



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	687	Carlos Silva	00:15:54	00:32:02	00:32:01	1		Senior	19
2	684	Nelson Cruz	00:15:53	00:32:04	00:32:04	2		V35	22
3	943	José Gaspar	00:16:13	00:33:26	00:33:25	3		V35	23
4	700	Abílio Gonçalves	00:16:07	00:34:03	00:34:02	4	A.C.R.Cambra	Senior	20
5	305	Luis Pedroso	00:17:40	00:36:04	00:36:03	5	NUCLEOEIRAS	V45	10
6	787	Jorge Sousa	00:18:07	00:36:24	00:36:23	6		V35	24
7	175	Edgar Jacinto	00:18:23	00:36:50	00:36:32	7	AUTO JACINTO	Senior	21
8	578	Luís Santos	00:18:19	00:37:02	00:37:01	9		Senior	22
9	138	Paulo Carvalho	00:18:19	00:37:03	00:36:55	8		V45	11
10	475	Manuel Mascarenhas	00:18:20	00:37:20	00:37:18	10	N.A. PAPAGAIOS CASCAIS	Senior	23
11	87	Fernando Baptista	00:18:22	00:37:42	00:37:40	11		V45	12
12	763	Luis Correia	00:18:23	00:38:12	00:38:10	12		V45	13
13	254	José Mota	00:18:47	00:38:27	00:38:24	13	Dolce Furadouro	Senior	24
14	959	Adolfo Leal	00:18:48	00:38:31	00:38:31	14	Restaurante O Cartaxeiro	V45	14
15	439	Nelson Coelho	00:18:47	00:38:33	00:38:31	15		Senior	25
16	571	Sandra Teixeira	00:18:47	00:38:42	00:38:41	16		V35	2
17	383	Sérgio Paiva	00:18:40	00:38:51	00:38:51	17	NUCLEOEIRAS	V40	13
18	491	Júlio Finote	00:19:24	00:38:57	00:38:54	18		V45	15
19	1066	Sofia Monteiro	00:19:24	00:39:07	00:39:06	19	COO	V35	3



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# CLASSIFICAÇÃO

<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	414	Ricardo Jorge	00:18:56	00:39:11	00:39:10	20		V35	25
21	842	Cedric Jacquet	00:19:25	00:39:12	00:39:11	21		Senior	1
22	864	Bruno Santos	00:19:15	00:39:45	00:39:43	22	CDCSS Pinheiro	V35	1
23	817	Patrícia Rosado	00:19:15	00:39:45	00:39:44	23		Senior	1
24	382	Tiago Vermelho	00:20:24	00:39:55	00:39:47	24	NUCLEOIRAS	Senior	2
25	1057	Marco Fernandes	00:19:50	00:39:58	00:39:52	25		V35	2
26	915	Kcénia Bougrova	00:19:24	00:40:07	00:40:05	27	Sporting Clube de Portugal	Senior	2
27	181	Ricardo Dionisio	00:19:26	00:40:10	00:40:08	28		Senior	3
28	701	Alexandra Sousa	00:19:39	00:40:11	00:40:09	30		Senior	3
29	311	Luís Rebelo	00:19:39	00:40:11	00:40:09	29	Falcões Selvagens	V50	1
30	263	Mário Rodrigues	00:19:41	00:40:19	00:40:13	31		V50	2
31	448	Luis Neiva	00:19:50	00:40:36	00:40:30	33		V45	1
32	1064	Bruno Pais	00:19:48	00:40:46	00:40:00	26	Estoril Praia	V35	3
33	526	José Massuça	00:20:22	00:40:50	00:40:26	32		V45	2
34	942	Valentim Babich	00:20:29	00:40:52	00:40:45	35		Senior	4
35	955	Luis Macedo	00:20:28	00:40:53	00:40:37	34	LUMA Sports	V35	4
36	291	David Lopes	00:20:29	00:41:00	00:40:56	36		Senior	5
37	52	Edgar Trigo	00:20:19	00:41:15	00:41:06	38		V45	3
38	758	João Branco	00:20:26	00:41:16	00:40:59	37		Senior	6



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# CLASSIFICAÇÃO

<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>
39	716	João Cabeças	00:20:01	00:41:29	00:41:26	40		V40	1
40	300	Rui Soeiro	00:20:47	00:41:32	00:41:22	39	Clube TAP PORTUGAL	V35	5
41	1074	Pedro Mota	00:20:26	00:41:32	00:41:27	41		V45	4
42	644	Américo Pereira	00:20:13	00:41:33	00:41:33	42		V40	2
43	985	Lucília Soares	00:20:37	00:41:40	00:41:38	43		V50	1
44	150	Jose Gomes	00:20:41	00:41:45	00:41:40	44		V55	1
45	960	Arlindo Paixao	00:20:35	00:41:49	00:41:48	47	Restaurante O Cartaxeiro	V50	3
46	514	Miguel Costa	00:20:59	00:41:53	00:41:42	45	OS LENTOS	V40	3
47	1049	Liliana Verissimo	00:20:32	00:41:55	00:41:53	48		Senior	4
48	237	Nelson Moreira	00:20:44	00:42:02	00:41:56	50		V35	6
49	59	Bruno Amaro	00:20:47	00:42:03	00:41:47	46		V35	7
50	992	André Nunes	00:20:49	00:42:09	00:41:55	49		Senior	7
51	146	Hugo Borges	00:21:03	00:42:12	00:42:07	53		Senior	8
52	483	Telmo Simões	00:21:05	00:42:16	00:41:57	51		Senior	9
53	869	Nuno Lino	00:20:37	00:42:17	00:42:11	54		V35	8
54	987	Nuno Almeida	00:21:33	00:42:18	00:42:04	52		V35	9
55	130	Carlos Ferreira	00:20:38	00:42:26	00:42:17	55	lesmas	V45	5
56	769	Helio Marques	00:21:01	00:42:28	00:42:21	56		V40	4
57	590	José Nunes	00:20:32	00:42:33	00:42:28	59		V45	6



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	1047	Sara Carvalho	00:19:43	00:42:33	00:42:32	61		Senior	5
59	298	Jorge Gonçalves	00:20:51	00:42:36	00:42:24	58	Clube TAP PORTUGAL	Senior	10
60	226	Luís Zêzere	00:21:17	00:42:36	00:42:30	60	CCD Crédito Agrícola Mútuo	V35	10
61	956	Nelson Pereira	00:21:06	00:42:39	00:42:22	57		V35	11
62	715	Victor Varizo	00:20:54	00:42:46	00:42:36	62		V40	5
63	43	Paulo Garcia	00:20:30	00:42:46	00:42:42	64		V35	12
64	315	Jacinto Ferreira	00:21:05	00:42:47	00:42:44	65		V45	7
65	573	Alvaro Oliveira	00:21:35	00:42:50	00:42:40	63		V45	8
66	447	Duarte Costa	00:20:38	00:42:53	00:42:52	67		Senior	11
67	569	Paulo Silva	00:21:06	00:42:59	00:42:53	68		V35	13
68	174	António Jacinto	00:21:33	00:43:07	00:42:50	66	AUTO JACINTO	V55	2
69	144	Rui Vale	00:21:57	00:43:10	00:42:58	69		V35	14
70	44	Fernando Salgueiro	00:20:59	00:43:11	00:43:00	70		V40	6
71	524	Maria Frias	00:21:15	00:43:18	00:43:17	72		V50	2
72	1005	Gabriel N'sa	00:20:49	00:43:28	00:43:23	74		Senior	12
73	863	Mauricio Rodrigues	00:21:11	00:43:28	00:43:17	71	CCRD BURINHOSA	V35	15
74	231	Paulo Ferreira	00:21:33	00:43:36	00:43:23	73		V35	16
75	495	Jorge Santos	00:20:25	00:43:38	00:43:36	79		V35	17
76	99	Ricardo Pereira	00:20:52	00:43:40	00:43:35	78		V35	18



**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
77	472	Victor Marques	00:21:18	00:43:43	00:43:35	77		V45	9
78	853	José Fernandes	00:21:31	00:43:43	00:43:27	75		V35	19
79	450	Hugo Conceição	00:21:31	00:43:44	00:43:41	81		V35	20
80	714	Tiago Cruz	00:21:52	00:43:50	00:43:36	80		Senior	13
81	297	Carlos Pedro	00:21:33	00:43:52	00:43:31	76	Clube TAP PORTUGAL	V40	7
82	339	Tiago Jorge	00:20:36	00:43:55	00:43:51	83		Senior	14
83	934	Nick Sander	00:21:01	00:43:58	00:43:47	82		Senior	15
84	419	Bruno Martins	00:21:24	00:44:10	00:44:07	87		Senior	16
85	739	Tito Cruz	00:21:29	00:44:11	00:44:03	85		Senior	17
86	873	Rui Silva	00:21:49	00:44:14	00:43:57	84		V35	21
87	12	Bruno Pandaio	00:21:14	00:44:15	00:44:12	88		V40	8
88	249	Hugo Rocha	00:21:24	00:44:18	00:44:04	86		V40	9
89	957	Orlando Silva	00:21:24	00:44:24	00:44:22	89		V55	3
90	897	Pedro Sá	00:22:16	00:44:34	00:44:28	90	Clube Millennium BCP	V40	10
91	637	Nuno Bogalheiro	00:21:44	00:44:36	00:44:34	91		V40	11
92	1025	Carlos Pereira	00:21:32	00:44:39	00:44:37	93		V50	4
93	633	Renata Fernandes	00:22:06	00:44:41	00:44:35	92		V35	1
94	928	Miguel Gineto	00:21:23	00:44:44	00:44:42	97	Clube Desportivo Ribereense	V40	12
95	947	Clive Saffery	00:21:48	00:44:46	00:44:40	95		V60	1



