



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1 Sérgio Dias	00:15:56	00:29:04	00:29:03	Maratona Clube de Portugal	Senior
2 António Sousa	00:16:10	00:30:19	00:30:18	GARMIN Olimpico de Oeiras	Veterano 1
3 Filipe Januário	00:17:18	00:31:28	00:31:24	Clube ANA Lisboa	Senior
4 Augusto Pires	00:17:11	00:31:29	00:31:27	maduro athletics associação desportiva	Senior
5 David Inácio	00:17:24	00:31:36	00:31:31		Senior
6 Mário Cassaca	00:17:21	00:31:43	00:31:41	GARMIN Olimpico de Oeiras	Senior
7 Pedro Silva	00:17:16	00:31:53	00:31:52		Senior
8 Ricardo Mestre	00:17:30	00:31:54	00:31:49	Grupo Desportivo Carris	Veterano 1
9 Jorge Alves	00:17:11	00:31:58	00:31:57		Senior
10 Ricardo Pereira	00:17:31	00:32:20	00:32:17	Mirantense Futebol Clube	Senior
11 André Oliveira Dos Santos	00:17:33	00:32:36	00:32:32		Senior
12 Pedro Gomes	00:17:32	00:32:59	00:32:57	boavista do pico açores	Senior
13 Jorge Santos	00:18:14	00:32:59	00:32:56	maduro athletics associação desportiva	Senior
14 Jose Cardoso	00:18:06	00:33:45	00:33:43	GDOA	Veterano 1
15 Manuel Mascarenhas	00:18:23	00:33:47	00:33:44		Senior
16 André Januário	00:18:17	00:33:49	00:33:42	Clube ANA Lisboa	Senior
17 Paulo Hermezilha	00:18:14	00:33:59	00:33:55	Mirantense Futebol Clube	Senior
18 Pedro Da Silva	00:18:23	00:34:13	00:34:10		Veterano 1
19 Armando Monteiro	00:19:02	00:34:13	00:33:38	FSG Collonge-Bellerive	Senior
20 Nuno Felicio	00:18:42	00:34:26	00:34:24		Senior
21 Germano Ferreira Da Silva	00:18:50	00:34:48	00:34:46		Veterano 3
22 Nuno Rocha	00:18:50	00:34:52	00:34:40	Grupo Recreativo Cultural e Desportivo de Leiã	Senior
23 José Santos	00:18:46	00:35:02	00:35:00	Açoreana Clube Banif	Veterano 3
24 Tiago Rafael Pais Leal	00:18:56	00:35:03	00:34:34		Senior
25 Pedro Cardoso	00:19:06	00:35:13	00:35:08		Veterano 1
26 Milton Silva	00:19:10	00:35:15	00:35:12		Senior
27 João Daniel Ferreira	00:18:57	00:35:28	00:35:24		Senior
28 Ricardo Silva	00:18:49	00:35:35	00:35:32	Link	Senior
29 Joana Marques	00:19:11	00:35:39	00:35:37	GARMIN Olimpico de Oeiras	Senior
30 Luis Paulo	00:19:09	00:35:42	00:35:40	Bahia	Veterano 2
31 Nuno Vasconcelos	00:19:41	00:35:45	00:35:41	ThunderRunners	Senior
32 Manuel De Figueiredo	00:19:16	00:35:54	00:35:51	Grupo Excursionista Os Economicos	Veterano 3
33 João Prisal	00:19:07	00:36:05	00:35:54	Rail Runners	Senior
34 Joaquim Alves	00:19:32	00:36:23	00:36:21		Veterano 4
35 António Piedade	00:20:12	00:36:30	00:36:15	Grupo Desportivo Carris	Veterano 1
36 Bruno Brito	00:19:54	00:36:32	00:36:29		Senior
37 Catarina João Ferreira	00:19:45	00:36:33	00:36:31		Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escalão
38 Cesario Morgado	00:19:17	00:36:33	00:36:31		Senior
39 Carlos Garcez	00:19:44	00:36:35	00:36:24	Gafanho Sport Clube	Veterano 2
40 Francisco Ascensão Azevedo	00:20:01	00:36:38	00:36:36		Veterano 1
41 Leandro Reis	00:20:26	00:36:44	00:36:42		Veterano 1
42 Paulo Alves	00:19:57	00:36:49	00:36:41	GD Imprensa Nacional Casa da Moeda	Senior
43 Carlos Pedro	00:19:52	00:36:55	00:36:53	clube oriental lisboa	Veterano 1
44 Nuno Manuel S. F. Alves	00:20:05	00:36:56	00:36:43		Senior
45 Luis Filipe Valente	00:19:52	00:36:57	00:36:55		Senior
46 Katarina Larsson	00:19:52	00:36:58	00:36:56	NucleOeiras	Senior
47 Pedro Miguel Paiva Monteiro	00:20:22	00:37:00	00:36:40		Senior
48 Miguel Oliveira	00:19:54	00:37:15	00:37:00	Rail Runners	Senior
49 Alexandre Teixeira	00:20:22	00:37:22	00:37:19		Veterano 2
50 Tiago Bastos	00:19:41	00:37:24	00:37:19	oristars cellfood farelo	Senior
51 Edgar Martinho	00:20:19	00:37:24	00:36:51		Senior
52 Carlos Reis	00:19:47	00:37:26	00:37:19	clube oriental lisboa	Veterano 1
53 Daniel Pereira	00:11:31	00:37:30	00:22:45		Senior
54 Patricia Gonçalves	00:20:29	00:37:31	00:37:19	Clube do Stress	Veterana
55 Fábio Manuel Vital Pratas	00:20:13	00:37:32	00:37:17		Senior
56 Pedro Ramos	00:20:23	00:37:39	00:37:37	Clube Ferroviário Portugal	Senior
57 Luis Farelo	00:20:08	00:37:41	00:37:36	oristars cellfood farelo	Veterano 2
58 Jefferson Freitas Borges	00:20:22	00:37:43	00:37:37		Junior
59 Miguel Truninger Sousa	00:20:42	00:37:43	00:37:20	Clube Colaboradores AXA	Senior
60 Hernani De Jesus Fernandes	00:20:12	00:37:45	00:37:33		Veterano 1
61 Carlos Caetano	00:20:23	00:37:48	00:37:45		Senior
62 José Barrinha	00:20:21	00:37:51	00:37:46		Veterano 1
63 Ricardo Silva	00:21:06	00:37:52	00:37:49		Junior
64 João Xavier	00:20:15	00:37:55	00:37:43	Grupo de Atletismo «OS PATRICIOS»	Senior
65 Jose Manuel Vaz Lopes	00:20:55	00:37:57	00:37:50		Veterano 2
66 José Oliveira	00:20:22	00:38:00	00:37:56	oristars cellfood farelo	Veterano 1
67 Raul Quaresma	00:20:46	00:38:06	00:37:52		Senior
68 António Bicho	00:20:46	00:38:08	00:38:00		Senior
69 Maria Jose Frias	00:20:51	00:38:09	00:38:08	Amigos Atletismo Mafra	Veterana
70 João Eduardo Da Silva Domingues Mend	00:20:24	00:38:09	00:38:05		Senior
71 Artur Jorge Moura Tavares	00:20:31	00:38:10	00:38:07		Veterano 2
72 Mário Santos	00:20:40	00:38:11	00:37:58	SOBRALPISO	Senior
73 José A. Moreira Sousa	00:20:41	00:38:17	00:38:13		Veterano 2
74 Miguel Rocha	00:20:32	00:38:17	00:38:06		Veterano 1



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75 Vicente Rocha	00:21:05	00:38:22	00:38:07	Clube ANACOM	Senior
76 Paulo Brito	00:20:55	00:38:24	00:38:19	J.O.M.A.	Veterano 1
77 Pedro Silva	00:21:06	00:38:25	00:38:21		Junior
78 Luis Miguel Sales	00:20:46	00:38:25	00:38:18		Senior
79 Lino Santos	00:20:45	00:38:26	00:38:19	Grupo Desportivo Carris	Veterano 2
80 João Frias	00:20:52	00:38:26	00:38:25	Amigos Atletismo Mafra	Veterano 1
81 Paulo Alves	00:21:10	00:38:33	00:38:26		Veterano 3
82 Pedro Costa Lima	00:21:04	00:38:34	00:38:32		Veterano 2
83 Carlos Rosado	00:20:35	00:38:35	00:37:29		Veterano 1
84 Hugo Alexandre Santos Reis	00:20:26	00:38:36	00:38:16		Senior
85 Miguel Angel Gomez Valente	00:20:26	00:38:41	00:38:31		Senior
86 Antonio Fernandes	00:20:48	00:38:43	00:38:38	tokandar	Veterano 2
87 Paulo Lopes	00:21:11	00:38:48	00:38:19	Grupo Excursionista Os Economicos	Veterano 1
88 Francisco Simão	00:21:18	00:38:50	00:37:53	Pernas de Gafanhoto	Senior
89 Rui Jorge Ferreira Henriques	00:20:56	00:38:51	00:38:48		Senior
90 Tito Ferreira	00:21:34	00:38:52	00:38:45	Clube ANACOM	Veterano 2
91 Henrique José De Carvalho Matias	00:20:42	00:38:56	00:38:37		Senior
92 Joaquim Daniel Santos	00:21:20	00:38:57	00:38:44		Veterano 1
93 Nuno Miguel Lopes	00:21:01	00:38:58	00:38:54		Senior
94 Amândio Gouveia	00:21:06	00:38:58	00:38:27	Associação Desportiva e Cultural do Catujal	Senior
95 António Patrício	00:20:44	00:38:59	00:38:47	Pernas de Gafanhoto	Senior
96 Edgar Francisco	00:20:57	00:38:59	00:38:51	U.R.D. Arranhó	Veterano 2
97 Nuno Alexandre Matos Pita	00:21:05	00:39:06	00:38:40	Centro Cultural e Desportivo dos Trabalhadores	Senior
98 António Gonçalves	00:21:04	00:39:06	00:38:36	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
99 António Pereira	00:21:15	00:39:07	00:38:37	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
100 Luis Jorge Da Silva Sousa	00:21:24	00:39:09	00:38:40		Senior
101 António Santos Costa	00:21:30	00:39:11	00:38:37		Veterano 1
102 Antonio Marcos Santos Massano	00:21:05	00:39:13	00:39:07		Senior
103 Manuel Pereira Araujo	00:21:19	00:39:14	00:38:57		Veterano 3
104 Nuno Sousa	00:21:20	00:39:14	00:38:59	GD Imprensa Nacional Casa da Moeda	Senior
105 Bruno Fernandes Salazar	00:21:03	00:39:15	00:39:05		Senior
106 Alexandre Miguel Ferreira Cantiga	00:21:06	00:39:17	00:39:08		Senior
107 João Pedro Santos	00:20:35	00:39:18	00:39:09		Senior
108 Marcos Pereira	00:21:19	00:39:19	00:38:47		Veterano 4
109 José Alberto Gonçalves Clemente	00:21:49	00:39:22	00:39:02		Veterano 1
110 Paulo Cardoso	00:20:45	00:39:25	00:39:24	Grupo Desp. Chelas	Veterano 2
111 Tomás Monteiro Fernandes	00:21:25	00:39:27	00:39:25	Clube ANA Lisboa	Junior



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112 Carlos Fernandes	00:21:22	00:39:27	00:39:20	GDOA	Veterano 2
113 Paulo Barreira	00:21:19	00:39:28	00:39:04	Grupo Recreativo Cultural e Desportivo de Leia	Senior
114 Carlos Brás	00:20:50	00:39:32	00:38:54	Bacana Running	Senior
115 Carlos Rodrigues	00:21:22	00:39:33	00:39:19	Grupo Desp. Chelas	Senior
116 Fernando Caiiro	00:21:22	00:39:33	00:39:19	Grupo Desp. Chelas	Senior
117 Jose Nunes	00:21:28	00:39:38	00:39:31	GDOA	Veterano 1
118 Eduardo Anjos Alves Rodrigues	00:21:37	00:39:38	00:39:04		Veterano 3
119 Ricardo Cabo	00:22:01	00:39:39	00:39:12		Senior
120 Ernesto Guia	00:21:35	00:39:40	00:39:39	ACD Bocal	Veterano 4
121 Álvaro Pinto	00:21:29	00:39:44	00:39:39	Associação Desportiva Real Academia	Veterano 3
122 Mário Leitão	00:21:13	00:39:46	00:39:30		Senior
123 Pedro Pereira	00:21:16	00:39:48	00:38:47	CUN Boston	Senior
124 Paulo Santos	00:21:38	00:39:54	00:39:51	GARMIN Olimpico de Oeiras	Veterano 1
125 Paula Lemos	00:21:40	00:39:54	00:39:51	GARMIN Olimpico de Oeiras	Veterana
126 Paulo Enes	00:21:40	00:39:59	00:39:16		Veterano 2
127 João Manuel Dos Santos André	00:21:29	00:40:02	00:39:27		Senior
128 Daniel Gonçalves	00:21:25	00:40:03	00:39:33	Associação Desportiva e Cultural do Catujal	Senior
129 Joaquim Belo	00:21:14	00:40:06	00:39:56		Veterano 2
130 José Orlandolopes	00:22:02	00:40:07	00:40:00	Grupo Desportivo Carris	Veterano 2
131 José Lopes	00:21:53	00:40:07	00:39:44		Veterano 4
132 Pedro Guedes	00:21:56	00:40:09	00:39:29		Senior
133 Jorge Nabais	00:21:59	00:40:09	00:39:31	Bacana Running	Senior
134 Jorge Baptista	00:21:48	00:40:09	00:39:49	Grupo Excursionista Os Economicos	Veterano 4
135 Luis Martins	00:21:41	00:40:10	00:39:44	Os beri beri do asfalto	Senior
136 Filipe Gonçalo Carvalho	00:21:19	00:40:13	00:40:09	Mirantense Futebol Clube	Senior
137 Carlos Vitorino	00:21:19	00:40:13	00:40:10	Mirantense Futebol Clube	Senior
138 Marco Ricardo	00:21:12	00:40:13	00:39:23	Georunners	Senior
139 Filipe Branco	00:21:41	00:40:13	00:39:57	U.R.D. Arranhó	Veterano 1
140 João Guedes	00:21:35	00:40:15	00:40:07	GARMIN Olimpico de Oeiras	Senior
141 Fernando Marques	00:21:39	00:40:15	00:40:11	Clube Pessoal EDP Carregado	Veterano 5
142 Rui Pinela	00:22:00	00:40:16	00:40:06	Bladerunners	Veterano 1
143 Pedro Nunes	00:21:53	00:40:18	00:40:06	Clube do Stress	Veterano 1
144 Joaquim Charrua	00:22:01	00:40:18	00:40:08		Veterano 6
145 Nuno Santos	00:21:51	00:40:21	00:39:52	Sporting Clube de Casainhos	Senior
146 Isidro Batista Duarte	00:22:32	00:40:24	00:40:17		Veterano 1
147 Silvino Moringa	00:21:40	00:40:24	00:40:16		Veterano 4
148 Luís Alves	00:21:16	00:40:28	00:39:26	CUN Boston	Senior



