



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1	Carlos Silva	00:15:23	00:30:10	00:30:09	SCP Atletismo	Senior
2	Rui Silva	00:15:22	00:30:28	00:30:26	SCP Atletismo	Senior
3	Ricardo Val	00:15:23	00:30:38	00:30:36		Senior
4	Mário Teixeira	00:15:23	00:30:45	00:30:43	SCP Atletismo	Veterano 1
5	João Pereira	00:15:30	00:31:54	00:31:28	ASICS	Senior
6	Artur Santiago	00:15:55	00:32:33	00:32:32		Veterano 1
7	Hélder Ferreira	00:16:11	00:32:43	00:32:39	União de Tomar	Veterano 1
8	Amilcar Duarte	00:16:13	00:32:45	00:32:44	SCP Atletismo	Veterano 4
9	Pedro Gomes	00:15:55	00:32:51	00:32:49	ODIMARQ ALUMINIOS	Senior
10	Vitor Reis	00:16:55	00:32:54	00:32:51		Senior
11	Rui Pacheco	00:16:11	00:32:56	00:32:53	Amigos Vale Silencio	Veterano 1
12	João Caldeira	00:16:24	00:32:58	00:32:53	Linda-A-Pastora Sporting Clube	Veterano 4
13	Bének Morais	00:15:55	00:33:05	00:33:04	SCP Triatlo	Veterano 1
14	André Ferreira	00:16:12	00:33:10	00:33:09	Associação Recreativa Social e Cultural de Toledo	Senior
15	Francisco Pedro	00:16:12	00:33:11	00:33:09	os carregueirenses	Veterano 2
16	José Ramos	00:16:56	00:33:20	00:33:17		Veterano 2
17	Filipe Januário	00:16:32	00:33:22	00:33:19		Senior
18	Bruno Gaspar	00:16:33	00:33:33	00:33:32	Club de Gaia	Senior
19	Nuno Aldinhas	00:16:12	00:33:39	00:33:35	Bombeiros Voluntários De Montemor-O-Novo	Senior
20	Américo Pereira	00:16:24	00:33:42	00:33:35	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 3
21	Carla Rocha	00:16:35	00:33:45	00:33:43	SCP Atletismo	Senior
22	Jorge Esteves	00:16:45	00:33:46	00:33:33	GILSPORT	Veterano 1
23	Marco Grileiro	00:16:52	00:33:48	00:33:33	Amigos Atletismo Mafra	Senior
24	Aireas Pratas	00:16:51	00:33:57	00:33:52	ODIMARQ ALUMINIOS	Veterano 5
25	Paulo Franco	00:16:40	00:33:58	00:33:55	Sociedade Recreativa do Camarnal	Senior
26	Ricardo Vale	00:16:40	00:34:03	00:34:01	ACAPO Lisboa	Senior
27	Paulo Ramos	00:16:41	00:34:04	00:34:02	ACAPO Lisboa	Veterano 3
28	João Curado	00:16:21	00:34:16	00:34:14	SCP Triatlo	Junior
29	Jorge Alves	00:16:35	00:34:20	00:34:08		Senior
30	Luciano Conceição	00:16:53	00:34:24	00:34:22	ODIMARQ ALUMINIOS	Veterano 3
31	João Vieira	00:17:26	00:34:33	00:34:13	SCP Atletismo	Veterano 1
32	Rui Rodrigues	00:16:39	00:34:33	00:34:26		Veterano 2
33	Diogo Custódio	00:16:37	00:34:35	00:34:34	SCP Triatlo	Senior
34	António Oliveira	00:17:12	00:34:40	00:34:37	Associação Académica de Coimbra	Veterano 3
35	Joaquim Freitas	00:16:56	00:34:42	00:34:38	Bombeiros Voluntários De Montemor-O-Novo	Senior
36	Andre Santos	00:16:45	00:34:46	00:34:44		Senior
37	Márcio Marques	00:17:11	00:34:54	00:34:52	Nucleo Desporto Amador Pombal	Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
38	Hugo Barra	00:17:17	00:34:54	00:34:44	Maduro Athletic's AD	Veterano 1
39	João Lucas	00:17:03	00:34:54	00:34:49	ODIMARQ ALUMINIOS	Veterano 3
40	Joaquim Capucho	00:17:04	00:34:56	00:34:54	Aguias Unidas	Veterano 3
41	José Figueira	00:17:15	00:34:58	00:34:45	GILSPORT	Veterano 2
42	João Ferreira	00:17:38	00:35:07	00:34:27	GARMIN Olimpico de Oeiras	Veterano 1
43	Jose Lopes	00:17:22	00:35:11	00:35:06		Veterano 3
44	André Januário	00:17:22	00:35:12	00:35:08		Senior
45	João Fonte-boa	00:17:18	00:35:12	00:35:10	Clube Atletico das Patameiras	Senior
46	Rodrigo Baltazar	00:17:03	00:35:12	00:35:10	SCP Triatlo	Senior
47	Ricardo Franco	00:17:20	00:35:14	00:35:07	wikaboo	Senior
48	João Ferreira	00:17:20	00:35:18	00:35:12	G.D. Joaninhas Leião	Senior
49	Paulo Hermezilha	00:17:08	00:35:22	00:35:19	Casa do Benfica de Algueirão M. Martins	Veterano 1
50	Jorge Pina	00:17:43	00:35:24	00:35:22	Sociedade Recreativa do Camarnal	Veterano 1
51	Licínio Pereira	00:17:34	00:35:25	00:35:12	GILSPORT	Veterano 5
52	Ricardo Lanceiro	00:17:43	00:35:27	00:35:25	SCP Triatlo	Senior
53	Luís Santos	00:17:29	00:35:28	00:35:24	Amigos Vale Silencio	Senior
54	Admir Correia	00:17:41	00:35:31	00:35:27	SCP Atletismo	Senior
55	Sassi	00:17:42	00:35:33	00:35:30		Senior
56	Rui Perdigão	00:17:21	00:35:34	00:35:30	CLAC - Entroncamento	Veterano 3
57	Hugo Ferreira	00:17:20	00:35:36	00:35:29		Veterano 1
58	Miguel Horta	00:17:35	00:35:47	00:35:38	Grupo Desportivo Pic Nic	Senior
59	Hélder Carreira	00:17:33	00:35:50	00:35:47	CAB - Clube de Atletismo Barreira	Veterano 1
60	Rui Cabeças	00:17:25	00:35:56	00:35:22		Veterano 1
61	João Gomes	00:18:09	00:35:57	00:35:49	Açoreana Clube Banif	Veterano 4
62	Romeu Correia	00:17:42	00:36:03	00:35:40		Veterano 1
63	Jose Gomes	00:17:57	00:36:08	00:35:54	maduro athletics	Veterano 3
64	José Félix	00:18:19	00:36:24	00:36:16	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 2
65	Pedro Silva	00:18:06	00:36:29	00:36:16		Veterano 2
66	Miguel Tavares	00:18:14	00:36:34	00:36:27		Veterano 1
67	Carlos Ferreira	00:18:26	00:36:41	00:36:38	Sociedade Recreativa do Camarnal	Veterano 2
68	Luís Cipriano	00:17:55	00:36:44	00:36:38	AMCR Fonte Grada	Veterano 1
69	Joana Costa	00:18:02	00:36:49	00:36:47		Senior
70	Luís Miranda	00:18:01	00:36:49	00:36:46	Associação Recreativa Social e Cultural de Toledo	Veterano 2
71	Milton Silva	00:18:26	00:36:52	00:36:47		Senior
72	José Borges	00:18:17	00:36:52	00:36:48		Veterano 1
73	João Santos	00:17:22	00:36:56	00:36:54	Nucleo Desporto Amador Pombal	Senior
74	Ricardo Frade	00:18:25	00:36:56	00:36:48	CCD Sintrense	Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
75	Luis Matos	00:18:15	00:36:57	00:36:53		Veterano 2
76	Germano Silva	00:18:20	00:37:03	00:36:56		Veterano 4
77	Pedro Pereira	00:18:11	00:37:11	00:37:02		Veterano 1
78	Fernando Carmo	00:18:06	00:37:17	00:37:04		Veterano 2
79	João Canas	00:18:31	00:37:18	00:37:09	Associação Recreativa Social e Cultural de Toledo	Veterano 1
80	Hugo Costa	00:18:50	00:37:21	00:37:12	Grupo Desportivo Pic Nic	Veterano 1
81	Joana Marques	00:18:15	00:37:23	00:37:22	GARMIN Olimpico de Oeiras	Senior
82	Emanuel Simões	00:18:39	00:37:24	00:36:59		Senior
83	Ademar Souza	00:18:51	00:37:24	00:37:09	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Senior
84	Susana Francisco	00:18:39	00:37:25	00:37:21	Núcleo Sportinguista da Lourinhã	Senior
85	Henrik Santos	00:18:39	00:37:26	00:37:22	Núcleo Sportinguista da Lourinhã	Senior
86	Pedro Ribeiro	00:18:20	00:37:30	00:37:24	A Bola	Veterano 1
87	Nelson Guedes	00:18:50	00:37:35	00:37:24	Núcleo Sportinguista de Faro	Veterano 2
88	Nélio Carvalho	00:18:03	00:37:35	00:37:29		Senior
89	José Nobre	00:18:21	00:37:37	00:37:31	Clube Sfuap	Veterano 3
90	Catarina Ferreira	00:18:28	00:37:38	00:37:32	G.D. Joaninhas Leião	Senior
91	Carlos Soares	00:18:39	00:37:43	00:37:31	C C R D BURINHOSA	Veterano 2
92	Fernando Gomes	00:18:29	00:37:45	00:37:13	Unidos da Manutenção	Veterano 1
93	Diogo Gonçalves	00:18:29	00:37:46	00:37:33	A Broca Lda	Junior
94	António Dias	00:18:51	00:37:47	00:37:32		Veterano 4
95	Sérgio Santos	00:18:29	00:37:48	00:36:54	C.C.D. das Autarquias de Almada	Veterano 3
96	Fernando Simão	00:18:29	00:37:48	00:37:40		Veterano 4
97	Filipe Neves	00:18:45	00:37:49	00:37:42	wikaboo	Veterano 1
98	Mário Cardoso	00:18:23	00:37:51	00:37:46	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 4
99	Tiago Santos	00:18:46	00:37:52	00:37:42	Ateneu Artístico Cartaxense	Junior
100	Henrique Fonseca	00:18:28	00:37:52	00:37:48	Tabaqueira	Veterano 4
101	Carlos Silva	00:18:21	00:37:52	00:37:49	Pumas do Guincho	Veterano 1
102	Luis Paulo	00:18:29	00:37:53	00:37:49	Bahia	Veterano 3
103	Vitor Nogueira	00:18:40	00:37:53	00:37:48	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 3
104	Claudio Mira	00:18:51	00:37:56	00:37:51	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 3
105	Pedro Freire	00:18:16	00:37:58	00:37:53	Nucleo Desporto Amador Pombal	Senior
106	Alcino Nunes	00:19:20	00:37:59	00:37:45	CLAC - Entroncamento	Veterano 1
107	Nuno Lorvao	00:18:36	00:38:01	00:37:47		Veterano 2
108	António Moreira	00:18:52	00:38:03	00:37:55		Veterano 1
109	Cleby Araujo	00:18:55	00:38:05	00:38:00	A Bola	Veterano 1
110	Luis Ferreira	00:18:53	00:38:05	00:37:54	Run 4 Fun	Veterano 2
111	António Cardoso	00:19:13	00:38:08	00:38:00		Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
112	Duarte Mendonça	00:19:13	00:38:09	00:38:01		Veterano 2
113	António Gaspar	00:18:18	00:38:10	00:38:00	Bombeiros Voluntários De Montemor-O-Novo	Veterano 4
114	Gilberto Pinto	00:18:56	00:38:12	00:38:05		Veterano 4
115	Gonçalo Ferreira	00:18:50	00:38:13	00:38:02	GDINE	Veterano 1
116	António Santos	00:18:35	00:38:13	00:37:47	GDINE	Veterano 4
117	Lucília Soares	00:19:00	00:38:15	00:38:12		Veterana
118	Nuno Alves	00:18:38	00:38:16	00:38:07		Veterano 1
119	Luis Martins	00:18:57	00:38:18	00:37:42		Senior
120	Paulo Santos	00:19:02	00:38:20	00:38:17	GARMIN Olimpico de Oeiras	Veterano 2
121	Ricardo Freixial	00:18:40	00:38:28	00:38:24	Bombeiros Voluntários De Montemor-O-Novo	Junior
122	Luis Valente	00:18:39	00:38:31	00:38:27		Veterano 1
123	Jorge Relvas	00:18:42	00:38:31	00:38:26		Veterano 3
124	Carlos Duarte	00:18:51	00:38:33	00:38:19	C C R D BURINHOSA	Veterano 3
125	Chantal Xhervelle	00:18:57	00:38:34	00:38:32	Machada Runners	Veterana
126	Jaime Lamego	00:18:57	00:38:34	00:38:32	Machada Runners	Veterano 4
127	Francisco Gaio	00:18:58	00:38:36	00:37:50	CCD "O Alvitejo"	Veterano 3
128	Rui Cardoso	00:18:31	00:38:38	00:38:31	Unidos da Manutenção	Veterano 2
129	Rodrigo Santos	00:19:06	00:38:39	00:38:29		Veterano 1
130	João Luis	00:18:54	00:38:39	00:38:32	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Senior
131	Rogério Azevedo	00:19:08	00:38:41	00:38:00	CCD Sintrense	Veterano 2
132	Carlos Graça	00:19:25	00:38:44	00:38:40	A Bola	Veterano 3
133	Carlos Piorek	00:19:27	00:38:46	00:38:40	Bombeiros Voluntários De Montemor-O-Novo	Senior
134	Rui Dinis	00:18:34	00:38:47	00:38:34	GILSPORT	Veterano 3
135	Joao Fernandes	00:18:52	00:38:47	00:38:43	Clube do Stress	Senior
136	André Santos	00:19:03	00:38:48	00:38:33	Bombeiros Voluntários De Montemor-O-Novo	Junior
137	Cristóvão Pereira	00:19:15	00:38:48	00:38:36	GILSPORT	Veterano 1
138	Paulo Alves	00:19:00	00:38:51	00:38:44	Grupo Desportivo Imprensa Nacional Casa Moeda	Senior
139	Mário Ferreira	00:19:29	00:38:52	00:37:29		Senior
140	André Duarte	00:18:09	00:38:54	00:38:49		Senior
141	Marco Pinto	00:18:54	00:38:55	00:38:51	CAP - Clube Académico de Penafirme	Junior
142	Almiro Feijão	00:19:13	00:38:56	00:38:45	Clube ANACOM	Veterano 4
143	Jose Lagariço	00:20:03	00:38:57	00:38:42	Amigos Atletismo Mafra	Veterano 2
144	David Lousada	00:19:27	00:38:57	00:38:39		Senior
145	Jose Varela	00:19:05	00:38:57	00:38:45	Bombeiros Voluntários De Montemor-O-Novo	Veterano 1
146	Nuno Ferreira	00:19:14	00:38:58	00:38:46		Veterano 1
147	Jorge Lercas	00:19:19	00:39:02	00:38:57		Veterano 3
148	Duarte Ribeiro	00:19:19	00:39:04	00:38:45		Veterano 1



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149	Paulo Ventura	00:19:41	00:39:05	00:39:02	A Bola	Veterano 2
150	Vitor Rego	00:19:46	00:39:09	00:39:01	Sociedade Recreativa do Camarnal	Veterano 1
151	Olivier Delmotte	00:19:30	00:39:11	00:39:02		Veterano 1
152	Marcos Oliveira	00:19:38	00:39:14	00:38:58	GDINE	Veterano 1
153	Fernando Silva	00:19:23	00:39:17	00:39:07	Ateneu Artístico Cartaxense	Veterano 3
154	Paulo Carmo	00:18:59	00:39:17	00:39:15	A Bola	Veterano 1
155	José Vaz	00:19:13	00:39:18	00:39:07	Clube ANACOM	Veterano 4
156	José Germano	00:19:27	00:39:19	00:38:59		Veterano 2
157	Iulian Capcelea	00:19:27	00:39:19	00:38:58	Linda-A-Pastora Sporting Clube	Junior
158	Jefferson Borges	00:19:27	00:39:19	00:38:59	Linda-A-Pastora Sporting Clube	Junior
159	Maria Frias	00:19:59	00:39:20	00:39:16	Amigos Atletismo Mafra	Veterana
160	João Mendes	00:19:13	00:39:21	00:39:19		Veterano 4
161	Rui Simões	00:19:17	00:39:23	00:38:24		Veterano 1
162	Gonçalo Cardoso	00:19:19	00:39:24	00:38:27	wikaboo	Veterano 1
163	Hamilton Dias	00:19:31	00:39:25	00:39:17	Amantes da Corrida	Veterano 1
164	Luís Pereira	00:19:14	00:39:25	00:39:15	Clube ANACOM	Veterano 2
165	Luis Monteiro	00:19:40	00:39:26	00:39:07	Clube Grupo BES	Veterano 2
166	João Batista	00:19:49	00:39:27	00:39:13	Grupo Desportivo do Banco de Portugal	Veterano 4
167	Paulo Cardoso	00:19:01	00:39:28	00:39:27	Grup. Desp. Chelas	Veterano 3
168	Miguel Santos	00:19:09	00:39:29	00:39:20	Unidos da Manutenção	Senior
169	João Cardoso	00:20:03	00:39:30	00:39:02		Veterano 1
170	Eduardo Castelo	00:19:02	00:39:31	00:39:27	SCP Natação	Junior
171	Leandro Reis	00:19:49	00:39:31	00:39:05	Amigos Atletismo Mafra	Veterano 2
172	Jorge Silva	00:19:14	00:39:31	00:39:28		Veterano 5
173	Alexandre Cantiga	00:19:58	00:39:33	00:39:29		Veterano 1
174	Guilherme Lourenço	00:19:21	00:39:34	00:39:20		Senior
175	António Simões	00:19:50	00:39:35	00:39:21	Grupo Desportivo do Banco de Portugal	Veterano 2
176	Nuno Sousa	00:19:36	00:39:36	00:39:28	Grupo Desportivo Imprensa Nacional Casa Moeda	Veterano 1
177	Edgar Santos	00:19:09	00:39:38	00:38:50		Senior
178	Carlos Pinto	00:19:15	00:39:39	00:39:27	GILSPORT	Veterano 2
179	Marcos Pereira	00:19:54	00:39:40	00:39:34		Veterano 5
180	Luis Esteves	00:19:35	00:39:42	00:39:29	GILSPORT	Veterano 2
181	José Pajinha	00:19:42	00:39:42	00:39:33	GDBVALVERCA	Veterano 4
182	David Halfin	00:19:17	00:39:44	00:39:28		Senior
183	Soares Silva	00:19:40	00:39:45	00:39:03		Veterano 1
184	Nuno Forte	00:19:41	00:39:45	00:39:41	A Bola	Veterano 1
185	Maria Ribeiro	00:19:55	00:39:45	00:39:43	SCP Natação	Senior



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186	António Carneiro	00:19:43	00:39:46	00:39:39		Veterano 2
187	Rui Almeida	00:19:30	00:39:47	00:39:36	Clube Vodafone	Veterano 1
188	Carlos Sousa	00:20:05	00:39:47	00:39:23		Veterano 4
189	Paulo Pereira	00:19:24	00:39:50	00:39:18		Veterano 3
190	Renato Manuel	00:20:00	00:39:51	00:38:52		Senior
191	Mário Grilo	00:19:49	00:39:52	00:39:47	Bombeiros Voluntários De Montemor-O-Novo	Junior
192	Joao Bernardes	00:19:46	00:39:54	00:39:42	os carregueirenses	Veterano 1
193	Hugo Roque	00:19:17	00:39:54	00:39:41		Senior
194	Luís Godinho	00:19:49	00:39:54	00:38:43	Clube Grupo BES	Veterano 3
195	Gumesindo Rodrigues	00:19:39	00:39:56	00:39:48	Associação de Atletismo Lebres do Sado	Veterano 6
196	Gustavo Santa	00:19:02	00:39:57	00:39:53	SCP Natação	Junior
197	Paulo Lopes	00:19:47	00:39:59	00:38:35		Veterano 2
198	João Ferreira	00:19:27	00:39:59	00:39:29	CLAC - Entroncamento	Veterano 1
199	Graciano Campos	00:19:45	00:40:00	00:39:54		Veterano 5
200	Nelson Lima	00:19:41	00:40:01	00:39:02		Veterano 2
201	António Coelho	00:20:13	00:40:04	00:39:49	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 5
202	Luis Ferreira	00:19:34	00:40:05	00:39:50	U.R.D. Arranhó	Veterano 2
203	Luis Oliveira	00:19:52	00:40:07	00:40:02		Veterano 2
204	Joao Pastor	00:19:32	00:40:11	00:40:03	Amigos Atletismo Mafra	Veterano 1
205	João Abrantes	00:19:53	00:40:13	00:39:44	A Bola	Veterano 5
206	José Fernandes	00:19:25	00:40:15	00:40:14		Veterano 1
207	Alexandre Teixeira	00:19:53	00:40:17	00:40:02		Veterano 3
208	Mário Barata	00:19:29	00:40:19	00:39:31		Veterano 2
209	Nuno Queija	00:19:26	00:40:19	00:40:06		Veterano 1
210	Luís Ferrão	00:19:42	00:40:19	00:40:13	Linda-A-Pastora Sporting Clube	Veterano 5
211	João Rodrigues	00:19:49	00:40:21	00:40:16	Bombeiros Voluntários De Montemor-O-Novo	Veterano 1
212	António Lemos	00:20:18	00:40:21	00:39:12	wikaboo	Veterano 4
213	Filipe Carvalheiro	00:20:30	00:40:22	00:40:04		Veterano 3
214	João Canatário	00:19:48	00:40:22	00:40:15		Veterano 2
215	Sérgio Soares	00:19:42	00:40:22	00:40:05		Veterano 1
216	João Gomes	00:19:58	00:40:24	00:40:04	Ponterrolense	Senior
217	Fernando Figueiredo	00:19:45	00:40:24	00:40:14	Falcões Selvagens	Veterano 3
218	Carlos Mira	00:20:14	00:40:25	00:39:25	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 2
219	Alexandre Costa	00:19:19	00:40:26	00:40:16		Veterano 1
220	Luis Orvalho	00:19:55	00:40:26	00:40:24	Alvitejo	Veterano 5
221	João Tomás	00:19:53	00:40:27	00:40:22		Senior
222	Diogo Leónidas	00:19:52	00:40:29	00:40:23	Clube do Stress	Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
223	Tiago Sousa	00:19:57	00:40:31	00:39:45	Viriato   Pastelarias	Senior
224	Jorge Antunes	00:20:00	00:40:32	00:40:24	Associação Recreativa Social e Cultural de Toledo	Veterano 1
225	Eduardo Rodrigues	00:19:46	00:40:33	00:40:22		Veterano 4
226	Orlando Silva	00:20:02	00:40:35	00:39:59	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 4
227	Edgar Francisco	00:19:48	00:40:37	00:40:23	U.R.D. Arranhó	Veterano 3
228	João Frias	00:20:06	00:40:42	00:40:38	Amigos Atletismo Mafra	Veterano 2
229	Rufino Silva	00:20:07	00:40:44	00:40:31		Senior
230	Carlos Antunes	00:20:23	00:40:45	00:40:37		Veterano 6
231	Bruno Silva	00:20:28	00:40:48	00:40:05		Veterano 1
232	Rui Lopes	00:20:06	00:40:50	00:40:31	Clube Grupo BES	Veterano 5
233	Pedro Pereira	00:20:07	00:40:52	00:39:57	Amigos Atletismo Mafra	Senior
234	Vitor Vicente	00:20:17	00:40:52	00:40:11		Veterano 1
235	Joao Jesus	00:19:55	00:40:53	00:40:43		Veterano 1
236	Gonçalo Figueira	00:20:10	00:40:56	00:40:40	Grupo Desportivo do Banco de Portugal	Senior
237	Joaquim Costa	00:20:25	00:40:58	00:40:56	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 6
238	Carlos Monteiro	00:20:23	00:40:58	00:40:30	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 6
239	Luis Mesquita	00:20:10	00:40:59	00:40:41		Veterano 1
240	Gustavo Silva	00:19:56	00:40:59	00:40:47		Veterano 1
241	António Henriques	00:20:20	00:40:59	00:40:52		Veterano 1
242	Rui Silva	00:20:30	00:41:02	00:40:31	Sporting Clube de Portugal	Veterano 2
243	Nelson Fonseca	00:20:26	00:41:02	00:40:06		Senior
244	Luis Martins	00:20:22	00:41:03	00:40:58		Veterano 1
245	Luis Barata	00:20:07	00:41:03	00:40:56		Veterano 2
246	João Loureiro	00:20:03	00:41:05	00:40:59		Veterano 1
247	António Lopes	00:20:30	00:41:07	00:40:56	Casa da Comarca de Arganil	Veterano 4
248	Marco Santos	00:20:53	00:41:09	00:40:15		Senior
249	Jorge Saruga	00:21:03	00:41:09	00:39:58		Veterano 2
250	Alfredo Valente	00:20:47	00:41:12	00:40:48	SL CAMPOLIDE	Veterano 3
251	Antonio Cunha	00:20:11	00:41:13	00:41:05		Veterano 1
252	Luís Passos	00:20:30	00:41:14	00:41:05	CCD TRANQUILIDADE	Veterano 1
253	Paulo Costa	00:20:04	00:41:17	00:40:56		Veterano 3
254	Fernando Candeias	00:19:56	00:41:18	00:41:13	A D C R P.J.	Veterano 2
255	Paula Fernandes	00:20:23	00:41:19	00:41:16	GARMIN Olimpico de Oeiras	Veterana
256	Luis Almeida	00:20:12	00:41:19	00:41:14		Senior
257	José Morgado	00:20:13	00:41:20	00:40:37		Veterano 2
258	Vitor Marques	00:20:34	00:41:20	00:41:13		Veterano 2
259	Pedro Nicolau	00:18:54	00:41:22	00:40:25		Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
260	Hugo Fonseca	00:20:19	00:41:22	00:41:17		Senior
261	Justiniano Silva	00:20:41	00:41:22	00:40:55		Veterano 3
262	Hugo Monteiro	00:20:43	00:41:23	00:41:08	A D C R P.J.	Veterano 1
263	João Jacinto	00:20:56	00:41:24	00:41:04		Veterano 4
264	Manuel Almeida	00:20:52	00:41:24	00:41:00	Lá Vão ... de Almeirim	Veterano 4
265	Luciano Dantas	00:20:24	00:41:24	00:41:21	GARMIN Olimpico de Oeiras	Veterano 2
266	Gonzalo Gómez	00:20:00	00:41:25	00:40:52		Senior
267	Pedro Gonçalves	00:20:26	00:41:25	00:40:30		Veterano 1
268	Álvaro Pinto	00:20:22	00:41:28	00:41:19	Associação Desportiva Real Academia	Veterano 4
269	Pedro Maria	00:20:34	00:41:28	00:41:21		Veterano 1
270	Paulo Enes	00:20:48	00:41:28	00:41:14		Veterano 3
271	Duarte Cordeiro	00:20:37	00:41:29	00:40:54		Veterano 2
272	Luis Magalhães	00:20:27	00:41:32	00:41:18		Senior
273	Antonio Fernandes	00:20:33	00:41:33	00:41:26	TOKANDAR	Veterano 3
274	Carlos Rosado	00:20:06	00:41:34	00:39:26	Clube de Rugby de Juromenha	Veterano 2
275	Ricardo Marta	00:20:50	00:41:34	00:41:13		Senior
276	Pedro Pereira	00:20:22	00:41:34	00:40:47		Veterano 1
277	Jose Aveiro	00:20:29	00:41:34	00:41:18		Veterano 1
278	Tiago Silva	00:20:13	00:41:36	00:41:30		Senior
279	Ana Santos	00:20:00	00:41:36	00:41:31	Odebrecht/B.P.C	Senior
280	João Alves	00:20:31	00:41:38	00:41:24	AMCR Fonte Grada	Veterano 3
281	Paulo Correia	00:20:32	00:41:39	00:41:10		Veterano 3
282	Francisco Fera	00:20:28	00:41:40	00:41:37		Veterano 6
283	Susana Silva	00:20:37	00:41:40	00:41:38		Veterana
284	Jose Dionisio	00:20:47	00:41:42	00:41:21	multiflow	Veterano 3
285	Fernando Jorne	00:21:11	00:41:43	00:40:56		Senior
286	António Nereu	00:21:00	00:41:45	00:41:22		Veterano 4
287	Veaceslav Ignat	00:20:30	00:41:45	00:40:57		Senior
288	Pedro Marques	00:21:00	00:41:47	00:41:35		Veterano 1
289	Camilo Tarmahomed	00:20:23	00:41:47	00:41:42		Veterano 1
290	João Esteves	00:20:49	00:41:49	00:41:22		Veterano 2
291	Luis Ferreira	00:20:32	00:41:50	00:41:40		Veterano 2
292	Nuno Azevedo	00:20:51	00:41:53	00:40:37	Centro Cultural e Desportivo dos Trabalhadores do M	Senior
293	José Dias	00:21:12	00:41:54	00:41:26		Senior
294	Paulo Alves	00:21:19	00:41:55	00:41:36		Veterano 4
295	José Oliveira	00:20:40	00:41:56	00:41:25	Associação de Atletismo Lebres do Sado	Veterano 6
296	João Santos	00:20:45	00:41:57	00:41:45	Clube de Praças da Armada	Veterano 3





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
297	Mário Santos	00:20:58	00:41:58	00:41:39	Ponterrolense	Veterano 2
298	Carlos Vitorino	00:20:03	00:41:58	00:41:45		Veterano 1
299	António Mouro	00:20:57	00:41:59	00:41:39		Veterano 5
300	Alberto Vinagre	00:20:52	00:42:01	00:41:51		Veterano 4
301	Antonio Cruz	00:20:41	00:42:01	00:41:03	Run 4 Fun	Veterano 3
302	Vitor Novais	00:20:28	00:42:02	00:41:54	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 1
303	Ernestino Azevedo	00:20:34	00:42:04	00:41:55		Veterano 2
304	Manuel Arauio	00:20:01	00:42:04	00:42:01		Veterano 4
305	Eduardo Almeida	00:20:44	00:42:05	00:41:58	GAZELAS	Veterano 6
306	Nuno Rebocho	00:20:12	00:42:06	00:42:02	Bombeiros Voluntários De Montemor-O-Novo	Senior
307	João Carvalho	00:20:55	00:42:07	00:41:50		Senior
308	Carlos Silva	00:20:31	00:42:08	00:42:00		Veterano 1
309	Jorge Paulino	00:20:37	00:42:08	00:42:07		Veterano 5
310	Domingos Neto	00:19:58	00:42:08	00:42:06		Veterano 4
311	Filipe Branco	00:20:25	00:42:11	00:41:57	U.R.D. Arranhó	Veterano 2
312	Ricardo Cabo	00:21:08	00:42:11	00:41:13		Senior
313	Fernando Gil	00:20:46	00:42:12	00:41:59	Clube do Stress	Veterano 2
314	José Santos	00:21:08	00:42:13	00:41:03		Veterano 1
315	Fabio Ferreira	00:20:45	00:42:14	00:40:50	os carregueirenses	Senior
316	Sónia Nunes	00:20:38	00:42:14	00:41:10		Senior
317	Nuno Martins	00:20:30	00:42:14	00:41:53	GDINE	Veterano 1
318	Valter Moraes	00:20:20	00:42:15	00:42:04		Senior
319	Joao Maral	00:20:05	00:42:17	00:41:43	ss cgd	Veterano 2
320	José Seabra	00:20:47	00:42:17	00:41:58	Clube Grupo BES	Veterano 2
321	José Ferreira	00:21:17	00:42:18	00:41:22		Veterano 3
322	Rui Henriques	00:21:00	00:42:20	00:41:29		Senior
323	Renato Velez	00:21:10	00:42:20	00:41:22		Veterano 2
324	Artur Marinho	00:21:21	00:42:22	00:41:44		Veterano 1
325	João Caldas	00:21:05	00:42:25	00:42:03	Núcleo Sportinguista de Caneças	Veterano 3
326	Joaquim Frade	00:20:53	00:42:25	00:42:13	ss cgd	Veterano 5
327	António Gonçalves	00:20:56	00:42:26	00:41:06	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 3
328	Rómulo Teixeira	00:21:07	00:42:27	00:42:16	Clube Vodafone	Senior
329	Luzia Dias	00:20:43	00:42:28	00:42:25	SCP Atletismo	Veterana
330	Vera Santos	00:21:28	00:42:29	00:42:09	SCP Atletismo	Senior
331	Armando Aldegalega	00:20:37	00:42:29	00:42:26	SCP Atletismo	Veterano 6
332	Rui Pratas	00:20:56	00:42:29	00:42:16	Ateneu Artístico Cartaxense	Veterano 1
333	Eduardo Taganhito	00:20:33	00:42:29	00:42:23	Grupo Desportivo Amaros Joalheiros	Veterano 6



