

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1	Rui SILVA	2	M	00:30:07	00:30:07	03:01	00:15:01	SPORTING CLUBE PORTUGAL
2	Rui PINTO	3	M	00:30:48	00:30:47	03:05	00:15:00	SL BENFICA
3	Samuel BARATA	14	M	00:30:57	00:30:56	03:06	00:15:07	SL BENFICA
4	Bruno FRAGA	14037	M	00:31:10	00:31:09	03:07	00:15:11	Gabinete de Fisioterapia no Desporto
5	João VIEIRA	14035	M	00:31:11	00:31:11	03:08	00:15:11	Gabinete de Fisioterapia no Desporto
6	Luís FERNANDES	2577	M	00:31:46	00:31:45	03:11	00:15:28	Maratona Clube de Portugal
7	António SOUSA	7	M	00:31:47	00:31:45	03:11	00:15:27	GARMIN COO
8	Miguel REIS E SILVA	4088	M	00:31:58	00:31:57	03:12	00:15:47	
9	Miguel MOREIRA	23	M	00:32:10	00:32:08	03:13	00:15:29	SL BENFICA
10	Artur SANTIAGO	13930	M	00:32:39	00:32:36	03:16	00:15:47	NUCLEOEIRAS/SPORTZONE
11	Adalberto FURTADO	14040	M	00:32:45	00:32:44	03:17	00:16:23	Gabinete de Fisioterapia no Desporto
12	Luís LIMA	15	M	00:32:46	00:32:46	03:17	00:16:08	CUA BENAVENTE
13	Pedro CONCEIÇÃO	3333	M	00:32:55	00:32:53	03:18	00:15:45	GARMIN COO
14	Luís GINJA	14033	M	00:33:00	00:32:58	03:18	00:16:23	Gabinete de Fisioterapia no Desporto
15	Ruben COSTA	3546	M	00:33:03	00:32:58	03:18	00:16:20	
16	Euclides VARELA	13933	M	00:33:09	00:33:08	03:19	00:16:38	NUCLEOEIRAS/SPORTZONE
17	Nuno CARDOSO	13920	M	00:33:09	00:33:09	03:19	00:15:50	NUCLEOEIRAS/SPORTZONE
18	José ANTUNES	14036	M	00:33:25	00:33:24	03:21	00:16:36	Gabinete de Fisioterapia no Desporto
19	João FIGUEIREDO	436	M	00:33:28	00:33:25	03:21	00:16:38	
20	Paulo ANTÓNIO	8515	M	00:33:30	00:33:29	03:21	00:16:41	Grupo Desportivo Joaninhas de Leião
21	David FERNANDES	8526	M	00:33:40	00:33:39	03:22	00:16:40	Grupo Desportivo Joaninhas de Leião
22	João CAETANO	13918	M	00:33:45	00:33:35	03:22	00:16:47	NUCLEOEIRAS/SPORTZONE
23	José INÁCIO	14032	M	00:33:49	00:33:49	03:23	00:16:40	Gabinete de Fisioterapia no Desporto
24	Virgílio GOMES	13993	M	00:33:53	00:33:48	03:23	00:16:51	C. R. Leões de Porto Salvo
25	Nuno ROMÃO	14034	M	00:33:55	00:33:54	03:24	00:16:35	Gabinete de Fisioterapia no Desporto
26	Jorge ALVES	14029	M	00:33:59	00:33:58	03:24	00:16:34	Gabinete de Fisioterapia no Desporto
27	António MANETA	13994	M	00:34:01	00:34:00	03:24	00:16:40	C. R. Leões de Porto Salvo
28	Paulo RAMOS	2863	M	00:34:04	00:34:03	03:25	00:16:39	
29	Paulo Jorge Violeiro ROLA	4718	M	00:34:08	00:34:07	03:25	00:16:41	
30	Jéssica AUGUSTO	1	F	00:34:09	00:34:08	03:25	00:16:41	NIKE INTERNACIONAL
31	João BERTOLO	13916	M	00:34:10	00:34:09	03:25	00:16:36	NUCLEOEIRAS/SPORTZONE
32	Oswald FREITAS	14160	M	00:34:11	00:34:06	03:25	00:17:14	Clube de Natação de Rio Maior
33	Armando MONTEIRO	14172	M	00:34:29	00:34:27	03:27	00:16:57	F.S.G. Collonge Bellerive
34	Mário FERREIRA	2987	M	00:34:29	00:34:28	03:27	00:16:49	GARMIN COO
35	Nelson GRAÇA	3923	M	00:34:30	00:34:29	03:27	00:16:57	
36	Hélio GOMES	21	M	00:34:33	00:34:33	03:28	00:16:58	SL BENFICA
37	Paulo MOREIRA	14041	M	00:34:34	00:34:33	03:28	00:16:43	Gabinete de Fisioterapia no Desporto
38	Ercília MACHADO	19	F	00:34:34	00:34:34	03:28	00:16:57	SPORTING CLUBE PORTUGAL

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
39	João MARQUES	14030	M	00:34:38	00:34:38	03:28	00:16:40	Gabinete de Fisioterapia no Desporto
40	Filipe JANUÁRIO	4324	M	00:34:39	00:34:32	03:28	00:17:11	
41	Ivan MUNOZ	75	M	00:34:40	00:34:39	03:28	00:17:10	
42	Luís COELHO	2412	M	00:34:41	00:34:40	03:28	00:16:42	NUCLEOEIRAS/SPORTZONE
43	Paulo MOTA	2081	M	00:34:55	00:34:50	03:29	00:17:27	Associação de Moradores de Atibá
44	Ricardo MESTRE	2446	M	00:35:21	00:35:12	03:32	00:17:14	NUCLEOEIRAS/SPORTZONE
45	Jaelmir SANTOS	4249	M	00:35:22	00:35:17	03:32	00:17:24	
46	Luis OLIVEIRA	4147	M	00:35:30	00:35:14	03:32	00:17:27	
47	Jose Antonio CABRAL MONTEIRO	4087	M	00:35:31	00:35:30	03:33	00:17:40	
48	Afonso ESTEVES	142	M	00:35:33	00:35:27	03:33	00:17:28	
49	José Manuel FÉLIX	13957	M	00:35:34	00:35:24	03:33	00:17:41	Linda-a-Pastora Sporting Clube
50	Rui GOMINHO	2558	M	00:35:35	00:35:34	03:34	00:17:42	Maratona Clube de Portugal
51	Sandra TEIXEIRA	5	F	00:35:39	00:35:39	03:34	00:17:33	SPORTING CLUBE PORTUGAL
52	Fernando Artur Melo MIRANDO	2166	M	00:35:40	00:35:34	03:34	00:17:36	
53	Jorge RODRIGUES	8665	M	00:35:47	00:35:44	03:35	00:17:30	G.R.D. Ribeira da Lage
54	Iluian CAPCELEA	11024	M	00:35:52	00:35:43	03:35	00:17:52	
55	André MACHADO	5018	M	00:35:53	00:35:51	03:36	00:17:27	
56	Marco Manuel TEIXEIRA	4420	M	00:35:55	00:35:49	03:35	00:17:35	
57	Bruno PEREIRA	2556	M	00:35:58	00:35:47	03:35	00:17:48	Maratona Clube de Portugal
58	José SOBRAL	2064	M	00:36:00	00:35:55	03:36	00:17:42	Associação de Moradores de Atibá
59	Pedro GIL	14042	M	00:36:00	00:35:58	03:36	00:17:43	Gabinete de Fisioterapia no Desporto
60	José CARLOS	13950	M	00:36:02	00:35:51	03:36	00:17:43	Linda-a-Pastora Sporting Clube
61	Pedro ALVES MARTINS	8625	M	00:36:02	00:35:59	03:36	00:17:41	Clube Millennium BCP
62	Tiago Alexandre MARTINHO MATIAS	4203	M	00:36:02	00:35:55	03:36	00:17:53	
63	Fernando Miguel SIMÕES DOS SANTOS GOMES	596	M	00:36:05	00:36:02	03:37	00:17:36	
64	Miguel SANTOS	13932	M	00:36:11	00:36:10	03:37	00:16:43	NUCLEOEIRAS/SPORTZONE
65	João Eduardo Gonçalves AFONSO	5062	M	00:36:13	00:36:04	03:37	00:17:44	
66	Luís FEITEIRA	22	M	00:36:14	00:36:12	03:38	00:17:40	RB RUNNING
67	Cátia SANTOS	946	F	00:36:14	00:36:14	03:38	00:17:44	GARMIN COO
68	Marco Antonio JESUS TAVARES	4489	M	00:36:15	00:36:00	03:36	00:18:00	
69	Nuno FELICIO	13882	M	00:36:21	00:36:18	03:38	00:18:10	Associação de Moradores de Atibá
70	José Manuel CARVALHO LOPES	166	M	00:36:23	00:36:20	03:38	00:17:56	
71	Luis BARATA	13915	M	00:36:29	00:36:24	03:39	00:18:08	NUCLEOEIRAS/SPORTZONE
72	Carlos GOMES	13925	M	00:36:29	00:36:21	03:39	00:18:05	NUCLEOEIRAS/SPORTZONE
73	Paulo MARTINS	3569	M	00:36:31	00:36:30	03:39	00:18:13	
74	Bruno PEREIRA	2362	M	00:36:32	00:36:30	03:39	00:18:14	Continente
75	Nuno GRAÇA	14173	M	00:36:33	00:36:27	03:39	00:18:04	F.S.G. Collonge Bellerive
76	Antonio SILVESTRE	71	M	00:36:37	00:36:33	03:40	00:17:39	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
77	António MURTEIRA	2435	M	00:36:41	00:36:34	03:40	00:17:59	C. R. Leões de Porto Salvo
78	Luis FERREIRA	2966	M	00:36:43	00:36:41	03:41	00:18:06	
79	André JANUÁRIO	4315	M	00:36:43	00:36:34	03:40	00:18:11	
80	João ANTÓNIO	2841	M	00:36:45	00:36:40	03:40	00:17:58	Clube Desportivo e Cultural da Nave
81	Marco FERNANDES	13923	M	00:36:47	00:36:37	03:40	00:18:43	NUCLEOEIRAS/SPORTZONE
82	Baltazar GARCIA	9139	M	00:36:49	00:36:44	03:41	00:18:10	
83	Paulo ALVES	301	M	00:36:50	00:36:44	03:41	00:18:16	Grupo Desportivo Imprensa Nacional Casa da Moeda
84	Carlos COELHO	3179	M	00:36:56	00:36:48	03:41	00:18:04	
85	Helder GROSSO	2448	M	00:36:56	00:36:51	03:42	00:17:55	C. R. Leões de Porto Salvo
86	João SANTOS	2439	M	00:36:59	00:36:48	03:41	00:18:13	NUCLEOEIRAS/SPORTZONE
87	Tiago LOUSA	4081	M	00:37:01	00:36:40	03:40	00:18:12	
88	António PEDRO	2070	M	00:37:02	00:36:57	03:42	00:18:08	Associação de Moradores de Atibá
89	João PRISAL	14000	M	00:37:02	00:36:59	03:42	00:18:00	RAIL RUNNERS
90	Miguel FRAGOSO	2906	M	00:37:05	00:37:04	03:43	00:18:15	GARMIN COO
91	Rogério AZEVEDO	140	M	00:37:06	00:37:04	03:43	00:18:21	CCD Sintrense
92	Nuno LOUREIRO	11651	M	00:37:07	00:36:47	03:41	00:18:12	
93	Pedro RUNA	5121	M	00:37:10	00:37:03	03:43	00:18:29	
94	Diogo MORGADO	13972	M	00:37:11	00:37:00	03:42	00:18:19	Linda-a-Pastora Sporting Clube
95	Jorge ANTÓNIO	2870	M	00:37:11	00:37:07	03:43	00:17:59	Clube Desportivo e Cultural da Nave
96	Humberto VIAIS	2437	M	00:37:11	00:37:05	03:43	00:18:09	Clube Ferroviário de Portugal
97	Fernando CARMO	3047	M	00:37:13	00:37:09	03:43	00:18:09	
98	Miguel SATURNINO	2979	M	00:37:17	00:37:14	03:44	00:18:15	SCALABIS NIGHT RUNNERS
99	Fábio FONTOURA	590	M	00:37:20	00:36:44	03:41	00:18:21	
100	Nuno PINTO	14070	M	00:37:21	00:37:20	03:44	00:18:52	Clube Grupo Desportivo BES
101	João Manuel De Melo SILVA	4698	M	00:37:22	00:37:17	03:44	00:18:15	
102	João Daniel FERREIRA	8516	M	00:37:22	00:37:18	03:44	00:18:03	Grupo Desportivo Joaninhas de Leião
103	Margarida DIONISIO	957	F	00:37:25	00:37:24	03:45	00:18:06	GARMIN COO
104	Mário CASSACA	3411	M	00:37:25	00:37:24	03:45	00:18:06	GARMIN COO
105	Luis DOMINGUES	229	M	00:37:26	00:37:14	03:44	00:18:23	
106	Fernando SANTOS	14022	M	00:37:27	00:37:17	03:44	00:18:27	Gabinete de Fisioterapia no Desporto
107	Dario MONTAGNESE	3828	M	00:37:28	00:37:17	03:44	00:18:47	
108	Paulo FÉLIX	8955	M	00:37:29	00:37:22	03:45	00:18:05	G.R.D. "Os Fixes"
109	Sénio MESSIA	2898	M	00:37:29	00:37:22	03:45	00:18:43	Clube Desportivo e Cultural da Nave
110	Emilio PAULINO	2606	M	00:37:31	00:37:24	03:45	00:18:33	Atletismo Clube de Portalegre
111	Emanuel BANDEIRA	3142	M	00:37:34	00:37:24	03:45	00:18:27	
112	João MAIA	14203	M	00:37:34	00:37:32	03:46	00:18:31	Associação Páraquedistas Tejo Norte
113	António VALE	263	M	00:37:36	00:37:32	03:46	00:18:29	C. R. Leões de Porto Salvo
114	Carlos SOUSA	2401	M	00:37:39	00:37:32	03:46	00:18:39	G.R.D. "Os Fixes"

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
115	Miguel CARVALHO	9198	M	00:37:40	00:37:34	03:46	00:18:18	Clube de Natação de Rio Maior
116	João Paulo VALENTE	14113	M	00:37:42	00:37:30	03:45	00:18:43	C.A. Amigos Parque da Paz
117	Miguel RODRIGUES	14163	M	00:37:43	00:37:36	03:46	00:18:05	Clube de Natação de Rio Maior
118	António RIBEIRO	5122	M	00:37:45	00:37:42	03:47	00:18:27	
119	Mário PEREIRA	3260	M	00:37:47	00:37:43	03:47	00:19:01	
120	Bruno SALVADOR	4737	M	00:37:48	00:37:45	03:47	00:19:02	
121	Hugo SOUSA	2902	M	00:37:48	00:37:44	03:47	00:19:03	GARMIN COO
122	Fernando PEREIRA	14021	M	00:37:52	00:37:42	03:47	00:18:18	Gabinete de Fisioterapia no Desporto
123	Santos NUNO	4495	M	00:37:54	00:37:50	03:47	00:18:11	
124	Rui CAMPOS	2922	M	00:37:54	00:37:52	03:48	00:19:04	GARMIN COO
125	José LOPES	14061	M	00:37:55	00:37:54	03:48	00:18:52	Clube Grupo Desportivo BES
126	António ALVES	2847	M	00:37:56	00:37:49	03:47	00:18:46	Tartarugas de Loulé
127	Carlos José Trigueiro CARRAPIÇO	236	M	00:37:56	00:37:48	03:47	00:18:47	
128	Gonçalo CASIMIRO	2589	M	00:37:57	00:37:57	03:48	00:18:07	Maratona Clube de Portugal
129	Fernando CANDEIAS	8670	M	00:37:58	00:37:51	03:48	00:18:44	Serviços Sociais da CGD
130	Filipe BRÁS	13917	M	00:38:00	00:37:51	03:48	00:18:26	NUCLEOEIRAS/SPORTZONE
131	Luis FERREIRA	14011	M	00:38:04	00:37:52	03:48	00:18:34	Gabinete de Fisioterapia no Desporto
132	João Pedro DOMINGUES DA COSTA	4554	M	00:38:09	00:38:06	03:49	00:17:59	
133	Alberto SARAIVA	10016	M	00:38:12	00:38:08	03:49	00:18:52	
134	Miguel OLIVEIRA	14213	M	00:38:14	00:38:06	03:49	00:19:00	RAIL RUNNERS
135	Carlos MENDES	289	M	00:38:15	00:38:08	03:49	00:18:44	C. R. Leões de Porto Salvo
136	Vicente ALBUQUERQUE	8757	M	00:38:18	00:38:09	03:49	00:19:05	Atletismo Clube de Portalegre
137	Pedro Jorge FORTES DA CUNHA	9388	M	00:38:19	00:38:07	03:49	00:19:00	
138	Stoyko MYKOLA	4032	M	00:38:19	00:38:18	03:50	00:18:48	
139	Ricardo FRADE	2591	M	00:38:24	00:38:17	03:50	00:18:59	CCD Sintrense
140	António PIEDADE	2422	M	00:38:24	00:38:21	03:51	00:18:48	NUCLEOEIRAS/SPORTZONE
141	António DIAS	14202	M	00:38:25	00:38:22	03:51	00:18:47	Associação Páraquedistas Tejo Norte
142	Paulo José Ferreira GONÇALVES	3336	M	00:38:26	00:38:19	03:50	00:19:08	
143	Clédy ARAÚJO	14112	M	00:38:26	00:38:23	03:51	00:19:33	C.A. Amigos Parque da Paz
144	Monica MOREIRAS	13928	F	00:38:29	00:38:24	03:51	00:19:08	NUCLEOEIRAS/SPORTZONE
145	Luis Filipe CARDOSO	13919	M	00:38:29	00:38:18	03:50	00:18:48	NUCLEOEIRAS/SPORTZONE
146	Paulino BORGES	2238	M	00:38:33	00:38:25	03:51	00:19:20	NUCLEOEIRAS/SPORTZONE
147	Rui Alexandre SANTOS	4089	M	00:38:34	00:38:19	03:50	00:19:00	
148	João GOMES	2264	M	00:38:35	00:38:13	03:50	00:19:31	Açoreana clube Banif
149	Pedro JÚICE DA COSTA	4093	M	00:38:36	00:38:23	03:51	00:18:40	
150	Nuno ROCHA	2671	M	00:38:37	00:38:24	03:51	00:19:00	G.R.C.D Leião
151	Ventura DA GRAÇA PIRES	135711	M	00:38:39	00:38:30	03:51	00:19:16	
152	Nuno SEBASTIÃO	5215	M	00:38:43	00:38:35	03:52	00:19:15	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
153	Luis PEREIRA	2732	M	00:38:46	00:38:35	03:52	00:18:48	C. R. Leões de Porto Salvo
154	Joao Hora FAUSTINO	3490	M	00:38:47	00:36:59	03:42	00:18:30	
155	Amaro Palminhas PALMINHAS	2825	M	00:38:48	00:38:38	03:52	00:19:06	
156	Tiago SANTOS	2444	M	00:38:50	00:38:42	03:53	00:19:22	NUCLEOEIRAS/SPORTZONE
157	João FERREIRA	3314	M	00:38:51	00:38:34	03:52	00:19:56	GARMIN COO
158	Anabela GOMES	685	F	00:38:51	00:38:50	03:53	00:19:08	Grupo Desportivo Joaninhas de Leião
159	Carlos LOPES	2465	M	00:38:52	00:38:36	03:52	00:19:14	Grupo Desportivo Joaninhas de Leião
160	João MONTEIRO	14174	M	00:38:52	00:38:46	03:53	00:19:24	F.S.G. Collonge Bellerive
161	João Carlos PARDAL GONÇALVES MARQUES	10266	M	00:38:53	00:38:49	03:53	00:18:48	
162	Duarte CORDEIRO	524	M	00:38:55	00:38:39	03:52	00:18:58	
163	Manuel COELHO	8684	M	00:38:56	00:38:51	03:54	00:19:15	G.R.D. Ribeira da Lage
164	Pedro FÉLIX	13958	M	00:38:58	00:38:48	03:53	00:18:54	Linda-a-Pastora Sporting Clube
165	Ricardo André MORGAD	543	M	00:38:59	00:38:54	03:54	00:19:30	
166	Nelson Rafael LIMA	4405	M	00:39:00	00:38:55	03:54	00:19:09	
167	Rogério PINGUINHA	2834	M	00:39:01	00:38:54	03:54	00:19:24	Tartarugas de Loulé
168	Fernando ALVES	2831	M	00:39:01	00:38:53	03:54	00:19:06	Tartarugas de Loulé
169	Rodrigo SANTOS	13931	M	00:39:02	00:38:55	03:54	00:19:26	NUCLEOEIRAS/SPORTZONE
170	Aretino MOTA	13934	M	00:39:04	00:38:45	03:53	00:18:59	Linda-a-Pastora Sporting Clube
171	José CORREIA	463	M	00:39:06	00:38:56	03:54	00:19:10	
172	Domingos PÃO-DURO	9527	M	00:39:08	00:39:08	03:55		
173	Rui FERNANDES	170	M	00:39:08	00:38:54	03:54	00:19:48	
174	Espírito SANTO	13981	M	00:39:08	00:39:04	03:55	00:18:59	Linda-a-Pastora Sporting Clube
175	António MOUTA	3596	M	00:39:10	00:39:01	03:55	00:19:20	
176	João Manuel PEREIRA MARTINS	3913	M	00:39:10	00:39:02	03:55	00:19:12	
177	Luis PAULO	14265	M	00:39:10	00:39:01	03:55	00:19:24	
178	Simão ALBUQUERQUE	2618	M	00:39:12	00:38:58	03:54	00:20:13	Atletismo Clube de Portalegre
179	José BARRINHA	9688	M	00:39:15	00:39:09	03:55	00:19:18	
180	Sergio SANTOS	4201	M	00:39:15	00:39:11	03:56	00:19:21	
181	Armando PESSOA	2293	M	00:39:16	00:39:04	03:55	00:19:07	Serviços Sociais da CGD
182	Ricardo COSTA	14161	M	00:39:16	00:39:11	03:56	00:19:18	Clube de Natação de Rio Maior
183	José MONTEIRO	2626	M	00:39:17	00:39:11	03:56	00:19:24	G.D.C. Banco De Portugal
184	Samuel GALVEIA	12740	M	00:39:18	00:39:08	03:55	00:19:07	
185	Tiago MOTA COSTA	13052	M	00:39:19	00:39:16	03:56	00:19:02	
186	Adolfo LEAL	14272	M	00:39:20	00:39:14	03:56	00:19:21	RESTAURANTE O CARTAXEIRO CANECAS
187	Nuno Miguel Gonçalves ALVES	10763	M	00:39:20	00:39:12	03:56	00:19:14	
188	Paulo COSTA	9302	M	00:39:23	00:39:19	03:56	00:19:26	
189	Veaceslav IGNAT	8529	M	00:39:23	00:39:13	03:56	00:18:58	Grupo Desportivo Joaninhas de Leião
190	Abilio AMADO	13914	M	00:39:23	00:39:17	03:56	00:19:03	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
191	Luis CATARINO	14239	M	00:39:25	00:39:09	03:55	00:19:42	Associação Páraquedistas Tejo Norte
192	Luis MONTEIRO	14066	M	00:39:28	00:39:24	03:57	00:20:01	Clube Grupo Desportivo BES
193	Pedro SEBASTIÃO	13429	M	00:39:28	00:39:19	03:56	00:19:16	
194	Nuno DEUS	4168	M	00:39:29	00:39:04	03:55	00:19:52	
195	Almiro FEIJÃO	2514	M	00:39:30	00:39:19	03:56	00:19:13	C. R. Leões de Porto Salvo
196	Rui Pedro JULIÃO	196	M	00:39:30	00:39:20	03:56	00:19:06	
197	João BRITO	4843	M	00:39:30	00:39:17	03:56	00:19:49	Associação de Moradores de Atibá
198	Olivier DELMOTTE	13892	M	00:39:30	00:39:22	03:57	00:19:48	Clube Vodafone
199	Carlos TAVEIRA	337	M	00:39:31	00:39:17	03:56	00:19:47	G.R.D. "Os Fixes"
200	Duarte Nuno PONTE	11200	M	00:39:31	00:39:10	03:55	00:19:54	
201	Paulo JANELA	13991	M	00:39:31	00:39:30	03:57	00:19:08	C. R. Leões de Porto Salvo
202	João ANDRADE	3339	M	00:39:32	00:39:19	03:56	00:19:43	
203	Orlando V. Castro LOPES SILVA	14182	M	00:39:32	00:39:27	03:57	00:19:15	GELPEIXE
204	Paulo Salvador PACHECO RODRIGUES	9689	M	00:39:32	00:39:30	03:57	00:19:13	
205	António SANTOS	8769	M	00:39:33	00:39:26	03:57	00:19:43	GDINE Grupo Desportivo do Instituto Nacional Estat
206	José Austelino TEIXEIRA	2426	M	00:39:33	00:39:27	03:57	00:19:09	NUCLEOEIRAS/SPORTZONE
207	Luis Miguel SALES	4184	M	00:39:34	00:39:24	03:57	00:19:25	
208	Marco SOUSA	2460	M	00:39:36	00:39:27	03:57	00:19:11	Grupo Desportivo Joaninhas de Leião
209	Guilherme MARQUES	2464	M	00:39:38	00:39:26	03:57	00:19:55	Grupo Desportivo Joaninhas de Leião
210	Pedro LOPES	2421	M	00:39:38	00:39:26	03:57	00:19:55	Grupo Desportivo Joaninhas de Leião
211	Fernando FIGUEIREDO	10277	M	00:39:40	00:39:32	03:58	00:19:28	
212	António PATRÍCIO	9244	M	00:39:41	00:39:36	03:58	00:19:18	
213	José Carlos MONTEIRO PITEIRA	106	M	00:39:41	00:39:28	03:57	00:19:10	
214	Mário CHAVES	435	M	00:39:42	00:39:28	03:57	00:19:47	
215	Ruben VEIGA	2424	M	00:39:42	00:39:30	03:57	00:18:52	NUCLEOEIRAS/SPORTZONE
216	João VEIGA	4833	M	00:39:42	00:39:36	03:58	00:19:56	
217	António VARANDAS	3256	M	00:39:43	00:39:18	03:56	00:20:09	
218	Carlos BARRY	4947	M	00:39:44	00:39:04	03:55	00:19:25	
219	David SANGLAS SALINERO	2340	M	00:39:45	00:39:31	03:58	00:19:31	
220	Ricardo Jorge CUNHA	4841	M	00:39:45	00:39:38	03:58	00:19:24	
221	Nuno CARRILHO	2716	M	00:39:46	00:39:45	03:59	00:19:38	C. R. Leões de Porto Salvo
222	Pedro PASSAS CUNHA	3920	M	00:39:46	00:39:29	03:57	00:19:54	
223	Goncalo SILVA	10700	M	00:39:47	00:39:47	03:59	00:19:54	
224	José Mauricio RODRIGUES GOUVEIA	10765	M	00:39:48	00:39:39	03:58	00:19:31	
225	Luis ANTUNES	2462	M	00:39:48	00:39:26	03:57	00:19:46	Grupo Desportivo Joaninhas de Leião
226	Nuno CLEMENTE	2615	M	00:39:49	00:39:46	03:59	00:19:29	CCD Tranquilidade
227	Rui SEQUEIRA	91	M	00:39:49	00:39:35	03:58	00:20:07	
228	Lídia VALENTIM	709	F	00:39:49	00:39:49	03:59		Clube Ferroviário de Portugal

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
229	José Pedro RIBEIRO MUXAGATA	3600	M	00:39:49	00:39:37	03:58	00:18:50	
230	Luis RODRIGUES	8694	M	00:39:50	00:39:48	03:59	00:20:13	Powerade
231	Nuno PIMENTA	4996	M	00:39:50	00:39:35	03:58	00:19:39	
232	Henrique MATIAS	4407	M	00:39:52	00:39:44	03:59	00:19:25	
233	Marcos Moises ANASTACIO LUIS	4845	M	00:39:53	00:39:46	03:59	00:19:43	
234	Hugo SILVA	9421	M	00:39:53	00:39:49	03:59	00:19:44	
235	João Miguel GALIANO	8880	M	00:39:54	00:39:46	03:59	00:18:51	
236	Rui CORREIA	9114	M	00:39:54	00:39:48	03:59	00:19:22	Grupo Desportivo Imprensa Nacional Casa da Moeda
237	Carlos Manuel VIDEIRA MARTINS	3325	M	00:39:55	00:39:33	03:58	00:19:36	
238	Vicente ROCHA	8745	M	00:39:55	00:39:47	03:59	00:19:25	C. R. Leões de Porto Salvo
239	Valter Miguel OLIVEIRA FONSECA	4269	M	00:39:56	00:39:49	03:59	00:19:57	
240	Paulo Alexandre Andrade JERÓNIMO	3827	M	00:39:57	00:39:44	03:59	00:19:53	
241	Antonio MOREIRA	3745	M	00:39:57	00:39:57	04:00	00:20:15	
242	Jorge AMARAL	2445	M	00:39:57	00:39:43	03:59	00:20:00	Grupo Desportivo Joaninhas de Leião
243	Tânia CABRAL	1195	F	00:39:57	00:39:54	04:00	00:19:30	GARMIN COO
244	Jose CORRÊA DE BARROS	3799	M	00:39:58	00:39:54	04:00	00:20:08	
245	André FERNANDES	10342	M	00:39:58	00:39:49	03:59	00:18:58	
246	Rita Maria GONÇALVES	14008	F	00:39:59	00:39:47	03:59	00:19:27	Gabinete de Fisioterapia no Desporto
247	João Alexandre DE SOUSA FERREIRA PINTO	146	M	00:40:00	00:39:47	03:59	00:20:05	
248	Nuno RAPOSEIRO	2451	M	00:40:00	00:39:56	04:00	00:19:04	NUCLEOEIRAS/SPORTZONE
249	Jorge CORREIA	14039	M	00:40:01	00:39:42	03:59	00:19:43	Gabinete de Fisioterapia no Desporto
250	Rui HONRADO	13965	M	00:40:02	00:39:43	03:59	00:19:35	Linda-a-Pastora Sporting Clube
251	António Francisco PIRES	2988	M	00:40:03	00:39:56	04:00	00:19:31	
252	José LOPES	2505	M	00:40:03	00:39:57	04:00	00:20:05	C. R. Leões de Porto Salvo
253	António PERPÉTUA	4485	M	00:40:03	00:39:57	04:00	00:19:56	
254	Carlos Daniel SILVA	10851	M	00:40:03	00:40:00	04:00	00:19:44	
255	Pedro ESTEVENS	2520	M	00:40:04	00:40:00	04:00	00:19:41	Clube Ferroviário de Portugal
256	Marco António PEREIRA	4997	M	00:40:04	00:39:55	04:00	00:20:05	
257	Miguel TAVARES	206	M	00:40:04	00:39:52	04:00	00:20:04	
258	Manuel CHNITA	8685	M	00:40:05	00:40:01	04:01	00:19:31	G.R.D. Ribeira da Lage
259	Gonçalo LOPES	10992	M	00:40:05	00:39:34	03:58	00:19:32	
260	Luis Filipe Costa SANTOS	250	M	00:40:05	00:39:51	04:00	00:19:54	
261	Fábio FERREIRA	2516	M	00:40:05	00:39:57	04:00	00:19:50	G.R.D. "Os Fixes"
262	Rui RODRIGUES	2091	M	00:40:06	00:40:01	04:01	00:20:47	Associação de Moradores de Atibá
263	Nuno SOUSA	2799	M	00:40:06	00:40:00	04:00	00:20:09	Grupo Desportivo Imprensa Nacional Casa da Moeda
264	Pedro Marco GOMES	13924	M	00:40:07	00:40:00	04:00	00:19:02	NUCLEOEIRAS/SPORTZONE
265	Bruno GERALDES	3949	M	00:40:11	00:40:03	04:01	00:20:09	
266	Rui CARDOSO	2886	M	00:40:11	00:40:06	04:01	00:19:46	Unidos da Manutenção

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
267	Marco MELO	10402	M	00:40:14	00:40:08	04:01	00:19:48	SCALABIS NIGHT RUNNERS
268	João CATARINO	4475	M	00:40:15	00:40:02	04:01	00:19:48	
269	João SOARES	2310	M	00:40:16	00:40:04	04:01	00:19:50	G.R.D. Ribeira da Lage
270	Rui OLIVEIRA	2244	M	00:40:17	00:40:15	04:02	00:19:29	Açoreana clube Banif
271	Nuno RODRIGUES	14071	M	00:40:19	00:40:11	04:02	00:19:44	Clube Grupo Desportivo BES
272	Vasco MARTA	8512	M	00:40:21	00:39:57	04:00	00:19:53	Grupo Desportivo Joaninhas de Leião
273	Vasco CARDIGOS	4552	M	00:40:21	00:40:20	04:02	00:19:40	
274	Carlos FERNANDES	3021	M	00:40:22	00:40:13	04:02	00:20:07	
275	Gonçalo SANTOS	2667	M	00:40:22	00:40:18	04:02	00:20:10	G. D. Porto de Sines
276	António ADRO	2099	M	00:40:24	00:40:19	04:02	00:20:10	Associação de Moradores de Atibá
277	Nelson Edgar RIBEIRO	3214	M	00:40:25	00:40:21	04:03	00:19:46	
278	Manuel SOARES	8894	M	00:40:25	00:40:21	04:03	00:20:10	Unidos da Manutenção
279	Sérgio DOS REIS MARTINHO	3798	M	00:40:27	00:38:59	03:54	00:19:47	
280	Pedro SIMÕES	14013	M	00:40:29	00:40:20	04:02	00:20:18	Gabinete de Fisioterapia no Desporto
281	Fernando SOUSA	2333	M	00:40:29	00:40:24	04:03	00:19:50	G.R.D. Ribeira da Lage
282	Gonçalo FERREIRA	587	M	00:40:30	00:40:24	04:03	00:20:09	
283	Jorge CANTEIRO	2247	M	00:40:31	00:40:23	04:03	00:20:07	Açoreana clube Banif
284	Rui VIEIRA	8722	M	00:40:31	00:40:18	04:02	00:20:02	G.R.D. "Os Fixes"
285	Luís REIS	3119	M	00:40:31	00:40:28	04:03	00:19:48	
286	Luis FINO	11548	M	00:40:32	00:40:30	04:03	00:19:48	
287	Miguel PALMA	2096	M	00:40:34	00:40:29	04:03	00:20:07	Associação de Moradores de Atibá
288	Nuno Miguel BENGALINHA NEVES	3808	M	00:40:35	00:40:22	04:03	00:19:44	
289	José HEITOR	134	M	00:40:35	00:40:30	04:03	00:20:06	Associação de Moradores de Atibá
290	Alfredo GUALDINO	3109	M	00:40:35	00:40:07	04:01	00:20:16	
291	João ANDRADE	2939	M	00:40:36	00:40:27	04:03	00:20:07	GARMIN COO
292	Pedro Miguel MONTEIRO	579	M	00:40:39	00:40:21	04:03	00:19:38	
293	João MARQUES	280	M	00:40:41	00:40:27	04:03	00:20:04	CCD Tranquilidade
294	Ricardo DIAS	5143	M	00:40:42	00:40:24	04:03	00:19:55	
295	Vitor PEREIRA	318	M	00:40:43	00:40:37	04:04	00:19:53	G.D.R. São Francisco da Serra
296	Fábio André Queiró DUARTE	4567	M	00:40:43	00:40:19	04:02	00:20:24	
297	António SIMÕES	2369	M	00:40:44	00:40:38	04:04	00:20:11	G.D.C. Banco De Portugal
298	Diogo BAENA	4680	M	00:40:45	00:40:18	04:02	00:19:34	
299	Alexandre NUNES	2458	M	00:40:47	00:40:36	04:04	00:20:06	NUCLEOEIRAS/SPORTZONE
300	Miguel FERNANDES	4520	M	00:40:47	00:40:35	04:04	00:19:54	
301	Luis PADILHA	3302	M	00:40:48	00:39:55	04:00	00:19:46	
302	José Manuel CONCEIÇÃO	14001	M	00:40:48	00:40:43	04:05	00:20:18	Gabinete de Fisioterapia no Desporto
303	Luis Mario Delgado FERNANDES	3373	M	00:40:49	00:40:42	04:05	00:20:10	
304	Anselmo BARATA	2233	M	00:40:50	00:40:30	04:03	00:20:17	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
305	Humberto FRANCOS	2588	M	00:40:51	00:37:55	03:48	00:19:55	Maratona Clube de Portugal
306	Jorge Manuel OLIVEIRA	10173	M	00:40:53	00:40:33	04:04	00:20:12	
307	João Pedro OLIVEIRA	10242	M	00:40:53	00:40:34	04:04	00:20:14	
308	Nuno SANTOS	8762	M	00:40:54	00:40:40	04:04	00:19:59	G.R.C.D Leião
309	Augusto FERNANDES DIOGO	9172	M	00:40:54	00:40:40	04:04	00:20:06	N.A.Z.A
310	José MARQUES ANDRADE	135628	M	00:40:55	00:40:24	04:03	00:20:17	
311	Luis VALVERDE	9147	M	00:40:55	00:40:54	04:06	00:20:16	
312	Joaquim PEREIRA	262	M	00:40:55	00:40:50	04:05	00:20:10	C. R. Leões de Porto Salvo
313	Tiago CASTELA	3097	M	00:40:55	00:40:27	04:03	00:19:56	
314	João Eduardo PENAS	4079	M	00:40:56	00:40:40	04:04	00:20:46	
315	Johann MECKENSTOCK	4942	M	00:40:58	00:40:24	04:03	00:19:39	
316	Joao SALVADO	9371	M	00:40:59	00:40:51	04:06	00:20:09	
317	Olivier BOONEN	11237	M	00:40:59	00:40:39	04:04	00:20:01	
318	Paulo DIAS	13922	M	00:40:59	00:40:56	04:06	00:19:32	NUCLEOEIRAS/SPORTZONE
319	Ricardo Alexandre CRAVEIRO DOS SANTOS	4689	M	00:40:59	00:40:30	04:03	00:20:22	
320	João BATISTA	9231	M	00:41:00	00:40:57	04:06	00:20:32	G.D.C. Banco De Portugal
321	Catarina LOPES FERREIRA	686	F	00:41:03	00:41:00	04:06	00:20:12	Grupo Desportivo Joaninhas de Leião
322	Carlos GUEDES	2680	M	00:41:04	00:40:38	04:04	00:19:51	N.A. "Os Papagaios de Cascais"
323	Mario Francisco LOUREIRO	9323	M	00:41:04	00:40:56	04:06	00:20:08	
324	João CORREIA	9823	M	00:41:04	00:40:50	04:05	00:20:18	
325	Ruben PEREIRA	190	M	00:41:05	00:40:54	04:06	00:20:26	NUCLEOEIRAS/SPORTZONE
326	Catarina ALVES	13913	F	00:41:06	00:40:56	04:06	00:20:27	NUCLEOEIRAS/SPORTZONE
327	David Ventura GONÇALVES	4283	M	00:41:06	00:40:49	04:05	00:19:58	
328	Tiago BASTOS	3265	M	00:41:06	00:41:00	04:06	00:20:10	
329	João GONÇALVES	417	M	00:41:06	00:40:24	04:03	00:19:45	
330	Didio SILVA	8710	M	00:41:07	00:41:04	04:07	00:20:13	Powerade
331	David BUGALHO DE MOURA	12970	M	00:41:07	00:40:56	04:06	00:20:04	
332	Ana Margarida DUARTE	1774	F	00:41:07	00:41:04	04:07	00:20:13	
333	Sergio PAIVA	2792	M	00:41:08	00:41:05	04:07	00:20:11	Grupo Desportivo Barcarena
334	Fernando MARQUES	4090	M	00:41:09	00:40:47	04:05	00:20:27	
335	Herculano DOMINGOS	132	M	00:41:10	00:41:06	04:07	00:20:14	Associação de Moradores de Atibá
336	Luis ALBUQUERQUE	2230	M	00:41:11	00:41:04	04:07	00:20:50	Açoreana clube Banif
337	Vítor CABRITA	2923	M	00:41:13	00:41:01	04:07	00:20:36	GARMIN COO
338	Eugénio NETO	14031	M	00:41:13	00:41:02	04:07	00:19:56	Gabinete de Fisioterapia no Desporto
339	Carlos LOPES	2080	M	00:41:14	00:41:06	04:07	00:20:07	Associação de Moradores de Atibá
340	Rui FERREIRA	14274	M	00:41:15	00:41:07	04:07	00:20:15	RESTAURANTE O CARTAXEIRO CANECAS
341	Gilberto PINTO	3103	M	00:41:15	00:41:03	04:07	00:20:34	
342	Ruben REIS	183	M	00:41:16	00:40:45	04:05	00:20:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
343	Pedro POMBO	11338	M	00:41:16	00:41:12	04:08	00:19:48	
344	Joaquim ROLO	2124	M	00:41:16	00:40:45	04:05	00:20:30	
345	Miguel TRUNINGER SOUSA	2683	M	00:41:17	00:41:13	04:08	00:20:43	
346	Manuel ALVES	2840	M	00:41:17	00:41:02	04:07	00:20:29	Clube Desportivo do Arneiro
347	Ricardo FERREIRA	13992	M	00:41:17	00:41:07	04:07	00:20:32	C. R. Leões de Porto Salvo
348	José MACHADO	353	M	00:41:17	00:41:00	04:06	00:20:16	G.R.D. Ribeira da Lage
349	Manuel VAZ	416	M	00:41:19	00:41:06	04:07	00:20:04	
350	Fernando RODRIGUES	3121	M	00:41:19	00:41:15	04:08	00:20:10	
351	Nelson COSTA	2701	M	00:41:19	00:41:08	04:07	00:20:15	N.A. "Os Papagaios de Cascais"
352	Dinis MENDES	10187	M	00:41:19	00:41:16	04:08	00:20:38	
353	Ricardo JORDÃO	4045	M	00:41:19	00:41:10	04:07	00:19:54	
354	Júlio BARROCO	5252	M	00:41:20	00:41:08	04:07	00:20:47	
355	Rui LOPES	14090	M	00:41:20	00:41:13	04:08	00:20:28	Clube Grupo Desportivo BES
356	Paulo VILELA	4466	M	00:41:21	00:41:12	04:08	00:20:20	
357	Filipe CORREIA	3050	M	00:41:21	00:40:34	04:04	00:20:30	
358	Rogério FAZENDA	5237	M	00:41:22	00:41:15	04:08	00:20:14	
359	Bruno ROLIM	4656	M	00:41:22	00:41:00	04:06	00:20:34	
360	Jaime LAMEGO	3592	M	00:41:22	00:41:14	04:08	00:20:27	
361	Carlos D. S. TEIXEIRA	5049	M	00:41:22	00:41:00	04:06	00:20:03	
362	Chantal XHERVELLE	1642	F	00:41:23	00:41:17	04:08	00:20:30	
363	Nuno CUNHA	3586	M	00:41:23	00:40:10	04:01	00:20:12	
364	Paulo PALMA	11299	M	00:41:24	00:41:05	04:07	00:20:40	
365	Pedro Miguel MIRA MARTINS	3342	M	00:41:25	00:41:20	04:08	00:20:05	
366	José Manuel SERRA MOUQUINHO	3096	M	00:41:25	00:41:20	04:08	00:20:09	
367	Leandro FONSECA SANTOS	4659	M	00:41:25	00:40:59	04:06	00:20:25	
368	Nuno COSTA E SILVA	2269	M	00:41:26	00:40:59	04:06	00:20:45	Açoreana clube Banif
369	João José MENDES	9103	M	00:41:27	00:41:25	04:09	00:20:31	
370	Carlos CARDOSO	8832	M	00:41:27	00:41:09	04:07	00:20:14	G. D. Banco BPI
371	Hugo NALHA	3026	M	00:41:28	00:41:05	04:07	00:20:37	
372	Orlando Jose Torrado RAMOS	11246	M	00:41:28	00:40:45	04:05	00:20:17	
373	Francisco GOUCHA JORGE	11266	M	00:41:29	00:40:47	04:05	00:20:33	
374	José Maria FERREIRA	2703	M	00:41:29	00:39:54	04:00	00:19:58	SEMPRESSA
375	Luis MARQUES	3626	M	00:41:29	00:41:25	04:09	00:20:12	
376	Artur GONÇALVES	4065	M	00:41:29	00:41:03	04:07	00:20:17	
377	José VIRALHADA	13990	M	00:41:29	00:41:07	04:07	00:20:13	Linda-a-Pastora Sporting Clube
378	Pedro CORREIA	3995	M	00:41:30	00:41:22	04:09	00:20:10	
379	Fernando VICENTE	3488	M	00:41:30	00:41:12	04:08	00:19:55	
380	João Pedro Gonçalves PIRES	9404	M	00:41:30	00:41:20	04:08	00:20:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
381	Abel Monteiro COSTA	3825	M	00:41:30	00:41:19	04:08	00:20:38	
382	Pedro MENDES	2907	M	00:41:31	00:41:23	04:09	00:20:19	GARMIN COO
383	Luis BARATA	150	M	00:41:32	00:41:06	04:07	00:20:09	
384	Ricardo CORDEIRO	3312	M	00:41:32	00:41:09	04:07	00:20:43	
385	Orlindo FIGUEIREDO	4870	M	00:41:34	00:41:28	04:09	00:20:23	
386	Fernando José Vieira PEREIRA	3779	M	00:41:34	00:41:09	04:07	00:20:09	
387	Rui ALMEIDA	13885	M	00:41:34	00:41:27	04:09	00:20:30	Clube Vodafone
388	António RODRIGUES	3973	M	00:41:37	00:41:16	04:08	00:20:16	
389	Miguel MOREIRA CAMPOS	3682	M	00:41:37	00:41:35	04:10	00:20:40	
390	Paulo GOMES	5057	M	00:41:38	00:41:04	04:07	00:20:16	
391	João Pedro SERÓDIO	3984	M	00:41:38	00:41:21	04:09	00:20:53	
392	José Guilherme OLIVEIRA	2095	M	00:41:38	00:41:29	04:09	00:20:37	Associação de Moradores de Atibá
393	Pedro AGUIAR	231	M	00:41:39	00:41:20	04:08	00:20:18	
394	Fernando SOARES	4779	M	00:41:39	00:41:26	04:09	00:20:07	
395	José PEREIRA	4052	M	00:41:40	00:41:19	04:08	00:20:30	
396	Paulo MIGUEL	3980	M	00:41:40	00:41:21	04:09	00:20:33	
397	Roberto AREIAS	2959	M	00:41:40	00:41:15	04:08	00:19:56	
398	Nelson Manuel FERNANDES	10297	M	00:41:40	00:41:20	04:08	00:20:27	
399	Rodrigo CORDEIRO	3318	M	00:41:41	00:41:19	04:08	00:20:21	
400	Bruno PIRES	9248	M	00:41:41	00:41:27	04:09	00:20:10	G.D.C. Banco De Portugal
401	Joaquim SANTOS	9678	M	00:41:42	00:41:36	04:10	00:20:09	
402	Paulo FERREIRA	523	M	00:41:42	00:41:19	04:08	00:20:27	
403	Silvia SAGGIORI	615	F	00:41:43	00:41:38	04:10	00:20:04	
404	Adaildo Luis OLIVEIRA	407	M	00:41:43	00:41:39	04:10	00:20:05	
405	Luis PREGO	13976	M	00:41:43	00:41:16	04:08	00:20:57	Linda-a-Pastora Sporting Clube
406	Pedro GOMES	8517	M	00:41:44	00:41:41	04:11	00:20:26	Grupo Desportivo Joaninhas de Leião
407	António SABIDO	8564	M	00:41:45	00:41:26	04:09	00:20:08	NUCLEOEIRAS/SPORTZONE
408	Carlos ALVES FERREIRA	3215	M	00:41:46	00:41:33	04:10	00:20:34	
409	Ricardo VAZ	14020	M	00:41:47	00:41:37	04:10	00:20:51	Gabinete de Fisioterapia no Desporto
410	Vitor CARVALHO	14025	M	00:41:47	00:41:38	04:10	00:20:54	Gabinete de Fisioterapia no Desporto
411	Fernando SOUSA	14026	M	00:41:47	00:41:37	04:10	00:20:50	Gabinete de Fisioterapia no Desporto
412	Bruno GONÇALVES	4338	M	00:41:47	00:41:26	04:09	00:20:24	
413	André REBELO	325	M	00:41:48	00:40:14	04:02	00:20:14	
414	David Oliveira OLIVEIRA	5033	M	00:41:49	00:41:26	04:09	00:20:10	
415	Joao Manugel Pinto Silva SILVA	2965	M	00:41:49	00:41:37	04:10	00:20:40	
416	Fernando CORREIA	8650	M	00:41:50	00:41:43	04:11	00:20:26	G.R.D. Ribeira da Lage
417	Rui PISCO	9522	M	00:41:50	00:41:22	04:09	00:20:29	
418	Ricardo GONÇALVES	5226	M	00:41:53	00:41:21	04:09	00:20:24	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
419	Bento Maria Da Conceição PALMA	14275	M	00:41:53	00:41:53	04:12	00:21:07	
420	Bernardo SILVEIRA	3816	M	00:41:56	00:41:53	04:12	00:20:06	Linda-a-Pastora Sporting Clube
421	Armando LOPES	3285	M	00:41:56	00:41:28	04:09	00:20:32	
422	Telmo SANTOS	3323	M	00:41:57	00:41:46	04:11	00:20:13	
423	Fernando FIGUEIREDO	2072	M	00:41:57	00:41:45	04:11	00:20:47	Associação de Moradores de Atibá
424	Lino SANTOS	2431	M	00:41:57	00:41:47	04:11	00:20:31	NUCLEOEIRAS/SPORTZONE
425	Pedro Miguel FARIA RODRIGUES PESTANA	4594	M	00:41:58	00:41:36	04:10	00:20:28	
426	Carlos FOLGADO	2334	M	00:41:58	00:41:32	04:10	00:20:47	G.R.D. Ribeira da Lage
427	Nuno MONTEIRO PITEIRA	11429	M	00:41:59	00:41:39	04:10	00:20:31	
428	Joaquim ALVES	4717	M	00:42:01	00:41:56	04:12	00:20:10	
429	Josue FRANCISCO	3154	M	00:42:01	00:41:48	04:11	00:20:24	
430	José MAIO	2845	M	00:42:02	00:41:45	04:11	00:20:49	Clube Desportivo do Arneiro
431	Rui CABRAL	13946	M	00:42:02	00:41:49	04:11	00:20:39	Linda-a-Pastora Sporting Clube
432	Pedro RAMOS	2908	M	00:42:03	00:41:51	04:12	00:20:15	
433	Luis Manuel Cadete CAETANO	5214	M	00:42:03	00:41:52	04:12	00:20:04	
434	Bruno Henrique FERREIRA	2812	M	00:42:04	00:41:13	04:08	00:20:39	
435	Miguel GUALDINO	9526	M	00:42:05	00:41:35	04:10	00:20:28	
436	Nuno LEMOS	14251	M	00:42:05	00:41:32	04:10	00:21:01	Amigos do Atletismo de Mafra
437	Rui Miguel COELHO	4734	M	00:42:06	00:41:59	04:12	00:20:28	
438	Mihai TICU	4480	M	00:42:06	00:41:19	04:08	00:21:04	
439	Paulo TORRÃO	2241	M	00:42:07	00:41:59	04:12	00:20:36	Açoreana clube Banif
440	Miguel ROCHA	487	M	00:42:08	00:42:00	04:12	00:20:38	
441	Rui MARQUES	3020	M	00:42:09	00:41:59	04:12	00:20:51	
442	Ricardo RIBEIRO	2411	M	00:42:09	00:41:52	04:12	00:20:51	NUCLEOEIRAS/SPORTZONE
443	Benoit BOUAM	4545	M	00:42:10	00:41:49	04:11	00:20:42	
444	Miguel BERNARDINO	249	M	00:42:11	00:41:46	04:11	00:20:30	
445	Domingos HENRIQUE	8521	M	00:42:11	00:41:51	04:12	00:20:47	NUCLEOEIRAS/SPORTZONE
446	Pedro CARDOSO	4443	M	00:42:11	00:41:53	04:12	00:20:22	
447	Fernando DOMINGOS	10521	M	00:42:11	00:42:02	04:13	00:21:05	
448	David Philip Scott ROBERTS	5233	M	00:42:13	00:41:37	04:10	00:21:17	
449	Filipe GARCIA	9766	M	00:42:14	00:41:28	04:09	00:21:20	
450	Pedro FARTO	3489	M	00:42:14	00:41:45	04:11	00:20:34	
451	Patient NICHOLAS	10675	M	00:42:14	00:41:28	04:09	00:21:25	
452	António COUTO	12838	M	00:42:15	00:42:05	04:13	00:20:26	
453	Sergio SANTOS	3793	M	00:42:15	00:41:46	04:11	00:20:43	
454	Pedro Paulo DO CARMO MARTINHO	10367	M	00:42:15	00:40:55	04:06	00:20:13	
455	Luis Miguel DEUS	4161	M	00:42:15	00:41:50	04:11	00:20:51	
456	Luciano DANTAS	2917	M	00:42:15	00:42:11	04:14	00:20:49	GARMIN COO

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
457	Luis Filipe MARÇAL	4354	M	00:42:16	00:41:41	04:11	00:20:20	
458	Jorge MIMOSO	10618	M	00:42:16	00:41:48	04:11	00:21:40	
459	Carlos Bruno RODRIGUES	5118	M	00:42:17	00:41:40	04:10	00:20:36	
460	José Manuel ARAGÃO	9386	M	00:42:18	00:42:09	04:13	00:20:44	
461	Hugo REIS	8931	M	00:42:18	00:41:56	04:12	00:20:28	GDINE Grupo Desportivo do Instituto Nacional Estat
462	Riccardo MOLINARI	3494	M	00:42:18	00:41:48	04:11	00:20:22	
463	Luís FILIPE	3630	M	00:42:19	00:42:04	04:13	00:20:02	
464	Maria LUCAS	14027	F	00:42:21	00:42:14	04:14	00:20:48	Gabinete de Fisioterapia no Desporto
465	Hugo Leonel FERNANDES BATISTA	126	M	00:42:22	00:41:38	04:10	00:20:33	
466	José ROLDÃO	2717	M	00:42:22	00:42:10	04:13	00:21:06	C. R. Leões de Porto Salvo
467	José Luis DIAS	14214	M	00:42:23	00:42:18	04:14	00:20:56	RAIL RUNNERS
468	João Miguel Biscaya Da Silva SANTOS	2989	M	00:42:23	00:42:14	04:14	00:20:45	
469	José Maria A. PEREIRA NETO	9287	M	00:42:25	00:42:10	04:13	00:20:50	N.A.Z.A
470	Miguel Coelho PERES	11567	M	00:42:25	00:41:21	04:09	00:21:12	
471	Pedro COSTA LIMA	234	M	00:42:26	00:42:07	04:13	00:21:03	
472	Miguel FRASQUILHO	11441	M	00:42:27	00:42:25	04:15	00:20:49	
473	João Raimundo GONÇALVES RODRIGUES	3059	M	00:42:27	00:41:43	04:11	00:21:09	
474	Henrique SORDO	3388	M	00:42:27	00:42:03	04:13	00:21:08	
475	Anabela Cabrita DOMINGOS NEVES	755	M	00:42:28	00:42:07	04:13	00:20:56	
476	Filipe José JESUS NEVES	11206	M	00:42:28	00:42:07	04:13	00:20:55	
477	Bruno FELÍCIO	3753	M	00:42:28	00:42:02	04:13	00:21:02	
478	Joelmo FREITAS	4339	M	00:42:29	00:42:05	04:13	00:20:59	
479	Rui Costa ROSA	4023	M	00:42:29	00:42:13	04:14	00:21:00	CP
480	Antonio RELVAS PEREIRA	2687	M	00:42:30	00:42:26	04:15	00:20:43	
481	Pedro CASTANHEIRA	10268	M	00:42:30	00:41:55	04:12	00:20:45	
482	Joaquim ROSAS	10535	M	00:42:31	00:42:23	04:15	00:21:10	
483	Nuno Gonçalo VITORINO RAIMUNDO	440	M	00:42:31	00:42:10	04:13	00:21:18	
484	Manuel ARAUJO	2440	M	00:42:31	00:42:30	04:15	00:20:35	C. R. Leões de Porto Salvo
485	Artur DUARTE	2977	M	00:42:31	00:42:06	04:13	00:21:25	
486	Rui PEDRO SOARES CEREJO	11446	M	00:42:32	00:42:21	04:15	00:20:28	
487	Ricardo TEIXEIRA	1967	M	00:42:32	00:42:24	04:15	00:20:37	
488	Rui FREITAS	2878	M	00:42:33	00:42:23	04:15	00:21:08	G.D.R. São Francisco da Serra
489	Pedro ZINA	12004	M	00:42:34	00:42:02	04:13	00:21:04	
490	Alberto XAVIER	9473	M	00:42:34	00:42:12	04:14	00:20:45	
491	Luís FERREIRA	4450	M	00:42:36	00:42:22	04:15	00:20:34	
492	Nuno FRADIQUE	2976	M	00:42:36	00:42:10	04:13	00:20:53	SCALABIS NIGHT RUNNERS
493	Mário CARVALHO	4492	M	00:42:36	00:42:22	04:15	00:20:33	
494	Pedro SILVA	2538	M	00:42:36	00:41:59	04:12	00:21:01	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
495	Pedro Miguel PINHEIRO	129	M	00:42:37	00:42:13	04:14	00:20:29	
496	Francisco SANCHES	11466	M	00:42:37	00:42:12	04:14	00:20:50	
497	João Raposo RAPOSO	12798	M	00:42:38	00:42:06	04:13	00:21:22	
498	Nuno Miguel ANJOS	13939	M	00:42:38	00:42:06	04:13	00:21:22	Linda-a-Pastora Sporting Clube
499	Nuno LAURENTINO	12897	M	00:42:38	00:42:36	04:16	00:20:16	
500	Pedro FERNANDES	3582	M	00:42:39	00:42:27	04:15	00:20:59	
501	Miguel ASSIS	2178	M	00:42:39	00:42:34	04:16	00:20:28	Serviços Sociais Montepio Geral
502	Ricardo SANTOS	10030	M	00:42:39	00:42:33	04:16	00:21:07	
503	Rui SILVA	3716	M	00:42:39	00:42:13	04:14	00:21:25	
504	Armindo Manuel Silva ROMANA	135611	M	00:42:41	00:42:08	04:13	00:21:44	
505	Nuno MARQUES	10399	M	00:42:42	00:42:40	04:16	00:20:55	LEBRES DO SADO
506	Carlos CAETANO	11135	M	00:42:42	00:42:38	04:16	00:20:34	
507	Helder BRANCO	13889	M	00:42:43	00:42:15	04:14	00:20:36	Clube Vodafone
508	André SIMÕES SABINO	7866	M	00:42:43	00:41:51	04:12	00:21:21	
509	Luis FERRÃO	13959	M	00:42:44	00:42:14	04:14	00:20:56	Linda-a-Pastora Sporting Clube
510	João MIRANDA	3985	M	00:42:44	00:42:07	04:13	00:21:03	
511	Paul ROTHANS	10391	M	00:42:45	00:42:29	04:15	00:20:47	
512	José DIAS	421	M	00:42:45	00:42:28	04:15	00:20:47	
513	João CAEIRO	4144	M	00:42:45	00:42:29	04:15	00:20:47	
514	João OLIVEIRA	8641	M	00:42:45	00:42:33	04:16	00:21:11	G.R.D. Ribeira da Lage
515	Luis PASSOS	2608	M	00:42:45	00:42:32	04:16	00:20:56	CCD Tranquilidade
516	Helder VAZ	189	M	00:42:45	00:42:40	04:16	00:21:20	CCD Sintrense
517	Francisco José ADRO	10079	M	00:42:46	00:42:41	04:17	00:20:44	
518	Pedro Joel RIBEIRO	5088	M	00:42:47	00:42:41	04:17	00:20:37	
519	Januário COELHO	14246	M	00:42:47	00:42:35	04:16	00:20:49	10 P'ras 11
520	Marino Pires Santos SOARES	4546	M	00:42:48	00:42:24	04:15	00:20:24	
521	Vitor TAVARES	3483	M	00:42:48	00:42:14	04:14	00:21:10	
522	Gonçalo FERREIRA	2576	M	00:42:49	00:42:31	04:16	00:21:49	GDINE Grupo Desportivo do Instituto Nacional Estat
523	João SANCHES	12419	M	00:42:50	00:42:35	04:16	00:21:54	G.R.D. Ribeira da Lage
524	Nelson SANTOS	9624	M	00:42:50	00:42:10	04:13	00:20:47	
525	João FARINHA	2604	M	00:42:51	00:42:23	04:15	00:21:39	Atletismo Clube de Portalegre
526	Pedro PIMENTEL	8633	M	00:42:51	00:42:41	04:17	00:20:57	Serviços Sociais da CGD
527	Nuno CALVO	11343	M	00:42:52	00:42:50	04:17	00:20:56	SCALABIS NIGHT RUNNERS
528	Luis MOTA	9226	M	00:42:53	00:42:43	04:17	00:21:07	CLAC Entroncamento
529	José ANTÓNIO	8655	M	00:42:53	00:42:34	04:16	00:21:38	G.R.D. Ribeira da Lage
530	Miguel Ângelo Sérvulo TOMÉ	4984	M	00:42:53	00:42:46	04:17	00:20:30	
531	Vitor OLIVEIRA	398	M	00:42:54	00:41:18	04:08	00:21:43	
532	Germano PIRES	2535	M	00:42:54	00:42:43	04:17	00:20:49	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
533	José Francisco VITAL	3591	M	00:42:54	00:42:44	04:17	00:21:19	CLAC Entroncamento
534	Miguel Jorge Santos CORREIA	9996	M	00:42:55	00:42:26	04:15	00:20:58	
535	Joaquim SERENO	4667	M	00:42:56	00:42:27	04:15	00:21:00	
536	Alexandre CAMPINO	9319	M	00:42:56	00:41:08	04:07	00:20:31	
537	Vitor TAVARES MARQUES	4316	M	00:42:57	00:42:48	04:17	00:20:27	
538	Eva ALVES	1072	F	00:42:57	00:42:49	04:17	00:21:33	Tartarugas de Loulé
539	Antonio Jose DOMINGOS FERREIRA	4210	M	00:42:58	00:42:33	04:16	00:21:14	
540	Pedro Joao REIS	14262	M	00:42:59	00:42:43	04:17	00:21:47	F.S.G. Collonge Bellerive
541	Pedro JORGE	11392	M	00:42:59	00:42:36	04:16	00:20:22	
542	José Carlos SOAEIRO MOREIRA	12661	M	00:42:59	00:42:37	04:16	00:20:57	CCD - Trabalhadores do Municipio da Odivelas
543	Carlos CABRAL	8544	M	00:43:00	00:42:57	04:18	00:20:36	Grupo Desportivo Joaninhas de Leião
544	António ALMEIDA	13937	M	00:43:00	00:42:49	04:17	00:21:41	Linda-a-Pastora Sporting Clube
545	Arlindo PAIXÃO	14271	M	00:43:00	00:42:54	04:18	00:21:06	RESTAURANTE O CARTAXEIRO CANECAS
546	Miguel António PAIS BARBAÇA	9903	M	00:43:01	00:41:29	04:09	00:21:02	
547	Ricardo PEREIRA	14086	M	00:43:02	00:42:50	04:17	00:20:39	Clube Grupo Desportivo BES
548	Bruno SOUSA	2227	M	00:43:02	00:42:51	04:18	00:21:12	
549	Rui MOREIRA	9026	M	00:43:02	00:42:48	04:17	00:20:59	G.R.C.D Leião
550	Ulisses FARIA PEREIRA	12964	M	00:43:03	00:43:00	04:18	00:21:08	
551	Manuel Fernando PORTUGAL BENEDITO	10701	M	00:43:03	00:43:01	04:19	00:21:08	
552	Rodrigo SERRA	14230	M	00:43:05	00:42:56	04:18	00:20:58	Gabinete de Fisioterapia no Desporto
553	Luis Iguel SEMEDO	3604	M	00:43:05	00:42:57	04:18	00:21:04	
554	Pedro Carvalho ESTEVES	3982	M	00:43:05	00:42:33	04:16	00:21:01	
555	António Manuel AREDE	4642	M	00:43:05	00:42:27	04:15	00:21:15	
556	Rui ROMÃO	4925	M	00:43:05	00:42:31	04:16	00:20:56	
557	Gonçalo FERREIRA	9761	M	00:43:06	00:42:53	04:18	00:21:10	
558	Mario AMARO	10056	M	00:43:06	00:43:01	04:19	00:20:50	
559	Ricardo Teodósio OLIVEIRA	2337	M	00:43:08	00:42:59	04:18	00:20:52	
560	António RICO	3064	M	00:43:08	00:42:45	04:17	00:21:24	
561	João PAIXÃO	3052	M	00:43:08	00:42:45	04:17	00:21:24	
562	Luís André PISCO	452	M	00:43:09	00:42:36	04:16	00:20:48	
563	Rui PERIÇÃO DE ALMEIDA	10041	M	00:43:10	00:42:48	04:17	00:21:20	
564	Marco Paulo FERREIRA MOUTINHO	3038	M	00:43:10	00:42:52	04:18	00:21:15	
565	Pedro QUINTANILHA	10466	M	00:43:10	00:42:56	04:18	00:21:13	
566	Hélder F. PONTES DE SOUSA	2849	M	00:43:11	00:42:32	04:16	00:21:08	Os Kotas Bike Team
567	Pedro RODRIGUES	3040	M	00:43:11	00:42:30	04:15	00:21:40	
568	Paulo SANTOS	13846	M	00:43:11	00:42:25	04:15	00:21:38	C.Comunitário de Linda-a-Velha
569	Aires SÃO PEDRO	2527	M	00:43:12	00:42:59	04:18	00:21:45	Clube Ferroviário de Portugal
570	Vitor LOURENÇO	5172	M	00:43:12	00:42:43	04:17	00:21:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
571	Luis MENDES	13195	M	00:43:13	00:42:31	04:16	00:21:20	
572	António VILELA	2502	M	00:43:14	00:42:35	04:16	00:21:19	C. R. Leões de Porto Salvo
573	Miguel MARTINS	2322	M	00:43:14	00:43:07	04:19	00:20:51	G.R.D. Ribeira da Lage
574	Nelson FLORENTINO	3426	M	00:43:15	00:42:45	04:17	00:21:57	
575	João ROSA	13907	M	00:43:15	00:42:48	04:17	00:21:45	Clube Vodafone
576	Tito Livio HENRIQUES	3894	M	00:43:15	00:42:43	04:17	00:21:30	
577	Rui SOEIRO	4321	M	00:43:16	00:42:48	04:17	00:21:17	
578	Pedro NUNES	869	M	00:43:16	00:43:05	04:19	00:21:25	Clube do Stress
579	Gil BRAZ DE OLIVEIRA	9449	M	00:43:16	00:43:04	04:19	00:21:24	
580	João LOURENÇO	13926	M	00:43:17	00:43:11	04:20	00:20:29	NUCLEOEIRAS/SPORTZONE
581	Nuno Miguel TAVARES BRANCO	582	M	00:43:17	00:42:26	04:15	00:21:10	
582	João RIBEIRO	4673	M	00:43:18	00:43:15	04:20	00:20:43	
583	Joaquim FRADE	8658	M	00:43:18	00:43:08	04:19	00:21:09	Serviços Sociais da CGD
584	André FERREIRA	5238	M	00:43:18	00:42:24	04:15	00:21:26	
585	Rodrigo ENES	4644	M	00:43:19	00:42:39	04:16	00:21:36	
586	Manuel Augusto GOMES	14242	M	00:43:19	00:43:13	04:20	00:20:59	10 P'ras 11
587	Américo AMARO	14244	M	00:43:19	00:43:12	04:20	00:21:05	10 P'ras 11
588	Nuno Miguel LOURENÇO DIMAS	11018	M	00:43:19	00:43:00	04:18	00:20:58	
589	Vitor ROCHA	2312	M	00:43:19	00:43:03	04:19	00:21:33	
590	Alessandro FERRARI	4494	M	00:43:20	00:42:45	04:17	00:20:56	
591	Ana Lúcia Mestre De CHÂTILLON	1340	F	00:43:20	00:41:59	04:12	00:21:22	
592	Rui Pedro ALBUQUERQUE	593	M	00:43:20	00:43:03	04:19	00:21:10	
593	Edmundo Da Conceição BATISTA	5078	M	00:43:20	00:42:42	04:17	00:20:53	
594	David PINHEIRO	4535	M	00:43:21	00:42:39	04:16	00:20:42	
595	Duarte AMARAL	4569	M	00:43:22	00:42:51	04:18	00:21:26	
596	Telmo AZEVEDO	14092	M	00:43:23	00:42:29	04:15	00:21:42	Clube Grupo Desportivo BES
597	Frederico LV TEAM	4650	M	00:43:24	00:43:12	04:20	00:21:20	
598	Mário MIGUEL	14038	M	00:43:24	00:43:07	04:19	00:21:29	Gabinete de Fisioterapia no Desporto
599	Adérito Martins LOPES	4148	M	00:43:24	00:43:17	04:20	00:19:48	
600	Pedro PIRES	3791	M	00:43:25	00:42:52	04:18	00:21:52	
601	Nuno PEIXEIRO	147	M	00:43:25	00:42:42	04:17	00:22:16	
602	Carlos CUNHA	4746	M	00:43:26	00:42:59	04:18	00:21:19	
603	Márcio Alexandre HORTA	3110	M	00:43:26	00:42:34	04:16	00:21:23	
604	Hugo LOURENÇO TORRES	4525	M	00:43:27	00:42:46	04:17	00:21:34	
605	João GUEDES	8884	M	00:43:27	00:43:23	04:21	00:21:10	GARMIN COO
606	Teotónio Xavier NETO	3034	M	00:43:27	00:43:00	04:18	00:21:48	
607	Carlos Manuel Vicente CORREIA	2219	M	00:43:28	00:42:47	04:17	00:21:05	
608	Bruno CARRILHO	12600	M	00:43:28	00:42:58	04:18	00:21:42	Atletismo Clube de Portalegre

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
609	Luis BARRETO	369	M	00:43:31	00:43:07	04:19	00:21:08	
610	Rui Miguel PANCADARES	11146	M	00:43:32	00:43:14	04:20	00:20:50	
611	Raul ROCHA	4882	M	00:43:32	00:43:01	04:19	00:21:10	
612	Paulo SANTOS	4376	M	00:43:32	00:43:14	04:20	00:21:23	
613	Luis AIRES	2485	M	00:43:33	00:43:28	04:21	00:20:27	C. R. Leões de Porto Salvo
614	Bruno RODRIGUES	4126	M	00:43:33	00:42:46	04:17	00:21:18	
615	Bruno Gonalo MASSANO	10714	M	00:43:33	00:41:49	04:11	00:20:53	
616	Andr SILVA	13143	M	00:43:33	00:43:05	04:19	00:21:32	
617	Andr MIRANDA	5035	M	00:43:33	00:43:18	04:20	00:21:17	
618	Juan COSTA	4377	M	00:43:34	00:43:06	04:19	00:21:42	
619	Francisco MIRANDA	2161	M	00:43:34	00:43:03	04:19	00:21:23	
620	Gonalo CARVALHO	4932	M	00:43:34	00:43:07	04:19	00:21:53	
621	Rui Miguel SILVA DIAS VARO	9735	M	00:43:35	00:43:30	04:21	00:21:10	
622	Jos Carlos MELO	14185	M	00:43:35	00:43:02	04:19	00:21:34	
623	Jos BARROCO	10322	M	00:43:36	00:43:10	04:19	00:21:23	
624	Tiago Silva SILVA	11657	M	00:43:36	00:41:21	04:09	00:20:51	
625	Luis SOUSA	5200	M	00:43:36	00:42:53	04:18	00:21:08	
626	Armando CORREIA	2491	M	00:43:36	00:43:06	04:19	00:21:33	C. R. Leões de Porto Salvo
627	Bruno CARRILHO	9046	M	00:43:37	00:41:58	04:12	00:21:15	Atletismo Clube de Portalegre
628	Ludgero CPIVA	10174	M	00:43:37	00:43:28	04:21	00:22:03	
629	Luis Miguel Pinto TAVARES DE CARVALHO	2057	M	00:43:37	00:42:57	04:18	00:21:00	
630	Jos PINTO-COELHO	11303	M	00:43:39	00:43:09	04:19	00:21:44	
631	Carlos Manuel SILVESTE JACINTO	5086	M	00:43:39	00:43:15	04:20	00:21:30	
632	Luis MARTINS	3297	M	00:43:40	00:43:22	04:21	00:21:08	
633	Joaquim FIDALGO	9037	M	00:43:40	00:43:07	04:19	00:21:13	Tejavista
634	Edgar FONTES	4812	M	00:43:41	00:42:15	04:14	00:21:27	
635	Jos CARLOS	2678	M	00:43:41	00:43:29	04:21	00:21:38	N.A. "Os Papagaios de Cascais"
636	Antnio RISCADO	10523	M	00:43:41	00:43:34	04:22	00:21:42	
637	Francisco MANGA	2665	M	00:43:41	00:43:30	04:21	00:20:36	G.R.C.D Leio
638	Manuel ALMEIDA	3223	M	00:43:41	00:42:59	04:18	00:21:29	
639	Carlos RODRIGUES	2756	M	00:43:42	00:43:16	04:20	00:21:17	CLAC Entroncamento
640	Augusto PIRES	11019	M	00:43:42	00:43:34	04:22	00:21:40	
641	Tiago MENDES	2707	M	00:43:44	00:43:21	04:21	00:21:18	
642	Pedro BUENO	2844	M	00:43:45	00:43:28	04:21	00:22:05	Clube Desportivo do Arneiro
643	Antnio PEREIRA	14097	M	00:43:45	00:43:07	04:19	00:22:07	CCDTML
644	Nuno PITA	14106	M	00:43:45	00:43:08	04:19	00:22:08	CCDTML
645	Joo BUCHO	3663	M	00:43:45	00:43:04	04:19	00:21:24	
646	Antonio FERREIRA	10162	M	00:43:46	00:43:25	04:21	00:22:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
647	Telemaco Augusto SANTANA	5220	M	00:43:47	00:42:56	04:18	00:21:56	
648	Nuno Gonçalo VAZ	3926	M	00:43:47	00:41:50	04:11	00:21:23	
649	João ALVES	4217	M	00:43:47	00:43:28	04:21	00:21:59	
650	Jorge Miguel SILVA	4626	M	00:43:47	00:42:19	04:14	00:20:57	
651	João Alfredo ALVES MARQUES	12415	M	00:43:48	00:43:01	04:19	00:22:36	G.R.D. Ribeira da Lage
652	Pompeu AIRES	8741	M	00:43:48	00:43:02	04:19	00:22:35	G.R.D. Ribeira da Lage
653	André GUERREIRO	13009	M	00:43:48	00:43:28	04:21	00:21:36	
654	Rodolfo MELO	9353	M	00:43:48	00:43:21	04:21	00:21:50	
655	Alexandre TEIXEIRA	2181	M	00:43:49	00:43:42	04:23	00:21:23	
656	Abel PINA	14129	M	00:43:49	00:43:39	04:22	00:21:42	BP Portugal
657	Paulo LOPES	8903	M	00:43:49	00:43:35	04:22	00:21:22	
658	Armenio MENDES	13555	M	00:43:50	00:43:16	04:20	00:21:27	
659	Marco Gonçalo A. Neves Campos CAMPOS	4375	M	00:43:50	00:43:21	04:21	00:21:44	
660	Renato MARTINHO	359	M	00:43:50	00:43:12	04:20	00:22:06	
661	Jose João LOPES	4899	M	00:43:50	00:43:33	04:22	00:21:35	
662	Paulo MARQUES	14232	M	00:43:51	00:43:02	04:19	00:20:51	Amigos do Atletismo de Mafra
663	Diogo Alexandre SANTOS RODRIGUES	4003	M	00:43:51	00:43:04	04:19	00:21:10	
664	José Alberto Gonçalves CLEMENTE	2228	M	00:43:51	00:43:34	04:22	00:21:48	
665	Mário António Gomes MAIA	3905	M	00:43:51	00:43:41	04:23	00:21:36	
666	Ture QUELMAN	8678	M	00:43:51	00:43:23	04:21	00:21:33	G.R.D. Ribeira da Lage
667	Stevan PAYLOVIC	3819	M	00:43:52	00:43:05	04:19	00:21:16	
668	Paulo SILVA	204	M	00:43:52	00:43:14	04:20	00:21:34	
669	Pedro MARINHO	11102	M	00:43:52	00:43:29	04:21	00:21:49	
670	Fernando LUZ	3316	M	00:43:53	00:43:38	04:22	00:21:42	
671	Pedro GONÇALVES	386	M	00:43:53	00:43:10	04:19	00:21:21	
672	Pedro GONÇALVES	13895	M	00:43:53	00:43:27	04:21	00:21:32	Clube Vodafone
673	Paulo BRÁS DOS SANTOS	9776	M	00:43:54	00:43:15	04:20	00:21:27	
674	Mara RIBEIRO	1212	F	00:43:54	00:43:27	04:21	00:21:40	Clube de Natação de Rio Maior
675	António BATALHA	2932	M	00:43:56	00:42:10	04:13	00:21:41	SCALABIS NIGHT RUNNERS
676	António Farinha Maurício MAURÍCIO	4579	M	00:43:56	00:43:21	04:21	00:22:04	
677	Domingos PENEDO	2321	M	00:43:56	00:43:38	04:22	00:21:58	G.R.D. Ribeira da Lage
678	Helder BELIM	4598	M	00:43:57	00:41:53	04:12	00:21:42	
679	António Manuel ALMEIDA	9269	M	00:43:57	00:43:24	04:21	00:21:49	O mundo da Corrida
680	Pedro ROLDÃO MONTEIRO	3108	M	00:43:58	00:43:48	04:23	00:21:36	
681	Fábio PEREIRA	4145	M	00:43:58	00:43:27	04:21	00:20:58	
682	João ANJOS	3011	M	00:43:59	00:43:13	04:20	00:22:05	
683	Jose SOUSA	514	M	00:43:59	00:43:34	04:22	00:21:42	
684	João CORREIA	8733	M	00:44:00	00:43:18	04:20	00:22:05	Atletismo Clube de Portalegre

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
685	Lourenço SAMPAIO	3765	M	00:44:00	00:43:53	04:24	00:21:20	
686	Ricardo Miguel SILVA	10642	M	00:44:01	00:43:41	04:23	00:21:30	
687	Ricardo PEDRO	9254	M	00:44:01	00:42:53	04:18	00:21:47	
688	Nuno PRATA	5150	M	00:44:01	00:43:31	04:22	00:21:37	
689	Fabio CARVALHO	2704	M	00:44:02	00:43:24	04:21	00:21:20	
690	Paulo PEREIRA	13905	M	00:44:02	00:43:28	04:21	00:21:47	Clube Vodafone
691	David VILAS	13995	M	00:44:03	00:43:52	04:24	00:22:27	C. R. Leões de Porto Salvo
692	Nuno FORTE	2278	M	00:44:03	00:43:40	04:22	00:22:29	Açoreana clube Banif
693	Paulo VENTURA	2272	M	00:44:03	00:43:39	04:22	00:22:28	Açoreana clube Banif
694	Diogo ALAGADOR	13935	M	00:44:04	00:43:29	04:21	00:21:48	Linda-a-Pastora Sporting Clube
695	Jorge SERRA	2255	M	00:44:04	00:43:40	04:22	00:22:28	Açoreana clube Banif
696	Paulo João Cardoso Dos SANTOS	9707	M	00:44:05	00:43:22	04:21	00:21:32	
697	João Carlos GONÇALVES	14014	M	00:44:05	00:43:59	04:24	00:21:06	Gabinete de Fisioterapia no Desporto
698	Paulo MOTA	14235	M	00:44:05	00:43:31	04:22	00:22:09	Valejas Atletico Clube
699	Carlos ALBERTO	2539	M	00:44:05	00:43:52	04:24	00:21:56	GDINE Grupo Desportivo do Instituto Nacional Estat
700	Bento Jorge PEREIRA RIBEIRO	4960	M	00:44:06	00:43:42	04:23	00:21:44	
701	Paulo BRITO	2833	M	00:44:06	00:43:46	04:23	00:21:59	Joma
702	Nuno SANTOS	3538	M	00:44:07	00:43:28	04:21	00:21:14	
703	Miguel AGUIAR	9811	M	00:44:07	00:43:42	04:23	00:22:04	
704	Adriano ULRIX	12955	M	00:44:07	00:43:30	04:21	00:21:25	
705	João Ribeiro Da Silva RIBEIRO DA SILVA	155	M	00:44:08	00:43:19	04:20	00:22:02	
706	Rafael ASSUNÇÃO	213	M	00:44:08	00:43:21	04:21	00:21:20	
707	Hélder Fialho CLAUDINO	13553	M	00:44:09	00:43:47	04:23	00:20:50	
708	Pedro ALVES	8817	M	00:44:09	00:43:58	04:24	00:21:38	CCD Sintrense
709	Joao CRESPO	2924	M	00:44:10	00:43:29	04:21	00:21:42	
710	Nuno GONÇALO	3153	M	00:44:11	00:43:44	04:23	00:21:53	
711	Paula FERNANDES	1099	M	00:44:11	00:44:02	04:25	00:21:51	GARMIN COO
712	Nuno PACHECO	3534	M	00:44:12	00:43:09	04:19	00:22:14	
713	Gonçalo Eduardo VÍTOR VICENTE	3141	M	00:44:13	00:43:39	04:22	00:21:54	
714	Joaquim GRILO	8523	M	00:44:13	00:43:58	04:24	00:21:27	Grupo Desportivo Joaninhas de Leião
715	Pedro BOLÉO TOMÉ	456	M	00:44:13	00:43:25	04:21	00:22:03	
716	António José Feliciano MARQUES	2151	M	00:44:13	00:42:52	04:18	00:21:16	
717	Massimo Cavalli CAVALLI	12715	M	00:44:13	00:43:47	04:23	00:21:36	
718	Nuno CIDADE DO CARMO	3073	M	00:44:14	00:44:03	04:25	00:22:03	
719	Martins HUGO	9938	M	00:44:14	00:43:51	04:24	00:22:18	
720	Júlio NUNES	423	M	00:44:14	00:42:54	04:18	00:21:31	
721	Telmo SOUSA	478	M	00:44:14	00:43:22	04:21	00:21:07	
722	José FERNANDES	11179	M	00:44:14	00:44:12	04:26	00:20:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
723	Fernando Anacleto ANACLETO	3156	M	00:44:15	00:44:07	04:25	00:21:45	
724	Ricardo MARTINS	10186	M	00:44:15	00:44:13	04:26	00:21:40	
725	Augusto FERNANDES	14245	M	00:44:15	00:44:10	04:25	00:21:55	10 P'ras 11
726	Pedro MOVILHA SILVA	342	M	00:44:15	00:44:12	04:26	00:22:07	Serviços Sociais da CGD
727	José PEIXOTO	8675	M	00:44:15	00:44:02	04:25	00:22:08	G.R.D. Ribeira da Lage
728	Frederico OLIVEIRA	10213	M	00:44:15	00:43:22	04:21	00:21:27	
729	Ana PEREIRA	662	F	00:44:16	00:44:11	04:26	00:21:35	NUCLEOEIRAS/SPORTZONE
730	Nuno Gonçalo SERRARIO QUINTELA	3184	M	00:44:17	00:43:41	04:23	00:22:07	
731	Miguel Alexandre Santos NUNES	9411	M	00:44:17	00:42:48	04:17	00:22:01	
732	Marcos OLIVEIRA	329	M	00:44:17	00:43:59	04:24	00:21:13	GDINE Grupo Desportivo do Instituto Nacional Estat
733	José ALCOBIA	156	M	00:44:18	00:44:03	04:25	00:20:57	Clube Ferroviário de Portugal
734	Jorge FILIPE	11275	M	00:44:18	00:43:30	04:21	00:21:31	
735	Pedro MOREIRA	2533	M	00:44:18	00:44:02	04:25	00:21:22	GDINE Grupo Desportivo do Instituto Nacional Estat
736	Joao MATA	3465	M	00:44:19	00:44:09	04:25	00:21:43	
737	Fernando CARREIRO	14270	M	00:44:19	00:44:11	04:26	00:21:58	RESTAURANTE O CARTAXEIRO CANECAS
738	Carlos FONSECA	2265	M	00:44:19	00:43:53	04:24	00:22:04	Açoreana clube Banif
739	João MONTEIRO PITEIRA	13442	M	00:44:19	00:44:02	04:25	00:22:09	
740	Carlos VENÂNCIO	13988	M	00:44:21	00:44:16	04:26	00:21:53	Linda-a-Pastora Sporting Clube
741	Hugo Miguel Silva Gaio GAIO	526	M	00:44:22	00:43:19	04:20	00:22:02	
742	José Maria OLIVEIRA	4050	M	00:44:22	00:43:27	04:21	00:22:06	
743	Vitor NUNES	9024	M	00:44:22	00:44:07	04:25	00:21:44	G.R.C.D Leião
744	Marcos VARIZ	13987	M	00:44:23	00:44:12	04:26	00:21:44	Linda-a-Pastora Sporting Clube
745	Rui PINTO	3495	M	00:44:23	00:43:53	04:24	00:22:10	
746	Alexandra ALVES	854	F	00:44:23	00:44:00	04:24	00:21:49	Açoreana clube Banif
747	Joao Pedro MARTINS	11156	M	00:44:23	00:43:30	04:21	00:22:07	
748	Eduardo LAGOA	4621	M	00:44:23	00:44:01	04:25	00:22:03	
749	Milton MELO	5144	M	00:44:23	00:43:46	04:23	00:21:43	
750	Luís MAURICIO	8707	M	00:44:24	00:43:54	04:24	00:21:49	Atletismo Clube de Portalegre
751	Licínio Bernardino MATOS	2793	M	00:44:24	00:43:59	04:24	00:21:34	
752	Maria Carmo PINTO	14151	F	00:44:24	00:44:20	04:26	00:21:59	Associação de Moradores de Atibá
753	Carlos CASEIRO	13954	M	00:44:24	00:43:49	04:23	00:21:49	Linda-a-Pastora Sporting Clube
754	Tiago Miguel RODRIGUES	2379	M	00:44:25	00:44:22	04:27	00:22:00	Clube Millennium BCP
755	Tiago SOUSA	4216	M	00:44:25	00:43:40	04:22	00:22:13	
756	Simão SEIÇA	364	M	00:44:26	00:43:50	04:23	00:21:33	
757	Paulo MIGUEL	14159	M	00:44:26	00:43:59	04:24	00:22:14	Clube de Natação de Rio Maior
758	Tiago VARANDA	10660	M	00:44:28	00:43:41	04:23	00:22:08	
759	Alexei DURUIAM	11529	M	00:44:29	00:40:55	04:06	00:20:52	
760	António Manuel GRILO	4980	M	00:44:30	00:44:25	04:27	00:20:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
761	Valter ROCHINHA	3311	M	00:44:31	00:44:25	04:27	00:21:39	
762	Tito Salomão Martins MORAIS	4978	M	00:44:31	00:43:36	04:22	00:21:22	
763	Fernando BERNARDO	13944	M	00:44:32	00:44:10	04:25	00:21:49	Linda-a-Pastora Sporting Clube
764	Pedro Miguel AZEVEDO RAMOS RELVAS PIRES	4616	M	00:44:33	00:43:51	04:24	00:21:32	
765	Miguel CHEDAS FERNANDES	89	M	00:44:34	00:42:46	04:17	00:21:38	
766	Diogo CALMEIRO	4366	M	00:44:35	00:43:11	04:20	00:22:07	
767	Pedro CARVALHO	2913	M	00:44:36	00:44:11	04:26	00:22:04	SCALABIS NIGHT RUNNERS
768	Gonçalo CATARINO	11666	M	00:44:37	00:44:13	04:26	00:21:23	
769	Manuel CORREIA	9285	M	00:44:37	00:44:35	04:28	00:22:05	HP1
770	José MARTINS	9479	M	00:44:38	00:44:08	04:25	00:21:51	
771	João Carlos MAIA FALCÃO	9865	M	00:44:38	00:44:14	04:26	00:22:28	
772	Nuno Manuel Antunes Da SILVA	3550	M	00:44:39	00:43:52	04:24	00:21:32	
773	João SEQUEIRA	14102	M	00:44:39	00:43:31	04:22	00:22:14	CCDTML
774	Diogo BATISTA	138	M	00:44:39	00:44:28	04:27	00:21:18	NUCLEOEIRAS/SPORTZONE
775	João Manuel Reis MADUREIRA	413	M	00:44:39	00:43:50	04:23	00:22:15	
776	Francisco CALÇADA	2243	M	00:44:39	00:44:16	04:26	00:21:52	Açoreana clube Banif
777	Bernardo FALCAO	4633	M	00:44:39	00:44:00	04:24	00:21:57	
778	Pedro BURGUETTE	2276	M	00:44:39	00:44:07	04:25	00:22:16	Açoreana clube Banif
779	Fernando SOBRAL	307	M	00:44:40	00:44:18	04:26	00:22:13	G.D.R. São Francisco da Serra
780	Tiago Emanuel COTRIM LUCAS	3967	M	00:44:40	00:44:04	04:25	00:21:40	
781	Carlos COSTA	11199	M	00:44:40	00:44:04	04:25	00:21:31	
782	Joao GOMES	4864	M	00:44:40	00:44:07	04:25	00:22:19	
783	Paulo SÁ	10101	M	00:44:41	00:44:32	04:28	00:21:36	
784	Jorge RODRIGUES	2499	M	00:44:41	00:44:27	04:27	00:22:46	C. R. Leões de Porto Salvo
785	Sylvain BONNET	4523	M	00:44:42	00:44:20	04:26	00:21:56	
786	Paulo Jorge R FERNANDES	10119	M	00:44:42	00:43:57	04:24	00:21:37	
787	Jaime SOUSA	2956	M	00:44:42	00:44:19	04:26	00:22:11	
788	João Antonio LUCAS FERREIRA	208	M	00:44:42	00:44:18	04:26	00:22:08	
789	Waldo CARVALHO SOUSA BASTOS	4775	M	00:44:42	00:44:37	04:28	00:21:39	
790	Miguel CARTUXO	2866	M	00:44:43	00:44:38	04:28	00:22:32	Unidos da Manutenção
791	Vitor André SILVA CARDOSO	5059	M	00:44:43	00:44:12	04:26	00:21:37	
792	Luis GUERREIRO	9288	M	00:44:43	00:44:40	04:28	00:21:19	HP1
793	Hugo Antonio RAMOS BARROSO	11464	M	00:44:43	00:43:52	04:24	00:21:52	
794	Jorge CARNEIRO	5158	M	00:44:44	00:44:06	04:25	00:21:03	
795	José SOUSA	2890	M	00:44:44	00:44:28	04:27	00:22:35	Clube Desportivo do Arneiro
796	António COELHO	2478	M	00:44:44	00:44:24	04:27	00:22:18	G.R.D. "Os Fixes"
797	Sandra PINTO	13929	F	00:44:45	00:44:32	04:28	00:22:11	NUCLEOEIRAS/SPORTZONE
798	Pedro VITOR	14084	M	00:44:45	00:44:19	04:26	00:21:52	Clube Grupo Desportivo BES

