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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	277	Ricardo Ribas	00:16:10	00:31:25	00:31:25	1		V35	1
2	458	Ricardo Vale	00:16:13	00:31:50	00:31:50	2		Senior	1
3	156	António Silva	00:17:48	00:35:09	00:35:09	3		V40	1
4	155	Ricardo Rodrigues	00:17:45	00:35:43	00:35:43	4		Senior	2
5	11	Carlos Costa	00:18:22	00:36:22	00:36:22	5		Senior	3
6	306	Pedro Oliveira	00:18:29	00:36:53	00:36:53	6		Senior	4
7	215	Ezequiel Martins	00:18:58	00:37:13	00:37:12	7		V55	1
8	84	Rafael Costa	00:18:36	00:37:17	00:37:17	8		Senior	5
9	278	Doroteia Peixoto	00:18:30	00:37:26	00:37:26	9		Senior	1
10	31	Filipe Cunha	00:19:39	00:37:34	00:37:34	10		Senior	6
11	211	Francisco Novais	00:18:59	00:38:13	00:38:12	11	vitoria sport clube	V45	1
12	192	José Almeida	00:19:22	00:38:17	00:38:15	12		V45	2
13	113	Sérgio Martins	00:19:23	00:38:23	00:38:23	14	A.R.DE NEGRELOS	V40	2
14	294	José Ribeiro	00:20:22	00:38:33	00:38:20	13	Sociedade Recreio Capanense	V40	3
15	240	Joaquim Silva	00:19:40	00:38:40	00:38:40	15	A.R.C. V.S.Cosme	V40	4
16	183	Manuel Pereira	00:19:57	00:38:44	00:38:43	16		Senior	7
17	428	Manuel Nunes	00:19:37	00:38:52	00:38:51	17		V40	5
18	232	Joao Silva	00:19:35	00:38:55	00:38:54	18		V60	1
19	44	Liborio Vilela	00:20:04	00:39:03	00:39:03	19		V35	2
20	473	473	00:20:00	00:39:24	00:39:24	20		Senior	8



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
21	239	Miguel Guimarães	00:19:40	00:39:35	00:39:35	21	A.R.C. V.S.Cosme	Senior	9
22	166	Álvaro Sousa	00:19:51	00:39:38	00:39:38	22		V40	6
23	112	Luis Martins	00:20:10	00:39:44	00:39:43	23	A.R.DE NEGRELOS	V50	1
24	214	Amadeu Teixeira	00:20:02	00:39:48	00:39:48	24		V50	2
25	196	Luís Gomes	00:20:27	00:40:11	00:40:11	25		Senior	10
26	207	Jose Machado	00:21:05	00:40:28	00:40:22	26	vitoria sport clube	V40	7
27	221	Manuel Peixoto	00:20:25	00:40:35	00:40:34	27	papamilhas	V45	3
28	190	Jose Ferreira	00:20:55	00:40:41	00:40:40	28		V35	3
29	334	José Martins	00:20:38	00:41:02	00:41:00	30		Senior	11
30	201	Hélder Peixoto	00:20:52	00:41:20	00:41:18	31		Senior	12
31	169	Jose Fernandes	00:20:57	00:41:20	00:40:59	29		Senior	13
32	459	Rui Magalhaes	00:21:10	00:41:30	00:41:23	33		V40	8
33	287	Bruno Vimarunners	00:21:39	00:41:34	00:41:21	32		Senior	14
34	433	Manuel Soares	00:21:08	00:41:40	00:41:38	34		V35	4
35	29	Luis Junqueira	00:21:01	00:41:50	00:41:49	37		V40	9
36	295	Rui Oliveira	00:21:33	00:41:52	00:41:39	35	Sociedade Recreio Cepanense	V40	10
37	275	Joao Ribeiro	00:22:28	00:42:05	00:41:44	36		V45	4
38	444	Pedro Almeida	00:20:56	00:42:13	00:42:12	38		Senior	15
39	165	Paulo Freitas	00:21:37	00:42:18	00:42:16	40		V35	5
40	442	Daniel Barros	00:21:32	00:42:25	00:42:19	41		Senior	16