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
334	Jorge Pé-curto	00:21:09	00:42:30	00:42:13		Veterano 1
335	João Capa	00:20:13	00:42:30	00:40:27		Veterano 1
336	Tomás Teigão	00:19:58	00:42:30	00:42:13		Senior
337	João Capa	00:20:23	00:42:31	00:40:29		Veterano 2
338	Helder Branco	00:21:14	00:42:31	00:42:20	Clube Vodafone	Veterano 2
339	José Ribeiro	00:20:29	00:42:32	00:42:25		Senior
340	Adolfo Leal	00:20:39	00:42:32	00:42:02		Veterano 2
341	Raquel Pedro	00:21:15	00:42:32	00:42:20	Sociedade Recreativa do Camarnal	Senior
342	Diogo Almeida	00:20:48	00:42:33	00:42:21		Senior
343	José Cabral	00:21:16	00:42:35	00:41:58	C.C.D. das Autarquias de Almada	Veterano 4
344	Edgar Jacinto	00:20:58	00:42:35	00:40:46		Senior
345	Luis Sales	00:20:59	00:42:37	00:40:34		Veterano 1
346	João Meneses	00:20:43	00:42:37	00:42:35		Veterano 6
347	Isidro Duarte	00:21:26	00:42:38	00:42:18		Veterano 2
348	Nuno Pita	00:20:56	00:42:38	00:41:19	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 1
349	Ricardo Valente	00:21:05	00:42:38	00:42:24		Senior
350	Paula Lemos	00:21:03	00:42:39	00:42:35	GARMIN Olimpico de Oeiras	Veterana
351	Daniel Machado	00:21:01	00:42:41	00:41:38		Senior
352	José Melo	00:21:48	00:42:42	00:41:46		Veterano 4
353	Helder Vaz	00:21:22	00:42:43	00:41:51	CCD Sintrense	Veterano 2
354	Teotónio Neto	00:21:35	00:42:44	00:42:29	ADRC MATA DE BENFICA	Veterano 3
355	Jorge Godinho	00:20:37	00:42:45	00:42:24		Veterano 4
356	Pedro Moleirinho	00:21:27	00:42:45	00:42:06		Veterano 2
357	Fernando Pena	00:21:52	00:42:46	00:42:39	Clube de Futebol Os Avizenses	Veterano 2
358	Sérgio Nunes	00:21:25	00:42:47	00:42:40		Veterano 1
359	Fabri Modelo	00:21:18	00:42:49	00:40:43		Senior
360	António Estrela	00:21:09	00:42:49	00:42:27	GARMIN Olimpico de Oeiras	Veterano 3
361	Nuno Alves	00:21:11	00:42:50	00:42:03		Senior
362	Rui Romão	00:21:19	00:42:50	00:42:17		Senior
363	João Freire	00:20:44	00:42:50	00:40:54	Grupo Desportivo CIMPOR	Senior
364	José Nunes	00:21:54	00:42:51	00:40:53		Veterano 2
365	Mário Amaro	00:21:04	00:42:51	00:42:37		Veterano 2
366	Tiago Cabral	00:20:45	00:42:52	00:42:35		Veterano 1
367	Ricardo Almeida	00:20:23	00:42:53	00:41:05		Senior
368	Ricardo Vicente	00:21:08	00:42:53	00:42:25		Veterano 1
369	Ruben Batista	00:20:29	00:42:54	00:42:44		Senior
370	Pedro Freitas	00:21:58	00:42:54	00:42:51	ASICS	Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
371	Vasco Duarte	00:21:11	00:42:54	00:42:37		Veterano 2
372	Francisco Calçada	00:21:16	00:42:54	00:42:40	Açoreana Clube Banif	Veterano 3
373	Rafael Santos	00:20:48	00:42:55	00:42:13		Senior
374	Pedro Silva	00:21:56	00:42:55	00:42:04		Veterano 1
375	Armindo Queimado	00:21:24	00:42:56	00:42:30	MMRUNNERS	Veterano 3
376	José Maio	00:21:08	00:42:56	00:42:45		Veterano 3
377	Antonio Rico	00:21:02	00:42:56	00:41:36	NUcleo de Amigos Perna Assada	Veterano 1
378	Joao Braz	00:21:31	00:42:58	00:41:28		Veterano 3
379	Pedro Mendonça	00:21:09	00:43:00	00:42:56	Amigos Atletismo Mafra	Veterano 1
380	José Neto	00:21:31	00:43:00	00:42:51	GDBVALVERCA	Veterano 4
381	António Fernandes	00:21:09	00:43:01	00:42:54	Associação Recreativa Social e Cultural de Toledo	Veterano 3
382	Joao Paixao	00:21:01	00:43:02	00:41:42	NUcleo de Amigos Perna Assada	Veterano 2
383	Paulo Costa	00:21:35	00:43:03	00:42:51	famicosta	Veterano 3
384	Bruno Ribeiro	00:21:00	00:43:06	00:42:50	Grupo Desportivo Águias da Moita	Senior
385	Ivo Silva	00:22:10	00:43:06	00:42:40		Senior
386	José Reis	00:21:17	00:43:07	00:42:24		Veterano 5
387	Paulo Brito	00:21:27	00:43:07	00:42:56		Veterano 1
388	André Valenti	00:21:18	00:43:10	00:42:32		Senior
389	Miguel Sousa	00:21:08	00:43:11	00:40:50	Clube Colaboradores AXA	Veterano 1
390	Paulo Figueira	00:21:23	00:43:12	00:42:50		Veterano 3
391	Abilio Catarro	00:21:06	00:43:12	00:43:09	Bombeiros Voluntários De Montemor-O-Novo	Veterano 5
392	Luis Quental	00:22:03	00:43:13	00:43:00	SOBEIDESCE	Veterano 4
393	Jose Oliveira	00:21:10	00:43:14	00:43:06	Associação Desportiva Real Academia	Veterano 5
394	José Pires	00:20:33	00:43:14	00:41:12		Junior
395	Jose Gomes	00:21:29	00:43:15	00:42:52		Veterano 3
396	Lúcia Oliveira	00:21:41	00:43:15	00:43:06	Açoreana Clube Banif	Senior
397	Joaquim Charrua	00:21:57	00:43:17	00:43:04		Veterano 6
398	Rui Ferreira	00:21:09	00:43:17	00:43:15	Restaurante «O CARTAXEIRO»-Caneças	Veterano 2
399	Emanuel Tavares	00:21:27	00:43:18	00:43:16		Veterano 5
400	Pedro Pires	00:21:14	00:43:18	00:41:46	Associação de Atletismo Lebres do Sado	Veterano 3
401	Antonio Taborda	00:21:19	00:43:19	00:42:59	ss cgd	Veterano 6
402	Marta Fonseca	00:20:46	00:43:20	00:43:10		Senior
403	Lourenco Sampaio	00:21:08	00:43:21	00:42:18		Senior
404	José Nunes	00:21:46	00:43:22	00:43:10		Veterano 6
405	Mario Miguel	00:21:49	00:43:22	00:42:47	4@fundo	Veterano 1
406	Carlos Afonso	00:21:49	00:43:22	00:42:48	4@fundo	Veterano 1
407	Carlos Lopes	00:21:22	00:43:23	00:41:42	Bladerunners	Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
408	Guilherme Gonçalves	00:20:55	00:43:23	00:43:17	Clube Ferroviário Portugal	Veterano 4
409	José Gonçalves	00:21:54	00:43:25	00:43:18	Clube de Futebol Os Avizenses	Veterano 3
410	Luis Pedrosa	00:21:49	00:43:25	00:42:08		Veterano 2
411	José Cação	00:21:10	00:43:25	00:43:01		Veterano 4
412	Paulo Aleixo	00:21:04	00:43:25	00:43:11		Veterano 1
413	Fernando Marques	00:21:30	00:43:25	00:42:52	Clube Pessoal EDP Carregado	Veterano 6
414	José Carvalho	00:21:56	00:43:26	00:42:22		Veterano 4
415	Jose Miranda	00:21:16	00:43:26	00:42:58		Veterano 4
416	Carlos Martins	00:21:25	00:43:27	00:41:59		Veterano 3
417	Joao Franco	00:21:12	00:43:27	00:43:11		Senior
418	Tiago Rôxo	00:21:36	00:43:28	00:42:20		Senior
419	Diogo Alagador	00:21:29	00:43:28	00:42:58	GAZELAS	Veterano 1
420	Joao Marques	00:21:47	00:43:28	00:42:29	correr= - na farmacia	Veterano 4
421	Rui Milagres	00:20:56	00:43:30	00:42:11		Veterano 2
422	Stéphanie Sampaio	00:22:09	00:43:30	00:42:55		Senior
423	Nicolau Ferreira	00:21:31	00:43:31	00:42:55		Senior
424	Pedro Peixoto	00:20:58	00:43:32	00:42:10		Senior
425	David Palmeiro	00:20:53	00:43:32	00:42:36	3 vezes por semana	Veterano 3
426	Arlindo Paixão	00:21:14	00:43:32	00:43:30	Restaurante «O CARTAXEIRO»-Caneças	Veterano 3
427	Madjer	00:21:34	00:43:32	00:41:45	SCP	Senior
428	Vasco Quintãos	00:21:02	00:43:34	00:43:27		Senior
429	Nuno Barradas	00:22:00	00:43:34	00:42:24	wikaboo	Veterano 3
430	Paulo Cabrita	00:21:25	00:43:34	00:42:30	Hewlett-Packard Club	Veterano 3
431	Pedro Ferreira	00:21:32	00:43:36	00:43:33	ASICS	Senior
432	Tiago Varanda	00:21:44	00:43:37	00:43:01		Veterano 1
433	Armando Parreira	00:21:48	00:43:38	00:43:26	Açoreana Clube Banif	Veterano 2
434	Pedro Lima	00:21:27	00:43:39	00:42:23		Veterano 3
435	Eduardo Silva	00:22:03	00:43:39	00:42:19		Veterano 3
436	Noel Sarreira	00:21:10	00:43:40	00:43:33	Associação Recreativa Social e Cultural de Toledo	Senior
437	Carlos Alegre	00:21:08	00:43:40	00:43:33	Associação Recreativa Social e Cultural de Toledo	Veterano 4
438	Alberto Covas	00:21:28	00:43:40	00:43:17		Veterano 4
439	Paulo Silva	00:22:01	00:43:41	00:41:29		Senior
440	Pedro Crispim	00:21:46	00:43:41	00:43:20		Senior
441	Manuela Folgado	00:21:24	00:43:42	00:43:40	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterana
442	Pedro Cruzinha	00:21:39	00:43:42	00:42:51	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 1
443	Jose Nunes	00:22:17	00:43:42	00:43:27		Veterano 2
444	Joaquim Marques	00:21:14	00:43:42	00:43:10	Pára-club Nacional «Os Boinas Verdes»	Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
445	Jose Guedes	00:21:07	00:43:43	00:42:55		Veterano 1
446	Nuno Rodrigues	00:22:44	00:43:44	00:43:16	Clube Grupo BES	Veterano 1
447	Pedro Collaço	00:21:47	00:43:45	00:41:57		Senior
448	Gonçalo Pais	00:22:03	00:43:45	00:43:18	CCDTMO	Senior
449	João Freire	00:23:45	00:43:45	00:43:07	Centro Desportivo Universitário Lisboa	Junior
450	Hugo Afonso	00:23:44	00:43:46	00:43:06		Junior
451	Milton Melo	00:22:01	00:43:46	00:42:50	wikaboo	Senior
452	Isabel Rodrigues	00:21:47	00:43:47	00:43:36	Clube ANACOM	Veterana
453	Carlos Jacinto	00:21:32	00:43:48	00:42:49		Veterano 2
454	Ruben Costa	00:21:53	00:43:49	00:43:41		Veterano 3
455	Ricardo Miguel	00:22:13	00:43:51	00:43:34		Senior
456	Gaspar Laneiro	00:21:17	00:43:51	00:43:31	multiflow	Veterano 4
457	Bruno Pereira	00:22:30	00:43:52	00:43:48	ASICS	Veterano 1
458	João Chambel	00:21:29	00:43:53	00:43:47		Senior
459	Pedro Mendes	00:21:16	00:43:55	00:42:07	GARMIN Olimpico de Oeiras	Senior
460	Paulo Tomas	00:22:03	00:43:55	00:43:23	U.R.D. Arranhó	Veterano 1
461	Carlos Godinho	00:20:51	00:43:56	00:42:36		Senior
462	Pedro Pinotes	00:19:56	00:43:57	00:43:55	SCP Natação	Senior
463	Joaquim Belo	00:21:01	00:43:58	00:43:24		Veterano 3
464	Carlos Venâncio	00:21:43	00:43:59	00:43:49		Veterano 4
465	Joao Gomes	00:22:22	00:43:59	00:43:05	Amigos Atletismo Mafra	Veterano 1
466	Jose Marques	00:21:24	00:44:00	00:43:57	Bombeiros Voluntários De Montemor-O-Novo	Veterano 3
467	Horacio Caetano	00:22:12	00:44:00	00:42:22		Senior
468	Joao Marreiros	00:21:57	00:44:01	00:43:36		Veterano 3
469	Antonio Barbosa	00:21:42	00:44:03	00:43:07	MAMORAIS	Senior
470	Andre Riscado	00:22:00	00:44:03	00:42:35		Veterano 1
471	Pedro Moreira	00:21:23	00:44:04	00:43:49	GDINE	Veterano 1
472	Neves Silva	00:21:47	00:44:04	00:43:43	Clube Ferroviário Portugal	Veterano 5
473	Artur Botão	00:21:19	00:44:05	00:43:23	Academia do Lumiar	Veterano 2
474	Rui Gloria	00:21:14	00:44:06	00:43:19		Veterano 1
475	Nelson Casanova	00:22:28	00:44:06	00:42:20	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Senior
476	Pedro Almeida	00:22:22	00:44:06	00:43:28		Junior
477	Paulo Santos	00:22:04	00:44:07	00:43:44		Veterano 1
478	Carlos Teixeira	00:21:10	00:44:08	00:42:26	Clube Atletismo Amigos Parque Paz	Veterano 1
479	Joaquim Santos	00:21:33	00:44:09	00:43:52		Veterano 2
480	Valdemar Silva	00:21:48	00:44:09	00:43:32		Veterano 1
481	Ricardo Sousa	00:20:31	00:44:10	00:41:27		Junior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
482	António Fórnea	00:22:04	00:44:11	00:42:41		Veterano 3
483	João Sousa	00:22:05	00:44:11	00:43:57	GILSPORT	Veterano 1
484	Luís Silva	00:20:56	00:44:12	00:41:34		Senior
485	Carlos Santos	00:22:00	00:44:12	00:43:37		Veterano 5
486	Manuel Correia	00:22:14	00:44:13	00:43:06		Veterano 1
487	Rodrigo Opa	00:22:12	00:44:13	00:44:02		Veterano 1
488	Rui Duarte	00:21:44	00:44:14	00:43:40		Veterano 2
489	Rúben Ramalhais	00:21:58	00:44:14	00:42:53		Senior
490	Luis Lino	00:22:00	00:44:15	00:43:59		Veterano 2
491	Maria Azevedo	00:22:12	00:44:15	00:43:08	wikaboo	Senior
492	Tam Afonso	00:21:32	00:44:16	00:44:13	Açoreana Clube Banif	Veterano 5
493	Artur Bernardo	00:21:56	00:44:16	00:43:48		Veterano 1
494	Carlos Santos	00:22:00	00:44:18	00:42:16	Joma	Veterano 4
495	David Correia	00:22:06	00:44:20	00:43:35		Senior
496	Jorge Telhada	00:21:34	00:44:21	00:44:10		Veterano 4
497	José Cavaco	00:22:36	00:44:22	00:44:18	ASICS	Veterano 4
498	Luis Farelo	00:21:59	00:44:22	00:43:28	o leão e o farelo	Veterano 3
499	Tiago Bastos	00:22:00	00:44:22	00:43:29	o leão e o farelo	Senior
500	Julio Ferreira	00:22:45	00:44:23	00:43:55	Clube Grupo BES	Veterano 5
501	João Brites	00:22:29	00:44:23	00:43:35	Os beri beri do asfalto	Veterano 2
502	Sandro Jordao	00:21:16	00:44:24	00:44:10		Senior
503	Bruno Ferreira	00:21:33	00:44:25	00:44:08		Senior
504	José Correia	00:22:09	00:44:25	00:44:14		Veterano 4
505	Carlos Silva	00:21:59	00:44:26	00:44:13		Veterano 3
506	Carlos Coelho	00:21:58	00:44:26	00:44:08	G A Monsanto/Gascan	Veterano 4
507	João Cabeleira	00:21:12	00:44:26	00:41:43	Clube do Stress	Veterano 1
508	Jose Duarte	00:22:19	00:44:27	00:44:19		Veterano 4
509	Paulo Trindade	00:21:54	00:44:27	00:44:09		Veterano 1
510	Jose Hilario	00:22:03	00:44:27	00:43:34		Veterano 4
511	José Carmo	00:22:01	00:44:28	00:43:23	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 2
512	Felipe Sousa	00:21:26	00:44:28	00:44:13	Unidos da Manutenção	Veterano 2
513	Claudio Canavilhas	00:21:54	00:44:30	00:43:40		Senior
514	César Dias	00:22:38	00:44:30	00:44:15	Os Metralhas	Junior
515	Teodoro Trindade	00:21:58	00:44:30	00:44:01	Run 4 Fun	Veterano 4
516	Eduardo Marques	00:22:46	00:44:32	00:44:25	A Bola	Veterano 2
517	Rui Feio	00:21:53	00:44:32	00:44:25	Clube de Futebol Os Avizenses	Veterano 3
518	Duarte Sousa	00:21:52	00:44:32	00:44:18	Leões da Praia das Maças	Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
519	Fernando Vicente	00:21:01	00:44:34	00:44:33		Veterano 4
520	Alexandre Oliveira	00:22:15	00:44:34	00:44:04		Senior
521	Rui Pinela	00:21:43	00:44:35	00:42:54	Bladerunners	Veterano 2
522	Joaquim Varanda	00:22:25	00:44:36	00:44:20		Veterano 3
523	Armando Romana	00:22:04	00:44:38	00:42:11		Senior
524	João Lobo	00:21:50	00:44:38	00:44:22		Senior
525	Orlando Duarte	00:22:02	00:44:39	00:43:24		Veterano 4
526	Douglas Fry	00:22:12	00:44:40	00:43:46		Veterano 5
527	Luís Reis	00:22:27	00:44:41	00:44:12	Falcões Selvagens	Veterano 3
528	José Vidais	00:22:12	00:44:43	00:44:32	Ateneu Artístico Cartaxense	Veterano 2
529	João Martinho	00:22:38	00:44:44	00:44:00		Senior
530	Carlos Sousa	00:22:13	00:44:45	00:44:26		Veterano 4
531	António Campos	00:21:20	00:44:46	00:44:30		Senior
532	Miguel Campos	00:21:12	00:44:47	00:42:03	Clube do Stress	Veterano 1
533	Nelson Alves	00:22:19	00:44:47	00:44:24		Senior
534	Ana Magalhaes	00:21:59	00:44:47	00:43:18		Veterana
535	Rui Filipe	00:22:13	00:44:47	00:42:52		Veterano 3
536	José Morais	00:22:13	00:44:48	00:42:52		Veterano 4
537	Joao Travado	00:22:24	00:44:51	00:43:20	os carregueirenses	Veterano 2
538	Manuel Martins	00:21:52	00:44:51	00:44:08	Academia do Lumiar	Veterano 2
539	Manuel Ferreira	00:22:15	00:44:52	00:44:29		Veterano 5
540	António Vinagre	00:22:25	00:44:52	00:44:22	A Bola	Veterano 6
541	Nelson Mota	00:22:25	00:44:52	00:44:12	Açoreana Clube Banif	Veterano 2
542	Hélder Botas	00:21:37	00:44:53	00:44:38	Grupo Desportivo Águias da Moita	Veterano 4
543	Pedro Ferreira	00:21:55	00:44:53	00:44:35		Veterano 2
544	Fernando Celestino	00:21:58	00:44:54	00:44:16	Açoreana Clube Banif	Veterano 4
545	Pedro Burguette	00:21:57	00:44:54	00:44:15	Açoreana Clube Banif	Veterano 1
546	Francisco Bando	00:22:50	00:44:54	00:44:28		Veterano 6
547	Nuno Moleiro	00:21:13	00:44:54	00:43:58		Senior
548	Rita Ribeiro	00:22:14	00:44:56	00:44:45	Ateneu Artístico Cartaxense	Senior
549	Carlos Lourenço	00:21:12	00:44:56	00:44:24		Veterano 2
550	Nuno Vieira	00:21:54	00:44:56	00:43:19		Senior
551	Sérgio Lee	00:21:54	00:44:56	00:44:29		Veterano 1
552	Rui Rodrigues	00:21:47	00:44:57	00:44:43		Veterano 3
553	José Félix	00:22:34	00:44:57	00:44:46	Clube de Futebol Os Avizenses	Veterano 2
554	Manuel Rodrigues	00:22:01	00:44:58	00:44:52	Associação Desportiva Real Academia	Veterano 4
555	Luis Lameirão	00:21:03	00:44:59	00:42:54		Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
556	António Almeida	00:23:07	00:45:00	00:44:41	Núcleo Sportinguista de Caneças	Veterano 3
557	Joaquim Bacalhau	00:22:05	00:45:02	00:44:54		Veterano 5
558	Carlos Duarte	00:21:44	00:45:04	00:43:23	Bladerunners	Veterano 6
559	Joao Mata	00:21:49	00:45:05	00:44:55		Veterano 1
560	Pedro Antunes	00:22:31	00:45:06	00:43:36	os carregueirenses	Veterano 1
561	João Matias	00:22:04	00:45:06	00:44:39	CCDTMO	Senior
562	António Cabral	00:22:45	00:45:06	00:44:18		Veterano 5
563	Fernando Anacleto	00:22:13	00:45:07	00:44:34		Veterano 6
564	José Crespo	00:22:23	00:45:07	00:43:33	Clube do Stress	Veterano 3
565	António Martins	00:22:00	00:45:09	00:44:25	Academia do Lumiar	Veterano 2
566	Vitor Pereira	00:22:04	00:45:10	00:44:59		Veterano 1
567	Fernando Sobral	00:22:02	00:45:10	00:44:58		Veterano 4
568	Vitor Cunha	00:21:28	00:45:10	00:42:33	wikaboo	Veterano 2
569	Amândio Canteiro	00:22:13	00:45:10	00:44:12	Adega Desportiva A Garagem	Veterano 1
570	Luís Gomes	00:21:40	00:45:11	00:44:34		Senior
571	Jorge Ferreira	00:22:05	00:45:11	00:44:58		Veterano 4
572	Rui Frango	00:22:33	00:45:12	00:44:50	GARMIN Olimpico de Oeiras	Veterano 3
573	António Galheto	00:22:20	00:45:12	00:45:07		Veterano 6
574	Alexandre Dias	00:22:10	00:45:13	00:43:51	O Celeiro Da Memoria	Veterano 2
575	Fabia Silva	00:22:31	00:45:13	00:45:00	GARMIN Olimpico de Oeiras	Veterana
576	Paulo Picão	00:22:33	00:45:14	00:44:20		Veterano 1
577	Jorge Filipe	00:22:31	00:45:14	00:44:17	portugas4runners	Veterano 3
578	Ary Silva	00:21:55	00:45:14	00:45:08		Veterano 3
579	Paulo Diogo	00:22:09	00:45:14	00:45:01		Senior
580	Carla Calçada	00:22:09	00:45:15	00:45:05	Açoreana Clube Banif	Veterana
581	Paulo Gomes	00:23:06	00:45:15	00:44:51		Veterano 3
582	Celso Gouveia	00:23:31	00:45:17	00:45:08		Veterano 2
583	Rute Matos	00:22:26	00:45:17	00:45:07	Açoreana Clube Banif	Veterana
584	Ruben Silva	00:22:12	00:45:18	00:43:43		Veterano 5
585	Pedro Brito	00:22:40	00:45:19	00:44:59		Veterano 2
586	Luís Gama	00:22:25	00:45:20	00:44:38		Veterano 3
587	Rodrigo Durão	00:21:49	00:45:20	00:45:09		Veterano 1
588	Vítor Duarte	00:23:16	00:45:20	00:44:05		Veterano 1
589	Rogério Fonseca	00:22:58	00:45:21	00:45:08		Veterano 3
590	Luís Loureiro	00:21:30	00:45:22	00:42:40		Senior
591	Manuel Peras	00:22:16	00:45:22	00:44:35		Veterano 5
592	Arlindo Brás	00:22:02	00:45:23	00:45:19	Amigos da Estrela	Veterano 3





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
593	Alexandre Neves	00:22:28	00:45:24	00:44:55	Clube Grupo BES	Veterano 1
594	Eduardo Ribeiro	00:22:37	00:45:24	00:44:40		Senior
595	Alexandre Lee	00:22:33	00:45:25	00:44:58		Senior
596	Paulo Trilho	00:22:32	00:45:25	00:44:58	Clube Vodafone	Veterano 1
597	Paulo Francisco	00:23:06	00:45:25	00:45:00		Veterano 3
598	José Garrafão	00:23:05	00:45:26	00:44:28		Veterano 4
599	Daniel Silva	00:21:48	00:45:26	00:43:30		Veterano 4
600	Rogério Branco	00:22:44	00:45:26	00:44:12	ATAÍJA PRESENTE	Senior
601	Gualter Constantino	00:22:45	00:45:26	00:44:13	ATAÍJA PRESENTE	Veterano 1
602	Francisco Quitério	00:22:41	00:45:26	00:44:09	ATAÍJA PRESENTE	Veterano 3
603	José Carola	00:22:12	00:45:26	00:44:42		Veterano 1
604	António Angelino	00:21:49	00:45:28	00:43:34	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 2
605	TPS 2	00:22:30	00:45:28	00:44:55		Senior
606	António Braz	00:22:04	00:45:28	00:44:27		Veterano 2
607	Luis Judícibus	00:21:57	00:45:28	00:44:02		Junior
608	Jose Gerardo	00:23:02	00:45:28	00:44:19		Veterano 3
609	Fernando Caldas	00:22:23	00:45:28	00:44:54		Veterano 2
610	Pedro Nunes	00:22:06	00:45:28	00:42:47	Clube do Stress	Veterano 2
611	Dinis Fernandes	00:22:42	00:45:31	00:45:18		Veterano 4
612	Amadeu Morgado	00:23:34	00:45:33	00:44:21		Veterano 1
613	Miguel Barbosa	00:21:45	00:45:33	00:45:19	Unidos da Manutenção	Veterano 5
614	Mário Santos	00:22:30	00:45:35	00:45:11	SOBRALPISO	Veterano 1
615	Licínio Matos	00:22:08	00:45:36	00:45:25		Senior
616	José Lopes	00:22:49	00:45:36	00:44:15	Pumas do Guincho	Veterano 2
617	Ricardo Pereira	00:21:49	00:45:36	00:44:58	Clube Grupo BES	Veterano 2
618	Carlos Nabiça	00:23:00	00:45:37	00:44:29	Clube Grupo BES	Veterano 3
619	Octavio Morais	00:22:38	00:45:37	00:45:11		Veterano 4
620	Mário Pereira	00:21:56	00:45:38	00:44:48		Veterano 1
621	Hélio Carreira	00:21:59	00:45:39	00:44:18		Senior
622	Joana Grácio	00:23:03	00:45:40	00:44:37	CAB - Clube de Atletismo Barreira	Senior
623	Telma Grácio	00:23:03	00:45:40	00:44:37	CAB - Clube de Atletismo Barreira	Senior
624	Vitor Gonçalves	00:22:15	00:45:40	00:45:25	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 2
625	António Bogas	00:22:24	00:45:40	00:45:03	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 3
626	Jorge Serra	00:21:28	00:45:41	00:42:08	Açoreana Clube Banif	Veterano 3
627	Vitor Antunes	00:22:40	00:45:41	00:44:15		Veterano 5
628	Rui Cruz	00:22:42	00:45:42	00:45:08		Veterano 1
629	Francisco Silva	00:22:26	00:45:42	00:45:10	Falcões Selvagens	Veterano 4



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
630	Diogo Tavares	00:22:31	00:45:42	00:44:53		Senior
631	Severo Melo	00:22:27	00:45:43	00:45:23		Veterano 3
632	Carlos Rocha	00:22:41	00:45:43	00:45:05		Senior
633	Orlando Ferreira	00:22:06	00:45:43	00:44:47	Run 4 Fun	Veterano 2
634	Jorge Nabais	00:23:37	00:45:43	00:44:23	Bacana Running	Senior
635	Daniel Delgado	00:21:52	00:45:44	00:45:33		Senior
636	Silvia Sobreira	00:23:01	00:45:45	00:45:37	Clube do Stress	Veterana
637	António Candeias	00:22:29	00:45:45	00:45:14	Falcões Selvagens	Veterano 3
638	Carlos Costa	00:22:00	00:45:47	00:43:57		Veterano 2
639	Carlos Suzana	00:22:55	00:45:48	00:45:27		Veterano 4
640	Pedro Martins	00:23:26	00:45:48	00:44:30	Peters	Senior
641	João Costa	00:22:55	00:45:48	00:45:36	A D C R P.J.	Veterano 2
642	Alvaro Furtado	00:22:55	00:45:49	00:44:29	ss cgd	Veterano 4
643	António Alexandre	00:22:06	00:45:50	00:44:57	Clube de Atletismo da Nazaré	Veterano 4
644	Luis Santos	00:25:15	00:45:50	00:45:34		Senior
645	Jose Alves	00:22:29	00:45:50	00:43:44	ss cgd	Veterano 6
646	Carlos Vicente	00:24:06	00:45:50	00:43:48		Veterano 3
647	Rodolfo Pinto	00:24:05	00:45:50	00:43:47		Senior
648	Carlos Lourenço	00:22:44	00:45:50	00:45:37	SOBEIDESCE	Veterano 5
649	Ricardo Silva	00:22:33	00:45:50	00:45:08		Veterano 1
650	João Carvão	00:22:31	00:45:51	00:45:30		Junior
651	Nuno Cunha	00:22:21	00:45:51	00:44:50		Veterano 1
652	Luis Costa	00:22:13	00:45:52	00:45:39		Veterano 1
653	Joaquim Ferrão	00:22:25	00:45:52	00:44:39	Grupo Desportivo do Banco de Portugal	Veterano 4
654	António Afonso	00:23:43	00:45:53	00:45:13		Veterano 6
655	Nuno Paulino	00:25:03	00:45:54	00:45:23		Senior
656	Celso Coelho	00:23:05	00:45:55	00:45:47	BESJOGING	Veterano 4
657	Vitor Santos	00:22:09	00:45:55	00:45:40	Ateneu Artístico Cartaxense	Veterano 3
658	Paulo Pessoa	00:23:10	00:45:56	00:45:50	ASICS	Veterano 3
659	João Bronze	00:23:05	00:45:56	00:44:39		Senior
660	Carlos Gradíssimo	00:23:03	00:45:57	00:43:59		Senior
661	Rui Sales	00:22:31	00:45:57	00:44:26	os carregueirenses	Veterano 2
662	Samuel Carvalho	00:23:07	00:45:57	00:45:03		Veterano 2
663	Henrique Costa	00:22:21	00:45:57	00:45:51		Veterano 4
664	Nuno Silva	00:22:08	00:45:58	00:45:41		Veterano 2
665	Abel Pina	00:23:03	00:45:58	00:44:53		Veterano 3
666	Nino Taveira	00:23:15	00:45:58	00:44:16		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
667	Manuel Bento	00:22:31	00:45:58	00:43:11	Sporting Clube de Casainhos	Veterano 1
668	Andre Jorge	00:22:10	00:45:59	00:44:35	os carregueirenses	Junior
669	Mario Zorro	00:25:12	00:46:00	00:44:29	Amigos Atletismo Mafra	Veterano 1
670	José Ferraz	00:22:35	00:46:00	00:45:20		Veterano 3
671	Luís Roque	00:22:40	00:46:01	00:44:20	A Bola	Veterano 2
672	Suzete Silva	00:22:48	00:46:01	00:45:51	Ateneu Artístico Cartaxense	Veterana
673	Paulo Barrigola	00:22:21	00:46:03	00:44:55	Açoreana Clube Banif	Veterano 1
674	João Afonso	00:23:46	00:46:03	00:44:01		Veterano 1
675	Sérgio Cipriano	00:22:52	00:46:03	00:45:48	AMCR Fonte Grada	Senior
676	Nuno Leite	00:21:31	00:46:03	00:45:58		Senior
677	Daniel Simões	00:22:38	00:46:04	00:45:08		Veterano 1
678	Gilberto Quintal	00:22:28	00:46:06	00:45:43		Senior
679	Manuel Silva	00:22:06	00:46:07	00:46:02		Veterano 1
680	Tito Ferreira	00:22:25	00:46:07	00:45:25	Clube ANACOM	Veterano 3
681	José Monteiro	00:23:02	00:46:07	00:45:43		Veterano 4
682	Aparício Santos	00:22:38	00:46:08	00:45:46		Veterano 2
683	Gonçalo Almeida	00:22:12	00:46:08	00:45:29		Senior
684	Americo Antonio	00:22:43	00:46:09	00:45:56		Veterano 3
685	Adriano Cotrim	00:22:03	00:46:09	00:46:08		Veterano 6
686	Cidalia Pimentel	00:23:00	00:46:09	00:45:51		Veterana
687	Hélio Santos	00:23:08	00:46:10	00:45:06	BueRapidos	Senior
688	Manuel Carlos	00:22:55	00:46:10	00:45:08		Veterano 4
689	Paulo Alves	00:22:45	00:46:10	00:45:58	SOBEIDESCE	Veterano 3
690	Mário Silva	00:22:36	00:46:11	00:45:16		Veterano 2
691	Manuel Mexia	00:22:13	00:46:11	00:44:23		Veterano 3
692	José Rato	00:22:48	00:46:11	00:45:10	C C R D BURINHOSA	Veterano 4
693	Luis Francisco	00:22:08	00:46:12	00:44:47	os carregueirenses	Senior
694	José Pinto	00:22:09	00:46:12	00:45:52	Amigos do Desporto	Veterano 6
695	Luis Antunes	00:22:21	00:46:12	00:45:19	RB Running	Veterano 1
696	Raul Rodrigues	00:22:11	00:46:13	00:45:52	Amigos do Desporto	Veterano 4
697	Jose Godinho	00:22:38	00:46:13	00:45:41		Veterano 4
698	Anibal Silva	00:22:49	00:46:13	00:45:16	C C R D BURINHOSA	Veterano 3
699	Rui Silva	00:22:16	00:46:14	00:44:58		Senior
700	Nuno Lima	00:21:49	00:46:15	00:44:30		Senior
701	José Calado	00:22:42	00:46:15	00:45:27	Pernas de Gafanhoto	Senior
702	Joao Coutinho	00:22:03	00:46:15	00:45:15		Veterano 3
703	Joaquim Guerra	00:22:43	00:46:15	00:45:10	GRD Ribeira da Lage	Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
704	José Agapito	00:22:48	00:46:16	00:44:52		Veterano 3
705	André Vaz	00:22:26	00:46:16	00:43:35	Pernas de Gafanhoto	Senior
706	Paulo Durão	00:22:16	00:46:16	00:44:19		Veterano 1
707	Diogo Silva	00:22:48	00:46:16	00:43:38		Senior
708	Joao Crespo	00:23:13	00:46:17	00:45:39		Veterano 3
709	Amílcar Póvoa	00:22:26	00:46:17	00:46:14	A Bola	Veterano 6
710	Nelson Santos	00:22:36	00:46:17	00:44:51		Veterano 2
711	Herbert Beaumont	00:22:15	00:46:17	00:44:23		Veterano 4
712	Alexandre Silva	00:22:11	00:46:18	00:45:37		Senior
713	Bruno Rocha	00:23:38	00:46:18	00:46:08		Senior
714	Jacinto Pereira	00:23:12	00:46:19	00:45:44	Centro Comunitário de Linda-a-Velha	Veterano 6
715	Nuno Silva	00:22:29	00:46:19	00:45:54		Veterano 1
716	José Magalhães	00:23:31	00:46:20	00:44:57	GDINE	Veterano 5
717	Ricardo Vinagre	00:23:18	00:46:21	00:45:54	Lá Vão ... de Almeirim	Senior
718	Bruno Ramos	00:23:11	00:46:22	00:44:30		Senior
719	Avelino Véstias	00:22:33	00:46:22	00:46:21	Os Indomáveis	Veterano 6
720	Marcelino Almeida	00:22:53	00:46:22	00:46:06		Veterano 4
721	Diogo Rodrigues	00:22:24	00:46:22	00:44:53		Senior
722	Cristian Cioran	00:22:26	00:46:23	00:46:15		Senior
723	João Costa	00:22:09	00:46:24	00:46:04	RTP	Veterano 2
724	Gilberto Cristóvão	00:23:04	00:46:24	00:45:39		Senior
725	André Ribeiro	00:21:57	00:46:24	00:43:38		Senior
726	Tiago Avelas	00:22:35	00:46:24	00:45:06	ss cgd	Veterano 1
727	Carlos Damásio	00:23:03	00:46:25	00:45:40		Veterano 1
728	João Oliveira	00:22:05	00:46:26	00:46:08		Junior
729	Miguel Silva	00:22:22	00:46:26	00:45:46		Veterano 2
730	Luis Mendes	00:22:14	00:46:27	00:45:08	NUcleo de Amigos Perna Assada	Veterano 1
731	Edgar Alves	00:23:22	00:46:27	00:45:56		Junior
732	Jorge Morgado	00:22:35	00:46:27	00:44:32		Veterano 4
733	Mário Batista	00:22:42	00:46:28	00:43:39		Senior
734	Tiago Costa	00:22:24	00:46:28	00:44:40	Cascais Pandilha	Veterano 1
735	Nuno Mendes	00:21:40	00:46:28	00:45:52		Veterano 1
736	Americo Pimenta	00:23:24	00:46:29	00:46:07	Grup. Desp. Chelas	Veterano 2
737	Raul Costa	00:22:41	00:46:29	00:45:48		Veterano 3
738	Joao Constantino	00:22:52	00:46:29	00:45:35		Veterano 1
739	Miguel Bastos	00:22:43	00:46:29	00:46:24	GDINE	Veterano 3
740	Carlos Caeiro	00:22:56	00:46:30	00:45:41		Veterano 5



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
741	Jorge Correia	00:22:59	00:46:30	00:45:57		Senior
742	Luís Batista	00:22:53	00:46:30	00:45:03		Veterano 2
743	Paulo Louro	00:23:34	00:46:30	00:44:30		Veterano 3
744	Filipe Leão	00:23:09	00:46:31	00:45:14		Senior
745	Albino Ferreira	00:22:37	00:46:31	00:46:24	Lesmas Aloperadas	Veterano 3
746	Alberto Marinho	00:23:04	00:46:31	00:45:07		Senior
747	Rodrigo Costeira	00:22:51	00:46:33	00:45:31		Senior
748	Carlos Cristão	00:23:46	00:46:34	00:46:07		Veterano 4
749	Ana Coelho	00:21:54	00:46:35	00:46:29		Veterana
750	Eduardo Álvaro	00:22:51	00:46:35	00:46:29		Veterano 4
751	Dulcídio Marques	00:22:52	00:46:35	00:45:36	correr= - na farmacia	Veterano 1
752	Jorge Albuquerque	00:24:37	00:46:35	00:45:07	3 vezes por semana	Veterano 2
753	Artur Guerreiro	00:22:55	00:46:36	00:45:52		Senior
754	Carlos Gonçalves	00:23:07	00:46:36	00:46:17	Lebres e Tartarugas	Veterano 5
755	Bernardo Graça	00:19:56	00:46:36	00:46:34	SCP Natação	Junior
756	Miguel Brandão	00:21:46	00:46:36	00:43:41		Senior
757	José Vieira	00:23:28	00:46:37	00:46:31	ASICS	Senior
758	Isauro Gigante	00:24:37	00:46:38	00:45:09	3 vezes por semana	Veterano 3
759	Pedro Lourenço	00:22:44	00:46:39	00:44:40	Clube Vodafone	Veterano 2
760	Joaquim Carrilho	00:22:27	00:46:39	00:46:18		Senior
761	Paulo Silva	00:22:51	00:46:39	00:45:17		Veterano 2
762	José Mira	00:23:44	00:46:40	00:45:25		Veterano 5
763	Bernardo Gradíssimo	00:23:05	00:46:40	00:44:43		Veterano 4
764	Alcides Nunes	00:22:34	00:46:40	00:46:31		Veterano 4
765	Pedro Lobo	00:22:37	00:46:41	00:45:40		Senior
766	Tiago Baleia	00:22:31	00:46:41	00:45:20		Senior
767	José Forte	00:22:55	00:46:42	00:45:40		Veterano 4
768	Jorge Rodrigues	00:22:33	00:46:42	00:46:31		Senior
769	Paulo Faria	00:22:49	00:46:42	00:46:23		Veterano 3
770	Rui Janeiro	00:23:06	00:46:43	00:45:53		Veterano 1
771	Mário Rodrigues	00:22:39	00:46:43	00:46:40	ASICS	Veterano 2
772	Inês Parente	00:22:35	00:46:43	00:46:38	ASICS	Veterana
773	Nuno Antunes	00:23:07	00:46:44	00:45:38		Veterano 2
774	José Melo	00:23:17	00:46:44	00:46:08	Run 4 Fun	Veterano 3
775	Ricardo Cebola	00:22:42	00:46:45	00:46:37	Unidos da Manutenção	Senior
776	Vítor Campos	00:22:57	00:46:45	00:46:29		Veterano 4
777	Pedro Cardoso	00:24:08	00:46:46	00:44:46		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
778	Isabel Rodrigues	00:23:22	00:46:48	00:46:39	GARMIN Olimpico de Oeiras	Veterana
779	Rui Silva	00:22:35	00:46:48	00:46:23		Veterano 1
780	Antero Martins	00:22:56	00:46:49	00:44:46		Veterano 2
781	Ricardo Franco	00:22:55	00:46:49	00:45:50		Veterano 1
782	Idalécio Barros	00:23:06	00:46:49	00:46:14		Veterano 5
783	Carlos Antunes	00:23:30	00:46:50	00:44:34		Veterano 1
784	Manuel Gonçalves	00:23:08	00:46:50	00:45:22		Veterano 6
785	Rui Santos	00:22:32	00:46:50	00:46:46	ASICS	Senior
786	Jorge Paulo	00:22:45	00:46:50	00:46:05	Run 4 Fun	Veterano 4
787	Pedro Gomes	00:22:41	00:46:51	00:46:26	GDINE	Senior
788	Armando Correia	00:22:07	00:46:51	00:44:04	Sporting Clube de Casainhos	Senior
789	Nuno Gomes	00:23:55	00:46:52	00:45:47	A Bola	Veterano 2
790	Antonio Ferreira	00:23:21	00:46:52	00:45:11	Clube Atletismo Amigos Parque Paz	Veterano 2
791	Nuno Simoes	00:24:18	00:46:52	00:45:48	U.R.D. Arranhó	Junior
792	José Mota	00:23:21	00:46:52	00:45:20	wikaboo	Veterano 4
793	Fernando Rodrigues	00:23:32	00:46:53	00:44:58	U.R.D. Arranhó	Veterano 2
794	Jose Arelo	00:23:22	00:46:54	00:46:04		Veterano 4
795	Filipe Leitão	00:22:14	00:46:55	00:44:14	Atlético Clube de Vermoil	Veterano 1
796	Florentino Teodoro	00:23:21	00:46:56	00:45:25	Odebrecht/B.P.C	Veterano 2
797	Pedro Dias	00:23:08	00:46:56	00:46:29		Veterano 1
798	Luís Rosado	00:22:57	00:46:57	00:46:11		Senior
799	Pedro Fernandes	00:23:05	00:46:57	00:46:54		Veterano 1
800	José Pereira	00:22:45	00:46:58	00:46:37		Veterano 3
801	Rui Mata	00:21:55	00:46:58	00:44:54		Veterano 2
802	Ricardo Gonçalves	00:23:20	00:46:58	00:46:12	Nervosíssimos	Veterano 1
803	Artur Martins	00:24:10	00:47:00	00:46:43		Veterano 2
804	Fernando Moura	00:23:08	00:47:02	00:46:40		Veterano 4
805	António Almeida	00:23:56	00:47:02	00:45:32		Veterano 2
806	Jorge Canelhas	00:22:17	00:47:03	00:46:43	GARMIN Olimpico de Oeiras	Veterano 1
807	Luis Carvalho	00:23:09	00:47:04	00:45:56		Veterano 1
808	Carlos Sá	00:23:14	00:47:05	00:46:40		Veterano 2
809	João Adegas	00:23:41	00:47:05	00:45:54		Veterano 2
810	Jorge Aguiar	00:23:48	00:47:07	00:46:38		Veterano 3
811	Eduardo Rodrigues	00:22:55	00:47:07	00:47:00		Veterano 2
812	Andre Fernandes	00:23:10	00:47:07	00:46:00		Veterano 1
813	Agostinho Pinto	00:23:16	00:47:07	00:46:48	Bombeiros Voluntários De Montemor-O-Novo	Veterano 5
814	Horacio Jorge	00:23:16	00:47:09	00:45:26		Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
815	Domingos Neves	00:23:01	00:47:09	00:45:18		Veterano 3
816	Jorge Rodrigues	00:23:05	00:47:10	00:46:08		Veterano 1
817	Herberto Monteiro	00:22:56	00:47:10	00:45:15		Veterano 2
818	Anderson Rosa	00:22:37	00:47:10	00:46:56		Senior
819	Ricardo Morgado	00:23:26	00:47:10	00:44:56		Senior
820	Orlando Martins	00:22:59	00:47:11	00:45:51	running of dª maria	Veterano 5
821	Norberto Diegues	00:23:21	00:47:11	00:46:50		Veterano 5
822	Luis Baptista	00:23:12	00:47:11	00:46:18		Veterano 1
823	Nuno Fradique	00:23:11	00:47:12	00:46:18		Veterano 1
824	Pedro Carvalho	00:23:11	00:47:12	00:46:18		Veterano 3
825	Luis Ferreira	00:23:11	00:47:12	00:46:20		Veterano 1
826	Rui Falhas	00:23:20	00:47:12	00:46:26	Nervosíssimos	Veterano 1
827	Eduardo Ribeiro	00:23:09	00:47:12	00:46:50		Veterano 3
828	Miguel Saturnino	00:23:10	00:47:12	00:46:20		Senior
829	António Primor	00:23:16	00:47:12	00:46:53	sporting clube moitense	Veterano 6
830	Gonçalo Machado	00:24:02	00:47:13	00:44:29	Clube do Stress	Veterano 1
831	António Farinha	00:21:25	00:47:15	00:42:36		Veterano 3
832	Tiago Teles	00:22:48	00:47:15	00:45:29	Núcleo Sportinguista de Caneças	Senior
833	Jorge Esteves	00:23:15	00:47:16	00:46:45		Veterano 3
834	João Melo	00:22:28	00:47:16	00:44:55		Veterano 4
835	Rui Pinto	00:23:02	00:47:16	00:46:58		Veterano 5
836	Fernando Rosa	00:22:28	00:47:16	00:47:02	Unidos da Manutenção	Veterano 6
837	António Almeida	00:23:42	00:47:18	00:46:14		Veterano 4
838	Rosa Carita	00:23:53	00:47:18	00:46:43	CCD Sintrense	Veterana
839	João Gonçalves	00:23:52	00:47:18	00:46:43	CCD Sintrense	Veterano 2
840	José Magro	00:23:04	00:47:19	00:47:11	Mundo da Corrida	Veterano 2
841	Gilberto Morais	00:22:29	00:47:19	00:47:17		Veterano 5
842	José Marques	00:22:50	00:47:20	00:46:10	ATAÍJA PRESENTE	Veterano 6
843	Nuno Gomes	00:23:03	00:47:20	00:45:31		Veterano 2
844	Manuel Rocha	00:24:19	00:47:21	00:46:39		Senior
845	Alexandre Vieira	00:23:12	00:47:21	00:46:45		Veterano 1
846	Miguel Mateus	00:23:42	00:47:22	00:46:58		Senior
847	Rui Sousa	00:23:51	00:47:22	00:46:45		Veterano 2
848	Mario Carvalho	00:23:45	00:47:23	00:46:10		Veterano 5
849	Pedro Costa	00:22:05	00:47:23	00:45:34		Veterano 1
850	Ezequiel Nazaré	00:22:57	00:47:24	00:47:01		Veterano 5
851	Daniel Nunes	00:23:21	00:47:24	00:46:41		Veterano 4



