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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	711	Rafael Domingos	00:17:02	00:33:40	00:33:40	1		Senior	1
2	595	David Tavares	00:17:02	00:33:58	00:33:58	2		Junior	1
3	592	Hugo Gil	00:17:03	00:34:33	00:34:32	3		Senior	2
4	704	Marco Mello	00:17:10	00:35:05	00:35:04	4	A.M.Atibá	V45	1
5	561	Nuno Romão	00:17:26	00:35:21	00:35:20	5		V40	1
6	597	Marco Gomes	00:17:30	00:35:25	00:35:22	6		V40	2
7	213	Edgar Jacinto	00:17:29	00:35:38	00:35:35	7	Auto Jacinto	Senior	3
8	666	Vera Nunes	00:17:43	00:35:47	00:35:47	8	Casa Sport Lisboa e Benfica	V35	1
9	590	Domingos Carneiro	00:18:06	00:36:55	00:36:52	9		V40	3
10	588	Sérgio Monteiro	00:18:07	00:37:07	00:37:06	10		Senior	4
11	589	João Inocêncio	00:18:06	00:37:11	00:37:09	11		V45	2
12	513	Cedric Jacquet	00:18:37	00:37:22	00:37:18	12		Senior	5
13	168	David Amaral	00:18:33	00:37:51	00:37:48	13		Senior	6
14	393	Sandra Teixeira	00:18:44	00:38:16	00:38:16	14		V35	2
15	705	José Dias	00:18:40	00:38:20	00:38:18	15	A.M.Atibá	V35	1
16	708	Sara Carvalho	00:19:02	00:38:31	00:38:26	16		Senior	1
17	180	José Mota	00:19:06	00:38:36	00:38:36	17		Senior	7
18	394	Jaime Nunes	00:18:45	00:38:44	00:38:42	18		V45	3
19	694	Pedro Mota	00:19:11	00:38:47	00:38:42	19		V45	4



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
20	96	Luis Macedo	00:19:10	00:38:52	00:38:46	20	LUMA Sports	V35	2
21	136	José Barrinha	00:18:51	00:38:59	00:38:56	21		V45	5
22	225	Liliana Verissimo	00:19:06	00:39:13	00:39:11	24		Senior	2
23	680	Eduardo Quaresma	00:19:02	00:39:14	00:39:09	22		V35	3
24	156	Patrício Sismeiro	00:19:44	00:39:18	00:39:10	23		V40	4
25	448	Olga Serbyn	00:19:53	00:39:32	00:39:29	26		Senior	3
26	181	Nelson Pereira	00:19:13	00:39:34	00:39:27	25	garehotelruning	V40	5
27	89	Rui Henriques	00:19:29	00:39:49	00:39:44	27	Federação da Família para a Paz Mundial e Unifi	V40	6
28	73	Sofia Monteiro	00:19:45	00:39:52	00:39:50	29		V35	3
29	198	Alvaro Oliveira	00:19:43	00:39:52	00:39:49	28		V45	6
30	674	António Policarpo	00:19:49	00:40:09	00:40:02	30		V50	1
31	192	Bruno Amaro	00:19:38	00:40:22	00:40:12	31		V35	4
32	98	Cristina Garcia	00:19:48	00:40:32	00:40:29	32		V45	1
33	719	Luis Semedo	00:19:53	00:40:35	00:40:32	33		V35	5
34	664	Rafael Travassos	00:19:30	00:40:43	00:40:40	34		Junior	2
35	258	Mário Gomes	00:19:41	00:40:48	00:40:41	35	PONTÉVEL A MEXER	V40	7
36	247	Jorge Amaral	00:19:53	00:40:49	00:40:47	37		V45	7
37	123	Nuno Lopes	00:19:38	00:40:52	00:40:46	36	CLUBE MILLENNIUM BCP	V40	8
38	290	Miguel Barba	00:20:17	00:40:55	00:40:50	38	Peniche a Correr	V35	6



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
39	676	Tiago Policarpo	00:20:39	00:41:02	00:40:56	39		Senior	8
40	436	Fernando Salgueiro	00:20:40	00:41:22	00:41:12	40	POMARELHOS RUN	V40	9
41	261	Tiago Vintém	00:19:35	00:41:22	00:41:16	41	PONTÉVEL A MEXER	Senior	9
42	268	Filipe Vintém	00:19:49	00:41:23	00:41:16	42	PONTÉVEL A MEXER	V35	7
43	135	Pedro Lavrador	00:20:25	00:41:36	00:41:29	44		Senior	10
44	80	Guilherme Farias	00:20:05	00:41:41	00:41:34	45		Junior	3
45	70	Mónica Moreiras	00:20:19	00:41:41	00:41:39	48		V35	4
46	219	Jemi Kneissler	00:20:43	00:41:43	00:41:27	43		V35	8
47	648	Adolfo Leal	00:20:44	00:41:46	00:41:38	46	Restaurante O Cartaxeiro	V50	2
48	642	Paulo Vieira	00:20:32	00:41:53	00:41:38	47		V45	8
49	257	Nélio Carvalho	00:20:13	00:42:03	00:41:57	49	PONTÉVEL A MEXER	V35	9
50	251	Pedro Roxo	00:20:13	00:42:06	00:42:02	50		V35	10
51	266	Jose Amaro	00:20:43	00:42:11	00:42:10	53		V40	10
52	777	Igor Tchemaguine	00:19:59	00:42:12	00:42:08	51	A.M.Atibá	V45	9
53	650	Fernando Godinho	00:20:44	00:42:19	00:42:10	52	Restaurante O Cartaxeiro	V40	11
54	653	Lucilia Soares	00:20:35	00:42:22	00:42:18	54		V55	1
55	277	Paulo Bernardo	00:20:27	00:42:30	00:42:26	55	Coimbra_Auchan	V35	11
56	350	Miguel Paulino	00:20:36	00:42:32	00:42:27	56	Peniche a Correr	Senior	11
57	407	Amílcar Santos	00:21:02	00:42:42	00:42:33	59		V40	12



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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>
58	214	Luis Ferreira	00:21:18	00:42:46	00:42:30	57	Auto Jacinto	V40	13
59	62	Hugo Borges	00:21:19	00:42:46	00:42:30	58		Senior	12
60	338	Luis Mesquita	00:20:37	00:42:54	00:42:50	60		V40	14
61	591	Hélio Marques	00:21:35	00:42:59	00:42:54	61		V40	15
62	207	Susana Matos	00:20:41	00:43:05	00:43:01	63		V45	2
63	679	Emanuel Freitas	00:20:42	00:43:10	00:43:05	65		V50	3
64	174	Tiago Araújo	00:21:51	00:43:11	00:43:01	62		Junior	4
65	216	Carlos Viseu	00:20:53	00:43:14	00:43:10	67		V45	10
66	662	Marco Pires	00:21:24	00:43:16	00:43:03	64		V35	12
67	29	Nuno Ferreira	00:21:05	00:43:18	00:43:07	66		V40	16
68	120	Nuno Naia	00:21:03	00:43:25	00:43:21	69	CLUBE MILLENNIUM BCP	V40	17
69	132	Pedro Fontes	00:20:34	00:43:26	00:43:21	70		V35	13
70	416	Domingos Coelho	00:21:31	00:43:27	00:43:15	68	OS LEÕES DA ESTRADA	V40	18
71	502	Bruno Carrilho	00:21:19	00:43:28	00:43:23	71	ACPortalegre/UTSM	V35	14
72	690	Jorge Vaz	00:21:12	00:43:35	00:43:32	73		V40	19
73	603	Pedro Pereira	00:21:24	00:43:45	00:43:33	74		V45	11
74	836	José Borges	00:21:10	00:43:48	00:43:43	76		V35	15
75	310	José Pinto-Coelho	00:21:33	00:43:50	00:43:39	75		V35	16
76	212	António Jacinto	00:22:14	00:43:52	00:43:25	72	Auto Jacinto	V55	1



