

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1	1052	Martim Monteiro	00:17:09	00:33:01	00:32:59	1		Junior	1
2	1098	José Gaspar	00:17:08	00:33:28	00:33:26	2	CF Belenenses	V40	1
3	808	Hugo Ganchas	00:17:08	00:33:50	00:33:48	3		Senior	1
4	547	Hugo Rodrigues	00:17:25	00:35:21	00:35:19	4	VITORIA FUTEBOL CLUBE	Senior	2
5	328	Paulo Alves	00:18:20	00:36:45	00:36:43	5	GDCTINCM	V40	2
6	779	Tiago Corvo	00:18:18	00:37:16	00:37:14	6		Senior	3
7	747	Alexandre Pimpão	00:18:47	00:38:01	00:37:59	7		V45	1
8	540	Raquel Trabuco	00:18:47	00:38:22	00:38:20	8		Senior	1
9	713	Paulo Gomes	00:18:28	00:38:25	00:38:23	9		V40	3
10	309	Luis Gomes	00:18:52	00:38:29	00:38:27	10		V50	1
11	755	Rodrigo Godinho	00:19:03	00:38:32	00:38:30	11		Junior	2
12	440	Rui Henriques	00:19:08	00:38:59	00:38:57	12	Serviços Sociais Montepio	V40	4
13	650	Eduardo Quaresma	00:19:22	00:39:36	00:39:33	13	GD SANTANDERTOTTA	V40	5
14	932	Pedro Barreirão	00:19:23	00:39:38	00:39:36	14	GDC Banco de Portugal	Senior	4
15	918	Nuno Setúbal	00:19:56	00:39:42	00:39:40	15		V35	1
16	439	Paulo Rodrigues	00:19:49	00:39:46	00:39:44	16	Serviços Sociais Montepio	V40	6
17	1047	Kcénia Bougrova	00:19:51	00:40:15	00:40:12	18	quarteto	Senior	2
18	170	João Alves	00:20:01	00:40:16	00:40:12	19		Senior	5
19	198	Pedro Esteves	00:20:31	00:40:19	00:40:04	17		V35	2
20	672	Renato Manuel	00:20:01	00:40:24	00:40:22	20		V40	7

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21	230	Henrique Coelho	00:19:25	00:40:25	00:40:23	21		V45	2
22	216	Rute Martins	00:20:02	00:40:27	00:40:24	22		Senior	3
23	298	Samuel Matias	00:20:24	00:40:28	00:40:25	23		Senior	6
24	946	Nuno Silva	00:19:44	00:40:32	00:40:26	24	Família Lourenço Silva	Senior	7
25	929	Bruno Pires	00:19:53	00:40:34	00:40:31	25	GDC Banco de Portugal	V35	3
26	385	Vitor Martins	00:20:00	00:40:49	00:40:47	27	CLUBE COLABORADORES AGEAS	V50	2
27	347	Nuno Henriques	00:19:54	00:40:49	00:40:47	26	GDCTINCM	V40	8
28	134	Luis Alves	00:20:27	00:41:01	00:40:54	28		V35	4
29	748	Pedro Semedo	00:19:44	00:41:09	00:41:03	31		V45	3
30	745	António Machado	00:20:33	00:41:10	00:41:00	29		V45	4
31	833	César Silva	00:20:25	00:41:12	00:41:04	32		Senior	8
32	1010	Ana Santos	00:20:29	00:41:16	00:41:01	30	Clube Ana Lisboa Acomp	Senior	4
33	409	André Barbosa	00:20:19	00:41:19	00:41:13	33		V35	5
34	346	Nuno Sousa	00:20:32	00:41:26	00:41:23	34	GDCTINCM	V45	5
35	1016	Mónica Moreiras	00:20:31	00:41:32	00:41:29	35	AMATIBÁ	V40	1
36	749	Humberto Spínola	00:20:30	00:41:40	00:41:35	36		V45	6
37	353	Francisco Cerqueira	00:20:27	00:41:44	00:41:38	37	Ker Sport Trail Running	V45	7
38	832	António Louro	00:20:27	00:41:47	00:41:42	38		V45	8
39	878	Jorge Marrão	00:20:14	00:41:52	00:41:47	39	Clube Ana Lisboa	V40	9
40	656	Jose Baptista	00:20:39	00:42:07	00:42:02	40	GD SANTANDERTOTTA	V50	3

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41	52	Ricardo Mendes	00:20:41	00:42:14	00:42:05	42		V35	6
42	105	Manuel Mendonça	00:21:19	00:42:15	00:42:02	41		V35	7
43	596	Hernâni Fernandes	00:20:51	00:42:16	00:42:10	44		V45	9
44	730	Luis Amândio	00:20:57	00:42:19	00:42:13	45		Senior	9
45	933	Luís Rio	00:20:59	00:42:22	00:42:19	48	GDC Banco de Portugal	V45	10
46	838	Rúben Simão	00:21:08	00:42:22	00:42:15	46		Senior	10
47	778	Dinis Cartas	00:20:58	00:42:23	00:42:09	43		V35	8
48	180	Joaquim Oliveira	00:20:39	00:42:25	00:42:15	47	Clube EDP Lisboa	V50	4
49	197	João Guterres	00:21:09	00:42:28	00:42:21	49		V40	10
50	837	Alexandre Leal	00:21:08	00:42:29	00:42:24	50		V40	11
51	366	Carlos Pedro	00:21:21	00:42:40	00:42:34	52	Clube TAP PORTUGAL	V45	11
52	766	João Luz	00:21:11	00:42:53	00:42:43	53		V40	12
53	293	Joaquim Alexandre	00:22:06	00:42:53	00:42:26	51	alcobela	V50	5
54	345	José Abreu	00:20:55	00:42:56	00:42:53	55	GDCTINCM	V70	1
55	107	Pedro Marques	00:21:47	00:42:57	00:42:50	54		Senior	11
56	484	Hugo Carago	00:21:09	00:43:13	00:43:08	57	Clube Novo Banco	V45	12
57	238	Marco Lourenço	00:21:42	00:43:21	00:43:13	58	No Rollback	V40	13
58	186	Francisco Lourenço	00:21:07	00:43:21	00:43:06	56	Falck Running Team	Senior	12
59	250	David Saraiva	00:21:19	00:43:27	00:43:23	62	Mind Runners	V35	9
60	92	André Martins	00:21:17	00:43:32	00:43:29	65	TESCO TEAM RUNNING	V40	14

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61	183	Dário Fidalgo	00:21:55	00:43:36	00:43:20	61	Falck Running Team	Senior	13
62	310	Helder Borges	00:21:42	00:43:36	00:43:24	63		V40	15
63	528	Bogdan Sandu	00:21:43	00:43:39	00:43:28	64		Senior	14
64	599	Rui Pombinho	00:21:53	00:43:39	00:43:18	60		V55	1
65	507	Constantino Araujo	00:22:23	00:43:41	00:43:32	66		V50	6
66	209	António Martinho	00:21:33	00:43:42	00:43:37	68	FIDELIDADE GDC	V40	16
67	410	Tiago Louro	00:21:01	00:43:43	00:43:40	71		Senior	15
68	1090	Maria Frias	00:21:48	00:43:43	00:43:39	69		V50	1
69	302	Luis Pedro	00:21:29	00:43:47	00:43:39	70		V45	13
70	780	Marco Wild	00:22:32	00:44:05	00:43:13	59		Senior	16
71	756	José Gomes	00:22:10	00:44:09	00:44:03	75		V55	2
72	156	Marco Lopes	00:21:54	00:44:11	00:43:51	73	CCD Siemens	V40	17
73	165	Luís Vieira	00:22:10	00:44:14	00:43:35	67	DreamTeam	V45	14
74	303	Paulo Costa	00:22:04	00:44:18	00:44:04	76		V50	7
75	601	Edson Bragança	00:22:46	00:44:19	00:43:47	72		Senior	17
76	94	Ricardo Rodrigues	00:21:46	00:44:24	00:44:20	78	TESCO TEAM RUNNING	V35	10
77	342	Bruno Carlos	00:22:12	00:44:24	00:44:01	74		V35	11
78	558	Jose Correia	00:22:13	00:44:26	00:44:21	80	NAV Runners	V60	1
79	1091	João Nunes	00:22:14	00:44:27	00:44:20	79		V55	3
80	592	Antonio Sousa	00:22:08	00:44:31	00:44:21	81		V55	4

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81	218	Hugo Boura	00:22:28	00:44:34	00:44:09	77	Alverca Urban Runners	Senior	18
82	231	Jony Domingos	00:22:09	00:44:35	00:44:30	83		V40	18
83	135	Luís Godinho	00:22:16	00:44:37	00:44:27	82		V40	19
84	597	Rui Valério	00:21:52	00:44:45	00:44:40	86	NAV Runners	Senior	19
85	330	Antonio Ferreira	00:21:55	00:44:45	00:44:36	85	CA Patameiras	V35	12
86	581	António Martins	00:21:53	00:44:55	00:44:50	87	NAV Runners	V50	8
87	930	André Cardoso	00:21:57	00:44:58	00:44:34	84	GDC Banco de Portugal	V35	13
88	355	Diamantino Gamito	00:21:56	00:45:00	00:44:54	88	Clube TAP PORTUGAL	V50	9
89	551	Rui Fialho	00:22:12	00:45:07	00:44:55	89		V40	20
90	253	Pedro Pereira	00:22:33	00:45:11	00:45:05	90		V40	21
91	602	Gonçalo Pombo	00:22:37	00:45:20	00:45:14	93		Senior	20
92	987	Fernando Figueiredo	00:22:37	00:45:21	00:45:11	92	Olá - Ao Ritmo das 200ppm	V45	15
93	1050	Manuel Hortega	00:22:19	00:45:38	00:45:30	97		Senior	21
94	392	Marco Batista	00:22:48	00:45:41	00:45:20	96	ACD BOCAL	V35	14
95	393	Filipe Silva	00:22:48	00:45:41	00:45:19	95	ACD BOCAL	V40	22
96	422	Sofia Argentina	00:22:46	00:45:41	00:45:35	99	SS CGD	V40	2
97	1096	Rui Duarte	00:22:44	00:45:43	00:45:35	100		V40	23
98	560	Hugo Mateus	00:22:28	00:45:45	00:45:36	101		V40	24
99	743	Carlos Gonçalves	00:22:10	00:45:48	00:45:44	104	Clube Atletismo Vale Figueira	V45	16
100	26	Nuno Quintela	00:22:41	00:45:50	00:45:43	102		Senior	22