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
852	Rodolfo Rapaz	00:22:54	00:47:24	00:46:25	O Mundo da Corrida	Veterano 2
853	Rui Barbosa	00:22:39	00:47:24	00:46:08		Veterano 1
854	Abilio Tavares	00:23:23	00:47:24	00:46:42		Veterano 5
855	João Moacho	00:23:22	00:47:25	00:46:42		Veterano 4
856	André Rodrigues	00:24:27	00:47:26	00:45:03	Pharmed	Senior
857	Carlos Teixeira	00:23:07	00:47:26	00:47:21		Veterano 6
858	David Karim	00:23:23	00:47:27	00:45:46	Associação Desportiva Real Academia	Senior
859	Gilberto Lopes	00:24:22	00:47:27	00:45:24		Veterano 2
860	José Fachada	00:23:15	00:47:27	00:47:12		Veterano 5
861	Bernardino Nome	00:22:38	00:47:27	00:45:39	Núcleo Sportinguista de Caneças	Veterano 4
862	Silvio Paiva	00:23:06	00:47:27	00:46:59	Clube Grupo BES	Veterano 6
863	Pedro Andrade	00:23:06	00:47:27	00:46:59	Clube Grupo BES	Veterano 2
864	Claidio Fernandes	00:24:38	00:47:28	00:47:00		Veterano 2
865	Fausto Isaac	00:23:21	00:47:28	00:45:48	Açoreana Clube Banif	Veterano 2
866	David Freitas	00:23:43	00:47:28	00:46:29	A D C R P.J.	Veterano 2
867	João Borralho	00:24:35	00:47:28	00:47:05		Veterano 1
868	Pedro Ventura	00:23:41	00:47:28	00:47:04		Senior
869	Joaquim Madeira	00:25:48	00:47:29	00:46:50		Veterano 1
870	Pedro Henriques	00:24:08	00:47:29	00:45:55	Corianders	Senior
871	Jose Esteves	00:22:34	00:47:30	00:47:13		Veterano 3
872	Antonio Bernardes	00:22:41	00:47:31	00:46:01	os carregueirenses	Veterano 6
873	Norberto Marques	00:23:16	00:47:31	00:46:02	running of dª maria	Veterano 2
874	Manuel Trindade	00:23:56	00:47:32	00:47:12		Veterano 5
875	Gonçalo Amorim	00:23:42	00:47:32	00:47:09		Senior
876	Nuno Pereira	00:22:43	00:47:33	00:45:50		Veterano 1
877	Pau Storch	00:22:30	00:47:33	00:45:04		Senior
878	Paulo Patrício	00:22:38	00:47:34	00:46:53		Veterano 2
879	Carlos Rangel	00:23:38	00:47:34	00:47:16		Veterano 5
880	José Belchior	00:23:19	00:47:36	00:46:22		Veterano 6
881	Jose Rodrigues	00:23:40	00:47:36	00:47:30		Veterano 6
882	Gil Alves	00:23:07	00:47:36	00:47:19	Unidos da Manutenção	Veterano 1
883	David Ramos	00:22:39	00:47:37	00:47:22	Os Metralhas	Senior
884	Antonio Ribeiro	00:23:02	00:47:37	00:46:57		Veterano 3
885	Rui Carrigo	00:23:38	00:47:37	00:46:16	Bacana Running	Senior
886	Luis Reis	00:23:17	00:47:37	00:47:23		Veterano 3
887	Pedro Martins	00:23:38	00:47:37	00:46:15	Bladerunners	Veterano 1
888	Rui Pombinho	00:23:11	00:47:39	00:46:02		Veterano 3





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
889	Domingos Coelho	00:24:43	00:47:39	00:46:07	Os Leões da Estrada	Veterano 1
890	Ricardo Tareja	00:23:16	00:47:39	00:46:15		Veterano 1
891	João Gameiro	00:21:26	00:47:40	00:47:24	Ateneu Artístico Cartaxense	Veterano 5
892	Nuno Espanha	00:23:26	00:47:41	00:46:49		Senior
893	Luís Correia	00:23:16	00:47:41	00:45:01		Senior
894	Ricardo Sérgio	00:23:09	00:47:42	00:46:57	Viriato   Pastelarias	Senior
895	Afonso Silva	00:22:55	00:47:42	00:47:04		Veterano 2
896	Fernando Trino	00:23:27	00:47:42	00:47:17		Veterano 4
897	Fernando Gil	00:24:30	00:47:42	00:47:26		Veterano 5
898	Alexandre Costa	00:22:43	00:47:42	00:45:43	Clube Vodafone	Veterano 1
899	Mario Lino	00:23:31	00:47:43	00:45:37		Veterano 3
900	Gonçalo Oliveira	00:23:23	00:47:44	00:46:56	GDCT UNICRE	Veterano 3
901	Luís Nunes	00:22:31	00:47:44	00:47:08		Senior
902	Patrícia Santos	00:24:27	00:47:44	00:47:00		Senior
903	Fernando Carvalho	00:23:22	00:47:46	00:46:43	BueRapidos	Veterano 2
904	Luis Penteado	00:23:22	00:47:46	00:46:44	BueRapidos	Veterano 2
905	Carlos Regua	00:23:34	00:47:47	00:47:31		Veterano 1
906	Manuel Ramos	00:24:43	00:47:47	00:46:56		Veterano 2
907	Jorge Sebastião	00:23:03	00:47:49	00:45:49		Veterano 1
908	Miguel Rangel	00:23:46	00:47:49	00:47:44	Clube do Stress	Veterano 1
909	Roger Martins	00:23:46	00:47:49	00:47:44	ASICS	Veterano 1
910	Luís Fernandes	00:23:38	00:47:49	00:45:44	Joma	Veterano 3
911	Jaime Mestre	00:23:33	00:47:49	00:47:33	Grupo Desportivo Águias da Moita	Veterano 2
912	Carlos Seco	00:23:57	00:47:50	00:47:38	Grupo Desportivo Águias da Moita	Veterano 4
913	Pedro Sobral	00:23:27	00:47:50	00:45:17		Senior
914	Luís Gonçalves	00:23:48	00:47:50	00:47:13	C.C.D. das Autarquias de Almada	Veterano 4
915	Miguel Gomes	00:23:50	00:47:51	00:45:07		Veterano 2
916	Francisco Sanches-osório	00:22:56	00:47:51	00:46:55	Run 4 Fun	Veterano 3
917	Armando Gonçalves	00:23:49	00:47:51	00:47:14	C.C.D. das Autarquias de Almada	Veterano 5
918	Rui Belo	00:23:30	00:47:51	00:45:59		Veterano 1
919	Luis Santos	00:24:40	00:47:51	00:46:05		Veterano 2
920	Sandra Rodrigues	00:23:08	00:47:51	00:47:17		Senior
921	João Pereira	00:23:01	00:47:52	00:45:48	EIRAGYM	Veterano 3
922	Antonio Inglês	00:23:48	00:47:53	00:46:45	G A Monsanto/Gascan	Veterano 4
923	Pedro Ferraz	00:24:00	00:47:53	00:46:35	Peters	Veterano 1
924	Miguel Lamas	00:25:29	00:47:53	00:47:11		Senior
925	José Marques	00:24:09	00:47:53	00:47:38		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
926	Ricardo Francisco	00:24:08	00:47:54	00:47:38		Veterano 1
927	Pedro Rodrigues	00:22:41	00:47:54	00:47:32		Veterano 1
928	José Pedro	00:23:49	00:47:55	00:46:47	Clube Grupo BES	Veterano 6
929	Pedro Filipe	00:23:47	00:47:55	00:46:12		Senior
930	Horácio Ferreira	00:23:32	00:47:55	00:46:33		Veterano 2
931	João Félix	00:25:28	00:47:56	00:47:14		Senior
932	Sérgio Henrique	00:23:53	00:47:58	00:46:14	Odebrecht/B.P.C	Veterano 2
933	Ricardo Gonçalves	00:23:29	00:47:58	00:47:16	SL CAMPOLIDE	Senior
934	José Amaro	00:23:43	00:47:59	00:47:50		Veterano 1
935	Michael Risley	00:24:14	00:48:00	00:47:55		Veterano 1
936	Rui Santos	00:22:23	00:48:01	00:47:49		Veterano 2
937	Rui Bernardino	00:22:27	00:48:01	00:44:21	MAMORAIS	Senior
938	Pedro Afonso	00:23:36	00:48:02	00:46:39		Veterano 2
939	Carlos Magalhães	00:23:19	00:48:02	00:47:29		Veterano 2
940	Martins Barata	00:23:34	00:48:02	00:47:41	Clube Ferroviário Portugal	Veterano 6
941	Carlos Marques	00:24:06	00:48:03	00:47:35	GAZELAS	Veterano 6
942	Nuno Pereira	00:23:34	00:48:03	00:47:59	ASICS	Veterano 2
943	Fernando Andrade	00:24:07	00:48:03	00:47:36	GAZELAS	Veterano 6
944	Jorge Alves	00:23:58	00:48:04	00:46:59	A Bola	Veterano 5
945	Edwin Jeque	00:24:02	00:48:04	00:45:40		Senior
946	Luís Pires	00:23:56	00:48:05	00:47:00	A Bola	Veterano 2
947	Jorge Silva	00:23:14	00:48:06	00:47:51		Veterano 2
948	António Costa	00:24:23	00:48:06	00:47:42		Senior
949	Nelson Lindinho	00:22:18	00:48:06	00:48:03		Veterano 1
950	Miguel Soares	00:23:37	00:48:07	00:46:43		Junior
951	José Pacheco	00:23:03	00:48:08	00:46:57		Veterano 3
952	Jose Morais	00:23:10	00:48:08	00:45:29	SERVICONTABIL	Veterano 4
953	Nuno Santos	00:22:35	00:48:09	00:45:22	Sporting Clube de Casainhos	Senior
954	Paulo Campos	00:23:26	00:48:11	00:46:23		Veterano 3
955	Nuno Fernandes	00:23:36	00:48:11	00:47:35		Veterano 1
956	Ricardo Varela	00:21:10	00:48:11	00:47:55		Senior
957	Nuno Costa	00:24:00	00:48:12	00:46:56	ss cgd	Veterano 1
958	Tiago Martins	00:23:21	00:48:12	00:48:01		Senior
959	José Lopes	00:23:02	00:48:12	00:48:06		Veterano 3
960	José Silva	00:23:35	00:48:12	00:47:06		Veterano 1
961	Fernando Tomé	00:22:49	00:48:13	00:48:10		Senior
962	Hugo Costeira	00:22:52	00:48:13	00:47:11		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
963	Paulo Oliveira	00:23:43	00:48:14	00:47:05		Veterano 1
964	Nuno Parreira	00:23:44	00:48:14	00:47:38		Senior
965	João Silva	00:24:23	00:48:15	00:47:28		Veterano 3
966	Vasco Andrade	00:24:44	00:48:16	00:46:37	Martins e Andrade	Senior
967	Ricardo Silva	00:23:23	00:48:16	00:48:06		Veterano 1
968	Júlio Albuquerque	00:23:38	00:48:17	00:47:58		Veterano 2
969	Isac Mendes	00:23:23	00:48:17	00:47:50		Senior
970	Fabrice Polteau	00:23:01	00:48:18	00:46:34		Veterano 1
971	Nuno Prates	00:24:44	00:48:18	00:46:51		Senior
972	Antero Martins	00:23:10	00:48:18	00:46:14		Junior
973	Paulo Mateus	00:23:36	00:48:19	00:46:14		Veterano 3
974	Amável Luz	00:23:46	00:48:19	00:48:11	UDR ZONA ALTA - Torres Novas	Veterano 4
975	Joao Vicente	00:23:46	00:48:20	00:46:33		Veterano 2
976	Fernando Faria	00:23:43	00:48:20	00:47:51		Senior
977	André Tavares	00:23:42	00:48:21	00:47:52		Senior
978	Hugo Ramos	00:24:02	00:48:21	00:46:45		Veterano 1
979	Bernardino Soares	00:23:43	00:48:22	00:48:10		Veterano 5
980	José Coelho	00:23:36	00:48:23	00:46:30	ATAÍJA PRESENTE	Veterano 1
981	Ivane Santos	00:23:36	00:48:23	00:46:31		Veterana
982	Antonio Gonçalves	00:23:14	00:48:23	00:45:30		Veterano 4
983	Orlando Cruz	00:23:24	00:48:23	00:47:39		Veterano 6
984	Virgílio Espada	00:24:01	00:48:23	00:47:26	Adega Desportiva A Garagem	Veterano 5
985	António Ferreira	00:24:22	00:48:24	00:46:36		Veterano 4
986	Paulo Salsa	00:21:51	00:48:24	00:48:20		Senior
987	Joaquim Carrilho	00:24:33	00:48:25	00:47:06	ss cgd	Veterano 3
988	Mário Reis	00:22:28	00:48:25	00:48:20		Senior
989	José Barateiro	00:23:16	00:48:25	00:46:47		Senior
990	Nuno Dionisio	00:23:06	00:48:25	00:47:14		Veterano 2
991	Vitor Oliveira	00:23:36	00:48:25	00:46:38		Veterano 1
992	Fernando Gaspar	00:24:02	00:48:25	00:46:03		Veterano 3
993	Rui Trindade	00:23:21	00:48:25	00:46:44		Veterano 2
994	Carlos Silva	00:22:44	00:48:27	00:47:46		Veterano 2
995	Jose Abreu	00:22:34	00:48:28	00:48:25		Veterano 1
996	António Merujo	00:23:00	00:48:29	00:47:51		Veterano 4
997	Francisco Garoto	00:23:40	00:48:29	00:46:48	Bladerunners	Veterano 2
998	José Liberato	00:25:01	00:48:30	00:46:57	Grupo Desportivo Imprensa Nacional Casa Moeda	Veterano 1
999	Mário Bastardo	00:23:41	00:48:30	00:47:57		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1000	Vitor Santos	00:23:49	00:48:31	00:46:49	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 2
1001	Roberto Guerreiro	00:23:39	00:48:31	00:48:09		Senior
1002	Jose Andrade	00:23:24	00:48:31	00:48:16		Senior
1003	Domingos Santos	00:25:10	00:48:31	00:47:54		Veterano 4
1004	Mário Lúcio	00:24:22	00:48:32	00:46:28		Veterano 3
1005	Antonio Sousa	00:23:00	00:48:32	00:46:19		Veterano 4
1006	Alfredo Falcão	00:23:42	00:48:33	00:47:47		Veterano 3
1007	Simon Shinn	00:23:20	00:48:34	00:46:21		Senior
1008	Carlos Marina	00:23:47	00:48:35	00:47:44	CCD Sintrense	Veterano 1
1009	Vítor Rafael	00:22:41	00:48:35	00:47:40	Açoreana Clube Banif	Veterano 3
1010	André Lourenço	00:24:51	00:48:36	00:48:02		Senior
1011	Manuel Moreira	00:24:14	00:48:36	00:48:03	A D C R P.J.	Veterano 6
1012	Leonel Amaro	00:23:16	00:48:37	00:46:05	Amigos Atletismo Mafra	Veterano 3
1013	Arnaldo Machado	00:24:12	00:48:37	00:47:56	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 6
1014	Daniel Portela	00:23:57	00:48:38	00:48:29		Senior
1015	Leonel Pires	00:23:50	00:48:39	00:46:57		Veterano 6
1016	Sonia Cristina	00:24:40	00:48:40	00:48:08	Clube Grupo BES	Senior
1017	Luís Melo	00:23:34	00:48:41	00:48:34	Açoreana Clube Banif	Veterano 4
1018	Helder Romano	00:24:22	00:48:41	00:47:41		Veterano 3
1019	Miguel Cruchinho	00:23:33	00:48:42	00:48:37	SCP Natação	Junior
1020	Patrícia Ramos	00:24:25	00:48:42	00:48:39	SCP Natação	Junior
1021	Vitor Branco	00:24:12	00:48:42	00:47:18	ATAÍJA PRESENTE	Veterano 1
1022	José Raposo	00:24:18	00:48:43	00:47:38		Veterano 2
1023	Carlos Vieira	00:24:19	00:48:43	00:48:23		Veterano 2
1024	Pedro Barreirão	00:22:29	00:48:45	00:48:36		Senior
1025	Rita Ferreira	00:23:43	00:48:47	00:48:16		Senior
1026	Alfredo Lourenço	00:23:27	00:48:48	00:48:19		Veterano 4
1027	Patrícia Correia	00:23:22	00:48:48	00:48:28	ADRC MATA DE BENFICA	Senior
1028	Ricardo Vintém	00:23:49	00:48:49	00:46:28		Senior
1029	Daniel Costa	00:23:58	00:48:49	00:48:22		Senior
1030	Pedro Rodrigues	00:24:26	00:48:49	00:48:24		Veterano 2
1031	Rui Chainho	00:23:16	00:48:51	00:46:58		Veterano 3
1032	Nuno Vicente	00:23:18	00:48:51	00:46:19	Pepper House Running Team	Veterano 2
1033	Miguel Costa	00:23:18	00:48:51	00:48:48		Veterano 1
1034	Carlos Neves	00:24:35	00:48:52	00:48:26	Os Indomáveis	Senior
1035	Gustavo Iberico	00:24:49	00:48:52	00:47:14		Veterano 1
1036	Ricardo Godinho	00:23:47	00:48:54	00:48:34		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1037	Pedro Morais	00:23:37	00:48:54	00:47:47	Hewlett-Packard Club	Veterano 1
1038	Henrique Ferreira	00:22:44	00:48:54	00:48:21	U.R.D. Arranhó	Veterano 2
1039	José Ataíde	00:24:56	00:48:54	00:47:22		Veterano 2
1040	Raul Ferreira	00:23:18	00:48:55	00:46:23	Pepper House Running Team	Veterano 1
1041	Mário Ribeiro	00:22:25	00:48:56	00:47:13		Veterano 1
1042	Miguel Sousa	00:24:03	00:48:56	00:47:23	wikaboo	Veterano 4
1043	Hélio Godinho	00:23:43	00:48:57	00:48:31	Casa BENFICA em Abrantes	Veterano 6
1044	Nuno Marques	00:23:48	00:48:57	00:48:14	Clube Pessoal EDP Carregado	Veterano 1
1045	João Santos	00:25:16	00:48:57	00:47:32		Veterano 2
1046	José Neves	00:23:58	00:48:58	00:48:33	Os Indomáveis	Veterano 5
1047	João Rebelo	00:25:14	00:48:59	00:48:02		Veterano 2
1048	Pedro Cunha	00:24:09	00:48:59	00:46:40		Senior
1049	Carlos Baptista	00:23:48	00:48:59	00:46:12	Sporting Clube de Casainhos	Veterano 4
1050	Paulo Nunes	00:23:26	00:49:00	00:48:35		Veterano 1
1051	Rodrigo Cordeiro	00:23:02	00:49:00	00:46:20		Veterano 1
1052	Joao Reis	00:24:00	00:49:02	00:47:07		Veterano 6
1053	João Pereira	00:23:51	00:49:02	00:48:13		Veterano 4
1054	Sergio Pinho	00:23:33	00:49:02	00:47:51		Veterano 1
1055	Luis Oliveira	00:23:24	00:49:04	00:46:48	Associação de Atletismo Lebres do Sado	Veterano 2
1056	João Serra	00:24:22	00:49:04	00:48:41	Açoreana Clube Banif	Veterano 1
1057	Diogo Ferreira	00:24:21	00:49:04	00:48:40	Açoreana Clube Banif	Veterano 1
1058	Francisco Pereira	00:24:22	00:49:04	00:48:41	Açoreana Clube Banif	Veterano 2
1059	Hugo Sousa	00:23:54	00:49:04	00:47:58	Açoreana Clube Banif	Veterano 1
1060	Noel Duarte	00:24:28	00:49:05	00:48:31		Veterano 2
1061	Luis Claudio	00:24:39	00:49:05	00:48:37		Veterano 2
1062	Marco Jacinto	00:24:40	00:49:05	00:48:37		Veterano 1
1063	Fernando Marques	00:23:11	00:49:06	00:49:01		Senior
1064	Sergio Castro	00:24:33	00:49:07	00:46:27		Senior
1065	Luis Garcia	00:24:07	00:49:07	00:47:31		Veterano 3
1066	Lucidio Dias	00:23:57	00:49:08	00:48:09	correr= - na farmacia	Veterano 4
1067	Mário Silva	00:25:24	00:49:09	00:47:58	Georunners	Veterano 4
1068	Manuel Borges	00:25:16	00:49:09	00:47:51		Veterano 4
1069	Nuno Lucas	00:24:02	00:49:09	00:46:36	Pernas de Gafanhoto	Senior
1070	Mário Conceição	00:24:27	00:49:09	00:48:46		Senior
1071	Jose Baixinho	00:24:21	00:49:10	00:48:38		Veterano 4
1072	Nelson Dias	00:23:44	00:49:10	00:47:03		Veterano 4
1073	Luis Amorim	00:24:08	00:49:10	00:46:58	N.A.BDF	Veterano 4



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1074	João Canas	00:24:00	00:49:10	00:48:48	Clube Vodafone	Senior
1075	João Coelho	00:23:15	00:49:11	00:46:35	Pernas de Gafanhoto	Senior
1076	André Martins	00:23:22	00:49:11	00:48:36		Senior
1077	José Agapito	00:24:15	00:49:11	00:46:34		Senior
1078	Gilberto Gonçalves	00:24:24	00:49:11	00:48:23	Recreativo Alvorada	Veterano 2
1079	António Norte	00:23:45	00:49:11	00:49:06	A Bola	Veterano 1
1080	Jorge Silva	00:24:00	00:49:13	00:48:09		Veterano 1
1081	Adalberto Grilo	00:24:32	00:49:13	00:48:20	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 4
1082	Carlos Conceição	00:24:42	00:49:13	00:48:05	A Sacavenense	Veterano 3
1083	João Figueiredo	00:24:38	00:49:14	00:48:04		Veterano 2
1084	Florival Andrade	00:23:54	00:49:14	00:47:56	O Celeiro Da Memoria	Veterano 6
1085	Ricardo Gois	00:24:11	00:49:14	00:47:22		Senior
1086	Paulo Vieira	00:24:44	00:49:14	00:48:50		Veterano 1
1087	Pedro Cabrito	00:24:35	00:49:14	00:47:03		Veterano 1
1088	Ricardo Garcia	00:23:43	00:49:15	00:48:46		Veterano 1
1089	João Mendonça	00:23:43	00:49:15	00:48:46		Veterano 1
1090	João Pina	00:24:34	00:49:16	00:48:52		Veterano 1
1091	Jorge Mendes	00:23:49	00:49:16	00:47:55		Veterano 1
1092	Francisco Madeira	00:23:55	00:49:17	00:47:23		Veterano 3
1093	Avelino Fernandes	00:24:27	00:49:17	00:48:23		Veterano 1
1094	Rita Marques	00:23:46	00:49:17	00:49:12	Clube do Stress	Veterana
1095	Carlos Ferreira	00:24:03	00:49:17	00:49:08	Núcleo Sportinguista de Caneças	Veterano 4
1096	Paulo Cardoso	00:24:03	00:49:17	00:48:30		Veterano 2
1097	Manuel Saraiva	00:24:27	00:49:18	00:47:02	Clube de Futebol Os Avizenses	Veterano 4
1098	Antonio Carpinteiro	00:24:21	00:49:18	00:48:39	ss cgd	Veterano 6
1099	Ricardo Vicente	00:24:39	00:49:18	00:47:29		Senior
1100	David Coelho	00:24:12	00:49:18	00:47:48		Senior
1101	Sara Marinho	00:24:11	00:49:18	00:47:48		Senior
1102	Rui Fernandes	00:23:23	00:49:18	00:49:09		Veterano 2
1103	Paulo Puga	00:24:10	00:49:19	00:47:57	GDINE	Veterano 3
1104	Domingos Pereira	00:24:12	00:49:19	00:49:06	clube marginal	Veterano 5
1105	Ricardo Galrão	00:23:31	00:49:21	00:48:29		Senior
1106	Americo Carvalho	00:24:56	00:49:21	00:48:56		Veterano 1
1107	Paulo Peralta	00:23:30	00:49:23	00:48:30		Veterano 1
1108	Bruno Viana	00:24:33	00:49:24	00:47:15		Senior
1109	Nuno Feio	00:24:02	00:49:25	00:47:16		Senior
1110	Joao Macedo	00:24:26	00:49:25	00:49:07		Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1111	Analice Silva	00:24:16	00:49:26	00:49:04	Liberdade Atletico Clube	Veterana
1112	José Madureira	00:23:29	00:49:26	00:49:19		Veterano 2
1113	Ricardo Negrinho	00:24:20	00:49:26	00:47:04		Senior
1114	Pedro Veiga	00:24:24	00:49:27	00:48:20		Veterano 1
1115	Fernando Fernandes	00:24:02	00:49:27	00:46:47		Veterano 1
1116	João Correia	00:22:55	00:49:27	00:47:50		Veterano 2
1117	Richard Warrell	00:22:56	00:49:27	00:47:32		Veterano 1
1118	Carlos Lopes	00:23:52	00:49:28	00:49:20		Veterano 3
1119	Adriano Cunha	00:24:00	00:49:29	00:48:14		Veterano 5
1120	António Bila	00:25:13	00:49:29	00:48:53	GARMIN Olimpico de Oeiras	Veterano 5
1121	Luis Solipa	00:25:15	00:49:29	00:48:56		Veterano 3
1122	Carlos Pereira	00:24:34	00:49:30	00:47:29		Veterano 1
1123	João Caldeira	00:24:04	00:49:32	00:47:49		Senior
1124	José Lopes	00:24:00	00:49:33	00:49:04	Amigos da Estrela	Veterano 4
1125	Manuela Gonçalves	00:24:43	00:49:33	00:49:21	Clube de Futebol Os Avizenses	Veterana
1126	Jorge Paula	00:24:20	00:49:33	00:47:24		Veterano 5
1127	Jorge Pinheiro	00:23:49	00:49:33	00:48:47	Run 4 Fun	Veterano 3
1128	Andre Luis	00:24:14	00:49:34	00:48:17		Veterano 1
1129	Fábio Carballo	00:23:55	00:49:34	00:49:00		Senior
1130	Maria Santos	00:24:48	00:49:35	00:49:14		Veterana
1131	Fernando Moreira	00:23:46	00:49:35	00:48:17	ss cgd	Veterano 5
1132	Paulo Rodrigues	00:25:26	00:49:35	00:48:26		Veterano 1
1133	Luis Varela	00:25:48	00:49:35	00:48:57		Veterano 1
1134	Carlos Monteiro	00:24:27	00:49:36	00:49:34		Veterano 5
1135	Marco Meireles	00:24:29	00:49:37	00:48:33		Veterano 1
1136	Joaquim Mónica	00:24:52	00:49:37	00:47:43	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 4
1137	Nuno Antunes	00:23:32	00:49:37	00:48:00		Veterano 1
1138	Amélia Joaquim	00:25:10	00:49:39	00:48:03		Veterana
1139	Vasco Monteiro	00:24:12	00:49:39	00:48:29		Veterano 4
1140	António Pereira	00:23:45	00:49:39	00:48:22	Nucleo Sportinguista da Ilha Terceira	Veterano 4
1141	Germano Matos	00:25:40	00:49:40	00:47:16	GAZELAS	Veterano 6
1142	Jacques Baar	00:23:45	00:49:40	00:47:45		Veterano 2
1143	João Fernandes	00:24:31	00:49:41	00:49:18		Veterano 6
1144	Helder Gandarinho	00:24:58	00:49:41	00:47:55	APOGMA	Veterano 2
1146	Carlos Oliveira	00:24:53	00:49:42	00:48:34	Pumas do Guincho	Veterano 1
1147	Paulo Leote	00:23:34	00:49:42	00:48:18	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 2
1148	Nuno Martins	00:24:37	00:49:43	00:47:33		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1149	Glauco Louzada	00:24:21	00:49:43	00:48:20		Senior
1150	Eduardo Lopes	00:25:26	00:49:43	00:48:25		Veterano 1
1151	Rui Moreira	00:24:32	00:49:43	00:47:35		Veterano 1
1152	Carlos Roda	00:24:12	00:49:43	00:49:34		Senior
1153	Carolina Cabral	00:24:30	00:49:44	00:48:22		Senior
1154	Mauro Teixeira	00:24:08	00:49:44	00:47:53	TOKANDAR	Senior
1155	José Duarte	00:24:16	00:49:44	00:49:27		Veterano 1
1156	Anibal Mateus	00:23:52	00:49:44	00:47:19		Veterano 4
1157	Hugo Domingos	00:24:53	00:49:45	00:48:50		Senior
1158	Paulo Caetano	00:24:35	00:49:45	00:48:06		Veterano 2
1159	Fidélio Ferreira	00:23:34	00:49:45	00:47:42		Veterano 1
1160	Miguel Ferreira	00:24:17	00:49:46	00:49:09		Senior
1161	Manuel Paulo	00:24:25	00:49:47	00:48:04	Odebrecht/B.P.C	Veterano 4
1162	David Abecasis	00:24:20	00:49:48	00:47:22		Senior
1163	João Luzia	00:25:08	00:49:49	00:48:19		Veterano 3
1164	André Silva	00:24:55	00:49:49	00:48:53		Senior
1165	Filipe Santos	00:26:02	00:49:49	00:47:48		Senior
1166	Hugo Pedro	00:25:19	00:49:50	00:48:09		Senior
1167	Antonio Joaquim	00:25:11	00:49:51	00:49:32		Veterano 4
1168	Gonçalo Esteves	00:24:07	00:49:51	00:47:31		Senior
1169	Rodrigo Gomes	00:24:00	00:49:53	00:48:16		Senior
1170	Jose Nogueira	00:24:22	00:49:53	00:49:14		Veterano 4
1171	Joao Joaquim	00:24:16	00:49:54	00:49:37		Junior
1172	João Boim	00:23:36	00:49:54	00:47:26	sempre a fugir...	Veterano 1
1173	Helder Bonacho	00:24:24	00:49:54	00:48:10		Senior
1174	Francisco Paulino	00:24:20	00:49:56	00:48:40	ATAÍJA PRESENTE	Veterano 3
1175	Pedro Proença	00:24:54	00:49:57	00:48:59		Senior
1176	Lino Vieira	00:24:40	00:49:57	00:47:11		Senior
1177	Tiago Zeller	00:24:18	00:49:58	00:48:18		Senior
1178	Luis Azevedo	00:23:54	00:49:58	00:48:59		Veterano 3
1179	Nuno António	00:25:05	00:49:58	00:48:13		Veterano 1
1180	Jose Figueiras	00:23:54	00:49:58	00:49:00		Veterano 6
1181	Eduardo Carço	00:25:05	00:49:58	00:48:40		Veterano 2
1182	Pedro Teixeira	00:25:05	00:49:58	00:48:40		Veterano 1
1183	Fernando Silva	00:24:36	00:49:59	00:49:04		Veterano 3
1184	Hugo Neto	00:24:18	00:49:59	00:49:15		Senior
1185	Paulo Fernandes	00:24:22	00:49:59	00:49:38		Veterano 3





