



8 SETEMBRO'18

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	358	Marco Miguel	00:15:45	00:31:23	00:31:23	1	CLUBE DE PRAÇAS DA ARMADA	Senior	1
2	235	Luis Macau	00:15:45	00:31:33	00:31:33	2		Senior	2
3	224	Avelino Eusébio	00:15:45	00:31:37	00:31:37	3	GFD Running	Senior	3
4	404	Nelson Cruz	00:15:45	00:31:43	00:31:43	4		V40	1
5	698	Carlos Silva	00:15:45	00:31:49	00:31:48	5		V35	1
6	542	José Sousa	00:15:45	00:31:52	00:31:52	6	União Clube Eirense	Senior	4
7	695	Jorge Robalo	00:16:05	00:32:32	00:32:31	7		V35	2
8	732	Paulo Alves	00:16:13	00:32:40	00:32:39	8		Senior	5
9	823	Cristiano Borges	00:16:13	00:32:56	00:32:56	9		Junior	1
10	649	David Tavares	00:16:13	00:33:05	00:33:05	10		Senior	6
11	662	António Sousa	00:16:13	00:33:28	00:33:27	11		V45	1
12	652	Hugo Gil	00:15:57	00:34:18	00:34:17	12		Senior	7
13	681	Ricardo Madeira	00:16:22	00:34:32	00:34:32	13	GDC Castelo de Paiva	V35	3
14	761	António Correia	00:18:00	00:35:02	00:35:02	14	João silva Academia Atletismo CCR Praia de Mir	V35	4
15	472	Vitor Pleno	00:16:53	00:35:03	00:35:03	15	APPACDM-Coimbra	Senior	8
16	653	Marco Gomes	00:17:08	00:35:08	00:35:07	16		V40	2
17	476	Paulo Benevente	00:17:06	00:35:28	00:35:28	17	EAA Jorge Pina	V35	5
18	331	Nuno Romão	00:17:28	00:35:57	00:35:56	18		V45	2
19	473	João Monteiro	00:17:47	00:36:41	00:36:41	19	CCD Leões da Floresta / UBI	Senior	9



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20	502	Tiaguito Fonseca	00:18:18	00:37:20	00:37:15	20		V35	6
21	618	Cedric Jacquet	00:18:18	00:37:27	00:37:26	21		V35	7
22	625	Manuel Mascarenhas	00:18:34	00:37:42	00:37:40	22	A.M.Atibá	V35	8
23	262	Pedro Pedro	00:18:35	00:37:44	00:37:43	23		V35	9
24	39	Pedroso	00:18:35	00:37:49	00:37:47	24		V45	3
25	729	Felisberto Alves	00:17:59	00:38:09	00:38:08	25		Senior	10
26	371	Ricardo Pires	00:19:05	00:38:47	00:38:46	26		V35	10
27	41	Luis Macedo	00:19:07	00:38:59	00:38:57	27	LUMA Sports	V35	11
28	455	Bruno Carrilho	00:19:10	00:39:40	00:39:39	28		V35	12
29	172	Rui Henriques	00:19:47	00:39:48	00:39:48	29	Federação da Família para a Paz Mundial e Unifi	V45	4
30	274	Álvaro Oliveira	00:19:36	00:39:57	00:39:54	30	Casa do Benfica em Algueirão Mem Martins - CB	V45	5
31	300	Nuno Lopes	00:19:56	00:39:59	00:39:57	31	Clube Millennium bcp	V45	6
32	180	Felipe Souza	00:19:41	00:40:03	00:39:59	32		Senior	11
33	269	Liliana Verissimo	00:19:56	00:40:07	00:40:06	33		Senior	1
34	123	Paulo Patrício	00:19:41	00:40:29	00:40:25	34		V35	13
35	356	Fernando Vicente	00:19:57	00:40:33	00:40:30	36		V50	1
36	491	Antonio Antunes	00:19:57	00:40:34	00:40:30	35		V45	7
37	33	Pedro Roxo	00:19:39	00:40:38	00:40:37	39		V35	14
38	17	Hugo Ferreira	00:19:40	00:40:40	00:40:31	37		V40	3



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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>
39	762	Henrique Coelho	00:19:15	00:40:48	00:40:46	40		V45	8
40	596	Nelson Fernandes	00:20:37	00:40:51	00:40:34	38		V35	15
41	477	Paulo Pinheiro	00:19:20	00:40:55	00:40:55	41	EAA Jorge Pina	V40	4
42	547	Antonio Santos	00:20:17	00:40:58	00:40:56	42		V60	1
43	399	João Pastor	00:20:14	00:41:05	00:41:02	43	Amigos do Atletismo de Mafra	V45	9
44	156	Jorge Amaral	00:20:09	00:41:06	00:41:04	44		V50	2
45	609	José Simões	00:19:57	00:41:08	00:41:06	46		V55	1
46	398	Fernando Salgueiro	00:20:13	00:41:14	00:41:05	45	Pomarelhos Run	V40	5
47	373	Romulo Teixeira	00:20:39	00:41:21	00:41:18	47		V40	6
48	21	Nuno Santos	00:20:17	00:41:24	00:41:19	48		V35	16
49	380	Nuno Alves	00:20:38	00:41:35	00:41:32	49		V40	7
50	490	Paulo Rodrigues	00:19:59	00:41:37	00:41:34	50		V50	3
51	161	Nelson Coelho	00:19:51	00:41:41	00:41:38	51		Senior	12
52	369	Paulo Silva	00:20:36	00:41:44	00:41:40	52		V50	4
53	402	Adolfo Leal	00:20:54	00:41:47	00:41:44	53		V50	5
54	610	Cristina Garcia	00:20:07	00:41:54	00:41:53	56	A.M.Atibá	V45	1
55	405	Vitor Martins	00:20:02	00:41:57	00:41:53	57		V45	10
56	510	Hugo Palmeiro	00:21:21	00:41:58	00:41:52	55		V40	8
57	316	Sofia Monteiro	00:21:04	00:42:00	00:41:59	59		V35	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>
58	611	Artur Bernardo	00:20:50	00:42:01	00:41:46	54		V45	11
59	320	José Barbosa	00:20:59	00:42:04	00:41:57	58		V35	17
60	227	António Jacinto	00:21:00	00:42:04	00:42:02	60		V55	2
61	293	Paulo Palma	00:20:56	00:42:05	00:42:03	61	DREAM RUNNERS ÉVORA	V50	6
62	667	Manuel Barroso	00:20:00	00:42:10	00:42:05	62		V50	7
63	160	Diogo Pereira	00:19:58	00:42:29	00:42:26	63		Junior	2
64	223	Nuno Almeida	00:20:52	00:42:30	00:42:27	64	CCD PM CASCAIS	V45	12
65	403	Arlindo Paixão	00:20:54	00:42:38	00:42:35	66		V55	3
66	459	Ruben Costa	00:20:22	00:42:42	00:42:39	67		V35	18
67	280	Vitor Jorge	00:20:58	00:42:42	00:42:31	65		Senior	13
68	181	Pedro Fernandes	00:20:41	00:42:44	00:42:43	68		V40	9
69	381	Ricardo Martins	00:20:55	00:43:10	00:43:08	70		V40	10
70	516	Carlos Pedro	00:21:14	00:43:18	00:43:10	71	Clube TAP PORTUGAL	V45	13
71	215	Victor Marques	00:21:20	00:43:21	00:43:18	72		V45	14
72	478	Luís Cruz	00:21:00	00:43:24	00:43:23	73	EAA Jorge Pina	Senior	14
73	812	Leandro Marques	00:21:03	00:43:29	00:43:25	74		V35	19
74	343	Carlos Lourenço	00:20:49	00:43:29	00:43:27	75	N. A. PAPAGAIOS DE CASCAIS	V45	15
75	140	Margarida Amaro	00:21:04	00:43:32	00:43:29	77		V40	1
76	270	Deolindo André	00:21:10	00:43:35	00:43:32	79	U.R.C.Abrunheira	V55	4