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101	571	Wilian Fantato	00:23:23	00:45:51	00:45:19	94		V40	25
102	411	Nuno Jesus	00:22:42	00:45:53	00:45:43	103		V35	15
103	826	Ricardo Pereira	00:22:52	00:45:53	00:45:48	107		V35	16
104	694	Nuno Santos	00:22:56	00:45:54	00:45:10	91		V35	17
105	475	José Badalo	00:23:13	00:45:55	00:45:47	106	ADCSABALDIO	V50	10
106	631	Nelson Santos	00:22:58	00:45:58	00:45:44	105		V35	18
107	522	Miguel Figueiredo	00:23:21	00:46:00	00:45:35	98	quarteto	V40	26
108	1030	Ludy Dias	00:21:41	00:46:03	00:45:59	110	Ghetto Running	Senior	23
109	1029	Ivan Ferreira	00:21:41	00:46:03	00:45:59	111	Ghetto Running	V35	19
110	424	João Marques	00:23:02	00:46:04	00:45:49	108	SS CGD	V40	27
111	1028	Fernando Ngola	00:21:41	00:46:05	00:46:01	112	Ghetto Running	Senior	24
112	418	André Nunes	00:23:13	00:46:10	00:45:55	109	SS CGD	Senior	25
113	593	Elvio Goncalves	00:22:13	00:46:12	00:46:07	113		Senior	26
114	855	Pedro Sena	00:23:22	00:46:32	00:46:22	117	Clube Ana Lisboa	V35	20
115	750	Jorge Gomes	00:23:07	00:46:33	00:46:21	116		V55	5
116	327	Tiago Roxo	00:23:15	00:46:36	00:46:20	115		Senior	27
117	1018	Bruno Pinto	00:22:53	00:46:39	00:46:31	120		V40	28
118	142	Sidónio Dias	00:24:09	00:46:41	00:46:18	114		V45	17
119	915	Fernando Fernandes	00:22:46	00:46:43	00:46:38	122		V60	2
120	534	João Fragoso	00:22:42	00:46:46	00:46:39	123		V45	18

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121	925	Tiago Diogo	00:22:41	00:46:54	00:46:45	124	GDC Banco de Portugal	V40	29
122	208	Ricardo Domingos	00:23:41	00:46:58	00:46:37	121	FIDELIDADE GDC	V40	30
123	442	João Camacho	00:24:07	00:46:58	00:46:26	118		Senior	28
124	680	João Cardoso	00:23:00	00:47:04	00:46:59	129		Senior	29
125	190	Ricardo Neves	00:23:19	00:47:06	00:46:50	126	Falck Running Team	Senior	30
126	19	Miguel Seabra	00:23:25	00:47:06	00:46:52	127	Spartan3	Senior	31
127	72	André Leal	00:22:46	00:47:07	00:47:02	130		Senior	32
128	618	Augusto Caria	00:23:15	00:47:09	00:46:30	119		V65	1
129	118	Nuno Silva	00:22:15	00:47:11	00:47:06	134	CCD CRÉDITO AGRÍCOLA	V40	31
130	947	Márcio Silva	00:22:09	00:47:11	00:47:05	133	Família Lourenço Silva	Senior	33
131	940	Ruben Fonseca	00:23:42	00:47:12	00:46:48	125	GDC Banco de Portugal	V35	21
132	662	Paulo Martins	00:23:15	00:47:15	00:47:02	131		V55	6
133	595	Mário Clemente	00:23:15	00:47:16	00:47:04	132		V45	19
134	239	Paulo Ferreira	00:23:23	00:47:17	00:47:10	139	No Rollback	V40	32
135	814	António Gonçalves	00:23:33	00:47:18	00:47:07	135		V50	11
136	46	Carlos Craveira	00:23:24	00:47:22	00:47:15	140		V45	20
137	426	Joaquim Frade	00:23:31	00:47:22	00:47:09	138	SS CGD	V60	3
138	431	Noémia Sequeira	00:23:31	00:47:22	00:47:08	137	SS CGD	V50	2
139	367	Jose Sousa	00:24:16	00:47:27	00:47:08	136	Clube TAP PORTUGAL	V50	12
140	509	Armando Santos	00:23:13	00:47:35	00:47:29	147		V55	7



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141	412	António Bugalho	00:24:09	00:47:35	00:47:25	145		V50	13
142	192	Nuno Gomes	00:23:28	00:47:35	00:47:18	141		V40	33
143	187	Ângelo Pina	00:22:56	00:47:37	00:47:22	143	Falck Running Team	Senior	34
144	1049	Suman Ghosh	00:23:43	00:47:38	00:46:56	128		Senior	35
145	598	Bruno Dias	00:23:13	00:47:39	00:47:29	148		V35	22
146	717	Sergio Sousa	00:22:51	00:47:40	00:47:18	142		Senior	36
147	726	Joao Barral	00:23:14	00:47:42	00:47:40	154		V40	34
148	365	Fernando Pereira	00:24:17	00:47:43	00:47:24	144	Clube TAP PORTUGAL	V55	8
149	405	Pedro Coelho	00:23:15	00:47:43	00:47:31	150		V40	35
150	590	Nicolau Ferreira	00:23:28	00:47:44	00:47:37	153		V35	23
151	1044	Alexandre Costa	00:24:17	00:47:46	00:47:30	149	Clube Ana Lisboa Acomp	V40	36
152	550	Daniel Revés	00:24:21	00:47:52	00:47:34	152		Junior	3
153	854	Joaquim Maia	00:23:25	00:47:53	00:47:43	156	Clube Ana Lisboa	V50	14
154	130	Mário Santos	00:23:59	00:47:54	00:47:33	151	CCD PM CASCAIS	V50	15
155	432	Rodrigo Almeida	00:23:34	00:47:54	00:47:43	155	SS CGD	V35	24
156	494	Rui Gama	00:23:34	00:47:55	00:47:44	157	Clube Novo Banco	V45	21
157	254	Filipe Diogo	00:23:30	00:47:59	00:47:47	159		V40	37
158	379	Miguel Esteves	00:23:22	00:48:06	00:47:57	168	CLUBE COLABORADORES AGEAS	V35	25
159	950	Marco Sousa	00:23:56	00:48:09	00:47:45	158		V40	38
160	1024	Sara Figueiredo	00:24:16	00:48:09	00:47:56	166	Olá - Ao Ritmo das 200ppm	Senior	5



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161	830	Henrique Coquenim	00:24:57	00:48:10	00:47:26	146		V50	16
162	984	Isidro Simões	00:24:16	00:48:10	00:47:56	167	Olá - Ao Ritmo das 200ppm	V40	39
163	523	Jose Gaspar	00:23:22	00:48:13	00:47:48	161	quarteto	V45	22
164	232	Ana Mendes	00:23:40	00:48:15	00:48:13	180		V40	3
165	775	Rui Ramos	00:24:15	00:48:15	00:47:47	160	GDCT Unicre	V35	26
166	647	Mario Costa	00:24:05	00:48:17	00:48:00	170	GD SANTANDERTOTTA	V40	40
167	725	Joao Moro	00:24:56	00:48:17	00:47:51	163		V55	9
168	1048	Alvaro Candeias	00:24:35	00:48:18	00:47:57	169		V65	2
169	552	Nuno Pinto	00:24:09	00:48:19	00:48:12	179		V40	41
170	553	Paulo Simões	00:24:22	00:48:24	00:48:10	177		V50	17
171	1072	Paulo Botelho	00:25:09	00:48:24	00:47:56	165		V45	23
172	194	Fabiano Loures	00:24:28	00:48:25	00:48:09	174		Senior	37
173	1092	João Almeida	00:23:46	00:48:25	00:48:00	171		V35	27
174	500	Bruno Almeida	00:24:17	00:48:25	00:48:13	182	Serviços Sociais Montepio	V35	28
175	296	Tiago Oliveira	00:23:12	00:48:26	00:48:21	185		Senior	38
176	314	Nuno Mendes	00:24:27	00:48:26	00:48:01	172	Alverca Urban Runners	V45	24
177	275	Vasco Ramos	00:24:00	00:48:26	00:47:54	164	USC Mira Sintra	V40	42
178	49	Luís Trigo	00:23:58	00:48:28	00:47:49	162		V35	29
179	1060	Eva Braz	00:23:48	00:48:28	00:48:25	188		V35	1
180	470	Armando Martins	00:24:10	00:48:29	00:48:19	184		V50	18

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181	885	José Charrua	00:24:24	00:48:32	00:48:12	178	Clube Ana Lisboa	V40	43
182	1040	Pedro Ponte	00:24:17	00:48:32	00:48:16	183	Clube Ana Lisboa	V40	44
183	1004	Sérgio Santos	00:24:24	00:48:33	00:48:13	181	Clube Ana Lisboa Acomp	V40	45
184	462	João Marques	00:24:54	00:48:34	00:48:09	173	Grupo Recreativo e Desportivo da Ribeira da Lag	V50	19
185	479	Carlos Nabiça	00:24:45	00:48:36	00:48:10	175	Clube Novo Banco	V55	10
186	219	Artur Costa	00:23:29	00:48:36	00:48:31	194	TESCO TEAM RUNNING	V40	46
187	508	José Reis	00:23:37	00:48:38	00:48:30	192		V65	3
188	764	Leonel Seleiro	00:23:37	00:48:38	00:48:31	196		V60	4
189	505	Hélder Bicho	00:24:22	00:48:42	00:48:28	190		V40	47
190	449	Nuno Marques	00:24:17	00:48:43	00:48:31	195	Asas nos Pés	V45	25
191	544	Paulo Sarroeira	00:24:22	00:48:47	00:48:25	187	Clube Ferroviário de Portugal	V45	26
192	639	Pedro Gaspar	00:24:34	00:48:48	00:48:10	176	NAV Runners	V45	27
193	43	Paulo Caldeira	00:24:08	00:48:48	00:48:22	186		V40	48
194	619	Susana Duro	00:24:02	00:48:49	00:48:42	202	TEAMITSUPTOYOU	V40	4
195	147	Joel Mósca	00:24:15	00:48:50	00:48:41	201		V50	20
196	51	Henrique Pereira	00:24:15	00:48:50	00:48:41	200		V40	49
197	548	Paulo Rodrigues	00:24:02	00:48:50	00:48:44	204	Serviços Sociais Montepio	V40	50
198	394	Carlos Santos	00:24:46	00:48:56	00:48:34	197	ACD BOCAL	V35	30
199	652	Carlos Teixeira	00:24:27	00:48:59	00:48:49	206	GD SANTANDERTOTTA	V45	28
200	545	Daniel Pinho	00:24:21	00:49:00	00:48:30	191		Senior	39

