

SPORT
ZONE

BES

Liberty
Seguros1ª CORRIDA
TSF
RUNNERSLISBOA
CÂMARA MUNICIPAL

EGEAC

CLASSIFICAÇÕES

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
1	Bruno	Fraga	77	GFD RUNNING	M35	1	0:32:26	0:32:25	0:16:11
2	José	Gaspar	1383	Clube De Atletismo Odimarq	M35	2	0:33:07	0:33:06	0:16:13
3	Emanuel	Rolim	197	Sport Lisboa e Benfica	M20	1	0:33:55	0:33:54	0:16:48
4	NUNO	ROMAO	257	GFD RUNNING	M40	1	0:34:00	0:33:59	0:16:47
5	Eugenio	Neto	78	GFD RUNNING	M50	1	0:34:20	0:34:18	0:16:59
6	BERNARD	OLIVEIRA	258	GFD RUNNING	M20	2	0:35:23	0:35:22	0:17:12
7	Pedro	Arsenio	1385	Clube De Atletismo Odimarq	M20	3	0:36:05	0:36:03	0:17:51
8	LUIS	BAPTISTA	1384	CLUBE DE ATLETISMO ODIMARQ	M35	3	0:36:05	0:36:03	0:17:43
9	DIOGO	BAENA	1434	INDIVIDUAL	M20	4	0:36:56	0:36:55	0:18:00
10	Ricardo	Morgado	1179	Trancão Benjamins Runners	M20	5	0:37:16	0:37:15	0:18:40
11	Fernando	Pereira	51	GFD RUNNING	M40	2	0:37:23	0:37:21	0:18:40
12	Ernesto	Ferreira	48	GFD RUNNING	M40	3	0:37:36	0:37:35	0:18:40
13	BRUNO	ALEXANDRE CARVALHO	1025		M20	6	0:37:47	0:37:44	0:18:42
14	jose	alfredo trigo lorga	440		M20	7	0:37:57	0:37:55	0:18:42
15	Pedro	da Silva	503	CRD Arrudense	M40	4	0:38:00	0:37:59	0:19:10
16	PEDRO PIRES	FERNANDES	1426	VD ATLETAS	M20	8	0:38:04	0:37:58	0:18:40
17	Vitor	Alexandre Lima	909		M45	1	0:38:10	0:38:08	0:19:03
18	GUILHERME	MARTINS	83	GFD RUNNING	M40	5	0:38:15	0:38:12	0:19:11
19	Luis	Pereira	76	GFD RUNNING	M45	2	0:38:17	0:38:14	0:18:45
20	João	Lucas	854	Câmara Lisboa Clube	M45	3	0:38:19	0:38:17	0:18:58
21	Tiago	Corvo	1067	TriBVColares	M20	9	0:38:21	0:38:16	0:19:26
22	VANESSA	FERNANDES	2	Sport Lisboa e Benfica	F20	1	0:38:28	0:38:27	0:19:03
23	HELDER	SANDOS	116	MAIA ATLÉTICO CLUBE	M20	10	0:38:31	0:38:30	0:19:03
24	RUI	GAMA	38	BES	M40	6	0:38:37	0:38:34	0:19:26
25	MONICA	MOREIRAS	1225	NUCLEOEIRASISZ	F20	2	0:38:37	0:38:36	0:19:26
26	João	goncalves	843		M35	4	0:38:43	0:38:42	0:19:03
27	Fernando	Santos	55	GFD RUNNING	M40	7	0:38:54	0:38:52	0:19:03
28	Nuno	André Moreira Soares	506		M20	11	0:39:07	0:39:05	0:19:36
29	ADOLFO	LEAL	1256	RESTAURANTE O CARTAXEIRO	M45	4	0:39:30	0:39:29	0:19:12
30	Edmilson	Santos	54	GFD RUNNING	M45	5	0:39:45	0:39:37	0:19:47
31	José	Queirós	916	Alvitejo	M40	8	0:39:48	0:39:44	0:19:45
32	Joao	Mota	1090		M45	6	0:39:55	0:39:53	0:20:01
33	Manuel	Delfim Araujo Rodrigues	765	Individual	M50	2	0:40:10	0:40:05	0:19:37
34	LUIS	CARVALHO	1442	INDIVIDUAL	M40	9	0:40:16	0:40:05	0:19:44
35	Luis	Paulo	588	Bahia	M45	7	0:40:27	0:40:19	0:20:22
36	António	Figueiredo	50	GFD RUNNING	M20	12	0:40:34	0:40:31	0:19:49
37	Daniel	Antunes	853	Câmara Lisboa Clube	M50	3	0:40:37	0:40:33	0:20:30
38	LUIS	MONTEIRO	23	BES	M40	10	0:40:43	0:40:42	0:20:06
39	Carlos	Manuel Caetano	441		M40	11	0:40:52	0:40:51	0:20:26
40	César	Francisco Costa	504		M40	12	0:40:56	0:40:53	0:20:31
41	Brad	Ahrens	1402		M20	13	0:40:59	0:40:49	0:20:09
42	Jorge	Sousa	605		M20	14	0:40:59	0:40:51	0:20:17

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
43	Nuno	Raposo	449		M35	5	0:41:00	0:40:56	0:20:31
44	Vitor	Antunes	858	Câmara Lisboa Clube	M55	1	0:41:05	0:40:55	0:20:41
45	CARLOS	FREITAS	259	GFD RUNNING	M40	13	0:41:06	0:40:59	0:21:11
46	CLAUDIA	PEREIRA	65	GFD RUNNING	F35	1	0:41:07	0:40:59	0:21:11
47	JOSE	PEREIRA	261	Carlos Sá Ultra Runner	M20	15	0:41:15	0:41:13	0:20:19
48	Hugo	Pinto	53	GFD RUNNING	M20	16	0:41:19	0:41:16	0:20:39
49	Vitor	Carvalho	69	GFD RUNNING	M50	4	0:41:19	0:41:16	0:20:39
50	CARLOS	MONTEIRO	12	BES	M40	14	0:41:32	0:41:30	0:20:28
51	João	Pedro Cegonho	574		M35	6	0:41:42	0:41:34	0:21:00
52	Luís	Pinto	56	GFD RUNNING	M35	7	0:41:44	0:41:41	0:20:30
53	Antonio	Fernandes	1160	Clube do Stress	M50	5	0:41:45	0:41:41	0:20:48
54	Miguel	Guerreiro	110	TSF Runners	M40	15	0:41:48	0:41:43	0:20:34
55	José	Marques Andrade	357		M35	8	0:41:51	0:41:47	0:20:28
56	Pedro	Sousa	333		M55	2	0:41:56	0:41:50	0:20:40
57	FRANCISCO	SANTOS	1258	RESTAURANTE O CARTAXEIRO	M40	16	0:41:58	0:41:53	0:20:59
58	Marco	Pereira	1092	RB Running	M35	9	0:42:01	0:41:23	0:21:38
59	Diogo	Duarte	579		M35	10	0:42:21	0:42:17	0:20:39
60	carlos	manuel silva cerdeira	1093		M20	17	0:42:27	0:42:23	0:20:15
61	Maria	Lucas	79	GFD RUNNING	F45	1	0:42:34	0:42:26	0:21:31
62	Jose	Manuel Bouceiro	959		M45	8	0:42:37	0:42:28	0:21:08
63	alfredo	valente	519		M50	6	0:42:38	0:42:22	0:21:06
64	Nuno	Gonçalo	778		M20	18	0:42:39	0:42:20	0:21:29
65	João	Carlos Gomes	631	Clube EDP - Lisboa	M40	17	0:42:44	0:42:39	0:20:51
66	João	Oliveira	816	Pés Troikados	M20	19	0:42:50	0:42:38	0:21:21
67	DAVID	ROSADO	1438	INDIVIDUAL	M35	11	0:42:53	0:42:44	0:20:59
68	André	Chasqueira Canuto	677		M17	1	0:42:56	0:42:48	0:22:10
69	ARLINDO	PAIXAO	1257	RESTAURANTE O CARTAXEIRO	M50	7	0:42:58	0:42:54	0:21:13
70	MIGUEL	ROCHA	1026	INDIVIDUAL	M40	18	0:43:01	0:42:57	0:21:09
71	Carlos	Almeida	80	GFD RUNNING	M55	3	0:43:01	0:42:55	0:21:31
72	NUNO	LOPES	228	SPORT ZONE	M35	12	0:43:03	0:42:59	0:21:30
73	Licínio	Matos	866		M20	20	0:43:07	0:43:00	0:21:18
74	Antonio	Horta	1028		M55	4	0:43:11	0:43:03	0:21:30
75	Valter	Oliveira	52	GFD RUNNING	M35	13	0:43:14	0:43:10	0:21:01
76	RICARDO	MARTINS PEREIRA	1236	INDIVIDUAL	M35	14	0:43:16	0:43:06	0:21:21
77	Alberto	del castillo ramos	1102		M20	21	0:43:19	0:43:17	0:20:45
78	José	Carlos Martins	66	GFD RUNNING	M45	9	0:43:27	0:43:22	0:21:14
79	Henrique	Madeira	613	Pampas&Pampas	M20	22	0:43:31	0:43:24	0:21:10
80	Luís	Ribeiro	1134		M20	23	0:43:34	0:43:15	0:21:28
81	Milene	Gonçalves Santos	1082	Núcleo de Desporto Amador de Pombal	F20	3	0:43:37	0:43:33	0:21:38
82	PEDRO	VITOR	34	BES	M40	19	0:43:44	0:43:37	0:21:25
83	Nelson	Santos	97	TSF Runners	M40	20	0:43:47	0:43:37	0:21:27
84	LUCIA	OLIVEIRA	1238	INDIVIDUAL	F20	4	0:43:56	0:43:51	0:21:18
85	vitor	lebre	850	Individual	M35	15	0:43:59	0:43:56	0:21:44
86	Vitor	Sousa	68	GFD RUNNING	M40	21	0:44:07	0:44:03	0:21:03
87	Luís	Valinho	1023		M20	24	0:44:08	0:44:06	0:21:48
88	BRUNO	MARTINS	231	SPORT ZONE	M35	16	0:44:09	0:44:05	0:21:46
89	Hugo	Luz	531		M35	17	0:44:11	0:43:56	0:21:40
90	PAULO	SILVA	84	NATIRIS	M50	8	0:44:11	0:44:06	0:21:55
91	NUNO	CORREIA	1246	INDIVIDUAL	M45	10	0:44:12	0:44:10	0:22:04
92	MARCELO	RAFAEL	1232	INDIVIDUAL	M20	25	0:44:14	0:44:03	0:22:29
93	Jorge	Augusto Rodrigues	747		M18	1	0:44:18	0:44:16	0:21:28
94	Nuno	Filipe Lino	1313		M20	26	0:44:23	0:44:21	0:21:20
95	vitor	marques	1161	escola de atletismo rui silva	M40	22	0:44:26	0:44:22	0:21:38

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96	Paulo	Torres	1157		M40	23	0:44:33	0:44:20	0:21:55
97	Nuno	José Vidigal Veríssimo	1027		M20	27	0:44:33	0:44:18	0:21:56
98	Fernando	Silva	401	PIKAS	M20	28	0:44:35	0:44:28	0:22:40
99	Pedro	Barreirão	914		M20	29	0:44:39	0:44:36	0:21:52
100	Fernando	Lopes	63	GFD RUNNING	M40	24	0:44:40	0:44:35	0:22:37
101	FERNANDO	GODINHO	1259	RESTAURANTE O CARTAXEIRO	M40	25	0:44:41	0:44:37	0:21:55
102	Eduardo	Manuel Alves da Silva	387		M50	9	0:44:42	0:44:24	0:22:54
103	João	Barbosa	67	GFD RUNNING	M40	26	0:44:48	0:44:43	0:22:13
104	Rui	Abrantes	1055		M20	30	0:44:49	0:44:44	0:21:51
105	Ricardo	Martins	777		M20	31	0:44:49	0:44:30	0:23:29
106	Pedro	Martins	331	Pedros	M35	18	0:44:50	0:44:39	0:21:58
107	Telmo	Pedro	502	Associação Jorge Pina	M35	19	0:44:53	0:44:37	0:22:21
108	André	Madeira Satar	987		M20	32	0:44:54	0:44:44	0:21:53
109	LUIS	FILIPE NUNES	1173	escola de atletismo rui silva	M40	27	0:44:54	0:44:49	0:21:38
110	JOAO	PARADINHA	1240	INDIVIDUAL	M40	28	0:44:55	0:44:45	0:22:49
111	Nuno	Pinto	564	Xangai Runners	M20	33	0:44:56	0:44:54	0:21:49
112	Rui	Pedro Julião	351	Georunners	M45	11	0:44:57	0:44:28	0:23:46
113	PAULO	SILVA	30	BES	M45	12	0:44:59	0:44:52	0:21:39
114	JULIO	FERREIRA	20	BES	M55	5	0:44:59	0:44:52	0:22:26
115	JOAO MANUEL	CADETE	1427	VD ATLETAS	M45	13	0:45:01	0:44:43	0:22:35
116	Jorge	Sobrinho	1317	Cartoon Run	M40	29	0:45:02	0:44:56	0:22:12
117	Rui	Oliveira	376		M35	20	0:45:03	0:44:57	0:22:06
118	João	Manuel Martins	560		M45	14	0:45:05	0:45:01	0:21:47
119	Sérgio	Nuno Pontes	306	LX Run	M35	21	0:45:06	0:44:48	0:23:04
120	LUIS	MARQUES	227	SPORT ZONE	M35	22	0:45:07	0:45:04	0:22:00
121	Victor	Manuel e Sá Venda	507		M40	30	0:45:09	0:44:54	0:23:33
122	vasco	de oliveira ventura	1059		M40	31	0:45:10	0:45:04	0:23:03
123	CARLOS	SÁ	3	Carlos Sá Ultra Runner	M20	34	0:45:12	0:45:11	0:21:49
124	RUI	RODRIGUES	260	Carlos Sá Ultra Runner	M20	35	0:45:12	0:45:07	0:21:50
125	Bruno	Sousa Querido	619	Desnível Positivo /SportZone	M40	32	0:45:12	0:45:08	0:21:49
126	Luis	Verdades	794	Relâmpagos da Fonte	M20	36	0:45:15	0:45:09	0:22:23
127	Emanuel	de Carvalho	669		M20	37	0:45:17	0:45:07	0:22:27
128	Ernesto	Monteiro	856	Câmara Lisboa Clube	M40	33	0:45:20	0:44:59	0:23:00
129	Pedro	Moleirinho	486		M40	34	0:45:24	0:45:19	0:22:43
130	Francisco	Ferreira	1136		M35	23	0:45:26	0:45:14	0:22:12
131	Durval	Santos	621		M55	6	0:45:27	0:45:21	0:22:30
132	Luis	Torres	951	H3 Running	M40	35	0:45:28	0:45:08	0:22:57
133	carlos	oliveira	1112		M40	36	0:45:28	0:45:23	0:22:57
134	PEDRO	SILVA	1241	INDIVIDUAL	M35	24	0:45:28	0:45:22	0:23:04
135	Paulo	Filipe Nunes Marques	323		M35	25	0:45:29	0:45:15	0:22:23
136	António	Carlos Teixeira	581		M40	37	0:45:32	0:45:23	0:22:44
137	Miguel	Ribeiro	1066	Ribeiro s	M40	38	0:45:34	0:45:25	0:22:04
138	Nuno	Ennes	1201		M40	39	0:45:39	0:43:52	0:23:29
139	VENANCIO	GUERREIRO	1233	INDIVIDUAL	M55	7	0:45:44	0:45:25	0:23:02
140	RICARDO	NUNO	1415	INDIVIDUAL	M35	26	0:45:45	0:45:24	0:22:53
141	Joao	Damas	358		M50	10	0:45:46	0:45:41	0:22:48
142	David	Saraiva	1017		M20	38	0:46:01	0:45:51	0:22:55
143	Nuno	Morujo	516		M20	39	0:46:07	0:45:49	0:22:43
144	Miguel	Ramalho	801	Valadares	M20	40	0:46:11	0:46:02	0:23:06
145	Duarte	Moreira Rato	917		M20	41	0:46:12	0:46:03	0:22:44
146	Bruno	Amaral	817	Espaço Telheiras	M35	27	0:46:22	0:46:13	0:22:17
147	Luis	Miguel Mendes Alves	414		M45	15	0:46:27	0:46:22	0:22:22