**CORRIDA**  
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<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	16	Sérgio Manso	00:22:46	00:44:49	00:44:45	99		Senior	18
97	624	José Melo	00:22:27	00:44:51	00:44:41	96		V50	5
98	634	Domingos Coelho	00:22:19	00:44:52	00:44:37	94	Os Leões da Estrada	V40	14
99	602	Paulo Brito	00:21:34	00:44:53	00:44:51	102	Sporting Clube de Portugal	V45	16
100	324	João Lourenço	00:21:54	00:44:57	00:44:51	103		V50	6
101	643	Tiago Araújo	00:21:36	00:44:57	00:44:44	98		Junior	1
102	27	Carlos Craveira	00:22:25	00:44:59	00:44:51	100		V45	17
103	363	Ricardo Figueiredo	00:22:30	00:44:59	00:44:51	101		V40	15
104	485	Pedro Roxo	00:21:50	00:45:01	00:44:58	106		Senior	26
105	1052	Carlos Monteiro	00:22:17	00:45:06	00:45:00	108	Falcões Selvagens	V65	1
106	831	Carlos Preciso	00:22:06	00:45:07	00:45:01	109		V40	16
107	766	Nuno Sobral	00:21:50	00:45:08	00:44:59	107		V40	17
108	67	Rui Duarte	00:22:31	00:45:10	00:44:57	105		V40	18
109	1028	Paulo Henriques	00:22:18	00:45:14	00:45:06	112		V35	26
110	365	Marisa Costa	00:22:09	00:45:14	00:45:07	113	C.F. Os Belenenses	V35	4
111	669	Mário Marques	00:22:48	00:45:15	00:44:53	104		Senior	27
112	1022	Rafael Travassos	00:22:13	00:45:15	00:45:03	110	Anfibíux	Junior	2
113	1032	David Harrison	00:22:33	00:45:16	00:45:11	114		V45	18
114	129	Humberto Borges	00:21:50	00:45:24	00:45:15	115	lesmas	V45	19



**CORRIDA**  
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<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	273	Manuel Araújo	00:21:58	00:45:31	00:45:25	116	GRD OS FIXES	V50	7
116	121	Antonio Ramalho	00:22:30	00:45:33	00:45:27	118		V50	8
117	750	Bruno Roxo	00:22:49	00:45:35	00:45:05	111		V40	19
118	926	João Justo	00:22:10	00:45:35	00:45:30	119	Clube Desportivo Ribeirense	V40	20
119	381	Gonçalo Pais	00:22:57	00:45:39	00:45:26	117	LaSurena	V35	27
120	1006	Eder Brito	00:21:46	00:45:39	00:45:33	120		Senior	28
121	627	Tiago Henriques	00:21:55	00:45:40	00:45:36	121		V35	28
122	622	Luís Moreira	00:23:01	00:45:51	00:45:49	125		V40	21
123	188	Joao Braz	00:22:13	00:45:53	00:45:43	123	clube de atletismo odimarq	V50	9
124	240	Cristiano Rodrigues	00:22:59	00:45:54	00:45:37	122		Senior	29
125	57	Pedro Lima	00:22:33	00:46:00	00:45:48	124		V35	29
126	277	Joaquim Frade	00:22:28	00:46:00	00:45:52	126	SS CGD	V60	2
127	98	Tiago Ribeiro	00:23:04	00:46:05	00:45:59	127		Senior	30
128	444	Alexandre Viegas	00:22:13	00:46:06	00:46:00	128		V35	30
129	282	Feliciano Carvalho	00:22:31	00:46:10	00:46:06	130	BRRnightRUNNERS	V50	10
130	806	Eduardo Aleixo	00:23:00	00:46:13	00:46:12	132		V35	31
131	1035	Paulo Torres	00:22:30	00:46:18	00:46:00	129		V40	22
132	196	Henrique Amador	00:22:44	00:46:23	00:46:14	133		V40	23
133	542	Paulo Santos	00:22:51	00:46:36	00:46:33	135	LOURDETE PERFUMARIAS	V45	20





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# CLASSIFICAÇÃO

<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	394	Virgílio Madeira	00:22:50	00:46:38	00:46:30	134	AÇOREANA	V55	4
135	468	António Silva	00:23:26	00:46:42	00:46:12	131	SilvaPortela	V35	32
136	24	João Rosa	00:22:52	00:46:43	00:46:36	136		Senior	31
137	55	Rui Monteiro	00:22:52	00:46:48	00:46:41	139		Senior	32
138	454	Nuno Cruz	00:23:08	00:46:50	00:46:45	141		Senior	33
139	47	Paulo Caldeira	00:24:01	00:46:52	00:46:42	140		V35	33
140	927	Rodolfo Deyllot	00:22:18	00:46:55	00:46:53	147	Clube Desportivo Ribeirense	V45	21
141	690	Hugo Molha	00:22:53	00:46:56	00:46:50	144		Senior	34
142	302	Paulo Pereira	00:23:21	00:46:56	00:46:37	137	Tartarugas Team	V50	11
143	515	Rui Pires	00:23:34	00:47:03	00:46:52	146	OS LENTOS	V40	24
144	149	António Casaca	00:24:00	00:47:04	00:46:39	138		V55	5
145	819	Filipe Mendes	00:23:23	00:47:05	00:46:50	143		Senior	35
146	28	Rui Barros	00:22:54	00:47:06	00:47:04	153		V45	22
147	1012	José Guerreiro	00:22:54	00:47:09	00:46:56	149	SS Montepio Geral	V55	6
148	699	Bruno Tiago	00:24:08	00:47:11	00:47:05	154	GD Celcat	Senior	36
149	759	Luis Santos	00:22:46	00:47:12	00:46:52	145		V45	23
150	276	João Marques	00:23:35	00:47:15	00:46:53	148	SS CGD	V35	34
151	38	Carlos França	00:22:40	00:47:18	00:47:04	152		V35	35
152	100	Antonio Gonçalves	00:24:09	00:47:19	00:46:50	142	Alverca Urban Runners	V50	12





**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
153	606	Rui Paróla	00:23:19	00:47:19	00:47:16	155		V40	25
154	748	Pedro Coelho	00:23:24	00:47:21	00:47:04	151		V40	26
155	929	Nuno Moleano	00:22:40	00:47:25	00:47:21	156	Clube Desportivo Ribeiense	V35	36
156	1038	João Rodrigues	00:22:49	00:47:29	00:47:26	158		V65	2
157	581	Pedro Sarmiento	00:23:25	00:47:30	00:47:23	157		V45	24
158	492	António Castro	00:23:34	00:47:37	00:47:34	161		V70	1
159	45	Jose Pinto	00:22:52	00:47:42	00:47:33	159		V50	13
160	706	Ruben Almeida	00:23:32	00:47:43	00:46:56	150		Senior	37
161	572	Albino Neiva	00:22:03	00:47:45	00:47:41	164		V70	2
162	924	João Lopes	00:22:55	00:47:45	00:47:33	160		V35	37
163	579	Zulmira Belo	00:23:19	00:47:46	00:47:43	165		V45	1
164	446	Luis Santos	00:23:17	00:47:46	00:47:35	162	CORRER LISBOA	V35	38
165	564	Filipe Campos	00:23:25	00:47:47	00:47:36	163		Senior	38
166	308	Alexandre Vicente	00:23:22	00:47:55	00:47:46	167	Link	Senior	39
167	501	Pedro Fernandes	00:23:16	00:47:57	00:47:49	168	Novos Trilhos	V50	14
168	53	Ivo Pina	00:22:34	00:47:59	00:47:55	172	Os Galgos	V40	27
169	930	Nuno Melo	00:23:23	00:48:00	00:47:58	173		V40	28
170	702	Rúben Santos	00:23:04	00:48:06	00:47:53	169	Já Foste	Senior	40
171	334	Luís Macedo	00:23:16	00:48:07	00:47:58	174		V45	25



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<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	852	António Novas	00:23:53	00:48:09	00:47:44	166		V35	39
173	550	Pedro Nunes	00:23:46	00:48:10	00:47:59	177		V40	29
174	336	João Fernandes	00:23:23	00:48:12	00:48:03	179		V35	40
175	1045	Orlando Alves	00:22:46	00:48:13	00:48:07	180	C.F. Os Belenenses	V40	30
176	354	Luis Eustáquio	00:23:56	00:48:15	00:47:54	170		V35	41
177	899	Rogério Guerreiro	00:23:29	00:48:19	00:48:11	184		V40	31
178	223	António Amaral	00:23:05	00:48:20	00:48:11	185	CCD Crédito Agrícola Mútuo	V35	42
179	900	Paulo Caldeira	00:23:33	00:48:20	00:48:11	183		V35	43
180	689	Francisco Cunha	00:24:24	00:48:24	00:47:59	176	TigerBox Alcabideche	V45	26
181	906	João Mendes	00:25:36	00:48:25	00:48:10	182		V45	27
182	812	Nuno Anastácio	00:23:48	00:48:26	00:47:59	178		V40	32
183	709	Ricardo Pinto	00:23:50	00:48:26	00:48:24	192		V40	33
184	565	André Rodrigues	00:23:18	00:48:28	00:48:18	190		Senior	41
185	789	João Cocharro	00:22:54	00:48:29	00:48:17	188		V35	44
186	70	Alexandre Arana	00:24:41	00:48:31	00:47:58	175		V50	15
187	85	Carlos Costa	00:23:46	00:48:31	00:48:20	191		V55	7
188	1016	Ricardo Santos	00:24:37	00:48:33	00:48:09	181		V40	34
189	176	Bruno Oliveira	00:23:48	00:48:34	00:48:16	187		V35	45
190	186	Joaquim Ramalho	00:23:56	00:48:35	00:48:30	193		V45	28