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
201	263	Helder Coelho	00:24:47	00:49:02	00:48:35	198		V45	29
202	711	José Afonso	00:23:58	00:49:02	00:48:52	210		V45	30
203	317	António Mina	00:24:03	00:49:03	00:48:55	213	Clube Atletismo Vale Figueira	V55	11
204	157	Hugo Barreto	00:24:00	00:49:03	00:48:50	207		V35	31
205	184	Sandro Guedes	00:23:23	00:49:05	00:48:50	208	Falck Running Team	Senior	40
206	594	Carlos Marinho	00:24:39	00:49:06	00:48:54	212		V35	32
207	224	Victor Silva	00:25:15	00:49:06	00:48:26	189	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	21
208	212	Fábio Júlio	00:24:55	00:49:09	00:48:30	193		Senior	41
209	499	José Guerreiro	00:24:07	00:49:10	00:48:59	214	Serviços Sociais Montepio	V60	5
210	290	Edgar Francisco	00:24:38	00:49:11	00:48:43	203	alcobela	V50	22
211	312	Hugo Moura	00:24:18	00:49:14	00:48:49	205		V45	31
212	188	Nuno Ferreira	00:24:20	00:49:16	00:49:00	216	Falck Running Team	Senior	42
213	483	Francisco Nunes	00:24:34	00:49:17	00:48:51	209	Clube Novo Banco	V50	23
214	501	Evelino Magalhães	00:24:04	00:49:18	00:49:04	217		V45	32
215	569	Miguel Ribeiro	00:25:26	00:49:19	00:48:40	199		V45	33
216	937	Fernando Ribeiro	00:24:20	00:49:23	00:48:53	211	GDC Banco de Portugal	V50	24
217	24	João Catalão	00:24:20	00:49:26	00:49:23	223		V60	6
218	436	Filipe Ginja	00:25:19	00:49:32	00:48:59	215	Serviços Sociais Montepio	Senior	43
219	80	Nuno Condeço	00:25:21	00:49:34	00:49:05	218		V35	33
220	638	João Reis	00:24:44	00:49:35	00:49:26	226		V55	12

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
221	1104	Nuno Almeida	00:24:20	00:49:35	00:49:24	225		V40	51
222	1057	Francisco Bispo	00:24:16	00:49:36	00:49:28	227		V55	13
223	363	Jorge Gonçalves	00:25:20	00:49:37	00:49:24	224	Clube TAP PORTUGAL	Senior	44
224	956	Jose Caetano	00:25:26	00:49:37	00:49:21	221		V65	4
225	979	Tito Nascimento	00:24:54	00:49:40	00:49:28	228		V35	34
226	1021	Filipe Paulo	00:24:09	00:49:40	00:49:18	220		V35	35
227	580	Pedro Teixeira	00:25:19	00:49:43	00:49:31	230	Team Ercília	V45	34
228	311	Hugo Sobreira	00:24:50	00:49:49	00:49:44	239		V40	52
229	578	Tiago Conceicao	00:26:20	00:49:50	00:49:23	222		Senior	45
230	579	Manuel Valença	00:25:19	00:49:50	00:49:38	233	Team Ercília	V35	36
231	469	Sónia Neves	00:24:41	00:49:51	00:49:45	240		V40	5
232	435	Bruno Rodrigues	00:25:21	00:49:52	00:49:40	234	Serviços Sociais Montepio	V40	53
233	255	Americo Santos	00:23:47	00:49:54	00:49:48	242		V50	25
234	525	João Sousa	00:24:47	00:49:55	00:49:37	232		V45	35
235	131	Pedro Ramos	00:24:41	00:50:00	00:49:40	235	CCD PM CASCAIS	V35	37
236	877	Mariana Pombinho	00:25:00	00:50:00	00:49:43	237	Clube Ana Lisboa	Senior	6
237	430	Miguel Dias	00:24:35	00:50:02	00:49:36	231	SS CGD	V40	54
238	957	André Agostinho	00:24:49	00:50:04	00:49:49	244		Senior	46
239	89	Henrique Cruz	00:26:12	00:50:06	00:49:29	229		V50	26
240	329	Paulo Gamboa	00:25:18	00:50:06	00:49:53	249	CA Patameiras	V45	36

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
241	549	Paulo Revés	00:25:37	00:50:10	00:49:52	248		V45	37
242	252	Gonçalo Garcia	00:24:25	00:50:11	00:49:50	245		V35	38
243	177	Fábio Rocha	00:25:25	00:50:14	00:49:59	252		Senior	47
244	498	Jorge Costa	00:25:22	00:50:14	00:50:02	254	Serviços Sociais Montepio	V50	27
245	761	Paulo Caldeira	00:24:54	00:50:15	00:49:41	236		V45	38
246	651	Carlos Henrique	00:24:53	00:50:16	00:50:02	253	GD SANTANDERTOTTA	V50	28
247	196	Nuno Martins	00:25:16	00:50:17	00:49:45	241		V35	39
248	39	Nuno Lourenço	00:24:51	00:50:18	00:50:15	261	Porto de Mós a Correr	V45	39
249	491	Paulo Ricardo	00:24:38	00:50:19	00:49:57	250	Clube Novo Banco	V50	29
250	17	Diogo Viana	00:24:26	00:50:21	00:50:07	257	Spartan3	Senior	48
251	108	Hugo Sequeira	00:24:18	00:50:22	00:50:19	264		V40	55
252	138	Maria Borges	00:25:25	00:50:22	00:50:03	256		V50	3
253	221	Adelino Pereira	00:24:58	00:50:28	00:49:59	251	Run2Finish.PT	V55	14
254	1009	Rui Rodrigues	00:25:48	00:50:29	00:50:11	259	Clube Ana Lisboa Acomp	V50	30
255	934	João Meneses	00:27:39	00:50:31	00:49:49	243	GDC Banco de Portugal	Senior	49
256	316	Paulo Lopes	00:25:17	00:50:31	00:50:03	255	Alverca Urban Runners	V35	40
257	809	Pedro Filipe	00:25:24	00:50:32	00:49:51	247		Senior	50
258	189	Tiago Gomes	00:25:13	00:50:33	00:50:17	262	Falck Running Team	Senior	51
259	122	Marco Costa	00:25:47	00:50:34	00:49:44	238		V40	56
260	677	Paula Fernnades	00:24:54	00:50:35	00:50:30	268	Linda a Pastora Sporting Clube	V50	4

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
261	425	João Silveira	00:24:42	00:50:36	00:50:18	263	SS CGD	V50	31
262	927	João Rodrigues	00:25:48	00:50:37	00:49:51	246	GDC Banco de Portugal	V40	57
263	27	Rui Mendes	00:25:27	00:50:37	00:50:23	265		V45	40
264	128	João Pereira	00:25:59	00:50:47	00:50:13	260	CCD PM CASCAIS	V55	15
265	313	Ana Monteiro	00:25:34	00:50:49	00:50:28	267		V45	1
266	732	Margarida Correia	00:24:49	00:50:50	00:50:47	275		Senior	7
267	419	Carlos Leitão	00:24:32	00:50:52	00:50:38	272	SS CGD	V55	16
268	751	Alexandre Almeida	00:26:17	00:50:56	00:50:09	258		V45	41
269	976	Miguel Cruz	00:24:52	00:51:00	00:50:50	277	Olá - Ao Ritmo das 200ppm	V45	42
270	577	Paula Lemos	00:25:17	00:51:01	00:50:54	279	Linda a Pastora Sporting Clube	V50	5
271	264	Ernesto Guia	00:25:13	00:51:03	00:51:00	281		V65	5
272	84	Carlos Oliveira	00:25:25	00:51:05	00:50:24	266		V45	43
273	88	Franxisco Passos	00:25:52	00:51:05	00:50:48	276		V55	17
274	1102	Abraão Valente	00:25:17	00:51:09	00:50:40	273		V45	44
275	916	Ivor Sebalj	00:25:09	00:51:12	00:50:35	270		Senior	52
276	1023	António Pina	00:24:44	00:51:12	00:51:03	284	Olá - Ao Ritmo das 200ppm	V50	32
277	802	César Santos	00:26:15	00:51:13	00:50:33	269		V45	45
278	1032	Daniel Rodrigues	00:26:03	00:51:16	00:50:36	271	CLUBE ACCENTURE	Senior	53
279	502	Gonçalo Carpinteiro	00:25:15	00:51:16	00:50:47	274		V35	41
280	387	Rui Carricho	00:25:09	00:51:16	00:51:08	287		V35	42

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
281	967	Reinaldo Fialho	00:25:33	00:51:18	00:51:01	282	Clube Groundforce Portugal	Senior	54
282	400	José Henriques	00:26:09	00:51:18	00:50:51	278	Os Perigosos	V60	7
283	427	Luis Gomes	00:25:27	00:51:26	00:51:23	302	SS CGD	V35	43
284	443	Ivo Fialho	00:25:38	00:51:27	00:50:58	280		V40	58
285	47	Pedro Trigo	00:24:31	00:51:29	00:51:24	303		V35	44
286	448	Paulo Prudêncio	00:24:15	00:51:30	00:51:25	304	Asas nos Pés	V55	18
287	326	João Fernandes	00:25:41	00:51:33	00:51:02	283		V35	45
288	623	Vitor Valagão	00:26:02	00:51:35	00:51:16	296		V35	46
289	235	Pedro Ferreira	00:24:15	00:51:36	00:51:08	288		V40	59
290	396	Helder Valadas	00:26:22	00:51:36	00:51:08	289	Os Perigosos	V35	47
291	267	Fabio Silva	00:24:19	00:51:37	00:51:09	290		Senior	55
292	292	Luis Ferreira	00:25:30	00:51:38	00:51:10	292	alcobela	V50	33
293	497	Manuel Malhado	00:26:58	00:51:39	00:49:07	219	TOA	V35	48
294	587	Torquato Cardoso	00:26:23	00:51:39	00:51:30	306	NAV Runners	V35	49
295	420	Catia Fonseca	00:25:26	00:51:39	00:51:13	293	SS CGD	V35	2
296	790	Fabiano Ferreira	00:25:44	00:51:40	00:51:16	297	Benfica em Forma	V35	50
297	1082	Angela Ramalho	00:25:39	00:51:44	00:51:18	301		V40	6
298	145	Jose Fernandes	00:27:02	00:51:45	00:51:10	291		V50	34
299	532	Paulo Balula	00:25:38	00:51:46	00:51:14	295		V45	46
300	815	Ricardo Santos	00:26:52	00:51:48	00:51:14	294		V35	51



# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
301	891	Paula Almeida	00:25:08	00:51:49	00:51:43	309	Clube Ana Lisboa	V50	6
302	1020	Pedro Paulo	00:25:36	00:51:52	00:51:30	305		V40	60
303	201	Marco Tomás	00:25:53	00:51:53	00:51:07	286		V40	61
304	739	Bruno Roxo	00:28:04	00:51:54	00:51:17	298	NAV Runners	V40	62
305	286	Carlos Palma	00:25:52	00:51:55	00:51:44	310	Link	V50	35
306	708	Leonel José	00:26:27	00:51:55	00:51:05	285		V45	47
307	822	António Silva	00:25:56	00:51:56	00:51:33	307		V40	63
308	765	Ricardo Viegas	00:25:33	00:52:02	00:51:48	314		V40	64
309	337	Tiago Marinho	00:28:14	00:52:05	00:51:18	300	Musg@41	Senior	56
310	335	José Duarte	00:28:15	00:52:06	00:51:17	299	Musg@41	V40	65
311	257	Norberto Marques	00:27:01	00:52:12	00:51:36	308		V45	48
312	476	Ana José	00:26:19	00:52:16	00:51:46	313	Clube Novo Banco	V45	2
313	492	Paulo Verissimo	00:26:06	00:52:16	00:51:46	311	Clube Novo Banco	V50	36
314	225	Tiago Luis	00:26:02	00:52:16	00:51:52	317		Senior	57
315	488	Luis José	00:26:19	00:52:16	00:51:46	312	Clube Novo Banco	V45	49
316	1111	Sandro Pereira	00:26:48	00:52:20	00:51:48	315		Senior	58
317	151	Paulo Lopes	00:25:45	00:52:24	00:51:48	316		V40	66
318	153	Edmundo Costa	00:25:39	00:52:27	00:52:08	320	CCD Siemens	V55	19
319	613	Duarte Rodrigues	00:26:03	00:52:29	00:52:06	318		Senior	59
320	283	Pedro Confraria	00:25:42	00:52:35	00:52:18	324	Carvalho Confraria	V40	67