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148	Jorge	Miguel Silvestre Canelhas	723		M35	28	0:46:29	0:46:25	0:22:15
149	Miguel	Ezequiel	1054		M40	40	0:46:30	0:46:26	0:22:34
150	LUÍS	LINO	22	BES	M40	41	0:46:34	0:46:27	0:22:44
151	JOÃO	TOMÁS	19	BES	M20	42	0:46:34	0:46:19	0:22:26
152	CARLOS	GARCEZ	1282	INDIVIDUAL	M45	16	0:46:35	0:46:26	0:22:52
153	José	Nunes	644		M40	42	0:46:35	0:46:29	0:21:53
154	Miguel	Frasquilho	109		M45	17	0:46:36	0:46:04	0:23:39
155	Ricardo	Leitão	1135		M35	29	0:46:39	0:46:26	0:22:22
156	Pedro	Vieira	72	GFD RUNNING	M35	30	0:46:40	0:46:29	0:23:56
157	PEDRO	ARAUJO	46	BES	M20	43	0:46:45	0:46:41	0:23:01
158	David	Fernandes	827		M20	44	0:46:47	0:46:37	0:22:59
159	José	Raimundo Baleia Fernandes	688	soft team	M50	11	0:46:55	0:46:40	0:22:48
160	JOAO	MANGANA	1277	INDIVIDUAL	M20	45	0:46:56	0:46:55	0:22:40
161	Hugo	Miguel Borges	1332		M20	46	0:47:04	0:46:52	0:22:23
162	Margarida	Godinho	74	GFD RUNNING	F45	2	0:47:05	0:47:02	0:23:08
163	Pedro	Monteiro	1070	Individual	M45	18	0:47:07	0:47:00	0:22:42
164	António	Paulo Ferreira	470		M45	19	0:47:08	0:46:59	0:23:22
165	Vasco	Leal	976		M50	12	0:47:10	0:46:57	0:23:30
166	Miguel	Teles de Matos	969	Individual	M40	43	0:47:13	0:47:10	0:23:14
167	Vasco	Tavares	771		M35	31	0:47:14	0:46:36	0:24:08
168	Diogo	Fonseca e Silva	879		M40	44	0:47:15	0:47:08	0:23:27
169	PAULO	PRATA	929		M45	20	0:47:17	0:47:00	0:23:11
170	Tiago	Clemente Ferrito	563		M20	47	0:47:19	0:46:57	0:24:00
171	Carlos	Ferreira	1164		M50	13	0:47:21	0:47:13	0:23:23
172	Joao	Pratas	389		M45	21	0:47:21	0:47:09	0:23:29
173	Henrique	Belmar	701		M55	8	0:47:25	0:47:20	0:23:17
174	Vitor	Nogueira	370		M45	22	0:47:29	0:47:28	0:23:37
175	Luis	Almeida	513		M50	14	0:47:30	0:47:17	0:23:17
176	PEDRO	SERGIO	241	SPORT ZONE	M20	48	0:47:31	0:47:09	0:23:23
177	Mário	Almeida	710	Pés Troikados	M20	49	0:47:34	0:47:22	0:21:54
178	Liberto	Santos	643		M45	23	0:47:34	0:47:28	0:23:32
179	Miguel	Velez	857	Câmara Lisboa Clube	M50	15	0:47:36	0:47:24	0:23:54
180	Nuno	Miguel Pereira	122	Controlinveste	M35	32	0:47:37	0:46:59	0:23:30
181	António	Barrocas	878		M45	24	0:47:37	0:47:26	0:24:05
182	Pedro	Santos	704	CascaGrossista	M40	45	0:47:40	0:46:41	0:24:34
183	Sérgio	Sales	99	TSF Runners	M20	50	0:47:41	0:47:07	0:23:39
184	INES	PARENTE	226	SPORT ZONE	F35	2	0:47:43	0:47:33	0:24:06
185	Carlos	Manuel da Silva Caeiro	475		M55	9	0:47:45	0:47:42	0:23:25
186	MARTIN	COSTA SECO	1242	INDIVIDUAL	M17	2	0:47:49	0:47:39	0:23:54
187	Antonio	Sousa	809		M50	16	0:47:50	0:47:21	0:23:58
188	MIGUEL GUERREIRO	PEREIRA	1284	INDIVIDUAL	M35	33	0:47:50	0:47:14	0:24:17
189	Carlos	Carreiro	793		M35	34	0:47:53	0:47:49	0:23:26
190	Marcelo	Mendonça Morais	1106		M17	3	0:47:54	0:47:52	0:24:03
191	António	Godinho	1014		M35	35	0:47:57	0:47:46	0:23:21
192	BRUNO	SILVA	242	SPORT ZONE	M20	51	0:47:59	0:47:46	0:23:11
193	JOÃO	DIAS	17	BES	M40	46	0:48:03	0:47:47	0:23:34
194	DARIO RAFAEL	RODRIGUES	394	INDIVIDUAL	M20	52	0:48:03	0:47:41	0:24:35
195	DANIEL	ALVARENGA	1267	INDIVIDUAL	M35	36	0:48:07	0:47:59	0:23:25
196	JOSÉ	GOMES	108		M20	53	0:48:14	0:47:57	0:24:48
197	Margarida	Madeira	612	Pampas&Pampas	F20	5	0:48:14	0:48:07	0:23:41
198	Jorge	Melo	1139	Clube Bolinha	M35	37	0:48:14	0:46:08	0:25:46
199	Rui	Belo	1334		M35	38	0:48:15	0:46:47	0:24:39
200	Paulo	Flor	172	Compal	M35	39	0:48:15	0:48:00	0:23:28

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
201	Tam	Afonso	945	Açoreana Clube Banif	M60	1	0:48:15	0:48:11	0:24:04
202	Patrícia	Lourenço	112	TSF Runners	F20	6	0:48:17	0:48:06	0:23:20
203	Tiago	Oliveira	1292		M20	54	0:48:19	0:47:51	0:24:37
204	abilio	paulo moitinho de campos	408		M40	47	0:48:19	0:48:00	0:23:39
205	Rodrigo	Fonseca Ferreira	139	CML/EGEAC	M20	55	0:48:25	0:48:11	0:23:12
206	Luis	Carvalho	824	LVTeam	M40	48	0:48:25	0:48:13	0:23:41
207	João	Ribau	949		M20	56	0:48:25	0:48:09	0:24:04
208	Ana	Ferreira	950		F20	7	0:48:26	0:48:10	0:24:05
209	MARIA JOAO	LOPES	252	CONTROLINVESTE	F20	8	0:48:26	0:47:59	0:24:53
210	nelson	récio pires	1081	ccc	M35	40	0:48:28	0:48:23	0:24:05
211	Pedro	Beaumont	719		M50	17	0:48:28	0:48:10	0:23:21
212	RICARDO	CANAS	35	BES	M40	49	0:48:29	0:48:22	0:23:54
213	Alfredo	Mateus	193	Equipa TomTom	M60	2	0:48:29	0:48:25	0:23:37
214	Luis	Sousa	972		M45	25	0:48:30	0:48:02	0:24:41
215	Dirceu	Santos	1073		M35	41	0:48:30	0:47:30	0:25:58
216	LUIS	ROSARIO	1285	INDIVIDUAL	M45	26	0:48:34	0:48:26	0:24:16
217	RAQUEL	QUINTAS	1414	INDIVIDUAL	F20	9	0:48:34	0:48:13	0:24:19
218	Rui	Mata	657		M40	50	0:48:35	0:48:19	0:23:26
219	Alexandre	Martins	1145	Clube Bolinha	M20	57	0:48:35	0:46:29	0:25:46
220	Pedro	Filipe	1147	Clube Atletismo Amigos de Belém	M20	58	0:48:36	0:48:29	0:24:21
221	GONÇALO	AREIA	966	FORDRUN	M40	51	0:48:37	0:47:31	0:25:02
222	Pedro	Miguel Lima Gonçalves	743	Clube Vodafone	M35	42	0:48:37	0:48:22	0:23:58
223	Nuno	Moreira da Silva	163	Ginásio Clube Português	M40	52	0:48:39	0:47:33	0:25:28
224	Luis	Miguel Xavier	1121		M40	53	0:48:40	0:48:34	0:24:25
225	HUGO	PINTO	628	ACS-A DA C DE SALVATERRA	M35	43	0:48:41	0:48:20	0:24:20
226	RUI	LOURENÇO	469		M40	54	0:48:41	0:48:34	0:23:23
227	Nuno	Ribeiro	1209	Clube Bolinha	M40	55	0:48:42	0:46:35	0:25:45
228	José	Marques	501		M45	27	0:48:44	0:48:39	0:23:30
229	César	Espírito Santo	145	CML/EGEAC	M35	44	0:48:48	0:48:04	0:25:07
230	Luis	Brásio	1331	Individual	M50	18	0:48:50	0:48:39	0:23:57
231	Vitor	Hugo Gonçalves Afonso	1174	Loures Team	M20	59	0:48:51	0:48:00	0:24:09
232	Daniel	Ferraz	926		M20	60	0:48:51	0:48:51	0:24:06
233	Filipe	Pereira	925		M20	61	0:48:51	0:48:51	0:23:55
234	Tiago	Pacheco	59	GFD RUNNING	M35	45	0:48:53	0:48:42	0:24:21
235	Pedro	Sá	176	Compal	M40	56	0:48:55	0:48:44	0:24:06
236	Humberto	Fazenda Proença	1053		M40	57	0:48:57	0:48:53	0:23:22
237	Hugo	Gomes	986		M35	46	0:48:58	0:48:24	0:25:19
238	João	Cerqueira	1158		M35	47	0:48:59	0:48:40	0:25:19
239	Nuno	Oliveira	539		M35	48	0:49:00	0:48:48	0:23:49
240	Humberto	Carlos Gomes da Luz	1036		M40	58	0:49:04	0:48:40	0:24:02
241	Álvaro	Francisco	687	soft team	M50	19	0:49:05	0:48:39	0:24:33
242	Magda	Lourenço	808		F40	1	0:49:08	0:48:57	0:24:05
243	Rodolfo	Andrade	1178		M20	62	0:49:10	0:48:52	0:24:26
244	Samuel	Neto Pereira	1198	Iraq Unita	M20	63	0:49:11	0:48:15	0:25:31
245	Raúl	Griolo	680	Individual	M55	10	0:49:11	0:49:09	0:23:53
246	ROGÉRIO	FOLGADO	679	Individual	M50	20	0:49:12	0:49:09	0:23:54
247	nuno	wong	1019		M20	64	0:49:13	0:48:15	0:25:02
248	Amilcar	Nuno Amoreira Fernandes	406	Loucura nos Pés	M20	65	0:49:15	0:48:30	0:24:15
249	Miguel	Pinheiro	510		M20	66	0:49:16	0:48:05	0:25:13
250	PEDRO	ANDRADE	32	BES	M40	59	0:49:19	0:49:10	0:23:40
251	Luis	Manuel	426		M35	49	0:49:19	0:49:02	0:23:51
252	Teresa	Palma	1119	Pequenao & companhia	F45	3	0:49:22	0:48:56	0:25:18
253	JOSE	CAVACO	234	SPORT ZONE	M50	21	0:49:23	0:49:13	0:24:39

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
254	José	Santos	993		M35	50	0:49:26	0:49:22	0:24:24
255	jose	luis dos santos correia	343		M50	22	0:49:28	0:49:22	0:24:26
256	João	Gameiro	1185	Run 4 Fun	M45	28	0:49:29	0:47:42	0:00:00
257	Rui	Manuel Mendes de Barros	1052		M35	51	0:49:31	0:49:27	0:23:22
258	Ana	Margarida Ferreira	1171	Bed Cow Ninjas	F20	10	0:49:32	0:48:45	0:24:38
259	JORGE	POMBO	970		M45	29	0:49:32	0:49:20	0:24:34
260	Manuel	José Fernandes	529	Individual	M45	30	0:49:33	0:49:18	0:24:25
261	Manuel	Casimiro	533		M50	23	0:49:34	0:49:18	0:24:26
262	JOAO	PEDRO LUZ	1166		M50	24	0:49:35	0:49:21	0:24:59
263	PAULO	MENDONÇA	1419	INDIVIDUAL	M20	67	0:49:35	0:49:19	0:23:56
264	José	Maria Gonçalves	121	Controlinveste	M17	4	0:49:36	0:49:31	0:24:10
265	Tomás	Martins	1122		M20	68	0:49:38	0:49:03	0:25:07
266	Nuno	Fonseca e Silva	880		M45	31	0:49:38	0:49:31	0:24:27
267	JORGE	MENDES	1286	INDIVIDUAL	M35	52	0:49:41	0:48:56	0:24:17
268	João	José Fernandes	884		M20	69	0:49:41	0:49:33	0:23:48
269	Jorge	Costa	61	GFD RUNNING	M45	32	0:49:42	0:49:31	0:24:04
270	Rui	Carvalho	73	GFD RUNNING	M40	60	0:49:47	0:49:36	0:25:12
271	Bento	Quaresma	316		M40	61	0:49:49	0:49:48	0:23:50
272	Paulo	ACM Xavier	393		M50	25	0:49:49	0:49:15	0:25:54
273	João	Paulo Almeida	797		M45	33	0:49:54	0:49:45	0:24:29
274	Paulo	Garcia	446	Pernas de Gafanhoto	M40	62	0:49:58	0:49:02	0:25:38
275	Carlos	Semide	1324	Italian Motor Village	M35	53	0:50:00	0:49:41	0:24:31
276	LUIS MIGUEL	PINTO	251	CONTROLINVESTE	M35	54	0:50:02	0:49:34	0:26:19
277	Pedro	Quina	957		M45	34	0:50:02	0:49:33	0:26:19
278	paulo	Herculano Marques	596		M35	55	0:50:03	0:49:32	0:24:41
279	Sergio	Alves	562	Individual	M17	5	0:50:03	0:49:13	0:26:34
280	Rui	Manuel Matos Lourenço	790		M40	63	0:50:07	0:49:55	0:24:08
281	Douglas	Fry	788		M55	11	0:50:08	0:49:33	0:25:35
282	Artur	Martins	374		M45	35	0:50:09	0:49:52	0:24:30
283	Nelson	Alcino da Silva	422		M35	56	0:50:10	0:49:21	0:25:04
284	LUIS	MANUEL MARQUES	933		M45	36	0:50:11	0:49:19	0:25:45
285	Paulo	Sousa	307		M35	57	0:50:12	0:49:34	0:25:27
286	JOAO	PINHEIRO	1263	UNICER	M35	58	0:50:13	0:50:03	0:24:34
287	Carlos	Alberto Pousada Chaves	1011		M20	70	0:50:13	0:49:21	0:25:45
288	Mário	Manuel Pinto Ferreira	846		M50	26	0:50:15	0:50:07	0:24:40
289	miguel	pardal	603		M45	37	0:50:16	0:50:02	0:24:59
290	paulo	david gonçalves	814		M40	64	0:50:17	0:49:50	0:24:33
291	Alcindo	Dos Reis Almeida	681	ALMEIDAS	M55	12	0:50:18	0:50:12	0:24:35
292	Rui	Almeida	455		M35	59	0:50:19	0:50:00	0:24:57
293	JOAO	RODRIGUES REIS	744		M60	3	0:50:22	0:50:14	0:24:43
294	Miguel	Sousa Gago	1130		M17	6	0:50:22	0:49:54	0:23:31
295	Rui	Manuel Dias	738	Pi-Linha Runners	M35	60	0:50:25	0:49:25	0:26:02
296	Filipe	Dionísio	872		M20	71	0:50:28	0:49:32	0:26:44
297	Hugo	Alexandre Oliveira	170	Ginásio Clube Português	M40	65	0:50:31	0:49:24	0:26:01
298	ANTONIO JORGE	MARTINHO	250	CONTROLINVESTE	M45	38	0:50:31	0:50:21	0:24:51
299	Pedro	Teixeira da Silva	728		M35	61	0:50:32	0:50:11	0:24:29
300	João	Alves	937		M20	72	0:50:32	0:50:11	0:24:28
301	João	Pinto	540		M50	27	0:50:34	0:49:59	0:25:42
302	Carlos	Melo	810		M45	39	0:50:34	0:50:06	0:25:43
303	Mark	Carey	922		M35	62	0:50:38	0:50:14	0:24:45
304	TIAGO	RODRIGUES	1237	INDIVIDUAL	M35	63	0:50:38	0:50:26	0:24:50
305	Carlos	Augusto Martins Da Silva	1289		M40	66	0:50:40	0:50:02	0:25:35
306	paulo	marques	636		M40	67	0:50:44	0:50:19	0:25:30