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
77	111	Nuno Mendes	00:21:12	00:43:36	00:43:28	76		V35	20
78	268	Joaquim Rosa	00:21:16	00:43:37	00:43:29	78		V55	5
79	555	Jacinto Ferreira	00:21:12	00:43:43	00:43:35	80		V45	16
80	499	Rita Santos	00:21:45	00:43:46	00:43:37	81		Senior	2
81	175	Hugo Benevente	00:21:37	00:43:47	00:43:44	83		Senior	15
82	126	Vitor Batista	00:21:09	00:43:52	00:43:38	82	V & V	V45	17
83	553	Luis Silva	00:21:17	00:43:57	00:43:47	84		V35	21
84	338	João Tobias	00:21:42	00:43:57	00:43:50	85	CCD do Crédito Agrícola Mútuo	V35	22
85	134	David Saraiva	00:21:24	00:44:04	00:43:51	86	Mind Runners	V35	23
86	767	Filipe Carreiro	00:21:08	00:44:15	00:44:13	88		Senior	16
87	584	Jorge Serrote	00:21:51	00:44:18	00:43:57	87		Senior	17
88	525	Hugo Brás	00:21:28	00:44:23	00:44:23	91		V35	24
89	471	Claudino Matos	00:20:30	00:44:23	00:44:22	90	Clube Gaia	Senior	18
90	526	Pedro Ferraz	00:21:28	00:44:24	00:44:23	92		V40	11
91	821	Juvenal Moreira	00:21:11	00:44:25	00:44:22	89	NUCLEO DESPORTIVO AUTOCOOPE	V50	8
92	529	César Moreira	00:21:10	00:44:30	00:44:26	93		V40	12
93	513	Diamantino Gamito	00:21:45	00:44:34	00:44:31	94	Clube TAP PORTUGAL	V50	9
94	595	Fabio Durão	00:21:49	00:44:48	00:44:46	96	Clube Desportivo Ribeirense	Senior	19
95	594	João Justo	00:21:51	00:44:50	00:44:42	95	Clube Desportivo Ribeirense	V40	13



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96	534	Romeu Afonso	00:20:54	00:44:54	00:44:53	99		V35	25
97	391	Joaquim Frade	00:21:49	00:44:57	00:44:53	100	SSCGD	V60	2
98	429	Rodrigo Costa	00:22:53	00:45:06	00:44:48	97		Senior	20
99	349	Artur Carvalho	00:22:25	00:45:08	00:44:52	98		V55	6
100	454	Henrique Avelar	00:21:11	00:45:12	00:45:09	102		V35	26
101	412	Hugo Conceição	00:22:49	00:45:15	00:44:56	101		V40	14
102	327	Paulo Moura	00:21:11	00:45:18	00:45:15	103		V35	27
103	468	Maiker Ceita	00:21:01	00:45:22	00:45:21	105	Clube Gaia	Senior	21
104	220	João Faria	00:22:28	00:45:22	00:45:16	104	CCD PM CASCAIS	V50	10
105	568	Joaquim Santos	00:22:31	00:45:26	00:45:23	106		V60	3
106	77	Humberto Castanheira	00:22:29	00:45:29	00:45:24	107		V50	11
107	307	Jorge Lourenco	00:22:50	00:45:31	00:45:25	108	Clube Millennium bcp	V45	18
108	110	Pedro Ribeiro	00:22:36	00:45:32	00:45:27	110		V45	19
109	385	Bruno Dias	00:22:14	00:45:34	00:45:29	111	SSCGD	V40	15
110	353	Julio Moreira	00:21:41	00:45:34	00:45:26	109		V40	16
111	203	Pedro Sa	00:22:54	00:45:41	00:45:37	113	Clube Millennium bcp	V45	20
112	722	Bruno Salvador	00:22:15	00:45:42	00:45:37	114		V40	17
113	396	Tiago Avelãs	00:22:16	00:45:46	00:45:39	115	SSCGD	V40	18
114	236	Israel Martin	00:22:46	00:45:47	00:45:34	112		V40	19



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
115	615	Pedro Dias	00:22:55	00:45:48	00:45:43	116		V40	20
116	683	Pedro Singéis	00:22:40	00:45:55	00:45:54	118		V45	21
117	384	André Nunes	00:21:42	00:46:02	00:45:56	119	SSCGD	Senior	22
118	25	João Fragoso	00:22:24	00:46:03	00:45:57	120	2Fast4You	V40	21
119	614	José Silva	00:22:23	00:46:04	00:45:58	122	Federação da Família para a Paz Mundial e Unifi	V35	28
120	475	Miguel Belo	00:22:05	00:46:04	00:46:04	125	CCD Leões da Floresta / UBI	Senior	23
121	624	Pedro Figueiredo	00:22:48	00:46:06	00:45:58	121		V45	22
122	183	Luis Santos	00:22:49	00:46:07	00:45:59	123		V45	23
123	350	Ricardo Trigueiro	00:22:13	00:46:10	00:46:00	124	SL Besuntas	V35	29
124	347	Sérgio Pinho	00:21:32	00:46:14	00:46:12	127		V45	24
125	125	Tiago Dias	00:22:13	00:46:15	00:46:11	126		V35	30
126	421	André Rodrigues	00:23:22	00:46:17	00:45:53	117		Senior	24
127	724	Paulo Reis	00:23:47	00:46:19	00:46:16	128		V45	25
128	728	Sara Baptista	00:22:20	00:46:21	00:46:17	129		Senior	3
129	567	Ricardo Pereira	00:21:55	00:46:21	00:46:20	132		V35	31
130	800	Jose Dias	00:22:48	00:46:24	00:46:20	131		V55	7
131	81	Ema Roupa	00:22:49	00:46:30	00:46:18	130		V35	2
132	334	João Caldeira	00:22:59	00:46:33	00:46:27	134	Rumo aos 30	Senior	25
133	346	Paulo Ferreira	00:22:49	00:46:34	00:46:28	135		V40	22



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134	388	Henrique Amador	00:22:39	00:46:36	00:46:31	138	SSCGD	V45	26
135	314	Rodrigo Ferreira	00:22:23	00:46:36	00:46:29	136	Clube Millennium bcp	V35	32
136	70	Paulo Antunes	00:22:14	00:46:37	00:46:21	133	condores varge mondar	V45	27
137	163	Marco Pinto	00:22:05	00:46:44	00:46:30	137		V35	33
138	210	Jorje Moreira	00:22:28	00:46:49	00:46:45	140	NUCLEO DESPORTIVO AUTOCOOPE	V55	8
139	551	Carlos Noronha	00:23:01	00:46:50	00:46:46	141		V35	34
140	565	Rafael Lopes	00:23:02	00:46:53	00:46:46	142		Senior	26
141	292	Pedro Ferreira	00:22:54	00:46:57	00:46:42	139		V35	35
142	157	Tina Oliveira	00:22:54	00:47:02	00:47:00	143		V50	1
143	669	Rodrigo Santos	00:22:48	00:47:07	00:47:03	145		V45	28
144	339	Jorge Honório	00:22:56	00:47:09	00:47:01	144	CCD do Crédito Agrícola Mútuo	Senior	27
145	413	Cassiano Moutinho	00:23:22	00:47:12	00:47:04	146		V40	23
146	820	João Caldas	00:22:58	00:47:13	00:47:12	151	NUCLEO DESPORTIVO AUTOCOOPE	V50	12
147	597	Pedro Caetano	00:23:27	00:47:16	00:47:04	147		V50	13
148	79	Isabel Rodrigues	00:23:12	00:47:19	00:47:12	152	ADCR-Poliçia judiciaria	V45	2
149	848	Avelino Rodrigues	00:23:28	00:47:21	00:47:12	150		V40	24
150	518	Fernando Pereira	00:23:13	00:47:22	00:47:12	153	Clube TAP PORTUGAL	V50	14
151	636	Rui Pedro	00:22:52	00:47:23	00:47:17	155		V45	29
152	31	Bogdan Sandu	00:24:51	00:47:25	00:47:08	148	BSA	Senior	28