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
321	1017	Cleonice Oliveira	00:25:29	00:52:35	00:52:32	336	AMATIBÁ	V50	7
322	99	Joaquim Costa	00:25:42	00:52:40	00:52:37	342		V65	6
323	386	André Alves	00:26:38	00:52:40	00:52:31	334	CLUBE COLABORADORES AGEAS	Senior	60
324	284	Fernando Faria	00:25:17	00:52:43	00:52:33	337	Link	V55	20
325	636	Paulo Cabrita	00:26:43	00:52:44	00:52:21	329		V50	37
326	297	Telmo Gaspar	00:25:00	00:52:46	00:52:41	344		V35	52
327	1073	Ricardo Lourenço	00:25:48	00:52:46	00:52:19	325		V40	68
328	204	Carlos Leão	00:26:48	00:52:51	00:52:18	323		V55	21
329	251	Artur Santos	00:25:18	00:52:52	00:52:42	345		V50	38
330	359	Fernando Coelho	00:25:43	00:52:54	00:52:34	339	Clube TAP PORTUGAL	V50	39
331	358	Carlos Silva	00:25:43	00:52:54	00:52:35	341	Clube TAP PORTUGAL	V50	40
332	383	Rui Boa	00:26:38	00:52:55	00:52:45	347	CLUBE COLABORADORES AGEAS	V35	53
333	986	Alfredo Notário	00:26:31	00:52:55	00:52:35	340	Olá - Ao Ritmo das 200ppm	V45	50
334	159	Rui Pereira	00:27:05	00:52:55	00:52:32	335	CASA DO PESSOAL DA RTP	V45	51
335	566	João Estevão	00:25:10	00:52:57	00:52:41	343		V35	54
336	133	José Amaral	00:26:47	00:52:58	00:52:29	333		V45	52
337	787	Alberto Pascoal	00:25:51	00:53:00	00:52:51	349	Clube Atletismo Vale Figueira	V50	41
338	1031	Bernardo Melo	00:27:45	00:53:00	00:52:19	326	CLUBE ACCENTURE	Senior	61
339	630	Luis Santos	00:27:50	00:53:00	00:52:11	321		V35	55
340	648	Susana Guerreiro	00:27:22	00:53:01	00:52:15	322	GD SANTANDERTOTTA	V40	7

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
341	86	Bruno Tiago	00:26:26	00:53:02	00:52:20	328		Senior	62
342	543	Fernando Agostinho	00:25:57	00:53:04	00:52:46	348		V40	69
343	171	Joana Mendes	00:26:53	00:53:06	00:52:57	354		Senior	8
344	1058	Marcos Pereira	00:26:51	00:53:07	00:52:27	331		V60	8
345	1059	Filipe Pereira	00:26:52	00:53:08	00:52:28	332		V35	56
346	526	Aimo Tuoriniemi	00:26:35	00:53:12	00:53:08	363		V60	9
347	529	Filipa Curralo	00:28:04	00:53:13	00:52:24	330		V40	8
348	395	João Batista	00:26:22	00:53:14	00:52:54	350	ACD BOCAL	V40	70
349	48	Nuno Barra	00:25:47	00:53:15	00:52:59	356		V40	71
350	690	Jose Dias	00:26:06	00:53:19	00:53:03	359		V40	72
351	807	Alexandre Mateus	00:26:39	00:53:20	00:52:58	355		V40	73
352	127	António Baleizão	00:26:36	00:53:20	00:52:44	346	CCD PM CASCAIS	V45	53
353	653	Antonio Cruz	00:27:00	00:53:22	00:53:03	358	GD SANTANDERTOTTA	V70	2
354	752	Bruno Barros	00:25:26	00:53:24	00:53:02	357	PapaTrilhos	V35	57
355	486	João Gomes	00:31:47	00:53:26	00:53:23	375	Clube Novo Banco	V65	7
356	692	Rafael Roque	00:27:23	00:53:28	00:52:34	338		V35	58
357	818	Miguel Velez	00:26:52	00:53:29	00:52:57	353		V55	22
358	774	Luís Inácio	00:26:06	00:53:29	00:53:21	374	NAV Runners	V45	54
359	91	Vera Moreira	00:25:58	00:53:31	00:53:28	380	TROFAMTEAM	Senior	9
360	213	Nuno Moita	00:24:19	00:53:36	00:53:24	378		Senior	63

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
361	685	Cecília Nicolau	00:27:21	00:53:36	00:53:24	377	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	8
362	881	Sérgio Caetano	00:26:40	00:53:38	00:53:06	361	Clube Ana Lisboa	V40	74
363	514	Alice Martins	00:27:03	00:53:40	00:53:16	368		V35	3
364	1079	Carlos Machado	00:27:03	00:53:40	00:53:10	365		V40	75
365	812	Manuel Pereira	00:27:01	00:53:40	00:53:06	360		V45	55
366	150	Samuel Martins	00:27:03	00:53:40	00:53:17	369		V40	76
367	530	Paulo Alexandre	00:28:00	00:53:41	00:53:11	366		V40	77
368	531	Filipe Almeida	00:28:00	00:53:42	00:53:12	367		V35	59
369	458	Mafalda Mateus	00:27:06	00:53:42	00:53:07	362	Asas nos Pés	Senior	10
370	955	Fernando Alvim	00:27:23	00:53:43	00:52:54	351		V45	56
371	681	Edna Alvim	00:27:23	00:53:43	00:52:55	352		V45	3
372	121	Eduardo Campelo	00:27:10	00:53:44	00:53:40	389		V60	10
373	126	Alexandra Machado	00:27:10	00:53:46	00:53:09	364	CCD PM CASCAIS	V35	4
374	604	Mario Leal	00:27:13	00:53:46	00:53:27	379		V50	42
375	798	Rafael Azriel	00:27:04	00:53:49	00:53:20	373		V45	57
376	373	Fernando Matias	00:27:44	00:53:50	00:53:32	383	CLUBE COLABORADORES AGEAS	V60	11
377	97	Filipe S	00:27:11	00:53:55	00:53:31	382	Prosperini	Senior	64
378	686	Victor Riscado	00:27:15	00:53:57	00:53:23	376		V45	58
379	1061	Cátia Pinto	00:28:41	00:53:58	00:53:50	395		V35	5
380	935	Catarina Silva	00:27:40	00:54:01	00:53:19	370	GDC Banco de Portugal	Senior	11

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	1013	Fernando Ribeiro	00:26:47	00:54:02	00:53:44	390	Clube Ana Lisboa Acomp	V50	43
382	288	João Santos	00:25:55	00:54:03	00:53:48	393	Link	Senior	65
383	654	Joao Sequeira	00:26:56	00:54:04	00:53:49	394	GD SANTANDERTOTTA	V40	78
384	996	Luis Sismeiro	00:26:49	00:54:04	00:53:47	392	Clube Ana Lisboa	V55	23
385	714	Pedro Oliveira	00:25:46	00:54:06	00:53:56	397		V45	59
386	117	Nuno Simões	00:26:28	00:54:09	00:54:00	398	CCD CRÉDITO AGRÍCOLA	V45	60
387	137	Rui Gomes	00:26:58	00:54:11	00:53:35	387		V45	61
388	582	Paulo Antunes	00:32:46	00:54:12	00:53:36	388		V50	44
389	568	Carla Ribeiro	00:27:19	00:54:14	00:53:34	386		V45	4
390	233	João Prelhaz	00:27:02	00:54:15	00:53:28	381		V40	79
391	162	José Pedro	00:27:29	00:54:16	00:53:46	391		V65	8
392	797	Lino Coelho	00:27:10	00:54:16	00:53:55	396		V40	80
393	464	Rui Correia	00:27:22	00:54:16	00:53:20	372	GDCTINCM	V40	81
394	270	João Amorim	00:27:22	00:54:16	00:53:20	371	TOA	Senior	66
395	120	Pedro Fernandes	00:28:00	00:54:18	00:53:33	384	CCD CRÉDITO AGRÍCOLA	V35	60
396	140	Vera Bangy	00:26:45	00:54:20	00:54:10	408		V35	6
397	279	Ricardo Alves	00:27:13	00:54:24	00:54:03	400	GDCTINCM	V40	82
398	1095	Fábio Moço	00:25:58	00:54:26	00:54:04	401		Senior	67
399	141	Karim Bangy	00:27:11	00:54:27	00:54:17	411		V40	83
400	541	Paulo Enes	00:27:11	00:54:28	00:54:08	407		V55	24

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
401	415	Sara Colaço	00:28:04	00:54:32	00:54:03	399		V45	5
402	535	Rita Ramos	00:27:04	00:54:32	00:54:04	402		V40	9
403	414	Rui Velez	00:28:04	00:54:33	00:54:04	403		V55	25
404	433	Rogerio Luis	00:26:45	00:54:35	00:54:10	409	SS CGD	V45	62
405	573	Bruno Baleizão	00:27:59	00:54:36	00:53:33	385		Senior	68
406	1078	Isabel Cardeal	00:26:55	00:54:36	00:54:30	415		V50	9
407	42	Luis Carvalho	00:28:13	00:54:38	00:54:05	404		V40	84
408	349	Nuno Charrua	00:27:39	00:54:41	00:54:07	406		V40	85
409	705	Virgílio Nascimento	00:26:58	00:54:42	00:54:33	416	Clube Atletismo Vale Figueira	V65	9
410	695	Luís Grancho	00:27:48	00:54:44	00:54:07	405		V50	45
411	206	Ioan Matei	00:26:36	00:54:48	00:54:45	423		V50	46
412	195	João Serra	00:27:01	00:54:50	00:54:17	412		V40	86
413	333	Miguel Miranda	00:28:16	00:54:52	00:54:13	410	Grilos Team & Associados	V35	61
414	268	Rui Sebastião	00:27:10	00:54:54	00:52:20	327	TOA	Senior	69
415	733	Tomé Agostinho	00:26:28	00:54:56	00:54:21	413		Junior	4
416	763	Fernando Santos	00:27:21	00:54:58	00:54:52	429		V65	10
417	377	Margarida Simão	00:27:22	00:54:58	00:54:39	420	CLUBE COLABORADORES AGEAS	Senior	12
418	684	Luis Xavier	00:29:52	00:55:05	00:54:52	428		V45	63
419	610	Nuno Grilo	00:28:16	00:55:05	00:54:26	414		Senior	70
420	266	Rui Encarnação	00:27:18	00:55:06	00:54:49	425		V40	87