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
307	Bruno	Manuel Rodrigues Claro	105	TSF Runners	M20	73	0:50:44	0:50:32	0:24:50
308	Rui	Pinto	482		M35	64	0:50:46	0:49:56	0:26:24
309	Minne	Bouma	787		M35	65	0:50:47	0:50:12	0:25:36
310	Carlos	Fernandes	874		M35	66	0:50:47	0:49:50	0:26:44
311	Luis	Reis	902		M45	40	0:50:47	0:50:38	0:24:37
312	Jorge	Carmo	599		M40	68	0:50:47	0:50:04	0:25:44
313	César	Gonçalves	1101	Associação Desportiva e Cultural do Catujal	M40	69	0:50:49	0:50:27	0:26:01
314	Miguel	Pereira Bastos	524		M45	41	0:50:50	0:50:23	0:25:23
315	João	Filipe Martinho	1022		M20	74	0:50:51	0:50:21	0:25:49
316	Heitor	Manuel Santos Cardoso	766		M45	42	0:50:52	0:50:24	0:25:01
317	Dino	Silva	453	PIKAS	M35	67	0:50:53	0:50:47	0:25:04
318	bruno	pimpão martiniano	1156	lentosmasnaomuitorunners	M35	68	0:50:53	0:50:35	0:25:32
319	Rui	Martins	1291		M45	43	0:50:53	0:50:21	0:25:43
320	Afonso	Costa	938		M50	28	0:50:54	0:50:32	0:25:33
321	Rui	Azevedo	41	BES	M40	70	0:50:57	0:50:45	0:25:11
322	PAULO	CORREIA	28	BES	M40	71	0:50:57	0:50:36	0:25:20
323	RUI SERGIO	BRANCO	1421	VD ATLETAS	M40	72	0:50:59	0:50:19	0:25:53
324	Eduardo	Moutinho	781	MUNDO DA CORRIDA	M45	44	0:51:00	0:50:52	0:25:36
325	António	Almeida	175	Compal	M45	45	0:51:00	0:50:48	0:24:37
326	Pedro	Jordao	764		M40	73	0:51:02	0:50:35	0:24:40
327	MARIA	CECÍLIA AFONSO NICOLAU	472		F45	4	0:51:03	0:50:30	0:25:18
328	VIRGILIO	VAZ	219	SPORT ZONE	M50	29	0:51:03	0:50:25	0:25:28
329	HUGO	FIGUEIREDO	1095		M20	75	0:51:04	0:50:18	0:25:36
330	Bruno	Ferreira	682		M35	69	0:51:06	0:50:54	0:26:08
331	Sérgio	Eduardo Baião Correia	1202		M20	76	0:51:06	0:50:31	0:25:35
332	maria	joao severino	898		F20	11	0:51:06	0:49:03	0:26:00
333	TIAGO	MARTINS PETINGA	508		M40	74	0:51:07	0:50:57	0:24:47
334	Samuel	Casado	1109	Run to Mini	M20	77	0:51:08	0:50:57	0:25:39
335	NUNO	TRINDADE	980	INDIVIDUAL	M35	70	0:51:08	0:50:41	0:25:33
336	Almerindo	Manuel Lourenço da Silva	971	A.D.C.Catujal	M50	30	0:51:13	0:50:51	0:25:10
337	Maria	Isabel e Sá Duarte Ribeiro	167	Ginásio Clube Português	F40	2	0:51:14	0:50:08	0:25:49
338	João	Amaral Marques	834	Tartarugas da Linha	M40	75	0:51:15	0:50:43	0:25:37
339	Elena	Smolentseva	779		F20	12	0:51:17	0:51:10	0:24:06
340	karin	Pellenz	769		F45	5	0:51:17	0:51:10	0:24:38
341	PEDRO	CLAUDIO	813	SS CGD	M45	46	0:51:18	0:50:23	0:25:19
342	jose	hilario	1207		M50	31	0:51:19	0:50:45	0:25:31
343	Ricardo	Marques	868	Dá-le!	M20	78	0:51:19	0:50:45	0:25:45
344	Pedro	Lopes	1220		M20	79	0:51:21	0:51:10	0:24:58
345	Luis	Miguel Cândido	95	TSF Runners	M40	76	0:51:21	0:51:13	0:25:09
346	Tiago	Borges	1138		M35	71	0:51:21	0:51:13	0:25:08
347	Jose	Raposo	731		M45	47	0:51:24	0:51:01	0:25:40
348	Cláudio	Braga	312		M20	80	0:51:25	0:51:05	0:24:09
349	José	António Alexandre	551		M50	32	0:51:27	0:50:41	0:25:52
350	José	Manuel Simões	492	Georunners	M55	13	0:51:27	0:50:58	0:24:50
351	Pedro	Jorge Soares Gomes	1063		M20	81	0:51:27	0:50:05	0:25:54
352	Mário	Sanches	314		M35	72	0:51:31	0:49:54	0:26:00
353	GILBERTO	GONÇALVES	904	Clube Atletismo Amigos de Belém	M60	4	0:51:33	0:50:45	0:25:50
354	Nuno	Malcata	58	GFD RUNNING	M20	82	0:51:34	0:51:30	0:25:37
355	César	Diogo de Borba Sobreira	1387		M20	83	0:51:36	0:51:03	0:25:16
356	Vilma	Bento	302		F40	3	0:51:36	0:50:40	0:26:50
357	Pedro	Trindade	1195		M20	84	0:51:38	0:51:05	0:25:17
358	José	Luis Marques	550	RB Running	M50	33	0:51:41	0:51:22	0:25:19
359	Ana	Soraia Gomes	416	CC Team	F35	3	0:51:42	0:51:40	0:24:49

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
360	pedro	santos	591		M20	85	0:51:43	0:51:30	0:26:03
361	João	Miguel Moradias	799	Valadares	M40	77	0:51:43	0:51:34	0:25:03
362	Ivan	Guerra	1212	Clube Bolinha	M35	73	0:51:43	0:49:54	0:27:38
363	ANDRE	ORNELAS	349	INDIVIDUAL	M35	74	0:51:45	0:51:35	0:24:59
364	Ribeiro	Soares	886		M55	14	0:51:46	0:51:21	0:25:55
365	MANUEL	MESTRE	641	INDIVIDUAL	M55	15	0:51:48	0:51:27	0:25:26
366	farauke	marie thone	1399		F20	13	0:51:49	0:50:54	0:26:46
367	Bruno	Abreu	1091		M35	75	0:51:52	0:49:54	0:26:25
368	Telmo	Velez	749		M20	86	0:51:53	0:51:22	0:24:59
369	jose	antonio silva	1155	lentosmasnaomuitorunners	M45	48	0:51:55	0:51:37	0:25:37
370	João	Ernesto Rebocho	607		M40	78	0:51:57	0:51:15	0:25:29
371	Luis	Pires	42	BES	M40	79	0:51:59	0:51:47	0:25:41
372	SERGIO	FURTADO MIL-HOMENS	1361		M20	87	0:52:00	0:51:27	0:26:02
373	Sheila	Holz	725		F35	4	0:52:00	0:50:53	0:25:34
374	Paulo	Simões	1107		M45	49	0:52:00	0:51:24	0:25:25
375	João	Botelho	484		M35	76	0:52:00	0:51:56	0:24:48
376	Nuno	Rosmaninho	1307	WPP Road Runners	M35	77	0:52:01	0:51:42	0:25:42
377	PAULO	GONÇALVES	29	BES	M45	50	0:52:05	0:51:51	0:25:55
378	TÂNIA	SARAIVA	40	BES	M20	88	0:52:05	0:51:50	0:25:56
379	Nuno	Miguel Dias	1005	Individual	M40	80	0:52:06	0:51:25	0:25:53
380	Jorge	Simões	585		M40	81	0:52:08	0:51:40	0:26:18
381	Miguel	Silva	336		M20	89	0:52:09	0:52:01	0:25:45
382	NUNO MIGUEL	CORREIA	1444	GDINE	M45	51	0:52:10	0:51:50	0:25:56
383	Vitor	Vieira	428		M35	78	0:52:11	0:51:44	0:26:21
384	Hugo	Miguel Salgueiro Ribeiro	620		M20	90	0:52:12	0:51:29	0:26:23
385	Pedro	Bastos	763		M40	82	0:52:13	0:51:48	0:25:51
386	JOSE FRANCISCO	OLIVEIRA	1432	VD ATLETAS	M45	52	0:52:14	0:51:19	0:25:24
387	Fernando	Cristóvão	911		M40	83	0:52:15	0:51:26	0:25:55
388	teresa	barradas	1085		F45	6	0:52:15	0:52:00	0:26:05
389	José	Carlos Pereira	796		M20	91	0:52:15	0:51:26	0:25:58
390	Isabel	Gomes	1098		F45	7	0:52:15	0:51:56	0:25:27
391	Duarte	Pacheco Nobre	1366		M20	92	0:52:15	0:51:21	0:28:16
392	Emanuel	Mesquita	967	FordRUN	M40	84	0:52:16	0:51:10	0:25:59
393	Márcio	Silva	804	Conan, o cão com pulgas	M20	93	0:52:16	0:51:24	0:26:37
394	Carlos	miguel silva	956	Tartarugas do Tejo	M40	85	0:52:17	0:51:49	0:27:38
395	LUIS DAVID	GRANGEIA	1433	VD ATLETAS	M20	94	0:52:18	0:51:38	0:25:54
396	José	Pinto Carneiro	887		M45	53	0:52:20	0:51:33	0:27:04
397	Pedro	Ferraz	330	Pedros	M35	79	0:52:20	0:52:09	0:25:42
398	Evaristo	Cutileiro	1072		M20	95	0:52:21	0:51:57	0:26:10
399	António	João Lazera Martins	369		M45	54	0:52:22	0:51:21	0:27:27
400	Ricardo	Barbedo	568		M35	80	0:52:22	0:51:23	0:26:52
401	Valdemar	Alirio Damião	1367	Lebres do Sado	M60	5	0:52:25	0:52:15	0:26:01
402	Eduardo	Manso	855	Câmara Lisboa Clube	M50	34	0:52:25	0:52:14	0:25:32
403	pedro	louro	785		M40	86	0:52:26	0:51:57	0:25:34
404	Inês	Osório	1308	WPP Road Runners	F35	5	0:52:27	0:52:07	0:25:47
405	RUI	GAMEIRO	39	BES	M40	87	0:52:28	0:52:05	0:26:22
406	Bogdan	Sandu	948		M20	96	0:52:29	0:52:13	0:24:25
407	Tiago	Magalhães	134	Controlinveste	M20	97	0:52:30	0:50:56	0:26:53
408	Afonso	Silva	594		M45	55	0:52:33	0:52:17	0:25:00
409	NUNO	PEREIRA	223	SPORT ZONE	M40	88	0:52:33	0:52:27	0:26:02
410	Roberto	jesus	1110	Run to Mini	M20	98	0:52:35	0:52:25	0:25:39
411	Pedro	Loucao	832		M20	99	0:52:37	0:51:37	0:26:52

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
412	Nuno	Loucao	833		M20	100	0:52:37	0:51:37	0:26:52
413	José	Guerreiro	477		M40	89	0:52:38	0:51:54	0:26:11
414	João	Manuel Barros	1163		M40	90	0:52:38	0:52:08	0:26:21
415	Pedro	Viegas	1357		M20	101	0:52:41	0:52:38	0:25:21
416	Edilson	gomes moura	1154		M40	91	0:52:46	0:52:34	0:26:06
417	Adolfo	Paz	583		M45	56	0:52:48	0:52:24	0:26:30
418	Antonio	Jorge Ferreira	1108	Bed Cow Ninjas	M50	35	0:52:48	0:52:01	0:25:55
419	Arlindo	Manuel Barradas Rolo	875	Individual	M45	57	0:52:50	0:51:58	0:26:37
420	MAFALDA	CEPA	1304	CASA DO PESSOAL DA RTP	M45	58	0:52:53	0:52:29	0:26:22
421	Alberto	Bento	303		M40	92	0:52:53	0:51:57	0:26:50
422	Helder	José Marques dos Santos	1087		M20	102	0:52:53	0:47:12	0:28:54
423	Paulo	Pinto Luis	419		M40	93	0:52:54	0:52:16	0:27:00
424	Luis	Miguel Saragoça Chambel	615		M35	81	0:52:57	0:52:15	0:27:16
425	Bruno	Brito	667		M20	103	0:52:58	0:52:14	0:26:47
426	Luis	Pires	1346		M35	82	0:52:59	0:52:40	0:26:07
427	Pedro	Evangelista	324		M45	59	0:52:59	0:52:33	0:26:13
428	João	Manuel Silva	382		M40	94	0:53:02	0:52:35	0:26:04
429	MARCOS	HORTA	1441	INDIVIDUAL	M20	104	0:53:02	0:51:09	0:27:52
430	Vasco	Silva	1365		M35	83	0:53:03	0:52:36	0:25:31
431	LUIS	ROMANEIRO	795		M50	36	0:53:03	0:52:51	0:26:23
432	Pedro	Murtinhal	782	MUNDO DA CORRIDA	M40	95	0:53:04	0:52:16	0:27:15
433	Joaquim	Manuel Lopes de Matos	515		M45	60	0:53:06	0:52:41	0:26:42
434	Gilberto	Silva	1221		M45	61	0:53:09	0:51:45	0:26:35
435	Damião	José de Sousa Rega	379		M50	37	0:53:12	0:52:26	0:26:48
436	Sérgio	Pimenta	940		M20	105	0:53:12	0:51:12	0:27:37
437	Paulo	Figueiredo	1344		M20	106	0:53:15	0:52:32	0:26:58
438	Ricardo	Sousa	120	Controlinveste	M35	84	0:53:15	0:52:10	0:27:39
439	Zulmira	Natália Belo	803	CRDArrudense	F45	8	0:53:18	0:53:10	0:25:34
440	Tiago	Pinhel	576		M20	107	0:53:18	0:51:21	0:28:04
441	Ivo	Diogo	577		M20	108	0:53:19	0:51:23	0:28:05
442	Paulo	Jorge de Oliveira Simões	168	Ginásio Clube Português	M20	109	0:53:19	0:53:05	0:25:30
443	Gaspar	Manuel da Costa Matos	724		M35	85	0:53:19	0:52:58	0:25:27
444	Eduardo	Moreira	826		M40	96	0:53:23	0:53:03	0:26:33
445	João	Montalvão	1350		M17	7	0:53:23	0:52:43	0:26:16
446	Octávio	Augusto Antunes Ferro	512		M45	62	0:53:24	0:53:18	0:25:42
447	Vitor	Mateus	862		M40	97	0:53:26	0:53:09	0:25:35
448	Carla	Santos	47	BES	F40	4	0:53:26	0:53:22	0:25:59
449	António	Vieira	420	Eu&Tu	M20	110	0:53:27	0:52:59	0:26:21
450	Ricardo	Miguel Correia Borga	1305	Loures Team	M20	111	0:53:28	0:52:37	0:26:26
451	Luis	Rosa	807		M35	86	0:53:28	0:52:28	0:26:49
452	Pedro	Abreu	593		M35	87	0:53:29	0:53:05	0:26:37
453	Nuno	Loureiro	707	Falcões Selvagens	M45	63	0:53:29	0:52:53	0:26:12
454	Romário	Silva	91	Natiris	M18	2	0:53:29	0:53:16	0:25:40
455	Rúben	Ramos	90	Natiris	M18	3	0:53:29	0:53:16	0:25:40
456	Ana	Gil	1192		F20	14	0:53:30	0:52:43	0:27:38
457	Miguel	Mendes	712		M20	112	0:53:30	0:52:08	0:26:52
458	Paulo	Silva	1374		M50	38	0:53:30	0:52:44	0:27:31
459	Bruno	Gonçalves	711		M20	113	0:53:31	0:52:08	0:26:53
460	José	António Aleixo	1345		M40	98	0:53:31	0:52:49	0:27:05
461	Pedro	Miguel Honório	340		M45	64	0:53:33	0:52:57	0:27:40
462	José	Carlos Baptista	418		M55	16	0:53:33	0:52:52	0:26:34
463	WAGNER	MATOSO	1404	INDIVIDUAL	M20	114	0:53:34	0:52:38	0:26:59
464	FRANCISCO MANUEL	NORONHA	1423	VD ATLETAS	M50	39	0:53:35	0:51:57	0:26:54