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149 Rui Bernardino	00:21:54	00:40:31	00:40:24	MaMorais	Senior
150 Valter Morais	00:21:31	00:40:32	00:40:15		Senior
151 Marlene Ferreira	00:21:44	00:40:34	00:40:04	Associação Desportiva e Cultural do Catujal	Senior
152 Paulo Pereira	00:21:45	00:40:37	00:40:10	Rail Runners	Senior
153 Angelo Miguel Da Silva Gaspar	00:22:15	00:40:37	00:40:21		Senior
154 Sandro Gaspar	00:22:12	00:40:37	00:40:21		Senior
155 Jorge Marques	00:21:38	00:40:43	00:40:29	Grupo Desp. Chelas	Veterano 2
156 Abilio Marcos	00:21:38	00:40:43	00:40:29	Grupo Desp. Chelas	Veterano 2
157 Joaquim Santos	00:21:46	00:40:43	00:40:39	JG Seguros	Veterano 1
158 Manuel Bento	00:21:51	00:40:44	00:40:14	Sporting Clube de Casainhos	Senior
159 Vitor Manuel Branco Lourenço	00:21:58	00:40:45	00:40:41		Senior
160 Pedro Martins	00:21:57	00:40:51	00:40:46	Habitar Imobiliária	Senior
161 João Machado	00:21:57	00:40:52	00:40:46	Habitar Imobiliária	Veterano 1
162 Jose Tomas	00:21:49	00:40:53	00:40:31	U.R.D. Arranhó	Senior
163 Mário Amaro	00:22:14	00:40:56	00:40:47	individual	Veterano 1
164 Daniel Simões	00:22:03	00:40:56	00:40:06		Senior
165 Ruben Batista	00:21:46	00:40:57	00:40:44		Senior
166 David Karim	00:22:06	00:40:58	00:40:55	Associação Desportiva Real Academia	Senior
167 Armindo José Raminhos Queimado	00:22:26	00:41:03	00:40:56		Veterano 2
168 José Carlos Sousa	00:22:25	00:41:05	00:40:25	Associação de Atletismo Lebres do Sado	Senior
169 Luis Godinho	00:23:12	00:41:12	00:40:40	Clube Grupo BES	Veterano 2
170 Nuno Rodrigues	00:23:13	00:41:12	00:40:40	Clube Grupo BES	Senior
171 Luís Miguel Alves Loureiro	00:22:18	00:41:14	00:40:21		Senior
172 Ricardo José Silva Varela	00:21:41	00:41:17	00:40:46		Senior
173 André Vaz	00:21:54	00:41:17	00:41:05	Pernas de Gafanhoto	Senior
174 Armando Correia	00:22:03	00:41:18	00:40:50	Sporting Clube de Casainhos	Senior
175 Joel Martinho Guedes	00:22:23	00:41:18	00:40:57	Clube Colaboradores AXA	Senior
176 André Cid	00:21:46	00:41:21	00:40:34	SportLife	Senior
177 Joaquim Frade	00:22:33	00:41:22	00:41:03	ss cgd	Veterano 4
178 Nuno Vicente	00:22:10	00:41:22	00:41:12	Pepper House Running Team	Veterano 1
179 Rui Miguel Costa Rosa Alves Da Silva	00:22:58	00:41:22	00:40:31	Sporting Clube de Portugal	Veterano 1
180 Pedro Martins	00:22:33	00:41:25	00:41:01	Peters	Senior
181 Paulo Trindade	00:21:53	00:41:26	00:41:23		Senior
182 Arlindo Paixão	00:22:05	00:41:31	00:41:26	Restaurante «O CARTAXEIRO»	Veterano 2
183 Sergio Santos	00:22:27	00:41:33	00:41:25		Senior
184 Fernando Luz	00:22:26	00:41:33	00:41:29	GDCT UNICRE	Veterano 1
185 Rui Araujo	00:22:44	00:41:34	00:41:04	Centro Cultural e Desportivo dos Trabalhadores	Veterano 3



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186 Ricardo Martins	00:23:23	00:41:37	00:40:59		Senior
187 Joao Monteiro	00:22:00	00:41:39	00:41:24		Senior
188 Paulo Fernandes	00:22:21	00:41:39	00:41:18	Falcões Selvagens	Senior
189 João Mendes	00:23:16	00:41:40	00:41:00		Senior
190 Gaspar Laneiro	00:22:01	00:41:41	00:41:40		Veterano 3
191 Gonçalo Oliveira	00:22:33	00:41:42	00:41:37	GDCT UNICRE	Veterano 2
192 Luciano Dantas	00:22:29	00:41:43	00:41:33	GARMIN Olimpico de Oeiras	Veterano 1
193 Hélio Santos	00:22:54	00:41:44	00:41:21	BueRapidos	Senior
194 Marco Gonçalo A. Neves Campos	00:22:32	00:41:44	00:41:28		Senior
195 Alexandre Filipe Miranda Oliveira	00:22:22	00:41:44	00:41:30		Senior
196 Alexandre Mateus	00:22:29	00:41:46	00:41:21		Senior
197 Jorge Manuel Barros Cruz Lozano	00:23:03	00:41:46	00:41:44		Veterano 3
198 João Cabanas	00:22:40	00:41:47	00:41:18		Senior
199 Fátima Santos	00:22:14	00:41:48	00:41:45	Açoreana Clube Banif	Veterana
200 Vitor Cunha	00:22:25	00:41:48	00:40:38	wikaboo	Veterano 1
201 Carlos Venancio	00:22:37	00:41:50	00:41:40		Veterano 3
202 Neves Silva	00:22:44	00:41:50	00:41:25	Clube Ferroviário Portugal	Veterano 4
203 Luis Penteado	00:22:55	00:41:50	00:41:30	BueRapidos	Veterano 1
204 Luís Miguel Do Santos Ferreira	00:22:23	00:41:51	00:41:01		Senior
205 Manuel Rodrigues	00:22:54	00:41:51	00:41:33	Leões de Porto Salvo	Veterano 3
206 António Carlos Teixeira Duarte	00:22:41	00:41:54	00:41:34	Clube do Stress	Veterano 5
207 Manuel Mexia	00:22:42	00:41:56	00:41:21		Veterano 2
208 António Barbosa	00:22:36	00:41:57	00:41:29	MaMorais	Senior
209 Hugo Caselhas	00:22:09	00:41:57	00:41:52	maduro athletics associação desportiva	Senior
210 Rui Miguel Da Silva Varão	00:22:23	00:41:57	00:41:50		Senior
211 Eduardo Ribeiro	00:22:35	00:42:00	00:41:56	GDCT UNICRE	Veterano 1
212 Ricardo Marques	00:22:15	00:42:01	00:41:15	Falcões Selvagens	Senior
213 Manuel Rosa	00:22:12	00:42:06	00:41:50	Link	Senior
214 João Pedro Cardoso Vieira	00:24:09	00:42:07	00:41:07		Junior
215 Pedro Martins	00:22:50	00:42:09	00:41:59	Bladerunners	Senior
216 João Borrega	00:22:50	00:42:10	00:41:57	Clube Grupo BES	Veterano 2
217 José Badalo	00:22:35	00:42:12	00:41:06		Veterano 2
218 Antonio Queijo Almeida	00:22:32	00:42:12	00:42:02	Clube MILLENNIUMBCP	Veterano 2
219 Ruben António Costa	00:22:42	00:42:16	00:42:07		Veterano 2
220 Fernando José Nascimento Vicente	00:22:03	00:42:16	00:42:15		Veterano 3
221 Domingos Pinto-coelho	00:22:46	00:42:18	00:41:16	Os Leões da Estrada	Senior
222 Ricardo Gonçalves	00:22:12	00:42:18	00:42:14		Senior



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223 Manuel Guerreiro	00:22:15	00:42:18	00:42:14	Guerreiros do Rio	Veterano 4
224 Julio Ferreira	00:23:14	00:42:22	00:41:49	Clube Grupo BES	Veterano 4
225 Bruno Miguel Gonçalves De Campos Reis	00:22:47	00:42:22	00:41:39		Senior
226 Pedro Manuel Pereira	00:22:31	00:42:23	00:42:14		Veterano 1
227 Daniel Bastos Da Silva	00:22:52	00:42:25	00:41:43		Veterano 3
228 Vitor Moreira	00:22:35	00:42:29	00:42:19		Veterano 4
229 Mário Benedito F. M. Silva	00:22:49	00:42:29	00:42:08		Veterano 1
230 Antonio Jose Braga	00:22:39	00:42:30	00:42:24	Clube MILLENNIUMBCP	Veterano 3
231 Paulo Tomé	00:22:34	00:42:31	00:42:21		Senior
232 Rui Ferreira	00:23:08	00:42:32	00:42:27	Restaurante «O CARTAXEIRO»	Veterano 1
233 Joaquim Santos	00:22:59	00:42:32	00:42:13		Veterano 3
234 José Santos	00:23:19	00:42:33	00:42:24	Clube ANACOM	Veterano 3
235 Rui Rodas	00:22:44	00:42:33	00:42:31		Senior
236 Carlos Afonso	00:23:44	00:42:33	00:41:48	Clube ANA Lisboa	Senior
237 Telmo Coelho	00:23:13	00:42:34	00:42:13	ACD Bocal	Senior
238 Marco Baptista	00:22:52	00:42:34	00:41:54	ACD Bocal	Senior
239 João Veríssimo	00:23:15	00:42:35	00:42:22	tokandar	Veterano 3
240 António Figueiredo	00:22:15	00:42:36	00:42:28		Senior
241 Manuel Gonçalves	00:22:51	00:42:36	00:42:28	Grupo de Atletismo «OS PATRICIOS»	Veterano 6
242 Mário Júlio Rodrigues Lúcio	00:23:08	00:42:37	00:42:11		Veterano 2
243 Herberto Monteiro	00:22:41	00:42:40	00:42:26		Veterano 1
244 Cidalia Pimentel	00:22:59	00:42:41	00:42:38		Senior
245 Pedro Alexandre De Jesus Serra Marque	00:23:25	00:42:42	00:41:38		Senior
246 Ricardo Amado	00:23:30	00:42:43	00:41:58		Senior
247 Bernardo Afonso	00:23:09	00:42:44	00:42:32		Senior
248 Arlindo Pereira Brás	00:22:49	00:42:44	00:42:43	Amigos da Estrela	Veterano 2
249 Fernando Gonçalves	00:22:52	00:42:45	00:42:37	GDCT UNICRE	Veterano 1
250 Mário Lopes	00:23:15	00:42:45	00:42:18	BS Runners	Veterano 1
251 Gonçalo Lopes	00:22:44	00:42:45	00:41:40		Senior
252 Carlos Manuel Ribeiro	00:22:44	00:42:45	00:42:19		Veterano 1
253 Mario Lino	00:23:07	00:42:46	00:42:32		Veterano 2
254 António Bolra	00:23:00	00:42:47	00:42:28		Veterano 6
255 David Nascimento	00:23:56	00:42:49	00:41:44		Senior
256 Romão Pedroso	00:22:33	00:42:50	00:41:29	Running Strike Force	Senior
257 Rui David Saraiva De Oliveira	00:22:51	00:42:51	00:42:01		Senior
258 Ricardo Tavares	00:22:51	00:42:51	00:42:02		Senior
259 Marco Lourenço	00:24:29	00:42:52	00:42:01		Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
260 Hugo Venancio	00:22:47	00:42:52	00:42:50	ss cgd	Senior
261 Nuno Monteiro	00:22:58	00:42:53	00:42:12	Running of d ^a Maria	Senior
262 Miguel Ferraz	00:23:00	00:42:54	00:42:10	Ferraz	Senior
263 Alexandra Lamas	00:23:06	00:42:54	00:42:32		Senior
264 Paulo Tomas	00:23:10	00:42:55	00:42:07	U.R.D. Arranhó	Senior
265 Paulo Amorim	00:23:37	00:42:55	00:42:08	4@fundo	Veterano 2
266 Eduardo Alves Silva	00:23:16	00:42:56	00:41:58	Pernas de Gafanhoto	Veterano 2
267 Pedro Miguel Roxo	00:21:50	00:42:56	00:40:44		Senior
268 Afonso Vilela Pinto Da Silva	00:23:27	00:42:56	00:42:21		Senior
269 Americo Pimenta	00:23:33	00:42:59	00:42:49	Grupo Desp. Chelas	Veterano 3
270 Luis Miguel Barreiras	00:23:32	00:42:59	00:42:42		Veterano 1
271 Aníbal José De Sousa Costa	00:23:34	00:42:59	00:42:42		Veterano 1
272 Fatima Pinto	00:23:33	00:42:59	00:42:49	Grupo Desp. Chelas	Veterana
273 Rodrigo Durão	00:22:44	00:43:00	00:42:57		Senior
274 Joao Mata	00:22:44	00:43:00	00:42:58		Senior
275 Luis Carlos Caetano	00:23:21	00:43:02	00:42:21	Valadares	Veterano 2
276 Nuno Gonçalo	00:23:25	00:43:02	00:42:25		Senior
277 Alexandre Silva	00:22:34	00:43:03	00:42:44		Senior
278 Nuno Moleiro	00:22:36	00:43:04	00:42:10		Senior
279 José Luís Dos Santos Correia	00:23:24	00:43:05	00:43:03		Veterano 3
280 Rui Belo	00:23:02	00:43:07	00:42:49		Senior
281 Jorge Filipe	00:22:59	00:43:08	00:42:36		Veterano 2
282 Bruno Afonso	00:22:22	00:43:09	00:41:32	METAVISTA	Senior
283 Norberto Marques	00:23:08	00:43:10	00:42:44	Running of d ^a Maria	Veterano 1
284 Carlos Duarte	00:22:57	00:43:10	00:42:30		Senior
285 Lauro Lazarino	00:23:55	00:43:15	00:42:13		Senior
286 Paulo Moreno	00:23:55	00:43:16	00:42:14		Senior
287 Paulo Jorge Lopes Lourenço	00:23:32	00:43:16	00:43:11		Senior
288 Antonio Batista	00:23:29	00:43:18	00:43:02	Clube de Futebol Estrela	Veterano 5
289 João Leal Sequeira	00:24:08	00:43:18	00:42:18	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
290 Raul Ferreira	00:23:09	00:43:19	00:43:10	Pepper House Running Team	Senior
291 José Valério	00:22:54	00:43:22	00:43:16	Associação Desportiva e Cultural do Catujal	Veterano 6
292 José Pacheco	00:23:22	00:43:23	00:43:15	Família Pacheco	Veterano 2
293 Jose Santos	00:23:25	00:43:24	00:43:21	C.C.D. O Alvitejo	Veterano 4
294 Celso Gouveia	00:24:37	00:43:24	00:43:10		Veterano 1
295 José Luís Dias	00:23:22	00:43:24	00:43:10	Rail Runners	Veterano 2
296 Nuno Sentieiro Marques	00:23:00	00:43:25	00:42:29	Run 4 Fun	Veterano 1



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
297 Heitor Cardoso	00:23:31	00:43:25	00:43:22	Clube Atletismo Amigos de Belém	Veterano 2
298 Manuel Fidalgo	00:23:44	00:43:26	00:43:05	OS "NÓMADAS"	Veterano 4
299 Jose Barroco	00:23:44	00:43:26	00:43:05	OS "NÓMADAS"	Veterano 3
300 Miguel Pontinha	00:23:22	00:43:26	00:42:50	Squadra	Senior
301 José Cavaco	00:23:40	00:43:27	00:43:21	sportzone	Veterano 2
302 Filipe Neves	00:25:22	00:43:28	00:42:19	wikaboo	Senior
303 Pedro Miguel Pereira Quartin Assunção	00:23:08	00:43:29	00:43:11		Senior
304 Luís Filipe Candeias Da Silva	00:23:40	00:43:31	00:42:40		Senior
305 Jorge Barreira	00:23:30	00:43:32	00:43:15	Grupo Recreativo Cultural e Desportivo de Leiã	Veterano 6
306 Pedro Marques	00:23:43	00:43:34	00:42:54	Grupo Desp. Chelas	Veterano 2
307 Jorge Rebocho	00:23:21	00:43:35	00:42:54		Senior
308 Paulo Caetano Morgado Costa Grilo	00:23:09	00:43:35	00:43:17		Senior
309 Pedro Ferraz	00:23:24	00:43:38	00:43:15	Peters	Senior
310 Tiago Filipe Dos Santos Teles	00:23:18	00:43:38	00:43:22		Senior
311 Orlando Martins	00:23:08	00:43:40	00:43:02	Running of dª Maria	Veterano 4
312 João Simões	00:23:52	00:43:42	00:43:14	Clube Grupo BES	Veterano 4
313 João Bretes	00:23:27	00:43:42	00:43:30		Senior
314 Almerindo Silva	00:23:22	00:43:43	00:43:30	A.D.C.C.	Veterano 3
315 Salete Tavares	00:23:38	00:43:43	00:43:36		Senior
316 Ivane Santos	00:23:44	00:43:44	00:43:28		Veterana
317 Tiago Canhoto	00:23:34	00:43:45	00:43:02	Canhoto	Senior
318 Jorge Sousa	00:23:26	00:43:45	00:42:51	Grupo Desp. Chelas	Veterano 3
319 Pedro Campos	00:23:34	00:43:45	00:43:40	ThunderRunners	Senior
320 Pedro Lobo	00:23:56	00:43:45	00:43:16	Link	Senior
321 Rui Rodrigues	00:23:26	00:43:47	00:43:41		Veterano 2
322 António Pedro Almeida	00:23:56	00:43:48	00:43:10		Veterano 3
323 Carlos Manuel Oliveira E Silva	00:23:13	00:43:48	00:43:07		Veterano 2
324 António José Varela	00:23:27	00:43:49	00:43:46		Veterano 2
325 Sadiq Kassamo	00:23:01	00:43:52	00:43:16		Senior
326 Ricardo Arraias	00:23:56	00:43:52	00:43:20		Senior
327 Luis Silva	00:23:35	00:43:53	00:43:11	Silva	Senior
328 Paulo Magalhães	00:23:29	00:43:54	00:43:32	Grupo Unidos e Progresso de Gralhas	Veterano 1
329 Tiago Miguel Rodrigues	00:23:56	00:43:54	00:43:49	Clube MILLENNIUMBCP	Junior
330 Antonio Reis	00:23:40	00:43:55	00:43:50	Amigos Atletismo Mafra	Veterano 4
331 João Nuno Reis E Silva	00:23:42	00:43:55	00:42:53	PrimeFitness	Senior
332 André Machado	00:23:39	00:43:55	00:42:50		Senior
333 Nuno Ventura	00:23:20	00:43:56	00:43:30	wikaboo	Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
334 Jose Freire	00:23:39	00:43:57	00:43:44		Veterano 4
335 Joana Freire	00:23:41	00:43:57	00:43:46		Junior
336 Bernardo Pereira	00:23:43	00:43:59	00:43:48		Senior
337 Fernando Fernandes	00:23:36	00:44:01	00:43:49		Senior
338 Hugo Monteiro	00:23:20	00:44:01	00:43:48	complicados	Senior
339 Antonio Gonçalves	00:23:57	00:44:04	00:43:23		Veterano 3
340 Pedro B Ferreira	00:23:45	00:44:04	00:43:17		Veterano 1
341 Gentil Pereira	00:23:56	00:44:06	00:43:26	Amigos da Flor	Senior
342 Antonio Augusto Correia	00:24:11	00:44:06	00:43:17	Clube MILLENNIUMBCP	Veterano 4
343 Nuno M. Pereira	00:23:10	00:44:06	00:42:55	Acc Team	Senior
344 Egidio Silva	00:23:16	00:44:08	00:43:26		Veterano 2
345 Bruno Araújo	00:24:31	00:44:09	00:43:48		Senior
346 Paulo Patrício	00:23:35	00:44:10	00:43:56		Veterano 1
347 José Rua	00:24:36	00:44:14	00:43:05	wikaboo	Senior
348 Virgílio Carlos	00:23:34	00:44:14	00:44:03		Veterano 2
349 José Carvalho	00:24:17	00:44:15	00:43:49	Os Queimados	Senior
350 Marco Moutinho	00:24:17	00:44:15	00:43:49	Os Queimados	Senior
351 Paulo Cravo	00:23:18	00:44:15	00:43:20	ACS - Amigos da Corrida Salvaterra de Magos	Veterano 1
352 Joaquim Carrilho	00:24:09	00:44:15	00:43:43	ss cgd	Veterano 2
353 Idalécio Barros	00:23:33	00:44:19	00:44:10		Veterano 4
354 Jorge Vieira	00:23:36	00:44:20	00:42:57	Grupo Desportivo Roche	Senior
355 Fernando Guerreiro	00:23:18	00:44:21	00:44:12		Veterano 5
356 Joaquim Varanda	00:23:47	00:44:21	00:44:13	GDOA	Veterano 2
357 Pedro Dias	00:23:47	00:44:21	00:44:13	GDOA	Senior
358 Jose Goncalves	00:23:39	00:44:22	00:44:09		Veterano 2
359 Luis Sousa Ribeiro	00:23:45	00:44:26	00:43:34		Veterano 1
360 Vasco Costa	00:23:34	00:44:28	00:44:22		Veterano 4
361 José Figueiredo	00:23:26	00:44:29	00:44:26		Senior
362 Daniela Carvalho	00:23:41	00:44:29	00:44:25	Guerreiros do Rio	Senior
363 Luis Grilo	00:23:31	00:44:31	00:43:26	wikaboo	Veterano 1
364 Jose Alberto Costa Santos Fernandes	00:23:21	00:44:32	00:44:26		Senior
365 João Ferreira	00:24:02	00:44:33	00:43:56	Amigos da Flor	Veterano 4
366 Luis Manuel Calado Rendeiro	00:24:03	00:44:33	00:43:22		Veterano 2
367 Jorge Rodrigues	00:23:51	00:44:33	00:44:21		Veterano 2
368 Paulo Matias	00:23:44	00:44:34	00:43:38		Veterano 1
369 Fernando Manuel	00:23:43	00:44:34	00:43:39		Veterano 4
370 Carlos Henriques	00:23:42	00:44:34	00:43:32		Senior