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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>
77	682	João Dias	00:21:11	00:44:04	00:43:56	78	PONTÉVEL A MEXER	Senior	13
78	158	Rui Pavia	00:21:18	00:44:08	00:43:54	77	Rush Team	Senior	14
79	289	Carlos Lourenço	00:21:33	00:44:13	00:44:08	80	NÚCLEO DE ATLETISMO "OS PAPAGAIOS DE	V45	12
80	143	Manuel Mexia	00:22:15	00:44:25	00:44:06	79	Clube TAP PORTUGAL	V50	4
81	789	Joaquim Rosa	00:21:35	00:44:26	00:44:19	81		V55	2
82	431	Hugo Conceição	00:21:47	00:44:29	00:44:27	83		V40	20
83	409	João Cabeças	00:21:39	00:44:31	00:44:22	82		V45	13
84	598	Orlando Silva	00:21:30	00:44:35	00:44:33	87		V60	1
85	146	Carlos Pedro	00:21:58	00:44:36	00:44:29	84	Clube TAP PORTUGAL	V45	14
86	230	Paulo Palma	00:21:40	00:44:37	00:44:33	86	Dream Runners Évora	V50	5
87	71	Adriano Reis	00:21:54	00:44:38	00:44:30	85		V40	21
88	692	Ricardo Nunes	00:21:28	00:44:48	00:44:42	90		V40	22
89	373	Virgílio Madeira	00:22:10	00:44:50	00:44:39	89	Tranquilidade Açoreana Clube	V55	3
90	703	Hugo Picotez	00:21:30	00:44:51	00:44:37	88		V35	17
91	456	Filipe Carreiro	00:21:12	00:44:52	00:44:49	93		Senior	15
92	403	Joaquim Ramalho	00:22:16	00:44:57	00:44:52	95		V45	15
93	493	Rafael Santos	00:22:47	00:44:57	00:44:42	91	CCDT METROPOLITANO LX	V50	6
94	494	António Pereira	00:22:47	00:44:57	00:44:43	92	CCDT METROPOLITANO LX	V50	7
95	483	Pedro Carvalho	00:22:57	00:45:03	00:44:55	97		Senior	16



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
96	533	Luis Silva	00:22:10	00:45:04	00:44:52	94		V35	18
97	408	José Amaro	00:21:37	00:45:05	00:44:57	99		V40	23
98	389	José Cruz	00:22:12	00:45:05	00:44:56	98	Run for Lunch	V40	24
99	397	Paulo Santos	00:22:17	00:45:09	00:45:05	102	LOURDETE PERFUMARIAS	V50	8
100	783	Fábio Durão	00:22:19	00:45:11	00:45:02	100		Senior	17
101	535	João Justo	00:22:21	00:45:12	00:45:03	101		V40	25
102	145	Fernando Pereira	00:22:42	00:45:14	00:44:55	96	Clube TAP PORTUGAL	V50	9
103	124	Luis Goncalves	00:22:02	00:45:16	00:45:13	106	CLUBE MILLENNIUM BCP	V40	26
104	106	Daniel Santos	00:21:59	00:45:16	00:45:09	103		Senior	18
105	65	Vitor Batista	00:21:41	00:45:19	00:45:12	104		V45	16
106	538	José Pinho	00:21:46	00:45:25	00:45:12	105		V40	27
107	169	José Pinto	00:22:01	00:45:26	00:45:18	107	Clinica Dr. Cautela	V50	10
108	252	Gonçalo Moreira	00:22:37	00:45:29	00:45:27	109		Senior	19
109	702	João Lourenço	00:23:00	00:45:32	00:45:18	108		V50	11
110	354	Ernesto Pereira	00:22:05	00:45:33	00:45:29	110	FARISEUS	V45	17
111	202	Carlos França	00:21:54	00:45:41	00:45:36	113		V35	19
112	413	Pedro Ferreira	00:22:57	00:45:43	00:45:31	112		V35	20
113	93	Eduardo Rodrigues	00:22:31	00:45:44	00:45:31	111		V60	2
114	388	Sara Henriques	00:20:55	00:45:44	00:45:39	115	CCD PM CASCAIS	V40	1



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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	404	Diamantino Gamito	00:22:21	00:45:45	00:45:38	114		V50	12
116	360	Tiago Jorge	00:21:22	00:45:53	00:45:49	116		Senior	20
117	57	André Borges	00:22:25	00:46:00	00:45:50	117		Senior	21
118	529	Gustavo Évora	00:23:02	00:46:01	00:45:54	120		V50	13
119	241	Cátia Guerreiro	00:23:35	00:46:02	00:45:51	118	Clube Brisa	Senior	4
120	381	Joao Faria	00:22:56	00:46:06	00:46:01	122	CCD PM CASCAIS	V45	18
121	438	Ricardo Domingues	00:23:09	00:46:07	00:45:59	121	Team Cosme	Junior	5
122	113	Rui Monteiro	00:22:54	00:46:08	00:45:52	119		Senior	22
123	419	João Carvalho	00:23:03	00:46:14	00:46:11	125		V45	19
124	188	Bernardo Pinto-Coelho	00:22:09	00:46:17	00:46:06	123		V35	21
125	773	Jorge Barros	00:23:03	00:46:19	00:46:11	126		V35	22
126	652	Paulo Garcia	00:22:32	00:46:21	00:46:09	124		V45	20
127	641	Nuno Aureliano	00:23:58	00:46:24	00:46:22	128		V35	23
128	82	Hélio Guerra	00:23:16	00:46:28	00:46:11	127		Senior	23
129	259	Ana Amaro	00:23:08	00:46:31	00:46:28	129		V40	2
130	655	Hugo Rebelo	00:23:11	00:46:36	00:46:29	130		V40	28
131	329	Tiago Avelãs	00:22:42	00:46:48	00:46:37	133	SS CGD	V40	29
132	772	Nuno Veiga	00:22:54	00:46:49	00:46:36	131	AD IALBAX	V40	30
133	142	Jorge Gonçalves	00:23:36	00:46:56	00:46:36	132	Clube TAP PORTUGAL	Senior	24



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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>
134	41	Frederico Nobre	00:23:26	00:47:05	00:47:00	134	Clube do Stress	V40	31
135	631	Eduardo Aleixo	00:23:21	00:47:06	00:47:06	136		V40	32
136	489	Carlos Noronha	00:23:39	00:47:11	00:47:03	135		V35	24
137	164	Tiago Santos	00:22:59	00:47:13	00:47:06	137		Senior	25
138	163	Luis Santos	00:22:59	00:47:14	00:47:06	138		V45	21
139	475	João Costa	00:23:49	00:47:21	00:47:07	139		V50	14
140	410	Héluio Santos	00:23:19	00:47:22	00:47:20	145		Senior	26
141	162	Ricardo Amaral	00:23:20	00:47:24	00:47:10	141		Senior	27
142	183	Mahendrasinh Bassangy	00:22:53	00:47:25	00:47:20	146		V50	15
143	503	David Simão	00:23:39	00:47:25	00:47:08	140		V45	22
144	185	Carlos Costa	00:24:02	00:47:28	00:47:16	142		V55	4
145	359	Rui Silva	00:23:20	00:47:31	00:47:18	144		V50	16
146	184	Bruno Correia	00:23:55	00:47:36	00:47:18	143		V35	25
147	432	Tiago Ribeiro	00:23:43	00:47:43	00:47:24	147		Senior	28
148	417	Miguel Lopes	00:23:08	00:47:53	00:47:50	152		V40	33
149	486	Fernando Carmo	00:24:13	00:47:55	00:47:29	148		V50	17
150	721	Luis Leao	00:23:15	00:47:55	00:47:46	151		Senior	29
151	406	Jorge Campos	00:23:57	00:47:58	00:47:37	149		V40	34
152	245	Filipe Coelho	00:23:47	00:48:00	00:47:38	150		Senior	30