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
465	Tomaz	Bairros	586		M45	65	0:53:37	0:52:50	0:26:37
466	João	Dias	1162		M45	66	0:53:37	0:53:05	0:26:45
467	Carlos	H.S.Dias	1080		M45	67	0:53:38	0:53:06	0:26:46
468	JUAN FERNANDEZ	SIMON	1416	INDIVIDUAL	M35	88	0:53:39	0:52:08	0:28:08
469	António	Luis	1089	JOBRINDE - Montes Saloios	M45	68	0:53:40	0:53:06	0:27:08
470	Ricardo	Sequeira	566	Xangai Runners	M20	115	0:53:41	0:53:39	0:26:12
471	Luis	Tavares	1143	Clube Bolinha	M45	69	0:53:41	0:51:35	0:27:45
472	BRUNO	MIGUEL ANTUNES MENDES	1041		M35	89	0:53:42	0:52:33	0:28:19
473	Paulo	Simão	910		M40	99	0:53:42	0:52:57	0:27:36
474	Rui	Mota	864		M20	116	0:53:44	0:52:29	0:28:06
475	joaquim	santos	592		M55	17	0:53:44	0:53:32	0:26:03
476	José	Neves	1318		M60	6	0:53:46	0:53:14	0:26:48
477	PEDRO	FERREIRA	33	BES	M20	117	0:53:47	0:52:49	0:27:31
478	Telmo	Cascalheira	608		M40	100	0:53:47	0:53:23	0:25:37
479	Diogo	Marques Lima	662		M20	118	0:53:48	0:53:40	0:25:15
480	fernando	miguel guedes	1190	FML Runners	M20	119	0:53:50	0:53:05	0:26:08
481	JOSE PEDRO	MARTINS	1422	VD ATLETAS	M50	40	0:53:52	0:52:57	0:27:30
482	Joaquim	Costa	494		M55	18	0:53:53	0:52:50	0:27:03
483	ALICE	VILAÇA	264	TSF RUNNERS	F20	15	0:53:55	0:53:05	0:27:02
484	António	Manuel Rocha Almeida	822		M55	19	0:53:55	0:53:36	0:26:40
485	Alexandre	da Cruz Costa	460	BURMA	M40	101	0:53:59	0:53:02	0:26:36
486	João	Branco	308		M20	120	0:53:59	0:52:43	0:27:28
487	MIGUEL	QUINTANILHA	111		M35	90	0:54:00	0:53:44	0:25:44
488	Nuno	Marques	538	aminhacorrída/totalstor	M45	70	0:54:00	0:53:45	0:25:44
489	OSVALDO	NICOLAU	1425	VD ATLETAS	M45	71	0:54:01	0:53:05	0:28:11
490	Nuno	Sottomayor	829		M40	102	0:54:01	0:53:48	0:24:46
491	ARMÉNIO	ANDRADE	625	ACS-A DA C DE SALVATERRA	M60	7	0:54:01	0:53:43	0:26:49
492	João	José Delgado Pejapes	164	Ginásio Clube Português	M35	91	0:54:02	0:52:54	0:26:07
493	FRANCISCO	SOUSA COUTINHO	1430	VD ATLETAS	M35	92	0:54:02	0:53:06	0:28:09
494	ITELVINA	VIDAL	1302	BELA FLÔR	F20	16	0:54:02	0:53:29	0:26:57
495	HELDER	DIOGO	362	INDIVIDUAL	M40	103	0:54:03	0:53:06	0:26:38
496	Rui	Miguel Ivo Lopes	614	Individual	M40	104	0:54:05	0:53:01	0:27:30
497	PAULO	VILHENA	941	INDIVIDUAL	M20	121	0:54:05	0:52:05	0:27:36
498	Paulo	Neves	888		M45	72	0:54:05	0:53:41	0:27:18
499	Raúl	Carvalho	545		M50	41	0:54:07	0:54:01	0:26:41
500	Pedro	Rui Melo Silva	767		M20	122	0:54:08	0:52:51	0:28:23
501	jose	carlos ferreira	1040		M40	105	0:54:08	0:53:44	0:27:28
502	Pedro	Nisa	173	Compal	M35	93	0:54:08	0:53:20	0:26:19
503	Orlando	Lopes	546		M20	123	0:54:09	0:53:21	0:27:12
504	ALFREDO	SOUSA	1234	INDIVIDUAL	M55	20	0:54:09	0:52:50	0:27:06
505	Sarah	Piessens	115		F20	17	0:54:09	0:54:00	0:26:53
506	mario	freitas	1086		M45	73	0:54:10	0:53:56	0:26:43
507	Pedro	Violante	867		M45	74	0:54:11	0:53:50	0:26:57
508	José	Eduardo Monteiro	852		M55	21	0:54:13	0:53:19	0:27:37
509	Miguel	Relva	1306	WPP Road Runners	M40	106	0:54:14	0:53:54	0:26:11
510	luis	azevedo	928	Individual	M45	75	0:54:14	0:54:06	0:25:33
511	Filipe	Bugalho	337		M20	124	0:54:15	0:53:56	0:27:14
512	Pedro	Costa	1312		M40	107	0:54:16	0:53:24	0:27:59
513	LUIS	ANDRADE	626	ACS-A DA C DE SALVATERRA	M20	125	0:54:17	0:53:56	0:26:49
514	João	Pedro Quaresma	456		M45	76	0:54:19	0:53:50	0:26:57
515	Francisco	Pacheco Vaz Antunes	705	FML Runners	M20	126	0:54:19	0:53:36	0:26:08
516	Carlos	Manuel Silva	706	FML Runners	M20	127	0:54:19	0:53:36	0:26:11
517	João	Pedro Verissimo Ribeiro	1310		M35	94	0:54:23	0:53:34	0:26:43

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
518	Guilherme	Candelária	1187	Run 4 Fun	M17	8	0:54:23	0:53:29	0:28:24
519	Margarida	Pinto	49	GFD RUNNING	F40	5	0:54:25	0:54:12	0:27:35
520	.	.	192	EQUIPA TOMTOM	M40	108	0:54:26	0:53:34	0:26:52
521	MARIA FERNANDES	SANTOS	1230	INDIVIDUAL	F45	9	0:54:27	0:54:23	0:26:40
522	Pedro	Santos	360		M35	95	0:54:29	0:53:58	0:28:41
523	Jorge	Tito Gonçalves	665		M40	109	0:54:30	0:52:59	0:27:16
524	Luis	Amaral	1371		M45	77	0:54:30	0:54:11	0:25:58
525	Emanuel	Águas	415		M35	96	0:54:32	0:54:08	0:27:05
526	Daniel	Guerreiro	339		M35	97	0:54:33	0:53:08	0:27:25
527	JOAO FRANÇA	MARTINS	253	CONTROLINVESTE	M50	42	0:54:33	0:52:28	0:28:31
528	Luis	Bouceiro	1215	Clube Bolinha	M50	43	0:54:33	0:52:28	0:28:32
529	Fernando	Pires	1401		M40	110	0:54:33	0:53:30	0:27:55
530	Luis	Mirpuri	1084		M45	78	0:54:35	0:54:13	0:28:54
531	José	Carlos Vermelhudo Amaral	676		M40	111	0:54:36	0:54:27	0:25:32
532	Pedro	Ribeiro	571		M45	79	0:54:39	0:54:05	0:26:03
533	António	Alves	489		M50	44	0:54:39	0:53:51	0:27:11
534	JOSE	NOGUEIRA	381		M50	45	0:54:41	0:54:16	0:28:58
535	Jose	Vermelhudo	338		M50	46	0:54:42	0:53:41	0:28:04
536	Manuel	Celestino Pinheiro Nogueira	689	soft team	M45	80	0:54:42	0:54:16	0:25:20
537	Miguel	Oliveira	377		M35	98	0:54:44	0:53:56	0:27:05
538	Bárbara	Baldaia	1	TSF Runners	F35	6	0:54:44	0:54:43	0:25:46
539	Sofia	Fraga	64	GFD RUNNING	F20	18	0:54:44	0:54:30	0:27:35
540	RICARDO	MAXIMO	1265	UNICER	M20	128	0:54:45	0:54:33	0:26:11
541	Daniel	Alves	557	Individual	M35	99	0:54:45	0:53:55	0:28:03
542	Jose	Carlos Barbosa Cerqueira	438	Os Tesudos	M35	100	0:54:46	0:53:54	0:27:37
543	Miguel	Calado	1376		M35	101	0:54:47	0:54:43	0:25:35
544	Rafael	Carnim	806	Conan, o cão com pulgas	M20	129	0:54:51	0:53:59	0:26:53
545	Rute	Dias	1077		F45	10	0:54:51	0:54:41	0:28:26
546	Luis	Faustino Xavier	572		M20	130	0:54:52	0:54:04	0:27:15
547	Gonçalo	Bastos Lopes	954		M40	112	0:54:52	0:54:45	0:26:17
548	João	Paulo Conceição e Silva	633		M50	47	0:54:52	0:54:19	0:27:17
549	Eva	Salsinha	450		F35	7	0:54:53	0:54:43	0:27:03
550	Hugo	Miguel Velhinho Casaca	423		M20	131	0:54:54	0:54:05	0:27:21
551	MARÇAL	ALVES PACHECO	171	GINÁSIO CLUBE PORTUGUÊS	M35	102	0:54:55	0:53:46	0:27:16
552	César	Santos	326		M40	113	0:54:56	0:54:45	0:27:06
553	Ana	Nogueira	828		F40	6	0:54:56	0:54:43	0:27:06
554	Carlos	José Pacheco Soares	561		M40	114	0:54:56	0:54:03	0:27:50
555	José	Paulo Gonçalves	493		M35	103	0:54:58	0:54:07	0:27:05
556	Feliciano	Jose Severino	786		M55	22	0:54:59	0:54:59	0:26:47
557	FILIPE	SILVERIO	1435	INDIVIDUAL	M20	132	0:54:59	0:53:05	0:28:16
558	Adolfo	Veiga Dias	547		M20	133	0:55:00	0:54:23	0:27:26
559	Manuel	Joaquim da Silva Dias	841	C A T A - Clube Atletismo Amora	M45	81	0:55:00	0:54:08	0:27:52
560	Daniel	Ramos	595		M35	104	0:55:02	0:54:21	0:27:48
561	Marta	Morais Saraiva de Andrade	300	Bip-Bip Runners	F35	8	0:55:02	0:54:21	0:27:51
562	Eduardo	Oliveira	654		M40	115	0:55:03	0:54:47	0:27:22
563	Cristina	Antunes	653		F35	9	0:55:03	0:54:46	0:27:22
564	Pedro	Miguel Alão Cabrita	1113		M35	105	0:55:04	0:54:28	0:27:09
565	Francisco	Afonso	1142	Clube Bolinha	M50	48	0:55:05	0:52:58	0:27:56
566	Pedro	Manuel Tavares Pinto	498		M20	134	0:55:06	0:54:12	0:28:16
567	JORGE TIAGO	SILVA	1279	INDIVIDUAL	M18	4	0:55:06	0:54:35	0:28:24
568	Miguel	Oliveira	800	Valadares	M35	106	0:55:07	0:55:04	0:26:25
569	Ricardo	Silva	1116		M20	135	0:55:08	0:53:52	0:28:07
570	Nuno	Amaro	992		M40	116	0:55:10	0:54:31	0:27:16