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
41	121	Rui Almeida	00:22:16	00:42:28	00:42:14	39		V35	6
42	89	Hélder Lemos	00:21:30	00:42:28	00:42:26	42		Senior	17
43	13	António Cunha	00:21:37	00:42:33	00:42:33	43		V35	7
44	465	Madalena Silva	00:21:17	00:42:54	00:42:53	45		V40	1
45	340	Hélder Silva	00:22:17	00:43:02	00:42:48	44		V35	8
46	238	Simão Mendes	00:23:05	00:43:08	00:42:56	46	A.R.C. V.S.Cosme	V35	9
47	57	Francisco Freitas	00:21:59	00:43:10	00:43:00	47		V35	10
48	93	Daniel Silva	00:21:54	00:43:11	00:43:11	48		V35	11
49	218	Nuno Machado	00:22:13	00:43:28	00:43:26	49	papamilhas	V35	12
50	339	Nuno Sampaio	00:22:19	00:43:46	00:43:46	50		Senior	18
51	24	Filipe Oliveira	00:23:08	00:43:51	00:43:47	51	Veteranos do berço	V40	11
52	228	Carlos Martins	00:23:02	00:43:51	00:43:49	52		Senior	19
53	307	Cristovão Ribeiro	00:22:27	00:44:01	00:43:58	54		Senior	20
54	147	Emanuel Guimarães	00:23:34	00:44:04	00:43:54	53		Senior	21
55	267	Rui Alves	00:22:14	00:44:11	00:44:00	55		Senior	22
56	325	José Peixoto	00:23:35	00:44:13	00:44:06	56	VITAL FAFE	V35	13
57	210	Manuel Mendes	00:23:35	00:44:13	00:44:06	57	vitoria sport clube	V40	12
58	48	Antonio Araujo	00:23:20	00:44:17	00:44:16	58		Senior	23
59	219	Antonio Machado	00:22:22	00:44:30	00:44:28	59	papamilhas	V45	5
60	22	Manuel Novais	00:23:45	00:44:34	00:44:30	60	Veteranos do berço	V50	3



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
61	235	Vitor Lopes	00:23:39	00:44:41	00:44:34	61		Senior	24
62	296	João Lacerda	00:22:36	00:44:46	00:44:45	62		V35	14
63	73	Hugo Ferreira	00:23:34	00:44:55	00:44:46	63		Senior	25
64	43	José Sousa	00:23:15	00:44:56	00:44:56	65		V45	6
65	47	Daniel Fernandes	00:21:29	00:44:58	00:44:55	64		Senior	26
66	194	Alexandre Pereira	00:23:11	00:44:59	00:44:57	66		Senior	27
67	107	André Castro	00:22:57	00:44:59	00:44:57	67		V35	15
68	452	Rui Bernardo	00:23:36	00:45:02	00:44:58	69		Senior	28
69	33	Marco Vieira	00:22:31	00:45:09	00:45:07	72		V35	16
70	467	Adão Costa	00:23:36	00:45:12	00:45:03	70		V45	7
71	308	Mário Azevedo	00:22:46	00:45:16	00:45:08	75		Senior	29
72	154	Jose Coelho	00:24:36	00:45:16	00:45:06	71		V45	8
73	63	Nuno Sobral	00:23:56	00:45:17	00:44:58	68	ALDO	V35	17
74	148	Manuel Freitas	00:24:37	00:45:20	00:45:10	76		V45	9
75	369	Paulo Silva	00:23:11	00:45:22	00:45:07	73		V40	13
76	87	Antonio Costa	00:23:11	00:45:23	00:45:08	74		V45	10
77	19	Avelino Freitas	00:23:20	00:45:26	00:45:21	78	Veteranos do berço	V60	2
78	46	Adão Jorge	00:23:47	00:45:26	00:45:20	77		V40	14
79	231	Virgílio Teixeira	00:23:16	00:45:36	00:45:29	80		Senior	30
80	32	Luis Santos	00:23:24	00:45:37	00:45:27	79		Senior	31