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153	375	Pedro Coutinho	00:24:51	00:47:28	00:47:10	149		V35	36
154	745	Jose Domingos	00:24:12	00:47:29	00:47:19	156		Senior	29
155	829	Henrique Santos	00:22:55	00:47:33	00:47:16	154	Clube Groundforce Portugal	V35	37
156	241	Virgílio Madeira	00:23:07	00:47:34	00:47:27	159	CCD tranquilidade	V55	9
157	333	Cristiano Marques	00:23:17	00:47:35	00:47:32	161		V45	30
158	214	Ricardo Mendes	00:23:38	00:47:37	00:47:32	162	Clube Millennium bcp	V45	31
159	129	Carlos Francisco	00:23:44	00:47:40	00:47:25	157	Mind Runners	Senior	30
160	14	Paulo Caldeira	00:24:04	00:47:41	00:47:28	160		V35	38
161	571	Nuno Ramos	00:23:12	00:47:42	00:47:35	164		V35	39
162	19	Álvaro Gomes	00:23:57	00:47:42	00:47:38	167		V45	32
163	470	Bruno Gaspar	00:21:49	00:47:44	00:47:43	176	Clube Gaia	Senior	31
164	158	Francisco Gama	00:23:19	00:47:44	00:47:37	166		V50	15
165	756	Luis Almeida	00:23:15	00:47:45	00:47:42	174		V55	10
166	42	Rute Menezes	00:23:24	00:47:45	00:47:33	163	LUMA Sports	V35	3
167	457	Francisco Guerra	00:23:29	00:47:45	00:47:36	165		V35	40
168	606	Paulo Santos	00:23:17	00:47:45	00:47:40	171		V50	16
169	514	Jorge Gonçalves	00:23:49	00:47:48	00:47:26	158	Clube TAP PORTUGAL	Senior	32
170	675	Isabel Santos	00:23:51	00:47:48	00:47:41	173	Federação da Família para a Paz Mundial e Unifi	V45	3
171	193	Fernando Ferreira	00:23:15	00:47:49	00:47:44	177	Clube Millennium bcp	V70	1



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172	372	Ivo Vieira	00:22:09	00:47:49	00:47:45	178		Senior	33
173	171	Hugo Rebelo	00:23:51	00:47:51	00:47:43	175	Federação da Família para a Paz Mundial e Unifi	V40	25
174	281	Marcelo Pinto	00:23:22	00:47:53	00:47:38	168		V50	17
175	494	Evelino Magalhães	00:23:40	00:47:59	00:47:40	169		V40	26
176	651	Fernanda Gil	00:23:45	00:48:00	00:47:50	179		V45	4
177	515	Manuel Mexia	00:23:48	00:48:02	00:47:40	172	Clube TAP PORTUGAL	V50	18
178	607	Luis Martins	00:23:51	00:48:02	00:47:52	180		V55	11
179	557	Paulo Santos	00:23:15	00:48:03	00:47:55	181		V50	19
180	631	Luis Eustáquio	00:24:00	00:48:03	00:47:40	170		V40	27
181	639	Benadji Azzedine	00:22:56	00:48:05	00:48:03	183		Senior	34
182	13	Nuno Patricio	00:22:54	00:48:12	00:48:10	185		V45	33
183	53	Vitor Martins	00:23:39	00:48:15	00:48:03	184		V55	12
184	748	Jose Vaz	00:22:22	00:48:15	00:48:11	186		V35	41
185	386	Carlos Leitão	00:23:21	00:48:16	00:48:11	187	SSCGD	V55	13
186	517	Jose Sousa	00:24:05	00:48:20	00:47:58	182	Clube TAP PORTUGAL	V50	20
187	119	Rui Henriques	00:23:13	00:48:22	00:48:11	188		V45	34
188	637	Luís Santos	00:22:53	00:48:22	00:48:21	192		V35	42
189	501	João Gonçalves	00:23:51	00:48:25	00:48:15	191		V35	43
190	191	Pedro Pereira	00:23:49	00:48:27	00:48:13	189	Clube Millennium bcp	V50	21



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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	190	Luis Baixinho	00:23:42	00:48:27	00:48:13	190	Clube Millennium bcp	Senior	35
192	562	Miguel Nunes	00:23:47	00:48:28	00:48:25	195	GDCT Unicre	V45	35
193	394	Noémia Sequeira	00:23:44	00:48:28	00:48:22	193	SSCGD	V50	2
194	144	Paulo Cordeiro	00:23:51	00:48:34	00:48:22	194		V45	36
195	469	Domingos Oliveira	00:22:20	00:48:48	00:48:47	201	Clube Gaia	Senior	36
196	495	Nuno Galvão	00:24:21	00:48:52	00:48:42	197		V55	14
197	437	João Fernandes	00:23:31	00:48:53	00:48:41	196		V35	44
198	497	Ricardo Nobre	00:24:42	00:48:53	00:48:44	198		V35	45
199	811	Daniel Martins	00:23:58	00:48:58	00:48:46	199		Senior	37
200	448	Luís Simões	00:25:02	00:49:04	00:49:01	204		V40	28
201	784	Cédric Monteiro	00:25:12	00:49:08	00:48:47	200	Chaves Running Team	Senior	38
202	276	Nuno Júlio	00:25:12	00:49:10	00:48:52	202		V45	37
203	430	Hélder Marques	00:23:47	00:49:11	00:49:04	206	SR. CAMARNAL	V50	22
204	206	Antonio Almeida	00:23:51	00:49:11	00:49:07	207	NUCLEO DESPORTIVO AUTOCOOPE	V55	15
205	240	Armando Ducazcal	00:24:51	00:49:13	00:49:00	203		V40	29
206	114	Nuno Meia-Onça	00:23:46	00:49:16	00:49:11	208		V35	46
207	271	Paulo Lagarto	00:24:09	00:49:18	00:49:15	210	U.R.C.Abrunheira	V40	30
208	295	Pedro Bernardo	00:24:57	00:49:19	00:49:04	205	EAE Lazy Runners	V40	31
209	155	Nuno Ferreira	00:24:24	00:49:25	00:49:13	209		V35	47