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
571	Emanuel	Augusto dos Santos	1369		M60	8	0:55:13	0:54:43	0:27:20
572	PAULO	CAMPOS	1283	INDIVIDUAL	M45	82	0:55:13	0:55:13	0:26:58
573	SERGIO	FLORIM	325	INDIVIDUAL	M20	136	0:55:15	0:54:03	0:27:37
574	JOAO	BATISTA	1266	INDIVIDUAL	M60	9	0:55:15	0:54:49	0:28:57
575	PAULO	VERÍSSIMO	31	BES	M45	83	0:55:19	0:54:38	0:25:36
576	Pedro	Pinto	1140	Clube Bolinha	M45	84	0:55:20	0:53:14	0:28:35
577	Nuno	Luis	1217	Clube Bolinha	M35	107	0:55:21	0:52:53	0:29:00
578	Jorge	Rica da Silva	1214	Clube Bolinha	M55	23	0:55:21	0:53:13	0:28:48
579	Pedro	Lucas	1211	Clube Bolinha	M35	108	0:55:21	0:53:15	0:28:31
580	Paulo	Caldeira	1210	Clube Bolinha	M45	85	0:55:21	0:53:14	0:28:48
581	Isaac	Carrêlo	1370	Clube ANACOM	M50	49	0:55:23	0:55:05	0:27:24
582	Bernardo	Candelária	1188	Run 4 Fun	M17	9	0:55:23	0:54:29	0:29:10
583	Pedro	Gonçalves	646		M40	117	0:55:26	0:55:06	0:27:04
584	Manuel	de Matos	647	particular	M60	10	0:55:26	0:54:40	0:28:49
585	Ana	Braz	179	Liberty Seg	F45	11	0:55:29	0:54:10	0:28:08
586	Paulo	Amaral	1020		M50	50	0:55:32	0:55:12	0:26:20
587	Luis	Proença	356	-	M40	118	0:55:33	0:54:55	0:27:43
588	JORGE	MAXIMO	4	CM LISBOA	M20	137	0:55:36	0:55:33	0:26:16
589	ANA	FERREIRA	9	BES	F40	7	0:55:36	0:55:22	0:27:24
590	PEDRO	MARTINS	222	SPORT ZONE	M40	119	0:55:36	0:54:59	0:28:11
591	Filipa	Horta	1396		F35	10	0:55:37	0:54:39	0:28:07
592	Cristóvão	Silva	383		M35	109	0:55:37	0:54:13	0:29:14
593	Sandro	Pinto	114		M35	110	0:55:38	0:55:21	0:28:02
594	Ana	Isabel Monteiro	305		F40	8	0:55:38	0:55:25	0:27:02
595	FRANCO	WUDICH	106		M45	86	0:55:38	0:55:22	0:28:02
596	Fábio	Nunes	892		M20	138	0:55:39	0:54:53	0:29:09
597	Marco	António Correia Sol	569		M40	120	0:55:43	0:54:45	0:28:06
598	Nelson	Calvinho	1018		M35	111	0:55:43	0:54:42	0:29:08
599	Tiago	Salgueiro	753	imBictos	M20	139	0:55:44	0:54:46	0:27:54
600	Manuel	Rafael da Cunha	1083		M20	140	0:55:49	0:55:24	0:26:47
601	LUIS	LOPES	191	EQUIPA TOMTOM	M35	112	0:55:49	0:54:57	0:28:55
602	Eduardo	Manuel Pinhão	94	TSF Runners	M40	121	0:55:50	0:55:01	0:28:26
603	Fábio	Roberto Fragoso Alves	1191		M20	141	0:55:52	0:55:48	0:27:01
604	Pedro	Ferreira Pinto	617		M45	87	0:55:53	0:55:07	0:27:58
605	Marco	Trevas	565	Xangai Runners	M20	142	0:55:54	0:55:51	0:26:31
606	Inacio	Gonçalves	652		M60	11	0:55:56	0:55:35	0:26:51
607	Luis	Miguel Borges Nunes	190	Liberty Seg	M20	143	0:55:57	0:55:11	0:27:04
608	Manuel	Tavares da Cunha	1151		M20	144	0:55:57	0:55:36	0:28:11
609	Paulo	Manuel Dores Santos	178	Compal	M40	122	0:56:02	0:55:14	0:28:33
610	João	Fonseca	604		M45	88	0:56:07	0:55:42	0:27:45
611	Paulo	Sousa	1114		M40	123	0:56:08	0:54:55	0:28:07
612	Luís	Reis	739	Pi-Linha Runners	M40	124	0:56:10	0:55:11	0:28:05
613	NUNO	MORGADINHO	1276	INDIVIDUAL	M35	113	0:56:10	0:55:54	0:28:18
614	NUNO	FERREIRA	1440	INDIVIDUAL	M35	114	0:56:10	0:56:04	0:26:39
615	Romão	Valente	838		M50	51	0:56:13	0:55:44	0:28:06
616	Helena	Sá Marques	750		F40	9	0:56:16	0:55:17	0:28:14
617	Marco	Mendes	177	Compal	M20	145	0:56:19	0:56:01	0:27:06
618	João	Monteiro	1010		M20	146	0:56:20	0:54:23	0:28:05
619	João	Mendes	895		M40	125	0:56:21	0:55:33	0:27:36
620	Pedro	Castelo	44	BES	M20	147	0:56:21	0:56:12	0:27:51
621	Vitor	Cardoso	363	Falcões Selvagens	M45	89	0:56:23	0:55:45	0:28:39
622	PEDRO	SILVA	1275	INDIVIDUAL	M35	115	0:56:23	0:54:48	0:28:45
623	Jorge	Gonçalves	1377		M40	126	0:56:24	0:55:24	0:28:47

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
624	João	Carlos barata	1169		M50	52	0:56:24	0:55:56	0:27:42
625	João	Francisco Eusébio	133	Controlinveste	M20	148	0:56:29	0:54:54	0:29:20
626	Rui	Letras	328		M40	127	0:56:30	0:56:09	0:27:51
627	Hugo	Ávila	107		M20	149	0:56:32	0:56:23	0:26:32
628	Rui	Xavier	632	Clube EDP - Lisboa	M45	90	0:56:32	0:56:12	0:28:13
629	Hugo	Pereira	1044	Trancão Benjamins Runners	M35	116	0:56:36	0:56:24	0:26:52
630	Eduardo	Delgado	805	Conan, o cão com pulgas	M20	150	0:56:38	0:55:45	0:27:41
631	João	Jorge	1088	JOBRINDE - Montes Saloios	M45	91	0:56:41	0:56:05	0:28:21
632	Mario	Costa	522		M45	92	0:56:45	0:55:43	0:27:02
633	ANDRÉ	COELHO	811	SS CGD	M20	151	0:56:46	0:55:51	0:27:00
634	antonio	rebelo	1051		M40	128	0:56:46	0:55:44	0:27:01
635	João	Caeiro	479		M20	152	0:56:47	0:55:52	0:27:59
636	Gonçalo	Sousa Gago	1129		M17	10	0:56:50	0:56:22	0:28:22
637	João	Venes	1170		M35	117	0:56:50	0:56:33	0:27:17
638	manuel	coelho vaz	742		M40	129	0:56:51	0:56:21	0:28:36
639	Ricardo	Moniz	520	ENS Queijas 7	M40	130	0:56:52	0:56:18	0:27:54
640	Paulo	Medeiros	836	Tartarugas da Linha	M40	131	0:56:55	0:56:18	0:27:34
641	Hugo	Araujo	981		M20	153	0:56:58	0:55:54	0:30:25
642	andré	dionisio	907		M17	11	0:57:00	0:55:58	0:29:53
643	paulo	dionisio	906		M45	93	0:57:00	0:55:58	0:29:52
644	Ana	Torrão	86	Natiris	F40	10	0:57:01	0:56:03	0:28:05
645	joao	galvao	1330	clau&moreno	M35	118	0:57:02	0:56:47	0:28:08
646	Nuno	Filipe Martins Antunes	1298		M20	154	0:57:03	0:56:33	0:28:36
647	MARIA	DE FATIMA ABREU	1024		F45	12	0:57:04	0:57:01	0:28:21
648	luis	teixeira	760	os tartarugas	M40	132	0:57:06	0:56:30	0:27:49
649	FILIPE	MORAIS	329	LX RUN	M35	119	0:57:08	0:55:15	0:29:17
650	Vitor	David	1096		M20	155	0:57:09	0:56:47	0:29:03
651	Mário	Palma Fernandes	1034		M45	94	0:57:12	0:57:12	0:27:23
652	Hugo	Miguel Correia Moura	870		M40	133	0:57:13	0:56:24	0:29:23
653	JOSE	SARAIVA	1353	INDIVIDUAL	M50	53	0:57:13	0:56:28	0:28:34
654	MAFALDA	FARIA	24	BES	M20	156	0:57:14	0:56:59	0:27:57
655	Sérgio	Fernando Baptista	873		M20	157	0:57:14	0:56:18	0:28:49
656	claudia	c c canudo	1329	clau&moreno	F35	11	0:57:15	0:57:00	0:28:09
657	Maria	Conceição	488		F45	13	0:57:17	0:56:18	0:28:05
658	Ricardo	José Pimenta	865		M35	120	0:57:18	0:56:32	0:28:29
659	João	Pedro Dias	885		M35	121	0:57:19	0:56:31	0:29:20
660	João	Carlos Lourenço	609	Wellrunners	M50	54	0:57:19	0:56:30	0:29:20
661	Carlos	Gomes	1290		M45	95	0:57:20	0:57:14	0:27:43
662	Fábio	Loução	1050		M20	158	0:57:20	0:54:55	0:30:44
663	Pedro	Francisco Faro	445		M45	96	0:57:21	0:56:59	0:27:55
664	Henrique	dos Santos Vilhena	1333		M55	24	0:57:21	0:55:43	0:29:32
665	Rui	Miguel	1181		M20	159	0:57:22	0:56:29	0:33:55
666	Catarina	Pereira	361		F35	12	0:57:23	0:56:41	0:29:23
667	Bruno	Troncho	1009	Maquinas	M20	160	0:57:24	0:56:34	0:29:47
668	Sérgio	Silva	1008	Maquinas	M20	161	0:57:24	0:56:35	0:29:46
669	Joan	Wilson	1325		F45	14	0:57:27	0:57:07	0:27:25
670	RICARDO	FERNANDES	36	BES	M50	55	0:57:28	0:57:21	0:28:00
671	Magno	Jacinto	399	OMRON	M35	122	0:57:29	0:57:03	0:28:38
672	SERGIO	BROTA	1239	INDIVIDUAL	M35	123	0:57:30	0:56:52	0:27:26
673	José	Brito	1196		M50	56	0:57:32	0:56:58	0:29:31
674	João	Brito	1197		M18	5	0:57:32	0:56:58	0:29:31
675	João	Silva	1337		M20	162	0:57:33	0:56:52	0:31:25
676	Luís	Filipe Cardoso Silva	521	ENS Queijas 7	M35	124	0:57:39	0:57:07	0:27:54

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
677	Tiago	Amaral	973		M35	125	0:57:40	0:57:23	0:27:38
678	Antonio	Manuel Medalhas Ferreira	1007	Individual	M60	12	0:57:42	0:57:23	0:28:27
679	Ricardo	Castanhinha	181	Liberty Seg	M35	126	0:57:43	0:57:16	0:29:42
680	Rute	Gonçalves	180	Liberty Seg	F20	19	0:57:43	0:57:17	0:29:42
681	Carlos	Pereira	75	GFD RUNNING	M20	163	0:57:46	0:57:33	0:28:16
682	MARIO	RODRIGUES	248	SPORT ZONE	M40	134	0:57:47	0:57:37	0:28:25
683	Martim	Avillez Menezes	102	TSF Runners	M40	135	0:57:47	0:57:23	0:28:34
684	Rui	Ligeiro	1016		M40	136	0:57:48	0:57:14	0:28:29
685	Elisabete	Carreira	678		F45	15	0:57:48	0:57:14	0:28:29
686	Paulo	Camacho	1099		M40	137	0:57:48	0:56:51	0:28:59
687	Ricardo	Pimenta-Araújo	1069	CascaGrossista	M40	138	0:57:48	0:56:48	0:28:48
688	Armando	Manuel Muchagata	915		M40	139	0:57:49	0:57:01	0:31:08
689	Mª	Teresa Pyrrait	101	TSF Runners	F40	11	0:57:52	0:57:27	0:28:35
690	José	Francisco Duarte Neves	918		M40	140	0:57:53	0:57:12	0:29:04
691	ANA	AZEVEDO	7	BES	F20	20	0:57:54	0:56:58	0:29:27
692	Ricardo	Oliveira	1206	Night runners	M45	97	0:57:54	0:57:50	0:28:36
693	João	Ortigão Costa	1002		M20	164	0:57:55	0:55:59	0:29:41
694	luis	garção	481		M45	98	0:57:55	0:57:39	0:29:21
695	JOAO	RIBEIRO	1272	INDIVIDUAL	M35	127	0:57:56	0:50:53	0:31:29
696	luis	manuel da silva dias	645		M45	99	0:57:57	0:57:33	0:28:06
697	Carmina	de Jesus Rega	380		F45	16	0:57:58	0:57:12	0:28:49
698	julio	serras	1382		M40	141	0:57:58	0:55:41	0:31:31
699	José	Montalvão	1341		M45	100	0:57:58	0:57:18	0:29:05
700	Luis	Miguel Simões	378		M20	165	0:58:01	0:57:43	0:28:40
701	Marta	Martins	570		F35	13	0:58:02	0:57:28	0:28:31
702	pinheiro	luis	1065		M50	57	0:58:05	0:57:17	0:31:08
703	deolinda	marques matos	1064		F45	17	0:58:05	0:57:17	0:31:08
704	Rui	Fernando Esteves Ribeiro	690	soft team	M45	101	0:58:06	0:57:51	0:27:02
705	LICINIO	ANICETO	1281	INDIVIDUAL	M40	142	0:58:14	0:56:44	0:00:00
706	JOSE CARLOS	MELO	656	INDIVIDUAL	M50	58	0:58:14	0:57:41	0:29:27
707	JOSE	CARLOS BATISTA	745		M40	143	0:58:15	0:57:38	0:28:31
708	Luis	Matos	947		M40	144	0:58:15	0:57:20	0:28:24
709	RITA	CRUZ	202	VITALIS	F20	21	0:58:20	0:56:12	0:31:41
710	Joaquim	Parreira	600		M50	59	0:58:20	0:57:37	0:29:13
711	ANTONIO	DUARTE	1405	INDIVIDUAL	M35	128	0:58:21	0:57:37	0:28:04
712	LUIS	MARTINS	1252	INDIVIDUAL	M40	145	0:58:21	0:57:37	0:30:25
713	EVGENY	SKOBKAREV	1403	INDIVIDUAL	M20	166	0:58:21	0:57:51	0:28:33
714	DAHER	DINIZ	14	BES	M50	60	0:58:24	0:58:17	0:27:54
715	MANUELA	ROMAO	1268	INDIVIDUAL	F40	12	0:58:25	0:57:30	0:29:28
716	ANTONIO MENDES	ALMEIDA	1431	VD ATLETAS	M35	129	0:58:25	0:57:29	0:28:10
717	José	Pedro S Jorge	1311		M40	146	0:58:27	0:57:35	0:28:42
718	Goncalo	Amaro	1356		M20	167	0:58:29	0:58:12	0:28:52
719	José	Luís Lopes	934		M55	25	0:58:32	0:58:19	0:27:36
720	Rui	Marino Gouveia Martins	398		M40	147	0:58:33	0:57:50	0:28:52
721	Elizabeth	Gomes da Lage	691	soft team	F40	13	0:58:33	0:58:19	0:28:11
722	Miguel	Pereira da Trindade	1378		M45	102	0:58:35	0:57:49	0:28:28
723	JOÃO	RAMOS	18	BES	M40	148	0:58:37	0:58:29	0:27:51
724	Jorge	verga Matos	635		M45	103	0:58:39	0:57:17	0:31:27
725	armando	ventura luis	1153		M60	13	0:58:40	0:58:18	0:28:51
726	Joao	Correia Cordeiro	994		M35	130	0:58:43	0:58:15	0:29:01
727	Tiago	Marques	1176		M20	168	0:58:45	0:56:51	0:29:35
728	Rodrigo	Afonso M. C. G. Reis	789		M40	149	0:58:45	0:56:53	0:29:23
729	Luís	Ribeiro	606		M20	169	0:58:49	0:58:16	0:28:09