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1186	TPS 4	00:24:16	00:49:59	00:49:14		Senior
1187	Domingos Moreira	00:24:59	00:50:00	00:48:45		Veterano 6
1188	João Freire	00:25:01	00:50:01	00:48:30	Grupo Desportivo Imprensa Nacional Casa Moeda	Veterano 3
1189	Joaquim Hermenegildo	00:24:03	00:50:02	00:49:53	Casa do Benfica de Algueirão M. Martins	Veterano 3
1190	Miguel Gonçalves	00:24:15	00:50:02	00:49:50	A D C R P.J.	Veterano 2
1191	Carlos Ferreira	00:25:15	00:50:02	00:47:09		Senior
1192	Miguel Palma	00:23:55	00:50:03	00:49:36		Veterano 4
1193	Paulo Silva	00:25:05	00:50:03	00:49:13		Veterano 3
1194	David Gracias	00:24:40	00:50:04	00:49:06		Veterano 1
1195	Carlos Pereira	00:24:28	00:50:06	00:48:42	A Sacavenense	Veterano 6
1196	Diogo Gonçalves	00:23:56	00:50:07	00:48:13		Senior
1197	Olimpio Guedelha	00:24:49	00:50:08	00:48:42	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 5
1198	Paulo Patatas	00:24:26	00:50:08	00:49:50		Senior
1199	João Carvalho	00:24:33	00:50:09	00:49:13		Veterano 1
1200	Nuno Raimundo	00:24:54	00:50:09	00:47:42		Veterano 1
1202	António Duarte	00:24:36	00:50:10	00:47:27	Clube do Stress	Veterano 6
1203	José Serra	00:24:02	00:50:11	00:50:06	RTP	Veterano 5
1204	Rafael Fernandes	00:24:40	00:50:11	00:49:19		Senior
1205	João Correia	00:24:08	00:50:12	00:49:47		Veterano 2
1206	Diogo Brehm	00:23:06	00:50:12	00:48:48		Junior
1207	Ruth Lopes	00:24:57	00:50:13	00:48:51	Pumas do Guincho	Veterana
1208	José Silva	00:24:43	00:50:13	00:48:43	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 5
1209	Luis Salgueiro	00:25:16	00:50:14	00:48:49		Veterano 4
1210	Fernando Monteiro	00:24:11	00:50:14	00:49:43		Veterano 2
1211	Renata Batista	00:25:18	00:50:14	00:48:33		Senior
1212	Helena Wallentin	00:25:02	00:50:15	00:49:11		Veterana
1213	José Catita	00:24:59	00:50:15	00:48:55	GARMIN Olimpico de Oeiras	Veterano 4
1214	Filipe Horta	00:24:45	00:50:17	00:49:51		Veterano 3
1215	Rui Parente	00:24:12	00:50:17	00:49:58		Senior
1216	Alexandre Abade	00:23:48	00:50:17	00:47:26		Veterano 1
1217	Bruno Lobo	00:24:43	00:50:18	00:50:01		Senior
1218	Renato Loureiro	00:24:44	00:50:18	00:48:59		Veterano 2
1219	José Ribeiro	00:24:32	00:50:19	00:49:48		Veterano 3
1220	Nelson Jorge	00:24:35	00:50:20	00:49:42		Veterano 1
1221	Nuno Carmona	00:25:03	00:50:21	00:49:18		Senior
1222	Antonio Pombinho	00:24:17	00:50:21	00:49:47		Veterano 4
1223	Bruno Augusto	00:25:16	00:50:21	00:49:52		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1224	Alceu Paulo	00:24:50	00:50:21	00:49:24		Veterano 6
1225	Ana Abegão	00:25:13	00:50:21	00:49:36	CLAC - Entroncamento	Veterana
1226	António Paixão	00:25:13	00:50:22	00:49:36	CLAC - Entroncamento	Veterano 6
1227	Rudolfo Bento	00:24:37	00:50:22	00:49:32		Senior
1228	Pedro Henriques	00:25:05	00:50:22	00:49:41	Academia do Lumiar	Veterano 1
1229	António Franco	00:24:44	00:50:23	00:49:27	Serviços Sociais Montepio Geral	Veterano 3
1230	Paulo Silva	00:25:16	00:50:23	00:48:09	Amigos Atletismo Mafra	Veterano 1
1231	Ricardo Pinhal	00:25:11	00:50:23	00:49:41		Senior
1232	Pedro Ribeiro	00:24:03	00:50:23	00:48:41		Senior
1233	Joao Barata	00:23:57	00:50:24	00:47:52		Senior
1234	Nuno Sousa	00:25:04	00:50:24	00:50:07	Leões da Praia das Maças	Veterano 4
1235	Cidália Martins	00:24:33	00:50:25	00:48:50		Veterana
1236	Alexandre Figueiredo	00:23:59	00:50:25	00:48:35		Veterano 1
1237	Tomás Pina	00:24:56	00:50:25	00:50:04		Veterano 2
1238	Luis Adão	00:24:32	00:50:26	00:49:51		Veterano 1
1239	Cesar Lopes	00:24:29	00:50:26	00:47:54		Veterano 2
1240	Maria Conchinha	00:24:15	00:50:26	00:49:30	Clube do Stress	Veterana
1241	Mark Carey	00:24:43	00:50:27	00:49:11		Veterano 1
1242	Domingos Jacinto	00:24:46	00:50:27	00:50:21		Veterano 6
1243	Bessone Bastos	00:24:47	00:50:28	00:50:22	SCP	Veterano 6
1244	Luis Parro	00:24:40	00:50:28	00:50:21	GARMIN Olimpico de Oeiras	Veterano 4
1245	Luis Ascensão	00:24:05	00:50:28	00:48:59		Senior
1246	Fernanda Parro	00:24:40	00:50:28	00:50:21	GARMIN Olimpico de Oeiras	Veterana
1247	Paulo Luis	00:24:35	00:50:28	00:49:49		Veterano 2
1248	Elisio Costa	00:24:57	00:50:29	00:49:16		Veterano 5
1249	João Ferreira	00:24:28	00:50:29	00:47:49		Veterano 5
1250	Sá Pinto	00:24:34	00:50:30	00:47:38	SCP	Veterano 1
1251	Gil Ferreira	00:25:25	00:50:30	00:48:28		Senior
1252	Pedro Fernandes	00:24:24	00:50:30	00:47:32		Senior
1253	João Barrosa	00:24:44	00:50:30	00:49:08		Veterano 1
1254	Alfredo Barbosa	00:25:02	00:50:30	00:48:46	Pinto & Cruz	Veterano 5
1255	Hugo Rego	00:25:15	00:50:30	00:49:58		Senior
1256	Pedro Queirós	00:25:15	00:50:30	00:50:27		Veterano 4
1257	António Soares	00:26:57	00:50:30	00:48:45		Veterano 1
1258	Paulo Rebocho	00:25:11	00:50:31	00:48:59		Veterano 3
1259	Pedro Mendes	00:24:54	00:50:31	00:48:15	Run 4 Fun	Senior
1260	Nuno Serras	00:24:41	00:50:31	00:48:14		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1261	Jose Henriques	00:24:57	00:50:31	00:49:18		Veterano 5
1262	Márcio Jesus	00:25:12	00:50:31	00:48:42	Ninho Florido Sport Clube	Senior
1263	Carlos Nogueira	00:25:16	00:50:32	00:49:24		Veterano 5
1264	Filipe Teles	00:23:42	00:50:32	00:47:13		Senior
1265	Miguel Vergamota	00:24:33	00:50:33	00:49:31		Veterano 2
1266	Diogo Barreto	00:26:26	00:50:33	00:48:27		Junior
1267	Gonçalo Melo	00:25:31	00:50:34	00:49:27		Veterano 3
1268	Fernando Campos	00:25:09	00:50:35	00:49:45		Veterano 6
1269	Hugo Forte	00:24:21	00:50:35	00:50:28	A Bola	Veterano 1
1270	Bernardo Pinto-coelho	00:24:01	00:50:35	00:48:13	Pernas de Gafanhoto	Senior
1271	Orlando Ferreira	00:25:12	00:50:35	00:49:41	Grupo Desportivo CIMPOR	Veterano 4
1272	José Trindade	00:24:22	00:50:36	00:50:32		Veterano 5
1273	Joaquim Querido	00:24:37	00:50:36	00:49:27		Veterano 4
1274	Pedro Santos	00:24:29	00:50:36	00:47:56		Veterano 1
1275	António Baptista	00:24:29	00:50:37	00:50:15	PELEGAS	Veterano 3
1276	Ricardo Jeronimo	00:25:47	00:50:37	00:48:52		Veterano 1
1277	Ricardo Vieira	00:24:49	00:50:37	00:50:26		Veterano 2
1278	Cristina Gavinho	00:24:53	00:50:37	00:49:30	Pumas do Guincho	Veterana
1279	Octavio Mariano	00:24:03	00:50:38	00:48:22	C C R D BURINHOSA	Veterano 2
1280	Luís Conceição	00:24:02	00:50:38	00:48:23	C C R D BURINHOSA	Veterano 4
1281	Luis Romaneiro	00:24:46	00:50:38	00:50:21		Veterano 4
1282	João Souto	00:24:52	00:50:39	00:49:44		Veterano 5
1283	André Santos	00:25:29	00:50:39	00:49:14	Amigos Vale Silencio	Veterano 1
1284	Henrique Cabaceira	00:23:49	00:50:40	00:50:34	Lallemand Ibéria	Veterano 4
1285	Bruno Coelho	00:23:53	00:50:42	00:50:26		Senior
1286	Pedro D'oliveira	00:24:34	00:50:42	00:50:32		Veterano 2
1287	Paulo Rodrigues	00:24:38	00:50:42	00:50:04		Veterano 2
1288	Antonio Ventura	00:25:48	00:50:42	00:49:49	Associação Desportiva Real Academia	Veterano 4
1289	João Morgado	00:25:12	00:50:43	00:48:13		Veterano 4
1290	João Mendes	00:25:16	00:50:43	00:48:45		Senior
1291	César Santos	00:24:16	00:50:43	00:49:15		Veterano 1
1292	Diogo Leite	00:24:24	00:50:43	00:49:24		Senior
1293	Filipe Correia	00:23:58	00:50:43	00:47:30		Senior
1294	Julio Carvalho	00:24:01	00:50:44	00:50:31		Veterano 4
1295	José Coelho	00:25:14	00:50:45	00:48:59	Os beri beri do asfalto	Veterano 2
1296	Carlos Rodrigues	00:24:35	00:50:45	00:50:32		Veterano 4
1297	Joao Estaco	00:24:51	00:50:45	00:50:03		Veterano 6



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1298	Augusto Ferreira	00:24:18	00:50:45	00:50:37		Veterano 6
1299	Francisco Prates	00:25:16	00:50:46	00:49:19	Associação de Atletismo Lebres do Sado	Veterano 6
1300	Carlos Paiva	00:25:19	00:50:46	00:49:10	Clube do Stress	Veterano 4
1301	Eloi Silva	00:25:18	00:50:46	00:49:09	Clube do Stress	Veterano 6
1302	Eduardo Figueiredo	00:24:30	00:50:46	00:48:40	Clube Grupo BES	Veterano 2
1303	Fernando Avelino	00:26:38	00:50:46	00:49:44	Amigos Vale Silencio	Veterano 4
1304	André Aldeia	00:25:26	00:50:47	00:50:38		Senior
1305	João Fernandes	00:23:27	00:50:47	00:49:56		Senior
1306	Andre Gomes	00:25:59	00:50:49	00:49:50	Serviços Sociais Montepio Geral	Junior
1307	Teresa Rolo	00:24:32	00:50:50	00:50:01		Veterana
1308	Paulo Saramago	00:24:54	00:50:51	00:49:43	Açoreana Clube Banif	Veterano 1
1309	João Tomás	00:24:44	00:50:51	00:49:24	Clube Grupo BES	Senior
1310	Tiago Aldeia	00:25:32	00:50:51	00:50:42		Senior
1311	Jorge Martins	00:25:20	00:50:52	00:49:30	Juventude Desportiva Alhandrense	Senior
1312	Pedro Leitão	00:25:19	00:50:52	00:49:30	Juventude Desportiva Alhandrense	Senior
1313	Vitor Gonçalves	00:25:10	00:50:53	00:50:01		Veterano 2
1314	Fernando Pires	00:24:22	00:50:54	00:48:16		Veterano 2
1315	Adelaide Mendes	00:25:18	00:50:54	00:49:25		Veterana
1316	Alberto Santos	00:23:44	00:50:55	00:49:09		Veterano 5
1317	António Lobo	00:25:01	00:50:56	00:50:38		Veterano 4
1318	Adelino Perreira	00:25:10	00:50:56	00:48:12	Atlético Clube de Vermoil	Veterano 3
1319	João Martins	00:24:49	00:50:57	00:49:59	Hewlett-Packard Club	Senior
1320	Jaime Gomes	00:24:54	00:50:57	00:50:04	Serviços Sociais Montepio Geral	Veterano 5
1321	António Desidério	00:24:44	00:50:58	00:48:41	Run 4 Fun	Veterano 2
1322	Andre Noronha	00:25:31	00:50:58	00:49:42	ss cgd	Veterano 3
1323	TPS 14	00:24:02	00:50:59	00:50:40		Senior
1324	António Serra	00:25:05	00:50:59	00:48:52	MMRUNNERS	Veterano 4
1325	Bernardo Candelária	00:23:31	00:50:59	00:49:01		Junior
1326	Gisela Borges	00:25:31	00:50:59	00:50:35		Veterana
1327	Francisco Cipriano	00:24:40	00:50:59	00:50:48	AMCR Fonte Grada	Veterano 6
1328	Fernando Pestana	00:24:17	00:50:59	00:50:37	Clube Ferroviário Portugal	Veterano 6
1329	Carlos Correia	00:25:26	00:50:59	00:50:37		Veterano 1
1330	Rui Ferreira	00:24:57	00:51:00	00:50:33		Veterano 1
1331	José Monteiro	00:24:57	00:51:00	00:50:33		Veterano 3
1332	Gabriela Freitas	00:25:19	00:51:01	00:50:03		Senior
1333	João Luis	00:25:03	00:51:01	00:50:22	Centro Desportivo Universitário Lisboa	Veterano 2
1334	Antonio Silva	00:24:50	00:51:01	00:50:42		Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1335	Eduardo Brito	00:24:41	00:51:02	00:49:44	running of dª maria	Veterano 1
1336	António Portugal	00:24:55	00:51:02	00:50:08	GDINE	Veterano 3
1337	Nuno Rodrigues	00:24:43	00:51:02	00:49:07		Veterano 1
1338	Nuno Caseiro	00:24:51	00:51:03	00:50:38		Veterano 1
1339	João Simões	00:25:18	00:51:04	00:49:19	APOGMA	Veterano 3
1340	Luis Guerreiro	00:24:02	00:51:05	00:49:59	Hewlett-Packard Club	Veterano 3
1341	Luís Roldão	00:24:36	00:51:06	00:48:55		Senior
1342	Jose Andre	00:25:18	00:51:06	00:49:22	APOGMA	Veterano 5
1343	José Pereira	00:24:21	00:51:08	00:50:53		Veterano 4
1344	Eduardo Pinto	00:24:47	00:51:09	00:50:19		Senior
1345	Paulo Cabrita	00:24:03	00:51:09	00:50:04		Veterano 3
1346	Rui Contente	00:25:08	00:51:09	00:49:45		Veterano 2
1347	Rui Henriques	00:25:56	00:51:10	00:48:26		Senior
1348	Guilherme Correia	00:26:15	00:51:11	00:50:35		Senior
1349	Francisco Coito	00:24:57	00:51:11	00:50:57	clube marginal	Veterano 6
1350	Carlos Soares	00:25:53	00:51:11	00:50:24		Veterano 2
1351	João Palmela	00:23:27	00:51:11	00:48:29		Veterano 2
1352	Fernanda Gil	00:24:56	00:51:12	00:50:33	Centro Desportivo Universitário Lisboa	Veterana
1353	Joao Balao	00:25:13	00:51:12	00:50:56	ss cgd	Veterano 6
1354	Francisco Figueiredo	00:25:49	00:51:12	00:48:28		Veterano 3
1355	Fernando Neto	00:24:57	00:51:13	00:50:56	Unidos da Manutenção	Veterano 6
1356	Pedro Santos	00:23:46	00:51:13	00:50:38		Senior
1357	Luís Baltazar	00:24:39	00:51:13	00:50:18		Veterano 1
1358	Sergia Narciso	00:24:51	00:51:13	00:50:53		Veterana
1359	Nuno Marques	00:26:22	00:51:14	00:51:03		Veterano 1
1360	Carlos Cravo	00:25:30	00:51:15	00:50:12	Amigos Atletismo Serra de Sintra	Veterano 3
1361	Nuno Galveias	00:26:10	00:51:15	00:49:36		Veterano 1
1362	Jorge Carreiras	00:25:35	00:51:15	00:49:13		Veterano 3
1363	José Caetano	00:25:02	00:51:15	00:48:49		Veterano 5
1364	Amarildo Settas	00:25:27	00:51:16	00:50:20		Veterano 1
1365	Noemia Monteiro	00:24:59	00:51:17	00:50:19		Veterana
1366	Manuel Hortelao	00:25:07	00:51:17	00:48:37	Amigos da Flôr	Veterano 1
1367	Paulo Esteves	00:24:49	00:51:18	00:49:45	wikaboo	Veterano 2
1368	João Graça	00:25:40	00:51:18	00:49:10	Clube Peter Pan de Sintra	Veterano 2
1369	Sergio Nome	00:24:26	00:51:19	00:49:30	Núcleo Sportinguista de Caneças	Veterano 1
1370	Diogo Silva	00:24:17	00:51:19	00:50:56		Senior
1371	Nuno Bolinhas	00:26:05	00:51:20	00:50:48		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1372	Teresa Sepúlveda	00:25:10	00:51:20	00:50:40	GARMIN Olimpico de Oeiras	Senior
1373	João Roxo	00:24:08	00:51:20	00:49:33		Veterano 2
1374	Sergio Casas	00:25:11	00:51:20	00:49:08		Senior
1375	Micénio Mendonça	00:25:02	00:51:20	00:49:15	A Bola	Senior
1376	João Torrado	00:25:44	00:51:21	00:49:15	EIRAGYM	Veterano 6
1377	Pedro Rocha	00:25:50	00:51:21	00:50:04		Veterano 2
1378	Carlos Simões	00:25:17	00:51:22	00:48:36		Veterano 3
1379	Domingos Silva	00:24:46	00:51:22	00:51:09	LANG	Veterano 1
1380	Afonso Coelho	00:24:16	00:51:22	00:48:12		Veterano 1
1381	Antonio Cardoso	00:24:46	00:51:23	00:51:10	LANG	Veterano 1
1382	Jose Esteves	00:26:18	00:51:23	00:50:36	Familia Esteves	Veterano 1
1383	Carlos Coelho	00:25:41	00:51:24	00:50:55		Veterano 6
1384	Inês Almeida	00:25:12	00:51:24	00:50:43		Senior
1385	João Pargana	00:24:55	00:51:25	00:48:33		Senior
1386	Paulo Duarte	00:25:31	00:51:27	00:50:38	GDCT UNICRE	Veterano 3
1387	Frederico Wiborg	00:25:37	00:51:27	00:49:00		Veterano 2
1388	João Prelhaz	00:26:21	00:51:28	00:51:03		Veterano 4
1389	Cristiano Marques	00:26:21	00:51:28	00:50:04		Veterano 1
1390	António Sousa	00:25:15	00:51:29	00:51:10		Veterano 6
1391	Marco Nunes	00:25:40	00:51:29	00:48:43		Veterano 1
1392	Carlos Dias	00:24:31	00:51:30	00:48:56	HERBAL DHS	Veterano 1
1393	Mario Claudio	00:24:56	00:51:30	00:50:43		Veterano 1
1394	Silvério Rodrigues	00:25:41	00:51:30	00:49:04		Veterano 2
1395	José Pinto-coelho	00:24:19	00:51:31	00:49:44	Pernas de Gafanhoto	Senior
1396	Rui Pires	00:27:54	00:51:31	00:50:48	Georunners	Veterano 3
1397	Paulo Gonçalves	00:25:31	00:51:31	00:50:05	Clube Grupo BES	Veterano 2
1398	Orlando Zacarias	00:24:53	00:51:31	00:50:12		Veterano 5
1399	Sérgio Martins	00:26:23	00:51:31	00:51:21		Senior
1400	Sandra Silva	00:25:35	00:51:32	00:50:44		Veterana
1401	António Louro	00:26:06	00:51:32	00:50:49		Veterano 2
1402	Antonio Costa	00:25:09	00:51:32	00:50:50		Veterano 6
1403	Jose Afonso	00:26:26	00:51:33	00:51:16		Veterano 2
1404	Domingos Farinho	00:25:13	00:51:33	00:50:01		Senior
1405	Carlos Novo	00:24:48	00:51:34	00:51:08		Veterano 3
1406	André Lapa	00:26:35	00:51:34	00:51:29	ASICS	Senior
1407	Nuno Almeida	00:25:34	00:51:34	00:49:10		Senior
1408	Jose Leitão	00:26:26	00:51:34	00:50:00		Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1409	Marcelo Esteves	00:24:07	00:51:34	00:51:05	Amigos da Estrela	Senior
1410	Mário Bação	00:26:04	00:51:35	00:50:28		Veterano 2
1411	Paulo Amaral	00:26:03	00:51:35	00:50:27		Veterano 2
1412	Gonçalo Silva	00:24:44	00:51:36	00:50:05		Senior
1413	António Basso	00:25:11	00:51:37	00:51:19		Veterano 2
1414	Jean Ascenso	00:24:13	00:51:37	00:50:46		Veterano 1
1415	João Cunha	00:25:52	00:51:39	00:50:23	A Bola	Veterano 4
1416	Guilherme Rosa	00:25:23	00:51:39	00:51:20	N&A CNAS	Veterano 3
1417	Luis Aguiar	00:25:26	00:51:40	00:51:22		Veterano 1
1418	Tomás Sousa	00:24:43	00:51:40	00:50:53	Os Super	Veterano 1
1419	Armando Magalhães	00:25:09	00:51:41	00:51:05	Tabaqueira	Veterano 5
1420	Tomás Crespo	00:25:56	00:51:41	00:48:56		Senior
1421	Henrique Fonseca	00:25:10	00:51:41	00:51:05	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 4
1422	João Ferreira	00:26:10	00:51:42	00:50:02		Veterano 2
1423	Raul Costa	00:25:17	00:51:42	00:51:14	Clube Robbialac	Veterano 4
1424	Filipe Santos	00:25:23	00:51:42	00:50:27		Veterano 1
1425	Nuno Crespo	00:24:40	00:51:43	00:50:12		Veterano 1
1426	Joaquim Palmeiro	00:25:39	00:51:43	00:51:19		Veterano 2
1427	Fernando Silvério	00:24:59	00:51:43	00:49:20		Veterano 3
1428	Ilídio Rodrigues	00:25:58	00:51:45	00:50:50	A Bola	Veterano 6
1429	Angelo Pereira	00:24:41	00:51:45	00:49:31	Amigos Atletismo Mafra	Veterano 4
1430	Hugo Fragoso	00:26:36	00:51:45	00:50:19		Senior
1431	Vera Sanches	00:25:21	00:51:46	00:49:05		Senior
1432	Rodrigo Ferreira	00:25:02	00:51:46	00:50:18	Hewlett-Packard Club	Veterano 2
1433	Vera Cheroux	00:25:29	00:51:47	00:49:36		Senior
1434	Roberto Agostinho	00:26:03	00:51:47	00:49:35		Veterano 1
1435	Tomás Wiborg	00:26:37	00:51:48	00:50:09	VFF 1896	Veterano 2
1436	Gonçalo Filipe	00:25:59	00:51:48	00:50:02		Junior
1437	Rahim Ahamad	00:24:55	00:51:50	00:51:30		Veterano 2
1438	Carla Leão	00:24:21	00:51:50	00:49:39	Só agora começamos	Veterana
1439	João Damas	00:26:19	00:51:51	00:50:31		Veterano 4
1440	José Prelhaz	00:26:56	00:51:51	00:51:30		Veterano 3
1441	António Silva	00:25:13	00:51:51	00:49:51		Veterano 4
1442	Vítor Freitas	00:26:55	00:51:52	00:51:29		Veterano 3
1443	Ricardo Sousa	00:24:53	00:51:52	00:50:00	Serviços Sociais Montepio Geral	Senior
1444	Paulo Henriques	00:24:51	00:51:52	00:50:18		Veterano 2
1445	Joaquim Ferreira	00:26:00	00:51:53	00:50:08		Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1446	Ricardo Moas	00:26:18	00:51:53	00:50:32		Veterano 2
1447	Joaquim Camões	00:24:26	00:51:54	00:51:35	Clube do Stress	Veterano 4
1448	Vanessa Reis	00:25:44	00:51:54	00:50:45	G A Monsanto/Gascan	Senior
1449	João Branco	00:25:58	00:51:55	00:51:28		Veterano 6
1450	Jose Dias	00:27:07	00:51:55	00:51:31		Veterano 3
1451	Paulo Costa	00:27:05	00:51:56	00:51:30		Veterano 2
1452	Bruno Claudino	00:25:30	00:51:56	00:50:54		Veterano 1
1453	João Borrega	00:25:21	00:51:56	00:50:45	Clube Grupo BES	Veterano 3
1454	Carlos Bernardo	00:26:33	00:51:56	00:50:56		Veterano 2
1455	Nuno Ventura	00:25:44	00:51:56	00:50:47	wikaboo	Veterano 1
1456	Miguel Martins	00:24:16	00:51:57	00:51:05		Senior
1457	Luis Nunes	00:25:28	00:51:58	00:50:31		Veterano 1
1458	Jorge Sousa	00:26:00	00:51:58	00:50:14	Grupo Desportivo EMEL	Senior
1459	Luís Dias	00:27:22	00:51:58	00:50:01		Senior
1460	Rodolfo Reis	00:25:35	00:51:59	00:50:27		Senior
1461	Ricardo Madrinha	00:26:16	00:51:59	00:49:48		Senior
1462	Pedro Serra	00:25:15	00:52:00	00:50:51		Veterano 1
1463	Luís Martins	00:26:23	00:52:00	00:50:33		Senior
1464	Ângelo Flor	00:25:41	00:52:01	00:50:37		Veterano 5
1465	Luis Ribeiro	00:26:10	00:52:01	00:49:26	wikaboo	Veterano 3
1466	Gualter Silveira	00:25:48	00:52:01	00:50:08		Veterano 1
1467	Carlos Teixeira	00:24:49	00:52:02	00:51:43	Lebres e Tartarugas	Veterano 4
1468	Bernardo Sá	00:25:33	00:52:03	00:51:37		Senior
1469	João Mafra	00:25:11	00:52:04	00:50:13		Veterano 1
1470	Luis Xavier	00:27:37	00:52:05	00:50:17		Veterano 1
1471	Jose Rodrigues	00:25:47	00:52:05	00:49:41		Veterano 4
1472	Amândio Monteiro	00:24:13	00:52:05	00:51:52	A D C R P.J.	Veterano 2
1473	Luis Calheiros	00:25:19	00:52:06	00:51:06		Veterano 1
1474	Gonçalo Sousa	00:25:49	00:52:07	00:50:50	ATAÍJA PRESENTE	Senior
1475	César Ribeiro	00:26:29	00:52:09	00:50:13		Veterano 1
1476	Rui Silva	00:25:39	00:52:10	00:51:33		Veterano 1
1477	Fernando Silva	00:26:17	00:52:10	00:50:45	Amigos Vale Silencio	Veterano 3
1478	Carlos Cabral	00:25:12	00:52:11	00:51:24	Sindelco	Veterano 4
1479	Bruno Da	00:26:57	00:52:12	00:50:18		Senior
1480	Mário Valente	00:25:18	00:52:12	00:52:02	AMCR Fonte Grada	Veterano 1
1481	Nuno Silva	00:24:59	00:52:13	00:50:20		Veterano 5
1482	Jaime Lopes	00:25:58	00:52:14	00:50:41		Veterano 1





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1483	José Silveiro	00:25:50	00:52:14	00:51:35		Veterano 1
1484	Ricardo Pebre	00:25:02	00:52:15	00:50:13		Senior
1485	Carlos Tomé	00:25:50	00:52:15	00:51:27		Veterano 6
1486	Jorge Ferreira	00:25:17	00:52:16	00:50:06		Senior
1487	Luis Antunes	00:25:59	00:52:16	00:50:34		Veterano 2
1488	Salomé Ferreira	00:25:47	00:52:16	00:50:56		Veterana
1489	António Fernandes	00:25:29	00:52:17	00:51:57	RUNLESS	Veterano 5
1490	Tiago Louro	00:25:02	00:52:18	00:49:56	Pharmed	Senior
1491	Joel Tomaz	00:26:02	00:52:18	00:52:03		Senior
1492	José Pinheiro	00:26:24	00:52:18	00:49:50	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 3
1493	Francisco Ramos	00:26:07	00:52:19	00:52:02		Veterano 2
1494	Abílio Oliveira	00:25:52	00:52:19	00:51:49		Veterano 3
1495	Pedro Dias	00:26:04	00:52:20	00:50:28		Veterano 1
1496	Pedro Trindade	00:25:21	00:52:20	00:49:22		Senior
1497	Sofia Bento	00:26:42	00:52:21	00:50:12		Senior
1498	Francesco Campagna	00:26:21	00:52:21	00:51:50		Veterano 1
1499	João Galhordas	00:26:42	00:52:21	00:50:12		Veterano 2
1500	Manuel Tavares	00:25:40	00:52:21	00:51:19		Veterano 4
1501	Hugo Jorge	00:26:04	00:52:22	00:50:30	FGP Coyotes	Veterano 1
1502	Carlos Coelho	00:25:47	00:52:23	00:52:05		Veterano 4
1503	António Paiva	00:24:26	00:52:23	00:50:44		Veterano 3
1504	Diogo Bárto	00:24:39	00:52:23	00:51:21		Veterano 5
1505	Bento Quaresma	00:25:39	00:52:25	00:51:15		Veterano 1
1506	Gabriela Quaresma	00:25:18	00:52:25	00:51:43	Linda-A-Pastora Sporting Clube	Veterana
1507	Ana Pereira	00:25:48	00:52:27	00:51:27		Veterana
1508	Carlos Garcia	00:26:37	00:52:28	00:51:07	Lá Vão ... de Almeirim	Veterano 4
1509	Jorge Apolinário	00:26:37	00:52:28	00:51:08	Lá Vão ... de Almeirim	Veterano 2
1510	Ricardo Tostão	00:26:36	00:52:29	00:51:44		Senior
1511	Diogo Sousa	00:25:49	00:52:29	00:49:33		Senior
1512	João Campos	00:26:36	00:52:29	00:51:45		Senior
1513	Francisco Sousa	00:25:19	00:52:29	00:51:58		Veterano 1
1514	António Sul	00:26:04	00:52:29	00:51:29	GARMIN Olimpico de Oeiras	Veterano 2
1515	José Mariano	00:25:12	00:52:29	00:50:23		Veterano 2
1516	Mário Henriques	00:28:02	00:52:29	00:50:53		Veterano 2
1517	Pedro Pereira	00:27:10	00:52:30	00:50:39		Senior
1518	Daniel Ferreira	00:25:24	00:52:31	00:49:46		Senior
1519	Bruno Barran	00:25:33	00:52:31	00:50:40		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1520	Duarte Carvalho	00:26:44	00:52:31	00:50:52		Junior
1521	Luis Madeira	00:25:13	00:52:32	00:51:04	ss cgd	Veterano 2
1522	Sérgio Alves	00:24:51	00:52:33	00:49:53		Senior
1523	Ricardo Santana	00:25:55	00:52:34	00:52:12		Senior
1524	Carla Lopes	00:25:39	00:52:35	00:51:12	GDINE	Veterana
1525	Jorge Vicente	00:26:04	00:52:35	00:51:42		Senior
1526	Vitor Monteiro	00:25:27	00:52:35	00:50:15	C C R D BURINHOSA	Veterano 2
1527	Nuno Amaro	00:25:50	00:52:35	00:51:13		Veterano 2
1528	Miguel Oliveira	00:25:53	00:52:36	00:50:21		Veterano 1
1529	Pedro Sampaio	00:25:27	00:52:36	00:50:06		Veterano 1
1530	Pedro Figueiredo	00:25:06	00:52:36	00:50:35		Veterano 1
1531	Filipe Silva	00:25:36	00:52:37	00:52:11	4 ao Km	Veterano 4
1532	Pedro Quina	00:25:44	00:52:37	00:50:26		Veterano 3
1533	José Viralhada	00:25:09	00:52:38	00:50:10		Senior
1534	Tiago Prudêncio	00:25:10	00:52:38	00:50:09		Senior
1535	Carlos Dias	00:26:44	00:52:38	00:51:46	GDINE	Veterano 4
1536	Jorge Nunes	00:25:57	00:52:38	00:51:24		Veterano 6
1537	Nuno Gonçalves	00:26:41	00:52:39	00:51:06	GARMIN Olimpico de Oeiras	Veterano 1
1538	José Soares	00:26:24	00:52:39	00:51:30	C C R D BURINHOSA	Veterano 3
1539	José Benrós	00:26:40	00:52:39	00:51:06		Veterano 3
1540	João Catarino	00:25:20	00:52:40	00:50:33		Veterano 1
1541	Antonio Rego	00:26:29	00:52:40	00:50:44		Veterano 1
1542	Apolo Pereira	00:25:27	00:52:41	00:52:03		Veterano 2
1543	Rui Malaquias	00:25:00	00:52:41	00:52:09		Senior
1544	Gonçalo Neto	00:25:44	00:52:43	00:51:05		Veterano 1
1545	Helder Rodrigues	00:26:48	00:52:43	00:50:42		Senior
1546	Jose Moga	00:26:17	00:52:44	00:51:18	Amigos Vale Silencio	Veterano 4
1547	Alberto Martinho	00:25:33	00:52:45	00:51:46	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 3
1548	José Fernandes	00:25:12	00:52:45	00:50:47		Veterano 3
1549	Gustavo Pedrosa	00:26:04	00:52:46	00:51:21	Clube Ferroviário Portugal	Senior
1550	José Pereira	00:27:48	00:52:47	00:50:34	Associação de Atletismo Lebres do Sado	Veterano 2
1551	Bruno Pinho	00:25:25	00:52:50	00:51:39		Senior
1552	Bruno Silva	00:25:30	00:52:50	00:49:54	Bifanas de Corrida	Senior
1553	Pedro Bastos	00:25:02	00:52:51	00:50:38		Veterano 2
1554	Rui Almeida	00:26:30	00:52:51	00:51:57		Senior
1555	Hugo Veiga	00:26:49	00:52:51	00:50:51		Senior
1556	António Oliveira	00:26:30	00:52:52	00:51:04		Veterano 6



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1557	Fernando Lourenço	00:26:11	00:52:53	00:52:20		Veterano 6
1558	Luis Reis	00:25:43	00:52:53	00:51:54	Serviços Sociais Montepio Geral	Veterano 4
1559	Manuel Garcia	00:24:57	00:52:53	00:51:18	Corianders	Senior
1560	João Gonçalves	00:25:09	00:52:53	00:52:45		Senior
1561	Pedro Santos	00:25:44	00:52:54	00:51:30		Senior
1562	José Escudero	00:26:02	00:52:54	00:51:23		Senior
1563	Nelson Bento	00:26:02	00:52:54	00:50:51		Senior
1564	Maria António	00:25:38	00:52:54	00:50:39		Veterana
1565	Pedro Fernandes	00:25:30	00:52:55	00:51:06	Cascais Pandilha	Veterano 1
1566	Octávio Cunha	00:25:25	00:52:55	00:50:43		Senior
1567	Jorge Duro	00:25:18	00:52:55	00:52:32		Veterano 1
1568	Carlos Gonçalves	00:25:29	00:52:56	00:52:42		Veterano 5
1569	Manuel Serra	00:25:47	00:52:56	00:52:25		Veterano 6
1570	Fábio Capitão	00:26:01	00:52:57	00:51:30		Senior
1571	Rui Gonçalves	00:26:12	00:52:57	00:51:05		Senior
1572	Pedro Ferreira	00:25:53	00:52:58	00:50:43		Senior
1573	Joaquim Lopes	00:26:06	00:52:58	00:51:15		Veterano 6
1574	João Copeto	00:26:22	00:52:58	00:51:09		Veterano 5
1575	Vitor Teixeira	00:25:57	00:52:58	00:50:13		Veterano 4
1576	Teresa Paiva	00:25:30	00:52:58	00:50:17	Clube do Stress	Veterana
1577	António Gabriel	00:25:57	00:52:59	00:51:43		Veterano 6
1578	José Carretas	00:26:34	00:53:00	00:52:40		Veterano 3
1579	Alpar Kramer	00:26:25	00:53:00	00:52:36		Senior
1580	Fernando Ferreira	00:25:58	00:53:01	00:50:37	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 6
1581	Joao Milheiro	00:26:07	00:53:01	00:51:42	O Celeiro Da Memoria	Veterano 4
1582	José Ribeiro	00:26:21	00:53:01	00:51:14		Senior
1583	João Rocha	00:26:32	00:53:01	00:51:01		Senior
1584	Paulo Bailao	00:25:43	00:53:02	00:51:47	ss cgd	Veterano 2
1585	Catarina Dias	00:25:57	00:53:04	00:52:09	Serviços Sociais Montepio Geral	Senior
1586	Fernando Calçada	00:25:56	00:53:04	00:52:09	Serviços Sociais Montepio Geral	Veterano 1
1587	José Esteves	00:26:08	00:53:04	00:51:06		Veterano 5
1588	Pedro Amaral	00:26:41	00:53:04	00:52:24		Veterano 2
1589	Luci Santos	00:25:38	00:53:07	00:52:39		Veterana
1590	Marcos Ferreira	00:25:09	00:53:07	00:52:58	Associação de Atletismo Lebres do Sado	Veterano 6
1591	Marco Carmo	00:25:58	00:53:08	00:52:03		Veterano 1
1592	Jose Magalhaes	00:25:20	00:53:08	00:50:51	Run 4 Fun	Veterano 2
1593	Fernando Rodrigues	00:25:36	00:53:08	00:51:50		Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1594	Gonçalo Pereira	00:26:11	00:53:08	00:50:58	Marty BOX Bar/ Disco	Junior
1595	Pedro Afonso	00:24:52	00:53:09	00:52:54		Senior
1596	Alexandre Morais	00:26:38	00:53:09	00:52:28		Senior
1597	Ana Pereira	00:25:57	00:53:09	00:51:47		Senior
1598	Rui Ferreira	00:25:39	00:53:09	00:52:10		Veterano 2
1599	Tiago Boavida	00:26:25	00:53:11	00:52:15	Hewlett-Packard Club	Veterano 3
1600	João Pereira	00:26:19	00:53:11	00:51:54		Veterano 1
1601	Manuel Santos	00:25:24	00:53:13	00:53:05	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 6
1602	Raul Carvalho	00:25:34	00:53:14	00:52:11	Falcões Selvagens	Veterano 4
1603	Alvaro Castro	00:27:09	00:53:14	00:50:45		Veterano 4
1604	António Ricciardi	00:26:55	00:53:15	00:53:11		Junior
1605	José Sapateiro	00:25:54	00:53:17	00:52:11	CLAC - Entroncamento	Veterano 6
1606	Carmina Pires	00:26:13	00:53:17	00:53:06		Veterana
1607	Carlos Jorge	00:25:19	00:53:18	00:51:56		Senior
1608	Helder Costa	00:25:41	00:53:19	00:52:11		Veterano 1
1609	Carlos Santos	00:25:04	00:53:19	00:53:00		Veterano 1
1610	Manuel Barros	00:25:51	00:53:19	00:50:44	Clube ANACOM	Veterano 4
1611	José Lopes	00:26:15	00:53:20	00:51:55		Veterano 5
1612	Fernando Albuquerque	00:25:41	00:53:20	00:52:44		Veterano 4
1613	Carlos Ferreira	00:25:49	00:53:20	00:52:53		Veterano 3
1614	Pedro Pereira	00:25:44	00:53:21	00:51:43		Veterano 1
1615	António Abrantes	00:26:51	00:53:21	00:51:39		Senior
1616	Mário Fernandes	00:26:08	00:53:23	00:52:41		Veterano 3
1617	José Fernandes	00:26:07	00:53:23	00:52:40		Veterano 1
1618	Ricardo Lobato	00:25:43	00:53:23	00:50:57	Centro Cultural e Desportivo dos Trabalhadores do M	Senior
1619	Ana Cristina	00:26:15	00:53:23	00:52:38		Veterana
1620	Bruno Campos	00:27:45	00:53:24	00:53:14		Senior
1621	Luis Pinto	00:25:43	00:53:25	00:53:11		Senior
1622	Tiago Diogo	00:27:12	00:53:26	00:51:30		Senior
1623	Rui Margarido	00:26:34	00:53:26	00:50:32		Senior
1624	José Coelho	00:26:04	00:53:26	00:52:46	A D C R P.J.	Veterano 4
1625	Mário Parrulas	00:28:43	00:53:26	00:52:51	ACAPO Lisboa	Veterano 1
1626	Filipa Coutinho	00:26:25	00:53:26	00:52:20		Senior
1627	Gil Correia	00:26:43	00:53:27	00:50:48		Senior
1628	Pedro Gil	00:26:17	00:53:27	00:52:49		Senior
1629	Severino Rosa	00:26:05	00:53:29	00:52:12	ss cgd	Veterano 5
1630	Antonio Ferreira	00:25:59	00:53:29	00:51:13	ss cgd	Veterano 5