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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	99	Luis Dias	00:24:01	00:49:34	00:49:25	211		V45	38
211	166	Jorge Ildefonso	00:23:55	00:49:36	00:49:29	214		Senior	39
212	834	Nuno Pereira	00:23:53	00:49:37	00:49:25	212		V35	48
213	40	Ana Francisco	00:23:56	00:49:40	00:49:29	213		V40	2
214	326	Rafael Moura	00:23:03	00:49:44	00:49:40	215		Junior	3
215	690	Luis Libanio	00:31:45	00:49:48	00:49:42	216		V60	4
216	218	Bruno Santos	00:24:48	00:50:07	00:50:02	220	CCD PM CASCAIS	V35	49
217	646	José Rebelo	00:25:00	00:50:07	00:50:01	219		V40	32
218	68	Luis Santos	00:24:44	00:50:12	00:49:56	217	condores varge mondar	V45	39
219	424	Luis Santos	00:24:44	00:50:12	00:49:56	218		V45	40
220	341	Nuno Póvoa	00:23:55	00:50:13	00:50:06	221	CCD do Crédito Agrícola Mútuo	V35	50
221	661	Nelson Bastos	00:24:02	00:50:14	00:50:08	222		V45	41
222	182	Carlos Magalhães	00:25:24	00:50:17	00:50:10	223	Deixem Passar os Coxos	V50	23
223	359	Rui Pastor	00:24:50	00:50:17	00:50:12	225		V45	42
224	813	Mario Salgado	00:23:48	00:50:19	00:50:12	224		V45	43
225	397	Ricardo Cordeiro	00:24:33	00:50:20	00:50:13	226		V45	44
226	452	Manuel Costa	00:23:43	00:50:22	00:50:20	230		V60	5
227	258	Pedro Ferreira	00:25:01	00:50:25	00:50:15	227	Clube Robbialac	V40	33
228	78	Pedro Vieira	00:23:16	00:50:33	00:50:31	234	C.C.Recreativo de São Martinho	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>
229	113	Nuno Fernandes	00:25:05	00:50:33	00:50:21	231	FUTEBOL CLUBE ESTRELAS LISBOA	V40	34
230	294	Bruno Palma	00:24:40	00:50:34	00:50:31	233	DREAM RUNNERS ÉVORA	Senior	40
231	93	António Castro	00:24:41	00:50:36	00:50:31	237		V70	2
232	816	João Lobo	00:25:46	00:50:38	00:50:19	228		V45	45
233	579	Honório Teixeira	00:25:46	00:50:39	00:50:19	229		V45	46
234	492	João Gomes	00:24:16	00:50:41	00:50:32	238		V45	47
235	187	Sérgio Freitas	00:24:22	00:50:42	00:50:31	235		V40	35
236	249	Paulo Rodrigues	00:24:50	00:50:43	00:50:31	236		V35	52
237	107	Pedro Ribeiro	00:24:56	00:50:44	00:50:41	240		V40	36
238	393	Miguel Dias	00:24:53	00:50:44	00:50:28	232	SSCGD	V40	37
239	505	Victor Rodrigues	00:24:53	00:50:48	00:50:46	243		V45	48
240	692	Victor Ferreira	00:24:40	00:50:49	00:50:46	244		V45	49
241	438	Vasco Baptista	00:26:11	00:50:57	00:50:42	241		V35	53
242	329	Alfredo Notário	00:24:58	00:51:00	00:50:43	242		V45	50
243	701	Pedro Rebelo	00:24:27	00:51:01	00:51:00	247		V45	51
244	590	Sara Nogueira	00:24:40	00:51:08	00:50:52	245		V35	4
245	178	André Carronha	00:25:12	00:51:08	00:51:07	251		V35	54
246	179	Gonçalo Baroutakis	00:25:27	00:51:13	00:50:33	239		V40	38
247	348	José Véstias	00:24:50	00:51:13	00:51:02	248		V45	52



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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	824	Fernando Faleiro	00:25:33	00:51:13	00:50:56	246	Clube Groundforce Portugal	V40	39
249	520	António Iria	00:24:58	00:51:19	00:51:05	250	Clube TAP PORTUGAL	V45	53
250	462	Maximiano Santos	00:25:12	00:51:21	00:51:16	253		V50	24
251	80	Sérgio Teixeira	00:26:18	00:51:22	00:51:04	249		Senior	41
252	345	Camilo Vieira	00:24:50	00:51:23	00:51:19	255	N. A. PAPAGAIOS DE CASCAIS	V50	25
253	216	Alberto Abreu	00:25:11	00:51:24	00:51:18	254	CCD PM CASCAIS	V50	26
254	309	Jose Ferreira	00:24:51	00:51:26	00:51:14	252	Clube Millennium bcp	V45	54
255	793	João Branquinho	00:24:45	00:51:26	00:51:24	256		Senior	42
256	207	Carlos Ferreira	00:24:57	00:51:34	00:51:28	258	NUCLEO DESPORTIVO AUTOCOOPE	V60	6
257	558	Paulo Duarte	00:24:39	00:51:36	00:51:34	260	GDCT Unicre	V50	27
258	561	Gonçalo Lopes	00:24:37	00:51:36	00:51:33	259	GDCT Unicre	V40	40
259	583	Carlos Pereira	00:25:08	00:51:38	00:51:36	261		V55	16
260	322	Miguel Cruz	00:24:53	00:51:41	00:51:24	257		V45	55
261	291	Arnaldo Pinteus	00:25:13	00:51:56	00:51:42	263	Clube Millennium bcp	V55	17
262	828	Paulo Rodrigues	00:25:07	00:51:59	00:51:40	262	Clube Groundforce Portugal	V40	41
263	261	Jose Figueiredo	00:25:15	00:52:02	00:51:49	265		Senior	43
264	71	Nuno Mestre	00:24:58	00:52:03	00:51:47	264	condores varge mondar	V40	42
265	366	Anselmo Ferreira	00:24:02	00:52:04	00:51:58	266		V40	43
266	279	Rui Afonso	00:24:32	00:52:12	00:52:10	268		V40	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	572	Edmilson Júnior	00:24:16	00:52:14	00:52:12	269		Senior	44
268	252	Humberto Ferreira	00:24:57	00:52:17	00:52:12	270	Deixem Passar os Coxos	V45	56
269	628	Alvaro Ferreira	00:25:05	00:52:24	00:52:21	277		V50	28
270	43	João Moiteiro	00:26:05	00:52:25	00:52:13	271		V45	57
271	174	Luis Correia	00:24:45	00:52:26	00:52:20	276		V50	29
272	621	António Morezo	00:25:44	00:52:27	00:52:26	279		V55	18
273	827	António Ribeiro	00:25:25	00:52:27	00:52:08	267	Clube Groundforce Portugal	V50	30
274	361	Joao Almeida	00:25:37	00:52:28	00:52:14	272		V50	31
275	383	Nuno Silva	00:26:21	00:52:28	00:52:16	273		V40	45
276	656	Abel Cardoso	00:24:57	00:52:29	00:52:20	275		Senior	45
277	138	Vasco Delgado	00:25:49	00:52:29	00:52:19	274		V40	46
278	340	Rui Tomás	00:25:04	00:52:35	00:52:28	280	CCD do Crédito Agrícola Mútuo	V45	58
279	575	Orlando Silva	00:25:06	00:52:35	00:52:33	283		V60	7
280	727	Gilberto Loth	00:25:40	00:52:37	00:52:24	278		V40	47
281	301	Alexandra Costa	00:26:22	00:52:40	00:52:29	281	Clube Millennium bcp	V45	5
282	196	Mario Romao	00:26:22	00:52:42	00:52:34	284	Clube Millennium bcp	V45	59
283	365	Manuel Pereira	00:24:49	00:52:44	00:52:39	287		V60	8
284	357	Fernando Conceição	00:24:49	00:52:45	00:52:38	286		V50	32
285	103	Helder Lourenço	00:24:52	00:52:53	00:52:47	289		V45	60