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
81	434	Silverio Rocha	00:22:56	00:45:41	00:45:40	83		V50	4
82	220	Joaquim Machado	00:23:47	00:45:43	00:45:40	84	papamilhas	V45	11
83	317	Rui Dias	00:23:17	00:45:45	00:45:37	82		V40	15
84	144	Gonçalo Fernandes	00:23:29	00:45:46	00:45:43	85		Senior	32
85	335	José Pereira	00:22:14	00:45:48	00:45:47	86		Senior	33
86	195	Raul Cerdeira	00:24:20	00:45:50	00:45:31	81		V40	16
87	460	José Ferreira	00:24:17	00:45:58	00:45:53	87		Senior	34
88	206	Casimiro Fernandes	00:23:47	00:46:01	00:45:55	91	vitoria sport clube	V55	2
89	204	Carlos Goncalves	00:23:45	00:46:01	00:45:55	92	vitoria sport clube	V45	12
90	209	Miguel Mendes	00:23:46	00:46:01	00:45:54	89	vitoria sport clube	V35	18
91	205	Eduardo Oliveira	00:23:46	00:46:01	00:45:54	90	vitoria sport clube	V50	5
92	341	Carlos Ribeiro	00:23:47	00:46:01	00:45:54	88	vitoria sport clube	V55	3
93	290	António Mendes	00:23:06	00:46:01	00:45:59	93	Sociedade Recreio Capanense	V45	13
94	45	Marcelino Cunha	00:23:50	00:46:07	00:46:04	97		V40	17
95	59	Afonso Pereira	00:23:27	00:46:11	00:46:02	94		V40	18
96	164	Jose Real	00:24:37	00:46:15	00:46:04	95		Senior	35
97	117	Manuel Mendes	00:24:22	00:46:17	00:46:04	96		Senior	36
98	82	Eduardo Coutinho	00:23:25	00:46:22	00:46:15	98		V40	19
99	266	Pedro Barrias	00:23:57	00:46:26	00:46:23	100		Senior	37
100	471	Hugo Castro	00:24:38	00:46:34	00:46:19	99		Senior	38



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101	261	Manuel Santos	00:23:35	00:46:38	00:46:34	102		V40	20
102	337	José Costa	00:23:47	00:46:38	00:46:32	101		Senior	39
103	342	Jose Machado	00:23:55	00:46:46	00:46:41	104	vitoria sport clube	V55	4
104	208	Jose Freitas	00:23:54	00:46:48	00:46:40	103	vitoria sport clube	V45	14
105	226	Carla Fernandes	00:23:36	00:46:48	00:46:43	107		V35	1
106	49	Jose Fernandes	00:24:44	00:46:52	00:46:41	105		V35	19
107	283	Ricardo Santos	00:25:00	00:46:55	00:46:41	106		Senior	40
108	447	Mário Fialho	00:23:51	00:46:58	00:46:54	109		Senior	41
109	429	Pedro Coelho	00:23:47	00:46:59	00:46:53	108		V40	21
110	420	Marco Pinho	00:23:59	00:47:08	00:47:07	112		V45	15
111	28	Ernesto Guimarães	00:24:08	00:47:10	00:47:01	110		Senior	42
112	436	João Mesquita	00:23:44	00:47:17	00:47:11	113		V40	22
113	321	Sérgio Fernandes	00:25:08	00:47:19	00:47:03	111	VITAL FAFE	V35	20
114	270	João Santos	00:24:50	00:47:20	00:47:18	115		V40	23
115	338	Manuel Carvalho	00:24:12	00:47:29	00:47:28	119		V60	3
116	222	Joaquim Ferreira	00:24:04	00:47:30	00:47:25	117		V50	6
117	193	Rubens Cunha	00:24:47	00:47:34	00:47:18	114		Senior	43
118	99	Cristiano Barbosa	00:25:10	00:47:40	00:47:19	116		Senior	44
119	397	Jorge Garcia	00:24:09	00:47:42	00:47:42	122		Senior	45
120	67	Bruno Esteves	00:23:59	00:47:43	00:47:39	121		Senior	46



