00:55:05	00:54:51	375		V40	8
376	257	Maria Knapic	00:27:24	00:55:08	00:55:01	382		V60	1
377	661	Marta Lopes	00:26:50	00:55:08	00:55:03	383		V50	1
378	322	Sandra Letras	00:27:59	00:55:10	00:55:07	385	ODEBRECHT PORTUGAL	Senior	7
379	114	Nuno Lico	00:29:15	00:55:13	00:54:55	378		V35	76
380	690	Jorge Camoesas	00:27:19	00:55:13	00:54:54	377		Senior	75



CORRIDA
jumbo

10 KM

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	200	Carlos Afonso	00:27:24	00:55:14	00:55:06	384		V55	22
382	171	Casimiro Silva	00:27:56	00:55:14	00:54:56	380		V40	74
383	695	Telmo Timóteo	00:26:27	00:55:16	00:54:55	379		Senior	76
384	619	Luis Libanio	00:27:43	00:55:20	00:55:08	386		V55	23
385	335	Ricardo Nogueira	00:27:31	00:55:30	00:55:17	387		V35	77
386	468	Paulo Henriques	00:28:34	00:55:34	00:55:26	391		V55	24
387	765	Rodrigo Costeira	00:27:54	00:55:36	00:54:52	376		Senior	77
388	595	José Catita	00:28:35	00:55:36	00:55:23	388	CLUBE OLÍMPICO DE OEIRAS	Junior	9
389	307	Franco Wudich	00:28:23	00:55:38	00:55:23	389	RunLovers	V50	34
390	752	Luís Campos	00:27:35	00:55:42	00:55:23	390		V45	56
391	457	Antonio Costa	00:26:58	00:55:44	00:55:39	394		V70	1
392	152	Nuno Meia-Onça	00:27:46	00:55:46	00:55:40	395		V35	78
393	101	Luís Domingues	00:26:11	00:55:46	00:55:36	393		Senior	78
394	264	Diogo Nobre	00:25:35	00:55:48	00:55:44	396	Sala 13 Running Team	Senior	79
395	253	Pedro Santos	00:27:10	00:55:51	00:55:50	399		V40	75
396	673	Ana Mendes	00:27:13	00:55:55	00:55:49	397	Mendes Brother's	V35	6
397	42	Ana Silva	00:27:58	00:55:56	00:55:33	392		V45	4
398	204	Joaquim Ramalho	00:28:06	00:55:57	00:55:50	398		V45	57
399	220	Rodrigo Sousa	00:27:59	00:56:01	00:55:53	402		Senior	80



CORRIDA
jumbo

10 KM

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>
400	570	Clara Nunes	00:27:21	00:56:09	00:55:51	400		V40	9
401	575	Miguel Redmont	00:28:30	00:56:17	00:55:52	401		V45	58
402	707	Mário Silva	00:27:50	00:56:17	00:56:10	405		V50	35
403	764	Jorge Pereira	00:29:15	00:56:21	00:56:03	403		V50	36
404	626	Pedro Fernandes	00:28:25	00:56:28	00:56:06	404		V35	79
405	606	Luis Viotty	00:28:44	00:56:37	00:56:23	407		Senior	81
406	536	Thiago Silva	00:30:01	00:56:38	00:54:17	360	CORACTION	Senior	82
407	241	Carlos Tomé	00:28:40	00:56:39	00:56:22	406		V60	9
408	248	António Pais	00:27:28	00:56:40	00:56:24	408	VALE DE MADEIROS SC	V65	5
409	144	Helena Pissarra	00:28:33	00:56:51	00:56:42	409		V40	10
410	664	Hugo Cravidão	00:29:09	00:56:58	00:56:42	410		V40	76
411	41	Filipe Junot	00:28:15	00:57:03	00:56:45	411		Senior	83
412	399	Carlos Santos	00:27:43	00:57:07	00:56:53	413	Santos & Filho	Senior	84
413	398	José Santos	00:27:43	00:57:07	00:56:53	412	Santos & Filho	V50	37
414	329	Mário Frias	00:27:08	00:57:07	00:56:55	414		Senior	85
415	620	Elisabeth Lage	00:27:44	00:57:09	00:56:58	415		V40	11
416	347	Bernardo Garcia	00:26:49	00:57:13	00:57:06	417	ADRC Mata de Benfica	Senior	86
417	383	Carina Rodrigues	00:35:26	00:57:14	00:56:58	416	Rodriguerra	Senior	8
418	216	Inês Pais	00:27:49	00:57:14	00:57:07	419	Movet	Senior	9