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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	408	Frederico Almeida	00:25:40	00:52:54	00:52:30	282		V35	55
287	842	Fernando Rosa	00:25:36	00:52:55	00:52:48	290		V55	19
288	202	Ines Bernardo	00:25:39	00:52:56	00:52:52	291	Clube Millennium bcp	V35	5
289	303	Artur Leite	00:26:10	00:52:56	00:52:54	292	Clube Millennium bcp	V45	61
290	804	Pedro Matos	00:26:02	00:52:57	00:52:37	285		Senior	46
291	629	Rui Sol-Posto	00:26:09	00:53:02	00:52:57	296		V40	48
292	62	Andreia Carvalho	00:25:34	00:53:03	00:52:55	295		Senior	4
293	22	Carlos Casal	00:30:51	00:53:07	00:43:06	69		V40	49
294	588	Nuno Silva	00:26:31	00:53:08	00:52:55	294		V40	50
295	603	Pedro Lopes	00:27:12	00:53:08	00:52:45	288	SSCGD	V35	56
296	198	Alberto Sousa	00:27:46	00:53:12	00:52:58	297		V45	62
297	605	Carlos Goncalves	00:27:46	00:53:12	00:52:58	298		V70	3
298	141	Bruno Correia	00:26:06	00:53:12	00:53:00	300		V35	57
299	387	Catia Fonseca	00:26:11	00:53:15	00:52:58	299	SSCGD	V35	6
300	663	Miguel Costa	00:27:02	00:53:15	00:52:54	293		Senior	47
301	11	João Antunes	00:26:14	00:53:15	00:53:10	302		V60	9
302	500	Carlos Santos	00:26:00	00:53:17	00:53:07	301		V55	20
303	26	Paulo Alves	00:26:34	00:53:22	00:53:14	303	2Fast4You	V40	51
304	759	Rui Pinto	00:27:09	00:53:28	00:53:18	305		V45	63



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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	760	Pedro Jaime	00:27:09	00:53:28	00:53:17	304		V45	64
306	204	Antonio Almeida	00:26:22	00:53:35	00:53:31	308	Clube Millennium bcp	V50	33
307	458	Gonçalo Pedro	00:25:19	00:53:35	00:53:33	310		V35	58
308	676	Susana Pereira	00:26:27	00:53:36	00:53:23	306		V45	6
309	192	Leonel Brandao	00:26:08	00:53:39	00:53:27	307	Clube Millennium bcp	V50	34
310	620	Bruno Claro	00:25:29	00:53:42	00:53:35	312		V35	59
311	176	Joaquim Carronha	00:25:37	00:53:42	00:53:42	315		V65	1
312	177	Emanuel Tavares	00:25:37	00:53:42	00:53:42	316		V65	2
313	794	Paulo Marques	00:25:38	00:53:43	00:53:39	313		V50	35
314	38	Luis Loureiro	00:25:51	00:53:46	00:53:32	309		V35	60
315	128	João Martins	00:25:38	00:53:49	00:53:33	311	Mind Runners	V35	61
316	370	Victor Riscado	00:26:30	00:53:54	00:53:42	314		V45	65
317	419	Tomás Correia	00:24:59	00:53:57	00:53:49	317		Senior	48
318	273	Elsa Oliveira	00:26:09	00:54:03	00:54:00	319	Casa do Benfica em Algueirão Mem Martins - CB	V50	3
319	60	Pedro Oliveira	00:26:09	00:54:08	00:54:01	320		V35	62
320	102	Paulo Tomás	00:25:22	00:54:08	00:53:58	318		V45	66
321	648	Tiago Dias	00:26:15	00:54:11	00:54:04	322		Senior	49
322	845	Luis Costa	00:25:58	00:54:16	00:54:03	321		V35	63
323	47	Aires Ildefonso	00:26:39	00:54:21	00:54:19	328	Cabeleireiro Moda Jovem	V60	10



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CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
324	289	Daniel Dias	00:27:03	00:54:21	00:54:09	323		V35	64
325	640	Tatiana Melin	00:26:23	00:54:25	00:54:23	331		Senior	5
326	135	Jose Pedro	00:26:53	00:54:29	00:54:12	324		V60	11
327	449	Rui Monteiro	00:26:51	00:54:32	00:54:16	327		Senior	50
328	154	Pedro Silva	00:26:58	00:54:36	00:54:16	326		Senior	51
329	608	André Santos	00:26:55	00:54:36	00:54:22	330		Senior	52
330	432	Daniel Caixinha	00:26:20	00:54:38	00:54:25	332		Senior	53
331	802	Rodrigo Mariano	00:27:08	00:54:38	00:54:16	325		V40	52
332	318	Glória Pinto	00:25:54	00:54:40	00:54:35	335		Senior	6
333	63	Tiago Loureiro	00:26:13	00:54:42	00:54:33	333		V35	65
334	284	Bruno Vaz	00:30:43	00:54:44	00:54:20	329	Clube Millennium bcp	V45	67
335	450	Carlos Cardoso	00:26:33	00:54:47	00:54:41	339		V50	36
336	335	João Gomes	00:27:07	00:54:49	00:54:35	336	Rumo aos 30	Senior	54
337	133	Sandra Serafim	00:26:56	00:54:49	00:54:34	334	Mind Runners	V40	3
338	735	Bruno Costa	00:27:05	00:54:53	00:54:38	338		V45	68
339	725	Tomás Ferreira	00:26:17	00:54:57	00:54:42	341		Senior	55
340	56	Joao Torres	00:26:45	00:54:58	00:54:42	340		V40	53
341	226	Nuno Almeida	00:27:36	00:54:59	00:54:46	342	Anselminho Runners	V35	66
342	225	Adriano Zambujeiro	00:27:37	00:54:59	00:54:57	343	Anselminho Runners	V40	54



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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	57	Luis Nunes	00:27:07	00:55:14	00:54:58	344		V50	37
344	230	Ana Dantas	00:27:32	00:55:14	00:54:36	337		V35	7
345	69	Luis Fernandes	00:26:31	00:55:14	00:54:59	345	condores varge mondar	V45	69
346	83	Mário Sobral	00:27:47	00:55:21	00:55:12	347		V40	55
347	665	Paulo Pinto	00:27:25	00:55:26	00:55:10	346		V45	70
348	136	Bruno Madeira	00:27:47	00:55:29	00:55:21	349		V40	56
349	456	Carlos Lopes	00:26:55	00:55:29	00:55:16	348		V35	67
350	822	Daniela Simões	00:27:47	00:55:32	00:55:24	350		Junior	1
351	90	Leonor Castanheira	00:27:15	00:55:35	00:55:29	354		Junior	2
352	447	Carlos Brito	00:26:00	00:55:37	00:55:36	356		Senior	56
353	91	Pedro Barroso	00:26:10	00:55:41	00:55:27	353		V35	68
354	199	José Borges	00:27:45	00:55:44	00:55:42	359		V50	38
355	679	Joaquim Nicolau	00:26:26	00:55:45	00:55:33	355		V50	39
356	330	António Viegas	00:26:45	00:55:45	00:55:38	358		V45	71
357	632	Sérgio Rodrigues	00:27:36	00:55:47	00:55:27	352		V40	57
358	644	Luís Mendes	00:27:36	00:55:47	00:55:26	351		V45	72
359	509	Fernando Carrilho	00:27:13	00:55:50	00:55:36	357		V60	12
360	165	Rogério Dias	00:27:18	00:55:56	00:55:48	362		V40	58
361	219	Ivan Ramos	00:26:28	00:56:00	00:55:55	366	CCD PM CASCAIS	V35	69