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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>
153	236	João Fragoso	00:23:29	00:48:01	00:47:51	153	2Fast4You	V40	35
154	149	Antonio Almeida	00:23:26	00:48:04	00:47:57	158	NUCLEO DESPORTIVO AUTOCOOPE	V50	18
155	193	Bruno Fernandes	00:23:33	00:48:05	00:47:56	155		V35	26
156	766	Nuno Carreira	00:23:33	00:48:05	00:47:57	157		V35	27
157	63	Nuno Meia-Onça	00:23:54	00:48:13	00:48:02	160		V35	28
158	148	Daniel Seborro	00:23:36	00:48:14	00:47:54	154	Clube TAP PORTUGAL	Senior	31
159	411	Gonçalo Lagos	00:24:27	00:48:16	00:47:59	159		V35	29
160	480	Vasco Ramos	00:23:42	00:48:18	00:48:05	161		V40	36
161	306	Hugo Ferreira	00:24:31	00:48:20	00:47:57	156		V40	37
162	348	Cláudio Figueiredo	00:23:18	00:48:21	00:48:06	162		Senior	32
163	639	Paulo Lopes	00:23:25	00:48:22	00:48:15	164		V40	38
164	179	Tiago Barbio	00:23:38	00:48:29	00:48:23	168		V40	39
165	30	Bruno Oliveira	00:23:35	00:48:31	00:48:19	167		V35	30
166	75	Paulo Martins	00:24:16	00:48:32	00:48:18	166		V40	40
167	749	Tito Vieira	00:24:13	00:48:32	00:48:14	163		V35	31
168	378	Diogo Henriques	00:23:34	00:48:32	00:48:27	170	CCD PM CASCAIS	Junior	6
169	18	Álvaro Gomes	00:23:41	00:48:36	00:48:30	172		V40	41
170	232	Bruno Palma	00:23:00	00:48:38	00:48:33	174	Dream Runners Évora	Senior	33
171	189	Nuno Araújo	00:24:08	00:48:39	00:48:29	171		V45	23



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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	484	Fernando Carmo	00:23:59	00:48:42	00:48:17	165		V50	19
173	286	Miguel Costa	00:24:43	00:48:44	00:48:26	169		Senior	34
174	256	Nuno Oliveira	00:24:16	00:48:44	00:48:38	176		V40	42
175	14	Sara Gabriel	00:23:37	00:48:45	00:48:41	177		Senior	5
176	778	Camilo Carlos	00:24:02	00:48:50	00:48:45	179		V45	24
177	109	Pedro Barroso	00:24:08	00:48:53	00:48:34	175		V35	32
178	133	Alberto Sousa	00:24:43	00:48:59	00:48:54	181		V45	25
179	85	Vitor Mendes	00:23:55	00:49:02	00:48:56	182		V40	43
180	337	Jorge Azevedo	00:24:38	00:49:07	00:48:50	180		V40	44
181	384	Maria Policarpo	00:24:03	00:49:11	00:49:05	184	CCD PM CASCAIS	V40	3
182	443	Paulo Antunes	00:23:35	00:49:11	00:48:45	178	condores varge mondar	V40	45
183	358	André Branco	00:24:57	00:49:14	00:49:01	183		Senior	35
184	527	Miguel Gama	00:23:59	00:49:14	00:49:09	186		V45	26
185	660	Rafael Lopes	00:24:10	00:49:16	00:49:06	185		Junior	7
186	637	António Morezo	00:24:26	00:49:21	00:49:20	194		V55	5
187	351	Jorge Paulino	00:23:50	00:49:22	00:49:17	190	Peniche a Correr	V55	6
188	427	Manuel Costa	00:23:51	00:49:23	00:49:18	191		V60	3
189	775	Rui Costa	00:23:56	00:49:24	00:49:17	188		Senior	36
190	651	Fernando Carreiro	00:24:09	00:49:28	00:49:19	192	Restaurante O Cartaxeiro	V55	7



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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	281	Pedro Carvalho	00:24:53	00:49:30	00:49:19	193		V45	27
192	100	António Junior	00:24:19	00:49:30	00:49:11	187		V50	20
193	437	Diogo Almeida	00:24:32	00:49:31	00:49:22	195	Team Cosme	Junior	8
194	553	Jose Magalhaes	00:24:11	00:49:34	00:49:30	199		V50	21
195	327	Orlindo Figueiredo	00:24:11	00:49:35	00:49:29	198	SS CGD	V65	1
196	300	Filipe Campos	00:24:58	00:49:37	00:49:22	196		Senior	37
197	474	João Fernandes	00:24:19	00:49:37	00:49:17	189		V35	33
198	206	João Valeriano	00:23:58	00:49:43	00:49:33	201		Senior	38
199	623	Saul Carramona	00:24:55	00:49:44	00:49:35	203		V35	34
200	784	Anselmo Ferreira	00:23:13	00:49:45	00:49:34	202		V35	35
201	215	António Novas	00:24:29	00:49:46	00:49:23	197		V35	36
202	677	João Gomes	00:24:11	00:49:50	00:49:41	206		V45	28
203	516	Vitor Ferreira	00:24:11	00:49:55	00:49:52	208		V45	29
204	753	Ricardo Rodrigues	00:24:00	00:49:56	00:49:37	204		Senior	39
205	471	Paulo Almeida	00:24:27	00:49:56	00:49:31	200		V45	30
206	117	Pedro Pereira	00:24:56	00:49:58	00:49:54	209	CLUBE MILLENNIUM BCP	V50	22
207	283	José Barradas	00:24:10	00:49:59	00:49:50	207		V35	37
208	560	Vítor Trigo	00:23:01	00:50:00	00:49:55	210		V45	31
209	11	Nuno Patricio	00:23:44	00:50:02	00:49:58	212		V45	32