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
799	Carlos DUARTE	2803	M	00:44:45	00:44:28	04:27	00:22:21	Clube Desportivo do Arneiro
800	Carlos TEIXEIRA	3570	M	00:44:46	00:44:23	04:27	00:22:16	
801	Nuno SANTOS	4341	M	00:44:46	00:44:04	04:25	00:22:07	
802	Fernando SANTOS	9623	M	00:44:46	00:44:41	04:29	00:21:36	
803	Mário COELHO	2681	M	00:44:47	00:44:00	04:24	00:22:19	Associação Atletismo Lebres do Sado
804	João Carlos CONSTANTINO	477	M	00:44:47	00:44:42	04:29	00:22:17	
805	Hugo OLIVEIRA	4850	M	00:44:48	00:44:28	04:27	00:22:44	
806	Helio Manuel MARQUES	9425	M	00:44:49	00:44:27	04:27	00:22:36	
807	João PERIÇÃO ALMEIDA	8716	M	00:44:49	00:44:23	04:27	00:21:38	Clube Millennium BCP
808	Rui Manuel COCHILHA	10793	M	00:44:49	00:44:27	04:27	00:21:57	
809	João AFONSO	10969	M	00:44:49	00:44:05	04:25	00:22:50	
810	João Duarte COSTA	3430	M	00:44:49	00:44:16	04:26	00:21:33	
811	Mário GOMES	2284	M	00:44:50	00:44:34	04:28	00:21:59	Açoreana clube Banif
812	Fran BERMEJO MARTIN	2229	M	00:44:50	00:43:44	04:23	00:22:18	
813	Rute MATOS	693	F	00:44:50	00:44:42	04:29	00:22:06	Açoreana clube Banif
814	Manuel FIDALGO	8804	M	00:44:51	00:44:22	04:27	00:22:02	C.C.D. EFACEC
815	Ricardo SOEIRO	2498	M	00:44:51	00:44:01	04:25	00:22:56	Grupo Desportivo Roche
816	Nuno RESENDE	8682	M	00:44:51	00:44:00	04:24	00:22:24	G.R.D. Ribeira da Lage
817	António ORLANDO	13973	M	00:44:51	00:44:21	04:27	00:21:57	Linda-a-Pastora Sporting Clube
818	Gustavo SILVA	9822	M	00:44:52	00:44:27	04:27	00:21:33	
819	Paulo PERALTA	10447	M	00:44:52	00:44:00	04:24	00:21:39	
820	António MERUJO	3009	M	00:44:52	00:44:12	04:26	00:21:42	
821	Tiago MAURICIO	2616	M	00:44:52	00:44:23	04:27	00:21:38	Atletismo Clube de Portalegre
822	Hugo FERREIRA	2916	M	00:44:52	00:44:33	04:28	00:23:07	GARMIN COO
823	Pedro VICENTE	237	M	00:44:52	00:43:58	04:24	00:22:02	
824	José Alexandre DE OLIVEIRA	4199	M	00:44:53	00:44:13	04:26	00:22:01	
825	Pedro GABRIEL	14083	M	00:44:53	00:44:32	04:28	00:22:20	Clube Grupo Desportivo BES
826	José AZEVEDO	13941	M	00:44:53	00:44:34	04:28	00:23:07	Linda-a-Pastora Sporting Clube
827	Nelson GONÇALVES	10619	M	00:44:53	00:44:37	04:28	00:21:44	
828	Paulo JORGE GUERREIRO	9946	M	00:44:53	00:44:53	04:30	00:22:30	
829	David Rodrigues PASEIRO	5108	M	00:44:54	00:44:31	04:28	00:21:45	
830	André FIDALGO	4106	M	00:44:54	00:44:32	04:28	00:22:12	
831	Helena Isabel Da Silva MIRANDA	1750	F	00:44:55	00:43:12	04:20	00:21:28	
832	Eduardo RIBEIRO	9598	M	00:44:55	00:44:40	04:28	00:22:26	
833	Jorge MONTEIRO	2784	M	00:44:55	00:44:22	04:27	00:22:15	Clube de Natação de Rio Maior
834	Gil Xavier ALVES	8877	M	00:44:57	00:44:50	04:29	00:22:12	Unidos da Manutenção
835	Pedro MESQUITA	2525	M	00:44:57	00:44:14	04:26	00:22:17	C. R. Leões de Porto Salvo
836	Margarida FERNANDES	13582	F	00:44:57	00:44:42	04:29	00:22:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
837	Carlos GONÇALVES	9866	M	00:44:58	00:44:35	04:28	00:21:42	
838	Diogo TAVARES	3743	M	00:44:59	00:43:37	04:22	00:21:50	
839	Domingos Ribeiro RIBEIRO	9613	M	00:44:59	00:44:50	04:29	00:22:20	
840	Mónica NEVES	1595	F	00:45:00	00:44:57	04:30	00:22:13	
841	Vasco DIAS	3503	M	00:45:00	00:44:56	04:30	00:22:12	
842	Frederico CUNHA	2802	M	00:45:00	00:44:59	04:30	00:22:14	
843	Pedro Miguel Lima DA COSTA FERNANDES	4388	M	00:45:01	00:44:34	04:28	00:22:07	
844	António GONÇALVES	14095	M	00:45:01	00:44:24	04:27	00:21:52	CCDTML
845	André Rafael GUERREIRO	3935	M	00:45:01	00:44:49	04:29	00:21:53	
846	Rodrigo SÉRGIO	14168	M	00:45:01	00:44:20	04:26	00:21:47	
847	Mário PIRES	2488	M	00:45:01	00:45:01	04:31	00:23:33	C. R. Leões de Porto Salvo
848	Gonçalo OLIVEIRA	9609	M	00:45:01	00:44:47	04:29	00:22:25	
849	Fúlvio Esteves ESTEVES	4279	M	00:45:01	00:44:23	04:27	00:22:28	
850	Ricardo Sérgio ESTRELA LOBO	4766	M	00:45:02	00:44:20	04:26	00:21:43	
851	António SANTOS	8500	M	00:45:02	00:41:43	04:11	00:21:16	
852	José BORGES	14238	M	00:45:02	00:44:46	04:29	00:22:19	Associação Páraquedistas Tejo Norte
853	Miguel Aires SILVA	4865	M	00:45:03	00:44:30	04:27	00:22:06	
854	Daniel FERREIRA	3370	M	00:45:04	00:44:47	04:29	00:22:00	
855	Omar MASSA	2658	M	00:45:05	00:44:05	04:25	00:22:27	G.R.C.D Leião
856	Hugo Miguel Picado SIOGA	14276	M	00:45:05	00:45:05	04:31	00:22:03	
857	Christopher APPS	11305	M	00:45:07	00:44:42	04:29	00:22:30	
858	José OLIVEIRA	2744	M	00:45:08	00:44:20	04:26	00:22:14	Associação Atletismo Lebres do Sado
859	Luis VIDOEIRA	9250	M	00:45:08	00:44:51	04:30	00:22:22	Clube Desportivo do Arneiro
860	Otávio DIAS	2767	M	00:45:08	00:44:57	04:30	00:22:15	CLAC Entroncamento
861	Manuel RIBEIRO MARTINS	4957	M	00:45:09	00:44:42	04:29	00:22:22	
862	António PEIXOTO	11636	M	00:45:09	00:45:03	04:31	00:21:24	
863	Fabio PEREIRA	7771	M	00:45:09	00:44:41	04:29	00:22:29	Sporting Clube Casainhos
864	Maria Inês VILA LUZ	7374	F	00:45:09	00:44:36	04:28	00:22:56	G. D. Banco BPI
865	Andre CID	4767	M	00:45:09	00:44:25	04:27	00:21:56	
866	Jorge Adelino FONSECA ALVES	9640	M	00:45:10	00:44:39	04:28	00:22:21	
867	Luis SOUSA	9674	M	00:45:10	00:44:52	04:30	00:22:25	
868	João Frederico CORREIA	462	M	00:45:11	00:44:47	04:29	00:22:05	
869	Rui Manuel Oliveira ARAUJO	3386	M	00:45:11	00:44:41	04:29	00:22:39	
870	Pedro GARCIA	10512	M	00:45:12	00:44:31	04:28	00:22:27	
871	Bárbara CLEMENTE	953	F	00:45:12	00:45:03	04:31	00:21:32	GARMIN COO
872	Jorge CALDEIRA	3294	M	00:45:12	00:44:31	04:28	00:22:28	
873	Ricardo NUNO	13422	M	00:45:13	00:44:37	04:28	00:22:17	
874	Miguel RANGEL	533	M	00:45:14	00:45:12	04:32	00:21:26	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
875	Jorge CANELAS	8918	M	00:45:15	00:45:07	04:31	00:21:48	GARMIN COO
876	Diogo Miguel Reis MADUREIRA	403	M	00:45:15	00:44:27	04:27	00:22:15	
877	José CARRILHO	4014	M	00:45:15	00:45:09	04:31	00:21:49	
878	José GOMES	3530	M	00:45:15	00:45:02	04:31	00:23:02	
879	Pedro SILVA	3219	M	00:45:16	00:44:50	04:29	00:22:19	
880	Eduardo PINTO	293	M	00:45:17	00:44:42	04:29	00:22:17	
881	Rento Jorge DE ANDRADE VIEIRA	179	M	00:45:17	00:43:36	04:22	00:19:58	Açoreana clube Banif
882	Leonel SELEIRO	8681	M	00:45:18	00:44:46	04:29	00:21:52	G.R.D. Ribeira da Lage
883	Francisco DO VAL	2723	M	00:45:19	00:44:59	04:30	00:22:02	C. R. Leões de Porto Salvo
884	Frederico ALFAIA	3449	M	00:45:19	00:44:50	04:29	00:22:23	
885	Arlindo FIAS DEUS	2367	M	00:45:20	00:44:52	04:30	00:22:34	Clube Millennium BCP
886	Bruno Miguel Amaral AIRES	4066	M	00:45:20	00:43:37	04:22	00:21:35	
887	João Manuel MOURA COSTA	5187	M	00:45:20	00:41:46	04:11	00:21:11	
888	Paulo LOURO	3304	M	00:45:21	00:44:14	04:26	00:22:22	
889	Ricardo CHARRUA	4822	M	00:45:21	00:44:43	04:29	00:22:21	
890	José SANTOS	14103	M	00:45:21	00:44:13	04:26	00:22:48	CCDTML
891	Gil ALMEIDA	392	M	00:45:21	00:44:38	04:28	00:22:26	
892	Tiago RAMOS	4012	M	00:45:21	00:43:38	04:22	00:22:03	
893	Vanessa AGULHA	13912	F	00:45:22	00:45:12	04:32	00:22:16	NUCLEOEIRAS/SPORTZONE
894	Alberto FERNANDES	14243	M	00:45:22	00:45:10	04:31	00:22:38	10 P'ras 11
895	António JANEIRO	2651	M	00:45:22	00:45:12	04:32	00:21:18	G.R.C.D Leião
896	Ricardo FIGUEIREDO	401	M	00:45:23	00:44:40	04:28	00:22:27	
897	João BARÃO	2258	M	00:45:23	00:45:15	04:32	00:20:43	NUCLEOEIRAS/SPORTZONE
898	Daniel AMARAL GONÇALVES	2192	M	00:45:23	00:44:47	04:29	00:22:17	
899	Jorge Santana GODINHO	4618	M	00:45:23	00:44:49	04:29	00:22:12	
900	Bruno Miguel BASTOS SILVA	3771	M	00:45:23	00:44:37	04:28	00:22:33	
901	Américo MOREIRA ALEXANDRE	3084	M	00:45:23	00:44:56	04:30	00:22:39	
902	José António ALEXANDRE	12761	M	00:45:24	00:45:24	04:33	00:23:47	
903	Jorge Manuel FRAGOSO	8666	M	00:45:24	00:45:24	04:33		Serviços Sociais da CGD
904	Pedro VIDINHA MACHADO	10589	M	00:45:24	00:44:04	04:25	00:22:40	
905	Ernesto Monteiro MONTEIRO	9602	M	00:45:25	00:45:05	04:31	00:22:26	
906	Casimiro FERNANDES	4373	M	00:45:25	00:45:00	04:30	00:22:18	
907	Amandio PEREIRA	11183	M	00:45:26	00:44:56	04:30	00:23:49	
908	Miguel CABRAL	534	M	00:45:26	00:44:49	04:29	00:23:15	
909	Pedro Miguel De Sousa FERNANDES	563	M	00:45:26	00:45:04	04:31	00:22:20	
910	Antonio SALES HENRIQUES	4671	M	00:45:27	00:44:59	04:30	00:22:45	
911	José MOÇO	449	M	00:45:27	00:43:20	04:20	00:23:03	
912	Walter SAMPAIO	3584	M	00:45:27	00:45:14	04:32	00:22:38	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
913	Jorge VIEIRA	3593	M	00:45:27	00:45:01	04:31	00:21:53	
914	José SANTOS	9289	M	00:45:27	00:45:06	04:31	00:22:18	G.D.R. São Francisco da Serra
915	Nelson SERRÃO	5256	M	00:45:27	00:44:10	04:25	00:22:14	
916	Ricardo SOFIO	4182	M	00:45:28	00:44:59	04:30	00:22:47	
917	Adventino CONCEIÇÃO	4505	M	00:45:28	00:44:43	04:29	00:22:05	
918	Pedro Migual Vilhana CASTANHA	3518	M	00:45:28	00:44:25	04:27	00:22:30	
919	Ricardo Daniel MEDEIROS LEMOS	428	M	00:45:28	00:44:57	04:30	00:21:35	
920	Miguel FAUSTINO	135685	M	00:45:29	00:44:51	04:30	00:22:29	
921	Jose J CAMPOS	3560	M	00:45:29	00:44:52	04:30	00:23:16	
922	Tomás GONÇALVES	9325	M	00:45:30	00:44:38	04:28	00:22:36	
923	Nuno Ricardo SANTOS	13579	M	00:45:30	00:45:22	04:33	00:22:43	
924	Idílio FREIRE	2552	M	00:45:31	00:44:50	04:29	00:22:53	GDINE Grupo Desportivo do Instituto Nacional Estat
925	Miguel GOMES	10308	M	00:45:32	00:44:32	04:28	00:22:24	
926	Nuno Filipe Baptista Mendão MENDÃO	3440	M	00:45:32	00:45:06	04:31	00:22:23	
927	Gonçalo SANTOS	5263	M	00:45:32	00:44:13	04:26	00:22:11	
928	António PAULO RODRIGUES	10225	M	00:45:33	00:45:06	04:31	00:22:10	
929	José Pedro MOREIRA	4389	M	00:45:33	00:45:14	04:32	00:22:36	
930	Pedro ALEIXO DINIZ BARROSO	221	M	00:45:33	00:44:03	04:25	00:21:58	
931	Francisco BARÃO	9663	M	00:45:33	00:44:56	04:30	00:23:15	
932	António MARTINS	8889	M	00:45:34	00:45:09	04:31	00:22:58	FALCÕES SELVAGENS
933	Pablo Manuel TAVARES	2327	M	00:45:34	00:44:53	04:30	00:23:03	
934	Daniel HUBERT	9031	M	00:45:34	00:45:02	04:31	00:22:20	St. Julians School
935	Augusto GASPAR	13023	M	00:45:34	00:44:55	04:30	00:22:27	
936	Vitor TEIXEIRA	13986	M	00:45:34	00:44:58	04:30	00:22:16	Linda-a-Pastora Sporting Clube
937	Ricardo MARTINS	12494	M	00:45:34	00:44:10	04:25	00:21:53	
938	Pedro Miguel QUINTELA	4299	M	00:45:35	00:44:59	04:30	00:22:25	
939	João Filipe MARQUES SANTOS	9742	M	00:45:35	00:45:09	04:31	00:21:13	
940	Nuno GRAÇA	2274	M	00:45:35	00:45:09	04:31	00:21:18	Açoreana clube Banif
941	Antonio FERNANDES	4504	M	00:45:35	00:44:42	04:29	00:22:27	
942	Eduardo PASSOS CORREIA	9680	M	00:45:35	00:45:11	04:32	00:22:54	
943	Sérgio MANSO	3424	M	00:45:36	00:44:40	04:28	00:23:04	
944	Carlos CONCEICAO	4302	M	00:45:36	00:44:16	04:26	00:22:23	
945	Guilherme GONÇALVES	2452	M	00:45:36	00:45:21	04:33	00:22:08	Clube Ferroviário de Portugal
946	Jose Rodrigues CABRAL	4193	M	00:45:37	00:45:37	04:34	00:22:30	
947	António Pereira LOPES	10427	M	00:45:37	00:43:31	04:22	00:21:55	CP
948	Carlos ESTEVES	13893	M	00:45:37	00:44:37	04:28	00:22:44	Clube Vodafone
949	António ALMEIDA	8643	M	00:45:37	00:45:26	04:33	00:21:15	G.R.D. Ribeira da Lage
950	Hugo Miguel BENTO NETO	562	M	00:45:37	00:44:53	04:30	00:23:03	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
951	Miguel Alexandre MAXIMIANO CARDEAL DE BRITO	9600	M	00:45:38	00:45:24	04:33	00:23:45	
952	Maria ALVES	655	M	00:45:38	00:45:32	04:34	00:22:21	Associação de Moradores de Atibá
953	José ESTEVES	2316	M	00:45:38	00:44:27	04:27	00:22:39	
954	Rizerio SALGADO	4838	M	00:45:39	00:44:28	04:27	00:21:40	
955	Damiro Santos SANTOS	4713	M	00:45:39	00:45:24	04:33	00:21:46	
956	Ricardo José FARIA BRANCO	10617	M	00:45:40	00:44:51	04:30	00:22:27	
957	Pedro VITORINO	2653	M	00:45:41	00:45:32	04:34	00:22:31	HP Portugal Clube
958	Davide Manuel GOMES	4049	M	00:45:41	00:44:49	04:29	00:22:41	
959	Ivo FERREIRA	2350	M	00:45:41	00:45:29	04:33	00:22:23	G.R.D. "Os Fixes"
960	Carla SANTOS	7722	F	00:45:41	00:45:34	04:34	00:22:32	C. R. Leões de Porto Salvo
961	João Luís SANTOS	8661	M	00:45:41	00:45:27	04:33	00:22:13	G.R.D. Ribeira da Lage
962	André MONTEIRO	4881	M	00:45:42	00:45:23	04:33	00:22:33	
963	Luisa SANTO	1049	F	00:45:42	00:45:33	04:34	00:22:26	C. R. Leões de Porto Salvo
964	Rui Henrique BATISTA VIEIRA	10049	M	00:45:42	00:44:46	04:29	00:22:42	
965	José FIDÉLIO	2741	M	00:45:42	00:45:33	04:34	00:22:31	CLAC Entroncamento
966	Rui MARTINS	13130	M	00:45:43	00:45:08	04:31	00:22:05	
967	Pedro BARREIRÃO	10696	M	00:45:43	00:45:13	04:32	00:21:53	
968	José Eduardo FIDALGO PENA	4614	M	00:45:43	00:45:05	04:31	00:22:24	
969	Bernardo FIGUEIREDO	395	M	00:45:43	00:45:13	04:32	00:22:43	
970	Virgílio MADEIRA	175	M	00:45:43	00:45:04	04:31	00:22:31	Açoreana clube Banif
971	Fredy HENRIQUES	11361	M	00:45:44	00:44:18	04:26	00:22:19	
972	João Pedro OLIVEIRA	3544	M	00:45:44	00:45:10	04:31	00:22:37	
973	Tomás PRAZERES	10752	M	00:45:44	00:45:25	04:33	00:22:55	
974	João Pedro Gomes DOMINGOS	3998	M	00:45:44	00:45:05	04:31	00:22:54	
975	Alexandre BENTO	4381	M	00:45:45	00:45:08	04:31	00:22:51	
976	Nuno RODRIGUES	14249	M	00:45:45	00:44:58	04:30	00:22:26	Amigos do Atletismo de Mafra
977	Pedro Miguel Lopes BRITO	3177	M	00:45:45	00:45:15	04:32	00:22:24	
978	Carlos GREGORIO	3750	M	00:45:46	00:45:22	04:33	00:22:15	
979	Ricardo Manuel SILVA RODRIGUES	2214	M	00:45:46	00:45:20	04:32	00:22:52	
980	Eduardo Fernando FAZENDA AFONSO BRANCO	135691	M	00:45:46	00:45:19	04:32	00:22:04	
981	Francisco RODRIGUES	3194	M	00:45:46	00:44:38	04:28	00:22:58	
982	João Gonçalves PALMA	10705	M	00:45:46	00:45:20	04:32	00:22:11	
983	Pedro Jorge Silva CABRITA	5124	M	00:45:46	00:45:08	04:31	00:23:16	
984	Joaquim António LACÃO	9703	M	00:45:47	00:44:38	04:28	00:23:00	
985	Marisa MENDES	1526	F	00:45:49	00:44:58	04:30	00:22:24	
986	Pedro SOUSA	11664	M	00:45:49	00:43:33	04:22	00:21:43	
987	Paulo UVEIRA	251	M	00:45:49	00:45:43	04:35	00:22:48	
988	José Manuel BASTOS DA SILVA	2808	M	00:45:50	00:45:38	04:34	00:22:03	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
989	Ricardo NUNES	4949	M	00:45:50	00:44:29	04:27	00:22:15	
990	Renato MARTINS	9130	M	00:45:51	00:45:24	04:33	00:22:28	CLAC Entroncamento
991	Fernando Jorge PINTO SABINO	11226	M	00:45:51	00:45:18	04:32	00:22:11	
992	Jorge MORGADO	3428	M	00:45:51	00:45:07	04:31	00:22:42	
993	Sérgio José DIAS ALBERTO	12896	M	00:45:52	00:45:44	04:35	00:22:35	
994	Fernando LOPES	14024	M	00:45:53	00:45:35	04:34	00:22:48	Gabinete de Fisioterapia no Desporto
995	João Rafael Da Silva LIMA	11647	M	00:45:53	00:43:13	04:20	00:21:42	
996	Luis RENDEIRO	14199	M	00:45:53	00:45:49	04:35	00:22:37	Associação Páraquedistas Tejo Norte
997	Carlos Miguel Da Rocha GONÇALVES	12703	M	00:45:53	00:45:06	04:31	00:23:11	
998	Luis Miguel LEITE TORRES	128	M	00:45:54	00:44:59	04:30	00:22:50	
999	Manuel ALMEIDA	3889	M	00:45:54	00:45:28	04:33	00:22:16	
1000	Arnoud VAN LEUVEN	4630	M	00:45:55	00:45:08	04:31	00:22:25	
1001	Bruno H. J. ARAÚJO CORREDOR	4325	M	00:45:55	00:45:20	04:32	00:21:53	
1002	Nuno LIMA	77	M	00:45:55	00:45:24	04:33	00:22:22	CCD Segurança Social Lisboa
1003	Rui BELO	8505	M	00:45:56	00:45:21	04:33	00:22:54	
1004	Artur Luis RODRIGUES	11162	M	00:45:56	00:44:46	04:29	00:22:35	
1005	Paulo CORREIA PAIS	8566	M	00:45:56	00:44:20	04:26	00:22:08	Clube Millennium BCP
1006	Ferreira DUARTE	182	M	00:45:57	00:45:04	04:31	00:23:10	
1007	Bernardino PEREIRA	2295	M	00:45:57	00:45:55	04:36	00:22:28	Serviços Sociais da CGD
1008	Luís MARQUES	595	M	00:45:57	00:44:42	04:29	00:21:56	
1009	Vera VAZ	1847	F	00:45:57	00:45:29	04:33	00:22:15	
1010	Luis PEIXOTO AMARAL	8712	M	00:45:58	00:45:20	04:32	00:22:42	Powerade
1011	Ana FARIA	668	F	00:45:58	00:45:51	04:36	00:22:18	Grupo Desportivo Joanelhas de Leião
1012	João Fernando Martins MACHADO	13586	M	00:45:58	00:45:13	04:32	00:22:42	
1013	Gonçalo DIAS	11355	M	00:45:59	00:45:19	04:32	00:22:58	
1014	Cesar ORVALHO	4125	M	00:45:59	00:44:39	04:28	00:22:56	
1015	Tiago BRANDÃO MENDES	8572	M	00:46:00	00:44:29	04:27	00:22:03	Clube Millennium BCP
1016	Cidália MARTINS	1166	F	00:46:00	00:45:31	04:34	00:22:40	
1017	Ricardo BRITO	11143	M	00:46:00	00:44:57	04:30	00:22:40	
1018	João Filipe Rodrigues De CARVALHO	3843	M	00:46:01	00:45:31	04:34	00:22:34	
1019	Fausto Alberto PEREIRA	3987	M	00:46:01	00:45:30	04:33	00:22:45	
1020	Francisco MOREIRINHAS	2200	M	00:46:01	00:44:51	04:30	00:22:54	
1021	Pedro CORDEIRO	5111	M	00:46:01	00:45:14	04:32	00:22:11	
1022	Rui RAMALHAL	2122	M	00:46:02	00:43:49	04:23	00:22:36	Clube do Stress
1023	Duarte Miguel SALOIO CARRILO	13425	M	00:46:02	00:44:58	04:30	00:22:25	
1024	André V. FERNANDES	555	M	00:46:02	00:45:27	04:33	00:22:46	
1025	André BALELA	3236	M	00:46:02	00:45:19	04:32	00:22:42	
1026	Paulo CABRITA	9281	M	00:46:03	00:46:01	04:37	00:22:38	HP1

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1027	Rui MARTINS	8668	M	00:46:03	00:45:17	04:32	00:22:49	Serviços Sociais da CGD
1028	Francisco FERNANDES	8518	M	00:46:03	00:45:58	04:36	00:23:11	Grupo Desportivo Joaninhas de Leião
1029	Gonçalo VILAÇA SANTOS	4367	M	00:46:03	00:45:51	04:36	00:22:29	
1030	Orlando BRIZIDA	8773	M	00:46:03	00:45:33	04:34	00:22:21	C.C.D. EFACEC
1031	Fernando LOURENÇO	2429	M	00:46:04	00:45:05	04:31	00:22:58	Grupo Desportivo Joaninhas de Leião
1032	Goncalo FONTES DE MELO	3823	M	00:46:04	00:45:05	04:31	00:22:57	
1033	Gonçalo MAGALHAES	3292	M	00:46:04	00:45:39	04:34	00:22:35	
1034	Virgilio Oliveira SESTA	10543	M	00:46:05	00:45:37	04:34	00:22:47	
1035	Luis Filipe CALEIRAS	10791	M	00:46:05	00:45:09	04:31	00:22:48	
1036	Rui ABECASSIS	9111	M	00:46:06	00:44:27	04:27	00:22:10	SEMPRESSA
1037	José Dos Santos AUGUSTO	8902	M	00:46:06	00:45:24	04:33	00:23:11	FALCÕES SELVAGENS
1038	Pedro MARIA	4077	M	00:46:06	00:44:41	04:29	00:22:24	
1039	Pedro Miguel FERREIRA	153	M	00:46:07	00:45:28	04:33	00:22:18	
1040	David Miguel Garcia GARCIA	4985	M	00:46:07	00:43:13	04:20	00:21:43	
1041	Nuno CARVALHO	10848	M	00:46:07	00:45:43	04:35	00:21:43	
1042	Armando JORGE	2537	M	00:46:08	00:43:58	04:24	00:22:03	Maratona Clube de Portugal
1043	Ricardo ALVES	8622	M	00:46:08	00:44:47	04:29	00:22:14	Açoreana clube Banif
1044	Miguel SILVA	2202	M	00:46:08	00:44:38	04:28	00:22:26	
1045	Ricardo José Nunes FONSECA	9517	M	00:46:08	00:45:44	04:35	00:22:30	
1046	Filipe SÁ	8496	M	00:46:08	00:46:02	04:37	00:22:51	
1047	Ilidio GOMES RODRIGUES	8580	M	00:46:09	00:45:28	04:33	00:22:51	Clube Millennium BCP
1048	Ricardo MARTINS	9256	M	00:46:09	00:46:01	04:37	00:22:39	
1049	Luis MACHADO	2789	M	00:46:09	00:45:55	04:36	00:22:22	Grupo Desportivo Imprensa Nacional Casa da Moeda
1050	Fernando Beato MARQUES	3332	M	00:46:10	00:45:34	04:34	00:22:55	
1051	Arsénio FERNANDES	14120	M	00:46:10	00:45:28	04:33	00:22:49	C.A. Amigos Parque da Paz
1052	Gonçalo FALCAO	3448	M	00:46:10	00:45:26	04:33	00:22:57	
1053	Nuno GAMEIRO	3090	M	00:46:11	00:45:38	04:34	00:22:11	
1054	Marco Alexandre COELHO	561	M	00:46:11	00:44:32	04:28	00:21:58	
1055	Paulo SOUSA	11425	M	00:46:11	00:45:32	04:34	00:22:26	
1056	Pedro PRUDENCIO	10679	M	00:46:12	00:45:25	04:33	00:22:17	
1057	Ricardo Jorge SILVA	10256	M	00:46:12	00:45:08	04:31	00:22:37	
1058	Rui COELHO	2813	M	00:46:13	00:45:54	04:36	00:22:35	O Rodrigo
1059	João REVES	2474	M	00:46:13	00:45:41	04:35	00:23:18	C. R. Leões de Porto Salvo
1060	Daniel VALENTE SIMÕES	4421	M	00:46:13	00:45:10	04:31	00:23:07	
1061	Paulo Ricardo HENRIQUES PEREIRA	11001	M	00:46:14	00:45:44	04:35	00:23:03	
1062	Carlos LOPES	3317	M	00:46:14	00:45:16	04:32	00:21:48	
1063	Edgar GEADA	8690	M	00:46:14	00:45:24	04:33	00:23:12	G.R.D. Ribeira da Lage
1064	Pedro PEREIRA	4951	M	00:46:15	00:45:46	04:35	00:22:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1065	António ALEXANDRE	10744	M	00:46:15	00:45:58	04:36	00:22:06	
1066	Carlos Manuel ANTUNES DE SOUSA	10251	M	00:46:15	00:45:37	04:34	00:23:05	
1067	José DIOGO	13851	M	00:46:15	00:45:55	04:36	00:21:52	C.Comunitário de Linda-a-Velha
1068	António José SOUSA VARELA	10044	M	00:46:16	00:45:47	04:35	00:22:32	
1069	Válter CUNHA	2304	M	00:46:16	00:45:50	04:35	00:22:12	
1070	José NUNES	3043	M	00:46:16	00:46:07	04:37	00:22:10	
1071	João PAIVA	2820	M	00:46:17	00:45:49	04:35	00:22:46	Clube Anacom
1072	João BORRALHO	3069	M	00:46:17	00:45:53	04:36	00:23:26	
1073	Rogério Paulo De C. ARAÚJO	4760	M	00:46:17	00:45:33	04:34	00:22:47	
1074	Agostinho VALENTE	8893	M	00:46:17	00:45:36	04:34	00:23:03	FALCÕES SELVAGENS
1075	Pedro Jorge SESÕES	9768	M	00:46:18	00:43:59	04:24	00:21:40	
1076	Vitor MORAES	2696	M	00:46:18	00:45:25	04:33	00:22:25	N.A. "Os Papagaios de Cascais"
1077	Armando Carvalho Mineiro MINEIRO	3782	M	00:46:19	00:45:52	04:36	00:22:48	
1078	Marco MORGADO	412	M	00:46:19	00:45:25	04:33	00:22:23	
1079	Joaquim MONTEIRO	5135	M	00:46:19	00:45:09	04:31	00:22:28	
1080	Nelson DIAS	14096	M	00:46:19	00:45:23	04:33	00:22:56	CCDTML
1081	Adrian MELO	4328	M	00:46:19	00:45:28	04:33	00:22:26	
1082	Fernando MENDES	2938	M	00:46:19	00:46:09	04:37	00:22:43	GARMIN COO
1083	Solange MARTINS	13900	F	00:46:20	00:44:58	04:30	00:22:40	Clube Vodafone
1084	Francisco BANDO	3037	M	00:46:20	00:45:22	04:33	00:22:30	
1085	João Paulo Duarte CAETANO	11096	M	00:46:21	00:46:06	04:37	00:22:14	
1086	Jorge PAULO	14188	M	00:46:21	00:45:50	04:35	00:22:39	
1087	João CRUZ	14125	M	00:46:22	00:45:28	04:33	00:22:49	BP Portugal
1088	Diogo COSTA	4353	M	00:46:22	00:44:58	04:30	00:22:09	
1089	Paulo MORÃO	3018	M	00:46:22	00:45:37	04:34	00:22:06	
1090	Lídia MAGALHÃES	1931	F	00:46:23	00:46:14	04:38	00:22:40	
1091	José Carlos DUARTE ANTUNES	9693	M	00:46:23	00:45:56	04:36	00:22:21	
1092	Pedro DUARTE	2313	M	00:46:23	00:45:00	04:30	00:22:53	
1093	Helder PEREIRA	4442	M	00:46:23	00:44:11	04:26	00:22:37	
1094	Julian FERNANDES	2388	M	00:46:24	00:45:34	04:34	00:22:58	Grupo Desportivo Roche
1095	Carlos DIAS	13181	M	00:46:24	00:43:54	04:24	00:21:29	
1096	José AMARO	14248	M	00:46:24	00:45:48	04:35	00:22:36	Amigos do Atletismo de Mafra
1097	Pedro LOURENÇO	13898	M	00:46:24	00:45:58	04:36	00:22:55	Clube Vodafone
1098	Diogo BARRETO	4764	M	00:46:24	00:44:47	04:29	00:23:07	
1099	Paulo LOPES MOREIRA	85630	M	00:46:25	00:45:41	04:35	00:23:21	Clube Millennium BCP
1100	Sérgio PIRES	14258	M	00:46:26	00:45:53	04:36	00:23:31	Valejas Atletico Clube
1101	José GALAMBA	14254	M	00:46:26	00:45:42	04:35	00:22:59	Valejas Atletico Clube
1102	Pablo Miguel LÉON VIGARINHO	558	M	00:46:26	00:46:03	04:37	00:22:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1103	João PEREIRA	14201	M	00:46:26	00:46:19	04:38	00:22:43	Associação Páraquedistas Tejo Norte
1104	Ricardo FERREIRA	9873	M	00:46:26	00:45:30	04:33	00:22:53	
1105	Rui Filipe Duarte AMADO	3738	M	00:46:27	00:45:59	04:36	00:22:44	
1106	Alexandre YIP	3612	M	00:46:27	00:45:18	04:32	00:22:06	
1107	Alexandre NEVES	14043	M	00:46:28	00:45:57	04:36	00:22:32	Clube Grupo Desportivo BES
1108	João Carlos De Almeida FRANCO	9338	M	00:46:28	00:46:12	04:38	00:22:42	
1109	Diogo SANTOS	584	M	00:46:28	00:45:59	04:36	00:22:45	
1110	Antonio ANAIA	11212	M	00:46:29	00:45:45	04:35	00:22:25	
1111	Andre Frederico LOPES PIRES	3700	M	00:46:29	00:45:42	04:35	00:22:00	
1112	João Carlos LOURENÇO	3320	M	00:46:29	00:45:38	04:34	00:22:40	
1113	Bruno Filipe LOPES MACIEL	12943	M	00:46:30	00:45:17	04:32	00:23:07	
1114	José Luis Dos Santos CORREIA	3396	M	00:46:31	00:46:30	04:39	00:22:40	
1115	Diogo FIGUEIRA	2964	M	00:46:31	00:44:43	04:29	00:22:31	
1116	Francisco MADEIRA	12982	M	00:46:32	00:45:51	04:36	00:22:38	
1117	Ricardo PEREIRA	4173	M	00:46:32	00:46:03	04:37	00:22:46	
1118	Mário André ALVES MELO	11205	M	00:46:32	00:45:51	04:36	00:22:54	
1119	Carlos CARREIRO	11218	M	00:46:33	00:46:01	04:37	00:22:55	
1120	João BRONZE	3919	M	00:46:34	00:45:47	04:35	00:23:17	
1121	Anibal CARVALHO	10745	M	00:46:34	00:45:53	04:36	00:22:49	
1122	Filipe LEITÃO	11622	M	00:46:34	00:45:55	04:36	00:23:06	
1123	Tiago Miguel DA SILVA FERNANDES	269	M	00:46:34	00:44:11	04:26	00:22:09	
1124	Daniel Jeronimo PEREIRA DIAS	5065	M	00:46:34	00:45:44	04:35	00:23:27	
1125	Marcelo XAVIER	380	M	00:46:35	00:45:38	04:34	00:22:24	
1126	Joaquim FERRÃO	2830	M	00:46:35	00:46:02	04:37	00:22:50	G.D.C. Banco De Portugal
1127	Ivan DUQUE DE AZEVEDO COSTA	4039	M	00:46:35	00:45:44	04:35	00:23:21	
1128	Pedro Miguel DE OLIVEIRA MARQUES	4609	M	00:46:35	00:46:21	04:39	00:23:45	
1129	Pedro CHAVES FERREIRA	10127	M	00:46:35	00:45:49	04:35	00:23:39	
1130	Vitor MARQUES	14111	M	00:46:35	00:45:53	04:36	00:22:59	C.A. Amigos Parque da Paz
1131	Roberto MONTEIRO	374	M	00:46:35	00:45:07	04:31	00:23:32	
1132	Alice MACHADO	12086	F	00:46:36	00:46:21	04:39	00:22:46	Grupo Desportivo Joaninhas de Leião
1133	Alfredo SOUSA	10957	M	00:46:36	00:46:24	04:39	00:22:43	
1134	Maria José POLICARPO	1652	F	00:46:36	00:45:41	04:35	00:22:37	
1135	Silvério CORREIA	3441	M	00:46:36	00:46:22	04:39	00:23:04	
1136	Paulo MATOS	3965	M	00:46:36	00:45:23	04:33		
1137	Vitor Manuel Da Silva LOPES	5092	M	00:46:36	00:45:09	04:31	00:23:29	
1138	Cátia MOREIRA SILVA	1806	F	00:46:36	00:46:32	04:40	00:23:08	
1139	Orlando MARTINS	8662	M	00:46:37	00:45:58	04:36	00:23:13	G.R.D. Ribeira da Lage
1140	Fernando VICENTE	9743	M	00:46:37	00:46:33	04:40	00:21:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1141	Carlos RODRIGUES	11445	M	00:46:37	00:46:00	04:36	00:22:42	
1142	João MOACHO	2299	M	00:46:38	00:46:24	04:39	00:23:08	G.R.D. Ribeira da Lage
1143	Filipe SANTOS	4455	M	00:46:38	00:45:34	04:34	00:22:07	
1144	Marco José C. Silva ABREU	4233	M	00:46:38	00:45:58	04:36	00:22:38	
1145	Carlos MIRANDA	10803	M	00:46:38	00:46:01	04:37	00:22:41	
1146	Carlos TIAGO	10046	M	00:46:38	00:44:47	04:29	00:22:37	
1147	António BATISTA	14217	M	00:46:38	00:46:13	04:38	00:22:44	Gabinete de Fisioterapia no Desporto
1148	Carlos BENTO	14212	M	00:46:39	00:45:56	04:36	00:22:39	RAIL RUNNERS
1149	José Pinto MADUREIRA	2809	M	00:46:39	00:46:18	04:38	00:22:52	
1150	Maria José VARELA	699	F	00:46:39	00:46:19	04:38	00:22:56	NUCLEOEIRAS/SPORTZONE
1151	Joaquim LUTA	2709	M	00:46:39	00:46:06	04:37	00:23:27	
1152	Paulo Alexandre DIAS PIRES	4159	M	00:46:39	00:46:21	04:39	00:22:53	
1153	Fernando OLIVEIRA	8638	M	00:46:39	00:46:32	04:40	00:22:17	G.R.D. Ribeira da Lage
1154	Rui PIRES	8680	M	00:46:39	00:46:30	04:39	00:22:16	G.R.D. Ribeira da Lage
1155	João CORREIA	2614	M	00:46:40	00:45:19	04:32	00:22:30	Atletismo Clube de Portalegre
1156	Sergio PONTES	12562	M	00:46:40	00:45:08	04:31	00:22:19	
1157	Eduardo ENCARNAÇÃO	3859	M	00:46:40	00:45:37	04:34	00:22:27	
1158	Luis Miguel Pereira DIAS	4058	M	00:46:40	00:45:12	04:32	00:22:43	
1159	Manuel NASCIMENTO	14116	M	00:46:41	00:46:32	04:40	00:22:59	C.A. Amigos Parque da Paz
1160	Hugo TAVARES	5219	M	00:46:41	00:46:11	04:38	00:22:56	
1161	Carlos Manuel SANTOS PORTELA	578	M	00:46:41	00:46:03	04:37	00:23:11	
1162	Joana Araújo Carvalho CARVALHO	1929	F	00:46:42	00:46:18	04:38	00:22:54	
1163	Joaquim GUERREIRO	2240	M	00:46:42	00:46:16	04:38	00:23:18	Açoreana clube Banif
1164	João MIRANDA	14101	M	00:46:42	00:45:54	04:36	00:23:24	CCDTML
1165	Alexandra ALVES	943	F	00:46:42	00:46:26	04:39	00:23:04	CCD Sintrense
1166	Nuno PIRES	9075	M	00:46:43	00:44:20	04:26	00:22:09	G.D.C. Banco De Portugal
1167	Nuno GOMES	4528	M	00:46:43	00:46:35	04:40	00:22:33	
1168	Ricardo RODRIGUES	4491	M	00:46:43	00:45:35	04:34	00:22:33	
1169	Daniel Oliveira OLIVEIRA	9625	M	00:46:43	00:46:22	04:39	00:23:23	
1170	Mateus COELHO	13848	M	00:46:43	00:46:23	04:39	00:22:39	C.Comunitário de Linda-a-Velha
1171	João GARRINHAS	3940	M	00:46:43	00:46:20	04:38	00:23:06	
1172	José POLIDO FERREIRA	8626	M	00:46:44	00:45:54	04:36	00:23:03	Clube Millennium BCP
1173	Igor Alexandre Falcão CORREIA	9148	M	00:46:44	00:45:12	04:32	00:22:02	
1174	Pedro Miguel CORREIA TAVRES CAMACHO	521	M	00:46:44	00:45:54	04:36	00:23:27	
1175	Alexandre CONCEIÇÃO	9089	M	00:46:44	00:46:09	04:37	00:22:54	
1176	Daniela CARVALHO	774	F	00:46:44	00:46:19	04:38	00:22:36	
1177	Nuno ALMEIDA	3697	M	00:46:45	00:46:27	04:39	00:22:52	
1178	Manuel GUERREIRO	176	M	00:46:45	00:46:19	04:38	00:22:36	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1179	Ricardo PEDRO	9017	M	00:46:45	00:45:48	04:35	00:22:43	G.R.C.D Leião
1180	Bruno NUNES	4001	M	00:46:46	00:45:02	04:31	00:22:53	
1181	Manuel Carlos LUCAS ANTÓNIO	13997	M	00:46:46	00:46:14	04:38	00:22:58	RAIL RUNNERS
1182	António OLIVEIRA	2795	M	00:46:46	00:44:59	04:30	00:22:31	
1183	Sérgio CHAVES	2386	M	00:46:46	00:46:30	04:39	00:23:02	CCD Sintrense
1184	Carlos MARINA	2399	M	00:46:46	00:46:40	04:40	00:23:12	CCD Sintrense
1185	Vitor LOURENÇO	4727	M	00:46:47	00:46:24	04:39	00:23:19	
1186	Emanuel TAVARES	14155	M	00:46:47	00:46:16	04:38	00:23:32	Valejas Atletico Clube
1187	Gonçalo MARQUES	4211	M	00:46:47	00:46:10	04:37	00:22:23	
1188	Manuel BAPTISTA	2691	M	00:46:47	00:46:23	04:39	00:23:14	Associação Atletismo Lebres do Sado
1189	Herbert BEAUMONT	13942	M	00:46:48	00:46:40	04:40	00:22:41	Linda-a-Pastora Sporting Clube
1190	Joaquim CARRILHO	8674	M	00:46:48	00:46:14	04:38	00:23:20	Serviços Sociais da CGD
1191	Diogo INÁCIO	3969	M	00:46:48	00:46:01	04:37	00:23:28	
1192	Paulo SILVA	14079	M	00:46:49	00:46:04	04:37	00:22:25	Clube Grupo Desportivo BES
1193	Paulo ALMEIDA	4533	M	00:46:49	00:44:42	04:29	00:22:57	
1194	José SANTOS	2759	M	00:46:49	00:46:38	04:40	00:22:55	CLAC Entroncamento
1195	Pedro RODRIGUES	4751	M	00:46:49	00:46:45	04:41	00:22:36	
1196	Cláudio BERNARDINO	4931	M	00:46:49	00:45:07	04:31	00:22:45	
1197	Luis Miguel C R NEVES	3093	M	00:46:50	00:45:19	04:32	00:22:54	
1198	José MATOS	9322	M	00:46:50	00:45:52	04:36	00:23:06	
1199	Manuel JOAQUIM	2594	M	00:46:50	00:46:36	04:40	00:23:36	N.A. "Os Papagaios de Cascais"
1200	Nelson DIAS	2823	M	00:46:51	00:46:05	04:37	00:23:36	Sporting Clube Casainhos
1201	Carlos BATISTA	2815	M	00:46:51	00:46:05	04:37	00:23:36	Sporting Clube Casainhos
1202	Luís ALMEIDA	13852	M	00:46:52	00:46:29	04:39	00:23:09	C.Comunitário de Linda-a-Velha
1203	Pedro Miguel ALMEIDA	8631	M	00:46:52	00:45:53	04:36	00:22:57	Casa do Pessoal Estradas de Portugal
1204	Eduardo RIBEIRO	13843	M	00:46:52	00:45:32	04:34	00:23:14	INFOSISTEMAS RUNNING TEAM
1205	Luis MARQUES	10578	M	00:46:52	00:45:48	04:35	00:22:33	
1206	Ana Filipa CORDEIRO	1280	F	00:46:53	00:46:41	04:41	00:22:46	
1207	Crissanto CRUZ	8532	M	00:46:53	00:46:38	04:40	00:22:40	Grupo Desportivo Joaninhas de Leião
1208	Nuno Miguel BATISTA DA SILVA	9976	M	00:46:53	00:45:18	04:32	00:23:05	
1209	Carlos Pedro Mendonça PEREIRA	4118	M	00:46:54	00:45:55	04:36	00:23:07	
1210	Pedro MAGALHÃES	13849	M	00:46:54	00:46:43	04:41	00:22:40	C.Comunitário de Linda-a-Velha
1211	Luis LINO	14065	M	00:46:54	00:46:32	04:40	00:22:55	Clube Grupo Desportivo BES
1212	Pedro MATEUS	13206	M	00:46:54	00:43:15	04:20	00:21:56	
1213	Valdemar DINIS	4448	M	00:46:54	00:43:15	04:20	00:21:56	
1214	Henrique SILVA	290	M	00:46:55	00:46:01	04:37	00:23:36	Tejavista
1215	Manuel BENTO	7812	M	00:46:55	00:46:07	04:37	00:23:33	Sporting Clube Casainhos
1216	Margarida GODINHO	1150	F	00:46:56	00:46:48	04:41	00:23:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1217	Sandra ROMANO	1082	M	00:46:56	00:46:41	04:41	00:23:57	GARMIN COO
1218	Nuno ARCHER	3402	M	00:46:57	00:46:31	04:40	00:23:31	
1219	Licínio Fidalgo FIDALGO	9503	M	00:46:57	00:46:35	04:40	00:23:08	
1220	Manuel MACHADO	9048	M	00:46:59	00:46:01	04:37	00:22:42	G.R.C.D Leião
1221	Marco Antonio Pereira MARQUES	4157	M	00:46:59	00:46:52	04:42	00:22:06	
1222	Fernando GASPAR	11306	M	00:46:59	00:46:12	04:38	00:23:26	
1223	Diogo LOPES PEREIRA	4829	M	00:47:00	00:45:49	04:35	00:23:23	
1224	Paulo NEVES	8837	M	00:47:00	00:46:44	04:41	00:23:04	CCD Sintrense
1225	Fernando ALMEIDA	11508	M	00:47:00	00:45:59	04:36	00:22:54	
1226	Ruben A. COSTA	3541	M	00:47:00	00:46:29	04:39	00:23:32	
1227	Duarte Nuno DE ALMEIDA SANTOS DE SEIXAS ANTÃO	4131	M	00:47:00	00:46:15	04:38	00:23:03	
1228	Miguel GOMES	2320	M	00:47:00	00:46:09	04:37	00:22:41	G.R.D. Ribeira da Lage
1229	Edmir Nilson VIEIRA MENDES	11045	M	00:47:00	00:45:29	04:33	00:23:13	
1230	Fabio PINTO	3720	M	00:47:00	00:42:43	04:17	00:21:12	
1231	Pedro Gonçalo RODRIGUES	3878	M	00:47:01	00:46:36	04:40	00:22:41	
1232	José Manuel Monteiro SARGAÇO	3813	M	00:47:01	00:46:02	04:37	00:22:43	
1233	Carlos SUSANA	2453	M	00:47:02	00:46:40	04:40	00:22:53	NUCLEOEIRAS/SPORTZONE
1234	Pedro Tiago AMORIM DE BRITTO	4828	M	00:47:02	00:45:31	04:34	00:22:35	
1235	Luis Tiago VIEGAS	9211	M	00:47:02	00:46:42	04:41	00:23:06	Grupo Desportivo Cimpor
1236	Julio FERREIRA	14063	M	00:47:02	00:46:10	04:37	00:23:19	Clube Grupo Desportivo BES
1237	António Pedro CANELAS	13948	M	00:47:02	00:46:50	04:41	00:22:36	Linda-a-Pastora Sporting Clube
1238	João Manuel MATOS	2419	M	00:47:03	00:46:40	04:40	00:23:09	NUCLEOEIRAS/SPORTZONE
1239	Gerry SANITZ	13870	M	00:47:03	00:46:31	04:40	00:23:18	Odebrecht / BPC
1240	Nuno Miguel DE FREITAS SILVA	4749	M	00:47:03	00:45:59	04:36	00:23:45	
1241	Pedro COSTA	11159	M	00:47:04	00:46:27	04:39	00:22:23	
1242	Sandra Carina SANTOS	14028	F	00:47:04	00:46:54	04:42	00:23:00	Gabinete de Fisioterapia no Desporto
1243	Jorge REBOCHO	4699	M	00:47:04	00:46:22	04:39	00:22:59	
1244	José VAZ	2822	M	00:47:04	00:46:37	04:40	00:23:12	Clube Anacom
1245	Manuel António Santos NUNES	9361	M	00:47:04	00:45:34	04:34	00:23:02	
1246	Bruno PEREIRA DA SILVA	4823	M	00:47:04	00:45:45	04:35	00:22:57	
1247	Hugo DINIS	2855	M	00:47:04	00:45:50	04:35	00:22:30	
1248	Henrique BRITO	2566	M	00:47:04	00:46:30	04:39	00:22:40	
1249	Isabel GOIS	1246	F	00:47:05	00:46:31	04:40	00:22:40	
1250	José LEITÃO	10235	M	00:47:05	00:46:48	04:41	00:22:56	
1251	Tiago Bernardo MARQUES	3897	M	00:47:05	00:46:34	04:40	00:22:35	
1252	João CABRITA	2259	M	00:47:06	00:46:25	04:39	00:23:53	Açoreana clube Banif
1253	Pedro RODRIGUES	4268	M	00:47:06	00:46:42	04:41	00:23:17	
1254	Carlos CANDEIAS	195	M	00:47:06	00:46:25	04:39	00:23:53	Açoreana clube Banif

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1255	Carlos CRAVEIRA	11124	M	00:47:06	00:46:06	04:37	00:22:43	
1256	José CORREIA	5213	M	00:47:07	00:46:32	04:40	00:23:24	
1257	Antonio RIBEIRO	9788	M	00:47:07	00:46:44	04:41	00:22:49	
1258	António Rui VELOSO	8552	M	00:47:08	00:45:30	04:33	00:22:37	Clube Millennium BCP
1259	André MARQUES	10892	M	00:47:08	00:46:12	04:38	00:22:56	
1260	André MEDEIROS	8816	M	00:47:08	00:45:56	04:36	00:23:30	CCD Tranquilidade
1261	Nuno MARQUES	4468	M	00:47:08	00:46:12	04:38	00:22:55	
1262	Ricardo FERREIRA ALVES	2663	M	00:47:08	00:45:14	04:32	00:22:02	
1263	Nuno Cortez Figueira GOIS	2978	M	00:47:10	00:45:22	04:33	00:22:32	
1264	Maria VENANCIO	8330	F	00:47:10	00:46:54	04:42	00:23:37	
1265	Armando BRAVO	2644	M	00:47:10	00:46:50	04:41	00:23:00	C. R. Leões de Porto Salvo
1266	Angelo SILVA	2677	M	00:47:10	00:46:45	04:41	00:23:00	St. Julians School
1267	João Carlos MARQUES	2807	M	00:47:10	00:46:21	04:39	00:22:38	
1268	Jacinto PEREIRA	13853	M	00:47:10	00:46:50	04:41	00:23:14	C.Comunitário de Linda-a-Velha
1269	José LOUREIRO	11556	M	00:47:10	00:44:07	04:25	00:23:37	
1270	Luís LIMA	3651	M	00:47:11	00:46:15	04:38	00:22:37	
1271	José GERARDO	10788	M	00:47:11	00:47:02	04:43	00:23:14	
1272	Jorge Manuel DA LUZ MAURICIO	3606	M	00:47:11	00:46:55	04:42	00:23:30	
1273	Malaquias FLOR LUZ	9441	M	00:47:11	00:46:53	04:42	00:22:58	
1274	Norberto PEREIRA TRIÃES	9872	M	00:47:11	00:46:55	04:42	00:23:31	
1275	Luis BRASIO	11400	M	00:47:11	00:45:17	04:32	00:23:16	
1276	Goncalo LAGE	8718	M	00:47:11	00:46:20	04:38	00:23:02	
1277	José ALVES	241	M	00:47:11	00:46:27	04:39	00:22:57	
1278	Ana Carina GOMES	12305	F	00:47:11	00:46:50	04:41	00:22:26	
1279	José CAETANO	4913	M	00:47:12	00:45:43	04:35	00:23:28	
1280	Marco HENRIQUES	348	M	00:47:12	00:46:46	04:41	00:22:34	
1281	Filipe MAGALHÃES BRANCO	4136	M	00:47:12	00:44:48	04:29	00:22:02	
1282	Luis RICARDO	9230	M	00:47:12	00:46:55	04:42	00:23:03	Grupo Desportivo Cimpor
1283	Ricardo CAPELO	2742	M	00:47:12	00:46:50	04:41	00:23:04	Grupo Desportivo Cimpor
1284	Diogo CUNHA	3519	M	00:47:12	00:46:41	04:41	00:23:03	
1285	Rui ZENÓGLIO	9228	M	00:47:13	00:46:51	04:42	00:23:05	Grupo Desportivo Cimpor
1286	Tiago FERREIRA	11188	M	00:47:13	00:47:00	04:42	00:20:57	
1287	Pedro DA CUNHA	10594	M	00:47:13	00:46:32	04:40	00:22:58	
1288	José Maria PERES	468	M	00:47:14	00:45:44	04:35	00:22:52	
1289	João PEREIRA	5022	M	00:47:14	00:46:51	04:42	00:23:40	
1290	Maria Lurdes VENÂNCIO	13989	F	00:47:14	00:46:59	04:42	00:23:37	Linda-a-Pastora Sporting Clube
1291	Paulo Renato CORREIA DE ALMEIDA MARQUES	11219	M	00:47:15	00:46:15	04:38	00:23:07	
1292	Gilberto LAPA	14273	M	00:47:15	00:46:59	04:42	00:23:02	RESTAURANTE O CARTAXEIRO CANECAS

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1293	Hugo COUTO ORTINS	9651	M	00:47:15	00:46:15	04:38	00:22:47	
1294	Tam AFONSO	7579	M	00:47:15	00:46:53	04:42	00:22:51	Açoreana clube Banif
1295	Fernando SILVA	2372	M	00:47:16	00:47:14	04:44	00:22:59	Continente
1296	José CAVACO	3210	M	00:47:16	00:47:07	04:43	00:23:52	
1297	Miguel MARQUES	12848	M	00:47:17	00:46:36	04:40	00:24:00	
1298	Domingos Augusto M. JANELA	3113	M	00:47:18	00:45:52	04:36	00:22:36	
1299	Gheorghe TICU	4506	M	00:47:18	00:46:11	04:38	00:22:39	
1300	Antonio Paulo DA SILVA	9345	M	00:47:19	00:47:00	04:42	00:22:46	
1301	Paulo OLIVEIRA	9119	M	00:47:19	00:46:37	04:40	00:22:53	C.C.D. EFACEC
1302	Fernando COSTA	5153	M	00:47:20	00:46:49	04:41	00:22:44	
1303	António TABORDA	2190	M	00:47:20	00:46:50	04:41	00:23:28	Serviços Sociais da CGD
1304	Raquel CARVALHO	1919	F	00:47:20	00:46:51	04:42	00:23:05	
1305	Rui Miguel GONÇALVES ESTEVES	9682	M	00:47:21	00:46:12	04:38	00:23:06	
1306	Sara SIMÕES	13984	F	00:47:21	00:47:02	04:43	00:22:21	Linda-a-Pastora Sporting Clube
1307	José MENDES	10585	M	00:47:21	00:46:29	04:39	00:23:31	
1308	Luis ALVARO	12588	M	00:47:21	00:46:13	04:38	00:23:40	G. D. Banco BPI
1309	João RAMOS	10967	M	00:47:22	00:46:09	04:37	00:23:31	
1310	António GUEDES DA TORRE	8914	M	00:47:23	00:46:43	04:41	00:22:50	
1311	Casimiro ABREU	2893	M	00:47:23	00:46:01	04:37	00:23:26	Grupo Desportivo Barcarena
1312	Miguel CASTILLO	5133	M	00:47:23	00:46:17	04:38	00:23:23	
1313	Paulo Jorge Da Silva MATOS	4685	M	00:47:24	00:46:55	04:42	00:23:05	
1314	João BARRETO	516	M	00:47:24	00:45:55	04:36	00:24:05	
1315	Manuel Dinis PARDAL	4518	M	00:47:24	00:46:42	04:41	00:23:58	
1316	João CAMPOS	14228	M	00:47:24	00:47:12	04:44	00:23:15	Gabinete de Fisioterapia no Desporto
1317	João Miguel Duarte SANTOS	9195	M	00:47:26	00:46:36	04:40	00:23:01	
1318	José Carlos RODRIGUES	2489	M	00:47:26	00:47:06	04:43	00:23:47	Clube Millennium BCP
1319	Delfim Duarte MARVANEJO DOUTEL	3686	M	00:47:26	00:44:52	04:30	00:22:13	
1320	Pedro Mauricio VIEIRA	9128	M	00:47:26	00:46:28	04:39	00:23:04	
1321	João Nabais ANTUNES	4587	M	00:47:27	00:46:31	04:40	00:23:17	
1322	Manuel MAGALHÃES	277	M	00:47:27	00:46:29	04:39	00:23:40	Valadares
1323	Pedro DOMINGOS	11606	M	00:47:27	00:47:04	04:43	00:22:43	
1324	José PEREIRA SANTOS	12541	M	00:47:29	00:47:14	04:44	00:23:13	
1325	Miguel RAMALHO	2857	M	00:47:29	00:45:58	04:36	00:23:30	Valadares
1326	Fernando SILVA ROSA	8559	M	00:47:30	00:45:09	04:31	00:22:09	Clube Millennium BCP
1327	Joaquim BACALHAU	14191	M	00:47:30	00:47:02	04:43	00:23:04	
1328	Jamie SANCHES	506	M	00:47:30	00:47:19	04:44	00:23:03	
1329	José DORES	446	M	00:47:31	00:45:25	04:33	00:23:16	
1330	Rui GERALDES	13999	M	00:47:32	00:46:49	04:41	00:23:30	RAIL RUNNERS

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1331	José Carlos Nunes FERREIRA	10227	M	00:47:32	00:47:22	04:45	00:22:50	
1332	Paulo ALMEIDA	3338	M	00:47:32	00:47:05	04:43	00:22:06	
1333	Jose AGAPITO	4172	M	00:47:32	00:46:44	04:41	00:23:22	
1334	Vitor José Antunes NEVES	10029	M	00:47:32	00:45:57	04:36	00:23:01	
1335	José SOUSA	2628	M	00:47:32	00:46:57	04:42	00:23:37	CCD Tranquilidade
1336	Pedro Miguel Carreira ALMEIDA	10074	M	00:47:32	00:47:28	04:45	00:22:57	
1337	José Carlos DOS SANTOS MENDES	2901	M	00:47:33	00:45:37	04:34	00:23:18	Coimbra
1338	Rui JESUS	2220	M	00:47:33	00:47:07	04:43	00:23:22	
1339	Nuno PEREIRA	9240	M	00:47:33	00:47:24	04:45	00:23:39	Sporting Clube Casainhos
1340	Utku AYGUN	5148	M	00:47:33	00:46:01	04:37	00:23:02	
1341	Jorge CUNHA	3924	M	00:47:33	00:46:00	04:36	00:22:28	
1342	Nuno PEREIRA	13048	M	00:47:33	00:47:23	04:45	00:23:37	
1343	Antonio FERNANDES GOMES DA SILVA	4817	M	00:47:33	00:46:48	04:41	00:23:20	
1344	Luis MIGUEL	4310	M	00:47:33	00:46:26	04:39	00:23:07	
1345	Pedro BARBOSA	10409	M	00:47:34	00:47:07	04:43	00:23:48	SCALABIS NIGHT RUNNERS
1346	Nuno Manuel SILVA CORREIA	9583	M	00:47:34	00:46:34	04:40	00:23:44	
1347	Paulo Jorge Ferreira AZEVEDO	135765	M	00:47:34	00:46:40	04:40	00:23:29	
1348	Rui ANTUNES	3564	M	00:47:34	00:46:48	04:41	00:22:32	
1349	Rui VIDEIRA	3527	M	00:47:34	00:46:33	04:40	00:23:25	
1350	Luis CASANOVA	5123	M	00:47:34	00:46:32	04:40	00:23:19	
1351	José COSTA	4462	M	00:47:35	00:47:02	04:43	00:23:36	
1352	Solange SOUSA	667	F	00:47:35	00:47:05	04:43	00:23:18	
1353	Pedro LOPES	370	M	00:47:35	00:47:06	04:43	00:23:19	
1354	Manuela FOLGADO	1608	F	00:47:35	00:47:28	04:45	00:23:04	
1355	Gonçalo SOBREIRA	135752	M	00:47:35	00:46:25	04:39	00:24:11	
1356	Ricardo Luis ALVES	10007	M	00:47:36	00:46:53	04:42	00:23:12	
1357	Paulo COSTA	4655	M	00:47:36	00:47:32	04:46	00:22:00	
1358	José Carlos SISSÉ	3699	M	00:47:36	00:43:44	04:23	00:22:09	
1359	Miguel Alexandre DOS REIS MARTINHO	3807	M	00:47:37	00:46:08	04:37	00:23:19	
1360	Nuno ALMEIDA	14269	M	00:47:37	00:47:29	04:45	00:23:15	RESTAURANTE O CARTAXEIRO CANECAS
1361	Jose Pedro RIBEIRO	9537	M	00:47:37	00:47:01	04:43	00:23:08	
1362	João MADEIRA MENDES	4463	M	00:47:37	00:46:06	04:37	00:22:18	
1363	Ricardo Miguel NEVES RODRIGUES	3704	M	00:47:38	00:46:30	04:39	00:23:10	
1364	Paulo FERNANDES	5203	M	00:47:38	00:46:12	04:38	00:22:21	
1365	Carla ADRO	647	F	00:47:38	00:47:30	04:45	00:23:39	Associação de Moradores de Atibá
1366	Manuel Oliveira OLIVEIRA	11509	M	00:47:38	00:46:57	04:42	00:23:34	
1367	Carlos GREGO	3587	M	00:47:38	00:47:27	04:45	00:23:17	
1368	Tiago Emanuel EMILIO AMADOR	5229	M	00:47:39	00:45:52	04:36	00:22:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1369	Guido PIRES	8538	M	00:47:39	00:47:25	04:45	00:23:35	Grupo Desportivo Joaninhas de Leião
1370	Carlos SERRANO MORITA	7536	M	00:47:39	00:46:56	04:42	00:23:25	Clube Millennium BCP
1371	Pierre GEIN	4205	M	00:47:39	00:47:00	04:42	00:23:52	
1372	Nuno SEQUEIRA	11078	M	00:47:39	00:46:23	04:39	00:23:14	
1373	Armindo Leitão Nicolau NICOLAU	4011	M	00:47:39	00:46:36	04:40	00:24:02	
1374	Ricardo JUNIOR	4005	M	00:47:40	00:46:35	04:40	00:24:01	
1375	Daniel José Bessa JORGE	81	M	00:47:40	00:44:22	04:27	00:23:13	
1376	Gonçalo Filipe AREIAS CORREIA DA SILVA	9554	M	00:47:40	00:45:29	04:33	00:23:00	
1377	Nuno PINTO	4831	M	00:47:40	00:46:53	04:42	00:22:55	
1378	Lucho DINIS	10819	M	00:47:40	00:47:13	04:44	00:24:12	
1379	António RAMALHO	3801	M	00:47:41	00:47:38	04:46	00:23:13	
1380	Leandro CARDOSO REIS DIONÍSIO	2242	M	00:47:41	00:46:10	04:37	00:21:57	Açoreana clube Banif
1381	Constâncio MENDÃO	2755	M	00:47:42	00:47:17	04:44	00:23:10	Associação Atletismo Lebres do Sado
1382	Célia PAIVA	8138	F	00:47:42	00:46:58	04:42	00:23:26	
1383	Bruno LOPES	11166	M	00:47:43	00:46:43	04:41	00:23:25	
1384	Pedro ARAÚJO E SÁ	10612	M	00:47:43	00:46:55	04:42	00:23:20	
1385	Bruno SAFARA	549	M	00:47:43	00:46:22	04:39	00:23:09	
1386	Gonçalo POÇAS	10428	M	00:47:43	00:47:07	04:43	00:24:07	
1387	Nuno VALENTE	2540	M	00:47:44	00:47:28	04:45	00:22:45	GDINE Grupo Desportivo do Instituto Nacional Estat
1388	Paulo NUNES	8736	M	00:47:44	00:46:29	04:39	00:24:22	Serviços Sociais da CGD
1389	Gonçalo PATRICIO	80	M	00:47:44	00:46:55	04:42	00:23:52	
1390	Tiago GONÇALVES CEREJEIRA	396	M	00:47:45	00:46:42	04:41	00:23:18	
1391	Idalécio BARROS	11070	M	00:47:45	00:46:50	04:41	00:23:12	
1392	André Martins DE ALMEIDA	3883	M	00:47:45	00:43:16	04:20	00:21:31	
1393	Augusto CARIA	9560	M	00:47:45	00:47:13	04:44	00:23:35	
1394	Vitor MORAIS	2801	M	00:47:45	00:47:13	04:44	00:23:34	Grupo Desportivo Barcarena
1395	Jose Jacinto COLAÇO	9576	M	00:47:46	00:47:18	04:44	00:23:14	
1396	Luis MARTINS	9587	M	00:47:47	00:47:17	04:44	00:23:13	
1397	Gonçalo GAMEIRO	3634	M	00:47:47	00:46:38	04:40	00:23:04	
1398	Leonel Adérito DE SÃO JOSÉ	2455	M	00:47:48	00:46:56	04:42	00:23:13	
1399	Ricardo SANTIAGO NOBRE	5072	M	00:47:48	00:45:34	04:34	00:22:52	
1400	Tomás VILA LUZ	2645	M	00:47:49	00:47:13	04:44	00:24:24	G. D. Banco BPI
1401	Paulo BARREIRA	2654	M	00:47:50	00:46:53	04:42	00:24:01	G.R.C.D Leião
1402	José MENDES	3848	M	00:47:50	00:47:11	04:44	00:24:23	
1403	António Palhas PEREIRA	3576	M	00:47:50	00:47:23	04:45	00:23:24	
1404	Ivo Miguel Mendes LALIM	2221	M	00:47:51	00:47:17	04:44	00:23:03	
1405	Bruno DUARTE	2648	M	00:47:51	00:46:26	04:39	00:22:50	CCD Tranquilidade
1406	Cláudio Manuel ALEXANDRE CANAVILHAS	3447	M	00:47:51	00:47:18	04:44	00:23:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1407	Abdul RAICHANDE	2584	M	00:47:51	00:45:41	04:35	00:23:14	GDINE Grupo Desportivo do Instituto Nacional Estat
1408	Carlos SANTOS	8759	M	00:47:51	00:47:20	04:44	00:23:32	GDINE Grupo Desportivo do Instituto Nacional Estat
1409	André COELHO	4424	M	00:47:51	00:47:06	04:43	00:24:19	
1410	Tiago FERNANDES	414229	M	00:47:51	00:42:55	04:18	00:21:47	
1411	Luís NUNES	12092	M	00:47:52	00:47:10	04:43	00:23:24	Clube Ferroviário de Portugal
1412	João Pedro FERREIRA	209	M	00:47:52	00:47:36	04:46	00:22:17	
1413	Vasco MONTEIRO	3946	M	00:47:52	00:46:11	04:38	00:23:37	
1414	Nuno FERREIRA	11123	M	00:47:53	00:46:53	04:42	00:23:07	
1415	Pedro Miguel ANTUNES	3703	M	00:47:53	00:46:01	04:37	00:22:46	
1416	João MATOS	2213	M	00:47:53	00:46:47	04:41	00:23:27	
1417	António DUARTE	12554	M	00:47:53	00:47:25	04:45	00:23:47	SCALABIS NIGHT RUNNERS
1418	Daniel NUNES	4146	M	00:47:54	00:45:45	04:35	00:23:27	
1419	João Filipe S. Lobo LOBO	3014	M	00:47:54	00:47:04	04:43	00:22:20	
1420	Manuel ROBALO	4537	M	00:47:54	00:46:51	04:42	00:24:23	
1421	André ROBALO	4539	M	00:47:54	00:46:51	04:42	00:24:22	
1422	António MAJOR	14198	M	00:47:54	00:47:50	04:47	00:23:13	Associação Páraquedistas Tejo Norte
1423	Pedro GOUCHA JORGE	10775	M	00:47:54	00:46:58	04:42	00:23:55	
1424	João ALVES	10792	M	00:47:54	00:46:45	04:41	00:23:02	
1425	Tina OLIVEIRA	706	F	00:47:54	00:47:46	04:47	00:23:32	Grupo Desportivo Joaninhas de Leião
1426	Álvaro GINGADO	2760	M	00:47:54	00:47:30	04:45	00:23:10	Associação Atletismo Lebres do Sado
1427	Eduardo SILVEIRA RODRIGUES	8737	M	00:47:55	00:45:41	04:35	00:23:13	Clube Millennium BCP
1428	Joaquim GUERRA	12405	M	00:47:55	00:47:31	04:46	00:23:10	G.R.D. Ribeira da Lage
1429	Miguel RESENDES	11456	M	00:47:55	00:47:32	04:46	00:22:44	
1430	António SIMPLICIO	3085	M	00:47:56	00:46:48	04:41	00:23:30	
1431	Tiago DIAS	2456	M	00:47:56	00:47:35	04:46	00:23:29	NUCLEOEIRAS/SPORTZONE
1432	João Filipe Heleno MICAELO	10198	M	00:47:56	00:45:26	04:33	00:22:39	
1433	Leonel LUCAS	4560	M	00:47:56	00:45:43	04:35	00:22:57	
1434	Sergio SILVA	3879	M	00:47:56	00:46:39	04:40	00:23:37	
1435	Hugo BRÁS	8887	M	00:47:57	00:47:10	04:43	00:22:56	Clube Desportivo e Cultural da Nave
1436	Rodrigo FERREIRA	9284	M	00:47:57	00:47:54	04:48	00:23:31	HP1
1437	Paulo Alexandre LAMBUZANA	9867	M	00:47:57	00:46:33	04:40	00:23:21	
1438	Carlos ALVES	11450	M	00:47:57	00:47:38	04:46	00:23:24	Refer
1439	André CHAMBEL	324	M	00:47:58	00:45:21	04:33	00:22:52	
1440	Alexandre CHAMBEL	522	M	00:47:58	00:45:21	04:33	00:22:52	
1441	Mário Pedro APOLINÁRIO	11550	M	00:47:58	00:46:20	04:38	00:23:20	
1442	Marco PINTO	3732	M	00:47:58	00:44:41	04:29	00:22:18	
1443	Nuno MARTINS	14210	M	00:47:59	00:47:15	04:44	00:23:29	RAIL RUNNERS
1444	Eugénia TEIXEIRA	13985	F	00:47:59	00:47:49	04:47	00:23:08	Linda-a-Pastora Sporting Clube