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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	801	Abilio Tavares	00:26:53	00:56:00	00:55:54	365		V60	13
363	351	Nuno Trigueiro	00:28:19	00:56:00	00:55:50	363	SL Besuntas	Senior	57
364	30	Sérgio Cardoso	00:27:59	00:56:03	00:55:42	360		V35	70
365	66	António Pereira	00:26:57	00:56:10	00:55:53	364	Ao Ritmo das 200 Palavras por Minuto	V40	59
366	415	Nuno Santo	00:27:27	00:56:10	00:55:43	361	Lisbon Moonlight Runners	V45	73
367	278	Pedro Fraústo	00:27:45	00:56:13	00:55:59	368		V40	60
368	242	António Jorge	00:27:27	00:56:15	00:56:06	369	CCD tranquilidade	V60	14
369	147	Júlio Filipe	00:28:02	00:56:17	00:55:55	367	Trevodequatrofolhas	V45	74
370	108	Liliana Santos	00:27:48	00:56:17	00:56:13	371		V35	8
371	657	Alessandro Cara	00:27:58	00:56:25	00:56:14	372		V40	61
372	599	José Alves	00:26:03	00:56:25	00:56:16	375	Clube EDP Lisboa	V55	21
373	290	João Pereira	00:27:47	00:56:26	00:56:21	379		V50	40
374	34	Fernando Almeida	00:28:44	00:56:27	00:56:15	373		V50	41
375	52	David Almeida	00:28:44	00:56:27	00:56:15	374		Senior	58
376	541	Carlos Costa	00:29:18	00:56:28	00:56:18	376		V50	42
377	786	Joao Silva	00:27:58	00:56:29	00:56:18	377		V40	62
378	112	Nuno Alves	00:27:22	00:56:29	00:56:21	378		V60	15
379	830	Sofia Cândido	00:28:18	00:56:29	00:56:12	370	Clube Groundforce Portugal	V45	7
380	105	Jose Macedo	00:26:15	00:56:31	00:56:22	380		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>
381	64	José Brás	00:27:44	00:56:31	00:56:26	382		V50	44
382	850	Pedro Borba	00:27:40	00:56:42	00:56:23	381	Clube Groundforce Portugal	V55	22
383	411	Paulo Abadia	00:27:38	00:56:46	00:56:38	383		V45	75
384	173	Jorge Pereira	00:28:06	00:56:54	00:56:45	384		V50	45
385	837	Manuela Folgado	00:27:41	00:56:58	00:56:53	386	Grupo Recreativo e Desportivo "Os Fixes"	V65	1
386	377	Marco Cunha	00:28:01	00:57:05	00:56:56	387		Senior	59
387	296	Margarida Lucas	00:27:11	00:57:07	00:56:51	385	EAE Lazy Runners	Senior	7
388	243	Carlos Bargado	00:26:53	00:57:12	00:57:01	391	CCD tranquilidade	V50	46
389	805	César Vieira	00:27:27	00:57:14	00:57:00	390	Sexy Trailers	Senior	60
390	325	Orlando Pereira	00:28:05	00:57:16	00:56:59	388		V55	23
391	436	Fernanda Ribeiro	00:28:07	00:57:16	00:57:00	389		V50	4
392	406	Tiago Ferreira	00:30:12	00:57:23	00:57:11	393		Senior	61
393	354	Jose Casimiro	00:26:10	00:57:24	00:57:22	396		Senior	62
394	601	António Soares	00:28:03	00:57:30	00:57:07	392	Clube EDP Lisboa	V55	24
395	655	Ana Rocha	00:27:15	00:57:30	00:57:20	394		V35	9
396	680	Albino Ferreira	00:28:11	00:57:31	00:57:22	395		V50	47
397	251	Miguel Redmont	00:29:48	00:57:46	00:57:32	398		V45	76
398	576	Diogo Ribeiro	00:27:46	00:57:46	00:57:30	397		Senior	63
399	58	Ana Costa	00:27:44	00:57:48	00:57:33	399		V40	4



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CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
400	787	Pedro Silva	00:27:28	00:57:50	00:57:35	400		Senior	64
401	362	Helena Santos	00:27:43	00:57:58	00:57:47	404		V35	10
402	73	Luís Meira	00:27:26	00:57:59	00:57:45	402	condores varge mondar	V40	63
403	28	Fernando Marques	00:28:46	00:58:05	00:57:46	403		V45	77
404	810	António Bila	00:29:51	00:58:09	00:58:02	407		V60	16
405	149	Alexandre Ribeiro	00:27:47	00:58:11	00:57:59	406	Grupo Barraqueiro	V45	78
406	61	Sara Oliveira	00:28:40	00:58:11	00:58:04	408		V40	5
407	807	Fernanda Cunha	00:29:00	00:58:13	00:57:53	405		V50	5
408	237	Alexandre Ferreira	00:29:07	00:58:16	00:58:07	410		V60	17
409	344	Manuel Braz	00:29:08	00:58:16	00:58:07	411	N. A. PAPAGAIOS DE CASCAIS	V65	3
410	410	Joana Rodrigues	00:28:28	00:58:24	00:58:15	416		Senior	8
411	36	José Garcia	00:27:47	00:58:25	00:58:06	409		V50	48
412	336	Rita Martins	00:28:43	00:58:28	00:58:14	413	Rumo aos 30	Senior	9
413	272	João Zarro	00:28:08	00:58:28	00:58:14	414		V40	64
414	407	Paulo Ingebritsen	00:27:19	00:58:30	00:58:20	419		Senior	65
415	72	Soraia Mestre	00:28:36	00:58:31	00:58:15	415	condores varge mondar	Senior	10
416	231	João Canas	00:28:51	00:58:34	00:58:14	412		V35	71
417	234	Samuel Martins	00:28:45	00:58:34	00:58:16	417		V40	65
418	233	João Vieira	00:28:45	00:58:35	00:58:16	418		V40	66



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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	253	Lúisa Ferreira	00:28:51	00:58:42	00:58:33	422	Deixem Passar os Coxos	V45	8
420	104	Ricardo Rodrigues	00:28:17	00:58:48	00:57:44	401		V35	72
421	414	António Guedes	00:29:03	00:58:49	00:58:26	421	Lisbon Moonlight Runners	V45	79
422	277	Sandra Martins	00:29:06	00:58:50	00:58:22	420	4aoKM	V40	6
423	550	José Risques	00:28:39	00:58:50	00:58:35	424		V35	73
424	752	João Pais	00:27:47	00:58:51	00:58:35	425		V45	80
425	790	Miguel Lopes	00:27:47	00:58:52	00:58:34	423		V45	81
426	116	Filipe Basto	00:29:25	00:58:53	00:58:45	430		V50	49
427	832	Joana Craveiro	00:26:27	00:58:56	00:58:38	426	Clube Groundforce Portugal	V35	11
428	566	Alfredo Martinho	00:28:42	00:58:59	00:58:43	427		V40	67
429	416	Helder Martins	00:29:05	00:59:00	00:58:50	433		V50	50
430	400	Carla Serrano	00:29:05	00:59:00	00:58:52	434		V40	7
431	826	João Soares	00:29:53	00:59:03	00:58:45	429	Clube Groundforce Portugal	V35	74
432	389	Henrique Gairifo	00:27:49	00:59:04	00:58:54	435	SSCGD	V60	18
433	95	Joaquim Gamito	00:28:43	00:59:11	00:58:57	436		V55	25
434	360	Paulo Patrício	00:29:13	00:59:12	00:58:50	432		V45	82
435	691	Elisabeth Lage	00:28:32	00:59:15	00:59:08	438		V45	9
436	118	Carp Gelu	00:30:11	00:59:16	00:58:43	428		Senior	66
437	164	Isabel Vieira	00:28:55	00:59:21	00:59:17	439		V45	10