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
121	470	Marcos Lopes	00:25:01	00:47:44	00:47:32	120	Technicolor	V40	24
122	297	Armando Castro	00:25:40	00:47:45	00:47:26	118		V35	21
123	152	Manuel Freitas	00:24:43	00:48:04	00:47:53	123		V35	22
124	463	Bernardino Faria	00:25:00	00:48:04	00:47:54	124		V50	7
125	462	Eugénia Machado	00:25:00	00:48:05	00:47:54	125		V40	2
126	30	Manuel Silva	00:24:19	00:48:06	00:48:06	127		V45	16
127	309	Rui Novais	00:24:40	00:48:11	00:48:08	128		Senior	47
128	426	José Ribeiro	00:25:10	00:48:20	00:48:00	126		Senior	48
129	464	Sérgio Oliveira	00:24:48	00:48:31	00:48:26	130		Senior	49
130	17	Jorge Teixeira	00:24:38	00:48:37	00:48:33	131	Veteranos do berço	V55	5
131	18	Carlos Coelho	00:24:38	00:48:38	00:48:33	132	Veteranos do berço	V60	4
132	20	João Faria	00:24:37	00:48:38	00:48:34	133	Veteranos do berço	V40	25
133	324	Cristophe Cunha	00:24:46	00:48:39	00:48:26	129	VITAL FAFE	V45	17
134	466	Carlos Mendes	00:25:24	00:48:45	00:48:37	134		V35	23
135	300	António Almeida	00:24:54	00:48:50	00:48:45	135		Senior	50
136	246	Agostinho Cardoso	00:24:46	00:48:55	00:48:49	136		V35	24
137	451	Miguel Soares	00:23:54	00:49:01	00:49:00	138		Senior	51
138	449	Catarina Rodrigues	00:23:54	00:49:01	00:49:00	139		Senior	2
139	257	Luís Azevedo	00:24:38	00:49:03	00:49:03	141		V55	6
140	286	Francisco Oliveira	00:24:55	00:49:03	00:49:00	140		V55	7



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
141	293	Sérgio Mendes	00:26:12	00:49:19	00:49:05	142	Sociedade Recreio Capanense	V35	25
142	425	Bruno Vieira	00:25:37	00:49:22	00:48:59	137		Senior	52
143	224	Jacinto Mendes	00:25:19	00:49:27	00:49:21	144		V40	26
144	438	Cidália Novais	00:25:21	00:49:29	00:49:15	143	Sociedade Recreio Capanense	V35	2
145	450	Vítor Rodrigues	00:24:48	00:49:33	00:49:29	146		Senior	53
146	174	Jose Pacheco	00:25:12	00:49:36	00:49:24	145		Senior	54
147	269	Andre Martins	00:25:16	00:49:41	00:49:37	147	A D ESMERIZ	V35	26
148	478	Jorge Oliveira	00:23:37	00:49:46	00:49:46	152		Senior	55
149	413	Ricardo Pereira	00:26:19	00:49:50	00:49:42	150		Senior	56
150	477	Armindo Pereira	00:25:51	00:49:53	00:49:41	149		V50	8
151	322	Luciano Melo	00:25:08	00:49:54	00:49:40	148	VITAL FAFE	Senior	57
152	291	Alberto Freitas	00:25:21	00:49:57	00:49:44	151	Sociedade Recreio Capanense	V40	27
153	472	Cesar Rodrigues	00:24:36	00:50:11	00:50:07	154		Senior	58
154	271	José Jordão	00:25:51	00:50:11	00:49:52	153		V35	27
155	151	Ângelo Sousa	00:27:02	00:50:28	00:50:13	155		V40	28
156	145	Jorge Lopes	00:25:38	00:50:34	00:50:31	158		Senior	59
157	170	Luis Araujo	00:25:51	00:50:37	00:50:15	156		V35	28
158	50	Nuno Pereira	00:26:39	00:50:40	00:50:25	157		V35	29
159	179	Adriana Gomes	00:25:53	00:50:46	00:50:43	159		Senior	3
160	180	Joaquim Gomes	00:25:53	00:50:47	00:50:45	160		V50	9