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Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
371 Nuno Lucas	00:24:15	00:44:35	00:43:42	Pernas de Gafanhoto	Senior
372 Nuno Amaral	00:24:26	00:44:36	00:44:29	ctx@run	Senior
373 Andre Fernandes	00:23:38	00:44:37	00:43:58		Senior
374 Henrique Ruas	00:24:16	00:44:38	00:44:32	C.C.D. O Alvitejo	Veterano 6
375 Jorge Bicho	00:23:54	00:44:38	00:43:54	4@fundo	Veterano 3
376 José Magalhães	00:24:59	00:44:38	00:44:20	GDINE	Veterano 4
377 Rui Tavares	00:23:57	00:44:40	00:43:56		Senior
378 David Clemente	00:24:19	00:44:40	00:43:59		Senior
379 Fernando Carvalho	00:23:50	00:44:41	00:44:19	BueRapidos	Veterano 1
380 Rodrigo Afonso Opa	00:24:51	00:44:42	00:44:00		Senior
381 Luis Amorim	00:24:09	00:44:42	00:44:32	N.A.BDF	Veterano 3
382 Carlos Pessoa	00:23:57	00:44:42	00:44:16		Veterano 1
383 José Santos Costa	00:23:49	00:44:43	00:43:52		Veterano 1
384 Maria Rosa Carita	00:23:54	00:44:43	00:44:33		Veterana
385 Pedro Pinto	00:24:13	00:44:43	00:44:20		Veterano 5
386 Eduardo Nabais	00:23:54	00:44:44	00:44:08		Senior
387 Fernando De Jesus Machado Da Silva	00:24:10	00:44:45	00:44:21		Veterano 3
388 Rui Geraldes	00:24:20	00:44:45	00:44:13	Rail Runners	Senior
389 João Miguel	00:24:12	00:44:45	00:44:30	Tangas Clube	Veterano 6
390 Carlos Rafael Castro Soares	00:24:11	00:44:45	00:44:33		Junior
391 Fernando Vergamota	00:24:02	00:44:46	00:44:30		Veterano 4
392 Ricardo Baleia	00:24:23	00:44:48	00:44:09	Bacana Running	Senior
393 Jorge Santos	00:25:02	00:44:49	00:43:57	C.C.D. S.R.S. de Lisboa	Senior
394 Joao Rodrigues Dos Reis	00:23:55	00:44:50	00:44:22		Veterano 5
395 Avelino Véstias	00:24:00	00:44:50	00:44:49	Os Indomáveis	Veterano 5
396 Rui Carrigo	00:24:19	00:44:51	00:44:13	Bacana Running	Senior
397 Gil Valentim	00:24:05	00:44:52	00:44:47		Junior
398 Artur Martins	00:23:22	00:44:52	00:44:35		Veterano 1
399 Roberto Cardeta	00:23:33	00:44:52	00:44:36	JDEUS	Senior
400 Manuel Hortelão	00:24:30	00:44:53	00:44:11	Amigos da Flor	Veterano 1
401 Albino Ferreira	00:23:53	00:44:53	00:44:51	Lesmas Aloperadas	Veterano 2
402 Manuel António	00:23:59	00:44:53	00:44:25	Rail Runners	Veterano 1
403 Germano Pires	00:24:16	00:44:54	00:44:29	GDOA	Veterano 3
404 Maria da Piedade Escudeiro Dias	00:23:49	00:44:54	00:44:50	Mirantense Futebol Clube	Veterana
405 Daniel Nunes	00:24:17	00:44:54	00:44:29	Os Nunes	Senior
406 Jorge Aguiar	00:24:23	00:44:54	00:44:21		Veterano 2
407 Ricardo Neiva	00:25:00	00:44:54	00:43:53		Veterano 1