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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	152	Sara Henriques	00:28:55	00:59:22	00:59:18	440		V40	8
439	239	Fernando Rodrigues	00:28:55	00:59:27	00:59:02	437		V45	83
440	569	Henrique Costa	00:31:11	00:59:27	00:58:46	431		Senior	67
441	734	Nuno Marques	00:28:37	00:59:42	00:59:40	444		V45	84
442	580	Hugo Vaz	00:27:51	00:59:45	00:59:32	441		V35	75
443	305	Luis Silva	00:29:52	00:59:45	00:59:32	442	Clube Millennium bcp	V50	51
444	259	Maribel Silva	00:28:56	00:59:47	00:59:36	443		V50	6
445	560	Carlos Viegas	00:28:03	00:59:53	00:59:48	447	GDCT Unicre	V60	19
446	703	José Oliveira	00:27:57	00:59:57	00:59:54	449		V55	26
447	451	Francesco Catucci	00:30:12	00:59:58	00:59:47	445		V35	76
448	645	Fernando Roquette	00:29:10	01:00:04	00:59:47	446		V50	52
449	229	Rui Barros	00:28:04	01:00:04	00:59:48	448		V45	85
450	540	Tiago Gandara	00:28:34	01:00:06	01:00:05	452		V35	77
451	847	Helena Lopes	00:29:33	01:00:15	01:00:04	451		V50	7
452	461	Sandro Prates	00:28:50	01:00:24	01:00:06	453		V35	78
453	342	Manuel Mesquita	00:28:38	01:00:28	01:00:10	455		V45	86
454	382	José Catita	00:29:31	01:00:29	01:00:06	454		V60	20
455	51	Lúcia Gonçalves	00:30:43	01:00:36	01:00:26	456		V40	9
456	115	Sofia Jesus	00:29:12	01:00:42	00:59:58	450		V40	10



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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	311	Fernando Domingues	00:29:40	01:00:42	01:00:31	457	Clube Millennium bcp	V60	21
458	49	Isabel Rodrigues	00:29:47	01:00:57	01:00:39	458		V50	8
459	835	Carlos Monteiro	00:28:48	01:01:05	01:00:58	461	Grupo Recreativo e Desportivo "Os Fixes"	V65	4
460	836	Vitória Monteiro	00:28:49	01:01:05	01:01:01	464	Grupo Recreativo e Desportivo "Os Fixes"	V65	2
461	751	Francisco Soares	00:28:49	01:01:09	01:00:47	460		V40	68
462	750	Cristina Palmeiro	00:29:43	01:01:13	01:00:58	462		V45	11
463	749	Joaquim Palmeiro	00:29:41	01:01:14	01:01:00	463		V45	87
464	633	Joana Roquette	00:30:02	01:01:27	01:01:09	466		Senior	11
465	122	Ana Henrique	00:29:13	01:01:29	01:00:46	459		V40	11
466	768	Hugo Matias	00:28:47	01:01:35	01:01:25	468		V40	69
467	368	Carlos Almeida	00:28:54	01:01:37	01:01:21	467	Mind Runners	Senior	68
468	168	Armindo Constancio	00:30:51	01:01:42	01:01:30	469		V45	88
469	559	Pedro Sarrasqueiro	00:29:07	01:01:43	01:01:38	471	GDCT Unicre	V35	79
470	654	Henrique Pinto	00:30:05	01:01:43	01:01:36	470		V40	70
471	685	Daniela Duarte	00:30:50	01:01:54	01:01:08	465		Senior	12
472	831	Maria Gonçalves	00:29:55	01:01:55	01:01:38	472	Clube Groundforce Portugal	V50	9
473	74	Jorge Assunção	00:29:48	01:01:57	01:01:42	473		V45	89
474	75	Anabela Assunção	00:30:00	01:01:57	01:01:43	475		V45	12
475	806	Fernanda Steffen	00:29:04	01:02:01	01:01:42	474		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>
476	453	Ana Jacinto	00:30:48	01:02:05	01:01:52	476	Rumo aos 30	Senior	13
477	788	Antonio Ribeiro	00:31:21	01:02:08	01:01:55	477		V50	53
478	185	Isabel Santiago	00:30:10	01:02:11	01:01:56	478	LisMad	V50	10
479	184	Jose Santos	00:30:10	01:02:11	01:01:58	479	LisMad	V45	90
480	723	António Lima	00:31:12	01:02:15	01:02:05	480		V40	71
481	538	Luis Mota	00:29:24	01:02:32	01:02:21	481		V40	72
482	498	Susana Mendes	00:31:06	01:02:37	01:02:28	482		V35	13
483	205	Paulo Goncalves	00:29:17	01:02:42	01:02:36	485	Clube Millennium bcp	V45	91
484	746	Ana Pinto	00:30:13	01:02:45	01:02:35	484		Senior	14
485	647	Sónia Guerreiro	00:30:35	01:03:02	01:02:55	488		V35	14
486	194	Ana Marques	00:29:53	01:03:03	01:02:52	487	Clube Millennium bcp	V55	1
487	315	Nuno Mariz	00:29:52	01:03:03	01:02:51	486	Clube Millennium bcp	V45	92
488	409	Sandra Rodrigues	00:31:38	01:03:10	01:02:31	483		V45	13
489	65	Eduardo Amorim	00:31:22	01:03:24	01:03:07	489		V45	93
490	364	Alexandra Pinto	00:30:22	01:03:25	01:03:13	490		V40	12
491	643	João Soares	00:33:09	01:03:41	01:03:27	492		V40	73
492	612	Anabela Simões	00:31:01	01:03:46	01:03:36	495		V50	11
493	283	Pedro Murca	00:30:53	01:03:51	01:03:45	498	Clube Millennium bcp	V50	54
494	838	Mónica Castanha	00:30:39	01:03:53	01:03:45	497		Senior	15



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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	297	Virgilio Ferreira	00:32:41	01:04:00	01:03:36	494	Clube Millennium bcp	V60	22
496	55	Miguel Vivas	00:30:32	01:04:02	01:03:45	496		V40	74
497	37	Francisco Sarrasqueiro	00:31:09	01:04:06	01:04:01	499	Correr Lisboa	V70	4
498	552	Marco Vidó	00:31:11	01:04:07	01:03:25	491		V35	80
499	27	Paula Fragoso	00:31:04	01:04:09	01:04:02	500	2Fast4You	V40	13
500	743	Ana Fonseca	00:30:50	01:04:21	01:04:07	501		V40	14
501	532	Luís Oliveira	00:29:53	01:04:22	01:04:14	503		V50	55
502	15	Ivone Costa	00:31:06	01:04:24	01:04:10	502	Coyote and Road Runner, Inc.	V35	15
503	496	Olga Galvao	00:31:06	01:04:32	01:04:22	504		V55	2
504	672	Alexandre Santo	00:31:31	01:04:32	01:03:28	493		V35	81
505	507	Carla Neves	00:31:00	01:04:59	01:04:42	505		V35	16
506	217	Bernardo Fernandes	00:31:49	01:04:59	01:04:53	507	CCD PM CASCAIS	Senior	69
507	67	Maria Pereira	00:30:48	01:05:07	01:04:55	508	Ao Ritmo das 200 Palavras por Minuto	V45	14
508	666	Luigi Rossi	00:32:20	01:05:16	01:05:08	510		V65	5
509	23	Armanda Semeao	00:31:19	01:05:19	01:05:04	509		V40	15
510	674	Sandra Cunha	00:31:38	01:05:28	01:04:50	506		V35	17
511	744	Maria Barata	00:31:57	01:05:36	01:05:17	511		V35	18
512	87	Isabel Santos	00:31:57	01:05:40	01:05:23	512	condores varge mondar	V40	16
513	427	Joao Santos	00:31:57	01:05:40	01:05:23	513		Junior	4