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1631	Nuno Catarro	00:26:35	00:53:29	00:50:36		Veterano 1
1632	Marco Pinto	00:26:34	00:53:30	00:52:28		Veterano 1
1633	Hugo Ferreira	00:26:34	00:53:30	00:52:54		Veterano 1
1634	Nuno Clemente	00:26:55	00:53:30	00:51:05	Carapaus de Corrida	Veterano 1
1635	Daniel Santos	00:27:10	00:53:30	00:51:26		Veterano 1
1636	Tiago Ribeiro	00:27:13	00:53:31	00:51:13	Run 4 Fun	Veterano 1
1637	Pedro Araújo	00:25:24	00:53:31	00:52:58		Senior
1638	Filipe Leitão	00:27:11	00:53:32	00:51:12		Veterano 1
1639	Rui Lima	00:25:03	00:53:32	00:53:09		Senior
1640	João Vieira	00:26:06	00:53:34	00:51:51		Junior
1641	João Cravo	00:26:29	00:53:34	00:53:09		Senior
1642	Miguel Machado	00:25:37	00:53:36	00:52:13		Senior
1643	Manuela Barreto	00:26:21	00:53:36	00:53:07	Falcões Selvagens	Veterana
1644	Ismael Bento	00:26:16	00:53:37	00:51:17		Veterano 2
1645	Francisco Veloso	00:25:59	00:53:37	00:50:38		Veterano 4
1646	Firmino Saraiva	00:25:58	00:53:38	00:53:30		Veterano 6
1647	Francisco Vaz	00:25:46	00:53:38	00:50:44	frufresh runners	Veterano 2
1648	Paula Penedo	00:25:47	00:53:39	00:50:45	frufresh runners	Senior
1649	Pedro Almeida	00:26:09	00:53:39	00:51:36		Veterano 2
1650	Vasco Branco	00:26:39	00:53:40	00:51:32		Senior
1651	Vítor Silva	00:27:18	00:53:40	00:52:04		Veterano 4
1652	Sérgio Figueiras	00:28:13	00:53:40	00:50:49		Veterano 1
1653	Joao Fernandes	00:24:53	00:53:41	00:53:21		Senior
1654	Fernando Leão	00:25:24	00:53:41	00:51:30	Só agora começamos	Veterano 2
1655	Fernando Fernandes	00:26:09	00:53:42	00:51:05	wikaboo	Senior
1656	Mário Lameirão	00:26:47	00:53:42	00:53:25	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 6
1657	Carlos Buraca	00:26:17	00:53:44	00:51:22		Veterano 1
1658	Fábio Pio	00:26:19	00:53:44	00:53:36	Amantes da Corrida	Veterano 2
1659	Abilio Monteiro	00:27:35	00:53:44	00:52:10		Veterano 6
1660	Rui Lúcio	00:24:46	00:53:45	00:51:24		Veterano 1
1661	Maria Venancio	00:26:35	00:53:45	00:51:18		Veterana
1662	Luis Jesus	00:26:35	00:53:45	00:52:11	ss cgd	Veterano 2
1663	Joana Ávila	00:25:15	00:53:46	00:53:00		Senior
1664	João Guterres	00:25:25	00:53:46	00:51:11		Veterano 3
1665	Francisco Freitas	00:24:24	00:53:46	00:52:56		Senior
1666	Sérgio Brota	00:26:35	00:53:46	00:52:33		Senior
1667	Luís Oliveira	00:26:08	00:53:46	00:52:49		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1668	Rui Ventura	00:26:59	00:53:47	00:52:38	C C R D BURINHOSA	Veterano 4
1669	Alexandre Rodrigues	00:26:27	00:53:47	00:52:45	BueRapidos	Veterano 2
1670	Antonio Ribeiro	00:28:03	00:53:47	00:52:27	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 4
1671	Jose Serafim	00:27:56	00:53:47	00:52:27	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 5
1672	Paula Santos	00:26:16	00:53:47	00:52:52		Veterana
1673	Nuno Frazao	00:26:05	00:53:48	00:52:48		Senior
1674	Joaquim Pimentel	00:26:52	00:53:48	00:53:31		Veterano 1
1675	Carlos Pereira	00:27:11	00:53:48	00:51:57		Veterano 3
1676	Bento Rosário	00:28:40	00:53:48	00:53:03		Veterano 3
1677	Raquel Carvalho	00:26:57	00:53:48	00:53:10	Centro Desportivo Universitário Lisboa	Senior
1678	José Ricardo	00:28:39	00:53:48	00:53:03		Veterano 5
1679	Antonio Jesus	00:26:39	00:53:49	00:52:28	Lá Vão ... de Almeirim	Veterano 6
1680	Mel Newton	00:26:29	00:53:49	00:53:00		Veterana
1681	Paulo Félix	00:25:44	00:53:50	00:53:30		Veterano 1
1682	Horácio Vieira	00:26:25	00:53:50	00:52:34		Veterano 6
1683	Ana Pereira	00:26:20	00:53:50	00:51:59		Junior
1684	Luis Cunha	00:26:17	00:53:51	00:51:41		Veterano 3
1685	João Vintém	00:26:49	00:53:51	00:52:37		Veterano 2
1686	Rui Andrade	00:26:45	00:53:52	00:52:11		Veterano 1
1687	Pedro Andrade	00:26:45	00:53:52	00:52:11		Veterano 1
1688	Domingos Pires	00:26:20	00:53:53	00:51:25		Veterano 5
1689	Diogo Liberal	00:26:03	00:53:53	00:53:27		Senior
1690	Pedro Simões	00:28:01	00:53:54	00:52:30		Veterano 2
1691	Pedro Rodrigues	00:26:04	00:53:54	00:53:21		Senior
1692	Orlando Silva	00:26:30	00:53:54	00:52:23		Veterano 2
1693	Rita Manso	00:25:43	00:53:55	00:51:12	Clube do Stress	Veterana
1694	Tiago Dionisio	00:25:42	00:53:55	00:51:12	Clube do Stress	Veterano 1
1695	Casimiro Ferreira	00:26:49	00:53:55	00:52:13		Veterano 6
1696	Carlos Marcos	00:26:15	00:53:56	00:51:33		Veterano 4
1697	Antonio Lopes	00:25:46	00:53:57	00:53:35		Veterano 5
1698	Nuno Veiga	00:25:06	00:53:57	00:51:41		Veterano 2
1699	Hugo Magalhães	00:27:03	00:53:57	00:52:42	Clube Vodafone	Veterano 1
1700	António Romão	00:26:47	00:53:58	00:51:51		Veterano 5
1701	Carlos Assis	00:26:20	00:53:59	00:52:13	Os beri beri do asfalto	Veterano 1
1702	Miguel Batista	00:26:56	00:53:59	00:52:29		Veterano 4
1703	José Alípio	00:25:19	00:53:59	00:51:31		Veterano 4
1704	Hugo Araujo	00:26:51	00:53:59	00:51:21		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1705	Dennis Teixeira	00:25:34	00:53:59	00:52:53	Hewlett-Packard Club	Veterano 1
1706	João Nunes	00:25:29	00:54:00	00:52:42	RTP	Senior
1707	José Finuras	00:27:06	00:54:00	00:52:51		Veterano 2
1708	José Cardoso	00:25:19	00:54:00	00:53:53	A Bola	Senior
1709	Nuno Pereira	00:26:06	00:54:00	00:52:17		Senior
1710	Rui Jorge	00:25:48	00:54:00	00:52:29		Veterano 2
1711	João Pereira	00:27:05	00:54:00	00:52:51		Veterano 2
1712	Jose Gonçalves	00:25:22	00:54:01	00:53:37		Veterano 5
1713	Paulo Vilão	00:25:19	00:54:02	00:53:13		Senior
1714	manuel magalhães	00:26:51	00:54:02	00:53:16		Senior
1715	Luis Oliveira	00:27:05	00:54:03	00:53:17		Veterano 1
1716	Carlos Pinto	00:27:04	00:54:03	00:53:16		Veterano 1
1717	Nuno Jacinto	00:26:09	00:54:03	00:53:39		Veterano 2
1718	Nuno Jorge	00:27:57	00:54:03	00:51:54		Senior
1719	Olivier Francisco	00:27:17	00:54:04	00:51:48		Veterano 1
1720	Patrícia Calado	00:27:42	00:54:04	00:53:48		Veterana
1721	Nuno Henriques	00:24:27	00:54:04	00:53:51		Veterano 1
1722	José Agra	00:25:53	00:54:05	00:51:53		Veterano 1
1723	Paulo Ferreira	00:25:36	00:54:05	00:51:14		Veterano 1
1724	António Cipriano	00:26:31	00:54:05	00:53:54	AMCR Fonte Grada	Veterano 6
1725	Flávio Francisco	00:27:43	00:54:06	00:51:32		Veterano 1
1726	João Martins	00:26:34	00:54:07	00:51:46		Veterano 2
1727	Paula Jacob	00:26:47	00:54:07	00:52:06		Senior
1728	Pedro Silva	00:26:47	00:54:08	00:52:06		Senior
1729	Sandra Martins	00:26:37	00:54:08	00:53:07	4 ao Km	Senior
1730	António Marques	00:26:24	00:54:08	00:52:54		Veterano 6
1731	Reinaldo Cordeiro	00:26:18	00:54:08	00:53:49		Veterano 6
1732	José Nunes	00:26:04	00:54:08	00:53:36		Veterano 2
1733	Paulo Cruz	00:26:32	00:54:09	00:53:00		Veterano 4
1734	Carlos Grego	00:26:08	00:54:09	00:51:29		Veterano 2
1735	Ana Pina	00:25:56	00:54:09	00:53:30	GARMIN Olimpico de Oeiras	Veterana
1736	Frederico Costa	00:26:25	00:54:10	00:52:39		Senior
1737	Paulo Gonçalves	00:26:35	00:54:10	00:51:51		Veterano 1
1738	Tiago Cordeiro	00:26:10	00:54:11	00:53:52		Senior
1739	Telmo Gloria	00:27:34	00:54:11	00:53:54		Veterano 1
1740	Manuel Azedo	00:26:01	00:54:11	00:51:19		Veterano 4
1741	Antonio Ribeiro	00:25:34	00:54:11	00:53:25		Veterano 6



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1742	Manuel Simões	00:25:44	00:54:12	00:53:03	Clube Ferroviário Portugal	Veterano 6
1743	Renato Santos	00:27:09	00:54:13	00:51:28	Atlético Clube de Vermoil	Senior
1744	Luis Fernandes	00:26:11	00:54:13	00:51:23	PAPA MILHAS	Senior
1745	Paulo Ferreira	00:26:11	00:54:13	00:51:24	PAPA MILHAS	Veterano 1
1746	Paulo Rainho	00:26:25	00:54:14	00:53:04	C C R D BURINHOSA	Veterano 1
1747	Domingos Melão	00:26:46	00:54:14	00:53:21		Veterano 4
1748	Alexandre Oliveira	00:26:55	00:54:14	00:51:55		Veterano 1
1749	Luis Coito	00:27:08	00:54:14	00:53:23	Clube Atletismo Amigos Parque Paz	Veterano 2
1750	Thelmo Cunha	00:26:43	00:54:15	00:52:17		Veterano 4
1751	Antonio Carreira	00:27:13	00:54:15	00:51:54		Veterano 3
1752	Nuno Marques	00:25:23	00:54:16	00:51:37	Pernas de Gafanhoto	Veterano 1
1753	Mário Luís	00:27:05	00:54:16	00:51:51	Carapaus de Corrida	Veterano 3
1754	Armindo Pimenta	00:28:02	00:54:16	00:51:42		Veterano 6
1755	Simão Ribeiro	00:26:11	00:54:16	00:52:34		Junior
1756	Manuel Soares	00:27:03	00:54:17	00:53:53	Unidos da Manutenção	Veterano 3
1757	Raul Ferreira	00:27:45	00:54:17	00:53:06	Clube Atletismo Amigos Parque Paz	Veterano 4
1758	Fernando Cardoso	00:26:45	00:54:17	00:53:19	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 5
1759	Mara Araujo	00:26:43	00:54:18	00:53:26	CCD Sintrense	Senior
1760	Carlos Freire	00:25:44	00:54:19	00:52:38	A D C R P.J.	Veterano 1
1761	Carlos Silva	00:24:24	00:54:19	00:54:04		Senior
1762	Diogo Albuquerque	00:28:20	00:54:21	00:52:50	3 vezes por semana	Junior
1763	José Milagres	00:26:02	00:54:22	00:53:35	GDCT UNICRE	Veterano 5
1764	Paulo Costa	00:25:13	00:54:22	00:53:53	Amigos da Estrela	Veterano 1
1765	Vitor Afonso	00:25:55	00:54:22	00:53:34		Veterano 3
1766	Tiago Sousa	00:26:10	00:54:23	00:54:17		Senior
1767	Marilia Ribeiro	00:26:52	00:54:24	00:52:33	TOKANDAR	Senior
1768	Gonçalo Soares	00:25:42	00:54:25	00:51:55		Veterano 2
1769	Bruno Beijinha	00:27:06	00:54:25	00:52:55	3 vezes por semana	Veterano 2
1770	Luis Teixeira	00:25:48	00:54:25	00:53:09		Veterano 2
1771	Tiago Rosa	00:26:55	00:54:26	00:51:40		Senior
1772	Fernando Jerónimo	00:26:49	00:54:26	00:52:08		Veterano 5
1773	José Ribeiro	00:26:32	00:54:27	00:53:02		Veterano 6
1774	Jorge Carvalheira	00:26:43	00:54:27	00:52:57	3 vezes por semana	Veterano 1
1775	Vítor Martins	00:25:55	00:54:28	00:51:37		Veterano 1
1776	Israel Dias	00:27:35	00:54:28	00:53:50		Senior
1777	Carlos Abreu	00:25:54	00:54:30	00:54:07	Clube do Stress	Veterano 2
1778	João Machado	00:25:40	00:54:30	00:52:59		Senior





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1779	Carlos Machado	00:26:09	00:54:30	00:53:43		Veterano 3
1780	Alberto Maurício	00:26:07	00:54:31	00:53:39		Senior
1781	António Manteiga	00:28:11	00:54:31	00:52:28	Clube do Stress	Veterano 1
1782	Joaquim Hipólito	00:26:21	00:54:31	00:53:37	Clube de Atletismo da Nazaré	Veterano 5
1783	Luis Salvador	00:27:35	00:54:32	00:53:57	Centro Comunitário de Linda-a-Velha	Veterano 6
1784	Luís Filipe	00:26:23	00:54:32	00:53:39		Veterano 2
1785	João Soares	00:26:24	00:54:34	00:51:36		Veterano 1
1786	Miguel Mimoso	00:25:24	00:54:35	00:54:12		Senior
1787	Luis Moura	00:25:49	00:54:36	00:52:33		Veterano 1
1788	Pedro Silva	00:25:32	00:54:37	00:53:35		Senior
1789	Ramiro Miguel	00:27:59	00:54:37	00:54:05		Veterano 6
1790	José Amaro	00:26:38	00:54:37	00:53:13	Centro Desportivo de Quarteira	Veterano 6
1791	Carlos Matias	00:26:38	00:54:37	00:52:28		Veterano 1
1792	José Duarte	00:26:37	00:54:38	00:53:14	Centro Desportivo de Quarteira	Veterano 1
1793	António Paulino	00:27:40	00:54:38	00:54:08	Clube do Stress	Veterano 5
1794	Jorge Brito	00:26:36	00:54:38	00:53:13	Centro Desportivo de Quarteira	Veterano 2
1795	Manuel Durão	00:26:32	00:54:38	00:52:41		Veterano 6
1796	José Libório	00:26:52	00:54:39	00:52:52		Veterano 3
1797	Tiago Furtado	00:26:08	00:54:39	00:53:49		Senior
1798	Pedro Ronão	00:27:50	00:54:40	00:52:02		Senior
1799	Mário Mateus	00:26:53	00:54:41	00:53:00		Veterano 2
1800	Fernando Alves	00:27:00	00:54:41	00:53:24	ss cgd	Veterano 4
1801	Sebasteão Melo	00:26:53	00:54:42	00:53:53	Casa da Comarca de Arganil	Veterano 5
1802	Jorge Gonçalves	00:25:44	00:54:43	00:52:34		Veterano 2
1803	Adolfo Salazar	00:27:04	00:54:43	00:53:18	Clube EDP - Lisboa	Veterano 6
1804	Carlos Costa	00:26:53	00:54:43	00:53:32		Veterano 3
1805	Paulo Arrenega	00:26:01	00:54:43	00:53:34		Veterano 3
1806	Fernando Lopes	00:26:25	00:54:45	00:52:20	Associação Desportiva Real Academia	Veterano 6
1807	Fidel Conde	00:27:29	00:54:45	00:52:57		Senior
1808	Francisco Passos	00:27:03	00:54:45	00:51:55		Veterano 4
1809	Miguel Correia	00:27:01	00:54:46	00:52:36		Veterano 1
1810	Carla Santos	00:27:11	00:54:46	00:54:13		Veterana
1811	Filipe Dani	00:27:45	00:54:47	00:53:59	SL CAMPOLIDE	Senior
1812	João Carvalho	00:27:47	00:54:47	00:54:01	SL CAMPOLIDE	Senior
1813	Fernando Guerra	00:26:25	00:54:47	00:54:34		Veterano 6
1814	Marco Costa	00:27:47	00:54:47	00:54:02		Senior
1815	Vitorino Santos	00:28:04	00:54:48	00:52:17	Associação de Atletismo Lebres do Sado	Veterano 5



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1816	Pedro Marques	00:27:26	00:54:49	00:54:01		Senior
1817	João Landeiro	00:26:09	00:54:49	00:52:55		Veterano 6
1818	Pedro Lopes	00:28:11	00:54:49	00:52:14		Veterano 2
1819	Joao Martins	00:26:57	00:54:50	00:52:18		Veterano 1
1820	Nuno Santo	00:26:20	00:54:51	00:53:51	Açoreana Clube Banif	Veterano 2
1821	Miguel Lopes	00:26:17	00:54:51	00:54:10	Georunners	Veterano 2
1822	João Lima	00:26:20	00:54:51	00:53:51	4 ao Km	Veterano 4
1823	Agostinho Dias	00:27:03	00:54:53	00:52:25	Carapaus de Corrida	Veterano 3
1824	Telmo Pedroso	00:25:37	00:54:53	00:52:58	C C R D BURINHOSA	Veterano 1
1825	Raúl Matos	00:28:35	00:54:53	00:53:41		Veterano 2
1826	Gabriel Antonio	00:27:03	00:54:54	00:53:51	U.R.D. Arranhó	Veterano 3
1827	Maria Sousa	00:26:46	00:54:55	00:53:21		Veterana
1828	Bruno Leandro	00:26:28	00:54:55	00:52:45		Senior
1829	Luís Rocha	00:26:46	00:54:56	00:52:07		Senior
1830	João Franco	00:26:17	00:54:58	00:53:33	SCP	Veterano 6
1831	Abel Carvalho	00:27:21	00:54:59	00:52:34		Veterano 4
1832	André Simões	00:27:41	00:55:00	00:54:34		Veterano 2
1833	Rui Pastor	00:26:17	00:55:01	00:52:14	Amigos Atletismo Mafra	Veterano 1
1834	Rogério Pina	00:26:37	00:55:01	00:54:50	Clube ANACOM	Veterano 5
1835	Sandro Rodrigues	00:28:18	00:55:02	00:53:37		Senior
1836	Ricardo Silva	00:27:54	00:55:02	00:53:31		Veterano 1
1837	Esmeralda Gomes	00:26:49	00:55:03	00:54:24		Veterana
1838	Antonio Magalhaes	00:25:41	00:55:03	00:53:47		Veterano 3
1839	Jeremias Ribeiro	00:27:50	00:55:04	00:52:22		Veterano 6
1840	André Martins	00:26:51	00:55:04	00:52:13		Senior
1841	Américo Francisco	00:28:01	00:55:05	00:53:39		Senior
1842	Antonio Pereira	00:28:02	00:55:05	00:52:52		Veterano 3
1843	Bruno Farinha	00:25:45	00:55:05	00:52:13		Senior
1844	Fernanda Afonso	00:26:26	00:55:05	00:54:48		Veterana
1845	António Batista	00:26:02	00:55:06	00:53:07		Veterano 4
1846	António Martins	00:26:50	00:55:08	00:52:17		Veterano 4
1847	Rita Castro	00:26:20	00:55:09	00:53:31		Senior
1848	António Sietra	00:26:36	00:55:09	00:53:08	Clube Vodafone	Veterano 2
1849	Vasco Tareco	00:26:08	00:55:09	00:53:48		Senior
1850	Ricardo Gaspar	00:27:06	00:55:10	00:53:09		Veterano 5
1851	João Pinto	00:27:37	00:55:12	00:54:44		Veterano 4
1852	Vitor Louraço	00:26:57	00:55:13	00:54:50	Clube de Atletismo da Nazaré	Veterano 6



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1853	Sérgio Salvado	00:26:25	00:55:13	00:52:22		Veterano 1
1854	Ana Prieto	00:25:56	00:55:15	00:52:20		Senior
1855	Paulo Faustino	00:25:57	00:55:15	00:53:59		Veterano 2
1856	Francisco Clerigo	00:26:10	00:55:15	00:53:20	ss cgd	Veterano 5
1857	José Freitas	00:25:57	00:55:16	00:53:59		Veterano 3
1858	Helena Resende	00:25:43	00:55:16	00:54:42		Senior
1859	António Moutinho	00:25:42	00:55:16	00:54:42		Senior
1860	Antonio Paulino	00:26:56	00:55:17	00:54:45		Veterano 5
1861	José Eusébio	00:27:06	00:55:18	00:55:00	Associação de Atletismo Lebres do Sado	Veterano 6
1862	Gonçalo Sousa	00:27:56	00:55:18	00:53:42		Veterano 1
1863	Manuel Andrade	00:28:05	00:55:19	00:53:49		Veterano 1
1864	Eduardo Martins	00:26:14	00:55:20	00:53:59	O Celeiro Da Memoria	Veterano 6
1865	Rui Pereira	00:27:11	00:55:20	00:54:40		Veterano 2
1866	Diogo Paisana	00:26:48	00:55:20	00:55:08		Senior
1867	João Serejo	00:25:03	00:55:21	00:53:32		Senior
1868	Paulo Fernandes	00:26:30	00:55:22	00:54:06	LIONS	Senior
1869	Carlos Margato	00:27:02	00:55:23	00:55:01		Veterano 3
1870	Tiago Ramos	00:26:36	00:55:24	00:54:39		Senior
1871	Joaquim Simão	00:27:51	00:55:25	00:54:58	Odebrecht/B.P.C	Veterano 3
1872	Gonçalo Rosário	00:25:49	00:55:25	00:52:49	Pernas de Gafanhoto	Senior
1873	Vasco Figueira	00:27:45	00:55:25	00:55:05		Veterano 2
1874	Jorge Dias	00:27:20	00:55:25	00:54:22		Veterano 3
1875	Marco Miranda	00:24:54	00:55:25	00:53:11		Veterano 1
1876	Rodrigo Mendonca	00:27:19	00:55:26	00:54:02		Senior
1877	Carlos Martins	00:25:20	00:55:28	00:54:09		Veterano 2
1878	Jose Sousa	00:25:46	00:55:28	00:54:26		Veterano 1
1879	Pedro Domingos	00:27:12	00:55:29	00:53:06		Veterano 1
1880	Luis Almeida	00:26:58	00:55:29	00:53:49		Veterano 1
1881	Milton Premgi	00:26:46	00:55:29	00:52:39		Senior
1882	Soren Bishop	00:27:02	00:55:29	00:54:39		Senior
1883	Nuno Santos	00:26:23	00:55:29	00:52:47		Senior
1884	Nuno Santos	00:26:23	00:55:30	00:52:47		Senior
1885	Pedro Vieira	00:27:19	00:55:30	00:53:54		Veterano 4
1886	Gualdino Martins	00:27:03	00:55:30	00:53:26		Veterano 6
1887	José Carlos	00:25:56	00:55:30	00:54:55	Tabaqueira	Veterano 4
1888	Manuel Pinto	00:26:12	00:55:30	00:53:50		Veterano 5
1889	João Pereira	00:26:43	00:55:31	00:54:33		Veterano 4



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1890	Pedro Mendonça	00:25:41	00:55:31	00:54:41		Veterano 1
1891	Pedro Nobrega	00:26:25	00:55:31	00:54:50		Senior
1892	Anasstasios Stergiopoulos	00:27:41	00:55:31	00:53:38	FGP Coyotes	Junior
1893	José Lamego	00:27:33	00:55:31	00:53:11		Veterano 5
1894	Edmundo Cardeira	00:27:24	00:55:31	00:53:11		Veterano 6
1895	José Vilela	00:26:22	00:55:33	00:55:06	Clube Robbialac	Veterano 3
1896	Jorge Pinto	00:26:22	00:55:33	00:55:05	Clube Robbialac	Veterano 2
1897	Ricardo Oliveira	00:27:18	00:55:34	00:54:49		Veterano 1
1898	António Pereira	00:26:26	00:55:34	00:55:15		Veterano 4
1899	Nuno Limas	00:26:32	00:55:34	00:52:55	Pernas de Gafanhoto	Senior
1900	Carlos Fernandes	00:27:03	00:55:35	00:54:00	3 vezes por semana	Veterano 2
1901	Henrique Silva	00:27:13	00:55:36	00:54:19		Veterano 6
1902	Carlos Almeida	00:29:07	00:55:37	00:53:18		Veterano 1
1903	António Miranda	00:26:46	00:55:37	00:53:30		Veterano 3
1904	Ricardo Esteves	00:27:19	00:55:38	00:53:07		Veterano 1
1905	Nuno Prates	00:27:06	00:55:38	00:53:05		Veterano 2
1906	Isabel Lino	00:28:12	00:55:39	00:54:38	GAZELAS	Veterana
1907	Paulo Figueiredo	00:26:58	00:55:39	00:53:24		Senior
1908	Pedro Dias	00:27:31	00:55:40	00:54:29		Senior
1909	Tiago Almeida	00:28:04	00:55:41	00:54:19		Senior
1910	Jose Marques	00:27:22	00:55:42	00:54:28		Veterano 2
1911	Jose Alagador	00:28:12	00:55:42	00:54:41	GAZELAS	Veterano 6
1912	Ruben Costa	00:27:06	00:55:43	00:55:18		Junior
1913	Armando Ruivo	00:27:09	00:55:43	00:54:28		Veterano 3
1914	Manuel Dantas	00:26:59	00:55:43	00:53:19	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 6
1915	Paulo Tainha	00:26:48	00:55:44	00:55:36		Veterano 3
1916	Nuno Rodrigues	00:26:45	00:55:45	00:55:17		Veterano 1
1917	Luis Belo	00:28:01	00:55:45	00:53:11		Veterano 2
1918	José Gonçalves	00:28:00	00:55:45	00:53:11		Veterano 1
1919	Frederico Barreira	00:27:58	00:55:45	00:54:21		Senior
1920	António Pais	00:27:24	00:55:46	00:53:59		Veterano 6
1921	Nuno Peres	00:27:44	00:55:46	00:52:43		Veterano 1
1922	Paulo Silva	00:28:20	00:55:47	00:54:04	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 1
1923	Susana Barata	00:27:44	00:55:47	00:52:43		Senior
1924	Germano Bernardo	00:28:12	00:55:47	00:52:42		Veterano 5
1925	José Águas	00:27:38	00:55:48	00:54:21		Veterano 6
1926	João Ferreira	00:26:22	00:55:48	00:55:39		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1927	Filipa Pinto	00:27:55	00:55:48	00:54:11		Veterana
1928	Jorge Silva	00:27:51	00:55:48	00:54:34		Veterano 2
1929	Paulo Oliveira	00:26:49	00:55:49	00:55:31		Veterano 3
1930	Diogo Cid	00:26:44	00:55:49	00:54:49		Senior
1931	José Dias	00:26:45	00:55:50	00:54:01	Núcleo Sportinguista de Caneças	Veterano 4
1932	Nuno Oliveira	00:26:01	00:55:50	00:54:51		Veterano 1
1933	Pedro E.carvalho	00:26:13	00:55:50	00:53:41	Marty BOX Bar/ Disco	Junior
1934	Miguel Santos	00:27:20	00:55:51	00:52:42		Veterano 1
1935	Pedro Cardoso	00:28:45	00:55:52	00:55:37		Veterano 1
1936	Luis Amorim	00:28:04	00:55:52	00:52:42		Veterano 2
1937	Gonçalo Sousa	00:27:05	00:55:52	00:55:34	Lebres e Tartarugas	Senior
1938	Filipe Rodrigues	00:27:23	00:55:52	00:53:10	Fluxo Oxigénio	Senior
1939	Luis Januário	00:27:14	00:55:52	00:54:47		Veterano 4
1940	António E.carvalho	00:26:13	00:55:53	00:53:44	Marty BOX Bar/ Disco	Veterano 2
1941	Carlos Marques	00:28:19	00:55:53	00:54:19	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 6
1942	Paulo Alfar	00:28:19	00:55:53	00:54:20	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 3
1943	Pedro Claudio	00:27:38	00:55:54	00:54:25		Veterano 2
1944	Artur Machado	00:29:11	00:55:54	00:53:03	Los Tres Amigos Gues	Senior
1945	António Costa	00:27:18	00:55:54	00:54:35		Veterano 6
1946	Filipe Mestre	00:26:28	00:55:55	00:55:34		Senior
1947	Cláudio Ribeiro	00:27:44	00:55:56	00:55:16		Veterano 1
1948	Isabel Martins	00:27:44	00:55:56	00:55:16		Veterana
1949	Alberto Carvalho	00:25:47	00:55:57	00:55:43		Veterano 4
1950	André Rombo	00:27:38	00:55:57	00:54:10		Senior
1951	António Leitão	00:26:29	00:55:58	00:54:10		Veterano 3
1952	Egídio Gonçalves	00:25:30	00:55:58	00:55:48		Senior
1953	Jorge Bicho	00:28:56	00:55:58	00:54:29	4@fundo	Veterano 4
1954	Lilia Mota	00:26:21	00:56:00	00:53:38		Senior
1955	Nuno Mota	00:26:21	00:56:00	00:53:38		Senior
1956	Jorge Gois	00:26:59	00:56:00	00:54:08		Veterano 3
1957	Manuela (draftfcb)	00:26:50	00:56:02	00:55:48		Veterana
1958	João Nunes	00:27:57	00:56:02	00:55:11		Senior
1959	Nuno Andrade	00:27:03	00:56:02	00:53:37		Veterano 1
1960	José Oliveira	00:28:06	00:56:02	00:55:10		Senior
1961	Manuel Martinho	00:25:41	00:56:03	00:55:56		Senior
1962	António Vergas	00:26:10	00:56:03	00:55:50	Ateneu Artístico Cartaxense	Veterano 2
1963	Pedro Rua	00:27:01	00:56:03	00:53:37		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
1964	Jorge Lopes	00:25:41	00:56:03	00:55:56		Senior
1965	Pedro Corrêa	00:29:05	00:56:04	00:53:18		Veterano 1
1966	Hugo Pinheiro	00:26:21	00:56:04	00:54:17		Veterano 1
1967	Ana Silva	00:26:38	00:56:05	00:55:25		Senior
1968	Madalena Branco	00:26:27	00:56:05	00:53:23	Clube do Stress	Junior
1969	Hugo Cássimo	00:29:09	00:56:06	00:53:15	Los Tres Amigos Gues	Senior
1970	Henrique Gomes	00:27:28	00:56:06	00:55:40		Senior
1971	Alberto Melo	00:26:12	00:56:07	00:54:23	Pinto & Cruz	Veterano 6
1972	André Ferreira	00:25:44	00:56:07	00:54:45		Junior
1973	António Sousa	00:27:16	00:56:07	00:54:11		Veterano 2
1974	Jorge Sousa	00:28:44	00:56:09	00:55:55		Veterano 1
1975	Paulo Pais	00:28:19	00:56:09	00:54:11		Veterano 2
1976	Inês Santos	00:27:17	00:56:12	00:55:44		Senior
1977	Paulo Ascencao	00:27:30	00:56:13	00:54:18	Grupo Desportivo CIMPOR	Veterano 2
1978	Paulo Fonseca	00:29:07	00:56:14	00:54:58		Senior
1979	Paulo Vilhena	00:27:18	00:56:14	00:55:12		Veterano 1
1980	António Morgado	00:27:07	00:56:14	00:55:34		Veterano 4
1981	Bruno Ferreira	00:26:46	00:56:15	00:54:36		Senior
1982	Marcelo Cardoso	00:27:38	00:56:15	00:55:34	GDCT UNICRE	Veterano 2
1983	Ricardo Alves	00:27:07	00:56:15	00:54:04		Veterano 2
1984	Nuno Alves	00:27:38	00:56:15	00:54:19		Veterano 5
1985	Marta Barbosa	00:27:00	00:56:15	00:55:41		Senior
1986	Vasco Alpalhão	00:24:12	00:56:15	00:53:39	Alpalhão	Veterano 2
1987	Susana Fradique	00:27:00	00:56:16	00:55:41		Veterana
1988	Andre Barata	00:26:46	00:56:17	00:55:26		Junior
1989	Fábio Pereira	00:28:31	00:56:17	00:53:35		Senior
1990	Paulo Lilaia	00:27:48	00:56:17	00:53:23	P.M. Club	Veterano 3
1991	Francisco Almeida	00:27:48	00:56:17	00:53:23	P.M. Club	Veterano 6
1992	Lucrécio Dias	00:27:34	00:56:18	00:55:32	CLAC - Entroncamento	Veterano 6
1993	Ricardo Pimenta	00:27:57	00:56:18	00:54:34		Veterano 1
1994	Tiago Freitas	00:28:19	00:56:18	00:55:05		Senior
1995	Sergio Pascoa	00:27:36	00:56:19	00:55:12		Veterano 3
1996	Maria Fernandes	00:27:27	00:56:19	00:54:22	Grupo Desportivo CIMPOR	Veterana
1997	Nuno Lopes	00:26:05	00:56:20	00:55:19	Lopes	Junior
1998	Luis Marques	00:29:35	00:56:22	00:54:45		Veterano 3
1999	Jorge Algarvio	00:26:46	00:56:22	00:55:51		Senior
2000	Helder Ferreira	00:26:31	00:56:22	00:55:00		Veterano 3



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2001	Guilherme Martins	00:26:33	00:56:22	00:53:28		Senior
2002	Henrique Ferreira	00:26:31	00:56:22	00:55:00		Junior
2003	Frederico Sousa	00:27:41	00:56:24	00:56:02	Lebres e Tartarugas	Veterano 3
2004	Rodrigo Babau	00:27:20	00:56:24	00:55:49		Senior
2005	Rogério Dias	00:27:20	00:56:24	00:55:49		Veterano 2
2006	Rui Cruz	00:28:14	00:56:24	00:54:19		Veterano 1
2007	Maria Sousa	00:28:02	00:56:25	00:53:44		Junior
2008	Carlos Gomes	00:27:43	00:56:26	00:53:58		Veterano 4
2009	Rogério Matos	00:28:35	00:56:27	00:55:15		Veterano 3
2010	Rui Henriques	00:28:19	00:56:27	00:55:14		Senior
2011	Daniel Oliveira	00:28:04	00:56:29	00:55:07		Senior
2012	Carlos Oliveira	00:28:04	00:56:29	00:55:07	Mistral Spirit II	Veterano 5
2013	João Tomé	00:27:34	00:56:29	00:54:29	Clube Vodafone	Veterano 2
2014	Mario Sousa	00:26:18	00:56:30	00:53:46		Senior
2015	Luisa Pintão	00:27:46	00:56:30	00:56:16		Veterana
2016	Joaquim Catarrinho	00:27:34	00:56:30	00:54:41	Cascais Pandilha	Veterano 1
2017	Mario Vitoria	00:27:38	00:56:30	00:54:06		Veterano 2
2018	João Ferreira	00:27:27	00:56:30	00:54:33	Grupo Desportivo CIMPOR	Veterano 1
2019	Julio Fernandes	00:27:37	00:56:30	00:54:05		Veterano 1
2020	Tiago Gomes	00:27:23	00:56:31	00:53:48		Senior
2021	Gonçalo Ferraz	00:27:47	00:56:31	00:56:11	Ferraz	Senior
2022	Albertino Semedo	00:27:40	00:56:32	00:54:52	ss cgd	Veterano 4
2023	Marco Ferreira	00:28:56	00:56:33	00:53:42		Veterano 1
2024	Rui Duarte	00:28:57	00:56:33	00:53:42		Veterano 1
2025	Jorge Morais	00:26:31	00:56:33	00:54:17	Clube Peter Pan de Sintra	Senior
2026	Pedro Nunes	00:27:32	00:56:34	00:55:22		Senior
2027	Paulo Silva	00:28:14	00:56:34	00:54:15	Run 4 Fun	Veterano 3
2028	João Santos	00:26:42	00:56:34	00:54:28		Senior
2029	Maria Moura	00:28:11	00:56:37	00:56:24		Veterana
2030	Celso Gomes	00:26:17	00:56:37	00:54:00		Veterano 4
2031	Alberto Valente	00:27:20	00:56:37	00:55:19		Veterano 3
2032	Tiago Afonso	00:28:22	00:56:38	00:55:34		Senior
2033	Pedro Almeida	00:27:19	00:56:38	00:53:57		Veterano 1
2034	Bruno Jorge	00:26:20	00:56:39	00:54:51	Azevedo Jorge	Senior
2035	António Cardoso	00:29:20	00:56:39	00:54:37		Veterano 1
2036	Alfredo Pinhal	00:27:07	00:56:39	00:54:40		Veterano 6
2037	Andre Santos	00:29:55	00:56:40	00:55:50		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2038	Francisco Benavente	00:28:22	00:56:40	00:55:02		Veterano 3
2039	José Figueiredo	00:27:31	00:56:40	00:54:18		Veterano 6
2040	Sergio Pereira	00:26:51	00:56:40	00:55:26		Veterano 1
2041	André Costa	00:26:46	00:56:41	00:55:19		Senior
2042	Jose Ferreira	00:28:16	00:56:41	00:54:42		Veterano 1
2043	Luis Vieira	00:26:47	00:56:41	00:54:33		Veterano 1
2044	Tiago Santos	00:29:56	00:56:41	00:55:52		Senior
2045	Miguel Reis	00:27:27	00:56:42	00:55:35		Veterano 2
2046	Joana Fragata	00:26:27	00:56:43	00:54:15	sempre a fugir...	Veterana
2047	Wiliam Cardoso	00:27:41	00:56:43	00:55:46	Adega Desportiva A Garagem	Veterano 1
2048	Rui Alvares	00:27:02	00:56:44	00:54:41	Clube Vodafone	Veterano 2
2049	Teresa Menezes	00:27:53	00:56:45	00:55:03		Veterana
2050	Tânia Primor	00:28:36	00:56:45	00:55:11	sporting clube moitense	Senior
2051	Rodrigo Esteves	00:27:38	00:56:45	00:54:58		Senior
2052	Luis Antunes	00:27:02	00:56:46	00:55:27	G A Monsanto/Gascan	Veterano 3
2053	Henrique Marques	00:26:15	00:56:47	00:54:01		Veterano 5
2054	Paulo Saldanha	00:28:24	00:56:47	00:54:19		Veterano 2
2055	Homero Magalhães	00:27:03	00:56:48	00:55:15	Associação de Atletismo Lebres do Sado	Veterano 2
2056	Antonio Ferreira	00:27:50	00:56:48	00:55:33		Veterano 6
2057	Isabel Cordeiro	00:28:42	00:56:49	00:54:36	Tabaqueira	Veterana
2058	Pedro Correia	00:24:58	00:56:50	00:56:22		Junior
2059	Paulo Barata	00:27:28	00:56:50	00:56:27	Clube Ferroviário Portugal	Veterano 1
2060	Fernando Correia	00:24:57	00:56:50	00:56:22		Veterano 2
2061	Ricardo Sousa	00:26:58	00:56:52	00:55:49		Senior
2062	Bruno Vilarinho	00:30:06	00:56:52	00:54:13		Senior
2063	João Kadosch	00:26:59	00:56:52	00:55:49		Senior
2064	Pedro Sanguino	00:27:37	00:56:52	00:55:15	Clube Grupo BES	Senior
2065	Marlene Oliveira	00:27:20	00:56:52	00:56:34		Veterana
2066	Patricia Dias	00:27:43	00:56:52	00:54:18	Clube Colaboradores AXA	Senior
2067	Marilia Neves	00:28:27	00:56:53	00:55:16	Clube Grupo BES	Senior
2068	Rui Santos	00:27:44	00:56:53	00:54:18		Senior
2069	Vivelindo Branco	00:27:11	00:56:54	00:55:10		Veterano 5
2070	Nuno Bom	00:28:01	00:56:54	00:54:17	Pepper House Running Team	Veterano 1
2071	Pedro Marques	00:27:57	00:56:55	00:55:35		Senior
2072	Pedro Castro	00:27:26	00:56:56	00:54:32		Veterano 1
2073	António Pereira	00:28:04	00:56:56	00:55:43	Grupo Desportivo do Banco de Portugal	Veterano 6
2074	Alexandre Batista	00:27:34	00:56:56	00:54:55		Senior