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
408 Sandrina Costa Cunha	00:24:49	00:44:55	00:44:30		Senior
409 André Justino Leandro	00:24:45	00:44:55	00:44:30		Senior
410 Alcides Nunes	00:23:50	00:44:55	00:44:52		Veterano 3
411 Ilidio Gomes Rodrigues	00:24:43	00:44:56	00:44:50	Clube MILLENNIUMBCP	Veterano 5
412 Manuel Dias Trindade	00:24:20	00:44:57	00:44:45		Veterano 4
413 Glauco Fim Louzada	00:24:07	00:44:58	00:44:36		Senior
414 Alexandre Do Monte Lee	00:24:00	00:45:00	00:44:06		Senior
415 Antonio Manuel Graça Correia	00:24:40	00:45:01	00:44:29		Veterano 3
416 Mário Rodrigues	00:24:25	00:45:02	00:44:39	ASICS	Veterano 1
417 Paulo França	00:23:41	00:45:04	00:44:59	GDCT UNICRE	Veterano 2
418 Marco Henriques	00:23:44	00:45:05	00:45:00	Guerreiros do Rio	Senior
419 José Eduardo Da Silva Monteiro	00:24:42	00:45:10	00:44:51		Veterano 3
420 Vasco Magalhães	00:23:42	00:45:11	00:45:01		Senior
421 Rodrigo Dias	00:24:23	00:45:15	00:44:24	Premium Minds	Senior
422 Daniel Zacarias	00:24:22	00:45:15	00:44:23	Premium Minds	Senior
423 João Carlos Da Cruz Vicente	00:24:20	00:45:16	00:44:17		Veterano 1
424 Antonio Coutinho	00:24:46	00:45:20	00:44:37		Veterano 4
425 Luis Ramos	00:24:28	00:45:22	00:44:48		Senior
426 Filipe Outeiro De Araújo E Sá	00:24:00	00:45:23	00:45:18		Veterano 1
427 Virgilio Augusto De Castro Gonçalves	00:24:14	00:45:24	00:44:38		Veterano 3
428 Julio Fernandes	00:24:08	00:45:25	00:44:44	Grupo Desportivo Roche	Senior
429 Rui Borges	00:23:43	00:45:25	00:44:39	G A Monsanto/Gascan	Veterano 2
430 Fernando Pires	00:24:15	00:45:27	00:44:36		Veterano 1
431 Nuno Ricardo Ferreira Jorge	00:24:05	00:45:28	00:45:03		Senior
432 Rita Salgado Mendes Ferreira	00:24:16	00:45:28	00:45:14		Senior
433 Manuel Campos Valente De Oliveira Hall	00:24:42	00:45:31	00:44:22		Senior
434 Nuno Silva	00:24:02	00:45:32	00:45:12		Veterano 1
435 Carlos Pereira	00:24:08	00:45:32	00:44:56	Os Zatopeques	Senior
436 Isabel Rodrigues	00:24:44	00:45:34	00:44:56	GARMIN Olimpico de Oeiras	Veterana
437 Antonio Ingles	00:23:47	00:45:35	00:44:49	G A Monsanto/Gascan	Veterano 3
438 Alexandre Dias	00:24:29	00:45:36	00:45:25		Senior
439 Vicente Dias	00:24:31	00:45:37	00:45:26	N.A.BDF	Veterano 4
440 Carlos Dinis	00:24:46	00:45:37	00:45:03		Veterano 2
441 Manuel Teixeira	00:25:04	00:45:38	00:44:47	C.C.D. S.R.S. de Lisboa	Veterano 4
442 Pedro Alexandre Gomes Ferreira	00:24:29	00:45:39	00:44:50		Senior
443 Martins Barata	00:24:34	00:45:40	00:45:34	Clube Ferroviário Portugal	Veterano 6
444 Nuno Marques	00:24:31	00:45:40	00:45:34	Clube Pessoal EDP Carregado	Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
445 Miguel Almeida	00:23:53	00:45:43	00:45:36	TINTACRIATIVA.COM	Senior
446 Ana Márcia Amaral	00:24:45	00:45:44	00:45:37	ctx@run	Senior
447 Paulo Alexandre Condinho Miranda	00:24:10	00:45:44	00:45:20		Veterano 1
448 Virgílio Espada	00:24:53	00:45:47	00:45:37		Veterano 4
449 Sérgio Pedro	00:24:15	00:45:49	00:45:14	Squadra	Senior
450 Fernando Silva Almeida	00:24:06	00:45:51	00:45:45	Clube MILLENNIUMBCP	Veterano 1
451 Carlos Oliveira	00:24:14	00:45:51	00:44:47	Mistral Spirit	Veterano 4
452 Vítor Revez	00:23:56	00:45:52	00:45:15	Grupo Excursionista Os Economicos	Veterano 3
453 Pedro Oliveira	00:24:18	00:45:52	00:44:46		Senior
454 Luís Miguel Zeferino	00:24:21	00:45:52	00:45:27		Senior
455 Fernando Moura	00:24:14	00:45:53	00:45:44	Grupo de Atletismo «OS PATRICIOS»	Veterano 3
456 António Bogas	00:23:48	00:45:54	00:45:34		Veterano 2
457 Bruno Pio	00:23:44	00:45:55	00:45:26	Squadra	Senior
458 Alexandre Gomes	00:25:24	00:46:00	00:45:51		Veterano 1
459 Orlando Gabriel Ferreira	00:24:33	00:46:00	00:45:33	Grupo Desportivo CIMPOR	Veterano 3
460 Carlos Moreira	00:25:28	00:46:01	00:45:33	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
461 Jose Andrade	00:24:27	00:46:02	00:45:56	GDOA	Veterano 2
462 Joaquim Corrula	00:24:42	00:46:03	00:45:31	brandoa corre	Veterano 2
463 Mario Botas Campos	00:24:46	00:46:03	00:45:47	Clube MILLENNIUMBCP	Veterano 5
464 Eduardo Martins	00:24:40	00:46:03	00:45:36	O Celeiro Da Memoria	Veterano 5
465 Antonio Tavares Ramos	00:24:42	00:46:04	00:45:24	Clube MILLENNIUMBCP	Veterano 1
466 Nuno Miguel Santos	00:23:33	00:46:06	00:42:30		Senior
467 José Eduardo Fachada	00:24:51	00:46:06	00:45:14		Veterano 4
468 Joao Pereira Santos	00:24:38	00:46:08	00:45:55		Veterano 3
469 Aníbal Da Silva Fernandes	00:24:54	00:46:08	00:45:15		Senior
470 Roger Martins	00:24:36	00:46:10	00:45:32	ASICS	Senior
471 João Carlos Ferreira Antunes	00:24:22	00:46:10	00:45:20		Senior
472 António José De Lima Fonseca	00:23:56	00:46:11	00:46:02		Veterano 1
473 Domingos Matos	00:24:41	00:46:11	00:45:48	Falcões Selvagens	Veterano 3
474 Nuno Miguel Alves	00:24:25	00:46:11	00:45:57		Veterano 1
475 José Neves	00:24:17	00:46:11	00:46:08	Os Indomáveis	Veterano 4
476 Manuel Pereira	00:25:05	00:46:12	00:45:22	Grupo de Atletismo «OS PATRICIOS»	Veterano 4
477 José Silva	00:24:47	00:46:13	00:45:16	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
478 Nuno Serras	00:25:15	00:46:15	00:45:48		Senior
479 Odete Fiuza	00:25:06	00:46:16	00:45:45		Senior
480 Pedro Meireles	00:25:06	00:46:16	00:45:45		Veterano 1
481 Pedro Guimarães	00:25:13	00:46:17	00:45:59		Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
482 Pedro Redentor Ribeiro	00:24:52	00:46:18	00:45:59		Senior
483 Euclides Roque Levy	00:25:14	00:46:19	00:46:05	SportLife	Veterano 1
484 Nuno Miguel B Martins	00:25:55	00:46:21	00:45:37		Senior
485 David Lameiro	00:25:09	00:46:21	00:45:26		Senior
486 Inácio Gonçalves	00:25:00	00:46:22	00:45:54	ALGIMS	Veterano 5
487 Anibal Simoes	00:25:05	00:46:25	00:45:41		Veterano 1
488 Paulino Rodrigues	00:24:02	00:46:26	00:46:11		Veterano 3
489 Carlos Manuel Barrento	00:24:04	00:46:26	00:46:06	Os Amigos	Veterano 2
490 Fernando Coelho	00:24:03	00:46:26	00:46:06	Os Amigos	Veterano 2
491 João Baptista	00:25:14	00:46:27	00:45:46	ACD Bocal	Senior
492 Nuno Fernandes	00:24:46	00:46:27	00:45:53		Senior
493 Mário Jorge Silva	00:25:03	00:46:27	00:45:44	Georunners	Veterano 3
494 Rita Valentim	00:25:23	00:46:28	00:46:22	Clube Ferroviário Portugal	Veterana
495 Carlos Alves	00:25:07	00:46:28	00:46:09	Clube Ferroviário Portugal	Veterano 3
496 Raquel Correia Lopes	00:24:49	00:46:28	00:45:25		Senior
497 Jorge Louro	00:24:35	00:46:32	00:46:22		Veterano 2
498 Albano Coutinho	00:24:44	00:46:34	00:45:49		Veterano 2
499 Eduardo Brito	00:24:59	00:46:35	00:46:09	Running of dª Maria	Senior
500 Orlando Manuel Mestre Cruz	00:24:02	00:46:36	00:45:38		Veterano 5
501 João Jose Cruz Cunha	00:25:13	00:46:36	00:46:25	Clube MILLENNIUMBCP	Veterano 3
502 Luis Almeida	00:25:05	00:46:36	00:46:12	Grupo Unidos e Progresso de Gralhas	Senior
503 David Eduardo De Sousa Branco	00:24:26	00:46:37	00:45:59		Senior
504 Luis Amorim	00:24:55	00:46:37	00:46:05		Veterano 1
505 Rui Pombinho	00:25:34	00:46:38	00:45:56		Veterano 2
506 Antonio Sobral Sousa	00:25:11	00:46:43	00:46:04	Clube MILLENNIUMBCP	Veterano 6
507 Miguel Mateus	00:24:26	00:46:43	00:46:26		Senior
508 José Freitas	00:24:58	00:46:44	00:46:36	Associação Águas Livres de Caneças	Senior
509 Luis Neves	00:24:57	00:46:44	00:46:08		Veterano 3
510 Antonio Correia	00:24:36	00:46:45	00:46:36		Veterano 2
511 Nuno Clemente	00:25:23	00:46:45	00:45:45	Carapaus de Corrida	Senior
512 Nuno Azevedo	00:25:42	00:46:46	00:45:29	Centro Cultural e Desportivo dos Trabalhadores	Senior
513 João Paulo Carvalho	00:24:35	00:46:47	00:45:46		Senior
514 Mario Miguel	00:25:35	00:46:49	00:46:03	4@fundo	Senior
515 Nuno Mendes Silva	00:24:51	00:46:50	00:46:43	GDINE	Veterano 4
516 Gonçalo Melo	00:25:23	00:46:50	00:46:28		Veterano 2
517 Vitor Manuel Garrido De Matos Teixeira	00:25:09	00:46:50	00:46:03		Veterano 3
518 Paulo Lopes	00:25:09	00:46:51	00:45:21		Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
519 Paulo Gonçalves	00:24:56	00:46:52	00:46:46		Senior
520 Carlos Miranda	00:24:13	00:46:52	00:46:46		Veterano 4
521 Sara Margarida Milheiro De Melo Marinho	00:25:16	00:46:53	00:46:28		Senior
522 David Alexandre Correia Coelho	00:25:16	00:46:53	00:46:27		Senior
523 Rui Trindade	00:24:49	00:46:55	00:45:25		Veterano 1
524 Armando Tavares	00:24:47	00:46:56	00:46:39	Clube de Futebol Estrela	Veterano 5
525 Nuno Freitas	00:24:57	00:46:56	00:46:49	Associação Águas Livres de Caneças	Senior
526 Rui Margarido	00:25:41	00:46:57	00:46:15		Senior
527 Vitor Rocha	00:25:46	00:46:57	00:46:09		Veterano 3
528 Nuno Catarro	00:25:42	00:46:57	00:46:15		Senior
529 Pedro Cunha	00:25:40	00:46:57	00:45:38	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2
530 Bruno Otavio Santos	00:25:10	00:46:57	00:46:11		Junior
531 Damião Santos	00:25:11	00:46:57	00:46:11		Senior
532 Assis Sérgio Fernandes	00:25:41	00:46:57	00:46:47		Senior
533 Joaquim Ermenegildo	00:24:48	00:46:58	00:46:53	Mirantense Futebol Clube	Veterano 2
534 José Luís Lopes	00:24:39	00:47:00	00:46:42	Amigos da Estrela	Veterano 3
535 António Joaquim Pereira Ramos	00:25:12	00:47:01	00:46:32		Veterano 4
536 Carla Cruz	00:25:36	00:47:02	00:46:35	Clube do Stress	Veterana
537 Jose Ferreira Caetano	00:25:45	00:47:03	00:46:06		Veterano 4
538 Tito Miguel F.silva	00:25:46	00:47:03	00:46:01		Senior
539 Rudolfo Bento	00:25:28	00:47:04	00:46:32	Cidada Afável	Senior
540 Domingos Augusto Marques Janela	00:25:20	00:47:04	00:46:45		Veterano 6
541 João Paulo Valente Rodrigues	00:25:49	00:47:06	00:46:29		Senior
542 Liliana Isabel Ferreira Filipe	00:25:02	00:47:07	00:46:39		Senior
543 Luis Duarte	00:25:59	00:47:07	00:47:06		Veterano 5
544 Fernando Faria	00:24:57	00:47:08	00:46:19		Senior
545 André Tavares	00:24:55	00:47:08	00:46:18		Senior
546 Carlos Dionisio Ipe	00:25:59	00:47:08	00:46:45		Senior
547 Amável Luz	00:25:23	00:47:13	00:46:37	UDR ZONA ALTA - Torres Novas	Veterano 3
548 Antonio José Gaspar Pombinho	00:25:04	00:47:16	00:46:51		Veterano 3
549 António Júlio Machado Serra	00:24:14	00:47:18	00:47:08		Veterano 3
550 Manuel Rebelo Nunes	00:25:39	00:47:19	00:46:43	Os Nunes	Veterano 4
551 Jeremias Ribeiro	00:26:18	00:47:19	00:46:22		Veterano 6
552 Marco Meireles	00:25:21	00:47:20	00:47:07		Senior
553 Paulo Puga	00:25:12	00:47:20	00:46:59	GDINE	Veterano 2
554 António Portugal	00:25:01	00:47:20	00:47:09	GDINE	Veterano 2
555 Miguel Roxo	00:25:00	00:47:22	00:46:32	Premium Minds	Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
556 Madalena Figueiredo Fontinhas	00:25:01	00:47:23	00:46:55		Senior
557 Carlos Neves	00:25:07	00:47:24	00:47:21	Os Indomáveis	Senior
558 Eduardo Lobito	00:25:59	00:47:25	00:47:03		Senior
559 Jose Tomas Ramalhinho Leitao	00:26:00	00:47:25	00:47:04		Veterano 1
560 Ramiro Damas	00:25:32	00:47:27	00:46:38	Grupo de Atletismo «OS PATRICIOS»	Veterano 5
561 Américo Costa	00:25:17	00:47:27	00:46:54	TECNOSPPIE, SA	Veterano 3
562 Luis Manuel Santos	00:25:39	00:47:28	00:46:02		Veterano 1
563 Carla Leão	00:24:57	00:47:28	00:46:49	Jubas	Veterana
564 Pedro Pires	00:25:14	00:47:31	00:47:16	Link	Senior
565 Rafael Santos	00:25:53	00:47:31	00:46:13	Centro Cultural e Desportivo dos Trabalhadores	Veterano 1
566 Barros Costa	00:25:54	00:47:31	00:46:12	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
567 Teresa Marques Da Silva	00:24:45	00:47:31	00:47:04	Clube do Stress	Veterana
568 Carlos Vilaça	00:25:32	00:47:31	00:47:18		Senior
569 Jorge Mendes	00:26:34	00:47:32	00:47:04		Senior
570 Filipe Santos	00:27:07	00:47:34	00:46:54	Trolemom	Senior
571 Luis Miguel Xavier	00:28:07	00:47:35	00:47:17		Senior
572 Pedro Quina	00:26:11	00:47:36	00:46:42		Veterano 2
573 Maria Venancio	00:25:40	00:47:36	00:47:31		Veterana
574 Nuno Pereira	00:25:23	00:47:38	00:47:16	ASICS	Veterano 1
575 Helio Pereira	00:26:40	00:47:39	00:46:48	Alvite Moimenta da Beira	Senior
576 Luis Barbosa	00:26:40	00:47:39	00:46:50	Alvite Moimenta da Beira	Senior
577 Ricardo Pacheco	00:24:54	00:47:41	00:47:24		Senior
578 Nelson Oliveira Jorge	00:25:32	00:47:41	00:47:19		Senior
579 Fábio Carballo	00:25:39	00:47:44	00:47:07		Senior
580 Mário Jorge Oliveira Lucas	00:25:27	00:47:44	00:47:10		Senior
581 Hugo Miguel Esteves Rego	00:25:12	00:47:44	00:46:23		Senior
582 Fernando Santos	00:25:16	00:47:45	00:47:22	Falcões Selvagens	Veterano 2
583 José Costa	00:25:33	00:47:46	00:46:56		Veterano 1
584 João Valadas Calado	00:26:28	00:47:49	00:47:07	Clube MILLENNIUMBGP	Veterano 2
585 João Roxo	00:24:29	00:47:50	00:46:51		Veterano 1
586 António Serafim Desidério	00:25:51	00:47:53	00:46:51	Run 4 Fun	Veterano 1
587 António Sul	00:25:48	00:47:54	00:47:28	GARMIN Olimpico de Oeiras	Veterano 1
588 Bruno Esteves Augusto	00:25:12	00:47:54	00:46:34		Senior
589 Nuno António Soares	00:25:15	00:47:55	00:46:51	PrimeFitness	Senior
590 Raul Costa	00:25:50	00:47:55	00:47:25	Clube Robbialac	Veterano 3
591 Jorge Paulo	00:25:51	00:47:56	00:46:56	Run 4 Fun	Veterano 3
592 Joaquim Manuel Cardoso	00:25:55	00:47:57	00:47:24		Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
593 Paulo Duarte	00:26:12	00:47:58	00:47:54	GDCT UNICRE	Veterano 2
594 Jorge Gaudencio	00:24:55	00:47:59	00:47:19	complicados	Senior
595 André Miguel Dias Lopes	00:25:41	00:47:59	00:47:23		Senior
596 Mario Antonio	00:25:40	00:48:01	00:47:44	Tangas Clube	Veterano 6
597 Rui Abel Dias Vieira	00:24:38	00:48:01	00:47:22		Senior
598 Jose Carlos Cardoso	00:27:25	00:48:01	00:47:32		Senior
599 Ana Canhoto	00:25:59	00:48:01	00:47:16	Canhoto	Veterana
600 Ricardo Dias	00:25:49	00:48:02	00:47:32	Centro Cultural e Desportivo dos Trabalhadores	Senior
601 Rosa Pratas	00:25:14	00:48:02	00:47:52	Clube Ferroviário Portugal	Veterana
602 António Cumbre	00:26:13	00:48:02	00:47:56	Pernas de Gafanhoto	Senior
603 João Cunha	00:26:44	00:48:05	00:46:40		Veterano 2
604 Mário Ferro	00:25:59	00:48:07	00:47:55	Clube Ferroviário Portugal	Veterano 4
605 Andre Carlos Barata	00:26:10	00:48:09	00:47:21		Junior
606 Carlos Alberto Martins Costa	00:24:50	00:48:11	00:47:08		Senior
607 Sérgio Antunes	00:26:02	00:48:14	00:46:52	Running Strike Force	Senior
608 Joao Milheiro	00:25:56	00:48:14	00:47:32	O Celeiro Da Memoria	Veterano 3
609 Tomás Pina	00:26:37	00:48:15	00:48:00		Veterano 1
610 Vitor Manuel Pereira Gonçalves	00:26:10	00:48:15	00:47:19		Veterano 1
611 João Pedro	00:25:47	00:48:17	00:48:09		Junior
612 Nuro De Matos Carvalho	00:25:11	00:48:18	00:46:49		Senior
613 Alberto Ramires	00:25:08	00:48:18	00:48:09		Veterano 4
614 João Carlos Almeida Borges	00:25:23	00:48:19	00:47:33		Veterano 1
615 Ant3nio Sousa	00:25:28	00:48:19	00:48:12		Veterano 6
616 Manuel Azedo	00:26:04	00:48:20	00:47:33		Veterano 3
617 Fernanda Parro	00:25:32	00:48:22	00:48:11	GARMIN Olimpico de Oeiras	Veterana
618 Ricardo Silva	00:26:39	00:48:22	00:47:49	Clube Grupo BES	Senior
619 Luis Parro	00:25:30	00:48:22	00:48:11	GARMIN Olimpico de Oeiras	Veterano 3
620 Manuel Sequeira	00:26:00	00:48:24	00:47:26	Associação de Atletismo Lebres do Sado	Veterano 5
621 Sérgio Moreiras	00:25:58	00:48:26	00:47:05	Running Strike Force	Senior
622 João Gomes	00:26:00	00:48:27	00:48:07		Senior
623 Pedro Nuno Gonçalves Nunes Fernandes	00:24:57	00:48:27	00:47:52		Senior
624 Eurico Semedo	00:26:02	00:48:27	00:47:32	ss cgd	Veterano 5
625 Antonio Ferreira	00:26:19	00:48:27	00:48:16	ss cgd	Veterano 4
626 Luis Gomes	00:26:40	00:48:28	00:47:40	Alvite Moimenta da Beira	Senior
627 Pedro Plassen Lopes	00:25:57	00:48:29	00:47:01		Veterano 1
628 Luis Manuel Lopes Vicente	00:26:50	00:48:29	00:48:11		Veterano 3
629 Carlos Correia	00:26:26	00:48:32	00:48:22	Grupo Excursionista Os Economicos	Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
630 Carlos Caetano Silva	00:25:29	00:48:33	00:48:21	Serviços Sociais Montepio Geral	Veterano 1
631 Pedro Bugalho Fernandes	00:25:54	00:48:34	00:47:59	Clube MILLENNIUMBBCP	Senior
632 Jean-paul Ascenso	00:25:31	00:48:34	00:48:23		Senior
633 Sergio Castro	00:25:47	00:48:36	00:47:16		Senior
634 Cláudio Monteiro	00:26:31	00:48:37	00:47:43		Senior
635 Domingos Barreiros	00:25:46	00:48:38	00:48:26		Veterano 6
636 Artur Caetano Martins	00:25:46	00:48:38	00:48:25	Tangas Clube	Veterano 6
637 Alexandre Rodrigues	00:26:27	00:48:38	00:48:16	BueRapidos	Veterano 1
638 Guilherme Rosa	00:25:19	00:48:38	00:48:27	N&A CNAS	Veterano 2
639 Isabel Santos	00:25:50	00:48:40	00:48:20		Veterana
640 Miguel Vergamota	00:26:54	00:48:40	00:48:31		Veterano 1
641 Fernando Azevedo	00:25:25	00:48:40	00:47:49	C.C.D. S.R.S. de Lisboa	Veterano 4
642 Paulo Rodrigues	00:26:03	00:48:41	00:48:10		Veterano 1
643 Isidro Martins Carvalho	00:26:30	00:48:42	00:48:19	Papa Léguas Team	Veterano 1
644 Joaquim Querido	00:25:58	00:48:44	00:48:00		Veterano 3
645 Carlos Manuel Campos Miranda	00:26:09	00:48:45	00:48:43		Veterano 2
646 Rui Manuel Almeida	00:26:16	00:48:48	00:48:40		Senior
647 Fernando Pires	00:25:33	00:48:48	00:46:51		Senior
648 Tomás Sousa	00:24:59	00:48:49	00:48:25	Os Super	Senior
649 Carlos Renato	00:26:30	00:48:49	00:47:57	Connect2Run	Veterano 3
650 Henriqueta Solipa	00:26:35	00:48:49	00:48:02	Connect2Run	Veterana
651 Hugo Cruz	00:26:37	00:48:50	00:47:47		Senior
652 Celso Gomes	00:25:25	00:48:51	00:48:39		Veterano 3
653 Pedro Mourão	00:25:42	00:48:52	00:47:29	Georunners	Veterano 3
654 Mário Luís	00:26:20	00:48:54	00:47:55	Carapaus de Corrida	Veterano 2
655 Mauricio Antunes Da Silva Júnior	00:26:48	00:48:55	00:47:56		Senior
656 Vitor Luis Dos Santos Rocha	00:28:16	00:48:55	00:47:56		Veterano 1
657 Marcelo Esteves	00:25:58	00:48:55	00:48:16	Amigos da Estrela	Senior
658 Joao Pedro Ferreira	00:27:24	00:48:57	00:48:27		Senior
659 Rui Vergamota	00:25:58	00:48:57	00:47:46		Veterano 3
660 Fernando Pestana	00:25:38	00:48:59	00:48:57	Clube Ferroviário Portugal	Veterano 5
661 Anabela Pacheco	00:26:08	00:49:01	00:48:31	O Mundo da Corrida	Veterana
662 Jose Dias	00:26:39	00:49:01	00:48:31	brandoa corre	Veterano 3
663 José Magro	00:26:02	00:49:01	00:48:30	O Mundo Corrida	Veterano 1
664 Antonio Ribeiro	00:26:08	00:49:01	00:47:48		Veterano 2
665 Duarte Lima	00:25:41	00:49:02	00:48:43	LimaSLB	Junior
666 Joao Salazar	00:25:32	00:49:03	00:48:48		Veterano 1