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
730	Marco	Lopes	1205		M20	170	0:58:50	0:58:17	0:28:10
731	Alberto	Ramires	1335		M55	26	0:58:50	0:58:14	0:29:07
732	Rodrigo	Duarte Silva	881		M45	104	0:58:52	0:58:45	0:27:47
733	João	Esteves Pires	1398		M20	171	0:59:02	0:58:33	0:29:54
734	Filipe	Tavares	1380	LOG.IN Portugal	M40	150	0:59:06	0:57:58	0:30:28
735	RICARDO	CABRITO	1251	INDIVIDUAL	M60	14	0:59:06	0:58:14	0:29:52
736	Alfredo	Martins	1381	LOG.IN Portugal	M35	131	0:59:06	0:57:59	0:30:28
737	Vânia	Sofia Martins Teixeira	527		F20	22	0:59:07	0:58:57	0:28:44
738	Joana	Chouriço	1364		F20	23	0:59:08	0:57:46	0:29:06
739	José	Pinho	871		M50	61	0:59:10	0:58:38	0:29:55
740	Lara	Marques Pereira	437		F40	14	0:59:15	0:58:38	0:28:45
741	VITOR	MANUEL MARTINS	448		M60	15	0:59:15	0:58:50	0:29:25
742	SUSANA	MALHEIRO	1278	INDIVIDUAL	F20	24	0:59:18	0:59:03	0:28:35
743	CARLOS	FERREIRA	221	SPORT ZONE	M45	105	0:59:18	0:58:38	0:28:03
744	BARBARA	CORTE REAL	1260	INDIVIDUAL	F40	15	0:59:18	0:58:23	0:30:14
745	Rui	Santos	1397		M40	151	0:59:18	0:58:09	0:32:11
746	CESAR	MACHADO	1424	VD ATLETAS	M20	172	0:59:19	0:58:51	0:29:07
747	Daniel	Filipe Dias Figueiredo	1222	Iraq unita	M20	173	0:59:19	0:58:23	0:30:56
748	RICARDO	PINTO	1358	INDIVIDUAL	M20	174	0:59:19	0:57:33	0:29:14
749	Carlos	Manuel Afonso de Sousa	773		M35	132	0:59:20	0:57:55	0:30:59
750	CRISTINA	BALAU	1228	INDIVIDUAL	F35	14	0:59:23	0:58:26	0:30:01
751	João	Valle Costa	505		M40	152	0:59:24	0:58:34	0:29:07
752	Paulo	Miguel Tainha	310		M45	106	0:59:24	0:59:10	0:29:11
753	Mário	Rui Pereira Pinho	587		M45	107	0:59:30	0:58:37	0:29:19
754	LUIS FILIPE	AFONSO	245	SPORT ZONE	M50	62	0:59:33	0:59:20	0:29:15
755	SERGIO	PEDRO	239	SPORT ZONE	M20	175	0:59:34	0:59:20	0:29:16
756	Rui	Luis	930	Individual	M55	27	0:59:35	0:59:15	0:28:25
757	Filipe	Beja	890		M20	176	0:59:35	0:59:04	0:28:41
758	Joana	Castro	650		F20	25	0:59:36	0:59:10	0:29:03
759	ALEXANDRE	SARDINHA	255	CONTROLINVESTE	M40	153	0:59:37	0:57:49	0:30:02
760	SONIA	SARDINHA	254	CONTROLINVESTE	F35	15	0:59:39	0:57:51	0:30:04
761	Dário	Santos	1103		M20	177	0:59:40	0:58:53	0:28:54
762	Pedro	Pereira	896		M20	178	0:59:41	0:57:56	0:31:04
763	Ana	Lúcia Rebelo	158	Hyundai	F45	18	0:59:41	0:59:11	0:29:54
764	Carla	Rebelo	153	Hyundai	F40	16	0:59:41	0:59:12	0:29:54
765	ISAAC	COSTA	1407	INDIVIDUAL	M20	179	0:59:46	0:59:27	0:27:46
766	RICARDO	AFONSO	1408	INDIVIDUAL	M20	180	0:59:46	0:59:27	0:27:52
767	Manuela	Anton	1347		F45	19	0:59:49	0:59:34	0:29:11
768	Jorge	Luís Trindade Garradas	1123		M35	133	0:59:50	0:59:16	0:28:18
769	Catarina	Costa	670	Pés Troikados	F20	26	0:59:53	0:58:20	0:29:11
770	João	Narciso	671	Pés Troikados	M20	181	0:59:54	0:58:21	0:29:12
771	Bruno	Julião	672	Pés Troikados	M20	182	0:59:54	0:58:21	0:29:12
772	Gonçalo	Narciso	673	Pés Troikados	M20	183	0:59:54	0:58:21	0:29:13
773	ELSA	FRANCISCO	237	SPORT ZONE	F40	17	0:59:55	0:57:55	0:30:30
774	PEDRO	MANUEL	210	SPORT ZONE	M20	184	0:59:55	0:59:06	0:29:35
775	Mauro	Castro	1115		M35	134	0:59:55	0:58:39	0:30:54
776	JORGE	DIAS	655		M45	108	0:59:57	0:59:21	0:29:02
777	DAVID	CANARIO	1436	INDIVIDUAL	M20	185	1:00:01	0:58:06	0:30:52
778	Nelson	José Luís Gaspar	1182		M20	186	1:00:03	0:59:28	0:28:59
779	Susana	Figueiredo	1030		F40	18	1:00:07	0:59:43	0:28:48
780	Diogo	Gonçalves	1071		M20	187	1:00:07	0:59:43	0:29:23
781	Pedro	Antunes	921		M20	188	1:00:10	0:59:06	0:30:26
782	António	Gabriel Selada Macau	968		M45	109	1:00:11	0:58:26	0:30:57

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
783	Nuno	Anastácio	694	CCDSintrense	M20	189	1:00:11	0:59:18	0:28:04
784	MARIANA	PEREIRA	1231	INDIVIDUAL	F45	20	1:00:13	0:59:42	0:30:13
785	João	parra	1323	Tejavista	M55	28	1:00:17	0:59:32	0:30:03
786	antonio	silva	758	os tartarugas	M40	154	1:00:21	0:59:46	0:29:40
787	Ana	Fragoso	417		F40	19	1:00:21	0:59:43	0:30:13
788	Rui	Franco	473		M35	135	1:00:22	0:59:50	0:30:35
789	Ana	Filipa Meleiro Bernardo	386		F20	27	1:00:27	1:00:10	0:28:40
790	pedro	freire	372		M40	155	1:00:30	0:59:58	0:30:38
791	ANTONIO	FABIAO	429	INDIVIDUAL	M45	110	1:00:34	0:58:57	0:30:56
792	marta	luisa pereira	815		F35	16	1:00:37	0:59:50	0:30:51
793	Paulo	Domingos Duarte	140	CML/EGEAC	M35	136	1:00:38	1:00:24	0:29:12
794	TIAGO	RAMOS	746	FSG COLLONGE BELLERIVE	M20	190	1:00:40	1:00:23	0:29:22
795	JOAO	CERQUEIRA	1159	INDIVIDUAL	M35	137	1:00:41	0:58:47	0:30:43
796	MARGARIDA	EMILIO	230	SPORT ZONE	F40	20	1:00:42	1:00:31	0:29:38
797	Paulo	Alves Almeida	674		M45	111	1:00:42	0:59:31	0:30:48
798	Inês	Gomes Almeida	675		F18	1	1:00:43	0:59:31	0:30:48
799	MANUEL	ALMEIDA DE OLIVEIRA	830	ASS DOS ANTIGOS EMPREGADOS BNU	M60	16	1:00:45	0:59:56	0:30:53
800	ALEXANDRINA	FILIPE	5	BES	F40	21	1:00:46	0:59:55	0:30:14
801	LUIS	GODINHO	194	EQUIPA TOMTOM	M40	156	1:00:50	0:59:58	0:30:11
802	MARCIO	NOBRE	1126	INDIVIDUAL	M20	191	1:00:50	1:00:46	0:28:47
803	José	Magro	151	Hyundai	M40	157	1:00:50	1:00:25	0:31:55
804	João	Paulo duarte	555		M50	63	1:00:53	1:00:34	0:30:13
805	Rogério	Fernandes	434	Angry Runners	M35	138	1:00:53	0:59:46	0:31:00
806	Jorge	Manuel Oliveira e Costa	518		M55	29	1:00:58	0:59:38	0:30:46
807	José	Félix	859	Câmara Lisboa Clube	M55	30	1:01:00	1:00:47	0:30:01
808	Alberto	Ferreira	1177		M45	112	1:01:01	0:59:08	0:31:16
809	Sílvia	Anjos	648	CascaGrossista	F40	22	1:01:02	1:00:02	0:30:39
810	Luís	Antunes	542		M50	64	1:01:03	1:00:28	0:31:18
811	HUGO	ALVES	474	INDIVIDUAL	M20	192	1:01:03	1:00:43	0:29:35
812	Marta	Raposo	1184	Run 4 Fun	F20	28	1:01:05	1:00:34	0:29:51
813	Joana	Peixoto	1372		F35	17	1:01:06	1:00:25	0:30:38
814	Susana	Mesquita	82	GFD RUNNING	F40	23	1:01:08	1:00:54	0:29:14
815	David	Pereira	683		M20	193	1:01:09	1:00:57	0:26:54
816	Ricardo	Henriques	727		M35	139	1:01:10	1:00:44	0:32:08
817	JOAO	FERNANDES	1478	INDIVIDUAL	M40	158	1:01:11	1:00:27	0:29:50
818	Bruno	José Conceição	1100		M35	140	1:01:12	1:01:09	0:28:30
819	Rita	Silva	128	Controlinveste	F35	18	1:01:13	0:59:38	0:30:55
820	Pedro	Dias	138	Controlinveste	M177	1	1:01:13	0:59:38	0:30:55
821	Christophe	guerreiro	776		M40	159	1:01:15	1:00:42	0:29:05
822	Ricardo	Oliveira Duarte	98	TSF Runners	M20	194	1:01:15	1:00:58	0:30:27
823	Andreia	Ramos	137	CONTROLINVESTE	F20	29	1:01:16	0:59:56	0:30:37
824	João	Pedro Adegas	425	Mastermind	M40	160	1:01:18	1:00:54	0:29:23
825	JOAO	GALVAO	236	SPORT ZONE	M35	141	1:01:18	0:59:19	0:30:30
826	Milton	Carlos Pereira Marques	578		M20	195	1:01:19	1:00:08	0:30:35
827	Susana	Adegas	424	Mastermind	F40	24	1:01:19	1:00:56	0:29:24
828	rui	pinheiro	845		M40	161	1:01:20	1:00:37	0:31:33
829	Susana	Pinheiro	839		F20	30	1:01:20	1:00:37	0:31:34
830	Francisco	Teixeira	410		M40	162	1:01:20	1:00:50	0:30:33
831	Joaquim	Valadares	798	Valadares	M45	113	1:01:22	1:01:13	0:29:31
832	Isolda	Guedes	353		F20	31	1:01:23	1:00:57	0:30:07
833	LUIS AMADEU	LOPES	1287	INDIVIDUAL	M55	31	1:01:26	1:01:01	0:29:52
834	SERGIO	SANTOS	1477	INDIVIDUAL	M20	196	1:01:27	0:59:29	0:31:20
835	LUIS	PIMENTA	1476	INDIVIDUAL	M35	142	1:01:27	0:59:29	0:31:20

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
836	Carlos	Lopes	1152		M55	32	1:01:31	1:01:14	0:29:50
837	Arlindo	Brás	932		M45	114	1:01:31	1:01:14	0:28:10
838	RITA	MARTINS	924	INDIVIDUAL	F20	32	1:01:39	0:58:16	0:31:08
839	marianne	acosta	1400		F20	33	1:01:39	1:00:44	0:29:30
840	Rodrigo	Barbosa	876		M35	143	1:01:39	0:59:44	0:32:06
841	Pedro	Barros	722		M45	115	1:01:39	0:59:26	0:32:06
842	Andres	Gutierrez	1373		M20	197	1:01:42	1:00:49	0:31:19
843	Luís	Vicente	740	Pi-Linha Runners	M35	144	1:01:46	0:59:35	0:32:22
844	Sandra	Campaniço	334	Pernas de Gafanhoto	F20	34	1:01:47	1:00:51	0:31:34
845	jaime	costa	1390		M50	65	1:01:47	1:01:18	0:30:07
846	José	Luís Agapito	301	Pernas de Gafanhoto	M35	145	1:01:47	1:00:51	0:31:33
847	Jorge	Moedas	88	Natiris	M20	198	1:01:51	1:00:58	0:32:46
848	adão	soares pereira luz	495		M60	17	1:01:52	1:00:27	0:30:59
849	Carolina	Martins	87	Natiris	F20	35	1:01:53	1:01:00	0:32:48
850	Rui	M.C.P.Rocha	458		M35	146	1:01:56	1:01:13	0:31:07
851	JOAO	MALCATA	1300	INDIVIDUAL	M35	147	1:01:57	1:00:56	0:30:56
852	João	Freire	1075		M40	163	1:01:58	1:01:08	0:31:13
853	Joana	Loureiro	1074		F35	19	1:01:58	1:01:08	0:30:55
854	José	Rodrigues	700		M20	199	1:01:59	1:01:28	0:31:13
855	PAULO	RODRIGUES	1420	INDIVIDUAL	M40	164	1:02:00	1:01:11	0:30:52
856	Rui	Rodrigues	1015		M35	148	1:02:00	1:01:11	0:30:53
857	Inês	Barroso	726		F35	20	1:02:05	1:01:40	0:32:08
858	Carlos	Miguel Vieira	1148		M45	116	1:02:12	1:00:22	0:29:03
859	Pedro	Vitorino	1165		M35	149	1:02:16	1:01:26	0:30:20
860	Carlos	Guerreiro	476		M35	150	1:02:16	1:01:32	0:30:42
861	Basilio	César P. Vieira	709		M40	165	1:02:18	1:02:02	0:27:52
862	João	F. Soares	837	Tartarugas da Linha	M40	166	1:02:19	1:01:40	0:32:17
863	Helena	Mouro	900		F20	36	1:02:20	1:02:11	0:30:00
864	Ricardo	Jorge Miguel Branco	454		M40	167	1:02:25	1:02:16	0:28:01
865	CATIA	NUNES	1439	INDIVIDUAL	F20	37	1:02:25	1:00:34	0:31:31
866	Mariana	Nunes Heitor	1392		F20	38	1:02:29	1:02:01	0:30:23
867	Rui	Filipe de Almeida Leal	1047		M20	200	1:02:29	1:01:54	0:33:26
868	Nuno	Branco	696		M40	168	1:02:30	1:00:06	0:32:15
869	Gonçalo	Amaral Alves	1048		M20	201	1:02:31	1:01:56	0:33:27
870	Ricardo	Esperança	927		M35	151	1:02:31	0:59:08	0:31:45
871	Carla	Quintã	1360	Vemma Portugal	F20	39	1:02:33	1:00:12	0:31:57
872	Paulo	von Hafe Pinto Vieira	1037	Round Table Running Team	M35	152	1:02:34	1:01:55	0:29:57
873	Miguel	Malaquias Pereira	920		M20	202	1:02:37	1:01:33	0:30:25
874	Paulo	Figueiredo	894		M20	203	1:02:38	1:02:08	0:30:31
875	Henrique	Ventura	184	Liberty Seg	M20	204	1:02:38	1:02:07	0:29:55
876	Sandra	Pina	952	H3 Running	F35	21	1:02:41	1:02:10	0:30:29
877	Andre	Magalhaes Luiz Gomes	165	Ginásio Clube Português	M45	117	1:02:42	1:02:05	0:30:32
878	José	Gabriel dos Santos Alves	1068		M45	118	1:02:42	1:01:48	0:30:20
879	JOAO	COSTA SECA	1243	INDIVIDUAL	M40	169	1:02:47	1:02:06	0:30:39
880	Carlos	Barreiras	1097		M60	18	1:02:49	1:02:28	0:31:03
881	Carlos	Quadros	491	Lebres	M40	170	1:02:50	1:02:00	0:31:03
882	NUNO	MANUEL NUNES	25	BES	M35	153	1:02:54	1:02:13	0:31:06
883	ANA	CLAUDIA DUARTE	8	BES	F20	40	1:02:54	1:02:14	0:31:06
884	DANIEL	BARATA	1273	INDIVIDUAL	M20	205	1:02:57	1:01:30	0:31:29
885	Sandro	Miguel Sanches Lavado	708		M20	206	1:02:58	1:02:55	0:30:21
886	Helder	Santos	960		M20	207	1:03:00	1:02:13	0:32:21
887	Nuno	Miguel Louro da Silva	1393		M20	208	1:03:00	1:02:33	0:30:24
888	José	Praça	649		M60	19	1:03:00	1:00:53	0:32:00