CORRIDA
jumbo

10 KM

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>
419	517	Rui Duarte	00:28:39	00:57:16	00:57:13	423		V40	77
420	526	Paulo Brás	00:28:39	00:57:16	00:57:13	422		V35	80
421	202	Rui Matos	00:28:34	00:57:20	00:57:16	424		V35	81
422	754	Paulo Luz	00:27:53	00:57:22	00:57:08	420		V35	82
423	430	Fernando Silveiro	00:28:43	00:57:22	00:57:12	421		V45	59
424	272	Adelaide Manhica	00:28:27	00:57:29	00:57:25	427	Team da PTZona	V55	2
425	531	Estela Gonçalves	00:28:13	00:57:30	00:57:07	418		V35	7
426	450	Nuno Santo	00:28:40	00:57:31	00:57:21	425	AÇOREANA CLUBE BANIF	V45	60
427	452	Sandra Martins	00:28:40	00:57:31	00:57:21	426	AÇOREANA CLUBE BANIF	V35	8
428	608	Vasco Pinheiro	00:29:21	00:57:45	00:57:42	429		V50	38
429	776	Tiago Ricardo	00:29:21	00:57:45	00:57:42	430		V35	83
430	819	Bruno Ricardo	00:28:35	00:57:54	00:57:46	434		V50	39
431	731	Mario Vinhas	00:29:09	00:57:56	00:57:54	437		V45	61
432	662	Josué Xavier	00:29:05	00:57:58	00:57:52	436		V35	84
433	515	Rosa Marques	00:27:57	00:58:00	00:57:44	433		V40	12
434	527	Elsa Nunes	00:28:02	00:58:00	00:57:46	435		V40	13
435	20	António Faria	00:28:41	00:58:01	00:57:43	431		V60	10
436	665	Sandra Cardoso	00:29:05	00:58:07	00:58:00	440		V40	14
437	467	Joao Palma	00:28:53	00:58:09	00:57:43	432		V35	85



CORRIDA
jumbo

10 KM

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>
438	862	Nuno Mendonça	00:30:56	00:58:16	00:57:41	428		Senior	87
439	584	Pedro Branco	00:28:25	00:58:16	00:58:00	441		V45	62
440	102	Mário Lameirão	00:28:37	00:58:18	00:58:16	444	Familia Lameirão	V65	6
441	123	Vítor Lucas	00:28:23	00:58:22	00:58:04	442	Breakaway	V50	40
442	94	Marco Martins	00:28:08	00:58:25	00:58:17	446		Senior	88
443	394	Sérgio Antunes	00:29:10	00:58:26	00:58:14	443	CLUBE ANACOM	V45	63
444	391	Isaac Carrêlo	00:29:10	00:58:27	00:58:16	445	CLUBE ANACOM	V50	41
445	287	João Paixão	00:29:22	00:58:27	00:57:59	438	CCD PM CASCAIS	V60	11
446	798	Mário Delgado	00:28:33	00:58:32	00:58:17	447		Senior	89
447	116	Bruno Silva	00:29:00	00:58:35	00:58:21	448	Flechas Humanas	Senior	90
448	120	Ana Matos	00:29:00	00:58:39	00:58:25	449	Flechas Humanas	Senior	10
449	64	Alexandre Costa	00:27:59	00:58:40	00:58:33	450		V50	42
450	186	Paula Neto	00:28:34	00:58:53	00:58:47	453	CCD Crédito Agrícola Mútuo	V50	2
451	416	Miguel Carvalho	00:29:26	00:58:56	00:58:44	452	SS CGD	V35	86
452	77	Humberto Soeima	00:28:03	00:59:13	00:59:08	458		Senior	91
453	768	Fernando Rodrigues	00:29:57	00:59:18	00:58:54	454	PANQUECAS	V35	87
454	715	Sonia Ribeiro	00:26:54	00:59:20	00:58:59	455		V40	15
455	713	Marco Covas	00:26:54	00:59:20	00:58:59	456		V35	88
456	191	Rogério Luís	00:28:36	00:59:22	00:59:14	459		V60	12