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	615	Jorge Rocha	00:24:22	00:48:36	00:48:14	186	FONIX TEAM	V35	46
192	499	Eduardo Braz	00:23:38	00:48:38	00:48:35	194		V45	29
193	659	Pedro Pinguinha	00:24:20	00:48:38	00:48:35	195		V40	35
194	500	Rui Nunes	00:23:49	00:48:40	00:48:18	189		V35	47
195	1073	Pedro Vicente	00:25:13	00:48:44	00:47:54	171		V35	48
196	476	Orlindo Figueiredo	00:23:56	00:48:44	00:48:41	198	SS CGD	V65	3
197	92	Jorge Campos	00:24:05	00:48:54	00:48:45	200		V40	36
198	204	Sérgio Henrique	00:23:46	00:48:54	00:48:50	201		V45	30
199	295	Antonio Iria	00:24:30	00:48:56	00:48:42	199	Clube TAP PORTUGAL	V45	31
200	81	Evelino Magalhaes	00:23:29	00:48:56	00:48:36	196		V40	37
201	225	Jorge Eliseu	00:24:29	00:48:58	00:48:40	197	CCD Crédito Agrícola Mútuo	V40	38
202	818	Nuno Ferreira	00:24:13	00:49:00	00:48:56	202		V40	39
203	1018	Paula Cardoso	00:24:21	00:49:05	00:49:01	203		V35	5
204	1059	Patric Stieler	00:24:06	00:49:09	00:49:02	204		V50	16
205	119	José Reis	00:25:04	00:49:14	00:49:05	205	BCCRUNNERS	V60	3
206	118	João Barreto	00:25:03	00:49:14	00:49:09	206	BCCRUNNERS	V50	17
207	207	António Varela	00:23:46	00:49:15	00:49:11	210		V50	18
208	115	Eunice Amorim	00:24:23	00:49:15	00:49:11	208	BCCRUNNERS	V50	3
209	600	Isabel Santos	00:24:21	00:49:15	00:49:11	207		V45	2



# CORRIDA

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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
210	599	Flávio Santos	00:24:21	00:49:16	00:49:11	209		Senior	42
211	1063	José Pinho	00:23:50	00:49:27	00:49:21	215		V40	40
212	68	Nuno Patricio	00:23:49	00:49:28	00:49:25	216		V40	41
213	577	Paulo Campos	00:24:03	00:49:29	00:49:19	213		V45	32
214	208	Antonio Almeida	00:24:24	00:49:29	00:49:19	214	NUCLEO DESPORTIVO AUTOCOOPE	V50	19
215	592	Eduardo Tavares	00:24:07	00:49:31	00:49:17	212		V40	42
216	840	Purificación Cuevas	00:24:19	00:49:35	00:49:34	222		V40	1
217	132	Carlos Antunes	00:25:06	00:49:38	00:49:28	217	lesmas	V40	43
218	318	Wilson Correia	00:24:43	00:49:39	00:49:16	211		Senior	43
219	361	Ricardo Amaral	00:23:45	00:49:44	00:49:34	219		Senior	44
220	545	Camilo Vieira	00:24:18	00:49:44	00:49:41	225		V45	33
221	878	Carlos Silva	00:24:47	00:49:45	00:49:44	229		V55	8
222	805	Carlos Simões	00:24:24	00:49:46	00:49:34	221		V35	49
223	229	Nuno Simões	00:24:04	00:49:51	00:49:44	228	CCD Crédito Agrícola Mútuo	V35	50
224	936	João Pedro	00:24:58	00:49:55	00:49:31	218		V40	44
225	791	José Barradas	00:24:35	00:49:55	00:49:36	223		V35	51
226	803	Ruben Ferreira	00:24:30	00:49:56	00:49:41	224		Senior	45
227	168	Tiago Santos	00:24:32	00:49:58	00:49:53	233	condores Varge Mondar	Junior	3
228	173	Filipe Simões	00:24:32	00:49:58	00:49:53	232	condores Varge Mondar	Junior	4



**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
229	1062	Jorge Rebelo	00:23:41	00:50:02	00:49:34	220		Senior	46
230	299	Manuel Mexia	00:24:42	00:50:03	00:49:43	227	Clube TAP PORTUGAL	V50	20
231	420	Alberto Abreu	00:24:43	00:50:05	00:49:46	230	CCD PM CASCAIS	V45	34
232	479	Sara Gabriel	00:25:00	00:50:05	00:50:00	237		Senior	6
233	1061	Fábio Teixeira	00:23:41	00:50:09	00:49:41	226		Senior	47
234	34	Pedro Quadrio	00:25:06	00:50:13	00:49:55	234		V40	45
235	283	Luis Gutierrez	00:24:26	00:50:15	00:50:10	240	BRRnightRUNNERS	V55	9
236	428	Maria Policarpo	00:24:51	00:50:18	00:49:58	236	CCD PM CASCAIS	V40	2
237	568	Jorge Valadas	00:23:50	00:50:19	00:50:09	239		Senior	48
238	696	João Brée	00:24:50	00:50:22	00:49:50	231		Senior	49
239	640	Nicolau Fagundes	00:25:14	00:50:24	00:49:57	235	Os marretas	V45	35
240	731	Gonçalo Silva	00:24:36	00:50:26	00:50:23	242		V35	52
241	1027	Alcides Gonçalves	00:26:16	00:50:28	00:50:04	238		V35	53
242	991	Miguel Costa	00:24:33	00:50:29	00:50:15	241		Senior	50
243	1048	Ana Jesus	00:24:39	00:50:30	00:50:27	247		Senior	7
244	1017	Antonio Cardoso	00:24:34	00:50:31	00:50:27	248		V40	46
245	75	Alberto Sousa	00:25:29	00:50:33	00:50:25	244		V45	36
246	737	Pedro Santos	00:23:48	00:50:34	00:50:32	251		Senior	51
247	360	Carlos Noronha	00:25:30	00:50:36	00:50:25	245		V35	54



# CORRIDA

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# CLASSIFICAÇÃO

<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	544	Ricardo Conceição	00:25:11	00:50:40	00:50:37	255	LOURDETE PERFUMARIAS	Senior	52
249	604	João Pereira	00:24:34	00:50:44	00:50:34	253		V50	21
250	567	João Monteiro	00:23:43	00:50:44	00:50:32	252		Senior	53
251	375	Helder Borges	00:23:30	00:50:48	00:50:37	256		V40	47
252	504	Fernando Marques	00:25:41	00:50:50	00:50:41	258	Tondela Runners	Senior	54
253	246	Manuel Costa	00:24:08	00:50:51	00:50:43	260	M&B	V60	4
254	322	Sandro Silva	00:24:26	00:50:51	00:50:28	249		Senior	55
255	850	Carlos Gonçalves	00:26:29	00:50:54	00:50:24	243		V65	4
256	656	José Figueiredo	00:25:12	00:50:56	00:50:42	259		Junior	5
257	884	José Branco	00:24:39	00:50:57	00:50:56	263	Clube Millennium BCP	V65	5
258	527	Nuno Oliveira	00:25:11	00:50:59	00:50:37	254		V40	48
259	364	Nuno Oliveira	00:24:38	00:51:00	00:50:45	262		V40	49
260	932	Marcelo Chagas	00:24:59	00:51:01	00:50:44	261		Senior	56
261	722	Paulo Duarte	00:26:13	00:51:02	00:50:26	246		V50	22
262	187	Gonçalo Pereira	00:24:55	00:51:03	00:50:56	264	MagicTuesdays	V35	55
263	113	Rogério Dias	00:24:32	00:51:04	00:51:00	265	BCCRUNNERS	V45	37
264	1021	Mário Barradas	00:25:34	00:51:06	00:50:41	257		V45	38
265	712	Luis Costa	00:24:45	00:51:09	00:51:01	266		V35	56
266	1055	Sara Reis	00:25:34	00:51:10	00:51:07	270		Senior	8



# CORRIDA

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# CLASSIFICAÇÃO

<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	320	Anselmo Ferreira	00:23:56	00:51:10	00:51:06	269		V35	57
268	854	João Gomes	00:24:59	00:51:15	00:50:28	250		V45	39
269	881	Guilherme Baron	00:24:15	00:51:16	00:51:04	268		V35	58
270	153	Cidalia Pimentel	00:25:20	00:51:23	00:51:02	267		V40	3
271	575	João Estevão	00:24:44	00:51:25	00:51:09	271		V35	59
272	455	Sérgio Cardoso	00:25:45	00:51:33	00:51:13	273		V35	60
273	1010	Jaime Gomes	00:24:55	00:51:38	00:51:25	274	SS Montepio Geral	V60	5
274	401	Pedro Ferreira	00:24:48	00:51:38	00:51:29	277		V35	61
275	658	Manuel Encarnação	00:25:02	00:51:40	00:51:38	287		Senior	57
276	317	Carlos Fernandes	00:24:41	00:51:40	00:51:36	283		V40	50
277	316	Ana Marques	00:24:49	00:51:40	00:51:37	285		V45	3
278	874	Pedro Serrano	00:24:55	00:51:41	00:51:27	275		Senior	58
279	19	Rodrigo Santos	00:25:38	00:51:42	00:51:33	281		V40	51
280	467	Daniel Portela	00:25:42	00:51:44	00:51:13	272	SilvaPortela	Senior	59
281	429	Nuno Almeida	00:25:17	00:51:46	00:51:27	276	CCD PM CASCAIS	V40	52
282	677	Vera Morais	00:26:09	00:51:49	00:51:29	278		V35	6
283	678	Maria Bento	00:26:09	00:51:49	00:51:29	279		V45	4
284	464	Jose Machado	00:25:45	00:51:49	00:51:44	290		V45	40
285	357	Edgar Magro	00:25:48	00:51:49	00:51:38	286		V35	62