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1445	Mario Jose PATINHA REIS	4836	M	00:48:00	00:47:19	04:44	00:23:42	
1446	Dinis Manuel Da PALMA	13147	M	00:48:00	00:47:20	04:44	00:23:42	
1447	João Carlos DIAS	10937	M	00:48:00	00:46:26	04:39	00:23:35	
1448	Pedro LOUREIRO	152	M	00:48:01	00:47:37	04:46	00:23:24	
1449	Carlos Manuel OLIVEIRA SILVA	4170	M	00:48:01	00:47:19	04:44	00:23:24	
1450	Frederico MELO	4360	M	00:48:01	00:46:36	04:40	00:22:55	
1451	Carlos Alberto CUPETO	14195	M	00:48:01	00:47:37	04:46	00:23:26	
1452	Samuel NICOLAU DOS REIS	10113	M	00:48:01	00:45:55	04:36	00:23:05	
1453	Mário Jorge SILVA	10560	M	00:48:02	00:47:17	04:44	00:24:22	
1454	Francisco SANCHES-OSÓRIO	14169	M	00:48:02	00:47:22	04:45	00:23:44	
1455	João FERNANDES	510	M	00:48:02	00:46:58	04:42	00:23:34	
1456	António VIEIRA	4251	M	00:48:03	00:45:41	04:35	00:22:34	
1457	Luis Filipe DE MATOS ISIDORO	4291	M	00:48:03	00:46:55	04:42	00:23:08	
1458	Daniel MORAIS	10884	M	00:48:03	00:47:20	04:44	00:23:50	
1459	Rosa CARITA	910	F	00:48:03	00:47:56	04:48	00:23:25	CCD Sintrense
1460	Manuel PEDRO	12653	M	00:48:04	00:47:05	04:43	00:23:18	Clube Desportivo do Arneiro
1461	José Ferreira FERREIRA	12809	M	00:48:04	00:47:55	04:48	00:23:19	
1462	Helder MARTINHO	13376	M	00:48:05	00:46:55	04:42	00:23:52	
1463	Fernando JESUS	10104	M	00:48:05	00:45:51	04:36	00:23:28	
1464	João BANDEIRA	13587	M	00:48:05	00:47:52	04:48	00:24:22	
1465	Miguel MARTINS DA SILVA	10096	M	00:48:05	00:47:08	04:43	00:23:33	
1466	João MONTEIRO	3727	M	00:48:06	00:47:11	04:44	00:24:12	
1467	Carlos MOTA	2695	M	00:48:06	00:46:31	04:40	00:23:48	SEMPRESSA
1468	Paulo Martins SANTOS	12957	M	00:48:06	00:46:57	04:42	00:22:38	
1469	Carlos NETO	3830	M	00:48:06	00:46:22	04:39	00:24:28	
1470	Nuno SERRÃO	3206	M	00:48:07	00:45:22	04:33	00:23:31	
1471	Álvaro Manuel SILVA QUITÉRIO	4152	M	00:48:07	00:47:39	04:46	00:22:45	
1472	João REIS	14237	M	00:48:08	00:47:23	04:45	00:24:03	Valejas Atletico Clube
1473	Vasco DACADURA NUNES	8561	M	00:48:08	00:45:55	04:36	00:23:13	Clube Millennium BCP
1474	Bruno José NUNES MARTINS	12452	M	00:48:08	00:47:53	04:48	00:22:22	CP
1475	Paulo SANTOS	3283	M	00:48:08	00:46:26	04:39	00:23:12	
1476	Paulo PUGA	8937	M	00:48:08	00:46:51	04:42	00:23:54	GDINE Grupo Desportivo do Instituto Nacional Estat
1477	Joana COSTA	1207	F	00:48:08	00:47:41	04:47	00:25:02	Clube de Natação de Rio Maior
1478	Nuno SANTOS	2772	M	00:48:08	00:47:47	04:47	00:23:20	O Rodrigo
1479	Andre RODRIGUES	3806	M	00:48:08	00:46:17	04:38	00:23:23	
1480	Fernando M FERNANDES	4057	M	00:48:09	00:48:01	04:49	00:23:16	
1481	Rui MAURICIO	2382	M	00:48:09	00:48:03	04:49	00:23:30	CCD Sintrense
1482	Valter MORAIS	8788	M	00:48:09	00:46:22	04:39	00:23:01	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1483	Gonçalo FREIRE	10600	M	00:48:09	00:46:56	04:42	00:23:31	
1484	Neves SILVA	2430	M	00:48:10	00:47:55	04:48	00:23:41	Clube Ferroviário de Portugal
1485	Nelson RISSO	3763	M	00:48:10	00:47:32	04:46	00:23:35	
1486	Mário PEREIRA	2376	M	00:48:11	00:48:09	04:49	00:23:45	Continente
1487	Samuel Malhao CASTELA	388	M	00:48:11	00:47:58	04:48	00:22:48	
1488	Valter André RIBEIRO RODRIGUES	2184	M	00:48:11	00:47:55	04:48	00:23:30	Casa do Pessoal Estradas de Portugal
1489	Mário ALMEIDA E PAIVA	10330	M	00:48:12	00:46:56	04:42	00:23:14	
1490	Mário Miguel PEREIRA	9358	M	00:48:12	00:47:42	04:47	00:22:59	
1491	Vasco COSTA	120	M	00:48:13	00:47:46	04:47	00:23:15	
1492	Teodoro TRINDADE	10557	M	00:48:13	00:47:15	04:44	00:23:25	
1493	Paulo Alexandre SILVA	3734	M	00:48:14	00:47:36	04:46	00:24:00	
1494	Jose Antonio Carvalho CARVALHO	9570	M	00:48:14	00:47:25	04:45	00:23:46	
1495	Jorge MIGUEL	4473	M	00:48:14	00:45:53	04:36	00:23:14	
1496	Chikhi LOUNES	4811	M	00:48:15	00:47:35	04:46	00:23:31	
1497	Abilio Paulo CAMPOS	3936	M	00:48:16	00:47:19	04:44	00:22:55	
1498	Alcino RAMOS	3804	M	00:48:16	00:48:12	04:50	00:23:39	
1499	Ricardo OLIVEIRA	230	M	00:48:17	00:47:41	04:47	00:22:57	
1500	Diogo Filipe ARAUJO	245	M	00:48:17	00:46:40	04:40	00:25:08	
1501	Sérgio HENRIQUE	13862	M	00:48:17	00:45:10	04:31	00:23:10	Odebrecht / BPC
1502	José MAGALHÃES	8938	M	00:48:18	00:47:00	04:42	00:25:00	GDINE Grupo Desportivo do Instituto Nacional Estat
1503	Nelson SILVA	9983	M	00:48:18	00:47:28	04:45	00:23:48	
1504	José Dionísio DIONÍSIO	3981	M	00:48:18	00:45:27	04:33	00:23:29	
1505	Jorge SEBASTIÃO	404	M	00:48:18	00:46:57	04:42	00:23:29	
1506	Miguel PEREIRA BASTOS	2561	M	00:48:19	00:47:47	04:47	00:23:38	GDINE Grupo Desportivo do Instituto Nacional Estat
1507	Luis Miguel ROCHA	5051	M	00:48:19	00:47:28	04:45	00:24:03	
1508	Tiago RAMOS	3175	M	00:48:19	00:47:19	04:44	00:23:39	
1509	Sandro PINTO	5138	M	00:48:20	00:47:11	04:44	00:23:28	
1510	Francisco GOUVEIA	13962	M	00:48:20	00:48:06	04:49	00:23:24	Linda-a-Pastora Sporting Clube
1511	Manuel ROSA	3202	M	00:48:20	00:46:32	04:40	00:23:01	
1512	Hugo BERNARDINO	12833	M	00:48:20	00:47:57	04:48	00:24:43	
1513	José REINAS	2714	M	00:48:20	00:47:33	04:46	00:23:46	C. R. Leões de Porto Salvo
1514	Paulo MACIEIRA	239	M	00:48:20	00:47:17	04:44	00:23:04	
1515	Brigitte CARDOSO	1934	F	00:48:21	00:48:01	04:49	00:23:36	
1516	Bernardino ANTUNES	12459	M	00:48:21	00:47:53	04:48	00:23:10	G.R.D. Ribeira da Lage
1517	Luis Antonio Duarte GOMES	9660	M	00:48:21	00:47:43	04:47	00:23:14	
1518	Gonçalo Miguel Rocha ROCHA BARRADAS	331	M	00:48:21	00:47:54	04:48	00:23:42	
1519	Pedro CASTRO	11388	M	00:48:21	00:47:30	04:45	00:24:05	
1520	Marta PITTA	669	F	00:48:21	00:48:10	04:49	00:23:57	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1521	Pedro CUSTÓDIO	11414	M	00:48:21	00:47:20	04:44	00:23:32	
1522	Alexandre A.	10774	M	00:48:22	00:47:05	04:43	00:24:16	
1523	Sérgio PEREIRA ANJOS	2481	M	00:48:22	00:48:22	04:51		Clube Millennium BCP
1524	Kevin MCGUINNESS	11562	M	00:48:23	00:47:30	04:45	00:23:56	
1525	João ASSEMBLEIA	2738	M	00:48:23	00:45:13	04:32	00:23:35	
1526	Viktor DASHCHENKO	14179	M	00:48:23	00:47:22	04:45	00:23:43	GELPEIXE
1527	José BIVAR XAVIER	4677	M	00:48:23	00:47:22	04:45	00:23:59	
1528	Carlos PIRES	552	M	00:48:24	00:47:53	04:48	00:24:18	
1529	Renato CARVALHO	11037	M	00:48:24	00:47:01	04:43	00:23:57	
1530	Paulo BONIFÁCIO	13888	M	00:48:24	00:48:05	04:49	00:23:07	Clube Vodafone
1531	Elsa Maria OLIVEIRA C. MENDES	13818	F	00:48:25	00:46:51	04:42	00:24:07	Pepsico Portugal
1532	Marcelo DIAS	4632	M	00:48:25	00:47:27	04:45	00:23:49	
1533	Paulo Jorge RODRIGUES RAMOS	13131	M	00:48:25	00:47:12	04:44	00:23:34	
1534	João Carlos LOPES	5236	M	00:48:25	00:47:39	04:46	00:24:36	
1535	Conceição LOPES	12090	F	00:48:26	00:48:02	04:49	00:23:45	C. R. Leões de Porto Salvo
1536	João Tiago CALQUEIRO	10636	M	00:48:26	00:46:20	04:38	00:23:21	
1537	João Carlos TEIXEIRA	3747	M	00:48:26	00:47:53	04:48	00:23:38	
1538	Eduardo COSTA	10323	M	00:48:26	00:45:59	04:36	00:22:51	
1539	João CLÁUDIO	5164	M	00:48:26	00:46:48	04:41	00:23:19	
1540	Orlando Soares Delgado DELGADO	10559	M	00:48:27	00:47:17	04:44	00:23:38	
1541	Francisco ALMEIDA	4183	M	00:48:27	00:47:43	04:47	00:23:49	
1542	Carlos TERENAS	2303	M	00:48:27	00:47:57	04:48	00:23:27	
1543	Miguel Alexandre FORMIGA	4930	M	00:48:27	00:46:40	04:40	00:23:16	
1544	António BARRADAS MARTINS	3521	M	00:48:27	00:47:39	04:46	00:23:47	
1545	Paulo PINHEIRO	9670	M	00:48:27	00:45:38	04:34	00:24:07	
1546	Rui PESSOA	14131	M	00:48:28	00:47:21	04:45	00:24:01	Valejas Atletico Clube
1547	Pedro CARITA	397	M	00:48:28	00:46:46	04:41	00:23:49	
1548	Rui CAEIRO	3547	M	00:48:28	00:47:12	04:44	00:23:45	
1549	José Carlos FELIX	317	M	00:48:28	00:48:07	04:49	00:23:00	
1550	Artur DOMINGOS	4795	M	00:48:28	00:47:25	04:45	00:23:38	
1551	José Félix FÉLIX	3264	M	00:48:29	00:48:06	04:49	00:22:59	
1552	Ricardo SILVA	9453	M	00:48:29	00:40:53	04:06	00:20:36	
1553	Rui Sérgio MASCARENHAS ALVARES	3567	M	00:48:29	00:47:19	04:44	00:23:25	
1554	Tiago NETO	3692	M	00:48:29	00:42:47	04:17	00:21:51	
1555	Rui LÓIO	3571	M	00:48:29	00:47:19	04:44	00:23:25	
1556	Filipe RIBEIRO	12657	M	00:48:30	00:48:28	04:51	00:23:33	HP1
1557	Pedro ROBERTO	10522	M	00:48:30	00:46:57	04:42	00:23:24	
1558	Renato SILVA	3410	M	00:48:30	00:48:17	04:50	00:23:00	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1559	Salomé SANTOS	1201	F	00:48:30	00:48:03	04:49	00:25:02	Clube de Natação de Rio Maior
1560	Pedro Miguel SANTOS	10204	M	00:48:31	00:47:42	04:47	00:23:58	
1561	Luís Manuel VERDELHO DA COSTA	11442	M	00:48:31	00:48:00	04:48	00:24:12	
1562	Alceu PAULO	8689	M	00:48:31	00:48:07	04:49	00:23:45	G.R.D. Ribeira da Lage
1563	João Carlos PASTOR	9451	M	00:48:31	00:48:11	04:50	00:23:54	
1564	Guilherme VILHENA	14006	M	00:48:32	00:48:13	04:50	00:24:13	Gabinete de Fisioterapia no Desporto
1565	Manuel Vitorino Pinto PINTO	3784	M	00:48:32	00:47:41	04:47	00:23:49	
1566	Paulo SILVA	4267	M	00:48:32	00:48:07	04:49	00:24:11	
1567	Terry MARTINS	238	M	00:48:32	00:46:48	04:41	00:22:25	
1568	Francisco LIMA	4270	M	00:48:33	00:47:27	04:45	00:23:51	
1569	Bruno TRINCHEIRAS	3529	M	00:48:33	00:48:01	04:49	00:24:44	
1570	Joao COSTA	4857	M	00:48:33	00:47:22	04:45	00:23:46	
1571	António QUARESMA	13978	M	00:48:33	00:48:01	04:49	00:23:37	Linda-a-Pastora Sporting Clube
1572	Hugo PINTO	9488	M	00:48:34	00:47:57	04:48	00:24:27	
1573	Vitor REVEZ	8646	M	00:48:34	00:47:32	04:46	00:23:46	G.R.D. Ribeira da Lage
1574	Jose Manuel Casimiro CAÇÃO	9626	M	00:48:34	00:48:05	04:49	00:23:19	
1575	Sofia Carla Lucas MASSANO	1135	F	00:48:34	00:47:34	04:46	00:24:03	
1576	Ricardo GONÇALVES	14234	M	00:48:34	00:48:18	04:50	00:23:25	Valejas Atletico Clube
1577	Luis Filipe NEIVA LUCIANO	9463	M	00:48:34	00:48:00	04:48	00:22:58	
1578	Nuno LUCAS	4446	M	00:48:34	00:45:00	04:30	00:22:41	
1579	Andreia MENDES	1512	F	00:48:34	00:47:55	04:48	00:24:24	
1580	Luis MUCHACHO	10324	M	00:48:34	00:47:21	04:45	00:24:08	
1581	Ricardo SILVA	2862	M	00:48:34	00:47:34	04:46	00:24:02	
1582	Bruno JANEIRO	3457	M	00:48:34	00:45:47	04:35	00:23:30	
1583	Lorenzo PIEMONTI	14277	M	00:48:35	00:47:53	04:48	00:23:39	
1584	Tiago DIAS	4323	M	00:48:35	00:46:50	04:41	00:24:34	
1585	António PINHEIRO	3815	M	00:48:35	00:47:30	04:45	00:22:46	
1586	Fernando Valente LOPES	9239	M	00:48:35	00:48:10	04:49	00:23:44	Papaléguas Team
1587	Ricardo OLIVEIRA	13927	M	00:48:35	00:48:23	04:51	00:23:08	NUCLEOEIRAS/SPORTZONE
1588	Branca Rosa Aguilar Dias DIAS	1976	F	00:48:35	00:47:44	04:47	00:24:15	
1589	Sara LOUREIRO	1255	F	00:48:35	00:47:44	04:47	00:23:46	Sporting Clube Casainhos
1590	Gilberto RIBEIRO	10874	M	00:48:35	00:45:24	04:33	00:23:08	
1591	Pedro MOTA SOARES	2126	M	00:48:36	00:47:51	04:48	00:24:19	Clube do Stress
1592	António Jose RICO	4916	M	00:48:36	00:47:59	04:48	00:23:21	
1593	Richard Gericota EISMANN	2590	M	00:48:36	00:47:03	04:43	00:23:50	SEMPRESSA
1594	Jose Norberto Santos Cunha CUNHA	11178	M	00:48:36	00:47:45	04:47	00:24:14	
1595	Hugo CANHOTO	531	M	00:48:36	00:47:33	04:46	00:23:34	
1596	Rita MANSO	8056	F	00:48:36	00:48:31	04:52	00:23:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1597	Mauro EDUARDO	4629	M	00:48:36	00:45:25	04:33	00:23:08	
1598	Miguel ANGELO	2257	M	00:48:36	00:48:36	04:52	00:23:27	NUCLEOEIRAS/SPORTZONE
1599	Jaime CADETE	12847	M	00:48:37	00:47:33	04:46	00:23:55	
1600	Paulo GRILO	4478	M	00:48:37	00:47:26	04:45	00:23:20	
1601	Anabela CARVALHO	1174	F	00:48:38	00:47:52	04:48	00:24:28	
1602	Nuno SILVA	3024	M	00:48:38	00:47:07	04:43	00:23:17	
1603	Pedro COELHO	97	M	00:48:38	00:47:45	04:47	00:23:27	
1604	Hugo Filipe PONTES FARIA	2197	M	00:48:38	00:47:08	04:43	00:24:17	
1605	Duarte DELGADO	5179	M	00:48:38	00:48:02	04:49	00:22:48	
1606	Carlos Sérgio ARRUDA	2146	M	00:48:38	00:47:52	04:48	00:24:28	
1607	Bruno OLIVEIRA	9348	M	00:48:39	00:48:10	04:49	00:23:06	
1608	João Pedro CUNHA	14104	M	00:48:39	00:47:31	04:46	00:24:05	CCDTML
1609	José Manuel GOMES FERREIRA	11151	M	00:48:39	00:46:51	04:42	00:23:08	
1610	Sérgio José Correia SOEIRO	10356	M	00:48:39	00:45:30	04:33	00:24:23	
1611	Luis Miguel SOBRAL DOMINGUES	12534	M	00:48:39	00:47:04	04:43	00:24:19	
1612	Paulo Jorge Neves REIS	3116	M	00:48:39	00:47:44	04:47	00:23:05	
1613	Eduardo DE NITTIS	4243	M	00:48:40	00:47:47	04:47	00:23:10	
1614	Paulo Jorge De ARAUJO BRAGA	3180	M	00:48:40	00:48:05	04:49	00:23:23	
1615	António REIS	598	M	00:48:40	00:47:19	04:44	00:23:58	
1616	Antonio DINIS	10019	M	00:48:40	00:47:27	04:45	00:22:47	
1617	Rui MENAS	13902	M	00:48:41	00:47:29	04:45	00:24:17	Clube Vodafone
1618	Pedro PASSOS	3100	M	00:48:41	00:47:54	04:48	00:23:59	
1619	Artur MARTINS	4399	M	00:48:41	00:47:38	04:46	00:24:11	
1620	Miguel BEJA	2781	M	00:48:42	00:48:26	04:51	00:23:41	O Rodrigo
1621	Miguel NUNES	12529	M	00:48:42	00:47:25	04:45	00:23:44	
1622	Eduardo Jorge Cardoso Da COSTA	10269	M	00:48:49	00:43:43	04:23	00:22:26	
1623	Miguel EUFÉMIO	4313	M	00:48:49	00:47:03	04:43	00:24:33	
1624	António REIS	14247	M	00:48:49	00:48:17	04:50	00:23:50	Amigos do Atletismo de Mafra
1625	Luis Miguel MARTINS	11259	M	00:48:49	00:47:33	04:46	00:23:38	
1626	José FILIPE	9099	M	00:48:49	00:47:50	04:47	00:23:40	
1627	Matteo FEROLDI	382	M	00:48:49	00:48:00	04:48	00:23:25	
1628	Albano SILVA	12400	M	00:48:49	00:48:10	04:49	00:24:23	G.R.D. Ribeira da Lage
1629	Ricardo REIS	4988	M	00:48:49	00:48:29	04:51	00:24:00	
1630	Ricardo SILVA	2291	M	00:48:49	00:48:10	04:49	00:24:22	G.R.D. Ribeira da Lage
1631	Andre COSTA DE SOUSA	3787	M	00:48:49	00:46:59	04:42	00:22:56	
1632	Jose Manuel Jesus TEIXEIRA	3277	M	00:48:50	00:47:38	04:46	00:24:30	
1633	Paulo PESSOA	10637	M	00:48:50	00:48:04	04:49	00:23:18	
1634	Nuno VICENTE	10873	M	00:48:50	00:48:15	04:50	00:24:06	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1635	Frederico TELES	3933	M	00:48:50	00:45:48	04:35	00:22:47	
1636	Manuel MATIAS	9327	M	00:48:51	00:47:16	04:44	00:23:21	
1637	Vitor Antunes ANTUNES	9611	M	00:48:51	00:48:42	04:53	00:23:02	
1638	Pedro OLIVEIRA	556	M	00:48:51	00:47:23	04:45	00:23:43	
1639	João GARCIA	3439	M	00:48:51	00:48:12	04:50	00:23:01	
1640	Carla DE JESUS	14137	F	00:48:51	00:48:34	04:52	00:23:26	Grupo Cultural Atletismo Navegadores
1641	Luis MARINO	3869	M	00:48:51	00:47:54	04:48	00:23:57	
1642	Luis TEVES	9221	M	00:48:52	00:46:44	04:41	00:23:17	
1643	Francisco RODRIGUES	565	M	00:48:52	00:46:17	04:38	00:23:12	
1644	Rodolfo Da Fonseca SOBREIRA	13552	M	00:48:52	00:47:41	04:47	00:24:12	
1645	Tiago Samuel CORREIA TAVARES CAMACHO	3803	M	00:48:52	00:48:02	04:49	00:23:27	
1646	Paulo CARDOSO	2467	M	00:48:52	00:48:49	04:53	00:23:59	NUCLEOEIRAS/SPORTZONE
1647	Miguel TEIXEIRA DUARTE	8589	M	00:48:52	00:47:38	04:46	00:23:54	Clube do Stress
1648	António Manuel BOLRA	2975	M	00:48:53	00:48:02	04:49	00:24:18	
1649	João QUITÉRIO	3740	M	00:48:53	00:46:42	04:41	00:23:24	
1650	Rita RIBEIRO	1217	F	00:48:53	00:48:26	04:51	00:25:02	Clube de Natação de Rio Maior
1651	Pedro RUIVO	9608	M	00:48:53	00:48:19	04:50	00:23:34	
1652	André LEITE	242	M	00:48:53	00:47:06	04:43	00:23:17	
1653	Luis ALMEIDA	2223	M	00:48:53	00:48:16	04:50	00:24:23	
1654	Alexandre ABADE	10023	M	00:48:53	00:47:41	04:47	00:24:01	
1655	Gonçalo LAGOS	2850	M	00:48:54	00:47:23	04:45	00:23:31	Valadares
1656	Pedro FERREIRA	2936	M	00:48:54	00:47:31	04:46	00:24:35	
1657	Trabucho PEDRO	11937	M	00:48:54	00:48:04	04:49	00:24:13	
1658	Eduardo M. SANTOS	14183	M	00:48:54	00:47:57	04:48	00:24:12	GELPEIXE
1659	Andreia LOPES	906	F	00:48:54	00:47:44	04:47	00:22:56	
1660	Varchmin PHILIPP	11939	M	00:48:54	00:47:23	04:45	00:23:40	
1661	Marta SANTOS SILVA SOUSA LIMA	13831	F	00:48:54	00:45:04	04:31	00:22:51	Pepsico Portugal
1662	José PIÇARRA	7739	M	00:48:54	00:48:00	04:48	00:24:23	
1663	Nelson Correza Soeiro SOEIRO	4016	M	00:48:55	00:45:45	04:35	00:24:23	
1664	Antonio BARBOSA	5015	M	00:48:55	00:48:00	04:48	00:24:41	
1665	Pedro Miguel BARBAS	3689	M	00:48:55	00:47:19	04:44	00:23:37	
1666	João RODRIGUES	10614	M	00:48:56	00:46:52	04:42	00:25:30	
1667	Joao DAMAS	13223	M	00:48:56	00:47:17	04:44	00:24:07	
1668	Eduardo Manso MANSO	9603	M	00:48:56	00:48:48	04:53	00:23:32	
1669	Nuno BALULA	3542	M	00:48:56	00:48:31	04:52	00:23:20	
1670	Pedro AMARAL	9843	M	00:48:57	00:48:32	04:52	00:23:20	
1671	Ricardo MATOS	5225	M	00:48:57	00:47:53	04:48	00:23:36	
1672	Rui A C MACHADO	11317	M	00:48:58	00:47:55	04:48	00:23:44	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1673	José MORGADO	11217	M	00:48:58	00:46:47	04:41	00:23:31	
1674	João FIGUEIREDO	10283	M	00:48:59	00:47:49	04:47	00:24:14	
1675	Rui LOURENÇO	13584	M	00:48:59	00:46:47	04:41	00:23:24	
1676	David NUNES	2546	M	00:48:59	00:46:26	04:39	00:23:10	Maratona Clube de Portugal
1677	Telmo MACARRÃO	9199	M	00:49:00	00:47:43	04:47	00:24:00	G. D. Porto de Sines
1678	Sissi FRANCO	14004	F	00:49:00	00:45:00	04:30	00:22:48	Gabinete de Fisioterapia no Desporto
1679	Ricardo Nuno Serra MADEIRA MOÁS	10690	M	00:49:00	00:47:21	04:45	00:24:07	
1680	Fernando ALVES	5042	M	00:49:02	00:48:44	04:53	00:24:20	
1681	Bernardo Coelho ACHEGA	3631	M	00:49:02	00:47:53	04:48	00:23:36	
1682	Paulo LUZ	9468	M	00:49:02	00:48:00	04:48	00:23:34	St. Julians School
1683	João Pedro DE SOUSA GOMES	4615	M	00:49:02	00:47:57	04:48	00:23:41	
1684	Eduardo ALVES CARIA	10300	M	00:49:02	00:47:53	04:48	00:23:52	
1685	Carlos RENATO	3384	M	00:49:03	00:48:23	04:51	00:23:49	
1686	Daniel L. V. V. SILVA	95	M	00:49:03	00:48:20	04:50	00:23:40	
1687	João Pedro ALCOBIA LUZ	9963	M	00:49:04	00:48:01	04:49	00:24:03	
1688	Nuno Ricardo OLIVEIRA CAVACO	9894	M	00:49:04	00:45:28	04:33	00:23:15	
1689	António Pascoal BRAGA	8960	M	00:49:04	00:46:50	04:41	00:23:22	Clube Millennium BCP
1690	Oliver KUNC	4513	M	00:49:04	00:44:16	04:26	00:21:32	
1691	Tiago Jose LUCAS FERREIRA	215	M	00:49:04	00:48:38	04:52	00:24:02	
1692	João FREIRE	9155	M	00:49:04	00:48:46	04:53	00:24:49	Grupo Desportivo Imprensa Nacional Casa da Moeda
1693	Alexandre MATEUS	4687	M	00:49:05	00:48:00	04:48	00:23:48	
1694	Milton PERPÉTUA	11155	M	00:49:05	00:47:49	04:47	00:24:22	
1695	Paulo BARBEITO	12595	M	00:49:05	00:48:00	04:48	00:24:30	
1696	Pedro Manuel DOS SANTOS MACEDO	11462	M	00:49:05	00:47:57	04:48	00:23:36	
1697	Tania LUCENA	1701	F	00:49:06	00:47:10	04:43	00:23:29	
1698	Nelson BORGES CARNEIRO	4009	M	00:49:06	00:48:19	04:50	00:24:12	
1699	Joaquim António Teixeira BARREIRA	11046	M	00:49:06	00:48:08	04:49	00:24:05	
1700	Nuno CABEÇA	9118	M	00:49:06	00:48:23	04:51	00:23:44	CCD Segurança Social Lisboa
1701	Pedro Jorge HENRIQUES	4665	M	00:49:06	00:48:08	04:49	00:24:06	
1702	Jorge BRITO	13312	M	00:49:06	00:48:16	04:50	00:23:47	
1703	Rui CARVALHO SANTOS	10692	M	00:49:06	00:48:25	04:51	00:23:09	
1704	Mária SANTOS	1146	F	00:49:07	00:48:05	04:49	00:24:22	
1705	Luis PRATA	427	M	00:49:07	00:48:25	04:51	00:24:22	
1706	Paulo CRAVO	2937	M	00:49:07	00:48:54	04:54	00:24:14	GARMIN COO
1707	José SILVA	4886	M	00:49:07	00:48:04	04:49	00:23:49	
1708	António Miguel MARTINS CALIXTO	2885	M	00:49:08	00:47:34	04:46	00:24:11	
1709	Pedro COSTA	3629	M	00:49:08	00:47:58	04:48	00:23:32	
1710	Filipe SOUSA	9720	M	00:49:09	00:47:14	04:44	00:22:32	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1711	João GREGÓRIO	8528	M	00:49:09	00:48:46	04:53	00:23:30	NUCLEOEIRAS/SPORTZONE
1712	Rodrigo MARTINS	3525	M	00:49:09	00:49:06	04:55	00:24:20	
1713	Rui PAZ	4661	M	00:49:09	00:47:53	04:48	00:24:17	
1714	André Ferreira Costa Carvalho CARVALHO	13356	M	00:49:09	00:44:09	04:25	00:22:27	
1715	Mário António BAIÃO	4670	M	00:49:09	00:48:18	04:50	00:23:30	
1716	Carlos GOMES PALMA	3951	M	00:49:10	00:48:40	04:52	00:25:08	
1717	Jorge Afonso SANTOS CARVALHO	3509	M	00:49:10	00:48:09	04:49	00:23:45	
1718	Pedro MARQUES	4762	M	00:49:10	00:47:32	04:46	00:23:39	
1719	Francisco FREITAS	10034	M	00:49:10	00:47:48	04:47	00:23:15	
1720	Lucas FERREIRA	10843	M	00:49:10	00:47:44	04:47	00:23:49	
1721	Gustavo GRANJA	9502	M	00:49:10	00:48:00	04:48	00:23:41	
1722	Gonçalo ALMEIDA	3183	M	00:49:11	00:48:47	04:53	00:23:29	
1723	Davide Jorge DIMAS DOS RAMOS	4610	M	00:49:11	00:48:44	04:53	00:24:05	
1724	Daren WARBURTON	4819	M	00:49:11	00:48:57	04:54	00:23:58	
1725	Bruno RIBEIRO	11412	M	00:49:11	00:47:41	04:47	00:23:46	
1726	Gonçalo L. S. MADEIRA	9355	M	00:49:12	00:48:34	04:52	00:23:35	
1727	Milton RODRIGUES	5227	M	00:49:12	00:48:11	04:50	00:24:10	
1728	Tiago TAVARES	10032	M	00:49:12	00:47:51	04:48	00:23:28	
1729	Pedro BAIONA	3557	M	00:49:12	00:47:44	04:47	00:23:20	
1730	Rui CALDAS	9093	M	00:49:12	00:47:50	04:47	00:24:35	
1731	Augusto SILVA	11369	M	00:49:12	00:48:09	04:49	00:23:44	
1732	Jorge NORTE	2786	M	00:49:13	00:48:58	04:54	00:24:29	O Rodrigo
1733	Raúl COSTA	8920	M	00:49:13	00:49:13	04:56	00:25:56	
1734	Pedro FILIPE	9349	M	00:49:14	00:48:17	04:50	00:24:19	
1735	Gentil PEREIRA	10200	M	00:49:14	00:48:16	04:50	00:24:23	
1736	Pedro BATISTA	3925	M	00:49:14	00:47:26	04:45	00:24:18	
1737	Fernando MOREIRA	9739	M	00:49:14	00:48:47	04:53	00:23:53	
1738	Luis Eduardo MADEIRA LOPES	13082	M	00:49:14	00:48:42	04:53	00:24:12	
1739	Afonso LISBOA	4557	M	00:49:14	00:47:08	04:43	00:23:53	
1740	João TOMÁS	5043	M	00:49:15	00:48:45	04:53	00:24:18	
1741	Tiago GUERREIRO	8692	M	00:49:15	00:47:20	04:44	00:23:08	
1742	Jorge MORGADO	9862	M	00:49:15	00:48:27	04:51	00:24:13	
1743	Rui Carlos GARCIA DOS SANTOS	11678	M	00:49:15	00:48:24	04:51	00:23:33	
1744	Fernando PESTANA	2522	M	00:49:16	00:49:06	04:55	00:23:45	Clube Ferroviário de Portugal
1745	Jorge POMBO	10403	M	00:49:16	00:48:20	04:50	00:23:58	
1746	Rui BERNARDINO	5038	M	00:49:16	00:48:21	04:51	00:24:17	
1747	Bernardo PINTO-COELHO	5054	M	00:49:16	00:48:18	04:50	00:23:44	
1748	Carlos FORTUNATO	12878	M	00:49:17	00:48:18	04:50	00:24:18	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1749	Eduardo ANTUNES	10959	M	00:49:17	00:48:11	04:50	00:24:14	
1750	João GONÇALVES	11586	M	00:49:17	00:48:57	04:54	00:24:36	
1751	Fernando PALHAS	10075	M	00:49:18	00:48:45	04:53	00:24:03	
1752	Manuel MARTINS	9002	M	00:49:18	00:49:01	04:55	00:24:05	G.R.C.D Leião
1753	Jorge PEDROSO	13559	M	00:49:18	00:48:01	04:49	00:24:32	
1754	Luis Miguel BARRELAS	532	M	00:49:18	00:47:22	04:45	00:23:29	
1755	Paulo SANTOS	9347	M	00:49:18	00:46:47	04:41	00:23:32	
1756	Luis FRANCO	13171	M	00:49:18	00:48:13	04:50	00:23:34	
1757	Daniel MPNTEIRO PATRÍCIO	11263	M	00:49:18	00:48:00	04:48	00:24:35	
1758	Filipe MOTA REBELO	9881	M	00:49:18	00:47:59	04:48	00:24:06	
1759	Sofia RODRIGUES	7842	F	00:49:18	00:46:27	04:39	00:24:05	
1760	Isabel RODRIGUES	7792	M	00:49:19	00:46:48	04:41	00:23:32	GARMIN COO
1761	Antonio MATEUS	3599	M	00:49:19	00:47:39	04:46	00:23:55	
1762	Nuno MORGADO	8977	M	00:49:20	00:48:31	04:52	00:24:05	Grupo Desportivo Roche
1763	Alexandre RODRIGUES	14250	M	00:49:20	00:48:31	04:52	00:23:33	Amigos do Atletismo de Mafra
1764	Rosária MORGADO	7610	F	00:49:20	00:49:17	04:56	00:24:30	
1765	Alexandre FRUTUOSO	11545	M	00:49:20	00:48:51	04:54	00:24:13	
1766	Fernando MOREIRA	13202	M	00:49:21	00:48:37	04:52	00:24:02	
1767	José MORENO	3429	M	00:49:21	00:47:25	04:45	00:24:21	
1768	Marcos AGOSTINHO	573	M	00:49:21	00:48:28	04:51	00:24:41	
1769	Luis NOGUEIRA	4993	M	00:49:22	00:47:51	04:48	00:23:31	
1770	Joao BENTO	3419	M	00:49:22	00:48:20	04:50	00:23:39	
1771	Rui Miguel ALMEIDA	4787	M	00:49:22	00:47:41	04:47	00:24:04	
1772	Vitor Manuel ANTUNES SERRANO	2218	M	00:49:22	00:48:46	04:53	00:22:30	
1773	Francisco GOMES	9928	M	00:49:22	00:48:04	04:49	00:24:04	
1774	Avelino CABETE	3910	M	00:49:22	00:48:42	04:53	00:23:34	
1775	Nuno Alexandre Vaz MIGUEL	9958	M	00:49:23	00:48:54	04:54	00:24:15	
1776	Paulo Daniel MARQUES DIAS	3315	M	00:49:23	00:49:16	04:56	00:23:11	
1777	Jorge SILVA	12648	M	00:49:23	00:48:47	04:53	00:24:09	
1778	Henrique GUEDES	8921	M	00:49:23	00:48:48	04:53	00:24:10	
1779	Braz GONÇALVES	8911	M	00:49:24	00:48:48	04:53	00:24:09	
1780	Luis TOSCANO RICO	2647	M	00:49:24	00:47:22	04:45	00:24:15	CCD Tranquilidade
1781	João RIBEIRO	8818	M	00:49:24	00:47:23	04:45	00:24:17	CCD Tranquilidade
1782	Paulo Alexandre Lucas LUCAS	9519	M	00:49:24	00:47:14	04:44	00:24:25	
1783	António José TADEU COSTA	240	M	00:49:25	00:47:19	04:44	00:24:26	
1784	Felix LOPES	486	M	00:49:25	00:47:58	04:48	00:23:33	
1785	Nelson LINDINHO	3790	M	00:49:25	00:48:26	04:51	00:23:50	
1786	Miguel De Brito MEDEIRO	10797	M	00:49:25	00:46:42	04:41	00:23:28	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1787	Carlos JACINTO	9442	M	00:49:25	00:47:37	04:46	00:23:32	
1788	Miguel Angelo CASTRO	9690	M	00:49:25	00:47:59	04:48	00:24:08	
1789	Nuno Miguel MACHADO HENRIQUES	13804	M	00:49:26	00:47:06	04:43	00:23:33	Pepsico Portugal
1790	Mario Manuel Gonçalves MOREIRA	445	M	00:49:26	00:48:22	04:51	00:25:05	
1791	Ana TORRÃO	7906	F	00:49:26	00:49:04	04:55	00:24:26	
1792	Miguel RIBEIRO	9922	M	00:49:26	00:48:38	04:52	00:24:24	
1793	Ricardo LEITÃO	10951	M	00:49:26	00:46:24	04:39	00:24:18	
1794	Zé FALCATO	4679	M	00:49:27	00:48:10	04:49	00:24:14	
1795	Manuel José CARDIM	2954	M	00:49:27	00:48:36	04:52	00:24:16	
1796	Pedro VALENTE	3417	M	00:49:27	00:48:36	04:52	00:24:27	
1797	Paulo ANTUNES	2528	M	00:49:27	00:48:59	04:54	00:24:01	C. R. Leões de Porto Salvo
1798	Carlos BERNARDO	11935	M	00:49:28	00:48:51	04:54	00:24:00	
1799	Gonçalo Correia SOEIRO	3993	M	00:49:28	00:46:20	04:38	00:24:45	
1800	José GANDAREZ	10581	M	00:49:28	00:48:43	04:53	00:23:46	
1801	Mário LOPES	13341	M	00:49:28	00:48:38	04:52	00:23:51	
1802	Sérgio BALIXA	4305	M	00:49:28	00:46:22	04:39	00:23:45	
1803	Nuno PERES	5211	M	00:49:28	00:48:12	04:50	00:24:21	
1804	Jose Antonio SERRA	4664	M	00:49:29	00:49:26	04:57	00:23:45	
1805	José Carlos GAMA	8857	M	00:49:29	00:48:33	04:52	00:24:40	G. D. Banco BPI
1806	Eladio MANUEL	11932	M	00:49:29	00:48:33	04:52	00:24:40	
1807	Nuno BRANDÃO	9232	M	00:49:30	00:48:31	04:52	00:23:38	TCPI
1808	Pedro FREITAS	4130	M	00:49:30	00:48:03	04:49	00:23:38	
1809	António SILVA	8827	M	00:49:30	00:47:29	04:45	00:24:17	CCD Tranquilidade
1810	Paulo RODRIGUES	8533	M	00:49:30	00:49:01	04:55	00:24:41	Grupo Desportivo Joaninhas de Leião
1811	Livio Alexandre SANTOS	11129	M	00:49:30	00:48:25	04:51	00:24:24	
1812	Joaquim VARANDA	12794	M	00:49:31	00:48:55	04:54	00:23:48	
1813	Gonçalo BERNARDINO	13550	M	00:49:31	00:47:43	04:47	00:23:42	
1814	Gilberto GONÇALVES	4530	M	00:49:31	00:49:07	04:55	00:24:14	
1815	António BARÃO SEIXAS	8475	M	00:49:32	00:48:38	04:52	00:24:27	Clube Millennium BCP
1816	Joaquim Manuel Mira BRANQUINHO	4414	M	00:49:32	00:48:10	04:49	00:23:35	
1817	Carlos GONÇALVES	4317	M	00:49:32	00:48:40	04:52	00:24:33	
1818	Jorge LOPES	9339	M	00:49:32	00:48:25	04:51	00:23:37	
1819	Manuel CARRASQUEIRA	4444	M	00:49:32	00:48:10	04:49	00:23:42	
1820	Paulo LUZPAULOL	3846	M	00:49:32	00:47:31	04:46	00:23:30	
1821	Rodolfo RAPAZ	4791	M	00:49:33	00:48:38	04:52	00:23:18	
1822	Pedro TORRINHA CESTA	8467	M	00:49:33	00:47:35	04:46	00:24:12	Serviços Sociais da CGD
1823	Fernando TRINO	11269	M	00:49:33	00:48:47	04:53	00:24:12	
1824	Alfredo FALCAO	11031	M	00:49:33	00:48:54	04:54	00:24:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1825	Pedro GOMES DA SILVA	13278	M	00:49:33	00:49:14	04:56	00:24:09	
1826	Sandrina COSTA CUNHA	7664	F	00:49:33	00:48:31	04:52	00:24:43	N.A.Z.A
1827	Antonio Manuel DIAS MONTEIRO	2962	M	00:49:34	00:49:17	04:56	00:23:56	
1828	Paulo Aleandre SOUSA PAULOS	10561	M	00:49:34	00:48:40	04:52	00:23:25	
1829	João José Magro VENTURA	13145	M	00:49:34	00:48:19	04:50	00:24:00	
1830	Jose AMARO	3211	M	00:49:34	00:47:31	04:46	00:24:33	
1831	João BRANCO	5242	M	00:49:34	00:47:45	04:47	00:24:07	
1832	Thomas RAINS	9010	M	00:49:35	00:49:01	04:55	00:23:39	St. Julians School
1833	Carlos Eugénio Dias MELO	10551	M	00:49:35	00:48:31	04:52	00:24:33	
1834	Claudio SEQUEIRA	438	M	00:49:35	00:47:43	04:47	00:24:26	
1835	Miguel ALEIXO	9184	M	00:49:35	00:48:40	04:52	00:25:32	
1836	Rui MATOS	5222	M	00:49:35	00:48:25	04:51	00:24:44	
1837	Ricardo MATOS	9806	M	00:49:35	00:49:03	04:55	00:24:14	
1838	Richardson FERREIRA	2854	M	00:49:35	00:47:38	04:46	00:24:13	G.D.R. São Francisco da Serra
1839	Rui CANDEIAS	2852	M	00:49:35	00:47:38	04:46	00:24:13	G.D.R. São Francisco da Serra
1840	Fernando GOMES	12984	M	00:49:35	00:47:43	04:47	00:24:23	
1841	Jorge Manuel DE MENEZES LAFFONT SEVERINO SILVA	13438	M	00:49:36	00:48:56	04:54	00:23:26	
1842	Ricardo RODRIGUES	4876	M	00:49:36	00:49:00	04:54	00:24:08	
1843	Antonio Carlos ESQUETIM MARQUES	9982	M	00:49:36	00:48:01	04:49	00:24:13	
1844	Pedro Filipe PINTO DE CASTRO	8629	M	00:49:36	00:47:44	04:47	00:24:06	Açoreana clube Banif
1845	Paulo FERNANDES	3267	M	00:49:36	00:48:44	04:53	00:23:34	
1846	João Carlos FERREIRA	9225	M	00:49:37	00:49:20	04:56	00:23:55	Grupo Desportivo Cimpor
1847	José Eduardo PINTO CONDE	9991	M	00:49:37	00:48:01	04:49	00:24:14	
1848	João SIMÕES	2417	M	00:49:37	00:49:27	04:57	00:23:25	NUCLEOEIRAS/SPORTZONE
1849	Francisco PEREIRA	2231	M	00:49:37	00:48:56	04:54	00:24:19	Açoreana clube Banif
1850	Pedro VILA LUZ	268	M	00:49:37	00:49:01	04:55	00:24:23	G. D. Banco BPI
1851	Tiago FERREIRA	11082	M	00:49:37	00:47:07	04:43	00:23:24	
1852	Fernando Alcides RODRIGUES	2365	M	00:49:38	00:48:27	04:51	00:24:08	Clube Millennium BCP
1853	Luis António AGUIAR	12718	M	00:49:38	00:49:28	04:57	00:24:15	
1854	João MARQUES DA SILVEIRA VAZ VELHO	4816	M	00:49:38	00:46:52	04:42	00:23:28	
1855	Cesário RODRIGUES	10164	M	00:49:38	00:45:34	04:34	00:23:27	
1856	Alexandre Miguel MARTINS	10867	M	00:49:38	00:48:18	04:50	00:24:01	
1857	Eduardo FERNANDES	9752	M	00:49:38	00:48:25	04:51	00:23:45	
1858	Pedro REIS	5249	M	00:49:39	00:48:37	04:52	00:24:19	
1859	Nuno MONTEIRO	4770	M	00:49:39	00:48:19	04:50	00:24:47	
1860	António Augusto CORREIA	8596	M	00:49:39	00:48:08	04:49	00:24:23	Clube Millennium BCP
1861	Antonio José F. R. GONÇALVES	3257	M	00:49:39	00:48:32	04:52	00:24:30	
1862	José Manuel MIRANDA MONTEIRO	4780	M	00:49:40	00:48:18	04:50	00:24:45	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1863	João MORAIS	3307	M	00:49:40	00:48:15	04:50	00:23:43	
1864	Inês FREIRE	14005	F	00:49:40	00:49:21	04:57	00:24:14	Gabinete de Fisioterapia no Desporto
1865	Hugo GONÇALVES	14019	M	00:49:40	00:49:21	04:57	00:24:13	Gabinete de Fisioterapia no Desporto
1866	Carlos OLIVEIRA	3139	M	00:49:40	00:48:30	04:51	00:24:53	
1867	Elsa DESIDÉRIO	927	F	00:49:40	00:49:33	04:58	00:24:29	CCD Sintrense
1868	Jaime RAMOS	10143	M	00:49:40	00:48:16	04:50	00:24:00	
1869	Ricardo LOPES	4055	M	00:49:40	00:48:14	04:50	00:22:43	
1870	Eduardo CABRITA	165	M	00:49:41	00:47:40	04:46	00:24:18	CCD Tranquilidade
1871	Amilcar PÓVOA	14122	M	00:49:41	00:49:36	04:58	00:24:06	C.A. Amigos Parque da Paz
1872	Pedro DIAS	3031	M	00:49:41	00:49:05	04:55	00:25:00	
1873	João CONSTANTINO	13136	M	00:49:41	00:49:33	04:58	00:24:23	
1874	Jorge PEREIRA	14059	M	00:49:42	00:48:43	04:53	00:24:54	Clube Grupo Desportivo BES
1875	Carlos NABICA	14051	M	00:49:42	00:48:45	04:53	00:24:55	Clube Grupo Desportivo BES
1876	Nuno Miguel Santos MARTINS	212	M	00:49:42	00:48:21	04:51	00:24:13	
1877	Artur Simas Silva SIMAS SILVA	3868	M	00:49:42	00:49:33	04:58	00:22:59	
1878	Jorge Manuel PARDAL	4723	M	00:49:42	00:48:18	04:50	00:24:40	
1879	Miguel DINIS	11308	M	00:49:42	00:48:28	04:51	00:25:02	
1880	Francisco Jose Palma AFONSO	210	M	00:49:43	00:48:06	04:49	00:24:30	
1881	Paulo BATISTA	11320	M	00:49:43	00:48:28	04:51	00:25:01	
1882	Joaquim DIAS	3199	M	00:49:43	00:47:01	04:43	00:23:51	
1883	Helder TAVARES	9907	M	00:49:43	00:46:36	04:40	00:23:47	
1884	José GUERREIRO	11293	M	00:49:43	00:48:27	04:51	00:25:00	
1885	João P. DURO	4628	M	00:49:43	00:48:22	04:51	00:24:44	
1886	Albano OLIVEIRA	3688	M	00:49:44	00:48:48	04:53	00:23:39	
1887	Anabela LOPES	948	F	00:49:44	00:48:56	04:54	00:24:22	Grupo Desportivo Roche
1888	Arménio PONTES	4298	M	00:49:44	00:48:17	04:50	00:23:37	
1889	Tiago DAVID DA CRUZ	541	M	00:49:44	00:48:08	04:49	00:24:28	
1890	Paulo BRITO	2251	M	00:49:44	00:49:23	04:57	00:24:16	NUCLEOEIRAS/SPORTZONE
1891	Nuno SANTOS DA CRUZ	14149	M	00:49:45	00:48:51	04:54	00:24:24	Construténis de Fernando Ralheta
1892	Vítor SEQUEIRA	5190	M	00:49:45	00:49:10	04:55	00:24:15	
1893	Steven DUNLOP	11240	M	00:49:45	00:49:25	04:57	00:25:02	
1894	Luis Vitorino Pereira SANTOS	9106	M	00:49:45	00:48:33	04:52	00:24:44	
1895	Alexandre RAMOS	2737	M	00:49:45	00:48:45	04:53	00:24:16	
1896	Paulo MENEZES	13903	M	00:49:46	00:47:52	04:48	00:24:05	Clube Vodafone
1897	Catarina CARREIRA	13953	F	00:49:46	00:49:38	04:58	00:24:00	Linda-a-Pastora Sporting Clube
1898	Nuno GONÇALO	5031	M	00:49:46	00:48:39	04:52	00:25:40	
1899	António RODRIGUES DOS SANTOS JÚNIOR	3960	M	00:49:46	00:48:49	04:53	00:23:39	
1900	Vasco FARIA	2996	M	00:49:47	00:45:35	04:34	00:22:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1901	António José GASPAR POMBINHO	13384	M	00:49:47	00:48:46	04:53	00:23:52	
1902	Miguel AZEVEDO	3903	M	00:49:48	00:48:28	04:51	00:24:53	
1903	Nuno Sebastião TAVARES	2354	M	00:49:48	00:48:26	04:51	00:25:19	Clube Millennium BCP
1904	Carlos Sérgio G.MIRANDA VITOR	12408	M	00:49:48	00:49:13	04:56	00:24:27	Casa do Pessoal Estradas de Portugal
1905	Manuel Nicolau BARROS RELVAS PIRES	4617	M	00:49:49	00:49:06	04:55	00:24:19	
1906	Orlando Ricardo DA SILVA COSTA	3074	M	00:49:49	00:44:59	04:30	00:22:36	
1907	Joao Nuno CALADO	11427	M	00:49:49	00:48:15	04:50	00:24:11	
1908	Eduardo PINTO	9556	M	00:49:49	00:48:20	04:50	00:23:34	
1909	Joao TOMAS	14058	M	00:49:49	00:48:32	04:52	00:24:16	Clube Grupo Desportivo BES
1910	João ANTUNES	3003	M	00:49:49	00:48:01	04:49	00:24:08	
1911	João Rodrigues REIS	13038	M	00:49:49	00:48:50	04:53	00:24:29	
1912	Luís Gabriel NETO	10528	M	00:49:49	00:48:33	04:52	00:24:17	
1913	Paulo BATE	2471	M	00:49:52	00:46:50	04:41	00:22:48	Continente
1914	João Carlos DIAS PACHECO	482	M	00:49:52	00:46:57	04:42	00:23:53	
1915	Sandra CONCEIÇÃO	1515	F	00:49:52	00:47:35	04:46	00:24:58	
1916	Artur GUERREIRO	3391	M	00:49:52	00:48:47	04:53	00:23:56	
1917	Diogo POPPE	10773	M	00:49:52	00:48:46	04:53	00:24:13	
1918	Eugenio Vicente RODRÍGUEZ MARTÍNEZ	10961	M	00:49:52	00:48:16	04:50	00:24:57	
1919	Luis Filipe VALÉRIO VICENTE	4276	M	00:49:52	00:49:33	04:58	00:23:15	
1920	José MARTINS	9838	M	00:49:52	00:48:27	04:51	00:24:09	
1921	Tamára BRANCO	7821	F	00:49:53	00:49:26	04:57	00:25:02	Clube de Natação de Rio Maior
1922	Pedro Plassen LOPES	10527	M	00:49:53	00:48:23	04:51	00:25:01	
1923	Jorge MENDES	3877	M	00:49:53	00:48:50	04:53	00:24:10	
1924	Anarita Ramos Borges MIRA	715	F	00:49:53	00:48:13	04:50	00:23:26	
1925	João Pedro FONSECA	4796	M	00:49:53	00:49:03	04:55	00:24:09	
1926	Luis DE BARROS	8482	M	00:49:55	00:49:52	05:00	00:25:25	Clube do Stress
1927	Leonel AMARO	14231	M	00:49:55	00:49:18	04:56	00:24:26	Amigos do Atletismo de Mafra
1928	Miguel ONOFRE	4224	M	00:49:55	00:48:32	04:52	00:24:41	
1929	António PINTO DE MATOS	10532	M	00:49:55	00:48:24	04:51	00:24:11	
1930	Zulmira BELO	7861	F	00:49:55	00:49:11	04:56	00:24:03	
1931	Miguel RODRIGUES	11471	M	00:49:55	00:48:51	04:54	00:24:29	
1932	José Manuel FERREIRA DE MATOS	11334	M	00:49:55	00:46:30	04:39	00:23:51	
1933	António CORDEIRO	8465	M	00:49:55	00:49:14	04:56	00:24:25	
1934	Pedro VEIGA	14023	M	00:49:56	00:49:39	04:58	00:25:06	Gabinete de Fisioterapia no Desporto
1935	Nuno Jorge LOPES	8466	M	00:49:56	00:49:13	04:56	00:24:21	Clube do Stress
1936	Vanessa PASSIOS FELICIANO MIRANDA SILVA	1038	F	00:49:56	00:49:38	04:58	00:24:57	
1937	Carlos BORDA D'AGUA	14211	M	00:49:56	00:49:14	04:56	00:24:03	RAIL RUNNERS
1938	Manuel SARAIVA	8874	M	00:49:56	00:48:40	04:52	00:24:23	Os Amigos Do Atletismo De Avis

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1939	Eduardo RODRIGUES	11170	M	00:49:56	00:49:39	04:58	00:24:18	
1940	Paulo DIAS	385	M	00:49:56	00:49:41	04:59	00:24:54	
1941	Manuel MATOS	9203	M	00:49:56	00:49:06	04:55	00:23:59	SCALABIS NIGHT RUNNERS
1942	Artur BAPTISTA	9205	M	00:49:56	00:49:07	04:55	00:24:00	SCALABIS NIGHT RUNNERS
1943	Jose Carlos Saraiva Arelo JOSÉ ARELO	9454	M	00:49:56	00:49:27	04:57	00:24:37	
1944	Fernanda Dos Santos BARBOZA	1631	F	00:49:56	00:49:38	04:58	00:24:01	
1945	Gonçalo MONTEIRO	13349	M	00:49:56	00:49:13	04:56	00:23:35	
1946	Nuno Maria FERREIRA MAGALHÃES DIAS	3128	M	00:49:57	00:48:13	04:50	00:24:27	
1947	André CAMPOS	11359	M	00:49:57	00:49:39	04:58	00:24:56	
1948	José Francisco PALMA AFONSO	11352	M	00:49:57	00:48:21	04:51	00:24:30	
1949	Pedro LEANDRO	4331	M	00:49:57	00:46:59	04:42	00:23:11	
1950	Romão BANDARRINHA	8940	M	00:49:57	00:46:49	04:41	00:23:46	G.R.D. "Os Fixes"
1951	Rui Manuel TRAVANCA PEREIRA	3420	M	00:49:58	00:47:40	04:46	00:24:39	Refer
1952	Rui COSTA	10274	M	00:49:58	00:48:58	04:54	00:24:11	
1953	Carlos MARTINS	9899	M	00:49:58	00:46:23	04:39	00:23:58	
1954	Mário BASTARDO	8739	M	00:49:58	00:49:01	04:55	00:23:36	
1955	Edmundo MARQUES	12750	M	00:49:58	00:49:08	04:55	00:24:38	
1956	Hugo ROSADO	9156	M	00:49:59	00:49:08	04:55	00:24:38	
1957	Gonçalo MARTINS	9783	M	00:49:59	00:47:48	04:47	00:23:59	
1958	Joaquim Pedro ROSA	408	M	00:49:59	00:48:55	04:54	00:24:26	
1959	Manuel HORTELÃO	9384	M	00:49:59	00:49:01	04:55	00:24:55	
1960	Raphael BAUER	3510	M	00:50:02	00:47:08	04:43	00:23:44	
1961	Pedro CARRELO	505	M	00:50:02	00:48:43	04:53	00:24:54	
1962	Bernardo AGUIAR	2203	M	00:50:02	00:48:35	04:52	00:24:12	
1963	José Dias MARTINS	10286	M	00:50:02	00:48:53	04:54	00:24:53	
1964	Jorge Luis GONÇALVES VIEIRA	13433	M	00:50:02	00:49:02	04:55	00:23:58	
1965	Tiago DIOGO	10865	M	00:50:02	00:48:58	04:54	00:24:27	
1966	Pedro LOURENÇO SÁ	2390	M	00:50:03	00:48:10	04:49	00:24:50	Clube Millennium BCP
1967	Nuno GOMES	3350	M	00:50:03	00:49:08	04:55	00:25:42	
1968	Akira MATSUMURA	9818	M	00:50:03	00:49:00	04:54	00:24:51	
1969	Francisco MACEDO	2324	M	00:50:03	00:45:04	04:31	00:21:47	
1970	João Pedro RIBEIRO MARTINS	11565	M	00:50:03	00:47:45	04:47	00:24:55	
1971	Luis Miguel CONSTANTE	8925	M	00:50:03	00:47:58	04:48	00:24:17	
1972	Vitor FERREIRA	9741	M	00:50:03	00:49:10	04:55	00:25:21	
1973	Filipe MARQUES	3242	M	00:50:03	00:47:22	04:45	00:23:51	
1974	Claudio FIGUEIREDO	8991	M	00:50:03	00:49:10	04:55	00:23:11	Tejavista
1975	Carlos Filipe RODA	2633	M	00:50:03	00:46:04	04:37	00:23:46	G. D. Banco BPI
1976	Richard WARRELL	2302	M	00:50:03	00:48:48	04:53	00:24:08	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
1977	José Eddie Júnior SABÓIA DE CASTRO	10909	M	00:50:03	00:49:01	04:55	00:24:51	
1978	Pedro SAMPAIO	3036	M	00:50:03	00:48:50	04:53	00:25:04	
1979	Afonso SILVA	13258	M	00:50:03	00:49:17	04:56	00:23:45	
1980	Ricardo AROUCA	9734	M	00:50:03	00:48:41	04:53	00:23:35	
1981	Pedro GONÇALVES	2123	M	00:50:04	00:50:01	05:01	00:25:26	Clube do Stress
1982	Jorge FERRAZ	5008	M	00:50:04	00:47:17	04:44	00:23:14	
1983	Jose Francisco VILHENA	4416	M	00:50:04	00:48:42	04:53	00:23:47	
1984	Pedro REIS FERREIRA	3610	M	00:50:04	00:45:59	04:36	00:23:29	
1985	Ivone SARAMAGO FERREIRA	1841	F	00:50:04	00:49:09	04:55	00:24:42	
1986	Bruno RODRIGUES	4952	M	00:50:05	00:46:16	04:38	00:24:08	
1987	Pedro Miguel Pimentão CARDOSO	597	M	00:50:05	00:48:21	04:51	00:24:19	
1988	Inácio DUARTE	4158	M	00:50:05	00:49:07	04:55	00:24:43	
1989	Nuno SABINO	2250	M	00:50:05	00:48:56	04:54	00:23:17	Açoreana clube Banif
1990	João MORGADO	9937	M	00:50:05	00:48:44	04:53	00:24:39	
1991	João RIBEIRO	10139	M	00:50:05	00:48:50	04:53	00:24:53	
1992	António MARQUES	2568	M	00:50:05	00:49:15	04:56	00:24:31	GDINE Grupo Desportivo do Instituto Nacional Estat
1993	Ana Isabel ALMEIDA	838	F	00:50:05	00:49:12	04:56	00:24:15	
1994	Élio COUTINHO	9366	M	00:50:06	00:47:15	04:44	00:22:14	
1995	Miguel FERRINHO	11198	M	00:50:06	00:49:28	04:57	00:24:23	
1996	Daniel VILABRIL	4411	M	00:50:06	00:46:29	04:39	00:23:52	
1997	Miguel BOIM	536	M	00:50:06	00:48:28	04:51	00:24:14	
1998	Paulo Filipe SILVA PLANCHE	9080	M	00:50:06	00:48:31	04:52	00:25:15	
1999	Albertino Jorge NASCIMENTO MOTA	13333	M	00:50:06	00:49:22	04:57	00:24:30	
2000	António SCHWALBACH	4712	M	00:50:07	00:48:35	04:52	00:24:11	
2001	Faustino José MARMELEIRA ANTONITO	3328	M	00:50:07	00:48:47	04:53	00:24:31	
2002	Miguel Alberto Diogo PONTES	3796	M	00:50:07	00:48:54	04:54	00:24:38	
2003	João Carlos MACEDO CORREIA	3241	M	00:50:07	00:47:57	04:48	00:23:59	
2004	Leonel Fernando BRAMDÃO	8554	M	00:50:07	00:48:56	04:54	00:24:09	Clube Millennium BCP
2005	João VENÂNCIA	8970	M	00:50:07	00:50:04	05:01	00:24:42	Peugeot
2006	João André AMORIM	247	M	00:50:07	00:49:47	04:59	00:24:21	
2007	João PEREIRA	8949	M	00:50:07	00:49:52	05:00	00:24:25	G.R.D. "Os Fixes"
2008	Nuno PURIFICAÇÃO	2985	M	00:50:07	00:49:53	05:00	00:23:57	
2009	Américo COSTA	4956	M	00:50:07	00:49:23	04:57	00:24:33	
2010	Nuno DAMIÃES	4232	M	00:50:08	00:48:50	04:53	00:23:56	
2011	João Pedro FERNANDES	5087	M	00:50:08	00:48:57	04:54	00:23:52	
2012	Alberto ARAUJO	10472	M	00:50:08	00:49:20	04:56	00:24:05	
2013	Jaime Alfredo Da Silva COELHO	8717	M	00:50:08	00:49:10	04:55	00:24:54	
2014	Nuno FEVEREIRO	10616	M	00:50:08	00:46:40	04:40	00:23:53	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2015	Nuno OLIVEIRA	2196	M	00:50:08	00:49:20	04:56	00:25:22	
2016	Luis Miguel MELO	5130	M	00:50:08	00:48:47	04:53	00:24:32	
2017	Vanessa NEVES	14165	F	00:50:09	00:49:20	04:56	00:25:22	
2018	Henrique COELHO	13883	M	00:50:09	00:49:48	04:59	00:23:51	Associação de Moradores de Atibá
2019	Salvador SANTOS	13209	M	00:50:09	00:48:51	04:54	00:24:43	
2020	Filipa CARVALHO	1251	F	00:50:09	00:49:57	05:00	00:25:08	O Rodrigo
2021	Ricardo SAPINA BALEIA	5110	M	00:50:09	00:49:23	04:57	00:24:47	
2022	José Filipe LOPES	3705	M	00:50:09	00:49:06	04:55	00:24:23	
2023	Mauricio MARQUES	8464	M	00:50:09	00:44:51	04:30	00:22:52	Clube do Stress
2024	Damian STEELE	8764	M	00:50:09	00:47:55	04:48	00:25:04	St. Julians School
2025	Nuno BRANDÃO	10199	M	00:50:09	00:49:21	04:57	00:25:37	
2026	Pedro NOGUEIRA	11185	M	00:50:09	00:46:37	04:40	00:24:07	
2027	João Miguel FIGUEIREDO NARCISO	499	M	00:50:10	00:45:03	04:31	00:23:04	
2028	Carla MORGADO	889	F	00:50:10	00:49:26	04:57	00:24:48	Clube do Stress
2029	Fábio LARANJEIRA	13221	M	00:50:10	00:44:15	04:26	00:23:09	
2030	José Carlos RODRIGUES	2543	M	00:50:10	00:47:14	04:44	00:23:53	
2031	Jose Julio CORREIA HENRIQUES	8481	M	00:50:10	00:46:25	04:39	00:23:24	
2032	Nuno NETO SILVA	4465	M	00:50:10	00:48:51	04:54	00:25:07	
2033	Rui Pedro PIRES	426	M	00:50:10	00:49:18	04:56	00:24:13	
2034	Rui COSTA	367	M	00:50:11	00:48:51	04:54	00:23:40	
2035	Pedro Miguel MIMOSO	3271	M	00:50:11	00:48:51	04:54	00:23:40	
2036	Pedro DIAS	10525	M	00:50:11	00:49:38	04:58	00:24:51	
2037	Vasco David SANCHEZ BARBOSA	2363	M	00:50:11	00:48:25	04:51	00:23:34	Açoreana clube Banif
2038	Joao CARVALHO	2067	M	00:50:11	00:46:39	04:40	00:23:47	
2039	João MORAES CARDOSO	4196	M	00:50:11	00:47:33	04:46	00:24:04	
2040	Luis BARBOT	10856	M	00:50:11	00:49:34	04:58	00:24:43	
2041	Tiago CANHOTO	12656	M	00:50:12	00:47:58	04:48	00:24:52	Clube Desportivo do Arneiro
2042	Carlos DA COSTA	10862	M	00:50:13	00:48:10	04:49	00:24:23	
2043	Antonin BISMARA	12712	M	00:50:13	00:48:33	04:52	00:24:10	
2044	João MOURINHO	2193	M	00:50:14	00:49:07	04:55	00:23:46	
2045	Bruno BARRAN	3377	M	00:50:14	00:48:18	04:50	00:24:26	
2046	Ricardo RODRIGUES	12647	M	00:50:14	00:49:57	05:00	00:24:57	Clube Desportivo do Arneiro
2047	Jorge Manuel COSTA	4794	M	00:50:15	00:47:40	04:46	00:24:41	
2048	Jorge Miguel BERNARDO	10131	M	00:50:16	00:47:45	04:47	00:24:45	
2049	Ricardo AZEVEDO	4575	M	00:50:16	00:48:59	04:54	00:24:31	
2050	António NOBRE	4250	M	00:50:17	00:49:59	05:00	00:25:39	
2051	André LIMA	4815	M	00:50:17	00:47:36	04:46	00:23:39	
2052	Rodrigo ALMEIDA	167	M	00:50:18	00:49:17	04:56	00:25:05	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2053	Jorge PALOS	4195	M	00:50:18	00:48:42	04:53	00:24:16	
2054	Mário COSTA	12457	M	00:50:18	00:48:45	04:53	00:24:53	Serviços Sociais da CGD
2055	Pedro ESTÊVÃO	9750	M	00:50:18	00:48:25	04:51	00:24:11	
2056	Jose Pedro GAIVAO DONATO	10846	M	00:50:19	00:48:21	04:51	00:24:43	
2057	Luis FERRAZ	11455	M	00:50:19	00:48:52	04:54	00:25:02	
2058	Luís Filipe CRUZ	11682	M	00:50:19	00:45:28	04:33	00:23:48	
2059	Paulo MILICIAS	11514	M	00:50:20	00:48:08	04:49	00:24:22	
2060	Abílio Augusto PIRES	9891	M	00:50:21	00:48:53	04:54	00:24:40	
2061	Patrícia LOURENÇO	1467	F	00:50:21	00:50:01	05:01	00:24:38	
2062	Victor PEREIRA	12629	M	00:50:21	00:50:19	05:02	00:24:20	
2063	James GOLDSBROUGH	9407	M	00:50:22	00:46:34	04:40	00:23:42	
2064	Carlos Pedro De Brito NEVES	11022	M	00:50:22	00:48:55	04:54	00:24:18	
2065	Vitor Manuel Marque AGUILAR	4457	M	00:50:22	00:49:34	04:58	00:25:18	
2066	Miguel GAMEIRO	5181	M	00:50:23	00:46:24	04:39	00:23:04	
2067	Sérgio DA SILVA PINTO	4386	M	00:50:23	00:49:19	04:56	00:24:48	
2068	Rafael Augusto Moreira De ALMEIDA	10150	M	00:50:23	00:49:19	04:56	00:24:47	
2069	Diogo FRAZÃO	5183	M	00:50:23	00:46:25	04:39	00:23:16	
2070	Pedro CUSTÓDIO	9307	M	00:50:23	00:48:32	04:52	00:24:06	
2071	Luís Manuel DOS SANTOS BARROS NEVES	13803	M	00:50:24	00:49:47	04:59	00:24:44	Pepsico Portugal
2072	Pedro Jorge Duarte MORAIS	3962	M	00:50:24	00:48:51	04:54	00:25:02	
2073	João Paulo AMARAL COSTA	13807	M	00:50:24	00:49:48	04:59	00:25:01	Pepsico Portugal
2074	Eliandro SILVA	501	M	00:50:24	00:47:57	04:48	00:24:17	
2075	Luis TAVARES	8898	M	00:50:25	00:49:32	04:58	00:25:38	O Rodrigo
2076	Jorge DAVID	3664	M	00:50:25	00:48:13	04:50	00:24:04	
2077	Jose TRINDADE	9658	M	00:50:25	00:49:22	04:57	00:24:33	
2078	Miguel DAVID	9826	M	00:50:25	00:48:13	04:50	00:24:06	
2079	Aurélio Manuel SILVA	8456	M	00:50:27	00:48:56	04:54	00:24:27	Clube Millennium BCP
2080	José Pedro CONCEIÇÃO	9620	M	00:50:27	00:49:36	04:58	00:25:22	
2081	Rogério MIRANDA	11444	M	00:50:27	00:49:37	04:58	00:25:06	
2082	Paulo DUARTE	3372	M	00:50:27	00:50:11	05:02	00:24:48	
2083	Carlos CIPRIANO	529	M	00:50:27	00:49:14	04:56	00:23:29	
2084	Lurdes ANTÓNIO	7723	F	00:50:27	00:49:56	05:00	00:24:49	C. R. Leões de Porto Salvo
2085	Paula PENEDO	14215	F	00:50:27	00:49:51	05:00	00:24:44	RAIL RUNNERS
2086	Amândio LOBO	2751	M	00:50:27	00:49:52	05:00	00:24:47	Associação Atletismo Lebres do Sado
2087	Abilio MONTEIRO	4849	M	00:50:27	00:48:57	04:54	00:24:57	
2088	Manuel Joaquim PALMA EMÍDIO	266	M	00:50:28	00:50:19	05:02	00:24:29	
2089	José Luís PEREIRA	9827	M	00:50:28	00:49:16	04:56	00:23:54	
2090	Francisco SOARES	8687	M	00:50:28	00:49:27	04:57	00:24:14	Casa do Pessoal Estradas de Portugal

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2091	Marcos Nuno ANDRADE MENDES LEAL	9669	M	00:50:28	00:49:16	04:56	00:25:14	
2092	Antonio GOMES	8996	M	00:50:28	00:49:51	05:00	00:24:33	G.R.C.D Leião
2093	Antonio Manuel GODINHO	4352	M	00:50:29	00:48:58	04:54	00:24:30	
2094	Gonçalo CAEIRO	9460	M	00:50:29	00:49:02	04:55	00:24:30	
2095	Nuno CONTREIRAS	10615	M	00:50:29	00:48:51	04:54	00:24:53	
2096	Ana Paula ABEGÃO	1015	F	00:50:29	00:50:19	05:02	00:24:43	CLAC Entroncamento
2097	Miguel MENDES	10839	M	00:50:29	00:48:51	04:54	00:24:53	
2098	António PAIXÃO	2753	M	00:50:30	00:50:19	05:02	00:24:43	CLAC Entroncamento
2099	Mário Rui ABEGÃO	2746	M	00:50:30	00:50:19	05:02	00:24:43	CLAC Entroncamento
2100	Carlos Benjamim COSTA	8575	M	00:50:30	00:49:02	04:55	00:24:05	Clube Millennium BCP
2101	Magda LOURENÇO	1047	F	00:50:30	00:48:00	04:48	00:24:06	
2102	Paulo MALHO	11671	M	00:50:31	00:47:55	04:48	00:24:09	
2103	Maria HELENA	13964	F	00:50:31	00:50:25	05:03	00:24:27	Linda-a-Pastora Sporting Clube
2104	José Filipe SANTOS	4848	M	00:50:31	00:49:17	04:56	00:25:26	
2105	Alberto LEAL	11108	M	00:50:31	00:49:05	04:55	00:25:02	
2106	Bruno COSTA	4806	M	00:50:32	00:49:41	04:59	00:24:24	
2107	Nivaldo Pereira Da Silva NIVAS	4651	M	00:50:32	00:48:40	04:52	00:24:29	
2108	Rosana Sampaio Da Silva RO	2018	F	00:50:32	00:48:41	04:53	00:24:29	
2109	Jose CORUNHA	375	M	00:50:32	00:47:52	04:48	00:24:27	
2110	Ivo Jorge Batista AZEITONA	4786	M	00:50:32	00:49:50	04:59	00:25:04	
2111	José GONÇALVES	14060	M	00:50:32	00:49:47	04:59	00:24:03	Clube Grupo Desportivo BES
2112	Nuno MESTRE	10605	M	00:50:33	00:50:24	05:03	00:24:54	Unidos da Manutenção
2113	Jacinto BETTENCOURT	11167	M	00:50:33	00:48:20	04:50	00:24:17	
2114	Joaquim BOTELHO	10699	M	00:50:33	00:49:12	04:56	00:24:50	
2115	Luis BRAZINHA	8863	M	00:50:33	00:48:04	04:49	00:23:54	Clube Ferroviário de Portugal
2116	Andreia OLIVEIRA	607	F	00:50:34	00:48:49	04:53	00:24:17	
2117	Emanuel De Jesus BORGES PEREIRA	4690	M	00:50:34	00:46:54	04:42	00:23:56	
2118	Fernando TEIXEIRA	8683	M	00:50:34	00:49:10	04:55	00:25:32	G.R.D. Ribeira da Lage
2119	António CARDOSO	8744	M	00:50:34	00:49:10	04:55	00:25:33	G.R.D. Ribeira da Lage
2120	Jorge LOURO	4824	M	00:50:34	00:50:02	05:01	00:24:15	
2121	Paulo LUIS	2487	M	00:50:35	00:49:15	04:56	00:24:11	C. R. Leões de Porto Salvo
2122	Jorge SILVA	3690	M	00:50:35	00:48:43	04:53	00:24:36	
2123	Antonio Dantas SILVA	13041	M	00:50:35	00:48:52	04:54	00:24:35	
2124	José PEDRO	14062	M	00:50:35	00:49:37	04:58	00:25:10	Clube Grupo Desportivo BES
2125	Frederico LEÃO	13049	M	00:50:35	00:46:51	04:42	00:24:28	
2126	Eduardo SANTOS	9644	M	00:50:36	00:49:21	04:57	00:24:33	
2127	Inês PARENTE	1556	F	00:50:36	00:50:25	05:03	00:24:41	
2128	José Daniel LOPES	4975	M	00:50:36	00:48:26	04:51	00:24:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2129	Filipe Alexandre RIBEIRO MARQUES	3948	M	00:50:36	00:48:58	04:54	00:24:32	
2130	Cassiano CUNHA	14226	M	00:50:37	00:49:37	04:58	00:25:00	Gabinete de Fisioterapia no Desporto
2131	Rui LOURENÇO	10373	M	00:50:37	00:48:07	04:49	00:24:05	
2132	Luis Pedro ROMEIRAS	4246	M	00:50:38	00:49:26	04:57	00:25:10	
2133	Vitor Manuel NOGUEIRA	8791	M	00:50:38	00:50:12	05:02	00:24:35	Sierra Portugal
2134	Alexandre LEE	13844	M	00:50:38	00:49:17	04:56	00:24:40	INFOSISTEMAS RUNNING TEAM
2135	João PINHEIRO	8895	M	00:50:39	00:44:16	04:26	00:22:48	
2136	Manuel NUNES	9219	M	00:50:39	00:47:16	04:44	00:24:14	G. D. Porto de Sines
2137	Pedro DIAS	4209	M	00:50:39	00:49:40	04:58	00:23:56	
2138	Rui PATRICIO	14127	M	00:50:40	00:49:52	05:00	00:24:28	BP Portugal
2139	Henrique ROCHA	5098	M	00:50:40	00:49:35	04:58	00:24:22	
2140	Claudio CARVALHO	2819	M	00:50:40	00:50:25	05:03	00:25:05	O Rodrigo
2141	Bruno Filipe Machado ROXO	13373	M	00:50:41	00:47:35	04:46	00:24:16	
2142	Sara RAMOS	1704	F	00:50:41	00:48:13	04:50	00:23:50	
2143	Paulo LEAL	12660	M	00:50:41	00:49:58	05:00	00:25:05	CCD Segurança Social Lisboa
2144	António Manuel ALMEIDA	4752	M	00:50:41	00:49:45	04:59	00:24:44	
2145	Luis MESQUITA	4581	M	00:50:41	00:49:34	04:58	00:24:40	
2146	Miguel Ângelo RODRIGUES CALADO	9381	M	00:50:42	00:49:53	05:00	00:24:17	
2147	Cristina RIOS	12321	F	00:50:42	00:49:50	04:59	00:24:57	
2148	João Miguel BILHÓ	3387	M	00:50:42	00:45:01	04:31	00:22:43	
2149	Francis HALEY	9737	M	00:50:42	00:49:30	04:57	00:25:22	
2150	Pedro Humberto Duarte MATEUS	12780	M	00:50:43	00:49:35	04:58	00:24:14	
2151	Lénia GAMITO	7628	F	00:50:43	00:49:17	04:56	00:24:28	
2152	Bruno MARTINIANO	13421	M	00:50:43	00:49:40	04:58	00:24:15	
2153	Pedro ANDRADE	14080	M	00:50:43	00:50:02	05:01	00:24:34	Clube Grupo Desportivo BES
2154	Kenneth BEST	10943	M	00:50:43	00:48:58	04:54	00:24:46	
2155	Mário BOLOTA	2600	M	00:50:43	00:49:10	04:55	00:24:31	SEMPRESSA
2156	Jose Gonçalves NOBRE	3832	M	00:50:44	00:50:00	05:00	00:24:21	
2157	Sergio SANTOS	3866	M	00:50:44	00:50:19	05:02	00:24:14	
2158	Carlos MARQUES	10191	M	00:50:44	00:49:59	05:00	00:24:20	
2159	José ROSA	8731	M	00:50:45	00:49:48	04:59	00:24:49	Serviços Sociais da CGD
2160	António FRANCO	12418	M	00:50:46	00:49:27	04:57	00:25:04	Serviços Sociais Montepio Geral
2161	Afonso LOPES	3721	M	00:50:46	00:49:05	04:55	00:23:46	
2162	Marco DURÃO	10538	M	00:50:46	00:48:21	04:51	00:24:20	
2163	Paulo GONÇALVES	3164	M	00:50:46	00:49:45	04:59	00:24:50	
2164	Fernando SILVEIRO	11375	M	00:50:47	00:49:41	04:59	00:24:43	
2165	Eurico REBELO	9869	M	00:50:47	00:50:19	05:02	00:24:41	
2166	Domingos SILVA	10229	M	00:50:47	00:49:58	05:00	00:23:58	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2167	Manuel PEREIRA	9487	M	00:50:47	00:49:56	05:00	00:24:55	
2168	Célia SILVA	1005	F	00:50:47	00:50:20	05:02	00:24:44	CLAC Entroncamento
2169	Luis CRESPO	3818	M	00:50:47	00:49:09	04:55	00:25:30	
2170	Miguel RODRIGUES	10201	M	00:50:48	00:48:55	04:54	00:24:32	
2171	Pedro Manuel MATOS BERNARDINO	10938	M	00:50:48	00:49:45	04:59	00:24:30	
2172	Jorge Alberto MONTEIRO LOPES	10912	M	00:50:48	00:49:46	04:59	00:24:26	
2173	Jorge Manuel RICA DA SILVA	4355	M	00:50:48	00:49:54	05:00	00:25:37	
2174	Duarte Faria FARIA	11411	M	00:50:48	00:49:32	04:58	00:25:39	
2175	Manuel SANTOS PEREIRA	2380	M	00:50:48	00:48:27	04:51	00:25:11	Clube Millennium BCP
2176	João NASCIMENTO	8671	M	00:50:48	00:48:26	04:51	00:25:10	Clube do Stress
2177	Diogo TRAVASSOS	11029	M	00:50:48	00:47:28	04:45	00:24:21	
2178	Hugo MATOS	4590	M	00:50:49	00:49:04	04:55	00:24:47	
2179	Carlos SALGUEIRO	4198	M	00:50:49	00:50:49	05:05	00:19:11	
2180	Nuno CARVALHO	4503	M	00:50:49	00:48:39	04:52	00:23:52	
2181	Bruno FERREIRA	4716	M	00:50:49	00:49:30	04:57	00:24:36	
2182	Duarte AMARAL	9448	M	00:50:49	00:47:49	04:47	00:24:24	
2183	Nelson BARREIROS	12980	M	00:50:50	00:49:21	04:57	00:25:10	
2184	Carlos LIMA	14117	M	00:50:50	00:49:52	05:00	00:25:27	C.A. Amigos Parque da Paz
2185	Fernando CARVALHO	8939	M	00:50:50	00:49:52	05:00	00:24:40	GDINE Grupo Desportivo do Instituto Nacional Estat
2186	Nelson Manuel BRAZ ANTUNES	9170	M	00:50:51	00:49:36	04:58	00:24:51	
2187	Jorge Humberto RODRIGUES DA SILVA	9158	M	00:50:52	00:49:36	04:58	00:24:51	
2188	Maria Jesus VEIGA	7417	F	00:50:52	00:50:36	05:04	00:25:12	G.R.D. "Os Fixes"
2189	Gustavo ÉVORA	431	M	00:50:52	00:48:47	04:53	00:24:35	
2190	Pedro Ribeiro Almeida RIBEIRO ALMEIDA	9216	M	00:50:52	00:48:36	04:52	00:24:31	
2191	Rogério FOLGADO	4907	M	00:50:53	00:49:07	04:55	00:24:34	
2192	João Pedro PINTO	2473	M	00:50:53	00:48:36	04:52	00:24:37	Clube Millennium BCP
2193	Raúl GRILO	4919	M	00:50:53	00:49:08	04:55	00:24:34	
2194	António AMADO	88	M	00:50:53	00:45:50	04:35	00:23:59	
2195	José Luis MARQUES	8583	M	00:50:53	00:48:37	04:52	00:24:35	Clube Millennium BCP
2196	António NOGUEIRA	11451	M	00:50:53	00:49:21	04:57	00:24:55	
2197	Enrique RINCÓN	10244	M	00:50:53	00:48:36	04:52	00:25:31	
2198	Leonor COSTA MOREIRA SILVA	1803	F	00:50:53	00:50:47	05:05	00:25:01	
2199	Ricardo PEREIRA	4750	M	00:50:54	00:47:31	04:46	00:22:54	
2200	Mariana SANTOS	1197	F	00:50:54	00:47:11	04:44	00:25:02	
2201	Luca RANISE	4966	M	00:50:54	00:50:04	05:01	00:24:45	
2202	Joao Carlos DEUSDADO	4190	M	00:50:54	00:49:20	04:56	00:24:24	
2203	Meseret TAYE	140216	F	00:50:55	00:49:44	04:59	00:24:15	Gabinete de Fisioterapia no Desporto
2204	Rodrigo SANTOS	10083	M	00:50:55	00:49:32	04:58	00:24:26	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2205	Ricardo FELIZARDO	4517	M	00:50:55	00:50:06	05:01	00:24:25	
2206	Luís Miguel VALADAS	4290	M	00:50:55	00:49:06	04:55	00:24:29	
2207	Maria ESPERANÇA	7827	F	00:50:55	00:50:31	05:04	00:24:42	Clube Desportivo do Arneiro
2208	Joel HENRIQUES	2983	M	00:50:56	00:50:42	05:05	00:24:36	
2209	João PEREIRA	9833	M	00:50:56	00:48:51	04:54	00:25:43	
2210	Nuno Miguel MARQUES	9762	M	00:50:56	00:50:01	05:01	00:24:44	
2211	João Henrique SILVA	10576	M	00:50:56	00:49:11	04:56	00:24:40	
2212	Hugo VENÂNCIO	8673	M	00:50:56	00:49:56	05:00	00:24:40	Serviços Sociais da CGD
2213	Ana Beatriz MOREIRA	1930	F	00:50:56	00:50:12	05:02	00:25:33	
2214	Tiago OLIVEIRA	11675	M	00:50:56	00:49:21	04:57	00:25:14	
2215	João Carlos Martins FALCÃO	3345	M	00:50:57	00:49:06	04:55	00:24:17	
2216	David GONÇALVES	8782	M	00:50:57	00:48:18	04:50	00:23:36	HP Portugal Clube
2217	Ricardo Miguel Da SILVA ALVES CORTES	288	M	00:50:57	00:48:12	04:50	00:24:34	Beer Boys
2218	Diogo CASTRO	3758	M	00:50:57	00:49:35	04:58	00:24:42	
2219	Fernanda MARQUES SANTINHA	1562	F	00:50:58	00:48:22	04:51	00:25:26	
2220	Bruno Gomes PEREIRA	8695	M	00:50:58	00:50:22	05:03	00:24:19	
2221	Bernardo PASSOS CORREIA	9661	M	00:50:58	00:50:33	05:04	00:22:14	
2222	Paulo SANTOS REIXA	8696	M	00:50:58	00:48:21	04:51	00:25:13	Clube Millennium BCP
2223	Vasco MACEDO FERREIRA	8579	M	00:50:58	00:49:27	04:57	00:24:55	Clube Millennium BCP
2224	Antonio LAMEIRA	391	M	00:50:58	00:48:31	04:52	00:24:50	
2225	Tiago BELO	2605	M	00:50:59	00:49:36	04:58	00:24:39	CCD Tranquilidade
2226	Cristiano ROCHA	10515	M	00:50:59	00:49:12	04:56	00:24:44	
2227	Rodrigo Miguel Figuei CRESPO	4532	M	00:50:59	00:49:48	04:59	00:24:42	
2228	Joaquim BARROCAS	2657	M	00:51:00	00:49:48	04:59	00:25:31	N.A. "Os Papagaios de Cascais"
2229	Bruno VALERIO	11158	M	00:51:00	00:49:10	04:55	00:23:56	
2230	Joao TEIXEIRA	4855	M	00:51:00	00:50:59	05:06	00:25:20	
2231	Paulo PADRAO	4859	M	00:51:01	00:50:58	05:06	00:25:19	
2232	Pedro Miguel RUA	308701	M	00:51:01	00:49:14	04:56	00:24:41	Clube Millennium BCP
2233	Tiago TRINDADE	3709	M	00:51:01	00:48:02	04:49	00:24:42	
2234	Pedro ROCHA	3783	M	00:51:01	00:49:06	04:55	00:25:00	
2235	João ANTUNES	3270	M	00:51:01	00:49:57	05:00	00:24:53	
2236	Jorge CARLOS	8527	M	00:51:02	00:50:03	05:01	00:24:30	Grupo Desportivo Joaninhas de Leião
2237	Mawurl GARRINHAS	3937	M	00:51:02	00:49:33	04:58	00:24:52	
2238	João REIS	3581	M	00:51:03	00:50:51	05:06	00:25:06	
2239	Andre SANTA CLARA	9740	M	00:51:03	00:48:18	04:50	00:23:31	
2240	António PIMPÃO	9367	M	00:51:03	00:48:35	04:52	00:24:48	
2241	Tiago COSTA	9878	M	00:51:03	00:50:51	05:06	00:24:16	
2242	António ALVES	9277	M	00:51:03	00:49:27	04:57	00:24:38	Marriott Lisboa Hotel

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2243	Daniel CANDEIAS MARTINS	5069	M	00:51:03	00:49:34	04:58	00:24:38	
2244	Jose GOUVEIA	8794	M	00:51:03	00:50:03	05:01	00:25:20	N.A. "Os Papagaios de Cascais"
2245	Pedro PASSINHAS FONTES	8568	M	00:51:05	00:49:07	04:55	00:25:30	Clube Millennium BCP
2246	Luis MATOS	10781	M	00:51:05	00:49:02	04:55	00:25:04	
2247	Rui Miguel Oliveira ALMEIDA	11080	M	00:51:05	00:49:38	04:58	00:25:16	
2248	André MACHADO	4782	M	00:51:05	00:50:08	05:01	00:23:56	
2249	Bento QUARESMA	13977	M	00:51:06	00:50:33	05:04	00:24:27	Linda-a-Pastora Sporting Clube
2250	Jorge Manuel NEVES	145	M	00:51:06	00:50:29	05:03	00:25:03	
2251	Rui Miguel DA CRUZ GONÇALVES	2900	M	00:51:06	00:49:12	04:56	00:24:40	Coimbra
2252	Miguel Morgado PICCIOCHI	8923	M	00:51:06	00:49:01	04:55	00:24:15	
2253	Narciso NEVES	118	M	00:51:07	00:49:01	04:55	00:25:14	
2254	Vitor Pedro Ferreira FERREIRA	9326	M	00:51:07	00:49:32	04:58	00:24:27	
2255	Ricardo TOMÉ	373	M	00:51:08	00:47:48	04:47	00:24:24	
2256	Ruben FERREIRA	2495	M	00:51:08	00:50:53	05:06	00:24:17	G.R.D. "Os Fixes"
2257	Maria João OLIVEIRA PEREIRA DE MATOS	845	F	00:51:08	00:49:43	04:59	00:24:46	Açoreana clube Banif
2258	João Joaquim DA LUZ SPENCER	255	M	00:51:08	00:37:07	03:43	00:18:45	
2259	Pedro LUCAS	11213	M	00:51:09	00:49:43	04:59	00:24:48	
2260	Claudio MONTEIRO	9456	M	00:51:09	00:49:54	05:00	00:24:42	
2261	Jorge BORGES	2318	M	00:51:09	00:49:43	04:59	00:24:48	
2262	Ricardo ARRAIAS	2542	M	00:51:09	00:50:04	05:01	00:25:07	
2263	João Tiago FERREIRA	9893	M	00:51:09	00:50:16	05:02	00:24:56	
2264	Maria João VAZ CORREIA	12285	F	00:51:09	00:51:04	05:07	00:25:27	
2265	Guedes JORGE	9671	M	00:51:10	00:50:30	05:03	00:24:46	
2266	Sofia MONTEIRO	712	F	00:51:10	00:50:55	05:06	00:25:32	
2267	Ebrima BAYO	8871	M	00:51:10	00:50:04	05:01	00:25:08	Grupo Excursionista "Os Económicos"
2268	Josué FRADE	8732	M	00:51:10	00:50:59	05:06	00:24:35	G.R.D. Ribeira da Lage
2269	Rafael IDO	11552	M	00:51:11	00:48:30	04:51	00:24:34	
2270	Pedro Miguel CARRÃO CARRAPATO	11333	M	00:51:11	00:49:22	04:57	00:24:29	
2271	António GUIMARÃES FERREIRA	490	M	00:51:12	00:48:45	04:53	00:25:00	
2272	Manuel FRANCISCO	3089	M	00:51:12	00:48:29	04:51	00:23:40	
2273	António CARPINTEIRO	2209	M	00:51:12	00:50:27	05:03	00:25:22	Serviços Sociais da CGD
2274	Rui Manuel BARROSO	4069	M	00:51:12	00:46:33	04:40	00:23:14	
2275	Hércules BATISTA	2234	M	00:51:12	00:50:51	05:06	00:25:16	NUCLEOEIRAS/SPORTZONE
2276	Suaila CÓ	675	F	00:51:13	00:50:53	05:06	00:24:14	NUCLEOEIRAS/SPORTZONE
2277	João REBELO	4714	M	00:51:13	00:48:52	04:54	00:25:20	
2278	Vasco GAMEIRO	5247	M	00:51:13	00:49:56	05:00	00:24:32	
2279	Ricardo José Andrade MENDES	4214	M	00:51:13	00:47:55	04:48	00:24:02	
2280	Ludgero BILA RODRIGUES	8576	M	00:51:13	00:48:09	04:49	00:24:35	Clube Millennium BCP

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2281	Mara ARAÚJO	952	F	00:51:13	00:51:07	05:07	00:25:31	CCD Sintrense
2282	Mário CARVALHO	3188	M	00:51:13	00:47:32	04:46	00:24:26	
2283	Cassiana BRUEL	12243	F	00:51:14	00:50:36	05:04	00:25:05	
2284	Antonio ALVES	9797	M	00:51:14	00:50:36	05:04	00:25:04	
2285	Fernando Alberto PINHO FERREIRA	9685	M	00:51:14	00:47:31	04:46	00:24:31	
2286	Rui Pedro MATIAS	4368	M	00:51:14	00:49:33	04:58	00:25:13	
2287	César EMÍDIO	3665	M	00:51:14	00:48:02	04:49	00:24:44	
2288	Pedro MARTINS	4467	M	00:51:15	00:48:51	04:54	00:23:45	
2289	Carlos Pedro PINTO	10588	M	00:51:15	00:47:54	04:48	00:24:21	
2290	Hugo FERREIRA	9330	M	00:51:15	00:50:18	05:02	00:25:22	
2291	Bruno MARÇAL	10980	M	00:51:15	00:49:46	04:59	00:24:04	
2292	Mario Candido ALVES FERREIRA DOS SANTOS	4543	M	00:51:16	00:50:26	05:03	00:24:58	
2293	Miguel BARRADAS	9136	M	00:51:16	00:50:37	05:04	00:24:14	
2294	Rui Miguel MENDES LÚCIO	528	M	00:51:16	00:49:47	04:59	00:24:29	
2295	Carlos FREIRE	14223	M	00:51:16	00:50:58	05:06	00:24:11	Gabinete de Fisioterapia no Desporto
2296	Marco CACHINHO	12851	M	00:51:16	00:49:46	04:59	00:24:47	
2297	Jorge FERNANDES	2212	M	00:51:17	00:50:39	05:04	00:25:05	
2298	Joana BELCHIOR	8266	F	00:51:17	00:51:10	05:07	00:25:26	
2299	Domingos PEREIRA	10706	M	00:51:17	00:49:32	04:58	00:24:19	
2300	Ricardo TENRINHO	2894	M	00:51:18	00:48:33	04:52	00:24:05	Drinkers With Running Problem
2301	Fernando GONÇALVES	3381	M	00:51:18	00:51:02	05:07	00:25:42	
2302	Augusto SEABRA LOURENÇO	2129	M	00:51:18	00:50:01	05:01	00:24:51	Clube Millennium BCP
2303	Ricardo PEREIRA	9738	M	00:51:18	00:49:55	05:00	00:24:34	
2304	Nuno MARTINS	11145	M	00:51:18	00:49:37	04:58	00:25:12	
2305	Joaquina FLORES	1866	F	00:51:18	00:51:18	05:08	00:26:10	
2306	Nuno Duarte FRAZÃO	4763	M	00:51:18	00:50:19	05:02	00:25:23	
2307	Francisco CARDOSO	14128	M	00:51:19	00:50:23	05:03	00:24:48	BP Portugal
2308	Filipa PEREIRA	643	F	00:51:19	00:51:13	05:08	00:25:26	
2309	Luis Carlos MAGRO PEREIRA ZAGALLO	8617	M	00:51:19	00:49:20	04:56	00:23:37	Açoreana clube Banif
2310	Claudia FERREIRA	2009	F	00:51:19	00:50:35	05:04	00:25:29	
2311	Rui BARBOSA	13887	M	00:51:19	00:49:44	04:59	00:24:20	Clube Vodafone
2312	Rogério LUÍS	10337	M	00:51:19	00:50:18	05:02	00:24:25	
2313	Filipe MENDONÇA	384	M	00:51:20	00:47:34	04:46	00:24:58	
2314	Daniel AZEVEDO PORTELA	11544	M	00:51:20	00:50:56	05:06	00:25:20	
2315	Nuno ALMEIDA PEREIRA	8946	M	00:51:20	00:49:06	04:55	00:25:08	Clube Millennium BCP
2316	Fernando LOUREIRO	4369	M	00:51:20	00:49:56	05:00	00:23:13	
2317	David LI	9585	M	00:51:20	00:51:01	05:07	00:25:13	
2318	Luis ABREU	3321	M	00:51:20	00:50:40	05:04	00:24:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2319	Jose ROCHA	2509	M	00:51:21	00:49:29	04:57	00:24:10	Peugeot
2320	Fernando Jorge MENDES	3347	M	00:51:22	00:49:53	05:00	00:24:58	
2321	Luis Manuel SOUSA DUARTE	214	M	00:51:22	00:50:28	05:03	00:25:33	
2322	Susana GOMES	14257	F	00:51:22	00:50:30	05:03	00:25:41	Valejas Atletico Clube
2323	Mateus SOUSA	4911	M	00:51:22	00:49:08	04:55	00:24:28	
2324	João BEIRÃO	448	M	00:51:23	00:50:41	05:05	00:25:00	
2325	Luis Alberto Contente PEREIRA	2179	M	00:51:23	00:50:22	05:03	00:24:17	
2326	Luis JACOB	4904	M	00:51:23	00:49:29	04:57	00:24:32	
2327	Jorge COSTA	9844	M	00:51:24	00:48:29	04:51	00:23:58	
2328	Tito SANTOS	13909	M	00:51:24	00:50:49	05:05	00:23:34	Clube Vodafone
2329	Miguel PESTANA	3170	M	00:51:24	00:47:43	04:47	00:24:28	
2330	Francisco ALBERTO	203	M	00:51:24	00:50:20	05:02	00:24:12	
2331	Pedro COSTA	3851	M	00:51:25	00:47:26	04:45	00:23:54	
2332	Pedro BARBOSA	4789	M	00:51:25	00:49:51	05:00	00:24:38	
2333	Tiago LOPES	5115	M	00:51:26	00:48:23	04:51	00:25:24	
2334	André Filipe Sobral FERNANDES	297	M	00:51:26	00:48:23	04:51	00:25:24	
2335	Francisco PRATES	2763	M	00:51:26	00:50:43	05:05	00:24:53	Associação Atletismo Lebres do Sado
2336	Isidro DUARTE	3079	M	00:51:26	00:48:10	04:49	00:23:44	
2337	Antonio NOGUEIRA	3536	M	00:51:26	00:49:21	04:57	00:25:26	
2338	Carlos SANTOS	10294	M	00:51:26	00:50:17	05:02	00:24:53	
2339	Ricardo GRALHEIRA	458	M	00:51:26	00:48:55	04:54	00:25:01	
2340	Miguel HILÁRIO	3972	M	00:51:26	00:49:43	04:59	00:24:35	
2341	Sonia CAIXEIRINHO	8322	F	00:51:26	00:49:38	04:58	00:24:31	
2342	Peter FAY	574	M	00:51:27	00:50:24	05:03	00:24:42	
2343	Thomas STARK	4603	M	00:51:27	00:50:49	05:05	00:24:19	
2344	Bruno Lopes NUNES	2971	M	00:51:27	00:49:56	05:00	00:24:10	
2345	Vasco SOARES	9664	M	00:51:28	00:50:02	05:01	00:25:00	
2346	Luis VASCONCELOS AMORIM	9580	M	00:51:28	00:50:21	05:03	00:25:07	
2347	Nuno FERNANDES	8793	M	00:51:28	00:51:05	05:07	00:25:14	Grupo Desportivo Cimpor
2348	João Jose RODRIGUES	10273	M	00:51:29	00:50:06	05:01	00:24:09	
2349	Diogo ROCHA	5044	M	00:51:29	00:49:01	04:55	00:25:11	
2350	Marisa Cláudia CHEMELA	1520	F	00:51:29	00:51:09	05:07	00:24:57	
2351	Luis SANTINHA	9828	M	00:51:30	00:51:00	05:06	00:24:55	
2352	Paulo FREIRE	14224	M	00:51:30	00:51:17	05:08	00:25:15	Gabinete de Fisioterapia no Desporto
2353	Filipe Miguel Roquete MEDEIRO	4538	M	00:51:30	00:48:48	04:53	00:26:22	
2354	Pedro Maria BOTELHO MONIZ NOVAES TITO	9832	M	00:51:31	00:50:47	05:05	00:24:58	
2355	Jorge TESTOS	4142	M	00:51:31	00:49:03	04:55	00:24:44	
2356	João Carlos Liberato PAULINO	10343	M	00:51:31	00:48:33	04:52	00:24:19	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2357	Miguel Angelo Rico CABRITA	4584	M	00:51:31	00:51:11	05:08	00:25:09	
2358	Filipe ROMAO	9860	M	00:51:31	00:50:09	05:01	00:24:21	
2359	Nuno SILVA	4613	M	00:51:32	00:50:30	05:03	00:24:33	
2360	Pedro TORRES	11432	M	00:51:32	00:49:58	05:00	00:24:42	
2361	António BAPTISTA	10448	M	00:51:32	00:47:53	04:48	00:24:09	
2362	José PITEIRA BARROS	9792	M	00:51:32	00:50:38	05:04	00:25:54	
2363	Pedro CASTRO	2858	M	00:51:33	00:49:45	04:59	00:24:58	
2364	Fernando OLIVEIRA	3922	M	00:51:33	00:49:30	04:57	00:24:38	
2365	Luís Manuel Cabrita PAIS HOMEM	13001	M	00:51:33	00:48:32	04:52	00:24:03	
2366	Nuno ALCOBIA	8845	M	00:51:33	00:50:47	05:05	00:25:23	Clube Ferroviário de Portugal
2367	Pedro PRATES	10042	M	00:51:34	00:48:24	04:51	00:23:48	
2368	Manuel Henrique DIONISIO DA SILVA	3160	M	00:51:34	00:50:26	05:03	00:25:16	
2369	Jorge Alexandre RAMOS	3303	M	00:51:34	00:50:29	05:03	00:24:04	
2370	José CATITA	9265	M	00:51:34	00:51:17	05:08	00:25:18	GARMIN COO
2371	Tiago LOURO	3826	M	00:51:34	00:49:42	04:59	00:26:07	
2372	José Luis SILVA	5186	M	00:51:35	00:50:23	05:03	00:24:33	
2373	José Miguel ALBINO	281	M	00:51:35	00:47:40	04:46	00:24:14	
2374	Hugo Alexandre CORREIA	3917	M	00:51:35	00:50:26	05:03	00:25:03	
2375	Miguel ANCIÃES	8967	M	00:51:36	00:51:33	05:10	00:24:58	Peugeot
2376	Helder Rodrigues RODRIGUES	10344	M	00:51:36	00:50:40	05:04	00:25:41	
2377	Inês FERNANDES	1129	F	00:51:36	00:49:59	05:00	00:24:38	
2378	José BAIÃO	10444	M	00:51:36	00:50:00	05:00	00:24:52	
2379	Luís BILAU	8728	M	00:51:37	00:51:12	05:08	00:25:46	Serviços Sociais da CGD
2380	Jorge Tito GONÇALVES	11551	M	00:51:37	00:50:29	05:03	00:25:04	
2381	Carlos RANGEL	10783	M	00:51:37	00:50:42	05:05	00:25:33	
2382	Luis Carlos JORGE ALVES	4330	M	00:51:38	00:48:25	04:51	00:24:47	
2383	José Carlos ALMEIDA	4075	M	00:51:38	00:50:34	05:04	00:24:47	
2384	José Augusto RODRIGUES	9672	M	00:51:38	00:50:28	05:03	00:25:36	
2385	Rui REIS	9940	M	00:51:39	00:50:20	05:02	00:24:47	
2386	José DIMAS	8651	M	00:51:39	00:50:12	05:02	00:25:25	Serviços Sociais da CGD
2387	Pedro MARQUES LOPES RIBEIRO	10513	M	00:51:40	00:49:53	05:00	00:24:57	
2388	Paulo Alexandre FAUSTINO	3348	M	00:51:40	00:48:23	04:51	00:25:07	
2389	Steve GABADINHO	9243	M	00:51:41	00:49:56	05:00	00:24:28	TCPI
2390	Nuno Manuel FRANCO ALVES	4322	M	00:51:42	00:50:42	05:05	00:25:26	
2391	Jose Emilio LINDO	3385	M	00:51:42	00:51:37	05:10	00:25:28	
2392	Jorge Fernando NUNES	3053	M	00:51:42	00:50:41	05:05	00:24:58	
2393	Bruno PATRÃO	4758	M	00:51:42	00:49:28	04:57	00:24:38	
2394	João Carlos COUTO	9218	M	00:51:42	00:50:27	05:03	00:24:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2395	Ricardo PIRES	11372	M	00:51:43	00:49:12	04:56	00:24:53	
2396	Luís NUNES	5210	M	00:51:43	00:50:57	05:06	00:24:44	
2397	Jeremias Da Silva RIBEIRO	2889	M	00:51:43	00:50:35	05:04	00:25:52	
2398	Sandro COSTA	10885	M	00:51:43	00:49:50	04:59	00:25:47	
2399	Marco SILVEIRA	9808	M	00:51:44	00:48:14	04:50	00:24:57	
2400	Isabel GOMES	1812	F	00:51:44	00:50:07	05:01	00:25:06	
2401	Sérgio CORREIA	135661	M	00:51:44	00:48:59	04:54	00:24:27	
2402	Joaquim POTES	4320	M	00:51:44	00:49:46	04:59	00:25:14	
2403	Luís CAMPOS	5185	M	00:51:45	00:50:16	05:02	00:24:57	
2404	Paula JACOB	14073	F	00:51:45	00:49:09	04:55	00:24:42	Clube Grupo Desportivo BES
2405	Pedro PIMENTA	3340	M	00:51:45	00:49:09	04:55	00:24:41	
2406	Filipe ALMEIDA	186	M	00:51:45	00:49:09	04:55	00:24:40	
2407	Carlos Augusto Marcos Marques MARQUES	9477	M	00:51:45	00:50:55	05:06	00:25:25	
2408	Bruno Alexandre DUARTE PECHIRRA	4696	M	00:51:45	00:50:36	05:04	00:24:52	
2409	Vasco Manuel ALMEIDA PEREIRA	10196	M	00:51:45	00:49:58	05:00	00:24:41	
2410	António CRUZ	14047	M	00:51:46	00:50:35	05:04	00:25:24	Clube Grupo Desportivo BES
2411	Mel NEWTON	14266	F	00:51:46	00:51:07	05:07	00:25:23	
2412	Rui LACERDA	3027	M	00:51:46	00:51:22	05:09	00:21:58	
2413	Carlota VIDEIRA MARTINS	1476	F	00:51:46	00:50:03	05:01	00:24:46	
2414	Fernando CONCEIÇÃO	4024	M	00:51:46	00:49:29	04:57	00:25:00	
2415	João PEREIRA SANTOS	13357	M	00:51:47	00:51:45	05:11	00:25:14	
2416	Daniel Alexandre CAFÉ AZINHAGA	3330	M	00:51:47	00:50:25	05:03	00:24:50	
2417	Pedro FELÍCIO	10599	M	00:51:47	00:49:35	04:58	00:24:51	
2418	Carlos ALVES	2524	M	00:51:47	00:51:03	05:07	00:25:31	Clube Ferroviário de Portugal
2419	António Augusto MONTEIRO MADUREIRA	9504	M	00:51:47	00:50:41	05:05	00:25:24	
2420	Luís Miguel DUARTE CARVALHO	11687	M	00:51:48	00:49:43	04:59	00:25:24	
2421	Tim VIEIRA	10071	M	00:51:48	00:51:07	05:07	00:25:09	
2422	António José De Jesus GOMES	3809	M	00:51:48	00:50:18	05:02	00:24:53	
2423	Marta ANDRADE	1854	F	00:51:48	00:49:29	04:57	00:24:31	
2424	Pedro MOURÃO	4171	M	00:51:48	00:51:03	05:07	00:25:06	
2425	Rui GRIJO	11181	M	00:51:48	00:45:21	04:33	00:23:03	
2426	Ricardo MIRANDA	4064	M	00:51:49	00:47:10	04:43	00:23:14	
2427	Luis MARQUES	9299	M	00:51:49	00:50:57	05:06	00:25:46	
2428	Domingos DURO	8806	M	00:51:49	00:50:32	05:04	00:25:49	N.A. "Os Papagaios de Cascais"
2429	Paulo ALVES	10647	M	00:51:49	00:47:36	04:46	00:24:38	
2430	Helder DAMASO	4165	M	00:51:49	00:50:47	05:05	00:26:01	
2431	Joaquim SANTOS	9475	M	00:51:49	00:50:35	05:04	00:24:46	
2432	Pedro PINTO	9778	M	00:51:49	00:50:57	05:06	00:25:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2433	Joel MATOS	4646	M	00:51:50	00:45:29	04:33	00:23:31	
2434	João Figueiredo FIGUEIREDO	3221	M	00:51:50	00:51:28	05:09	00:25:58	
2435	Pedro PIRES	13305	M	00:51:50	00:51:14	05:08	00:24:49	
2436	Helder ROSÁRIO	9530	M	00:51:50	00:50:36	05:04	00:25:06	
2437	Luis ALVES	3672	M	00:51:50	00:50:23	05:03	00:24:42	
2438	Vera CHEROUX	1718	F	00:51:51	00:50:55	05:06	00:27:14	
2439	Maria João LOPES	8140	F	00:51:51	00:51:01	05:07	00:25:16	
2440	Miguel Velez VELEZ	3212	M	00:51:51	00:51:31	05:10	00:25:58	
2441	Joao Paulo CUNHA	10580	M	00:51:51	00:51:19	05:08	00:25:01	
2442	Paulo ENES	3130	M	00:51:51	00:50:59	05:06	00:24:54	
2443	Gonçalo LOPES	2649	M	00:51:51	00:49:42	04:59	00:24:08	Carapaus de Corrida
2444	Carlos Manuel PINHEIRO	2349	M	00:51:51	00:49:33	04:58	00:26:01	
2445	Vitor SOUSA	14009	M	00:51:52	00:50:45	05:05	00:25:12	Gabinete de Fisioterapia no Desporto
2446	João TEIXEIRA	3983	M	00:51:52	00:50:51	05:06	00:25:19	
2447	Filipe MATOS	10539	M	00:51:52	00:50:24	05:03	00:25:47	
2448	Luis Filipe CARVALHO	4067	M	00:51:52	00:51:19	05:08	00:25:21	
2449	Joaquim MENDES	10759	M	00:51:52	00:48:06	04:49	00:24:09	
2450	Vasco BAPTISTA	3131	M	00:51:52	00:48:52	04:54	00:24:25	
2451	Paulo CASTANHEIRA DINIS	13106	M	00:51:53	00:48:33	04:52	00:24:22	
2452	Fernando CHAVES	3532	M	00:51:53	00:51:20	05:08	00:24:44	
2453	João Pedro Paiva CALADO	10629	M	00:51:53	00:49:49	04:59	00:25:14	
2454	António Soares CAMPOS	3904	M	00:51:53	00:50:56	05:06	00:26:03	
2455	Arnaldo GRAÇA	3498	M	00:51:53	00:49:01	04:55	00:25:05	
2456	José Carlos Subtil MARTINS	9915	M	00:51:53	00:51:28	05:09	00:24:50	
2457	Luis Loureiro NEVES	13380	M	00:51:54	00:49:41	04:59	00:25:39	
2458	João RIBEIRO	9109	M	00:51:55	00:49:17	04:56	00:25:51	
2459	Joaquim Ramos QUERIDO	8547	M	00:51:55	00:50:53	05:06	00:25:02	Clube Ferroviário de Portugal
2460	Nuno MARTINS	3729	M	00:51:55	00:50:43	05:05	00:26:17	
2461	Ricardo VINTÉM	3554	M	00:51:55	00:50:31	05:04	00:24:52	
2462	Catarina DIAS	1404	F	00:51:56	00:50:42	05:05	00:25:22	Serviços Sociais Montepio Geral
2463	Luis Filipe SERRANO RAMOS	4507	M	00:51:56	00:51:28	05:09	00:24:20	
2464	Stephenie INGERSOLL NAGLE	1833	F	00:51:56	00:50:40	05:04	00:24:53	
2465	Erica HERZ	8383	F	00:51:56	00:50:40	05:04	00:24:53	
2466	Hugo FONSECA	3513	M	00:51:58	00:49:14	04:56	00:24:35	
2467	Pedro Manuel CAETANO	9337	M	00:51:58	00:50:37	05:04	00:25:09	
2468	Kei OTSUKA	4527	M	00:51:58	00:49:54	05:00	00:25:51	
2469	Sónia Marisa CUNHA	7465	F	00:51:58	00:49:24	04:57	00:26:05	
2470	Martim AVILLEZ FIGUEIREDO	10021	M	00:51:59	00:50:31	05:04	00:25:21	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2471	António TAVARES	9723	M	00:51:59	00:49:56	05:00	00:25:44	
2472	José LOPES	3731	M	00:51:59	00:49:02	04:55	00:25:16	
2473	José RICARDO	9354	M	00:51:59	00:50:54	05:06	00:26:02	
2474	João LOBATO	9480	M	00:51:59	00:48:41	04:53	00:24:35	
2475	Joaquim SANTOS	5182	M	00:51:59	00:49:39	04:58	00:25:04	
2476	Ricardo PEREIRA	10255	M	00:52:00	00:49:36	04:58	00:24:31	
2477	Maria VALENTE	1011	F	00:52:00	00:49:24	04:57	00:24:54	CCD Segurança Social Lisboa
2478	André MACEDO	8822	M	00:52:00	00:49:53	05:00	00:25:14	Carapaus de Corrida
2479	Pedro DIAS	334	M	00:52:01	00:50:19	05:02	00:25:32	
2480	Pedro FRAÚSTO	4558	M	00:52:01	00:50:28	05:03	00:24:35	
2481	José Nuno MARTINS	14154	M	00:52:01	00:50:48	05:05	00:25:21	G. D. Porto de Sines
2482	Renato PENAS	12697	M	00:52:02	00:50:49	05:05	00:25:21	G. D. Porto de Sines
2483	Luis Miguel Nobre OLIVEIRA	390	M	00:52:02	00:50:59	05:06	00:25:22	
2484	Ricardo PINTO	3579	M	00:52:03	00:51:15	05:08	00:25:52	
2485	Paulo Alexandre Pinto BARBOSA	3344	M	00:52:03	00:48:46	04:53	00:25:07	
2486	Tiago Andre BOLETO	2297	M	00:52:04	00:50:40	05:04	00:25:05	
2487	Nuno GONÇALVES	2941	M	00:52:05	00:50:10	05:01	00:24:54	GARMIN COO
2488	Francisco CAPELAS	10354	M	00:52:05	00:51:08	05:07	00:24:59	
2489	Alexandre LIVERIO	4547	M	00:52:05	00:50:52	05:06	00:25:36	
2490	Ricardo SARAIVA	2294	M	00:52:05	00:51:28	05:09	00:28:26	G.R.D. Ribeira da Lage
2491	Julio FIRME	2736	M	00:52:05	00:47:21	04:45	00:24:24	Associação Atletismo Lebres do Sado
2492	Luis PAULO	4361	M	00:52:06	00:47:54	04:48	00:24:47	
2493	Arménio SILVA	2599	M	00:52:06	00:50:54	05:06	00:25:39	N.A. "Os Papagaios de Cascais"
2494	Vasco COELHO	9787	M	00:52:06	00:47:26	04:45	00:24:09	
2495	Luís MATOS	10530	M	00:52:06	00:50:39	05:04	00:25:47	
2496	Mario SANTOS	3337	M	00:52:06	00:51:47	05:11	00:25:17	
2497	Armando TAVARES	14218	M	00:52:07	00:50:57	05:06	00:24:51	Gabinete de Fisioterapia no Desporto
2498	Hugo PINTO	4287	M	00:52:07	00:48:35	04:52	00:24:33	
2499	Jorge FRADE	11229	M	00:52:07	00:50:59	05:06	00:25:30	
2500	Tiago Nevado CARVALHO	11421	M	00:52:07	00:50:31	05:04	00:25:25	
2501	Helena ESTEVENS	14193	F	00:52:08	00:51:52	05:12	00:25:46	NUCLEOEIRAS/SPORTZONE
2502	Álvaro CASTRO	9122	M	00:52:08	00:51:30	05:09	00:26:20	CCD Segurança Social Lisboa
2503	Rui TEIXEIRA	3687	M	00:52:08	00:51:59	05:12	00:26:53	
2504	Francisco MALTEZ	3655	M	00:52:08	00:50:23	05:03	00:25:30	
2505	Rui CARNEIRO	13952	M	00:52:09	00:51:50	05:11	00:25:46	Linda-a-Pastora Sporting Clube
2506	Americo CARVALHO	10036	M	00:52:09	00:51:33	05:10	00:24:44	
2507	Bogdan BODYANCHUK	11061	M	00:52:09	00:50:37	05:04	00:24:54	
2508	Pedro ANASTÁCIO	2051	M	00:52:09	00:51:27	05:09	00:25:45	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2509	Manuel ROQUE	4437	M	00:52:09	00:49:06	04:55	00:24:50	
2510	David PONTÍFICE SOUSA	10855	M	00:52:09	00:48:55	04:54	00:25:01	
2511	Germano LOURO	14236	M	00:52:09	00:51:02	05:07	00:26:45	Valejas Atletico Clube
2512	João CABANAS	316	M	00:52:10	00:51:05	05:07	00:25:25	
2513	Rui MARQUES	9918	M	00:52:10	00:50:00	05:00	00:25:46	
2514	Vitor Manuel CAMPOS	13313	M	00:52:10	00:51:06	05:07	00:25:53	
2515	Nelson Antunes BARATA	10979	M	00:52:10	00:48:10	04:49	00:25:33	
2516	Ricardo CANDEIAS	3635	M	00:52:10	00:48:58	04:54	00:24:42	
2517	Sérgio Ricardo BATALHA LUÍS	4070	M	00:52:10	00:50:08	05:01	00:24:48	
2518	Rui Miguel PAÇO	4084	M	00:52:11	00:49:35	04:58	00:26:07	
2519	Cláudia Patrícia MARTINS	1748	F	00:52:11	00:50:08	05:01	00:24:47	
2520	Rui LUCENA	2138	M	00:52:11	00:51:36	05:10	00:24:51	Clube do Stress
2521	Roberto GONÇALVES	5007	M	00:52:12	00:50:27	05:03	00:25:02	
2522	João Pedro RIBEIRO DE VASCONCELOS	4234	M	00:52:12	00:49:21	04:57	00:24:27	
2523	Carlos MAMEDE	5045	M	00:52:12	00:51:36	05:10	00:25:00	
2524	Sandra Cristina BRAZ	895	M	00:52:13	00:50:13	05:02	00:26:06	Continente
2525	Germano MATOS	13971	M	00:52:13	00:51:15	05:08	00:25:48	Linda-a-Pastora Sporting Clube
2526	Amílcar FIGUEIREDO	10259	M	00:52:14	00:51:13	05:08	00:25:57	
2527	Ruben DIAS	3364	M	00:52:14	00:47:56	04:48	00:23:53	
2528	Daniel NEVES	4732	M	00:52:15	00:49:05	04:55	00:25:20	
2529	Ana Margarida ROSA	1430	F	00:52:15	00:51:24	05:09	00:25:25	GDINE Grupo Desportivo do Instituto Nacional Estat
2530	Severo MELO	13229	M	00:52:15	00:50:10	05:01	00:25:49	
2531	Luis GONÇALVES	295	M	00:52:16	00:47:09	04:43	00:24:03	G.D.R. São Francisco da Serra
2532	João DELGADINHO	3895	M	00:52:16	00:47:09	04:43	00:24:03	
2533	Tito PEREIRA	3852	M	00:52:16	00:47:08	04:43	00:24:03	
2534	Rui GONÇALVES	4337	M	00:52:17	00:48:09	04:49	00:24:45	
2535	Sérgio SILVA	13574	M	00:52:17	00:48:35	04:52	00:24:48	
2536	Fernando GUERREIRO	3990	M	00:52:17	00:51:19	05:08	00:24:33	
2537	Bruno BRITO	10863	M	00:52:17	00:49:03	04:55	00:25:02	
2538	Alexandre MORENO	4550	M	00:52:17	00:51:53	05:12	00:25:40	
2539	João ANTUNES	9914	M	00:52:18	00:51:45	05:11	00:25:38	
2540	Pedro ALEIXO	10769	M	00:52:18	00:51:23	05:09	00:25:32	
2541	André Lopes NUNES	2973	M	00:52:18	00:50:47	05:05	00:25:59	
2542	Sebastião LOURENÇO	10895	M	00:52:18	00:50:57	05:06	00:25:03	
2543	Jose MILAGRES	9684	M	00:52:18	00:52:04	05:13	00:24:36	
2544	Edgar FRANCISCO	4297	M	00:52:19	00:51:32	05:10	00:24:42	
2545	Gonçalo FRANCISCO	4284	M	00:52:19	00:51:32	05:10	00:24:43	
2546	Carlos DA MAIA	410	M	00:52:19	00:50:39	05:04	00:25:51	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2547	João Miguel PINTO	13560	M	00:52:19	00:49:42	04:59	00:23:55	
2548	Bruno FONSECA	10018	M	00:52:19	00:50:45	05:05	00:25:24	
2549	António CARVALHO	333	M	00:52:20	00:52:03	05:13	00:26:55	
2550	Nuno CARVALHO	3736	M	00:52:20	00:52:03	05:13	00:26:54	
2551	Rui Manuel DIAS	9695	M	00:52:20	00:51:46	05:11	00:25:00	
2552	Sérgio SEMEDO	4132	M	00:52:20	00:51:47	05:11	00:25:00	
2553	Francisco CUADRADO	2827	M	00:52:20	00:49:50	04:59	00:24:54	
2554	Nuno Frederico VIEIRA LINO MEDINA DUARTE	3660	M	00:52:21	00:49:23	04:57	00:24:48	
2555	Mário Augusto Leal PINTO CLARO	4800	M	00:52:21	00:51:16	05:08	00:25:53	
2556	Rogério VENANCIO	2319	M	00:52:21	00:51:34	05:10	00:24:44	
2557	Joaquim Manuel Duarte PALMA	11268	M	00:52:22	00:51:48	05:11	00:25:44	
2558	Luis ZEZERE	8723	M	00:52:22	00:51:54	05:12	00:25:24	
2559	Vasco SANTOS NASCIMENTO	2882	M	00:52:22	00:49:36	04:58	00:24:30	Rugby Clube Oeiras
2560	Rui QUARESMA	10031	M	00:52:22	00:50:11	05:02	00:25:13	
2561	Pedro MORAIS	10596	M	00:52:22	00:51:22	05:09	00:25:46	
2562	Paulo Jorge FELICIO	2211	M	00:52:22	00:50:05	05:01	00:26:14	
2563	Alexandre RICO	3767	M	00:52:22	00:50:12	05:02	00:25:13	
2564	Nuno P. SILVA	4771	M	00:52:22	00:52:16	05:14	00:24:10	
2565	Gonçalo VALENTE	3016	M	00:52:23	00:50:21	05:03	00:25:54	
2566	José Manuel GOMES VARANDAS	464	M	00:52:23	00:51:58	05:12	00:23:39	
2567	Ruben Manuel PIMENTAS MARQUES	10764	M	00:52:24	00:51:20	05:08	00:26:24	
2568	Ricardo DAMIÃO	8824	M	00:52:24	00:49:27	04:57	00:24:29	C. R. Leões de Porto Salvo
2569	Manuel PAULO	13854	M	00:52:25	00:49:19	04:56	00:24:12	Odebrecht / BPC
2570	Jaime Couto COUTO	10495	M	00:52:25	00:50:24	05:03	00:25:53	
2571	João BARROS	502	M	00:52:26	00:51:34	05:10	00:26:19	
2572	Manuel SEQUEIRA	2832	M	00:52:26	00:51:03	05:07	00:25:05	G. D. C. T. Repsol Polimeros
2573	Danilson José Ricciulli RICIUILLI	3989	M	00:52:26	00:45:41	04:35	00:22:46	
2574	Jorge Manuel MARTINS DA SILVA	10120	M	00:52:26	00:50:37	05:04	00:24:34	
2575	Paulo VALE COUTINHO	8587	M	00:52:26	00:51:09	05:07	00:25:42	Clube Millennium BCP
2576	José Luís AGAPITO	4510	M	00:52:27	00:48:50	04:53	00:25:15	
2577	Mário RODRIGUES	13342	M	00:52:27	00:51:59	05:12	00:25:29	
2578	Luis DAMIÃO	12485	M	00:52:27	00:50:13	05:02	00:25:11	C. R. Leões de Porto Salvo
2579	Nuno MARQUES	14264	M	00:52:27	00:48:51	04:54	00:25:17	
2580	Vitor VICENTE	9824	M	00:52:27	00:51:21	05:09	00:25:53	
2581	Alberto VALENTE	10795	M	00:52:27	00:49:32	04:58	00:24:59	
2582	Eduardo Alexandre HENRIQUES MARTINS	226	M	00:52:28	00:48:57	04:54	00:25:32	
2583	Sónia Alexandra BRANDÃO	959	F	00:52:28	00:51:23	05:09	00:25:10	G. D. Banco BPI
2584	Nuno PINA	3821	M	00:52:28	00:48:50	04:53	00:25:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2585	Teresa SEPULVEDA	7783	F	00:52:28	00:52:13	05:14	00:25:57	GARMIN COO
2586	Jorge CASINHAS	9955	M	00:52:28	00:52:11	05:14	00:25:55	
2587	Miguel COELHO	9710	M	00:52:28	00:52:25	05:15	00:25:17	
2588	Jose NATARIO	9549	M	00:52:28	00:51:14	05:08	00:25:19	
2589	Miguel BERMONTE	10052	M	00:52:28	00:49:00	04:54	00:25:02	
2590	Paulo Trigo SILVA	3393	M	00:52:29	00:51:24	05:09	00:26:09	
2591	Hugo SOUSA	8611	M	00:52:29	00:51:23	05:09	00:26:30	Açoreana clube Banif
2592	Luis SANTOS	4955	M	00:52:29	00:51:35	05:10	00:25:47	
2593	Valter CUNHA	8519	M	00:52:29	00:51:22	05:09	00:26:29	Açoreana clube Banif
2594	Elisio FERNANDES DA COSTA	12650	M	00:52:30	00:50:14	05:02	00:25:31	CCD - Trabalhadores do Municipio da Odivelas
2595	Mário Jorge DUARTE	8604	M	00:52:30	00:50:29	05:03	00:26:34	Clube Millennium BCP
2596	Pedro Miguel GOMES DOS SANTOS	10421	M	00:52:30	00:51:43	05:11	00:25:14	
2597	Bruno Miguel BORGES FIGUEIREDO	3105	M	00:52:30	00:51:50	05:11	00:27:05	
2598	Rui Manuel ALMEIDA	10732	M	00:52:30	00:50:27	05:03	00:25:37	
2599	Ana AMARO	1438	F	00:52:30	00:50:26	05:03	00:25:18	
2600	Andreia OLIVEIRA	1333	F	00:52:30	00:50:56	05:06	00:24:57	
2601	Carla Alexandra LOPES	930	F	00:52:30	00:51:13	05:08	00:25:11	GDINE Grupo Desportivo do Instituto Nacional Estat
2602	Angela MENDES	864	F	00:52:31	00:51:49	05:11	00:25:29	Atletismo Clube de Portalegre
2603	Patrícia Alexandra GOMES	2025	F	00:52:31	00:51:19	05:08	00:24:57	
2604	Marco SEIXO	260	M	00:52:31	00:47:01	04:43	00:23:54	CORPUS QDF
2605	Miguel OLIVEIRA	8875	M	00:52:31	00:50:29	05:03	00:24:54	Valadares
2606	Tomás Manuel Duarte SOUSA	4435	M	00:52:32	00:51:27	05:09	00:25:14	
2607	Duarte TENÓRIO PEREIRA	9393	M	00:52:32	00:50:53	05:06	00:25:10	
2608	Celestino RODRIGUES	11476	M	00:52:33	00:50:22	05:03	00:24:52	
2609	Carlos REFORÇO	9120	M	00:52:33	00:49:10	04:55	00:24:14	G. D. Porto de Sines
2610	Ângelo Filipe TRINDADE MARCOS	10159	M	00:52:33	00:51:26	05:09	00:25:15	
2611	Gabriel CHARRUA	9639	M	00:52:33	00:49:16	04:56	00:24:57	
2612	Alexandra PAULA	7453	F	00:52:33	00:50:04	05:01	00:25:00	
2613	Luis TAVARES	4029	M	00:52:33	00:50:03	05:01	00:25:01	
2614	Pedro Filipe FARRACHO SILVA	358	M	00:52:34	00:52:11	05:14	00:25:00	
2615	Jose Nuno CANONGIA LOPES	12724	M	00:52:34	00:51:13	05:08	00:26:25	
2616	Jorge SERRANO	3434	M	00:52:34	00:50:59	05:06	00:25:14	
2617	Alberto CORDEIRO	256	M	00:52:34	00:48:54	04:54	00:25:10	
2618	César VIEGAS	14148	M	00:52:34	00:51:34	05:10	00:25:28	Construténis de Fernando Ralheta
2619	João ALMEIDA	9033	M	00:52:35	00:47:05	04:43	00:24:05	CORPUS QDF
2620	Margarida PEREIRA	7590	F	00:52:35	00:52:25	05:15	00:24:45	Casa do Pessoal Estradas de Portugal
2621	Jaime COSTA	9375	M	00:52:35	00:50:50	05:05	00:25:33	
2622	Miguel BRAS	9821	M	00:52:36	00:50:48	05:05	00:26:06	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2623	João Anselmo LOPES	10026	M	00:52:36	00:51:23	05:09	00:25:18	
2624	Carlos FONSECA	3025	M	00:52:36	00:47:45	04:47	00:24:25	
2625	Claudio RIBEIRO	4704	M	00:52:37	00:47:34	04:46	00:23:23	
2626	Nuno VENTURA	10687	M	00:52:37	00:51:41	05:11	00:26:10	
2627	José CARVALHO	9886	M	00:52:37	00:51:33	05:10	00:25:36	
2628	Paulo Jorge NUNES SEGURADO ROSA	10838	M	00:52:37	00:51:53	05:12	00:25:38	
2629	João Carlos Borba CURVELO	2702	M	00:52:37	00:50:21	05:03	00:24:59	
2630	Patrick LELIEUR	4129	M	00:52:38	00:51:03	05:07	00:25:56	
2631	Filipe LEAL	3478	M	00:52:38	00:50:51	05:06	00:25:31	
2632	Joaquim LIMA	13896	M	00:52:38	00:51:26	05:09	00:25:53	Clube Vodafone
2633	António SIETRA	13910	M	00:52:38	00:51:26	05:09	00:25:46	Clube Vodafone
2634	André FERREIRA	9298	M	00:52:38	00:51:41	05:11	00:26:19	
2635	Martín SANTOS	4137	M	00:52:39	00:52:09	05:13	00:25:00	
2636	Pedro BRAVO	3751	M	00:52:39	00:51:44	05:11	00:26:10	
2637	Luis PARRO	2930	M	00:52:39	00:52:35	05:16	00:25:59	GARMIN COO
2638	Alexandre TAM	2888	M	00:52:39	00:51:06	05:07	00:26:08	
2639	Joaquim Luis PEJAPES ZAMBANA	5082	M	00:52:39	00:49:22	04:57	00:24:20	
2640	Cerejo Da Silva JOSÉ ANTÓNIO	5095	M	00:52:39	00:49:24	04:57	00:24:20	
2641	Miriam SILVA	1087	F	00:52:39	00:51:20	05:08	00:24:43	
2642	Jose Carvalho CARVALHO	9260	M	00:52:40	00:51:16	05:08	00:25:10	
2643	Fernanda PARRO	1088	M	00:52:40	00:52:33	05:16	00:26:01	GARMIN COO
2644	António MORGADO	8786	M	00:52:40	00:52:17	05:14	00:25:37	Clube ANA Lisboa
2645	António ALVES	4327	M	00:52:40	00:48:27	04:51	00:24:38	
2646	Carlos FILIPE	10450	M	00:52:40	00:51:14	05:08	00:25:03	
2647	Jaime RODRIGUES	2791	M	00:52:40	00:49:23	04:57	00:25:10	Clube Anacom
2648	Fernando ALMEIDA	10574	M	00:52:41	00:50:48	05:05	00:25:39	
2649	Zdobyslaw ADAMSKI	10720	M	00:52:41	00:51:30	05:09	00:26:16	
2650	Renato MARQUES DA CRUZ	12630	M	00:52:42	00:51:33	05:10	00:25:33	G. D. Banco BPI
2651	José MOURA BRANCO	8553	M	00:52:42	00:49:51	05:00	00:25:37	Clube Millennium BCP
2652	Nuno C. R. GONÇALVES	4441	M	00:52:42	00:51:00	05:06	00:25:08	
2653	Pedro Gustavo DIAS DE FIGUEIREDO	376	M	00:52:42	00:52:12	05:14	00:25:47	
2654	João BALÃO	2315	M	00:52:42	00:51:44	05:11	00:25:30	Serviços Sociais da CGD
2655	José Eduardo DA SILVA MONTEIRO	13286	M	00:52:42	00:49:17	04:56	00:24:41	
2656	Horácio José S. LOPES	12892	M	00:52:42	00:51:13	05:08	00:25:07	
2657	Celia DIAS	7717	F	00:52:43	00:52:33	05:16	00:26:43	C. R. Leões de Porto Salvo
2658	Nuno Miguel DIAS	4387	M	00:52:43	00:51:30	05:09	00:25:43	
2659	Carlos Alberto De OLIVEIRA SEBASTIÃO	4288	M	00:52:43	00:50:39	05:04	00:24:54	
2660	Joaquim FRANÇA BEXIGA	4983	M	00:52:43	00:49:51	05:00	00:25:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2661	Victor Manuel RAMOS DOS REIS	3150	M	00:52:43	00:51:04	05:07	00:24:42	
2662	Luis CASTANHETA	4561	M	00:52:43	00:50:34	05:04	00:24:20	
2663	Rita CARVALHO	1394	F	00:52:43	00:52:41	05:17	00:25:35 HP1	
2664	Rómulo MARZULLO	11191	M	00:52:43	00:52:14	05:14	00:25:01	
2665	António Sérgio CORREIA RAPOSO	3577	M	00:52:44	00:50:57	05:06	00:25:18	
2666	João BATALHA	10891	M	00:52:44	00:49:43	04:59	00:25:11	
2667	Cláudia MAURICIO	1834	F	00:52:44	00:50:26	05:03	00:25:55	
2668	Tiago Jorge Pinto PINTO	3988	M	00:52:45	00:51:06	05:07	00:25:05	
2669	Pedro FAÍSCA	13188	M	00:52:45	00:50:22	05:03	00:25:59	
2670	Miguel PARDAL	10445	M	00:52:45	00:52:20	05:14	00:26:32	
2671	Rui ROCHA	3220	M	00:52:45	00:52:02	05:13	00:24:33	
2672	Pedro MARTINS	3104	M	00:52:45	00:52:08	05:13	00:25:03	
2673	André MAGALHÃES	3805	M	00:52:46	00:51:07	05:07	00:25:31	
2674	Manuel Carlos NUNES MESTRE	2338	M	00:52:46	00:50:57	05:06	00:26:30	
2675	Renato RAMOS	11536	M	00:52:46	00:49:51	05:00	00:25:01	
2676	Nuno Frederico HENRIQUES TRINDADE	9774	M	00:52:46	00:52:33	05:16	00:25:25	
2677	Sergio MOTA	570	M	00:52:46	00:50:22	05:03	00:25:31	
2678	Vasco FONSECA	3795	M	00:52:47	00:51:24	05:09	00:25:35	
2679	Martim Duarte COSTA SECO	9883	M	00:52:47	00:51:23	05:09	00:24:33	
2680	Joao PAUL	10689	M	00:52:47	00:52:01	05:13	00:24:54	
2681	Alberto PEREIRA DO CABO	9566	M	00:52:47	00:50:46	05:05	00:26:11	
2682	José CARDOSO	12484	M	00:52:47	00:51:06	05:07	00:26:11 C. R. Leões de Porto Salvo	
2683	Jorge DINIS	14130	M	00:52:47	00:51:54	05:12	00:25:18 BP Portugal	
2684	Fabian RINCON	575	M	00:52:48	00:50:24	05:03	00:25:37	
2685	Amílcar Manuel Pereira ALMEIDA	4115	M	00:52:48	00:51:42	05:11	00:25:15	
2686	Adolfo MESQUITA NUNES	3461	M	00:52:48	00:49:06	04:55	00:24:43	
2687	Jose TRONCOSO	3230	M	00:52:49	00:51:46	05:11		
2688	Pedro OLIVEIRA	3947	M	00:52:50	00:50:06	05:01	00:25:16	
2689	António QUEIRÓS	2774	M	00:52:50	00:52:30	05:15	00:24:37 O Rodrigo	
2690	Ana Laura RIBEIRO	8059	F	00:52:50	00:51:33	05:10	00:25:15	
2691	Tiago CARNEIRO	2329	M	00:52:50	00:52:10	05:13	00:25:35	
2692	Fernando TOMAZ	9615	M	00:52:50	00:51:42	05:11	00:24:59	
2693	Nuno ANDRADE	3927	M	00:52:50	00:51:04	05:07	00:24:41	
2694	Fernando SILVA	13205	M	00:52:50	00:51:41	05:11	00:25:18	
2695	Armando ALEXANDRE PEREIRA	9989	M	00:52:51	00:52:24	05:15	00:26:02	
2696	Ricardo ALVES	3087	M	00:52:51	00:51:43	05:11	00:26:00	
2697	Fernando MESQUITA	299	M	00:52:51	00:51:19	05:08	00:25:37	
2698	Luís DUARTE	3884	M	00:52:51	00:52:10	05:13	00:26:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2699	Paulo MALHEIRO SOUSA	8582	M	00:52:52	00:50:42	05:05	00:26:26	Clube Millennium BCP
2700	Rui BRAVO	9505	M	00:52:52	00:47:56	04:48	00:24:58	
2701	Mario SOUSA	8968	M	00:52:52	00:49:32	04:58	00:25:16	G.R.D. "Os Fixes"
2702	Liliana CORREIA	941	M	00:52:52	00:51:17	05:08	00:24:22	Continente
2703	Ana Isabel Guerra MONTEIRO	8352	F	00:52:52	00:51:23	05:09	00:25:00	
2704	António PORTUGAL	2563	M	00:52:53	00:52:12	05:14	00:26:00	GDINE Grupo Desportivo do Instituto Nacional Estat
2705	Domingos FOLGADO	3505	M	00:52:53	00:51:21	05:09	00:25:30	
2706	Carla ANDRE	14048	F	00:52:53	00:51:56	05:12	00:25:18	Clube Grupo Desportivo BES
2707	Heitor GOMES	211	M	00:52:53	00:52:38	05:16	00:22:08	
2708	Pedro GONÇALVES	11196	M	00:52:53	00:50:42	05:05	00:25:57	
2709	Pedro QUINA	10739	M	00:52:53	00:50:28	05:03	00:25:43	
2710	Nuno BARRETO	3048	M	00:52:54	00:52:06	05:13	00:26:20	
2711	António Joaquim PEREIRA RAMOS	4394	M	00:52:54	00:51:16	05:08	00:26:06	
2712	Marcos José NORITAKE	8460	M	00:52:54	00:50:50	05:05	00:25:50	Clube Millennium BCP
2713	Luis Maria MOTA RODRIGUES	11193	M	00:52:54	00:50:42	05:05	00:25:56	
2714	Inês CONSTANTINO	1205	F	00:52:54	00:52:17	05:14	00:26:52	Clube Anacom
2715	Hugo ROCHA	10062	M	00:52:54	00:50:31	05:04	00:25:28	
2716	Paulo José Dos Santos COSTA DE AMORIM	3376	M	00:52:55	00:51:48	05:11	00:26:07	
2717	Gustavo PEDROSA	2443	M	00:52:55	00:52:23	05:15	00:25:32	Clube Ferroviário de Portugal
2718	José AMARO	13339	M	00:52:55	00:52:04	05:13	00:25:48	
2719	Francisco PEDRO	11115	M	00:52:55	00:48:13	04:50	00:24:25	
2720	David José SARAIVA RODRIGUES	10368	M	00:52:55	00:51:17	05:08	00:24:36	
2721	Tiago MATOS	10058	M	00:52:55	00:48:56	04:54	00:24:33	
2722	Fernando MARTINS	13200	M	00:52:55	00:49:35	04:58	00:24:27	
2723	José GUERREIRO	9291	M	00:52:56	00:51:50	05:11	00:26:21	
2724	João MENDES	3938	M	00:52:56	00:49:09	04:55		
2725	Andre NEVES	3374	M	00:52:56	00:50:57	05:06	00:24:30	
2726	Francisco Manuel AFONSO DOS SANTOS	10981	M	00:52:56	00:51:23	05:09	00:26:04	
2727	Luis VIANA	311324	M	00:52:57	00:49:17	04:56	00:24:52	
2728	Mário Pedro SOARES	9666	M	00:52:57	00:49:38	04:58	00:25:07	
2729	Tiago Miguel ALCCIAIOLI ALDEIA	3565	M	00:52:58	00:51:42	05:11	00:25:30	
2730	Inês VIEIRA	682	F	00:52:58	00:52:35	05:16	00:27:08	NUCLEOEIRAS/SPORTZONE
2731	Gonçalo ROSA	4440	M	00:52:58	00:50:25	05:03	00:25:17	
2732	Ana RAQUEL	688	F	00:52:58	00:52:37	05:16	00:27:09	NUCLEOEIRAS/SPORTZONE
2733	Gabriela QUARESMA	13979	F	00:52:59	00:52:29	05:15	00:25:30	Linda-a-Pastora Sporting Clube
2734	Dennis TEIXEIRA	9276	M	00:52:59	00:52:55	05:18	00:25:50	HP1
2735	Ismael CARVALHO BENTO	3295	M	00:52:59	00:51:40	05:10	00:25:01	
2736	Pedro GONÇALVES	13961	M	00:53:00	00:52:17	05:14	00:25:12	Linda-a-Pastora Sporting Clube