CORRIDA
jumbo

10 KM

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>
457	748	Andreia Costa	00:28:28	00:59:23	00:59:04	457	Eu e Tu	Senior	11
458	494	Carina Costa	00:28:26	00:59:23	00:58:41	451		Senior	12
459	488	Isabel Vidinha	00:30:25	00:59:29	00:59:16	460		V45	5
460	124	Olivia Lucas	00:29:49	00:59:40	00:59:22	462	Breakaway	V45	6
461	291	Rui Querido	00:31:19	00:59:47	00:59:20	461	CCD PM CASCAIS	V35	89
462	696	Helena Oliveira	00:29:18	00:59:53	00:59:41	463		V45	7
463	155	Carla Palmeiro	00:38:30	00:59:54	00:59:53	467		V40	16
464	522	Filipe Resina	00:30:28	01:00:00	00:59:50	465	Resinas	Senior	92
465	521	João Resina	00:30:28	01:00:00	00:59:50	466	Resinas	Junior	10
466	197	Henrique Vilhena	00:30:33	01:00:07	00:59:55	468		V55	25
467	439	António Jorge	00:29:06	01:00:08	00:59:58	469	AÇOREANA CLUBE BANIF	V60	13
468	445	Helena Santos	00:29:06	01:00:10	01:00:00	471	AÇOREANA CLUBE BANIF	V50	3
469	429	Fabio Alves	00:30:06	01:00:11	01:00:02	472	ODEBRECHT PORTUGAL	Senior	93
470	492	Cristiano Santos	00:31:13	01:00:11	00:59:48	464		V35	90
471	487	Sonia Pereira	00:30:28	01:00:13	00:59:58	470		V40	17
472	588	João Ribeiro	00:28:47	01:00:16	01:00:02	473		Senior	94
473	537	Willian Silva	00:30:43	01:00:19	00:57:59	439	CORACTION	Senior	95
474	180	Miguel Vivas	00:29:20	01:00:20	01:00:11	474		V35	91
475	146	Jose Santos	00:29:42	01:00:24	01:00:13	475		V45	64



CORRIDA
jumbo

10 KM

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>
476	147	Isabel Santiago	00:29:42	01:00:24	01:00:13	476		V45	8
477	443	Claudia Tam	00:30:02	01:00:27	01:00:15	477	AÇOREANA CLUBE BANIF	Senior	13
478	326	Carlos Correia	00:30:24	01:00:31	01:00:18	478	Atlético via rara	V45	65
479	328	Carlos Vidais	00:30:25	01:00:31	01:00:18	479	Atlético via rara	V40	78
480	327	José Correia	00:30:24	01:00:31	01:00:19	480	Atlético via rara	V55	26
481	345	Dina Nunes	00:29:20	01:00:35	01:00:26	481		V40	18
482	275	Gleysson Felix	00:28:36	01:00:43	01:00:42	484		V35	92
483	115	Isabel Rodrigues	00:29:56	01:00:46	01:00:39	483		V45	9
484	513	Ana Nunes	00:29:08	01:00:52	01:00:46	485	Smurf & Smurfina	Senior	14
485	514	Rafael Caetano	00:29:08	01:00:52	01:00:46	487	Smurf & Smurfina	Senior	96
486	643	Fábio Gutierres	00:30:56	01:00:54	01:00:47	488	BRRnightRUNNERS	Senior	97
487	642	André Gutierres	00:28:00	01:00:54	01:00:46	486	BRRnightRUNNERS	Senior	98
488	634	Sandra Silva	00:30:28	01:01:02	01:00:48	489		V40	19
489	804	José Morais	00:30:33	01:01:21	01:00:32	482		V55	27
490	479	Luis Almeida	00:28:28	01:01:23	01:01:18	497		V40	79
491	126	José António	00:29:36	01:01:25	01:01:08	495	Breakaway	V50	43
492	312	Antonio Alves	00:29:52	01:01:25	01:01:20	498	ODEBRECHT PORTUGAL	V55	28
493	480	Ana Cabral	00:29:35	01:01:30	01:01:05	494		V50	4
494	266	Carla Gafur	00:30:35	01:01:32	01:01:09	496		Senior	15