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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>
210	504	Catarina Ferreira	00:24:21	00:50:02	00:49:57	211		Senior	6
211	670	Hugo Tavares	00:24:56	00:50:02	00:49:39	205		V35	38
212	270	Gil Martinho	00:24:12	00:50:07	00:50:01	213		V40	46
213	12	Rui Barros	00:24:37	00:50:08	00:50:04	216		V45	33
214	86	Vitor Bernardo	00:24:27	00:50:14	00:50:03	214		V35	39
215	452	Gilberto Manteiga	00:25:57	00:50:17	00:50:03	215		V40	47
216	307	Helder Martins	00:25:01	00:50:17	00:50:08	219		V45	34
217	326	Joaquim Frade	00:24:47	00:50:19	00:50:10	220	SS CGD	V60	4
218	228	Luis Correia	00:24:06	00:50:21	00:50:15	222		V50	23
219	97	Rute Menezes	00:24:57	00:50:24	00:50:06	218	LUMA Sports	V35	5
220	477	António Silva	00:24:34	00:50:26	00:50:18	224		V50	24
221	255	Ricardo Trigueiro	00:24:00	00:50:27	00:50:17	223		Senior	40
222	792	Luis Santos	00:26:24	00:50:29	00:50:05	217	condores varge mondar	V45	35
223	374	Alberto Abreu	00:24:35	00:50:37	00:50:30	225	CCD PM CASCAIS	V50	25
224	544	César Vieira	00:25:02	00:50:38	00:50:14	221	Acorde Bem Running	Senior	41
225	473	Joao Rocha	00:24:14	00:50:38	00:50:30	226		Senior	42
226	520	Jorge Oliveira	00:25:14	00:50:48	00:50:37	228		V60	5
227	376	Antonio Veloso	00:24:51	00:50:49	00:50:42	231	CCD PM CASCAIS	V45	36
228	720	Tiago Rodrigues	00:26:30	00:50:50	00:50:30	227		Senior	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>
229	564	Roberto Bettencourt	00:25:01	00:50:54	00:50:46	233		V40	48
230	745	Paulo Teixeira	00:24:38	00:50:55	00:50:46	232		V40	49
231	295	Ludgero Ribeiro	00:23:59	00:50:55	00:50:48	234		V35	40
232	601	Luís Moreira	00:24:16	00:50:58	00:50:55	238		V40	50
233	765	Maximiano Santos	00:25:32	00:51:01	00:50:49	235		V50	26
234	604	José Carlos	00:25:19	00:51:05	00:50:51	237		V35	41
235	618	Carlos Pereira	00:24:48	00:51:08	00:51:05	239		V55	8
236	22	Pedro Quadrio	00:25:51	00:51:11	00:50:50	236		V40	51
237	557	Pedro Pinto	00:25:22	00:51:14	00:51:07	240		Senior	44
238	343	Hugo Henriques	00:25:24	00:51:17	00:51:08	241		V40	52
239	279	Luís Loureiro	00:24:22	00:51:18	00:51:12	242	Coimbra_Auchan	Senior	45
240	385	Nuno Almeida	00:24:36	00:51:30	00:51:24	244	CCD PM CASCAIS	V45	37
241	405	Gui Santos	00:25:10	00:51:34	00:51:27	246		Senior	46
242	357	Paulo Lagarto	00:25:23	00:51:39	00:51:32	248		V40	53
243	364	Carlos Bargado	00:25:08	00:51:42	00:51:33	249	Tranquilidade Açoreana Clube	V50	27
244	111	Tiago Moacho	00:26:05	00:51:43	00:51:23	243	RUN FORREST RUN	Senior	47
245	379	Isabel Vieira	00:24:52	00:51:44	00:51:38	251	CCD PM CASCAIS	V45	3
246	468	Paulo Tomé	00:25:06	00:51:45	00:51:26	245	SISCOG	V40	54
247	577	Eduardo Basso	00:24:50	00:51:46	00:51:31	247		V45	38



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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>
248	187	Luis Fernandes	00:25:09	00:51:47	00:51:43	254		V45	39
249	246	Rui Ferreira	00:24:57	00:51:48	00:51:40	253		V40	55
250	763	José Pedro	00:25:24	00:51:51	00:51:39	252		V60	6
251	72	Hugo Costa	00:25:53	00:51:57	00:51:36	250		V35	42
252	695	Rui Silva	00:24:48	00:51:58	00:51:45	255		V45	40
253	182	Fernando Torres	00:25:18	00:52:01	00:51:53	259	garehotelruning	V50	28
254	463	Pedro Sarmiento	00:26:13	00:52:02	00:52:02	262		V45	41
255	92	João Diniz	00:26:46	00:52:07	00:51:51	258	CCD Siemens	Senior	48
256	112	Sandra Alves	00:26:40	00:52:08	00:51:48	256	RUN FORREST RUN	V45	4
257	517	Carlos Costa	00:26:05	00:52:11	00:51:50	257		V50	29
258	352	Margarida Martins	00:25:42	00:52:12	00:52:07	264	Peniche a Correr	V55	2
259	550	Joao Ferreira	00:25:38	00:52:13	00:52:04	263	Clube Cimpor	V45	42
260	457	José Figueiredo	00:24:47	00:52:14	00:51:57	261		Senior	49
261	725	Miguel Robin	00:26:16	00:52:17	00:51:54	260		V45	43
262	576	Angela Ramalho	00:25:42	00:52:19	00:52:08	265		V40	4
263	412	Fernando Rosa	00:25:27	00:52:23	00:52:08	266		V55	9
264	476	Rui Valério	00:24:48	00:52:27	00:52:17	269		V35	43
265	433	Sonia Figueiredo	00:25:28	00:52:27	00:52:12	267		V40	5
266	13	Alexandre Tam	00:26:42	00:52:30	00:52:24	271		V35	44



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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	435	José Vaz	00:26:05	00:52:36	00:52:19	270	CLUBE ANACOM	V55	10
268	363	Tomás Correia	00:26:35	00:52:38	00:52:14	268		Senior	50
269	260	Bruno Vintem	00:26:22	00:52:41	00:52:34	274	PONTÉVEL A MEXER	Senior	51
270	782	Anderson Sant´Anna	00:25:19	00:52:43	00:52:32	273		Senior	52
271	593	Ermelinda Mineiro	00:26:29	00:52:45	00:52:38	276		V55	3
272	171	António Pereira	00:26:44	00:52:46	00:52:25	272	Ao Ritmo das 200 Palavras por Minuto	V40	56
273	43	Carlos Correia	00:25:15	00:52:48	00:52:40	278		Senior	53
274	741	Nelson Rego	00:26:47	00:52:50	00:52:37	275		V40	57
275	628	Casimiro Silva	00:26:18	00:52:54	00:52:52	282		V40	58
276	479	Carlos Gonçalves	00:26:30	00:52:54	00:52:49	281		V65	2
277	566	Jorge Santos	00:26:40	00:52:54	00:52:38	277	Got The Runs	Senior	54
278	287	Márcia Fidalgo	00:22:53	00:52:55	00:52:53	284		V35	6
279	449	Jorge Paulo	00:25:49	00:53:05	00:52:43	279		V35	45
280	430	António Milhinhos	00:25:49	00:53:07	00:52:45	280		V40	59
281	526	Ricardo Brito	00:25:40	00:53:08	00:52:53	285		V35	46
282	423	Paulo Roxo	00:26:25	00:53:08	00:53:01	289		V40	60
283	282	João Santos	00:25:41	00:53:08	00:52:55	287		Senior	55
284	492	Olimpio Guedelha	00:26:39	00:53:11	00:53:00	288		V60	7
285	52	Jorge Assunção	00:26:34	00:53:14	00:52:53	283		V45	44



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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	575	Bruno Silva	00:24:35	00:53:14	00:52:55	286		Senior	56
287	594	Pedro Santos	00:25:33	00:53:30	00:53:26	294		Senior	57
288	50	Carlos Horta	00:26:28	00:53:30	00:53:24	293	ZêzereTek	V50	30
289	565	Neil Hamer	00:26:40	00:53:31	00:53:15	290	Got The Runs	V35	47
290	661	Tiago Cardao-Pito	00:26:02	00:53:34	00:53:28	295		V40	61
291	264	Jorge Camoegas	00:25:55	00:53:37	00:53:22	291		V35	48
292	571	Gonçalo Lopes	00:25:56	00:53:42	00:53:32	302	GDCT Unicre	V40	62
293	570	Paulo Duarte	00:25:57	00:53:42	00:53:32	301	GDCT Unicre	V50	31
294	707	Luis Pereira	00:26:47	00:53:44	00:53:31	299		V40	63
295	126	Arnaldo Pinteus	00:25:39	00:53:47	00:53:47	307	CLUBE MILLENNIUM BCP	V55	11
296	574	Paulo Fernandes	00:25:56	00:53:47	00:53:40	304		V50	32
297	186	João Moacho	00:26:25	00:53:48	00:53:31	300		V60	8
298	515	Rui Carvalho	00:26:06	00:53:50	00:53:30	296		Senior	58
299	696	Nuno Rebelo	00:25:35	00:53:53	00:53:48	308		V35	49
300	563	Márcio Pinto	00:25:44	00:53:54	00:53:39	303		V35	50
301	723	Miguel Marquesu	00:26:37	00:53:55	00:53:30	298		Senior	59
302	724	Vasco Marques	00:26:37	00:53:55	00:53:30	297		V50	33
303	90	José Cardinho	00:25:13	00:54:00	00:53:47	306		Senior	60
304	88	Sérgio Cardoso	00:27:38	00:54:03	00:53:41	305		V35	51