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2737	Sérgio BROTA	488	M	00:53:00	00:51:26	05:09	00:25:47	
2738	Daniel José António SANTOS	14184	M	00:53:00	00:51:58	05:12	00:25:28	GELPEIXE
2739	Paulo Henrique COSTA	4701	M	00:53:00	00:51:22	05:09	00:24:40	
2740	Joana FREIRE	7670	F	00:53:00	00:52:01	05:13	00:25:38	G.R.C.D Leião
2741	Andreia Patricia ALMEIDA RIBEIRO	1341	F	00:53:01	00:50:32	05:04	00:25:11	
2742	Marco BRITO	9478	M	00:53:01	00:48:09	04:49	00:24:19	
2743	Sergio FIGUEIRAS	453	M	00:53:01	00:48:10	04:49	00:24:19	
2744	André MARQUES	4872	M	00:53:01	00:52:25	05:15	00:23:47	
2745	Fernando GONÇALVES	13203	M	00:53:01	00:51:01	05:07	00:25:58	
2746	Ricardo CUNHA	10208	M	00:53:02	00:48:53	04:54	00:25:31	
2747	Carlos VASCONCELOS	4830	M	00:53:02	00:51:28	05:09	00:26:19	
2748	Sérgio Alexandre MÓNICA	12826	M	00:53:02	00:49:58	05:00	00:25:04	
2749	Selene Barreto Duarte LIMSA	8224	F	00:53:02	00:50:43	05:05	00:25:37	
2750	Martim BOUZA SERRANO	10024	M	00:53:02	00:49:36	04:58	00:24:47	
2751	Isac TOSTE DINIS	12978	M	00:53:03	00:52:32	05:16	00:25:58	
2752	Ricardo GODINHO	12547	M	00:53:03	00:51:48	05:11	00:24:58	
2753	Pedro Miguel DUARTE FERNANDES TOMAZ	164	M	00:53:03	00:49:48	04:59	00:26:23	Açoreana clube Banif
2754	Hugo RODRIGUES	10698	M	00:53:03	00:50:14	05:02	00:25:53	
2755	Ezequiel Prudêncio Nazare NAZARE	9622	M	00:53:03	00:51:46	05:11	00:24:40	
2756	Vanilssa SILVA	7577	F	00:53:03	00:52:52	05:18	00:25:09	NUCLEOEIRAS/SPORTZONE
2757	Luis ALVES MIMOSO	2158	M	00:53:04	00:50:59	05:06	00:24:50	Clube Millennium BCP
2758	Eduardo JORGE	9377	M	00:53:04	00:50:50	05:05	00:26:15	
2759	Jorge António GAUDÊNCIO	14194	M	00:53:04	00:52:19	05:14	00:25:23	
2760	Ivo Miguel NOGUEIRA	4640	M	00:53:04	00:47:32	04:46	00:23:45	
2761	Bruno SILVA	9816	M	00:53:04	00:51:22	05:09	00:25:32	
2762	Paulo OLIVEIRA	11351	M	00:53:04	00:50:55	05:06	00:25:23	
2763	Paulo PACHECO	10704	M	00:53:05	00:50:15	05:02	00:25:53	
2764	Adolfo Jorge BARROS MARQUES	180	M	00:53:05	00:47:33	04:46	00:23:46	
2765	Paulo Jorge Fernandes TOMÁS	4901	M	00:53:05	00:52:22	05:15	00:26:39	
2766	Antonio VAZ DA SILVA	3369	M	00:53:05	00:51:37	05:10	00:25:24	
2767	António PAIAS	2188	M	00:53:05	00:52:23	05:15	00:26:39	G.R.D. Ribeira da Lage
2768	Mário João MARCELINO	8746	M	00:53:06	00:50:46	05:05	00:25:45	Clube Millennium BCP
2769	Vasco António DOS SANTOS	8839	M	00:53:06	00:51:09	05:07	00:26:08	G. D. Banco BPI
2770	Nelson GASPAR	13017	M	00:53:06	00:50:44	05:05	00:25:15	
2771	Valter Filipe SILVA MATOS	4920	M	00:53:06	00:49:47	04:59	00:25:34	
2772	Hugo Miguel ALMEIDA REALINHO	5023	M	00:53:06	00:48:40	04:52	00:25:20	
2773	Rita SANTOS	1480	F	00:53:06	00:52:22	05:15	00:25:54	
2774	Pedro NOGUEIRA	9632	M	00:53:06	00:51:38	05:10	00:25:44	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2775	Joao ALVES	11543	M	00:53:07	00:51:24	05:09	00:24:45	
2776	Nuno MACHADO	3739	M	00:53:07	00:50:17	05:02	00:24:58	
2777	Francisco BARBOSA	10694	M	00:53:07	00:50:52	05:06	00:25:23	
2778	Paulo SENA	11000	M	00:53:07	00:51:16	05:08	00:25:02	
2779	Nuno Miguel CORREIA	2571	M	00:53:08	00:52:50	05:17	00:26:01	GDINE Grupo Desportivo do Instituto Nacional Estat
2780	Paula SIMÕES	909	F	00:53:08	00:52:51	05:18	00:26:02	GDINE Grupo Desportivo do Instituto Nacional Estat
2781	Luís SOUSA	4487	M	00:53:08	00:49:39	04:58	00:25:29	
2782	António SOUSA	3395	M	00:53:08	00:48:19	04:50	00:23:49	
2783	Paulo SANTOS	3176	M	00:53:08	00:48:15	04:50	00:24:52	
2784	Eduardo TEIXEIRA	5250	M	00:53:09	00:51:24	05:09	00:25:16	
2785	Henriqueta SOLIPA	7973	F	00:53:09	00:52:12	05:14	00:25:18	
2786	Custódio JANUÁRIO	2519	M	00:53:09	00:52:30	05:15	00:25:53	Clube Ferroviário de Portugal
2787	Maria Do Céu MOVILHA	1402	F	00:53:09	00:50:49	05:05	00:25:50	Serviços Sociais da CGD
2788	Fernando ROCHA	3789	M	00:53:09	00:51:32	05:10	00:24:42	
2789	Pedro PIRES	11012	M	00:53:09	00:52:03	05:13	00:25:42	
2790	António Sérgio GAMEIRO ROSA	2818	M	00:53:10	00:52:48	05:17	00:26:11	
2791	Andrea MIRANDA	665	F	00:53:10	00:52:49	05:17	00:26:31	NUCLEOEIRAS/SPORTZONE
2792	João Pedro LIMA	3714	M	00:53:10	00:51:30	05:09	00:26:06	
2793	Pedro Miguel PINTO	5024	M	00:53:10	00:51:58	05:12	00:25:24	
2794	Filipe MATOS	9403	M	00:53:10	00:51:33	05:10	00:26:06	
2795	João MORGADO	3882	M	00:53:11	00:52:29	05:15	00:26:52	
2796	Carlos PEREIRA	11248	M	00:53:11	00:51:58	05:12	00:25:41	
2797	João NOBRE	3481	M	00:53:11	00:52:13	05:14	00:25:51	
2798	Jorge Edgar NATIVIDADE PRAZERES	3379	M	00:53:12	00:48:20	04:50	00:24:25	
2799	Maria Lurdes VAZ	1184	F	00:53:12	00:53:06	05:19	00:26:13	
2800	José Andre Cavaco RODRIGUES	13217	M	00:53:12	00:51:51	05:12	00:25:04	
2801	Isabel MORAES CARDOSO	763	F	00:53:13	00:50:37	05:04	00:25:15	
2802	Miguel ALMEIDA	5232	M	00:53:13	00:52:18	05:14	00:25:37	
2803	Décio Do Ó MESQUITA	188	M	00:53:13	00:51:48	05:11	00:25:50	CP
2804	Jose CELORICO	4757	M	00:53:13	00:52:05	05:13	00:25:49	
2805	João Miguel SANTOS	13044	M	00:53:14	00:50:51	05:06	00:25:14	
2806	Goncalo MINDERICO	9974	M	00:53:14	00:51:06	05:07	00:25:48	
2807	Carlos TEIXEIRA	10429	M	00:53:14	00:47:47	04:47	00:23:44	
2808	Elsa Maria DINIS	1606	F	00:53:14	00:52:24	05:15	00:25:25	
2809	Maria OLIVEIRA	7706	F	00:53:14	00:52:41	05:17	00:26:10	N.A. "Os Papagaios de Cascais"
2810	Nelson PINTO	3334	M	00:53:14	00:51:34	05:10	00:24:13	
2811	Antonio Jorge MARTINHO	9731	M	00:53:15	00:51:44	05:11	00:25:36	
2812	Manuel TRINDADE	3794	M	00:53:15	00:52:09	05:13	00:25:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2813	Rodrigo COELHO	9049	M	00:53:15	00:52:00	05:12	00:26:26	G.R.C.D Leião
2814	Orlando Manuel VIEIRA PEREIRA	3171	M	00:53:15	00:50:13	05:02	00:25:14	
2815	Catarina RODRIGUES	1851	F	00:53:15	00:51:12	05:08	00:26:02	
2816	Rui MELO	4401	M	00:53:16	00:50:28	05:03	00:25:07	
2817	Pedro Alexandre MELO	10370	M	00:53:16	00:50:11	05:02	00:25:06	
2818	Paulo Jorge RUIVO FERNANDES	12868	M	00:53:17	00:52:51	05:18	00:25:37	
2819	Vitor PEREIRA	3405	M	00:53:17	00:51:26	05:09	00:24:46	
2820	Eduardo Ferreira ROÇADAS	227	M	00:53:18	00:49:58	05:00	00:24:29	
2821	João MOTA	5053	M	00:53:18	00:51:35	05:10	00:24:47	
2822	Filipe Miguel SANTOS	11316	M	00:53:18	00:48:36	04:52	00:25:04	
2823	António TEIXEIRA DUARTE	8585	M	00:53:18	00:52:04	05:13	00:25:49	Clube do Stress
2824	Cláudia BARRAGON	1784	F	00:53:18	00:52:47	05:17	00:25:54	
2825	Miguel CUNHA	10192	M	00:53:18	00:52:48	05:17	00:25:54	
2826	Nuno MONIZ	3774	M	00:53:19	00:52:19	05:14	00:25:27	
2827	Bruno FERREIRA	2216	M	00:53:19	00:50:08	05:01	00:26:03	
2828	Raimundo PECHILGA	3017	M	00:53:20	00:49:51	05:00	00:25:11	
2829	Samuel BRANCO	3414	M	00:53:20	00:50:48	05:05	00:26:02	
2830	Miguel LEAL	503	M	00:53:20	00:50:55	05:06	00:25:07	
2831	Pedro ANSELMO	10206	M	00:53:20	00:52:00	05:12	00:25:40	
2832	Pedro DURÃO	4022	M	00:53:20	00:51:51	05:12	00:26:58	
2833	Pedro Manuel Soares ESTEVES	5198	M	00:53:20	00:52:07	05:13	00:25:46	
2834	José GUERREIRO	2175	M	00:53:20	00:52:05	05:13	00:26:08	Serviços Sociais Montepio Geral
2835	Joaquim CARREIRA	4380	M	00:53:21	00:51:33	05:10	00:25:27	
2836	Luis GUILHERME	4738	M	00:53:21	00:51:32	05:10	00:24:45	
2837	Carlos DIAS	8760	M	00:53:21	00:52:11	05:14	00:27:04	GDINE Grupo Desportivo do Instituto Nacional Estat
2838	Francisco Felix COSTA	10321	M	00:53:21	00:51:55	05:12	00:25:06	
2839	Diogo PEREIRA DA COSTA	4406	M	00:53:22	00:51:56	05:12	00:25:23	
2840	Guimaraes MAXULESON	10169	M	00:53:22	00:51:27	05:09	00:26:45	
2841	Henrique BARATA	2288	M	00:53:22	00:50:18	05:02	00:25:26	Açoreana clube Banif
2842	João CID ALVES	10349	M	00:53:22	00:52:14	05:14	00:25:30	
2843	Hugo LOPES	14133	M	00:53:23	00:51:51	05:12	00:27:06	Grupo Cultural Atletismo Navegadores
2844	David BARROS	66	M	00:53:23	00:50:51	05:06	00:26:20	Gabinete de Fisioterapia no Desporto
2845	José L. Espinheira GOMES	2449	M	00:53:23	00:52:14	05:14	00:25:37	Oeiras Sport Club
2846	Hugo ROCHA	4522	M	00:53:23	00:50:52	05:06	00:26:20	SL BENFICA
2847	Tiago SANTA CLARA	9745	M	00:53:24	00:50:38	05:04		
2848	Ana Sofia Pinto BATISTA	8321	F	00:53:24	00:51:09	05:07	00:25:14	
2849	Carlos SUÁREZ	10379	M	00:53:24	00:51:14	05:08	00:25:07	
2850	Tomás PEREIRA	11578	M	00:53:24	00:51:05	05:07	00:25:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2851	Fernando CARRILHO	9794	M	00:53:24	00:52:04	05:13	00:25:09	
2852	Susana CALHAU	664	F	00:53:25	00:51:17	05:08	00:25:51	
2853	Bruno Gonçalo FREIRE	10209	M	00:53:25	00:50:38	05:04	00:25:36	
2854	Cristina REIS	687	F	00:53:25	00:51:17	05:08	00:25:51	
2855	Margarida PINTO	14017	F	00:53:25	00:53:08	05:19	00:26:19	Gabinete de Fisioterapia no Desporto
2856	Ligia COSTA	8090	F	00:53:25	00:52:35	05:16	00:27:05	
2857	Nuno PEDROSO	13904	M	00:53:25	00:50:25	05:03	00:25:41	Clube Vodafone
2858	Orlando Augusto Dos SANTOS SILVA	11074	M	00:53:25	00:51:39	05:10	00:25:00	
2859	Miguel CASTELA	2708	M	00:53:25	00:49:25	04:57	00:26:17	Associação Atletismo Lebres do Sado
2860	Ricardo AZEVEDO	3867	M	00:53:26	00:47:39	04:46	00:25:46	
2861	Gina MARTINS	1856	F	00:53:26	00:52:23	05:15	00:25:49	
2862	Paulo Renato CONCEIÇÃO	5046	M	00:53:26	00:52:12	05:14	00:25:18	
2863	Miguel ESTEVES	485	M	00:53:26	00:52:54	05:18	00:25:07	
2864	Paulo Ruivo PEREIRA	5010	M	00:53:26	00:47:39	04:46	00:25:44	
2865	Bruno Soares CLAUDINO	10249	M	00:53:26	00:52:12	05:14	00:26:04	
2866	Daniel RAIMUMDO	10592	M	00:53:26	00:51:07	05:07	00:26:00	
2867	Pedro BAPTISTA FERNANDES	2666	M	00:53:27	00:52:45	05:17	00:26:21	
2868	Ricardo REIS	9980	M	00:53:27	00:51:49	05:11	00:25:56	
2869	Jorge VAN ZELLER	13029	M	00:53:28	00:51:55	05:12	00:25:00	
2870	Susana ALMAS	921	M	00:53:28	00:52:09	05:13	00:26:15	SCALABIS NIGHT RUNNERS
2871	Filipe LUZ FORJAZ DE SAMPAIO	9417	M	00:53:28	00:52:14	05:14	00:25:40	
2872	Fernando SILVA	4340	M	00:53:28	00:51:37	05:10	00:26:21	
2873	Miguel ANTUNES PEREIRA	8669	M	00:53:29	00:53:18	05:20	00:24:53	Casa do Pessoal Estradas de Portugal
2874	Pedro Ivo SILVA	551	M	00:53:29	00:51:48	05:11	00:24:57	
2875	Pedro SILVA FERREIRA	3432	M	00:53:29	00:51:35	05:10	00:26:13	
2876	Eric Leandro FRASSON	11460	M	00:53:30	00:51:11	05:08	00:25:12	
2877	João ZACARIAS	10583	M	00:53:30	00:50:12	05:02	00:25:00	
2878	Bruno Emanuel MAIA	3249	M	00:53:31	00:52:08	05:13	00:26:24	
2879	Rui MACHADO	14138	M	00:53:31	00:51:59	05:12	00:27:06	Grupo Cultural Atletismo Navegadores
2880	Artur SANTOS	2169	M	00:53:31	00:51:44	05:11	00:26:48	
2881	Diogo ESPERANÇA	3511	M	00:53:31	00:50:44	05:05	00:24:47	
2882	Gonçalo ALMEIDA	10475	M	00:53:31	00:47:28	04:45	00:23:49	
2883	Miguel MATOS	2398	M	00:53:32	00:51:32	05:10	00:26:15	CCD Tranquilidade
2884	Christelle GENAUDEAU	8432	F	00:53:32	00:51:12	05:08	00:25:37	
2885	Hugo CRAVIDÃO	12908	M	00:53:32	00:50:43	05:05	00:25:57	
2886	Nuno CARNEIRO	10833	M	00:53:32	00:52:13	05:14	00:25:18	
2887	Luciano ASSUNÇÃO	10396	M	00:53:32	00:52:22	05:15	00:25:52	
2888	Elio GONÇALVES	10643	M	00:53:32	00:52:46	05:17	00:25:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2889	Pedro Filipe ALMEIDA	11187	M	00:53:32	00:51:50	05:11	00:25:32	
2890	Stuart ROYLE	8767	M	00:53:33	00:50:21	05:03	00:25:01	St. Julians School
2891	Luis VIROTE	5255	M	00:53:33	00:51:20	05:08	00:28:36	
2892	Carlos MONTEIRO	9424	M	00:53:34	00:52:46	05:17	00:26:10	
2893	Luis Miguel Silva Neves CALHEIROS	4937	M	00:53:34	00:51:13	05:08	00:25:21	
2894	José FERRAZ	4994	M	00:53:34	00:48:57	04:54	00:24:34	
2895	António SANTOS	2332	M	00:53:35	00:53:02	05:19	00:25:54	G.R.D. Ribeira da Lage
2896	Carla SILVA	938	F	00:53:35	00:51:32	05:10	00:25:53	
2897	Hugo CASTANHEIRA	12966	M	00:53:35	00:50:26	05:03	00:25:55	
2898	Manuel MAIA	311	M	00:53:36	00:53:08	05:19	00:26:28	CLAC Entroncamento
2899	Veronica PESTANA	13519	F	00:53:36	00:51:44	05:11	00:26:20	
2900	Rui Assis Gomes GOMES	3063	M	00:53:36	00:49:02	04:55	00:24:17	
2901	Fernando JERÓNIMO	14121	M	00:53:36	00:49:27	04:57	00:24:54	C.A. Amigos Parque da Paz
2902	Ana PEREIRA	785	F	00:53:37	00:50:23	05:03	00:25:34	
2903	Ana DUARTE	1380	M	00:53:37	00:52:45	05:17	00:26:20	FALCÕES SELVAGENS
2904	Romina GUEDES	7781	F	00:53:37	00:52:21	05:15	00:26:25	Clube de Natação de Rio Maior
2905	Joana BARROS	827	F	00:53:37	00:50:23	05:03	00:25:32	
2906	Tiago BOAVIDA	8901	M	00:53:38	00:53:34	05:22	00:26:21	HP1
2907	Miguel ALVES	4643	M	00:53:38	00:50:31	05:04	00:24:38	
2908	Nuno CATARRO	9665	M	00:53:38	00:49:57	05:00	00:26:32	
2909	Luís DUARTE	5083	M	00:53:38	00:51:35	05:10	00:25:15	
2910	Luís LIMA	346	M	00:53:39	00:50:58	05:06	00:26:40	
2911	João RAMALHO	3802	M	00:53:39	00:51:38	05:10	00:26:48	
2912	Miguel VIEIRA	4813	M	00:53:39	00:51:53	05:12	00:26:49	
2913	Luís NARCISO	3054	M	00:53:39	00:51:37	05:10	00:26:45	
2914	Fernando Manuel ROSETE	3205	M	00:53:39	00:51:11	05:08	00:25:12	
2915	Luis Artur SILVA	11133	M	00:53:39	00:53:04	05:19	00:26:13	
2916	Sérgio LOPES	9904	M	00:53:40	00:50:42	05:05	00:25:01	
2917	João Pedro FERREIRA	11060	M	00:53:40	00:49:26	04:57	00:24:02	
2918	Pedro PERES	9997	M	00:53:40	00:49:29	04:57	00:24:13	
2919	Luis Filipe TOMÉ	12574	M	00:53:40	00:52:14	05:14	00:26:04	
2920	João BANDARRINHA	8981	M	00:53:40	00:50:31	05:04	00:25:22	G.R.D. "Os Fixes"
2921	Vitor MATA	2836	M	00:53:40	00:53:20	05:20	00:25:08	O Rodrigo
2922	Manuel Neves Gomes GOMES	10572	M	00:53:40	00:52:35	05:16	00:26:03	
2923	Isabel GOUVEIA	1644	F	00:53:40	00:49:00	04:54	00:24:35	
2924	Carlos SEMIDE	9335	M	00:53:41	00:51:52	05:12	00:25:41	
2925	Nuno GASPAR	10658	M	00:53:41	00:49:28	04:57	00:25:26	
2926	Carlos MACKAY	10903	M	00:53:42	00:51:59	05:12	00:26:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2927	Pedro DIREITO	5188	M	00:53:42	00:52:04	05:13	00:25:12	
2928	António Carlos GALANDIM	8624	M	00:53:42	00:51:42	05:11	00:26:34	Clube Millennium BCP
2929	Antonio José CLEMENTE	9282	M	00:53:43	00:52:40	05:16	00:26:09	
2930	José COELHO	4971	M	00:53:43	00:52:42	05:17	00:25:25	
2931	João Luís LOURENÇO	10224	M	00:53:43	00:52:14	05:14	00:24:47	
2932	Eduardo SANTOS	11505	M	00:53:43	00:52:42	05:17	00:25:26	
2933	Vasco Duarte MENDES	3661	M	00:53:44	00:50:31	05:04	00:24:46	
2934	Diogo TAVEIRA	13243	M	00:53:44	00:51:43	05:11	00:26:44	
2935	Paulo BENIDO	10313	M	00:53:44	00:52:11	05:14	00:25:35	
2936	Emídio MARQUES	3723	M	00:53:45	00:51:31	05:10	00:27:03	
2937	Jorge SOBRAL	4945	M	00:53:45	00:47:16	04:44	00:23:26	
2938	Hugo CAROÇO	3081	M	00:53:45	00:50:29	05:03	00:25:32	
2939	Pedro Miguel RAPOSO	218	M	00:53:45	00:49:43	04:59	00:27:22	
2940	Nuno SÁ	10849	M	00:53:46	00:52:08	05:13	00:25:09	
2941	Tiago SANTOS	11938	M	00:53:46	00:51:13	05:08	00:25:17	
2942	Daniel SILVA	3616	M	00:53:46	00:52:32	05:16	00:25:44	
2943	Eduardo PINTO	4111	M	00:53:46	00:50:40	05:04	00:25:16	
2944	Iolanda Marisa ALEXANDRE BATISTA	1800	F	00:53:47	00:52:36	05:16	00:26:24	
2945	Rui Pedro VALENTE MAURICIO DIAS	199	M	00:53:47	00:52:36	05:16	00:26:24	
2946	Rui Manuel M. FERREIRA	10339	M	00:53:47	00:51:57	05:12	00:25:07	
2947	Goncalo LINCE	10001	M	00:53:47	00:51:40	05:10	00:26:26	
2948	Jorge LOURO	11502	M	00:53:47	00:51:25	05:09	00:25:58	
2949	Pedro ALVES	9296	M	00:53:47	00:53:44	05:23	00:25:44	
2950	Alexandra RODRIGUES	1337	F	00:53:47	00:53:20	05:20	00:26:49	
2951	Gonçalo Manuel PEREIRA JORGE	5245	M	00:53:48	00:49:38	04:58	00:24:59	
2952	Maria ABREU	7949	F	00:53:48	00:52:20	05:14	00:25:44	
2953	Americo Areias AREIAS	10125	M	00:53:48	00:51:39	05:10	00:25:32	
2954	Alberto PINA	2554	M	00:53:49	00:52:53	05:18	00:25:50	GDINE Grupo Desportivo do Instituto Nacional Estat
2955	João Paulo MARQUES SEQUEIRA	10942	M	00:53:49	00:52:25	05:15	00:26:08	Refer
2956	Jose Antonio VIEIRA FERNANDES	4688	M	00:53:49	00:52:19	05:14	00:25:06	
2957	João Pedro Rodrigues FERREIRA	9534	M	00:53:49	00:51:16	05:08	00:26:14	
2958	Miguel Filipe PINHO LOPES	3621	M	00:53:50	00:50:00	05:00	00:25:53	
2959	Jose Miguel P Oliveira VALADA	9091	M	00:53:50	00:52:46	05:17	00:25:16	
2960	Rui LOUREIRO MARQUES	3286	M	00:53:51	00:50:04	05:01	00:25:44	
2961	Luis MACEDO	8869	M	00:53:51	00:51:43	05:11	00:27:05	Carapaus de Corrida
2962	Alexandre VARELA	3331	M	00:53:51	00:52:30	05:15	00:25:30	
2963	Hélia Rossana De Carvalho Dias RICARDO	635	F	00:53:51	00:52:27	05:15	00:27:40	
2964	Cristina SILVA	13578	F	00:53:52	00:52:08	05:13	00:26:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
2965	Jose FARRICA	3238	M	00:53:52	00:52:43	05:17	00:26:23	
2966	Joao Nuno MARQUES	4778	M	00:53:52	00:51:24	05:09	00:25:43	
2967	Luís MATOSO	9751	M	00:53:52	00:53:51	05:24	00:26:34	
2968	Carlos PALHINHAS	9117	M	00:53:52	00:51:42	05:11	00:25:27	G. D. Porto de Sines
2969	Cristina VIEIRA	1848	F	00:53:53	00:52:25	05:15	00:25:57	
2970	Antonio VIEIRA	10835	M	00:53:53	00:52:24	05:15	00:25:56	
2971	Antonio DUARTE SANTOS	10553	M	00:53:53	00:52:19	05:14	00:26:14	
2972	João Paulo GONÇALVES	14268	M	00:53:53	00:53:46	05:23	00:25:59	RESTAURANTE O CARTAXEIRO CANECAS
2973	Daniel COELHO	11661	M	00:53:53	00:50:45	05:05	00:25:58	
2974	Joao FERNANDES	9210	M	00:53:53	00:51:37	05:10	00:25:05	
2975	Ricardo MONTEIRO	13551	M	00:53:54	00:51:53	05:12	00:27:08	
2976	Guilherme OLIVEIRA MARTINS	3613	M	00:53:54	00:51:53	05:12	00:25:48	
2977	Rodrigo FAGUNDES	11394	M	00:53:54	00:51:24	05:09	00:27:08	
2978	Paulo Alexandre Caetano MARQUES	4272	M	00:53:54	00:52:48	05:17	00:26:59	
2979	Filipe Ventura GONÇALVES	4902	M	00:53:55	00:50:30	05:03	00:25:36	
2980	Nuno Miguel MARTINS RODRIGUES	4278	M	00:53:55	00:52:48	05:17	00:26:59	
2981	João Francisco SARAMAGO	4970	M	00:53:55	00:51:26	05:09	00:25:06	
2982	Miguel GUERRA	9840	M	00:53:55	00:51:41	05:11	00:25:46	
2983	Edgar SANTINHOS	9969	M	00:53:56	00:52:15	05:14	00:25:47	
2984	Ricardo HENRIQUES	13325	M	00:53:56	00:52:40	05:16	00:25:44	
2985	André COSTA	9819	M	00:53:56	00:52:53	05:18	00:25:50	
2986	Domingos COSTA	8609	M	00:53:56	00:53:02	05:19	00:26:29	G.R.D. Ribeira da Lage
2987	Rui SILVA	3638	M	00:53:56	00:52:53	05:18	00:25:50	
2988	John MCLEAN	5208	M	00:53:56	00:51:37	05:10	00:25:40	
2989	António José Dias NORTE	13335	M	00:53:57	00:52:53	05:18	00:26:29	
2990	Vitor VAZ	10413	M	00:53:57	00:51:27	05:09	00:25:48	
2991	Ana Rita M. VISEU	1717	F	00:53:58	00:52:30	05:15	00:25:06	
2992	José FINO GOMES	2629	M	00:53:58	00:50:47	05:05	00:25:33	Tejavista
2993	Joaquim José RAMOS CASCALHEIRA	11547	M	00:53:58	00:49:01	04:55	00:24:41	
2994	Pedro LOZANO	9718	M	00:53:58	00:52:49	05:17	00:26:44	
2995	Daniel RODRIGUES	12461	M	00:53:58	00:52:32	05:16	00:25:36	
2996	João LOZANO	12824	M	00:53:58	00:52:50	05:17	00:26:45	
2997	Rodrigo SANTOS	10740	M	00:53:58	00:52:19	05:14	00:26:32	
2998	Simão Tiago Loureiro Da PAIXAO	10317	M	00:53:58	00:51:07	05:07	00:24:44	
2999	Nadine CAZABAN	1370	F	00:53:59	00:49:00	04:54	00:24:44	
3000	Carlos Luis Conceição NITA	9590	M	00:53:59	00:52:47	05:17	00:25:52	
3001	Nuno VEIGA	8873	M	00:53:59	00:51:56	05:12	00:25:42	Valadares
3002	João PATRÍCIO VIEIRA	11109	M	00:53:59	00:50:36	05:04	00:25:01	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3003	Paula TEIXEIRA	7712	M	00:53:59	00:53:31	05:22	00:25:56	FALCÕES SELVAGENS
3004	José CAMPOS OLIVEIRA	9173	M	00:54:00	00:52:01	05:13	00:26:11	
3005	Vajk KRAMER	4458	M	00:54:00	00:50:21	05:03	00:26:08	
3006	Marta SILVA	1374	F	00:54:00	00:53:11	05:20	00:26:37	
3007	Ana MARTINS	862	F	00:54:00	00:53:29	05:21	00:26:45	G.R.D. "Os Fixes"
3008	Joaquim Lorenço Dias PALMEIRO	9176	M	00:54:00	00:53:01	05:19	00:25:38	
3009	Francisco SILVÉRIO MARQUES	4623	M	00:54:01	00:53:55	05:24	00:26:21	
3010	Martins BARATA	2529	M	00:54:01	00:52:56	05:18	00:25:55	Clube Ferroviário de Portugal
3011	Silverio Marques RITA	1536	F	00:54:01	00:53:57	05:24	00:27:04	
3012	Miguel FERREIRA	12863	M	00:54:01	00:52:23	05:15	00:27:12	
3013	Diogo SIMÕES PINTO	2990	M	00:54:02	00:51:22	05:09	00:25:29	
3014	Elisabete FILIPE	7397	F	00:54:02	00:53:33	05:22	00:25:56	G.R.D. Ribeira da Lage
3015	João DIAS	14056	M	00:54:02	00:52:44	05:17	00:25:57	Clube Grupo Desportivo BES
3016	Paulo GONÇALVES	14078	M	00:54:02	00:52:45	05:17	00:25:56	Clube Grupo Desportivo BES
3017	Megan MUNRO	1431	F	00:54:02	00:53:29	05:21	00:25:56	
3018	Nelson MARTINS	4516	M	00:54:02	00:52:43	05:17	00:25:34	
3019	Edney VIEIRA	12677	M	00:54:03	00:53:39	05:22	00:25:14	Grupo Desportivo Cimpor
3020	Virgílio RODRIGUES	14227	M	00:54:03	00:53:04	05:19	00:26:15	Gabinete de Fisioterapia no Desporto
3021	Paulo PEDRA	9662	M	00:54:04	00:53:11	05:20	00:26:15	
3022	Maria Goreti FERNANDES	12253	F	00:54:04	00:53:41	05:23	00:26:00	Grupo Desportivo Cimpor
3023	Sergio ALMEIDA	12673	M	00:54:04	00:53:41	05:23	00:26:01	Grupo Desportivo Cimpor
3024	Bruno MARTINS	4559	M	00:54:04	00:52:11	05:14	00:25:39	
3025	Pedro Nuno GRADE MENDES DE CARVALHO	9533	M	00:54:05	00:51:32	05:10	00:24:55	
3026	Pedro MORAIS	14124	M	00:54:05	00:53:10	05:19	00:24:53	BP Portugal
3027	Vitor Manuel GARRIDO DE MATOS TEIXEIRA	12586	M	00:54:06	00:50:46	05:05	00:25:30	
3028	António LOPES	7998	M	00:54:06	00:52:50	05:17	00:26:49	C.C.D. EFACEC
3029	Joao Francisco DUARTE	9990	M	00:54:06	00:53:00	05:18	00:26:15	
3030	Paulo Jorge OLIVEIRA	10100	M	00:54:06	00:49:21	04:57	00:25:01	
3031	João Pedro COPETO	3491	M	00:54:07	00:53:14	05:20	00:26:40	
3032	João Luciano RAMOS	12734	M	00:54:07	00:54:04	05:25	00:26:38	
3033	André COIMBRA	11021	M	00:54:07	00:52:38	05:16	00:26:53	
3034	Diogo BORGES ALVES MARÇAL	4128	M	00:54:07	00:53:01	05:19	00:26:54	
3035	Carlos RIBEIRO	10245	M	00:54:07	00:52:00	05:12	00:26:14	
3036	Mario AREDE	9082	M	00:54:07	00:53:13	05:20	00:26:10	
3037	Pedro ALMEIDA	10045	M	00:54:07	00:52:39	05:16	00:26:53	
3038	Luis OLIVEIRA	2752	M	00:54:08	00:50:08	05:01	00:26:17	Associação Atletismo Lebres do Sado
3039	David PÉREZ	4484	M	00:54:08	00:49:53	05:00	00:25:12	
3040	Jorge CORREIA	157	M	00:54:08	00:53:09	05:19	00:27:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3041	Acacio LOPES	2897	M	00:54:08	00:51:28	05:09	00:24:32	Grupo Desportivo Barcarena
3042	Manuel REIA	10715	M	00:54:08	00:51:57	05:12	00:25:39	
3043	Ricardo João G. BATISTA TRINCA	11081	M	00:54:09	00:52:57	05:18	00:26:37	
3044	João DELGADO	11434	M	00:54:09	00:50:53	05:06	00:24:50	
3045	Miguel VALVERDE	135635	M	00:54:09	00:49:25	04:57	00:25:38	
3046	Florencio COELHO	10556	M	00:54:09	00:53:16	05:20	00:26:18	
3047	Federico SEGUNDO RUBIO	5159	M	00:54:10	00:53:02	05:19	00:26:03	
3048	Miguel SANTOS	4783	M	00:54:10	00:52:29	05:15	00:27:13	
3049	Bruno Ricardo DE BRITO SUBTIL	10760	M	00:54:10	00:52:37	05:16	00:24:55	
3050	Luis Ribeiro ROSA	9465	M	00:54:10	00:52:44	05:17	00:26:00	
3051	Américo SANTOS	12693	M	00:54:11	00:51:20	05:08	00:25:48	C.C.D. EFACEC
3052	Jorge LEMOS	4078	M	00:54:11	00:51:56	05:12	00:24:14	
3053	Jorge ALCOBIA	10899	M	00:54:11	00:52:26	05:15	00:26:05	
3054	Hugo GUERREIRO	4294	M	00:54:11	00:51:04	05:07	00:24:53	
3055	Ana Luisa MARQUES	8135	F	00:54:11	00:53:03	05:19	00:26:32	
3056	José AIRES	265	M	00:54:12	00:53:02	05:19	00:26:44	CCD Tranquilidade
3057	André Miguel BARBOSA	10378	M	00:54:12	00:52:01	05:13	00:24:46	
3058	Pedro BEAUMONT	13943	M	00:54:13	00:50:30	05:03	00:25:25	Linda-a-Pastora Sporting Clube
3059	António Manuel SOUSA	11075	M	00:54:13	00:52:30	05:15	00:25:52	
3060	Rogério GUEDES	10374	M	00:54:13	00:50:56	05:06	00:25:45	
3061	Atilio MARQUES GASPAS DA CHICA	3872	M	00:54:14	00:52:34	05:16	00:25:50	
3062	Bruno Valdemar RODRIGUES RIBEIRO	11672	M	00:54:14	00:53:42	05:23	00:27:19	
3063	Armando Sérgio LAGARTO ABELHO	2283	M	00:54:14	00:53:43	05:23	00:27:17	
3064	Jorge COSTA	4710	M	00:54:14	00:47:54	04:48	00:23:59	
3065	Alberto PEREIRA RAMIRES	10188	M	00:54:15	00:52:34	05:16	00:26:13	
3066	Luis BASTOS	9373	M	00:54:15	00:52:37	05:16	00:26:05	
3067	Cubukcu FATIH	11258	M	00:54:15	00:52:55	05:18	00:26:04	
3068	João Manuel GONÇALVES DIAS	4540	M	00:54:15	00:52:50	05:17	00:27:05	CP
3069	Helder SANTOS	11348	M	00:54:15	00:49:54	05:00	00:25:14	
3070	João BARROS	10431	M	00:54:15	00:51:01	05:07	00:26:02	
3071	Geralde FERNANDES	2747	M	00:54:16	00:53:22	05:21	00:27:08	Associação Atletismo Lebres do Sado
3072	Alberto CAROLINO	2685	M	00:54:16	00:53:21	05:21	00:27:05	Associação Atletismo Lebres do Sado
3073	Tiago CARDAO-PITO	10620	M	00:54:16	00:53:09	05:19	00:26:38	
3074	José AUGUSTO	14240	M	00:54:16	00:53:50	05:23	00:26:32	Associação Páraquedistas Tejo Norte
3075	Tiago TUBAL	4099	M	00:54:16	00:53:24	05:21	00:25:45	
3076	Miguel VIEIRA	12997	M	00:54:16	00:50:33	05:04	00:25:28	
3077	Pedro GOMES	9264	M	00:54:17	00:52:59	05:18	00:26:00	GDINE Grupo Desportivo do Instituto Nacional Estat
3078	Nuno Pereira PACHECO	12596	M	00:54:17	00:51:39	05:10	00:26:30	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3079	Vitor RIBEIRO	9236	M	00:54:17	00:52:33	05:16	00:26:11	TCPI
3080	Guilherme RIBEIRO	10670	M	00:54:17	00:52:58	05:18	00:25:36	
3081	António GARCIA	2895	M	00:54:17	00:53:08	05:19	00:25:51	Grupo Excursionista "Os Económicos"
3082	Manuel Faria FARIA	11403	M	00:54:17	00:53:02	05:19	00:26:25	
3083	Ricardo Jorge MENDES JERONIMO	10632	M	00:54:18	00:52:18	05:14	00:25:08	
3084	André MONIZ SEMEDO	13816	M	00:54:18	00:51:08	05:07	00:25:48	Pepsico Portugal
3085	Ricardo SARDINHEIRO	10887	M	00:54:18	00:49:44	04:59	00:24:48	
3086	Pedro BORREGO	4686	M	00:54:18	00:49:44	04:59	00:24:47	
3087	Pedro LUIS	9798	M	00:54:19	00:50:43	05:05	00:25:14	
3088	Ana NOGUEIRA	14190	F	00:54:19	00:51:09	05:07	00:25:06	
3089	Carlos SALGUEIRO LOPES	10996	M	00:54:19	00:52:14	05:14	00:26:07	
3090	Rui Pedro FERREIRA	9458	M	00:54:19	00:51:21	05:09	00:25:27	
3091	Alexandre MARQUES PEREIRA	5146	M	00:54:19	00:52:12	05:14	00:25:23	
3092	João Tiago CARDOS SERZEDELO	2239	M	00:54:19	00:54:16	05:26	00:26:28	Açoreana clube Banif
3093	Carlos ALMEIDA	10852	M	00:54:20	00:53:25	05:21	00:25:32	
3094	Ricardo Antonio PERDIGAO	10407	M	00:54:20	00:51:43	05:11	00:25:52	
3095	Estela GONÇALVES	1767	F	00:54:20	00:53:53	05:24	00:26:08	
3096	Ricardo Nuno Costa MARQUES MALTA VACAS	10017	M	00:54:20	00:53:05	05:19	00:26:31	
3097	Yann GUEZOU	10989	M	00:54:21	00:53:03	05:19	00:26:30	
3098	Carlos REIS	9154	M	00:54:21	00:51:26	05:09	00:25:22	
3099	Carlos Alberto LUIS	5030	M	00:54:21	00:52:50	05:17	00:25:03	
3100	Jorge MARTINHO	10175	M	00:54:21	00:52:13	05:14	00:27:44	
3101	João Miguel ESTIVEIRA	8571	M	00:54:21	00:52:33	05:16	00:24:47	Clube Millennium BCP
3102	Pedro Alexandre GOMES FERREIRA	3456	M	00:54:21	00:52:13	05:14	00:27:05	
3103	Hélia Sofia SANTOS	8128	F	00:54:22	00:52:13	05:14	00:27:06	
3104	Tiago REALINHO	9422	M	00:54:22	00:50:09	05:01	00:25:17	
3105	Jose BARTOL	11116	M	00:54:22	00:50:31	05:04	00:25:26	
3106	Jorge GUERREIRO	9059	M	00:54:22	00:52:45	05:17	00:25:53	Marriott Lisboa Hotel
3107	João Miguel BRANCO MARTINS	3891	M	00:54:22	00:50:30	05:03	00:26:31	
3108	Gonçalo PADEIRA	10310	M	00:54:23	00:47:44	04:47	00:24:13	
3109	João INFANTE	13362	M	00:54:23	00:52:35	05:16	00:25:25	
3110	Frederico OLIVEIRA PINTO	2997	M	00:54:23	00:51:39	05:10	00:26:09	
3111	Inês PEREIRA	14012	F	00:54:23	00:54:06	05:25	00:26:33	Gabinete de Fisioterapia no Desporto
3112	Nuno Pintão PINTÃO	3644	M	00:54:23	00:51:26	05:09	00:25:47	
3113	Carlos Alberto RAMOS SOUSA	9427	M	00:54:23	00:52:47	05:17	00:26:17	
3114	Pedro ROQUE	5047	M	00:54:23	00:52:47	05:17	00:25:00	
3115	Jose Carlos SANTOS	10371	M	00:54:24	00:51:39	05:10	00:26:10	
3116	Maria FREITAS MONTEIRO	13622	F	00:54:24	00:53:02	05:19	00:26:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3117	Paulo MONTEIRO	11283	M	00:54:24	00:53:03	05:19	00:26:14	
3118	Heitor SANTOS	11469	M	00:54:24	00:51:33	05:10	00:25:35	
3119	Manuel PIEDADE	3269	M	00:54:24	00:53:04	05:19	00:26:28	
3120	Antonio CARDOSO	12995	M	00:54:25	00:53:36	05:22	00:25:43	
3121	Alexandre SOUSA	8752	M	00:54:25	00:52:58	05:18	00:25:52	G.R.C.D Leião
3122	Nelson Soares ANJOS	9675	M	00:54:25	00:48:20	04:50	00:25:49	
3123	Luís Manuel Almeida CUNHA	10709	M	00:54:25	00:51:20	05:08	00:25:13	
3124	Adalberto BARRETO	10562	M	00:54:25	00:52:21	05:15	00:26:49	
3125	Vitor Manuel PEREIRA GONÇALVES	10922	M	00:54:25	00:53:08	05:19	00:26:39	
3126	Nuno DARGENT	4263	M	00:54:26	00:52:41	05:17	00:25:28	
3127	Maria MORENO	1700	F	00:54:26	00:52:59	05:18	00:26:31	
3128	Paulo José De Sousa PARIS	9705	M	00:54:27	00:52:50	05:17	00:27:24	
3129	Pedro ARAÚJO	9810	M	00:54:27	00:52:50	05:17	00:27:25	
3130	Bruno SILVA	10754	M	00:54:27	00:53:29	05:21	00:27:15	
3131	Pedro SANTA CLARA	9727	M	00:54:27	00:51:44	05:11	00:25:29	
3132	Carlos Manuel CLÁUDIO	3945	M	00:54:27	00:52:35	05:16	00:25:51	
3133	João Nuno MANGANA	4445	M	00:54:27	00:52:04	05:13	00:26:22	
3134	Hugo LUIS	2432	M	00:54:27	00:54:08	05:25	00:24:41	NUCLEOEIRAS/SPORTZONE
3135	José FREIRE	9030	M	00:54:28	00:53:27	05:21	00:26:19	G.R.C.D Leião
3136	João BASTOS	11245	M	00:54:28	00:51:05	05:07	00:24:33	
3137	Tiago MARTINS	9104	M	00:54:28	00:49:48	04:59	00:25:12	
3138	Alexandre Nuno CAPUCHA	4669	M	00:54:28	00:53:17	05:20	00:26:35	
3139	Maurice ITOE	4008	M	00:54:28	00:49:34	04:58	00:24:17	
3140	José Augusto RIBEIRO	135703	M	00:54:29	00:52:51	05:18	00:27:12	
3141	Paulo GONÇALVES	3685	M	00:54:30	00:51:01	05:07	00:25:51	
3142	Gustavo Manuel LOURENÇO AMARO	4282	M	00:54:30	00:50:04	05:01	00:25:10	
3143	Gabriela OLIVEIRA FREITAS	8055	F	00:54:30	00:50:05	05:01	00:25:11	
3144	João Paulo Torres CUNHA FERREIRA	13299	M	00:54:30	00:53:25	05:21	00:27:02	
3145	Mário DELGADO	9000	M	00:54:30	00:52:16	05:14	00:25:03	St. Julians School
3146	Vitor Manuel Vieira GONÇALVES	9412	M	00:54:30	00:53:55	05:24	00:27:15	
3147	Carlos RODRIGUES	14180	M	00:54:30	00:53:29	05:21	00:25:54	GELPEIXE
3148	Henrique Miguel CARVALHO	12537	M	00:54:31	00:53:09	05:19	00:25:06	
3149	António Matias COELHO	10864	M	00:54:31	00:50:15	05:02	00:25:06	
3150	Carlos Manuel SAMPAIO	3380	M	00:54:31	00:53:12	05:20	00:26:08	
3151	Pedro Miguel NAVES	3775	M	00:54:31	00:49:46	04:59	00:25:10	
3152	Hugo Emanuel LOURENÇO E SANTOS	11480	M	00:54:32	00:52:52	05:18	00:27:00	
3153	Mário MENDES	9482	M	00:54:32	00:51:07	05:07	00:26:50	
3154	Ângela Pinto BATISTA	8320	F	00:54:32	00:52:16	05:14	00:26:26	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3155	Luis SANCHES	2555	M	00:54:32	00:53:01	05:19	00:25:56	
3156	Nuno ABRANTES	4777	M	00:54:32	00:52:10	05:13	00:25:37	
3157	Mario Domingos PEDRO	11356	M	00:54:33	00:53:37	05:22	00:26:01	
3158	Vitor Manuel FERREIRA MARTINS DA SILVEIRA	3147	M	00:54:33	00:52:37	05:16	00:26:36	
3159	Carlos MONTEIRO	5137	M	00:54:33	00:53:23	05:21	00:25:43	
3160	Pedro Miguel CAETANO	11357	M	00:54:33	00:53:38	05:22	00:26:01	
3161	Alexandre OLIVEIRA PERDIGÃO	3698	M	00:54:34	00:54:15	05:26	00:25:54	
3162	Maria Isabel GONZALO PEREZ	1323	F	00:54:34	00:53:51	05:24	00:26:19	
3163	Cesaltina GREGORIO	8072	F	00:54:34	00:54:09	05:25	00:25:58	
3164	Rui Carlos ALMEIDA	3189	M	00:54:34	00:53:34	05:22	00:25:38	
3165	Isabel Maria COSTA MASSENA	7492	F	00:54:34	00:53:24	05:21	00:25:40	
3166	João Garcia FERREIRA	9457	M	00:54:34	00:54:32	05:28	00:26:00	
3167	Paulo ALPALHÃO	4281	M	00:54:34	00:47:35	04:46	00:23:38	
3168	Pedro SERRANO	472	M	00:54:34	00:49:15	04:56	00:24:18	
3169	Ricardo Manuel Paixão Abrantes RIBEIRO	9856	M	00:54:34	00:49:15	04:56	00:24:18	
3170	Vitor LOPES	9032	M	00:54:35	00:52:02	05:13	00:26:06	
3171	Juliana FARIA	7601	F	00:54:35	00:52:06	05:13	00:27:08	
3172	Ricardo GUERREIRO	5106	M	00:54:35	00:52:06	05:13	00:27:09	
3173	Jose Altino CPIVA	10328	M	00:54:35	00:54:25	05:27	00:26:20	
3174	Horácio FERNANDES RODRIGUES	2171	M	00:54:35	00:52:26	05:15	00:25:39	Casa do Pessoal Estradas de Portugal
3175	Jorge BARREIRA	9045	M	00:54:35	00:53:56	05:24	00:26:03	G.R.C.D Leião
3176	Francisco GARCIA	3305	M	00:54:36	00:51:32	05:10	00:26:10	
3177	Francisco Maria MAGALHÃES	4362	M	00:54:36	00:52:49	05:17	00:27:04	
3178	David SILVA VIEIRA	99	M	00:54:36	00:52:50	05:17	00:25:50	
3179	José Augusto R. VIEIRA	11374	M	00:54:36	00:52:50	05:17	00:25:50	
3180	Eliseu Pinto De ALMEIDA	5093	M	00:54:37	00:45:17	04:32	00:22:23	
3181	Eduardo MIRANDA	8838	M	00:54:37	00:52:28	05:15	00:25:52	Carapaus de Corrida
3182	Luis MIRANDA	9038	M	00:54:37	00:51:31	05:10	00:25:52	Tejavista
3183	Tiago PAIS	82	M	00:54:37	00:49:24	04:57	00:26:26	
3184	Luis Manuel Lopes VICENTE	13026	M	00:54:37	00:53:33	05:22	00:27:05	
3185	João ALMEIDA	4372	M	00:54:38	00:54:20	05:26	00:25:21	
3186	Antonio Pereira Lobo LOBO	9408	M	00:54:38	00:53:12	05:20	00:26:29	
3187	Tiago OLIVEIRA	3476	M	00:54:38	00:51:42	05:11	00:25:36	
3188	José Miguel OLIVEIRA	9709	M	00:54:38	00:52:00	05:12	00:26:31	
3189	António José ALMEIDA	8473	M	00:54:38	00:52:46	05:17	00:26:15	Clube Millennium BCP
3190	Luis SANTOS REIS	8574	M	00:54:39	00:52:00	05:12	00:25:46	Clube Millennium BCP
3191	Nuno ESTÁCIO	10305	M	00:54:39	00:52:32	05:16	00:26:25	
3192	Miguel REIS	12455	M	00:54:39	00:53:12	05:20	00:27:02	Serviços Sociais da CGD

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3193	Rui DOMINGOS	11448	M	00:54:40	00:53:27	05:21	00:25:34	
3194	João COSTA	13314	M	00:54:40	00:53:06	05:19	00:26:23	
3195	Luis FIGUEIREDO	3838	M	00:54:40	00:52:19	05:14	00:25:37	
3196	Nuno MOREIRA	10425	M	00:54:40	00:49:59	05:00	00:25:11	
3197	Fernando PARENTE	3702	M	00:54:41	00:52:19	05:14	00:25:37	
3198	Sidney Almeida NETO	11447	M	00:54:41	00:50:44	05:05	00:25:16	
3199	Carlos Teixeira GONÇALVES	3357	M	00:54:41	00:50:35	05:04	00:25:58	
3200	Gonçalo Nuno DOS REIS MELO DE SAMPAIO	9181	M	00:54:41	00:50:34	05:04	00:25:58	
3201	Ernestina BORGES	848	F	00:54:42	00:54:21	05:27	00:26:31	NUCLEOEIRAS/SPORTZONE
3202	Fernando FRAGATEIRO	2764	M	00:54:42	00:52:47	05:17	00:27:30	G. D. Porto de Sines
3203	José Félix ESTEVES MARTINS	9578	M	00:54:42	00:52:54	05:18	00:26:16	
3204	Nuno Miguel Fernandes ALMEIDA	9998	M	00:54:42	00:52:35	05:16	00:25:44	
3205	Carlos ALBUQUERQUE	2394	M	00:54:43	00:53:25	05:21	00:27:41	Grupo Desportivo Roche
3206	Fernando MENDES	10005	M	00:54:43	00:51:49	05:11	00:26:51	
3207	Jorge Filipe NUNES	12585	M	00:54:43	00:52:48	05:17	00:26:42	G. D. Banco BPI
3208	Levi PAGAIME	4544	M	00:54:43	00:50:29	05:03	00:25:58	
3209	Carlos Germano NAVARRO MACHADO	11314	M	00:54:44	00:53:05	05:19	00:27:00	
3210	José FERNANDES	9563	M	00:54:44	00:51:08	05:07	00:26:43	
3211	Ricardo DIAS	8606	M	00:54:44	00:53:35	05:22	00:27:34	Serviços Sociais Montepio Geral
3212	Pedro SOBRAL	9895	M	00:54:45	00:52:04	05:13	00:27:34	
3213	Luis AFONSO	2560	M	00:54:46	00:54:10	05:25	00:26:13	GDINE Grupo Desportivo do Instituto Nacional Estat
3214	Thelmo CUNHA	13863	M	00:54:46	00:51:59	05:12	00:25:52	Odebrecht / BPC
3215	Guilherme ALBINO	11172	M	00:54:46	00:53:32	05:22	00:26:45	
3216	Joaquim OLIVEIRA FULGÊNCIO	8588	M	00:54:46	00:53:00	05:18	00:26:25	Clube Millennium BCP
3217	José Carlos OLIVEIRA MACHADO FARIA	11182	M	00:54:46	00:51:03	05:07	00:26:14	
3218	João DUARTE FINO	12822	M	00:54:46	00:53:29	05:21	00:26:21	
3219	Fernando ANDRADE	13938	M	00:54:46	00:54:01	05:25	00:26:53	Linda-a-Pastora Sporting Clube
3220	José ALAGADOR	13936	M	00:54:46	00:54:00	05:24	00:26:53	Linda-a-Pastora Sporting Clube
3221	Pedro Manuel P. N. MONTALVÃO E SILVA	11169	M	00:54:47	00:51:46	05:11	00:26:42	
3222	Diogo LEMOS	9841	M	00:54:47	00:54:39	05:28	00:25:51	
3223	Marco CATARRO	4891	M	00:54:47	00:51:05	05:07	00:26:55	
3224	João JACINTO	4430	M	00:54:47	00:54:29	05:27	00:25:22	
3225	Vitor JUDICIBUS	13018	M	00:54:47	00:54:43	05:29	00:28:52	
3226	Miguel DIOGO	10207	M	00:54:47	00:52:19	05:14	00:25:45	
3227	Bruno PINA	11443	M	00:54:47	00:52:26	05:15	00:26:26	
3228	António SOBRA SOUSA	2475	M	00:54:48	00:54:48	05:29	00:25:12	Clube Millennium BCP
3229	António MARTINEZ	11564	M	00:54:48	00:50:16	05:02	00:25:36	
3230	João Pedro SILVA	4553	M	00:54:48	00:53:25	05:21	00:26:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3231	Maria Isabel LINO	13966	F	00:54:48	00:54:01	05:25	00:26:53	Linda-a-Pastora Sporting Clube
3232	João VICTOR	8990	M	00:54:48	00:54:45	05:29	00:26:05	Peugeot
3233	Loredan POSA	12926	M	00:54:48	00:53:15	05:20	00:25:22	
3234	Mafalda NUNES	1458	F	00:54:48	00:53:06	05:19	00:26:35	
3235	Maria SILVA	936	F	00:54:48	00:53:37	05:22	00:27:12	CCD Tranquilidade
3236	João Luís SANTANA	11073	M	00:54:49	00:50:54	05:06	00:25:32	
3237	Nuno José Gonçalves DOMINGOS	10997	M	00:54:49	00:51:02	05:07	00:27:07	
3238	Paulo GARCIA	3865	M	00:54:49	00:52:38	05:16	00:27:26	
3239	Marco FERREIRA DE GOUVEIA	10808	M	00:54:49	00:54:12	05:26	00:26:14	
3240	João Alexandre Rodrigues Crisóstomo Da SILVA	9694	M	00:54:49	00:53:00	05:18	00:26:12	
3241	João MARTINS	9657	M	00:54:49	00:49:38	04:58	00:25:18	
3242	Pedro EVANGELISTA	3976	M	00:54:50	00:52:46	05:17	00:27:04	
3243	Luis VASCONCELOS	11534	M	00:54:51	00:53:17	05:20	00:25:17	
3244	Antonio Maria FERRARI	3446	M	00:54:51	00:51:08	05:07	00:25:43	
3245	Joaquim António CUNHA	10097	M	00:54:51	00:51:15	05:08	00:26:44	
3246	Joaquim SANTOS	10563	M	00:54:51	00:52:50	05:17	00:26:25	
3247	Madalena PATRAO	7478	F	00:54:52	00:49:55	05:00	00:25:23	
3248	Bruno SANTOS	13222	M	00:54:52	00:52:48	05:17	00:25:21	
3249	Vitor ARELO AFONSO	9191	M	00:54:52	00:54:12	05:26	00:26:05	
3250	Paulo MARQUES	3057	M	00:54:52	00:51:06	05:07	00:26:06	
3251	Cristiano RODRIGUES	11404	M	00:54:52	00:53:15	05:20	00:26:52	
3252	Daniel Filipe CARIA	10303	M	00:54:52	00:53:42	05:23	00:25:40	
3253	João FERREIRA	8499	M	00:54:52	00:53:56	05:24	00:27:14	
3254	Nuno GIÃO	10836	M	00:54:52	00:53:08	05:19	00:25:42	
3255	Luis VIEIRA	11023	M	00:54:52	00:52:40	05:16	00:26:34	
3256	Leonel Correia SOEIRO	10366	M	00:54:53	00:51:44	05:11	00:25:39	
3257	Anabela FLOR	1241	F	00:54:53	00:53:23	05:21	00:26:22	CCD Segurança Social Lisboa
3258	Anacleto ALVES	11677	M	00:54:53	00:52:42	05:17	00:27:03	
3259	Gonçalo GOMES	2697	M	00:54:53	00:53:34	05:22	00:26:28	
3260	Fernando NETO	9266	M	00:54:53	00:54:45	05:29	00:26:58	Unidos da Manutenção
3261	João PISSARRA	12663	M	00:54:54	00:54:50	05:29	00:26:23	HP1
3262	Mario BOTAS CAMPOS	2486	M	00:54:54	00:51:35	05:10	00:26:31	Clube Millennium BCP
3263	Nuno VALENTE	3552	M	00:54:54	00:52:49	05:17	00:27:01	
3264	Rui DIAS	10064	M	00:54:54	00:52:50	05:17	00:27:02	
3265	Lebreton DAVID	9921	M	00:54:54	00:52:04	05:13	00:25:54	
3266	Tiago GALVEIAS	2493	M	00:54:54	00:53:36	05:22	00:27:41	Grupo Desportivo Roche
3267	Miguel VALENTE	10205	M	00:54:54	00:52:50	05:17	00:27:01	
3268	Ricardo Ferreira FERREIRA	10995	M	00:54:55	00:53:05	05:19	00:26:34	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3269	Ricardo CARVALHO	5161	M	00:54:55	00:53:46	05:23	00:25:49	
3270	José Carlos ROLÃO	9183	M	00:54:55	00:53:14	05:20	00:27:17	
3271	Hugo LUZ	3137	M	00:54:55	00:50:45	05:05	00:25:13	
3272	Dário Rafael MARTINS MADEIRA	2903	M	00:54:55	00:52:58	05:18	00:26:20	Coimbra
3273	César Augusto SILVA FERROLHO	4382	M	00:54:56	00:53:55	05:24	00:26:19	
3274	Marcelo FERREIRA	9304	M	00:54:56	00:53:07	05:19	00:25:48	
3275	Ricardo PALMA	3308	F	00:54:56	00:51:06	05:07	00:26:02	
3276	Edmundo SIMOES	10568	M	00:54:56	00:50:51	05:06	00:26:42	
3277	Ivan MOVCHAN	11573	M	00:54:56	00:53:39	05:22	00:26:29	
3278	Carlos FRANCO	12843	M	00:54:57	00:53:36	05:22	00:27:24	
3279	Manuel MENDES	14241	M	00:54:57	00:54:54	05:30	00:27:04	10 P'ras 11
3280	Rui Filipe Moura PINHEIRO	9452	M	00:54:57	00:51:06	05:07	00:25:02	
3281	Pedro Diaz BARBOSA	10351	M	00:54:57	00:53:51	05:24	00:25:37	
3282	Pedro AFONSO	2770	M	00:54:57	00:52:11	05:14	00:25:22	Clube Anacom
3283	Tiago MOTA	11047	M	00:54:58	00:53:07	05:19	00:25:02	
3284	João PAISANA	5128	M	00:54:58	00:53:36	05:22	00:25:22	
3285	Claudio BERNARDINO	4981	M	00:54:58	00:53:15	05:20	00:26:27	Refer
3286	José Manuel RIBEIRO NETO	4456	M	00:54:58	00:53:52	05:24	00:26:19	
3287	Luis Manuel SILVA DIAS	3056	M	00:54:58	00:51:12	05:08	00:26:06	
3288	Pedro CLAUDIO	287	M	00:54:59	00:53:38	05:22	00:26:11	
3289	Ana VIEGAS	12299	F	00:54:59	00:54:04	05:25	00:27:10	C. R. Leões de Porto Salvo
3290	Sérgio MARTINS	4776	M	00:54:59	00:53:33	05:22	00:27:33	
3291	Jorge Manuel CERQUEIRA LOPES	9324	M	00:54:59	00:53:45	05:23	00:26:10	
3292	Monica Isabel ALVES	1096	F	00:54:59	00:54:47	05:29	00:26:24	O Rodrigo
3293	Jorge JOURDAN	4958	M	00:55:00	00:52:03	05:13	00:26:21	
3294	Michele IMBRIANI	4213	M	00:55:00	00:52:22	05:15	00:26:02	
3295	Rui MARQUES VILA	4874	M	00:55:00	00:49:19	04:56	00:25:16	
3296	Maria Fátima SANTOS	12084	F	00:55:00	00:52:19	05:14	00:27:04	Açoreana clube Banif
3297	Nelson PEIXOTO	8607	M	00:55:00	00:52:17	05:14	00:27:01	Açoreana clube Banif
3298	José Joaquim AFECTO	11039	M	00:55:01	00:54:34	05:28	00:25:56	
3299	Nuno ANTUNES	11122	M	00:55:01	00:51:25	05:09	00:27:01	
3300	Miguel SANTOS	9251	M	00:55:01	00:55:00	05:30	00:26:28	
3301	Rui Vicente Pinto PINTO	11302	M	00:55:02	00:51:53	05:12	00:26:13	
3302	Amilcar DIAS	2450	M	00:55:02	00:54:43	05:29	00:26:58	NUCLEOEIRAS/SPORTZONE
3303	Paulo FERREIRA	9927	M	00:55:03	00:52:03	05:13	00:26:29	
3304	Helena TAUBE	1151	F	00:55:04	00:53:18	05:20	00:27:12	
3305	Antonio PALMA	12852	M	00:55:04	00:51:33	05:10	00:25:38	
3306	Paulo Alexandre RUFINO	10697	M	00:55:04	00:51:07	05:07	00:26:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3307	Samuel PASSOS	484	M	00:55:05	00:50:47	05:05	00:25:26	
3308	Herlander BRANCO	3906	M	00:55:05	00:52:21	05:15	00:26:08	
3309	Farias GONÇALO	2998	M	00:55:05	00:51:22	05:09	00:24:56	
3310	Edinson SÁNCHEZ	11383	M	00:55:06	00:53:09	05:19	00:26:42	
3311	Alberto Manuel DOS SANTOS	8870	M	00:55:06	00:51:11	05:08	00:24:49	G. D. Banco BPI
3312	Manuel NORTE	8789	M	00:55:06	00:54:21	05:27	00:26:53	Clube ANA Lisboa
3313	Carlos FIGUEIREDO	9391	M	00:55:07	00:53:17	05:20	00:25:55	
3314	Silvino MARTINS	9796	M	00:55:07	00:54:30	05:27	00:26:35	
3315	Humberto TOMÉ	409	M	00:55:07	00:53:17	05:20	00:28:12	
3316	Rui Manuel LOPES SANTOS	11487	M	00:55:07	00:53:07	05:19	00:27:10	
3317	Luís FERREIRA GODINHO	9713	M	00:55:07	00:53:39	05:22	00:25:31	
3318	João ALBERTO	225	M	00:55:07	00:50:32	05:04	00:25:44	
3319	Carlos PEREIRA	3248	M	00:55:07	00:49:53	05:00	00:24:42	
3320	João FONSECA	11176	M	00:55:07	00:54:24	05:27	00:24:59	
3321	Pedro Jorge CALADO DIAS	10956	M	00:55:07	00:54:26	05:27	00:26:51	
3322	Tiago RODRIGUES DA SILVA	5012	M	00:55:08	00:53:30	05:21	00:26:51	
3323	Luis Miguel VIEIRA GONÇALVES	10613	M	00:55:08	00:53:52	05:24	00:25:52	
3324	Rui PENIM	9596	M	00:55:08	00:51:57	05:12	00:26:03	
3325	João GOMES	8511	M	00:55:08	00:54:47	05:29	00:26:17	NUCLEOEIRAS/SPORTZONE
3326	Miguel CARRILHO	10482	M	00:55:08	00:53:24	05:21	00:27:53	
3327	Martinho FIALHO TOJO	9398	M	00:55:08	00:53:21	05:21	00:26:43	
3328	António BILA	2927	M	00:55:09	00:51:10	05:07	00:26:43	GARMIN COO
3329	Luis MARTINS	9416	M	00:55:09	00:52:29	05:15	00:25:36	
3330	Vicente DIAS	10646	M	00:55:09	00:52:42	05:17	00:26:12	
3331	Henrique Manuel Hortelão Trindade TRINDADE	9851	M	00:55:09	00:51:28	05:09	00:27:32	
3332	Jose Afonso GOUVEIA PEDROSO	9962	M	00:55:10	00:53:14	05:20	00:26:10	
3333	Joana Vanessa GARCIA PESSOA	1478	F	00:55:10	00:53:14	05:20	00:26:08	
3334	Carlos Tiago Branco COSTA CRUZ	10070	M	00:55:10	00:51:36	05:10	00:25:21	
3335	Rui FONSECA	3451	M	00:55:10	00:55:10	05:31	00:28:08	
3336	Ernesto José RAMOS GOMES	10334	M	00:55:11	00:53:22	05:21	00:26:32	
3337	Pedro Alexandre GARNELHO ABREU	13269	M	00:55:12	00:53:29	05:21	00:26:55	
3338	Luis REIS	2582	M	00:55:12	00:53:52	05:24	00:26:03	Serviços Sociais Montepio Geral
3339	Joel MARTINHO GUEDES	2650	M	00:55:12	00:53:44	05:23	00:28:38	
3340	André GRILO	10130	M	00:55:13	00:51:35	05:10	00:26:02	
3341	Francisco Pinto Basao DA COSTA CORREIRA	4047	M	00:55:13	00:51:15	05:08	00:25:16	
3342	Paulo ALMEIDA	10172	M	00:55:14	00:54:26	05:27	00:27:22	
3343	Alberto Jorge BRANCO CARVALHO	3247	M	00:55:14	00:53:04	05:19	00:26:14	
3344	Rui Manuel Pastor PASTOR	12762	M	00:55:14	00:54:52	05:30	00:25:35	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3345	Pedro HENRIQUES	3648	M	00:55:14	00:49:15	04:56	00:24:06	
3346	Nuno RIBEIRO	3744	M	00:55:15	00:51:44	05:11	00:25:27	
3347	Vitor Manuel Pereira FARIA	12952	M	00:55:15	00:51:31	05:10	00:25:28	
3348	Nuno PARENTE	12857	M	00:55:15	00:51:33	05:10	00:27:06	
3349	Pedro ALMEIDA	4431	M	00:55:15	00:53:36	05:22	00:26:11	
3350	Joao ROQUE	10860	M	00:55:15	00:53:36	05:22	00:26:10	
3351	Alexandre CARVALHO	5206	M	00:55:15	00:50:55	05:06	00:25:43	
3352	Ludgero VASCONCELOS	4839	M	00:55:15	00:53:42	05:23	00:26:21	
3353	Hugo NATAL DA LUZ	4825	M	00:55:16	00:53:34	05:22	00:27:10	
3354	Filipe GRAÇA	4869	M	00:55:16	00:50:49	05:05	00:26:16	
3355	Nuno ESPAÑA	2414	M	00:55:16	00:55:00	05:30	00:26:37	NUCLEOEIRAS/SPORTZONE
3356	Miguel Gonçalves SIMÕES	2974	M	00:55:16	00:53:34	05:22	00:25:56	
3357	Luis FONSECA SOUSA	2389	M	00:55:16	00:53:29	05:21	00:26:47	Clube Millennium BCP
3358	Tania Zacarias ZACARIAS	1026	F	00:55:16	00:53:18	05:20	00:28:05	
3359	Henrique MORAIS	12965	M	00:55:17	00:49:20	04:56	00:24:26	
3360	João COSTA	3902	M	00:55:17	00:48:49	04:53	00:26:52	
3361	Iris LOURENÇO	1896	F	00:55:17	00:52:38	05:16	00:25:24	
3362	Tiago SARAIVA	5197	M	00:55:17	00:53:17	05:20	00:26:18	
3363	Joel OLIVEIRA	5134	M	00:55:18	00:52:38	05:16	00:25:23	
3364	José GUIA	2317	M	00:55:18	00:54:48	05:29	00:26:47	Serviços Sociais da CGD
3365	Josemir LIMA	2526	M	00:55:18	00:53:42	05:23	00:26:53	C. R. Leões de Porto Salvo
3366	Nuno ANTUNES	3291	M	00:55:18	00:49:34	04:58	00:25:08	
3367	Milton FERNANDES	3834	M	00:55:18	00:53:31	05:22	00:27:10	
3368	Armindo MAGALHAES	8768	M	00:55:18	00:53:32	05:22	00:26:58	Tabaqueira
3369	Henrique FONSECA	2569	M	00:55:18	00:53:31	05:22	00:26:56	Tabaqueira
3370	Jose Joao CUSTODIO	4536	M	00:55:19	00:53:55	05:24	00:27:39	
3371	Alexandre Manuel Fernandes NUNES	13275	M	00:55:19	00:53:35	05:22	00:27:16	
3372	Carlos OLIVEIRA RODRIGUES	9003	M	00:55:20	00:52:15	05:14	00:25:53	Tejavista
3373	Samuel Bruno Cepinha PEREIRA	12555	M	00:55:20	00:51:42	05:11	00:25:16	
3374	Pedro RODRIGUES	11342	M	00:55:20	00:54:14	05:26	00:25:30	
3375	Diogo CALDAS	10654	M	00:55:20	00:50:21	05:03	00:25:11	
3376	Pedro RIBEIRO	10533	M	00:55:20	00:53:57	05:24	00:26:54	
3377	Paulo SILVA	4481	M	00:55:21	00:53:18	05:20	00:26:18	
3378	Leila SUZMAN	7375	F	00:55:21	00:54:19	05:26	00:26:33	
3379	Carlos VIEGAS	9617	M	00:55:21	00:55:06	05:31	00:26:41	
3380	João Manuel SIMÕES	14057	M	00:55:21	00:53:56	05:24	00:27:16	Clube Grupo Desportivo BES
3381	António RAPOSO	12861	M	00:55:22	00:50:15	05:02	00:26:18	
3382	Fernando MORAIS	12598	M	00:55:22	00:53:12	05:20	00:27:34	G. D. Banco BPI