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
667 Jorge Vieira	00:25:56	00:49:03	00:47:51	ACS - Amigos da Corrida Salvaterra de Magos	Veterano 2
668 Miguel Alves	00:25:30	00:49:03	00:48:34		Senior
669 Jorge Almeida	00:26:30	00:49:04	00:48:12	Connect2Run	Veterano 1
670 Pedro Beltrão	00:26:13	00:49:04	00:48:28	Squadra	Senior
671 Ricardo Jorge Cipriano Pita	00:25:56	00:49:05	00:48:42		Senior
672 Guilherme Alves	00:26:59	00:49:06	00:48:54		Junior
673 Paula Almeida	00:26:58	00:49:07	00:48:53	Clube ANA Lisboa	Veterana
674 Antonio Franco	00:26:48	00:49:07	00:47:59	Serviços Sociais Montepio Geral	Veterano 2
675 João Pacheco	00:26:46	00:49:07	00:47:59	Centro Desportivo de Quarteira	Senior
676 Tiago Filipe Lopes Da Silva	00:26:15	00:49:08	00:48:45		Senior
677 Pedro Lóios	00:27:40	00:49:09	00:48:34		Senior
678 Jose Graca Valentim	00:28:09	00:49:10	00:48:13	Clube Colaboradores AXA	Veterano 1
679 Rui Rabaça	00:27:41	00:49:10	00:48:34		Senior
680 Hugo Rodrigues	00:25:39	00:49:10	00:48:51		Senior
681 Vitor Santos	00:26:21	00:49:11	00:48:12	Carapaus de Corrida	Veterano 1
682 Vera Lucia Correia	00:26:06	00:49:11	00:49:01		Senior
683 Teresa Sepúlveda	00:25:54	00:49:12	00:48:37		Senior
684 Alvaro Ricardo	00:26:13	00:49:12	00:49:01		Veterano 5
685 Samuel Pereira	00:26:11	00:49:13	00:48:01	Acc Team	Senior
686 Bruno Soares	00:25:40	00:49:13	00:48:18		Senior
687 Jorge Marques	00:26:44	00:49:17	00:48:43		Veterano 4
688 Marcelo Cardoso	00:26:35	00:49:18	00:49:16	GDCT UNICRE	Veterano 1
689 José Castro	00:27:34	00:49:19	00:48:03	Clube Atletismo Amigos de Belém	Veterano 3
690 Rui Vilão	00:26:47	00:49:20	00:48:11		Veterano 1
691 Nuno Morgado	00:26:41	00:49:20	00:49:08	Gafanho Sport Clube	Veterano 3
692 Luis Miguel Silva Neves Calheiros	00:26:28	00:49:21	00:48:36		Senior
693 Fernando Leão	00:25:35	00:49:21	00:48:41	Jubas	Veterano 1
694 António Pedro Mata	00:26:23	00:49:22	00:48:23	Run 4 Fun	Veterano 3
695 Pedro Miguel Henriques Dos Santos	00:26:08	00:49:23	00:48:17		Senior
696 Cláudia Lorena Ferreira	00:27:28	00:49:25	00:48:37		Veterana
697 José Ramos	00:26:20	00:49:25	00:49:16		Veterano 1
698 Ramiro Borrego	00:26:19	00:49:25	00:49:15		Veterano 2
699 Eduardo Coelho	00:24:13	00:49:26	00:49:19		Senior
700 Bruno Filipe Mendes	00:26:52	00:49:27	00:48:51	DFA	Senior
701 Conceição Peres	00:26:46	00:49:28	00:48:54	Clube ANA Lisboa	Veterana
702 José Manuel Dos Santos Alípio	00:26:19	00:49:28	00:49:04		Veterano 3
703 Luis Pedro Santos	00:25:14	00:49:29	00:49:11		Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
704 José Mauricio	00:26:57	00:49:29	00:49:11		Veterano 4
705 António Norte	00:26:43	00:49:30	00:48:23		Senior
706 Carlos Alberto Tome	00:26:10	00:49:31	00:49:14	Clube MILLENNIUMBCP	Veterano 5
707 Paulo Fernandes	00:25:43	00:49:32	00:48:52	complicados	Senior
708 Paulo Pereira	00:26:48	00:49:32	00:48:24	Serviços Sociais Montepio Geral	Veterano 1
709 Maria Cidalia Gois Sousa Dos Santos	00:27:11	00:49:32	00:49:25		Veterana
710 Pedro Silva	00:26:03	00:49:32	00:49:10	Os Queimados	Senior
711 Henrique Ferreira	00:25:09	00:49:33	00:49:14	U.R.D. Arranhó	Veterano 1
712 Nuno Marques	00:26:34	00:49:34	00:48:38	Pernas de Gafanhoto	Senior
713 Eloi Marques Da Silva	00:25:55	00:49:36	00:49:15	Clube do Stress	Veterano 5
714 Nuno Amaro	00:26:38	00:49:36	00:49:22		Veterano 1
715 Jose Luis	00:26:36	00:49:36	00:49:02		Veterano 3
716 André Camilo	00:26:35	00:49:37	00:49:04	Premium Minds	Senior
717 João Ralha	00:27:18	00:49:41	00:48:34	Run 4 Fun	Veterano 3
718 Vitor Cardoso	00:26:25	00:49:43	00:49:38		Veterano 2
719 Helder Rodrigues	00:27:59	00:49:43	00:49:28		Senior
720 Luis Carlos Fernandes Almeida	00:26:53	00:49:44	00:49:16		Senior
721 Paulo Lourinho	00:27:36	00:49:48	00:48:35		Veterano 1
722 Júlio Castro	00:27:35	00:49:48	00:48:34	Clube Atletismo Amigos de Belém	Veterano 3
723 Francisco Manuel Dos Reis Gomes	00:26:03	00:49:50	00:49:41		Senior
724 Ana Margarida Vasconcelos Pereira	00:27:11	00:49:52	00:49:33		Junior
725 Domingos Mó	00:26:31	00:49:53	00:49:22	Grupo de Atletismo «OS PATRICIOS»	Veterano 5
726 Carlos Pinto Coelho	00:26:38	00:49:53	00:49:12		Veterano 3
727 Carla Alexandra Lopes	00:26:46	00:49:57	00:49:39	GDINE	Senior
728 Carlos Pereira	00:26:44	00:49:57	00:49:09	Alvite Moimenta da Beira	Veterano 1
729 Paulo Lopes	00:26:49	00:49:57	00:49:07	Alvite Moimenta da Beira	Senior
730 Fernando Rodrigues	00:26:46	00:49:57	00:49:10	U.R.D. Arranhó	Veterano 1
731 Gabriel Antonio	00:26:45	00:49:58	00:49:10	U.R.D. Arranhó	Veterano 2
732 Edmundo Lourenço	00:26:46	00:49:58	00:49:11	U.R.D. Arranhó	Senior
733 Nuno Dos Santos André	00:27:33	00:49:59	00:49:25		Senior
734 Pedro Miguel Silva Vieira	00:27:31	00:50:00	00:49:25		Senior
735 Tiago Ribeiro	00:27:26	00:50:00	00:48:57	Run 4 Fun	Senior
736 Fernando Fernandes	00:27:06	00:50:02	00:48:55	wikaboo	Senior
737 Ana Maria Gonçalves	00:26:54	00:50:02	00:49:25	DFA	Senior
738 Jose Piedade	00:26:35	00:50:03	00:49:30	brandoa corre	Veterano 2
739 Nuno Santos	00:27:08	00:50:06	00:49:27	Trolemom	Senior
740 Francisco Covas	00:26:40	00:50:06	00:49:35		Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
741 Ana Torrão	00:26:11	00:50:06	00:48:53		Veterana
742 António Manteiga	00:27:02	00:50:07	00:48:54	Clube do Stress	Senior
743 Ana Margarida Gonçalves	00:27:03	00:50:07	00:48:54	Run 4 Fun	Veterana
744 Mário Lopes	00:27:28	00:50:07	00:49:03	Centro Desportivo de Quarteira	Veterano 1
745 Jorge Brito	00:27:25	00:50:07	00:48:59	Centro Desportivo de Quarteira	Veterano 1
746 Paulo Roxo	00:26:34	00:50:07	00:49:54		Senior
747 Agostinho Dias	00:26:26	00:50:08	00:49:08	Carapaus de Corrida	Veterano 2
748 João Pinto	00:26:59	00:50:09	00:49:03	G A Monsanto/Gascan	Veterano 3
749 Jorge Pombo	00:27:21	00:50:12	00:49:22		Veterano 2
750 Petra De Carvalho Matias Jelínková	00:27:04	00:50:12	00:49:13		Senior
751 Manuel Rodrigo	00:26:23	00:50:17	00:50:05		Veterano 5
752 Arlindo Conde	00:27:20	00:50:19	00:49:00		Veterano 2
753 João Grilo	00:27:03	00:50:21	00:49:08		Senior
754 Daniel Rodrigues	00:26:30	00:50:22	00:49:47	Clube Robbialac	Senior
755 Pedro Sanches	00:28:18	00:50:27	00:49:16		Senior
756 Manuel Simões	00:26:29	00:50:27	00:49:42	Clube Ferroviário Portugal	Veterano 5
757 João Ratinho	00:26:24	00:50:30	00:49:32		Veterano 2
758 Luis Aguiar	00:26:29	00:50:30	00:49:52		Veterano 1
759 Carlos Pinto Abreu	00:26:31	00:50:30	00:50:08	Clube do Stress	Veterano 1
760 Horácio Gomes Vieira	00:27:32	00:50:32	00:49:57		Veterano 5
761 Fernando Nunes	00:26:34	00:50:32	00:49:49		Senior
762 Manuel Tavares	00:25:43	00:50:32	00:50:25	Grupo Desp. Chelas	Veterano 3
763 Ricardo Silva	00:27:45	00:50:34	00:50:24		Senior
764 Alberto Carlos Saraiva Pereira Bento	00:27:21	00:50:34	00:49:45		Veterano 1
765 José Milagres	00:26:37	00:50:34	00:50:32	GDCT UNICRE	Veterano 4
766 Nuno Jacinto	00:26:52	00:50:35	00:50:19		Veterano 1
767 Fernando Machado	00:27:13	00:50:35	00:49:38		Veterano 3
768 Ana Groznik	00:27:13	00:50:35	00:49:37		Veterana
769 Manuel Cardoso	00:26:50	00:50:36	00:50:08	Clube de Futebol Estrela	Veterano 5
770 Alexandre De Azevedo Gaspar	00:26:49	00:50:37	00:50:25		Veterano 6
771 Fernanda Costa	00:26:50	00:50:37	00:50:33	Amigos Atletismo Mafra	Veterana
772 Marina Baptista	00:27:39	00:50:38	00:50:11		Veterana
773 Eduardo Monteiro Ramos	00:25:45	00:50:39	00:50:16		Junior
774 Raquel Franja Madeira	00:28:21	00:50:40	00:50:15		Senior
775 Luis Antunes	00:27:08	00:50:40	00:50:11	G A Monsanto/Gascan	Veterano 2
776 Vilma Maria Pessanha Flores Bento	00:27:21	00:50:41	00:49:53		Veterana
777 Fernando Alves	00:27:07	00:50:42	00:49:41	ss cgd	Veterano 3



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
778 Carlos Assis	00:27:18	00:50:43	00:50:00	Os beri beri do asfalto	Senior
779 Renato Silva	00:27:06	00:50:45	00:49:59		Senior
780 Artur Pereira	00:26:54	00:50:45	00:50:15		Veterano 4
781 Jorge Manuel De Oliveira Martins	00:27:30	00:50:45	00:50:00		Senior
782 Luis Afonso	00:28:02	00:50:46	00:49:57		Senior
783 Pedro Figueira Da Silva Gois	00:28:00	00:50:46	00:49:31		Senior
784 Jose Loureiro	00:27:25	00:50:46	00:50:19	AOGMA	Veterano 2
785 João Paulo Santos Lima	00:27:23	00:50:47	00:50:09	4 ao Km	Veterano 3
786 Alexandre Vaz	00:27:02	00:50:49	00:50:28	Grupo Excursionista Os Economicos	Senior
787 Catarina Dias	00:26:46	00:50:49	00:50:06	Serviços Sociais Montepio Geral	Senior
788 Fernando Calçada	00:26:46	00:50:50	00:50:06	Serviços Sociais Montepio Geral	Senior
789 Carlos Costa	00:27:18	00:50:50	00:50:05		Veterano 1
790 Susana Santos	00:27:18	00:50:50	00:50:05	Clube ANA Lisboa	Senior
791 Roberto Félix	00:26:20	00:50:53	00:50:36	Link	Senior
792 Elisabete Barreira	00:27:09	00:50:53	00:50:38	Grupo Recreativo Cultural e Desportivo de Leia	Senior
793 António Marques	00:27:00	00:50:54	00:49:40		Veterano 5
794 Jose Coelho Da Piedade	00:27:04	00:50:56	00:50:12		Veterano 4
795 Pedro Machado	00:27:42	00:50:58	00:50:41	Clube ANA Lisboa	Veterano 1
796 Paulo Vilão	00:25:48	00:50:59	00:50:08		Senior
797 José Coelho	00:27:16	00:51:00	00:50:15	Os beri beri do asfalto	Veterano 1
798 Alexandre Pitta Livério	00:26:22	00:51:02	00:50:24		Senior
799 Carlos Marques Janela	00:27:43	00:51:06	00:50:46	Clube MILLENNIUMBCP	Veterano 4
800 Antonio Alves	00:26:54	00:51:07	00:50:53		Veterano 5
801 Albertino Semedo	00:27:31	00:51:07	00:50:09	ss cgd	Veterano 3
802 João Dias Frias	00:26:22	00:51:11	00:50:49	GDINE	Veterano 4
803 Sonia Cristina	00:26:47	00:51:16	00:50:21	Clube Grupo BES	Veterana
804 Inês Gonçalves	00:26:11	00:51:17	00:50:59		Senior
805 Rui Nobre Gonçalves	00:26:09	00:51:17	00:51:00		Veterano 3
806 Carlos Albano	00:27:39	00:51:17	00:50:18	ss cgd	Veterano 1
807 João Francisco Ramos De Oliveira	00:26:57	00:51:18	00:51:11		Veterano 2
808 Paulo Costa	00:26:47	00:51:20	00:51:04	Amigos da Estrela	Senior
809 João Carvalho	00:26:54	00:51:20	00:50:49		Senior
810 Jorge Domingos	00:27:20	00:51:20	00:50:40	ACD Bocal	Senior
811 Carminda Pires	00:27:13	00:51:21	00:51:04		Veterana
812 Fernando Jorge Matias	00:28:16	00:51:22	00:50:24		Veterano 4
813 Fernando Cardoso	00:27:19	00:51:23	00:50:16	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
814 Alberto Martinho	00:27:20	00:51:23	00:50:16	Centro Cultural e Desportivo dos Trabalhadores	Veterano 2