CORRIDA
jumbo

10 KM

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>
495	53	Johnny Thomassen	00:29:52	01:01:32	01:01:23	500		V55	29
496	289	Maria Vieira	00:31:20	01:01:32	01:01:03	491	CCD PM CASCAIS	V40	20
497	293	Sara Henriques	00:31:20	01:01:33	01:01:01	490	CCD PM CASCAIS	V40	21
498	286	Ivone Pereira	00:31:20	01:01:35	01:01:03	492	CCD PM CASCAIS	V45	10
499	292	Rui Vieira	00:31:19	01:01:36	01:01:04	493	CCD PM CASCAIS	V45	66
500	151	Eduardo Gama	00:30:16	01:01:39	01:01:21	499		V35	93
501	187	Pedro Sérgio	00:29:17	01:01:53	01:01:51	502	CCD Crédito Agrícola Mútuo	V45	67
502	148	Paulo Silva	00:31:23	01:01:59	01:01:29	501		V40	80
503	506	Tiago Ramos	00:31:03	01:02:10	01:01:57	503		Senior	99
504	453	Sofia Guedes	00:30:41	01:02:13	01:02:03	505	AÇOREANA CLUBE BANIF	V40	22
505	438	Antonio Guedes	00:30:41	01:02:13	01:02:02	504	AÇOREANA CLUBE BANIF	V40	81
506	446	Idalina Madeira	00:29:46	01:02:25	01:02:14	509	AÇOREANA CLUBE BANIF	V50	5
507	505	Pedro Pinto	00:30:01	01:02:26	01:02:10	508		V40	82
508	386	Anselmo Ferreira	00:31:38	01:02:29	01:02:07	507		V35	94
509	660	Rui Domingues	00:31:09	01:02:30	01:02:05	506		V50	44
510	503	Rodrigo Gomes	00:30:09	01:02:43	01:02:28	511		Senior	100
511	336	Nuno Gonçalves	00:30:24	01:02:49	01:02:34	512		V60	14
512	611	João Brito	00:30:51	01:02:49	01:02:25	510		V40	83
513	107	Isabel Filipe	00:30:13	01:03:08	01:02:59	513	Clube EDP Lisboa	V55	3