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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	220	Paulo Neves	00:26:59	00:54:08	00:53:51	312	neves	V40	64
306	222	João Neves	00:27:00	00:54:08	00:53:49	310	neves	Junior	9
307	221	Valter Neves	00:26:59	00:54:08	00:53:50	311	neves	Senior	61
308	285	Matilde Lérias	00:26:31	00:54:11	00:53:49	309		Junior	1
309	304	Luís Almeid	00:25:21	00:54:14	00:54:06	314		V45	45
310	115	Luís Neto	00:26:44	00:54:15	00:54:06	315		V50	34
311	425	Jose Correia	00:26:08	00:54:16	00:54:13	318		V55	12
312	731	Alexandre Ferreira	00:26:55	00:54:19	00:54:10	316		V55	13
313	426	Nuno Alves	00:26:48	00:54:23	00:54:11	317		V60	9
314	67	António Viegas	00:27:11	00:54:24	00:53:59	313		V45	46
315	55	Silverio Rodrigues	00:27:22	00:54:24	00:54:13	319		V45	47
316	77	Andreia Baioa	00:29:28	00:54:24	00:53:23	292		Senior	7
317	579	Nuno Jesus	00:26:25	00:54:25	00:54:14	320		V35	52
318	710	Vera Morais	00:26:45	00:54:26	00:54:14	321		V35	7
319	712	Maria Bento	00:26:45	00:54:26	00:54:24	327		V45	5
320	102	Andreia Carvalho	00:26:04	00:54:30	00:54:23	324		Senior	8
321	229	Zuzka Simulcikova	00:26:01	00:54:32	00:54:23	325		Senior	9
322	166	Pedro Rodrigues	00:28:07	00:54:34	00:54:15	322		V45	48
323	249	Rui Sol-Posto	00:26:38	00:54:34	00:54:24	326		V40	65



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CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
324	485	Antonio Fonseca	00:25:47	00:54:37	00:54:26	329		V70	1
325	460	Joaquim Camões	00:26:29	00:54:38	00:54:27	330		V55	14
326	528	João Morna	00:26:41	00:54:39	00:54:26	328		Senior	62
327	654	Pedro Silva	00:26:57	00:54:44	00:54:19	323		Senior	63
328	309	Luís Martins	00:26:41	00:54:45	00:54:32	331		Senior	64
329	51	André Barbosa	00:26:33	00:54:46	00:54:40	336	ZêzereTek	Senior	65
330	507	Nuno Morgado	00:26:22	00:54:50	00:54:38	334		V35	53
331	506	Márcio Rodrigues	00:26:19	00:54:50	00:54:38	335		V35	54
332	646	Luís Sobral	00:27:38	00:54:51	00:54:35	332	Sobrais	V50	35
333	23	Luis Ribeiro	00:27:41	00:54:51	00:54:42	337		V35	55
334	267	Orlando Alves	00:27:38	00:54:52	00:54:36	333		V45	49
335	399	Ricardo Conceição	00:27:01	00:55:07	00:55:03	341	LOURDETE PERFUMARIAS	Senior	66
336	568	Filipe Basto	00:27:01	00:55:14	00:55:02	340		V50	36
337	442	Luis Fernandes	00:27:57	00:55:24	00:54:58	338	condores varge mondar	V45	50
338	440	Tiago Santos	00:27:57	00:55:24	00:55:00	339	condores varge mondar	Senior	67
339	543	Nuno Avó	00:29:25	00:55:28	00:55:03	342	Lisbon Moonlight Runners	V50	37
340	144	Antonio Iria	00:27:08	00:55:29	00:55:09	344	Clube TAP PORTUGAL	V45	51
341	141	Antonio Ribeiro	00:27:08	00:55:29	00:55:08	343	Clube TAP PORTUGAL	V50	38
342	79	Gonçalo Farias	00:26:18	00:55:32	00:55:25	349		Senior	68



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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>
343	47	Hugo Colaço	00:27:27	00:55:34	00:55:12	345		V35	56
344	422	Daniel Campos	00:27:47	00:55:44	00:55:23	348		Junior	10
345	421	Paulo Campos	00:27:48	00:55:44	00:55:22	346		V45	52
346	316	Bruno Rombo	00:28:14	00:55:46	00:55:23	347		Senior	69
347	139	David Cardoso	00:27:35	00:55:51	00:55:36	351		V40	66
348	445	Soraia Mestre	00:28:17	00:55:51	00:55:26	350	condores varge mondar	Junior	2
349	36	Aires Ildefonso	00:27:48	00:55:55	00:55:41	352		V60	10
350	42	José Macedo	00:26:06	00:55:56	00:55:43	353		V50	39
351	554	Vanessa Gomes	00:27:15	00:55:56	00:55:51	356		V35	8
352	487	Hugo Almeida	00:27:18	00:56:00	00:55:51	357		V40	67
353	532	Isadora Costa	00:28:17	00:56:05	00:55:49	355		Senior	10
354	322	António Capela	00:27:50	00:56:06	00:55:56	359		V50	40
355	328	Pedro Medeiros	00:26:39	00:56:09	00:56:03	361	SS CGD	V40	68
356	190	Maria Knapic	00:27:57	00:56:09	00:55:57	360		V60	1
357	791	Guilherme Gonçalves	00:26:19	00:56:11	00:56:03	362		V55	15
358	46	Vítor Gonzas	00:26:19	00:56:11	00:56:03	363		V50	41
359	217	Silvino Martins	00:28:12	00:56:12	00:55:55	358		V65	3
360	28	Mário Sobral	00:28:13	00:56:18	00:55:48	354		V40	69
361	461	Henrique Abreu	00:28:09	00:56:19	00:56:13	368		V55	16