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
421	262	Isidro Dias	00:27:19	00:55:06	00:54:49	426		V45	64
422	953	Daniela Amaro	00:27:14	00:55:06	00:54:39	421		Senior	13
423	1093	Paulo Roxo	00:27:59	00:55:10	00:54:45	424		V40	88
424	939	Nelson Madeira	00:26:48	00:55:14	00:54:37	419	GDC Banco de Portugal	Senior	71
425	1011	Carlos Santos	00:27:25	00:55:16	00:54:59	430	Clube Ana Lisboa Acomp	V60	12
426	668	Filipa Carapuço	00:28:08	00:55:17	00:54:50	427		V40	10
427	657	Joao Rocha	00:28:17	00:55:18	00:54:36	418	GD SANTANDERTOTTA	V65	11
428	683	Aníbal Carvalho	00:28:20	00:55:21	00:54:36	417		V65	12
429	214	Nuno Dâmaso	00:28:04	00:55:22	00:55:19	442		V40	89
430	701	Bruno Ferreira	00:26:49	00:55:23	00:55:10	436	Bijou and friends	Senior	72
431	565	Joaquim Palma	00:27:21	00:55:27	00:55:18	439		V65	13
432	38	Paulo Lourenço	00:27:03	00:55:28	00:55:19	441	Porto de Mós a Correr	V50	47
433	1045	Camila Medici	00:27:34	00:55:30	00:55:12	437	Clube Ana Lisboa Acomp	Senior	14
434	928	Elisabete Santos	00:27:23	00:55:30	00:55:21	443	GDC Banco de Portugal	V40	11
435	478	Carlos Fernandes	00:28:23	00:55:30	00:54:44	422	Clube Novo Banco	V55	26
436	495	Rui Paiva	00:28:26	00:55:31	00:55:02	431	Clube Novo Banco	V40	90
437	622	Aníbal Rosa	00:26:50	00:55:33	00:55:18	438		V45	65
438	434	Paula Gonçalves	00:28:08	00:55:33	00:55:04	434	SS CGD	V40	12
439	737	Inês Gonçalves	00:26:27	00:55:37	00:55:34	450		V35	7
440	416	Ana Almeida	00:26:57	00:55:42	00:55:27	446	SS CGD	V35	8



# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
441	563	Hugo Rodrigues	00:26:57	00:55:44	00:55:34	449		V40	91
442	113	Jorge Honório	00:27:56	00:55:47	00:55:02	433	CCD CRÉDITO AGRÍCOLA	Senior	73
443	23	Justino Santos	00:28:09	00:55:48	00:55:05	435		V35	62
444	917	Diana Cardoso	00:27:12	00:55:50	00:55:31	448		Senior	15
445	978	Gonçalo Neves	00:28:07	00:55:50	00:55:02	432		V35	63
446	806	Sara Gomes	00:27:37	00:55:53	00:55:43	453		Senior	16
447	429	Miguel Angelo	00:28:03	00:55:55	00:55:39	451	SS CGD	V40	92
448	459	Fatima Lavrador	00:27:54	00:55:56	00:55:22	444	Asas nos Pés	V45	6
449	720	Arnaud Stevenot	00:28:38	00:55:58	00:55:31	447		V40	93
450	827	Rui Gonçalves	00:27:18	00:56:00	00:55:26	445		V55	27
451	823	Carla Bernardino	00:27:04	00:56:01	00:55:47	456		V40	13
452	709	Gonçalo Pereira	00:26:32	00:56:01	00:55:58	466		Junior	5
453	1100	José Lindo	00:28:18	00:56:01	00:55:58	465	Clube Atletismo Vale Figueira	V70	3
454	760	Victor Agostinho	00:27:55	00:56:03	00:55:19	440		V35	64
455	740	Antonio Camacho	00:26:57	00:56:06	00:55:57	462	clube atetismo de vale figueira	V65	14
456	315	Conceição Rodrigues	00:26:59	00:56:06	00:55:57	463	Clube Atletismo Vale Figueira	V55	1
457	318	Clara Mina	00:26:58	00:56:07	00:55:58	464	Clube Atletismo Vale Figueira	V55	2
458	339	Luis Cecilio	00:26:22	00:56:11	00:55:54	461		V45	66
459	799	Jose Ferreira	00:27:42	00:56:11	00:56:03	471		V45	67
460	670	Carla Miranda	00:27:09	00:56:15	00:56:07	474	NAV Runners	V50	10

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
461	179	João Carvalho	00:27:33	00:56:19	00:56:03	470		V50	48
462	710	Nuno Romãozinho	00:27:50	00:56:20	00:55:42	452		V45	68
463	633	Tiago Oliveira	00:29:04	00:56:23	00:55:45	455		V40	94
464	784	Carlos Cardoso	00:27:38	00:56:23	00:56:15	478		V50	49
465	793	Nuno Clara	00:27:39	00:56:23	00:56:14	477		V35	65
466	178	Jorge Guerreiro	00:28:13	00:56:26	00:55:43	454		V50	50
467	1003	Manuel Roque	00:28:18	00:56:26	00:55:51	457	Clube Ana Lisboa Acomp	V35	66
468	450	Sónia Araújo	00:28:53	00:56:27	00:55:52	459	Asas nos Pés	V40	14
469	1019	Alceu Paulo	00:27:50	00:56:27	00:56:05	473		V65	15
470	451	José Henriques	00:28:53	00:56:27	00:55:52	458	Asas nos Pés	V45	69
471	991	Ivo Esperança	00:28:19	00:56:28	00:55:53	460	Clube Ana Lisboa	V35	67
472	1088	Teresa Silva	00:27:10	00:56:29	00:56:02	468		V50	11
473	354	Silvia Viana	00:27:58	00:56:36	00:55:59	467	Ker Sport Trail Running	V40	15
474	644	Paulo Mendes	00:28:35	00:56:42	00:56:03	469		V45	70
475	125	Luis Antunes	00:27:32	00:56:48	00:56:23	481		V45	71
476	446	Patricia Santos	00:28:10	00:56:49	00:56:13	476	Asas nos Pés	Senior	17
477	124	Valério Passarinho	00:29:00	00:56:50	00:56:08	475		Senior	74
478	853	Jorge Rodrigues	00:28:06	00:56:51	00:56:39	487	Clube Ana Lisboa	V55	28
479	205	Nuno Fragoso	00:28:54	00:56:52	00:56:04	472		V40	95
480	256	Jorge Ferreira	00:28:40	00:56:52	00:56:16	479		V50	51

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
481	220	Vera Silva	00:27:46	00:56:56	00:56:51	490	TESCO TEAM RUNNING	V35	9
482	114	Luís Damião	00:27:27	00:57:02	00:56:33	486	CCD CRÉDITO AGRÍCOLA	V50	52
483	637	Joaquim Agostinho	00:28:29	00:57:04	00:56:27	482	NAV Runners	V50	53
484	332	Pedro Grilo	00:28:44	00:57:07	00:56:29	484	Grilos Team & Associados	Senior	75
485	58	Joao Cruz	00:28:24	00:57:08	00:56:22	480		V45	72
486	371	Ana Matias	00:28:29	00:57:14	00:56:52	492	CLUBE COLABORADORES AGEAS	V50	12
487	384	Vanda Sequeira	00:28:29	00:57:14	00:56:52	491	CLUBE COLABORADORES AGEAS	V45	7
488	504	Pedro Vicente	00:26:25	00:57:17	00:57:03	497		V35	68
489	627	Hugo Casaca	00:29:28	00:57:20	00:56:28	483		V40	96
490	487	Jorge Monteiro	00:29:05	00:57:22	00:56:50	489	Clube Novo Banco	V50	54
491	1033	Julio Miranda	00:28:34	00:57:26	00:56:47	488	CLUBE ACCENTURE	V55	29
492	776	Vanessa Pais	00:28:33	00:57:31	00:57:16	502		Senior	18
493	511	Carlos Pereira	00:30:33	00:57:33	00:52:07	319		Senior	76
494	649	Pedro Reis	00:29:06	00:57:35	00:57:14	501	GD SANTANDERTOTTA	V45	73
495	803	Ana Raposo	00:28:57	00:57:38	00:56:59	496		V45	8
496	936	Célia Minau	00:28:07	00:57:39	00:57:25	504	GDC Banco de Portugal	V40	16
497	493	Ricardo Silva	00:28:42	00:57:44	00:57:05	499	Clube Novo Banco	V40	97
498	389	Nuno Mendes	00:31:03	00:57:44	00:57:23	503	Alverca Urban Runners	V45	74
499	321	Rui Amaral	00:29:12	00:57:46	00:56:58	494	BOLINHAS RUNNERS - EREIRA - CARTAXO	V40	98
500	158	Luís Filipe	00:28:10	00:57:48	00:57:36	513		V40	99

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
501	163	Bruno Madeira	00:29:08	00:57:48	00:57:44	516		V40	100
502	280	Vitor Cardoso	00:29:13	00:57:49	00:56:58	493	GDCTINCM	V40	101
503	109	Hugo Casaca	00:29:29	00:57:49	00:56:59	495		V40	102
504	30	André Soares	00:28:51	00:57:55	00:57:11	500		Senior	77
505	842	António Morgado	00:30:59	00:57:55	00:57:46	519	Clube Ana Lisboa	V60	13
506	1080	Edson Duarte	00:30:18	00:57:55	00:57:05	498		Senior	78
507	546	Mário Coelho	00:29:19	00:57:56	00:57:25	505	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	55
508	759	João Fernandes	00:28:52	00:57:57	00:57:34	512	NAV Runners	V55	30
509	265	Vitor Rodrigues	00:29:03	00:57:58	00:57:36	514		V60	14
510	76	Carlos Forte	00:29:03	00:57:58	00:57:31	510	Rodas no Ar	Senior	79
511	75	Jorge Santos	00:29:03	00:57:58	00:57:32	511	Rodas no Ar	V40	103
512	281	Vasco Lavado	00:28:34	00:57:58	00:57:30	509	Alverca Urban Runners	V40	104
513	246	Margarida Coelho	00:28:11	00:57:59	00:57:48	522	Papa Kms	V50	13
514	54	João Duarte	00:29:07	00:58:01	00:57:28	507		V65	16
515	295	Inês Gregório	00:29:09	00:58:01	00:57:28	506		Senior	19
516	53	Luis Vicente	00:29:06	00:58:01	00:57:29	508		V55	31
517	561	João Coelho	00:28:40	00:58:02	00:57:44	517		V35	69
518	970	Teresa Sepúlveda	00:28:35	00:58:06	00:57:48	521	Clube Groundforce Portugal	V35	10
519	961	Maria Gonçalves	00:28:35	00:58:06	00:57:47	520	Clube Groundforce Portugal	V50	14
520	70	Amandio Busca	00:29:12	00:58:10	00:57:39	515		V50	56