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3383	José BATALHA	9539	M	00:55:22	00:52:49	05:17	00:27:17	
3384	Arkadiusz ROGOZIK	10798	M	00:55:22	00:51:42	05:11	00:25:53	
3385	João CALDEIRA	9344	M	00:55:22	00:54:01	05:25	00:27:25	
3386	Fernando CALÇADA	8613	M	00:55:22	00:54:08	05:25	00:26:45	Serviços Sociais Montepio Geral
3387	Hugo Filipe MARREIROS	13397	M	00:55:22	00:50:32	05:04	00:25:40	
3388	Dirk TILSNER	13109	M	00:55:23	00:52:54	05:18	00:25:46	
3389	Helena SOUSA	861	F	00:55:23	00:54:31	05:28	00:26:29	G.R.D. "Os Fixes"
3390	Carlos FERREIRA	3218	M	00:55:23	00:53:52	05:24	00:28:26	
3391	Nick HEATON	10896	M	00:55:23	00:55:02	05:31	00:27:23	
3392	Tania ALVES	623	F	00:55:24	00:55:17	05:32	00:26:33	Associação de Moradores de Atibá
3393	António FERNANDES	10275	M	00:55:24	00:48:45	04:53	00:24:11	
3394	Isabel BOAVIDA	8022	F	00:55:24	00:54:33	05:28	00:28:12	
3395	Pedro VIOLANTE	3725	M	00:55:24	00:54:01	05:25	00:26:56	
3396	Rui FILIPE	9138	M	00:55:25	00:54:33	05:28	00:28:12	
3397	Paulo Jorge GONÇALVES SIMÕES	9732	M	00:55:25	00:53:29	05:21	00:26:53	
3398	Hugo OITAVEM	4453	M	00:55:25	00:51:58	05:12	00:27:21	
3399	Cesar RIBEIRO	3575	M	00:55:25	00:52:31	05:16	00:26:53	
3400	Joana CASTELLA BOLOTA	1439	F	00:55:25	00:53:51	05:24	00:27:13	SEMPRESSA
3401	Manuel António FERNANDES	4347	M	00:55:25	00:51:54	05:12	00:25:23	
3402	Pedro BELO	12954	M	00:55:25	00:49:29	04:57	00:25:56	
3403	Ricardo Alexandre ANDRADE DA SILVA	9877	M	00:55:26	00:40:50	04:05	00:19:32	
3404	Pedro COURELA	4409	M	00:55:26	00:54:28	05:27	00:26:59	
3405	Avalice SILVA	1674	F	00:55:26	00:54:32	05:28	00:26:58	
3406	Rosária Sofia SILVA	803	F	00:55:26	00:52:11	05:14	00:26:41	
3407	Manuel AZEVEDO	12409	M	00:55:26	00:54:13	05:26	00:28:07	G.R.D. Ribeira da Lage
3408	Maria Margarida COELHO	8316	F	00:55:26	00:54:33	05:28	00:26:42	
3409	Georg DUTSCHKE	9924	M	00:55:26	00:53:46	05:23	00:27:13	
3410	Pedro NOBRE LEITÃO	393	M	00:55:27	00:55:05	05:31	00:26:32	
3411	Miguel MERCÊS DE MELLO	4799	M	00:55:27	00:52:35	05:16	00:26:14	
3412	Ricardo CARDOSO	11222	M	00:55:27	00:52:35	05:16	00:26:13	
3413	José Paulo CORREIA DO AMARAL	9293	M	00:55:27	00:53:38	05:22	00:26:43	
3414	Manuel NORONHA ANDRADE	4578	M	00:55:28	00:52:36	05:16	00:26:14	
3415	Marlone OLIVEIRA	7443	F	00:55:28	00:54:54	05:30	00:25:59	
3416	Sofia ARGENTINA RODRIGUES	601	F	00:55:28	00:52:52	05:18	00:26:40	
3417	Andre BERNARDO	2892	M	00:55:28	00:52:52	05:18	00:26:31	
3418	Dominic GALLARD	11363	M	00:55:29	00:53:21	05:21	00:26:27	
3419	António CUNHA	10609	M	00:55:29	00:52:45	05:17	00:26:30	
3420	Miguel MORADIAS	4348	M	00:55:29	00:53:28	05:21	00:26:39	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3421	José COELHO	14259	M	00:55:29	00:54:24	05:27	00:26:45	Valejas Atletico Clube
3422	Emanuel EBRERO	2176	M	00:55:29	00:54:33	05:28	00:27:00	Casa do Pessoal Estradas de Portugal
3423	Arnaldo Sebastião PINTEUS	8581	M	00:55:30	00:54:07	05:25	00:26:14	Clube Millennium BCP
3424	André DE SOUSA	5221	M	00:55:30	00:53:44	05:23	00:27:53	
3425	Bruno BARRETO	5066	M	00:55:30	00:49:31	04:58	00:25:17	
3426	Nuno MOREIRA	185	M	00:55:30	00:49:20	04:56	00:26:02	
3427	Énio PÓLVORA	4202	M	00:55:31	00:52:13	05:14	00:26:30	
3428	Cesar TOMAS	10910	M	00:55:31	00:51:40	05:10	00:26:55	
3429	Paulo PEIXOTO	8627	M	00:55:31	00:52:26	05:15	00:26:48	Açoreana clube Banif
3430	Francisco Manuel GOMES	3042	M	00:55:31	00:50:00	05:00	00:25:01	
3431	Miguel PEIXOTO	8602	M	00:55:31	00:52:27	05:15	00:26:48	Açoreana clube Banif
3432	João DOMINGOS	10756	M	00:55:32	00:53:27	05:21	00:27:30	
3433	Nina ROOTHANS	950	F	00:55:32	00:53:24	05:21	00:26:30	
3434	Jorge Gabriel CARDOSO DOS SANTOS FERNANDES	4774	M	00:55:33	00:49:54	05:00	00:25:54	
3435	Tiago Ricardo RODRIGUES MINEIRO	198	M	00:55:33	00:51:30	05:09	00:27:25	
3436	Elena IABANJI	1721	F	00:55:33	00:55:08	05:31	00:27:04	
3437	Martim LINO	9749	M	00:55:33	00:52:47	05:17	00:27:26	
3438	Pedro Miguel ENCARNAÇÃO	4472	M	00:55:34	00:55:06	05:31	00:25:18	
3439	Vasco BRINCA	9902	M	00:55:34	00:54:28	05:27	00:26:43	
3440	Raquel BRINCA	1581	F	00:55:34	00:54:28	05:27	00:26:44	
3441	João Carlos MARQUES SILVA	9957	M	00:55:34	00:52:47	05:17	00:27:03	
3442	Pedro ALMEIDA	9014	M	00:55:34	00:49:57	05:00	00:23:59	CORPUS QDF
3443	Luis PEREIRA DOS SANTOS	143	M	00:55:34	00:53:03	05:19	00:27:13	
3444	Henrique José M. ALBERTO	2943	M	00:55:34	00:53:28	05:21	00:27:57	
3445	Paulo Cesar ALMEIDA	13235	M	00:55:34	00:50:41	05:05	00:26:41	
3446	João BRAZ	10400	M	00:55:35	00:53:36	05:22	00:27:20	
3447	Fernando BAETA	14141	M	00:55:36	00:53:05	05:19	00:26:15	Construténis de Fernando Ralheta
3448	Luís SOMMER RIBEIRO	13372	M	00:55:36	00:54:24	05:27	00:27:53	
3449	António ESCALDA	9820	M	00:55:37	00:53:31	05:22	00:26:13	
3450	António SOUSA	2567	M	00:55:37	00:54:28	05:27	00:27:36	Serviços Sociais Montepio Geral
3451	Bruno LOUREIRO	5127	M	00:55:37	00:51:06	05:07	00:26:25	
3452	Cláudia SOUSA CAPELINHA	13824	F	00:55:37	00:51:53	05:12	00:25:08	Pepsico Portugal
3453	Frederico VALLES	3035	M	00:55:38	00:53:16	05:20	00:26:30	
3454	José VILELA	12482	M	00:55:38	00:54:17	05:26	00:27:03	
3455	Cintia LOPES	1112	F	00:55:39	00:51:22	05:09	00:26:27	
3456	Francisco Maria De ALMEIDA SANTOS DE SEIXAS ANTÃO	3553	M	00:55:39	00:52:43	05:17		
3457	João Paulo Priolé PRIOLÉ	4620	M	00:55:39	00:53:46	05:23	00:26:48	
3458	Rui Pedro Tendeiro TENDEIRO	10762	M	00:55:39	00:53:49	05:23	00:26:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3459	Francisco LOPES DO REGO	5171	M	00:55:39	00:50:59	05:06	00:25:34	
3460	Fabrizio PARADISO	2991	M	00:55:39	00:55:18	05:32	00:25:32	
3461	Nelson DUARTE	4759	M	00:55:40	00:53:55	05:24	00:27:51	
3462	António José VASCO DA CRUZ	9763	M	00:55:40	00:52:24	05:15	00:25:51	
3463	Ana Joao CASTRO DIAS VIEIRA FIGUEIREDO	13562	F	00:55:40	00:53:51	05:24	00:27:40	
3464	Helder SIMAS	5173	M	00:55:41	00:51:48	05:11	00:25:43	
3465	Elsa MOREIRA	908	F	00:55:41	00:55:21	05:33	00:27:19	GDINE Grupo Desportivo do Instituto Nacional Estat
3466	Zacarias ALVES	9123	M	00:55:41	00:53:09	05:19	00:27:07	N.A. "Os Papagaios de Cascais"
3467	Nuno CALADO	197	M	00:55:41	00:53:13	05:20	00:29:43	
3468	Nuno MOTA	2693	M	00:55:42	00:53:39	05:22	00:27:16	Sierra Portugal
3469	João DIAS	135675	M	00:55:42	00:51:39	05:10	00:26:27	
3470	Albano ALVES	8630	M	00:55:42	00:54:22	05:27	00:26:26	Açoreana clube Banif
3471	Lilia MOTA	7735	F	00:55:42	00:53:42	05:23	00:27:18	
3472	João PATRÍCIO	3549	M	00:55:42	00:54:06	05:25	00:26:23	
3473	Orlando FERNANDEZ	3997	M	00:55:43	00:54:06	05:25	00:27:13	
3474	Miguel VALE	11050	M	00:55:43	00:53:44	05:23	00:26:06	
3475	Pedro FERREIRA ALVES	9429	M	00:55:43	00:54:44	05:29	00:27:06	
3476	João FREIRE	11582	M	00:55:44	00:53:25	05:21	00:26:46	
3477	Joana JESUS	1111	F	00:55:44	00:52:56	05:18	00:26:23	
3478	Pedro BARRELA	4935	M	00:55:44	00:53:22	05:21	00:26:20	
3479	Luis Miguel SOUSA ALVES	228	M	00:55:44	00:53:03	05:19	00:28:57	
3480	António VICENTE RAMALHO	4747	M	00:55:44	00:54:20	05:26	00:26:56	
3481	Pedro PELEJA	4500	M	00:55:44	00:52:11	05:14	00:26:34	
3482	Pedro FILIPE	10708	M	00:55:45	00:50:43	05:05	00:25:34	
3483	Pedro NEVES	3640	M	00:55:45	00:53:25	05:21	00:26:30	
3484	Antonio PRIMOR	4303	M	00:55:45	00:54:32	05:28	00:28:33	
3485	Gonçalo BARRA	489	M	00:55:46	00:52:04	05:13	00:25:52	
3486	Júlio António RDODRIGUES	9652	M	00:55:46	00:54:11	05:26	00:27:42	
3487	Ricardo ANTUNES	4695	M	00:55:46	00:54:18	05:26	00:27:28	
3488	Leewnnards Rodrigo De AQUINO	4248	M	00:55:46	00:51:22	05:09	00:26:16	
3489	António Henrique NUNES	12524	M	00:55:46	00:54:24	05:27	00:27:33	
3490	Carlos CORREIA	13891	M	00:55:47	00:54:10	05:25	00:25:44	Clube Vodafone
3491	Margarida Sofia MARTINS	13565	F	00:55:47	00:54:51	05:30	00:27:45	
3492	Hugo Filipe SOUSA SERÓDIO	4180	M	00:55:47	00:52:23	05:15	00:26:06	
3493	Carlos Godinho Antunes ANTUNES	12444	M	00:55:47	00:55:19	05:32	00:26:16	
3494	Bárbara GONÇALVES	796	F	00:55:47	00:52:50	05:17	00:26:42	
3495	José Eduardo REIS	9619	M	00:55:48	00:52:43	05:17	00:27:00	
3496	Isabel Maria DIAS MARTINS	1484	F	00:55:48	00:54:36	05:28	00:26:49	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3497	Carlos NOVO	11126	M	00:55:49	00:53:10	05:19	00:27:21	
3498	Ana Sofia CORREIA MARTINS	13809	F	00:55:49	00:52:02	05:13	00:27:16	Pepsico Portugal
3499	Ricardo MOREDO	4702	M	00:55:49	00:53:10	05:19	00:27:20	
3500	Nuno Gabriel AMARO	10799	M	00:55:49	00:53:47	05:23	00:27:52	
3501	Ricardo SEQUEIRA	11118	M	00:55:50	00:52:59	05:18	00:27:37	
3502	Bruno SILVA	4977	M	00:55:50	00:52:20	05:14	00:25:30	
3503	Carlos Miguel SILVA	220	M	00:55:50	00:53:38	05:22	00:26:51	
3504	Rui Pedro SANTOS	10081	M	00:55:50	00:54:48	05:29	00:26:08	
3505	Luis Miguel Costa COELHO DIAS	4879	M	00:55:50	00:54:09	05:25	00:25:58	
3506	Rui ARAUJO	14109	M	00:55:51	00:52:16	05:14	00:26:15	CCDTML
3507	Helder ALMEIDA	3957	M	00:55:51	00:51:55	05:12	00:26:30	
3508	Paulo Fernando SILVA SANTOS	2186	M	00:55:51	00:55:14	05:32	00:26:52	
3509	Rafael SANTOS	14108	M	00:55:51	00:52:17	05:14	00:26:16	CCDTML
3510	Teresa FIGUEIREDO	1488	F	00:55:52	00:55:37	05:34	00:27:19	
3511	Pedro César MONTEIRO GONÇALVES	4898	M	00:55:52	00:50:40	05:04	00:25:07	
3512	Miguel ALMEIDA	4676	M	00:55:52	00:54:55	05:30	00:25:49	
3513	Helder MOREIRA	5240	M	00:55:52	00:54:23	05:27	00:25:36	
3514	Andre ANDRADE DE MELO	12893	M	00:55:52	00:55:00	05:30	00:27:31	
3515	Jorge TEIXEIRA	4625	M	00:55:52	00:53:52	05:24	00:25:49	
3516	Paulo PEREIRA	8763	M	00:55:53	00:54:35	05:28	00:25:19	Serviços Sociais Montepio Geral
3517	Rui Pedro FERNANDES GARCIA	3864	M	00:55:53	00:53:42	05:23	00:27:26	
3518	Nuno PLÁCIDO	3777	M	00:55:53	00:52:59	05:18	00:27:38	
3519	Ana GIL	7937	F	00:55:53	00:53:44	05:23	00:26:57	
3520	Ricardo FERREIRA	2282	M	00:55:53	00:55:01	05:31	00:27:36	
3521	Domingos BRITO	2285	M	00:55:53	00:55:01	05:31	00:27:23	
3522	Miguel Coelho PENAGUIÃO	11148	M	00:55:54	00:54:08	05:25	00:25:59	
3523	Antonio Manuel MEDALHAS FERREIRA	3061	M	00:55:54	00:54:44	05:29	00:27:18	
3524	David ALMEIDA	4583	M	00:55:54	00:49:38	04:58	00:24:21	
3525	Amelia SOARES BERNARDO	1016	F	00:55:54	00:53:16	05:20	00:26:27	
3526	Tomás PINA	4350	M	00:55:54	00:49:44	04:59	00:24:47	
3527	Avelino SOARES	355	M	00:55:54	00:54:57	05:30	00:27:15	
3528	Jorge Duarte DUARTE	9593	M	00:55:54	00:55:33	05:34	00:27:00	
3529	Artur Antonio Inacio FARINHA	3072	M	00:55:54	00:54:16	05:26	00:26:54	
3530	Rui Pedro ALVES TERCEIRO	11522	M	00:55:55	00:50:19	05:02	00:25:40	
3531	Tiago GREGÓRIO	2550	M	00:55:55	00:53:49	05:23	00:27:31	
3532	Inês SANTOS	1760	F	00:55:55	00:53:35	05:22	00:27:31	
3533	Anibal VIEIRA	5257	M	00:55:55	00:51:45	05:11	00:25:47	
3534	Nuno COSTA	9729	M	00:55:55	00:51:43	05:11	00:27:03	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3535	Luís CÂNDIDO	12905	M	00:55:55	00:53:07	05:19	00:26:34	
3536	Paulo PEREIRA	13204	M	00:55:55	00:52:41	05:17	00:25:34	
3537	Miguel VARGAS	11688	M	00:55:55	00:52:38	05:16	00:26:31	
3538	Francisco MAURICIO	9916	M	00:55:55	00:54:33	05:28	00:26:56	
3539	Paulo Alexandre COSTA SANTOS	351	M	00:55:55	00:52:17	05:14	00:26:23	
3540	Manuel Maria MAGALHÃES	4378	M	00:55:56	00:54:09	05:25	00:27:02	
3541	Manuel MARTINHO	10834	M	00:55:56	00:52:33	05:16	00:26:23	
3542	Cristovão RAMOS	8765	M	00:55:56	00:52:24	05:15	00:26:11	Tabaqueira
3543	Eugenio Marques MARQUES	3200	M	00:55:56	00:52:52	05:18	00:25:32	
3544	Nelson OLIM	4318	M	00:55:57	00:52:59	05:18	00:26:53	
3545	Rui SANTOS	4542	M	00:55:57	00:50:07	05:01	00:25:30	
3546	João NUNES	3138	M	00:55:57	00:54:43	05:29	00:28:17	
3547	Fernando RIO MAIOR	3618	M	00:55:57	00:54:02	05:25	00:26:51	
3548	Montezuma DUMANGANE	11125	M	00:55:57	00:53:59	05:24	00:27:13	
3549	Pedro Henrique SANTOS CALDEIRA	4438	M	00:55:57	00:50:37	05:04	00:26:28	
3550	Nuno SILVA	10827	M	00:55:58	00:54:27	05:27	00:27:54	
3551	Oswaldo NICOLAU	11294	M	00:55:58	00:50:49	05:05	00:26:31	
3552	Paula ORDONHO	1900	F	00:55:58	00:54:49	05:29	00:27:48	
3553	João AGOSTINHO	11016	M	00:55:58	00:52:58	05:18	00:28:09	
3554	Sario Alberto GARCIA PEREIRA	10829	M	00:55:58	00:52:19	05:14	00:26:24	
3555	Pedro TEIXEIRA	10137	M	00:55:58	00:53:06	05:19	00:27:16	
3556	João Tomás TEIXEIRA	3514	M	00:55:58	00:53:09	05:19	00:26:01	
3557	Carlos BURACA	285	M	00:55:58	00:51:27	05:09	00:26:04	
3558	Davide AMADO	10010	M	00:55:58	00:53:01	05:19	00:27:28	
3559	Joao ARAUJO	4769	M	00:55:58	00:52:22	05:15	00:26:08	
3560	José CALADO	10593	M	00:55:59	00:52:22	05:15	00:26:13	
3561	Andre MARQUES AZEVEDO	115	M	00:55:59	00:53:44	05:23	00:27:44	
3562	Tiago Miguel ANTUNES DE ALMEIDA	9939	M	00:55:59	00:51:44	05:11	00:27:00	
3563	Daniel REIS	9668	M	00:55:59	00:52:44	05:17	00:27:45	
3564	Vitor VIEIRA	11035	M	00:55:59	00:53:09	05:19	00:26:59	
3565	Miguel Ângelo INÁCIO DE CASTRO	10883	M	00:55:59	00:51:15	05:08	00:27:12	
3566	Ricardo COELHO	8672	M	00:55:59	00:51:47	05:11	00:27:03	Serviços Sociais da CGD
3567	Luís MADEIRA	8743	M	00:55:59	00:51:48	05:11	00:27:04	Serviços Sociais da CGD
3568	Vitor José FIGUEIREDO RAMOS	12658	M	00:55:59	00:54:18	05:26	00:26:43	
3569	Apolinário MEIRA	3896	M	00:56:00	00:51:25	05:09	00:25:12	
3570	António José PIRES	3327	M	00:56:00	00:54:45	05:29	00:27:37	
3571	Alexandre Castanho LEITÃO	11373	M	00:56:00	00:52:44	05:17	00:27:17	
3572	Pilar BAQUERO	1868	F	00:56:00	00:50:19	05:02	00:25:12	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3573	Cátia Vanessa Lopes Claro SOUSA	1468	F	00:56:00	00:52:43	05:17	00:26:10	
3574	Vitor MONTEIRO	9235	M	00:56:00	00:54:23	05:27	00:27:11	Marriott Lisboa Hotel
3575	Sofia MARTINS	695	F	00:56:00	00:50:50	05:05	00:26:24	
3576	Ricardo OLIVEIRA	11202	M	00:56:00	00:54:14	05:26	00:27:14	
3577	Helder LOPES	11040	M	00:56:01	00:51:11	05:08	00:25:11	
3578	Jose Antonio Dos SANTOS DE MIRA	13398	M	00:56:01	00:55:47	05:35	00:27:29	
3579	Pedro GIL	11459	M	00:56:01	00:54:06	05:25	00:27:07	
3580	Helder BEXIGA	9356	M	00:56:02	00:54:25	05:27	00:26:47	
3581	Carlos TOMÉ	4311	M	00:56:02	00:54:37	05:28	00:27:32	
3582	Fátima ANTUNES	1950	F	00:56:02	00:54:37	05:28	00:27:32	
3583	Jorge DUARTE	14018	M	00:56:02	00:55:00	05:30	00:27:16	Gabinete de Fisioterapia no Desporto
3584	Joao SERRALHA	5084	M	00:56:03	00:52:42	05:17	00:25:04	
3585	Paulo HENRIQUES	12754	M	00:56:03	00:54:48	05:29	00:27:33	
3586	Ricardo ROSA	3726	M	00:56:03	00:53:33	05:22	00:25:51	
3587	Antonio Jorge FERREIRA	11424	M	00:56:04	00:53:55	05:24	00:26:31	
3588	Miguel AZEVEDO	8594	M	00:56:04	00:50:03	05:01	00:25:20	Clube do Stress
3589	Fernando FERREIRA	9131	M	00:56:05	00:54:00	05:24	00:26:38	
3590	Nuno Alexandre SANTIAGO	9455	M	00:56:05	00:55:34	05:34	00:27:56	
3591	Marta Filipa MARQUES FONSECA	13570	F	00:56:05	00:55:39	05:34	00:26:13	
3592	João Carlos RIBEIRO DE LOBATO CORTESÃO	10876	M	00:56:05	00:54:00	05:24	00:26:38	
3593	Marta SÁ PESSOA	7826	F	00:56:05	00:54:31	05:28	00:26:47	SEMPRESSA
3594	Nuno MENDES SILVA	8952	M	00:56:05	00:55:00	05:30	00:28:29	GDINE Grupo Desportivo do Instituto Nacional Estat
3595	Pedro TEIGAS	4319	M	00:56:06	00:51:30	05:09	00:25:45	
3596	João Paulo COELHO PINTO	3162	M	00:56:06	00:53:39	05:22	00:26:50	
3597	Martim NORTE	8780	M	00:56:06	00:55:21	05:33	00:26:54	Clube ANA Lisboa
3598	Nuno AVÓ	12520	M	00:56:06	00:53:46	05:23	00:26:21	Açoreana clube Banif
3599	Nuno Alexandre Semedo VAZ	10767	M	00:56:06	00:51:08	05:07	00:25:42	
3600	Luís MANUEL	5165	M	00:56:06	00:52:56	05:18	00:26:13	
3601	Ana FERREIRA	14045	F	00:56:07	00:55:01	05:31	00:26:50	Clube Grupo Desportivo BES
3602	Jorge MACHADO	8513	M	00:56:07	00:55:56	05:36	00:26:47	NUCLEOEIRAS/SPORTZONE
3603	José Manuel HENRIQUES	3362	M	00:56:07	00:54:07	05:25	00:26:48	
3604	Hugo PINHEIRO	11319	M	00:56:07	00:53:00	05:18	00:26:10	
3605	Marciano ALVES	5177	M	00:56:08	00:51:04	05:07	00:24:34	
3606	Vitor LEMOS	4729	M	00:56:08	00:53:56	05:24	00:27:11	
3607	Nuno NUNES	420	M	00:56:08	00:50:27	05:03	00:25:42	
3608	Fernando PALMA	3126	M	00:56:08	00:54:26	05:27	00:26:21	
3609	Vitor ÁLVARO	2292	M	00:56:08	00:54:37	05:28	00:26:08	Serviços Sociais da CGD
3610	João CANDEIAS	11099	M	00:56:09	00:53:27	05:21	00:27:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3611	Filipe GIL	10934	M	00:56:09	00:54:12	05:26	00:26:23	
3612	Bruno ANDRADE	10921	M	00:56:09	00:54:12	05:26	00:26:23	
3613	Luís Filipe João MARTINS	10672	M	00:56:09	00:54:53	05:30	00:26:51	
3614	Manuel SILVA	2960	M	00:56:09	00:54:53	05:30	00:26:52	
3615	Nuno AMARAL	11085	M	00:56:09	00:52:01	05:13	00:26:17	
3616	Ricardo Miguel SILVA	5056	M	00:56:09	00:53:57	05:24	00:26:52	
3617	Nuno BAPTISTA FERNANDES	2869	M	00:56:10	00:55:28	05:33	00:26:35	Casa da Dizima
3618	João Manuel Dos Santos ALMEIDA	4576	M	00:56:10	00:54:43	05:29	00:27:56	
3619	Rui Miguel ANTUNES	10510	M	00:56:11	00:54:02	05:25	00:26:53	
3620	Ricardo FERNANDES	14085	M	00:56:11	00:55:13	05:32	00:27:06	Clube Grupo Desportivo BES
3621	Ricardo Miguel SIMÕES GOMES	11339	M	00:56:11	00:54:20	05:26	00:27:25	
3622	Tiago PAULINO	10091	M	00:56:11	00:54:03	05:25	00:27:13	
3623	Miguel LANCASTRE	3467	M	00:56:12	00:53:10	05:19	00:26:35	
3624	Jose MELO	3673	M	00:56:12	00:52:37	05:16	00:26:06	
3625	João FAZENDAS	4577	M	00:56:12	00:55:31	05:34	00:25:32	
3626	Tiago BIANCHI	2359	M	00:56:12	00:53:33	05:22	00:26:48	Clube do Stress
3627	Francisco COITO	10716	M	00:56:12	00:54:27	05:27	00:26:23	
3628	Marco GRAÇA	8935	M	00:56:12	00:52:35	05:16	00:27:13	CORPUS QDF
3629	Isabel MATIAS	1882	F	00:56:13	00:51:22	05:09	00:26:31	
3630	Aldina MARQUES	7832	F	00:56:13	00:51:35	05:10	00:26:24	CP
3631	Marisa GOMES	1751	F	00:56:13	00:55:17	05:32	00:27:08	
3632	Fernando Sérgio SILVA	3539	M	00:56:13	00:53:04	05:19	00:25:56	
3633	José Pedro GONÇALVES	2301	M	00:56:13	00:53:45	05:23	00:26:53	
3634	Alfredo Manuel Lemos PARADA	4371	M	00:56:13	00:54:52	05:30	00:27:39	
3635	Duarte CABRAL	9950	M	00:56:14	00:54:02	05:25	00:27:47	
3636	Rui Miguel CAETANO	3351	M	00:56:14	00:53:57	05:24	00:26:52	
3637	Rogério GONÇALVES	10247	M	00:56:14	00:54:08	05:25	00:27:46	
3638	Nelia CARDOSO	610	F	00:56:14	00:54:24	05:27	00:27:55	
3639	José RAPOSO	3001	M	00:56:14	00:54:00	05:24	00:27:35	
3640	João Manuel Lamin BARBOSA	5243	M	00:56:14	00:52:53	05:18	00:27:50	
3641	Adelino PEREIRA	13840	M	00:56:15	00:54:55	05:30	00:26:51	Odebrecht / BPC
3642	Nuno Ricardo Gameiro MERGULHÃO	11525	M	00:56:15	00:51:24	05:09	00:26:32	
3643	Daniel CARDOSO	11298	M	00:56:15	00:54:24	05:27	00:27:55	
3644	Fausto ISAAC	2271	M	00:56:15	00:51:25	05:09	00:26:33	Açoreana clube Banif
3645	Sandra CONSTANTINO	1165	F	00:56:15	00:55:00	05:30	00:27:22	
3646	Helder CONSTANTINO	86	M	00:56:15	00:55:00	05:30	00:27:17	
3647	Isabel Maria CUNHA MARTINS	7931	F	00:56:15	00:54:29	05:27	00:26:38	
3648	João FRANCO	5196	M	00:56:16	00:51:15	05:08	00:25:28	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3649	Idílio António MELO JACINTO	3122	M	00:56:16	00:51:15	05:08	00:26:12	
3650	Maria Do Céu VIEGAS	14150	F	00:56:16	00:55:16	05:32	00:27:05	Construténis de Fernando Ralheta
3651	Pedro Miguel Rã SILVA	3335	M	00:56:16	00:52:59	05:18	00:25:23	
3652	Basilio LEAL	9351	M	00:56:16	00:54:02	05:25	00:27:32	
3653	Paulo ALVES ALMEIDA	8858	M	00:56:17	00:50:10	05:01	00:26:04	G. D. Banco BPI
3654	Mário SANTOS H. RAPOSO	2705	M	00:56:17	00:54:05	05:25	00:27:02	
3655	Inês GOMES DE ALMEIDA	12098	F	00:56:17	00:50:10	05:01	00:26:04	G. D. Banco BPI
3656	António COIMBRA	14197	M	00:56:17	00:55:09	05:31	00:26:26	Associação Páraquedistas Tejo Norte
3657	João Nuno VERÍSSIMO SILVA FRANCO	3082	M	00:56:17	00:54:33	05:28	00:25:18	
3658	Rui Miguel RAPOSO	9279	M	00:56:17	00:54:41	05:29	00:26:00	
3659	Manuel HORTA	9165	M	00:56:17	00:52:50	05:17	00:26:39	
3660	Lino SILVA	9227	M	00:56:18	00:55:54	05:36	00:27:18	Grupo Desportivo Cimpor
3661	Carlos CARITA	14049	M	00:56:18	00:55:55	05:36	00:27:03	Clube Grupo Desportivo BES
3662	Armando FERNANDES	10880	M	00:56:18	00:53:15	05:20	00:26:37	
3663	Eduardo SOUSA	10828	M	00:56:18	00:53:46	05:23	00:27:31	
3664	Paulo CALVINO	10061	M	00:56:19	00:54:14	05:26	00:26:33	
3665	Thiago FIGUEIREDO	10725	M	00:56:19	00:51:24	05:09	00:26:18	
3666	Rui Manuel SILVA	13242	M	00:56:19	00:53:18	05:20	00:26:42	
3667	Carlos COSTA	2210	M	00:56:19	00:51:24	05:09	00:26:18	
3668	Rita LOURENÇO SILVA	1884	F	00:56:20	00:55:40	05:34	00:27:35	
3669	Pedro REBELO DIAS	4192	M	00:56:20	00:55:40	05:34	00:27:34	
3670	Luis Daniel MENDES GASPAR	4112	M	00:56:20	00:53:27	05:21	00:28:27	
3671	Jose Carlos CARDOSO	3209	M	00:56:21	00:53:48	05:23	00:27:17	
3672	Ricardo PIRES MORGADO	3146	M	00:56:21	00:54:32	05:28	00:27:15	
3673	António BATISTA	4662	M	00:56:21	00:53:05	05:19	00:26:05	
3674	José SANTOS	9431	M	00:56:21	00:52:41	05:17	00:26:06	
3675	Isabel Cristina SILVA	678	F	00:56:21	00:56:01	05:37	00:27:07	NUCLEOEIRAS/SPORTZONE
3676	Tiago CERÍACO	12640	M	00:56:21	00:55:31	05:34	00:25:36	O mundo da Corrida
3677	Monica Sofia PIRES OLIVEIRA	8041	F	00:56:21	00:54:49	05:29	00:27:43	
3678	José Manuel MARQUES	12885	M	00:56:22	00:52:42	05:17	00:25:59	
3679	Sara TAVARES	638	F	00:56:22	00:53:51	05:24	00:27:13	
3680	Margarida BRITES	7469	F	00:56:22	00:53:44	05:23	00:27:06	
3681	Carlos Eduardo DUARTE LAPA	4454	M	00:56:22	00:54:04	05:25	00:28:02	
3682	Luis MARTINS	11025	M	00:56:22	00:51:48	05:11	00:25:28	
3683	Ricardo Miguel DAMIÃO JESUS	10020	M	00:56:22	00:54:05	05:25	00:28:00	
3684	Sérgio COIMBRA	10782	M	00:56:22	00:54:30	05:27	00:27:26	
3685	Miguel QUINAZ	4384	M	00:56:22	00:55:15	05:32	00:26:59	
3686	Ednilson SANTOS	3559	M	00:56:23	00:52:42	05:17	00:26:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3687	Ricardo MATEUS	8634	M	00:56:23	00:54:56	05:30	00:27:53	Serviços Sociais da CGD
3688	Rui MATIAS	13901	M	00:56:23	00:54:36	05:28	00:26:47	Clube Vodafone
3689	Jose Januario CIPRIANO DE AZEVEDO LIMA	13261	M	00:56:23	00:52:25	05:15	00:26:29	
3690	Sandro MINEIRO	10481	M	00:56:23	00:52:42	05:17	00:26:47	
3691	Nelson RIBEIRO	10710	M	00:56:23	00:52:52	05:18	00:25:58	
3692	Marcelo AREIAS	4413	M	00:56:23	00:51:03	05:07	00:25:43	
3693	Henrique PARENTE	4464	M	00:56:24	00:52:43	05:17	00:26:43	
3694	Guilherme Luis Pereira NUNES	3055	M	00:56:24	00:55:49	05:35	00:27:16	
3695	Eduardo Silva ANES	13133	M	00:56:24	00:54:51	05:30	00:27:19	
3696	Ivo CALHA	11311	M	00:56:25	00:51:56	05:12	00:26:01	
3697	Paulo Alexandre CONDINHO MIRANDA	10086	M	00:56:25	00:52:29	05:15	00:26:50	
3698	Pedro MOITA	14175	M	00:56:25	00:52:46	05:17	00:27:11	
3699	Jorge PINTO	2945	M	00:56:25	00:55:03	05:31	00:27:35	
3700	Ricardo Prata LOURO	11405	M	00:56:25	00:53:17	05:20	00:27:53	
3701	Catarina AFONSO	8437	F	00:56:25	00:52:27	05:15	00:25:31	
3702	Rafael FRANCO	4851	M	00:56:26	00:53:56	05:24	00:26:55	
3703	Paulo CALDEIRA	4707	M	00:56:26	00:54:58	05:30	00:27:25	
3704	Eduardo PASSOS	11028	M	00:56:26	00:53:26	05:21	00:28:09	
3705	Marta COELHO	2042	F	00:56:26	00:54:57	05:30	00:27:25	
3706	Nuno SÁ	14207	M	00:56:27	00:52:21	05:15	00:26:15	RAIL RUNNERS
3707	Pedro FERNANDES	11171	M	00:56:27	00:54:33	05:28	00:26:42	
3708	Nuno GARCIA	4748	M	00:56:27	00:54:33	05:28	00:26:42	
3709	Orlando ZACARIAS	4745	M	00:56:27	00:53:07	05:19	00:26:47	
3710	Nuno ESTEVES	9799	M	00:56:27	00:54:42	05:29	00:26:47	
3711	Gonçalo PINHEIRO	9538	M	00:56:28	00:52:41	05:17	00:27:29	
3712	Susana MENDO	1284	F	00:56:28	00:56:14	05:38	00:27:31	
3713	Sónia DIONÍSIO	7940	F	00:56:28	00:54:54	05:30	00:26:21	
3714	Ana Cristina Calçado CARVALHO	1966	F	00:56:28	00:55:00	05:30	00:27:23	
3715	Filipe FREITAS	3252	M	00:56:28	00:54:53	05:30	00:26:17	
3716	Pedro MOITA	4166	M	00:56:28	00:53:52	05:24	00:27:05	
3717	Joao LOBO	9803	M	00:56:28	00:55:36	05:34	00:27:46	
3718	Antonio PAIS	10246	M	00:56:28	00:53:42	05:23	00:27:05	
3719	Mário GUEREIRO ALEXANDRE	4186	M	00:56:29	00:55:08	05:31	00:27:09	
3720	António FERREIRA	8987	M	00:56:29	00:55:18	05:32	00:26:47	Grupo Desportivo Roche
3721	Francisco VARANDAS	9744	M	00:56:29	00:53:42	05:23	00:27:26	
3722	Filipe Manuel Araújo TEMPERO	4260	M	00:56:29	00:54:53	05:30	00:28:01	
3723	Bruno GRAÇA	4936	M	00:56:29	00:53:25	05:21	00:26:32	
3724	João RODRIGO SILVA	9141	M	00:56:30	00:54:55	05:30	00:27:09	AGAP2

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3725	Francisco AMARAL	10423	M	00:56:30	00:53:49	05:23	00:28:14	
3726	Rui COUTINHO	4364	M	00:56:30	00:53:49	05:23	00:28:14	
3727	Catarina Manuela DIAS LUCAS DA COSTA	1605	F	00:56:30	00:51:15	05:08	00:26:31	
3728	Paulo JORGE SILVA DO MONTE	13083	M	00:56:30	00:55:36	05:34	00:27:29	
3729	Miguel OLIVEIRA	4501	M	00:56:30	00:55:01	05:31	00:28:23	
3730	Manuel BORGES	10554	M	00:56:30	00:55:25	05:33	00:26:02	
3731	Henrique José SAMORA	8842	M	00:56:30	00:52:04	05:13	00:27:20	Clube Ferroviário de Portugal
3732	Manuel João REBELO BARBOSA	174	M	00:56:30	00:53:55	05:24	00:28:03	
3733	Sérgio CRUZ	3259	M	00:56:30	00:53:31	05:22	00:27:44	
3734	Tiago RODRIGUES	4410	M	00:56:30	00:50:54	05:06	00:26:37	
3735	Diogo PEREIRA DIAS	11366	M	00:56:31	00:52:56	05:18	00:27:08	
3736	João José FRANCISCO DA SILVA	10088	M	00:56:32	00:50:55	05:06	00:26:37	
3737	Pedro BARATA	10601	M	00:56:33	00:54:43	05:29	00:26:32	
3738	Bruno FONSECA	11530	M	00:56:33	00:54:00	05:24	00:27:01	
3739	Eduardo RODRIGUES	8645	M	00:56:33	00:54:34	05:28	00:27:28	Serviços Sociais da CGD
3740	Barbara MARQUES	7954	F	00:56:33	00:55:44	05:35	00:26:41	
3741	José CALHA	11287	M	00:56:33	00:52:09	05:13	00:26:55	
3742	José CALDEIRINHA	4482	M	00:56:33	00:52:38	05:16	00:26:04	
3743	Paulo RESI PINTO	8697	M	00:56:34	00:51:33	05:10	00:25:39	Clube Millennium BCP
3744	Luís PINTO MONTEIRO	5136	M	00:56:34	00:52:19	05:14	00:26:38	
3745	Pedro Manuel PAZ SEQUEIRA	9759	M	00:56:34	00:54:14	05:26	00:26:29	
3746	Claudio Luiz Bolanho BOLANHO	11452	M	00:56:35	00:55:00	05:30	00:28:56	
3747	Daniel Dos Santos AGUIAR	4408	M	00:56:35	00:56:06	05:37	00:27:02	
3748	Sara MARTINS	2030	F	00:56:35	00:54:14	05:26	00:27:03	
3749	Roberto CARDETA	5028	M	00:56:35	00:50:30	05:03	00:24:27	
3750	Emanuel SANTOS	10900	M	00:56:35	00:54:48	05:29	00:27:52	
3751	Nuno Miguel ESTEVES FERREIRA	11478	M	00:56:35	00:54:46	05:29	00:28:23	
3752	Rui Miguel MARQUES BAPTISTA	5026	M	00:56:35	00:54:41	05:29	00:27:11	
3753	Carlos Alberto RODRIGUES MARQUES	9470	M	00:56:35	00:55:34	05:34	00:27:06	
3754	Sofia ROCHA	8335	F	00:56:35	00:54:04	05:25	00:26:46	SL BENFICA
3755	Francisco António VITORINO	5167	M	00:56:36	00:53:44	05:23	00:26:17	
3756	Miguel FERREIRA	3861	M	00:56:36	00:54:50	05:29	00:24:45	
3757	Tiago FERREIRA	9553	M	00:56:36	00:53:51	05:24	00:28:13	
3758	Bruno João VITORINO	5147	M	00:56:36	00:53:47	05:23	00:26:20	
3759	Manuel HALL	4508	M	00:56:36	00:53:46	05:23	00:26:07	
3760	Jose Manuel TRINDADE	3558	M	00:56:36	00:54:03	05:25	00:26:49	
3761	Paula SANTOS	2311	F	00:56:36	00:54:37	05:28	00:27:27	Serviços Sociais da CGD
3762	Rui SÁ	10076	M	00:56:36	00:52:19	05:14	00:27:36	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3763	Helena BARROS	12293	F	00:56:36	00:52:38	05:16	00:26:44	
3764	Rita SOUSA	1939	F	00:56:36	00:54:31	05:28	00:27:52	
3765	João FAUSTINO	3080	M	00:56:38	00:50:10	05:01	00:26:59	
3766	Rui SALGADO	168	M	00:56:38	00:55:23	05:33	00:26:51	
3767	Fernando GUERRA	10106	M	00:56:39	00:55:05	05:31	00:27:16	
3768	Eduardo FONSECA	4568	M	00:56:39	00:55:33	05:34	00:26:37	
3769	Nuno FERNANDES	4185	M	00:56:39	00:47:59	04:48	00:23:43	
3770	Maria Helena COSTA	7383	M	00:56:39	00:56:33	05:40	00:27:26	G.R.D. Ribeira da Lage
3771	Carlos Miguel DURÃES	10440	M	00:56:39	00:55:47	05:35	00:28:07	
3772	Bruno CARVALHO	5009	M	00:56:39	00:55:10	05:31	00:27:47	
3773	Luis Miguel Borges NUNES	10296	M	00:56:39	00:55:45	05:35	00:27:22	
3774	Edgar DAVID	8934	M	00:56:40	00:53:31	05:22	00:26:55	G.R.D. "Os Fixes"
3775	Carlos RAPOSO	4928	M	00:56:40	00:54:10	05:25	00:26:58	
3776	Rui FREIRE	11686	M	00:56:40	00:54:10	05:25	00:26:58	
3777	António AMARAL	9981	M	00:56:41	00:55:09	05:31	00:26:52	
3778	Pedro GUARITA	13445	M	00:56:41	00:48:01	04:49	00:23:44	
3779	Isabel ALPIARCA	1773	F	00:56:41	00:55:12	05:32	00:27:18	
3780	Bruno Filipe Silva REIS	9087	M	00:56:41	00:51:43	05:11	00:26:15	
3781	Pedro Miguel BASTOS	4502	M	00:56:41	00:53:59	05:24	00:26:43	
3782	Carlos SIMÃO	3875	M	00:56:41	00:55:10	05:31	00:27:15	
3783	Rui Jorge Bernardo MEALHA	3207	M	00:56:41	00:54:42	05:29	00:27:51	
3784	Paulo EDUARDO	2140	M	00:56:42	00:53:19	05:20	00:27:05	
3785	Joao ALVES	3045	M	00:56:42	00:53:21	05:21	00:27:35	
3786	Carlos Alberto MARQUES GOMES	10665	M	00:56:42	00:55:02	05:31	00:28:00	
3787	José Carlos Diogo BAIÃO	12939	M	00:56:42	00:53:00	05:18	00:27:51	
3788	Mário SANTOS	9960	M	00:56:42	00:53:44	05:23	00:28:04	
3789	Paulo SOUSA	10680	M	00:56:43	00:53:47	05:23	00:26:53	
3790	Francisco VIROTE MARQUES	9782	M	00:56:43	00:54:31	05:28	00:27:49	
3791	Luís Manuel Diogo BAIÃO	12886	M	00:56:43	00:53:02	05:19	00:27:33	
3792	Miguel BANHA	10841	M	00:56:43	00:55:18	05:32	00:27:07	
3793	Marco TEIXEIRA PINTO	13289	M	00:56:43	00:53:20	05:20	00:27:41	
3794	José Francisco Caracho PARDAL	4893	M	00:56:43	00:52:31	05:16	00:26:59	
3795	Rogério Paulo GOMES ROSA FERREIRA	11262	M	00:56:43	00:55:41	05:35	00:27:46	
3796	Luis DIAS	9863	M	00:56:44	00:54:09	05:25	00:27:39	
3797	Pedro COUCEIRO	3299	M	00:56:44	00:54:26	05:27	00:28:12	
3798	Francisco PARAÍBA	11406	M	00:56:44	00:51:00	05:06	00:26:25	
3799	Tiago PETINGA	3892	M	00:56:44	00:53:39	05:22	00:26:43	
3800	Alexandra MARQUES	8006	F	00:56:45	00:55:55	05:36	00:27:34	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3801	José Francisco MARQUES	8725	M	00:56:45	00:52:59	05:18	00:26:08	Clube Millennium BCP
3802	Mário CAMPOS	3421	M	00:56:45	00:51:49	05:11	00:26:33	
3803	Joao Paulo Trindade PEREIRA	3608	M	00:56:45	00:51:08	05:07	00:26:36	
3804	José DIAZ VILLAR	12569	M	00:56:45	00:55:44	05:35	00:27:04	
3805	Augusto VIEIRA	9224	M	00:56:45	00:54:59	05:30	00:27:18	
3806	João VENDEIRINHO ALMEIDA	12933	M	00:56:45	00:54:58	05:30	00:27:17	
3807	Tiago NEVES	2286	M	00:56:46	00:53:05	05:19	00:26:15	
3808	Nuno MELO	4133	M	00:56:46	00:55:24	05:33	00:28:42	
3809	Bartolomeu SANTOS	9334	M	00:56:46	00:51:16	05:08	00:26:39	
3810	João Philippe DE CARVALHO	11368	M	00:56:46	00:55:39	05:34	00:26:40	
3811	Bruno VASCONCELOS MAIA	3764	M	00:56:46	00:54:21	05:27	00:28:55	
3812	Sara COSTA	792	F	00:56:46	00:52:18	05:14	00:25:33	
3813	Rui MADEIRA	9880	M	00:56:46	00:55:26	05:33	00:26:08	
3814	Bruno COSTA	9246	M	00:56:47	00:54:23	05:27	00:29:18	
3815	José MAROUÇO	2905	M	00:56:47	00:56:41	05:41	00:27:06	
3816	Paulo GONCALVES	564	M	00:56:47	00:53:53	05:24	00:28:52	
3817	Antonio CARREIRA	11673	M	00:56:48	00:52:28	05:15	00:26:28	
3818	Luis PROENÇA	12611	M	00:56:48	00:52:20	05:14	00:27:11	
3819	João Manuel Rodrigues PEREIRA	4705	M	00:56:48	00:50:49	05:05	00:25:47	
3820	Ricardo RODRIGUES	3955	M	00:56:49	00:55:52	05:36	00:26:19	
3821	Jorge DRUMOND SILVA	3204	M	00:56:49	00:55:35	05:34	00:27:28	
3822	Carolina SILVA	847	F	00:56:49	00:56:34	05:40	00:27:28	Açoreana clube Banif
3823	Pedro GOMES	11579	M	00:56:49	00:56:35	05:40	00:26:46	
3824	Jose Augusto Valmore FERNANDES	13077	M	00:56:49	00:56:49	05:41	00:31:24	
3825	Gonçalo COSTA BARATA	11230	M	00:56:50	00:55:27	05:33	00:27:34	
3826	Hugo GABRIEL	3845	M	00:56:50	00:52:36	05:16	00:26:23	
3827	António PEREIRA	10939	M	00:56:50	00:55:15	05:32	00:27:55	
3828	João SOUSA RAMOS	10816	M	00:56:50	00:55:27	05:33	00:27:34	
3829	Rui DUARTE	11612	M	00:56:51	00:52:04	05:13	00:27:41	
3830	Luis GONÇALVES	8751	M	00:56:51	00:51:16	05:08	00:27:09	HP Portugal Clube
3831	Jorge Roberto FIGUEIRA	4918	M	00:56:51	00:53:06	05:19	00:26:52	
3832	João TRANCOSO	3662	M	00:56:51	00:53:59	05:24	00:27:34	
3833	Tatiana NUNES	919	F	00:56:51	00:54:18	05:26	00:27:35	Maratona Clube de Portugal
3834	João Carlos TAVARES LOPES	4905	M	00:56:51	00:55:02	05:31	00:28:31	
3835	Ferdinanda CHAINHO PEREIRA CARDOSO	987	F	00:56:51	00:55:44	05:35	00:28:16	
3836	Hugo RODRIGUES	10461	M	00:56:51	00:54:22	05:27	00:27:53	
3837	Pedro GOMES	2544	M	00:56:51	00:54:18	05:26	00:27:34	Maratona Clube de Portugal
3838	Pedro RODRIGUES	5244	M	00:56:51	00:54:25	05:27	00:27:56	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3839	Valter Francisco CAMPANISO DO FORNO	4885	M	00:56:52	00:55:03	05:31	00:28:30	
3840	Joao EIRA	9733	M	00:56:52	00:50:59	05:06	00:25:24	
3841	Ana PINHEIRO	1206	F	00:56:52	00:54:45	05:29	00:27:00	G. D. Porto de Sines
3842	Paulo PEDRO	9747	M	00:56:52	00:53:14	05:20	00:27:14	
3843	Fernando De Almeida LOPES	3772	M	00:56:52	00:54:35	05:28	00:27:56	
3844	Gabriel Carlos MATEUS	10455	M	00:56:52	00:52:33	05:16	00:26:05	
3845	Fernando José ALVES	8677	M	00:56:53	00:55:36	05:34	00:27:26	Serviços Sociais da CGD
3846	Angela MOITA	7498	F	00:56:53	00:55:38	05:34	00:27:17	
3847	Rui Alexandre FERREIRA PINTO	4073	M	00:56:53	00:51:41	05:11	00:26:47	
3848	Pedro BRÁS	13443	M	00:56:53	00:53:40	05:22	00:26:23	
3849	Henrique TELHADO	3820	M	00:56:53	00:53:55	05:24	00:26:42	
3850	Inês MARTINS	824	F	00:56:54	00:54:05	05:25	00:26:23	
3851	Teresa PIMENTA	1102	F	00:56:54	00:48:15	04:50	00:24:01	
3852	Inácio MENDES	13165	M	00:56:54	00:52:41	05:17	00:26:18	
3853	Nuno Gonçalo SANTOS PINTO	9546	M	00:56:54	00:54:44	05:29	00:27:16	
3854	Joao Carlos Garcia GARCIA	3737	M	00:56:54	00:53:19	05:20	00:26:25	
3855	António VEIGA	10329	M	00:56:54	00:56:30	05:39	00:27:51	
3856	Rita MONTALVÃO	1649	F	00:56:54	00:54:20	05:26	00:26:50	
3857	Domingos BICHO	10736	M	00:56:54	00:54:52	05:30	00:27:47	
3858	Nuno AFONSO	5178	M	00:56:55	00:50:08	05:01	00:27:19	
3859	Hugo HENRIQUES	553	M	00:56:55	00:50:49	05:05	00:26:54	
3860	Jorge Alexandre REIS DE BARROS	9677	M	00:56:55	00:52:47	05:17	00:25:44	
3861	Alexandre Marques GONÇALVES	12226	M	00:56:55	00:55:06	05:31	00:28:00	
3862	Maria Do Carmo MOSER	1768	F	00:56:55	00:55:41	05:35	00:27:41	
3863	Vasco NUNES	11380	M	00:56:55	00:51:24	05:09	00:25:34	
3864	Nuno Filipe MARTINS ANTUNES	3181	M	00:56:55	00:55:17	05:32	00:27:52	
3865	Helia Maria BERNARDO G. FREIRE	8334	F	00:56:55	00:52:58	05:18	00:26:09	
3866	António LAVAJO	11408	M	00:56:55	00:54:43	05:29	00:27:19	
3867	Humberto SOEIMA	8802	M	00:56:56	00:50:50	05:05	00:25:14	Corridinha Para a Carola
3868	Thomas ATKINSON	303	M	00:56:56	00:53:53	05:24	00:27:11	St. Julians School
3869	Nuno Miguel SILVA MARTINS	10464	M	00:56:56	00:52:26	05:15	00:25:37	
3870	Patricia ANTUNES	1013	F	00:56:56	00:50:49	05:05	00:25:12	Corridinha Para a Carola
3871	Tiago PINHEL	5067	M	00:56:56	00:51:49	05:11	00:27:16	
3872	Bernardo PEREIRA	3250	M	00:56:56	00:53:58	05:24	00:27:44	
3873	Guy ATKINSON	298	M	00:56:56	00:53:54	05:24	00:27:10	St. Julians School
3874	Sergio SALES	10641	M	00:56:57	00:50:27	05:03	00:26:51	
3875	Ivo DIOGO	4852	M	00:56:57	00:51:50	05:11	00:27:17	
3876	Carlos PEREIRA	2769	M	00:56:57	00:56:01	05:37	00:27:08	Associação Atletismo Lebres do Sado

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3877	Luis Manuel Mota FERREIRA	11511	M	00:56:57	00:54:08	05:25	00:26:20	
3878	José FERREIRA	8709	M	00:56:57	00:55:22	05:33	00:26:13	Peugeot
3879	Nuno Miguel ROSADO	5145	M	00:56:57	00:52:30	05:15	00:26:43	
3880	Pedro CARDOSO	4991	M	00:56:57	00:55:00	05:30	00:28:24	
3881	Joaquim FERNANDES MARÇALO	12860	M	00:56:58	00:55:10	05:31	00:26:43	
3882	Pedro SOUSA	4326	M	00:56:58	00:54:52	05:30	00:27:50	
3883	Kirsten HANSON	1564	F	00:56:58	00:52:08	05:13	00:25:23	
3884	José TORRÃO	4809	M	00:56:59	00:54:26	05:27	00:26:37	
3885	Nuno Miguel Prata SANTOS	9853	M	00:56:59	00:53:55	05:24	00:27:13	
3886	António Manuel Vital PESSOA	3669	M	00:56:59	00:55:10	05:31	00:27:55	
3887	António ALVELOS	10065	M	00:56:59	00:51:53	05:12	00:26:39	
3888	Amancio SANTOS	173	M	00:56:59	00:55:29	05:33	00:25:36	
3889	Pedro SOARES	10964	M	00:57:00	00:50:54	05:06	00:26:12	
3890	Carlos Manuel FERREIRA MARTINS	4973	M	00:57:00	00:55:47	05:35	00:26:45	
3891	Bruno Ricardo BARBOSA PINTO	3741	M	00:57:00	00:55:19	05:32	00:28:23	
3892	João Luis MENDES	3710	M	00:57:00	00:55:45	05:35	00:27:22	
3893	Jose GOUVEIA	9133	M	00:57:00	00:53:22	05:21	00:26:17	
3894	Ana Micaela ARAUJO	1001	F	00:57:00	00:56:36	05:40	00:28:08	Grupo Desportivo Cimpor
3895	Tiago SANTOS	4300	M	00:57:01	00:53:29	05:21	00:27:15	
3896	Telmo FRAGUEIRA	4274	M	00:57:02	00:50:02	05:01	00:23:37	
3897	João CUNHA	12550	M	00:57:02	00:52:55	05:18	00:28:47	
3898	Marco MARTINS	10261	M	00:57:02	00:54:36	05:28	00:26:42	
3899	Hugo GUERREIRO	12753	M	00:57:02	00:54:51	05:30	00:27:16	
3900	Carlos COSTA	11644	M	00:57:02	00:55:21	05:33	00:27:03	
3901	António PACHECO	11233	M	00:57:02	00:52:50	05:17	00:27:02	
3902	Jorge MAGALHÃES	9496	M	00:57:03	00:53:17	05:20	00:27:25	
3903	Francisco Lamy Da FONTOURA	4153	M	00:57:03	00:53:51	05:24	00:27:55	
3904	José RUFINO	2757	M	00:57:03	00:56:35	05:40	00:28:14	CLAC Entroncamento
3905	José FIGUEIREDO	10743	M	00:57:03	00:55:07	05:31	00:27:30	
3906	Ricardo MELO	4588	M	00:57:04	00:51:03	05:07	00:25:30	
3907	Susana Isabel CUNHA PEREIRA	812	F	00:57:04	00:54:40	05:28	00:27:07	
3908	Patricia Carla CAEIRO	7381	F	00:57:04	00:55:19	05:32	00:26:58	Clube Millennium BCP
3909	José António BAIXINHO	2153	M	00:57:04	00:54:23	05:27	00:28:19	
3910	Pedro COSTA CAEIRO	2128	M	00:57:04	00:55:19	05:32	00:26:58	Clube Millennium BCP
3911	Rui Manuel JANUÁRIO PAULO	3670	M	00:57:04	00:53:34	05:22	00:26:54	
3912	Manuel SANTOS	2761	M	00:57:04	00:56:10	05:37	00:28:44	Associação Atletismo Lebres do Sado
3913	Joaquim LEAL	8562	M	00:57:04	00:50:36	05:04	00:26:57	Clube do Stress
3914	Mateusz ROGOZIK	10802	M	00:57:05	00:53:24	05:21	00:26:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3915	Jorge BONITO	3733	M	00:57:05	00:54:08	05:25	00:28:30	
3916	Jose Carlos SILVA	9947	M	00:57:05	00:55:41	05:35	00:27:45	
3917	José GOMES	4900	M	00:57:05	00:51:57	05:12	00:27:30	
3918	António GOMES	13329	M	00:57:05	00:51:57	05:12	00:27:30	
3919	Carla PERERIA	7699	F	00:57:06	00:56:19	05:38	00:27:22	CCD Segurança Social Lisboa
3920	Luis SOUSA	12543	M	00:57:06	00:56:10	05:37	00:28:19	
3921	Leonardo SANTOS	12821	M	00:57:06	00:52:11	05:14	00:26:07	
3922	Emanuel MESQUITA	10610	M	00:57:06	00:55:52	05:36	00:26:50	
3923	Luis Carlos Da GRAÇA PINTO	2853	M	00:57:07	00:50:42	05:05	00:26:30	Beer Boys
3924	José GALVEIA	9581	M	00:57:07	00:53:23	05:21	00:26:59	
3925	Marcio Miguel Pereira MENDES	261	M	00:57:08	00:50:42	05:05	00:26:31	Beer Boys
3926	Sérgio MONTEIRO	10511	M	00:57:08	00:56:06	05:37	00:26:44	
3927	Manuel GOIS REBOLO	2547	M	00:57:08	00:56:15	05:38	00:28:07	
3928	João CELESTE	11098	M	00:57:08	00:51:53	05:12	00:26:39	
3929	José SEQUEIRA	8601	M	00:57:08	00:55:09	05:31	00:26:54	Açoreana clube Banif
3930	Alvaro Manuel ALMEIDA	2201	M	00:57:08	00:54:08	05:25	00:26:33	
3931	Ana GUERREIRO	1124	F	00:57:09	00:51:36	05:10	00:26:06	
3932	Ana Sofia FARTO	1827	F	00:57:09	00:54:30	05:27	00:27:19	
3933	Diogo NUNCIO	10500	M	00:57:10	00:56:03	05:37	00:26:54	
3934	Joaquim CORREIA	10925	M	00:57:10	00:55:34	05:34	00:27:03	
3935	José João SÁ DUARTE RIBEIRO	3855	M	00:57:10	00:52:15	05:14	00:27:19	
3936	Pedro Alves JORGE	3006	M	00:57:10	00:55:20	05:32	00:27:30	
3937	Luis PACHECO PEREIRA	9631	M	00:57:10	00:52:46	05:17	00:27:21	
3938	Lisete MATIAS	1441	F	00:57:11	00:55:33	05:34	00:27:00	
3939	António VIEIRA	3158	M	00:57:11	00:52:18	05:14	00:26:34	
3940	Inês PAIS DE SOUSA	1635	F	00:57:11	00:56:17	05:38	00:28:22	
3941	Frederico BARREIRA	2339	M	00:57:11	00:53:52	05:24	00:27:07	
3942	Nuno RIBEIRO	3839	M	00:57:12	00:56:17	05:38	00:28:22	
3943	Sofia Alexandra Freire BRAZ	1178	F	00:57:12	00:55:03	05:31	00:27:55	
3944	Mariana PEREIRA	7591	F	00:57:12	00:57:01	05:43	00:26:31	Casa do Pessoal Estradas de Portugal
3945	Rui Filipe Belo MONTEIRO	2883	M	00:57:12	00:50:48	05:05	00:26:31	Beer Boys
3946	Jose COELHO	3668	M	00:57:13	00:55:41	05:35	00:26:10	
3947	João FIGUEIREDO	8478	M	00:57:13	00:55:39	05:34	00:27:57	Serviços Sociais Montepio Geral
3948	António PEIXOTO	4474	M	00:57:13	00:53:29	05:21	00:26:31	
3949	António BARROCAS	3235	M	00:57:13	00:51:57	05:12	00:26:51	
3950	David ARAGÃO	3143	M	00:57:13	00:51:52	05:12	00:27:12	
3951	Anne GEUBELLE	1425	F	00:57:13	00:51:58	05:12	00:26:52	
3952	Isabel Maria BETTENCOURT	12290	F	00:57:13	00:56:59	05:42	00:27:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3953	Normando CARVALHO	4740	M	00:57:14	00:55:20	05:32	00:27:19	
3954	Miguel QUINTANILHA	5176	M	00:57:14	00:55:59	05:36	00:27:08	
3955	Miguel MENDES	4736	M	00:57:14	00:55:22	05:33	00:27:20	
3956	Carlos Alberto COUTINHO DOS SANTOS	4724	M	00:57:14	00:54:47	05:29	00:27:31	
3957	Pedro Miguel P. Da FONSECA	10810	M	00:57:14	00:56:01	05:37	00:26:28	
3958	Jorge Manuel Coutinho DOS SANTOS	4726	M	00:57:14	00:54:47	05:29	00:27:33	
3959	Hugo SILVA	3776	M	00:57:14	00:51:52	05:12	00:27:08	
3960	Luis Gonçalves ALMEIDA	4314	M	00:57:14	00:55:12	05:32	00:27:30	
3961	Alexandre DÂMASO	4999	M	00:57:15	00:55:39	05:34	00:28:11	
3962	Maria Graça SANTOS FONSECA	1007	F	00:57:15	00:56:27	05:39	00:27:43	
3963	Luis SALVADOR	13850	M	00:57:15	00:56:30	05:39	00:29:17	C.Comunitário de Linda-a-Velha
3964	Ricardo BENTO	10462	M	00:57:15	00:55:32	05:34	00:27:31	
3965	Miguel MARIANI	10011	M	00:57:15	00:50:47	05:05	00:27:01	
3966	Orlando Manuel Mestre CRUZ	3106	M	00:57:16	00:54:28	05:27	00:26:25	
3967	Paulo Alexandre HENRIQUE BERNARDO LEAL	3677	M	00:57:16	00:54:33	05:28	00:27:53	
3968	João António RIBEIRO MARTINS	13378	M	00:57:16	00:53:19	05:20	00:27:27	
3969	Alexandra TORRES	1235	F	00:57:16	00:54:15	05:26	00:27:12	
3970	Filipe VINAGRE	3977	M	00:57:16	00:52:02	05:13	00:27:08	
3971	Carlos MORGADO	2995	M	00:57:17	00:53:34	05:22	00:26:49	
3972	Carlos AGUIAR	4896	M	00:57:17	00:53:47	05:23	00:27:43	
3973	Lorenzo GATTI	9972	M	00:57:17	00:56:02	05:37	00:27:37	
3974	Carlos ALMEIDA	3856	M	00:57:17	00:54:29	05:27	00:27:14	
3975	Daniel DE JESUS PAREDES PINTO DE ALMEIDA	10497	M	00:57:17	00:53:54	05:24	00:27:44	
3976	A. Pedro FERNANDES	11048	M	00:57:18	00:55:36	05:34	00:26:10	
3977	Manuel PÊRAS	2572	M	00:57:18	00:52:36	05:16	00:26:34	Maratona Clube de Portugal
3978	Maria Isabel SÁ DUARTE RIBEIRO	1711	F	00:57:18	00:52:24	05:15	00:26:57	
3979	Edgar LUCAS	4914	M	00:57:18	00:55:23	05:33	00:27:36	
3980	João CATALÃO	4963	M	00:57:18	00:51:47	05:11	00:25:30	
3981	Mario André Cordeiro CRUZ	10180	M	00:57:19	00:54:35	05:28	00:27:05	
3982	Orlando DINIS	2346	M	00:57:19	00:54:38	05:28	00:27:06	
3983	Ricardo CARVALHO	11517	M	00:57:19	00:55:51	05:36	00:27:40	
3984	Ana OUTEIRINHO	620	F	00:57:19	00:54:48	05:29	00:26:54	
3985	João Filipe LOURENÇO	2407	M	00:57:19	00:54:52	05:30	00:27:55	Clube Millennium BCP
3986	Agostinho DIAS	8825	M	00:57:19	00:55:11	05:32	00:27:45	Carapaus de Corrida
3987	José NEVES	10414	M	00:57:20	00:56:31	05:40	00:26:00	
3988	Luis BRANCO PARDAL	13053	M	00:57:20	00:55:33	05:34	00:27:30	
3989	Carla Sofia GRLO OLIVEIRA MARQUES	1290	F	00:57:20	00:55:00	05:30	00:27:00	
3990	Marco LEITÃO	3531	M	00:57:21	00:54:21	05:27	00:28:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
3991	João CALDEIRA	5079	M	00:57:21	00:53:48	05:23	00:26:16	
3992	Lara SIMONS	7974	F	00:57:21	00:56:10	05:37	00:27:12	
3993	Rogério Francisco FERRO CHARRUA	302	M	00:57:21	00:55:29	05:33	00:28:36	
3994	Maria Teresa SANTOS CARVALHO	8110	F	00:57:21	00:57:21	05:45		
3995	Luis PIRES	3159	M	00:57:21	00:53:35	05:22	00:26:25	
3996	Ruben GUIA	3537	M	00:57:21	00:54:23	05:27	00:28:25	
3997	Brunos DOSA SANTOS REIS	10853	M	00:57:22	00:53:39	05:22	00:27:41	
3998	Miguel MATOS	319	M	00:57:22	00:53:18	05:20	00:28:30	
3999	Nuno Constantino OLIVEIRA	2821	M	00:57:22	00:56:43	05:41	00:26:49	Clube Anacom
4000	Monica Cristina MARTINS	8307	F	00:57:22	00:55:22	05:33	00:27:34	
4001	Vasco CAMILO ALVES	4711	M	00:57:22	00:53:36	05:22	00:27:58	
4002	Antonio Torgal Abreu SILVA ABREU	10639	M	00:57:22	00:56:26	05:39	00:27:56	
4003	Teresa PAIVA	8208	F	00:57:23	00:55:41	05:35	00:28:41	
4004	António SERRANO	4363	M	00:57:23	00:51:27	05:09	00:26:11	
4005	Luis Filipe PEREIRA	222	M	00:57:23	00:53:18	05:20	00:26:03	
4006	Elisabete BARREIRA	968	F	00:57:23	00:56:48	05:41	00:28:21	G.R.C.D Leião
4007	José VALE	4149	M	00:57:24	00:55:55	05:36	00:28:01	
4008	Miguel CARVALHO	2638	M	00:57:24	00:51:15	05:08	00:27:12	Tejavista
4009	Miguel SILVA	9779	M	00:57:24	00:51:08	05:07	00:25:39	
4010	Sonia FERREIRA	8294	M	00:57:24	00:51:24	05:09	00:26:12	
4011	Bernardo BELLO	87	M	00:57:25	00:49:36	04:58	00:25:04	
4012	João LUÍS	10624	M	00:57:25	00:55:47	05:35	00:23:43	
4013	Manuel ASSUNÇÃO	10057	M	00:57:25	00:55:22	05:33	00:27:52	
4014	Jose Carlos FERREIRA	3761	M	00:57:25	00:55:03	05:31	00:28:11	
4015	Francisco CALMEIRO	10611	M	00:57:26	00:56:27	05:39	00:26:50	
4016	Rui CABEÇO	11034	M	00:57:27	00:51:13	05:08	00:27:36	
4017	Vitor LEONARDO	545	M	00:57:27	00:55:02	05:31	00:28:50	
4018	Rui Manuel Da Silva MATOS	4954	M	00:57:27	00:54:44	05:29	00:27:03	
4019	Carla RAMOS	13569	F	00:57:27	00:55:10	05:31	00:26:05	
4020	Vasco José MATOS	5180	M	00:57:27	00:53:04	05:19	00:26:26	
4021	António CANELAS	13949	M	00:57:27	00:56:49	05:41	00:27:01	Linda-a-Pastora Sporting Clube
4022	Filipe NASCIMENTO	12551	M	00:57:27	00:56:44	05:41	00:27:04	
4023	Manuel AUGUSTO	13940	M	00:57:28	00:56:50	05:41	00:27:07	Linda-a-Pastora Sporting Clube
4024	Ana LEITÃO	666	F	00:57:28	00:55:17	05:32	00:28:20	Clube Ferroviário de Portugal
4025	Rui LEITÃO	2416	M	00:57:28	00:55:17	05:32	00:28:20	Clube Ferroviário de Portugal
4026	Gonçalo CHAMPALIMAUD	10952	M	00:57:28	00:54:44	05:29	00:26:45	
4027	José António TORRÃO	11221	M	00:57:28	00:54:56	05:30	00:27:20	
4028	Jose Manuel CAL TEIXEIRA	12632	M	00:57:28	00:55:18	05:32	00:28:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4029	Joao PITA	9934	M	00:57:28	00:54:00	05:24	00:26:16	
4030	Manuel HENRIQUES	2673	M	00:57:28	00:55:25	05:33	00:27:37	Sierra Portugal
4031	Luís Adelino Jesus PIRES	10972	M	00:57:28	00:55:54	05:36	00:27:51	
4032	Adriana VARELA	683	F	00:57:29	00:57:08	05:43	00:27:42	NUCLEOEIRAS/SPORTZONE
4033	Nuno GUERREIRO	10908	M	00:57:29	00:52:08	05:13	00:25:44	
4034	Ricardo BARBOSA	5160	M	00:57:29	00:54:37	05:28	00:27:08	
4035	Carlos Anselmo SILVA DE CARVALHO	3788	M	00:57:29	00:52:10	05:13	00:26:34	
4036	Rui BARROCA	4423	M	00:57:30	00:55:08	05:31	00:28:16	
4037	Mário Adelino MENDES	8698	M	00:57:30	00:55:58	05:36	00:27:27	Clube Millennium BCP
4038	Luis Miguel Martins MARTINS	11292	M	00:57:30	00:53:47	05:23	00:27:10	
4039	Pedro MONTEIRO	5248	M	00:57:31	00:54:39	05:28	00:27:34	
4040	Artur Paulo BOTÃO	84690	M	00:57:31	00:55:38	05:34	00:27:10	Clube Millennium BCP
4041	Carlos GRAÇA	4604	M	00:57:31	00:54:43	05:29	00:27:42	
4042	Filipe LEITE	11382	M	00:57:31	00:54:02	05:25	00:27:13	
4043	Luis REIS	9847	M	00:57:31	00:55:57	05:36	00:26:32	
4044	Manuel SILVA	4908	M	00:57:31	00:54:02	05:25	00:27:13	
4045	Sara BATALHA SOTERO	7355	F	00:57:31	00:55:03	05:31	00:26:28	Clube Millennium BCP
4046	Luis SANTOS	4227	M	00:57:31	00:51:00	05:06	00:26:16	
4047	Luis SILVA	243	M	00:57:32	00:55:10	05:31	00:27:55	
4048	Bruno VILHENA	5071	M	00:57:32	00:53:58	05:24	00:27:23	
4049	Rui ARANTES	11426	M	00:57:32	00:53:58	05:24	00:27:22	
4050	José LAMEIRA	9941	M	00:57:32	00:55:13	05:32	00:26:10	
4051	Filipe DOMINGUES	4611	M	00:57:32	00:52:24	05:15	00:27:08	
4052	Pedro CARREIRAS	10640	M	00:57:32	00:51:50	05:11	00:26:47	
4053	Moisés FERNANDES	2290	M	00:57:32	00:56:05	05:37	00:26:42	G.R.D. Ribeira da Lage
4054	Filipe ABREU	10933	M	00:57:32	00:52:18	05:14	00:26:24	
4055	Ricardo FILIPE	5039	M	00:57:33	00:51:51	05:12	00:26:48	
4056	Pedro SÁ	14204	M	00:57:33	00:53:20	05:20	00:27:02	RAIL RUNNERS
4057	Rui ASSOREIRA RAPOSO	2698	M	00:57:33	00:55:58	05:36	00:27:46	SEMPRESSA
4058	Mariana ROCHA E MELO	2049	F	00:57:33	00:52:17	05:14	00:25:58	
4059	José MIRA	12829	M	00:57:33	00:55:15	05:32	00:28:11	
4060	Carlos LEITÃO	3099	M	00:57:33	00:52:21	05:15	00:26:46	
4061	Carlos PORFIRIO	12545	M	00:57:33	00:57:21	05:45	00:27:38	Grupo Desportivo Joaninhas de Leião
4062	Rui GOMES	9979	M	00:57:34	00:54:09	05:25	00:27:53	
4063	Margarida Maria PEREIRA	1880	F	00:57:34	00:51:02	05:07	00:25:46	
4064	Manuel José RIBEIRO CORREIA	5125	M	00:57:34	00:51:02	05:07	00:25:46	
4065	Tiago SOVERAL	2245	M	00:57:34	00:52:56	05:18	00:27:09	
4066	Nuno EPIFÂNIO	11486	M	00:57:34	00:52:34	05:16	00:26:59	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4067	Jose Da Costa LOPES	3182	M	00:57:34	00:55:44	05:35	00:28:01	
4068	Alberto Manuel TOMÁS CARDOSO	8872	M	00:57:34	00:55:37	05:34	00:28:23	Coimbra
4069	Tiago Filipe LOPES DA SILVA	10958	M	00:57:35	00:56:12	05:38	00:27:40	
4070	Carlos DIAS	12770	M	00:57:35	00:53:44	05:23	00:27:41	
4071	Flávio LUCAS	4924	M	00:57:35	00:55:40	05:34	00:27:37	
4072	Bruno BANCALEIRO	4151	M	00:57:36	00:53:49	05:23	00:26:34	
4073	Carlos Alberto TOMÉ	8598	M	00:57:36	00:55:07	05:31	00:28:23	Clube Millennium BCP
4074	Pedro TEIXEIRA	4048	M	00:57:36	00:54:58	05:30	00:26:43	
4075	Ana MARQUES	7726	M	00:57:36	00:56:42	05:41	00:27:59	FALCÕES SELVAGENS
4076	Carlos Manuel MIRANDA	9721	M	00:57:36	00:56:27	05:39	00:28:15	
4077	Sérgio COELHO	9858	M	00:57:36	00:53:56	05:24	00:26:52	
4078	Teresa MARTINS	1020	F	00:57:36	00:57:02	05:43	00:28:20	
4079	Francisco ALMEIDA	11002	M	00:57:37	00:55:37	05:34	00:28:13	
4080	Aurelio GOMES	3958	M	00:57:37	00:53:30	05:21	00:27:11	
4081	Joana NECA	13711	F	00:57:37	00:55:25	05:33	00:27:57	
4082	Jose FONTOURA	592	M	00:57:37	00:54:10	05:25	00:28:35	
4083	Mario MORGADO	11378	M	00:57:38	00:54:21	05:27	00:27:03	
4084	Antonio Duarte MENDES	8915	M	00:57:38	00:57:35	05:46	00:27:23	
4085	João PATRICIO	4835	M	00:57:38	00:54:38	05:28	00:28:39	
4086	Ângela NUNES	7737	M	00:57:38	00:56:45	05:41	00:27:15	FALCÕES SELVAGENS
4087	Mário ALVES	345	M	00:57:39	00:56:00	05:36	00:26:47	
4088	Abilio ROCHA	9009	M	00:57:39	00:56:45	05:41	00:27:09	G.R.C.D Leão
4089	Helder ALEXANDRE	9654	M	00:57:39	00:54:50	05:29	00:27:34	
4090	Edgar Jorge Moniz SERRANO	9357	M	00:57:39	00:55:32	05:34	00:27:07	
4091	Ricardo COSTA	8975	M	00:57:40	00:56:15	05:38	00:28:45	Peugeot
4092	César MESQUITA	3060	M	00:57:40	00:54:46	05:29	00:28:18	
4093	Marta ANTAS	1313	F	00:57:40	00:53:57	05:24	00:27:32	
4094	Alexandra CHAGAS REIS BOUÇAS	7964	F	00:57:40	00:55:20	05:32	00:27:01	
4095	Jose Pedro VALENTE	10941	M	00:57:40	00:55:43	05:35	00:28:17	
4096	Marta FERNANDES	1226	F	00:57:40	00:55:24	05:33	00:27:39	St. Julians School
4097	Luis PEREIRA	9646	M	00:57:40	00:56:28	05:39	00:27:23	
4098	Paulo CORREIA	11474	M	00:57:40	00:55:06	05:31	00:26:59	
4099	Eduardo BORRALHO	11318	M	00:57:41	00:55:59	05:36	00:26:58	
4100	João Bernardino Veloso RODRIGUES	10771	M	00:57:41	00:51:44	05:11	00:26:09	
4101	Nuno ENGROSSA	2553	M	00:57:41	00:55:58	05:36	00:26:57	
4102	Antonio MOREIRA	4512	M	00:57:41	00:51:54	05:12	00:26:42	
4103	Rui ROCCAZZELLA	437	M	00:57:41	00:55:01	05:31	00:26:40	
4104	Hugo COSTEIRA	3287	M	00:57:41	00:51:39	05:10	00:25:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4105	Pedro FERREIRA	3407	M	00:57:41	00:55:10	05:31	00:27:49	
4106	Pedro VIEGAS	11482	M	00:57:41	00:56:17	05:38	00:26:18	
4107	Marcelo CARDOSO	9627	M	00:57:41	00:57:27	05:45	00:27:58	
4108	José De ABREU FREITAS	9164	M	00:57:41	00:55:36	05:34	00:27:43	
4109	Catarina LOPES GIL	7576	F	00:57:42	00:57:26	05:45	00:28:21	NUCLEOEIRAS/SPORTZONE
4110	Ricardo SOUSA	3506	M	00:57:42	00:52:12	05:14	00:26:37	
4111	Joana LEITÃO	7583	F	00:57:42	00:57:25	05:45	00:28:21	NUCLEOEIRAS/SPORTZONE
4112	Fernando PIRES	11058	M	00:57:42	00:51:11	05:08	00:26:18	
4113	Paulo ZAGALO	10488	M	00:57:42	00:52:45	05:17	00:26:47	
4114	Ricardo Miguel CARREIRA GERALDES	9151	M	00:57:42	00:53:27	05:21	00:27:00	
4115	Gonçalo Lopes ROCHA	3932	M	00:57:42	00:56:39	05:40	00:27:37	
4116	Frederico NOBRE	11497	M	00:57:43	00:52:31	05:16	00:26:43	
4117	Jorge EVANGELISTA	14114	M	00:57:43	00:52:31	05:16	00:26:42	C.A. Amigos Parque da Paz
4118	Patrícia FALCÃO	1399	F	00:57:43	00:54:39	05:28	00:27:35	Serviços Sociais Montepio Geral
4119	Jose Graça VALENTIM	12651	M	00:57:43	00:55:47	05:35	00:29:04	
4120	Fernando Manuel CLAUDINO	10243	M	00:57:43	00:56:30	05:39	00:27:54	
4121	Helder COELHO	3551	M	00:57:44	00:52:14	05:14	00:25:46	
4122	Pedro QUADRIO	10518	M	00:57:44	00:52:00	05:12	00:26:37	
4123	Catarina PEREIRA	7872	M	00:57:44	00:55:50	05:35	00:27:48	Grupo Desportivo Roche
4124	Antonio CASTANHEIRA	3909	M	00:57:45	00:53:31	05:22	00:26:48	
4125	Joao ALVARINHO	11017	M	00:57:45	00:56:20	05:38	00:27:20	
4126	Madalena FONTINHAS	8218	F	00:57:45	00:51:31	05:10	00:25:42	
4127	Antonio Alberto F. P. FERNANDES	3508	M	00:57:45	00:56:27	05:39	00:28:21	
4128	Carolina SOROMENHO	1795	F	00:57:45	00:54:15	05:26	00:26:54	
4129	Nuno Pedro REBELO	292	M	00:57:46	00:53:49	05:23	00:27:35	
4130	Ricardo SILVA	9192	M	00:57:46	00:55:52	05:36	00:28:54	
4131	Tiago ARAÚJO DE CARVALHO	8514	M	00:57:46	00:52:09	05:13	00:26:37	Açoreana clube Banif
4132	Dinis ARAUJO	4753	M	00:57:46	00:54:10	05:25	00:26:28	
4133	Paulo SOUSA	2436	M	00:57:46	00:52:58	05:18	00:27:29	Pés d'Atleta
4134	Hugo CASACA	2672	M	00:57:47	00:53:04	05:19	00:26:20	HP Portugal Clube
4135	Rui RAMOS	11417	M	00:57:47	00:51:01	05:07	00:27:19	
4136	João Filipe CABRAL DO ROSÁRIO	9472	M	00:57:47	00:55:23	05:33	00:28:12	
4137	Marcelo REDONDO	8980	M	00:57:47	00:50:02	05:01	00:24:03	Continente
4138	Miguel BASTOS	12938	M	00:57:47	00:52:43	05:17	00:27:08	
4139	Luis SILVA	10702	M	00:57:48	00:54:02	05:25	00:27:04	
4140	Fernando Oliveira ANTONIO COSTA	10577	M	00:57:48	00:55:47	05:35	00:27:32	
4141	Belmiro AGUIAR	8861	M	00:57:48	00:56:38	05:40	00:28:32	Clube Ferroviário de Portugal
4142	João Eduardo LOPES	12403	M	00:57:49	00:55:10	05:31	00:28:01	Casa do Pessoal Estradas de Portugal

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4143	Carlos TRABULO	4961	M	00:57:49	00:53:55	05:24	00:27:10	
4144	Pedro ROMÃO	2165	M	00:57:49	00:55:55	05:36	00:28:52	
4145	Carlos SANTOS	10408	M	00:57:49	00:55:07	05:31	00:27:29	
4146	Pedro MONTEIRO	9112	M	00:57:49	00:57:00	05:42	00:27:33	CCD Segurança Social Lisboa
4147	Humberto ROSA	3862	M	00:57:49	00:53:13	05:20	00:28:36	
4148	Pedro LOPES	9984	M	00:57:50	00:54:56	05:30	00:27:15	
4149	António MANTEIGA	8649	M	00:57:50	00:53:20	05:20	00:28:31	Clube do Stress
4150	Carlos OLIVEIRA	2994	M	00:57:50	00:56:02	05:37	00:27:12	
4151	José Cristovão JUSTO	11087	M	00:57:50	00:51:05	05:07	00:25:10	
4152	Nuno Fernando MARUQUES PAIVA DE ALMEIDA	11131	M	00:57:51	00:52:48	05:17	00:26:58	
4153	Paulo MENDES	9027	M	00:57:51	00:52:18	05:14	00:26:57	CORPUS QDF
4154	M ^a . Leonor PURIFICAÇÃO	1310	F	00:57:51	00:57:37	05:46	00:28:25	
4155	Rodrigo LOPES	13967	M	00:57:51	00:57:19	05:44	00:27:27	Linda-a-Pastora Sporting Clube
4156	José ANDRADE	2593	M	00:57:51	00:57:14	05:44	00:26:30	
4157	Pedro MIGUEL PEREIRA SILVA BROGUEIRA	11364	M	00:57:52	00:57:40	05:46	00:26:21	
4158	Elsa CARVALHO	1758	F	00:57:52	00:56:13	05:38	00:27:56	
4159	Vasco M Dos Santos TAVARES	9420	M	00:57:52	00:55:29	05:33	00:28:37	
4160	Tania SARAIVA	14094	F	00:57:52	00:56:37	05:40	00:27:37	Clube Grupo Desportivo BES
4161	Pedro Miguel Curado NÓBREGA	12748	M	00:57:52	00:54:56	05:30	00:26:33	
4162	Tiago NUNES	2541	M	00:57:52	00:55:18	05:32	00:27:36	Maratona Clube de Portugal
4163	António João Soares SOARES	11325	M	00:57:52	00:52:45	05:17	00:26:50	
4164	Hernan PAREDES	10598	M	00:57:53	00:53:01	05:19		
4165	Renato SILVA	13273	M	00:57:53	00:55:40	05:34	00:27:57	
4166	Inês PEREIRA	8133	F	00:57:53	00:56:01	05:37	00:28:42	
4167	Ana Cristina GOUVEIA FERREIRA PINTO	1552	F	00:57:53	00:57:39	05:46	00:28:43	
4168	Virgilio VAZ	10395	M	00:57:53	00:55:33	05:34	00:28:03	
4169	Manuel João MARQUES	12589	M	00:57:53	00:54:22	05:27	00:28:22	Tabaqueira
4170	Patrick SALES	4962	M	00:57:53	00:56:07	05:37	00:25:43	
4171	Freitas HELENA ISABEL	1843	F	00:57:54	00:53:50	05:23	00:27:24	
4172	Renato EPIFANIO	10634	M	00:57:54	00:55:22	05:33	00:27:13	
4173	Francisco MOTA RODRIGUES	11207	M	00:57:54	00:55:42	05:35	00:27:40	
4174	Tânia ALVES OLIVEIRA	1747	F	00:57:54	00:56:18	05:38	00:28:13	
4175	Dino MIRANDA	9629	M	00:57:54	00:54:58	05:30	00:26:33	
4176	Jose Guilherme RIBEIRO	10734	M	00:57:55	00:53:05	05:19	00:27:04	
4177	Luis ABREU	12659	M	00:57:55	00:57:51	05:48	00:28:54	HP1
4178	Isaac CARRÊLO	8774	M	00:57:56	00:56:27	05:39	00:28:13	Clube Anacom
4179	Fernando Joaquim ANTONIO	4309	M	00:57:56	00:55:32	05:34	00:27:37	
4180	Rui MOTA	5064	M	00:57:56	00:56:09	05:37	00:27:58	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4181	Pedro FÉLIX	264	M	00:57:56	00:52:25	05:15	00:24:57	CORPUS QDF
4182	João ESCALEIRA	9402	M	00:57:56	00:54:17	05:26	00:28:08	
4183	Tatiana INÁCIO	8195	F	00:57:57	00:55:26	05:33	00:27:07	
4184	Vera Maria RIBEIRO OLIVEIRA	8217	F	00:57:57	00:56:25	05:39	00:28:18	
4185	Rui RICARDO	11136	M	00:57:57	00:56:05	05:37	00:27:36	
4186	Paulo MIGUEL TAINHA	11010	M	00:57:58	00:56:26	05:39	00:28:32	
4187	Rafael Alexandre MONTEIRO BARRELA	4892	M	00:57:58	00:56:02	05:37	00:27:43	
4188	Carlos FERREIRA	3590	M	00:57:58	00:53:43	05:23	00:26:23	
4189	Hélder CASTANHO	4847	M	00:57:58	00:56:12	05:38	00:26:49	
4190	Carlos Amílcar De Carvalho Faria FONSECA	3232	M	00:57:58	00:56:35	05:40	00:27:09	
4191	João FREIRE	11546	M	00:57:59	00:51:15	05:08	00:25:46	
4192	Nuno COELHO	3401	M	00:57:59	00:53:13	05:20	00:27:44	
4193	Sandra BARÃO	10419	F	00:57:59	00:57:36	05:46	00:26:05	
4194	Gonçalo MENDES	3408	M	00:57:59	00:53:14	05:20	00:27:44	
4195	Nelson COLAÇO	3658	M	00:57:59	00:54:47	05:29	00:27:40	
4196	António Miguel Simões DE MOURA	10664	M	00:57:59	00:56:04	05:37	00:27:10	
4197	Carlos Filipe RODRIGUES HIPÓLITO	11419	M	00:58:00	00:52:00	05:12	00:25:17	
4198	Joao DIAS	3352	M	00:58:00	00:55:18	05:32	00:27:34	
4199	Rodrigo RODRIGUES	11307	M	00:58:00	00:51:57	05:12	00:25:48	
4200	Rodrigo Bernardo RUELA RENDEIRO COSTEIRA	3309	M	00:58:00	00:51:57	05:12	00:25:48	
4201	Filipe Miguel Da Silva FERRAZ	5152	M	00:58:00	00:52:53	05:18	00:26:51	
4202	António LOPES	9594	M	00:58:00	00:57:02	05:43	00:27:09	
4203	Sofia Inês RAMAHO	7390	F	00:58:00	00:56:33	05:40	00:28:43	Clube Millennium BCP
4204	Armando Manuel FERREIRA VALÉRIO	12756	M	00:58:00	00:56:36	05:40	00:26:43	
4205	Miraldo Jorge MARTINHO RAMOS	11130	M	00:58:00	00:54:28	05:27	00:27:18	
4206	Rui Jorge LEÃO SANTOS MONTEIRO	3970	M	00:58:01	00:55:33	05:34	00:27:56	
4207	Eunice Isabel Amorim AMORIM	7909	F	00:58:01	00:54:55	05:30	00:26:59	
4208	Marta MARQUES	7989	F	00:58:01	00:57:51	05:48	00:30:18	
4209	Maria Do Céu MARTINS	2033	F	00:58:01	00:55:17	05:32	00:27:58	
4210	Rodrigo PEREIRA	11076	M	00:58:01	00:54:44	05:29	00:27:51	
4211	Marta HORTÊNCIO	8360	F	00:58:01	00:53:17	05:20	00:26:32	
4212	Edgar MARQUES	10751	M	00:58:01	00:55:05	05:31	00:27:48	
4213	Sofia DELGADO	14208	F	00:58:02	00:57:02	05:43	00:28:39	RAIL RUNNERS
4214	David AFONSO	12924	M	00:58:02	00:54:18	05:26	00:27:26	
4215	Manuel CALADO DA MAIA	3681	M	00:58:02	00:53:16	05:20	00:27:08	
4216	Rui NUNES	9971	M	00:58:02	00:53:16	05:20	00:27:07	
4217	Julio MARTINS	9214	M	00:58:02	00:57:45	05:47	00:27:50	Grupo Desportivo Cimpor
4218	Guilherme LEÃO GONÇALO SANTOS MONTEIRO	507	M	00:58:02	00:58:02	05:49		