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
362	746	José Ferreira	00:28:03	00:56:21	00:56:10	366		V40	70
363	633	Gonçalo Pedro	00:29:05	00:56:23	00:56:18	372		V35	57
364	771	Fernando Conceição	00:27:24	00:56:24	00:56:07	365		V50	42
365	644	Rui Silva	00:25:42	00:56:26	00:56:14	369		V40	71
366	116	Leonel Brandao	00:27:46	00:56:26	00:56:22	376	CLUBE MILLENNIUM BCP	V50	43
367	524	Luis Mota	00:27:23	00:56:27	00:56:05	364		V40	72
368	518	Elisabeth Lage	00:27:09	00:56:27	00:56:19	373		V45	6
369	790	Pedro Castro	00:27:11	00:56:29	00:56:15	371		V35	58
370	464	Isabel Moreira	00:27:49	00:56:29	00:56:19	374		V45	7
371	312	Dmitry Sorokin	00:27:43	00:56:32	00:56:21	375		V40	73
372	497	Pedro Almeida	00:27:18	00:56:38	00:56:27	378	Arrasta a Cota	V40	74
373	444	Nuno Mestre	00:28:19	00:56:38	00:56:11	367	condores varge mondar	V40	75
374	501	Leontina Mendes	00:27:19	00:56:39	00:56:27	377	Arrasta a Cota	V35	9
375	605	Manuel Fernandes	00:27:36	00:56:39	00:56:15	370		V55	17
376	76	Bernardo Fernandes	00:28:06	00:56:45	00:56:36	380		Senior	70
377	498	Carlos Oliveira	00:28:42	00:56:49	00:56:37	381	Arrasta a Cota	V40	76
378	128	Paulo Goncalves	00:28:01	00:56:51	00:56:33	379	CLUBE MILLENNIUM BCP	V40	77
379	377	Bruno Santos	00:28:06	00:56:53	00:56:43	383	CCD PM CASCAIS	V35	59
380	629	Bruno Ferreira	00:27:00	00:56:54	00:56:49	384		Senior	71



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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>
381	237	Paulo Alves	00:27:36	00:56:59	00:56:51	386	2Fast4You	V40	78
382	331	Neuza Magalhães	00:28:27	00:57:01	00:56:38	382		Senior	11
383	398	Isabel Santos	00:28:08	00:57:06	00:57:02	390	LOURDETE PERFUMARIAS	V50	1
384	191	Armindo Pereira	00:26:44	00:57:06	00:56:51	385		V45	53
385	744	Anderson Alexandre	00:28:07	00:57:09	00:56:53	387		V40	79
386	687	António Donato	00:27:47	00:57:13	00:56:56	388	Donato	Senior	72
387	624	Miguel Redmont	00:28:46	00:57:15	00:56:57	389		V45	54
388	31	João Ribeiro	00:27:57	00:57:19	00:57:03	391		Senior	73
389	157	Hugo Reis	00:27:40	00:57:26	00:57:10	393	Rush Team	V50	44
390	434	Jaime Afonso	00:28:44	00:57:32	00:57:15	395	CLUBE ANACOM	V50	45
391	500	Paulo Vieira	00:28:44	00:57:32	00:57:22	396	Arrasta a Cota	V40	80
392	499	Ana Tavares	00:28:44	00:57:33	00:57:22	397	Arrasta a Cota	V35	10
393	663	Gonçalo Oliveira	00:29:30	00:57:34	00:57:05	392		V40	81
394	346	Paulo Patricio	00:29:30	00:57:39	00:57:10	394		V45	55
395	514	Luis Libânio	00:27:49	00:57:40	00:57:31	401		V60	11
396	689	Nuno Marques	00:28:04	00:57:42	00:57:24	398	Donato	V40	82
397	226	Antonio Antunes	00:28:32	00:57:44	00:57:26	399		V35	60
398	223	Rui Dias	00:28:32	00:57:44	00:57:27	400		V35	61
399	325	Fernando Alves	00:28:32	00:57:44	00:57:33	402	SS CGD	V55	18



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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	785	Miran Hadzic	00:28:16	00:57:46	00:57:36	404		V35	62
401	83	Sandro Prates	00:26:54	00:57:48	00:57:34	403		V35	63
402	48	Vítor Lucas	00:28:15	00:57:53	00:57:42	406	BREAKAWAY	V50	46
403	361	Rogério Luís	00:28:01	00:57:57	00:57:49	408		V60	12
404	762	Plinio Marques	00:27:54	00:58:01	00:57:42	405		V35	64
405	699	Luis Roquete	00:27:32	00:58:02	00:57:46	407		V40	83
406	278	Nelson Gaspar	00:28:17	00:58:10	00:58:04	412	Coimbra_Auchan	V40	84
407	276	Catarina Fernandes	00:28:15	00:58:12	00:58:06	413	Coimbra_Auchan	V35	11
408	196	Jorge Pereira	00:29:02	00:58:15	00:57:57	409		V50	47
409	523	Fernando Fontes	00:28:09	00:58:17	00:58:12	416		V40	85
410	21	Antonio Faria	00:28:10	00:58:17	00:58:07	414		V60	13
411	372	Tam Afonso	00:27:58	00:58:22	00:58:11	415	Tranquilidade Açoreana Clube	V65	4
412	402	Luis Silva	00:28:09	00:58:22	00:58:16	417	Tranquilidade Açoreana Clube	V40	86
413	718	Manuel Cardoso	00:29:11	00:58:24	00:58:02	411		V45	56
414	715	Manuel David	00:28:58	00:58:50	00:58:42	420		V60	14
415	345	Marco Cunha	00:29:54	00:58:58	00:58:42	421		Senior	74
416	129	Salvador Goncalves	00:28:13	00:58:58	00:58:41	419	CLUBE MILLENNIUM BCP	Junior	11
417	774	Pedro Lima	00:28:13	00:58:59	00:58:40	418		V35	65
418	35	Tatiana Ildefonso	00:28:19	00:59:05	00:58:49	422		V35	12



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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>
419	243	Flávio Santos	00:31:08	00:59:06	00:58:02	410		Senior	75
420	293	Camila Rocha	00:28:57	00:59:10	00:58:53	424		V35	13
421	369	João Ribeiro	00:29:55	00:59:10	00:58:50	423	Tranquilidade Açoreana Clube	V50	48
422	250	Joaquim Gamito	00:29:06	00:59:15	00:58:56	425		V55	19
423	284	Diogo Martinez	00:29:55	00:59:16	00:58:59	426		Senior	76
424	288	Fernando Martins	00:27:46	00:59:22	00:59:19	430		V50	49
425	743	Angela Paparoto	00:28:40	00:59:29	00:59:17	429		V40	6
426	505	Tiago Oliveira	00:28:16	00:59:33	00:59:16	428		V35	66
427	757	António Francisco	00:25:42	00:59:34	00:59:25	433		V50	50
428	446	Paulo Matos	00:29:37	00:59:39	00:59:11	427	condores varge mondar	V40	87
429	201	Ângela Ferreira	00:29:18	00:59:44	00:59:23	432	Ao Ritmo das 200 Palavras por Minuto	Senior	12
430	167	João Pereira	00:29:16	00:59:46	00:59:42	438		V50	51
431	780	Mário Marques	00:29:18	00:59:47	00:59:37	436	A.M.Atibá	V45	57
432	356	Paulo Milicias	00:29:31	00:59:48	00:59:23	431		V45	58
433	600	Luis Pereira	00:28:49	00:59:52	00:59:42	437		V50	52
434	110	Claudia Matos	00:29:14	00:59:52	00:59:33	435	RUN FORREST RUN	V35	14
435	248	Pedro Correia	00:29:35	00:59:55	00:59:29	434		V35	67
436	675	Olivia Policarpo	00:29:25	01:00:04	00:59:56	441		V50	2
437	754	Eduardo Borges	00:29:24	01:00:05	00:59:53	439		V55	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>
438	534	Ana Pinto	00:29:53	01:00:06	00:59:59	442		Senior	13
439	509	Victor Rodrigues	00:29:00	01:00:10	01:00:06	446		V40	88
440	91	Joana Goroupa	00:29:15	01:00:14	01:00:00	443	CCD Siemens	V40	7
441	686	Marcia Rodrigues	00:28:53	01:00:14	00:59:55	440	Donato	Senior	14
442	610	João Costa	00:31:12	01:00:17	01:00:04	445		V35	68
443	122	Pedro Murca	00:29:33	01:00:21	01:00:18	452	CLUBE MILLENNIUM BCP	V50	53
444	54	Isabel Rodrigues	00:29:21	01:00:28	01:00:17	451		V50	3
445	542	António Guedes	00:29:25	01:00:30	01:00:04	444	Lisbon Moonlight Runners	V45	59
446	491	João Gomes	00:29:42	01:00:31	01:00:15	450		V35	69
447	53	Anabela Assunção	00:29:41	01:00:32	01:00:11	447		V45	8
448	441	Tania Matos	00:28:55	01:00:35	01:00:11	448	condores varge mondar	Senior	15
449	632	Vera Lopes	00:29:11	01:00:36	01:00:32	457		V35	15
450	558	Maria Rebola	00:30:16	01:00:36	01:00:19	453		V40	8
451	735	Duarte Antunes	00:29:18	01:00:38	01:00:27	454		V35	70
452	371	Pedro Ventura	00:29:55	01:00:38	01:00:13	449	Tranquilidade Açoreana Clube	V40	89
453	734	Daniel Dias	00:29:18	01:00:39	01:00:29	455		V35	71
454	208	Ana Cabral	00:29:37	01:00:50	01:00:37	459		V50	4
455	137	Keyla Mendes	00:29:20	01:00:51	01:00:30	456	RUN FORREST RUN	Senior	16
456	317	Ricardo Pereira	00:30:10	01:00:57	01:00:34	458		V40	90