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
889	Miguel	Pinto	1146	Clube Bolinha	M40	171	1:03:00	1:00:56	0:31:59
890	Joaquim	Dias	1132	Pi-Linha Runners	M40	172	1:03:01	1:00:51	0:32:32
891	Ana	Cristina Dias	1076		F45	21	1:03:03	1:02:53	0:30:53
892	Rogério	Alves	490	Lebres	M40	173	1:03:04	1:02:14	0:31:03
893	fatima	santos	1391		F20	41	1:03:09	0:59:16	0:33:04
894	maria	joão fernandes simões	955		F45	22	1:03:11	1:01:40	0:31:59
895	Paulo	Firmino	1355	Bate Botas	M20	209	1:03:15	1:02:23	0:31:11
896	ANTONIO	SILVA	240	SPORT ZONE	M20	210	1:03:18	1:02:39	0:32:15
897	joao	barreiros rolo	530		M45	119	1:03:20	1:02:40	0:29:16
898	Miguel	Ribeiro	352		M40	174	1:03:24	1:02:35	0:30:41
899	Miguel	Martins Lima	663		M55	33	1:03:27	1:03:12	0:30:28
900	pedro	anacleto	364		M40	175	1:03:28	1:03:09	0:29:31
901	Ricardo	Jorge Cardoso	582		M40	176	1:03:32	1:02:00	0:31:58
902	Luis	Filipe Alpendre Nunes	893		M35	154	1:03:33	1:02:50	0:31:24
903	Cesar	Fialho Guerra	534	CTJI	M40	177	1:03:34	1:02:51	0:31:24
904	Pilar	Joffily	1343		F45	23	1:03:36	1:03:01	0:31:30
905	João	Lobo	1141	Clube Bolinha	M45	120	1:03:38	1:01:32	0:32:58
906	Miguel	Rio-Tinto	1144	Clube Bolinha	M45	121	1:03:38	1:01:31	0:33:18
907	Sofia	Viana	1218	Clube Bolinha	F35	22	1:03:38	1:01:31	0:33:18
908	Joao	Almeida	344		M45	122	1:03:43	1:03:12	0:31:58
909	Pedro	Manuel Caldeira	412		M20	211	1:03:45	1:03:45	0:36:31
910	Pedro	Ramos	1039		M40	178	1:03:47	1:03:07	0:31:07
911	João	Mano	309		M35	155	1:03:49	1:03:02	0:30:51
912	João	Mendes Pedro	713		M40	179	1:03:49	1:03:15	0:29:48
913	CLAUDIA	LOURENÇO	812	SS CGD	F40	25	1:03:51	1:03:20	0:31:57
914	Ana	Alpalhão	751		F40	26	1:03:53	1:03:31	0:30:37
915	Mário	Gonçalves	668		M40	180	1:03:53	1:03:09	0:31:24
916	Diogo	Escoval Martins	92	Natiris	M20	212	1:03:58	1:02:24	0:31:38
917	Ana	Paula Trindade	127	Controlinveste	F35	23	1:04:04	1:02:28	0:32:17
918	Fernando	Bastos	1033	Brothers & Friend Lda	M45	123	1:04:06	1:03:01	0:32:29
919	Vasco	Palma	1031	Brothers & Friend Lda	M50	66	1:04:06	1:03:01	0:32:29
920	FERNANDO	FILIPE	16	BES	M45	124	1:04:07	1:03:16	0:31:07
921	Antonio	Braga	770		M60	20	1:04:09	1:03:41	0:30:36
922	ALEXANDRA	FORTE	229	SPORT ZONE	F40	27	1:04:10	1:03:58	0:30:10
923	RUI	CONCEIÇÃO	37	BES	M35	156	1:04:11	1:02:52	0:32:40
924	PAULA	MENDES	1411	INDIVIDUAL	F35	24	1:04:11	1:02:52	0:32:41
925	Vasco	Rodeia	995	Green Family	M40	181	1:04:11	1:03:03	0:33:50
926	Mésicles	Helin Berenguel	96	TSF Runners	M40	182	1:04:12	1:03:18	0:31:44
927	Pedro	Santos	996	Green Family	M35	157	1:04:12	1:03:03	0:33:50
928	Nuno	Gonçalves	991	Green Family	M40	183	1:04:13	1:03:05	0:33:50
929	Cristina	Ramos	990	Green Family	F35	25	1:04:13	1:03:05	0:33:50
930	Irene	Inácio	1352		F20	42	1:04:13	1:03:28	0:32:06
931	FILIPA	POPPE	1247	INDIVIDUAL	F35	26	1:04:15	1:03:27	0:30:50
932	José	Fortunato H. Tomás	466	Jotas	M35	158	1:04:15	1:03:51	0:32:45
933	Jorge	Cerejeira	397	KLentos	M45	125	1:04:16	1:03:20	0:31:07
934	Rui	Miguel Louzeiro	161	Ginásio Clube Português	M50	67	1:04:16	1:03:08	0:30:56
935	Cristina	Maria dos Santos Caetano	160	Ginásio Clube Português	F45	24	1:04:16	1:03:08	0:30:56
936	Helena	Isabel Palmeira Estevinha	162	Ginásio Clube Português	F40	28	1:04:16	1:03:08	0:30:56
937	JOSE	FERREIRA	1418	INDIVIDUAL	M35	159	1:04:16	1:02:25	0:34:20
938	Vasco	Marques	1029	The Lone Runner	M40	184	1:04:21	1:03:50	0:29:41
939	Anabela	Silva	404	PIKAS	F20	43	1:04:23	1:04:03	0:31:49
940	Joana	Lisboa	575		F20	44	1:04:28	1:02:30	0:31:55

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
941	Inês	Margarida Gonçalves	182	Liberty Seg	F20	45	1:04:29	1:03:17	0:31:45
942	Vanessa	Alexandra Sousa	183	Liberty Seg	F20	46	1:04:29	1:03:17	0:31:45
943	Ricardo	Lopes	1117		M35	160	1:04:30	1:03:14	0:30:54
944	Nuno	Marques	1013		M40	185	1:04:36	1:03:53	0:31:57
945	Marta	Marques	1012		F35	27	1:04:36	1:03:55	0:31:57
946	MARIO	PEREIRA	233	SPORT ZONE	M40	186	1:04:37	1:04:20	0:32:44
947	Patrick	Cunha	616		M20	213	1:04:40	1:04:16	0:31:19
948	Paula	Carvalhinho	1180		F20	47	1:04:41	1:03:55	0:31:38
949	Sónia	Domingos	1104		F35	28	1:04:43	1:03:43	0:00:00
950	Rui	Raposo	1183	Run 4 Fun	M45	126	1:04:43	1:03:49	0:31:48
951	Helena	Pinto	119	Controlinveste	F35	29	1:04:44	1:03:38	0:33:36
952	Pedro	Almeida	118	Controlinveste	M35	161	1:04:44	1:03:39	0:33:36
953	Lénio	Fernando Marinho	335		M55	34	1:04:47	1:04:05	0:31:56
954	INES	BARRADAS	1413	INDIVIDUAL	F20	48	1:04:47	1:04:05	0:31:56
955	Vanda	Machado	1394		F40	29	1:04:48	1:03:51	0:32:37
956	Diana	Saragga Leal	1001		F20	49	1:04:50	1:02:53	0:33:25
957	jorge	gomes	1149		M40	187	1:04:50	1:03:55	0:31:27
958	NELSON	COSTA	1235	INDIVIDUAL	M20	214	1:04:51	1:03:55	0:31:26
959	RUI	CORREIA	1250	INDIVIDUAL	M45	127	1:04:51	1:03:24	0:33:06
960	Patrícia	Morais	840		F35	30	1:04:54	1:04:11	0:31:35
961	Ana	Gonçalves	1105		F45	25	1:04:55	1:03:55	0:31:40
962	João	Miguel Nunes Vidigal	639		M20	215	1:04:56	1:04:18	0:32:57
963	CAMILA	WUDICH	1224	INDIVIDUAL	F20	50	1:05:03	1:04:46	0:31:49
964	MARIO	PIRES	471	Individual	M50	68	1:05:03	1:03:28	0:33:33
965	joão	pessanha	1363		M50	69	1:05:03	1:02:48	0:32:35
966	João	Eduardo Maior	1199		M40	188	1:05:06	1:04:48	0:30:18
967	Joana	D'Arc Chouriço	912		F45	26	1:05:08	1:04:52	0:31:28
968	JOÃO	BARROSO	590	INDIVIDUAL	M40	189	1:05:09	1:04:11	0:31:39
969	Carlos	Palma	1032	Brothers & Friend Lda	M55	35	1:05:12	1:04:08	0:32:29
970	Maria	Luisa Costa Coutinho	820		F45	27	1:05:15	1:04:56	0:31:47
971	PAULO	ANDRADE	847		M40	190	1:05:17	1:04:39	0:30:58
972	Lídia	de Jesus Gonçalves	851		F20	51	1:05:18	1:04:47	0:32:17
973	Hélio	Marques Infante Girão	1296		M20	216	1:05:20	1:04:53	0:31:12
974	HERMISON	SANTOS	1297	INDIVIDUAL	M20	217	1:05:21	1:04:53	0:31:12
975	VITOR ANTONIO	MIRAO	1244	INDIVIDUAL	M45	128	1:05:22	1:04:53	0:31:23
976	Paulo	Oliveira	979		M40	191	1:05:23	1:03:07	0:33:29
977	Dorindo	Ferreira	1348		M60	21	1:05:24	1:04:52	0:30:27
978	Marta	Patrocinio	403	PIKAS	F35	31	1:05:24	1:05:04	0:31:49
979	FELICIANA	FERREIRA	15	BES	F45	28	1:05:25	1:04:27	0:32:48
980	Sandra	Ramalho	485		F35	32	1:05:26	1:04:25	0:31:56
981	Maria	Helena Heitor	554		F45	29	1:05:27	1:05:00	0:33:27
982	Anabela	santos	556		F40	30	1:05:29	1:05:15	0:30:52
983	Carla	Antunes	721		F40	31	1:05:30	1:03:35	0:33:16
984	Magda	Castro	844		F35	33	1:05:30	1:04:22	0:32:48
985	Sofia	castro	842		F20	52	1:05:31	1:04:21	0:32:49
986	João	Paulo Gaspar	341		M45	129	1:05:33	1:05:08	0:32:54
987	fernando	bispo	761	os tartarugas	M50	70	1:05:36	1:05:00	0:30:49
988	JOSE	MORAIS	1375	Servicontabil	M50	71	1:05:44	1:05:44	0:44:29
989	João	Paulo Pinto	974		M55	36	1:05:44	1:05:20	0:33:05
990	SUSANA	LEITE	246	SPORT ZONE	F35	34	1:05:56	1:05:39	0:32:45
991	FERNANDO	SILVA	224	SPORT ZONE	M45	130	1:05:56	1:05:40	0:32:45
992	NUNO	FLORA	225	SPORT ZONE	M20	218	1:05:59	1:05:19	0:30:32
993	Carla	Martins	60	GFD RUNNING	F35	35	1:06:00	1:05:19	0:32:15

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
994	Maria	Alexandra Afonso	961		F20	53	1:06:10	1:05:25	0:32:21
995	Nicole	Ribeiro	311		F20	54	1:06:19	1:05:35	0:32:59
996	Cláudia	Lopes	45	BES	F20	55	1:06:24	1:06:14	0:31:48
997	Elsa	Soares	525		F35	36	1:06:25	1:05:31	0:33:14
998	CÁTIA	ANASTÁCIO	13	BES	F20	56	1:06:27	1:06:13	0:31:47
999	António	Pardal	541		M55	37	1:06:30	1:05:56	0:34:01
1000	Luís	Filipe Alves	543		M50	72	1:06:31	1:05:56	0:34:01
1001	INES	MENEZES	1443	INDIVIDUAL	F40	32	1:06:32	1:06:07	0:30:42
1002	FILIPA	SILVA	1301	INDIVIDUAL	M35	162	1:06:34	1:05:33	0:33:30
1003	António	Pinho	552	Ass A Lebres do Sado	M60	22	1:06:35	1:06:10	0:31:58
1004	Maria	Teresa Coelho Fernandes	439	Os Tesudos	F20	57	1:06:36	1:05:45	0:34:26
1005	Vasco	Torres	953	H3 Running	M40	192	1:06:37	1:06:05	0:30:29
1006	Telma	Inácio	891		F20	58	1:06:44	1:05:59	0:32:22
1007	Miguel	Paneiro	1327		M20	219	1:06:45	1:05:59	0:32:17
1008	marcelo	varela conde	1389	Loures Team	M20	220	1:06:45	1:05:54	0:31:58
1009	Belina	Raposo	1186	Run 4 Fun	F45	30	1:06:47	1:06:16	0:32:09
1010	Susana	Serafim	100	TSF Runners	F20	59	1:06:47	1:06:02	0:33:05
1011	JOAQUIM	CAOUCHO	1270	INDIVIDUAL	M60	23	1:06:48	1:05:31	0:31:39
1012	Jorge	Manuel Cardona Heitor	553		M50	73	1:06:48	1:06:21	0:33:27
1013	Gleb	Belov	780		M20	221	1:06:50	1:06:20	0:32:38
1014	miguel	simão	373		M35	163	1:06:56	1:06:23	0:30:41
1015	Alexandre	Miguel da Silva Pereira	666		M35	164	1:06:56	1:06:17	0:32:38
1016	Margarida	Perdigão	528		F45	31	1:06:57	1:06:18	0:32:28
1017	Orlando	Monteiro da Silva	1168	Rosinha Runners	M50	74	1:06:58	1:06:35	0:33:21
1018	Maria	Monteiro da Silva	1167	Rosinha Runners	F45	32	1:06:58	1:06:35	0:33:23
1019	Tiago	Medeiros	1379		M35	165	1:07:02	1:05:10	0:33:45
1020	Ricardo	Branco	1043		M40	193	1:07:02	1:05:10	0:33:46
1021	Sónia	Morais Santos	1042		F35	37	1:07:03	1:05:11	0:33:46
1022	Lúcia	Carvalho	544		F45	33	1:07:03	1:06:58	0:31:49
1023	Eduardo	Brito Castela	392		M20	222	1:07:05	1:05:57	0:32:08
1024	Sandra	Neves	421	Eu&Tu	F35	38	1:07:09	1:06:40	0:32:28
1025	Sérgio	José Pires Amoedo	946		M20	223	1:07:17	1:06:58	0:31:59
1026	NUNO	CORDEIRO	627	ACS-A DA C DE SALVATERRA	M35	166	1:07:21	1:06:59	0:31:44
1027	Isabel	Freitas Pereira	85	Natiris	F45	34	1:07:23	1:05:57	0:32:58
1028	TIAGO	GASPAR	1261	INDIVIDUAL	M18	6	1:07:28	1:06:51	0:31:59
1029	ANDRE GUILHERME	SILVA	1280	INDIVIDUAL	M17	12	1:07:29	1:06:57	0:29:59
1030	Maria	João Franco	467	Jotas	F35	39	1:07:30	1:07:05	0:32:44
1031	MARIO JORGE	SILVA	350	GEORUNNERS	M50	75	1:07:30	1:06:59	0:29:59
1032	Sara	Pereira	602	Cangurus	F35	40	1:07:30	1:06:29	0:34:36
1033	Pedro	Pereira	601	Cangurus	M35	167	1:07:31	1:06:29	0:34:36
1034	Ricardo	Mendes	1078		M35	168	1:07:34	1:07:13	0:31:41
1035	João	Pequenão	1111		M20	224	1:07:41	1:07:14	0:32:39
1036	Inês	Barão	735		F45	35	1:07:41	1:07:04	0:32:52
1037	Isabel	Beja	913		F40	33	1:07:42	1:07:00	0:32:46
1038	Pedro	Miguel Carvalho	413		M35	169	1:07:42	1:07:18	0:32:43
1039	António	dos Santos fonseca	863		M55	38	1:07:44	1:07:13	0:32:08
1040	Francisco	Ortigão Costa	1003		M20	225	1:07:45	1:05:43	0:35:28
1041	Rui	Nelson Ferreira Dinis	81	GFD RUNNING	M45	131	1:07:48	1:04:36	0:35:12
1042	Rita	Carvalho	1328		F20	60	1:07:51	1:07:02	0:33:26
1043	VICTOR	CARVALHO	1406	INDIVIDUAL	M60	24	1:07:51	1:07:02	0:33:26
1044	Catarina	Ferraz	1326		F20	61	1:07:51	1:07:03	0:33:27
1045	Manuel	Copeto	411		M60	25	1:07:52	1:07:30	0:31:26
1046	Carlos	Vieira	442		M40	194	1:07:57	1:07:29	0:32:06