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4219	Isabel Alexandra GONÇALVES SANTOS MONTEIRO	1637	F	00:58:02	00:55:32	05:34		
4220	Sérgio NUNES GONÇALVES	8567	M	00:58:02	00:52:12	05:14	00:26:38	Clube Millennium BCP
4221	Ricardo Jorge Lopes PEREIRA	12831	M	00:58:02	00:54:21	05:27	00:27:05	
4222	Marcelo AZEVEDO	10306	M	00:58:03	00:56:44	05:41	00:27:14	
4223	Lurdana GOMES	1577	F	00:58:03	00:56:44	05:41	00:27:14	
4224	José Dos Santos MESTRE	8831	M	00:58:03	00:54:25	05:27	00:27:21	G. D. Banco BPI
4225	Fábio BENTO	92	M	00:58:03	00:52:57	05:18	00:28:07	
4226	Daniel MACHADO	10659	M	00:58:03	00:54:32	05:28	00:25:54	
4227	Ana Margarida PEREIRA	14263	F	00:58:03	00:54:26	05:27	00:27:00	
4228	Patricia CARVALHO DIAS	1109	F	00:58:03	00:56:04	05:37	00:29:09	
4229	Ricardo SILVA	11005	M	00:58:03	00:56:28	05:39	00:27:50	
4230	Ricardo ANDRÉ	4402	M	00:58:04	00:56:03	05:37	00:26:48	
4231	Paulo LOURENÇO FAUSTINO	8969	M	00:58:04	00:56:11	05:38	00:28:24	Clube Millennium BCP
4232	Joana MARQUES	1697	F	00:58:04	00:55:27	05:33	00:28:09	
4233	Carlos José MONTEIRO	12779	M	00:58:04	00:55:57	05:36	00:28:15	
4234	Nuno LOPES	13013	M	00:58:04	00:54:09	05:25	00:27:47	
4235	Carlos Miguel PINTO PEREIRA	10603	M	00:58:04	00:54:09	05:25	00:27:47	
4236	Fernando Luis DA CRUZ SARAIVA	9329	M	00:58:05	00:51:23	05:09	00:26:16	
4237	Vasco NAZARIO	10098	M	00:58:05	00:56:12	05:38	00:27:40	
4238	Luis Miguel FERREIRA	4083	M	00:58:05	00:55:40	05:34	00:28:46	
4239	Rengstorf ERIN	13709	F	00:58:05	00:55:53	05:36	00:28:36	
4240	Margarida BAIA	1286	F	00:58:05	00:54:34	05:28	00:27:29	
4241	Pedro ABREU	12948	M	00:58:05	00:55:44	05:35	00:27:55	
4242	João LOPES	354	M	00:58:05	00:53:56	05:24	00:28:37	Serviços Sociais Montepio Geral
4243	Rita CARDOSO RIBEIRO	7996	F	00:58:05	00:54:57	05:30	00:27:26	
4244	Hugo SANTOS	581	M	00:58:06	00:53:02	05:19	00:27:48	
4245	Carlos Miguel DA SILVA DOS SANTOS SILVA	11056	M	00:58:06	00:53:29	05:21	00:26:10	
4246	Jorge Edgar SANTOS MOSA	9445	M	00:58:06	00:54:36	05:28	00:27:40	
4247	José Pinto Soares SOARES	10035	M	00:58:06	00:51:13	05:08	00:25:53	
4248	Sérgio MATOS	5231	M	00:58:06	00:51:16	05:08	00:27:17	
4249	Sandra MARTINS	1043	F	00:58:06	00:57:32	05:46	00:28:29	C. R. Leões de Porto Salvo
4250	Mariana OLIVEIRA	7358	F	00:58:06	00:57:32	05:46	00:28:30	G.R.D. Ribeira da Lage
4251	Henriques BARROS	14139	M	00:58:07	00:52:58	05:18	00:26:48	Grupo Cultural Atletismo Navegadores
4252	Santos NETA	365	M	00:58:07	00:55:15	05:32	00:28:04	
4253	Victor ISIDORO	4015	M	00:58:07	00:54:04	05:25	00:27:02	
4254	Jonatas FIFE	2078	M	00:58:07	00:53:30	05:21	00:27:10	
4255	Pedro PINHEIRO GONÇALVES	11618	M	00:58:08	00:54:27	05:27	00:27:43	
4256	Paulo SANTOS	10348	M	00:58:08	00:56:08	05:37	00:28:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4257	Ricardo VALENTE	3484	M	00:58:08	00:56:34	05:40	00:28:37	
4258	Mariana GOMES	1566	F	00:58:09	00:57:47	05:47	00:28:11	
4259	Alexandre MORAIS	2733	M	00:58:09	00:55:00	05:30	00:26:11	
4260	João Duarte Neves CRUZ	8727	M	00:58:09	00:56:08	05:37	00:29:30	
4261	Rui Daniel Ferreira BERNARDINO	9201	M	00:58:09	00:56:13	05:38	00:29:31	
4262	Carlos OLIVEIRA	12929	M	00:58:10	00:53:35	05:22	00:27:28	
4263	Carla LEAO	1362	F	00:58:10	00:51:48	05:11	00:25:37	
4264	João LOPES	14187	M	00:58:10	00:54:45	05:29	00:28:15	
4265	Luis LIMA	4418	M	00:58:10	00:54:46	05:29	00:28:15	
4266	Luis GUILHERME	10406	M	00:58:10	00:55:41	05:35	00:26:44	
4267	Joaquim BORRALHO	9238	M	00:58:11	00:55:18	05:32	00:27:23	G.D.C. Banco De Portugal
4268	João SOARES	480	M	00:58:11	00:52:55	05:18	00:27:08	
4269	Sérgio GALÓ	4682	M	00:58:11	00:55:40	05:34	00:26:43	
4270	Célia SILVEIRA	8126	F	00:58:11	00:55:54	05:36	00:27:48	
4271	Carlos Manuel Caldas SANTOS	3797	M	00:58:12	00:56:03	05:37	00:26:31	
4272	Tomé MIRA	9764	M	00:58:12	00:55:29	05:33	00:27:25	
4273	Tito SANTOS NASCIMENTO	283	M	00:58:12	00:55:28	05:33	00:27:58	Rugby Clube Oeiras
4274	Sofia SALVADOR	1858	F	00:58:13	00:54:35	05:28	00:27:29	
4275	Sérgio BASTINHO	4374	M	00:58:13	00:54:35	05:28	00:27:28	
4276	João CUNHA	12808	M	00:58:13	00:55:01	05:31	00:27:01	
4277	Mario BRAZ	9450	M	00:58:13	00:53:14	05:20	00:26:50	
4278	Manuel Sebastiao MORGADO	13175	M	00:58:13	00:55:41	05:35	00:27:37	
4279	Filipe FERNANDES	4926	M	00:58:13	00:56:19	05:38	00:28:47	
4280	Henrique VALADAS	3746	M	00:58:14	00:57:19	05:44	00:27:09	
4281	Pedro Miguel PIRES	9555	M	00:58:14	00:57:20	05:44	00:27:54	
4282	Carlos ANJOS	14255	M	00:58:14	00:56:47	05:41	00:26:24	Valejas Atletico Clube
4283	João MONGE	3442	M	00:58:14	00:55:25	05:33	00:28:51	
4284	José ESPERANÇA	9508	M	00:58:14	00:56:53	05:42	00:28:31	
4285	José Carlos REIS	9855	M	00:58:15	00:55:25	05:33	00:28:51	
4286	Andreia VILLAR MENDES	8202	F	00:58:15	00:54:01	05:25	00:27:30	
4287	José PINTO DE MAGALHAES	135821	M	00:58:15	00:54:01	05:25	00:27:29	
4288	Rui Manuel CONCEICAO	3066	M	00:58:16	00:55:50	05:35	00:26:20	
4289	Pedro SILVINO	4432	M	00:58:16	00:54:03	05:25	00:28:10	
4290	Antonio Manuel Carneiro TEIXEIRA	13162	M	00:58:16	00:54:03	05:25	00:28:07	
4291	Afonso PINTO	10185	M	00:58:16	00:57:27	05:45	00:27:47	
4292	Tiago FERNANDES	9756	M	00:58:16	00:55:28	05:33	00:27:36	
4293	José Carlos GRACIA	2195	M	00:58:16	00:57:19	05:44	00:27:18	
4294	Rui REIS	3748	M	00:58:17	00:55:20	05:32	00:28:35	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4295	Rodrigo MARIANO	4974	M	00:58:17	00:54:26	05:27	00:25:45	
4296	Pedro MENDES FONTES	8470	M	00:58:17	00:56:19	05:38	00:28:27	Clube Millennium BCP
4297	António FERREIRA	12635	M	00:58:17	00:58:01	05:49	00:27:43	G.R.D. "Os Fixes"
4298	Maria Dulce VARZEA	1048	F	00:58:17	00:56:22	05:39	00:27:56	
4299	Tiago FERNANDES	205	M	00:58:17	00:51:55	05:12	00:26:20	
4300	Luis Correia MIRA	10485	M	00:58:17	00:56:22	05:39	00:27:55	
4301	Ricardo FREIRE	10608	M	00:58:17	00:56:53	05:42	00:28:11	
4302	Farinho DOMINGOS	3735	M	00:58:18	00:55:54	05:36	00:28:22	
4303	Pedro ANTUNES	4301	M	00:58:18	00:55:58	05:36	00:26:06	
4304	Nuno MOURA PINHEIRO	3005	M	00:58:18	00:56:23	05:39	00:27:27	
4305	Algusto NASCIMENTO	13334	M	00:58:19	00:55:15	05:32	00:28:53	
4306	João Ferreira LIMA	10487	M	00:58:19	00:57:07	05:43	00:27:50	
4307	Salvador BOBONE	9912	M	00:58:19	00:57:14	05:44	00:27:14	
4308	Nuno COSTA	10465	M	00:58:19	00:54:43	05:29	00:28:14	
4309	Miguel SILVERIO	10564	M	00:58:20	00:54:47	05:29	00:27:15	
4310	João OLIVEIRA	4637	M	00:58:20	00:56:48	05:41	00:26:53	
4311	Bruno VIANA	9954	M	00:58:20	00:53:08	05:19	00:28:13	
4312	António José M. LOPES COUTINHO	10089	M	00:58:20	00:57:20	05:44	00:27:06	
4313	Luís PAIVA	13389	M	00:58:21	00:53:11	05:20		
4314	Pedro BARREIRA	2928	M	00:58:21	00:58:18	05:50	00:30:01	
4315	Pedro MANUEL	4306	M	00:58:21	00:56:20	05:38	00:27:33	
4316	José CANHOTO	8886	M	00:58:22	00:56:47	05:41	00:26:39	Clube Desportivo do Arneiro
4317	Pedro FERNANDES	3076	M	00:58:22	00:55:40	05:34	00:28:48	
4318	Joaquim SECO	9769	M	00:58:22	00:56:47	05:41	00:27:59	
4319	Jorge COUTO	2950	M	00:58:23	00:54:44	05:29	00:27:52	
4320	Carlos Manuel Mota MARCOS	4426	M	00:58:23	00:52:42	05:17	00:27:07	
4321	Liliana Isabel Ferreira FILIPE	8290	F	00:58:23	00:52:08	05:13	00:25:43	
4322	Raquel RODRIGUES FIGUEIREDO	1325	F	00:58:23	00:57:22	05:45	00:28:52	
4323	Rui COSTA PINTO	13226	M	00:58:23	00:57:35	05:46	00:27:56	
4324	Carlos ANDRADE	10441	M	00:58:24	00:57:23	05:45	00:28:53	
4325	Nuno BASTOS	12841	M	00:58:24	00:56:36	05:40	00:27:04	
4326	António GUIMARÃES	4425	M	00:58:24	00:53:37	05:22	00:28:49	
4327	João DIAS FRIAS	12636	M	00:58:24	00:57:05	05:43	00:27:56	GDINE Grupo Desportivo do Instituto Nacional Estat
4328	Maria Inês PIRES	1828	F	00:58:24	00:57:18	05:44	00:28:39	
4329	Luis MEALHA	568	M	00:58:24	00:52:25	05:15	00:30:12	
4330	Nuno FRANCA	10854	M	00:58:25	00:54:41	05:29	00:27:46	
4331	Nuno SANTOS	11069	M	00:58:25	00:56:24	05:39	00:27:57	
4332	Rui GONCALVES	3433	M	00:58:25	00:52:28	05:15	00:25:27	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4333	Pedro CALADO	273	M	00:58:25	00:58:05	05:49	00:27:10	O Rodrigo
4334	Fernando Miguel ALMEIDA	4821	M	00:58:25	00:54:31	05:28	00:27:04	
4335	Rui XAVIER	9317	M	00:58:25	00:56:53	05:42	00:28:31	
4336	Carlos CARREIRA	3132	M	00:58:26	00:55:47	05:35	00:28:54	
4337	Antonio ALBERTY	4693	M	00:58:26	00:53:39	05:22	00:27:50	
4338	Pedro Miguel Cracel VICENTE DA SILVA	11680	M	00:58:26	00:56:03	05:37	00:27:34	
4339	António Joaquim LOBATO	9702	M	00:58:26	00:52:21	05:15	00:25:50	
4340	Bruno HORTELÃO	10985	M	00:58:27	00:57:54	05:48	00:27:58	
4341	Ricardo LUIZ	4349	M	00:58:28	00:55:54	05:36	00:26:40	
4342	Luis Diogo MELO	3837	M	00:58:28	00:55:20	05:32	00:26:51	
4343	Ricardo VIEGAS	2867	M	00:58:28	00:56:34	05:40	00:27:59	
4344	Vasco TABORDA MONTEIRO	4721	M	00:58:28	00:56:44	05:41	00:28:29	
4345	Júlio ALVES	12472	M	00:58:28	00:58:17	05:50	00:28:40	
4346	Ricardo CANO	2876	M	00:58:28	00:55:34	05:34	00:28:35	
4347	Luis MELO	2266	M	00:58:28	00:57:59	05:48	00:28:24	Açoreana clube Banif
4348	Vasco ALPALHAO	4124	M	00:58:28	00:55:25	05:33	00:28:37	
4349	Maria COSTA	13845	F	00:58:29	00:57:43	05:47	00:29:17	C.Comunitário de Linda-a-Velha
4350	Rita PIMENTA	1299	F	00:58:29	00:57:27	05:45	00:28:28	
4351	Cátia PEDRO	901	F	00:58:29	00:57:55	05:48	00:29:10	GDINE Grupo Desportivo do Instituto Nacional Estat
4352	Pedro FRADE	10778	M	00:58:29	00:55:57	05:36	00:28:11	
4353	José AMARAL	4987	M	00:58:29	00:55:04	05:31	00:27:12	
4354	Luis SILVA	5020	M	00:58:29	00:52:25	05:15	00:26:00	
4355	Rui Pepe GONÇALVES	4631	M	00:58:29	00:54:31	05:28	00:26:48	
4356	Tiago NEVES	473	M	00:58:29	00:54:01	05:25	00:27:18	
4357	Manuel CARDOSO	14220	M	00:58:30	00:57:25	05:45	00:28:40	Gabinete de Fisioterapia no Desporto
4358	António GONÇALVES	9461	M	00:58:30	00:55:30	05:33	00:28:57	
4359	Ana RODRIGUES	1613	F	00:58:30	00:51:49	05:11	00:27:52	
4360	Nuno GRAÇA	10968	M	00:58:30	00:55:51	05:36	00:28:22	
4361	Karine RAMOS	717	F	00:58:30	00:58:08	05:49	00:28:14	
4362	Mafalda MOREIRA	883	F	00:58:30	00:56:29	05:39	00:28:59	Atletismo Clube de Portalegre
4363	Luis PINTO	2617	M	00:58:30	00:56:28	05:39	00:29:01	Atletismo Clube de Portalegre
4364	Amaro António PEREIRA SOUSA	12639	M	00:58:30	00:57:31	05:46	00:28:56	
4365	Cláudia Susana FERREIRA JESUS	8405	F	00:58:30	00:52:30	05:15	00:26:49	
4366	Rui CRUZINHA	201	M	00:58:30	00:55:00	05:30	00:31:06	
4367	Pedro FIGUEIRA	8693	M	00:58:30	00:56:29	05:39	00:28:59	Atletismo Clube de Portalegre
4368	Helena Rosa FERNANDES PEDROSO	12295	F	00:58:31	00:57:32	05:46	00:28:56	
4369	Mafalda DUARTE	1898	F	00:58:31	00:56:00	05:36	00:27:47	
4370	Mónica Quartim FERREIRA DA SILVA	8318	F	00:58:31	00:57:34	05:46	00:27:36	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4371	Tiago MENESES	5048	M	00:58:31	00:54:40	05:28	00:27:05	
4372	Jose NOGUEIRA	9390	M	00:58:31	00:54:27	05:27	00:28:27	
4373	Gerardo GOMEZ	12590	M	00:58:31	00:58:27	05:51	00:28:24	Peugeot
4374	Ana Luísa SANTOS	7975	F	00:58:31	00:57:13	05:44	00:28:42	
4375	Andreia SUSANO	7426	F	00:58:31	00:55:16	05:32	00:28:23	
4376	Pedro LEAL FERNANDES	2131	M	00:58:31	00:54:23	05:27	00:26:56	Clube Millennium BCP
4377	Henri BALTIA	371	M	00:58:32	00:58:28	05:51	00:28:05	
4378	São GALVÃO	14118	F	00:58:32	00:52:31	05:16	00:26:49	C.A. Amigos Parque da Paz
4379	Pedro MATA-MOUROS	11423	M	00:58:32	00:56:41	05:41	00:28:19	
4380	Luís BASTOS COSTA	9258	M	00:58:32	00:55:47	05:35	00:28:36	Drinkers With Running Problem
4381	Nuno LUCAS	4803	M	00:58:32	00:53:15	05:20	00:28:10	
4382	André CHAMBEL	11220	M	00:58:32	00:53:19	05:20	00:27:04	
4383	José Carlos ALEIXO SILVA	14119	M	00:58:32	00:52:31	05:16	00:26:48	C.A. Amigos Parque da Paz
4384	Gonçalo CARVALHO	10586	M	00:58:33	00:53:26	05:21	00:26:48	
4385	Adelino Pires PIRES	12733	M	00:58:33	00:56:03	05:37	00:28:23	
4386	Mário RIBEIRO	10291	M	00:58:33	00:56:40	05:40		
4387	Frederico Alexandre RICHART	3941	M	00:58:33	00:54:49	05:29	00:28:37	
4388	João GOMES DA COSTA	13310	M	00:58:33	00:51:50	05:11	00:29:25	
4389	Paulo LOPES	9340	M	00:58:33	00:53:00	05:18	00:25:37	
4390	Ricardo LEITÃO	10881	M	00:58:33	00:55:37	05:34	00:25:05	
4391	Nuno JACINTO	13139	M	00:58:33	00:52:23	05:15	00:25:07	
4392	João Gomes MORGADO	2172	M	00:58:34	00:54:44	05:29	00:27:40	Casa do Pessoal Estradas de Portugal
4393	Jose FARTARIA	4295	M	00:58:34	00:53:46	05:23	00:27:12	
4394	Luis Renato GRAÇA	12587	M	00:58:34	00:57:00	05:42	00:26:07	
4395	Luis Bernardo Carola SIMOES	149	M	00:58:34	00:53:47	05:23	00:27:49	
4396	Isabel ABRANTES	2016	F	00:58:35	00:53:48	05:23	00:27:50	
4397	Carlos OLIVEIRA	14050	M	00:58:35	00:57:08	05:43	00:28:42	Clube Grupo Desportivo BES
4398	Ricardo SILVA	14087	M	00:58:35	00:57:08	05:43	00:28:42	Clube Grupo Desportivo BES
4399	José Rafael CHARRUA	13316	M	00:58:36	00:53:36	05:22	00:27:07	
4400	Paulo NEVES	12774	M	00:58:36	00:56:28	05:39	00:28:15	
4401	Frederico VIDEIRA MARTINS	466	M	00:58:36	00:56:52	05:42	00:28:29	
4402	Joao BATISTA	9362	M	00:58:37	00:54:33	05:28	00:28:27	
4403	Nuno BELA	4871	M	00:58:37	00:58:07	05:49	00:28:10	
4404	Antonio Rodrigo FERNANDES COSTA	3367	M	00:58:37	00:57:43	05:47	00:28:30	
4405	David GARCEZ	4412	M	00:58:37	00:55:44	05:35	00:27:53	
4406	Ricardo Manuel FERREIRA DA SILVA GUIMARÃES	11390	M	00:58:38	00:56:46	05:41	00:29:37	
4407	José VARELA LIMA	12688	M	00:58:38	00:54:25	05:27	00:27:24	G. D. Porto de Sines
4408	Sara FONSECA	788	F	00:58:38	00:57:09	05:43	00:28:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4409	Carlos CANHOTA	254	M	00:58:39	00:57:32	05:46	00:28:34	
4410	Gonçalo RODRIGUES	10289	M	00:58:39	00:53:34	05:22	00:27:09	
4411	João Da Conceição NITA	12729	M	00:58:39	00:57:27	05:45	00:27:59	
4412	Rui MONTEIRO	11542	M	00:58:39	00:55:19	05:32	00:28:38	
4413	Fernando CORREIA	12540	M	00:58:40	00:55:41	05:35	00:28:57	
4414	Luís Filipe ALEXANDRE	11026	M	00:58:40	00:57:18	05:44	00:28:18	
4415	Firmmino Dos Santos SARAIVA	9379	M	00:58:40	00:57:27	05:45	00:27:48	
4416	João PEDRO	9113	M	00:58:40	00:58:12	05:50	00:31:22	CLAC Entroncamento
4417	Susana Carreira BISCAIA	12306	F	00:58:40	00:58:23	05:51	00:27:56	
4418	Miguel Nascimento RODRIGUES	3928	M	00:58:41	00:42:55	04:18	00:21:20	
4419	Vitor SANTOS	8814	M	00:58:41	00:56:33	05:40	00:27:46	Carapaus de Corrida
4420	Miguel Ângelo Camões CONSTANTE	8919	M	00:58:41	00:56:35	05:40	00:27:56	
4421	Luís Miguel Matos Cortes PICCIOCHI	2944	M	00:58:41	00:56:35	05:40	00:27:56	
4422	João José TEIXEIRA	12563	M	00:58:42	00:56:23	05:39	00:28:48	
4423	Eduardo COELHO	10811	M	00:58:42	00:57:20	05:44	00:27:25	
4424	Rui LUIS	9512	M	00:58:42	00:56:23	05:39	00:27:56	
4425	Rogério GRAÇA	3161	M	00:58:42	00:56:23	05:39	00:27:56	
4426	Joao Paulo Guerreiro ALVES	5006	M	00:58:42	00:53:43	05:23	00:27:24	
4427	Hugo MAGALHÃES	13899	M	00:58:42	00:55:31	05:34	00:28:09	Clube Vodafone
4428	Madalena Branco BRANCO	9601	F	00:58:42	00:58:34	05:52	00:27:46	
4429	Rafel DIAS	11321	M	00:58:42	00:54:02	05:25	00:27:50	
4430	Milton PEREIRA	5204	M	00:58:43	00:57:25	05:45	00:28:32	
4431	Arnaldo LIMA	10917	M	00:58:43	00:55:45	05:35	00:27:42	
4432	Fernando LEÃO	360	M	00:58:43	00:52:21	05:15	00:25:38	
4433	Tiago ALVES	10757	M	00:58:43	00:55:14	05:32	00:27:34	
4434	Cátia Alexandra Jesus Carvalho Dos SANTOS	7580	F	00:58:43	00:56:50	05:41	00:27:22	
4435	João Carlos DIAS	3964	M	00:58:44	00:53:41	05:23	00:27:26	
4436	Luis Miguel De Sousa FERREIRA	10446	M	00:58:44	00:52:22	05:15	00:26:15	
4437	Mário FREITAS	4427	M	00:58:44	00:53:36	05:22	00:26:36	
4438	Angela Sofia De SUZANO	1589	F	00:58:44	00:56:01	05:37	00:28:54	
4439	Nuno MARTINS	10695	M	00:58:45	00:56:43	05:41	00:28:09	
4440	Joao Paulo DIAS	9852	M	00:58:45	00:56:11	05:38	00:28:23	
4441	Bruno Ribeiro PINTO	10809	M	00:58:45	00:56:49	05:41	00:26:56	
4442	Vitor Hugo SOUSA FIGUEIREDO	144	M	00:58:45	00:53:40	05:22	00:27:35	
4443	Maria MARTINS	1377	F	00:58:46	00:56:28	05:39	00:29:20	
4444	Cristina TAYLOR	14171	F	00:58:46	00:53:36	05:22	00:27:16	
4445	Manuel VALENTE	9262	M	00:58:46	00:57:47	05:47	00:28:09	
4446	Francisco CASTRO E SOUSA	4259	M	00:58:46	00:54:27	05:27	00:28:17	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4447	Arnaud LIERVILLE	3817	M	00:58:46	00:52:57	05:18	00:27:12	
4448	Miguel FAGUNDES	4277	M	00:58:46	00:57:01	05:43	00:27:32	
4449	Miguel MONTEIRO FERNANDES	10935	M	00:58:47	00:56:03	05:37	00:29:00	
4450	Daniel VINHAIS	10383	M	00:58:47	00:56:29	05:39	00:29:20	
4451	António José Ruivo GRILO	9967	M	00:58:47	00:54:51	05:30	00:27:33	
4452	Isabel Margarida Pereira Robalo Ferreira GRILO	1494	F	00:58:47	00:54:50	05:29	00:27:32	
4453	Filipe Miguel ARAÚJO VIEIRA	3854	M	00:58:47	00:56:10	05:37	00:28:09	
4454	Fernanda COSTA	14253	F	00:58:48	00:57:48	05:47	00:28:21	Amigos do Atletismo de Mafra
4455	João BIO	10929	M	00:58:49	00:56:29	05:39	00:27:29	
4456	Carla LIMA	12129	F	00:58:49	00:58:47	05:53	00:26:48	
4457	Pedro J. H. FERREIRA	11062	M	00:58:49	00:57:07	05:43	00:27:26	
4458	Vitor ESTEVES	11430	M	00:58:49	00:57:35	05:46	00:28:00	
4459	Jaime CORREIA	4397	M	00:58:49	00:54:02	05:25	00:27:39	
4460	João Carlos S. Barbosa SOTOMAYOR	10738	M	00:58:49	00:54:52	05:30	00:27:23	
4461	José Miguel F. SENA	2596	M	00:58:50	00:53:51	05:24	00:26:00	
4462	Susana FERREIRA MARTINS	618	F	00:58:50	00:57:37	05:46	00:28:11	
4463	Carlos SOARES	11163	M	00:58:50	00:56:07	05:37	00:27:12	
4464	Paulo GUIMARAES	11386	M	00:58:50	00:56:58	05:42	00:29:37	
4465	Pedro Abel MARTINS SILVA	4976	M	00:58:50	00:57:37	05:46	00:28:11	
4466	João Daniel GONÇALVES	10674	M	00:58:51	00:58:31	05:52	00:27:38	
4467	Jose LOURENCO	4116	M	00:58:51	00:54:16	05:26	00:27:28	
4468	Lizete NOGUEIRA	13872	F	00:58:51	00:57:00	05:42	00:27:22	Odebrecht / BPC
4469	Bruno CERQUEIRA	3023	M	00:58:51	00:55:21	05:33	00:27:40	
4470	Susana SANTOS	7754	F	00:58:52	00:56:13	05:38		
4471	Rui VIDEIRA	10003	M	00:58:52	00:57:14	05:44	00:27:52	
4472	Andreia CUNHA	1540	F	00:58:52	00:56:25	05:39	00:30:04	
4473	Marisa VIDAL	8160	F	00:58:52	00:56:43	05:41	00:28:22	
4474	António Lopes GARCIA	3293	M	00:58:52	00:55:55	05:36	00:28:28	
4475	Pedro Miguel JORDÃO	9790	M	00:58:52	00:58:39	05:52	00:28:49	
4476	Bruno Miguel GONÇALVES	14181	M	00:58:52	00:57:52	05:48	00:30:23	GELPEIXE
4477	Sérgio PROENÇA	3030	M	00:58:53	00:56:51	05:42	00:28:11	
4478	José SANTOS MESTRE	11493	M	00:58:53	00:55:23	05:33	00:28:13	
4479	Miguel ESGALHADO	10385	M	00:58:53	00:56:03	05:37	00:27:12	
4480	João SANTOS	9142	M	00:58:53	00:54:39	05:28	00:28:10	G. D. Porto de Sines
4481	Joaquim Manuel DIAS SILVA	8637	M	00:58:53	00:54:52	05:30	00:29:13	Casa do Pessoal Estradas de Portugal
4482	Carlos SILVA	3125	M	00:58:53	00:56:44	05:41	00:28:45	
4483	Jacinto BETTENCOURT	11009	M	00:58:53	00:54:25	05:27	00:27:53	
4484	Amandio MONTEIRO	10078	M	00:58:53	00:52:35	05:16	00:25:24	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4485	Cristiano FELIZ	2874	M	00:58:53	00:57:21	05:45	00:28:38	
4486	António MARQUES	11101	M	00:58:53	00:54:24	05:27	00:27:49	
4487	Hélder CRUZ	10126	M	00:58:53	00:54:28	05:27	00:28:17	
4488	Rui VASCONCELOS DE ANDRADE	11391	M	00:58:54	00:53:39	05:22	00:28:04	
4489	Sérgio Nuno MESTRE DIONÍSIO	10177	M	00:58:54	00:54:29	05:27	00:28:17	
4490	Pedro FERREIRA	9180	M	00:58:54	00:57:18	05:44	00:27:16	SEMPRESSA
4491	Antonio Manuel Linhares MIRANDA	12817	M	00:58:54	00:54:24	05:27	00:27:49	
4492	Hélder PONTES	13046	M	00:58:54	00:56:13	05:38	00:27:37	
4493	Natália ANDRE	12280	F	00:58:54	00:58:31	05:52	00:28:52	O Rodrigo
4494	Paulo Miguel MOREIRA DIAS	3770	M	00:58:54	00:57:13	05:44	00:28:00	
4495	Ricardo José PIMENTA	13396	M	00:58:54	00:55:06	05:31	00:28:02	
4496	Frederico LYRA	11638	M	00:58:55	00:57:00	05:42	00:27:49	
4497	Carlos Manuel ANICETO MARTINS	8664	M	00:58:55	00:54:53	05:30	00:29:12	Casa do Pessoal Estradas de Portugal
4498	Elsa SOARES	1382	F	00:58:55	00:58:22	05:51	00:29:21	GDINE Grupo Desportivo do Instituto Nacional Estat
4499	Helena FERNANDES	1110	F	00:58:55	00:55:35	05:34	00:28:26	
4500	Pedro PIRES GOMES	10037	M	00:58:55	00:55:18	05:32	00:28:17	
4501	Pedro CAVACO	3288	M	00:58:55	00:57:24	05:45	00:28:26	
4502	Paulo Jose Bernardo SILVA	11499	M	00:58:55	00:55:36	05:34	00:28:26	
4503	Carolina GOMES	7690	F	00:58:55	00:56:42	05:41	00:28:02	
4504	João Gomes GOMES	10038	M	00:58:55	00:55:19	05:32	00:28:18	
4505	Mário FERNANDES	11180	M	00:58:56	00:55:36	05:34	00:28:26	
4506	Fernando Manuel MEDRONHO FOITO	3255	M	00:58:56	00:56:02	05:37	00:28:04	
4507	Carlos ROCHA	12862	M	00:58:56	00:55:22	05:33	00:27:15	
4508	Jose PACHECO	10215	M	00:58:56	00:57:07	05:43	00:29:04	
4509	Jose PACHECO	10238	M	00:58:56	00:57:08	05:43	00:29:04	
4510	Paulo LOURENÇO	10239	M	00:58:57	00:57:08	05:43	00:29:03	
4511	Pedro MARTINS	12802	M	00:58:57	00:57:22	05:45	00:29:27	
4512	Carlos Miguel Duarte PEREIRA	3172	M	00:58:57	00:57:56	05:48	00:29:12	
4513	Eduardo COSTA RAMOS	11004	M	00:58:58	00:57:18	05:44	00:26:06	
4514	Jorge Bento Clemente DURO	12900	M	00:58:59	00:57:19	05:44	00:27:12	
4515	Ana Paula MATIAS	1091	F	00:58:59	00:57:04	05:43	00:29:17	
4516	Paulo BAETA PINTO	8706	M	00:58:59	00:56:35	05:40	00:27:53	Clube Millennium BCP
4517	Carolina SZOLIMOWSKI RIBEIRO	7881	F	00:58:59	00:54:52	05:30	00:28:04	
4518	Manuel Pedro SIMPLÍCIO GRASINA	11337	M	00:58:59	00:55:12	05:32	00:26:23	
4519	Vanda Sofia ROSA	7368	F	00:58:59	00:56:37	05:40	00:27:56	Clube Millennium BCP
4520	Tiago MANO LOPES	5019	M	00:59:00	00:54:46	05:29	00:28:50	
4521	Mario PEIXINHO	10648	M	00:59:00	00:54:19	05:26	00:28:00	
4522	Sérgio MARTINS	9529	M	00:59:00	00:54:39	05:28	00:28:06	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4523	Helena Maria CUNHA	12103	F	00:59:00	00:57:38	05:46	00:28:19	
4524	José VILELA	3051	M	00:59:00	00:54:53	05:30	00:28:03	
4525	Monica FONTES	2028	F	00:59:01	00:56:46	05:41	00:27:39	
4526	Pedro BRETES	5154	M	00:59:01	00:57:43	05:47	00:29:34	
4527	Lígia MORAIS	1391	F	00:59:01	00:57:36	05:46	00:29:17	Serviços Sociais Montepio Geral
4528	Gonçalo BASTOS LOPES	10068	M	00:59:01	00:54:22	05:27	00:27:20	
4529	Catarina LAMEGO	708	F	00:59:01	00:54:50	05:29	00:27:57	
4530	João Paulo Santos LIMA	10319	M	00:59:01	00:57:36	05:46	00:29:17	
4531	Isadora BARATA BRAZ DE ASSUNÇÃO COSTA	7876	F	00:59:01	00:57:37	05:46	00:29:18	
4532	Francisco TEIXEIRA	10749	M	00:59:02	00:56:51	05:42	00:28:32	
4533	Luis SOUSA	13351	M	00:59:02	00:57:42	05:47	00:28:11	
4534	Carlos Manuel Araújo ARREPIA	10008	M	00:59:02	00:57:37	05:46	00:29:18	
4535	Tiago José Garci RAMOS	4229	M	00:59:03	00:52:24	05:15	00:25:40	
4536	Diogo FRAGA	2598	M	00:59:03	00:57:30	05:45	00:32:39	SEMPRESSA
4537	Sergio CASTRO	11336	M	00:59:03	00:55:28	05:33	00:26:59	
4538	Joaquim Matos FONSECA	10655	M	00:59:04	00:57:57	05:48	00:28:38	
4539	Rui Pedro Rodrigues Telhado DUARTE	10815	M	00:59:04	00:56:13	05:38	00:27:40	
4540	Pedro CARVALHO	10258	M	00:59:04	00:56:12	05:38	00:28:27	
4541	Hugo SILVA	3296	M	00:59:04	00:52:59	05:18	00:26:08	
4542	António FERREIRA	13228	M	00:59:05	00:57:05	05:43	00:29:09	
4543	Sofia GUEDES	670	F	00:59:05	00:58:20	05:50	00:29:15	Açoreana clube Banif
4544	António GUEDES	2110	M	00:59:06	00:58:20	05:50	00:29:16	Açoreana clube Banif
4545	Mário PAIVA	11007	M	00:59:06	00:57:00	05:42	00:26:20	
4546	David ROUSSEAU	492	M	00:59:07	00:56:36	05:40	00:29:18	
4547	Bruno ALMEIDA	10311	M	00:59:08	00:55:04	05:31	00:27:30	
4548	Nelson RAMOS	4181	M	00:59:09	00:57:44	05:47	00:27:46	
4549	Catarina CARVALHO	8095	F	00:59:09	00:57:51	05:48	00:28:53	
4550	Joã Miguel TAVEIRA	11585	M	00:59:09	00:54:43	05:29	00:27:13	
4551	Domingos MELÃO	2565	M	00:59:10	00:58:00	05:48	00:28:56	GDINE Grupo Desportivo do Instituto Nacional Estat
4552	Ricardo VERISSIMO	9125	M	00:59:10	00:58:42	05:53	00:31:23	CLAC Entroncamento
4553	Walter WAES	4498	M	00:59:10	00:57:29	05:45	00:27:56	
4554	Hugo Santisteban OLIVEIRA	3653	M	00:59:10	00:55:59	05:36	00:27:53	
4555	Helder SIMOES	11114	M	00:59:10	00:55:06	05:31	00:27:39	
4556	Daniel DIAS	9222	M	00:59:10	00:58:42	05:53	00:31:22	CLAC Entroncamento
4557	Ana CHANDE	1678	F	00:59:11	00:55:39	05:34	00:28:54	
4558	Tiago REBELO	10167	M	00:59:11	00:53:20	05:20	00:26:14	
4559	Paulo FIGUEIREDO	11663	M	00:59:11	00:57:03	05:43	00:28:43	
4560	Carimo CHANDE	9920	M	00:59:11	00:55:40	05:34	00:28:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4561	Fernando Guilherme Silvano LOBO PIMENTEL	10832	M	00:59:12	00:54:22	05:27	00:26:57	
4562	Maria João SEBASTIÃO	1743	F	00:59:12	00:55:28	05:33	00:28:37	
4563	Maria SERRA VIEIRA	8101	F	00:59:12	00:57:33	05:46	00:28:05	
4564	Pedro MARQUES	9700	M	00:59:12	00:58:23	05:51	00:25:26	
4565	Nuno Miguel CARVALHO	9949	M	00:59:12	00:56:53	05:42	00:28:47	
4566	Justino SANTOS	544	M	00:59:12	00:52:50	05:17	00:26:56	
4567	Susana RIBEIRO	14134	F	00:59:13	00:57:41	05:47	00:28:58	Grupo Cultural Atletismo Navegadores
4568	Pedro MACHADO	4608	M	00:59:13	00:57:08	05:43	00:28:50	
4569	Pedro SEMEDO	14136	M	00:59:13	00:57:41	05:47	00:28:58	Grupo Cultural Atletismo Navegadores
4570	Carlos Alberto Gomes SANTANA	10971	M	00:59:13	00:57:22	05:45	00:28:40	
4571	Nuno PITTA	4597	M	00:59:13	00:57:08	05:43	00:28:49	
4572	Paulo VERISSIMO	8531	M	00:59:14	00:54:46	05:29	00:27:19	Clube Ferroviário de Portugal
4573	Sofia REBELO	1030	F	00:59:14	00:57:11	05:44	00:28:40	
4574	Fabio Pio Dias DIAS	9437	M	00:59:14	00:58:56	05:54	00:29:08	
4575	Miguel ÂNGELO	10994	M	00:59:14	00:53:53	05:24	00:26:02	CP
4576	Sofia GRACIANO	8019	F	00:59:14	00:56:38	05:40	00:27:59	
4577	Antoine BERTHE	5155	M	00:59:14	00:55:25	05:33	00:28:24	
4578	João Pedro ALVES	11335	M	00:59:14	00:56:39	05:40	00:28:37	
4579	Maria\ FERRAZ DE CARVALO	1036	F	00:59:14	00:56:14	05:38	00:27:36	
4580	Hugo Miguel SANTOS	10940	M	00:59:14	00:57:14	05:44	00:26:56	
4581	João Manuel GREGÓRIO	202	M	00:59:15	00:57:13	05:44	00:26:56	
4582	Elsa CAPELA	922	F	00:59:15	00:54:55	05:30	00:28:15	
4583	Francisco FERRAZ DE CARVALHO	11173	M	00:59:15	00:56:15	05:38	00:27:36	
4584	Paulo AMARAL	9842	M	00:59:15	00:57:10	05:43	00:27:31	
4585	Joana GOMES	1258	F	00:59:15	00:56:05	05:37	00:28:39	Tejavista
4586	Jaime FIGUEIREDO	4469	M	00:59:16	00:53:55	05:24	00:26:16	
4587	Francisco LEITÃO MOTA	8758	M	00:59:16	00:55:19	05:32	00:26:49	AGAP2
4588	Manuela ROMÃO	7897	F	00:59:16	00:56:18	05:38	00:28:29	
4589	Marco Paulo HENRIQUES	9321	M	00:59:16	00:57:32	05:46	00:28:52	
4590	João BORGES	12685	M	00:59:16	00:54:16	05:26	00:27:11	Tejavista
4591	Bertina Lara De CARVALHO ALVES	1481	F	00:59:16	00:55:45	05:35	00:27:41	
4592	Carlos Ferreira FERREIRA	3224	M	00:59:16	00:58:54	05:54	00:28:25	
4593	Francisco Manuel GOMES E FONSECA	12638	M	00:59:16	00:57:19	05:44	00:28:48	
4594	Isabel PINTO DA COSTA	1617	F	00:59:17	00:59:12	05:56	00:29:58	
4595	João Manuel DA SILVA SANTOS	9728	M	00:59:17	00:56:22	05:39	00:27:38	
4596	Paulo PATRÍCIO	9936	M	00:59:17	00:59:13	05:56	00:29:56	
4597	Paulo BAPTISTA	2660	M	00:59:17	00:53:46	05:23	00:26:30	CORPUS QDF
4598	Claudio LEAL	3358	M	00:59:17	00:55:49	05:35	00:27:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4599	Carlos ROBALO CORDEIRO	4940	M	00:59:17	00:55:24	05:33	00:27:15	
4600	Henrique Manuel DELGADO	368	M	00:59:18	00:53:37	05:22	00:28:24	
4601	Mário RODRIGUES	8522	M	00:59:18	00:58:48	05:53	00:28:36	Grupo Desportivo Joaninhas de Leião
4602	Nuno AFONSO	2185	M	00:59:18	00:56:08	05:37	00:29:33	Serviços Sociais Montepio Geral
4603	Carlos SEPULVEDA	10360	M	00:59:18	00:55:44	05:35	00:27:27	
4604	Hugo Miguel Bertolo Raimundo RAIMUNDO	10146	M	00:59:18	00:57:19	05:44	00:28:20	
4605	Fernanda GIL	1062	F	00:59:18	00:55:24	05:33	00:28:07	C. R. Leões de Porto Salvo
4606	Margarida EMILIO	1545	F	00:59:19	00:56:54	05:42	00:28:17	
4607	Marco Bruno Da Costa DA CUNHA SERRÃO	4119	M	00:59:19	00:52:57	05:18	00:26:58	
4608	Paula PIRES	1267	F	00:59:19	00:57:50	05:47	00:28:42	
4609	Pedro CORREIA	12533	M	00:59:19	00:56:20	05:38	00:28:58	
4610	Mário Jorge FERNANDES RAMALHO	10649	M	00:59:20	00:57:36	05:46	00:27:37	
4611	João NUNES	11105	M	00:59:20	00:57:15	05:44	00:28:29	
4612	Francisco CLÉRIGO	8644	M	00:59:20	00:56:34	05:40	00:28:17	Serviços Sociais da CGD
4613	Hugo Filipe LEONARDO FIGUEIREDO	4359	M	00:59:20	00:56:26	05:39	00:29:28	
4614	Vítor FERNANDES BRAGA	11674	M	00:59:21	00:58:19	05:50	00:28:38	
4615	David Silva CLEMENTE	11631	M	00:59:21	00:53:06	05:19	00:26:32	
4616	Esmeralda GOMES	7567	F	00:59:21	00:59:01	05:55	00:29:18	NUCLEOEIRAS/SPORTZONE
4617	Miguel Angelo VICENTE	10656	M	00:59:22	00:53:12	05:20	00:27:21	
4618	Arsénio FACAS	8535	M	00:59:22	00:58:07	05:49	00:29:41	Clube Ferroviário de Portugal
4619	João Gonçalo SILVA	8156	M	00:59:22	00:56:37	05:40	00:26:41	
4620	Diogo Gonçalo MARQUES AURELIANO	4220	M	00:59:22	00:52:54	05:18	00:26:48	
4621	Flávio BATISTA	4072	M	00:59:23	00:55:54	05:36	00:29:58	
4622	Nuno BOTELHO	11161	M	00:59:23	00:53:03	05:19	00:27:15	
4623	Luis AFONSO	4398	M	00:59:23	00:57:42	05:47	00:28:52	
4624	Sandro MARQUES	4056	M	00:59:23	00:55:54	05:36	00:29:59	
4625	Mercedes De Jesus FONSECA	8348	F	00:59:23	00:58:17	05:50	00:28:56	
4626	Edgar BONITO	4708	M	00:59:23	00:55:05	05:31	00:28:05	
4627	Octavio ERACLIDES	12947	M	00:59:23	00:56:33	05:40	00:29:12	
4628	Luis SALEMA	10109	M	00:59:24	00:57:00	05:42	00:29:20	
4629	José Maria MAURICIO	9428	M	00:59:24	00:55:09	05:31	00:27:54	
4630	Antonio Jose JORDAO VIEIRA	10132	M	00:59:25	00:56:34	05:40	00:27:59	
4631	Rui CATARINO	5050	M	00:59:25	00:54:46	05:29	00:26:56	
4632	António GARCIA	10226	M	00:59:25	00:56:47	05:41	00:28:26	
4633	Pedro RAVARA DE BRITO MENDES	4802	M	00:59:25	00:55:24	05:33	00:27:17	
4634	Francisco BOTELHO	11186	M	00:59:25	00:53:05	05:19	00:27:15	
4635	João GLÓRIA	11119	M	00:59:25	00:55:24	05:33	00:27:15	
4636	Christopher GOLDSBROUGH	9400	M	00:59:25	00:55:29	05:33	00:27:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4637	Gabriel PIRES	3144	M	00:59:26	00:58:14	05:50	00:28:19	
4638	Nuno LOPES	2296	M	00:59:26	00:52:38	05:16	00:26:29	
4639	Jose CHAMBEL	10179	M	00:59:26	00:54:40	05:28	00:27:33	
4640	Catarina GIL	1504	F	00:59:27	00:57:10	05:43	00:29:05	
4641	João ALMEIDA	13884	M	00:59:27	00:55:09	05:31	00:27:13	Clube Vodafone
4642	Jaime PARDAL	12470	M	00:59:28	00:57:19	05:44	00:27:45	Carapaus de Corrida
4643	Luís JORDÃO	3528	M	00:59:28	00:57:20	05:44	00:29:21	
4644	Jorge BENTO	3566	M	00:59:28	00:56:48	05:41	00:27:44	
4645	Madalena CANINAS	8286	F	00:59:28	00:56:53	05:42	00:28:57	
4646	Paulo CARVALHO	9410	M	00:59:29	00:57:32	05:46	00:29:08	
4647	Tânia BAIXINHO	1327	F	00:59:29	00:56:49	05:41	00:28:41	
4648	Miguel MENDES	9444	M	00:59:29	00:54:10	05:25	00:27:00	
4649	Celeste FREIRE	672	F	00:59:29	00:59:08	05:55	00:27:39	NUCLEOEIRAS/SPORTZONE
4650	Antonio Augusto DENIS MARQUES	9633	M	00:59:29	00:55:47	05:35	00:28:12	
4651	Ivan ZAU	13058	M	00:59:29	00:55:26	05:33	00:27:04	
4652	Rodrigo Afonso MARTINS CORREIA GOMES DOS REIS	4189	M	00:59:30	00:52:53	05:18	00:26:41	
4653	Bruno RUAS DA SILVA	10901	M	00:59:30	00:56:54	05:42	00:26:46	
4654	Mário GONÇALVES	14115	M	00:59:30	00:56:52	05:42	00:28:14	C.A. Amigos Parque da Paz
4655	Alexandre FONTOURA	3298	M	00:59:30	00:57:57	05:48	00:30:33	
4656	Carlos Antonio CUNHA	4765	M	00:59:31	00:54:15	05:26	00:27:34	
4657	Bartolomeu BAPTISTA FERNANDES	2706	M	00:59:31	00:56:12	05:38	00:27:36	
4658	Andreia MACHADO	1352	F	00:59:31	00:57:45	05:47	00:28:24	
4659	Leida MENDES	14140	F	00:59:31	00:57:59	05:48	00:28:17	Grupo Cultural Atletismo Navegadores
4660	Nuno FERNANDES	3192	M	00:59:32	00:56:43	05:41	00:28:14	
4661	Nuno RITO	3781	M	00:59:32	00:58:07	05:49	00:29:13	
4662	Sofia GOMES	1161	F	00:59:32	00:56:44	05:41	00:28:14	
4663	Hugo GASPAR	10004	M	00:59:32	00:56:35	05:40	00:27:28	
4664	Jorge Manuel BAPTISTA DUARTE	9097	M	00:59:32	00:56:28	05:39	00:27:52	
4665	Nuno GEIRINHAS	4596	M	00:59:33	00:57:22	05:45	00:27:11	
4666	Johanna MOLINA CAMPOS DE OLIVEIRA	7774	F	00:59:33	00:56:24	05:39	00:28:03	
4667	André SEQUEIRA	11431	M	00:59:33	00:53:27	05:21	00:26:42	
4668	Pedro AZEVEDO	3912	M	00:59:33	00:54:42	05:29	00:27:54	
4669	David Miguel CATARINO	4840	M	00:59:33	00:53:33	05:22	00:27:10	
4670	Pedro CAMPOS D'OLIVEIRA	9315	M	00:59:33	00:56:24	05:39	00:28:01	
4671	Joaquim António CABRAL RIBEIRO CARREIRO	13290	M	00:59:33	00:55:18	05:32	00:28:25	
4672	Joaquim António BENTES VENANCIO	10604	M	00:59:34	00:59:11	05:56	00:27:54	
4673	João Hernani Bravo SIMÕES	13251	M	00:59:34	00:59:12	05:56	00:27:52	
4674	Joao BARAHONA	9923	M	00:59:34	00:55:47	05:35	00:29:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4675	Maria Da Luz FREIRE	14225	F	00:59:34	00:58:35	05:52	00:29:23	Gabinete de Fisioterapia no Desporto
4676	Martinho FREIRE	14222	M	00:59:34	00:58:45	05:53	00:29:09	Gabinete de Fisioterapia no Desporto
4677	Nuno ROSMANINHO	3911	M	00:59:35	00:54:20	05:26	00:27:02	
4678	Sandra PASSOS CORREIA	1275	F	00:59:35	00:59:09	05:55	00:29:00	
4679	Caldas De OLIVEIRA	8777	M	00:59:35	00:59:14	05:56	00:29:11	Grupo Desportivo Cimpor
4680	Bernardo ELISEU	4370	M	00:59:35	00:53:39	05:22	00:26:43	
4681	João FARINHA	4403	M	00:59:36	00:57:53	05:48	00:29:18	
4682	Ricardo MARTINS	3127	M	00:59:36	00:52:39	05:16	00:27:42	
4683	João TORCATO	3416	M	00:59:37	00:56:22	05:39	00:28:27	
4684	André BARATA	11588	M	00:59:37	00:57:02	05:43	00:28:51	
4685	João Pedro LIMÃO	4873	M	00:59:37	00:57:51	05:48	00:26:01	
4686	Pedro MACEDO	12931	M	00:59:38	00:58:38	05:52	00:28:11	
4687	Rui Jorge De Sousa BARROS	10234	M	00:59:38	00:54:23	05:27	00:26:44	
4688	Miguel MATOS	9149	M	00:59:38	00:55:57	05:36	00:27:42	
4689	Rita AGUIAR	8182	F	00:59:38	00:57:29	05:45	00:28:34	
4690	Manuel Arsénio SILVA	11354	M	00:59:38	00:58:08	05:49	00:28:20	
4691	Paula ISABEL	12125	F	00:59:39	00:57:17	05:44	00:28:43	Clube Millennium BCP
4692	Susana GAMEIRO	7917	F	00:59:39	00:54:47	05:29	00:28:25	
4693	Oscar SILVA MARQUES	2352	M	00:59:39	00:57:16	05:44	00:28:42	Clube Millennium BCP
4694	Paulo SIMÕES	9730	M	00:59:39	00:54:46	05:29	00:28:23	
4695	Joana SANTOS	1143	F	00:59:39	00:56:59	05:42	00:28:54	
4696	Sarina Prazeres SANTOS	7925	F	00:59:39	00:54:47	05:29	00:28:24	
4697	Pedro BIVAR	11289	M	00:59:39	00:57:49	05:47	00:28:55	
4698	Luis SILVA	9212	M	00:59:40	00:54:54	05:30	00:27:20	CCD Segurança Social Lisboa
4699	Carlos Manuel PEREIRA	9755	M	00:59:40	00:57:51	05:48	00:28:53	
4700	Maria Da Conceição SEBASTIÃO	8261	F	00:59:40	00:56:10	05:37	00:28:20	
4701	Joaquim PEDROSA	560	M	00:59:40	00:54:09	05:25	00:28:28	
4702	Pedro SILVA E SOUSA	9901	M	00:59:40	00:54:24	05:27	00:27:29	
4703	Andreia FARELO	1298	F	00:59:41	00:59:31	05:58	00:28:49	
4704	Paulo Alexandre Pinto SANTOS	3691	M	00:59:41	00:57:47	05:47	00:26:48	
4705	Sérgio CANEIRA	10151	M	00:59:41	00:57:26	05:45	00:28:29	
4706	Luis FARELO	3253	M	00:59:41	00:59:31	05:58	00:28:47	
4707	Nelson Carlos PONTES SIMÕES	3850	M	00:59:41	00:55:53	05:36	00:29:05	
4708	Ricardo SARDINHA	9332	M	00:59:41	00:55:57	05:36	00:28:01	
4709	André LOPES SERRAZINA	11526	M	00:59:41	00:51:55	05:12	00:26:46	
4710	Sergio LOUREIRO	4488	M	00:59:42	00:56:48	05:41	00:27:44	
4711	Pedro GONÇALVES	4483	M	00:59:42	00:56:50	05:41	00:27:46	
4712	Barata ANTÓNIO	5193	M	00:59:42	00:55:14	05:32	00:28:08	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4713	Patricia MOTA	793	F	00:59:42	00:56:26	05:39	00:29:06	
4714	Jorge ESTEVES	10573	M	00:59:42	00:56:26	05:39	00:29:06	
4715	Filipa CARVALHO	1029	F	00:59:43	00:56:04	05:37	00:27:54	
4716	Rui Manuel COSTA	4684	M	00:59:43	00:56:58	05:42	00:28:07	
4717	Nuno SANTOS	5029	M	00:59:44	00:54:14	05:26	00:26:00	
4718	Matteo GABELLIERI	4519	M	00:59:44	00:56:15	05:38	00:28:56	
4719	Heitor BAPTISTA	13358	M	00:59:44	00:55:24	05:33	00:27:06	
4720	Nuno LOUREIRO	8891	M	00:59:44	00:56:20	05:38	00:29:02	FALCÕES SELVAGENS
4721	Rodolfo FONSECA	3572	M	00:59:45	00:57:49	05:47	00:28:35	
4722	Paulo MENDES	2739	M	00:59:45	00:53:31	05:22	00:27:02	Corridinha Para a Carola
4723	Hugo FERREIRA	9656	M	00:59:45	00:57:56	05:48	00:28:26	
4724	Rui Miguel Madeira TREPADO	4143	M	00:59:45	00:50:39	05:04	00:24:40	
4725	Flavio OLIVEIRA	2400	M	00:59:45	00:58:36	05:52	00:28:11	Peugeot
4726	Patricia FERNANDES	1239	F	00:59:46	00:57:43	05:47	00:29:06	Clube ANA Lisboa
4727	Catarina FÉLIX E CACHÃO	807	F	00:59:46	00:58:00	05:48	00:29:35	
4728	Nadir TURKMAN	4429	M	00:59:46	00:54:48	05:29	00:27:28	
4729	Ladislau BATALHA	9829	M	00:59:46	00:57:15	05:44	00:28:46	
4730	Filipe CARMO	9105	M	00:59:47	00:56:23	05:39	00:28:23	
4731	Patricia CALEIRO	8256	F	00:59:47	00:53:57	05:24	00:26:54	
4732	Gina CORREIA	7769	F	00:59:47	00:59:30	05:57	00:29:48	
4733	André Filipe GOMES	2750	M	00:59:47	00:53:00	05:18	00:29:25	AGAP2
4734	Gonçalo AMARO	10950	M	00:59:47	00:57:19	05:44	00:28:09	
4735	Divriil MURAT	11228	M	00:59:48	00:58:17	05:50	00:28:00	
4736	Nuno Filipe ALMEIDA	12790	M	00:59:48	00:56:39	05:40	00:28:27	
4737	Paulo FIGUEIREDO	8890	M	00:59:48	00:58:06	05:49	00:28:21	
4738	Pedro GABRIEL	12936	M	00:59:48	00:57:48	05:47	00:28:15	
4739	Paulo PERES	8808	M	00:59:49	00:58:18	05:50	00:28:17	Clube Anacom
4740	João FREIRE	8750	M	00:59:50	00:59:17	05:56	00:27:23	G.R.D. Ribeira da Lage
4741	Maria José MOURA	8233	F	00:59:51	00:58:04	05:49	00:29:41	
4742	Hugo TÁBUAS	4080	M	00:59:52	00:56:24	05:39	00:29:58	
4743	António JESUS	3237	M	00:59:53	00:56:15	05:38	00:27:52	
4744	Jorge Miguel ROCHA MONTEIRO	3757	M	00:59:53	00:56:58	05:42	00:27:41	
4745	André Manuel FERREIRA VIDAL	10471	M	00:59:54	00:55:32	05:34	00:27:38	
4746	Joao Vasco COELHO	10272	M	00:59:55	00:54:49	05:29	00:26:28	
4747	Rui Pedro MALTEZ	3185	M	00:59:55	00:55:56	05:36	00:27:38	
4748	Bruno CANTINHO	4018	M	00:59:55	00:55:37	05:34	00:28:03	
4749	Susana AMARO	1160	F	00:59:56	00:55:28	05:33	00:27:18	
4750	Glória SILVA	7448	M	00:59:57	00:59:40	05:58	00:29:29	CP

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4751	Luis Miguel CAMPOS	8950	M	00:59:57	00:57:47	05:47	00:29:01	Clube Millennium BCP
4752	Pedro Miguel PARALTA FIGUEIREDO	9801	M	00:59:57	00:57:48	05:47	00:29:02	
4753	Luis Manuel Deitado Ferreira FERREIRA	3196	M	00:59:57	00:54:24	05:27	00:28:52	
4754	Vania DIAS	7793	F	00:59:57	00:56:35	05:40	00:28:21	
4755	Catarina MORAES CARDOSO	762	F	00:59:57	00:57:21	05:45		
4756	Luis TEREZO GASPAR	8948	M	00:59:57	00:57:48	05:47	00:29:01	Clube Millennium BCP
4757	Jorge LAUZINHA CALMEIRO	2521	M	00:59:58	00:57:49	05:47	00:29:00	Clube Millennium BCP
4758	Ana Mafalda CUNHA	1339	F	00:59:58	00:58:12	05:50	00:29:37	
4759	Vitor SANTOS	4692	M	00:59:58	00:58:17	05:50	00:27:13	
4760	Luis Filipe Sousa Correia PARENTE	4683	M	00:59:58	00:57:27	05:45	00:28:37	
4761	Judite BAIXINHO	7605	F	00:59:58	00:57:18	05:44	00:28:53	
4762	João Carlos MACHADO ARAÚJO LOPES	4755	M	00:59:59	00:56:02	05:37	00:27:30	
4763	João Carlos RAMALHOSA	3365	M	00:59:59	00:57:57	05:48	00:29:06	
4764	Carla PACHECO	904	F	00:59:59	00:58:52	05:54	00:29:53	
4765	Afonso Dos Santos PINO	10490	M	00:59:59	00:55:25	05:33	00:27:31	
4766	Luís ROSA	10859	M	00:59:59	00:57:51	05:48	00:30:12	
4767	José AZURARA	2607	M	00:59:59	00:55:00	05:30	00:27:37	Tejavista
4768	Carlos Filipe GOUVEIA DE SOUSA	2082	M	01:00:00	00:56:19	05:38	00:27:56	
4769	Luis MOURA	2609	M	01:00:00	00:55:06	05:31	00:26:55	Tejavista
4770	Marco Aurelio LOPES PIRES	3880	M	01:00:00	00:55:21	05:33	00:26:49	
4771	Paulo SILVA	13234	M	01:00:00	00:56:13	05:38	00:27:45	
4772	Jorge Manuel Madureira NUNES	2933	M	01:00:00	00:59:52	06:00	00:29:43	O Rodrigo
4773	Gonçalo SALGADO	3464	M	01:00:00	00:57:00	05:42	00:28:39	
4774	Nuno INFANTE	12475	M	01:00:01	00:58:05	05:49	00:29:07	
4775	Jose Carlos MANUEL FERNANDES	10156	M	01:00:01	00:56:07	05:37	00:27:32	
4776	Luis Miguel GOMES LOURENÇO	11036	M	01:00:01	00:58:09	05:49	00:29:41	
4777	Rui Pedro Da Costa Cunha CUNHA	10784	M	01:00:01	00:58:33	05:52	00:29:15	
4778	José Bernardino MENDONÇA PEDROSA DE OLIVEIRA	4266	M	01:00:01	00:53:32	05:22	00:27:10	
4779	Paulo BARATA	8868	M	01:00:02	00:58:34	05:52	00:28:07	Clube Ferroviário de Portugal
4780	Jorge BOIM	3585	M	01:00:02	00:58:40	05:52	00:28:52	
4781	Arlindo PARRA	13040	M	01:00:02	00:57:15	05:44	00:28:50	
4782	Filipa AGUIAR XARA - BRASIL	7772	F	01:00:02	00:59:40	05:58	00:28:33	O Rodrigo
4783	Francisco ANTUNES	275	M	01:00:02	00:54:59	05:30	00:28:44	
4784	Sonia ALCOBIA	13563	F	01:00:03	00:57:39	05:46	00:29:01	
4785	Dinis CRUZ	4888	M	01:00:03	00:55:05	05:31	00:27:28	
4786	Tomas TORGAL	4419	M	01:00:03	00:54:58	05:30	00:26:42	
4787	Sérgio RODRIGUES	2470	M	01:00:03	00:56:11	05:38	00:28:14	G.R.D. "Os Fixes"
4788	Filipe JUNQUEIRA	3437	M	01:00:04	00:54:15	05:26	00:28:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4789	Miguel SALGADO	9988	M	01:00:05	00:54:03	05:25	00:27:38	
4790	Marta TOMADA	8092	F	01:00:05	00:58:05	05:49	00:28:24	
4791	Gonçalo PENEDO	588	M	01:00:05	00:54:03	05:25	00:27:37	
4792	Ilda MONIZ DE BURGO SOUSA	8356	F	01:00:05	00:59:11	05:56	00:28:56	
4793	Paulo CACHUDO	3310	M	01:00:05	00:56:06	05:37	00:27:39	
4794	Sónia FERREIRA	700	F	01:00:05	00:56:03	05:37	00:28:12	
4795	Maria SILVA	1622	F	01:00:05	00:54:04	05:25	00:27:39	
4796	Raul Felix COSTA	10315	M	01:00:05	00:58:39	05:52	00:29:23	
4797	Sergio SOUSA	3445	M	01:00:05	00:58:09	05:49	00:27:51	
4798	Vitor Hugo Dos Santos PARREIRA	3719	M	01:00:05	00:54:04	05:25	00:27:39	
4799	Diogo SANTOS	9481	M	01:00:06	00:55:43	05:35	00:26:21	
4800	José Vitor LOPES PEREIRA	9643	M	01:00:06	00:59:14	05:56	00:28:46	
4801	Bruno VON AMANN	10039	M	01:00:06	00:55:37	05:34	00:27:36	
4802	Carlos FERRO	12778	M	01:00:06	00:58:22	05:51	00:28:35	
4803	Pedro Moguel Moreira BRITO	9491	M	01:00:06	00:55:44	05:35	00:26:21	
4804	Carlos Manuel MORGADO LAGARTO	12806	M	01:00:06	00:58:19	05:50	00:28:11	
4805	Mário Rui SILVA	12784	M	01:00:06	00:57:57	05:48	00:28:12	
4806	Kevin ANTUNES	11044	M	01:00:07	00:57:51	05:48	00:29:47	
4807	Américo FRANCISCO	4733	M	01:00:08	00:53:54	05:24	00:28:19	
4808	Claudino José MATAO RESSURREIÇÃO	11440	M	01:00:08	00:57:10	05:43	00:28:52	
4809	Pedro REIS	5113	M	01:00:08	00:58:53	05:54	00:27:51	
4810	João Correia CORDEIRO	10805	M	01:00:09	00:58:06	05:49	00:29:04	
4811	Paulo FARIAS RODRIGUES	13382	M	01:00:10	00:56:46	05:41	00:28:06	
4812	Luis GODINHO	12991	M	01:00:10	00:55:54	05:36	00:28:11	
4813	Nuno MONTENEGRO	4461	M	01:00:10	00:59:07	05:55	00:28:41	
4814	António COUCELO	3383	M	01:00:11	00:58:31	05:52	00:30:26	
4815	José Pedro SILVA	10260	M	01:00:11	00:58:17	05:50	00:28:44	
4816	Luis Filipe PIRES SILVA	11090	M	01:00:11	00:55:39	05:34	00:28:10	
4817	Mário CAETANO	12544	M	01:00:11	00:56:47	05:41	00:28:55	
4818	André SIMÕES	10123	M	01:00:11	00:57:38	05:46	00:27:46	
4819	Paulo MARTINS	9343	M	01:00:11	00:58:45	05:53	00:28:57	
4820	Rui LAPA	10806	M	01:00:12	00:54:39	05:28	00:28:01	
4821	Hugo GONÇALVES	3780	M	01:00:12	00:56:42	05:41	00:28:21	
4822	Fernando LUIS	9831	M	01:00:12	00:56:43	05:41	00:28:27	
4823	Sergio PEREIRA	13906	M	01:00:12	00:57:01	05:43	00:27:25	Clube Vodafone
4824	João Tiago Lima Pires MOREIRA	3279	M	01:00:12	00:59:48	05:59	00:30:14	
4825	Joaquim PINTO	2935	M	01:00:12	00:56:00	05:36	00:28:54	
4826	Rui ROMÃO	13039	M	01:00:12	00:58:43	05:53	00:29:03	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4827	Bruno INOCÊNCIO	2442	M	01:00:12	00:56:43	05:41	00:28:21	
4828	Francisco LINHOL	3499	M	01:00:13	00:56:41	05:41	00:27:54	
4829	Ana Mafalda RAMOS	315	F	01:00:13	00:56:33	05:40	00:28:06	
4830	Pedro LOURENÇO	3112	M	01:00:14	00:56:38	05:40	00:28:15	
4831	José Augusto Baleia ESTEVAO	11083	M	01:00:14	00:58:32	05:52	00:29:17	
4832	Bruno PINTO	10072	M	01:00:14	00:59:13	05:56	00:29:32	
4833	Pedro SANTOS	9511	M	01:00:14	00:56:40	05:40	00:28:18	
4834	Tiago Alexandre PINTO	557	M	01:00:14	00:56:17	05:38	00:27:18	
4835	Carlos ABRUNHOSA	2145	M	01:00:14	00:54:54	05:30	00:27:35	
4836	Rafael ABRUNHOSA	2814	M	01:00:14	00:54:53	05:30	00:27:34	
4837	João ESTEVES	3263	M	01:00:14	00:56:41	05:41	00:28:40	
4838	Miguel PRUDENCIO	13263	M	01:00:14	00:56:33	05:40	00:28:37	
4839	António CORREIA	2963	M	01:00:14	00:58:30	05:51	00:27:53	
4840	Pedro MURTINHAL	2839	M	01:00:14	00:55:21	05:33	00:28:16	O mundo da Corrida
4841	Nuno ZULMIRO	3486	M	01:00:15	00:54:54	05:30	00:27:35	
4842	Carlos Manuel RODRIGUES PEREIRA	10753	M	01:00:15	00:57:41	05:47	00:29:00	
4843	Daniel BARATA	11174	M	01:00:15	00:58:13	05:50	00:28:19	
4844	Fernanda MOURA	8295	F	01:00:15	00:56:38	05:40	00:28:50	
4845	Joao FELIX	5189	M	01:00:15	00:56:20	05:38	00:27:26	
4846	Cátia DIREITO	8213	F	01:00:16	00:58:39	05:52	00:28:55	
4847	Joao M BATISTA	4719	M	01:00:16	00:55:11	05:32	00:28:44	
4848	Bruno GUERRA	13042	M	01:00:17	00:58:26	05:51	00:28:19	
4849	Joaquim CARVALHO	4580	M	01:00:17	00:58:03	05:49	00:30:02	
4850	Eduardo NABAIS	339	M	01:00:17	00:58:09	05:49	00:27:39	Casa do Pessoal Estradas de Portugal
4851	Eduardo PINTO	4657	M	01:00:18	00:56:14	05:38	00:28:16	
4852	António LOPES MONTEIRO	9485	M	01:00:18	00:57:25	05:45	00:28:32	
4853	Bernardo CUNHA	2226	M	01:00:19	00:56:25	05:39	00:28:35	
4854	Hugo RECHENA	11349	M	01:00:19	00:59:13	05:56	00:28:54	
4855	Pedro RODRIGUES	4044	M	01:00:19	00:57:39	05:46	00:26:38	
4856	Maria FATUDA	12142	F	01:00:20	00:55:56	05:36	00:28:25	G.R.D. Ribeira da Lage
4857	Carlos Miguel BAPTISTA MARCOS	4404	M	01:00:20	00:54:31	05:28	00:26:37	
4858	Claudio SIMOES	9868	M	01:00:20	00:55:01	05:31	00:25:55	
4859	Ana Cristina LOUREIRO	1793	F	01:00:20	00:57:33	05:46	00:28:23	
4860	Jose Adelino METELO	10265	M	01:00:21	00:57:34	05:46	00:28:23	
4861	Susana ADEGAS	7963	F	01:00:21	00:59:25	05:57	00:28:44	
4862	Carla CARLOTO	898	F	01:00:21	00:56:51	05:42	00:28:43	Atletismo Clube de Portalegre
4863	Rui CRUZ	9708	M	01:00:22	00:58:48	05:53	00:28:10	
4864	Pedro CARREIRO	321	M	01:00:22	00:57:26	05:45	00:27:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4865	Francisco CARVALHO	10944	M	01:00:22	00:57:14	05:44	00:28:41	
4866	Ricardo CAETANO	9861	M	01:00:22	00:58:33	05:52	00:28:29	
4867	Katja SIETMANN	7945	F	01:00:23	00:57:17	05:44	00:29:15	
4868	Alfredo PINHAL	12849	M	01:00:23	00:57:16	05:44	00:29:14	
4869	Luis CUNHA	10312	M	01:00:23	00:57:20	05:44	00:28:04	
4870	João Pedro CUNHA	10314	M	01:00:23	00:57:21	05:45	00:28:05	
4871	Paulo CASTANHEIRA	14126	M	01:00:23	00:59:24	05:57	00:29:13	BP Portugal
4872	Ana Rita Godinho BENTES	13717	F	01:00:24	00:58:36	05:52	00:28:53	
4873	Nuno ABRANTES	10514	M	01:00:24	00:56:46	05:41	00:28:03	
4874	Philippe TEIXEIRA	10747	M	01:00:24	00:58:03	05:49	00:29:22	
4875	Luis MARTINHO	14153	M	01:00:24	00:56:58	05:42	00:28:56	
4876	Inês CORREIA	886	F	01:00:24	00:59:01	05:55	00:28:42	Atletismo Clube de Portalegre
4877	Nuno CARVALHO	13264	M	01:00:24	00:57:31	05:46		
4878	Sónia FERNANDES	7634	F	01:00:24	00:57:59	05:48	00:28:39	
4879	Carlos CUNHA	3222	M	01:00:24	00:57:04	05:43	00:28:57	
4880	Vitorina MOURATO	872	F	01:00:24	00:59:01	05:55	00:28:42	Atletismo Clube de Portalegre
4881	Eduardo RIBEIRO	9084	M	01:00:24	00:56:22	05:39	00:28:20	
4882	Daniel RAMOS	248	M	01:00:25	00:58:37	05:52	00:28:53	
4883	João Manuel VIEIRA DOS ANJOS	2562	M	01:00:25	00:56:44	05:41	00:28:26	
4884	Manuel Jorge PINTO DOS SANTOS	9081	M	01:00:25	00:57:21	05:45	00:29:05	
4885	Virginia FONSECA	1189	F	01:00:26	00:58:30	05:51	00:28:58	
4886	João GONÇALVES	13324	M	01:00:26	00:55:26	05:33	00:27:49	
4887	Carlos MATOS	9765	M	01:00:26	00:58:16	05:50	00:28:10	
4888	José Pedro DUARTE GONÇALVES ABREU	3254	M	01:00:26	00:57:03	05:43	00:28:30	
4889	Lucideia PITREZ	1908	F	01:00:26	00:55:00	05:30	00:28:11	
4890	Joao ALCOBIA	3707	M	01:00:26	00:58:44	05:53	00:30:11	
4891	José FERRABELO	12972	M	01:00:26	00:57:41	05:47	00:28:51	
4892	Miguel MOREIRA	4447	M	01:00:27	00:58:37	05:52	00:28:55	
4893	António Carlos MARQUES ANTUNES	11117	M	01:00:27	00:55:22	05:33	00:28:45	
4894	Luis VEIGA MARTINS	12853	M	01:00:27	00:57:43	05:47	00:27:58	
4895	Tiago MADEIRA	9506	M	01:00:27	00:56:08	05:37	00:28:26	
4896	Jose PADRE ETERNO	12992	M	01:00:27	00:56:17	05:38	00:26:49	
4897	João RIBEIRO	3191	M	01:00:27	00:56:33	05:40	00:28:34	
4898	Isabel FERREIRA	1221	F	01:00:27	00:58:42	05:53	00:29:55	TCPI
4899	Teresa BARRADAS	7435	F	01:00:27	00:55:18	05:32	00:27:52	
4900	Pedro CABELEIRA MENDES	8590	M	01:00:28	00:56:20	05:38	00:29:34	Clube Millennium BCP
4901	Miguel MARQUES	8803	M	01:00:28	00:59:51	06:00	00:29:17	CCD Segurança Social Lisboa
4902	Paulo CORREIA	14077	M	01:00:28	00:54:48	05:29	00:26:27	Clube Grupo Desportivo BES