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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	482	Florberto Silva	00:29:40	01:01:08	01:00:53	463		Senior	77
458	552	Ricardo Quingostas	00:29:44	01:01:09	01:00:52	462		V35	72
459	545	Nelson Parcelas	00:31:21	01:01:13	01:00:50	461	Acorde Bem Running	V35	73
460	176	Alipio Costa	00:30:45	01:01:16	01:00:57	464		V55	21
461	138	Joao Santos	00:30:08	01:01:17	01:01:00	465		V65	5
462	733	Luis Dias	00:28:27	01:01:25	01:01:18	470		V40	91
463	521	António Lima	00:30:47	01:01:26	01:01:12	468		V40	92
464	415	Nelson Correia	00:31:19	01:01:29	01:00:46	460		V35	74
465	469	Rodrigo Correia	00:30:28	01:01:30	01:01:10	466	SISCOG	V40	93
466	467	Bruno Cipriano	00:30:28	01:01:30	01:01:10	467	SISCOG	Senior	78
467	81	Hugo Almeida	00:33:51	01:01:31	01:01:13	469		V45	60
468	244	Paulo Duarte	00:29:42	01:01:33	01:01:23	472		V40	94
469	698	Tiago Maio	00:29:54	01:01:35	01:01:19	471		V35	75
470	455	Albertino Pinto	00:29:48	01:01:41	01:01:25	473		V70	2
471	291	Marco Mendes	00:29:28	01:01:51	01:01:36	474		V40	95
472	336	Luis Carlos	00:30:34	01:01:55	01:01:40	475		V40	96
473	347	Manuel Baptista	00:29:29	01:02:03	01:01:53	476		V50	54
474	49	Olivia Lucas	00:30:15	01:02:06	01:01:56	477	BREAKAWAY	V50	5
475	27	Mário Lameirão	00:30:41	01:02:11	01:02:04	480	Familia Lameirão	V65	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>
476	242	Carlos Santos	00:29:57	01:02:21	01:01:59	478		Senior	79
477	203	José Santos	00:29:58	01:02:21	01:01:59	479		V55	22
478	20	João Mayor	00:30:49	01:02:25	01:02:20	483		V65	7
479	622	Rui Domingues	00:29:48	01:02:28	01:02:14	482		V50	55
480	627	Bruno Ramos	00:31:26	01:02:35	01:02:10	481		V40	97
481	26	João Faria	00:30:40	01:02:49	01:02:26	484	Coyote and Road Runner, Inc.	V35	76
482	25	Ivone Costa	00:30:33	01:02:49	01:02:27	485	Coyote and Road Runner, Inc.	V35	16
483	233	Joao Carvalho	00:30:17	01:03:02	01:02:45	486		V45	61
484	414	Filipa Martins	00:30:59	01:03:07	01:02:46	487		V40	9
485	709	Carla França	00:30:07	01:03:19	01:03:16	493		V45	9
486	459	Maribel Silva	00:29:48	01:03:19	01:03:03	490		V45	10
487	280	João Jorge	00:31:11	01:03:19	01:02:52	488		Senior	80
488	104	António Pinho	00:31:20	01:03:20	01:02:58	489	Associação de Atletismo Lebres do Sado	V65	8
489	16	Sílvia Pereira	00:30:57	01:03:27	01:03:07	491		V40	10
490	15	Paulo Pereira	00:30:57	01:03:27	01:03:08	492		V40	98
491	673	Barbara Vara	00:30:48	01:03:43	01:03:30	494		V35	17
492	125	Vanessa Baptista	00:31:44	01:03:44	01:03:40	497	CLUBE MILLENNIUM BCP	V35	18
493	761	Mario Santos	00:31:54	01:03:52	01:03:36	495		V45	62
494	752	José Brites	00:30:15	01:03:58	01:03:40	496		V40	99



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
495	114	Carlos Afonso	00:31:40	01:04:08	01:03:56	498		V55	23
496	643	Maria Silva	00:29:40	01:04:18	01:04:05	500		V50	6
497	596	Manuel Encarnação	00:26:58	01:04:19	01:04:16	504		Senior	81
498	488	Nuno Oliveira	00:31:07	01:04:23	01:04:00	499		V40	100
499	101	Alexandre Costa	00:31:03	01:04:25	01:04:17	506		V55	24
500	447	Rogério Dias	00:29:45	01:04:27	01:04:09	501		Senior	82
501	368	Idalina Madeira	00:31:02	01:04:27	01:04:16	505	Tranquilidade Açoreana Clube	V55	4
502	308	Filipa Serpa	00:30:29	01:04:30	01:04:09	502		Junior	3
503	172	Manuel Azevedo	00:31:42	01:04:33	01:04:12	503	Veteranos de Massamá	V60	15
504	755	Andre Xavier	00:31:19	01:04:49	01:04:38	507		Senior	83
505	537	Etelvina Paulino	00:31:46	01:05:11	01:04:43	508		V55	5
506	130	Henrique Alves	00:31:47	01:05:16	01:05:13	511	CLUBE MILLENNIUM BCP	V55	25
507	262	Hugo Matias	00:30:23	01:05:16	01:05:10	510		V35	77
508	131	Leonel Ferreirinha	00:31:48	01:05:16	01:05:16	512	CLUBE MILLENNIUM BCP	V65	9
509	615	Sérgio Queirós	00:31:27	01:05:20	01:05:19	514		Senior	84
510	616	André Sequeira	00:31:28	01:05:22	01:05:19	513		Senior	85
511	292	Nuno Gonçalves	00:31:23	01:05:26	01:05:05	509		V60	16
512	134	Luís Almeida	00:31:42	01:05:32	01:05:26	516		V40	101
513	209	Sérgio Cruz	00:30:09	01:05:37	01:05:35	518		V40	102