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2075	André Henriques	00:28:02	00:56:57	00:54:47		Senior
2077	Roberto Félix	00:27:17	00:56:59	00:56:45		Senior
2078	Artur Dinis	00:27:32	00:56:59	00:56:16		Veterano 4
2079	César Cara-linda	00:26:30	00:56:59	00:55:05		Veterano 1
2080	Emídio Alexandre	00:27:06	00:57:00	00:55:17	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterano 4
2081	Manuel Alves	00:27:43	00:57:00	00:55:35		Veterano 2
2082	Nuno Carriço	00:28:30	00:57:02	00:56:04	SOTECLEÃO	Veterano 1
2083	Armindo Velez	00:28:09	00:57:02	00:56:32		Veterano 6
2084	Marta Carvalho	00:28:23	00:57:03	00:55:33	3 vezes por semana	Veterana
2085	Carlos Santos	00:25:09	00:57:03	00:56:47		Senior
2086	Alberto Jorge	00:27:45	00:57:03	00:55:27		Veterano 4
2087	Manuel Silva	00:28:01	00:57:04	00:55:31		Veterano 4
2088	Carla Silva	00:28:02	00:57:04	00:55:32		Veterana
2089	José-manuel Santos	00:27:11	00:57:04	00:56:30		Veterano 6
2090	Antonio Freire	00:29:32	00:57:05	00:54:19		Veterano 6
2091	Carlos Barata	00:27:19	00:57:08	00:55:00		Veterano 2
2092	Carlos Conceição	00:27:19	00:57:08	00:55:00		Senior
2093	Antonio Fabiao	00:28:42	00:57:09	00:54:28		Veterano 3
2094	Tiago Ramos	00:28:15	00:57:09	00:56:46		Senior
2095	Vítor Judícibus	00:29:03	00:57:09	00:55:42		Veterano 4
2096	Vasco Silva	00:25:09	00:57:09	00:54:52		Senior
2097	Humberto Dias	00:27:45	00:57:10	00:56:11		Veterano 1
2098	Paulo França	00:28:59	00:57:10	00:56:23	GDCT UNICRE	Veterano 3
2099	Rômulo Marzullo	00:29:35	00:57:11	00:56:00		Senior
2100	Filipe Torres	00:28:57	00:57:11	00:54:13		Senior
2101	Luis Santarem	00:27:51	00:57:12	00:56:21	ss cgd	Veterano 5
2102	Nélson Sousa	00:28:27	00:57:12	00:55:17	ATAÍJA PRESENTE	Veterano 2
2103	Rui Julião	00:27:56	00:57:12	00:56:31	Georunners	Veterano 3
2104	Carlos Sousa	00:28:31	00:57:13	00:55:23	ATAÍJA PRESENTE	Senior
2105	José Simões	00:27:56	00:57:13	00:56:31	Georunners	Veterano 5
2106	Miguel Castela	00:28:21	00:57:13	00:54:41	Associação de Atletismo Lebres do Sado	Veterano 2
2107	Cecília Nicolau	00:28:20	00:57:13	00:54:39	Associação de Atletismo Lebres do Sado	Veterana
2108	Gonçalo Neto	00:28:22	00:57:13	00:54:41	Associação de Atletismo Lebres do Sado	Veterano 3
2109	Ricardo Barbosa	00:27:21	00:57:15	00:54:34		Senior
2110	Manuel Pinto	00:28:25	00:57:15	00:57:04		Veterano 6
2111	José Patricio	00:28:26	00:57:16	00:57:06		Veterano 1
2112	Ricardo Marques	00:26:53	00:57:17	00:54:19		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2113	Hélder Varandas	00:28:19	00:57:17	00:56:18		Veterano 6
2114	Nuno Sousa	00:28:31	00:57:17	00:55:32	Grupo Desportivo EMEL	Veterano 1
2115	Ricardo Tomás	00:29:19	00:57:18	00:57:13	SCP	Veterano 2
2116	Carla Marques	00:28:04	00:57:18	00:55:15	EIRAGYM	Veterana
2117	Paulo Silva	00:26:32	00:57:20	00:55:22		Veterano 1
2118	Vânia Caetano	00:26:29	00:57:21	00:54:10		Senior
2119	Hugo Martins	00:26:39	00:57:21	00:56:58		Senior
2120	Pedro Calçada	00:26:55	00:57:22	00:54:26		Veterano 2
2121	Orlando Rodrigues	00:27:53	00:57:22	00:55:18	multiflow	Veterano 3
2122	Ricardo Fernandes	00:27:21	00:57:22	00:54:43	Clube Grupo BES	Veterano 4
2123	António Eduardo	00:27:51	00:57:23	00:54:54	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 5
2124	Manuel Carolino	00:28:18	00:57:23	00:57:08	CCD Sintrense	Veterano 6
2125	Carlos Martins	00:28:05	00:57:24	00:55:34		Veterano 4
2126	António Ribeiro	00:28:28	00:57:25	00:56:48		Senior
2127	Marta Quina	00:27:38	00:57:26	00:55:15		Veterana
2128	Aurelio Calado	00:27:48	00:57:27	00:56:08	ss cgd	Veterano 6
2129	Marques Alexandre	00:27:49	00:57:27	00:56:14	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 4
2130	Nuno Costa	00:27:50	00:57:28	00:56:14		Veterano 5
2131	Ana Matias	00:28:03	00:57:28	00:55:02	Clube Colaboradores AXA	Veterana
2132	Pedro Vicente	00:26:58	00:57:28	00:55:16		Senior
2133	Marcelo Casimiro	00:29:05	00:57:28	00:57:07		Veterano 3
2134	Marisa Mendes	00:28:32	00:57:28	00:55:43	Grupo Desportivo EMEL	Senior
2135	David Almeida	00:28:31	00:57:29	00:55:43	Grupo Desportivo EMEL	Senior
2136	Tiago Miguel	00:29:06	00:57:29	00:54:43		Senior
2137	Filipa Pegarinhos	00:30:20	00:57:30	00:55:52		Senior
2138	Fernando Varela	00:27:54	00:57:30	00:57:17	Clube ANACOM	Veterano 1
2139	Eurico Pinto	00:28:49	00:57:32	00:56:10		Junior
2140	João Pinto	00:28:49	00:57:32	00:56:09	G A Monsanto/Gascan	Veterano 4
2141	Teresa Santos	00:28:11	00:57:33	00:55:19		Veterana
2142	Pedro Santos	00:28:11	00:57:33	00:55:20		Veterano 1
2143	Pedro Pedro	00:28:53	00:57:33	00:55:58		Veterano 1
2144	Pedro Conceicao	00:28:08	00:57:34	00:56:30		Veterano 1
2145	Jorge Oliveira	00:27:11	00:57:34	00:57:28		Veterano 6
2146	Joaquim Borralho	00:27:22	00:57:34	00:56:09	Grupo Desportivo do Banco de Portugal	Veterano 6
2147	Nuno Fidalgo	00:29:11	00:57:35	00:54:50		Veterano 1
2148	Rui Borralho	00:27:22	00:57:35	00:56:09	Grupo Desportivo do Banco de Portugal	Veterano 1
2149	Ricardo Morgado	00:27:48	00:57:36	00:57:01		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2150	Rita Lopes	00:27:12	00:57:36	00:57:18		Senior
2151	Angelo Jorge	00:27:35	00:57:37	00:54:53	O TRIO	Veterano 2
2152	João Quitalo	00:28:06	00:57:37	00:55:51	APOGMA	Veterano 6
2153	António Oliveira	00:26:29	00:57:38	00:55:42		Veterano 1
2154	Rui Pires	00:28:22	00:57:38	00:55:52	Academia do Lumiar	Veterano 4
2155	Rui Zenoglio	00:27:52	00:57:39	00:55:26		Veterano 1
2156	Jose Reis	00:28:10	00:57:39	00:54:29		Veterano 4
2157	Gina Correia	00:27:51	00:57:40	00:54:51		Senior
2158	Hugo Mateus	00:28:18	00:57:41	00:55:33		Senior
2159	Sergio Rodelo	00:26:43	00:57:41	00:57:17		Veterano 2
2160	Luis Caetano	00:27:56	00:57:42	00:55:28	Valadares	Veterano 3
2161	Joaquim Pereira	00:28:02	00:57:43	00:57:33	Associação de Atletismo Lebres do Sado	Veterano 6
2162	Nuno Caramelo	00:28:25	00:57:45	00:55:06	HERBAL DHS	Veterano 1
2163	Edgar Bonito	00:26:44	00:57:45	00:57:10		Senior
2164	Manuel Ferreira	00:26:57	00:57:46	00:55:03	Quixaba Mirante	Veterano 6
2165	Carla Pereira	00:27:52	00:57:47	00:56:30		Veterana
2166	Rui Chaves	00:26:57	00:57:47	00:55:04	Quixaba Mirante	Veterano 3
2167	Micaela Reis	00:28:04	00:57:48	00:56:26		Senior
2168	Ofélia Augusto	00:27:35	00:57:48	00:57:37	BESJOGING	Veterana
2169	José Branco	00:27:59	00:57:51	00:57:25		Senior
2170	José Lopes	00:30:29	00:57:51	00:56:13	Clube Grupo BES	Veterano 1
2171	Pedro Almeida	00:27:57	00:57:51	00:56:28		Veterano 2
2172	Nuno Rendeiro	00:28:23	00:57:51	00:56:15		Veterano 1
2173	Fernando Matias	00:27:37	00:57:52	00:57:23	Amigos da Estrela	Veterano 3
2174	João Marques	00:29:19	00:57:52	00:55:06	GRD Ribeira da Lage	Veterano 3
2175	Elsa Desiderio	00:27:47	00:57:53	00:55:38	CCD Sintrense	Veterana
2176	Jose Carita	00:27:03	00:57:53	00:57:17	CCD Sintrense	Veterano 4
2177	Rui Pereira	00:28:25	00:57:53	00:56:16		Veterano 5
2178	Pompeu Aires	00:29:20	00:57:53	00:55:08	GRD Ribeira da Lage	Veterano 3
2179	Lourenco Carneirinho	00:28:59	00:57:54	00:57:50		Veterano 6
2180	Mario Santos	00:28:50	00:57:55	00:57:38		Veterano 2
2181	Nuno Verdugo	00:28:48	00:57:55	00:57:20		Veterano 1
2182	Ivan Guerra	00:27:53	00:57:55	00:55:17		Senior
2183	António Resende	00:27:56	00:57:56	00:55:53		Veterano 4
2184	José Gil	00:26:58	00:57:56	00:57:21		Veterano 1
2185	Didier Valada	00:27:56	00:57:56	00:55:55		Veterano 3
2186	António Teixeira	00:27:54	00:57:57	00:55:52	wikaboo	Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2187	Mario Costa	00:28:20	00:57:58	00:56:12		Veterano 5
2188	Joaquim Melo	00:28:15	00:57:59	00:57:29	Serviços Sociais Montepio Geral	Veterano 2
2189	Daniel Santos	00:30:02	00:57:59	00:55:35	VFF 1896	Veterano 1
2190	Nuno Rodrigues	00:27:48	00:58:00	00:55:17	Fluxo Oxigénio	Senior
2191	Diogo Diogo	00:27:13	00:58:00	00:56:04		Senior
2192	Ricardo Capelo	00:28:25	00:58:00	00:56:00	Grupo Desportivo CIMPOR	Senior
2193	Leonia Tudor	00:28:43	00:58:01	00:57:40		Veterana
2194	José Carlos	00:28:54	00:58:01	00:57:26		Veterano 6
2195	Ligorio Gafanhoto	00:28:13	00:58:01	00:57:13	Recreativo Alvorada	Veterano 4
2196	João Morgadinho	00:28:24	00:58:02	00:55:33		Veterano 2
2197	António Monteiro	00:27:05	00:58:02	00:56:27		Veterano 6
2198	Ivone Matos	00:29:50	00:58:02	00:56:23		Senior
2199	João Fernandes	00:27:22	00:58:02	00:56:34		Senior
2200	Fernando Pipa	00:28:49	00:58:02	00:56:49		Veterano 3
2201	Carlos Viegas	00:26:18	00:58:02	00:56:48	Clube Vodafone	Veterano 3
2202	Nuno Russo	00:27:53	00:58:03	00:55:49		Veterano 1
2203	António Barata	00:27:53	00:58:03	00:56:44	Tabaqueira	Veterano 5
2204	Adão Luz	00:28:03	00:58:05	00:55:31		Veterano 6
2205	Fernando Ferreira	00:29:04	00:58:06	00:56:50		Veterano 6
2206	José Correia	00:28:30	00:58:07	00:58:02		Veterano 2
2207	Paulo Vilela	00:29:58	00:58:07	00:56:29		Senior
2208	Eduardo Santos	00:30:04	00:58:07	00:55:43	VFF 1896	Senior
2209	Flavio Oliveira	00:28:11	00:58:08	00:57:30	G.A. «OS TARTARUGAS»	Veterano 3
2210	José Batista	00:27:50	00:58:08	00:57:23		Veterano 5
2211	André Wiborg	00:30:04	00:58:08	00:55:44	VFF 1896	Veterano 4
2212	Antonio Nunes	00:28:43	00:58:08	00:57:33		Veterano 6
2213	Albano Ginja	00:28:43	00:58:08	00:57:33		Veterano 5
2214	Rui Santos	00:29:57	00:58:09	00:56:31		Senior
2215	Rui Simoes	00:27:51	00:58:09	00:57:15		Veterano 2
2216	Manuel Paula	00:26:07	00:58:11	00:53:36		Veterano 3
2217	Luis Rodrigues	00:29:17	00:58:11	00:56:38		Veterano 2
2218	Jorge Tirapicos	00:28:23	00:58:13	00:56:05		Veterano 1
2219	Sara Loureiro	00:28:13	00:58:14	00:57:35	Sporting Clube de Casainhos	Senior
2220	Nelson Dias	00:28:13	00:58:14	00:57:35	Sporting Clube de Casainhos	Senior
2221	Maria Coutinho	00:26:33	00:58:15	00:55:31		Veterana
2222	Pedro Pinto	00:29:58	00:58:15	00:56:36		Senior
2223	Nuno Santos	00:28:50	00:58:19	00:56:19		Veterano 5



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2224	Nelson Marques	00:29:01	00:58:19	00:57:19	correr= - na farmacia	Senior
2225	Antonio Moura	00:27:41	00:58:19	00:57:45		Veterano 5
2226	Filipa Moura	00:28:38	00:58:19	00:57:45		Junior
2227	Marques Costa	00:28:05	00:58:19	00:57:00	Grupo dos Amigos do Atletismo de Vila Franca de Xir	Veterano 5
2228	Maria Alegre	00:28:17	00:58:20	00:57:27		Senior
2229	António Silva	00:28:44	00:58:20	00:57:11		Veterano 6
2230	João Canholas	00:26:46	00:58:21	00:56:32	Ninho Florido Sport Clube	Senior
2231	Nuno Martins	00:27:28	00:58:21	00:56:49	Pupilos Exército - 100 anos	Veterano 1
2232	Jose Sampaio	00:28:57	00:58:22	00:56:32		Veterano 3
2233	Fernando Fiães	00:28:57	00:58:22	00:56:31		Veterano 3
2234	Helena Freitas	00:29:31	00:58:22	00:57:07		Senior
2235	José Freitas	00:29:31	00:58:22	00:57:08		Veterano 6
2236	Arlindo Parra	00:28:11	00:58:22	00:55:35	Clube Pessoal EDP - Lisboa	Veterano 4
2237	Antonio Caeiro	00:29:47	00:58:23	00:56:06		Veterano 2
2238	Jaime Gato	00:28:35	00:58:24	00:56:46		Veterano 1
2239	Paulo Silva	00:29:37	00:58:24	00:55:18		Veterano 2
2240	Duarte Teixeira	00:27:14	00:58:24	00:57:55		Senior
2241	António Mina	00:27:39	00:58:25	00:57:13		Veterano 4
2242	Clara Mina	00:27:39	00:58:26	00:57:13		Veterana
2243	Miguel Araújo	00:27:47	00:58:26	00:56:01		Veterano 1
2244	André Lamego	00:26:27	00:58:26	00:55:46		Senior
2245	Bruno Gomes	00:26:20	00:58:28	00:58:04		Senior
2246	João Albuquerque	00:27:22	00:58:30	00:56:17		Senior
2247	Osvaldo Pires	00:27:00	00:58:31	00:56:21		Senior
2248	João Pinto	00:28:05	00:58:32	00:57:29	Amigos do Desporto	Senior
2249	Paulo Dias	00:28:40	00:58:32	00:56:33		Senior
2250	João Almeida	00:28:41	00:58:33	00:56:34		Senior
2251	Rodrigo Silva	00:28:42	00:58:33	00:56:36		Senior
2252	Clara Raimundo	00:27:44	00:58:35	00:56:52		Veterana
2253	Bárbara Farinha	00:29:42	00:58:35	00:57:01		Senior
2254	Jorge Narciso	00:28:04	00:58:36	00:57:47	Casa da Comarca de Arganil	Veterano 4
2255	Nuno Abrantes	00:27:37	00:58:36	00:55:57	Pernas de Gafanhoto	Senior
2256	Fábio Michelli	00:28:03	00:58:36	00:55:25		Senior
2257	Mario Rui	00:27:51	00:58:37	00:57:01		Veterano 2
2258	Luis Rita	00:27:31	00:58:37	00:55:42	Bifanas de Corrida	Senior
2259	João Fernandes	00:27:31	00:58:37	00:55:42	Bifanas de Corrida	Senior
2260	Catarina Rego	00:27:39	00:58:39	00:55:56		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2261	Diogo Dias	00:29:10	00:58:39	00:57:38		Veterano 2
2262	Mario Pires	00:27:49	00:58:40	00:56:28		Veterano 4
2263	Ana Poças	00:27:17	00:58:41	00:56:04	Pernas de Gafanhoto	Senior
2264	Patricia Isabel	00:28:37	00:58:41	00:58:20		Veterana
2265	Pedro Vitor	00:28:26	00:58:42	00:57:04	Clube Grupo BES	Veterano 2
2266	Jose Levezinho	00:27:57	00:58:43	00:56:58	APOGMA	Veterano 1
2267	Vitor Cardoso	00:29:39	00:58:43	00:58:34	Grupo Desportivo Imprensa Nacional Casa Moeda	Senior
2268	André Ruivo	00:28:58	00:58:44	00:56:51		Senior
2269	Rodrigo Reis	00:29:01	00:58:45	00:55:42		Veterano 1
2270	Nelson Tavares	00:30:21	00:58:46	00:57:57		Veterano 3
2271	João Pinto	00:27:41	00:58:46	00:56:21	Clube Colaboradores AXA	Veterano 2
2272	Maria Silva	00:29:03	00:58:46	00:57:49	CCD TRANQUILIDADE	Veterana
2273	Maria Lima	00:27:56	00:58:47	00:57:27	O Celeiro Da Memoria	Veterana
2274	Filipa Siopa	00:29:39	00:58:47	00:58:23		Senior
2275	Carlos Silva	00:29:01	00:58:48	00:58:16		Veterano 3
2276	Jaime Pardal	00:27:17	00:58:48	00:56:20	Carapaus de Corrida	Veterano 2
2277	Ricardo Simoes	00:28:33	00:58:49	00:57:17	running of dª maria	Veterano 2
2278	João Frias	00:27:38	00:58:50	00:56:57	GDINE	Veterano 5
2279	Ilidio Ramos	00:27:58	00:58:53	00:56:40	N.A.BDF	Veterano 5
2280	Vicente Dias	00:27:59	00:58:53	00:56:41	N.A.BDF	Veterano 5
2281	Rodrigo Bernardo	00:26:16	00:58:55	00:58:21		Veterano 1
2282	Mário Gonçalves	00:29:20	00:58:55	00:57:49	Clube Atletismo Amigos Parque Paz	Veterano 6
2283	Agostinho Fonseca	00:28:53	00:58:55	00:57:34		Veterano 6
2284	Luís Alves	00:29:20	00:58:56	00:57:51	A Bola	Veterano 6
2285	Amadeu Silva	00:28:18	00:58:56	00:57:55		Veterano 6
2286	Pedro Gois	00:28:22	00:58:56	00:56:44	ss cgd	Veterano 1
2287	Custódio Catarino	00:28:25	00:58:56	00:56:06		Veterano 3
2288	Nuno Santos	00:27:10	00:58:57	00:57:50		Veterano 2
2289	Paula Batalha	00:28:03	00:58:59	00:57:43		Veterana
2290	Jose Pinto	00:28:54	00:58:59	00:57:48		Senior
2291	Márcio Lourenço	00:27:52	00:58:59	00:55:38		Senior
2292	Luis Abreu	00:27:54	00:58:59	00:55:33		Veterano 1
2293	Bruno Rego	00:29:21	00:58:59	00:58:24		Senior
2294	Luís Rosa	00:29:34	00:59:00	00:57:08		Veterano 2
2295	Nelson Antunes	00:30:19	00:59:00	00:57:53		Veterano 6
2296	Mauro Mateus	00:29:55	00:59:00	00:58:44		Senior
2297	Júlio Machado	00:27:57	00:59:00	00:58:17		Veterano 4



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2298	Manuel Oliveira	00:29:16	00:59:01	00:57:33		Veterano 6
2299	Tomás Prazeres	00:28:53	00:59:02	00:56:23	Godinho	Senior
2300	Cristina Cunha	00:28:12	00:59:03	00:58:45		Veterana
2301	Joao Faustino	00:28:20	00:59:05	00:56:35		Veterano 1
2302	Etelvina Paulino	00:28:47	00:59:06	00:58:34		Veterana
2303	Marisa Marques	00:28:19	00:59:06	00:56:35		Senior
2304	Bruno Borges	00:24:21	00:59:07	00:57:59		Senior
2305	Fatima Fernandes	00:28:33	00:59:07	00:57:10		Veterana
2306	Rui Gama	00:26:57	00:59:08	00:56:36	Clube Grupo BES	Veterano 2
2307	Ana Castro	00:27:39	00:59:08	00:56:26	Pernas de Gafanhoto	Senior
2308	Ricardo Prelhaz	00:28:47	00:59:08	00:58:47		Senior
2309	Pedro Barbosa	00:27:21	00:59:08	00:57:48		Veterano 3
2310	Jorge Gois	00:26:57	00:59:08	00:56:37	Clube Grupo BES	Veterano 4
2311	João Rodrigues	00:28:41	00:59:09	00:58:09		Veterano 4
2312	Rui Raposo	00:28:23	00:59:10	00:57:11		Veterano 3
2313	Ricardo Mendonça	00:28:53	00:59:10	00:57:18	Cascais Pandilha	Veterano 2
2314	Gil Ferro	00:28:45	00:59:10	00:58:56		Senior
2315	David Li	00:27:48	00:59:10	00:57:45		Veterano 1
2316	Ana Ordem	00:27:55	00:59:11	00:56:27	O TRIO	Veterana
2317	Luis Duarte	00:30:48	00:59:11	00:58:02		Veterano 3
2318	António Oliveira	00:27:58	00:59:11	00:59:03	RTP	Veterano 6
2319	Francisco Graça	00:28:29	00:59:12	00:58:50		Veterano 2
2320	Rui Gameiro	00:28:42	00:59:13	00:58:43	Clube Grupo BES	Veterano 1
2321	Delfim Alves	00:28:11	00:59:13	00:58:47		Veterano 2
2322	Cristina Alexandre	00:28:41	00:59:13	00:58:42	Clube Grupo BES	Veterana
2323	Pedro Pinto	00:28:04	00:59:13	00:57:16	Clube Colaboradores AXA	Veterano 4
2324	Luis Barata	00:29:24	00:59:14	00:58:23		Veterano 3
2325	Susana Marinho	00:30:28	00:59:15	00:57:18		Senior
2326	Rui Pestana	00:30:29	00:59:15	00:57:19		Senior
2327	José Gonçalves	00:28:31	00:59:15	00:56:39	C.C.D. das Autarquias de Almada	Veterano 6
2328	Nuno Pestana	00:30:27	00:59:16	00:57:19		Veterano 1
2329	José Abreu	00:29:49	00:59:16	00:57:43	Grupo Desportivo Imprensa Nacional Casa Moeda	Veterano 6
2330	Ricardo Moreira	00:32:21	00:59:17	00:56:55		Veterano 1
2331	Mara Fragomeni	00:28:30	00:59:17	00:56:42		Veterana
2332	José Pires	00:28:46	00:59:17	00:56:50	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 6
2333	Tiago Eusébio	00:28:54	00:59:17	00:57:06		Senior
2334	Paulo Rito	00:28:39	00:59:18	00:58:29		Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2335	João Barbosa	00:28:46	00:59:18	00:56:51	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 4
2336	Orlando Sousa	00:28:46	00:59:18	00:56:51	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 3
2337	Rui Ferreira	00:29:00	00:59:20	00:57:51		Veterano 2
2338	Rui Lapa	00:28:19	00:59:21	00:58:08		Veterano 2
2339	Filipe Rodrigues	00:29:04	00:59:22	00:58:27	Grup. Desp. Chelas	Veterano 4
2340	Jorge Marques	00:29:03	00:59:23	00:58:27	Grup. Desp. Chelas	Veterano 2
2341	Francisco Silva	00:32:31	00:59:23	00:58:32	Os Marretas	Senior
2342	Joao Moreira	00:29:10	00:59:23	00:59:14		Veterano 1
2343	Joao Monteiro	00:30:11	00:59:23	00:58:52		Senior
2344	Carlos Rodrigues	00:29:05	00:59:25	00:58:30	Grup. Desp. Chelas	Veterano 1
2345	Paulo Godinho	00:28:10	00:59:26	00:56:51		Veterano 2
2346	Maria Batista	00:28:35	00:59:26	00:58:48	G.A. «OS TARTARUGAS»	Veterana
2347	André Ramalho	00:28:02	00:59:27	00:57:16		Senior
2348	Paulo Sena	00:28:41	00:59:29	00:57:57		Veterano 2
2349	Francisco Garção	00:29:20	00:59:30	00:56:52	HERBAL DHS	Veterano 1
2350	Jorge Santos	00:27:57	00:59:30	00:58:21	Hewlett-Packard Club	Veterano 4
2351	Fernando Caeiro	00:29:04	00:59:31	00:58:37	Grup. Desp. Chelas	Veterano 1
2352	Paulo Fernandes	00:28:03	00:59:31	00:57:06		Veterano 1
2353	Pedro Carvalho	00:29:56	00:59:31	00:57:28		Veterano 2
2354	Ricardo Cunha	00:29:04	00:59:32	00:57:52		Senior
2355	José Valentim	00:29:16	00:59:33	00:57:29	GDBVALVERCA	Veterano 5
2356	Nádia Tavares	00:27:43	00:59:34	00:58:44		Senior
2357	Arsénio Facas	00:29:16	00:59:34	00:57:29	Clube Ferroviário Portugal	Veterano 6
2358	João Carvalho	00:28:38	00:59:34	00:58:25		Veterano 6
2359	Susana Adegas	00:27:53	00:59:34	00:58:23		Veterana
2360	Ricardo Amaro	00:32:30	00:59:35	00:58:44	Os Marretas	Senior
2361	Mario Fragomeni	00:28:30	00:59:36	00:57:02		Veterano 4
2362	Mario Medeiros	00:28:14	00:59:36	00:58:59		Senior
2363	Jose Valentim	00:27:27	00:59:37	00:57:19		Senior
2364	Henrique Ventura	00:28:06	00:59:37	00:58:39		Senior
2365	Pedro Pinto	00:27:23	00:59:37	00:57:15		Veterano 2
2366	João Pacheco	00:29:20	00:59:39	00:58:25		Senior
2367	Miriam Silva	00:29:40	00:59:40	00:58:17		Senior
2368	Ivone Pereira	00:29:15	00:59:40	00:57:57		Senior
2369	Carla Rosario	00:29:16	00:59:40	00:57:57		Veterana
2370	Isabel Santos	00:28:17	00:59:41	00:59:28	Ateneu Artístico Cartaxense	Veterana
2371	Tânia Valentim	00:29:21	00:59:42	00:59:28		Senior





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2372	Joaquim Fonseca	00:29:26	00:59:42	00:59:03	Os Super	Veterano 5
2373	Florimundo Silva	00:29:39	00:59:42	00:58:18		Veterano 5
2374	Helena Guerra	00:28:04	00:59:42	00:59:35		Veterana
2375	Maria Roda	00:29:07	00:59:44	00:59:36		Veterana
2376	Tiago Fernandes	00:25:41	00:59:45	00:57:32		Senior
2377	Carlos Vaz	00:29:11	00:59:46	00:58:15		Veterano 3
2378	Manuel Gomes	00:29:23	00:59:47	00:59:27	Núcleo Sportinguista de Caneças	Veterano 6
2379	Vladimir Borcic	00:28:40	00:59:48	00:56:53		Veterano 2
2380	Eliseu Pinto	00:28:55	00:59:49	00:58:00		Veterano 6
2381	Jaime Figueiredo	00:27:14	00:59:49	00:58:06		Veterano 4
2382	Antonio Lopes	00:28:46	00:59:49	00:58:08		Veterano 1
2383	Gonçalo Fonseca	00:29:53	00:59:50	00:59:18		Veterano 1
2384	Américo Costa	00:29:18	00:59:50	00:59:16	TECNOSPÍE, SA	Veterano 4
2385	Gonçalo Ganhão	00:28:28	00:59:51	00:58:00		Senior
2386	Ana Pacheco	00:28:37	00:59:53	00:58:37		Senior
2387	Reinaldo Pereira	00:29:13	00:59:53	00:58:32		Veterano 3
2388	Jaime Mota	00:28:36	00:59:55	00:57:22	Associação de Atletismo Lebres do Sado	Veterano 6
2389	Luís Oliveira	00:28:44	00:59:55	00:58:11		Senior
2390	Maurício Enes	00:28:18	00:59:56	00:59:05		Veterano 3
2391	Célia Nuno	00:30:16	00:59:58	00:58:19		Veterana
2392	Antonio Antunes	00:26:40	00:59:59	00:57:55		Veterano 3
2393	Joaquim Valadares	00:28:02	00:59:59	00:57:45	Valadares	Veterano 3
2394	Mercedes Fonseca	00:28:57	01:00:00	00:59:21	Os Super	Veterana
2395	Luis Lino	00:28:56	01:00:00	00:59:02		Veterano 4
2396	João Dias	00:28:45	01:00:02	00:59:41		Veterano 6
2397	Andreia Rocha	00:29:14	01:00:02	00:57:27		Senior
2398	João Vaz	00:29:14	01:00:02	00:57:23	Clube do Stress	Veterano 2
2399	Luis Policarpo	00:28:25	01:00:04	00:57:45		Veterano 3
2400	Abilio Silva	00:29:07	01:00:07	00:59:34		Veterano 1
2401	Hugo Matos	00:28:19	01:00:08	00:59:00		Veterano 1
2402	Mario Chaves	00:27:55	01:00:08	00:57:52		Senior
2403	Hugo Paula	00:30:28	01:00:09	00:58:34	Corianders	Senior
2404	Gonçalo Seguro	00:28:18	01:00:09	00:57:47		Senior
2405	Gabriel Mateus	00:29:38	01:00:10	00:57:49		Veterano 1
2406	Ana Rocha	00:51:08	01:00:10	00:58:53		Veterana
2407	Claudia Freixo	00:28:39	01:00:13	00:58:39		Senior
2408	Nuno Melo	00:28:44	01:00:14	00:57:31		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2409	Paulo Dinis	00:27:01	01:00:15	00:58:49		Senior
2410	Helena Santos	00:28:30	01:00:16	01:00:09	Açoreana Clube Banif	Veterana
2411	António Jorge	00:28:28	01:00:17	01:00:09	Açoreana Clube Banif	Veterano 5
2412	Miguel Marques	00:28:16	01:00:18	00:59:54		Veterano 2
2413	Rosário Figueiral	00:29:45	01:00:18	00:59:22		Veterana
2414	António Reis	00:29:11	01:00:20	00:59:53	Clube Grupo BES	Veterano 3
2415	Joana Tome	00:28:11	01:00:21	00:59:09	TOKANDAR	Senior
2416	Joao Verissimo	00:28:09	01:00:21	00:59:09	TOKANDAR	Veterano 4
2417	Silvano Monteiro	00:28:23	01:00:22	00:59:52	SOBEIDESCE	Veterano 6
2418	Susana Fernandes	00:29:14	01:00:22	00:59:31		Senior
2419	Madalena Ribas	00:30:00	01:00:23	00:59:45	Centro Desportivo Universitário Lisboa	Veterana
2420	João Simões	00:28:28	01:00:23	00:59:55	Clube Grupo BES	Veterano 5
2421	Rui Euzébio	00:29:14	01:00:24	00:58:52		Veterano 6
2422	Nuno Constâncio	00:30:07	01:00:24	00:58:21		Veterano 1
2423	Gonçalo Freire	00:28:36	01:00:24	00:58:34		Veterano 1
2424	Bruno Sousa	00:28:20	01:00:26	00:58:18		Senior
2425	Vasco Palmeirim	00:28:21	01:00:26	01:00:24	SCP	Senior
2426	Antonio Pereira	00:28:08	01:00:27	00:58:20		Veterano 2
2427	Vitória Monteiro	00:28:59	01:00:27	00:59:27	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterana
2428	Gerardo Atienza	00:30:09	01:00:27	00:59:29	Run 4 Fun	Veterano 3
2429	Daniel Pereira	00:31:13	01:00:28	00:58:07		Junior
2430	Antonio Pereira	00:31:13	01:00:28	00:58:07		Veterano 3
2431	Dora Monteiro	00:29:08	01:00:28	00:57:34	frufresh runners	Veterana
2432	José Domingues	00:29:58	01:00:28	00:57:54		Veterano 3
2433	Jose Teixeira	00:27:41	01:00:29	00:59:48	Valadares	Veterano 4
2434	José Simões	00:28:17	01:00:29	01:00:00		Senior
2435	Fernando Santos	00:29:21	01:00:29	00:58:15		Veterano 4
2436	Fernando Carvalho	00:30:18	01:00:30	00:58:13		Senior
2437	André Glória	00:28:26	01:00:30	00:57:51		Senior
2438	Julio Martins	00:28:08	01:00:30	00:58:34	Grupo Desportivo CIMPOR	Veterano 1
2439	Luis Fernandes	00:29:37	01:00:30	00:59:19	Tabaqueira	Veterano 6
2440	Kellen Abreu	00:29:40	01:00:30	00:59:03		Veterana
2441	António Olhicos	00:28:10	01:00:31	00:59:49		Veterano 1
2442	Marco Crispim	00:31:22	01:00:32	00:59:39		Veterano 1
2443	Marco Morais	00:31:23	01:00:32	00:59:39		Veterano 1
2444	Rui Marinho	00:27:49	01:00:33	00:57:53		Veterano 4
2445	Ana Soares	00:30:15	01:00:34	01:00:11	Unidos da Manutenção	Junior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2446	Adriano Lima	00:29:42	01:00:36	00:59:10		Senior
2447	Gonçalo Neves	00:30:00	01:00:36	00:59:52		Veterano 1
2448	Michael Jorge	00:28:43	01:00:37	00:57:57	O TRIO	Senior
2449	Rita Menezes	00:29:28	01:00:39	00:58:12		Senior
2450	Sérgio Mourato	00:29:30	01:00:39	00:58:12		Senior
2451	Pedro Martins	00:28:57	01:00:40	00:57:57	Fluxo Oxigénio	Veterano 1
2452	Tiago Oliveira	00:29:46	01:00:40	00:58:43		Senior
2453	Carlos Barreiras	00:30:25	01:00:40	01:00:15		Veterano 6
2454	José Gonaçalves	00:29:44	01:00:41	00:59:19		Veterano 6
2455	Gonçalo Uva	00:28:55	01:00:43	00:58:25		Senior
2456	Jose Rosa	00:29:32	01:00:43	00:57:57		Veterano 5
2457	Carlos Dias	00:30:06	01:00:44	00:59:09		Senior
2458	Rute Silva	00:30:06	01:00:44	00:59:08		Senior
2459	José David	00:28:16	01:00:44	01:00:24		Veterano 4
2460	Antonio Pardal	00:30:37	01:00:45	00:59:21	G A Monsanto/Gascan	Veterano 5
2461	José Tito	00:27:36	01:00:47	00:59:03		Veterano 1
2462	Sandro Prates	00:27:48	01:00:48	01:00:26		Senior
2463	Patrícia Pedro	00:28:51	01:00:48	00:58:54	Casa BENFICA ALGUEIRÃO-MEM MARTINS	Veterana
2464	António Marques	00:31:11	01:00:48	00:58:48		Veterano 2
2465	Álvaro Oliveira	00:31:11	01:00:49	00:58:49		Veterano 4
2466	Rute Diogo	00:28:24	01:00:49	00:59:13		Senior
2467	Sara Martins	00:29:35	01:00:49	00:59:13	Maninis	Senior
2468	Ricardo Pereira	00:29:36	01:00:49	00:59:13	Maninis	Senior
2469	Rafael Ribeiro	00:29:42	01:00:50	00:58:59	Quarteto Maravilha	Senior
2470	Rui Martins	00:29:19	01:00:51	00:59:45		Senior
2471	Nuno Miguel	00:29:12	01:00:52	00:58:07		Veterano 1
2472	Ricardo Fachada	00:27:56	01:00:54	00:59:23		Senior
2473	Paulo Tavares	00:29:14	01:00:54	00:59:25		Veterano 2
2474	Liliana Ferreira	00:29:23	01:00:54	00:59:04		Senior
2475	Luis Piedade	00:28:39	01:00:54	01:00:41		Senior
2476	Pedro Santos	00:30:28	01:00:54	00:59:19	Corianders	Senior
2477	Rogério Guerreiro	00:29:52	01:00:54	00:59:12		Junior
2478	António Guerreiro	00:29:52	01:00:55	00:59:12		Veterano 3
2479	Rui Guerreiro	00:29:52	01:00:55	00:59:13		Veterano 2
2480	Bruno Almeida	00:30:10	01:00:55	00:58:01	P.M. Club	Senior
2481	Marco Silva	00:29:21	01:00:55	00:59:04		Senior
2482	Daniel Nobre	00:26:36	01:00:57	01:00:53	ASICS	Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2483	Marci Cruz	00:28:58	01:00:58	01:00:08	Recreativo Alvorada	Senior
2484	Debora Luis	00:29:27	01:00:58	00:59:22		Veterana
2485	Carlos Mateus	00:29:36	01:00:59	00:58:37		Veterano 2
2486	Sara Primor	00:28:47	01:01:02	00:59:27	sporting clube moitense	Senior
2487	Paulo Abreu	00:31:22	01:01:03	01:00:25		Veterano 1
2488	Fernando Filipe	00:28:37	01:01:03	00:59:50	Clube Grupo BES	Veterano 2
2489	Miguel Silva	00:29:51	01:01:04	01:00:32		Veterano 1
2490	Ron Franken	00:29:34	01:01:04	00:59:26		Veterano 5
2491	Pedro Gomes	00:28:53	01:01:05	00:58:55		Veterano 1
2492	Lúcia Jesus	00:28:54	01:01:07	01:00:59		Veterana
2493	João Torgal	00:29:59	01:01:07	01:00:07		Veterano 1
2494	Paulo Belo	00:32:40	01:01:08	01:00:31		Junior
2495	Joaquim Machado	00:29:13	01:01:10	00:59:22	C.C.D. das Autarquias de Almada	Veterano 5
2496	Francisco Góis	00:27:34	01:01:12	00:58:39		Senior
2497	Edgar Ferreira	00:28:08	01:01:12	00:58:34		Senior
2498	Oscar Pereira	00:28:36	01:01:15	01:00:32		Veterano 2
2499	Joana Costa	00:30:01	01:01:18	00:59:33		Senior
2500	Nuno Oliveira	00:29:45	01:01:22	00:59:25		Senior
2501	Rui Fernandes	00:29:21	01:01:26	01:01:16		Senior
2502	Luis Cunha	00:28:28	01:01:28	01:00:11		Veterano 1
2503	Fernando Manuel	00:29:33	01:01:28	01:00:21		Veterano 5
2504	Zeferino Boal	00:30:32	01:01:29	01:01:12		Veterano 3
2505	José Pires	00:29:18	01:01:30	00:58:59		Veterano 1
2506	Francisco Covas	00:26:46	01:01:30	01:00:34		Senior
2507	Luis Figueiredo	00:29:59	01:01:31	01:00:45		Veterano 4
2508	Maria Várzea	00:30:47	01:01:32	01:00:27		Veterana
2509	Luis Mira	00:30:47	01:01:32	01:00:27		Veterano 3
2510	Paulo Pedroso	00:30:11	01:01:33	00:59:16	C C R D BURINHOSA	Veterano 3
2511	Patricia Pereira	00:29:55	01:01:33	00:59:10		Veterana
2512	Pedro Costa	00:30:00	01:01:34	00:59:38	Clube Colaboradores AXA	Veterano 2
2513	Miguel Vale	00:30:00	01:01:35	00:59:38		Veterano 1
2514	Célia Freitas	00:29:44	01:01:37	01:01:09		Veterana
2515	Teresa Lucas	00:29:53	01:01:39	00:58:58	SERVICONTABIL	Senior
2516	Manuel Coelho	00:28:13	01:01:39	01:00:52		Veterano 6
2517	Ana Morais	00:29:53	01:01:39	00:58:57	SERVICONTABIL	Senior
2518	Fernando Fernandes	00:27:57	01:01:39	00:59:10	RUNLESS	Senior
2519	Flavio Marcos	00:29:06	01:01:41	01:01:23		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2520	Paulo Encarnaçao	00:30:01	01:01:41	00:58:42		Veterano 2
2521	Marta Martins	00:29:25	01:01:42	01:00:33		Senior
2522	Oscar Graça	00:28:57	01:01:45	01:01:08		Veterano 5
2523	Andreia Ramos	00:30:52	01:01:46	01:01:05		Senior
2524	Ana Silveira	00:29:38	01:01:47	00:59:26		Veterana
2525	Pedro Pires	00:28:52	01:01:48	00:59:50		Senior
2526	Nuno Pinto	00:29:30	01:01:49	01:01:18	Clube Grupo BES	Veterano 1
2527	João Mendes	00:29:38	01:01:51	00:59:29		Veterano 2
2528	José Berga	00:29:22	01:01:53	00:58:58		Veterano 3
2529	Susana Marques	00:29:56	01:01:53	00:59:02		Senior
2530	Rui Gomes	00:30:04	01:01:54	00:59:04		Senior
2531	Marco Brito	00:30:04	01:01:54	00:59:04		Veterano 1
2532	Jose Dionisio	00:30:41	01:01:54	00:59:48		Veterano 5
2533	Julio Morais	00:29:21	01:01:56	01:00:21		Junior
2534	Nelito Calixto	00:29:07	01:01:57	00:59:02		Senior
2535	Gualdino Freire	00:30:20	01:01:58	01:00:42	Centro Cultural e Desportivo dos Trabalhadores do M	Veterano 6
2536	Nivaldo Lingrinhas	00:28:58	01:01:58	01:01:09	Recreativo Alvorada	Veterano 2
2537	Inês Rodrigues	00:29:36	01:01:58	01:00:23	Maninis	Senior
2538	Carlos Pereira	00:29:34	01:01:58	01:00:23	Maninis	Senior
2539	João Damasio	00:31:34	01:01:59	00:59:41		Veterano 2
2540	João Rita	00:29:30	01:02:00	01:01:32	PELEGAS	Senior
2541	João Rita	00:29:30	01:02:00	01:01:33	PELEGAS	Veterano 4
2542	Vitor Crespo	00:28:25	01:02:00	01:00:31		Veterano 2
2543	Eberhard Wilhelm	00:28:56	01:02:01	01:01:00		Veterano 6
2544	João Marcos	00:29:25	01:02:02	00:59:23	HERBAL DHS	Senior
2545	José Mendes	00:29:23	01:02:03	00:59:39		Veterano 5
2546	José Baleiras	00:30:32	01:02:03	00:59:08		Veterano 6
2547	Lurdes Alves	00:28:25	01:02:06	01:01:56		Veterana
2548	Sílvia Frazão	00:30:50	01:02:06	01:00:25		Senior
2549	Tiago Correia	00:29:03	01:02:07	01:00:54		Senior
2550	Angelica Heldt	00:29:52	01:02:07	01:01:03		Veterana
2551	Francisco Pereira	00:32:42	01:02:08	01:00:02	Pereiras	Junior
2552	José Ferreira	00:29:23	01:02:09	00:59:48		Veterano 3
2553	Carlos Caixeiro	00:28:51	01:02:09	00:59:10		Veterano 4
2554	Mário Teixeira	00:27:56	01:02:10	01:01:56		Veterano 1
2555	Andreia Louzeiro	00:30:08	01:02:11	01:01:37		Veterana
2556	João Correia	00:29:08	01:02:12	01:01:56		Veterano 5