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
815 Pedro Vicente	00:27:15	00:51:24	00:50:31		Senior
816 Ricardo Alves	00:27:42	00:51:25	00:50:39		Veterano 1
817 Joaquim Nunes Pimentel	00:27:42	00:51:25	00:50:56		Senior
818 Pedro Jorge Viegas Simões	00:26:46	00:51:25	00:51:07	Clube ANA Lisboa	Veterano 1
819 Amilcar Pires	00:27:27	00:51:26	00:50:23		Veterano 5
820 Nuno Prates	00:27:27	00:51:26	00:50:38		Veterano 1
821 Paula Machado	00:27:26	00:51:26	00:51:01		Veterana
822 Marta Pais Quina	00:27:14	00:51:27	00:50:34		Senior
823 Guilherme Albino	00:27:36	00:51:29	00:50:23	Serviços Sociais Montepio Geral	Senior
824 Joao Vaz	00:26:43	00:51:30	00:51:06	brandoa corre	Veterano 2
825 João Tomás	00:25:22	00:51:30	00:50:55	Clube Grupo BES	Senior
826 Sérgio Antunes	00:29:30	00:51:31	00:50:54		Senior
827 Ana Ferreira	00:27:09	00:51:32	00:50:48	Clube Grupo BES	Veterana
828 Vítor Alves	00:26:50	00:51:36	00:51:02		Veterano 2
829 Fábio Araújo Michelli	00:26:33	00:51:36	00:49:49		Senior
830 Miguel Carvalho	00:27:17	00:51:38	00:50:43		Senior
831 Rita Rodrigues	00:28:06	00:51:40	00:51:21		Junior
832 Marco Antonio Silva	00:27:08	00:51:42	00:50:57		Veterano 1
833 Francisco Ramos	00:27:58	00:51:47	00:50:47		Veterano 1
834 Raul Carvalho	00:26:25	00:51:48	00:51:11	Falcões Selvagens	Veterano 3
835 Carla Isabel Fernandes Teixeira	00:28:01	00:51:49	00:51:17		Veterana
836 António Sérgio Gameiro Rosa	00:28:03	00:51:49	00:51:21		Veterano 3
837 Maria Goreti Fernandes	00:27:41	00:51:50	00:51:24	Grupo Desportivo CIMPOR	Veterana
838 Armando José Teixeira Cardoso	00:27:58	00:51:50	00:51:16		Veterano 2
839 Nuno Silva	00:26:58	00:51:50	00:51:08	Silva	Senior
840 Carlos Pereira	00:27:51	00:51:51	00:51:21		Veterano 2
841 António Dos Santos Morgado	00:27:09	00:51:52	00:51:50	Clube ANA Lisboa	Senior
842 Célia Paiva	00:27:00	00:51:53	00:51:40		Veterana
843 Pedro Emanuel Nogueira Nunes	00:28:12	00:51:54	00:51:08		Senior
844 Sérgio Filipe Tavares Da Silva	00:26:48	00:51:57	00:51:21		Senior
845 Anselmo Tomaz De Lima	00:27:56	00:51:57	00:51:18		Veterano 1
846 Joaquim Palma	00:27:27	00:51:59	00:51:35	Os Nunes	Veterano 4
847 Carlos Cruz Marques	00:27:44	00:52:00	00:50:51	Centro Cultural e Desportivo dos Trabalhadores	Veterano 5
848 Patricia Carvalho Dias	00:28:01	00:52:00	00:51:07	Clube Colaboradores AXA	Senior
849 Rui Santos	00:27:59	00:52:00	00:51:05		Senior
850 Sandra Sofia Dos Santos Martins	00:28:10	00:52:01	00:51:23	4 ao Km	Senior
851 Paulo Fernandes	00:28:08	00:52:01	00:51:22	Associação de Atletismo Lebres do Sado	Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
852 Ricardo Filipe Quintã Costa	00:27:08	00:52:02	00:51:54		Junior
853 João Pedro Veiga	00:26:59	00:52:03	00:50:33		Senior
854 José Vale	00:27:29	00:52:03	00:51:47		Veterano 3
855 Antonio Reyes	00:27:46	00:52:03	00:50:58	G A Monsanto/Gascan	Veterano 4
856 Ricardo Rodrigues	00:27:22	00:52:04	00:50:57	ss cgd	Senior
857 Gilberto Carlos Jardim Pereira	00:28:33	00:52:07	00:50:45		Senior
858 Antonio Lopes	00:26:19	00:52:08	00:50:56		Veterano 4
859 Nuno Bom	00:27:09	00:52:11	00:52:00	Pepper House Running Team	Senior
860 Vasco Alpalhão	00:27:05	00:52:11	00:51:06	Alpalhao	Veterano 1
861 Luis Silva	00:28:09	00:52:15	00:51:06	JDEUS	Senior
862 Rui Jorge Nascimento Pires	00:28:10	00:52:15	00:51:36		Veterano 3
863 Florival Andrade	00:27:19	00:52:16	00:51:34	O Celeiro Da Memoria	Veterano 5
864 Mário Dias Pereira	00:27:57	00:52:17	00:51:33		Veterano 1
865 Lina Simanoniene	00:28:48	00:52:18	00:50:54		Senior
866 José M. Cardoso	00:27:57	00:52:19	00:52:00	Tangas Clube	Veterano 6
867 Goncalo Dinis	00:28:34	00:52:20	00:51:45		Junior
868 Jorge Pinto	00:27:59	00:52:21	00:51:47	Clube Robbialac	Veterano 1
869 Diogo Guilherme	00:28:30	00:52:23	00:51:44	G A Monsanto/Gascan	Senior
870 Pedro Cardoso	00:28:31	00:52:23	00:51:44	G A Monsanto/Gascan	Senior
871 José Amaro	00:27:27	00:52:24	00:51:18	Centro Desportivo de Quarteira	Veterano 3
872 Bruno Parreira	00:27:00	00:52:26	00:51:32		Senior
873 Luís Pimenta	00:27:59	00:52:28	00:51:01		Senior
874 Francisco Melo	00:28:36	00:52:30	00:52:08		Veterano 1
875 Victor Manuel Da Silva Valente	00:28:12	00:52:31	00:51:45		Veterano 4
876 Rita Aguiar	00:27:19	00:52:31	00:52:01		Senior
877 Luís Carlos Rodrigues De Sousa Miranda	00:27:13	00:52:32	00:51:55		Senior
878 José Vlilela	00:28:23	00:52:36	00:52:03	Clube Robbialac	Veterano 2
879 Bruno Bruto Da Costa	00:28:01	00:52:37	00:51:23		Senior
880 Osvaldo Pires	00:27:54	00:52:37	00:51:32		Senior
881 Ana Pacheco	00:28:19	00:52:38	00:52:30	Família Pacheco	Junior
882 Antonio Silva	00:27:05	00:52:38	00:52:17	Os Queimados	Veterano 1
883 Pedro Fernandes	00:27:42	00:52:40	00:52:03	Bacana Running	Senior
884 Marília Ribeiro	00:28:42	00:52:41	00:51:37	tokandar	Senior
885 Mário Alves	00:27:14	00:52:41	00:52:27		Senior
886 José Carlos Antunes	00:27:15	00:52:42	00:52:27		Senior
887 Jacinto Godinho	00:29:34	00:52:42	00:51:46	Godinho	Veterano 2
888 Antonio Paulino	00:27:24	00:52:44	00:52:35		Veterano 4



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
889 Gonçalo Delca	00:27:59	00:52:45	00:51:31		Senior
890 Fernando Guerra	00:28:50	00:52:45	00:52:40		Veterano 6
891 Carlos Ambrósio	00:27:59	00:52:45	00:51:32	Clube ANA Lisboa	Junior
892 Vasco Silva	00:27:58	00:52:45	00:51:32		Veterano 2
893 Rosinda Gonçalves	00:27:42	00:52:47	00:52:19	ALGIMS	Veterana
894 Mário Caetano	00:28:36	00:52:48	00:52:36		Senior
895 Joaquim Valadares	00:28:03	00:52:50	00:52:36	Valadares	Veterano 2
896 António Henriques Ribeiro	00:27:35	00:52:52	00:52:03		Veterano 5
897 Igor Oliveira	00:28:07	00:52:52	00:51:39	Acc Team	Senior
898 Bruno Alexandre Talhadas	00:28:58	00:52:54	00:51:37		Senior
899 Paulo Barra	00:25:33	00:52:57	00:52:35	Os Queimados	Veterano 1
900 Gonçalo Alves Carvalho	00:28:18	00:52:59	00:51:49		Senior
901 Elisabete Águas	00:27:26	00:53:00	00:51:40	C.C.D. O Alvitejo	Veterana
902 Jaime Parda	00:26:29	00:53:04	00:52:05	Carapaus de Corrida	Veterano 1
903 João Carlos Ferreira	00:28:33	00:53:04	00:52:40	Grupo Desportivo CIMPOR	Senior
904 Fatima Fernandes	00:27:58	00:53:05	00:52:40	Papa Léguas Team	Veterana
905 Tiago Jorge Diogo Pedro	00:28:33	00:53:07	00:52:16		Senior
906 José Manuel Simões	00:28:02	00:53:07	00:52:57	Georunners	Veterano 4
907 Ricardo Rodrigues	00:28:50	00:53:07	00:52:18		Senior
908 Ana Cláudia Carrasco	00:28:50	00:53:08	00:52:18		Senior
909 Gonçalo Oliveira	00:30:06	00:53:08	00:52:17	4@fundo	Senior
910 Andre Juliao Gaspar	00:29:53	00:53:09	00:51:54		Senior
911 Luis Januário	00:27:22	00:53:09	00:52:22	Clube ANA Lisboa	Veterano 3
912 Joaquim Manuel Fulgêncio	00:28:23	00:53:10	00:52:46	Clube MILLENNIUMBPCP	Veterano 3
913 Liliana Marques	00:28:05	00:53:10	00:52:25		Senior
914 António Eduardo	00:28:36	00:53:12	00:52:45	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
915 Joao Goulart	00:27:51	00:53:13	00:52:52		Senior
916 José Pires	00:28:11	00:53:13	00:52:45	Centro Cultural e Desportivo dos Trabalhadores	Veterano 6
917 David Almeida	00:27:03	00:53:14	00:52:08		Veterano 1
918 António Basso	00:27:58	00:53:15	00:52:08		Veterano 1
919 Ana Paula Matias	00:28:11	00:53:16	00:52:19	Clube Colaboradores AXA	Veterana
920 André Lapa	00:29:26	00:53:22	00:52:19	ASICS	Senior
921 José Vieira	00:29:27	00:53:22	00:52:19	ASICS	Senior
922 Teresa Figueiredo	00:27:47	00:53:22	00:52:51		Senior
923 Rui Jorge Mendonça Domingues	00:27:55	00:53:23	00:52:49		Veterano 2
924 Paulo Jorge Barreira Vieira Cardoso	00:29:23	00:53:23	00:52:23		Veterano 2
925 José João Fraga	00:28:43	00:53:25	00:52:01		Veterano 1



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
926 Helena Silva	00:27:49	00:53:26	00:53:01	Grupo Desportivo CIMPOR	Veterana
927 Pedro Neves Pinto	00:28:17	00:53:29	00:53:09	Clube Colaboradores AXA	Veterano 3
928 Arménio Correia	00:27:55	00:53:31	00:53:06	Grupo Unidos e Progresso de Gralhas	Veterano 3
929 Ana Agostinho	00:27:03	00:53:32	00:52:03		Senior
930 Arménio S. Patrício	00:29:08	00:53:34	00:53:08		Veterano 6
931 Isabel Neves	00:28:04	00:53:36	00:52:59		Veterana
932 Manuel Vinagre	00:27:54	00:53:36	00:52:59		Veterano 6
933 Rui Ferreira	00:28:32	00:53:39	00:53:01		Senior
934 Francisco Pais	00:28:07	00:53:41	00:53:13	Clube ANACOM	Veterano 3
935 João Pedro Cardoso	00:28:19	00:53:43	00:52:33		Senior
936 Paula Cristina Machado Crispim	00:28:20	00:53:43	00:53:10		Senior
937 João Luis Carvalho Soares Branco	00:27:44	00:53:43	00:52:31		Veterano 1
938 Tiago Miguel Marques Batista	00:28:09	00:53:44	00:53:10		Senior
939 Sergio Correia	00:27:00	00:53:44	00:53:33		Senior
940 Alexandre Guimaraes	00:28:03	00:53:46	00:53:31	complicados	Senior
941 Marques Alexandre	00:28:59	00:53:47	00:53:32	Centro Cultural e Desportivo dos Trabalhadores	Veterano 3
942 Inês Reis Pinto	00:28:33	00:53:49	00:53:02		Senior
943 Inês Santos	00:28:35	00:53:50	00:53:37		Senior
944 Tiago Jorge Gomes Martins	00:29:00	00:53:53	00:52:47		Senior
945 Pedro Gois	00:29:00	00:53:53	00:52:46	ss cgd	Veterano 1
946 Artur Dinis	00:28:19	00:53:55	00:52:54	ALGIMS	Veterano 3
947 Ana Patrícia Lima Da Silva	00:27:54	00:53:56	00:53:41		Senior
948 José Eduardo Barradas Duarte	00:28:57	00:53:57	00:52:52		Senior
949 Rui Ralha	00:29:24	00:53:57	00:53:06	Run 4 Fun	Veterano 3
950 Manuel Dantas	00:27:54	00:53:58	00:52:50	Centro Cultural e Desportivo dos Trabalhadores	Veterano 6
951 Jose André	00:28:44	00:53:59	00:53:33		Veterano 4
952 João Quitalo	00:28:49	00:54:00	00:53:33	AOGMA	Veterano 5
953 Manuel Borges	00:29:34	00:54:00	00:53:14		Veterano 3
954 Maria Isabel Rodrigues	00:28:34	00:54:01	00:53:27		Veterana
955 Ron Franken	00:28:31	00:54:02	00:53:45		Veterano 4
956 Chiara Bedini	00:29:19	00:54:04	00:53:21	Muamba	Senior
957 Paulo Jorge Borges Godinho	00:28:41	00:54:04	00:53:35		Veterano 1
958 José Sousa	00:30:16	00:54:04	00:53:08		Veterano 3
959 João Alves	00:29:11	00:54:05	00:53:14	Grupo de Atletismo «OS PATRICIOS»	Veterano 3
960 Marco Neto	00:28:15	00:54:05	00:53:17	Alvite Moimenta da Beira	Senior
961 Fernando Alcides Rodrigues	00:28:46	00:54:05	00:53:16	Clube MILLENNIUMBOP	Veterano 2
962 Helia Sofia Francisco Santos	00:28:34	00:54:06	00:53:17		Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
963 Henrique Vilhena	00:29:02	00:54:07	00:52:53		Veterano 4
964 Eduarda Paiva	00:29:15	00:54:10	00:53:21	Clube do Stress	Veterana
965 Carlos Paiva	00:29:14	00:54:11	00:53:21	Clube do Stress	Veterano 3
966 Mario Pires	00:29:00	00:54:13	00:53:17		Veterano 3
967 Diogo Frazão Castello-branco De Gois	00:27:57	00:54:14	00:53:43		Junior
968 Fernando Pereira Rodrigues	00:29:26	00:54:16	00:53:58		Veterano 6
969 Aníbal Carvalho	00:31:39	00:54:17	00:52:56		Veterano 5
970 Hugo Gaspar	00:30:13	00:54:18	00:52:58		Senior
971 Valter Amadeu Da Costa Moreira	00:30:04	00:54:21	00:52:54		Senior
972 António Resende	00:29:37	00:54:23	00:53:31		Veterano 3
973 Jorge Manuel Da Conceição Gois	00:28:01	00:54:24	00:53:57	Clube ANA Lisboa	Veterano 3
974 Teresa Caria	00:28:32	00:54:26	00:53:41		Senior
975 Vania Guerreiro	00:28:32	00:54:26	00:53:41		Senior
976 Helena Adegas	00:28:35	00:54:26	00:54:23		Veterana
977 Cláudia Gonçalves Freixo	00:28:56	00:54:27	00:53:55		Senior
978 Carlos Pardelha	00:28:21	00:54:27	00:54:21		Veterano 2
979 Domingos Mó	00:28:32	00:54:28	00:54:11		Veterano 5
980 José Francisco Marques Martins	00:28:03	00:54:29	00:53:23	Clube ANA Lisboa	Veterano 4
981 Pedro Sergio Santos Junior	00:28:51	00:54:30	00:53:59		Senior
982 Clara Raimundo	00:27:43	00:54:30	00:53:19	Acc Team	Senior
983 Aurelio Calado	00:29:01	00:54:30	00:53:28	ss cgd	Veterano 5
984 João Francisco Marques Almeida Oliveira	00:28:24	00:54:32	00:53:56	Clássicos 2009	Senior
985 Fernando Matias	00:28:39	00:54:32	00:54:11	Amigos da Estrela	Veterano 2
986 Rui Lapa	00:28:36	00:54:33	00:54:21		Veterano 1
987 Carlos Sousa	00:28:54	00:54:35	00:54:05	AOGMA	Veterano 1
988 Isabel Monteiro	00:29:05	00:54:36	00:53:52	Ferraz	Senior
989 Virgilio Rodrigues	00:28:46	00:54:38	00:54:21	Clube de Futebol Estrela	Veterano 5
990 Rodrigo Afonso Reis	00:30:19	00:54:40	00:53:41		Senior
991 Luisa Maria Pintão	00:29:27	00:54:40	00:54:07		Veterana
992 Paulo Tainha	00:28:20	00:54:41	00:54:35		Veterano 2
993 António M. B. Costa E Silva	00:27:58	00:54:42	00:53:46		Veterano 4
994 Tiago Ramos	00:28:01	00:54:42	00:54:24		Senior
995 Antonio Casas Novas	00:29:35	00:54:42	00:53:47	Godinho	Senior
996 Francisco Clerigo	00:28:54	00:54:43	00:53:41	ss cgd	Veterano 4
997 Mario Vitoria	00:28:28	00:54:48	00:54:06	Grupo Desportivo Roche	Veterano 1
998 Paulo Oliveira	00:29:29	00:54:49	00:54:03		Veterano 2
999 Ana Rosado	00:29:59	00:54:50	00:54:21	Clube Grupo BES	Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1000 Luis Cardoso	00:28:44	00:54:53	00:54:00		Veterano 1
1001 Rui Manuel Euzébio	00:29:13	00:54:54	00:54:14		Veterano 6
1002 Marília Neves	00:29:59	00:54:54	00:54:25	Clube Grupo BES	Senior
1003 Jaime Bernardes	00:28:17	00:54:57	00:54:26		Veterano 1
1004 Jose Gomes	00:29:03	00:54:59	00:53:30	AC Activo Criativo	Veterano 5
1005 Bruno Morais	00:30:17	00:55:00	00:53:40		Senior
1006 Patrícia Carvalho	00:29:18	00:55:01	00:54:06		Senior
1007 António Ribeiro	00:28:32	00:55:06	00:54:56		Veterano 2
1008 Alexandre Julião Janicas	00:29:54	00:55:08	00:53:53		Senior
1009 José Rodrigues	00:28:24	00:55:09	00:54:36	Clube Robbialac	Veterano 4
1010 Miguel C Loureiro	00:29:37	00:55:10	00:54:37		Veterano 1
1011 Marlene Oliveira	00:29:04	00:55:14	00:54:57		Senior
1012 Joao Palmeiro	00:28:21	00:55:14	00:53:29		Veterano 5
1013 Bruno Miguel Gaspar Soares	00:29:23	00:55:15	00:54:06		Senior
1014 Nuno Gonçalves	00:29:53	00:55:15	00:54:29		Veterano 4
1015 Pedro Filipe Dos Santos Nascimento	00:29:03	00:55:17	00:53:27		Senior
1016 Daniel José Dos Santos Nascimento	00:29:02	00:55:17	00:53:27		Senior
1017 Etelvina Paulino	00:29:05	00:55:20	00:55:11		Veterana
1018 Nelson Jesus Ferreira	00:33:07	00:55:22	00:54:11		Senior
1019 Luis Artur Barata	00:29:53	00:55:23	00:54:34		Veterano 2
1020 Joaquim Fonseca	00:29:47	00:55:26	00:55:19	Os Super	Veterano 4
1021 António Teixeira	00:29:39	00:55:27	00:54:48	wikaboo	Senior
1022 Joao Montes	00:29:30	00:55:27	00:55:00		Veterano 3
1023 Cristina Araújo	00:28:53	00:55:29	00:55:08		Senior
1024 Raquel Santos	00:29:56	00:55:29	00:54:41		Senior
1025 Pedro Ramos	00:30:55	00:55:30	00:55:08	Clube ANA Lisboa	Veterano 1
1026 André Glória	00:29:04	00:55:31	00:54:37		Senior
1027 Filipe Gaspar	00:30:27	00:55:31	00:55:17		Senior
1028 Ana Martinez De Castro	00:29:52	00:55:31	00:54:11	Pernas de Gafanhoto	Senior
1029 João Claro	00:29:52	00:55:31	00:54:12		Veterano 1
1030 Nuno Miguel Bacalhau Lopes Duro	00:27:01	00:55:31	00:55:05		Senior
1031 Carlos Filipe Cardoso Gomes	00:30:25	00:55:32	00:55:17		Veterano 1
1032 Paulo Alexandre Luis	00:29:44	00:55:32	00:54:30	PrimeFitness	Veterano 1
1033 Mercedes Fonseca	00:29:29	00:55:37	00:55:30	Os Super	Veterana
1034 Leonia Ceban Tudor	00:29:26	00:55:41	00:54:57		Veterana
1035 Fernando Bispo	00:28:50	00:55:41	00:55:20	Os Queimados	Veterano 3
1036 Pedro Vitor	00:29:58	00:55:44	00:55:15	Clube Grupo BES	Veterano 1