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CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
514	199	Fatima Rocha	00:30:10	01:05:37	01:05:35	519		V40	11
515	302	Frederico Almeida	00:40:04	01:05:38	00:48:32	173		V35	78
516	450	Ana Pereira	00:31:12	01:05:39	01:05:23	515		Senior	17
517	147	Madalena Pina	00:31:23	01:05:41	01:05:28	517	Clube TAP PORTUGAL	V50	7
518	619	Carlos Queiroz	00:31:27	01:05:53	01:05:49	520		Senior	86
519	617	Mélanie Pereira	00:31:30	01:05:53	01:05:51	522		Senior	18
520	728	Ricardo Almeida	00:29:38	01:06:06	01:06:01	525		V35	79
521	271	Paulo Junior	00:31:57	01:06:10	01:05:58	524		V60	17
522	105	José Gonçalves	00:34:19	01:06:14	01:05:50	521		V35	80
523	781	Carlos Casal	00:33:53	01:06:18	01:05:52	523		V40	103
524	470	Cláudia Dias	00:32:48	01:06:22	01:06:04	526	SISCOG	Senior	19
525	227	Carla Charana	00:32:48	01:06:22	01:06:04	527		V35	19
526	74	Cândida Ganchas	00:32:16	01:06:41	01:06:27	530		V40	12
527	127	Carlos Conceicao	00:31:38	01:06:43	01:06:31	531	CLUBE MILLENNIUM BCP	V50	56
528	365	Cláudia Ferreira	00:32:52	01:06:44	01:06:21	528	Tranquilidade Açoreana Clube	Senior	20
529	366	Claúdia Tam	00:32:51	01:06:45	01:06:22	529	Tranquilidade Açoreana Clube	V35	20
530	231	Rita Palma	00:31:58	01:07:03	01:07:00	532	Dream Runners Évora	V45	11
531	578	Alexandra Staedtler	00:31:58	01:07:22	01:07:03	533		V45	12
532	758	Luís Martins	00:31:19	01:07:39	01:07:29	538		Senior	87



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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	210	Nuno Dionisio	00:32:15	01:07:39	01:07:14	534	Clube Brisa	V40	104
534	478	Fernando Marques	00:32:06	01:07:42	01:07:18	535		V40	105
535	611	Isabel Afonso	00:32:06	01:07:42	01:07:20	536		V40	13
536	299	Sara Almeida	00:32:52	01:07:44	01:07:22	537		Senior	21
537	383	Jose Fialho	00:32:22	01:07:54	01:07:48	543	CCD PM CASCAIS	V55	26
538	546	Joana Parcelas	00:33:36	01:07:59	01:07:35	539	Acorde Bem Running	Senior	22
539	160	Isabel Santiago	00:33:20	01:08:04	01:07:44	541	LisMad	V50	8
540	159	Jose Santos	00:33:20	01:08:05	01:07:44	542	LisMad	V45	63
541	636	Carla Neves	00:31:46	01:08:08	01:08:04	544		Senior	23
542	370	Luís Neves	00:32:52	01:08:09	01:07:44	540	Tranquilidade Açoreana Clube	V40	106
543	200	Maria Pereira	00:34:07	01:08:23	01:08:04	545	Ao Ritmo das 200 Palavras por Minuto	V45	13
544	205	Filomena Aguiã	00:32:35	01:08:35	01:08:27	546		V55	6
545	481	Nidia Silva	00:32:58	01:08:42	01:08:35	547		V60	2
546	341	Cidália Graça	00:33:55	01:08:50	01:08:39	548		V45	14
547	320	Maria Sá	00:33:43	01:09:04	01:08:48	549		V65	1
548	235	Tiago Lourenço	00:32:55	01:09:08	01:08:58	551		V45	64
549	234	Alexandra Clemente	00:32:56	01:09:08	01:08:58	552		V50	9
550	466	Clara Santos	00:33:17	01:09:12	01:08:55	550	SISCOG	Senior	24
551	567	Paulo Basto	00:35:15	01:09:30	01:09:18	553		V50	57



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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>
552	451	Pedro Canário	00:32:21	01:09:34	01:09:19	554		Senior	88
553	688	António Donato	00:34:59	01:09:57	01:09:36	555	Donato	V50	58
554	56	Rosa Falarido	00:33:09	01:10:04	01:09:53	557		V50	10
555	349	Maria Soares	00:33:00	01:10:05	01:09:53	558		V50	11
556	647	João Sobral	00:33:18	01:10:08	01:09:52	556	Sobrais	Senior	89
557	44	Armando Correia	00:34:39	01:10:24	01:10:15	561		V55	27
558	490	José Aleixo	00:35:21	01:10:25	01:09:57	559		V60	18
559	330	António Santos	00:32:25	01:10:29	01:10:13	560		V50	59
560	638	João Mendes	00:31:22	01:10:41	01:10:40	563		V50	60
561	45	Rodrigo Gomes	00:34:19	01:10:47	01:10:23	562		Senior	90
562	614	Rui Lopes	00:34:15	01:10:54	01:10:40	564		V40	107
563	95	Eberhard Wilhelm	00:33:46	01:11:01	01:10:44	566		V65	10
564	254	João Pereira	00:34:29	01:11:06	01:10:57	567		V55	28
565	420	Rúben Dordio	00:33:56	01:11:16	01:11:08	568		V35	81
566	539	António Gomes	00:34:03	01:11:35	01:10:41	565		V55	29
567	764	Charles Santana	00:32:14	01:11:36	01:11:20	570		V35	82
568	525	Luis Santos	00:32:13	01:11:36	01:11:21	571		V40	108
569	751	Eneida Gomes	00:35:10	01:11:36	01:11:19	569		V35	21
570	177	Sara Carvalha	00:34:11	01:11:50	01:11:33	572		V40	14



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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>
571	175	Luis Lopes	00:34:09	01:11:53	01:11:35	573		V65	11
572	722	Isabel Cardoso	00:34:28	01:11:56	01:11:42	574		V50	12
573	665	Maria Alma	00:34:48	01:12:16	01:11:50	575		Senior	25
574	536	Inês Paulino	00:34:05	01:12:23	01:11:56	576		Senior	26
575	332	Sónia Martins	00:34:22	01:12:39	01:12:16	577		Senior	27
576	770	Thaissa Neves	00:35:02	01:12:55	01:12:44	578		Senior	28
577	218	Maria Cesário	00:36:15	01:12:58	01:12:50	579		V50	13
578	66	Ana Pereira	00:37:23	01:13:39	01:13:10	580		V40	15
579	253	Déborah Lopes	00:36:17	01:13:49	01:13:32	582		V35	22
580	301	Pedro Almeida	00:35:58	01:13:51	01:13:29	581		V35	83
581	787	Maria Veiga	00:36:06	01:14:11	01:13:57	583		Senior	29
582	510	Neide Santos	00:35:57	01:14:54	01:14:41	584		Senior	30
583	700	Carla Fortes	00:36:11	01:15:46	01:15:30	585		Senior	31
584	693	Marta Breia	00:36:11	01:15:47	01:15:31	586		V40	16
585	344	António Marques	00:36:29	01:16:39	01:16:30	588		V70	3
586	684	Mariana Donato	00:38:11	01:16:49	01:16:30	587	Donato	Senior	32
587	685	Sara Donato	00:38:12	01:17:00	01:16:40	589	Donato	Senior	33
588	362	Manuel Cruz	00:38:22	01:17:41	01:17:21	590		V45	65
589	659	Ana Barbosa	00:36:20	01:18:56	01:18:33	591		Senior	34



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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>
590	667	Rui Brito	00:56:26	01:20:57	00:50:38	229		V35	84
591	668	Ricardo Silva	00:56:27	01:20:57	00:50:38	230		V40	109
592	465	Pedro Filipe	00:37:29	01:21:03	01:20:43	592	SISCOG	V35	85
593	726	Luis Libório	00:38:59	01:21:55	01:21:33	593	Serra Libório	Senior	91
594	727	Ana Serra	00:38:59	01:21:56	01:21:34	594	Serra Libório	V35	23