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
161	181	Pedro Alves	00:27:54	00:51:03	00:50:52	161		Senior	60
162	457	José Silva	00:25:17	00:51:03	00:50:58	163		Senior	61
163	185	Jose Santos	00:26:40	00:51:04	00:51:03	164		V35	30
164	474	Filipe Pinto	00:27:54	00:51:05	00:50:55	162		Senior	62
165	336	José Fernandes	00:25:33	00:51:11	00:51:10	167		Senior	63
166	331	Rui Viegas	00:25:35	00:51:18	00:51:09	166		V35	31
167	34	André Costa	00:26:20	00:51:22	00:51:10	168		Senior	64
168	172	Carlos Pereira	00:27:22	00:51:26	00:51:06	165		V35	32
169	469	Adriano	00:26:49	00:51:27	00:51:17	169		Senior	65
170	230	Miguel Meira	00:27:17	00:51:29	00:51:19	171		Senior	66
171	310	Vitor Lopes	00:25:48	00:51:31	00:51:28	173		Senior	67
172	254	Bruno Soares	00:25:09	00:51:31	00:51:30	176		Senior	68
173	253	Ricardo Mota	00:25:36	00:51:31	00:51:18	170		V40	29
174	94	Pedro Felgueiras	00:25:28	00:51:36	00:51:32	178		Senior	69
175	95	Sônia Mendes	00:25:28	00:51:36	00:51:32	179		Senior	4
176	455	Daniel Martins	00:28:17	00:51:37	00:51:21	172		Senior	70
177	260	Paulo Antunes	00:27:00	00:51:41	00:51:30	177		V40	30
178	223	Nuno Rodrigues	00:27:00	00:51:45	00:51:28	175		Senior	71
179	191	Márcio Carvalho	00:27:00	00:51:46	00:51:28	174		Senior	72
180	316	João Oliveira	00:26:11	00:51:48	00:51:34	180		V35	33



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
181	435	António Lima	00:25:34	00:51:49	00:51:47	181	Fama Runners	V35	34
182	250	Manuel Pereira	00:28:18	00:52:06	00:51:50	182		V35	35
183	21	António Mata	00:25:55	00:52:17	00:52:12	185	Veteranos do berço	V50	10
184	242	Carlos Cardoso	00:25:52	00:52:18	00:52:08	184		V40	31
185	298	Arlete Macedo	00:26:42	00:52:22	00:51:57	183		V35	3
186	313	Miguel Machado	00:26:29	00:52:28	00:52:27	189		Junior	1
187	92	Vitor Costa	00:28:04	00:52:36	00:52:20	187		Senior	73
188	106	Joao Barbosa	00:27:48	00:52:37	00:52:21	188		V45	18
189	171	Rui Pereira	00:27:51	00:52:37	00:52:15	186		Senior	74
190	119	Rui Fernandes	00:27:50	00:52:58	00:52:44	190		Senior	75
191	188	Alberto Teixeira	00:29:08	00:53:09	00:53:03	192		V45	19
192	142	José Silva	00:28:16	00:53:12	00:52:51	191	Mundífios	V45	20
193	69	Marco Machado	00:27:51	00:53:16	00:53:04	194		V35	36
194	40	Jorge Magalhães	00:28:31	00:53:21	00:53:08	196		V35	37
195	427	José Félix	00:27:34	00:53:22	00:53:22	201		Senior	76
196	52	Rui Ribeiro	00:28:21	00:53:22	00:53:03	193		Senior	77
197	100	Rui Carvalho	00:26:37	00:53:24	00:53:06	195		Senior	78
198	15	Carlos Leal	00:27:56	00:53:27	00:53:09	197		Senior	79
199	60	Cedrico Silva	00:26:48	00:53:28	00:53:19	200		Senior	80
200	91	António Freitas	00:28:05	00:53:28	00:53:13	199		Senior	81