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1037 Bernardo Jose Paraiba	00:29:46	00:55:44	00:54:31	Clube MILLENNIUMBGP	Veterano 4
1038 José Dinis Cabim Carita	00:28:44	00:55:44	00:55:28		Veterano 3
1039 Martinho P. R. Roque	00:28:55	00:55:45	00:54:45		Veterano 1
1040 Susana Fernandes	00:29:30	00:55:48	00:55:29		Senior
1041 Gil Ferreira	00:33:07	00:55:48	00:54:37		Senior
1042 Assimina Camal	00:30:02	00:55:48	00:54:22	Clube do Stress	Veterana
1043 Vitor Cordeiro	00:30:03	00:55:48	00:54:23		Veterano 4
1044 Eva Silva	00:29:21	00:55:50	00:55:05	Muamba	Senior
1045 João Pedro Silva	00:29:34	00:55:55	00:55:03		Senior
1046 João Vasconcelos	00:29:07	00:55:58	00:55:54		Veterano 3
1047 João Mário Negrão Santos	00:29:19	00:55:59	00:55:21		Senior
1048 Sofia Bento Rebocho	00:29:19	00:55:59	00:55:19		Senior
1049 Ana Marques	00:29:38	00:56:04	00:55:31		Veterana
1050 Maria Batista	00:29:38	00:56:04	00:55:30	G.A. " OS TARTARUGAS"	Veterana
1051 Isabel Pinto Da Costa	00:29:33	00:56:05	00:55:29	SportLife	Veterana
1052 Dhebora Bonfante	00:30:59	00:56:07	00:55:29		Veterana
1053 João Pacheco	00:28:26	00:56:07	00:55:58	Família Pacheco	Senior
1054 Paulo Caria	00:29:41	00:56:08	00:54:52		Senior
1055 Sergio Resende	00:30:16	00:56:08	00:55:34		Veterano 1
1056 Luis Santarem	00:30:16	00:56:09	00:55:21	ss cgd	Veterano 4
1057 Ana Correia	00:29:43	00:56:10	00:54:58		Senior
1058 Patricia A. Fernandes	00:29:58	00:56:11	00:55:49	Clube ANA Lisboa	Senior
1059 José Alexandre Borges Reis	00:29:03	00:56:12	00:55:28		Veterano 2
1060 Jorge Lima	00:29:16	00:56:13	00:55:55	LimaSLB	Veterano 2
1061 António Sá	00:29:30	00:56:15	00:55:35		Veterano 1
1062 Joaquim Lavos	00:29:03	00:56:15	00:55:30		Senior
1063 Abílio Augusto Pires	00:29:53	00:56:23	00:55:23		Veterano 6
1064 Carlos Margato	00:30:14	00:56:24	00:55:20		Veterano 2
1065 Vitor Rodrigues	00:29:45	00:56:27	00:55:08	C.C.D. O Alvitejo	Veterano 1
1066 Edmundo Vieira Simões	00:29:38	00:56:28	00:55:02		Veterano 4
1067 Davide Amado	00:30:13	00:56:29	00:55:08		Senior
1068 António Moura	00:28:39	00:56:29	00:56:21		Veterano 4
1069 Frederico Alexandre Saldanha E Sousa F	00:29:55	00:56:31	00:55:31		Senior
1070 Cláudia Ramos	00:30:27	00:56:33	00:55:59		Senior
1071 Laura Carmenates	00:29:29	00:56:33	00:56:16		Veterana
1072 Edgar Manueol Santos Figueiredo Ferreir	00:29:39	00:56:35	00:55:41		Senior
1073 Bruno Marcos	00:29:04	00:56:35	00:55:14		Junior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1074 Joao Carlos Madeira	00:30:25	00:56:35	00:56:00		Veterano 2
1075 Carlos Marcos	00:29:05	00:56:36	00:55:15		Veterano 3
1076 Narciso Costa Neves	00:30:29	00:56:37	00:55:42		Senior
1077 Filipe Emanuel Cunha	00:29:33	00:56:37	00:55:44		Senior
1078 Jose Venancio	00:31:08	00:56:38	00:55:43	Grupo Desp. Chelas	Veterano 4
1079 Julio Martins	00:29:25	00:56:43	00:56:19	Grupo Desportivo CIMPOR	Senior
1080 Paulo Ascensão	00:28:49	00:56:43	00:56:15	Grupo Desportivo CIMPOR	Veterano 1
1081 Carlos Correia	00:29:57	00:56:44	00:56:22		Veterano 1
1082 Rafael Ribeiro	00:30:01	00:56:45	00:55:52	Quarteto Maravilha	Senior
1083 Sara De Faria Gomes Casal Martins	00:30:05	00:56:46	00:56:15		Senior
1084 Ricardo Bernardino	00:29:36	00:56:48	00:55:43		Senior
1085 António Valente	00:31:10	00:56:48	00:55:53	Grupo Desp. Chelas	Senior
1086 Carlos Andrade	00:31:07	00:56:49	00:55:51	Grupo Desp. Chelas	Veterano 1
1087 Maria Martinho	00:31:06	00:56:50	00:55:51	Grupo Desp. Chelas	Veterana
1088 Pedro Reis	00:30:10	00:56:51	00:56:43	GDCT UNICRE	Veterano 1
1089 José Branco	00:29:55	00:56:53	00:56:06		Senior
1090 Marta Martins	00:29:05	00:57:02	00:56:07		Senior
1091 Manuel Arons Carvalho	00:30:13	00:57:04	00:56:24		Veterano 5
1092 Paula Batalha	00:29:52	00:57:05	00:55:50		Veterana
1093 Ana Poças	00:29:34	00:57:05	00:56:12	Pernas de Gafanhoto	Senior
1094 Eugénia Cid	00:30:16	00:57:08	00:56:32	SportLife	Veterana
1095 José Artur Barreiros	00:30:06	00:57:08	00:56:26		Veterano 1
1096 Helena Guerra	00:29:13	00:57:13	00:57:08		Veterana
1097 António M M Reis	00:29:30	00:57:13	00:57:02	Clube Grupo BES	Veterano 2
1098 Ana Leitão	00:29:51	00:57:16	00:56:32	Sapatilhas Ardentes	Senior
1099 Rui Leitão	00:29:52	00:57:17	00:56:34	Sapatilhas Ardentes	Senior
1100 Nuno Lopes	00:29:42	00:57:23	00:56:37	Alvite Moimenta da Beira	Senior
1101 Clara Mina	00:28:59	00:57:28	00:56:22	Clube Atletismo Vale Figueira	Veterana
1102 Antonio Mina	00:28:55	00:57:28	00:56:22	Clube Atletismo Vale Figueira	Veterano 3
1103 Pedro Correia	00:30:32	00:57:31	00:56:20	Bacana Running	Senior
1104 Paula Madeira	00:30:02	00:57:35	00:57:11		Senior
1105 Joao Gomes	00:29:56	00:57:36	00:57:20	JG Seguros	Veterano 5
1106 Fernando Allen	00:30:52	00:57:36	00:56:48		Veterano 5
1107 Ana Luísa Santos	00:31:05	00:57:39	00:56:39		Senior
1108 Marisa Silva	00:30:06	00:57:41	00:56:52		Senior
1109 Sílvia Catarina Reis Frazão	00:30:43	00:57:42	00:56:37		Senior
1110 Susana Pacheco Frazão	00:29:56	00:57:43	00:57:34		Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1111 Sergio Rodelo	00:28:25	00:57:46	00:57:17		Veterano 1
1112 Paula Maia Da Silva	00:29:46	00:57:51	00:57:12		Senior
1113 Andreia Rocha	00:31:00	00:57:52	00:56:55	Pernas de Gafanhoto	Senior
1114 Reinaldo Pereira	00:29:55	00:57:53	00:56:49		Veterano 2
1115 Joao Eduardo Barata Carvalho	00:30:17	00:57:55	00:56:54		Veterano 5
1116 Custodio David Catarino	00:30:06	00:57:58	00:56:46		Veterano 2
1117 José A. M. Batista	00:31:20	00:58:06	00:58:03		Veterano 4
1118 Filipe Mota Rebelo	00:31:01	00:58:08	00:57:08		Senior
1119 Inês Mira	00:31:08	00:58:08	00:57:11		Senior
1120 Rui Matos Alves	00:31:09	00:58:11	00:57:47		Senior
1121 Pedro Tomas	00:31:04	00:58:15	00:57:31		Senior
1122 Nuno Silva	00:30:42	00:58:18	00:57:44		Senior
1123 Filipe Rodrigues	00:30:16	00:58:20	00:58:04	Grupo Desp. Chelas	Junior
1124 Maria Jose Fortunato	00:30:29	00:58:20	00:57:34		Veterana
1125 Joao Bayam	00:30:29	00:58:20	00:57:35		Veterano 1
1126 Marta Leitão	00:30:57	00:58:26	00:57:47	SportLife	Senior
1127 Elsa Graça Duarte	00:30:04	00:58:27	00:57:06		Senior
1128 Pedro Leitão	00:30:04	00:58:27	00:57:06		Senior
1129 Pedro Luis Antunes Rodrigues	00:31:25	00:58:28	00:57:42		Senior
1130 Miguel Lopes	00:31:08	00:58:31	00:57:34	Clube ANA Lisboa	Senior
1131 Pedro Ferreira Da Silva	00:30:38	00:58:34	00:57:33		Senior
1132 Paula Veiga	00:30:43	00:58:39	00:56:46		Senior
1133 Arsénio Facas	00:31:18	00:58:39	00:57:32	Clube Ferroviário Portugal	Veterano 5
1134 Ricardo Sepulveda	00:31:11	00:58:43	00:58:18	OS "NÓMADAS"	Senior
1135 Mario Ferreira	00:30:20	00:58:44	00:58:17		Veterano 3
1136 Manuel Gomes	00:31:15	00:58:44	00:58:24		Veterano 6
1137 Sofia Lemos Da Costa	00:31:03	00:58:44	00:58:39		Senior
1138 Renato Daniel	00:31:02	00:58:44	00:58:39		Senior
1139 João Manuel Dos Santos Sousa Esménio	00:30:30	00:58:47	00:58:33		Veterano 3
1140 Carlos Sousa	00:30:12	00:58:48	00:58:43		Veterano 3
1141 Ana Ferreira	00:30:46	00:58:53	00:58:22		Senior
1142 Fernando Almeida	00:29:52	00:58:54	00:58:44		Senior
1143 Cristina Igreja	00:30:37	00:59:01	00:58:41		Senior
1144 Diogo Paisana	00:30:37	00:59:01	00:58:41		Senior
1145 Cesar Fialho Guerra	00:32:02	00:59:08	00:58:25	CTJD	Veterano 1
1146 João Luís Figueiredo Correia	00:30:33	00:59:14	00:58:43		Veterano 4
1147 Jose Manuel Matildes	00:31:17	00:59:17	00:58:41	Os Nunes	Veterano 4