**CORRIDA**  
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# CLASSIFICAÇÃO

<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	905	Frederico Almeida	00:24:55	00:51:50	00:51:40	288		Senior	60
287	456	João Fernandes	00:26:08	00:51:53	00:51:33	282	CORRER LISBOA	V35	63
288	213	Joao Caires	00:25:00	00:51:53	00:51:32	280	NUCLEO DESPORTIVO AUTOCOOPE	V50	23
289	841	Frédéric Laurent	00:25:05	00:51:55	00:51:54	296		V40	53
290	945	Ricardo Balau	00:25:46	00:51:58	00:51:43	289		Senior	61
291	391	Tam Afonso	00:25:50	00:52:00	00:51:54	298	AÇOREANA	V60	6
292	190	Carlos Afonso	00:25:36	00:52:02	00:51:50	293		V55	10
293	407	Luis Moura	00:25:42	00:52:02	00:51:36	284	GD Celcat	V45	41
294	309	Telmo Vaz	00:25:22	00:52:03	00:51:56	299		Senior	62
295	710	António Morezo	00:24:42	00:52:06	00:51:59	301		V55	11
296	1003	Paula Lemos	00:25:34	00:52:06	00:51:54	295	COO	V35	7
297	693	Luis Duarte	00:24:33	00:52:09	00:51:52	294		V40	54
298	195	Hugo Almeida	00:24:37	00:52:18	00:52:10	304		V40	55
299	988	Paulo Santos	00:26:25	00:52:18	00:51:48	291		V40	56
300	438	Chebarli	00:25:00	00:52:19	00:52:18	307		V40	57
301	402	Vasco Ramos	00:26:02	00:52:21	00:52:16	306		V40	58
302	671	João Ferro	00:25:12	00:52:22	00:52:18	308		V45	42
303	469	Joaquim Melo	00:26:07	00:52:23	00:51:57	300		V55	12
304	695	João Pedras	00:26:35	00:52:25	00:51:54	297		Senior	63



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	11	Alexandre Tam	00:26:17	00:52:25	00:52:22	310		V35	64
306	35	Paulo Marques	00:25:01	00:52:27	00:52:25	312		Senior	64
307	110	Pedro Silva	00:25:00	00:52:27	00:52:23	311	BCCRUNNERS	V40	59
308	1000	Isabel Rodrigues	00:25:44	00:52:27	00:52:15	305	COO	V45	5
309	998	Rui Oliveira	00:26:14	00:52:31	00:52:08	303		V40	60
310	654	Bruno Trincheiras	00:27:56	00:52:33	00:51:48	292		V40	61
311	209	Carlos Ferreira	00:25:36	00:52:37	00:52:25	313	NUCLEO DESPORTIVO AUTOCOOPE	V55	13
312	649	Mário Pinto	00:25:09	00:52:43	00:52:19	309	X4FUN	V35	65
313	557	Ricardo Filipe	00:25:58	00:52:45	00:52:03	302		V35	66
314	642	Nuno Araújo	00:25:39	00:52:48	00:52:35	319		V40	62
315	167	Luis Santos	00:25:12	00:52:51	00:52:47	326	condores Varge Mondar	V40	63
316	304	Luis Silva	00:25:51	00:52:52	00:52:26	314	Tartarugas Team	Senior	65
317	1009	Helder Palma	00:25:57	00:52:56	00:52:45	324	SS Montepio Geral	V45	43
318	32	Vítor Gonzas	00:26:16	00:52:58	00:52:35	317		V45	44
319	1007	André Gaspar	00:26:17	00:52:58	00:52:32	316	SS Montepio Geral	Senior	66
320	903	Fernando Carmo	00:27:08	00:52:58	00:52:31	315		V45	45
321	341	Aníbal Costa	00:26:46	00:52:58	00:52:37	321	Sanofi	V45	46
322	582	Maria Moreira	00:25:44	00:52:59	00:52:52	330		V45	6
323	343	Vitor Mateus	00:26:40	00:52:59	00:52:35	320	Sanofi	V45	47



# CORRIDA

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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
324	868	Maria Varela	00:26:18	00:53:02	00:52:48	327		V40	4
325	432	Joao Faria	00:26:28	00:53:03	00:52:46	325	CCD PM CASCAIS	V45	48
326	686	Cláudia Esteves	00:25:49	00:53:05	00:53:01	339		Senior	9
327	260	Paulo Massano	00:26:13	00:53:05	00:52:48	328	TigerBox Alcabideche	V35	67
328	421	Bruno Santos	00:25:56	00:53:05	00:52:45	323	CCD PM CASCAIS	Senior	67
329	517	Carlos Gonçalves	00:24:27	00:53:05	00:52:55	332	OS LENTOS	V35	68
330	820	Pedro Rodrigues	00:26:21	00:53:05	00:52:35	318		V45	49
331	555	Bruno Santos	00:25:52	00:53:08	00:52:54	331		V35	69
332	482	Nuno Almeida	00:26:39	00:53:10	00:52:59	336	Mercedes	V35	70
333	617	Nuno Silva	00:24:59	00:53:11	00:52:51	329	FONIX TEAM	V40	64
334	916	Filipe Tomaz	00:26:35	00:53:11	00:52:41	322		V50	24
335	494	Miguel Gama	00:26:39	00:53:12	00:52:57	333		V45	50
336	238	Nuno Oliveira	00:25:21	00:53:13	00:53:09	341	Luso Atlantica Corretor de Seguros SA	V40	65
337	423	Isabel Vieira	00:26:28	00:53:16	00:52:58	334	CCD PM CASCAIS	V40	5
338	430	Sara Henriques	00:26:27	00:53:16	00:52:58	335	CCD PM CASCAIS	V40	6
339	1041	D1041	00:26:03	00:53:16	00:53:05	340		V40	66
340	422	Diogo Henriques	00:26:26	00:53:16	00:52:59	337	CCD PM CASCAIS	Junior	6
341	530	José Cerqueira	00:25:21	00:53:20	00:53:10	342		V45	51
342	1011	José Gaspar	00:26:16	00:53:25	00:52:59	338	SS Montepio Geral	V55	14



**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
343	1008	Bruno Almeida	00:26:16	00:53:26	00:53:24	345	SS Montepio Geral	Senior	68
344	405	Pedro Silva	00:26:33	00:53:34	00:53:13	343		Senior	69
345	614	Nuno Mariz	00:25:29	00:53:43	00:53:22	344	FONIX TEAM	V40	67
346	660	Miguel Barradas	00:24:52	00:53:45	00:53:43	356		V40	68
347	104	Daniel Rodrigues	00:26:23	00:53:45	00:53:37	353		V35	71
348	816	Miguel Redmont	00:27:16	00:53:48	00:53:27	346		V45	52
349	946	Ana Correia	00:27:32	00:53:49	00:53:36	352		Senior	10
350	252	António Figueiredo	00:26:18	00:53:50	00:53:27	347	Clube EDP Lisboa	V55	15
351	83	Álvaro Gomes	00:26:27	00:53:51	00:53:34	350		V40	69
352	228	Miguel Vinagre	00:25:26	00:53:56	00:53:48	359	CCD Crédito Agrícola Mútuo	V40	70
353	331	Bruno Ferreira	00:26:16	00:53:59	00:53:35	351		Senior	70
354	242	Pedro Ferreira	00:25:38	00:54:00	00:53:33	349		V35	72
355	913	Mauricio Oseguera	00:26:42	00:54:01	00:53:32	348		V40	71
356	1026	Daniel Sampaio	00:25:28	00:54:03	00:53:42	354		V35	73
357	378	Frederico Raposo	00:27:08	00:54:06	00:53:44	358		Senior	71
358	556	Pedro Oliveira	00:26:21	00:54:07	00:53:53	361		V45	53
359	653	Paulo Patrício	00:27:08	00:54:09	00:53:42	355		V40	72
360	857	João Neves	00:27:27	00:54:10	00:53:43	357	NEVES	Junior	7
361	227	Luísa Mourão	00:26:20	00:54:10	00:54:02	366	CCD Crédito Agrícola Mútuo	V35	8



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	735	Ricardo Rodrigues	00:25:37	00:54:10	00:54:03	368		Senior	72
363	63	Casimiro Silva	00:27:01	00:54:11	00:53:54	362		V40	73
364	248	Zuzana Simulcikova	00:25:37	00:54:16	00:54:12	372		Senior	11
365	199	Fernando Silveiro	00:26:30	00:54:21	00:53:59	364		V45	54
366	425	Joao Pereira	00:27:17	00:54:23	00:54:03	367	CCD PM CASCAIS	V50	25
367	424	Ivone Pereira	00:27:17	00:54:23	00:54:04	369	CCD PM CASCAIS	V45	7
368	74	Mário Frias	00:26:46	00:54:25	00:53:50	360		Senior	73
369	546	Bruno Venancio	00:27:05	00:54:27	00:54:20	375		Senior	74
370	463	Aires Ildefonso	00:27:08	00:54:30	00:53:54	363		V60	7
371	506	José Teixeira	00:25:42	00:54:31	00:54:22	376	Tondela Runners	V55	16
372	505	Pedro Morgado	00:25:42	00:54:31	00:54:22	377	Tondela Runners	Senior	75
373	752	Susana Nobre	00:27:06	00:54:34	00:54:01	365		V35	9
374	732	José Pascoa	00:25:47	00:54:36	00:54:22	378		V45	55
375	554	Jose Moreno	00:27:26	00:54:36	00:54:10	370		V45	56
376	1072	Jorge Serrote	00:25:34	00:54:39	00:54:25	380		Senior	76
377	1031	Luis Domingues	00:26:34	00:54:40	00:54:10	371		V35	74
378	858	Valter Neves	00:27:27	00:54:42	00:54:15	374	NEVES	Senior	77
379	856	Paulo Neves	00:27:27	00:54:42	00:54:15	373	NEVES	V40	74
380	532	Vitor Teixeira	00:25:33	00:54:43	00:54:41	393		V45	57