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
201	424	João Freitas	00:30:05	00:53:31	00:53:11	198		V40	32
202	343	Julio Graça	00:32:02	00:53:34	00:53:32	205		V35	38
203	108	Pedro Ribeiro	00:27:42	00:53:36	00:53:28	203		V35	39
204	118	Sofia Fernandes	00:27:50	00:53:41	00:53:27	202		Senior	5
205	303	Alexandre Machado	00:27:19	00:53:41	00:53:32	204	EG RUNNERS	Senior	82
206	288	Abel Moura	00:26:58	00:53:51	00:53:41	206		V60	5
207	184	Antonio Silva	00:26:12	00:54:09	00:54:07	210		V40	33
208	96	Helena Ribeiro	00:29:10	00:54:09	00:53:57	207		Senior	6
209	97	Jose Silva	00:29:10	00:54:09	00:53:57	208		Senior	83
210	56	João Almeida	00:27:38	00:54:20	00:54:03	209		Senior	84
211	202	Vali Ribeiro	00:25:05	00:54:27	00:54:18	211		V35	40
212	77	Filipe Conceição	00:28:11	00:54:31	00:54:20	212	Technicolor	Senior	85
213	276	Conceição Correia	00:28:51	00:54:36	00:54:28	213		V60	1
214	23	Amélia Vieira	00:27:53	00:54:40	00:54:39	215	Veteranos do berço	V50	1
215	398	Abel Pereira	00:29:26	00:54:44	00:54:29	214		Senior	86
216	213	Pedro Oliveira	00:26:59	00:55:10	00:54:57	216		Senior	87
217	72	Carlos Magalhaes	00:26:01	00:55:18	00:55:12	217		V45	21
218	326	Paulo Lopes	00:27:51	00:55:35	00:55:18	219	VITAL FAFE	V35	41
219	272	272	00:27:27	00:55:36	00:55:20	220	Technicolor	V40	34
220	284	Isabel Ribeiro	00:28:05	00:55:36	00:55:35	222		Senior	7



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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>
221	14	Irene Miranda	00:29:59	00:55:37	00:55:13	218		V35	4
222	120	António Pinto	00:28:10	00:55:40	00:55:35	223		Senior	88
223	153	Judite Magalhaes	00:28:32	00:55:41	00:55:36	224		V35	5
224	189	Nuno Passos	00:27:42	00:55:42	00:55:34	221		V35	42
225	199	José Freitas	00:28:09	00:55:45	00:55:37	225		V60	6
226	299	Adao Sousa	00:27:20	00:55:48	00:55:39	226		V45	22
227	431	Helder Cardoso	00:31:58	00:56:03	00:55:53	229		Senior	89
228	76	Patricia Rocha	00:29:13	00:56:04	00:55:51	228	Technicolor	Senior	8
229	75	Vitor Leite	00:29:12	00:56:04	00:55:50	227	Technicolor	Senior	90
230	268	Silvina Esteves	00:27:45	00:56:11	00:55:59	230		Senior	9
231	445	Carlos Gomes	00:27:45	00:56:11	00:56:08	231		V45	23
232	114	Maria Saraiva	00:28:19	00:56:39	00:56:32	236		V40	3
233	329	Filipa Marques	00:28:31	00:56:41	00:56:28	234		Senior	10
234	53	Bruno Vaz	00:28:31	00:56:41	00:56:26	233		Senior	91
235	115	Francisco Azevedo	00:29:59	00:56:42	00:56:18	232		V40	35
236	187	André Guedes	00:29:25	00:56:54	00:56:29	235		V40	36
237	173	Armando Oliveira	00:28:12	00:57:03	00:56:59	237		V40	37
238	36	João Valente	00:28:51	00:57:14	00:57:07	238		Senior	92
239	111	Rui Ribeiro	00:27:59	00:57:20	00:57:12	239		Junior	2
240	314	Mariana Machado	00:28:06	00:57:21	00:57:17	240		Junior	1