CORRIDA
jumbo

10 KM

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>
514	181	Cândida Esteves	00:30:31	01:03:13	01:03:11	517	CCD Crédito Agrícola Mútuo	V40	23
515	190	Francisco Jorge	00:30:25	01:03:18	01:03:12	518		V45	68
516	367	João Gonçalves	00:30:38	01:03:25	01:03:02	514		V40	84
517	279	António Bugalho	00:31:22	01:03:32	01:03:04	515	CCD PM CASCAIS	V40	85
518	280	António Tavares	00:31:21	01:03:32	01:03:05	516	CCD PM CASCAIS	V50	45
519	112	Alvaro Venancio	00:29:37	01:03:32	01:03:26	520		V40	86
520	213	Romão Valente	00:31:01	01:03:41	01:03:19	519		V50	46
521	337	Francisco Fontoura	00:30:23	01:03:47	01:03:32	522		Senior	101
522	714	Diana Fernandes	00:31:20	01:03:47	01:03:26	521		Senior	16
523	159	Eduardo Amorim	00:31:45	01:03:56	01:03:35	523		V40	87
524	627	Rodolfo Lima	00:30:50	01:04:00	01:03:43	524		V45	69
525	99	Joaquim Paula	00:31:06	01:04:12	01:04:07	526		V40	88
526	154	João Pinto	00:32:25	01:04:19	01:04:03	525		V55	30
527	623	Anabela Pedro	00:31:12	01:04:20	01:04:14	527		V45	11
528	638	Carina Roxo	00:31:21	01:04:34	01:04:21	530		Senior	17
529	680	Cátia Ferro	00:30:45	01:04:36	01:04:15	528		V35	9
530	681	Guilherme Cardoso	00:30:45	01:04:37	01:04:15	529		Senior	102
531	622	Leonel Brandao	00:30:20	01:04:44	01:04:38	535		V45	70
532	808	Henrique Alves	00:30:20	01:04:44	01:04:42	536		V50	47



CORRIDA
jumbo

10 KM

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>
533	793	Bruno Ferreira	00:30:47	01:04:54	01:04:32	532		Senior	103
534	81	Luís Almeida	00:32:16	01:04:56	01:04:22	531		V40	89
535	817	Miguel Fonseca	00:31:53	01:05:02	01:04:48	537		V40	90
536	132	Rosa Falardo	00:30:59	01:05:16	01:05:09	539		V50	6
537	509	Hugo Almeida	00:31:50	01:05:22	01:04:35	533		V40	91
538	508	Vera Marta	00:31:51	01:05:24	01:04:38	534		Senior	18
539	419	Rui Oliveira	00:29:19	01:05:29	01:05:21	540	SS CGD	V45	71
540	427	Pedro Silva	00:32:39	01:05:38	01:05:03	538		V35	95
541	252	António Pinho	00:32:40	01:05:45	01:05:30	542	O MUNDO DA CORRIDA	V60	15
542	693	Nuno Conceição	00:33:18	01:05:46	01:05:34	544		Senior	104
543	161	Rui Franco	00:32:49	01:05:53	01:05:38	545		V35	96
544	288	José Fialho	00:31:08	01:05:54	01:05:30	543	CCD PM CASCAIS	V55	31
545	737	Jose Santos	00:32:43	01:05:57	01:05:28	541		V40	92
546	74	Magda Ribeiro	00:33:11	01:06:04	01:05:57	548		V35	10
547	243	Pedro Tomé	00:33:06	01:06:11	01:05:55	546		V35	97
548	244	Raquel Magalhães	00:33:05	01:06:11	01:05:56	547		V35	11
549	403	Adelaide Porto	00:31:33	01:06:20	01:06:18	552		V45	12
550	781	Daniel Correia	00:32:37	01:06:23	01:06:15	549		Junior	11
551	342	Catarina Gomes	00:32:47	01:06:27	01:06:17	550		Senior	19