**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	719	Antonio Mourão	00:26:26	00:54:44	00:54:30	382		V50	26
382	933	Paulo Borges	00:26:41	00:54:46	00:54:22	379		V45	58
383	163	Ricardo Araújo	00:26:02	00:54:48	00:54:35	387		Senior	78
384	452	Ricardo Viegas	00:26:34	00:54:51	00:54:29	381		V35	75
385	798	Pedro Sequeira	00:27:35	00:54:52	00:54:31	384		V40	75
386	139	Gilberto Gonçalves	00:27:07	00:54:53	00:54:36	388	Clube Atletismo Amigos de Belém	V65	6
387	261	Raul Massano	00:27:37	00:54:54	00:54:34	386	TigerBox Alcabideche	V35	76
388	449	Paulo Costa	00:27:23	00:54:54	00:54:30	383		V45	59
389	140	Luiz Rosa	00:27:25	00:54:54	00:54:37	390	Clube Atletismo Amigos de Belém	V60	8
390	995	Paulo Milicias	00:26:57	00:55:02	00:54:36	389		V45	60
391	411	Ana Curva	00:26:48	00:55:03	00:54:59	401		V35	10
392	498	Luís Fernandes	00:26:32	00:55:03	00:55:01	403		V45	61
393	914	Nuno Gomes	00:27:07	00:55:04	00:55:01	404		V45	62
394	938	Paulo Goncalves	00:26:32	00:55:05	00:54:53	398		V40	76
395	31	Hugo Colaço	00:27:11	00:55:05	00:54:40	391		V35	77
396	829	Gonçalo Pedro	00:26:03	00:55:07	00:54:56	399		V35	78
397	809	Ricardo Rosa	00:25:45	00:55:08	00:54:40	392		Senior	79
398	882	Fernando Almeida	00:27:38	00:55:09	00:55:06	406	Clube Millennium BCP	V45	63
399	694	José Macedo	00:26:37	00:55:11	00:54:32	385		V45	64



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	345	Armando Valente	00:27:24	00:55:11	00:54:59	402	AMCS	V45	65
401	445	Tiago Salvado	00:27:06	00:55:15	00:54:51	395	Movet	V35	79
402	413	Inês Pais	00:27:02	00:55:15	00:54:52	397	Movet	V35	11
403	880	Leonel Brandão	00:27:04	00:55:17	00:55:16	414	Clube Millennium BCP	V45	66
404	197	Joao Oliveira	00:27:07	00:55:17	00:55:09	407		V60	9
405	359	Diogo Barata	00:25:42	00:55:21	00:55:16	415		V35	80
406	348	Gil Martinho	00:27:26	00:55:22	00:55:11	410	AMCS	V35	81
407	136	Vasco Marques	00:28:04	00:55:23	00:54:45	394	Os Pé Ligeiro...	V40	77
408	111	Luisa Ramos	00:26:39	00:55:25	00:55:21	417	BCCRUNNERS	V45	8
409	15	José Pinto	00:26:58	00:55:26	00:54:52	396		Senior	80
410	211	Jose Dias	00:27:04	00:55:29	00:55:16	413	NUCLEO DESPORTIVO AUTOCOOPE	V55	17
411	164	Jose Leite	00:27:22	00:55:29	00:54:58	400		V40	78
412	954	Nuno Inácio	00:28:00	00:55:30	00:55:14	412		V40	79
413	390	António Jesus	00:26:54	00:55:32	00:55:13	411	Kangaroo Runners	V55	18
414	651	Renato Silva	00:27:50	00:55:32	00:55:09	408	Mercedes	V35	82
415	342	Alvaro Vieira	00:27:01	00:55:35	00:55:11	409	Sanofi	V50	27
416	433	Victor Riscado	00:27:22	00:55:35	00:55:05	405		V45	67
417	990	Miguel Calado	00:26:12	00:55:41	00:55:20	416		V40	80
418	88	Luis Almeida	00:27:06	00:55:45	00:55:33	420		V45	68





# CORRIDA

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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
419	518	Fernando Jesus	00:26:45	00:55:51	00:55:43	424	OS LENTOS	V40	81
420	232	Raul Moita	00:27:00	00:55:52	00:55:35	421		V60	10
421	683	Joaquim Camões	00:27:18	00:55:55	00:55:39	422		V55	19
422	810	Henrique Rosa	00:27:18	00:55:57	00:55:30	419		Senior	81
423	531	João Silva	00:27:00	00:56:00	00:55:44	425		Senior	82
424	708	Luis Silva	00:27:09	00:56:02	00:55:47	428		V35	83
425	727	Eduardo Ribeiro	00:27:21	00:56:03	00:55:28	418		V45	69
426	782	Hélder Santos	00:26:39	00:56:11	00:55:44	426		Senior	83
427	705	Iris Cabrita	00:26:39	00:56:12	00:55:45	427		Senior	12
428	123	Helder Palhas	00:27:25	00:56:15	00:55:42	423		V40	82
429	525	André Salvado	00:28:13	00:56:18	00:55:57	429		V40	83
430	619	Ângelo Silva	00:27:38	00:56:19	00:56:04	430		V65	7
431	352	Hugo Venâncio	00:28:16	00:56:23	00:56:11	434	SS CGD	V35	84
432	539	José Pedro	00:26:33	00:56:23	00:56:06	432		V60	11
433	583	Franco Wudich	00:28:04	00:56:30	00:56:09	433		V50	28
434	895	Mário Romão	00:28:11	00:56:30	00:56:05	431	Clube Millennium BCP	V40	84
435	460	Paulo Vieira	00:26:11	00:56:32	00:56:22	441	Arrasta a Cota	V40	85
436	457	Pedro Almeida	00:27:21	00:56:32	00:56:21	437	Arrasta a Cota	V35	85
437	1058	Maria Viegas	00:27:02	00:56:32	00:56:28	443		V50	4



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	373	José Correia	00:27:54	00:56:37	00:56:21	438	Atlético de via rara	V55	20
439	374	Carlos Vidais	00:27:54	00:56:38	00:56:21	439	Atlético de via rara	V40	86
440	372	Carlos Correia	00:27:53	00:56:38	00:56:21	436	Atlético de via rara	V50	29
441	672	Rui Mirra	00:26:44	00:56:39	00:56:20	435		V40	87
442	721	Gonçalo Lopes	00:27:19	00:56:42	00:56:39	444		V40	88
443	612	Beatriz Mariz	00:27:34	00:56:44	00:56:22	440	FONIX TEAM	Senior	13
444	611	Paulo Mariz	00:27:34	00:56:44	00:56:23	442	FONIX TEAM	V45	70
445	1036	Duarte Escobar	00:27:56	00:56:48	00:56:40	445		V40	89
446	116	Pedro Ferreira	00:27:44	00:56:53	00:56:45	448	BCCRUNNERS	V45	71
447	584	Beatriz Matias	00:27:32	00:56:56	00:56:42	446		V40	7
448	40	Ricardo Reixa	00:27:42	00:57:02	00:56:44	447		V40	90
449	17	Luis Neto	00:28:04	00:57:04	00:56:58	454		V50	30
450	832	Victor Rodrigues	00:27:08	00:57:04	00:57:04	456		V40	91
451	403	Luis Catita	00:28:24	00:57:09	00:56:46	450		V55	21
452	18	Jorge Pereira	00:27:55	00:57:11	00:56:55	451		V50	31
453	523	Samuel Trancoso	00:27:57	00:57:12	00:57:05	457		V45	72
454	284	Susi Carvalho	00:27:57	00:57:14	00:57:06	459	BRRnightRUNNERS	V45	9
455	477	Pedro Medeiros	00:28:24	00:57:14	00:57:09	463	SS CGD	V40	92
456	205	Orlando Pereira	00:27:03	00:57:15	00:57:10	465		V55	22



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	465	Paulo Roxo	00:27:34	00:57:16	00:57:09	461		V40	93
458	608	Manuel Vaz	00:26:37	00:57:17	00:56:56	452		V45	73
459	274	Adelia Cabral	00:28:15	00:57:17	00:56:58	453	SS CGD	V35	12
460	815	Filipe Junot	00:28:52	00:57:23	00:56:45	449		Senior	84
461	42	Fernando Guerreiro	00:25:55	00:57:23	00:57:13	467		V45	74
462	235	Tereza Knapic	00:28:23	00:57:29	00:57:16	468		V60	1
463	385	Sérgio Antunes	00:27:59	00:57:31	00:57:08	460	CLUBE ANACOM	V45	75
464	451	João Teixeira	00:27:49	00:57:31	00:57:21	471		V35	86
465	535	Fernando Alves	00:27:59	00:57:32	00:57:17	469	SS CGD	V50	32
466	480	Carlos Morais	00:28:08	00:57:33	00:57:10	464		V45	76
467	481	Rui Brito	00:28:08	00:57:33	00:57:11	466	Mercedes	V35	87
468	1023	Rodrigo Reis	00:28:45	00:57:39	00:57:06	458		V40	94
469	306	Antonio Pais	00:27:40	00:57:39	00:57:23	476	NUCLEOIRAS ADNO	V65	8
470	171	Ricardo Madeira	00:27:05	00:57:42	00:57:36	477	condores Varge Mondar	Senior	85
471	675	António Jorge	00:28:09	00:57:43	00:57:23	475		V60	12
472	839	Manuel Pereira	00:27:50	00:57:44	00:57:23	473		V45	77
473	885	Bruno Vaz	00:29:19	00:57:46	00:57:21	470	Clube Millennium BCP	V45	78
474	638	Sergio Carrola	00:27:17	00:57:51	00:57:44	480		V35	88
475	511	Carlos Francisco	00:30:25	00:57:51	00:57:39	478		Senior	86