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
1047	Alexandra	Pires	1320		F45	36	1:08:13	1:07:14	0:32:37
1048	Luciano	Baptista	849		M20	226	1:08:17	1:06:37	0:33:43
1049	Luisa	Catarina Monteiro	889		F20	62	1:08:17	1:06:36	0:33:42
1050	Salvador	enes ferreiraK	825		M35	170	1:08:18	1:01:13	0:36:36
1051	Maria	José Mira	997		F40	34	1:08:49	1:08:19	0:34:52
1052	Andreia	Vale	511		F35	41	1:08:59	1:08:45	0:32:24
1053	SILVIA	CASTILHO MARTINS	447		F35	42	1:08:59	1:08:34	0:33:43
1054	PEDRO	ROQUE	1410	INDIVIDUAL	M20	227	1:09:06	1:09:06	0:44:33
1055	Maria	Ferreira	1349		F45	37	1:09:13	1:08:43	0:32:42
1056	Ana	Francisca Melo	698		F20	63	1:09:13	1:08:57	0:33:12
1057	Vanessa	Silva	697		F20	64	1:09:13	1:08:57	0:33:12
1058	JOAO	ALMEIDA	1262	INDIVIDUAL	M45	132	1:09:24	1:08:32	0:34:46
1059	Carlos	Manuel cardoso	748		M20	228	1:09:29	1:08:52	0:32:56
1060	lucienne	neves	757		F20	65	1:09:29	1:08:52	0:32:57
1061	pedro	silva	759	os tartarugas	M35	171	1:09:37	1:09:02	0:32:16
1062	Joana	Norton dos Reis	1000		F20	66	1:09:43	1:07:44	0:35:23
1063	Maria	do Céu Almeida	154	Hyundai	F35	43	1:09:49	1:08:46	0:35:01
1064	ANDREIA	MARTINS	1226	INDIVIDUAL	F20	67	1:09:50	1:07:41	0:34:36
1065	José	Custódio	104	TSF Runners	M35	172	1:09:58	1:09:58	0:39:55
1066	CARINA	CAVACO	1227	INDIVIDUAL	F20	68	1:10:01	1:08:17	0:35:07
1067	João	Carrola	436	Angry Runners	M35	173	1:10:08	1:09:02	0:31:17
1068	ana	lucia duarte	791	Falcões Selvagens	F40	35	1:10:14	1:10:14	0:42:50
1069	Antonio	Bila	1056		M55	39	1:10:15	1:10:15	0:42:50
1070	joaquim	santos	792	Falcões Selvagens	M55	40	1:10:15	1:10:15	0:42:51
1071	Joao	Fernandes	365		M50	76	1:10:17	1:09:55	0:34:11
1072	Andrea	Ritter	480		F20	69	1:10:20	1:09:25	0:34:06
1073	João	Pedro Fonseca	1194		M20	229	1:10:20	1:09:44	0:32:48
1074	Mikael	Luciano Abade Saraiva	1193		M20	230	1:10:20	1:09:44	0:32:47
1075	Fernando	Manuel Crespo Lopes	375		M40	195	1:10:27	1:08:57	0:35:05
1076	Rita	Lopes	532		F45	38	1:10:28	1:09:40	0:33:55
1077	Pedro	Taveira	136	CONTROLINVESTE	M40	196	1:10:31	1:09:11	0:36:02
1078	Eva	Mendes	89	Natiris	F20	70	1:10:38	1:09:45	0:32:48
1079	Helena	Brites Fernandes	1035		F40	36	1:10:41	1:10:17	0:32:53
1080	Isabel	Correia	1216	Clube Bolinha	F35	44	1:10:54	1:09:30	0:35:30
1081	FILIPA	GALVAO	244	SPORT ZONE	F35	45	1:11:26	1:09:24	0:34:55
1082	Rafael	Fernandes	774	Tecnilima	M20	231	1:11:38	1:11:09	0:34:44
1083	Paulino	Magaente	775	Tecnilima	M45	133	1:11:39	1:11:09	0:34:45
1084	João	Pedro Costa Machado	332		M40	197	1:11:49	1:10:46	0:35:45
1085	Ana	Margarida Vital Ramos	772		F35	46	1:11:49	1:10:24	0:35:30
1086	António	Pedro Teixeira	317		M35	174	1:11:52	1:09:53	0:36:07
1087	LUIS	CRUZ	220	SPORT ZONE	M40	198	1:12:05	1:11:26	0:34:25
1088	Rui	Antunes	989		M45	134	1:12:15	1:11:30	0:35:56
1089	Maria	Leonor Santos Antunes	1021		F40	37	1:12:15	1:11:30	0:35:56
1090	DOMINGOS	FLORA	235	SPORT ZONE	M55	41	1:12:47	1:12:07	0:35:15
1091	Ricardo	Moreira	720		M45	135	1:13:00	1:11:28	0:32:22
1092	Pedro	Mendes	610	Os Engenheiros	M20	232	1:13:02	1:12:22	0:38:51
1093	Carlos	Manuel Lamy Bandeira	1362	Run For Life	M20	233	1:13:09	1:12:10	0:31:39
1094	ana	seabra	1133		F45	39	1:13:09	1:12:09	0:36:07
1095	GABINO	OLIVEIRA	1124	CONTROLINVEST	M40	199	1:13:20	1:11:58	0:36:03
1096	MARGARIDA	CALDAS	1125	CONTROLINVEST	F35	47	1:13:20	1:11:59	0:36:03
1097	Miguel	Gaspar	622		M50	77	1:13:25	1:12:44	0:37:21
1098	Rui	Menezes	435	Angry Runners	M35	175	1:13:30	1:12:23	0:36:06
1099	PAULO	PATRICIO	196	EQUIPA TOMTOM	M40	200	1:13:35	1:11:57	0:37:01

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
1100	Ricardo	Matias	135	Controlinveste	M20	234	1:13:35	1:06:59	0:37:32
1101	Paulo	André Vasconcelos	802		M20	235	1:13:35	1:12:09	0:35:36
1102	ISABEL	PINTO DA COSTA	195	EQUIPA TOMTOM	F40	38	1:13:35	1:11:59	0:37:01
1103	ANTONIO	GARCIA	1269	INDIVIDUAL	M60	26	1:13:36	1:12:41	0:35:56
1104	ANTONIO RAFAEL	LOUREIRO	1429	VD ATLETAS	M60	27	1:13:42	1:12:45	0:36:13
1105	ANGELA MARIA	VICENTE	1428	VD ATLETAS	F35	48	1:13:42	1:12:45	0:36:13
1106	Tiago	Melo Alves	345		M35	176	1:13:52	1:11:26	0:36:53
1107	Helder	Carreira	346		M40	201	1:13:53	1:11:26	0:36:53
1108	Luís	Jordão	517		M35	177	1:14:09	1:12:01	0:35:27
1109	Patrícia	Coelho	754		F20	71	1:14:14	1:12:51	0:38:30
1110	MICAELA	LIZARDO	1274	INDIVIDUAL	F20	72	1:14:43	1:13:15	0:36:09
1111	Ricardo	Valadares	611	Os Engenheiros	M20	236	1:14:55	1:14:15	0:38:51
1112	Filipe	João Silva	584		M35	178	1:15:08	1:12:55	0:38:16
1113	Valdemar	Barreto	882		M40	202	1:15:17	1:14:33	0:35:52
1114	Marco	Santos	883		M20	237	1:15:18	1:14:33	0:00:00
1115	Mariana	Fernandes	762		F18	2	1:15:22	1:14:59	0:36:36
1116	JOANA	MALCATA	11	BES	F20	73	1:15:36	1:14:51	0:35:59
1117	tiago	santos	1322		M17	13	1:15:37	1:12:58	0:37:04
1118	Miguel	Eanes	1321		M17	14	1:15:38	1:13:06	0:37:03
1119	Rui	Vieira	320		M40	203	1:16:15	1:14:52	0:37:25
1120	Anabela	Amaral	321		F40	39	1:16:15	1:14:53	0:37:26
1121	Joana	Ferreira Martins	1004		F35	49	1:16:22	1:14:21	0:37:08
1122	JOÃO	PEDRO	1128	INDIVIDUAL	M20	238	1:16:27	1:15:47	0:35:40
1123	MIGUEL	HORTA	1127	INDIVIDUAL	M20	239	1:16:27	1:15:47	0:35:40
1124	PAULA	SILVA	27	BES	F40	40	1:16:29	1:16:15	0:37:08
1125	LUIS	FERREIRA	1417	INDIVIDUAL	M60	28	1:16:30	1:14:38	0:37:24
1126	MIGUEL	PIRES	1254	INDIVIDUAL	M17	15	1:16:44	1:15:46	0:37:59
1127	AFONSO	NETO	1255	INDIVIDUAL	M17	16	1:16:49	1:15:50	0:38:00
1128	JOAQUIM	PIRES	1253	INDIVIDUAL	M40	204	1:16:49	1:15:51	0:38:00
1129	Nuno	Firmino	1354	Bate Botas	M20	240	1:16:58	1:16:06	0:36:09
1130	JOAO	CASTANHEIRA	1249	INDIVIDUAL	M40	205	1:17:02	1:15:25	0:37:22
1131	CLÁUDIA	RINO	1248	INDIVIDUAL	F35	50	1:17:02	1:15:25	0:37:22
1132	josé	pratas dionisio	908		M20	241	1:17:03	1:16:00	0:37:09
1133	Pedro	Andrade	1150		M20	242	1:17:07	1:17:04	0:37:02
1134	LUIS	CAETANO	21	BES	M45	136	1:17:15	1:16:25	0:37:05
1135	FERNANDA	TAVARES	1271	INDIVIDUAL	F45	40	1:17:30	1:16:59	0:37:05
1136	nuno	cotrim	359		M40	206	1:17:34	1:16:45	0:35:50
1137	Filipa	Jorge	977		F20	74	1:17:45	1:17:22	0:36:51
1138	LUCIA	BERNARDO	1359	INDIVIDUAL	F20	75	1:17:50	1:16:02	0:38:38
1139	Jorge	Borges	835	Tartarugas da Linha	M45	137	1:17:58	1:17:20	0:35:01
1140	MARIA DO CEU	ALMEIDA	205	VITALIS	F35	51	1:18:13	1:17:08	0:35:51
1141	VERA LUCIA	PINTO	1245	INDIVIDUAL	F40	41	1:18:13	1:17:30	0:39:52
1142	Jose	Manuel Silva Martins	536	CTJI	M55	42	1:18:31	1:10:13	0:43:07
1143	Sara	Gomes	1213	Clube Bolinha	F20	76	1:18:47	1:16:55	0:38:22
1144	LUÍS	FERNANDES	409	INDIVIDUAL	M50	78	1:19:00	1:18:36	0:36:36
1145	Mário	Jorge Pereira	149	Hyundai	M35	179	1:20:19	1:18:11	0:39:37
1146	Isabel	Maria Longo	537	ctji	F45	41	1:20:39	1:20:39	0:43:31
1147	Ana	Isabel Batista	1386		F20	77	1:21:12	1:20:41	0:39:06
1148	ANA	MORAIS	1409	INDIVIDUAL	F20	78	1:22:14	1:22:14	0:51:09
1149	Jorge	Lourenço	965	FordRUN	M35	180	1:22:52	1:21:45	0:32:47
1150	JOÃO	FERRO	963	FORDRUN	M45	138	1:22:52	1:21:46	0:32:51
1151	Patrícia	Coelho Dias	901		F20	79	1:26:13	1:24:50	0:41:42
1152	Maria	Teixeira	1338		F20	80	1:26:20	1:25:39	0:40:45
1153	Mário	Luís Coelho	1049		M20	243	1:26:48	1:24:22	0:43:01

Lugar	Primeiro Nome	Último Nome	Dorsal	Equipa	Categoria	Lugar Categoria	Tempo Oficial	Tempo De Chip	Tempo Aos 5 Km
1154	Rita	Pedro Teixeira Soares	718		M35	181	1:27:03	1:21:41	0:45:38
1155	Manuel	Fialho	1219	Clube Bolinha	M55	43	1:27:45	1:26:21	0:42:29
1156	Marilia	Pirralho	716		F20	81	1:28:06	1:28:06	0:46:07
1157	Pedro	Paz	715		M20	244	1:28:06	1:28:06	0:46:07
1158	OLGA	SANTOS	26	BES	F45	42	1:28:35	1:27:36	0:43:24
1159	Patricia	Elisabete Frade	1189		F20	82	1:28:48	1:28:14	0:44:13
1160	Micaela	Pedro	1208		F20	83	1:28:48	1:28:14	0:44:14
1161	Torcato	Jorge	978		M55	44	1:29:23	1:29:00	0:43:55
1162	Helena	Maria Cupertino Franco	1368		F35	52	1:29:43	1:28:22	0:43:20
1163	Joao	antonio Nogueira	1316		M45	139	1:29:44	1:28:23	0:43:20
1164	Tânia	Alpalhão	559	ENS Queijas 7	F35	53	1:31:57	1:28:59	0:45:22
1165	Alexandra	Sárria	558	ENS Queijas 7	F20	84	1:31:57	1:29:00	0:45:22
1166	Vitor	Manuel da Silva Ferreira	523		M45	140	1:33:01	1:32:14	0:45:56
1167	Tânia	Lopes	385		F20	85	1:36:17	1:35:14	0:47:11
1168	Joana	Ferreira	384		F20	86	1:36:17	1:35:14	0:47:11
1169	Mabilia	Barata	598		F45	43	1:37:42	1:37:25	0:47:08
1170	Lucilia	Santos Silva	497	TripAlfaTeam	F45	44	1:37:50	1:37:07	0:48:57
1171	Manuel	Tavares da Silva	496	TripAlfaTeam	M60	29	1:37:50	1:37:40	0:39:33
1172	João	Gaspar	623		M18	7	1:41:17	1:40:36	0:32:04
1173	Anna	Costa Balejko	461	BURMA	F35	54	1:42:10	1:40:54	0:50:20
1174	Agnieszka	Loureiro-Pelc	462	BURMA	F35	55	1:42:10	1:40:54	0:50:20
1175	Luis	Moniz	1309		M50	79	1:48:43	1:47:12	0:55:24
1176	PEDRO	MARCONDES	1223	INDIVIDUAL	M60	30	1:48:49	1:48:49	0:00:00