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
521	825	Renato Alves	00:27:43	00:58:11	00:57:59	528	Link	V35	70
522	244	Carina Condeco	00:29:02	00:58:25	00:57:55	524	Wonder Couple	V35	11
523	203	Mário Rogado	00:28:47	00:58:26	00:57:54	523		V40	105
524	485	João Antunes	00:28:10	00:58:27	00:58:00	529	Clube Novo Banco	Senior	80
525	25	Helio Balinha	00:29:15	00:58:27	00:57:56	526		V35	71
526	83	Judite Almeida	00:30:19	00:58:28	00:57:45	518	Os Faustos	V35	12
527	300	Cleber Silva	00:29:39	00:58:35	00:58:32	545	JUNTOS SOMOS MAIS FORTES	V35	72
528	466	Ana Ferreira	00:29:17	00:58:36	00:58:09	532	Clube Novo Banco	V50	15
529	161	Ruben Costa	00:28:50	00:58:36	00:58:07	531		V40	106
530	489	Nuno Valente	00:29:54	00:58:36	00:58:10	533	Clube Novo Banco	V35	73
531	468	Paulo Gonçalves	00:29:17	00:58:36	00:58:05	530	Clube Novo Banco	V50	57
532	611	Marta Marcos	00:29:17	00:58:37	00:58:16	536		V35	13
533	79	Dora Sousa	00:29:30	00:58:37	00:57:56	527		V40	17
534	968	João Soares	00:29:50	00:58:37	00:58:19	537	Clube Groundforce Portugal	V35	74
535	603	Helder Silverio	00:29:16	00:58:37	00:58:16	535		V45	75
536	952	Carlos Rodrigues	00:28:45	00:58:37	00:57:55	525		V35	75
537	519	Ricardo Silva	00:28:26	00:58:48	00:58:19	538		V40	107
538	1035	Rafael Murta	00:29:05	00:58:51	00:58:12	534	CLUBE ACCENTURE	V35	76
539	172	Jose Alves	00:29:51	00:58:55	00:58:42	550		V60	15
540	191	Luís Bilro	00:28:27	00:58:58	00:58:53	559		V55	32

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
541	1006	Sérgio Santos	00:29:13	00:58:59	00:58:24	541	Clube Ana Lisboa Acomp	V40	108
542	669	Valter Lopes	00:28:31	00:59:02	00:58:26	543		V35	77
543	538	Filipe Santos	00:29:26	00:59:03	00:58:20	540		Senior	81
544	437	Luis Reis	00:29:05	00:59:05	00:58:25	542	Serviços Sociais Montepio	V60	16
545	689	Luis Valente	00:29:08	00:59:07	00:58:29	544		V45	76
546	408	Rodrigo Hartmann	00:28:38	00:59:08	00:58:37	547		Senior	82
547	69	Paulo Cabaço	00:30:05	00:59:09	00:58:20	539		V50	58
548	34	João Figueiredo	00:28:27	00:59:10	00:58:38	548		V35	78
549	397	Bento Valente	00:29:47	00:59:11	00:58:44	551	Os Perigosos	V50	59
550	401	José Belchior	00:29:50	00:59:12	00:58:45	554	Os Perigosos	V65	17
551	616	Rui Marreiros	00:28:18	00:59:13	00:58:50	557		V35	79
552	390	David Barbotin	00:29:42	00:59:14	00:58:46	556	TOKANDAR	Senior	83
553	391	Marília Ribeiro	00:29:42	00:59:14	00:58:45	553	TOKANDAR	V35	14
554	1036	Ricardo Prazeres	00:29:47	00:59:16	00:58:35	546	CLUBE ACCENTURE	Senior	84
555	503	Bruno Batista	00:29:34	00:59:18	00:59:07	570		V45	77
556	241	Nuno Gonçalves	00:28:49	00:59:18	00:58:55	561	Keep Running	V65	18
557	960	Sofia Cândido	00:29:50	00:59:19	00:59:00	567	Clube Groundforce Portugal	V45	9
558	1026	Nuno Marques	00:29:14	00:59:20	00:58:40	549		V50	60
559	29	José Nunes	00:28:49	00:59:21	00:58:57	563	KEEPRUNNING	V50	61
560	671	Jose Vermelhudo	00:29:09	00:59:22	00:58:59	566	NAV Runners	V55	33

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
561	524	Paulo Vaz	00:29:36	00:59:23	00:58:57	564	quarteto	V45	78
562	521	António Ribeiro	00:29:35	00:59:23	00:58:58	565	quarteto	V55	34
563	71	Luis Garção	00:29:12	00:59:27	00:58:56	562		V50	62
564	1117	Vitor Lemos	00:29:29	00:59:28	00:58:45	555		V35	80
565	1025	Bruno Gonçalves	00:28:28	00:59:33	00:59:17	576		V35	81
566	691	Ricardo Caldas	00:27:38	00:59:33	00:59:30	582		V40	109
567	537	Fernando Marques	00:29:26	00:59:34	00:58:50	558		Senior	85
568	45	Eduardo Santos	00:28:46	00:59:36	00:59:24	580		V60	17
569	962	Fernando Faleiro	00:28:35	00:59:37	00:59:20	578	Clube Groundforce Portugal	V40	110
570	973	Ruben Sousa	00:28:36	00:59:37	00:59:20	579	Clube Groundforce Portugal	Senior	86
571	664	Bruno Reis	00:29:24	00:59:44	00:59:15	575		V40	111
572	658	Lino Oliveira	00:51:08	00:59:44	00:58:55	560	GD SANTANDERTOTTA	V70	4
573	22	Antonio Pombinho	00:28:54	00:59:45	00:59:32	584		V60	18
574	211	Tiago Oliveira	00:29:50	00:59:47	00:59:05	569	Os Faustos	Senior	87
575	1022	Gonçalo Duque	00:31:03	00:59:47	00:59:26	581	Olá - Ao Ritmo das 200ppm	Senior	88
576	474	António Serra	00:30:00	00:59:52	00:59:14	574	ADCSABALDIO	V60	19
577	473	Armindo Queimado	00:30:00	00:59:52	00:59:14	573	ADCSABALDIO	V50	63
578	168	Faustina Reis	00:31:46	00:59:53	00:59:11	572	DreamTeam	Senior	20
579	719	António Bila	00:31:38	00:59:53	00:59:02	568	COO	V60	20
580	771	Samuel Gomes	00:31:45	00:59:53	00:59:10	571	DreamTeam	V35	82



# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
581	642	João Gaspar	00:29:33	00:59:58	00:59:30	583		V55	35
582	456	Paula Valente	00:28:11	00:59:59	00:59:56	590	Asas nos Pés	V40	18
583	210	Paulo Cabanas	00:28:31	01:00:02	00:59:40	586	FIDELIDADE GDC	V40	112
584	834	Lucio Silva	00:29:25	01:00:06	00:59:19	577		V50	64
585	533	Carla Gomes	00:29:51	01:00:09	00:59:44	588		V45	10
586	285	António Dias	00:28:30	01:00:10	00:59:57	592	Link	V55	36
587	482	Fernando Filipe	00:29:25	01:00:12	00:59:42	587	Clube Novo Banco	V50	65
588	1000	Maria Alves	00:29:35	01:00:14	00:59:55	589	Clube Ana Lisboa	Senior	21
589	175	André Costa	00:31:39	01:00:17	00:56:32	485		Senior	89
590	277	Carlos Grácio	00:29:37	01:00:20	01:00:03	596	Os Galgos de Tancos	V55	37
591	278	Helena Grácio	00:29:37	01:00:21	01:00:04	597	Os Galgos de Tancos	V50	16
592	152	Pedro Simões	00:30:05	01:00:21	00:59:39	585		V35	83
593	258	Sergio Ramalho	00:30:00	01:00:27	00:58:45	552		V35	84
594	646	Alexandre Silva	00:29:48	01:00:32	00:59:57	591		V40	113
595	645	Sara Catita	00:29:48	01:00:32	00:59:58	593		Senior	22
596	381	Mónica Sousa	00:29:53	01:00:34	01:00:12	598	CLUBE COLABORADORES AGEAS	V45	11
597	96	Nuno S	00:29:20	01:00:35	01:00:12	599	Prosperini	V35	85
598	715	Cristina Baquero	00:30:25	01:00:37	00:59:59	594		V40	19
599	718	Ramon Marquina	00:30:25	01:00:37	01:00:00	595		V45	79
600	160	Marisa Gonçalves	00:30:08	01:00:38	01:00:15	601	CASA DO PESSOAL DA RTP	Senior	23

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
601	856	Paulo Tapadinhas	00:28:43	01:00:49	01:00:13	600	Clube Ana Lisboa	V40	114
602	828	Nuno André	00:30:18	01:00:51	01:00:26	604		V40	115
603	223	Manuel Paulo	00:29:15	01:00:53	01:00:23	603	Run2Finish.PT	V60	21
604	923	Rui Soeiro	00:28:39	01:00:55	01:00:52	610		V35	86
605	982	Nelson Castelôa	00:30:25	01:00:59	01:00:49	608		V50	66
606	661	Fernanda Martins	00:29:05	01:01:03	01:00:39	606		V35	15
607	236	João Lopes	00:30:03	01:01:04	01:00:21	602		V45	80
608	202	Maria Veloso	00:30:17	01:01:27	01:01:20	619		V65	1
609	247	Armando Teixeira	00:28:13	01:01:28	01:01:17	617	Papa Kms	V55	38
610	56	Luís Santos	00:30:51	01:01:30	01:00:30	605		Senior	90
611	102	Cesar Guerra	00:31:49	01:01:30	01:00:47	607	CT	V50	67
612	727	João Rodrigues	00:31:28	01:01:33	01:01:01	612		V60	22
613	1118	Maria Saldanha	00:31:07	01:01:36	01:00:51	609		V40	20
614	1119	António Botelho	00:31:07	01:01:37	01:00:52	611		V40	116
615	712	Luis Domingues	00:29:26	01:01:41	01:01:17	618		V35	87
616	490	Paula Mello	00:29:52	01:01:43	01:01:14	615	Clube Novo Banco	V50	17
617	104	Sandra Elvas	00:30:54	01:01:46	01:01:11	613	Amigos Vale Silêncio	V40	21
618	65	Leonel Neves	00:30:54	01:01:46	01:01:11	614	Amigos Vale Silêncio	V65	19
619	1007	Rita Pasadas	00:30:53	01:01:51	01:01:15	616	Clube Ana Lisboa Acomp	V35	16
620	421	Francisco Clerigo	00:30:50	01:01:54	01:01:20	620	SS CGD	V65	20