**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
476	503	Carlos Teixeira	00:28:13	00:57:56	00:57:47	482	Tondela Runners	V65	9
477	133	João Pereira	00:28:05	00:58:00	00:57:23	474	Os Pé Ligeiro...	V40	95
478	286	Cláudia Pissarra	00:28:52	00:58:04	00:57:52	485		V40	8
479	1014	Tiago Ferreira	00:29:34	00:58:04	00:57:42	479		Senior	87
480	109	Eduarda Graça	00:27:48	00:58:06	00:58:02	490	BCCRUNNERS	V50	5
481	258	João Cabrita	00:27:40	00:58:07	00:57:45	481	TigerBox Alcabideche	Senior	88
482	120	Paulo Boto	00:26:57	00:58:08	00:58:02	489	BCCRUNNERS	V60	13
483	13	Mário Sobral	00:29:22	00:58:11	00:56:59	455		V40	96
484	674	João Luis	00:30:16	00:58:13	00:57:49	483		V40	97
485	910	Andre Martins	00:29:19	00:58:17	00:57:51	484	Anfibiox	Senior	89
486	313	Ana Passos	00:28:29	00:58:21	00:57:57	486		V45	10
487	71	Joaquim Lavos	00:28:21	00:58:22	00:57:57	487		V35	89
488	326	José Marques	00:28:07	00:58:25	00:58:24	496		V65	10
489	901	José Tome	00:28:33	00:58:25	00:58:00	488		V40	98
490	412	Vasco Coelho	00:29:15	00:58:29	00:57:09	462	CARACÓIS DE CORRIDA	V40	99
491	66	Inês Abrantes	00:28:35	00:58:29	00:58:10	493	Balhelhas	Senior	14
492	461	Daniel Silva	00:27:22	00:58:30	00:58:22	495	Arrasta a Cota	Senior	90
493	459	Ana Tavares	00:28:34	00:58:30	00:58:19	494	Arrasta a Cota	V35	13
494	855	Paulo Couto	00:29:22	00:58:34	00:57:22	472		V40	100



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	912	Ruben Santos	00:29:18	00:58:35	00:58:08	492	Anfibix	Junior	8
496	743	Carlos Viegas	00:27:36	00:58:36	00:58:03	491		V55	23
497	883	Pedro Murça	00:28:51	00:58:36	00:58:29	498	Clube Millennium BCP	V50	33
498	46	Eduardo Santos	00:27:38	00:58:38	00:58:35	500		V35	90
499	321	José Augusto	00:28:28	00:58:45	00:58:25	497		V45	79
500	288	David Carvalho	00:27:53	00:59:00	00:58:46	502		V40	101
501	707	Ricardo Trigueiro	00:27:40	00:59:01	00:58:47	503		Senior	91
502	250	Paula Tanganho	00:27:58	00:59:08	00:58:54	505		V40	9
503	474	Sónia Antão	00:28:09	00:59:10	00:59:03	509		V35	14
504	112	Mário Fernandes	00:28:18	00:59:12	00:59:07	511	BCCRUNNERS	V50	34
505	794	Fernando Nunes	00:28:57	00:59:14	00:58:57	507		V40	102
506	1067	Elisabete Almeida	00:29:25	00:59:15	00:58:35	501		V40	10
507	703	José Santos	00:28:32	00:59:15	00:59:00	508	Já Foste	V55	24
508	911	Nuno Domingos	00:29:20	00:59:16	00:58:49	504	Anfibix	V35	91
509	200	Cláudia Mendonça	00:27:22	00:59:22	00:59:06	510		V35	15
510	907	Susana Mendes	00:28:30	00:59:23	00:59:08	514		V40	11
511	548	Hirondina Simões	00:28:34	00:59:27	00:59:19	515		V50	6
512	799	Luis Libanio	00:29:03	00:59:30	00:59:08	512		V55	25
513	800	Elisabette Lage	00:29:04	00:59:30	00:59:08	513		V35	16



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	182	Maria Esteves	00:28:11	00:59:30	00:59:22	520		V50	7
515	1060	Pedro Leitão	00:28:31	00:59:32	00:59:22	518		V40	103
516	280	Paula Martins	00:28:06	00:59:37	00:59:20	516	SS CGD	V35	17
517	281	Rui Oliveira	00:28:06	00:59:37	00:59:20	517	SS CGD	V40	104
518	380	Isabel Santiago	00:28:27	00:59:40	00:59:33	524	LisMad	V45	11
519	379	Jose Santos	00:28:27	00:59:40	00:59:34	525	LisMad	V45	80
520	680	Hugo Cravidão	00:32:01	00:59:45	00:59:22	519		V40	105
521	1051	Vitória Monteiro	00:28:31	00:59:45	00:59:40	526	Falcões Selvagens	V60	2
522	294	Francisco Rocha	00:32:40	00:59:51	00:59:43	527		Senior	92
523	94	Luis Raposo	00:30:06	00:59:52	00:59:31	522		V55	26
524	1029	Eduardo Borges	00:30:06	00:59:53	00:59:24	521		V50	35
525	757	Rui Luis	00:30:06	00:59:53	00:59:32	523		V55	27
526	553	Vitalina Gama	00:29:47	01:00:03	00:59:49	528		V45	12
527	41	Hugo Cavacas	00:30:26	01:00:04	00:58:29	499		V35	92
528	773	Sérgio Queiros	00:32:53	01:00:09	01:00:06	533		Senior	93
529	86	Bruno Gonçalves	00:27:11	01:00:14	00:59:57	530		V35	93
530	989	Maria Pedro	00:27:36	01:00:16	01:00:00	531		V35	18
531	793	Nuno Correia	00:27:36	01:00:16	01:00:01	532		V40	106
532	502	Maria Miguel	00:28:23	01:00:17	01:00:10	537	Novos Trilhos	V50	8



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	814	António Júnior	00:30:05	01:00:18	01:00:07	534		V45	81
534	406	Nuno Pinto	00:28:52	01:00:20	00:59:56	529	GD Celcat	V40	107
535	904	Luis Rosa	00:29:59	01:00:25	00:58:55	506		V40	108
536	323	Sandro Prates	00:27:19	01:00:25	01:00:13	539		V35	94
537	1046	Nuno Afonso	00:27:45	01:00:26	01:00:12	538		V40	109
538	872	Dália Nunes	00:29:47	01:00:27	01:00:10	536		V35	19
539	90	Aurélio Calado	00:29:33	01:00:28	01:00:08	535	4 ao Km	V65	11
540	50	Vitor Lucas	00:29:21	01:00:30	01:00:15	540	Breakaway	V50	36
541	165	Rogério Luís	00:28:51	01:00:32	01:00:28	549		V60	14
542	919	João Farinha	00:28:45	01:00:36	01:00:26	547		V40	110
543	262	Nuno Molero	00:27:52	01:00:37	01:00:23	544		Senior	94
544	177	Renato Andrade	00:29:30	01:00:37	01:00:21	543	El Coyote Cojo	V35	95
545	408	Dina Silva	00:29:17	01:00:38	01:00:23	545		Senior	15
546	543	Isabel Santos	00:29:26	01:00:39	01:00:36	558	LOURDETE PERFUMARIAS	V45	13
547	409	David Feijão	00:29:16	01:00:39	01:00:23	546		V35	96
548	290	Pedro Faro	00:29:38	01:00:40	01:00:18	542		V45	82
549	679	Beatriz Figueiredo	00:29:10	01:00:41	01:00:16	541		V40	12
550	1037	Fatima Abreu	00:29:48	01:00:43	01:00:39	559		V65	1
551	431	Teresa Simoes	00:29:15	01:00:49	01:00:30	552	CCD PM CASCAIS	V40	13





**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
552	558	Paulo Veríssimo	00:29:15	01:00:49	01:00:30	551		V50	37
553	147	Pedro Oliveira	00:30:03	01:00:52	01:00:31	553	ESTRATEGICO DISTRIBTUTION	V45	83
554	79	Antonio Faria	00:29:38	01:00:53	01:00:29	550		V60	15
555	862	Miriam Vistas	00:28:46	01:00:54	01:00:31	554	Movet	Senior	16
556	508	Joaquim Gamito	00:29:44	01:00:56	01:00:35	557		V55	28
557	194	Vera Marta	00:29:04	01:00:58	01:00:51	563		Senior	17
558	510	José Xavier	00:30:28	01:01:00	01:00:32	555		Senior	95
559	509	David Pereira	00:27:29	01:01:00	01:00:56	565		Senior	96
560	667	Lara Rodrigues	00:30:28	01:01:01	01:00:33	556		Senior	18
561	470	Estela Gonçalves	00:29:28	01:01:05	01:00:48	560		V35	20
562	585	Nuno Paisana	00:28:02	01:01:06	01:00:55	564		V40	111
563	551	Rui Domingues	00:30:05	01:01:09	01:00:49	562		V50	38
564	388	Rafael Caetano	00:29:04	01:01:09	01:00:57	568	Kangaroo Runners	Senior	97
565	562	Ana Domingues	00:30:06	01:01:09	01:00:49	561		V50	9
566	389	Ana Nunes	00:29:03	01:01:10	01:00:59	569	Kangaroo Runners	Senior	19
567	574	Bruno Almeida	00:30:04	01:01:13	01:00:28	548		Senior	98
568	1034	Valdemar Rocha	00:30:07	01:01:17	01:00:56	566		V50	10
569	725	Marcelo Cardoso	00:30:39	01:01:23	01:01:12	574		V45	84
570	170	Rute Ferreira	00:29:08	01:01:24	01:01:18	575	condores Varge Mondar	Senior	20