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
241	304	Hugo Silva	00:27:59	00:57:32	00:57:25	241	EG RUNNERS	Senior	93
242	227	Fernando Poças	00:28:55	00:57:34	00:57:33	242		V45	24
243	312	Celia Azenha	00:29:43	00:57:59	00:57:56	244		V45	1
244	302	Oliveira Rodrigues	00:28:54	00:58:02	00:57:53	243	EG RUNNERS	V35	43
245	292	João Lopes	00:28:34	00:58:13	00:58:12	247	Sociedade Recreio Capanense	V45	25
246	51	Bruno Teixeira	00:29:09	00:58:17	00:58:03	246		Senior	94
247	274	Tiago Coutinho	00:29:56	00:58:21	00:58:15	248		V40	38
248	55	Sérgio Barbosa	00:30:06	00:58:23	00:58:03	245		V35	44
249	90	Cidália Neves	00:30:38	00:58:24	00:58:20	249		Senior	11
250	432	Hugo Silva	00:30:39	00:58:24	00:58:20	250		Senior	95
251	103	Sara Marinho	00:29:34	00:58:30	00:58:26	251		Senior	12
252	249	Marco Castro	00:29:30	00:59:00	00:58:44	252		Senior	96
253	141	José Costa	00:28:21	00:59:04	00:58:47	253	Mundífios	V40	39
254	234	Maria Torres	00:30:13	00:59:07	00:58:58	254		Senior	13
255	229	Joao Lima	00:32:09	00:59:34	00:59:16	255		Senior	97
256	333	João Pinheiro	00:29:15	00:59:38	00:59:34	256		Senior	98
257	146	Wellington Alves	00:29:13	00:59:52	00:59:42	257		Senior	99
258	110	Dorotea Silva	00:30:42	00:59:53	00:59:42	258		V40	4
259	285	José Lascasas	00:29:22	01:00:06	01:00:05	261		V45	26
260	177	Romeu Batista	00:30:10	01:00:22	01:00:00	259		Senior	100



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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>
261	198	Osvaldo Azevedo	00:30:10	01:00:22	01:00:00	260		V35	45
262	258	António Gonçalves	00:29:49	01:00:52	01:00:48	266		V35	46
263	256	Conceição Silva	00:30:30	01:00:53	01:00:43	262		V35	6
264	88	Isabel Ferreira	00:29:09	01:00:55	01:00:49	267		V35	7
265	255	Marta Teixeira	00:30:30	01:00:55	01:00:45	264		V35	8
266	157	Isabel Marques	00:33:50	01:01:03	01:00:52	270		Senior	14
267	167	Marco Gonçalves	00:31:32	01:01:04	01:00:44	263		Senior	101
268	64	Sílvia Teixeira	00:31:44	01:01:07	01:00:49	268	ALDO	Senior	15
269	66	Sandra Oliveira	00:31:43	01:01:07	01:00:49	269	ALDO	V35	9
270	98	Sérgio Oliveira	00:31:24	01:01:07	01:00:46	265		V35	47
271	116	Rodrigo Barichello	00:30:01	01:01:08	01:00:57	271		Senior	102
272	233	Maria Ferreira	00:31:24	01:01:23	01:01:16	274		V50	2
273	61	João Fernandes	00:30:23	01:01:28	01:01:09	273		V40	40
274	58	Dário Rebelo	00:30:23	01:01:29	01:01:09	272		V35	48
275	446	Henrique Gomes	00:31:09	01:01:40	01:01:36	275		V65	1
276	16	Diego Valente	00:30:55	01:02:03	01:01:54	276		V35	49
277	289	Jose Magalhaes	00:30:36	01:02:12	01:02:00	279		V45	27
278	243	Silveria Pinto	00:31:27	01:02:14	01:02:06	280		Senior	16
279	318	Ana Fernandes	00:30:44	01:02:14	01:01:57	277		Senior	17
280	468	Mauro Viana	00:31:27	01:02:14	01:02:07	281		Senior	103