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
621	368	Natalia Fernandes	00:30:42	01:02:06	01:01:37	625		V55	3
622	920	Ana Alvo	00:28:59	01:02:11	01:01:44	626		Senior	24
623	824	Paulo Simoes	00:28:59	01:02:11	01:01:44	627		V40	117
624	463	Miguel Fraga	00:30:47	01:02:12	01:01:21	621	GDCTINCM	V45	81
625	271	Marta Ribeiro	00:30:48	01:02:12	01:01:21	622	TOA	Senior	25
626	773	Nuno Pombinho	00:31:47	01:02:13	01:01:29	623		V40	118
627	518	Célia Catarino	00:30:58	01:02:19	01:01:59	628		V50	18
628	322	João Vieira	00:30:15	01:02:21	01:01:35	624	BOLINHAS RUNNERS - EREIRA - CARTAXO	V40	119
629	375	João Frade	00:29:53	01:02:32	01:02:12	633	CLUBE COLABORADORES AGEAS	V45	82
630	1099	Joaquim Paula	00:31:22	01:02:35	01:02:01	629		V45	83
631	746	Alexandra Machado	00:31:38	01:02:36	01:02:02	630		V50	19
632	843	André Morgado	00:29:56	01:02:38	01:02:30	636	Clube Ana Lisboa	Senior	91
633	407	Rafael Hartmann	00:31:30	01:02:43	01:02:12	632		Senior	92
634	1027	António Donato	00:30:20	01:02:43	01:02:04	631		V55	39
635	1054	Anselmo Salomao	00:30:28	01:02:59	01:02:26	634		V40	120
636	289	José Pires	00:29:55	01:03:03	01:02:52	641	Link	V45	84
637	338	Maria Duarte	00:31:16	01:03:03	01:02:50	640		V40	22
638	119	Paula Neto	00:30:41	01:03:05	01:02:53	642	CCD CRÉDITO AGRÍCOLA	V55	4
639	1034	Lucas Sanabio	00:30:12	01:03:09	01:02:28	635	CLUBE ACCENTURE	V35	88
640	423	Hugo Venancio	00:30:26	01:03:13	01:03:01	645	SS CGD	V40	121

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
641	287	João Jorge	00:31:20	01:03:14	01:02:59	644	Link	Senior	93
642	199	Cristina Neves	00:31:53	01:03:16	01:02:48	639		V45	12
643	78	Paula Almeida	00:31:27	01:03:19	01:02:37	637		V45	13
644	273	Ricardo Piteira	00:30:51	01:03:21	01:03:08	647	Os Galgos	Senior	94
645	512	João Moreira	00:30:27	01:03:23	01:03:06	646		V45	85
646	103	Teresa Rodrigues	00:52:03	01:03:26	01:02:44	638	CT	V60	1
647	688	Sérgio Bragança	00:31:35	01:03:33	01:02:59	643		V40	122
648	81	Vanda Martins	00:32:22	01:03:45	01:03:15	649		V40	23
649	31	Gabriel Cruz	00:31:21	01:03:51	01:03:42	659		V75	1
650	15	Valter Leandro	00:30:36	01:03:54	01:03:39	656		V40	123
651	174	Manuel Sequeira	00:31:32	01:03:55	01:03:41	658	G.D.C.T. REPSOL POLÍMEROS	V65	21
652	481	Fernando Brandão	00:30:52	01:03:59	01:03:35	653	Clube Novo Banco	V55	40
653	143	João Granja	00:31:44	01:03:59	01:03:29	650		V40	124
654	37	Sandra Senas	00:30:49	01:04:02	01:03:34	652		V45	14
655	36	Luis Calheiros	00:30:45	01:04:02	01:03:35	654		V45	86
656	741	Mário Silva	00:30:56	01:04:03	01:03:52	661	Clube Ferroviário de Portugal	V65	22
657	977	Carla Sobreda	00:31:33	01:04:05	01:03:53	662	Olá - Ao Ritmo das 200ppm	V45	15
658	520	Rui Ribeiro	00:31:51	01:04:07	01:03:45	660		V45	87
659	361	Madalena Pina	00:31:28	01:04:10	01:03:38	655	Clube TAP PORTUGAL	V50	20
660	574	Jorge Guilherme	00:28:03	01:04:11	01:03:34	651	NAV Runners	V45	88

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
661	554	Nuno Trindade	00:33:06	01:04:13	01:03:41	657		V35	89
662	958	António Alves	00:31:34	01:04:23	01:04:13	666		V60	23
663	1081	Rui Silva	00:30:55	01:04:25	01:03:58	663		V45	89
664	301	Bruno Flores	00:29:20	01:04:30	01:04:27	669	JUNTOS SOMOS MAIS FORTES	V35	90
665	496	Xana Filipe	00:31:50	01:04:51	01:04:22	668	Clube Novo Banco	V45	16
666	173	Maria Silva	00:31:27	01:04:53	01:04:15	667		V50	21
667	983	Cristina Filipe	00:31:34	01:04:54	01:04:42	676	Olá - Ao Ritmo das 200ppm	V50	22
668	676	Isabel Anjos	00:31:31	01:04:54	01:04:46	678		V60	2
669	323	Cibele Costa	00:31:23	01:04:58	01:04:10	664	BOLINHAS RUNNERS - EREIRA - CARTAXO	V35	17
670	875	Luís Bras	00:31:24	01:04:58	01:04:11	665	Clube Ana Lisboa	V40	125
671	372	Catarina Figueira	00:32:40	01:05:04	01:04:42	675	CLUBE COLABORADORES AGEAS	V40	24
672	382	Paulo Paixão	00:32:40	01:05:04	01:04:43	677	CLUBE COLABORADORES AGEAS	V45	90
673	44	Alfredo Martinho	00:31:03	01:05:08	01:04:41	674		V40	126
674	879	Paula Campos	00:32:23	01:05:09	01:04:37	671	Clube Ana Lisboa	V40	25
675	880	António Catita	00:32:22	01:05:09	01:04:36	670	Clube Ana Lisboa	V40	127
676	477	Antonio Reis	00:31:52	01:05:20	01:04:54	680	Clube Novo Banco	V50	68
677	341	Eduardo Pestana	00:33:07	01:05:23	01:04:39	673	kaninos	V35	91
678	348	Marco Cachinho	00:33:08	01:05:23	01:04:38	672	Clube de Corrida Ren	V35	92
679	370	Ana Guimarães	00:31:25	01:05:26	01:05:10	682	CLUBE COLABORADORES AGEAS	V60	3
680	376	João Pinto	00:31:25	01:05:26	01:05:11	683	CLUBE COLABORADORES AGEAS	V50	69

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
681	1121	Miguel Pita	00:33:37	01:05:36	01:04:51	679		Senior	95
682	87	José Silveira	00:31:48	01:05:41	01:04:58	681		V50	70
683	576	Tabrez Hanif	00:32:24	01:05:47	01:05:14	685		Senior	96
684	557	Luis Gois	00:31:50	01:05:47	01:05:13	684	NAV Runners	V45	91
685	839	Dalila Araújo	00:31:56	01:05:49	01:05:25	687		Senior	26
686	641	Paulo Gaspar	00:32:04	01:05:53	01:05:27	688		V45	92
687	542	Susana Silva	00:32:50	01:06:07	01:05:18	686		V40	26
688	517	Tânia Dimas	00:31:50	01:06:07	01:05:48	691		V45	17
689	59	Rute Dias	00:31:59	01:06:13	01:05:46	690		V45	18
690	306	João Borges	00:31:57	01:06:15	01:05:36	689		V50	71
691	846	Deolinda Santos	00:32:20	01:06:25	01:05:51	693	Clube Ana Lisboa	V45	19
692	884	Maria Pereira	00:32:09	01:06:25	01:05:53	694	Clube Ana Lisboa	V50	23
693	111	Carmen Santos	00:31:44	01:06:30	01:06:25	700	CCD CRÉDITO AGRÍCOLA	V35	18
694	164	Tiago Sabino	00:31:45	01:06:32	01:06:09	695		Senior	97
695	1062	Rui Dias	00:32:06	01:06:32	01:05:50	692		V40	128
696	226	Sara Dias	00:31:45	01:06:32	01:06:09	696		Senior	27
697	227	Miguel Gamboa	00:31:45	01:06:33	01:06:11	697		Senior	98
698	659	Jose Monteiro	00:32:49	01:06:34	01:06:25	699	GD SANTANDERTOTTA	V70	5
699	817	Carla Atilhó	00:32:46	01:06:39	01:06:27	701		V45	20
700	816	Carla Atilhó	00:32:47	01:06:39	01:06:36	703		V40	27

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
701	106	Raquel Marques	00:33:14	01:06:44	01:06:37	704		Senior	28
702	237	Isilda Barradas	00:32:38	01:06:55	01:06:50	709		V65	2
703	132	Pedro Reis	00:33:23	01:07:08	01:06:30	702		V45	93
704	249	João Fernandes	00:32:31	01:07:11	01:06:22	698	Musg@41	V40	129
705	1069	João Dias	00:30:49	01:07:12	01:07:07	712		Senior	99
706	144	Carla Guerreiro	00:31:43	01:07:15	01:06:54	711	FIDELIDADE GDC	V40	28
707	700	Pedro Neves	00:35:29	01:07:30	01:06:50	710	CCD Siemens	V35	93
708	699	Ana Parracho	00:35:30	01:07:30	01:06:48	707	CCD Siemens	V50	24
709	364	Sérgio Almeida	00:33:26	01:07:33	01:06:47	706	Clube TAP PORTUGAL	Senior	100
710	259	Ana Bota	00:32:58	01:07:33	01:06:50	708		V40	29
711	655	Luis Milheiro	00:31:10	01:07:42	01:07:32	717	GD SANTANDERTOTTA	V55	41
712	480	Claudia Silva	00:32:26	01:07:54	01:07:26	714	Clube Novo Banco	V35	19
713	575	Pedro Ferreira	00:32:45	01:07:54	01:07:19	713	NAV Runners	V40	130
714	572	Sofia Lopes	00:32:35	01:07:57	01:07:31	716		V40	30
715	282	Inês Carvalho	00:33:06	01:07:58	01:07:41	719	Carvalho Confraria	V40	31
716	274	André Beja	00:33:02	01:08:05	01:07:30	715	USC Mira Sintra	V40	131
717	467	Paula Silva	00:33:57	01:08:25	01:07:56	721	Clube Novo Banco	V45	21
718	356	Luis Conceição	00:33:26	01:08:28	01:07:38	718	Clube TAP PORTUGAL	V35	94
719	562	Carla Pereira	00:35:36	01:08:32	01:03:13	648		V45	22
720	931	António Pereira	00:34:12	01:08:33	01:07:49	720	GDC Banco de Portugal	V75	2



# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
721	926	Cláudia Florentim	00:34:21	01:08:40	01:08:31	727	GDC Banco de Portugal	V40	32
722	615	Miguel Torgal	00:33:21	01:08:41	01:08:33	729		V40	132
723	240	Catarina Carvalho	00:33:23	01:08:41	01:08:33	728		V40	33
724	276	Enrico Vianini	00:33:03	01:08:55	01:08:20	724	USC Mira Sintra	V35	95
725	621	Tiago Mineiro	00:34:56	01:08:59	01:08:12	723		V35	96
726	620	Inês Ribeiro	00:34:56	01:08:59	01:08:12	722		Senior	29
727	100	Marco Sampaio	00:31:12	01:09:11	01:09:08	736		V40	133
728	836	Marco Silva	00:33:08	01:09:11	01:08:21	725	NAV Runners	V35	97
729	417	Ana Calinas	00:33:20	01:09:11	01:08:47	733	SS CGD	V45	23
730	792	Marisa Pinheiro	00:33:08	01:09:11	01:08:22	726	NAV Runners	Senior	30
731	74	Luís Almeida	00:34:23	01:09:18	01:08:35	730	LISRUNNING CPA	V55	42
732	73	Jacinto Pereira	00:34:23	01:09:19	01:08:35	731	LISRUNNING CPA	V60	24
733	1074	Carlos Conceição	00:34:13	01:09:22	01:08:43	732		V55	43
734	820	Pedro Luís	00:32:16	01:09:34	01:08:54	734		V35	98
735	444	Filipa Reis	00:33:36	01:09:37	01:09:32	741		V40	34
736	1094	Diana Pinheiro	00:33:41	01:09:37	01:09:31	738		Senior	31
737	945	Elisabeth Loureiro	00:34:14	01:09:42	01:08:56	735	Sporting Clube de Casainhos	V60	4
738	742	Sónia Fernandes	00:34:02	01:09:45	01:09:31	739	Clube Atletismo Vale Figueira	V40	35
739	50	Paula Serra	00:34:17	01:09:53	01:09:33	742		V50	25
740	176	Sara Amorim	00:35:53	01:09:57	01:06:43	705		Senior	32