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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	660	Ana Barbosa	00:31:38	01:05:47	01:05:37	514		V40	17
515	299	Olga Lopes	00:31:40	01:06:00	01:05:49	515	Clube Millennium bcp	V40	18
516	670	Luís Oliveira	00:30:46	01:06:03	01:05:57	520		Senior	70
517	803	Hugo Barros	00:30:55	01:06:04	01:05:53	517		V40	75
518	573	Mélanie Sequeira	00:33:07	01:06:13	01:06:12	522		Senior	16
519	264	Jorge Monteiro	00:31:17	01:06:16	01:05:55	519	Run2Finish.PT	V50	56
520	265	Thelmo Cunha	00:31:16	01:06:16	01:05:54	518	Run2Finish.PT	V55	27
521	263	Joaquim Simão	00:31:17	01:06:16	01:05:53	516	Run2Finish.PT	V55	28
522	32	Sónia Afonso	00:32:15	01:06:18	01:06:00	521	BSA	Senior	17
523	585	João Jorge	00:32:30	01:06:23	01:06:12	523		Senior	71
524	127	Vanessa Rosa	00:32:21	01:06:28	01:06:14	524	V & V	Senior	18
525	142	Maria Simoes	00:31:58	01:06:35	01:06:26	526		V45	15
526	88	Silvia Santos	00:31:59	01:06:36	01:06:19	525	condores varge mondar	V45	16
527	145	Daniela Boleta	00:31:13	01:06:37	01:06:27	528		Senior	19
528	798	Sidónia Atanázio	00:30:53	01:06:42	01:06:27	527		Femininas	
529	549	Marta Caetano	00:31:32	01:06:48	01:06:44	533		V35	19
530	623	Sofia Carvalho	00:32:16	01:06:49	01:06:34	529		V45	17
531	844	Izilda Lourenço	00:31:53	01:06:49	01:06:43	532		V50	12
532	434	Paula Antunes	00:33:10	01:07:00	01:06:37	530	Antunes	V35	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>
533	435	Mauricio Antunes	00:33:09	01:07:01	01:06:37	531	Antunes	V40	76
534	487	Pedro Carvalho	00:32:41	01:07:18	01:07:07	536		V50	57
535	809	Tatiana Vaz	00:32:42	01:07:18	01:07:08	537		Senior	72
536	789	Maria Moura	00:33:22	01:07:18	01:07:03	534		V40	19
537	323	Carla Sobreda	00:32:45	01:07:23	01:07:06	535		V45	18
538	521	Luis Conceição	00:33:23	01:08:00	01:07:45	539	Clube TAP PORTUGAL	V35	82
539	519	Madalena Pina	00:33:23	01:08:00	01:07:44	538	Clube TAP PORTUGAL	V50	13
540	401	Paula Mariano	00:32:07	01:08:07	01:07:46	540		V40	20
541	132	Eduardo Barradas	00:31:06	01:08:15	01:07:59	541	Mind Runners	V35	83
542	317	Nuno Oliveira	00:31:51	01:08:35	01:08:11	542		V40	77
543	298	Carlos Tome	00:32:09	01:08:40	01:08:15	543	Clube Millennium bcp	V65	6
544	511	Carla Vieira	00:32:47	01:08:46	01:08:26	544		V40	21
545	257	José Vilela	00:32:25	01:09:14	01:09:04	545	Clube Robbialac	V50	58
546	221	José Fialho	00:32:45	01:09:16	01:09:11	546	CCD PM CASCAIS	V55	29
547	634	Luis Monteiro	00:32:37	01:09:34	01:09:25	547		V40	78
548	337	Cândida Esteves	00:31:58	01:10:21	01:10:13	549	CCD do Crédito Agrícola Mútuo	V45	19
549	286	Nelson Silva	00:32:20	01:10:42	01:10:26	550	Clube Millennium bcp	V40	79
550	287	Ana Silva	00:34:40	01:10:42	01:10:27	551	Clube Millennium bcp	V40	22
551	302	Henrique Alves	00:34:02	01:11:05	01:11:01	553	Clube Millennium bcp	V55	30



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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>
552	328	Ana Notário	00:33:34	01:11:06	01:10:49	552		V45	20
553	170	Mayer Raposo	00:37:00	01:11:16	01:11:11	555	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V70	5
554	120	Vítor Lucas	00:38:12	01:11:20	01:11:18	556	BREAKAWAY	V55	31
555	121	Olivia Lucas	00:38:12	01:11:21	01:11:19	557	BREAKAWAY	V50	14
556	417	Mafalda Morais	00:34:00	01:11:25	01:11:24	558		V35	21
557	390	Hugo Venancio	00:34:29	01:11:28	01:11:05	554	SSCGD	V35	84
558	428	Miguel Costa	00:34:21	01:12:01	01:11:41	559		V60	23
559	589	Oliveira Rodrigues	00:36:00	01:12:11	01:09:38	548		V40	80
560	45	Tatiana Ildefonso	00:33:55	01:12:14	01:12:12	560	Cabeleireiro Moda Jovem	V35	22
561	544	Tiago Amado	00:35:40	01:12:39	01:12:20	561	Cascais.160	V35	85
562	545	Ana Filipa	00:35:41	01:12:40	01:12:22	562	Cascais.160	Senior	20
563	254	Maria Santos	00:35:48	01:12:55	01:12:45	563	Deixem Passar os Coxos	V45	21
564	843	Rita Soares	00:35:08	01:13:13	01:13:03	564		V40	23
565	439	Esmeralda Oliveira	00:35:08	01:13:14	01:13:13	566		V45	22
566	245	Luís Neves	00:35:18	01:13:29	01:13:04	565	CCD tranquilidade	V45	94
567	117	Paulo Basto	00:34:36	01:13:47	01:13:38	567		V50	59
568	766	Patrícia Fazenda	00:34:54	01:14:42	01:14:26	568		Senior	21
569	255	José Caldeira	00:35:52	01:14:49	01:14:38	569	Deixem Passar os Coxos	V45	95
570	188	Maria Sá	00:36:40	01:15:03	01:14:42	570		V65	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>
571	146	Mafalda Silva	00:36:05	01:16:12	01:15:54	572	Trevodequatrofolhas	V55	3
572	148	Cristina Soares	00:36:05	01:16:13	01:15:53	571	Trevodequatrofolhas	V50	15
573	35	Isilda Rabasquinho	00:36:40	01:16:22	01:16:04	573		V50	16
574	312	Alda Vinagre	00:35:56	01:18:25	01:18:11	574	Clube Millennium bcp	V45	23
575	527	António Santos	00:36:54	01:18:35	01:18:19	575		V50	60
576	319	Joel Farinha	00:38:53	01:19:39	01:19:25	576		Senior	73
577	321	Lídia Farinha	00:38:53	01:19:39	01:19:25	577		Senior	22
578	92	António Marques	00:39:02	01:21:34	01:21:29	578		V70	6
579	581	Ana Alves	00:39:15	01:21:58	01:21:49	579		V35	23
580	275	Jose Santos	00:44:03	01:23:16	01:22:54	580		V40	81
581	96	João Campos	00:44:11	01:23:17	01:22:56	581		V45	96
582	48	Maria Pinto	00:42:24	01:23:33	01:23:31	582	Cabeleireiro Moda Jovem	V55	4
583	819	Andreia Dias	00:40:47	01:29:19	01:29:09	583		Senior	23