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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>
281	319	Ricardo Teixeira	00:30:44	01:02:15	01:01:57	278	VITAL FAFE	Senior	104
282	212	Jorge Costa	00:32:10	01:02:36	01:02:17	282		Senior	105
283	248	Marisa Freitas	00:30:06	01:02:41	01:02:31	283		Senior	18
284	62	Francisca Almeida	00:31:32	01:02:53	01:02:35	284		Senior	19
285	440	João Campos	00:32:50	01:03:10	01:02:54	285		Senior	106
286	443	Ricardo Freitas	00:32:50	01:03:10	01:02:54	286		Senior	107
287	25	Andreia Vieira	00:31:58	01:03:31	01:03:22	287		V35	10
288	186	Sara Santos	00:31:55	01:03:50	01:03:37	288		Senior	20
289	282	Fernando Ferreira	00:30:17	01:04:00	01:03:58	289		V45	28
290	149	Carlos Castro	00:31:58	01:04:25	01:04:15	290		Senior	108
291	134	Joana Cardoso	00:34:21	01:04:53	01:04:34	291	Mundífios	Senior	21
292	395	Nuno Teixeira	00:31:57	01:04:53	01:04:53	293		Senior	109
293	262	Ana Carvalho	00:33:10	01:05:00	01:04:54	294		V35	11
294	263	Vasco Alves	00:33:10	01:05:01	01:04:54	295		V40	41
295	273	Paulo Torres	00:33:22	01:05:01	01:04:51	292		V50	11
296	423	Clarisse Ribeiro	00:33:22	01:05:12	01:05:01	296		V35	12
297	281	Jorge Mendes	00:32:12	01:05:23	01:05:20	297		V45	29
298	80	Cristina Ribeiro	00:33:31	01:06:25	01:05:59	298		V45	2
299	79	José Almeida	00:33:30	01:06:25	01:05:59	299		V45	30
300	104	Síria Maslinkiewicz	00:33:48	01:06:48	01:06:46	304		Senior	22



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
301	127	Rita Fernandes	00:34:24	01:06:49	01:06:33	303	Mundífios	V35	13
302	138	Sandra Lopes	00:34:24	01:06:49	01:06:32	302	Mundífios	V35	14
303	105	Daniela Fernandes	00:33:47	01:06:49	01:06:47	305		Senior	23
304	128	Vitor Passos	00:33:23	01:06:50	01:06:30	301	Mundífios	Senior	110
305	217	Pedro Silva	00:30:46	01:06:50	01:06:29	300		Junior	3
306	35	Bárbara Gonçalves	00:33:15	01:07:39	01:07:26	306		Junior	2
307	344	José Lourenco	00:32:41	01:08:11	01:08:03	309		Senior	111
308	68	Ângela Fontes	00:33:21	01:08:11	01:07:56	308		Senior	24
309	26	Mario Louraco	00:34:48	01:08:19	01:07:54	307		V40	42
310	200	Jorge França	00:34:38	01:08:49	01:08:45	310		V35	50
311	328	Ana Martins	00:34:55	01:09:12	01:08:55	311	VITAL FAFE	Senior	25
312	320	Soraia Pereira	00:34:55	01:09:12	01:08:55	312	VITAL FAFE	Senior	26
313	78	Sofia Vaz	00:33:50	01:09:23	01:09:11	313	Technicolor	Senior	27
314	305	Cláudia Pereira	00:34:40	01:09:39	01:09:32	314	EG RUNNERS	V35	15
315	122	Vanessa Coelho	00:36:46	01:12:08	01:11:49	315	Mundífios	Senior	28
316	37	José Oliveira	00:36:52	01:13:36	01:13:20	316		V40	43
317	126	Miguel Fernandes	00:37:41	01:13:51	01:13:35	317	Mundífios	V35	51
318	129	Angelo Lemos	00:37:39	01:15:09	01:14:53	318	Mundífios	V45	31
319	216	Paula Silva	00:40:37	01:19:13	01:18:52	319		V35	16
320	136	Isabel Silva	00:40:37	01:19:13	01:18:54	320	Mundífios	V45	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>
321	65	Nuno Ribeiro	00:41:43	01:20:03	01:19:45	321	ALDO	Senior	112
322	143	Alexandre Guimarães	00:41:57	01:24:36	01:24:14	322	Mundífios	Senior	113
323	42	Sofia Gonçalves	00:41:39	01:27:54	01:27:40	323		Senior	29
324	135	Elisabete Leite	00:45:32	01:29:03	01:28:45	326	Mundífios	V40	5
325	124	Emilia Sousa	00:45:32	01:29:03	01:28:43	325	Mundífios	Senior	30
326	137	Carina Ferreira	00:45:32	01:29:04	01:28:43	324	Mundífios	Senior	31