**CORRIDA**  
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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
571	49	Adelaide Manhica	00:31:21	01:01:25	01:01:07	572	GRCD Leião	V55	1
572	628	Rodolfo Rapaz	00:28:55	01:01:27	01:01:01	570		V40	112
573	639	Paulo Esteves	00:30:22	01:01:29	01:01:01	571	Os marretas	Senior	99
574	137	Marlene Oliveira	00:30:13	01:01:31	01:01:11	573		V40	14
575	178	Cristina Bettencourt	00:29:30	01:01:35	01:00:56	567	El Coyote Cojo	Senior	21
576	191	Isabel Rodrigues	00:30:15	01:01:40	01:01:26	579		V50	11
577	655	Maribel Silva	00:29:57	01:01:46	01:01:33	582		V45	14
578	1053	Nuno Martins	00:30:39	01:01:56	01:01:31	581		V40	113
579	340	António Fidalgo	00:30:54	01:01:57	01:01:27	580		V40	114
580	152	Joaquim Matos	00:30:01	01:02:01	01:01:54	584	KOTAS	V45	85
581	488	Miguel Pais	00:30:50	01:02:02	01:01:22	577	Vericious	V40	115
582	435	Ana Duarte	00:30:03	01:02:07	01:02:01	588		V40	15
583	141	Alberto Cano	00:31:10	01:02:11	01:01:56	585	Clube Atletismo Amigos de Belém	V60	16
584	598	Odete Azevedo	00:30:57	01:02:13	01:01:20	576	Grupo Xiveve	V45	15
585	161	Alexandre Costa	00:30:03	01:02:16	01:02:12	592		V50	39
586	697	Nuno Rodrigues	00:29:11	01:02:18	01:02:12	591		Senior	100
587	875	Nuno Filipe	00:30:57	01:02:18	01:01:49	583		V35	97
588	358	Inês Martins	00:30:58	01:02:19	01:01:58	586		Senior	22
589	335	Luis Martins	00:30:58	01:02:20	01:01:59	587		V60	17



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	333	Magda Ribeiro	00:31:21	01:02:20	01:02:10	589		V35	21
591	266	António Brito	00:29:41	01:02:28	01:02:12	590		V50	40
592	418	Goreti Cabeleira	00:31:08	01:02:30	01:01:22	578	CARACÓIS DE CORRIDA	V45	16
593	790	Maria Ribeiro	00:30:23	01:02:45	01:02:35	596		V55	2
594	48	Carmen Cristino	00:31:28	01:02:47	01:02:28	594	GRCD Leião	V40	16
595	792	Augusto Ramôa	00:30:24	01:02:49	01:02:39	598		V60	18
596	296	Antonio Ribeiro	00:30:51	01:02:51	01:02:39	599	Clube TAP PORTUGAL	V50	41
597	609	Cármén Neves	00:30:53	01:02:55	01:02:37	597		Senior	23
598	828	Carina Batista	00:29:40	01:02:56	01:02:49	602		Senior	24
599	329	Paulo Lopes	00:31:00	01:03:03	01:02:48	601		V50	42
600	1050	Anabela Assunção	00:31:18	01:03:04	01:02:44	600		V40	17
601	156	Paulo Silva	00:32:28	01:03:07	01:02:22	593		V40	116
602	986	Nuno Nunes	00:32:43	01:03:08	01:02:32	595		V35	98
603	889	António Sousa	00:31:11	01:03:10	01:02:52	603	Clube Millennium BCP	V70	3
604	180	Vanessa Rosa	00:30:54	01:03:11	01:03:03	605	V & V	Senior	25
605	179	Vitor Batista	00:30:54	01:03:12	01:03:02	604	V & V	V45	86
606	289	Nuno Gonçalves	00:30:31	01:03:15	01:03:04	606		V60	19
607	267	António Parda	00:32:18	01:03:26	01:03:12	608	G A Monsanto	V60	20
608	270	Luís Antunes	00:32:18	01:03:26	01:03:11	607	G A Monsanto	V50	43



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# CLASSIFICAÇÃO

<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	395	Idalina Madeira	00:30:26	01:03:42	01:03:34	612	AÇOREANA	V55	3
610	808	Paulo Rosa	00:30:43	01:03:43	01:03:15	609		V45	87
611	397	André Quarenta	00:31:12	01:03:43	01:03:32	611	AÇOREANA	V45	88
612	398	Mónica Quarenta	00:31:13	01:03:44	01:03:31	610	AÇOREANA	V40	18
613	236	Miguel Vivas	00:29:34	01:03:59	01:03:52	615		V35	99
614	362	João Simões	00:30:51	01:04:09	01:03:44	613		Senior	101
615	217	Carlos Cheoo	00:30:25	01:04:10	01:03:57	616		Senior	102
616	625	Rosa Marques	00:31:36	01:04:19	01:04:07	617		V40	19
617	952	Adriana Gonçalves	00:31:42	01:04:19	01:03:47	614		Senior	26
618	1039	José Morais	00:30:25	01:04:26	01:04:14	621		V55	29
619	711	João Mendes	00:30:51	01:04:27	01:04:20	622		V50	44
620	371	Fábio Gamito	00:31:15	01:04:29	01:04:10	618	Atlético de via rara	Senior	103
621	370	Diamantino Gamito	00:31:14	01:04:29	01:04:12	619	Atlético de via rara	V45	89
622	224	Cândida Esteves	00:30:57	01:04:32	01:04:23	624	CCD Crédito Agrícola Mútuo	V40	20
623	344	Maria Fernandes	00:31:20	01:04:38	01:04:13	620	Sanofi	V45	17
624	265	Ângela Brito	00:28:35	01:04:43	01:04:28	626		V50	12
625	443	Luis Albuquerque	00:31:44	01:04:46	01:04:27	625		V40	117
626	441	Basilio Paixão	00:30:07	01:04:50	01:04:22	623		V45	90
627	77	Miguel Simões	00:31:54	01:04:54	01:04:36	629		V35	100



**CORRIDA**  
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# CLASSIFICAÇÃO

<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	78	Ana Oliveira	00:31:55	01:04:54	01:04:36	630		V35	22
629	781	Emanuel Silva	00:31:49	01:04:55	01:04:38	633		V35	101
630	777	Susana Sena	00:31:49	01:04:56	01:04:39	634		V35	23
631	234	João Garcia	00:30:21	01:04:57	01:04:39	635		Senior	104
632	1172	João Martins	00:32:01	01:05:00	01:04:38	631		V40	118
633	166	Luís Almeida	00:32:03	01:05:02	01:04:38	632		V40	119
634	65	António Abrantes	00:29:15	01:05:03	01:04:45	637	Balhelhas	V60	21
635	490	Catarina Alves	00:32:32	01:05:05	01:04:45	636	TigerBox Alcabideche	Senior	27
636	251	Isabel Filipe	00:30:42	01:05:06	01:04:54	639	Clube EDP Lisboa	V55	4
637	393	Claudia Tam	00:31:39	01:05:06	01:04:50	638	AÇOREANA	Senior	28
638	192	Rosa Falardo	00:31:28	01:05:14	01:05:00	642		V50	13
639	353	Manuel Cardoso	00:30:56	01:05:19	01:04:55	640		V45	91
640	888	Henrique Alves	00:30:51	01:05:19	01:05:17	649	Clube Millennium BCP	V50	45
641	51	Olivia Lucas	00:31:24	01:05:19	01:05:04	644	Breakaway	V50	14
642	552	Carlos Correia	00:32:11	01:05:27	01:04:58	641		V35	102
643	797	Pedro Pereira	00:31:21	01:05:30	01:05:10	645		V35	103
644	159	Carla Charana	00:33:29	01:05:42	01:04:33	627		V35	24
645	160	Antonio Antunes	00:33:29	01:05:42	01:04:33	628		V35	104
646	847	Mário Vinhas	00:32:28	01:05:46	01:05:16	648		V45	92



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# CLASSIFICAÇÃO

<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>
647	848	Catarina Azevedo	00:32:29	01:05:46	01:05:16	647		V35	25
648	922	Rui Ribeiro	00:33:06	01:05:47	01:05:00	643		V40	120
649	902	António Cruz	00:32:38	01:05:48	01:05:29	650		V45	93
650	462	Tatiana Ildefonso	00:31:48	01:05:50	01:05:13	646		Senior	29
651	925	Aureliano Vasconcelos	00:31:30	01:05:55	01:05:53	653		V55	30
652	783	João Ribeiro	00:32:28	01:05:56	01:05:46	651		Senior	105
653	1030	Rita Correia	00:32:25	01:06:03	01:05:46	652		V35	26
654	772	Ana Madruga	00:32:53	01:06:03	01:06:01	657		V35	27
655	346	Carla Cardoso	00:32:35	01:06:12	01:05:59	655	AMCS	V40	21
656	39	Cecília Santiago	00:31:31	01:06:19	01:06:01	656		V35	28
657	20	Ivone Costa	00:32:23	01:06:35	01:05:58	654	Coyote and Road Runner Inc	Senior	30
658	650	Mónica Matos	00:32:31	01:06:43	01:06:20	658	Mercedes	V35	29
659	257	Filipa Martins	00:33:04	01:06:44	01:06:22	659	TigerBox Alcabideche	Senior	31
660	259	Tania Simoes	00:33:03	01:06:44	01:06:25	660	TigerBox Alcabideche	Senior	32
661	621	Ignácio Silva	00:32:38	01:06:49	01:06:48	662		V40	121
662	1065	Beatriz Monteiro	00:31:14	01:06:58	01:06:48	663		Senior	33
663	785	Hugo Henriques	00:32:45	01:07:06	01:06:51	664		V35	105
664	1170	Pierre Delpierre	00:33:28	01:07:18	01:06:53	666		V45	94
665	802	Antonio Ferreira	00:31:24	01:07:21	01:07:06	667		V50	46