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2557	Nelson Duarte	00:28:21	01:02:13	01:02:03		Senior
2558	João Pires	00:28:22	01:02:13	01:02:03		Senior
2559	Rui Gonçalves	00:28:21	01:02:13	01:02:02		Senior
2560	José Carvalho	00:31:04	01:02:15	01:00:47		Veterano 1
2561	Ângelo Valério	00:30:40	01:02:17	00:59:25		Senior
2562	Nuno Santos	00:31:17	01:02:19	01:00:40		Senior
2563	Joana Correia	00:31:17	01:02:19	01:00:41		Senior
2564	Mário Patricio	00:29:30	01:02:19	01:02:09	SCP	Veterano 2
2565	Ricardo Silva	00:30:49	01:02:20	01:00:38	Clube Grupo BES	Senior
2566	Paulo Gonçalo	00:30:31	01:02:20	01:01:13		Veterano 1
2567	Mário Castro	00:29:35	01:02:20	01:01:23	SOTECLEÃO	Veterano 3
2568	Pedro Fidalgo	00:30:31	01:02:20	01:01:14		Senior
2569	Ana Quaresma	00:29:25	01:02:20	00:59:32		Veterana
2570	Sandra Raposinho	00:29:25	01:02:21	00:59:33		Veterana
2571	António Costa	00:32:42	01:02:22	01:00:17		Veterano 2
2572	Manuel Silva	00:31:41	01:02:24	00:59:28		Veterano 4
2573	João Gomes	00:31:42	01:02:24	00:59:28		Veterano 1
2574	Carlos Santos	00:30:15	01:02:25	00:59:32		Veterano 2
2575	Luis Costa	00:30:44	01:02:28	01:00:26		Veterano 5
2576	Rui Fialho	00:31:04	01:02:29	01:01:03	Equipa do Catujal	Senior
2577	Lara Veloso	00:29:45	01:02:30	01:01:38	Clube Atletismo Amigos Parque Paz	Veterana
2578	Alexandrina Filipe	00:29:56	01:02:35	01:01:20	Clube Grupo BES	Veterana
2579	Francisco Silva	00:30:39	01:02:35	01:02:10		Veterano 6
2580	Antonio Castro	00:32:23	01:02:37	01:01:43		Veterano 2
2581	Ines Costa	00:30:01	01:02:37	01:00:52		Senior
2582	Ricardo Oliveira	00:30:18	01:02:39	01:00:02		Veterano 1
2583	Pedro Neves	00:29:53	01:02:39	00:59:59		Veterano 4
2584	Luis Marques	00:30:01	01:02:40	01:01:41		Veterano 1
2585	Dora Duarte	00:30:07	01:02:41	01:01:49		Veterana
2586	Marta Catarino	00:29:14	01:02:44	00:59:56		Senior
2587	Luisa Leite	00:30:54	01:02:45	01:02:32	famicosta	Veterana
2588	Isabel Martinez	00:30:48	01:02:45	01:01:17		Veterana
2589	Rita Tomás	00:29:30	01:02:45	01:00:55		Senior
2590	Miguel Sousa	00:29:28	01:02:45	01:00:55		Senior
2591	António Alves	00:30:16	01:02:49	01:02:16	Odebrecht/B.P.C	Veterano 5
2592	António Pereira	00:29:31	01:02:49	01:01:52	A Sacavenense	Veterano 6
2593	Nuno Molero	00:27:47	01:02:51	01:00:26		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2594	Frederico Craveiro	00:30:53	01:02:52	00:59:59		Veterano 1
2595	Gonçalo Rosa	00:29:48	01:02:52	01:00:45		Senior
2596	Carla Serra	00:29:48	01:02:52	01:00:45		Senior
2597	Paulo Vieira	00:29:53	01:02:53	01:02:05		Veterano 3
2598	Diamantino Teixeira	00:30:42	01:02:53	01:01:34		Veterano 3
2599	Ruben Reis	00:29:02	01:02:53	01:00:54		Veterano 2
2600	Gonçalo Lufinha	00:29:49	01:02:53	01:00:05		Veterano 1
2601	Fábio Correia	00:29:05	01:02:54	01:01:42		Senior
2602	António Vicente	00:29:51	01:02:54	01:02:20		Veterano 6
2603	Tiago Baptista	00:29:49	01:02:54	01:00:06		Veterano 1
2604	Rui Alves	00:30:59	01:02:54	01:01:59		Veterano 1
2605	Paulo Viegas	00:29:39	01:02:55	01:02:30		Veterano 5
2606	Jorge Costa	00:29:39	01:02:55	01:02:31		Veterano 4
2607	Alvaro Geraldes	00:31:27	01:02:55	01:00:52		Veterano 1
2608	Helder Magalhães	00:29:42	01:02:55	01:01:26		Veterano 6
2609	Mário Batista	00:31:27	01:02:55	01:00:52		Veterano 1
2610	Pedro Campos	00:31:25	01:02:56	01:00:38		Veterano 1
2611	Mario Ferreira	00:29:38	01:02:56	01:01:02		Veterano 4
2612	Fábio Gigante	00:28:22	01:02:56	01:01:26	3 vezes por semana	Junior
2613	Diogo Marques	00:29:20	01:02:58	01:00:14		Junior
2614	Florbela Pantaleão	00:29:10	01:02:59	01:02:52		Veterana
2615	Paula Silva	00:30:01	01:03:01	01:02:04		Senior
2616	Pedro Carvalho	00:30:33	01:03:02	01:01:22		Senior
2617	Sara Lopes	00:29:37	01:03:04	01:01:03		Senior
2618	Gorete Capucho	00:30:24	01:03:06	01:01:29	Aguias Unidas	Veterana
2619	Ana Baleiras	00:30:34	01:03:07	01:00:12		Senior
2620	Luís Neves	00:29:43	01:03:08	01:01:04	Açoreana Clube Banif	Veterano 1
2621	Tiago Miguel	00:29:47	01:03:12	01:02:27		Senior
2622	Hugo Oliveira	00:31:29	01:03:13	01:00:41		Veterano 1
2623	Miguel Lopes	00:31:54	01:03:14	01:02:27		Veterano 1
2624	José Falcato	00:31:54	01:03:14	01:02:27		Veterano 1
2625	Bruno Alle	00:29:11	01:03:17	01:00:25	Los Tres Amigos Gues	Senior
2626	António Ferreira	00:29:35	01:03:18	01:00:07		Veterano 2
2627	Paulo Balseiro	00:28:01	01:03:18	01:02:46		Veterano 1
2628	José Lopes	00:31:53	01:03:21	01:03:12		Senior
2629	Carlos Silva	00:31:02	01:03:23	01:03:12		Veterano 4
2630	Carlos Beites	00:29:56	01:03:23	01:03:09		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2631	Vitor Ribeiro	00:31:55	01:03:24	01:01:36	ATAÍJA PRESENTE	Veterano 3
2632	Margarida Sequeira	00:31:27	01:03:31	01:03:04	ss cgd	Veterana
2633	João Marques	00:31:24	01:03:33	01:03:16		Veterano 1
2634	Miguel Leónidas	00:28:55	01:03:36	01:01:12	Clube do Stress	Veterano 3
2635	Cassiano Cunha	00:30:35	01:03:36	01:03:29		Veterano 6
2636	Tiago Santos	00:30:20	01:03:38	01:01:40		Senior
2637	Aurelia Ghiran	00:31:10	01:03:40	01:03:29		Veterana
2638	Luis Rosa	00:30:23	01:03:41	01:02:09		Veterano 4
2639	Carlos Maruta	00:30:22	01:03:41	01:02:08		Senior
2640	Ana Paulino	00:30:18	01:03:43	01:03:13	Clube do Stress	Veterana
2641	Jorge Ó	00:30:56	01:03:43	01:01:48		Veterano 2
2642	António Pesqueira	00:30:35	01:03:43	01:00:59		Veterano 5
2643	Fernando Allen	00:30:55	01:03:46	01:00:42		Veterano 6
2644	João Rocha	00:31:58	01:03:46	01:01:18	WSB	Senior
2645	João Silva	00:31:58	01:03:46	01:01:18	WSB	Senior
2646	Luis Carvalho	00:29:46	01:03:50	01:03:43		Veterano 2
2647	Carlos Pedro	00:29:16	01:03:51	01:03:36		Veterano 6
2648	Sandra Campos	00:30:23	01:03:52	01:03:01		Veterana
2649	Carla Matos	00:30:59	01:03:53	01:02:50		Senior
2650	Pedro Pinto	00:30:59	01:03:54	01:02:50		Senior
2651	Romão Valente	00:29:50	01:03:57	01:02:50		Veterano 3
2652	Luis Frazão	00:29:48	01:03:59	01:03:39		Veterano 3
2653	Tiago Costa	00:29:14	01:04:02	01:01:06		Senior
2654	Ricardo Casaca	00:29:14	01:04:02	01:01:06		Senior
2655	Luís Rego	00:29:13	01:04:02	01:01:05		Senior
2656	Florbela Ferreira	00:31:21	01:04:04	01:01:43		Veterana
2657	Luis Rodrigues	00:28:47	01:04:05	01:01:55		Senior
2658	Vera Silva	00:30:57	01:04:06	01:02:38	Odebrecht/B.P.C	Veterana
2659	Joaquim Capucho	00:29:16	01:04:06	01:02:31		Veterano 6
2660	Mauricio Santos	00:30:06	01:04:11	01:02:05		Veterano 2
2661	João Ferreira	00:30:08	01:04:11	01:02:05		Veterano 3
2662	Joao Perdigao	00:30:09	01:04:11	01:02:05		Veterano 4
2663	Pedro Salgueiro	00:31:21	01:04:13	01:03:45	RTP	Senior
2664	Miguel Louzeiro	00:30:08	01:04:13	01:03:39		Veterano 1
2665	Rui Hermenegildo	00:28:00	01:04:13	01:04:08	Casa do Benfica de Algueirão M. Martins	Junior
2666	Carlos Pereira	00:30:52	01:04:14	01:03:38		Veterano 6
2667	Mário Ribeiro	00:30:53	01:04:15	01:03:38		Veterano 1





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2668	Ninousca Boto	00:30:18	01:04:15	01:01:37		Veterana
2669	Ricardo Correia	00:30:19	01:04:16	01:01:37		Veterano 2
2670	Jorge Pereira	00:32:43	01:04:16	01:02:10	Pereiras	Veterano 2
2671	Carlos Roda	00:30:14	01:04:18	01:04:08		Veterano 4
2672	Ligia Morais	00:30:16	01:04:20	01:01:34	Serviços Sociais Montepio Geral	Veterana
2673	Luís Sousa	00:29:43	01:04:22	01:02:22	Academia do Lumiar	Veterano 1
2674	Carlos Correia	00:29:17	01:04:22	01:03:03		Veterano 2
2675	Gonçalo Camejo	00:28:54	01:04:23	01:04:13		Veterano 1
2676	Nuno Peralta	00:29:58	01:04:25	01:01:28	Quarteto Maravilha	Veterano 1
2677	Cátia Coelho	00:32:12	01:04:26	01:04:14	BESJOGING	Senior
2678	António Nascimento	00:32:04	01:04:26	01:03:21	N&A CNAS	Veterano 3
2679	Nuno Caldeira	00:31:39	01:04:27	01:01:52		Senior
2680	Miguel Silva	00:31:10	01:04:28	01:02:50	G A Monsanto/Gascan	Veterano 6
2681	João Varela	00:30:24	01:04:31	01:03:10		Veterano 5
2682	Hugo Lemos	00:30:34	01:04:32	01:02:16		Senior
2683	Helder Coelho	00:29:22	01:04:32	01:02:11		Veterano 1
2684	Sílvia Gonçalves	00:31:41	01:04:33	01:03:40		Veterana
2685	Rosaria Pacheco	00:31:20	01:04:33	01:03:18		Veterana
2686	Júlio Santos	00:30:15	01:04:34	01:02:08		Veterano 4
2687	Victor Mendes	00:30:56	01:04:35	01:03:36	SOTECLEÃO	Veterano 4
2688	António Morgado	00:33:41	01:04:35	01:01:59	Águias	Senior
2689	Carlos Coelho	00:32:10	01:04:36	01:01:30		Senior
2690	Sofia Pignatelli	00:30:49	01:04:39	01:02:39		Senior
2691	Daniela Vicente	00:30:50	01:04:39	01:02:39		Veterana
2692	Joao Vieira	00:32:34	01:04:39	01:02:59		Veterano 3
2693	Patrícia Vicente	00:29:20	01:04:40	01:04:34		Senior
2694	António Guedes	00:24:11	01:04:40	01:02:55	Açoreana Clube Banif	Veterano 2
2695	Pedro Bento	00:31:16	01:04:41	01:03:38		Senior
2696	Ricardo Moreira	00:32:20	01:04:41	01:02:19		Veterano 1
2697	José Simões	00:32:04	01:04:43	01:03:10		Veterano 6
2698	Carla Simoes	00:32:05	01:04:43	01:03:11		Veterana
2699	José Baltazar	00:31:57	01:04:47	01:04:04		Veterano 3
2700	Rui Belo	00:32:40	01:04:48	01:04:11		Senior
2701	Angelo Pereira	00:33:26	01:04:50	01:04:35		Veterano 4
2702	Carolina Pinto	00:30:49	01:04:50	01:04:22		Senior
2703	Rosimere Siqueira	00:30:24	01:04:50	01:04:31		Veterana
2704	Filipe Vasques	00:26:50	01:04:51	01:01:58		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2705	Susana Amaro	00:30:06	01:04:57	01:02:57		Senior
2706	Armando Nunes	00:30:11	01:04:59	01:04:51	RTP	Veterano 5
2707	Antonio Silva	00:29:54	01:05:00	01:02:40		Veterano 4
2708	Marcos Silva	00:29:54	01:05:00	01:02:39		Senior
2709	Carlos Silva	00:30:48	01:05:01	01:02:15		Veterano 6
2710	Gonçalo Prata	00:30:14	01:05:04	01:03:39		Senior
2711	João Vieira	00:31:11	01:05:04	01:03:41		Senior
2712	Carlos Ferreira	00:30:48	01:05:06	01:02:20	JG Seguros	Veterano 4
2713	Manuel Barbosa	00:30:25	01:05:06	01:02:13		Veterano 5
2714	Marcelo Fonseca	00:38:36	01:05:09	01:03:42		Senior
2715	Manuel Norte	00:31:21	01:05:09	01:04:08	ASICS	Veterano 2
2716	João Reimão	00:29:58	01:05:16	01:04:50		Senior
2717	Carolina Ferreira	00:30:56	01:05:21	01:02:29		Senior
2718	Rosário Margarido	00:30:56	01:05:22	01:02:28		Senior
2719	Pedro Nascimento	00:31:25	01:05:22	01:04:45		Senior
2720	Ana Fiadeiro	00:31:25	01:05:22	01:04:45		Senior
2721	Daniel Nascimento	00:31:24	01:05:22	01:04:45		Senior
2722	Fausto Capitão	00:31:05	01:05:24	01:03:34	Ninho Florido Sport Clube	Senior
2723	André Dias	00:32:03	01:05:28	01:02:36		Senior
2724	Liliana Silva	00:32:04	01:05:28	01:02:36		Senior
2725	Deniz Ferraz	00:32:36	01:05:29	01:04:17		Veterano 1
2726	Inês Cardoso	00:31:57	01:05:30	01:03:52		Senior
2727	Inês Ribeirete	00:31:57	01:05:30	01:03:53		Senior
2728	Julio Alves	00:30:43	01:05:31	01:05:13		Veterano 6
2729	Pedro Alves	00:30:42	01:05:32	01:05:12		Senior
2730	Luís Ribeiro	00:32:59	01:05:32	01:04:41		Senior
2731	Nuno Trovão	00:32:12	01:05:33	01:02:28		Veterano 2
2732	Paulo Carvalho	00:29:38	01:05:34	01:03:08	EngenhariaLiquida Ida	Veterano 2
2733	Ricardo Pinheiro	00:31:23	01:05:35	01:05:01		Senior
2734	Carlos Pereira	00:32:19	01:05:41	01:04:49		Veterano 6
2735	Maria Leitão	00:31:43	01:05:41	01:05:21		Veterana
2736	Ana Lourenço	00:31:41	01:05:42	01:03:11		Senior
2737	Nuno Duarte	00:30:43	01:05:43	01:04:56	GDCT UNICRE	Veterano 1
2738	Joaquim Lameiras	00:30:46	01:05:44	01:04:59		Veterano 6
2739	Angela Santos	00:31:27	01:05:45	01:04:00		Senior
2740	João Pissarra	00:30:02	01:05:47	01:03:21		Veterano 5
2741	Ma Hung	00:31:45	01:05:48	01:05:12	Açoreana Clube Banif	Veterana



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2742	Leonel Alves	00:30:45	01:05:50	01:03:43		Veterano 6
2743	Luis Schwab	00:35:27	01:05:50	01:03:12		Veterano 3
2744	Pedro Machado	00:29:41	01:05:56	01:03:33		Veterano 1
2745	Paulo Figueiredo	00:28:47	01:05:57	01:03:33	Clube Colaboradores AXA	Senior
2746	José Carvalho	00:30:33	01:05:58	01:04:18		Veterano 3
2747	Ricardo Miragaia	00:31:14	01:06:02	01:03:15		Senior
2748	Sónia Timoteo	00:31:15	01:06:02	01:03:16		Senior
2749	Filipa Remigio	00:31:33	01:06:08	01:03:45		Veterana
2750	Beatriz Lourenço	00:31:08	01:06:10	01:03:32		Senior
2751	Eurico Pardal	00:30:10	01:06:10	01:05:46		Veterano 6
2752	Joao Gomes	00:29:58	01:06:10	01:03:36	JG Seguros	Veterano 6
2753	David Brito	00:33:40	01:06:11	01:03:16		Senior
2754	Pedro Godinho	00:30:47	01:06:11	01:03:54		Veterano 1
2755	Carla Lopes	00:30:38	01:06:14	01:03:29		Senior
2756	Pedro Baptista	00:31:38	01:06:16	01:04:56		Senior
2757	Francisco Rato	00:31:15	01:06:16	01:05:04		Junior
2758	Paulo Rato	00:31:15	01:06:16	01:05:04		Veterano 3
2759	Gonçalo Pimenta	00:32:01	01:06:17	01:04:49		Senior
2760	Manuel Sousa	00:31:12	01:06:19	01:06:13		Veterano 6
2761	Sónia Santos	00:30:50	01:06:19	01:04:17	A Dama do SCP e os 2 Vagabundos do SLB!	Senior
2762	Luis Duarte	00:30:53	01:06:20	01:03:38	SERVICONTABIL	Senior
2763	Rui Soares	00:31:35	01:06:21	01:04:23		Veterano 1
2764	José Batista	00:35:42	01:06:22	01:03:44		Veterano 4
2765	Amaro Brandão	00:30:11	01:06:22	01:04:49		Veterano 2
2766	Augusto Martins	00:33:14	01:06:26	01:04:11		Veterano 6
2767	Marina Ferreira	00:29:36	01:06:29	01:03:59		Veterana
2768	Angela Morais	00:31:09	01:06:30	01:03:50	SERVICONTABIL	Veterana
2769	Sanjaysinh Natha	00:32:57	01:06:31	01:05:45		Veterano 1
2770	Paulo Mateus	00:31:15	01:06:31	01:04:22		Senior
2771	Tózé Bernardino	00:32:34	01:06:35	01:03:49	Girafense FC	Veterano 1
2772	Rui Dias	00:32:35	01:06:36	01:03:49	Girafense FC	Veterano 1
2773	Joao Gavancha	00:32:35	01:06:36	01:03:50		Veterano 2
2774	Ana Salgueiro	00:32:46	01:06:38	01:05:56		Veterana
2775	Marcos Madeira	00:31:35	01:06:40	01:04:42		Veterano 1
2776	Carla Pereira	00:31:11	01:06:44	01:04:45		Veterana
2777	Nuno Leitão	00:33:53	01:06:46	01:04:16	WSB	Senior
2778	Mário Afonso	00:30:22	01:06:48	01:05:43		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2779	Paulo Matos	00:31:42	01:06:54	01:04:37		Veterano 1
2780	Bruno Salazar	00:30:34	01:06:56	01:04:32	Clube Colaboradores AXA	Veterano 1
2781	Sofia Barbosa	00:33:40	01:06:58	01:05:41		Veterana
2782	Sónia Diogo	00:32:05	01:06:58	01:05:32		Senior
2783	Francisco Inacio	00:31:16	01:07:03	01:06:05		Veterano 4
2784	Sandra Antunes	00:31:42	01:07:06	01:05:59		Veterana
2785	José Timóteo	00:31:05	01:07:07	01:05:10		Senior
2786	Carlos Vieira	00:31:31	01:07:11	01:04:30		Veterano 2
2787	Nuno Marques	00:32:38	01:07:19	01:06:25		Veterano 2
2788	Manuel Ferrador	00:32:40	01:07:20	01:06:24		Veterano 4
2789	Vitor Pratas	00:29:22	01:07:21	01:06:56	RUNLESS	Veterano 2
2790	Ana Pratas	00:31:54	01:07:21	01:06:57	RUNLESS	Veterana
2791	Isilda Barradas	00:27:29	01:07:22	01:07:16		Veterana
2792	Luís Duarte	00:32:06	01:07:22	01:06:33		Senior
2793	Mário Borges	00:32:17	01:07:22	01:06:49	Clube Robbialac	Veterano 4
2794	Aparício Vieira	00:30:40	01:07:23	01:04:26		Veterano 1
2795	Isabel Marcos	00:30:40	01:07:23	01:04:26		Senior
2796	Jorge Vicente	00:31:55	01:07:25	01:07:24		Senior
2797	Nuno António	00:32:08	01:07:28	01:05:33		Veterano 1
2798	Pedro Henriques	00:31:27	01:07:29	01:06:57		Senior
2799	Jorge Boim	00:33:54	01:07:32	01:04:57		Veterano 1
2800	Artur Monteiro	00:31:28	01:07:33	01:04:45		Veterano 1
2801	Margarida Marinho	00:32:19	01:07:38	01:05:58	Corianders	Senior
2802	Nuno Portela	00:31:59	01:07:39	01:07:05		Veterano 1
2803	Maria Pereira	00:31:59	01:07:42	01:06:00		Senior
2804	Víctor Silva	00:32:32	01:07:42	01:07:29		Veterano 6
2805	João Canaverde	00:31:37	01:07:42	01:05:26		Veterano 1
2806	Pedro Santos	00:29:34	01:07:43	01:05:51		Veterano 2
2807	Alexandra Martinho	00:32:42	01:07:43	01:05:13	Relax Team	Veterana
2808	Vitor Alves	00:32:42	01:07:43	01:05:13	Relax Team	Veterano 3
2809	Rute Fernandes	00:33:09	01:07:44	01:07:29		Veterana
2810	Joaquim Belga	00:32:29	01:07:45	01:05:32		Veterano 4
2811	Mario Belga	00:32:29	01:07:46	01:05:32		Veterano 2
2812	Ricardo Bandeira	00:31:16	01:07:48	01:07:32		Senior
2813	António Marques	00:31:50	01:07:49	01:05:59		Veterano 6
2814	Maria Matias	00:31:41	01:07:49	01:07:32		Veterana
2815	Pedro Santos	00:30:56	01:07:51	01:05:54		Junior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2816	Maria Anjos	00:32:57	01:07:51	01:07:11	Junta de Freguesia da Portela	Veterana
2817	Marlene Fernandes	00:32:19	01:07:53	01:04:56	El Coyote Cojo	Veterana
2818	Mario Guerreiro	00:30:14	01:07:55	01:07:38		Veterano 1
2819	Beto Santos	00:30:56	01:07:56	01:05:58		Veterano 1
2820	Pedro Cardoso	00:31:27	01:07:56	01:06:33	G A Monsanto/Gascan	Senior
2821	José Salvador	00:32:02	01:07:57	01:05:19		Veterano 6
2822	Rosa Feio	00:33:14	01:07:57	01:06:45	TOKANDAR	Veterana
2823	Lourenço Bordalo	00:33:43	01:07:57	01:05:08		Veterano 2
2824	Mario Aguilera	00:33:11	01:07:58	01:06:44	TOKANDAR	Veterano 3
2825	Florinda Pereira	00:31:44	01:07:58	01:06:06		Veterana
2826	Marta Aguilera	00:33:11	01:07:58	01:06:44	TOKANDAR	Senior
2827	Hália Correia	00:31:13	01:07:59	01:06:06		Senior
2828	António Leitão	00:30:58	01:08:00	01:06:13		Veterano 1
2829	Diogo Rombo	00:28:49	01:08:01	01:06:14		Senior
2830	João Torres	00:30:27	01:08:07	01:05:10		Senior
2831	Jorge Santos	00:30:01	01:08:10	01:07:27		Senior
2832	Cesar Guerra	00:32:06	01:08:11	01:06:04	CTJD	Veterano 2
2833	Maria Rodrigues	00:32:07	01:08:11	01:06:05	CTJD	Veterana
2834	Nuno Almeida	00:34:53	01:08:12	01:06:26	Sportings de Almeida	Veterano 1
2835	Claudia Lourenço	00:32:42	01:08:13	01:06:33	ss cgd	Veterana
2836	Fernando Benevides	00:33:06	01:08:13	01:06:50	LIONS	Senior
2837	Paula Benevides	00:33:05	01:08:14	01:06:50	LIONS	Senior
2838	Sérgio Honrado	00:32:12	01:08:15	01:05:13		Veterano 1
2839	Joanna Paraizo	00:33:03	01:08:16	01:07:04		Senior
2840	Diogo Branco	00:32:29	01:08:17	01:05:28	PAPA MILHAS	Junior
2841	Carlos Lopes	00:32:56	01:08:20	01:05:17		Senior
2842	José Sacavém	00:32:12	01:08:21	01:07:55		Veterano 2
2843	Rita Romão	00:32:02	01:08:24	01:06:01		Veterana
2844	Hugo Costa	00:33:09	01:08:26	01:07:52		Senior
2845	Sara Gomes	00:32:29	01:08:26	01:05:48		Senior
2846	Ana Cascais	00:32:32	01:08:27	01:06:46		Senior
2847	António Gaspar	00:32:12	01:08:30	01:06:56	Grupo Desportivo Imprensa Nacional Casa Moeda	Veterano 6
2848	André Cardoso	00:31:46	01:08:31	01:06:19		Senior
2849	Maria Rebelo	00:32:42	01:08:31	01:08:00		Veterana
2850	Ricardo Carvalho	00:32:26	01:08:33	01:05:51		Veterano 1
2851	Jorge Carvalho	00:31:13	01:08:38	01:07:00	RTP	Veterano 2
2852	Nelson Ferreira	00:29:48	01:08:42	01:06:40		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2853	Filipa Cunha	00:32:36	01:08:44	01:06:07	wikaboo	Veterana
2854	Carolina Ribeiro	00:32:37	01:08:44	01:06:07	wikaboo	Veterana
2855	Shabir Najmudin	00:33:34	01:08:50	01:06:54		Veterano 4
2856	Hugo Manuel	00:31:30	01:08:51	01:07:46		Veterano 1
2857	Luís Zacarias	00:32:54	01:08:53	01:06:22	CCD TRANQUILIDADE	Veterano 1
2858	Rubina Oliveira	00:32:53	01:08:54	01:06:21	CCD TRANQUILIDADE	Veterana
2859	Hugo Ferreiraliz	00:33:48	01:08:56	01:08:12		Senior
2860	Jose Carvalho	00:32:03	01:08:57	01:06:28		Veterano 5
2861	Gonçalo Aires	00:32:17	01:08:57	01:07:59		Senior
2862	Isabel Coelho	00:34:08	01:08:58	01:08:17	A D C R P.J.	Veterana
2863	Jorge Patinho	00:33:38	01:09:00	01:06:18		Veterano 2
2864	Hugo Felicio	00:32:31	01:09:04	01:07:36		Senior
2865	Pedro Natal	00:29:43	01:09:05	01:06:29		Senior
2866	Francisco Silva	00:35:19	01:09:07	01:08:34		Veterano 6
2867	Juvenal Moreira	00:34:12	01:09:10	01:06:14	Núcleo Sportinguista de Caneças	Veterano 3
2868	Joana Arantes	00:33:39	01:09:10	01:06:29		Veterana
2869	Mª Tavares	00:34:07	01:09:12	01:08:10		Veterana
2870	Ricardo Lopes	00:33:37	01:09:16	01:08:14	Lopes	Junior
2871	Luísa Marinho	00:32:20	01:09:17	01:07:38	Corianders	Veterana
2872	Jose Arruda	00:34:03	01:09:20	01:07:05		Veterano 6
2873	Fock Chiu	00:34:03	01:09:20	01:07:05		Veterana
2874	Anselmo Silva	00:33:44	01:09:25	01:06:50	Águias	Veterano 4
2875	Joaquim Cunha	00:33:18	01:09:26	01:06:50	Cunha	Veterano 2
2876	Manuela Cunha	00:33:19	01:09:26	01:06:51	Cunha	Veterana
2877	Pedro Xavier	00:32:25	01:09:30	01:07:18		Senior
2878	Octavio Lopes	00:33:39	01:09:32	01:08:31	Lopes	Veterano 2
2879	João Coelho	00:35:23	01:09:32	01:06:43		Veterano 1
2880	Miguel Belém	00:31:44	01:09:36	01:07:24		Senior
2881	Maria Barroso	00:33:06	01:09:40	01:07:04	C.C.D. das Autarquias de Almada	Veterana
2882	Mafalda Carvalho	00:33:43	01:09:41	01:07:58	AFIS-OVAR	Senior
2883	José Costa	00:31:33	01:09:43	01:08:43		Veterano 6
2884	Vanessa Hillebrand	00:32:19	01:09:43	01:07:50	FGP Coyotes	Veterana
2885	Hugo Pereira	00:32:45	01:09:47	01:09:22	PELEGAS	Senior
2886	Diana Duarte	00:34:48	01:09:48	01:07:57		Senior
2887	João Fonseca	00:34:48	01:09:48	01:07:57		Senior
2888	João Taveira	00:34:46	01:09:48	01:08:51		Senior
2889	Cristina Almeida	00:32:45	01:09:48	01:09:22	PELEGAS	Veterana