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
741	441	Mónica Bernardo	00:33:05	01:10:04	01:09:31	740		Senior	33
742	949	Joana Galvao	00:34:26	01:10:08	01:09:24	737		Senior	34
743	1039	Filipa Mata	00:35:37	01:10:10	01:09:50	743	Clube Ana Lisboa	Senior	35
744	1043	Helena Dias	00:35:37	01:10:10	01:09:50	744	Clube Ana Lisboa Acomp	V50	26
745	696	José Maio	00:34:49	01:10:36	01:09:57	745		V65	23
746	609	Ivone Meira	00:33:52	01:10:46	01:10:28	749		V45	24
747	242	Artur Dinis	00:34:14	01:10:50	01:10:06	746	ALGYMNS	V60	25
748	215	Isaura Pinto	00:34:53	01:10:57	01:10:27	748		V55	5
749	722	Sofia Carvalho	00:35:05	01:11:00	01:10:13	747		V50	27
750	988	Gonçalo Rodrigues	00:34:13	01:11:13	01:10:39	751		V35	99
751	362	Alexandra Ferreira	00:34:13	01:11:14	01:10:41	753	Clube TAP PORTUGAL	V40	36
752	331	António Vidas	00:34:02	01:11:17	01:11:01	755	CLUBE ANACOM	V55	44
753	584	Nuno Oliveira	00:34:46	01:11:19	01:10:39	752		V40	134
754	707	Isabel Alamo	00:35:09	01:11:19	01:10:45	754		V50	28
755	299	Rui Santos	00:35:46	01:11:24	01:10:38	750		V40	135
756	55	Ricardo Hartmann	00:34:52	01:11:48	01:11:18	758		V60	26
757	591	Luis Mf	00:35:47	01:11:56	01:11:13	756		Senior	101
758	665	Gonçalo Grade	00:35:47	01:11:57	01:11:14	757		Senior	102
759	457	Reinaldo Mateus	00:35:47	01:12:01	01:11:24	759	Asas nos Pés	V55	45
760	445	Carlos Ipe	00:35:48	01:12:01	01:11:24	760	Asas nos Pés	V40	136

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
761	380	Miguel Sousa	00:23:21	01:12:14	01:12:10	766	CLUBE COLABORADORES AGEAS	V40	137
762	378	Margarida Azevedo	00:36:00	01:12:14	01:11:53	761	CLUBE COLABORADORES AGEAS	V40	37
763	307	Rosa Reis	00:34:40	01:12:25	01:12:18	767		V60	5
764	628	Ana-Alice Pereira	00:35:15	01:12:27	01:12:08	765		V55	6
765	516	Pedro Alferes	00:33:46	01:12:33	01:11:59	763		V55	46
766	635	João Santos	00:35:51	01:12:37	01:11:58	762		Senior	103
767	942	Frederico Cannas	00:33:46	01:12:38	01:12:05	764		Junior	6
768	985	Carla Simões	00:34:07	01:13:14	01:12:52	769	Olá - Ao Ritmo das 200ppm	V45	25
769	360	Antonio Ribeiro	00:33:26	01:13:16	01:12:32	768	Clube TAP PORTUGAL	V50	72
770	698	Sonia Quintas	00:35:50	01:13:32	01:12:53	771	CCD Siemens	V40	38
771	697	Ana Roxo	00:35:50	01:13:33	01:12:52	770	CCD Siemens	V50	29
772	146	Iara Silva	00:35:25	01:13:40	01:12:55	772		Senior	36
773	350	Cláudia Carvalho	00:36:48	01:13:44	01:13:18	773		Senior	37
774	1120	Maria Aguiar	00:35:05	01:13:45	01:13:42	774		V45	26
775	510	Rita Costa	00:35:05	01:14:01	01:13:47	775		V35	20
776	738	Rute Rodrigues	00:35:59	01:14:27	01:14:14	779		V40	39
777	770	Raquel Fortunato	00:35:59	01:14:27	01:14:13	778		V45	27
778	320	Carla Saraiva	00:48:55	01:14:39	01:13:51	776	BOLINHAS RUNNERS - EREIRA - CARTAXO	V45	28
779	848	Ana Rodrigues	00:48:55	01:14:39	01:13:51	777	Clube Ana Lisboa	V40	40
780	193	Isabel Cardoso	00:35:48	01:14:50	01:14:31	780		V50	30

# CLASSIFICAÇÃO

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
781	841	João Ribeiro	00:35:23	01:15:19	01:14:47	781	Clube Ana Lisboa	V50	73
782	90	Carlos Silva	00:35:25	01:15:40	01:14:54	782		V50	74
783	948	Carlos Sales	00:34:50	01:15:40	01:14:54	783		V50	75
784	428	Manuel Brás	00:37:29	01:15:49	01:15:17	785	SS CGD	V50	76
785	18	Rita Viana	00:37:59	01:15:53	01:15:48	787	Spartan3	Senior	38
786	564	José Alípio	00:35:31	01:16:01	01:15:56	788		V60	27
787	585	Paulo Almeida	00:36:10	01:16:06	01:15:03	784		V35	100
788	829	Maria Coquenim	00:37:33	01:16:29	01:15:44	786		V50	31
789	16	Ana Pereira	00:38:46	01:17:00	01:16:22	789		V45	29
790	785	Rui Ferreira	00:38:34	01:17:01	01:16:24	790		V45	94
791	136	Paula Macario	00:38:33	01:17:03	01:16:38	792		V50	32
792	32	Rita Cabral	00:37:15	01:17:11	01:16:37	791		V45	30
793	344	António Nascimento	00:39:47	01:17:42	01:17:19	795	GDCTINCM	V75	3
794	98	Carlos Luis	00:40:17	01:17:50	01:17:00	793		V45	95
795	351	Maria Fernandes	00:40:17	01:17:50	01:17:00	794		Senior	39
796	305	Ricardo Leitão	00:37:56	01:18:19	01:17:43	798		V40	138
797	169	Bruna Couchinho	00:39:56	01:18:21	01:17:38	797	DreamTeam	Senior	40
798	166	Patrícia Serra	00:39:56	01:18:21	01:17:38	796	DreamTeam	Senior	41
799	308	Ana Seabra	00:37:18	01:18:22	01:17:45	799		V50	33
800	110	Carla Domingos	00:38:59	01:18:24	01:17:53	802	CCD CRÉDITO AGRÍCOLA	V35	21

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
801	116	Miguel Vinagre	00:39:01	01:18:24	01:17:53	801	CCD CRÉDITO AGRÍCOLA	V40	139
802	115	Miguel Mendanha	00:39:00	01:18:24	01:17:49	800	CCD CRÉDITO AGRÍCOLA	V40	140
803	728	Alexandra Silva	00:23:54	01:18:42	01:18:39	804		V50	34
804	675	Ana Marques	00:23:54	01:18:44	01:18:17	803		V50	35
805	352	Rita Merenda	00:39:56	01:19:12	01:18:43	805	Alverca Urban Runners	V40	41
806	85	Lucia Miguel	00:39:10	01:19:20	01:19:02	807		V40	42
807	860	Cátia Fiúza	00:41:24	01:19:36	01:19:31	809	Clube Ana Lisboa	Junior	1
808	465	Americo Costa	00:38:58	01:19:39	01:19:12	808		V60	28
809	777	Rui Melão	00:39:21	01:19:43	01:18:57	806		V55	47
810	805	Fabiana Baragli	00:39:48	01:19:51	01:19:32	810		V40	43
811	343	António Gaspar	00:39:47	01:20:04	01:19:42	811	GDCTINCM	V75	4
812	757	Maria Macedo	00:38:48	01:21:02	01:20:51	812		V55	7
813	1070	Adelaide Besouro	00:55:21	01:21:28	01:21:22	813		V70	1
814	369	Fernanda Braga	00:41:37	01:22:19	01:21:49	814		V65	3
815	899	Cláudia Gavrishancar	00:41:56	01:24:18	01:23:41	815	Clube Ana Lisboa	V40	44
816	1103	Frederico Cerdeira	00:40:04	01:26:49	01:26:43	816		V35	22
817	1101	Daniela Gomes	00:40:07	01:26:51	01:26:44	817		Senior	42
818	721	Sandra Dias	00:43:32	01:27:29	01:26:54	818		Senior	43
819	404	António Marques	00:43:48	01:27:33	01:27:12	819		V70	6
820	767	Rita Ramos	00:43:15	01:28:02	01:27:17	820		V35	23

# CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
821	13	Rafael Gonçalves	00:43:47	01:28:23	01:27:34	821		Senior	104
822	966	Samssia Samgy	00:45:47	01:32:00	01:31:42	822	Clube Groundforce Portugal	V50	36
823	626	Sonia Monteiro	00:47:35	01:32:45	01:32:07	823		V40	45
824	1056	Carlos Oliveira	00:47:35	01:32:45	01:32:09	824		V40	141
825	612	Ricardo Carvalho	00:49:36	01:33:29	01:32:50	825		V35	101
826	889	Maria Sobral	00:47:01	01:33:49	01:33:08	826	Clube Ana Lisboa	V50	37
827	1008	Luis Patusco	00:47:01	01:33:51	01:33:10	827	Clube Ana Lisboa Acomp	V50	77
828	801	Francisco Landeira	00:49:38	01:34:00	01:33:21	828		V45	96
829	1097	Ana Sousa	00:49:18	01:34:10	01:33:34	829		Senior	44
830	1055	Monica Oliveira	00:49:36	01:34:13	01:33:36	830		V40	46
831	588	João Alexandre	00:45:49	01:35:07	01:34:47	831		Senior	105
832	589	Catarina Pereira	00:45:49	01:35:08	01:34:49	832		Senior	45
833	704	Mariana Lopes	00:48:17	01:36:01	01:35:48	833	Bijou and friends	Senior	46
834	703	Filipe Gil	00:48:18	01:36:02	01:35:49	834	Bijou and friends	V35	102
835	702	Cátia Batista	00:48:19	01:36:02	01:35:49	835	Bijou and friends	Senior	47
836	1046	Diana Carvalho	00:49:36	01:37:59	01:37:39	837	Clube Ana Lisboa Acomp	V35	24
837	607	Telma Ponte	00:49:37	01:37:59	01:37:39	836		V35	25