CORRIDA
jumbo

10 KM

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>
552	569	Joao Carvalho	00:31:40	01:06:33	01:06:26	554		V45	72
553	384	João Guerra	00:35:26	01:06:37	01:06:22	553	Rodriguerra	Senior	105
554	380	Maria Nunes	00:32:01	01:06:41	01:06:18	551		V40	24
555	267	Nidia Silva	00:32:35	01:06:46	01:06:35	559		V60	2
556	733	Filipa Figueira	00:32:21	01:06:47	01:06:45	561		V35	12
557	615	Francisco Roque	00:32:34	01:06:49	01:06:31	555	Happy Runners	V60	16
558	647	Pedro Plácido	00:32:34	01:06:49	01:06:33	556	Happy Runners	V40	93
559	448	Luis Neves	00:32:52	01:07:00	01:06:38	560	AÇOREANA CLUBE BANIF	V40	94
560	562	Orlando Bairrada	00:32:53	01:07:04	01:06:34	557		V70	2
561	729	Mário Bairrada	00:32:53	01:07:04	01:06:34	558		V60	17
562	235	Mário Sobral	00:34:02	01:07:12	01:06:59	562		V40	95
563	376	Artur Dinis	00:33:06	01:07:16	01:07:01	563	ALGYMNS	V55	32
564	377	Paula Couto	00:33:06	01:07:16	01:07:02	564	ALGYMNS	V50	7
565	753	Antonio Silvestre	00:31:56	01:07:31	01:07:15	566		V40	96
566	435	Miguel Costa	00:33:09	01:07:34	01:07:12	565		V55	33
567	128	Vítor Moreira	00:32:02	01:07:52	01:07:34	567	Breakaway	V50	48
568	809	Cristina Ferreira	00:33:14	01:08:08	01:07:47	570		V35	13
569	548	Carlos Marina	00:35:20	01:08:17	01:07:45	569	CCD Sintrense	V40	97
570	557	Rodrigo Correia	00:35:21	01:08:18	01:07:45	568	CCD Sintrense	V35	98



CORRIDA
jumbo

10 KM

CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
571	577	André Barros	00:35:11	01:08:25	01:08:02	571		Senior	106
572	67	Luis Monteiro	00:34:04	01:08:45	01:08:26	572		V35	99
573	88	Aristides Monteiro	00:34:04	01:08:45	01:08:26	573		V45	73
574	150	António Marques	00:33:03	01:08:50	01:08:45	574		V65	7
575	142	Catarina Reis	00:34:05	01:08:59	01:08:47	575		V40	25
576	236	Ana Pereira	00:34:02	01:09:03	01:08:51	576		V40	26
577	318	Luisa Alves	00:34:11	01:09:05	01:08:55	577	ODEBRECHT PORTUGAL	Senior	20
578	726	Paulo Silva	00:33:48	01:09:10	01:08:56	579		Junior	12
579	711	Marisa Candeias	00:33:46	01:09:10	01:08:56	578		V35	14
580	547	João Basilio	00:32:02	01:09:49	01:09:45	582		V45	74
581	449	Ma Hung	00:34:21	01:09:57	01:09:43	581	AÇOREANA CLUBE BANIF	V65	1
582	614	Mervany Aguilera	00:34:03	01:09:58	01:09:21	580		V35	15
583	675	Carla Mendes	00:33:22	01:10:01	01:09:56	583	Mendes Brother's	Senior	21
584	689	Ivo Santos	00:33:35	01:10:27	01:10:17	585		V35	100
585	493	Cidália Ribeiro	00:34:04	01:10:27	01:10:04	584		V40	27
586	332	Afonso Sms	00:36:22	01:10:52	01:10:34	586	SMS	Junior	13
587	333	Teresa Sms	00:36:26	01:10:52	01:10:34	587	SMS	Junior	2
588	331	Catarina Sm	00:36:22	01:11:00	01:10:43	589	SMS	V40	28
589	499	Jorge Ferro	00:35:33	01:11:06	01:10:40	588		V45	75