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1148 Vânia Pereira	00:31:19	00:59:17	00:58:39	Os Zatopeques	Senior
1149 Carlos Teixeira	00:28:52	00:59:18	00:59:04	Valadares	Veterano 3
1150 Fernando Da Costa Gomes	00:31:57	00:59:18	00:58:06		Senior
1151 Susana Pereira	00:31:13	00:59:19	00:58:15		Senior
1152 Hugo Henrique Oliveira	00:30:48	00:59:20	00:58:02		Senior
1153 Fernando Humberto Ferreira	00:32:11	00:59:21	00:58:06	Clube MILLENNIUMBCP	Veterano 6
1154 Luísa Ralha	00:30:00	00:59:22	00:58:30	Run 4 Fun	Veterana
1155 Carlos Reis	00:30:27	00:59:22	00:58:54	BS Runners	Veterano 2
1156 Isabel Martinez	00:31:17	00:59:23	00:59:05	Martinez	Senior
1157 Luis Jorge Dias Monteiro	00:32:12	00:59:23	00:58:28		Senior
1158 Pedro Manuel Caetano	00:29:03	00:59:24	00:58:48		Senior
1159 Ana Sofia Duarte Caetano	00:30:13	00:59:24	00:58:47		Senior
1160 Margarida Beato	00:29:38	00:59:25	00:58:54		Junior
1161 Hugo Matos	00:31:09	00:59:30	00:58:34		Senior
1162 Dora Verissimo	00:30:51	00:59:31	00:58:27		Veterana
1163 Filipe Miguel Mendes	00:30:55	00:59:31	00:58:30	PrimeFitness	Senior
1164 Manuel Alcada	00:31:53	00:59:35	00:59:19		Senior
1165 Carlos Manuel Antunes	00:30:57	00:59:35	00:59:00		Veterano 4
1166 Eduardo Tomé	00:31:24	00:59:40	00:59:07	Cidada Afável	Veterano 2
1167 Nuno Peralta	00:30:20	00:59:44	00:59:36	Quarteto Maravilha	Senior
1168 Antonio Castanera	00:30:48	00:59:48	00:58:30		Veterano 1
1169 João Sadler Simões	00:30:48	00:59:48	00:58:30		Veterano 6
1170 Maria Manuel Jacob De Sá Pereira	00:31:35	00:59:51	00:59:31		Senior
1171 Alexandrina Filipe	00:30:36	00:59:52	00:58:58	Clube Grupo BES	Veterana
1172 Sérgio Pereira	00:29:34	00:59:52	00:58:58		Veterano 3
1173 Fernando Filipe	00:30:23	00:59:53	00:58:46	Clube Grupo BES	Veterano 1
1174 Nuno Abrantes	00:30:57	00:59:57	00:59:05	Pernas de Gafanhoto	Senior
1175 Fernando Agostinho Lemos	00:31:14	00:59:59	00:58:47	Clube MILLENNIUMBCP	Veterano 5
1176 Miguel Banha	00:28:10	01:00:01	00:59:02		Senior
1177 Alvaro Marques	00:32:13	01:00:03	00:59:40		Veterano 5
1178 Cristina Barata	00:32:31	01:00:05	00:59:42		Senior
1179 Alexandra Sofia Forte	00:32:31	01:00:05	00:59:42		Veterana
1180 Rosaria Pacheco	00:31:32	01:00:08	01:00:00	Família Pacheco	Veterana
1181 Carlos Melo	00:33:54	01:00:09	00:59:40	Serviços Sociais Montepio Geral	Senior
1182 Rui Osório	00:28:03	01:00:16	00:50:49		Senior
1183 José David	00:30:36	01:00:27	01:00:24		Veterano 3
1184 João Santos Silva	00:31:05	01:00:31	01:00:11		Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1185 Vitor Cardoso	00:32:43	01:00:40	00:59:23	GD Imprensa Nacional Casa da Moeda	Senior
1186 Carlos Martins	00:29:20	01:00:44	01:00:28	JDEUS	Senior
1187 Joao Manuel Leite Vieira	00:33:25	01:00:47	00:59:59		Veterano 2
1188 Pedro Diogo Dos Santos Pinto	00:31:52	01:00:53	00:59:49		Senior
1189 Rui Pires	00:34:37	01:01:02	00:59:47	Georunners	Veterano 2
1190 João Pissarra	00:31:04	01:01:03	00:59:55		Veterano 4
1191 Joaquim Almeida	00:31:18	01:01:05	01:00:09		Veterano 5
1192 João Tiago Proença Félix Vieira	00:31:49	01:01:12	01:00:35		Senior
1193 Catarina Pereira	00:30:29	01:01:14	00:59:46		Senior
1194 André Felício	00:30:35	01:01:15	00:59:46		Senior
1195 Carla Margarida Matos	00:31:52	01:01:18	01:00:14		Senior
1196 Ines Maria Oliva	00:32:12	01:01:20	01:01:12		Junior
1197 Nuno Pinto	00:31:41	01:01:21	01:00:13	Clube Grupo BES	Senior
1198 Fernando Nunes Silva	00:30:21	01:01:38	01:00:56	Clube MILLENNIUMBPCP	Veterano 1
1199 Ana Paula Dos Santos Gomes Rocha	00:31:40	01:01:45	01:00:46		Veterana
1200 Tania Potes	00:31:55	01:01:45	01:01:29	Grupo Desp. Chelas	Senior
1201 Cristina Marques	00:31:54	01:01:45	01:01:30	Grupo Desp. Chelas	Veterana
1202 João M C Gomes	00:33:08	01:01:46	01:00:46		Veterano 5
1203 Rui Barros	00:31:34	01:01:49	01:00:40	Clube ANA Lisboa	Senior
1204 Maria De Fátima Lopes Coelho	00:31:28	01:01:50	01:00:20		Veterano 2
1205 Maria Teresa Rodrigues	00:32:05	01:01:51	01:01:10	CTJD	Veterana
1206 Maria Lima	00:31:39	01:01:53	01:01:07	O Celeiro Da Memoria	Veterana
1207 Fernando Jorge Correia Gomes	00:31:29	01:01:53	01:01:12	Clube ANA Lisboa	Veterano 1
1208 António Paulino	00:32:13	01:01:58	01:01:07	Clube do Stress	Veterano 4
1209 Ana Paulino	00:32:15	01:01:58	01:01:07	Clube do Stress	Veterana
1210 Carlos Silva	00:32:53	01:02:08	01:02:01		Veterano 3
1211 Aurelia Ghiran	00:32:57	01:02:11	01:02:05		Veterana
1212 Carolina Ribeiro	00:33:11	01:02:12	01:01:04	wikaboo	Veterana
1213 Luis Ribeiro	00:33:11	01:02:12	01:01:05	wikaboo	Veterano 2
1214 Luisa Carvalho	00:33:09	01:02:13	01:01:03	wikaboo	Senior
1215 Sara Lopes	00:33:10	01:02:19	01:01:09		Senior
1216 Cátia Virginia Semedo Ramos	00:32:42	01:02:22	01:02:13		Senior
1217 Liliana Pereira	00:31:21	01:02:35	01:01:16		Senior
1218 António Ribeiro Pedro Barreto	00:31:31	01:02:36	01:01:59	Clássicos 2009	Veterano 4
1219 João Albuquerque	00:31:58	01:02:49	01:01:20		Senior
1220 Pedro Albuquerque	00:31:58	01:02:49	01:01:21		Veterano 6
1221 Bruno Reis	00:33:01	01:02:55	01:02:37		Senior



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1222 Carlos Ferreira	00:32:59	01:03:01	01:02:20	JG Seguros	Veterano 3
1223 João António de Almeida Ribeiro	00:30:59	01:03:02	01:02:42	Clube ANA Lisboa	Veterano 2
1224 Maria De Fátima L.leitão	00:32:24	01:03:04	01:02:51		Veterana
1225 Paula Campos	00:30:58	01:03:06	01:02:46	Clube ANA Lisboa	Senior
1226 Emilia Reis	00:34:33	01:03:13	01:02:12		Veterana
1227 Mário Ribeiro	00:32:45	01:03:14	01:02:31		Senior
1228 Claudia Lourenço	00:33:46	01:03:14	01:02:19	ss cgd	Veterana
1229 Manuel Afonso	00:32:28	01:03:17	01:01:17	METAVISTA	Veterano 4
1230 Irina Kruk	00:33:35	01:03:36	01:02:41		Senior
1231 Carlos Vieira	00:33:36	01:03:36	01:02:41		Veterano 1
1232 Fernando Cunha Fernandes	00:33:12	01:03:42	01:02:33	Centro Cultural e Desportivo dos Trabalhadores	Veterano 4
1233 João Cunha Barbosa	00:33:11	01:03:44	01:02:35	Centro Cultural e Desportivo dos Trabalhadores	Veterano 3
1234 Gualdino Freire	00:33:17	01:03:44	01:02:41	Centro Cultural e Desportivo dos Trabalhadores	Veterano 6
1235 Teresa Serra	00:33:46	01:03:50	01:03:31	4@fundo	Veterana
1236 Sérgio De Moreno	00:35:02	01:03:54	01:03:41		Veterano 3
1237 Margarida Pardal	00:32:50	01:03:57	01:02:56	Carapaus de Corrida	Veterana
1238 Vítor Duarte	00:32:50	01:04:02	01:03:44	Amigos da Estrela	Veterano 1
1239 Rui Santos	00:32:08	01:04:06	01:03:13		Veterano 1
1240 Vitor Gonçalves	00:32:15	01:04:07	01:03:14	Clube do Stress	Veterano 3
1241 Paula Capela	00:32:05	01:04:08	01:03:14	Clube do Stress	Senior
1242 António G. Rodrigues	00:32:12	01:04:08	01:03:16	Clube ANA Lisboa	Veterano 5
1243 Maria João Silva	00:34:59	01:04:11	01:03:09		Veterana
1244 Bruno Alexandre Condinho Silvestre	00:33:55	01:04:20	01:03:36	CTT Aeroporto	Senior
1245 Nuno Figueiredo	00:33:12	01:04:21	01:03:25		Senior
1246 Ana Santos	00:32:45	01:04:28	01:03:39		Veterana
1247 Luis Proença	00:34:53	01:04:35	01:03:00		Veterano 1
1248 Ana Santos	00:35:14	01:04:36	01:03:34		Senior
1249 Antonio Anjos Fernandes	00:30:30	01:04:38	01:04:34		Veterano 6
1250 António José Rodrigues	00:34:49	01:04:55	01:04:42		Veterano 2
1251 Maria Carmo Anjos	00:33:43	01:04:56	01:03:53	Junta de Freguesia da Portela	Veterana
1252 Doris Marques	00:33:11	01:04:58	01:03:46	Acc Team	Senior
1253 André Moreiras	00:34:04	01:05:06	01:03:52		Senior
1254 Paula Silva	00:34:51	01:05:10	01:04:26	4@fundo	Veterana
1255 Marta Leão	00:34:02	01:05:12	01:04:38	Clube MILLENNIUMBCP	Senior
1256 Hugo Matias	00:35:47	01:05:27	01:04:27		Senior
1257 António Marques	00:32:30	01:05:28	01:05:00		Veterano 6
1258 Juvenal Monteiro	00:30:31	01:05:35	01:05:08	Grupo Desportivo CIMPOR	Veterano 2



CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1259 Carla Leitão	00:35:12	01:05:41	01:04:25	Clube Atletismo Amigos de Belém	Senior
1260 Rui Varela	00:35:12	01:05:42	01:04:25	Clube Atletismo Amigos de Belém	Veterano 2
1261 João Reis	00:31:13	01:05:49	01:05:20	BS Runners	Junior
1262 Catarina Borges	00:34:37	01:05:49	01:04:35		Senior
1263 Mariana Bonfante	00:35:02	01:05:50	01:05:12		Junior
1264 Cecilia Tavares	00:34:36	01:05:52	01:05:46	Grupo Desp. Chelas	Veterana
1265 Manuel Cruz	00:35:32	01:06:12	01:05:02		Veterano 1
1266 Jorge Gonçalves	00:32:29	01:06:14	01:05:02		Veterano 2
1267 Joana Martinez	00:35:07	01:06:17	01:06:01	Martinez	Senior
1268 Maria Dias	00:34:41	01:06:23	01:06:07		Veterana
1269 Vasco Coelho	00:31:12	01:06:23	01:05:05		Senior
1270 Nadia Tavares	00:33:51	01:06:33	01:05:34		Senior
1271 Ana Alpalhão	00:35:49	01:06:37	01:05:33	Alpalhao	Senior
1272 Ana Mendes	00:35:51	01:06:37	01:05:35		Senior
1273 Ana Madruga	00:36:01	01:06:40	01:05:41		Senior
1274 Helena Durão	00:36:10	01:06:48	01:04:49		Senior
1275 Tania Farinha	00:35:46	01:06:55	01:06:03		Senior
1276 Tânia Dimas	00:34:36	01:07:06	01:06:05	Clube do Stress	Veterana
1277 Joao Carlosgonçalves Branco	00:35:00	01:07:13	01:05:46	Papa Milhas	Veterano 1
1278 Rosa Vasconcelos	00:36:11	01:07:18	01:05:20		Senior
1279 João Gonçalves	00:34:20	01:07:21	01:05:59	GARMIN Olimpico de Oeiras	Veterano 3
1280 Gustavo Pedrosa	00:34:20	01:07:21	01:05:59	Clube Ferroviário Portugal	Senior
1281 Marcia Martinez	00:35:16	01:07:27	01:07:12	Martinez	Senior
1282 Naisa Pamplona Carneiro	00:35:20	01:07:32	01:07:10		Veterana
1283 Jose Eduardo Arruda	00:35:55	01:07:47	01:07:16	Clube MILLENNIUMBCP	Veterano 5
1284 Fock Yiot Wan Chiu	00:35:56	01:07:47	01:07:16	Clube MILLENNIUMBCP	Veterana
1285 Cláudia Alexandra Da Cunha Pernencar	00:35:25	01:08:06	01:07:15		Senior
1286 Marina Rute Lopes Gomes Salvador	00:35:12	01:08:12	01:07:26		Veterana
1287 Diogo João Ribeiro Branco	00:36:46	01:08:16	01:06:49	Papa Milhas	Junior
1288 Inês Rosa	00:35:47	01:08:16	01:07:51		Senior
1289 Maria Cidalia Dias Ribeiro	00:36:22	01:08:16	01:07:29		Veterana
1290 João Grilo	00:35:47	01:08:16	01:07:51		Senior
1291 Laurinda Sousa	00:35:42	01:08:24	01:08:13		Senior
1292 Julieta Andrade	00:35:43	01:08:26	01:08:17		Senior
1293 Pedro Natal	00:34:42	01:08:29	01:07:31	Pernas de Gafanhoto	Senior
1294 Luiz Carlos Prasser	00:34:48	01:08:30	01:08:07	Clube Colaboradores AXA	Veterano 2
1295 Clara Silva	00:36:24	01:08:51	01:07:41	JDEUS	Senior



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escação
1296 Joana Gonçalves	00:32:30	01:08:55	01:07:43		Junior
1297 Inês Santa	00:36:20	01:09:01	01:07:44		Senior
1298 Zahra Ahmad	00:36:19	01:09:01	01:07:43		Veterana
1299 Rosa Maria Caetano	00:35:21	01:09:28	01:09:06	Clube Colaboradores AXA	Veterana
1300 Paulo Nicolau	00:36:13	01:09:36	01:08:38		Veterano 2
1301 Antonio Jose Azevedo Evangelho	00:34:53	01:09:53	01:08:53		Veterano 3
1302 David Lopes	00:37:39	01:09:57	01:09:00		Senior
1303 Isabel Machado	00:35:58	01:10:05	01:08:55		Senior
1304 Celeste Romero	00:35:40	01:10:10	01:10:00		Senior
1305 Liliana Pais	00:36:56	01:10:27	01:09:11		Senior
1306 Duarte Teixeira	00:36:57	01:10:27	01:09:12		Senior
1307 David Bento Barata	00:36:52	01:10:54	01:10:11	CTJD	Veterano 1
1308 Kika Falcão	00:39:32	01:12:48	01:11:34	Acc Team	Senior
1309 Sandra Paula Matos	00:37:16	01:12:53	01:11:27	Clube MILLENNIUMBCP	Senior
1310 Eduardo Ferreira Lopes	00:37:16	01:12:53	01:11:28	Clube MILLENNIUMBCP	Veterano 1
1311 Carlota Brito E Silva	00:38:13	01:12:58	01:12:39		Veterana
1312 Bruno Borges	00:39:35	01:14:06	01:12:42		Senior
1313 António Coelho	00:40:19	01:14:59	01:14:24		Senior
1314 Ruben Garcia	00:37:58	01:15:01	01:13:45	Link	Senior
1315 Sandra Serafim	00:37:54	01:15:05	01:13:50	Sapatilhas Ardentes	Senior
1316 Sónia Ganito	00:40:27	01:15:08	01:14:32		Senior
1317 António Nascimento	00:40:10	01:15:36	01:14:39		Veterano 2
1318 Carolina Nascimento	00:40:09	01:15:36	01:14:38	N&A CNAS	Junior
1319 Leonor Nascimento	00:40:07	01:15:36	01:14:38	N&A CNAS	Junior
1320 Luís Gonçalves	00:38:05	01:16:05	01:15:33	Squadra	Senior
1321 David Manuel Rogado Dos Santos	00:39:24	01:16:22	01:15:12		Senior
1322 Eva Carvalho	00:38:47	01:16:24	01:15:21		Senior
1323 Mario Rui Pires	00:31:23	01:16:27	01:15:55		Veterano 2
1324 Paulo Pinto Basto	00:30:53	01:16:28	01:15:52		Veterano 2
1325 Gina Rosa	00:40:22	01:16:33	01:15:43	N&A CNAS	Veterana
1326 Andre Palmeiro	00:40:18	01:16:36	01:14:53		Senior
1327 José António Cardoso Gabriel Gomes	00:41:40	01:17:19	01:16:42		Senior
1328 Liliana Saraiva Gabriel Gomes	00:41:40	01:17:19	01:16:42		Senior
1329 Eduardo Alberto Farinha Pereira	00:40:44	01:17:21	01:16:30		Veterano 2
1330 Lilia Flavia Copio Vilhena	00:40:27	01:17:21	01:16:22		Senior
1331 Ricardo Miguel De Oliveira Graça	00:40:24	01:18:02	01:16:40		Senior
1332 Eugenio Mota	00:37:44	01:18:10	01:16:56		Veterano 6



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CLASSIFICAÇÕES



Class. Atleta	5 km	Tempo	T. Chip	Clube	Escalão
1333 Maria Margarida Ferreira Gomes De Sou	00:36:21	01:19:16	01:17:52		Veterana
1334 Gisela Morgado	00:45:03	01:19:56	01:19:30	Gafanho Sport Clube	Veterana
1335 Sandra Helena Martins	00:40:57	01:24:08	01:23:06	PrimeFitness	Senior
1336 Maria Otilia Santos Vaz	00:44:48	01:26:06	01:25:24		Veterana
1337 Carla Susana Rodrigues	00:44:46	01:26:06	01:25:23		Senior
1338 Alice Nascimento	00:42:37	01:26:20	01:25:30	N&A CNAS	Veterana
1339 Ana Sofia Oliveira Gordalina	00:40:21	01:27:46	01:27:39	Clube ANA Lisboa	Veterana
1340 Ines Pinto Barradas	00:40:21	01:27:46	01:27:39		Senior
1341 Ana Paula Marcos	00:47:51	01:28:22	01:27:38		Veterana
1342 Clotilde Correia	00:47:49	01:28:23	01:27:39		Veterana
1343 Inês Pimentel	00:46:17	01:30:22	01:30:08		Senior
1344 Célia Azenha	00:46:17	01:30:23	01:30:09	Associação de Atletismo Lebres do Sado	Veterana
1345 Ana Paula Tapadas	00:45:56	01:30:38	01:29:07		Veterana
1346 Paulo Marques	00:45:56	01:30:38	01:29:07		Veterano 2
1347 Elisabete Pereira	00:45:55	01:30:38	01:29:08		Veterana
1348 Rita Mathias	00:46:39	01:34:05	01:33:40	Gafanho Sport Clube	Senior
1349 Marta Mathias	00:46:44	01:34:05	01:33:41	Gafanho Sport Clube	Senior