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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
666	21	João Faria	00:32:23	01:07:29	01:06:52	665	Coyote and Road Runner Inc	V35	106
667	216	João Carvalho	00:32:54	01:07:30	01:07:11	668		V45	95
668	673	João Pereira	00:32:45	01:07:34	01:07:18	669		V55	31
669	244	Andreia Costa	00:32:52	01:07:36	01:06:38	661	M&B	V35	30
670	688	Maria Cunha	00:33:11	01:07:44	01:07:25	670	TigerBox Alcabideche	V40	22
671	222	Mayer Raposo	00:32:27	01:07:46	01:07:28	671	Associação de Atletismo lebres do Sado	V65	12
672	767	Pedro Fraústo	00:35:27	01:07:53	01:07:28	672		V40	122
673	301	Madalena Pina	00:32:49	01:07:59	01:07:40	674	Clube TAP PORTUGAL	V45	18
674	303	Paula Soares	00:33:35	01:08:02	01:07:36	673	Tartarugas Team	Senior	34
675	580	João Barreto	00:32:52	01:08:16	01:07:47	675		V35	107
676	96	Marta Dinis	00:31:54	01:08:24	01:08:12	676		V40	23
677	114	Paula Alves	00:33:01	01:08:31	01:08:28	677	BCCRUNNERS	V60	3
678	1040	Maria Dias	00:33:18	01:08:36	01:08:32	678		V70	1
679	410	Marlene Conral	00:32:55	01:08:51	01:08:39	679		V65	2
680	417	Artur Dinis	00:33:15	01:09:06	01:08:43	681	ALGYMNS	V55	32
681	692	Tiago Ramos	00:32:43	01:09:06	01:08:42	680		V35	108
682	427	José Fialho	00:32:57	01:09:38	01:09:19	684	CCD PM CASCAIS	V55	33
683	537	Rafael Furtado	00:34:46	01:09:45	01:09:19	685	TigerBox Alcabideche	V35	109
684	325	Adelaide Pôrto	00:32:35	01:09:49	01:09:40	686		V50	15





# CORRIDA

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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
685	489	Vera Rodrigues	00:34:42	01:09:55	01:09:15	683	Vericious	V40	24
686	760	Nidia Silva	00:34:05	01:09:58	01:09:41	687		V60	4
687	718	José Gomes	00:32:37	01:09:59	01:09:55	690		Senior	106
688	285	Manuel Veiga	00:34:57	01:10:04	01:09:07	682		V60	22
689	458	Carlos Oliveira	00:34:26	01:10:10	01:10:00	691	Arrasta a Cota	V40	123
690	536	Patrícia Furtado	00:34:45	01:10:12	01:09:45	688	TigerBox Alcabideche	Senior	35
691	255	Elainne Facada	00:33:37	01:10:12	01:09:47	689	TigerBox Alcabideche	Senior	36
692	201	Samuel Joaquim	00:34:05	01:10:48	01:10:35	694		V60	23
693	593	Luis Calaim	00:32:21	01:10:49	01:10:43	695		V35	110
694	135	Nuno Carvalho	00:34:54	01:10:56	01:10:17	692	Os Pé Ligeiro...	V40	124
695	134	João Cruz	00:34:54	01:10:56	01:10:18	693	Os Pé Ligeiro...	V35	111
696	890	Norberto Oliveira	00:40:05	01:11:02	01:10:59	699	Clube Millennium BCP	Senior	107
697	367	Eloiza Reis	00:34:48	01:11:05	01:10:51	698	Déborah e Eloiza	V50	16
698	95	Joao Nogueira	00:32:51	01:11:21	01:11:09	700		V50	47
699	635	Nuno Morgadinho	00:36:41	01:11:26	01:10:48	697	Finhões	V35	112
700	937	Hugo Branco	00:33:54	01:11:41	01:11:10	701		V40	125
701	983	Izilda Lourenço	00:34:23	01:11:48	01:11:31	702		V45	19
702	14	Ana Pereira	00:36:18	01:12:03	01:10:47	696		V40	25
703	618	Catarina Gabriel	00:35:01	01:12:06	01:11:57	703		Senior	37



# CORRIDA

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# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
704	1019	Joana Chouriço	00:33:33	01:12:07	01:12:00	704		V50	17
705	879	Patrícia Silva	00:33:17	01:12:33	01:12:28	705		Senior	38
706	143	Francisco Jorge	00:34:51	01:13:18	01:13:05	707		V45	96
707	293	Gonçalo Rocha	00:32:41	01:13:46	01:13:37	708		V45	97
708	597	Joana Palhinha	00:36:49	01:13:50	01:12:57	706	Grupo Xiveve	Senior	39
709	784	Vera Lima	00:37:31	01:14:10	01:13:49	709		V40	26
710	473	Luis Monteiro	00:34:59	01:14:22	01:14:14	711		V35	113
711	396	Luis Neves	00:34:54	01:14:24	01:13:58	710	AÇOREANA	V40	126
712	351	Carlos Santos	00:36:41	01:14:46	01:14:35	712	Daniela & Carlos	Senior	108
713	350	Daniela Gonçalves	00:36:41	01:14:46	01:14:36	713	Daniela & Carlos	Senior	40
714	632	Lídia Farinha	00:36:14	01:14:54	01:14:45	715	Da Silva FF	Senior	41
715	631	Joel Ferreira	00:36:14	01:14:54	01:14:45	716	Da Silva FF	Senior	109
716	89	Carla Almeida	00:36:19	01:15:05	01:14:55	721		V40	27
717	529	Hélia Oliveira	00:35:05	01:15:07	01:14:44	714		V35	31
718	613	Estrela Mariz	00:36:12	01:15:15	01:14:50	718	FONIX TEAM	V45	20
719	607	Carla Nascimento	00:36:57	01:15:18	01:14:53	720		V35	32
720	724	Ricardo Henriques	00:35:07	01:15:23	01:14:52	719		V35	114
721	1068	José Almeida	00:35:31	01:15:29	01:14:49	717		Veterano 2	
722	720	Rui Ferreira	00:35:06	01:15:44	01:15:11	722		V35	115



**CORRIDA**  
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# CLASSIFICAÇÃO

<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>
723	392	Ma Hung	00:37:06	01:15:57	01:15:48	726	AÇOREANA	V65	3
724	723	Cláudia Marques	00:35:07	01:15:58	01:15:27	724		V35	33
725	1171	Nuno Duarte	00:35:06	01:15:59	01:15:27	725		V40	127
726	774	Carla Amaral	00:34:39	01:16:34	01:16:18	730		V40	28
727	775	José Amaral	00:34:39	01:16:34	01:16:19	731		V40	128
728	247	Helder Pereira	00:36:20	01:16:37	01:16:17	729		V35	116
729	647	Nuno Abrantes	00:38:03	01:16:39	01:16:37	732	X4FUN	V35	117
730	645	Vera Bexiga	00:38:03	01:16:39	01:15:15	723	X4FUN	V35	34
731	898	Paulo França	00:37:42	01:16:49	01:16:14	727		V50	48
732	742	Fátima Manteiga	00:37:43	01:16:49	01:16:14	728		V45	21
733	1015	Leonardo Carmo	00:34:25	01:17:34	01:17:06	734		Junior	9
734	636	Ana Aires	00:37:10	01:17:35	01:16:58	733	Finhões	Senior	42
735	1024	Tiago Barata	00:35:41	01:17:36	01:17:25	738		Senior	110
736	369	Miguel Silvério	00:36:55	01:17:36	01:17:08	735		V35	118
737	616	Camila Rocha	00:37:45	01:17:45	01:17:21	737	FONIX TEAM	V35	35
738	162	Maria Cesário	00:37:56	01:17:50	01:17:45	739		V50	18
739	245	Teresa Costa	00:37:36	01:18:17	01:17:19	736	M&B	V60	5
740	271	Ana Silva	00:38:06	01:18:19	01:18:16	740	GRD OS FIXES	V55	5
741	547	Gonçalo Gonçalves	00:37:26	01:20:41	01:20:24	742		V35	119



**CORRIDA**  
jumbo

# CLASSIFICAÇÃO

<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>
742	549	Jeremias Távora	00:37:26	01:20:42	01:20:24	743		V35	120
743	629	Jose Santos	00:37:22	01:20:43	01:20:09	741		V40	129
744	415	Paula Couto	00:40:29	01:22:18	01:22:03	744	ALGYMNS	V50	19
745	202	Antonio Figueiredo	00:40:04	01:23:28	01:23:15	745		V60	24
746	337	Elida Silva	00:40:38	01:25:34	01:25:19	746		Senior	43
747	56	Marcos Rumor	00:40:40	01:25:55	01:25:52	748		Junior	10
748	355	Cristina Couto	00:39:59	01:25:55	01:25:35	747		V45	22
749	330	Jorge Romão	00:46:27	01:30:50	01:30:34	749		V55	34
750	595	Carlos Palhinha	00:54:17	01:47:55	01:47:00	751	Grupo Xiveve	V80	1
751	596	Lucia Palhinha	00:54:17	01:47:55	01:47:00	750	Grupo Xiveve	V50	20