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4903	Natacha BARATA	1123	F	01:00:28	01:00:28	06:03	00:29:53	
4904	Miguel BARATA	8866	M	01:00:28	00:59:01	05:55	00:28:58	Clube Ferroviário de Portugal
4905	Ana GUILHERME	806	F	01:00:28	01:00:28	06:03	00:29:53	
4906	João Miguel SANTOS	4231	M	01:00:28	00:57:28	05:45	00:28:36	
4907	Ricardo LOPES	11453	M	01:00:29	00:57:30	05:45	00:27:14	
4908	Pedro FERREIRA	2490	M	01:00:29	00:59:19	05:56	00:26:28	Grupo Desportivo Roche
4909	Jose COELHO SANTOS	13224	M	01:00:29	00:56:46	05:41	00:29:29	
4910	Pedro DOMINGOS	5034	M	01:00:29	00:56:08	05:37	00:28:22	
4911	Nuno ROGADO	494	M	01:00:29	00:55:15	05:32	00:27:29	
4912	Sérgio OLIVEIRA	9618	M	01:00:29	00:57:15	05:44	00:28:27	
4913	João DELGADO	9392	M	01:00:29	00:58:05	05:49	00:27:38	
4914	Paulo PATRICIO	5174	M	01:00:29	00:58:16	05:50	00:30:23	
4915	Hugo ALMEIDA	4910	M	01:00:29	00:58:16	05:50	00:30:22	
4916	Joaquim COELHO SANTOS	10676	M	01:00:29	00:56:48	05:41	00:29:30	
4917	Artur NOBRE VICENTE	13055	M	01:00:30	00:59:13	05:56	00:28:20	
4918	Marco Paulo Ferreira CRUZ	10916	M	01:00:30	01:00:11	06:02	00:29:08	
4919	Alexandrina FILIPE	14044	F	01:00:30	00:58:10	05:49	00:29:25	Clube Grupo Desportivo BES
4920	Mário Rui Ferreira FERREIRA	11538	M	01:00:30	01:00:18	06:02	00:29:13	
4921	José TEIXEIRA	14252	M	01:00:30	00:59:30	05:57	00:29:44	Amigos do Atletismo de Mafra
4922	Sónia BRANCO	7436	F	01:00:30	00:53:48	05:23	00:26:57	
4923	João PARRA	8995	M	01:00:30	00:55:32	05:34	00:28:32	Tejavista
4924	Rui SERPA	10534	M	01:00:30	01:00:18	06:02	00:29:08	O RODRIGO
4925	Carol DUARTE BALTAZAR	771	F	01:00:31	01:00:17	06:02	00:29:06	
4926	Pedro SILVA	9830	M	01:00:31	00:55:52	05:36	00:27:45	
4927	João JORGE	3272	M	01:00:31	00:55:02	05:31	00:27:20	
4928	Celia REBOLA	8423	F	01:00:31	00:58:51	05:54	00:29:45	
4929	Cristiano DEVESA DIAS	13211	M	01:00:32	00:55:51	05:36	00:27:50	
4930	João Carlos FARINHA LEÃO VALDEZ	12525	M	01:00:32	00:59:08	05:55	00:28:42	Açoreana clube Banif
4931	Joao Carlos CASTRO SOARES	193	M	01:00:32	00:59:02	05:55	00:31:31	
4932	Tiago EPIFANIO	3275	M	01:00:32	00:58:26	05:51	00:30:12	
4933	Joao Carlos MENDES SOARES	79	M	01:00:33	00:59:02	05:55	00:31:34	
4934	Pedro NETA	9795	M	01:00:33	00:56:47	05:41		
4935	Cristina Maria CUNHA LISBOA	8130	F	01:00:33	00:59:55	06:00	00:27:56	
4936	Pedro BASTOS	3874	M	01:00:33	00:55:34	05:34	00:27:55	
4937	Mário MOURÃO	2222	M	01:00:34	00:55:38	05:34	00:28:53	
4938	Ricardo SILVA	4742	M	01:00:35	00:57:02	05:43	00:27:18	
4939	João Ferreira De MATOS	11683	M	01:00:35	00:56:28	05:39	00:27:37	
4940	Augusto Samuel Lopes ARAUJO	216	M	01:00:36	00:58:58	05:54	00:27:58	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4941	Romão RAPOSO	8926	M	01:00:36	00:59:38	05:58	00:29:46	
4942	João Augusto Ferreira De SOUSA	4097	M	01:00:36	00:57:11	05:44	00:28:33	
4943	Mohammad AMJRJ	4709	M	01:00:36	00:58:25	05:51	00:30:44	
4944	Rui LUÍS	8922	M	01:00:36	00:59:38	05:58	00:29:45	
4945	Luis ANACLETO	8754	M	01:00:36	00:56:42	05:41	00:28:13	G.R.D. "Os Fixes"
4946	Pedro Alexandre GOIS FRANCISCO	10372	M	01:00:36	00:55:23	05:33	00:27:59	
4947	Paulo CARRIL	8943	M	01:00:37	00:57:03	05:43	00:28:52	Tabaqueira
4948	Fernando FERNANDEZ	9634	M	01:00:37	00:59:07	05:55	00:27:36	
4949	Arménio PATRÍCIO	13974	M	01:00:37	00:59:51	06:00	00:29:27	Linda-a-Pastora Sporting Clube
4950	Paula Margarida CARVALHO MARQUES COUTO	13699	F	01:00:38	00:59:19	05:56	00:28:54	
4951	Orlando FUNG	4400	M	01:00:38	00:56:15	05:38	00:28:25	
4952	Valente Amadeu COSTA MOREIRA	504	M	01:00:38	00:55:29	05:33	00:27:51	
4953	Tiago ALMEIDA	2154	M	01:00:38	00:57:48	05:47	00:28:52	
4954	Emídio CARRAPEIRO	344	M	01:00:39	00:56:35	05:40	00:28:30	
4955	Anna KONIG	13685	F	01:00:39	00:56:53	05:42	00:28:32	
4956	Nuno LEVEZINHO	10479	M	01:00:39	00:58:51	05:54	00:28:31	
4957	Ricardo COSTA	11328	M	01:00:40	00:58:09	05:49	00:25:53	
4958	Isabel BRANCO	8299	F	01:00:40	00:58:19	05:50	00:27:21	
4959	Manuel Fernando Ferreira SEABRA	13332	M	01:00:40	00:58:30	05:51	00:30:20	
4960	Pedro VASCONCELOS DE ANDRADE	11398	M	01:00:40	00:55:25	05:33	00:28:03	
4961	Mário José ROMÃO	3810	M	01:00:40	00:58:36	05:52	00:29:04	
4962	Carlos AZEVEDO	11633	M	01:00:40	00:58:36	05:52	00:29:05	
4963	Paulo Vicente RESENDES FERNANDES	3435	M	01:00:41	00:54:16	05:26	00:26:53	
4964	José Manuel SIMÕES	10567	M	01:00:41	01:00:11	06:02	00:29:38	
4965	Manuel PAULA	11142	M	01:00:41	00:54:47	05:29	00:27:39	
4966	João António Machado SOARES	9378	M	01:00:42	00:58:50	05:53	00:29:39	
4967	João VICENTE	10595	M	01:00:42	00:56:44	05:41	00:28:53	
4968	Ana COSTA	8402	F	01:00:42	00:56:10	05:37	00:28:20	
4969	Nancy DIAS	1497	F	01:00:42	00:56:20	05:38	00:28:27	
4970	Antonio CAPELO	11160	M	01:00:43	01:00:08	06:01	00:30:13	
4971	Alexandre BATISTA	347	M	01:00:43	00:57:28	05:45	00:28:10	
4972	Helder VARANDAS	9310	M	01:00:43	00:58:37	05:52	00:29:38	
4973	José CARVALHO	8796	M	01:00:44	01:00:06	06:01	00:29:07	CCD Segurança Social Lisboa
4974	Berif SUBKOCH	730	F	01:00:44	00:55:37	05:34	00:27:19	
4975	Paulo QUEIRÓS	12769	M	01:00:44	00:56:24	05:39	00:28:08	
4976	Pedro David SIMOES	11583	M	01:00:44	00:58:24	05:51	00:29:22	
4977	André ROSINHA	10347	M	01:00:44	00:55:47	05:35	00:28:37	
4978	João PRETO	10133	M	01:00:45	00:55:47	05:35	00:28:39	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
4979	Manuel De MATOS	13404	M	01:00:45	00:56:09	05:37	00:28:51	
4980	Paulo DOMINGUES	3836	M	01:00:45	00:58:49	05:53	00:27:50	
4981	Ana Constança CAMPOS	801	F	01:00:46	01:00:36	06:04	00:28:38	
4982	Frederico José SANTOS E SOUSA VALENTE RIBEIRO	3129	M	01:00:46	00:57:34	05:46	00:29:09	
4983	Eduardo VIEIRA PINTO	8479	M	01:00:46	00:58:57	05:54	00:29:12	Clube Millennium BCP
4984	Alvaro António CABEÇA PITEIRA	12787	M	01:00:46	00:59:38	05:58	00:29:24	
4985	Filomena Sofia GASPAR ROSA	7725	F	01:00:46	00:57:34	05:46	00:29:09	
4986	António José Frade CAROÇO	10919	M	01:00:46	00:57:09	05:43	00:29:19	
4987	Victor MENDES	3444	M	01:00:47	00:58:29	05:51	00:28:55	
4988	Sandra Maria Cruz DUARTE	1957	F	01:00:47	01:00:01	06:01	00:29:12	
4989	Sérgio Alexandre Ramos DUARTE	3422	M	01:00:47	01:00:01	06:01	00:29:12	
4990	Dillay EMMANUEL	9911	M	01:00:47	00:57:57	05:48	00:28:43	
4991	Marisa MARQUES	1532	F	01:00:48	00:55:46	05:35	00:28:23	
4992	Nuno Miguel QUARESMA MARTINS	4134	M	01:00:48	01:00:01	06:01	00:29:20	
4993	Duarte Maria SENTIEIRO LUFINHA	432	M	01:00:48	00:55:44	05:35	00:28:44	
4994	Liliana BARBOSA	1582	F	01:00:49	00:55:34	05:34	00:27:06	
4995	Carlos ANDRÉ JORGE	4109	M	01:00:49	00:56:55	05:42	00:28:48	
4996	José CARITA	169	M	01:00:50	01:00:38	06:04	00:28:44	CCD Sintrense
4997	João SERRA	10147	M	01:00:50	00:57:16	05:44	00:28:17	
4998	João José Paulo DE JESUS FERNANDES	8612	M	01:00:50	00:57:22	05:45	00:28:29	Açoreana clube Banif
4999	Joao BRILHA	3078	M	01:00:51	00:54:33	05:28	00:27:44	
5000	Maria PINTO COELHO	12351	F	01:00:51	00:55:38	05:34	00:27:53	
5001	Esmeralda ALVES	1926	F	01:00:51	00:59:59	06:00	00:29:44	
5002	Paulo VIEIRA LEITE	4021	M	01:00:51	00:58:52	05:54	00:29:49	
5003	Rui Miguel COSTA	11599	M	01:00:52	00:59:01	05:55	00:27:55	
5004	André PONTES	4175	M	01:00:52	00:55:08	05:31	00:27:51	
5005	Marta ALMEIDA	13580	F	01:00:52	00:59:55	06:00	00:28:55	
5006	Beatriz LOURENÇO	7584	F	01:00:52	01:00:33	06:04	00:29:14	NUCLEOEIRAS/SPORTZONE
5007	António OLIVEIRA	10326	M	01:00:53	00:57:53	05:48	00:28:48	
5008	Jacqueline OWEN	7860	F	01:00:53	00:54:54	05:30	00:27:37	
5009	Rui Miguel DE SOUSA AMORIM	11513	M	01:00:54	00:59:18	05:56	00:28:43	
5010	Mário OLIVEIRA	10280	M	01:00:54	00:55:52	05:36	00:28:01	
5011	João Amilcar GREGORIO	8520	M	01:00:54	01:00:34	06:04	00:29:28	NUCLEOEIRAS/SPORTZONE
5012	António José CABEÇADAS DA PIEDADE	11559	M	01:00:54	00:58:01	05:49	00:28:26	
5013	João SANTOS	2347	M	01:00:54	00:59:41	05:59	00:29:12	G.R.D. Ribeira da Lage
5014	Luis PEREIRA	9809	M	01:00:55	00:58:28	05:51	00:27:55	
5015	Patricia GOMES	608	F	01:00:55	00:54:41	05:29	00:26:28	SL BENFICA
5016	João SANTIAGO	9614	M	01:00:55	00:55:23	05:33	00:28:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5017	João Pedro DA SILVA MEIRA	5239	M	01:00:55	00:54:42	05:29	00:26:27	
5018	Marco Paulo Lopes COELHO	12752	M	01:00:55	00:58:36	05:52	00:29:01	
5019	Pedro PINTO	12932	M	01:00:56	00:58:58	05:54	00:28:50	
5020	Paulo RAPOSO	9630	M	01:00:56	00:58:17	05:50	00:29:47	
5021	Teresa MOURA	703	F	01:00:56	00:58:25	05:51	00:28:12	
5022	Fábio JÚLIO	9294	M	01:00:56	00:59:10	05:55	00:28:29	
5023	Rui TENREIRO	14167	M	01:00:56	00:44:57	04:30	00:22:39	
5024	Miguel ANTUNES	13259	M	01:00:57	00:55:53	05:36	00:28:44	
5025	Ricardo ARRUDA	9495	M	01:00:57	00:59:15	05:56	00:29:14	
5026	Gonçalo FERNANDES	567	M	01:00:57	00:56:12	05:38	00:30:05	
5027	João CANAS	9401	M	01:00:58	00:56:50	05:41	00:29:05	
5028	Óscar SILVA	9162	M	01:00:58	00:57:08	05:43	00:28:25	
5029	Ricardo MARTINS	3455	M	01:00:58	00:59:00	05:54	00:30:01	
5030	João Lima NOGUEIRA	10154	M	01:00:58	00:45:51	04:36	00:22:51	
5031	Sérgio Rodrigo TAVARES DE SOUSA	4127	M	01:00:58	00:59:00	05:54	00:30:01	
5032	Luis VERÍSSIMO	10476	M	01:00:58	00:59:10	05:55	00:28:31	
5033	Carlos VIEIRA	10667	M	01:00:58	00:59:16	05:56	00:30:43	
5034	Jorge Manuel MENDES FELICIO	13004	M	01:00:58	00:59:35	05:58	00:29:02	
5035	João SOUSA	9773	M	01:00:59	01:00:05	06:01	00:28:52	
5036	Sara GODINHO	7950	F	01:00:59	00:59:33	05:58	00:29:15	
5037	Gianni ROCHA	10304	M	01:00:59	00:54:18	05:26	00:27:54	
5038	Pedro PIRES	450	M	01:00:59	00:57:58	05:48	00:28:21	
5039	José Maria JONET	2551	M	01:00:59	00:56:40	05:40	00:30:09	Tabaqueira
5040	Ermelindo NUNES	9268	M	01:01:00	01:00:21	06:03	00:29:29	G.D.R. São Francisco da Serra
5041	Maria LEITAO	1640	F	01:01:00	00:58:24	05:51	00:28:51	
5042	Paulo Jorge Antas De Barros DIAS BAPTISTA	11345	M	01:01:00	00:58:40	05:52	00:29:32	
5043	Liliana Sofia AGUIAR	13655	F	01:01:00	00:56:48	05:41	00:29:20	
5044	Miguel MONTALVÃO	2967	M	01:01:00	00:57:09	05:43	00:32:07	
5045	João Francisco RAPOSO	4574	M	01:01:01	00:56:47	05:41	00:29:15	
5046	António Sérgio COSTA	10888	M	01:01:01	00:56:32	05:40	00:29:06	
5047	Catia RAMOS	7589	F	01:01:01	01:00:46	06:05	00:28:47	Grupo Desportivo Joaninhas de Leião
5048	José Manuel SILVA	3614	M	01:01:01	00:58:16	05:50	00:28:53	
5049	Tiago REIS DOS SANTOS	10906	M	01:01:01	00:58:25	05:51	00:28:37	
5050	Luis Pedro Freitas CONDE	4486	M	01:01:02	00:58:12	05:50	00:29:49	
5051	Ricardo VIDAL	10219	M	01:01:02	00:58:53	05:54	00:28:52	
5052	Paula MARQUES	2000	F	01:01:02	00:57:17	05:44	00:28:52	
5053	Hugo AFONSO	9167	M	01:01:02	01:00:14	06:02	00:29:05	
5054	Nuno Filipe Roberto De ALMEIDA	12976	M	01:01:02	00:56:52	05:42	00:28:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5055	Luis Filipe CALDEIRA	9653	M	01:01:03	00:59:23	05:57	00:30:41	
5056	Manuel José PEREIRA RIBEIRO	4989	M	01:01:03	00:56:33	05:40	00:27:50	
5057	Paulo BASTOS	4155	M	01:01:03	00:58:50	05:53	00:30:55	
5058	Fernando Manuel PITEIRA DA COSTA	11506	M	01:01:03	00:57:58	05:48	00:29:53	
5059	Diogo DA SILVA	5080	M	01:01:03	00:59:25	05:57	00:29:14	
5060	Tiago CORREIA	11413	M	01:01:03	00:59:25	05:57	00:29:13	
5061	Ricardo ANTUNES	4605	M	01:01:04	00:58:40	05:52	00:27:37	
5062	Henrique RAMALHO ORTIGAO	3627	M	01:01:04	00:54:48	05:29	00:28:46	
5063	Márcia OLIVEIRA	1668	F	01:01:04	00:58:43	05:53	00:29:31	
5064	Paula CAPELA	876	F	01:01:04	01:00:27	06:03	00:30:17	Clube do Stress
5065	Mário Gonçalves De FREITAS	13047	M	01:01:04	00:58:48	05:53	00:29:34	
5066	Filipa RAMOS	7895	F	01:01:04	00:59:48	05:59	00:30:16	
5067	Carlos MAIA	10683	M	01:01:04	00:59:26	05:57	00:28:48	
5068	Daniela OLIVEIRA	917	F	01:01:05	01:00:31	06:04	00:29:43	GDINE Grupo Desportivo do Instituto Nacional Estat
5069	Catarina MEDINA BRITO	7786	F	01:01:05	01:00:43	06:05	00:29:16	O Rodrigo
5070	Sofia MARQUES	12278	F	01:01:05	00:57:53	05:48	00:28:56	
5071	Marta Raquel NAVE	8227	F	01:01:05	00:58:37	05:52	00:29:26	
5072	Raoul VAN HARTEN	11344	M	01:01:05	00:56:38	05:40	00:27:22	
5073	Cristóvão ARAÚJO	3617	M	01:01:06	00:55:01	05:31	00:28:23	
5074	Josélia ALMEIDA	1371	F	01:01:06	01:01:01	06:07	00:30:03	
5075	Adelaide MANHICA	1794	F	01:01:06	01:00:21	06:03	00:29:39	
5076	Luis Manuel POLICARPO	12727	M	01:01:06	00:58:49	05:53	00:28:23	
5077	Susana SILVA	1162	F	01:01:06	00:59:50	05:59	00:30:17	
5078	Nuno PEREIRA	4652	M	01:01:07	00:58:31	05:52	00:30:59	
5079	Daniel ALEXANDRE CAETANO DA SILVA DIAS	13245	M	01:01:07	00:58:31	05:52	00:28:37	
5080	Sofia SEIXAS MARTINS	797	F	01:01:07	00:58:07	05:49	00:30:37	
5081	Rui SOBRAL	9908	M	01:01:07	00:58:25	05:51	00:27:33	
5082	Cristina ROQUE LINO	13627	F	01:01:08	00:58:21	05:51	00:30:28	
5083	Pedro SOARES	4739	M	01:01:08	00:57:31	05:46	00:30:21	
5084	Joana RIBEIRO	1225	F	01:01:08	01:00:33	06:04	00:31:09	
5085	Ricardo Manuel Beirão Lampreia LAMPREIA	4061	M	01:01:08	00:55:03	05:31	00:27:37	
5086	Fernando DOMINGUES	8599	M	01:01:08	00:56:02	05:37	00:28:32	Clube Millennium BCP
5087	Ana Rita CRUZ	8099	F	01:01:08	00:58:51	05:54	00:30:16	
5088	Carla RAMALHO	7946	F	01:01:09	00:59:34	05:58	00:28:14	
5089	Nuno ALVES	10118	M	01:01:09	00:57:47	05:47	00:28:01	
5090	Ricardo FERRAZ	4169	M	01:01:09	00:58:10	05:49	00:29:06	
5091	Ricardo José FERREIRA	10737	M	01:01:10	00:59:30	05:57	00:32:05	
5092	Idília NETO	1312	F	01:01:10	00:59:35	05:58	00:29:00	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5093	Fátima ROCHA	7807	F	01:01:10	00:57:22	05:45	00:27:56	
5094	Rita RAMOS	1498	F	01:01:10	01:00:20	06:02	00:29:50	
5095	Paulo JORGE GODINHO	8829	M	01:01:11	01:00:04	06:01	00:29:33	G. D. Banco BPI
5096	Sérgio PINHEIRO	13317	M	01:01:11	00:55:35	05:34	00:28:06	
5097	Claudia ANDRADE	7806	F	01:01:11	00:57:23	05:45	00:27:55	
5098	Sílvia CASTRO	8093	F	01:01:11	01:00:32	06:04	00:29:44	
5099	Dora LOUREIRO	7681	F	01:01:11	00:59:07	05:55	00:30:37	
5100	Paulo TRINDADE	8778	M	01:01:11	00:59:07	05:55	00:30:35	O mundo da Corrida
5101	José Joaquim Pires GIL	11458	M	01:01:12	00:59:17	05:56	00:28:32	
5102	Possidonio CACHAPA	361	M	01:01:12	00:56:27	05:39	00:28:13	
5103	Eduardo COSTA FILAHO	2374	M	01:01:12	00:55:01	05:31	00:27:54	Clube Millennium BCP
5104	Rui MORAIS	3469	M	01:01:12	00:59:28	05:57	00:29:41	
5105	Raquel BARROS	626	F	01:01:12	00:56:13	05:38	00:28:41	
5106	Jorge ORTIZ	4772	M	01:01:13	00:56:14	05:38	00:28:42	
5107	Adelia Maria RECIO	8323	F	01:01:13	00:59:51	06:00	00:29:01	
5108	Mário JOÃO	10197	M	01:01:13	00:58:02	05:49	00:30:12	
5109	Maria Carolina RODA	924	F	01:01:13	00:57:17	05:44	00:28:36	G. D. Banco BPI
5110	Joana GOMES DOS SANTOS	8034	F	01:01:13	00:57:28	05:45	00:28:59	
5111	Paulo MATOS	8784	M	01:01:13	00:56:30	05:39	00:27:11	HP Portugal Clube
5112	Henrique FERREIRA	13250	M	01:01:14	00:57:44	05:47	00:28:59	
5113	Paulo ROCHA	2494	M	01:01:14	00:55:10	05:31	00:28:09	
5114	António REALINHO	9523	M	01:01:14	00:57:00	05:42	00:28:45	
5115	Isa SEBASTIÃO	8132	F	01:01:14	00:57:04	05:43	00:29:26	
5116	Sandra SILVA	1278	F	01:01:14	00:54:32	05:28	00:27:34	
5117	Tito Alexandre Santana Oliveira RUAS	12961	M	01:01:14	00:58:50	05:53	00:28:56	
5118	Dinis SILVA	10417	M	01:01:14	01:00:17	06:02	00:31:53	SCALABIS NIGHT RUNNERS
5119	Sergio PALMA	3934	M	01:01:15	00:56:00	05:36	00:28:01	
5120	Sérgio SILVA	10338	M	01:01:15	00:57:05	05:43	00:29:26	
5121	Teresa BENTO	7959	F	01:01:15	00:57:07	05:43	00:28:52	
5122	Paulo ALEXANDRE	10376	M	01:01:15	00:58:34	05:52	00:26:45	
5123	Joaquim SEIXAS MARTINS	5114	M	01:01:15	00:58:15	05:50	00:30:37	
5124	Rui FALHAS	3319	M	01:01:15	00:57:07	05:43	00:28:53	
5125	Gonçalo MATEUS	11224	M	01:01:16	00:59:05	05:55	00:28:31	
5126	Fátima FERNANDES	7782	F	01:01:16	01:00:54	06:06	00:29:23	Papaléguas Team
5127	Hassam IBRAHIM	11304	M	01:01:16	00:57:31	05:46	00:28:38	
5128	Maria SANTOS	1204	F	01:01:16	00:59:30	05:57	00:29:21	TCPI
5129	Joao Carlos GRILLO	4808	M	01:01:16	00:57:40	05:46	00:29:46	
5130	Fernando FERNANDES	12755	M	01:01:17	01:01:17	06:08	00:33:17	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5131	Vítor Manuel ANTUNES MARTINS	4862	M	01:01:17	00:56:52	05:42	00:28:44	
5132	António ANTUNES	9206	M	01:01:17	00:58:16	05:50	00:28:21	
5133	Renato GOMES	406	M	01:01:17	00:57:11	05:44	00:29:05	
5134	Camila SZOLIMOWSKI	12246	F	01:01:17	00:57:10	05:43	00:29:05	
5135	Pedro Jorge LEMOS FIGUEIREDO FERREIRA	10460	M	01:01:18	00:58:01	05:49	00:28:55	
5136	Nelson GOMES	411	M	01:01:18	00:57:10	05:43	00:29:05	
5137	João Miguel CARVALHO LEITÃO	2198	M	01:01:18	00:58:48	05:53	00:30:39	
5138	Luis Miguel CAVALEIRO MADEIRA	3123	M	01:01:18	01:00:15	06:02	00:30:39	
5139	Maria João MAGALHÃES E CASTRO DIAS RIBEIRO	7919	F	01:01:18	01:00:16	06:02	00:30:42	
5140	António CAEIRO	10142	M	01:01:18	00:54:54	05:30	00:27:20	
5141	Jorge Rafael SULENA	4312	M	01:01:18	00:59:12	05:56	00:26:21	
5142	Maria Helena GOMES LEITÃO	1262	F	01:01:18	00:58:49	05:53	00:30:40	
5143	Raquel SANTOS	7625	F	01:01:18	01:00:23	06:03	00:29:36	
5144	Fernando MELO	4826	M	01:01:19	00:56:42	05:41	00:27:16 CP	
5145	Flávia Catarina Ferreira PEREIRA	839	F	01:01:19	00:59:33	05:58	00:27:33	
5146	Arménio PATRÍCIO	13405	M	01:01:19	00:56:26	05:39	00:28:46	
5147	Joao PASSOS DE ALMEIDA	12706	M	01:01:20	00:57:40	05:46	00:29:47	
5148	Maria João SANTOS	12081	F	01:01:20	00:59:31	05:58	00:29:26	Grupo Desportivo Roche
5149	David FERNANDES	4515	M	01:01:20	00:58:17	05:50	00:29:47	
5150	António PAULINO	356	M	01:01:20	00:58:58	05:54	00:29:55	Clube do Stress
5151	Diana Alves Matias MATIAS	1509	F	01:01:20	00:57:33	05:46	00:29:52	
5152	Joao ESMENIO	13308	M	01:01:21	00:57:58	05:48	00:28:36	
5153	João CONCEIÇÃO	12950	M	01:01:21	00:58:38	05:52	00:28:58	
5154	Jaime SILVA	2351	M	01:01:22	00:59:11	05:56	00:29:46	Peugeot
5155	Sérgio FERNANDES	5209	M	01:01:23	00:58:48	05:53	00:31:33	
5156	Armando Filipe SOARES DOS REIS	3452	M	01:01:23	00:59:36	05:58	00:28:36	
5157	Anabela SALGADO	8268	F	01:01:23	00:54:54	05:30	00:28:16	
5158	Martim FRANCA	12889	M	01:01:24	00:54:45	05:29	00:25:58	
5159	Nuno OLIVEIRA	3633	M	01:01:24	00:56:58	05:42	00:28:04	
5160	Eurico Ruiz Mealha MEALHA	9789	M	01:01:24	00:59:30	05:57	00:27:50	
5161	Ricardo MARTINS	3950	M	01:01:24	00:58:06	05:49	00:28:48	
5162	Maria Paula Toscano Figueiredo Marcelino FIGUEIREDO	13651	F	01:01:24	00:59:12	05:56	00:29:08	
5163	Gonçalo FERRAZ DE CARVALHO	2208	M	01:01:25	00:58:33	05:52	00:28:12	
5164	Edmundo SIMOES	13142	M	01:01:25	00:57:18	05:44	00:29:14	
5165	Nuno PENA	4563	M	01:01:25	00:57:04	05:43	00:28:34	
5166	Francisco José REIS SILVA	13189	M	01:01:25	00:57:09	05:43	00:29:33	
5167	Fernando MAGALHÃES	12698	M	01:01:26	00:58:36	05:52	00:29:30	C.C.D. EFACEC
5168	Iva SILVA	1449	F	01:01:27	01:00:37	06:04	00:28:58	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5169	Filipe Malho Rodrigues MALHO RODRIGUES	12744	M	01:01:27	00:55:28	05:33	00:28:35	
5170	Peter HENRIQUES DE JESUS	10931	M	01:01:27	00:56:44	05:41	00:27:24	
5171	Rui Pedro CAETANO TOMÉ	3389	M	01:01:27	00:56:44	05:41	00:27:56	
5172	Silvani Borges CARVALHO	1446	F	01:01:27	01:00:08	06:01	00:29:22	
5173	Claudio FERNANDES	13868	M	01:01:28	00:56:46	05:41	00:27:10	Odebrecht / BPC
5174	Isabel Maria PINTO COELHO	1491	F	01:01:28	01:00:08	06:01	00:29:22	
5175	Ricardo ESTEVES	4672	M	01:01:28	00:56:11	05:38	00:28:51	
5176	Miguel TOMAR NOGUEIRA	3786	M	01:01:28	00:58:56	05:54	00:29:40	
5177	António MATOS	11137	M	01:01:28	00:57:36	05:46	00:28:58	
5178	José MARIA	9050	M	01:01:29	01:00:03	06:01	00:29:51	G.R.C.D Leião
5179	Adelino Maria LOPES	8618	M	01:01:30	00:58:55	05:54	00:28:59	Clube Millennium BCP
5180	Lisdalia Conceição FERREIRA	7372	F	01:01:30	00:58:55	05:54	00:28:57	Clube Millennium BCP
5181	Marline FURTADO	1573	F	01:01:30	01:00:00	06:00	00:28:21	
5182	Cristina TANCREDO	8024	F	01:01:31	00:58:32	05:52	00:27:52	
5183	Tiago Soares Marques MARQUES	10850	M	01:01:31	01:00:05	06:01	00:30:21	
5184	Bruno COSTA	10840	M	01:01:31	01:00:05	06:01	00:30:20	
5185	Carlos COSTA	12914	M	01:01:31	00:58:32	05:52	00:27:49	
5186	Bruno MARQUES	3728	M	01:01:31	00:59:56	06:00	00:29:28	
5187	Guilherme CANDELÁRIA	200	M	01:01:31	00:56:33	05:40	00:27:11	
5188	Paulo VALENTE	11261	M	01:01:32	00:55:45	05:35	00:28:12	
5189	Cristina SALVADO	8002	F	01:01:32	00:56:50	05:41	00:29:05	
5190	Paulo AMARAL	14075	M	01:01:32	00:56:50	05:41	00:29:04	Clube Grupo Desportivo BES
5191	António FONSECA	11436	M	01:01:32	00:56:45	05:41	00:27:57	
5192	Jorge Miguel Afonso JANELA	10382	M	01:01:32	00:56:45	05:41	00:27:33	
5193	Daniel Jose Da Silva DUARTE	8742	M	01:01:32	00:58:46	05:53	00:29:57	
5194	Palmira RODRIGUES	7514	F	01:01:32	01:01:32	06:10		Grupo Desportivo Joaninhas de Leião
5195	Walery LAURENCE	96	M	01:01:32	00:54:45	05:29	00:26:47	
5196	Ursula WATSON	1215	F	01:01:32	00:58:21	05:51	00:28:59	St. Julians School
5197	Ricardo ANTON	11645	M	01:01:33	00:59:35	05:58	00:28:25	
5198	Ricardo BAPTISTA LEITE	10735	M	01:01:33	00:59:09	05:55	00:30:26	
5199	Rodrigo PINTO	3650	M	01:01:33	00:57:02	05:43	00:28:35	
5200	Filipe Andre SIMOES	11242	M	01:01:33	00:55:02	05:31	00:30:05	
5201	Hugo Jose Antunes BATISTA	11265	M	01:01:33	01:00:50	06:05	00:26:40	
5202	Susana RODRIGUES	7440	F	01:01:34	00:56:41	05:41	00:28:40	
5203	Firmino MARQUES	3918	M	01:01:34	00:58:02	05:49	00:28:15	
5204	Rui Rodolfo Vilhena Ramos Maia Correia GOMES	9490	M	01:01:34	00:56:41	05:41	00:28:40	
5205	Fernando J. Branco SANTOS	12792	M	01:01:35	01:01:16	06:08	00:29:41	
5206	António Manuel ROCHA ALMEIDA	12741	M	01:01:35	00:56:40	05:40	00:28:35	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5207	Andre MARTINS	10214	M	01:01:35	00:57:08	05:43	00:30:45	
5208	Joaquim PEREIRA	2745	M	01:01:35	01:01:29	06:09	00:30:12	Associação Atletismo Lebres do Sado
5209	Tiago ANDRADE	3860	M	01:01:35	00:57:09	05:43	00:30:46	
5210	Filipa DE SÁ	1681	F	01:01:36	00:56:02	05:37	00:28:34	
5211	Bruno JORGE	10825	M	01:01:36	00:58:09	05:49	00:28:50	
5212	Carlos FERNANDES	13894	M	01:01:36	00:55:56	05:36	00:27:48	Clube Vodafone
5213	Luís FILIPE	10722	M	01:01:36	00:58:11	05:50	00:29:00	
5214	Nuno VASCONCELOS	3500	M	01:01:36	00:56:02	05:37	00:28:31	
5215	Alberto MARTINHO	4979	M	01:01:36	00:58:33	05:52	00:28:50	
5216	Luís BARROSO	9905	M	01:01:36	00:57:22	05:45	00:29:06	
5217	Silvia SOUSA	8129	F	01:01:37	01:00:46	06:05	00:30:46	
5218	Hugo SEQUEIRA	2909	M	01:01:37	00:58:20	05:50	00:29:53	
5219	Pedro CARVALHO	515	M	01:01:37	00:58:08	05:49	00:29:21	
5220	Mário MARGARIDO	10837	M	01:01:38	00:55:42	05:35	00:28:23	
5221	Mário FREITAS	12959	M	01:01:38	00:58:22	05:51	00:29:53	
5222	João Paulo ROBALO	4123	M	01:01:39	00:56:36	05:40	00:28:59	
5223	Paulo MARQUES	10966	M	01:01:39	00:58:59	05:54	00:28:57	
5224	Tiago Jorge MENESES ANDRADE	4635	M	01:01:39	00:59:29	05:57	00:27:48	
5225	Filipe GONÇALVES	12918	M	01:01:40	01:00:21	06:03	00:29:04	
5226	Diogo ASSUNÇÃO	9850	M	01:01:40	00:59:37	05:58	00:28:55	
5227	Luis PIRES	9107	M	01:01:40	00:57:57	05:48	00:29:37	
5228	Helder Rasteiro LOPES	9196	M	01:01:41	00:59:52	06:00	00:27:28	
5229	Ozleblebici ZAFER	11227	M	01:01:41	01:00:11	06:02	00:28:01	
5230	Nuno Miguel Miheiro CHAMBINO	252	M	01:01:41	01:00:17	06:02	00:29:58	
5231	Ismael TEIXEIRA	14055	M	01:01:42	01:00:15	06:02	00:29:14	Clube Grupo Desportivo BES
5232	Duarte CASTELO BRANCO	3438	M	01:01:42	00:55:04	05:31	00:26:10	
5233	Carla GAMEIRO TURNER	13571	F	01:01:42	00:57:32	05:46	00:30:34	
5234	Bernardo RODO	2856	M	01:01:43	00:56:57	05:42	00:28:01	Drinkers With Running Problem
5235	Nuno JERÓNIMO	13091	M	01:01:43	00:56:41	05:41	00:30:34	
5236	Sérgio VITORINO	13180	M	01:01:43	01:00:19	06:02	00:28:19	
5237	Arnaldo Ribeiro SEQUEIRA	9592	M	01:01:43	01:00:02	06:01	00:30:42	
5238	Virgílio GUERREIRO LANÇA	9331	M	01:01:44	01:00:17	06:02	00:27:28	
5239	Kate BLISS	1534	F	01:01:45	00:55:17	05:32	00:27:31	
5240	Maria Gabriela AMANTE ROSA FREIRE MONTEIRO	1999	F	01:01:45	00:59:38	05:58	00:29:15	
5241	Joana OLIVEIRA	1915	F	01:01:45	00:57:41	05:47	00:29:03	
5242	Patrícia PEREIRA	1455	F	01:01:45	00:58:28	05:51	00:28:47	
5243	José Manuel PALHARES	3671	M	01:01:46	01:00:09	06:01	00:30:25	
5244	Duarte AFONSO	10644	M	01:01:46	00:59:19	05:56	00:32:00	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5245	Jackie CORREIA	1381	F	01:01:46	00:58:16	05:50	00:28:32	St. Julians School
5246	Nuno PRATES	13271	M	01:01:46	00:57:05	05:43	00:29:15	
5247	João Pedro Custodio RIBEIRO	3863	M	01:01:46	00:57:01	05:43	00:30:05	
5248	José Maria FARRAJOTA CALDEIRA GUIMARÃES	184	M	01:01:46	00:56:58	05:42	00:28:47	Açoreana clube Banif
5249	António MURTEIRA	8591	M	01:01:47	01:00:19	06:02	00:29:01	Serviços Sociais da CGD
5250	Jorge VARANDAS	5218	M	01:01:47	00:56:16	05:38	00:29:38	
5251	Dario TOMÉ	3028	M	01:01:47	00:59:58	06:00	00:28:14	
5252	Elina MATONSE	799	F	01:01:48	00:59:55	06:00	00:29:18	
5253	Sara MENDONÇA GRAÇA	644	F	01:01:48	00:59:39	05:58	00:29:35	
5254	Saida MORAIS	1948	F	01:01:48	00:55:36	05:34	00:28:45	
5255	Pedro Miguel Bessa M. De Brito SERRA	363	M	01:01:50	00:55:44	05:35	00:26:43	
5256	Manuel RIBEIRO	3368	M	01:01:50	00:58:30	05:51	00:28:46	
5257	Joaquim LEOMARO	12644	M	01:01:50	00:59:32	05:58	00:29:34	Grupo Excursionista "Os Económicos"
5258	Pedro Miguel C. LUÍS	9711	M	01:01:51	00:56:05	05:37	00:27:01	
5259	Telma LOPES	14144	F	01:01:51	00:57:51	05:48	00:28:15	Construténis de Fernando Ralheta
5260	José MORGADO	10014	M	01:01:51	00:56:52	05:42	00:28:51	
5261	Bruno MORAIS	4555	M	01:01:51	00:58:53	05:54	00:27:40	
5262	Helena PIRES	13998	M	01:01:52	01:01:04	06:07	00:29:16	RAIL RUNNERS
5263	Joaquim RODRIGUES	12618	M	01:01:52	00:59:57	06:00	00:28:37	
5264	Marco SILVA	3004	M	01:01:52	00:55:57	05:36	00:28:10	
5265	Nuno Filipe RICO	10236	M	01:01:52	00:56:17	05:38	00:30:55	
5266	Aurélio CALADO	8608	M	01:01:52	00:58:51	05:54	00:29:51	Serviços Sociais da CGD
5267	Orlando SOUSA	14107	M	01:01:53	00:58:51	05:54	00:29:50	CCDTML
5268	José PIRES	14105	M	01:01:53	00:58:51	05:54	00:29:51	CCDTML
5269	Ricardo ALVES	11253	M	01:01:53	00:59:31	05:58	00:30:31	
5270	Vera FONSECA	1353	F	01:01:53	01:00:32	06:04	00:29:00	
5271	Pedro Miguel COSTA FERNANDES	9509	M	01:01:53	01:00:46	06:05	00:29:24	
5272	Jose Alberto BATISTA	9604	M	01:01:54	00:59:50	05:59	00:29:31	
5273	Vilma GRACIAS	1044	F	01:01:54	00:59:37	05:58	00:28:56	
5274	Henrique RUIVO	10661	M	01:01:54	00:55:04	05:31	00:28:05	
5275	Andre PINTO	9336	M	01:01:54	00:59:57	06:00	00:27:50	
5276	António José VALENTE	8856	M	01:01:54	00:57:27	05:45	00:28:15	Clube Ferroviário de Portugal
5277	Catarina BRIZIDA	14209	F	01:01:54	01:00:33	06:04	00:30:11	RAIL RUNNERS
5278	Fernando AZEVEDO	9784	M	01:01:54	01:00:35	06:04	00:29:08	
5279	José Fernando RIBEIRO	13097	M	01:01:54	00:59:51	06:00	00:29:22	
5280	Miguel POTES	9028	M	01:01:55	00:56:56	05:42	00:28:41	Tejavista
5281	Edite CUNHA	1288	F	01:01:55	01:00:46	06:05	00:29:09	
5282	Luís Miguel RODRIGUES DIAS	10267	M	01:01:55	00:59:10	05:55	00:29:12	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5283	Ana SIMPLÍCIO	1319	F	01:01:55	01:00:46	06:05	00:29:08	
5284	Paulo Jorge MARTINS	10115	M	01:01:55	00:59:26	05:57	00:29:25	
5285	Helena Margarida SILVERIO DE ANDRADE	7656	F	01:01:55	00:59:10	05:55	00:29:12	CCD - Trabalhadores do Município da Odivelas
5286	Alberto CANO	2549	M	01:01:56	00:58:24	05:51	00:29:45	
5287	António COSTA	2079	M	01:01:56	00:57:43	05:47	00:29:52	
5288	Hugo GRÁCIO	4063	M	01:01:56	00:57:27	05:45	00:29:38	
5289	Pablo CASALS	4289	M	01:01:56	01:00:00	06:00	00:29:48	
5290	Juan Pedro TORRES	4814	M	01:01:56	00:56:49	05:41	00:27:19	
5291	Gonçalo ABRANCHES DUARTE	12421	M	01:01:57	00:58:03	05:49	00:28:51	
5292	Vitor CARDOSO	12682	M	01:01:57	01:01:40	06:10	00:31:32	Grupo Desportivo Imprensa Nacional Casa da Moeda
5293	Luís FULGÊNCIO	10281	M	01:01:57	00:58:46	05:53	00:28:42	
5294	José Bernardo BERNARDO	9309	M	01:01:57	00:59:43	05:59	00:29:57	
5295	Carla QUINTÃ	13577	F	01:01:58	00:56:42	05:41	00:27:38	
5296	Salomé SILVA SERRA	1781	F	01:01:58	01:01:27	06:09	00:29:27	
5297	João BRÁSIO	4004	M	01:01:58	00:58:47	05:53	00:30:24	
5298	Maria PUGA	12249	F	01:01:58	00:58:57	05:54	00:29:09	O mundo da Corrida
5299	Olímpio GONÇALVES	12921	M	01:01:58	00:58:47	05:53	00:30:24	
5300	Pedro MARVÃO	10761	M	01:01:59	00:58:41	05:53	00:28:11	
5301	Hugo Miguel De Brito Silva Moreira Faisca FAÍSCA	2215	M	01:01:59	00:55:29	05:33	00:27:59	
5302	Frederico RAPOSO	154	M	01:01:59	00:55:30	05:33	00:27:59	
5303	Pedro RIBEIRO LOPES	10410	M	01:01:59	01:00:32	06:04	00:28:10	
5304	Paulo AFONSO	11371	M	01:01:59	00:55:53	05:36	00:29:46	
5305	Pedro RIBEIRO	10505	M	01:01:59	00:56:22	05:39	00:28:02	
5306	Ana AFONSO	819	F	01:01:59	00:55:53	05:36	00:29:46	
5307	Paulo Jorge NENE GUERREIRO	10480	M	01:02:00	00:59:57	06:00	00:30:24	
5308	Hilário Barardo FERNANDES	2204	M	01:02:00	00:57:05	05:43	00:27:44	
5309	Carla PEREIRA	14200	F	01:02:00	01:01:31	06:10	00:28:58	Associação Páraquedistas Tejo Norte
5310	Mário GOMES	444	M	01:02:00	00:59:05	05:55	00:29:34	
5311	José Maria LOBO DE CARVALHO	11613	M	01:02:01	00:59:52	06:00	00:30:18	
5312	Jorge AUGUSTO SANTIAGO NEVES	11667	M	01:02:01	00:58:03	05:49	00:29:46	
5313	José Luís TEIXEIRA	13431	M	01:02:01	01:01:27	06:09	00:29:14	
5314	Emma ASHTON	12144	F	01:02:01	00:58:31	05:52	00:29:33	St. Julians School
5315	Ira LITWINOFF	8144	F	01:02:01	00:59:51	06:00	00:28:56	
5316	Maria Lurdes SILVA OLIVEIRA	8196	F	01:02:01	00:59:53	06:00	00:30:18	
5317	Rui BRANCO	4964	M	01:02:02	00:56:31	05:40	00:29:59	
5318	Diogo FONSECA E SILVA	10048	M	01:02:02	00:57:23	05:45	00:27:23	
5319	Tiago MONTEIRO PORTUGAL	4470	M	01:02:02	01:00:24	06:03	00:30:59	
5320	Jörg DEGER	11523	M	01:02:02	00:57:46	05:47	00:30:28	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5321	Mateus MARQUES	8904	M	01:02:03	01:02:03	06:13		
5322	Cátia CANOTILHO	7669	F	01:02:03	00:59:29	05:57	00:28:55	Sierra Portugal
5323	Rui AFONSO	9019	M	01:02:03	00:56:31	05:40	00:28:37	CORPUS QDF
5324	David De Matos PIRES	3111	M	01:02:03	00:56:59	05:42	00:29:29	
5325	Miguel CAIXINHA	2918	M	01:02:04	00:57:39	05:46		
5326	Pedro ALVARES	10212	M	01:02:04	00:56:58	05:42	00:29:27	
5327	Pedro Jorge Pombo ARTUR	2155	M	01:02:04	00:56:39	05:40	00:28:08	
5328	Sílvia ANJOS	7902	F	01:02:04	01:00:52	06:06	00:30:45	
5329	Miguel PIMENTEL	5075	M	01:02:05	00:56:50	05:41	00:26:25	
5330	Manuel Da Cruz Campos BOAVIDA	10915	M	01:02:05	00:58:10	05:49	00:30:02	
5331	Maria Quitéria TEIXEIRA	4280	F	01:02:05	01:01:21	06:09	00:29:52	
5332	Brigitte MAJOR	1383	F	01:02:05	01:00:40	06:04	00:28:44	Clube Desportivo e Cultural da Nave
5333	Luis Miguel MAGALHÃES ADÃO	13315	M	01:02:05	00:59:45	05:59	00:28:54	
5334	Rui MARQUES	12887	M	01:02:05	00:59:57	06:00	00:30:40	
5335	João CAMOLINO	3022	M	01:02:06	00:57:15	05:44	00:29:27	
5336	José SAMPAIO	2077	M	01:02:06	00:56:13	05:38	00:29:00	Associação de Moradores de Atibá
5337	Joana Margarida SOUSA	1761	F	01:02:07	00:59:08	05:55	00:30:49	
5338	Hugo MANUEL	12642	M	01:02:08	01:00:13	06:02	00:30:41	O mundo da Corrida
5339	Mário ROVISCO	10750	M	01:02:08	00:58:32	05:52	00:28:55	
5340	Inês VISEU	761	F	01:02:08	00:58:32	05:52	00:28:55	
5341	Daniel GUERREIRO	9753	M	01:02:09	00:57:13	05:44	00:28:05	
5342	Daniel SEBASTIÃO	12776	M	01:02:09	00:58:30	05:51	00:28:46	
5343	Teresa RIBEIRO	1588	F	01:02:09	00:58:26	05:51	00:28:16	
5344	Renato Alexandre SANTOS	547	M	01:02:09	00:58:26	05:51	00:29:44	
5345	Ricardo PINHEIRO	9610	M	01:02:10	00:57:45	05:47	00:28:27	
5346	Ricardo Filipe Ribeiro Tavares Franco Neto NETO	9544	M	01:02:10	00:56:35	05:40	00:28:38	
5347	Andreia SEPÚLVEDA	8387	F	01:02:10	00:59:20	05:56	00:30:25	
5348	Nuno ABREU	10719	M	01:02:11	00:59:21	05:57	00:30:25	
5349	Vitor MOURA	11358	M	01:02:11	00:59:47	05:59	00:29:04	
5350	Miguel TORRES	4120	M	01:02:11	01:00:29	06:03	00:31:22	
5351	Alexandre SILVA	313	M	01:02:11	00:59:52	06:00	00:30:00	
5352	Fernando SILVA	9270	M	01:02:11	00:59:53	06:00	00:30:01	
5353	Fernando CARDOSO	14098	M	01:02:11	00:57:37	05:46	00:29:14	CCDTML
5354	Diana SILVA	745	F	01:02:11	00:57:24	05:45	00:29:43	
5355	Diogo FERREIRA	8605	M	01:02:12	01:01:05	06:07	00:29:06	Açoreana clube Banif
5356	Luís Miguel DIAS	9524	M	01:02:12	00:58:54	05:54	00:30:26	
5357	João SERRA	8619	M	01:02:12	01:01:05	06:07	00:29:03	Açoreana clube Banif
5358	Miguel DUARTE	9701	M	01:02:12	00:57:36	05:46	00:30:21	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5359	Sérgio COUCEIRO	8491	M	01:02:12	01:00:01	06:01	00:28:49	
5360	Bruno RAINHO	10340	M	01:02:13	00:59:08	05:55	00:28:58	
5361	Catarina BAILÃO	1428	F	01:02:13	00:56:29	05:39	00:29:46	Serviços Sociais da CGD
5362	Vera MATOS	1667	F	01:02:13	00:59:34	05:58	00:29:16	
5363	Andreia VILARINHO	1653	F	01:02:14	00:58:29	05:51	00:29:11	
5364	Marta Figueiredo LOPES	933	F	01:02:14	00:59:32	05:58	00:29:36	
5365	Gisela KOCH	1444	F	01:02:15	00:57:41	05:47	00:28:53	
5366	António NICOLAU	11492	M	01:02:15	00:55:40	05:34	00:28:11	
5367	Hugo CABAÇO	13178	M	01:02:15	00:58:46	05:53	00:28:23	
5368	Ricardo Afonso SANTOS	5090	M	01:02:15	00:58:18	05:50	00:27:34	
5369	Carlos COSTA	14110	M	01:02:15	00:58:53	05:54	00:29:37	C.A. Amigos Parque da Paz
5370	Joao MIRANDA	13428	M	01:02:16	01:00:41	06:05	00:29:43	
5371	Joaquim COSTA	10080	M	01:02:16	00:55:47	05:35	00:28:05	
5372	Tiago CAETANO	10002	M	01:02:17	01:00:44	06:05	00:29:00	
5373	Fernando SANTANA	9964	M	01:02:17	00:58:23	05:51	00:31:00	
5374	Jose COSTA	8932	M	01:02:17	00:58:45	05:53	00:28:59	Tabaqueira
5375	Bernardo SALGADO	135801	M	01:02:17	00:58:36	05:52	00:27:56	
5376	Bruno CLARO	9897	M	01:02:17	00:57:02	05:43	00:27:27	
5377	Luis LOPES	12646	M	01:02:17	00:57:21	05:45	00:29:52	
5378	Frank FABIAN	3246	M	01:02:18	00:56:04	05:37	00:28:15	
5379	Fernando OLIVEIRA	12652	M	01:02:18	00:57:22	05:45	00:29:53	
5380	Angelo FARIA	9548	M	01:02:18	00:56:04	05:37	00:28:15	
5381	Paulo BARREIROS	9588	M	01:02:18	00:56:04	05:37	00:28:15	
5382	Luisa ALBERTO	978	F	01:02:18	00:56:27	05:39	00:29:19	
5383	Ivan Rafael MOREIRA FERREIRA	2864	M	01:02:19	00:56:01	05:37	00:29:04	Beer Boys
5384	Jacinto GODINHO	4706	M	01:02:19	00:58:27	05:51	00:29:47	
5385	Manuel ANASTÁCIO	10936	M	01:02:20	00:57:37	05:46	00:28:37	
5386	Pedro Miguel PIRES LOPES	10684	M	01:02:20	00:59:12	05:56	00:30:11	
5387	Júlia JANUÁRIO	902	F	01:02:21	01:01:20	06:08	00:31:40	Clube Ferroviário de Portugal
5388	António Renato BOTÃO	2130	M	01:02:21	01:00:28	06:03	00:27:52	Clube Millennium BCP
5389	Sofia SANTOS	7738	F	01:02:21	00:59:43	05:59	00:30:38	
5390	Maria Joao FERNANDES SIMOES	2037	F	01:02:21	01:00:26	06:03	00:29:53	
5391	Maria José CUNHA	7958	F	01:02:22	00:59:19	05:56		
5392	Jaime GOMES	2183	M	01:02:23	00:56:14	05:38	00:28:48	Serviços Sociais Montepio Geral
5393	Fabiola CABRAL	7755	F	01:02:23	00:58:11	05:50	00:29:13	
5394	Amadeu FERREIRA	2871	M	01:02:23	00:56:31	05:40	00:28:50	G. D. C. T. Repsol Polimeros
5395	Natalina BORDINO	602	F	01:02:23	00:54:37	05:28	00:27:19	
5396	Rúben COSTA	2946	M	01:02:23	01:00:47	06:05	00:29:59	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5397	Paulo Domingos SILVA PEREIRA	9686	M	01:02:24	00:51:55	05:12	00:25:34	
5398	Francisco MAIA	10930	M	01:02:24	01:01:30	06:09	00:30:54	
5399	Rui António NUNES LOPES PEREIRA	13322	M	01:02:24	01:00:43	06:05	00:28:39	
5400	José LAMEGO	2824	M	01:02:24	00:55:41	05:35	00:28:30	S.M.D Caneças
5401	Frederico SOUSA	12934	M	01:02:24	00:56:55	05:42	00:28:41	
5402	Nuno RAPOSO	9363	M	01:02:24	00:58:06	05:49	00:29:39	
5403	Rogério Manuel RODRIGUES NOBRE	11524	M	01:02:25	00:56:15	05:38	00:27:56	
5404	Nádia ALVES RIBEIRO TEIXEIRA	1756	F	01:02:25	01:00:42	06:05	00:29:36	
5405	Estela PEREIRA	8317	F	01:02:25	01:01:55	06:12	00:31:53	
5406	António ERVEDEIRO	3012	M	01:02:26	00:58:27	05:51	00:29:30	
5407	Anibal SILVESTRE	4562	M	01:02:26	01:00:35	06:04	00:29:24	
5408	Helder Antonio De PINHAO DOS REIS	12758	M	01:02:26	00:55:35	05:34	00:27:17	
5409	Pedro TREZENTOS	9575	M	01:02:26	01:01:25	06:09	00:29:58	
5410	John GOLDSBROUGH	12801	M	01:02:26	00:58:22	05:51	00:29:08	
5411	Gonçalo ROSA	10253	M	01:02:26	00:56:07	05:37	00:28:58	
5412	Bruno REGO	3239	M	01:02:27	01:01:25	06:09	00:29:58	
5413	Vítor CRESPO	9562	M	01:02:29	00:57:12	05:44	00:26:52	
5414	Manuel Carlos SANTOS	12633	M	01:02:29	01:01:24	06:09	00:30:26	Serviços Sociais Montepio Geral
5415	Joao Miguel Duarte LANDEIRO	3046	M	01:02:29	00:56:55	05:42	00:28:22	
5416	Fernando MARCOS MARQUES	12879	M	01:02:29	01:00:06	06:01	00:30:00	
5417	Joaquim MELO	2580	M	01:02:29	01:01:22	06:09	00:30:37	Serviços Sociais Montepio Geral
5418	Silvia PINTO	1145	F	01:02:29	00:59:47	05:59	00:29:36	
5419	Severino ROSA	8647	M	01:02:29	00:56:43	05:41	00:29:44	Serviços Sociais da CGD
5420	Ana BRAZ	7350	F	01:02:29	00:56:45	05:41	00:29:45	Serviços Sociais da CGD
5421	Ricardo BARBEDO	10866	M	01:02:29	00:56:00	05:36	00:29:31	
5422	Fernando SEBASTIÃO	12811	M	01:02:30	00:58:51	05:54	00:28:47	
5423	Bruno POLICARPO	4102	M	01:02:30	00:59:16	05:56	00:29:30	
5424	Pedro CORDEIRO	3088	M	01:02:31	00:56:14	05:38	00:27:45	
5425	Bernardete CÉSAR	7585	F	01:02:31	01:02:12	06:14	00:30:15	NUCLEOEIRAS/SPORTZONE
5426	Ricardo PRATA	9968	M	01:02:32	00:59:41	05:59	00:29:10	
5427	Pedro NAZARETH	12717	M	01:02:32	00:56:17	05:38	00:28:01	
5428	João CHUNG	3289	M	01:02:32	00:48:59	04:54	00:24:48	
5429	Marília NEVES	14068	F	01:02:32	01:00:06	06:01	00:29:46	Clube Grupo Desportivo BES
5430	Luis GARÇÃO	12786	M	01:02:33	01:01:33	06:10	00:29:34	
5431	Daniel LEITÃO	12836	M	01:02:33	01:00:49	06:05	00:30:45	
5432	Eberhard Axel WILHELM	13424	M	01:02:33	01:01:07	06:07	00:29:28	
5433	Cláudia Cristina Gonçalves Ramalhosa RAMALHOSA	1671	F	01:02:33	00:57:48	05:47	00:27:43	
5434	Nuno CHUNG	4921	M	01:02:33	00:48:58	04:54	00:24:47	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5435	Salvador Enes Ferreira FERREIRA	4207	M	01:02:34	00:57:30	05:45	00:28:18	
5436	Ricardo MOREIRA	11936	M	01:02:34	00:56:32	05:40	00:28:48	
5437	Farias TIAGO	13355	M	01:02:34	00:57:28	05:45	00:28:41	
5438	Tiago ROCHA	3115	M	01:02:35	00:58:25	05:51	00:28:30	
5439	Inês SILVA	7472	F	01:02:35	01:02:15	06:14	00:30:09	NUCLEOEIRAS/SPORTZONE
5440	Pedro DIAS	3713	M	01:02:35	00:58:31	05:52	00:29:49	
5441	Carlos SILVA	9494	M	01:02:36	00:59:22	05:57	00:29:09	
5442	Gonçalo FARIA NUNES	13449	M	01:02:36	00:57:27	05:45	00:28:17	
5443	Jose Manuel CALADO RODRIGUES	10499	M	01:02:37	01:01:34	06:10	00:29:37	
5444	Virgilio SILVA	4096	M	01:02:37	00:56:33	05:40	00:28:37	
5445	Ana SIMÃO	1514	F	01:02:37	01:01:32	06:10	00:30:02	
5446	José Manuel P. M. De Barros	11387	M	01:02:38	01:00:23	06:03	00:29:06	
5447	Maria BATISTA	890	F	01:02:38	01:01:28	06:09	00:29:53	Peugeot
5448	António Espada Pereira PEREIRA	11520	M	01:02:38	00:59:48	05:59	00:28:44	
5449	Ana Margarida MONIZ LEITÃO	8220	F	01:02:38	01:00:51	06:06	00:30:04	
5450	José Gabriel SERRADOR	3523	M	01:02:38	01:01:58	06:12	00:27:48	
5451	Giuseppe RUSSO	13031	M	01:02:39	01:00:59	06:06	00:28:36	
5452	Marcelo FERREIRA	11241	M	01:02:40	00:56:31	05:40	00:28:46	
5453	Emídio José BAPTISTA ALEXANDRE	3443	M	01:02:40	00:57:15	05:44	00:29:06	
5454	Joaquim VALADARES	2655	M	01:02:40	01:00:39	06:04	00:29:39	Valadares
5455	Paulo ALVES	8979	M	01:02:40	00:58:24	05:51	00:29:40	Peugeot
5456	Adão Soares Pereira LUZ	10252	M	01:02:41	00:56:40	05:40	00:29:01	
5457	Rudolfo BENTO	11006	M	01:02:41	00:57:28	05:45	00:29:58	
5458	Miguel Veiga GOMES	8487	M	01:02:42	00:59:51	06:00	00:28:59	
5459	Paulo CARVALHO E MELO	11132	M	01:02:42	00:56:32	05:40	00:28:00	
5460	Belisa GUIMARÃES	7509	F	01:02:42	01:01:31	06:10	00:30:29	Grupo Desportivo Roche
5461	Rui FERNANDES	4365	M	01:02:42	00:59:51	06:00	00:28:59	
5462	Sara MARTINS	12164	F	01:02:42	01:00:18	06:02	00:30:15	
5463	Cristina ALEXANDRE	14053	F	01:02:42	01:01:26	06:09	00:29:51	Clube Grupo Desportivo BES
5464	Jorge ESTEVES	8962	M	01:02:42	01:01:32	06:10	00:30:29	Grupo Desportivo Roche
5465	Rui GAMEIRO	14089	M	01:02:42	01:01:26	06:09	00:29:50	Clube Grupo Desportivo BES
5466	Sónia CARREIRO	8393	F	01:02:42	00:59:47	05:59	00:29:25	
5467	Paulo Alexandre FELICIO VIANA	11055	M	01:02:42	00:59:53	06:00	00:32:30	
5468	Miguel Angelo ESTEVES AMARO DA COSTA	11254	M	01:02:43	00:58:17	05:50	00:29:26	
5469	Miguel MANTEIGA	3392	M	01:02:43	00:58:14	05:50	00:28:56	
5470	João JERÓNIMO	5041	M	01:02:43	00:56:20	05:38	00:28:23	
5471	Daher VALADÃO DINIZ	4395	M	01:02:43	01:01:58	06:12	00:28:32	
5472	Pedro CELESTE	13328	M	01:02:44	00:57:34	05:46	00:28:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5473	Alice JUSTINO	1234	F	01:02:44	01:02:05	06:13	00:31:37	CCD Segurança Social Lisboa
5474	Luis CRUZ	13085	M	01:02:44	00:58:36	05:52	00:28:03	
5475	Carlos LOPES PEREIRA	13086	M	01:02:44	01:00:15	06:02	00:29:40	
5476	Miguel CAMPOS	11681	M	01:02:44	00:58:49	05:53	00:28:32	
5477	Rui Miguel Maia MAIA	10657	M	01:02:45	00:56:35	05:40	00:28:53	
5478	Jose Joao DE FRIAS	11516	M	01:02:45	00:56:53	05:42	00:27:36	
5479	António DOMINGOS	10361	M	01:02:46	00:57:42	05:47	00:29:21	
5480	Stefanie MICHALKE SANTOS	7732	F	01:02:46	00:59:15	05:56	00:29:36	
5481	Jose Carlos NUNES DIAS	3431	M	01:02:47	01:01:20	06:08	00:27:42	
5482	António MACAU	10486	M	01:02:47	00:57:10	05:43	00:28:50	
5483	João Miguel GRENHO	12736	M	01:02:47	01:01:13	06:08	00:29:05	
5484	António Alberto LAGES MOURA	12875	M	01:02:47	01:02:15	06:14	00:28:41	
5485	Guilherme HENRIQUES	8864	M	01:02:47	00:56:47	05:41	00:28:39	CCD Tranquilidade
5486	Miguel ABREU SANTOS	8452	M	01:02:47	00:59:44	05:59	00:29:42	Clube Millennium BCP
5487	Gonçalo GOMES	433	M	01:02:47	00:58:17	05:50	00:28:35	
5488	Nuno OLIVEIRA	12999	M	01:02:47	00:59:41	05:59	00:30:15	
5489	Andreia TOURAIS	1676	F	01:02:48	01:01:18	06:08	00:30:16	
5490	Anabela SILVA	7631	F	01:02:48	00:59:42	05:59	00:30:14	
5491	Abílio Augusto PIRES	4255	M	01:02:48	00:56:29	05:39	00:28:33	
5492	Francisco MOURA	13118	M	01:02:48	01:00:52	06:06	00:28:26	
5493	Isabel SILVA	981	F	01:02:48	01:02:48	06:17		G.R.C.D Leião
5494	Ana Filipa MARTINS SILVA	8331	F	01:02:48	00:58:32	05:52	00:29:07	
5495	Francisco PATINHA	2682	M	01:02:48	01:01:35	06:10	00:29:53	G.R.C.D Leião
5496	Susana SILVA	795	F	01:02:49	00:59:34	05:58	00:29:34	
5497	António BAPTISTA FERNANDES	2868	M	01:02:49	01:02:07	06:13	00:26:54	Casa da Dizima
5498	Carla FONSECA	1410	F	01:02:49	00:59:35	05:58	00:29:35	
5499	Rui LOPES	11379	M	01:02:49	00:57:18	05:44	00:27:31	
5500	Luis CARDOSO	9426	M	01:02:49	00:56:20	05:38	00:28:27	
5501	Cristiana SANTOS	1414	F	01:02:49	00:59:35	05:58	00:29:35	
5502	Rafael MAIA	4923	M	01:02:49	00:57:42	05:47	00:26:40	
5503	Paulo SARAIVA	9952	M	01:02:49	00:59:24	05:57	00:30:28	
5504	Pedro CABRITA	2999	M	01:02:50	00:56:21	05:39	00:28:27	
5505	Paula SIMÕES	7564	F	01:02:50	01:00:10	06:01	00:28:26	Açoreana clube Banif
5506	Diana Patrícia SANTOS	821	F	01:02:50	01:02:32	06:16	00:29:37	
5507	Miguel ROMAO	3187	M	01:02:50	00:58:09	05:49	00:29:09	
5508	Alexandre BORGES	11510	M	01:02:50	00:57:37	05:46	00:28:39	
5509	Alvaro GARCIA	8993	M	01:02:50	00:57:54	05:48	00:31:57	HP Portugal Clube
5510	Luis ROSA	4396	M	01:02:51	00:56:21	05:39	00:29:30	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5511	Pedro GRAÇA	2940	M	01:02:51	00:59:29	05:57	00:28:42	
5512	Carlos NORTE	13411	M	01:02:51	00:59:20	05:56	00:30:40	
5513	Paulo Alexandre FERREIRA MARTINS	5027	M	01:02:51	00:57:36	05:46	00:28:46	
5514	Pedro VICENTE	11527	M	01:02:52	01:00:27	06:03	00:30:04	
5515	Isabel OLIVEIRA	7424	F	01:02:52	01:00:52	06:06	00:29:16	Serviços Sociais Montepio Geral
5516	César Tiago FERREIRA NEVES	10270	M	01:02:52	00:57:21	05:45	00:28:18	
5517	André CASTRO	171	M	01:02:52	00:58:57	05:54	00:30:26	
5518	Elizabeth REMELGADO	2002	F	01:02:52	00:58:57	05:54	00:30:25	
5519	Luis Augusto DURBECK AFONSO	13811	M	01:02:53	00:59:30	05:57	00:30:26	Pepsico Portugal
5520	Pedro NASCIMENTO CORREIRA	12679	M	01:02:53	01:00:02	06:01	00:30:20	Rugby Clube Oeiras
5521	Nuno ALMEIDA	12556	M	01:02:53	01:00:39	06:04	00:31:08	
5522	Sara GUERREIO	1422	F	01:02:54	00:58:45	05:53	00:30:18	
5523	Luis DOMINGUES	2162	M	01:02:54	01:00:38	06:04	00:31:33	
5524	José GUERREIO	2206	M	01:02:54	00:58:46	05:53	00:30:18	
5525	Helena RESENDE	8164	F	01:02:55	01:01:01	06:07	00:28:46	
5526	Tiago CARVALHO	3844	M	01:02:55	01:01:10	06:07	00:29:03	
5527	Luís VIEIRA	12791	M	01:02:56	00:58:47	05:53	00:29:05	
5528	Antonio LIMA	9888	M	01:02:56	01:02:43	06:17	00:30:59	
5529	Luis NEVES	8616	M	01:02:56	01:00:02	06:01	00:30:22	Açoreana clube Banif
5530	Beatriz FIGUEIREDO	719	F	01:02:56	01:01:59	06:12	00:30:07	
5531	António SANTOS	8799	M	01:02:56	00:58:40	05:52	00:29:34	C.C.D. EFACEC
5532	Patricia De Melo Moreira DE MELO MOREIRA	1696	F	01:02:57	01:00:14	06:02	00:29:47	
5533	Sónia LOUÇÃO	1865	F	01:02:57	00:58:30	05:51	00:29:01	
5534	Luis CABRELA	14064	M	01:02:57	00:58:01	05:49	00:30:09	Clube Grupo Desportivo BES
5535	Fernando INÁCIO	10189	M	01:02:57	00:56:43	05:41	00:27:24	
5536	Sónia Pescadinha AMARO CEREJO	604	F	01:02:57	00:59:40	05:58	00:29:58	
5537	Fernanda MANGAS	787	F	01:02:57	01:01:02	06:07	00:31:02	Serviços Sociais Montepio Geral
5538	Tiago CARDOSO	10248	M	01:02:57	01:00:23	06:03	00:31:41	
5539	Pedro Manuel De Jesus ANDRADE	3649	M	01:02:58	00:57:54	05:48	00:29:20	
5540	Paulo Alexandre RODRIGUES NUNES	13238	M	01:02:58	01:01:55	06:12	00:30:19	
5541	Miguel JUSTINO	4020	M	01:02:58	00:51:46	05:11	00:26:02	
5542	Sonia Patricia RODRIGUES	1755	F	01:02:58	01:01:05	06:07	00:30:22	
5543	Bruno FARINHA	5116	M	01:02:58	00:57:08	05:43	00:29:05	
5544	Joana Raquel Mariano FERREIRA	1510	F	01:02:59	00:58:13	05:50	00:30:04	
5545	Luis ROQUE	13866	M	01:02:59	00:57:36	05:46	00:28:55	Odebrecht / BPC
5546	Fernando LOPES	11089	M	01:02:59	00:58:03	05:49	00:30:12	
5547	Rodrigo Manuel Torres RODRIGUES	10377	M	01:02:59	00:57:35	05:46	00:28:53	
5548	Carlos Manuel Pacheco RODRIGUES	10392	M	01:02:59	00:57:35	05:46	00:28:53	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5549	Ana ROBIN DE ANDRADE	12308	F	01:02:59	01:01:35	06:10	00:28:53	
5550	Paulo Alexandre ASSUNÇÃO	12581	M	01:02:59	00:58:13	05:50	00:29:21	
5551	António ALVES	13839	M	01:02:59	01:01:37	06:10	00:29:30	Odebrecht / BPC
5552	João Carlos NEVES	306	M	01:02:59	01:00:31	06:04	00:29:41	
5553	Fábio LOUÇÃO	12796	M	01:03:00	01:01:01	06:07	00:29:29	
5554	Bruno ARAUJO	3107	M	01:03:00	00:57:59	05:48	00:28:46	
5555	Cristina ARAUJO	1466	F	01:03:00	00:58:00	05:48	00:28:47	
5556	Margarida ROQUE AMARO	694	F	01:03:00	00:58:48	05:53	00:29:25	
5557	Rosa DUARTE	1090	F	01:03:01	01:02:13	06:14	00:29:34	
5558	Rui MALHA	419	M	01:03:01	01:02:27	06:15	00:29:40	
5559	António PINHEIRO	10627	M	01:03:01	01:00:54	06:06	00:29:47	
5560	Rui Diós Silva CUCO	12530	M	01:03:01	00:59:18	05:56	00:28:10	
5561	André Fat CRAVEIRO	496	M	01:03:02	01:01:27	06:09	00:29:28	CP
5562	Diogo ALMEIDA	12572	M	01:03:02	01:00:47	06:05	00:31:08	
5563	Marcio Soares Delgado SOARES DELGADO	219	M	01:03:02	00:57:21	05:45	00:27:13	
5564	Andreia Ponte PONTE	13650	F	01:03:02	01:00:25	06:03	00:28:53	
5565	Pedro Ponte PONTE	11066	M	01:03:02	01:00:25	06:03	00:28:48	
5566	Paulo Henrique PEREIRA DA SILVA	11367	M	01:03:03	00:59:43	05:59	00:29:28	
5567	Luisa MOTA E COSTA	12112	F	01:03:03	01:00:49	06:05	00:30:47	
5568	Richard FURTADO	11532	M	01:03:04	01:00:54	06:06	00:29:38	
5569	Ricardo SEQUEIRA	10724	M	01:03:05	01:00:21	06:03	00:29:32	
5570	Rui Manuel Fernandes Dias PEDRO	4117	M	01:03:05	01:00:55	06:06	00:29:35	
5571	Pedro LARANJEIRO	10350	M	01:03:05	01:00:26	06:03	00:29:23	
5572	Tiago Filipe PONCIANO NUNES	9584	M	01:03:05	01:00:20	06:02	00:29:37	
5573	Luis MATOS	9135	M	01:03:06	01:01:55	06:12	00:30:05	Grupo Desportivo Imprensa Nacional Casa da Moeda
5574	Henrique RODRIGUES	4179	M	01:03:06	00:57:06	05:43	00:27:45	
5575	Joaquim BELGA	12825	M	01:03:06	01:01:34	06:10	00:30:55	
5576	Cláudia PARGANA	8013	F	01:03:06	00:57:04	05:43	00:29:25	
5577	André RAMOS	4428	M	01:03:07	00:48:16	04:50	00:24:00	
5578	António CORREIA	2298	M	01:03:07	00:56:54	05:42	00:28:40	G.R.D. Ribeira da Lage
5579	Paula SANTOS	1657	F	01:03:07	01:00:26	06:03	00:29:23	
5580	Joaquim CARDOSO	8656	M	01:03:07	00:56:52	05:42	00:28:37	G.R.D. Ribeira da Lage
5581	Tiago Jorge VAZ VELHO PIMENTEL CARNEIRO	4110	M	01:03:08	00:59:01	05:55	00:30:21	
5582	Jónatas XAVIER	447	M	01:03:08	01:01:23	06:09	00:30:54	
5583	Pedro PLÁCIDO	11104	M	01:03:08	01:00:12	06:02	00:27:32	
5584	Quiteria MATOS	7532	F	01:03:08	00:59:21	05:57	00:29:51	
5585	Mateus ESTEVES	9715	M	01:03:08	01:01:24	06:09	00:30:55	
5586	Joao Pedro COVAS	11310	M	01:03:08	01:02:20	06:14	00:28:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5587	Francisco RAMOS	10911	M	01:03:08	00:48:18	04:50	00:24:00	
5588	Henrique KOENDERS	13407	M	01:03:08	01:00:14	06:02	00:29:54	
5589	Bruno DIAS	474	M	01:03:09	01:01:37	06:10	00:29:13	
5590	António SANTOS	2838	M	01:03:09	00:59:30	05:57	00:30:19	G. D. C. T. Repsol Polimeros
5591	Pedro ALBUQUERQUE	10439	M	01:03:09	00:58:15	05:50	00:29:09	
5592	Miguel LAMEIRAS	10920	M	01:03:09	00:58:15	05:50	00:29:09	
5593	Rob MORRIS	11463	M	01:03:09	01:00:35	06:04	00:29:23	
5594	Fernando FLORA	3068	M	01:03:09	00:59:43	05:59	00:30:59	
5595	Aureliano António VASCONCELOS	10433	M	01:03:10	01:00:38	06:04	00:30:23	
5596	Helena PINTO DE SOUSA	1993	F	01:03:10	01:00:54	06:06	00:31:06	
5597	Nuno SALGUEIRO ANTUNES	11149	M	01:03:10	01:00:54	06:06	00:31:05	
5598	Ricardo PEDRO	4534	M	01:03:10	00:55:40	05:34	00:29:19	
5599	Cristina REGO	1356	F	01:03:11	01:01:26	06:09	00:29:30	
5600	João MORÃO	9676	M	01:03:11	00:57:47	05:47	00:31:45	
5601	Nina VIGON MANSO	8026	F	01:03:11	00:57:36	05:46	00:29:20	
5602	Paula DA SILVA CARDOSO	1549	F	01:03:11	00:57:36	05:46	00:29:21	
5603	Victória CARNEIRO	1202	F	01:03:12	01:01:15	06:08	00:31:06	G. D. Porto de Sines
5604	Daniela VINAGRE	681	F	01:03:12	01:03:01	06:19	00:36:08	NUCLEOEIRAS/SPORTZONE
5605	Fernando PALMA	8766	M	01:03:12	00:57:03	05:43	00:28:48	Serviços Sociais Montepio Geral
5606	Catarina OLIVEIRA	1964	F	01:03:12	01:01:06	06:07	00:30:54	
5607	Ana AUGUSTO	1127	F	01:03:12	01:01:05	06:07	00:30:54	
5608	Laura Sofia HENRIQUES	974	F	01:03:12	01:01:06	06:07	00:30:54	
5609	João LEITE	3010	M	01:03:13	01:01:10	06:07	00:30:36	
5610	João XAVIER	9746	M	01:03:13	01:01:28	06:09	00:30:54	
5611	João Alberto FERREIRA DOS SANTOS MACÁRIO	9394	M	01:03:13	01:00:34	06:04	00:29:56	
5612	Luís FURA	13393	M	01:03:13	00:59:48	05:59	00:29:41	
5613	Jorge Daniel VAZQUEZ	3412	M	01:03:13	00:59:35	05:58	00:30:11	
5614	Sónia GONÇALVES	1807	F	01:03:13	00:59:03	05:55	00:29:47	
5615	Sílvia Rute PEREIRA DE OLIVEIRA	2015	F	01:03:13	00:56:39	05:40	00:29:40	
5616	Carlos MARQUES	10688	M	01:03:14	00:59:03	05:55	00:29:47	
5617	Pedro ESTRADA	3450	M	01:03:14	00:56:30	05:39	00:28:02	
5618	João Paulo SARAIVA SANTOS	5112	M	01:03:14	00:57:42	05:47	00:28:28	
5619	Jorge ROQUE	3198	M	01:03:14	01:00:24	06:03	00:34:16	
5620	José MARQUES	9628	M	01:03:14	01:01:09	06:07	00:30:39	
5621	Claudia Sofia DOS SANTOS ESTEVES	1783	F	01:03:15	00:58:45	05:53	00:29:11	
5622	Ricardo LINHARES	11370	M	01:03:15	00:59:47	05:59	00:28:55	
5623	Joana FIGUEIREDO SANTANA	1398	F	01:03:15	00:58:37	05:52	00:29:15	
5624	Silvia Alexandra RITO	2026	F	01:03:15	00:57:05	05:43	00:29:35	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5625	Luis REINO	4104	M	01:03:15	00:58:37	05:52	00:29:13	
5626	Ana Isabel CARVALHO	8204	F	01:03:16	00:58:51	05:54	00:29:51	
5627	Manuel BARRENTO	3322	M	01:03:16	01:00:34	06:04	00:28:43	
5628	Jaime GATO	11465	M	01:03:16	01:00:23	06:03	00:29:55	
5629	Rosário FIGUEIRAL	8420	F	01:03:16	00:58:47	05:53	00:29:57	
5630	Madalena BOAVIDA	1914	F	01:03:17	00:58:48	05:53	00:29:58	
5631	Alexandra GUSMÃO	1629	F	01:03:17	00:58:37	05:52	00:28:46	
5632	Luis GOMES	10411	M	01:03:17	01:00:07	06:01	00:29:08	
5633	Gonçalo FERREIRA	10394	M	01:03:17	01:00:08	06:01	00:29:06	
5634	Rui DUARTE	2177	M	01:03:17	00:59:17	05:56	00:30:47	Casa do Pessoal Estradas de Portugal
5635	Joel FERNANDES	4722	M	01:03:17	00:58:58	05:54	00:31:01	
5636	Paula COSTA	1405	F	01:03:17	00:59:17	05:56	00:30:45	Casa do Pessoal Estradas de Portugal
5637	Diogo MENDES	10570	M	01:03:18	00:57:32	05:46	00:29:34	
5638	Francisco Carlos CRAVEIRO	10359	M	01:03:18	01:01:42	06:11	00:30:00	CP
5639	Susana FERREIRA	8038	F	01:03:18	01:02:28	06:15	00:31:17	
5640	Pedro VITOR	8945	M	01:03:18	01:03:14	06:20	00:29:11	Peugeot
5641	Ana Maria GUIMARÃES	7814	F	01:03:19	01:01:24	06:09	00:29:58	
5642	João Paulo PINTO	8892	M	01:03:19	01:01:25	06:09	00:29:58	
5643	Rui PARENTE	4002	M	01:03:19	00:47:34	04:46	00:24:16	
5644	Eun Jeong LEE	1886	F	01:03:19	00:58:40	05:52	00:29:21	
5645	Pedro FROIS COSTA	9177	M	01:03:19	01:01:30	06:09	00:28:15	
5646	Ivo MARQUES	13881	M	01:03:20	00:58:33	05:52	00:27:10	Odebrecht / BPC
5647	Rui FIALHO	13430	M	01:03:20	00:59:51	06:00	00:31:03	
5648	Ligia MARTINS	1995	F	01:03:20	01:00:58	06:06	00:30:14	
5649	Fernando Correia De MATOS	3033	M	01:03:20	01:01:50	06:11	00:30:34	
5650	Carlos TEIXEIRA	10451	M	01:03:21	00:59:14	05:56	00:29:38	
5651	Claudia GONÇALVES	1027	F	01:03:21	00:59:14	05:56	00:29:38	
5652	Luis CORTE-REAL	12894	M	01:03:21	01:00:33	06:04	00:30:44	
5653	João MIRANDA	3157	M	01:03:21	00:58:05	05:49	00:28:07	
5654	Joaquim MACHADO	9275	M	01:03:22	01:02:36	06:16	00:31:32	G.D.R. São Francisco da Serra
5655	Ricardo PEREIRA	4890	M	01:03:22	01:01:29	06:09	00:31:01	
5656	António CASAS NOVAS	13327	M	01:03:22	00:59:30	05:57	00:30:08	
5657	Fernando VITÓRIA	11473	M	01:03:23	01:00:34	06:04	00:30:31	
5658	Virgílio MATA	9943	M	01:03:23	01:01:33	06:10	00:29:10	
5659	Nuno DUARTE	12901	M	01:03:23	01:00:13	06:02	00:29:20	
5660	Teresa COUTINHO	8069	F	01:03:23	01:00:13	06:02	00:29:07	
5661	António GONÇALVES	11225	M	01:03:24	00:57:47	05:47	00:29:53	
5662	Paula ROCHA	7646	F	01:03:24	01:01:58	06:12	00:29:49	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5663	Marie-stéphanie MASSOT LIERVILLE	1505	F	01:03:24	00:57:35	05:46	00:30:16	
5664	Paulo ALEIXO	8885	M	01:03:24	01:00:40	06:04	00:30:43	Drinkers With Running Problem
5665	Paulo OLIVEIRA	2768	M	01:03:25	00:57:24	05:45	00:28:27	Corridinha Para a Carola
5666	Hugo Guimarães DUARTE	10099	M	01:03:25	01:01:17	06:08	00:28:04	
5667	Ricardo SILVA	10217	M	01:03:26	01:01:30	06:09	00:30:09	
5668	João COSTA	10780	M	01:03:26	00:57:12	05:44	00:28:51	
5669	Manuel COPETO	9521	M	01:03:26	01:01:02	06:07	00:28:49	
5670	Luis Miguel DE MELO	10526	M	01:03:26	01:00:08	06:01	00:30:47	
5671	Diogo Henrique Da Silva ARRAIAS	3693	M	01:03:26	01:01:19	06:08	00:30:58	
5672	Sandra ARRAIAS	1500	F	01:03:26	01:01:19	06:08	00:30:58	
5673	Joana PEREIRA	13644	F	01:03:26	01:02:55	06:18	00:31:50	
5674	Mário CONSTANCIO	12803	M	01:03:27	00:58:53	05:54	00:30:43	
5675	Alexandra CHAVES	8004	F	01:03:27	01:03:15	06:20	00:31:01	
5676	Sandra Isabel MARQUES LUCAS DE SOUSA MONTEIRO	1799	F	01:03:27	01:00:27	06:03	00:29:47	
5677	João VILAS-BOAS	5131	M	01:03:27	00:59:19	05:56	00:31:55	
5678	Carlos MONTEIRO	10663	M	01:03:27	00:56:54	05:42	00:30:28	
5679	Carlos HENRIQUE	9372	M	01:03:27	00:57:57	05:48	00:29:45	
5680	Nelson Manuel CARVALHO MONTEIRO	3870	M	01:03:27	01:00:28	06:03	00:29:47	
5681	Ana Luísa ALMEIDA	2046	F	01:03:28	01:00:46	06:05	00:30:12	
5682	Pedro MATOS	11501	M	01:03:28	00:59:57	06:00	00:30:23	
5683	Andre PALMEIRO	11100	M	01:03:28	00:57:45	05:47	00:28:45	
5684	Gisela DUARTE OLIVEIRA FRIAS	7566	F	01:03:28	00:59:14	05:56	00:30:08	Açoreana clube Banif
5685	Weerasit CHAICHUANGCHOK	5175	M	01:03:28	00:58:47	05:53	00:29:54	
5686	Fernando MACHADO	10723	M	01:03:28	00:58:11	05:50	00:29:32	
5687	Cláudio PINA	10449	M	01:03:28	01:01:08	06:07	00:30:40	
5688	Francisco SERRADAS DUARTE	5097	M	01:03:29	00:56:55	05:42	00:29:26	
5689	Filipa Douglas ANTUNES	13624	F	01:03:29	00:59:48	05:59	00:29:10	
5690	Leonor FONTOURA	1316	F	01:03:29	01:01:56	06:12	00:30:33	
5691	Nuno Alexandre ALBUQUERQUE	10686	M	01:03:29	00:59:51	06:00	00:29:37	
5692	Nuno Miguel Mateus TRINDADE	530	M	01:03:30	00:57:53	05:48	00:30:31	
5693	Carlos FAÍSCA	13061	M	01:03:30	00:58:44	05:53	00:29:33	
5694	Ermelinda CANÊS	1924	F	01:03:30	01:00:58	06:06	00:29:43	
5695	Lucas ALVES	5070	M	01:03:30	00:57:09	05:43		
5696	Isabel MENESES	1840	F	01:03:30	00:59:43	05:59	00:29:29	
5697	Maria Da Fé RIBEIRO	1473	F	01:03:31	01:00:10	06:01	00:30:58	
5698	Silveira BARBARA	1147	F	01:03:31	00:57:09	05:43	00:28:05	
5699	Vitor SILVA	3475	M	01:03:31	01:02:06	06:13	00:27:44	
5700	Pedro Filipe MARQUES	3243	M	01:03:31	00:58:25	05:51	00:28:06	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5701	Francisco DA CRUZ SANTOS	9913	M	01:03:32	01:01:41	06:11	00:28:55	
5702	Vitor PEREIRA GOMES	2119	M	01:03:32	00:57:01	05:43	00:28:58	Clube Millennium BCP
5703	Diogo MARTEL	594	M	01:03:34	00:58:42	05:53	00:30:47	
5704	Pedro Sérgio OLIVEIRA	3762	M	01:03:34	00:57:54	05:48	00:29:45	
5705	Tiago Sousa NEVES	3594	M	01:03:34	00:57:57	05:48	00:30:32	
5706	Anabela NEVES	13700	F	01:03:34	01:00:41	06:05	00:29:56	
5707	António Catarino BRITO	10590	M	01:03:34	00:59:26	05:57	00:29:24	
5708	José Miniz PEREIRA	11494	M	01:03:35	00:58:51	05:54	00:29:42	
5709	Isabel LIMA	1220	F	01:03:35	01:00:31	06:04	00:31:24	
5710	Nelson GIL	8976	M	01:03:35	01:01:23	06:09	00:30:05	Peugeot
5711	Carla PINHEIRO GRANCHO	1354	F	01:03:36	00:59:38	05:58	00:29:02	
5712	Paulo FIGUEIREDO	10386	M	01:03:37	01:01:56	06:12	00:29:43	
5713	Sara LOPES	1351	F	01:03:38	00:58:49	05:53	00:29:20	
5714	João Filipe VIEIRA	3173	M	01:03:38	00:59:28	05:57	00:29:20	
5715	Gonçalo ANDRADE E SOUSA	12735	M	01:03:38	00:58:07	05:49	00:29:54	
5716	João SANTOS	4471	M	01:03:39	01:01:20	06:08	00:30:48	
5717	Nuno Baltazar MENDES	8908	M	01:03:39	01:03:36	06:22	00:29:40	
5718	Sofia REBOCHO	12215	F	01:03:39	01:01:19	06:08	00:30:47	
5719	Nuno Filipe MOREIRA PINTO ANTUNES	9814	M	01:03:39	00:59:52	06:00	00:30:20	
5720	Dina BICÁ	1675	F	01:03:39	00:58:00	05:48	00:29:44	
5721	António PESSOA	9182	M	01:03:40	00:54:30	05:27	00:28:45	
5722	Armando LOUREIRO	9197	M	01:03:40	00:54:30	05:27	00:28:45	
5723	Rui DOMINGUES	4332	M	01:03:40	01:02:35	06:16	00:29:08	
5724	José MORENO	9879	M	01:03:41	00:59:54	06:00	00:30:20	
5725	Lúisa LEITÃO	990	F	01:03:41	00:58:23	05:51	00:29:25	
5726	Bruno MAGALHÃES ROQUE	11399	M	01:03:41	01:01:17	06:08	00:30:59	
5727	Francisco GARCIA	12592	M	01:03:42	01:00:38	06:04	00:30:38	
5728	Filipe José GOMES MOTA	3120	M	01:03:42	01:01:04	06:07	00:30:41	
5729	Paula PARDAL	975	F	01:03:42	00:57:40	05:46	00:28:56	Corridinha Para a Carola
5730	Fátima Cristina MARTINS	3624	F	01:03:42	00:58:32	05:52	00:29:05	
5731	Cláudia PALMA PEREIRA	1475	F	01:03:42	01:02:00	06:12	00:30:26	
5732	André NOGUEIRA	3778	M	01:03:42	01:00:48	06:05	00:27:35	
5733	Marta REIS	8435	F	01:03:43	01:00:56	06:06	00:29:08	
5734	Gile CATARINO	158	M	01:03:43	00:57:48	05:47	00:29:50	
5735	Joel SILVA	12835	M	01:03:43	01:01:58	06:12	00:30:44	
5736	Marcos CERDEIRA	2826	M	01:03:43	01:00:18	06:02	00:31:02	
5737	Ricardo BOAVENTURA	11521	M	01:03:44	01:01:21	06:09	00:28:51	
5738	Florival LUCAS	10290	M	01:03:44	01:00:31	06:04	00:24:09	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5739	Igor OLIVEIRA	4887	M	01:03:45	00:59:43	05:59	00:29:03	
5740	José SANTOS-VICTOR	10826	M	01:03:45	00:59:48	05:59	00:29:55	
5741	Filomena AGUIÃ	7714	F	01:03:46	01:02:27	06:15	00:30:27	C. R. Leões de Porto Salvo
5742	Bruno Miguel REIS MARQUES	13201	M	01:03:46	01:02:27	06:15	00:30:57	
5743	Gonçalo SOUSA	11256	M	01:03:47	00:59:47	05:59	00:32:18	
5744	Joana Raquel XIMENES ARAUJO	1746	F	01:03:48	01:01:47	06:11	00:29:42	
5745	Nádia Sofia Marques VIEIRA	739	F	01:03:48	01:00:29	06:03	00:31:19	
5746	Filipa HORTA	1867	F	01:03:48	01:01:51	06:12	00:30:25	
5747	Marta Pais QUINA	2047	F	01:03:49	01:01:24	06:09	00:30:05	
5748	Helder LEAL	9874	M	01:03:49	00:58:12	05:50	00:29:11	
5749	Ricardo MARQUES	13006	M	01:03:50	00:57:23	05:45	00:28:57	
5750	Catia ANASTACIO	14052	F	01:03:50	01:02:32	06:16	00:31:10	Clube Grupo Desportivo BES
5751	Fausto COIMBRA	4356	M	01:03:50	01:01:05	06:07	00:30:48	
5752	Luis GRANGEIA	4846	M	01:03:50	01:01:05	06:07	00:30:48	
5753	Andre Miguel Santos BARRAGON	4589	M	01:03:50	01:02:01	06:13	00:31:05	
5754	João DESIRAT	5036	M	01:03:50	00:57:05	05:43	00:28:23	
5755	João VIROTE MARQUES	13300	M	01:03:50	01:01:37	06:10	00:28:50	
5756	Jorge AIRES	10135	M	01:03:51	00:58:48	05:53	00:30:02	
5757	Eoin OITOLE	11190	M	01:03:51	00:58:15	05:50	00:29:22	
5758	João RAPOSO	4177	M	01:03:51	01:00:49	06:05	00:29:55	
5759	Paula LOURENÇO	13667	F	01:03:51	01:00:49	06:05	00:29:54	
5760	Filomena CAPELO	1322	F	01:03:52	00:58:16	05:50	00:29:23	
5761	Nuno ALMEIDA	4477	M	01:03:52	00:58:10	05:49	00:28:33	
5762	Inês RODRIGUES	12166	F	01:03:52	01:01:27	06:09	00:30:13	
5763	Fernando MARÇAL	4889	M	01:03:52	00:58:15	05:50	00:29:52	
5764	Carla INÁCIO	900	F	01:03:52	00:58:24	05:51	00:28:50	CORPUS QDF
5765	Rita LOURIDO	991	F	01:03:52	00:58:24	05:51	00:28:49	CORPUS QDF
5766	Pedro MARTINS	4894	M	01:03:52	00:58:37	05:52	00:29:10	
5767	Rodrigo ESTEVES	3679	M	01:03:54	00:57:08	05:43	00:28:01	
5768	Ademar SPENCER FORTES	2835	M	01:03:54	01:01:02	06:07	00:31:09	Rugby Clube Oeiras
5769	Fátima MONTEIRO	8259	F	01:03:54	01:01:41	06:11	00:29:08	
5770	Antonio REMECHIDO	12616	M	01:03:54	01:00:56	06:06	00:31:25	
5771	José BOTAS	12607	M	01:03:55	01:00:56	06:06	00:31:25	
5772	Leila LOPES	7877	F	01:03:55	01:01:37	06:10	00:31:26	
5773	Marco BARRADAS	12842	M	01:03:55	00:58:23	05:51	00:29:29	
5774	Ana MOTA	937	F	01:03:55	01:01:36	06:10	00:31:17	
5775	Nuno TENREIRO	14166	M	01:03:55	00:47:56	04:48	00:23:11	
5776	Jorge REBELO	11649	M	01:03:56	01:03:00	06:18	00:31:24	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5777	Rute SILVA	1153	F	01:03:56	00:59:13	05:56	00:29:13	
5778	Annette LUDWIG	8165	F	01:03:57	00:52:45	05:17	00:26:13	
5779	Maria José TOSCANO FONSECA	8106	F	01:03:57	01:03:52	06:24	00:30:41	
5780	Joana RODRIGUES	8011	F	01:03:57	01:01:23	06:09	00:30:05	
5781	Nuno CARMO COSTA	10302	M	01:03:58	00:52:39	05:16	00:25:58	
5782	Andreia FLORENCIO	12261	F	01:03:58	01:01:12	06:08	00:31:31	
5783	Sergio BRITO	10549	M	01:03:59	00:57:46	05:47	00:28:56	
5784	José Pedro TOMÉ	10509	M	01:03:59	00:57:46	05:47	00:28:56	
5785	Teresa FIGUEIREDO	752	F	01:03:59	01:02:06	06:13	00:30:22	
5786	Humberto MONTEIRO CHAVES	10842	M	01:04:00	01:03:03	06:19	00:29:35	
5787	Paula LEÃO NOGUEIRA	1183	F	01:04:00	01:00:17	06:02	00:29:52	
5788	Nuno ALMEIDA	3886	M	01:04:00	01:00:17	06:02	00:29:51	
5789	Ana Marcia LORETO	12018	F	01:04:00	01:02:06	06:13	00:30:22	
5790	Matilde DUARTE GEADA	1941	F	01:04:00	00:59:35	05:58	00:29:52	
5791	Joao Gabriel LESSA	9785	M	01:04:00	01:02:44	06:17	00:29:22	
5792	Rémi VOGEL	4837	M	01:04:01	00:58:13	05:50	00:30:25	
5793	Michel BOUTRAND	13293	M	01:04:01	00:58:13	05:50	00:30:25	
5794	Cristina GABRIEL	1578	F	01:04:01	01:02:01	06:13	00:30:34	
5795	Renato CARREIRA	11652	M	01:04:02	01:02:40	06:16	00:28:48	
5796	Pedro BISCAIA	13287	M	01:04:03	00:58:38	05:52	00:29:26	
5797	Sara FULGÊNCIO	1822	F	01:04:03	00:59:55	06:00	00:30:22	
5798	Luis CATITA	10721	M	01:04:03	00:59:55	06:00	00:30:22	
5799	Luis Filipe FERREIRA MATIAS	10363	M	01:04:03	00:59:36	05:58	00:30:59	
5800	Marco BAPTISTA	4436	M	01:04:03	00:58:42	05:53	00:29:23	
5801	Silvano Henrique ESTEVES AIRES	12565	M	01:04:03	00:58:13	05:50	00:29:38	
5802	Francisco Manuel FAGUNDES BENTO	13190	M	01:04:04	01:00:12	06:02	00:30:16	
5803	Paulo PICÃO	10298	M	01:04:04	01:03:19	06:20	00:30:45	
5804	Joana PICÃO	1732	F	01:04:04	01:03:20	06:20	00:30:46	
5805	Vitor OLIVEIRA	2602	M	01:04:04	00:57:47	05:47	00:29:04	Beer Boys
5806	João Carlos VAZ DOS SANTOS	10877	M	01:04:04	00:58:58	05:54	00:30:05	
5807	Tiago CATALÃO	11668	M	01:04:04	00:59:07	05:55	00:29:56	
5808	Paulo Francisco BOTELHO TAVARES DE ALMEIDA	11461	M	01:04:05	01:00:22	06:03	00:32:15	
5809	Vasco RODEIA	10905	M	01:04:05	00:56:34	05:40	00:29:20	
5810	Pedro DIAS DE MATOS	141	M	01:04:06	00:59:40	05:58	00:28:52	
5811	Conceição ALVES	1942	F	01:04:06	00:58:14	05:50	00:29:20	
5812	Paulo ENCARNACAO	5241	M	01:04:06	00:59:48	05:59	00:30:55	
5813	Manuel Antonio DANTAS	9597	M	01:04:06	01:00:56	06:06	00:30:33	
5814	Luis Manuel OLIVEIRA	513	M	01:04:06	00:59:20	05:56	00:29:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5815	Pedro FERREIRA LOPES	3562	M	01:04:06	01:00:18	06:02	00:30:30	
5816	Pedro Nuno Fragoso SANTOS	3563	M	01:04:07	01:00:18	06:02	00:30:30	
5817	Arlindo José BARROS FREIRE	9641	M	01:04:07	01:02:30	06:15	00:29:19	
5818	João Paulo ALMEIDA	3833	M	01:04:07	00:59:22	05:57	00:29:31	
5819	Bernardo ALEIXO PARAÍBA	8734	M	01:04:07	01:02:30	06:15	00:29:19	Clube Millennium BCP
5820	José ALMEIDA	3359	M	01:04:07	00:58:28	05:51	00:29:24	
5821	Carla TEIXEIRA	1485	F	01:04:07	00:58:28	05:51	00:29:24	
5822	Rui GRILLO	3355	M	01:04:07	00:58:28	05:51	00:29:24	
5823	Ivan GUERRA	10166	M	01:04:08	00:57:56	05:48	00:30:37	
5824	Alfredo CARMO	3155	M	01:04:08	01:01:05	06:07	00:29:49	
5825	Rui BRANCO	10059	M	01:04:08	01:02:31	06:16	00:29:34	
5826	Sara Manuel ESTANISLAV SILVA E SOUSA	8351	F	01:04:08	00:57:55	05:48	00:29:16	
5827	Manuel MAURÍCIO	10729	M	01:04:08	01:02:25	06:15	00:31:17	
5828	Hugo Manuel Velez RIBEIRO	4735	M	01:04:09	00:57:18	05:44	00:28:27	
5829	Miguel PEDRO	12522	M	01:04:09	00:56:38	05:40	00:29:18	
5830	José CARLOS	12667	M	01:04:09	01:02:27	06:15	00:30:56	Os Amigos Do Atletismo De Avis
5831	Isolda GUEDES	728	F	01:04:09	00:48:17	04:50	00:24:07	
5832	Luis PINA	10404	M	01:04:10	01:01:25	06:09	00:30:17	
5833	Pedro RAMOS	8805	M	01:04:10	01:02:06	06:13	00:30:42	Clube ANA Lisboa
5834	Paula CAMPOS	1245	F	01:04:10	01:02:04	06:13	00:30:40	Clube ANA Lisboa
5835	Aidulio MOREIRA	4273	M	01:04:11	01:02:03	06:13	00:29:42	
5836	Rui MIRANDA	3394	M	01:04:11	01:00:26	06:03	00:29:00	
5837	Ricardo GOMES	12578	M	01:04:12	01:00:22	06:03	00:29:07	
5838	Luis Filipe BERNARDO LOPES	10547	M	01:04:13	00:59:39	05:58	00:29:44	
5839	José ABREU	2785	M	01:04:13	01:00:49	06:05	00:30:29	Grupo Desportivo Imprensa Nacional Casa da Moeda
5840	Jorge Miguel Morais CHUMBO	9992	M	01:04:14	00:59:25	05:57	00:30:11	
5841	Francisco AMARAL	12904	M	01:04:14	00:58:51	05:54	00:31:44	
5842	Francisco PEREIRA	3460	M	01:04:14	00:58:11	05:50	00:28:19	
5843	Isabel RIBEIRO	1724	F	01:04:15	00:59:38	05:58	00:28:36	
5844	Jorge IGLÉSIAS	10669	M	01:04:15	01:01:48	06:11	00:32:00	
5845	Dinis Antonio RIBAS	479	M	01:04:15	01:01:18	06:08	00:30:37	
5846	Miguel ROBALO GOUVEIA	12975	M	01:04:15	01:03:15	06:20	00:29:03	
5847	João MEDEIROS	9935	M	01:04:16	01:01:03	06:07	00:31:22	
5848	Carlos BARREIRAS	11475	M	01:04:16	01:02:41	06:17	00:31:22	
5849	Rui Alberto MAURÍCIO TORRES DE MASCARENHAS	12951	M	01:04:16	01:00:50	06:05	00:30:14	
5850	Miguel PINHAL	8855	M	01:04:16	01:00:26	06:03	00:31:24	CCD Tranquilidade
5851	Orlando SAMPAIO	2621	M	01:04:16	01:00:26	06:03	00:31:24	CCD Tranquilidade
5852	Sofia FERREIRA LOPES	8107	F	01:04:17	01:02:36	06:16	00:30:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5853	Eugenia CAMPELO	8396	F	01:04:17	01:00:07	06:01	00:30:12	
5854	Lúcia COSTA E SILVA	7578	F	01:04:17	01:00:08	06:01	00:29:47	Açoreana clube Banif
5855	Cláudio SILVA	10140	M	01:04:17	00:58:54	05:54	00:29:59	
5856	Artur DINIS	13193	M	01:04:17	01:00:23	06:03	00:30:07	
5857	João André Alves RIBEIRO	3887	M	01:04:17	00:58:38	05:52	00:29:15	
5858	Edmira GOMES	677	F	01:04:17	01:03:57	06:24	00:29:52	NUCLEOEIRAS/SPORTZONE
5859	Bruno RIBEIRO	3885	M	01:04:17	00:58:39	05:52	00:29:15	
5860	João CORTE-REAL	4867	M	01:04:18	00:59:13	05:56	00:32:19	
5861	Rodrigo Chiolas CHIOLAS	3193	M	01:04:18	00:56:43	05:41	00:28:40	
5862	António Jorge De Sousa Duarte LOURENÇO DA SILVA	12468	M	01:04:18	01:00:29	06:03	00:29:52	
5863	João Filipe HENRIQUES	2342	M	01:04:18	01:00:28	06:03	00:29:49	
5864	Isabel GORJÃO HENRIQUES	8349	F	01:04:19	01:03:30	06:21	00:32:07	
5865	Ana CONCEIÇÃO	7595	F	01:04:19	01:02:18	06:14	00:31:36	
5866	Mário SANCHES	2163	M	01:04:19	01:02:18	06:14	00:31:36	
5867	André LOUREIRO	10812	M	01:04:19	00:57:37	05:46	00:29:31	
5868	Pedro DIAS	3929	M	01:04:20	00:59:58	06:00	00:32:07	
5869	Ivo LIMA	4054	M	01:04:20	00:59:36	05:58	00:30:05	
5870	Victor Manuel Rosa RAMOS	2880	M	01:04:20	01:03:47	06:23	00:30:03	
5871	Feliciano FERREIRA	8328	F	01:04:20	01:02:50	06:17	00:30:52	
5872	Eric VAN LEUVEN	13340	M	01:04:21	00:59:23	05:57	00:29:57	
5873	João QUÍTALO	10027	M	01:04:21	00:59:18	05:56	00:29:34	
5874	Jorge Humberto COLAÇO	8457	M	01:04:22	01:02:30	06:15	00:29:59	Clube Millennium BCP
5875	Ana Patrícia NEVES	1384	M	01:04:22	01:02:57	06:18	00:30:42	Clube Desportivo e Cultural da Nave
5876	Edmundo CARDEIRA	9159	M	01:04:22	00:57:39	05:46	00:28:50	S.M.D Caneças
5877	Rita CARVALHO SOUSA	7537	F	01:04:23	01:03:01	06:19	00:30:39	Clube Millennium BCP
5878	José CARDOSO	12800	M	01:04:23	01:02:33	06:16	00:31:28	
5879	Manuel LAMEGO	13368	M	01:04:23	01:00:12	06:02	00:30:22	
5880	Herlander CORDEIRO	9271	M	01:04:23	00:58:19	05:50	00:28:47	
5881	Sandra SILVA	7650	F	01:04:23	00:58:21	05:51	00:29:21	Corridinha Para a Carola