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2890	Helena Reis	00:33:41	01:09:50	01:07:15	Águias	Veterana
2891	Marta Moita	00:32:50	01:09:50	01:07:07		Senior
2892	João Dias	00:31:59	01:09:52	01:07:59		Junior
2893	José Dias	00:33:24	01:09:52	01:07:59		Veterano 3
2894	João Afonso	00:34:07	01:09:57	01:07:41		Senior
2895	Luís Cabaça	00:33:21	01:09:58	01:07:48		Senior
2896	Sandra Campaniço	00:33:22	01:09:58	01:07:48		Senior
2897	João Basilio	00:31:46	01:10:01	01:08:14		Veterano 2
2898	Jaime Palma	00:33:06	01:10:03	01:09:09		Veterano 6
2899	Manuel Bras	00:32:38	01:10:07	01:08:27	ss cgd	Veterano 2
2900	Custódio Teigão	00:33:22	01:10:14	01:09:56		Veterano 3
2901	Nuno Mendes	00:32:45	01:10:14	01:08:12		Veterano 4
2902	Antonio Mendes	00:32:45	01:10:15	01:08:13		Junior
2903	Adelino Santos	00:33:07	01:10:20	01:10:15		Veterano 6
2904	Márcia Martinez	00:33:25	01:10:22	01:08:54		Senior
2905	João Duarte	00:32:44	01:10:23	01:07:38		Veterano 1
2906	António Rodrigues	00:32:30	01:10:25	01:07:14		Veterano 2
2907	Isabel Matias	00:34:12	01:10:26	01:08:47		Senior
2908	Ana Isaac	00:34:12	01:10:26	01:08:47	Açoreana Clube Banif	Senior
2909	Pedro Figueiredo	00:33:11	01:10:31	01:10:24	A Bola	Veterano 1
2910	Jose Brandao	00:33:11	01:10:33	01:08:35		Veterano 5
2911	José Brás	00:33:20	01:10:35	01:10:03	Amigos da Estrela	Junior
2912	Rita Mota	00:33:49	01:10:35	01:09:55	Run 4 Fun	Senior
2913	Ana Almeida	00:33:49	01:10:35	01:09:56	Run 4 Fun	Senior
2914	Paula Silva	00:35:22	01:10:38	01:08:31	4@fundo	Veterana
2915	Ana Ferreira	00:35:21	01:10:38	01:08:31	Clube Grupo BES	Veterana
2916	Paulo Duarte	00:33:05	01:10:39	01:08:29		Veterano 3
2917	Paula Resende	00:35:00	01:10:41	01:09:09	Odebrecht/B.P.C	Veterana
2918	Maria Oliveira	00:35:01	01:10:42	01:09:10	Odebrecht/B.P.C	Veterana
2919	Gonçalo Madeira	00:32:50	01:10:44	01:07:42		Senior
2920	Ana Mendes	00:34:27	01:10:46	01:08:08		Veterana
2921	Ana Alpalhão	00:34:28	01:10:46	01:08:10	Alpalhão	Veterana
2922	Rui Carvalho	00:33:32	01:10:49	01:09:11		Veterano 3
2923	Francisco Pais	00:31:56	01:10:50	01:09:01	Clube ANACOM	Veterano 4
2924	Pedro Silva	00:34:45	01:10:53	01:08:49		Veterano 1
2925	Alexandra Queiróz	00:34:43	01:10:53	01:08:47		Veterana
2926	José Costa	00:36:50	01:10:55	01:10:24		Veterano 2



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2927	Jose Palma	00:34:01	01:10:57	01:08:24		Veterano 2
2928	Ilidio Esteves	00:34:01	01:10:58	01:08:25		Veterano 2
2929	Helena Fernandes	00:32:58	01:11:02	01:10:20		Veterana
2930	Severino Cruz	00:33:44	01:11:06	01:09:22	AFIS-OVAR	Veterano 3
2931	Luis Aguiar	00:33:08	01:11:08	01:09:41		Veterano 1
2932	Jorge Lopes	00:33:04	01:11:08	01:08:28	Grup. Desp. Chelas	Veterano 1
2933	Manuel Valério	00:33:33	01:11:09	01:11:02		Veterano 6
2934	Ricardo Manteigas	00:34:04	01:11:10	01:08:26		Veterano 1
2935	Miguel Ferreira	00:34:05	01:11:10	01:08:27		Senior
2936	Patrícia Encarnação	00:33:43	01:11:11	01:08:12		Veterana
2937	Lina Cruz	00:33:45	01:11:15	01:09:32	AFIS-OVAR	Veterana
2938	Alberto Ferraz	00:33:47	01:11:20	01:10:14		Veterano 3
2939	David Crespo	00:31:03	01:11:20	01:09:52	Equipa do Catujal	Senior
2940	José Esteves	00:34:07	01:11:26	01:10:42	Clube Grupo BES	Veterano 3
2941	Inês Neves	00:35:23	01:11:29	01:09:35	ATAÍJA PRESENTE	Veterana
2942	José Paçó	00:35:00	01:11:31	01:09:36		Veterano 2
2943	Ana Almeida	00:34:53	01:11:34	01:09:48	Sportings de Almeida	Senior
2944	Antónia Machado	00:34:17	01:11:35	01:09:47		Veterana
2945	Aníbal Tomé	00:35:23	01:11:38	01:09:43	ATAÍJA PRESENTE	Veterano 2
2946	Duarte Ribeiro	00:29:58	01:11:44	01:10:20	Lá Vão ... de Almeirim	Veterano 1
2947	José Allegro	00:32:50	01:11:45	01:09:14		Veterano 6
2948	Eva Carvalho	00:34:31	01:11:47	01:10:52		Senior
2949	Maria Dias	00:34:46	01:11:47	01:10:37		Veterana
2950	José Varela	00:32:38	01:11:49	01:09:12		Senior
2951	Ricardo Lírio	00:35:22	01:11:50	01:09:56		Senior
2952	José Martins	00:34:08	01:11:52	01:10:13	Martins e Andrade	Veterano 6
2953	Ana Martins	00:34:09	01:11:53	01:10:13	Martins e Andrade	Senior
2954	Ana Dionisio	00:34:32	01:11:55	01:09:51	multiflow	Veterana
2955	Joao Almeida	00:31:41	01:11:57	01:09:20		Senior
2956	Ana Matias	00:33:08	01:11:58	01:08:51		Senior
2957	Antero Teixeira	00:33:07	01:11:58	01:08:52		Senior
2958	Hugo Matias	00:35:59	01:12:03	01:09:33		Senior
2959	Rodrigo Leal	00:34:47	01:12:06	01:09:54		Senior
2960	Alexandra Santos	00:34:33	01:12:10	01:10:32		Senior
2961	Bernardo Paraiba	00:32:56	01:12:11	01:10:18		Veterano 5
2962	Jose Ó	00:32:54	01:12:11	01:10:17		Veterano 4
2963	Nuno Cardoso	00:32:50	01:12:17	01:12:02		Veterano 1





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
2964	Mario Azevedo	00:34:23	01:12:25	01:11:40		Veterano 3
2965	Claudio Pina	00:35:01	01:12:28	01:12:24	ASICS	Veterano 1
2966	Ana Rosado	00:34:08	01:12:28	01:10:51	Clube Grupo BES	Senior
2967	Fernando Pontes	00:33:03	01:12:37	01:09:28		Veterano 2
2968	Micaela Araujo	00:34:20	01:12:38	01:10:40	Grupo Desportivo CIMPOR	Veterana
2969	Abílio Pires	00:33:40	01:12:40	01:09:46		Veterano 6
2970	Luiz Prasser	00:34:40	01:12:44	01:10:16	Clube Colaboradores AXA	Veterano 3
2971	Tânia Dimas	00:33:37	01:12:46	01:10:42	Clube do Stress	Veterana
2972	Célia Catarino	00:34:59	01:12:51	01:09:59		Veterana
2973	João Branco	00:33:26	01:12:51	01:10:03	PAPA MILHAS	Veterano 2
2974	Jorge Ramos	00:36:19	01:12:52	01:12:19		Veterano 6
2975	Joao Silva	00:33:40	01:12:53	01:11:49	U.R.D. Arranhó	Veterano 2
2976	João Silva	00:34:45	01:13:03	01:11:58		Veterano 6
2977	Vanessa Guerra	00:35:49	01:13:05	01:11:57		Senior
2978	David Cardoso	00:35:12	01:13:05	01:11:42		Senior
2979	Francisco Menezes	00:34:53	01:13:08	01:11:26		Veterano 3
2980	Fernando Tavares	00:31:39	01:13:18	01:11:19		Veterano 1
2981	César Machado	00:31:28	01:13:20	01:11:36		Senior
2982	Sandra Brandao	00:35:27	01:13:23	01:12:51		Senior
2983	Helena Brandao	00:35:26	01:13:23	01:12:51		Veterana
2984	José Sousa	00:35:26	01:13:29	01:10:27	SFUAP	Veterano 4
2985	Beatriz Franco	00:35:25	01:13:29	01:10:27		Veterana
2986	Joaquim Almeida	00:35:26	01:13:30	01:10:28	SFUAP	Veterano 6
2987	Nuno Fernandes	00:36:30	01:13:39	01:11:33		Veterano 1
2988	João Silva	00:33:47	01:13:40	01:10:59		Senior
2989	Miguel Madeira	00:33:19	01:13:42	01:10:41		Senior
2990	José Borralho	00:34:28	01:13:43	01:12:38		Veterano 2
2991	Francisco Mouchinho	00:35:37	01:13:44	01:12:10	Academia do Lumiar	Veterano 6
2992	Maria Ribeiro	00:35:40	01:13:46	01:12:06		Veterana
2993	Fernanda Borges	00:34:19	01:13:47	01:12:35		Veterana
2994	José Figueiredo	00:36:47	01:13:55	01:11:51		Veterano 6
2995	Paula Mendes	00:34:15	01:13:56	01:13:11		Veterana
2996	Rui Conceição	00:36:44	01:13:56	01:11:52		Veterano 3
2997	Tiago Pinto	00:33:42	01:13:57	01:10:58		Senior
2998	Pedro Marinho	00:39:20	01:13:58	01:11:39		Veterano 1
2999	Pedro Ladeira	00:37:21	01:14:00	01:11:05		Senior
3000	Vanessa Moreira	00:33:14	01:14:02	01:12:07		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3001	Luís Ramos	00:32:53	01:14:02	01:13:54		Veterano 2
3002	António Alves	00:33:46	01:14:02	01:12:14		Veterano 4
3003	Francisco Silvestre	00:34:27	01:14:05	01:11:17		Veterano 4
3004	Sara Silvestre	00:34:27	01:14:05	01:11:18		Senior
3005	Vera Caetano	00:34:52	01:14:08	01:11:50		Veterano 1
3006	Pedro Gonçalves	00:35:58	01:14:12	01:11:50		Veterano 2
3007	Paulo Costa	00:35:05	01:14:14	01:11:01		Veterano 1
3008	Rosa Rodrigues	00:36:59	01:14:15	01:13:23		Veterana
3009	Sérgio Raposeira	00:34:18	01:14:17	01:12:19		Senior
3010	Fernando Santos	00:37:17	01:14:22	01:11:57		Senior
3011	José Cerqueira	00:33:37	01:14:26	01:11:30		Senior
3012	Orlando Alves	00:33:37	01:14:26	01:11:30		Veterano 1
3013	João Gonçalves	00:33:42	01:14:29	01:11:30		Senior
3014	José Rodrigues	00:33:57	01:14:32	01:12:52		Veterano 6
3015	Paulo Silva	00:35:28	01:14:34	01:13:01	Odebrecht/B.P.C	Veterano 1
3016	Pedro Candelária	00:37:22	01:14:37	01:11:42		Senior
3017	Ricardo Sousa	00:36:59	01:14:43	01:12:18		Veterano 1
3018	Alberto Pina	00:34:56	01:14:43	01:14:29	GDINE	Veterano 5
3019	António Granjo	00:36:25	01:14:49	01:12:17		Veterano 5
3020	João Figueira	00:35:56	01:14:49	01:14:05		Senior
3021	Sara Magalhães	00:34:17	01:14:50	01:13:51		Veterana
3022	Guilherme Martins	00:37:19	01:14:50	01:12:35		Senior
3023	Jorge Barreira	00:35:45	01:14:53	01:14:39		Veterano 4
3024	João Costa	00:34:25	01:14:53	01:12:57		Veterano 6
3025	Luís José	00:35:06	01:14:54	01:14:16		Veterano 1
3026	Rui Mariano	00:31:10	01:14:56	01:12:18		Veterano 2
3027	Arnaldo Chora	00:35:06	01:15:01	01:12:16		Veterano 6
3028	António Matos	00:35:55	01:15:07	01:12:53		Veterano 6
3029	Bruno Vicente	00:34:33	01:15:34	01:13:31	A Dama do SCP e os 2 Vagabundos do SLB!	Senior
3030	Pedro Ferreira	00:37:17	01:15:42	01:13:12	SCP	Veterano 1
3031	Luis Cristão	00:35:55	01:15:48	01:13:27	Clube Colaboradores AXA	Veterano 1
3032	Fernanda Ribeiro	00:34:59	01:15:50	01:12:48		Veterana
3033	Jorge Lourenço	00:29:34	01:15:57	01:14:42		Senior
3034	Carlos Costa	00:28:34	01:15:58	01:13:10		Veterano 4
3035	Vasco Pereira	00:33:05	01:15:59	01:13:44	Clássicos 2009	Veterano 5
3036	Renato Andrade	00:35:25	01:16:00	01:13:02	El Coyote Cojo	Senior
3037	Pedro Gomes	00:37:41	01:16:03	01:12:29		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3038	Sofia Ferreira	00:33:48	01:16:08	01:13:28		Senior
3039	Lilia Vilhena	00:36:55	01:16:18	01:15:26		Senior
3040	Hilário Conceição	00:36:47	01:16:20	01:14:15		Veterano 6
3041	José Silva	00:36:13	01:16:24	01:15:14	ACAPO Lisboa	Senior
3042	Marcelo Sousa	00:33:07	01:16:25	01:13:36		Veterano 1
3043	Inês Freitas	00:36:07	01:16:25	01:15:57		Senior
3044	Isabel Bargão	00:35:56	01:16:25	01:14:35		Veterana
3045	Jorge Assunção	00:34:56	01:16:30	01:14:09	Clube Colaboradores AXA	Veterano 4
3046	Ricardo Simão	00:37:22	01:16:32	01:16:01		Senior
3047	Ana Simões	00:39:02	01:16:33	01:14:33	Grupo Desportivo CIMPOR	Senior
3048	João Andre	00:39:02	01:16:35	01:14:34	Grupo Desportivo CIMPOR	Veterano 2
3049	Rui Ferreira	00:38:15	01:16:37	01:15:15		Veterano 3
3050	Andreia Fernandes	00:35:53	01:16:40	01:15:57		Veterana
3051	Maria Ferreira	00:36:12	01:16:46	01:15:51		Veterana
3052	Helena Ferreira	00:36:12	01:16:47	01:15:51		Junior
3053	João Grilo	00:35:25	01:16:50	01:14:05	ASICS	Senior
3054	Ines Rosa	00:35:26	01:16:50	01:14:05	ASICS	Senior
3055	Natalia Romano	00:37:11	01:16:52	01:14:46	EIRAGYM	Veterana
3056	Alzira Pereira	00:37:12	01:16:53	01:14:48	EIRAGYM	Veterana
3057	Rita Carvalho	00:33:21	01:16:54	01:14:52		Senior
3058	Maria Valério	00:35:33	01:16:56	01:16:50		Veterana
3059	Jose Oliveira	00:34:08	01:16:56	01:15:48		Veterano 6
3060	Ana Azevedo	00:35:07	01:17:04	01:14:52		Senior
3061	Paulo Martins	00:38:10	01:17:18	01:14:35		Veterano 2
3062	Bruno Saraiva	00:38:11	01:17:18	01:14:36		Veterano 1
3063	Jorge Morais	00:38:48	01:17:19	01:16:24		Veterano 6
3064	Ana Serrano	00:37:42	01:17:20	01:16:46		Veterana
3065	Pedro Bizarro	00:30:19	01:17:21	01:16:41	Ilha do Sumiço	Senior
3066	Nuno Soares	00:30:19	01:17:21	01:16:41	Ilha do Sumiço	Veterano 1
3067	Sérgio Silva	00:39:20	01:17:23	01:15:14	Clube Peter Pan de Sintra	Senior
3068	José Ferreira	00:36:34	01:17:29	01:15:08		Veterano 3
3069	Leonor Almeida	00:37:48	01:17:33	01:17:08		Senior
3070	Caroline Resnikoff	00:39:37	01:17:37	01:15:45		Veterana
3071	Mário Casquilho	00:37:58	01:17:39	01:15:25		Veterano 6
3072	Jose Espadanal	00:39:55	01:17:46	01:15:38		Veterano 6
3073	Gina Martins	00:39:05	01:17:54	01:17:42		Veterana
3074	Carlos Aires	00:35:22	01:18:02	01:16:21		Veterano 1



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3075	Olinda Ivars	00:40:04	01:18:04	01:17:58		Veterana
3076	Maria Pacheco	00:39:30	01:18:08	01:15:28		Veterana
3077	Catarina Mateus	00:35:59	01:18:11	01:15:42	WSB	Senior
3078	Joana Cristóvão	00:37:17	01:18:12	01:15:42		Senior
3079	David Barata	00:35:49	01:18:14	01:16:07	CTJD	Veterano 2
3080	Paulo Matos	00:36:21	01:18:16	01:18:00		Veterano 1
3081	Vitor Mora	00:37:55	01:18:26	01:15:49		Veterano 6
3082	Julio Mota	00:33:05	01:18:26	01:17:58	As Estrelinhas	Senior
3083	Andreia Reis	00:37:42	01:19:04	01:18:42		Senior
3084	Monica Sofia	00:36:03	01:19:14	01:18:30	Clube Grupo BES	Veterano 1
3085	Mafalda Oliveira	00:36:47	01:19:19	01:17:40	Corianders	Senior
3086	Paulo Martinho	00:37:18	01:19:21	01:16:47		Veterano 1
3087	Carla Martinho	00:37:18	01:19:22	01:16:48		Veterana
3088	Jaime Paixão	00:37:41	01:19:24	01:18:17		Veterano 6
3089	Júlio Moreira	00:38:07	01:19:27	01:18:08		Veterano 6
3090	David Vieira	00:38:35	01:19:27	01:17:06		Veterano 1
3091	Virgílio Moreira	00:38:07	01:19:27	01:18:07		Veterano 4
3092	Américo Cardoso	00:35:58	01:19:28	01:19:12		Veterano 3
3093	Eduardo Pereira	00:38:45	01:19:31	01:16:48		Veterano 3
3094	Jorge António	00:38:55	01:19:39	01:18:42		Veterano 6
3095	Marcos Agostinho	00:37:25	01:19:43	01:19:00		Veterano 1
3096	Sabrine Almeida	00:37:25	01:19:43	01:18:59		Senior
3097	Antonio Chaves	00:37:52	01:19:54	01:19:14		Veterano 1
3098	António Barreto	00:36:40	01:19:58	01:17:39	Clássicos 2009	Veterano 5
3099	José Moreno	00:36:19	01:20:08	01:19:01		Veterano 2
3100	Rosa Caetano	00:37:29	01:20:09	01:17:42	Clube Colaboradores AXA	Veterana
3101	Vanessa Neves	00:40:15	01:20:29	01:19:18		Senior
3102	João Silva	00:36:41	01:20:29	01:18:10	Clássicos 2009	Veterano 4
3103	Alfredo Monteiro	00:40:24	01:20:39	01:19:36		Veterano 4
3104	José Gíria	00:39:14	01:20:50	01:19:55		Veterano 6
3105	Elisabete Pereira	00:39:57	01:20:50	01:19:29		Veterana
3106	Luis Silva	00:37:53	01:20:51	01:18:02		Veterano 1
3107	Pedro Rodrigues	00:37:53	01:20:52	01:18:02		Veterano 1
3108	Nelson Cortes	00:40:47	01:21:04	01:20:06		Senior
3109	Carlos Santos	00:40:49	01:21:08	01:20:09		Veterano 2
3110	Carlos Dias	00:39:00	01:21:09	01:18:11		Veterano 5
3111	José Gonçalves	00:39:00	01:21:09	01:18:12		Veterano 6



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3112	Pedro Dias	00:37:23	01:21:16	01:20:45		Veterano 1
3113	Ana Santos	00:39:09	01:21:17	01:19:39		Veterana
3114	Carlos Campos	00:39:14	01:21:22	01:21:14		Veterano 6
3115	Monica Candeias	00:40:10	01:21:34	01:20:43	Os Marretas	Senior
3116	Nuno Jonet	00:36:39	01:21:40	01:20:21	Tabaqueira	Veterano 6
3117	Sara Santos	00:39:01	01:21:43	01:19:37		Senior
3118	Vítor Santos	00:39:01	01:21:44	01:19:37		Senior
3119	Patricia Muchacho	00:37:52	01:21:44	01:18:55		Senior
3120	Cristina Bettencourt	00:36:16	01:22:00	01:19:03	El Coyote Cojo	Senior
3121	Marco Amaral	00:36:41	01:22:09	01:19:14		Senior
3122	Susana Grilo	00:37:49	01:22:14	01:20:34		Senior
3123	Patrícia Mendes	00:36:40	01:22:16	01:19:19		Junior
3124	Pedro Rodrigues	00:28:11	01:22:28	01:20:16		Senior
3125	Bruno Pereira	00:38:21	01:22:36	01:19:48		Senior
3126	João Malagueiro	00:38:28	01:22:47	01:19:56		Veterano 2
3127	José Cabral	00:38:43	01:22:48	01:19:46		Veterano 1
3128	Dora Cordeiro	00:35:55	01:22:48	01:20:29		Senior
3129	Liliana Pais	00:38:44	01:22:48	01:19:47		Senior
3130	Emanuel Fernandes	00:35:55	01:22:49	01:20:30		Senior
3131	José Santos	00:40:18	01:23:12	01:22:41		Senior
3132	Ricardo Silva	00:43:20	01:23:19	01:21:01		Junior
3133	Bento Ferreira	00:35:39	01:23:22	01:20:37		Veterano 6
3134	Maria Oliveira	00:42:27	01:23:23	01:22:11		Veterana
3135	Dalila Xavier	00:38:42	01:23:37	01:20:42		Veterana
3136	Ana Campos	00:42:00	01:23:49	01:21:58		Veterana
3137	Luis Arranhado	00:37:41	01:23:53	01:21:14		Veterano 2
3138	Hélio Guerra	00:39:38	01:23:58	01:21:42		Veterano 4
3139	Diana Sousa	00:39:37	01:23:58	01:21:41		Senior
3140	Liliana Gomes	00:39:36	01:24:22	01:22:16		Senior
3141	Miguel Quintanilha	00:40:16	01:24:23	01:22:56		Veterano 1
3142	Miguel Gomes	00:43:20	01:24:25	01:23:00		Junior
3143	Carolina Manuel	00:38:23	01:24:29	01:22:39		Veterana
3144	Rute Cardoso	00:39:12	01:24:33	01:22:32		Senior
3145	Fernanda Teixeira	00:39:05	01:24:33	01:22:32		Senior
3146	Natalina Monteiro	00:41:43	01:24:43	01:23:41		Veterana
3147	Leila Angelo	00:42:03	01:24:43	01:23:52	Os Marretas	Senior
3148	Carlos Soares	00:41:40	01:24:59	01:24:50		Veterano 6



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3149	Frederico Ferreira	00:42:18	01:25:17	01:22:50		Veterano 2
3150	Nelson Almeida	00:41:36	01:25:21	01:25:10		Veterano 6
3151	João Portela	00:41:37	01:25:22	01:25:11		Senior
3152	Marta Alves	00:41:15	01:25:36	01:23:57		Senior
3153	Nuno Basto	00:40:55	01:25:40	01:22:38		Senior
3154	Carlos Grego	00:42:24	01:25:40	01:23:00		Veterano 6
3155	Pedro Taveira	00:39:38	01:25:41	01:22:48		Veterano 2
3156	Marta Macedo	00:38:59	01:25:43	01:23:26		Senior
3157	Rahul Kumar	00:39:00	01:25:44	01:23:26		Senior
3158	Ana Carvalho	00:43:48	01:25:45	01:23:25		Veterana
3159	José Ferreira	00:38:08	01:25:46	01:23:47		Senior
3160	Fernando Pardal	00:43:47	01:25:46	01:23:24		Veterano 4
3161	TPS 12	00:43:06	01:25:55	01:24:20		Senior
3162	Tiago Lopes	00:43:55	01:25:56	01:23:54	A Dama do SCP e os 2 Vagabundos do SLB!	Senior
3163	Rita Lages	00:43:06	01:26:02	01:24:27		Senior
3164	Carlos Duarte	00:38:57	01:26:12	01:24:30		Veterano 1
3165	Artur Santos	00:40:19	01:26:40	01:26:09		Veterano 6
3166	Luisa Moura	00:42:29	01:26:41	01:23:41		Veterana
3167	Luís Ferreira	00:40:37	01:26:54	01:24:01		Senior
3168	Ana Carvalho	00:40:38	01:26:55	01:24:03		Senior
3169	Diana Costa	00:41:11	01:26:57	01:26:22		Senior
3170	Cristina Ferreira	00:39:58	01:26:57	01:24:34		Senior
3171	César Ferreira	00:39:58	01:26:57	01:24:34		Senior
3172	Ana Carvalho	00:41:41	01:27:02	01:26:01		Senior
3173	Catarina Carvalho	00:41:40	01:27:08	01:26:06		Junior
3174	Susana Morgado	00:43:07	01:27:13	01:26:02		Veterana
3175	Andreia Carvalho	00:44:45	01:27:17	01:24:50		Junior
3176	André Dias	00:39:56	01:27:19	01:24:54		Junior
3177	Carlos Afonso	00:44:44	01:27:37	01:25:02		Veterano 3
3178	Raul Oliveira	00:46:20	01:27:37	01:25:16		Veterano 3
3179	Paula Pereira	00:46:28	01:27:37	01:25:23		Veterana
3180	Charalampos Paliourgiotis	00:42:43	01:27:38	01:26:35		Veterano 1
3181	Georgios Baltos	00:42:44	01:27:38	01:26:35		Veterano 2
3182	André Pereira	00:42:35	01:28:01	01:26:12		Senior
3183	Mário Martins	00:39:49	01:28:15	01:26:00	SOTECLEÃO	Veterano 2
3184	Antonio Pereira	00:40:34	01:28:16	01:26:10		Veterano 6
3185	Raquel Costa	00:42:35	01:28:20	01:26:31		Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3186	Sandra Domingos	00:44:07	01:28:20	01:28:04		Senior
3187	Virgilio Palminha	00:43:18	01:28:22	01:25:18	N.A.BDF	Veterano 5
3188	Pedro Pereira	00:40:12	01:28:51	01:26:10		Senior
3189	Maria Oliveira	00:40:12	01:28:51	01:26:10		Veterana
3190	Maria Duarte	00:39:33	01:28:56	01:26:45		Veterana
3191	Tiago Amado	00:44:34	01:29:11	01:28:41		Senior
3192	Vitor Domingues	00:44:29	01:29:11	01:28:41		Veterano 4
3193	Álvaro Amado	00:44:30	01:29:14	01:28:44		Veterano 5
3194	Luis Rodrigues	00:44:29	01:29:14	01:28:43		Veterano 2
3195	Joaquim Candido	00:43:58	01:29:18	01:29:12		Veterano 6
3196	Fernando Amado	00:44:29	01:29:18	01:28:48		Veterano 5
3197	Adelina Costa	00:45:16	01:29:34	01:29:06	As Estrelinhas	Veterana
3198	Angelina Estaco	00:44:52	01:29:34	01:28:41		Veterana
3199	Jorge Sobral	00:44:06	01:29:44	01:27:01		Veterano 6
3200	Vitor Boim	00:44:15	01:30:00	01:27:25		Veterano 6
3201	Rui Fernandes	00:41:57	01:30:03	01:29:33		Senior
3202	Maria Tavares	00:43:03	01:30:11	01:29:20		Veterana
3203	Amanda Fernandes	00:42:00	01:30:11	01:29:41		Senior
3204	Ana Rasteiro	00:45:26	01:30:12	01:29:32		Veterana
3205	Filipa Rasteiro	00:45:25	01:30:12	01:29:32		Senior
3206	Ds 15	00:43:05	01:30:24	01:29:54		Senior
3207	Liliana Cristina	00:39:48	01:30:30	01:30:20		Veterana
3208	João Ramos	00:39:20	01:30:43	01:29:01		Veterano 2
3209	João Esteves	00:42:49	01:30:58	01:30:09	Familia Esteves	Junior
3210	Alice Henriques	00:46:48	01:30:59	01:30:36		Veterana
3211	Margarida Mendonça	00:42:49	01:31:05	01:30:16	Familia Esteves	Veterana
3212	Maria Marvao	00:47:32	01:31:06	01:29:43		Veterana
3213	Ana Silva	00:46:48	01:31:07	01:29:16	Ninho Florido Sport Clube	Senior
3214	Ana Aguilar	00:43:02	01:31:08	01:28:47		Veterana
3215	Darcileia Silva	00:41:13	01:31:41	01:31:33		Veterana
3216	Jose Maria	00:39:53	01:32:04	01:31:01	Associação Desportiva Real Academia	Veterano 3
3217	Maria Carvalho	00:44:52	01:32:10	01:29:42		Veterana
3218	João Carvalho	00:44:45	01:32:10	01:29:42		Veterano 3
3219	Conceição Santos	00:44:56	01:32:23	01:30:55	Odebrecht/B.P.C	Veterana
3220	Sonia Marques	00:44:55	01:32:24	01:32:02		Senior
3221	Carla Palmeiro	00:44:55	01:32:24	01:32:02		Veterana
3222	Rodolfo Gonçalves	00:45:16	01:32:37	01:30:12	Clube Colaboradores AXA	Senior



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3223	José Bento	00:44:50	01:32:41	01:29:40		Veterano 6
3224	Adelino Cardoso	00:39:57	01:32:47	01:30:32		Veterano 5
3225	Analide Brito	00:46:24	01:32:52	01:30:38		Veterano 6
3226	Eugenio Mota	00:41:37	01:33:06	01:30:10		Veterano 6
3227	Luisa Campaniço	00:49:34	01:33:26	01:31:14		Veterana
3228	Alexandrina Matos	00:44:20	01:33:35	01:30:32		Veterana
3229	António Pereira	00:47:14	01:34:05	01:32:43		Veterano 1
3230	Maria Gonçalves	00:46:24	01:34:07	01:32:06		Veterana
3231	Jorge Sousa	00:45:37	01:34:11	01:31:23		Senior
3232	Fernando Mamede	00:46:46	01:34:11	01:32:33		Veterano 6
3233	Teresa Ferreira	00:44:22	01:35:07	01:32:22		Senior
3234	Nelson Melo	00:44:22	01:35:07	01:32:22		Veterano 1
3235	Fernando Costa	00:46:43	01:35:25	01:33:40		Veterano 6
3236	Joana Almeida	00:45:13	01:35:27	01:34:37		Veterana
3237	Idalia Pires	00:46:23	01:35:33	01:34:45		Veterana
3238	Manuel Casinhas	00:46:23	01:35:35	01:34:46		Veterano 6
3239	Victor Calisto	00:47:21	01:35:46	01:33:41		Veterano 5
3240	Maria Brito	00:46:22	01:36:17	01:34:02		Veterana
3241	Aida Vinagre	00:45:46	01:36:18	01:35:37		Veterana
3242	José Santos	00:47:20	01:36:35	01:35:28		Veterano 6
3243	Ricardo Bernardino	00:45:59	01:36:36	01:34:09		Senior
3244	Ana Salvado	00:46:54	01:37:09	01:35:40	As Estrelinhas	Junior
3245	Gina Salvado	00:46:54	01:37:09	01:35:41	As Estrelinhas	Veterana
3246	Conceição Salvado	00:46:53	01:37:13	01:35:42	As Estrelinhas	Veterana
3247	Joana Salvado	00:47:09	01:37:13	01:35:44	As Estrelinhas	Junior
3248	Maria Freire	00:45:19	01:37:42	01:35:23		Veterana
3249	Fatima Evangelista	00:45:19	01:37:42	01:35:24		Veterana
3250	Tiago Silva	00:50:02	01:38:29	01:36:10		Senior
3251	Joaquim Ferreira	00:50:10	01:38:45	01:36:28		Veterano 6
3252	Gil Silva	00:50:14	01:38:45	01:36:26		Veterano 6
3253	Isabel Afonso	00:42:29	01:38:46	01:35:45		Senior
3254	Maria Pinto	00:48:17	01:38:48	01:38:28		Veterana
3255	Maria Conde	00:48:14	01:38:49	01:38:28		Veterana
3256	Aida Gonçalves	00:48:00	01:38:51	01:38:35		Veterana
3257	Miguel Silva	00:48:07	01:38:59	01:35:56		Veterano 6
3258	Palmira Santos	00:49:10	01:39:07	01:38:07		Veterana
3259	Maria Nunes	00:49:30	01:39:48	01:37:30		Veterana





<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3260	Alexandra Oliveira	00:49:15	01:40:02	01:38:48		Senior
3261	Jose Oliveira	00:49:14	01:40:02	01:38:48		Veterano 5
3262	Maria Pereira	00:47:10	01:40:07	01:38:13		Veterana
3263	Luz Alberto	00:47:10	01:40:11	01:38:16		Veterana
3264	Henrique Costa	00:47:23	01:40:16	01:38:19		Veterano 6
3265	José Nunes	00:49:33	01:40:19	01:37:59		Veterano 4
3266	José Romano	00:49:44	01:40:20	01:38:10		Veterano 6
3267	Carla Antunes	00:47:29	01:40:42	01:37:54		Veterana
3268	Maria Franco	00:47:29	01:40:42	01:37:54		Veterana
3269	Maria Rosado	00:48:48	01:40:50	01:38:45		Veterana
3270	Maria Afonso	00:48:48	01:40:51	01:38:45	Clube do Stress	Veterana
3271	Ana Miranda	00:50:05	01:40:55	01:39:01		Senior
3272	Ana Miranda	00:50:06	01:40:55	01:39:01		Senior
3273	Miguel Galvão	00:46:18	01:41:14	01:39:00		Senior
3274	Clotilde Correia	00:47:12	01:41:33	01:39:08		Veterana
3275	Ana Marcos	00:51:24	01:41:34	01:39:09		Veterana
3276	Clotilde Silva	00:48:18	01:42:19	01:39:18		Veterana
3277	Liliana Antunes	00:49:47	01:42:20	01:41:05		Junior
3278	Alda Silva	00:47:24	01:42:20	01:40:04		Veterana
3279	Nélida Gomes	00:48:28	01:42:20	01:42:18		Veterana
3280	Bruno Gomes	00:45:39	01:42:22	01:39:32		Senior
3281	Miguel Albuquerque	00:49:53	01:42:23	01:40:06		Veterano 1
3282	Rute Ribeiro	00:49:33	01:42:24	01:40:30		Senior
3283	Sandrina Gaudencio	00:49:55	01:42:24	01:41:07		Veterana
3284	Maria Fernandes	00:49:35	01:42:24	01:40:32		Veterana
3285	Maria Caldeira	00:48:48	01:42:25	01:40:31		Senior
3286	Cristina Louro	00:49:57	01:42:29	01:41:14		Veterana
3287	Lara Teixeira	00:48:10	01:42:36	01:40:09	Clube Colaboradores AXA	Senior
3288	David Almeida	00:49:41	01:43:00	01:41:14	Sportings de Almeida	Veterano 1
3289	João Jesus	00:43:40	01:43:04	01:40:12		Junior
3290	Marta Gonçalves	00:43:38	01:43:04	01:40:11		Junior
3291	José Varela	00:50:02	01:43:39	01:41:01		Veterano 6
3292	Maria Varela	00:48:32	01:43:40	01:41:03		Veterana
3293	Joana Campos	00:48:55	01:43:47	01:41:19	Clube Colaboradores AXA	Senior
3294	Ana Pereira	00:49:39	01:43:53	01:40:53		Senior
3295	Teresa Ferreira	00:49:11	01:43:53	01:40:40		Veterana
3296	Sónia Oliveira	00:49:38	01:43:53	01:40:53		Veterana



<b>Class.</b>	<b>Atleta</b>	<b>5 Km</b>	<b>Tempo</b>	<b>T. Chip</b>	<b>Clube</b>	<b>Escalão</b>
3297	Mara Costa	00:49:24	01:43:53	01:40:40		Senior
3298	Mario Francisco	00:52:56	01:44:12	01:43:34		Veterano 1
3299	Manuel Rodelo	00:52:57	01:44:12	01:43:36		Veterano 6
3300	Maria Andrade	00:51:13	01:44:24	01:43:24		Veterana
3301	Maria Oliveira	00:49:49	01:44:42	01:41:41		Veterana
3302	Carla Leao	00:49:44	01:44:42	01:41:35		Veterana
3303	Isabel Alves	00:49:53	01:45:48	01:43:31		Veterana
3304	TPS 1	00:49:54	01:45:48	01:43:32		Senior
3305	Margarida Domingues	00:52:13	01:46:01	01:45:11	CCD Sintrense	Veterana
3306	Jaime Rodrigues	00:52:24	01:46:53	01:46:01		Veterano 6
3308	Aida Afonso	00:50:03	01:46:57	01:44:24		Veterana
3309	Ângela Silva	00:50:02	01:46:58	01:44:25		Senior
3310	Maria Abreu	00:49:59	01:46:58	01:44:23		Veterana
3311	Maria Ludovico	00:50:15	01:47:00	01:44:36		Veterana
3312	Maria Silva	00:50:07	01:47:05	01:44:33		Veterana
3313	Maria Rodrigues	00:50:02	01:47:06	01:44:30		Veterana
3314	André Silva	00:50:01	01:47:13	01:44:40		Senior
3315	Beatriz Salema	00:51:25	01:47:16	01:44:11	Verduscas	Senior
3316	Laura Monteiro	00:51:25	01:47:16	01:44:12	Verduscas	Senior
3317	Fernanda Godinho	00:50:31	01:47:40	01:45:31		Veterana
3318	Ana Costa	00:51:09	01:47:40	01:46:23		Veterana
3319	Irene Ramos	00:53:40	01:47:50	01:45:32		Veterana
3320	Anand Samgi	00:50:59	01:48:30	01:45:40		Senior
3321	Mariana Brás	00:51:49	01:50:33	01:49:19		Veterana
3322	António Lopes	00:48:10	01:51:34	01:48:31		Veterano 3
3323	Alice Lucas	00:57:54	01:52:52	01:52:08		Veterana
3324	Maria Roque	00:57:55	01:52:56	01:52:12		Veterana
3325	Maria Jorge	00:55:42	01:55:44	01:52:38	Verduscas	Senior
3326	Filipa Almirante	00:55:43	01:55:44	01:52:39	Verduscas	Senior
3327	Dália Ramalho	00:55:43	01:55:44	01:52:39	Verduscas	Senior
3328	Mário Gonçalves	00:58:21	01:58:55	01:57:07		Veterano 6
3329	Maria Gonçalves	00:58:22	01:58:56	01:57:08		Veterana