CORRIDA
jumbo

10 KM

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>
590	361	Vera Góis	00:33:56	01:11:38	01:11:23	591		V35	16
591	301	Nuno Marques	00:33:01	01:11:40	01:11:24	592	Sempre em Festa	V45	76
592	770	Miguel Abrantes	00:33:50	01:11:48	01:11:29	593		V45	77
593	591	Ricardo Carvalho	00:33:40	01:11:52	01:11:15	590		Senior	107
594	458	José Magalhães	00:35:26	01:11:59	01:11:33	594		Senior	108
595	28	Elisabete Fonseca	00:35:23	01:12:28	01:12:09	595		V40	29
596	27	Sandra Andrade	00:34:26	01:12:32	01:12:13	596		V40	30
597	667	Liliana Esteves	00:34:51	01:12:34	01:12:22	597		Senior	22
598	313	Florentino Teodoro	00:34:19	01:13:14	01:13:02	598	ODEBRECHT PORTUGAL	V45	78
599	316	Luis Santos	00:33:13	01:13:15	01:13:11	599	ODEBRECHT PORTUGAL	V55	34
600	409	Antónia Machado	00:35:41	01:13:55	01:13:39	600		V60	3
601	529	João Figueira	00:33:48	01:13:59	01:13:47	601		Senior	109
602	348	Rui Henriques	00:36:24	01:14:16	01:14:10	604	ADRC Mata de Benfica	V65	8
603	62	Claudia Colaço	00:35:57	01:14:23	01:14:11	606		Senior	23
604	356	Marta Sa	00:39:03	01:14:36	01:14:34	610		Senior	24
605	784	Eunice Torres	00:35:59	01:14:45	01:14:11	605		V35	17
606	402	Manuel Encarnação	00:37:24	01:14:53	01:14:30	608		Senior	110
607	397	José Fraga	00:37:25	01:14:53	01:14:29	607		V35	101
608	387	Ignácio Silva	00:37:24	01:14:53	01:14:31	609		V40	98



CORRIDA
jumbo

10 KM

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>
609	550	Paula Moreira	00:35:09	01:15:16	01:15:04	611	CCD Sintrense	V45	13
610	225	Isabel Santos	00:36:47	01:15:31	01:15:13	613		V40	31
611	560	David Almeida	00:37:31	01:15:32	01:15:17	615		Senior	111
612	232	Dalila Sereno	00:37:32	01:15:32	01:15:17	616		V45	14
613	224	Carlos Prazeres	00:36:47	01:15:33	01:15:15	614		V45	79
614	654	Catarina Gabriel	00:37:04	01:15:40	01:15:26	617		Senior	25
615	650	Hugo Ferreira	00:35:12	01:15:48	01:15:10	612		Senior	112
616	535	Marcelo Raffani	00:38:15	01:16:11	01:13:48	602	CORACTION	V40	99
617	540	Marli Carvalho	00:38:15	01:16:11	01:13:48	603	CORACTION	V50	8
618	56	Rui Almeida	00:36:49	01:16:16	01:15:47	618		V40	100
619	65	Maria Cesário	00:35:20	01:16:16	01:16:09	620		V50	9
620	57	Maria D´Almeida	00:36:50	01:16:16	01:15:48	619		V40	32
621	189	Rui Tomás	00:30:20	01:16:39	01:16:37	621	CCD Crédito Agrícola Mútuo	V40	101
622	302	Charlotte Johnson	00:36:55	01:16:47	01:16:44	622	Sempre em Festa	V65	2
623	303	Rosa Duarte	00:37:21	01:21:01	01:20:42	623		V40	33
624	250	Marco Cruz	00:39:04	01:21:02	01:20:49	624	Clube Atletismo Amigos de Belém	V35	102
625	324	Vera Silva	00:40:04	01:21:27	01:21:25	625	ODEBRECHT PORTUGAL	V55	4
626	365	Manuela Coelho	00:39:05	01:21:42	01:21:31	626		V50	10
627	425	Joaquim Caeiro	00:38:26	01:21:51	01:21:32	627	AlenMinho	V45	80



CORRIDA
jumbo

10 KM

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>
628	426	Maria Caeiro	00:38:27	01:21:52	01:21:32	628	AlenMinho	V45	15
629	364	Fernando Coelho	00:39:05	01:22:05	01:21:53	629		V50	49
630	139	Inês Patrício	00:40:05	01:25:48	01:25:30	630		Senior	26
631	325	Ana Elisa	00:40:10	01:25:49	01:25:46	631	ODEBRECHT PORTUGAL	V40	34
632	351	Cristina Couto	00:43:18	01:27:18	01:26:59	632		V45	16
633	305	Maria Santos	00:43:18	01:27:21	01:27:02	633		V55	5
634	794	Joaquim César	00:41:39	01:29:09	01:29:07	635		V40	102
635	863	Rogério Varela	00:44:25	01:29:09	01:29:07	634		Senior	113