5882	José NORTE	10477	M	01:04:23	00:58:19	05:50	00:28:48	
5883	Carmen CRISTINO	1253	F	01:04:23	00:58:21	05:51	00:29:20	Corridinha Para a Carola
5884	Luís PEREIRA	3811	M	01:04:23	00:58:59	05:54	00:31:06	
5885	Natalia SOUSA	1180	F	01:04:24	01:02:39	06:16	00:31:13	
5886	Andre VARGE	10923	M	01:04:24	00:57:46	05:47	00:27:34	
5887	Rita TELLES CARVALHO	13634	F	01:04:24	01:01:40	06:10	00:30:52	
5888	Tiago SANTOS	11030	M	01:04:25	00:59:44	05:59	00:30:16	
5889	José SILVA	11468	M	01:04:25	01:00:29	06:03	00:31:16	
5890	Hugo PEREIRA	3496	M	01:04:25	01:01:34	06:10	00:29:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5891	Pedro VARELA	3580	M	01:04:25	00:59:26	05:57	00:29:10	
5892	Luis DIAS	8972	M	01:04:25	01:00:32	06:04	00:31:13	G.R.D. "Os Fixes"
5893	Angela COSTA	1703	F	01:04:26	00:59:46	05:59	00:28:56	
5894	Eduardo MENDES	5192	M	01:04:27	01:00:01	06:01	00:30:33	
5895	Miguel SEMEDO	13585	M	01:04:27	01:01:42	06:11	00:30:08	
5896	João SOUSA	9573	M	01:04:28	01:00:08	06:01	00:29:56	
5897	Carlos CARMO	2846	M	01:04:28	01:03:01	06:19	00:31:15	G. D. C. T. Repsol Polimeros
5898	Guilherme MALTA	4358	M	01:04:28	01:02:37	06:16	00:30:12	
5899	Claudia TAM	976	F	01:04:28	01:02:48	06:17	00:30:17	
5900	Angela ALVES	7710	M	01:04:28	01:04:20	06:26	00:31:01	C. R. Leões de Porto Salvo
5901	Carla Sofia GUERRA	650	F	01:04:29	01:00:32	06:04	00:31:14	
5902	Maria ALVES CORREIA	1107	F	01:04:29	01:02:51	06:18	00:31:00	
5903	Ana CARVALHO	633	F	01:04:29	01:00:32	06:04	00:31:15	
5904	Dora RIBEIRO	1661	F	01:04:29	01:03:00	06:18	00:30:43	
5905	Vergílio TONELO	9300	M	01:04:29	00:58:22	05:51	00:29:11	
5906	Fabio Miguel Simas CORREIA	3695	M	01:04:30	01:02:49	06:17	00:30:07	
5907	Eugénia BORRACHA	1057	F	01:04:30	00:58:41	05:53	00:29:03	
5908	Antonio Alexandre RIBEIRO POLIDO	4658	M	01:04:30	01:02:41	06:17	00:31:06	
5909	José RESENDE	3019	M	01:04:31	01:00:51	06:06	00:30:01	
5910	Carlos Alberto Neto LOPES	4730	M	01:04:31	00:59:27	05:57	00:29:38	
5911	Catia NOGUEIRA	2011	F	01:04:31	01:02:41	06:17	00:30:40	
5912	Carlos António RODA	8853	M	01:04:32	01:00:35	06:04	00:29:42	G. D. Banco BPI
5913	Maria Teresa FERNANDES	1739	F	01:04:32	00:57:51	05:48	00:27:44	
5914	Mário Jorge DE ALMEIDA RODRIGUES	4304	M	01:04:32	01:02:40	06:16	00:27:20	
5915	Nadia LOPES	1472	F	01:04:32	01:01:27	06:09	00:31:15	
5916	Rui Miguel MOTA	9085	M	01:04:32	01:02:15	06:14	00:32:38	
5917	Nídia SILVA	8096	F	01:04:32	01:02:10	06:13	00:30:22	
5918	Paulo José BOTELHO PASSOS	10982	M	01:04:33	01:00:58	06:06	00:30:37	
5919	Paula Patricia PASSOS	13660	F	01:04:33	01:00:57	06:06	00:30:36	
5920	Carlos Bruno Belo HENRIQUES	12704	M	01:04:33	01:02:11	06:14	00:29:56	
5921	Henrique Maria TEIXEIRA DUARTE	2132	M	01:04:33	00:57:58	05:48	00:31:11	Clube do Stress
5922	Rui PIRES	244	M	01:04:33	01:01:54	06:12	00:31:33	
5923	Inês PIRES	1923	F	01:04:33	01:01:53	06:12	00:31:33	
5924	Patricia BOURDAIN	743	F	01:04:34	01:00:42	06:05	00:29:32	
5925	Alina IAGER	1922	F	01:04:34	01:00:43	06:05	00:29:32	
5926	Maria Conceição SILVA	1951	F	01:04:35	01:01:59	06:12	00:31:02	
5927	Ricardo Jorge PEREIRA LÚCIO	13385	M	01:04:35	01:00:07	06:01	00:29:41	
5928	Luís CABAÇA	3994	M	01:04:36	01:02:32	06:16	00:32:35	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5929	António ALMADANIM	10389	M	01:04:36	01:01:51	06:12	00:31:08	
5930	Hélio CARVALHO	2951	M	01:04:36	00:59:09	05:55	00:30:46	
5931	Carlos Alberto SALGADO FÉLIX	232	M	01:04:36	00:57:40	05:46	00:30:33	
5932	Miguel VARELA	9440	M	01:04:38	01:04:00	06:24	00:31:43	
5933	Luis Clemente CLEMENTE	13089	M	01:04:38	01:00:05	06:01	00:30:29	
5934	Diana VALENTE	1890	F	01:04:39	01:00:06	06:01	00:30:30	
5935	Bruno PEREIRA	4098	M	01:04:39	01:01:20	06:08	00:31:43	
5936	Rita GONÇALVES	7429	F	01:04:40	01:03:36	06:22	00:30:55	Serviços Sociais Montepio Geral
5937	Ana LOURENÇO	8288	F	01:04:40	01:01:19	06:08	00:31:41	
5938	Nuno Miguel Fernandes VARELA	4773	M	01:04:40	00:58:30	05:51	00:30:36	
5939	Ana Paula GOMES	616	F	01:04:40	00:58:30	05:51	00:30:36	
5940	Joana TANECO	1949	F	01:04:40	01:00:36	06:04	00:31:45	
5941	Maria MARTINS	13567	F	01:04:41	01:00:06	06:01	00:29:42	
5942	Maria Da Conceição FÉLIX	1411	F	01:04:41	00:57:45	05:47	00:31:36	
5943	Elsa MENDES	1888	F	01:04:41	01:00:53	06:06	00:30:49	
5944	Maria Glória GOMES	7679	F	01:04:41	01:02:24	06:15	00:28:52	A.A.E. BNU
5945	Adrian PEARCE	10443	M	01:04:41	00:58:13	05:50	00:29:21	
5946	Rui Miguel RAPOSO	10869	M	01:04:41	00:59:39	05:58	00:29:24	
5947	Antonio Augusto MOURA	13321	M	01:04:41	01:02:26	06:15	00:29:55	
5948	David MACEDO	13034	M	01:04:41	00:58:22	05:51	00:28:58	
5949	Carlos Esteves SANTOS	10870	M	01:04:41	00:59:39	05:58	00:29:23	
5950	Telma Isabel ESPIRITO SANTO	1152	F	01:04:42	00:59:10	05:55	00:30:16	
5951	Gabriel XAVIER	3378	M	01:04:43	00:58:51	05:54	00:30:13	
5952	Leandro Manuel GORITO	3841	F	01:04:43	01:03:06	06:19	00:30:52	
5953	Gonçalo Filipe PINTO SANTOS	12516	M	01:04:43	01:01:56	06:12	00:29:24	Açoreana clube Banif
5954	Francisca FORTES	8094	F	01:04:44	01:02:12	06:14	00:29:17	
5955	Nuno Miguel Vilela Pereira LOPES DA SILVA	3013	M	01:04:44	01:03:04	06:19	00:30:49	
5956	Bruno Aleandre REBECA SOUSA	2224	M	01:04:44	01:02:04	06:13	00:29:28	
5957	Joaquim SIMÃO	13837	M	01:04:44	00:59:14	05:56	00:29:07	Odebrecht / BPC
5958	Pedro CORREIA	13890	M	01:04:45	00:49:52	05:00	00:25:04	Clube Vodafone
5959	Maria Alexandra MACHADO DUARTE NEVES	1148	F	01:04:45	01:04:37	06:28	00:31:32	
5960	José Carlos Videira MADEIRA	4000	M	01:04:45	00:49:00	04:54	00:24:24	
5961	Pedro FURTADO	9090	M	01:04:45	00:59:47	05:59	00:31:23	
5962	José Emanuel Da Silva JOSE NEVES	12988	M	01:04:46	01:03:05	06:19	00:30:07	
5963	Andreia CARNEIRO	2019	F	01:04:46	01:01:10	06:07	00:30:54	
5964	Hugo Manuel RIBEIRO DIOGO	3233	M	01:04:46	01:02:03	06:13	00:29:38	
5965	Manuel CECILIO	4700	M	01:04:46	01:01:10	06:07	00:30:54	
5966	Joaquim LOPES	2143	M	01:04:46	01:00:42	06:05	00:30:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
5967	Andreia ALBUQUERQUE	1098	F	01:04:47	01:02:22	06:15	00:29:19	
5968	Susana ALBUQUERQUE	12279	F	01:04:47	01:02:24	06:15	00:29:19	
5969	Ana Cristina SILVA DOMINGOS	766	F	01:04:48	01:04:45	06:29	00:31:50	
5970	Nuno Lima GASPAR	2794	M	01:04:48	01:01:22	06:09	00:31:02	
5971	André PINTO	3522	M	01:04:48	00:58:07	05:49	00:28:52	
5972	Bernardo FONSECA NUNES	13123	M	01:04:49	00:58:18	05:50	00:31:01	
5973	Ana Sofia SILVEIRA	1563	F	01:04:49	01:00:25	06:03	00:29:21	
5974	Ricardo PINHEIRO	12916	M	01:04:51	00:59:14	05:56	00:29:09	
5975	Sandro BICÁ	10053	M	01:04:51	00:59:12	05:56	00:30:10	
5976	Rui PATRÍCIO	11635	M	01:04:51	01:01:35	06:10	00:30:27	
5977	Henrique MADEIRA	2428	M	01:04:51	01:03:43	06:23	00:30:01	Grupo Excursionista "Os Económicos"
5978	André NOGUEIRA	5157	M	01:04:52	01:00:12	06:02	00:30:18	
5979	Martim MENDES SILVA	2688	M	01:04:52	01:02:36	06:16	00:31:56	St. Julians School
5980	Ricardo DIAS	4754	M	01:04:53	01:01:27	06:09	00:31:27	
5981	Hugo SILVA	13185	M	01:04:53	01:01:28	06:09	00:31:27	
5982	Helena ADEGAS	1897	F	01:04:54	01:01:16	06:08	00:28:48	
5983	José Manuel Monteiro FERRERIA	9406	M	01:04:55	00:59:38	05:58	00:27:48	
5984	Teresa GREY	7476	F	01:04:55	01:01:18	06:08	00:31:05	CCD Tranquilidade
5985	Filomena Maria Marcelino JESUS	8366	F	01:04:55	01:01:18	06:08	00:31:10	
5986	Marcos MADEIRA	12989	M	01:04:55	01:01:04	06:07	00:30:04	
5987	José SILVA	12832	M	01:04:55	00:59:23	05:57	00:29:59	
5988	Mónica RAMOS	13566	F	01:04:56	01:01:23	06:09	00:30:26	
5989	José Cipriano Hilario CARDOSO	10746	M	01:04:56	01:01:20	06:08	00:31:10	
5990	Fernando Jorge BARTA REIS	272	M	01:04:57	01:00:58	06:06	00:30:40	G. D. Banco BPI
5991	Maria São João PROENÇA COELHO	1818	F	01:04:58	01:00:41	06:05	00:30:20	
5992	José VILAÇAS	13381	M	01:04:58	00:59:26	05:57	00:29:37	
5993	Cristina TOSCANO	8284	F	01:04:59	01:02:33	06:16	00:30:56	
5994	Pedro ROMÃO	11420	M	01:04:59	00:55:44	05:35	00:27:57	
5995	Elsa MOTA	798	F	01:04:59	01:01:43	06:11	00:31:02	
5996	Vítor VALDREZ	12707	M	01:04:59	00:58:41	05:53	00:30:09	
5997	Maria Luisa COSTA COUTINHO	1291	F	01:05:00	01:00:06	06:01	00:29:34	
5998	Maria João CORDEIRO	8386	F	01:05:00	01:02:58	06:18	00:31:33	
5999	Pedro MOREIRA	13079	M	01:05:00	01:02:52	06:18	00:30:05	
6000	Isabel MARTINEZ	8365	F	01:05:00	01:02:35	06:16	00:30:51	
6001	Magda MAGRO	7862	F	01:05:01	01:02:02	06:13	00:31:08	
6002	Ricardo MONTEIRO	11054	M	01:05:01	01:03:26	06:21	00:29:39	
6003	Paulo Renato Pires MOURÃO	13214	M	01:05:01	01:01:29	06:09	00:29:56	
6004	Luís Miguel ROCHA	10066	M	01:05:01	00:59:23	05:57	00:30:30	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6005	Ivo PINTO	2557	M	01:05:01	00:59:22	05:57	00:29:45	CORPUS QDF
6006	Isabel BRÁS	1004	F	01:05:01	00:59:22	05:57	00:29:45	CORPUS QDF
6007	Patricia SANTOS	14072	F	01:05:01	00:59:59	06:00	00:29:55	Clube Grupo Desportivo BES
6008	Sara CAVACO	60	F	01:05:02	01:01:46	06:11	00:30:29	
6009	Filipa SLOPA	1684	F	01:05:02	00:59:04	05:55	00:29:50	
6010	Andreia LOUZEIRO	1010	F	01:05:03	01:01:18	06:08	00:31:22	
6011	Reinaldo PEREIRA	10822	M	01:05:03	01:03:10	06:19	00:29:47	
6012	Helena GUERRA	1496	F	01:05:04	01:03:30	06:21	00:30:25	
6013	Sara AZENHA NUNES DO VALÉ	756	F	01:05:04	00:59:53	06:00	00:28:37	
6014	Rui CARVALHO	3588	M	01:05:04	01:01:56	06:12	00:33:49	
6015	Artur David VITORINO GOMES	13000	M	01:05:04	01:00:16	06:02	00:30:10	
6016	Marco Miguel VAZ OLIVEIRA	10677	M	01:05:04	01:02:02	06:13	00:30:32	
6017	Ana PAULINO	891	F	01:05:05	01:02:43	06:17	00:30:54	Clube do Stress
6018	Rui Manuel Palmela CRUZ	9579	M	01:05:05	00:58:49	05:53	00:30:58	
6019	Elisabeth LOUREIRO	7799	F	01:05:05	01:02:30	06:15	00:30:55	Sporting Clube Casainhos
6020	Mário ÂNGELO	10830	M	01:05:05	00:59:09	05:55	00:30:08	
6021	Catarina RIBEIRO	7560	M	01:05:05	01:04:51	06:30	00:30:20	NUCLEOEIRAS/SPORTZONE
6022	Mónica MARQUES	1623	F	01:05:05	01:02:54	06:18	00:33:12	
6023	Edson Belo Clemente BELO CLEMENTE DE SOUZA	11027	M	01:05:06	01:00:23	06:03	00:30:18	
6024	Filipa Mota GONÇALVES	13621	F	01:05:06	01:03:46	06:23	00:31:23	
6025	Antonio SERRA	10092	M	01:05:07	01:03:18	06:20	00:30:33	
6026	Frederico PISCO	12850	M	01:05:08	01:03:14	06:20	00:31:25	
6027	João CONSTÂNCIO	14100	M	01:05:08	01:00:33	06:04	00:30:48	CCDTML
6028	Joao VENES	10801	M	01:05:08	00:59:38	05:58	00:29:36	
6029	César AVÓ	13054	M	01:05:09	01:01:23	06:09	00:29:35	
6030	José Manuel SANTOS MARTINS	10682	M	01:05:09	01:02:14	06:14	00:31:59	
6031	Jose Antonio CARDOZO PINHEIRO	13067	M	01:05:09	01:01:59	06:12	00:28:19	
6032	Nuno MOSER	13439	M	01:05:10	01:03:55	06:24	00:31:11	
6033	Pedro Miguel SILVA PINTO	11121	M	01:05:10	00:59:20	05:56	00:30:01	
6034	Luís FIGUEIREDO	3515	M	01:05:10	00:59:19	05:56	00:30:36	
6035	Bernardo BERNARDES	12416	M	01:05:10	01:02:49	06:17	00:30:41	
6036	Cristina BOUZA SERRANO	7678	F	01:05:11	01:02:43	06:17	00:31:20	
6037	Joana BAPTISTA	7896	F	01:05:11	01:02:40	06:16	00:31:43	
6038	Frederico MOURA PINHEIRO	4163	M	01:05:12	01:01:40	06:10	00:29:21	
6039	Claudia Sofia SIMPLÍCIO	8397	F	01:05:12	01:01:41	06:11	00:30:15	
6040	Luis CARVALHO	10678	M	01:05:12	00:59:42	05:59	00:29:25	
6041	Eduardo Azedo MEDEIRO	10872	M	01:05:12	01:02:28	06:15	00:30:41	
6042	Andreia RAMOS	12286	F	01:05:13	01:02:26	06:15	00:30:42	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6043	Maria João COSTA	7927	F	01:05:13	01:01:31	06:10	00:31:15	
6044	Eduardo MATOS	527	M	01:05:13	01:02:41	06:17	00:31:42	
6045	Miguel SARDO	10022	M	01:05:13	00:59:11	05:56	00:29:28	
6046	Nuno AGOSTINHO	151	M	01:05:14	00:58:43	05:53	00:31:13	
6047	António Jorge LEMOS MACEDO	13216	M	01:05:14	01:01:48	06:11	00:30:44	
6048	Vitor Manuel Costa CARVALHO	4218	M	01:05:14	00:58:57	05:54	00:29:37	
6049	Nuno Tiago Da Silva MESQUITA	11587	M	01:05:14	00:58:57	05:54	00:29:37	
6050	Sofia TEIXEIRA	13719	F	01:05:15	00:59:38	05:58	00:30:36	
6051	João FERREIRA	9110	M	01:05:15	01:03:28	06:21	00:29:45	
6052	Irja VAINULA	8353	F	01:05:15	01:00:20	06:02	00:29:13	
6053	Antonio Jose MARTINS HENRIQUES	11093	M	01:05:15	01:01:23	06:09	00:31:56	
6054	Élio LAVADO	2734	M	01:05:15	01:02:05	06:13	00:27:26	
6055	Sandra NUNES	7522	F	01:05:15	00:59:38	05:58	00:30:36	
6056	Marina MARQUES	13681	F	01:05:15	00:59:38	05:58	00:30:35	
6057	Nuno FORBES GODINHO	10918	M	01:05:16	01:01:46	06:11	00:31:06	
6058	Edgar SANTOS	3517	M	01:05:16	00:59:25	05:57	00:30:38	
6059	Ahniya BAKHTSIHAREYEVA	8267	F	01:05:16	01:03:53	06:24	00:30:46	
6060	Mariana RESSURREIÇÃO	8155	F	01:05:17	01:02:40	06:16	00:30:37	
6061	Isabel Filipa GARCIA MONTEIRO	13626	F	01:05:18	00:58:35	05:52	00:29:28	
6062	Julian SIMAS	9497	M	01:05:18	01:02:25	06:15	00:30:35	
6063	Jose SERRAO	4959	M	01:05:19	01:03:38	06:22	00:30:52	
6064	Filipe NOGUEIRA	3136	M	01:05:19	01:01:05	06:07	00:29:03	
6065	Ruben LIMA	9499	M	01:05:19	01:01:59	06:12	00:31:22	
6066	Raquel Correia LOPES	1272	F	01:05:19	01:01:59	06:12	00:31:22	
6067	Manuel PERESTRELO	12711	M	01:05:19	00:58:41	05:53	00:30:07	
6068	Bruno SANTOS	8810	M	01:05:19	01:03:16	06:20	00:29:47	Clube ANA Lisboa
6069	Diogo FRANCA	4235	M	01:05:19	00:58:38	05:52	00:28:50	
6070	Manuel PRATES	13207	M	01:05:20	01:01:28	06:09	00:30:18	
6071	Jorge Manuel NARCISO	10405	M	01:05:20	01:02:07	06:13	00:30:20	CP
6072	Silvana MARQUES	1268	F	01:05:20	01:04:18	06:26	00:30:55	
6073	António FONSECA	8595	M	01:05:20	01:04:18	06:26	00:30:55	Serviços Sociais da CGD
6074	Isabel SANTOS	802	F	01:05:20	01:03:20	06:20	00:29:53	
6075	Nuno SANTOS	5202	M	01:05:21	01:03:21	06:21	00:29:53	
6076	Tiago MARCELOS	13298	M	01:05:21	00:59:41	05:59	00:30:33	
6077	Antonio FRANCA	10237	M	01:05:21	00:58:43	05:53	00:26:41	
6078	Maria Isabel Rodrigues RODRIGUES	1039	F	01:05:21	01:01:12	06:08	00:31:02	
6079	João SEGURO	491	M	01:05:21	01:05:21	06:33	00:37:29	
6080	João NOGUEIRA SILVA	9650	M	01:05:21	00:59:27	05:57	00:29:41	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6081	Priscila CERDEIRA	8190	F	01:05:21	01:00:46	06:05	00:30:37	
6082	Pedro Miguel Belo MONTEIRO	2860	M	01:05:21	00:58:57	05:54	00:29:15	Beer Boys
6083	João LOURENÇO	12898	M	01:05:21	01:01:33	06:10	00:30:56	
6084	Pedro REIS	9649	M	01:05:21	00:59:27	05:57	00:29:41	
6085	Julio SANTOS	13155	M	01:05:22	01:03:08	06:19	00:29:54	
6086	Pedro FIGUEIREDO	3002	M	01:05:22	00:58:32	05:52	00:28:50	
6087	Gomes Da SILVA	2993	M	01:05:22	00:58:32	05:52	00:28:50	
6088	João CAMPOS	2992	M	01:05:22	00:58:32	05:52	00:28:50	
6089	Nuno TORGAL	13241	M	01:05:22	01:00:18	06:02	00:29:28	
6090	Rodrigo CARVALHO	12930	M	01:05:22	01:01:35	06:10	00:30:56	
6091	Maria Lurdes ALVES	967	F	01:05:23	01:02:24	06:15	00:31:09	
6092	Maria Henriqueta RAPOSO MAJOR	1137	F	01:05:23	01:03:45	06:23	00:31:30	
6093	Rodrigo FERREIRA	5109	M	01:05:24	00:59:23	05:57	00:30:41	
6094	Pedro MORAIS	4497	M	01:05:24	00:59:16	05:56	00:30:46	
6095	Sérgio PÁSCOA	509	M	01:05:24	00:59:36	05:58	00:30:18	
6096	João Miguel SALDANHA LOPES	3163	M	01:05:24	01:04:01	06:25	00:25:49	
6097	Fernando CHASQUEIRA	10566	M	01:05:24	01:03:05	06:19	00:30:31	
6098	Luis Manuel ROCHA	13069	M	01:05:24	01:01:46	06:11	00:30:48	
6099	Margarida CHAMBEL	1855	F	01:05:25	01:03:18	06:20	00:31:54	
6100	Paulo Mário SEQUEIRA	10651	M	01:05:25	01:04:30	06:27	00:34:00	
6101	Marta LEÃO	7370	F	01:05:26	01:01:17	06:08	00:30:47	Clube Millennium BCP
6102	Bruno CIPRIANO	11177	M	01:05:26	01:02:02	06:13	00:29:46	
6103	Inês SANTOS	636	F	01:05:26	00:59:47	05:59	00:30:32	
6104	Manuel TEIXWEIRA DUARTE	2120	M	01:05:27	00:58:58	05:54	00:30:51	Clube do Stress
6105	Pedro BANDEIRA PINTO	2652	M	01:05:28	01:03:15	06:20	00:31:27	Sierra Portugal
6106	Maria Cristina FORTUNA FERNANDES	1521	F	01:05:29	01:01:59	06:12	00:29:58	
6107	Nuno MARQUES	3274	M	01:05:29	01:01:52	06:12	00:30:55	
6108	David BRANCO	4256	M	01:05:29	00:59:11	05:56	00:28:32	
6109	Antonio Ramos SILVA	10090	M	01:05:29	01:01:34	06:10	00:30:47	
6110	Helena Maria OLIVEIRA	1499	F	01:05:29	01:03:44	06:23	00:30:36	
6111	Nuno BRANCO	10650	M	01:05:30	01:00:06	06:01	00:31:06	
6112	Marques MARCO PAULO ASSUNÇÃO	10741	M	01:05:30	00:59:48	05:59	00:31:59	
6113	José Manuel MOURA RAMOS DE ALMEIDA	3611	M	01:05:30	01:02:01	06:13	00:29:58	
6114	Manuel José Pedro A. ROMÃO	9492	M	01:05:30	01:00:49	06:05	00:30:29	
6115	Fernando COSTA	8721	M	01:05:30	01:01:41	06:11	00:30:32	
6116	Susana RUA	8373	F	01:05:30	01:03:57	06:24	00:30:45	
6117	Carlos NEVES	9948	M	01:05:31	01:03:12	06:20	00:35:46	
6118	Cristina AFONSO	13670	F	01:05:31	01:02:55	06:18	00:30:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6119	Duarte NOBRE	13379	M	01:05:31	01:01:25	06:09	00:29:32	
6120	Maria De Fátima VALE	7630	F	01:05:31	01:01:24	06:09	00:29:19	
6121	Ana Carla ACACIO	1106	F	01:05:32	01:02:58	06:18	00:31:41	
6122	Maria Helena AFONSO	1289	F	01:05:32	01:03:32	06:22	00:30:19	
6123	Tiago ANDRADE	4600	M	01:05:32	01:00:25	06:03	00:29:39	
6124	Rita CONCEIÇÃO	8407	F	01:05:33	01:00:25	06:03	00:29:38	
6125	Nelson FREITAS	4636	M	01:05:33	01:02:00	06:12	00:31:47	
6126	Rogério ALVES	11597	M	01:05:33	01:01:41	06:11	00:29:32	
6127	Berta MATOS	1424	F	01:05:34	01:00:19	06:02	00:30:26	
6128	Carlos MACHADO	10987	M	01:05:34	01:04:23	06:27	00:30:07	
6129	João CARNEIRO	13951	M	01:05:34	01:01:43	06:11	00:30:14	Linda-a-Pastora Sporting Clube
6130	Miguel Angelo TAVEIRA RODRIGUES	12946	M	01:05:35	00:58:44	05:53	00:29:37	
6131	Ricardo Garcia E. FERREIRA	11128	M	01:05:35	01:02:31	06:16	00:30:37	
6132	Rui SOARES	13302	M	01:05:35	01:01:44	06:11	00:29:09	
6133	Maria Jose Joaquim SANTOS	12079	F	01:05:35	01:03:02	06:19	00:31:06	
6134	João Francisco Ramos OLIVEIRA	11483	M	01:05:35	01:03:03	06:19	00:31:03	
6135	Afonso MARQUES	4351	M	01:05:36	01:03:07	06:19	00:29:44	
6136	Vitor CARVALHO	12654	M	01:05:37	01:03:59	06:24	00:32:37	Marriott Lisboa Hotel
6137	Luis Miguel PEREIRA	9683	M	01:05:37	01:01:07	06:07	00:29:12	
6138	Rui BERNARDES	3842	M	01:05:37	00:58:50	05:53	00:30:26	
6139	Carla REBELO	1633	F	01:05:37	00:58:51	05:54	00:30:26	
6140	Sérgio VALENTE	11558	M	01:05:37	01:01:44	06:11	00:29:20	
6141	André MORAIS	4219	M	01:05:38	00:59:38	05:58	00:31:00	
6142	Artur MARTINS	11285	M	01:05:38	01:03:31	06:22	00:32:17	
6143	Pilar LUZ	1460	F	01:05:38	01:03:34	06:22	00:31:41	
6144	Eduardo MOREIRA	9760	M	01:05:38	01:03:33	06:22	00:31:41	
6145	Diogo Alexandre SIMOES	12909	M	01:05:39	01:00:01	06:01	00:30:30	
6146	Ernesto José FERRÃO	14016	M	01:05:39	01:01:18	06:08	00:30:25	Gabinete de Fisioterapia no Desporto
6147	José Manuel RODRIGUES	10233	M	01:05:39	01:00:34	06:04	00:31:35	
6148	Miguel CORREIA	12998	M	01:05:39	01:03:47	06:23	00:30:37	
6149	Guilherme PISCO	9704	M	01:05:39	01:03:45	06:23	00:31:27	
6150	Ana-alice SIMÕES PEREIRA	7736	F	01:05:39	01:04:16	06:26	00:31:28	
6151	Patrícia RIBEIRO	642	F	01:05:40	01:01:44	06:11	00:31:01	
6152	João CATARINO	2113	M	01:05:40	00:59:13	05:56	00:30:50	Clube do Stress
6153	Inácio António Caeiro CHARNECA	223	M	01:05:40	01:04:00	06:24	00:32:04	
6154	Casimiro FERREIRA	8640	M	01:05:40	00:59:13	05:56	00:30:49	Clube do Stress
6155	João Tiago VALENTE ALMEIDA DA SILVEIRA	12963	M	01:05:40	01:01:03	06:07	00:32:23	
6156	José Carlos ALFREDO	10974	M	01:05:41	01:01:57	06:12	00:31:18	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6157	Maria GORRETTED SPENCER	1403	F	01:05:41	01:03:06	06:19	00:32:40	Casa do Pessoal Estradas de Portugal
6158	Ricardo OLIVEIRA	9772	M	01:05:41	00:58:48	05:53	00:28:42	
6159	Pedro Filipe CORREIA SANTOS	5011	M	01:05:41	01:01:40	06:10	00:32:26	
6160	Luis Miguel Silva COSTA	10886	M	01:05:41	01:01:13	06:08	00:29:04	
6161	Adelaide BARROS	1650	F	01:05:41	01:02:02	06:13	00:31:03	
6162	Tiago GRAÇA	10390	M	01:05:42	01:04:19	06:26	00:30:43	
6163	Joao SILVA	10831	M	01:05:42	00:59:48	05:59	00:30:29	
6164	Paulo FRANÇA	3415	M	01:05:42	01:05:28	06:33	00:31:38	
6165	Nuno DUARTE	9673	M	01:05:42	01:05:28	06:33	00:31:37	
6166	João FRANÇA MARTINS	135656	M	01:05:42	01:05:28	06:33	00:31:38	
6167	Kamila KOHOUTOVÁ	8314	F	01:05:44	01:00:54	06:06	00:29:29	
6168	Maria Ascensao GRACA PINTO	1527	F	01:05:44	01:03:32	06:22	00:31:04	
6169	Manuel ALMEIDA OLIVEIRA	9178	M	01:05:44	01:02:22	06:15	00:31:13	A.A.E. BNU
6170	Eduarda PAIVA	878	F	01:05:44	00:59:13	05:56	00:31:16	Clube do Stress
6171	Mário LAVADO	9770	M	01:05:44	01:00:56	06:06	00:31:44	
6172	Nuno CHAVES PINTO	11067	M	01:05:45	00:59:10	05:55	00:29:42	
6173	Ricardo Jorge HILÁRIO RODRIGUES	11541	M	01:05:45	00:55:23	05:33	00:28:32	
6174	Euclides ANDRADE	5224	M	01:05:45	01:00:49	06:05	00:27:38	
6175	Carlos PAIVA	8632	M	01:05:45	00:59:14	05:56	00:31:20	Clube do Stress
6176	Gilberto Nelson De Freitas LOTH	13088	M	01:05:45	01:01:27	06:09	00:31:03	
6177	Susana CÓ	689	F	01:05:45	01:05:23	06:33	00:29:50	NUCLEOEIRAS/SPORTZONE
6178	Nuno MENEZES	4965	M	01:05:46	01:03:09	06:19	00:30:53	
6179	Jorge DUARTE	11539	M	01:05:46	01:01:51	06:12	00:32:10	
6180	Ana CARDOSO	784	F	01:05:46	01:00:13	06:02	00:30:54	
6181	Miguel FRAGA	2777	M	01:05:47	01:03:10	06:19	00:30:28	Grupo Desportivo Imprensa Nacional Casa da Moeda
6182	Catarina O'NEILL	1715	F	01:05:47	01:01:29	06:09	00:27:58	
6183	Hugo DINIZ	3041	M	01:05:47	01:04:58	06:30	00:30:40	
6184	Tiago WESTENFELD	13309	M	01:05:47	01:00:37	06:04	00:33:12	
6185	Carlos GUERREIRO	12613	M	01:05:47	01:03:55	06:24	00:31:02	
6186	Priscila SANTOS	859	M	01:05:49	01:04:13	06:26	00:30:20	Continente
6187	Vitor Manuel Cordas BATISTA	11150	M	01:05:50	01:00:07	06:01	00:30:06	
6188	Paulo José SOARES FERNANDES	2261	M	01:05:50	01:01:55	06:12	00:31:39	Açoreana clube Banif
6189	Manuel CARVALHO	13037	M	01:05:50	01:04:32	06:28	00:31:10	
6190	Virgilio CAMPOS COSTA	2133	M	01:05:50	01:03:33	06:22	00:32:08	Clube Millennium BCP
6191	Susana Maria MARQUES	7385	F	01:05:51	01:03:34	06:22	00:32:09	Clube Millennium BCP
6192	Vitor Januário MARQUES	2690	M	01:05:51	01:03:34	06:22	00:32:09	Clube Millennium BCP
6193	Miguel RODRIGUES	9283	M	01:05:52	01:02:17	06:14	00:30:23	
6194	Carlos Manuel Simões NASCIMENTO	10807	M	01:05:52	01:01:55	06:12	00:31:52	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6195	Daniel DIAS	12996	M	01:05:52	01:01:31	06:10	00:30:42	
6196	Susana CRUZ	59	F	01:05:52	01:02:35	06:16	00:31:01	
6197	Inês FÉLIX	1946	F	01:05:52	01:02:35	06:16	00:30:26	
6198	Luísa Maria Gomes MACHADO RODRIGUES	1116	F	01:05:54	01:03:41	06:23	00:31:10	
6199	Natalino António DE ALMEIDA RODRIGUES	2851	M	01:05:54	01:03:41	06:23	00:31:09	
6200	Keith BLISS	9910	M	01:05:54	00:59:26	05:57	00:29:37	
6201	Hugo ROCHA	4934	M	01:05:55	01:03:58	06:24	00:32:18	
6202	Maria Do Carmo LINO	8301	F	01:05:55	01:00:39	06:04	00:31:22	
6203	José AMARAL	10645	M	01:05:55	01:00:07	06:01	00:29:31	
6204	Rita SILVA	1085	F	01:05:55	01:04:47	06:29	00:30:52	
6205	Nuno BENTO	13035	M	01:05:55	01:00:08	06:01	00:29:31	
6206	Miguel ROCHA E MELO	10786	M	01:05:55	01:00:40	06:04	00:31:23	
6207	Carlos VAZ	11592	M	01:05:55	01:00:44	06:05	00:31:08	
6208	Antonio REGO	12414	M	01:05:56	01:02:46	06:17	00:30:00	
6209	Tiago SALVADO	9204	M	01:05:56	01:03:00	06:18	00:32:05	
6210	Ana MATOS	1632	F	01:05:56	01:02:12	06:14		
6211	Maria PEREIRA	660	F	01:05:56	01:03:40	06:22	00:31:15	
6212	Paulo DIAS	9621	M	01:05:57	00:59:52	06:00	00:30:00	
6213	Antonio HENRIQUES	2152	M	01:05:57	00:51:48	05:11	00:25:38	
6214	Daniel Pedro Rodrigues MAIA DA SILVA	11301	M	01:05:57	01:02:38	06:16	00:31:19	
6215	António MESQUITA	12483	M	01:05:58	01:04:55	06:30	00:30:39	C. R. Leões de Porto Salvo
6216	Maria Elisabete MATIAS	8150	F	01:05:59	01:01:33	06:10	00:31:24	
6217	José Pedro CAÇORINO	11634	M	01:05:59	01:05:13	06:32	00:30:32	
6218	Maria Madalena TEIXEIRA	12205	F	01:05:59	01:01:32	06:10	00:31:24	
6219	Tiago SANTOS	483	M	01:06:00	01:00:07	06:01	00:30:12	
6220	Esmeralda Cristina PEREIRA	8357	F	01:06:00	01:01:37	06:10	00:31:34	
6221	Elsa RODRIGUES	7978	F	01:06:00	01:04:09	06:25	00:31:43	
6222	Luis Miguel Ribeiro BERGER	13352	M	01:06:00	01:03:05	06:19	00:29:03	
6223	Hugo COSTA	2810	M	01:06:01	01:02:11	06:14	00:30:31	
6224	João Daniel Almeida CAROLINO	11646	M	01:06:01	01:03:35	06:22	00:33:14	
6225	Ana MENDONÇA	702	F	01:06:01	01:03:34	06:22	00:33:07	
6226	Francisco BESSA	10730	M	01:06:01	01:01:20	06:08	00:30:36	
6227	Osvaldo PIRES	2981	M	01:06:01	01:02:19	06:14	00:30:04	
6228	Joao Pedro MARQUES	9712	M	01:06:02	01:02:50	06:17	00:31:41	
6229	Paulo Alexandre SALGADO	10145	M	01:06:03	01:01:52	06:12	00:32:06	
6230	Rute ALMEIDA	1089	F	01:06:03	01:04:44	06:29	00:31:14	
6231	Lucia FRANCHI	1709	F	01:06:03	01:01:40	06:10	00:30:30	
6232	Colin JENNINGS	12993	M	01:06:04	01:02:51	06:18	00:31:18	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6233	Rita CERTA	1170	F	01:06:04	01:04:00	06:24	00:32:35	
6234	Paulo ALMEIDA	12538	M	01:06:04	01:04:44	06:29	00:31:14	
6235	Paulo FONSECA	8964	M	01:06:04	01:04:39	06:28	00:28:45	Peugeot
6236	Marco Nunes Dias DIAS	3680	M	01:06:04	01:01:41	06:11	00:30:31	
6237	Joel COELHO	10221	M	01:06:05	00:59:39	05:58	00:31:05	
6238	Rui PINTO	10285	M	01:06:05	01:01:07	06:07	00:29:36	
6239	Manuel LOPES RIBEIRO	274	M	01:06:06	01:00:26	06:03	00:31:30	A.A.E. BNU
6240	Miguel AREOSA FEIO	4627	M	01:06:06	01:02:29	06:15	00:30:43	
6241	Rita MARQUES	1612	F	01:06:06	01:04:31	06:28	00:31:50	
6242	Pedro Teixeira CARVALHO	9484	M	01:06:07	01:02:59	06:18	00:30:45	
6243	Patrícia PEREIRA	8297	F	01:06:07	01:04:09	06:25	00:30:39	
6244	Nuno MARES	3482	M	01:06:07	01:03:10	06:19	00:32:04	
6245	Joana LISBOA	1874	F	01:06:07	01:01:00	06:06	00:30:34	
6246	Rui Manuel ARAUJO CLETO	5156	M	01:06:07	01:04:44	06:29	00:32:04	
6247	Rodrigo PAIS DE ALMEIDA	13363	M	01:06:09	01:03:32	06:22	00:30:45	
6248	Ângela MADEIRA CRUZ	7384	F	01:06:09	01:00:24	06:03	00:31:00	Serviços Sociais da CGD
6249	Guillermo HUNTER	11488	M	01:06:09	01:00:32	06:04	00:28:14	
6250	Fernando SOLERA BLASCO	4868	M	01:06:09	01:01:33	06:10	00:30:34	
6251	Maria PALMA	1256	F	01:06:10	01:01:11	06:08	00:31:35	Tejavista
6252	João RODRIGUES	2476	M	01:06:11	01:02:18	06:14	00:29:04	G.R.D. "Os Fixes"
6253	Tatiana REIS	7951	F	01:06:11	01:02:56	06:18	00:29:52	
6254	Elias CRUZ	9483	M	01:06:11	01:04:45	06:29	00:31:26	
6255	Filipe Alexandre BRANCO MESTRE	14176	M	01:06:11	01:02:32	06:16	00:30:28	
6256	Carla NUNES	1421	F	01:06:11	01:00:55	06:06	00:30:33	
6257	Luis ABREU	12834	M	01:06:13	00:58:13	05:50	00:29:04	
6258	Sónia TEIXEIRA	1722	F	01:06:13	01:02:14	06:14	00:31:16	
6259	Antero ROCHA	10232	M	01:06:13	01:02:13	06:14	00:31:15	
6260	João CABRITO	439	M	01:06:15	01:00:30	06:03	00:30:59	
6261	Silvia RODRIGUES	7791	F	01:06:15	01:04:47	06:29	00:31:24	
6262	Maria Joana Ascenso FRANCO GABRIEL	1034	F	01:06:16	01:00:20	06:02	00:30:28	
6263	Ricardo SANTOS	8790	M	01:06:16	01:00:47	06:05	00:29:24	Sierra Portugal
6264	António João Lopes OLIVEIRA	422	M	01:06:17	01:01:00	06:06	00:27:49	
6265	Juliette BERTHE	1910	F	01:06:19	01:02:29	06:15	00:31:36	
6266	Vitor Rui DE SOUSA	14261	M	01:06:19	01:01:40	06:10	00:30:42	
6267	Marta GOULÃO DE SOUSA	1859	F	01:06:19	01:03:24	06:21	00:31:26	
6268	Paulo Jorge Fernandes DIONISIO	400	M	01:06:19	01:03:56	06:24	00:31:17	
6269	Pedro RODRIGUES	4638	M	01:06:20	00:59:53	06:00	00:30:21	
6270	Fernando Jorge MATIAS	2656	M	01:06:20	01:04:21	06:27	00:29:12	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6271	José Carlos MAGALHÃES	2624	M	01:06:21	01:02:24	06:15	00:30:04	G. D. Banco BPI
6272	Cristina VALENTE	979	F	01:06:21	01:05:20	06:32	00:30:55	
6273	Joao Paulo CARREIRA	9845	M	01:06:21	01:02:16	06:14	00:29:10	
6274	Ana Natalícia SILVA BRITO	1692	F	01:06:21	01:03:11	06:20	00:30:12	
6275	Patricia SILVA	1749	F	01:06:21	01:05:15	06:32	00:30:32	
6276	Paulo Silva SILVA	4036	M	01:06:22	01:05:15	06:32	00:30:31	
6277	Nuno COSTA	10626	M	01:06:22	01:00:26	06:03	00:29:41	
6278	Luis MATOS	11139	M	01:06:22	01:00:16	06:02	00:30:28	
6279	Pedro CARVALHO	10685	M	01:06:24	01:00:07	06:01	00:31:21	
6280	Nuno CALDEIRINHA	108	M	01:06:24	00:58:34	05:52	00:30:30	
6281	Hugo Ricardo Figueiredo CAEIRO	10977	M	01:06:24	01:01:41	06:11	00:30:50	
6282	Lúcia Marina Cravosa TAVARES	7960	F	01:06:25	01:02:40	06:16	00:31:58	
6283	Björn CASTEGREN	9318	M	01:06:25	01:02:06	06:13	00:31:10	
6284	Mónica Sofia Cravosa TAVARES	8116	F	01:06:25	01:02:40	06:16	00:31:58	
6285	Teresa Maria Monteiro Costa JERÓNIMO	1710	F	01:06:26	01:05:47	06:35	00:32:16	
6286	Paulo MARQUES	4948	M	01:06:26	01:02:59	06:18	00:33:19	
6287	Jorge Miguel Lagos MOENAS	10355	M	01:06:27	01:01:02	06:07	00:30:57	
6288	Patricia CONTREIRAS	8166	F	01:06:27	01:01:03	06:07	00:30:55	
6289	Fernando MENDES	10776	M	01:06:28	00:51:22	05:09	00:26:00	
6290	Ruben SILVA	10986	M	01:06:28	01:05:16	06:32	00:30:51	
6291	Marcio LOURENÇO	9591	M	01:06:29	00:58:29	05:51	00:29:05	
6292	Nuno SERUCA FERRO	13256	M	01:06:29	01:04:23	06:27	00:31:58	
6293	Katja GOETTSCHE	13669	F	01:06:29	01:00:34	06:04	00:29:42	
6294	António BESSONE	8916	M	01:06:29	01:06:27	06:39	00:30:26	
6295	Elsa FRANCISCO	8052	F	01:06:29	01:04:25	06:27	00:31:08	
6296	Carla SEIXAS	7750	F	01:06:30	01:06:28	06:39	00:32:11	
6297	Miguel CAETANO	9870	M	01:06:30	01:04:25	06:27	00:31:08	
6298	Paulo VISTAS	8907	M	01:06:30	01:06:28	06:39	00:30:27	
6299	José António AGUIAR	9301	M	01:06:30	01:06:28	06:39	00:30:26	
6300	Maria João BAUDOUIN	1168	F	01:06:30	01:03:59	06:24	00:31:38	
6301	Teresa BAUDOUIN	1233	F	01:06:30	01:03:59	06:24	00:31:38	
6302	Hugo Costa MADEIRA	5217	M	01:06:30	01:01:01	06:07	00:28:51	
6303	João SANTOS	2461	M	01:06:31	01:00:27	06:03	00:30:31	G. D. C. T. Repsol Polimeros
6304	Vanessa FAÍSCA	7504	F	01:06:31	01:04:09	06:25	00:31:45	
6305	Patricia BAPTISTA	1895	F	01:06:31	01:01:05	06:07	00:30:06	
6306	Hugo LEAL NUNES	11407	M	01:06:32	01:01:48	06:11	00:30:05	
6307	Jorge COSTA	3086	M	01:06:33	01:01:49	06:11	00:30:06	
6308	Catarina BRITO	1797	F	01:06:33	01:04:06	06:25	00:33:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6309	Pedro Ribeiro MUCHARREIRA	10128	M	01:06:33	01:05:05	06:31	00:30:00	
6310	Luis Pedro ERMIDA VINHA DA FONSECA	5163	M	01:06:33	01:04:00	06:24	00:32:46	
6311	Inês ANTUNES VARELA PAIS	1780	F	01:06:34	01:03:36	06:22	00:32:04	
6312	Ana MESQUITA	1708	F	01:06:34	01:01:28	06:09	00:30:02	
6313	Nuno NAMORA	3480	M	01:06:34	01:02:45	06:17	00:32:32	
6314	Luís José De Carvalho LOUÇÃO	9208	M	01:06:34	01:02:18	06:14	00:30:28	
6315	Luis DINIS	3674	M	01:06:35	01:02:54	06:18	00:29:17	
6316	Marco RIBEIRO	13093	M	01:06:35	01:00:42	06:05	00:30:53	
6317	David ADÃO	4720	M	01:06:35	01:02:16	06:14	00:31:01	
6318	Susana GODINHO PALMA	8428	F	01:06:36	01:01:04	06:07	00:31:53	
6319	Rita DUARTE	1429	F	01:06:36	01:03:51	06:24	00:30:50	
6320	Bruno João MARTINS VIEIRA	13144	M	01:06:36	01:03:15	06:20	00:31:13	
6321	Antonio Luis Ramos RAMOS	12719	M	01:06:37	01:04:55	06:30	00:30:42	
6322	Nuno SILVA	8881	M	01:06:37	01:05:53	06:36	00:31:38	GARMIN COO
6323	Valter LOPES	12722	M	01:06:37	01:04:36	06:28	00:30:45	
6324	António DI GIUSEPPE	258	M	01:06:38	01:04:25	06:27	00:30:15	
6325	Sónia SANTOS	1345	F	01:06:38	01:02:25	06:15	00:30:19	
6326	Carmen RUIZ	8442	F	01:06:39	01:02:23	06:15	00:29:28	
6327	Joana LANCASTRE	2036	F	01:06:40	01:04:41	06:29	00:32:26	
6328	Otelinda Rosa Da Cunha SOUSA	7987	F	01:06:40	01:02:01	06:13	00:33:07	
6329	Susana SERAFIM	1686	F	01:06:40	01:02:51	06:18	00:32:30	
6330	Ricardo VINAGRE	4074	M	01:06:40	01:02:51	06:18	00:32:28	
6331	Diogo André Ribeiro MOURÃO	9699	M	01:06:43	01:04:11	06:26	00:29:40	
6332	Joana AGUIAR	1600	F	01:06:44	01:04:53	06:30	00:31:31	
6333	Carlos Daniel Rodrigues ANTUNES	4856	M	01:06:44	01:01:41	06:11	00:32:45	
6334	Joaquim LOPES	12591	M	01:06:44	01:02:59	06:18	00:30:43	
6335	Marta Filipa SOBREIRO CORREIA	1171	F	01:06:44	01:04:33	06:28	00:32:01	
6336	José Vasco DE CASTRO VALDEIRA GUIMARÃES	12527	M	01:06:44	01:01:53	06:12	00:30:42	Açoreana clube Banif
6337	Filipe RAMOS	4903	M	01:06:44	01:03:23	06:21	00:30:22	
6338	Miguel MENDES	10630	M	01:06:45	01:02:29	06:15	00:30:29	
6339	Gabriel MORAES DE MACEDO	5073	M	01:06:45	01:00:24	06:03	00:30:34	
6340	Hugo COLAÇO	3888	M	01:06:46	01:02:54	06:18	00:31:36	
6341	António José CATARINO	9541	M	01:06:46	01:02:04	06:13	00:29:59	
6342	Mirna HLUBNA	1360	F	01:06:47	00:59:17	05:56	00:28:51	
6343	Domingos PEREIRA	13240	M	01:06:47	01:04:25	06:27	00:30:41	
6344	Pedro BETTENCOURT QUEIRÓS	10988	M	01:06:48	01:01:40	06:10	00:31:49	
6345	Manuel Pereira CASTRO	2875	M	01:06:48	01:04:55	06:30	00:31:03	
6346	Alexandre MARTINS	5230	M	01:06:48	01:01:39	06:10	00:31:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6347	Rui SIMOES	3140	M	01:06:48	01:02:58	06:18	00:32:19	
6348	Filipe AMARAL	4499	M	01:06:48	01:01:28	06:09	00:30:46	
6349	Mariana BORGES	1604	F	01:06:49	01:03:58	06:24	00:32:26	
6350	Henrique MACEDO	11223	M	01:06:49	01:04:56	06:30	00:32:36	
6351	Pedro ALCOBIA	10731	M	01:06:49	01:04:25	06:27	00:32:30	
6352	Michael WENNERBERG	10820	M	01:06:50	01:05:56	06:36	00:30:46	
6353	Luis CAMILO	9137	M	01:06:50	01:03:49	06:23	00:32:35	Clube de Natação de Rio Maior
6354	Diana RIBEIRO	8151	F	01:06:50	01:02:33	06:16	00:32:05	
6355	Francisco De Mendonça ROCHA	4479	M	01:06:51	00:59:56	06:00	00:31:37	
6356	André PEREIRA	8781	M	01:06:51	01:04:12	06:26	00:30:42	HP Portugal Clube
6357	João Luís SERÓDIO	9951	M	01:06:51	01:06:00	06:36	00:30:19	
6358	António ROCHA	10907	M	01:06:51	00:59:56	06:00	00:31:38	
6359	André FUNG	2674	M	01:06:51	01:02:51	06:18	00:30:51	HP Portugal Clube
6360	Sónia NOBRE	1218	F	01:06:51	01:02:51	06:18	00:30:51	HP Portugal Clube
6361	Carlos CRESPO	12404	M	01:06:52	01:03:10	06:19	00:30:59	G.R.D. "Os Fixes"
6362	Nuno CORREIA FERNANDES	9599	M	01:06:52	01:00:49	06:05	00:30:52	
6363	Sergio FLORINDO	2353	M	01:06:52	01:01:11	06:08	00:32:33	Peugeot
6364	Joana LEANDRO	1017	F	01:06:53	01:04:51	06:30	00:32:00	
6365	Ricardo BOTELHO	4715	M	01:06:53	01:03:16	06:20	00:29:46	
6366	António MARTINHO	12665	M	01:06:53	01:03:12	06:20	00:30:14	G. D. C. T. Repsol Polimeros
6367	José António DOMINGOS DE ALMEIDA	12805	M	01:06:53	01:04:30	06:27	00:30:48	
6368	Luis MASCARENHAS GAIVÃO	12883	M	01:06:54	01:00:39	06:04	00:28:59	
6369	Joana LOPES	12003	F	01:06:54	01:04:55	06:30	00:31:49	
6370	Aleksandr PRODAN	11353	M	01:06:54	01:00:50	06:05	00:28:59	
6371	José Luís LOURENÇO	10220	M	01:06:55	01:01:00	06:06	00:31:10	
6372	Filipe RAMALHO ORTIGÃO	9848	M	01:06:55	01:00:39	06:04	00:30:29	
6373	Nuno CONDINHO	4660	M	01:06:55	01:05:17	06:32	00:31:53	
6374	Bruno Carlos Barradas DIAS	8497	M	01:06:55	01:01:23	06:09	00:30:16	
6375	Miguel ALVES	4524	M	01:06:56	01:00:53	06:06	00:27:51	
6376	Ana Cláudia VISEU VARANDAS	12106	F	01:06:56	01:03:19	06:20	00:31:13	
6377	Manuel GOMES	8783	M	01:06:56	01:06:02	06:37	00:32:22	C.C.D. EFACEC
6378	Isabel SANTOS	1269	F	01:06:56	01:02:02	06:13	00:31:30	
6379	Mário Jorge MARTINS PIRES	12549	M	01:06:57	01:03:26	06:21	00:31:02	
6380	Marina Isabel Costa RICARDO	1829	F	01:06:58	01:04:17	06:26	00:32:15	
6381	Jorge LOZANO	12855	M	01:06:59	01:05:51	06:36	00:31:43	
6382	Sílvia Maria NUNES CARDOSO DA SILVA	1796	F	01:06:59	01:04:00	06:24	00:32:23	
6383	Ana Cristina VIEIRA	7808	F	01:07:00	01:02:15	06:14	00:30:46	Associação Atletismo Lebres do Sado
6384	Jorge Manuel Gonçalves MARTINS	10262	M	01:07:00	01:03:20	06:20	00:32:58	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6385	Mario PIRES	9405	M	01:07:00	01:06:12	06:38	00:31:28	
6386	Gonçalo SALDANHA	11519	M	01:07:01	01:02:36	06:16	00:31:17	
6387	Pedro Filipe SANTOS NASCIMENTO	4653	M	01:07:01	01:00:46	06:05	00:31:09	
6388	Daniel Jose Santos NASCIMENTO	4681	M	01:07:01	01:00:47	06:05	00:31:09	
6389	Cristina PEIXOTO	1994	F	01:07:03	01:05:41	06:35	00:32:14	
6390	Betina MARREIROS	13677	F	01:07:03	01:05:13	06:32	00:32:03	
6391	João MARREIROS	4585	M	01:07:03	01:05:13	06:32	00:32:04	
6392	Adelino GONÇALVES	9311	M	01:07:03	01:00:38	06:04	00:31:14	
6393	Helena GONÇALVES	8049	F	01:07:04	01:04:52	06:30	00:31:39	
6394	Marta MARQUES LOPES	8311	F	01:07:05	01:01:37	06:10	00:30:06	
6395	Maria José Melim FERREIRA	1347	F	01:07:05	01:03:42	06:23	00:33:00	
6396	Cristina Maria MARTINS DA SILVA	13801	F	01:07:05	01:01:43	06:11	00:30:02	Pepsico Portugal
6397	Sílvia GONÇALVES	817	F	01:07:06	01:05:03	06:31	00:31:31	
6398	Maria Isabel CAMARA	13720	F	01:07:06	01:02:34	06:16	00:30:55	
6399	Rita BRAVO	7936	F	01:07:06	01:03:00	06:18	00:32:11	
6400	Sérgio RODRIGUES	12846	M	01:07:07	01:03:39	06:22	00:28:55	
6401	Ricardo SOUSA	12694	M	01:07:08	01:04:27	06:27	00:32:01	C.C.D. EFACEC
6402	Ricardo FELIX	9758	M	01:07:08	00:59:29	05:57	00:29:12	
6403	Pedro CÂMARA	9088	M	01:07:08	01:03:14	06:20	00:33:27	
6404	Paulo Alexandre ANDRADE DA SILVA	9800	M	01:07:09	00:52:31	05:16	00:26:03	
6405	João GRANJA CORREIA	3403	M	01:07:09	01:01:10	06:07	00:31:00	
6406	Maria Salomé HENRIQUES	2014	F	01:07:10	01:05:18	06:32	00:31:50	
6407	Teresa RAIMUNDO MENDONÇA	888	F	01:07:10	01:04:24	06:27	00:31:30	Clube do Stress
6408	Nelia Sofia SERODIO DA SILVA	1518	F	01:07:11	01:04:17	06:26	00:31:19	
6409	Filipe VICENTE	10318	M	01:07:11	01:03:54	06:24	00:34:59	
6410	Pedro CUNHA VIANA	9802	M	01:07:11	01:05:51	06:36	00:29:03	
6411	Luis GOIS	12670	M	01:07:11	01:06:32	06:40	00:33:22	CCD Segurança Social Lisboa
6412	Pedro Miguel LIMA	9190	M	01:07:12	01:00:44	06:05	00:30:38	
6413	Rita MOREIRA	1983	F	01:07:12	01:00:45	06:05	00:31:47	
6414	Ana Filipa SANTOS	7924	F	01:07:13	01:06:00	06:36	00:30:46	
6415	António TENÓRIO PEREIRA	569	M	01:07:13	01:05:34	06:34	00:35:49	
6416	Luis Filipe AFONSO	12816	M	01:07:14	01:01:40	06:10	00:30:57	
6417	Joel FERREIRA	10768	M	01:07:14	01:06:43	06:41	00:33:05	
6418	Rui LEÃO	11395	M	01:07:15	01:03:20	06:20	00:30:22	
6419	Vasco ROCHA	10558	M	01:07:15	01:00:45	06:05	00:31:15	
6420	Luis Carlos FERNANDES ALMEIDA	12906	M	01:07:15	01:05:47	06:35	00:31:19	
6421	André PEREIRA	3039	M	01:07:15	01:03:00	06:18	00:32:07	
6422	Pedro CATARINO	2305	M	01:07:15	01:03:01	06:19	00:31:38	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6423	Marco NEVES	12420	M	01:07:15	01:04:09	06:25	00:33:24	Serviços Sociais Montepio Geral
6424	Filipa CURTO	733	F	01:07:16	01:02:41	06:17	00:30:37	
6425	Manuel Delgado DELGADO	9352	M	01:07:16	01:04:52	06:30	00:30:28	
6426	Pedro RODRIGUES DOS SANTOS	3602	M	01:07:16	01:01:20	06:08	00:32:20	
6427	Hugo BALEIZAO	10420	M	01:07:16	01:02:40	06:16	00:30:36	
6428	Sara FREITAS	12178	F	01:07:16	01:05:13	06:32	00:31:24	
6429	Pedro GOMES FERREIRA	8477	M	01:07:16	01:04:09	06:25	00:32:36	Serviços Sociais Montepio Geral
6430	Joao MARQUES	12766	M	01:07:16	01:04:16	06:26	00:31:44	
6431	Isabel Cristina DIAS CRISTOVÃO	7979	F	01:07:16	01:05:23	06:33	00:32:50	
6432	Carla LESSIN MACEDO	8412	F	01:07:17	01:02:21	06:15	00:31:40	
6433	Vasco CYRNE	3876	M	01:07:17	01:01:53	06:12	00:32:03	
6434	Orlando SILVA	2199	M	01:07:18	01:02:24	06:15	00:31:31	
6435	Manuel Orlando PEREIRA GONÇALVES	10069	M	01:07:18	01:04:54	06:30	00:30:49	
6436	Maria Graciete MARQUES PINTO BAPTISTA	8367	F	01:07:18	01:00:58	06:06	00:29:33	
6437	Pedro DINIZ	12967	M	01:07:18	01:04:09	06:25	00:32:09	
6438	Morgana STREICHER	2013	F	01:07:18	01:05:19	06:32	00:31:37	
6439	Sara DIAS	944	F	01:07:19	01:04:04	06:25	00:31:37	
6440	Margarida LUCAS PIRES	13633	F	01:07:19	01:05:01	06:31	00:32:05	
6441	Johnny SANTOS	9395	M	01:07:19	01:04:33	06:28	00:32:31	
6442	Claudia CORDEIRO	716	F	01:07:19	01:06:09	06:37	00:33:19	
6443	Daniel SERRA	3598	M	01:07:20	01:03:05	06:19	00:30:56	
6444	Rui Miguel NUNES CALISTO	2253	M	01:07:20	01:04:13	06:26	00:33:50	Açoreana clube Banif
6445	Sónia MARQUES	714	F	01:07:21	01:07:00	06:42	00:32:01	
6446	João FIALHO	3167	M	01:07:21	01:01:40	06:10	00:28:30	
6447	Luis Miguel CAMPILHO FERNANDES	2194	M	01:07:21	01:04:00	06:24	00:31:52	Serviços Sociais da CGD
6448	João Miguel Calado VIEIRA	4258	M	01:07:21	01:01:01	06:07	00:28:48	
6449	Verónica VINHAS	1830	F	01:07:22	00:53:04	05:19	00:26:27	
6450	Alexandre RAMOS	11231	M	01:07:23	01:00:51	06:06	00:30:20	
6451	João Miguel ESTEVES SOARES	3849	M	01:07:24	01:03:22	06:21	00:31:45	
6452	Marcelo Alexandre LEITÃO	9376	M	01:07:24	01:03:42	06:23	00:34:28	
6453	Vítor CORDEIRO	11003	M	01:07:24	01:00:57	06:06	00:30:21	
6454	João SALVATERRA	3485	M	01:07:25	01:03:39	06:22	00:29:45	
6455	Isabel BEJA	1415	F	01:07:25	01:04:37	06:28	00:33:15	
6456	João Miguel SOTERO	2112	M	01:07:27	01:00:43	06:05	00:33:35	Clube Millennium BCP
6457	Gonçalo SANTOS	5235	M	01:07:27	01:04:53	06:30	00:31:36	
6458	Bernardo RIBEIRO	10184	M	01:07:27	01:04:39	06:28	00:34:28	
6459	Paula COSTA	12158	F	01:07:27	01:01:41	06:11	00:31:10	Serviços Sociais da CGD
6460	Dora RODRIGUES	725	F	01:07:28	01:04:14	06:26	00:32:14	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6461	Martinha COSTA	1685	F	01:07:28	01:02:47	06:17	00:30:42	
6462	Paulo CARDOSO	11653	M	01:07:28	01:04:15	06:26	00:32:14	
6463	Manuel CAROLINO	8823	M	01:07:28	01:05:18	06:32	00:33:50	CCD Sintrense
6464	Maria SERRÃO	1776	F	01:07:29	01:01:23	06:09	00:30:16	
6465	Rui SAMEIRO	9380	M	01:07:29	01:02:51	06:18	00:31:38	
6466	Gonçalo VILELA	10050	M	01:07:29	01:02:15	06:14	00:31:09	
6467	Nuno CORREIA	10483	M	01:07:29	01:04:09	06:25	00:30:19	
6468	Filipa BRÁS	7680	F	01:07:29	01:02:52	06:18	00:31:38	RUN 4 FUN
6469	José DAVID	3092	M	01:07:30	01:05:55	06:36	00:31:04	
6470	João Manuel DA CRUZ	12877	M	01:07:30	01:06:12	06:38	00:31:09	CP
6471	Ricardo CARVALHO	3301	M	01:07:31	01:04:29	06:27	00:31:52	
6472	Carlos MORAIS	9757	M	01:07:31	01:04:29	06:27	00:31:52	
6473	Armando CUSTÓDIO	9013	M	01:07:31	01:02:49	06:17	00:32:05	HP Portugal Clube
6474	João CHOON	8755	M	01:07:32	01:02:49	06:17	00:32:04	HP Portugal Clube
6475	Ramiro GAMEIRO JORGE	8660	M	01:07:32	01:01:47	06:11	00:31:43	Serviços Sociais da CGD
6476	Maria Gertrudes SOUSA	7968	F	01:07:32	01:02:27	06:15	00:30:58	
6477	Sara SANTOS	1420	F	01:07:32	01:03:32	06:22	00:32:24	
6478	Sandra SILVA	1713	F	01:07:32	01:03:32	06:22	00:32:23	
6479	Júlia TAVARES	14219	F	01:07:33	01:06:33	06:40	00:32:14	Gabinete de Fisioterapia no Desporto
6480	Filipa REMIGIO	613	F	01:07:33	01:02:36	06:16	00:31:10	
6481	Francisco GRIJO	11157	M	01:07:34	01:01:10	06:07	00:31:51	
6482	Elena TEJADA BERRADRE	12111	F	01:07:34	01:02:57	06:18	00:32:42	
6483	Marco COSTA	525	M	01:07:34	01:02:41	06:17	00:30:45	
6484	João André MARTINS	2887	M	01:07:34	01:02:58	06:18	00:32:42	
6485	Henrique ROCHA	3916	M	01:07:34	01:04:20	06:26	00:29:28	
6486	Carlos Manuel R SILVA	383	M	01:07:34	01:02:41	06:17	00:30:44	
6487	João SANTOS	3497	M	01:07:35	01:02:27	06:15	00:31:25	
6488	Fernando Manuel BISPO	9469	M	01:07:36	01:01:37	06:10	00:29:52	
6489	Maria GOLINELLI	1372	F	01:07:36	01:04:13	06:26	00:31:24	
6490	Aduario ANTUNES	4939	M	01:07:37	01:01:45	06:11	00:29:15	
6491	Otilia CANIÇA	13707	F	01:07:37	01:01:45	06:11	00:29:16	
6492	Álvaro M. F. FERREIRA	10073	M	01:07:37	01:06:00	06:36	00:33:07	
6493	Lucienne NEVES	1190	F	01:07:37	01:03:35	06:22	00:33:50	
6494	João Pedro SOARES	4452	M	01:07:37	01:05:05	06:31	00:31:12	
6495	Liliana GUERRA	8109	F	01:07:37	01:05:23	06:33	00:31:42	
6496	Jose ALMEIDA	11512	M	01:07:37	01:05:59	06:36	00:32:18	
6497	Carla Sofia Alves MARQUES	1163	F	01:07:37	01:03:35	06:22	00:33:49	
6498	Sinclair Patrick OWEN	3404	M	01:07:38	01:04:30	06:27	00:32:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6499	Jorge BASTO	13865	M	01:07:39	01:02:09	06:13	00:30:50	Odebrecht / BPC
6500	Natalia LOPES	1955	F	01:07:39	01:05:57	06:36	00:32:10	
6501	Sofia Margarida GASPAR	12220	F	01:07:40	01:02:32	06:16	00:32:12	
6502	Susana Maria Ramos RALHO	12211	F	01:07:41	01:02:05	06:13	00:30:23	
6503	Mario NETO	11164	M	01:07:41	01:02:06	06:13	00:30:24	
6504	Mario GONÇALVES	13225	M	01:07:41	01:05:12	06:32	00:32:31	
6505	Nuno GOMES	3636	M	01:07:42	01:02:30	06:15	00:30:37	
6506	J. Vítor FERREIRA	9846	M	01:07:42	01:04:20	06:26	00:32:22	
6507	Maria VIEIRA	12173	F	01:07:42	01:06:26	06:39	00:31:50	
6508	Joana CORREIA	1554	F	01:07:42	01:02:30	06:15	00:30:38	
6509	Helena PINTO	8121	F	01:07:42	01:06:25	06:39	00:31:49	
6510	Tito José VEIGA SANTOS	5141	M	01:07:43	01:02:38	06:16	00:32:18	
6511	Ligia SANCHES	1222	F	01:07:43	01:04:24	06:27	00:29:15	
6512	Goncalo MARTINS	476	M	01:07:43	01:01:58	06:12	00:30:00	
6513	Sofia DIAS	8115	F	01:07:44	01:01:47	06:11	00:32:19	
6514	Carolina MARTINS	1938	F	01:07:44	01:01:54	06:12	00:29:57	
6515	Carla BANDEIRA	820	F	01:07:44	01:04:39	06:28	00:31:33	
6516	Fernando FRANCISCO	4645	M	01:07:44	01:03:52	06:24	00:32:59	
6517	Mariana BRAGA MARTINS	1457	F	01:07:44	01:01:21	06:09	00:31:05	
6518	Daniela FRANCISCO	13673	F	01:07:45	01:03:52	06:24	00:33:00	
6519	Rita Gonçalves DUARTE	7956	F	01:07:45	01:04:44	06:29	00:30:41	
6520	Maria Franco AMADO MORADAS FERREIRA	646	F	01:07:45	01:05:55	06:36	00:32:16	
6521	Dina PAULINO	1453	F	01:07:45	01:04:26	06:27	00:31:20	
6522	Rui TEJO	13043	M	01:07:45	01:02:35	06:16	00:32:27	
6523	Julia CARMO	1155	F	01:07:46	01:03:04	06:19	00:32:43	
6524	João FERNANDES	10777	M	01:07:46	01:01:32	06:10	00:31:35	
6525	Amanda FERNANDES	12342	F	01:07:46	01:04:03	06:25	00:31:42	
6526	Francisco SALGADO	93	M	01:07:47	01:01:18	06:08	00:33:25	
6527	Filipe VARGAS	12713	M	01:07:47	01:03:03	06:19	00:30:45	
6528	Sandra SIMÕES	1816	F	01:07:48	01:04:53	06:30	00:33:03	
6529	Gonçalo MARQUES	10341	M	01:07:48	01:04:35	06:28	00:33:23	
6530	João Pedro SALGADO	13345	M	01:07:48	01:01:20	06:08	00:33:23	
6531	Ana ALPALHAO	966	F	01:07:48	01:04:46	06:29	00:32:19	
6532	Cristina SILVA	7819	F	01:07:49	01:04:47	06:29	00:32:34	Clube de Natação de Rio Maior
6533	Susana MIGUEL	7823	F	01:07:49	01:04:52	06:30	00:32:39	Clube de Natação de Rio Maior
6534	Dieter PEREIRA	5058	M	01:07:51	01:05:35	06:34	00:32:04	
6535	Paulo Alexandre Rodrigues CARDOSO	2308	M	01:07:51	01:05:06	06:31	00:29:26	
6536	Ana SANTOS	1764	F	01:07:51	01:05:36	06:34	00:32:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6537	Paulo Alexandre OLIVEIRA LOPES	5091	M	01:07:52	01:05:09	06:31	00:33:36	
6538	Jose Antonio CARVALHO RODRIGUES	10587	M	01:07:53	01:05:30	06:33	00:33:30	
6539	João Henrique Antunes PEQUENÃO	4612	M	01:07:53	01:06:04	06:37	00:31:44	
6540	Maria Do Rosário SENA ESTEVES	8337	F	01:07:53	01:05:31	06:34	00:33:30	
6541	Bruno JÚLIO	4607	M	01:07:53	01:06:04	06:37	00:31:44	
6542	Bruno MARTINS	4573	M	01:07:54	01:04:33	06:28	00:32:18	
6543	Sónia VELHO	1802	F	01:07:54	01:07:19	06:44	00:33:51	
6544	Nuno RUSSO	4415	M	01:07:55	01:01:13	06:08	00:31:45	
6545	Inês SOTELINO	1349	F	01:07:55	01:02:18	06:14	00:31:46	
6546	Juan SOTELINO	10418	M	01:07:55	01:02:18	06:14	00:31:46	
6547	Rui SANTOS	13347	M	01:07:56	01:04:45	06:29	00:30:26	
6548	Julia GOMES	7645	F	01:07:57	01:04:47	06:29	00:32:49	
6549	Pedro Gonçalo NASCIMENTO DE OLIVEIRA	4792	M	01:07:57	01:03:46	06:23	00:32:23	
6550	Isabel COUTO	606	F	01:07:57	01:03:47	06:23	00:32:21	
6551	Paulo Alexandre HORTA	3696	M	01:07:59	01:01:15	06:08	00:30:52	
6552	Joaquim José Pereira CRUZ CORREIA	9459	M	01:07:59	01:02:43	06:17	00:32:54	
6553	Telma Maria ALVES	1283	F	01:07:59	01:02:43	06:17	00:32:51	
6554	Paulo TELES	3306	M	01:07:59	01:05:07	06:31	00:29:58	
6555	Paulo VILA LUZ	8859	M	01:07:59	01:07:24	06:45	00:31:50	G. D. Banco BPI
6556	Graça NETA	729	F	01:08:00	01:03:03	06:19	00:30:49	Tejavista
6557	Isabel VARELA	7837	F	01:08:00	01:01:45	06:11	00:31:17	
6558	António Carlos VARELA	9383	M	01:08:00	01:01:46	06:11	00:31:19	
6559	Ana ALMEIDA	781	F	01:08:01	01:02:18	06:14	00:30:32	
6560	João Filipe Mota Guedes FUMEGA	9965	M	01:08:01	01:02:23	06:15	00:31:45	
6561	Paulo SILVA	10703	M	01:08:01	01:06:55	06:42	00:30:20	
6562	Carlos MARQUES	11654	M	01:08:01	01:07:06	06:43	00:31:25	
6563	João FONSECA	13446	M	01:08:02	01:02:54	06:18	00:32:39	
6564	Patricia Moreira OLIVEIRA PEDROSA	11360	F	01:08:02	01:03:48	06:23	00:31:33	
6565	Mafalda GRANADO	1992	F	01:08:02	01:04:00	06:24	00:31:46	
6566	Miguel MENDES ASSUMPÇÃO	441	M	01:08:02	01:05:19	06:32	00:29:37	
6567	João Pedro RODRIGUES SOARES	3847	M	01:08:02	01:03:59	06:24	00:31:44	
6568	Gisele BRAUN	13698	F	01:08:04	01:02:27	06:15	00:28:14	
6569	Matteo STEPHANIE	718	F	01:08:04	01:02:58	06:18	00:31:33	
6570	André BONANÇA	9889	M	01:08:04	01:01:48	06:11	00:32:05	
6571	Pedro COSTA MACEDO	12705	M	01:08:05	01:04:58	06:30	00:32:39	
6572	Claudia RIBEIRO DAVID	13671	F	01:08:05	01:01:52	06:12	00:31:02	
6573	Pedro Miguel Mateus BARREIRA	9815	M	01:08:05	01:04:59	06:30	00:32:41	
6574	Ricardo SILVA	10991	M	01:08:05	01:03:22	06:21	00:35:24	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6575	Anabela Meia-via MEIA-VIA	1265	F	01:08:05	01:02:44	06:17	00:31:07	
6576	António MARQUES	8537	M	01:08:07	01:07:15	06:44	00:31:39	Grupo Desportivo Joaninhas de Leião
6577	Carlos Manuel CARTAXO	3203	M	01:08:07	01:02:18	06:14	00:31:44	
6578	Paulo Joaquim Souas FERNANDES	10606	M	01:08:07	01:06:46	06:41	00:33:19	
6579	Teresa GARRIDO	1095	F	01:08:08	01:04:21	06:27	00:32:22	
6580	Carlos Pedro FERREIRA	12447	M	01:08:08	01:05:48	06:35	00:30:21	
6581	Ana Catarina TRINDADE	1973	F	01:08:08	01:04:51	06:30	00:31:21	
6582	Zaida Karina Cassamo AMADE	1823	F	01:08:08	01:05:27	06:33	00:32:15	
6583	Marialda NEGRAO DE BARROS SERRA	1138	F	01:08:09	01:07:23	06:45	00:32:36	
6584	Joao GAVANCHA	3645	M	01:08:09	01:05:40	06:34	00:32:01	
6585	Alexandra ESTROIA	1538	F	01:08:09	01:05:42	06:35	00:32:03	
6586	André ALEIXO	10063	M	01:08:10	01:02:13	06:14	00:32:19	
6587	Guilherme CARVALHO	9876	M	01:08:10	01:01:48	06:11	00:29:35	
6588	Cláudia Susana AUGUSTO	1305	F	01:08:10	01:03:21	06:21	00:31:30	
6589	Nuno MORGADINHO	10821	M	01:08:10	01:05:49	06:35	00:32:33	
6590	Marcelo SANTOS	10381	M	01:08:11	01:01:45	06:11	00:29:51	
6591	Fernando NUNES SANTOS	12454	M	01:08:11	01:01:45	06:11	00:29:51	
6592	Jorge GRAÇA COSTA	3792	M	01:08:11	01:02:01	06:13	00:30:33	
6593	Ivone Sofia PEREIRA	1335	F	01:08:11	01:03:20	06:20	00:30:48	
6594	Victor CABRAL	11088	M	01:08:11	01:05:19	06:32	00:31:52	
6595	Carlos Alberto VIEIRA PEDRO	9536	M	01:08:11	01:06:47	06:41	00:30:34	
6596	Victor Manuel CABRAL	8989	M	01:08:11	01:05:20	06:32	00:31:53	Continente
6597	Filipa PONCIANO	8064	F	01:08:12	01:03:52	06:24	00:33:21	
6598	Tiago Filipe BARRADAS PEREIRA	2167	M	01:08:12	01:02:34	06:16	00:31:45	
6599	Ana Sofia NUNES BAPTISTA	1870	F	01:08:12	01:04:27	06:27	00:33:22	
6600	Cristiana Pilar FREITAS DAS NEVES	1378	F	01:08:12	01:04:28	06:27	00:33:20	
6601	Ricardo Vasconcelos P. MACHADO	11637	M	01:08:13	01:02:06	06:13	00:30:25	
6602	João RAMOS	3282	M	01:08:14	01:02:44	06:17	00:32:09	
6603	Sandra Patricia CAPANIÇO	710	F	01:08:14	01:04:37	06:28	00:31:54	
6604	Afonso CARDAL	10006	M	01:08:15	01:02:18	06:14	00:32:19	
6605	Rui BERNARDO	13260	M	01:08:15	01:05:35	06:34	00:31:26	
6606	Ana Rita VENTURA LEITÃO	1691	F	01:08:16	01:02:17	06:14	00:31:02	
6607	Nelito CALIXTO	9719	M	01:08:16	01:03:15	06:20	00:31:53	
6608	Fernando DUARTE	8797	M	01:08:17	01:02:59	06:18	00:31:39	
6609	Ana LUISA	726	F	01:08:17	01:03:20	06:20	00:31:31	Tejavista
6610	Antonio ALMEIDA	12742	M	01:08:17	01:05:49	06:35	00:31:51	
6611	José Manuel AROCHA GUERREIRO	13346	M	01:08:18	01:03:07	06:19	00:32:21	
6612	Filipe FERRÃO	10438	M	01:08:18	01:06:34	06:40	00:31:40	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6613	Luis DIXON	11313	M	01:08:19	01:00:14	06:02	00:30:29	
6614	Diogo GASPAR	12915	M	01:08:19	01:06:36	06:40	00:31:21	
6615	Patrícia LOURO	1193	F	01:08:20	01:01:54	06:12	00:31:48	
6616	Mário RIBEIRO	12987	M	01:08:20	01:04:54	06:30	00:33:25	
6617	Rui ARAÚJO	2531	M	01:08:20	01:03:31	06:22	00:31:19	
6618	Marta MOTA	1330	F	01:08:21	01:03:32	06:22	00:31:19	
6619	Miguel Francisco PEREIRA	8676	M	01:08:21	01:08:10	06:49	00:32:11	Casa do Pessoal Estradas de Portugal
6620	Nelson Alves OLIVEIRA	9369	M	01:08:22	01:04:26	06:27	00:31:09	
6621	Mariana CHAMPALIMAUD	1912	F	01:08:22	01:04:52	06:30	00:32:17	
6622	Rui CORREIA	13303	M	01:08:22	01:07:39	06:46	00:33:57	
6623	Pedro GONÇALVES	5089	M	01:08:23	01:06:20	06:38	00:31:32	
6624	Fernando GOMES DOS SANTOS	10043	M	01:08:23	01:04:37	06:28	00:31:24	
6625	Henrique CUSTÓDIO	535	M	01:08:23	01:03:11	06:20	00:30:33	
6626	José Miguel ANJOS	10453	M	01:08:23	01:03:11	06:20	00:29:46	
6627	Jose Pedro GUIMARAES	10926	M	01:08:23	01:03:33	06:22	00:30:09	
6628	Nuno SOUSA	3543	M	01:08:24	01:02:54	06:18	00:32:15	
6629	Ricardo Filipe MOREIRA BARBOSA FIDALGO CARIOCA	11255	M	01:08:24	01:03:12	06:20	00:31:34	
6630	Joana ESPERANÇO	7658	F	01:08:24	01:02:52	06:18	00:30:30	CORPUS QDF
6631	Tiago OLIVEIRA	2899	M	01:08:24	01:06:08	06:37	00:31:12	Grupo Desportivo Barcarena
6632	Rui Pedro OSÓRIO	12557	M	01:08:24	01:05:11	06:32	00:31:27	
6633	Gonçalo FONSECA	5168	M	01:08:26	01:03:07	06:19	00:32:12	
6634	Marta ELIAS	852	F	01:08:26	01:06:00	06:36	00:33:10	Peugeot
6635	Pedro CORREIA RIBEIRO	10540	M	01:08:26	00:54:22	05:27	00:26:45	
6636	Rita João MATOS VENTURA	8273	F	01:08:28	01:01:37	06:10	00:31:53	
6637	Rui AZEVEDO	9807	M	01:08:29	01:04:43	06:29	00:30:34	
6638	Rui BARATA	12548	M	01:08:29	01:05:24	06:33	00:32:08	Açoreana clube Banif
6639	Carlos Alberto Dos Santos Cunha LOUREIRO	2545	M	01:08:30	01:05:59	06:36	00:32:54	
6640	Paula Cristina Salgado Rodrigues LOUREIRO	1445	F	01:08:30	01:05:59	06:36	00:32:57	
6641	Susana MALHEIRO	1690	F	01:08:31	01:02:32	06:16	00:31:50	
6642	Barbara CORTE-REAL	8087	F	01:08:31	01:03:27	06:21	00:32:55	
6643	Renato PEREIRA	9559	M	01:08:32	01:07:02	06:43	00:32:35	
6644	Paulo Jorge FERREIRA SANTOS	4986	M	01:08:32	01:06:25	06:39	00:31:34	
6645	Joaquim LIMA	8525	M	01:08:32	01:08:14	06:50	00:32:05	NUCLEOEIRAS/SPORTZONE
6646	António NASCIMENTO	2771	M	01:08:32	01:05:07	06:31	00:32:01	Grupo Desportivo Imprensa Nacional Casa da Moeda
6647	Paulo Jorge LOPES	9854	M	01:08:33	01:02:16	06:14	00:33:50	
6648	Paulo RAINHO	12634	M	01:08:33	01:04:27	06:27	00:32:40	Serviços Sociais Montepio Geral
6649	Pedro CARRASCO	12456	M	01:08:33	01:04:27	06:27	00:32:40	Serviços Sociais Montepio Geral
6650	Vitor Manuel P.d.m. DOS REIS	9202	M	01:08:33	01:02:04	06:13	00:31:24	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6651	João Pedro Lopes PEREIRA	3678	M	01:08:34	01:02:17	06:14	00:33:50	
6652	Mariana FAGULHA	8250	F	01:08:34	01:06:18	06:38	00:33:46	
6653	António COSTA E SILVA	4861	M	01:08:34	01:02:01	06:13	00:30:44	
6654	Patricia Isabel RIBEIRO ENCARNAÇÃO	697	F	01:08:34	01:04:14	06:26	00:33:14	
6655	Teresa GOMES	7984	F	01:08:36	01:07:20	06:44	00:33:43	
6656	Raquel MADEIRA	8389	F	01:08:36	01:06:27	06:39	00:32:58	
6657	Rui FIGUEIRA	2953	M	01:08:39	01:02:51	06:18	00:33:59	
6658	António SILVA	12610	M	01:08:39	01:05:26	06:33	00:31:42	HP Portugal Clube
6659	Joao OLIVEIRA	13072	M	01:08:39	01:05:00	06:30	00:31:37	
6660	Hugo Ricardo PINTO VALENTIM	11428	M	01:08:41	01:03:45	06:23	00:31:40	
6661	Pedro TOMAZ	2174	M	01:08:41	01:05:36	06:34	00:32:25	Casa do Pessoal Estradas de Portugal
6662	Claudia PEREIRA	8219	F	01:08:41	01:03:45	06:23	00:31:38	
6663	Joao Manuel FANDANGO	13247	M	01:08:42	01:03:00	06:18	00:31:54	
6664	Pedro PESTANA BASTOS	11154	M	01:08:42	01:02:26	06:15	00:32:02	
6665	Elisio MONTEIRO	3966	M	01:08:42	01:02:41	06:17	00:31:12	
6666	Cristiana ALVES	12332	F	01:08:42	01:06:28	06:39	00:33:27	
6667	Nuno VICENTE	4927	M	01:08:43	01:06:27	06:39	00:33:27	
6668	Patricia VIANA	13576	F	01:08:43	01:05:13	06:32	00:32:48	
6669	Pedro VALENTE	9973	M	01:08:43	01:02:48	06:17	00:32:21	
6670	Hugo FREITAS BELO	10025	M	01:08:43	01:02:46	06:17	00:32:19	
6671	José JERONIMO	8539	M	01:08:44	01:08:10	06:49	00:34:37	Grupo Desportivo Joaninhas de Leião
6672	Matilde FREITAS FORTES	13564	F	01:08:46	01:04:36	06:28	00:31:08	
6673	João LOBATO NETO DE ASSUNÇÃO	12813	M	01:08:47	01:07:11	06:44	00:32:06	
6674	Nuno Migiel TEIXEIRA LOPES	460	M	01:08:47	01:02:25	06:15	00:28:49	
6675	Tiago MACEDO	10520	M	01:08:48	01:03:44	06:23	00:32:44	
6676	Manuel VAZ ALVES BARRETO	11052	M	01:08:48	01:05:18	06:32	00:33:00	
6677	Eduardo SANTOS	4703	M	01:08:48	01:07:19	06:44	00:31:08	
6678	Filipe CRUZ	4333	M	01:08:50	01:06:31	06:40	00:33:18	
6679	Angelica HELDT	12182	F	01:08:50	01:02:26	06:15	00:30:33	
6680	Gilberto FARIA	2583	M	01:08:50	01:03:16	06:20	00:32:04	CORPUS QDF
6681	Nuno Filipe Morais MOTA RIBEIRO	13213	M	01:08:51	01:03:25	06:21	00:30:44	
6682	Esther BRAGADO DOMINGUEZ	13688	F	01:08:51	01:05:40	06:34	00:33:04	
6683	Micael FERREIRA	4649	M	01:08:51	01:02:07	06:13	00:27:19	
6684	Filipa Alexanda SILVA	1406	F	01:08:52	01:08:17	06:50	00:33:56	Casa do Pessoal Estradas de Portugal
6685	José TOMAZ	8686	M	01:08:52	01:05:47	06:35	00:32:26	Casa do Pessoal Estradas de Portugal
6686	Joana SILVA	1570	F	01:08:53	01:05:48	06:35	00:32:56	
6687	Jose Pedro De Sousa PINTO	11288	M	01:08:53	01:03:05	06:19	00:30:18	
6688	Rui Filipe MENDES CANDEIAS	11091	M	01:08:53	01:06:54	06:42	00:31:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6689	Filipe FARELO	12979	M	01:08:54	01:05:16	06:32	00:32:25	
6690	Pedro LIMA	10973	M	01:08:55	01:06:36	06:40	00:33:50	
6691	Mara Andreia BARATA RAPOSO	1413	F	01:08:55	01:04:04	06:25	00:33:12	
6692	Casimiro COUTINHO	8929	M	01:08:56	01:06:06	06:37	00:33:08	
6693	Mª Isabel CASTRO CORUJEIRA	8430	F	01:08:58	01:07:27	06:45	00:32:47	
6694	Susana COSTA ANTA	7531	F	01:08:58	01:04:01	06:25	00:32:01	Clube Millennium BCP
6695	Nuno Vasco ANJOS	8508	M	01:08:58	01:04:01	06:25	00:32:01	Clube Millennium BCP
6696	Bruno Miguel Dos SANTOS BATISTA	3930	M	01:08:58	01:03:46	06:23	00:31:31	
6697	Maria Teresa CRUZ SANTOS	8030	F	01:08:58	01:01:08	06:07	00:31:04	
6698	José HENRIQUES	8865	M	01:08:58	01:06:03	06:37	00:33:07	CCD Tranquilidade
6699	Nuno Miguel BRITO MARQUES	9413	M	01:08:59	01:04:56	06:30	00:31:01	
6700	Jorge Amândio SANTOS	9466	M	01:08:59	01:03:38	06:22	00:31:30	
6701	Sandra Cristina LOPES PINA	7430	F	01:09:00	01:03:19	06:20	00:34:07	
6702	Paula SERRA	897	F	01:09:00	01:05:09	06:31	00:33:26	CCD Sintrense
6703	Jorge BAPTISTA	2267	M	01:09:00	01:05:08	06:31	00:30:50	Grupo Excursionista "Os Económicos"
6704	Rita JORGE	1357	F	01:09:01	01:06:35	06:40	00:31:27	
6705	Jorge VIEIRA FARIA	9567	M	01:09:01	01:09:01	06:55	00:34:58	
6706	Carlos MACHADO	9385	M	01:09:02	01:03:00	06:18	00:30:05	
6707	David SANTOS	11491	M	01:09:05	01:03:34	06:22	00:31:06	
6708	Joao CANAVERDE	9716	M	01:09:05	01:03:34	06:22	00:31:23	
6709	Luis FRAZAO	10333	M	01:09:05	01:04:06	06:25	00:32:16	
6710	Vasco MONTEIRO	4678	M	01:09:06	00:54:45	05:29	00:26:48	
6711	Rita Carvalho CARVALHO	1103	F	01:09:07	01:06:30	06:39	00:32:16	
6712	Hugo ALEXANDRE	3346	M	01:09:07	01:06:29	06:39	00:32:15	
6713	Lucia Gonzaga AZEVEDO	1559	F	01:09:07	01:07:49	06:47	00:33:29	
6714	Ana Julia SEQUEIRA	7801	F	01:09:07	01:09:07	06:55		Associação Atletismo Lebres do Sado
6715	Nuno MACHADO	12560	M	01:09:08	01:09:06	06:55	00:33:25	
6716	Jose Manuel COSTA	10948	M	01:09:08	01:02:38	06:16	00:31:16	
6717	Fernando LEMOS	3956	M	01:09:09	01:06:54	06:42	00:30:48	
6718	Rosário PENIZ	885	F	01:09:09	01:02:19	06:14	00:32:00	G.R.D. "Os Fixes"
6719	António PINTO	12134	M	01:09:09	01:02:17	06:14	00:32:24	G.R.D. "Os Fixes"
6720	Sergio NEVES	9443	M	01:09:09	01:05:06	06:31	00:33:55	
6721	Ana Maria Faria SOUSA	1273	F	01:09:09	01:04:32	06:28	00:33:21	
6722	Joao BOLINA	3712	M	01:09:09	01:04:08	06:25	00:34:24	
6723	Guilherme CATARINO	475	M	01:09:11	01:04:33	06:28	00:33:21	
6724	Filipe PRATA	3654	M	01:09:12	01:06:21	06:39	00:31:27	
6725	Eunice ALMEIDA	7609	F	01:09:12	01:04:33	06:28	00:34:21	
6726	Ana Filipa GAMEIRO FERNANDES	1687	F	01:09:13	01:04:34	06:28	00:34:22	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6727	Rodrigo MIGUEL GARCIA CÂNDIDO	3773	M	01:09:13	01:04:41	06:29	00:33:40	
6728	Rui GOMES	11071	M	01:09:13	00:52:10	05:13	00:26:08	
6729	Eva CARDOSO	1936	F	01:09:14	01:04:21	06:27	00:32:00	
6730	Jóni VILELA	10845	M	01:09:14	01:04:21	06:27	00:32:00	
6731	Élia Susana VARELA PIMENTA BATISTA GRANJA	8296	F	01:09:14	01:03:41	06:23	00:31:08	
6732	Ana MATEUS	1369	F	01:09:14	01:03:41	06:23	00:31:08	
6733	Jorge CARVALHO	2357	M	01:09:14	01:04:14	06:26	00:32:52	Clube do Stress
6734	Sergio TEIXEIRA	3898	M	01:09:15	01:04:40	06:28	00:30:04	
6735	Céline MOTTE	8257	F	01:09:15	01:03:26	06:21	00:31:35	
6736	Pedro TEIXERIA DUARTE	8453	M	01:09:16	01:04:10	06:25	00:32:48	Clube do Stress
6737	Joana TABANEZ	1853	F	01:09:16	01:05:32	06:34	00:33:22	
6738	Suzana BARATA	1348	F	01:09:16	01:06:47	06:41	00:33:54	
6739	Daniel BAETA	10153	M	01:09:17	01:05:13	06:32	00:31:47	
6740	Fernando Florentino Oliveira Franco Neto NETO	9535	M	01:09:18	01:03:44	06:23	00:30:09	
6741	Ana PINTO	1524	F	01:09:19	01:07:58	06:48	00:33:27	
6742	Elsa MÁXIMO	14002	F	01:09:20	01:08:16	06:50	00:33:14	Gabinete de Fisioterapia no Desporto
6743	Paula MOREIRA	7503	F	01:09:20	01:06:37	06:40	00:32:18	CCD Sintrense
6744	Henrique RAMOS	12990	M	01:09:20	01:06:27	06:39	00:33:43	
6745	Luis JERONIMO	3070	M	01:09:20	01:04:04	06:25	00:32:12	
6746	Matilde COSTA	1849	F	01:09:20	01:05:11	06:32	00:33:19	
6747	Jorge NETO	4296	M	01:09:21	01:07:18	06:44	00:34:52	
6748	João RAMOS DO Ó	2207	M	01:09:22	01:04:54	06:30	00:32:12	
6749	Márcio SILVA	13336	M	01:09:22	01:04:18	06:26	00:32:45	
6750	Filipa MOTA E COSTA	8124	F	01:09:22	01:07:09	06:43	00:32:20	
6751	Rui LOPES SANTOS	3493	M	01:09:22	01:05:35	06:34	00:31:36	
6752	Luis Filipe DA GRAÇA GONÇALVES	8954	M	01:09:23	01:05:49	06:35	00:31:52	Tabaqueira
6753	Carlos Manuel Barros PEREIRA	3694	M	01:09:23	01:05:50	06:35	00:33:45	
6754	Lucy WATSON	8399	F	01:09:23	01:02:34	06:16	00:30:44	
6755	Bernardo RODRIGUES	11107	M	01:09:24	01:04:27	06:27	00:32:41	
6756	Paula Cristina SAPINA	13573	F	01:09:24	01:05:51	06:36	00:33:45	
6757	Rita CHURRA	7427	M	01:09:24	01:09:18	06:56	00:32:37	Powerade
6758	Antonio CASTAÑERA	13024	M	01:09:25	01:03:42	06:23	00:31:53	
6759	Margarida PINHEIRO	1601	F	01:09:25	01:02:42	06:17	00:33:36	
6760	João SADLER SIMÕES	13019	M	01:09:25	01:03:42	06:23	00:31:53	
6761	Aureliano COSTA	10717	M	01:09:25	01:05:16	06:32	00:33:19	
6762	Luis Filipe DIAS RAMOS	9520	M	01:09:25	01:05:16	06:32	00:33:19	
6763	Ricardo Jorge Marques LIMA	9645	M	01:09:26	01:05:43	06:35	00:32:57	
6764	Teresa CHAVES	1583	F	01:09:26	01:06:44	06:41	00:33:44	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6765	João MARQUES	12593	M	01:09:27	01:06:13	06:38	00:31:39	
6766	António Manuel VALENTE RIBEIRO	9399	M	01:09:27	01:06:18	06:38	00:32:51	
6767	Fernando FILIPE	14054	M	01:09:28	01:07:09	06:43	00:33:09	Clube Grupo Desportivo BES
6768	André RAMOS	11272	M	01:09:28	01:06:47	06:41	00:32:42	
6769	Rui BARBOSA	11214	M	01:09:28	01:06:50	06:41	00:33:11	
6770	Vânia Alexandra JANEIRO MARTINS	782	F	01:09:29	01:03:19	06:20	00:30:32	
6771	Catarina ARAUJO	1307	F	01:09:29	01:08:36	06:52	00:34:31	
6772	Margarida PARDAL	12091	F	01:09:31	01:07:21	06:45	00:33:10	Carapaus de Corrida
6773	Carla Maria BAPTISTA CONDE	8080	F	01:09:31	01:07:56	06:48	00:32:07	
6774	Margarida TENÓRIO PEREIRA	7619	F	01:09:31	01:07:52	06:48	00:32:03	
6775	Jorge GONÇALVES	8550	M	01:09:32	01:03:04	06:19	00:31:25	Clube do Stress
6776	Rafael LUCAS PIRES	11057	M	01:09:32	01:07:05	06:43	00:33:59	
6777	Ana Filipa FERREIRA	12094	F	01:09:35	01:06:49	06:41	00:33:20	Grupo Desportivo Roche
6778	Pedro ALVES	10484	M	01:09:35	01:07:52	06:48	00:32:46	
6779	Margarida BENTO	12074	F	01:09:35	01:06:49	06:41	00:33:20	Grupo Desportivo Roche
6780	Vitor PINTO	4663	M	01:09:36	01:04:45	06:29	00:31:17	
6781	Ma Fee HUNG	7574	F	01:09:37	01:07:54	06:48	00:32:35	Açoreana clube Banif
6782	Sara SERRA	8392	F	01:09:37	01:07:22	06:45	00:33:13	
6783	José RAMOS	13065	M	01:09:38	01:05:35	06:34	00:32:19	
6784	Ramiro BORREGO	13074	M	01:09:38	01:05:36	06:34	00:32:19	
6785	Paulo PAIS	10292	M	01:09:39	00:53:40	05:22	00:26:24	
6786	João Ricardo Da Silva DANTAS	2980	M	01:09:43	01:06:00	06:36	00:29:30	
6787	João Filipe Pimenta SILVESTRE	3007	M	01:09:43	01:06:01	06:37	00:29:30	
6788	Diogo BAPTISTA	10713	M	01:09:43	01:05:41	06:35	00:29:24	
6789	Eduardo ESPADA	10555	M	01:09:44	01:08:27	06:51	00:32:55	
6790	Ana SILVA	1242	F	01:09:44	01:07:59	06:48	00:33:17	TCPI
6791	Luís Filipe GONÇALVES	13186	M	01:09:45	01:06:21	06:39	00:32:42	
6792	Isabel FÉLIX	1502	F	01:09:45	01:03:46	06:23	00:30:16	
6793	Luís COITO	8484	M	01:09:45	01:03:47	06:23	00:29:58	
6794	Vitor GOIS COSTA	12517	M	01:09:46	01:05:18	06:32	00:32:07	Clube Ferroviário de Portugal
6795	Filipe Daniel JUNOT FLORÊNCIO	10094	M	01:09:46	00:55:18	05:32	00:27:22	
6796	Mafalda CARDOSO	8298	F	01:09:46	01:07:36	06:46	00:33:53	
6797	Alvaro MARQUES	12969	M	01:09:47	01:06:23	06:39	00:33:25	
6798	Valdemiro GROSA	13963	M	01:09:48	01:08:52	06:54	00:33:31	Linda-a-Pastora Sporting Clube
6799	Ana Josefina GOMES	609	F	01:09:48	01:07:37	06:46	00:33:54	
6800	Luis Jorge DIAS MONTEIRO	4666	M	01:09:48	01:05:43	06:35	00:31:42	
6801	Sandra Miriam Rodrigues CORREIA	1824	F	01:09:49	01:07:24	06:45	00:34:15	
6802	Filipe FONSECA	13227	M	01:09:50	01:05:23	06:33	00:31:55	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6803	Rodrigo BENTO	207	M	01:09:51	01:07:23	06:45	00:30:59	
6804	Diane DETOLLENAERE	8078	F	01:09:51	01:06:24	06:39	00:32:27	
6805	Martinho Paulo RODRIGUES ROQUE	10506	M	01:09:52	01:08:25	06:51	00:32:52	
6806	José SEQUEIRA	10531	M	01:09:52	01:08:12	06:50	00:31:16	
6807	César FIALHO GUERRA	13210	M	01:09:53	01:06:58	06:42	00:32:00	
6808	Maria Teresa COSTA RODRIGUES	1911	F	01:09:54	01:06:59	06:42	00:32:01	
6809	Paula Maria AMBRÓSIO	1591	F	01:09:54	01:05:36	06:34	00:32:48	
6810	Alexandra SECO MARQUES	969	F	01:09:54	01:06:53	06:42	00:33:48	
6811	Eduardo PROENÇA	2156	M	01:09:55	01:04:07	06:25	00:31:22	
6812	Ana BAPTISTA	1118	F	01:09:56	01:05:36	06:34	00:32:43	
6813	Joao Manuel LEITE VIEIRA	11110	M	01:09:56	01:04:26	06:27	00:32:08	
6814	Francisco Jose SEQUEIRA	11095	M	01:09:56	01:03:46	06:23	00:31:52	
6815	Graça ALMEIDA	705	F	01:09:56	01:05:54	06:36	00:32:37	
6816	Ana CATARINO	8015	F	01:09:56	01:07:54	06:48	00:31:26	
6817	Maria MAGALHÃES	7654	F	01:09:57	01:09:00	06:54	00:30:24	G.R.C.D Leião
6818	Adilson SANTOS	9247	M	01:09:57	01:03:55	06:24	00:30:47	TCPI
6819	Soraia VAZ	13842	F	01:09:58	01:04:59	06:30	00:33:39	INFOSISTEMAS RUNNING TEAM
6820	Joaquim MATOS	13970	M	01:09:58	01:09:02	06:55	00:34:37	Linda-a-Pastora Sporting Clube
6821	Pedro MELO	12973	M	01:09:58	01:03:04	06:19	00:30:52	
6822	Cátia MILHEIRO	8000	F	01:10:00	01:08:34	06:52	00:34:03	
6823	Tiago PINTO	12628	M	01:10:00	01:07:49	06:47	00:35:08	Peugeot
6824	Pedro SILVA	548	M	01:10:00	01:03:40	06:22	00:32:32	
6825	Tiago PAULINO	13306	M	01:10:01	01:07:59	06:48	00:31:22	
6826	Joana FONSECA	1022	F	01:10:02	01:07:33	06:46	00:33:46	
6827	Manuela RODRIGUES	873	F	01:10:02	01:06:09	06:37	00:31:48	G.R.D. "Os Fixes"
6828	Carla Maria FAUSTINO DE CARVALHO	1660	F	01:10:02	01:08:00	06:48	00:33:19	
6829	Elisete Maria COUTINHO MARTINS	13649	F	01:10:03	01:04:43	06:29	00:32:21	
6830	Angela BRITO	1894	F	01:10:03	01:05:55	06:36	00:31:49	
6831	Gustavo Duarte Ribeiro PEREIRA	13182	M	01:10:04	01:07:39	06:46	00:34:16	
6832	Inês LEMOS	12224	F	01:10:05	01:06:46	06:41	00:34:49	
6833	Ana MENDES	14046	F	01:10:05	01:07:02	06:43	00:32:06	Clube Grupo Desportivo BES
6834	Ana LOBATO	7889	F	01:10:05	01:06:46	06:41	00:34:49	
6835	Bruno Miguel MARTINS DOS SANTOS	9387	M	01:10:06	01:05:23	06:33	00:30:16	
6836	Lúcio Alexandre VIEIRA	3573	M	01:10:07	01:08:03	06:49	00:32:38	
6837	António TAVARES	9586	M	01:10:07	01:05:58	06:36	00:32:02	
6838	Daniela PEREIRA	7596	F	01:10:07	01:09:09	06:55	00:33:56	
6839	Victor Manuel Santos SILVA	12608	M	01:10:07	01:07:17	06:44	00:33:09	
6840	Afonso LAVADO	3280	M	01:10:07	01:05:20	06:32	00:34:33	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6841	Catarina BAPTISTA FERNANDES	1252	F	01:10:08	01:09:28	06:57	00:32:12	
6842	João Carlos VALENTE	11621	M	01:10:09	01:05:27	06:33	00:30:19	
6843	Raul REIS	10742	M	01:10:10	01:08:18	06:50	00:33:29	
6844	Miguel OLIVEIRA	3715	M	01:10:10	01:07:07	06:43	00:31:54	
6845	Gonçalo ACHEGA	1041	M	01:10:11	01:07:10	06:43	00:32:56	
6846	Paulo Jorge Vitarela NUNES	3814	M	01:10:11	00:56:22	05:39	00:28:07	
6847	Marco Antonio Leocadio CAMPANIÇO	10095	M	01:10:11	00:56:23	05:39	00:28:07	
6848	Silvia BREU	1167	F	01:10:12	01:10:08	07:01	00:33:33	
6849	Pedro QUINTINO	9561	M	01:10:12	01:05:05	06:31	00:30:11	
6850	Andreia PEREIRA	8309	F	01:10:13	01:07:24	06:45	00:32:30	
6851	Filipa PADUA	518	F	01:10:14	01:07:48	06:47	00:33:10	
6852	José BORRACHA	11650	M	01:10:15	01:04:26	06:27	00:32:14	
6853	Ana BORRACHA	1960	F	01:10:15	01:04:26	06:27	00:32:14	
6854	Pedro FIGUEIREDO	14081	M	01:10:16	01:07:37	06:46	00:32:55	Clube Grupo Desportivo BES
6855	João ANTUNES	10953	M	01:10:16	01:05:12	06:32	00:31:02	
6856	Gabriela ALMEIDA	12163	F	01:10:17	01:06:37	06:40	00:32:45	
6857	Sérgio DIAS	13071	M	01:10:17	01:04:25	06:27	00:34:38	
6858	Cristina COELHO	965	M	01:10:17	01:08:21	06:51	00:33:05	G.D.R. São Francisco da Serra
6859	João BATALHA	8992	M	01:10:17	01:04:46	06:29	00:32:05	CORPUS QDF
6860	Manuelka BUSTORFF	1257	F	01:10:17	01:05:20	06:32	00:32:33	Tejavista
6861	Pedro DELGADO	9001	M	01:10:18	01:05:20	06:32	00:32:36	Tejavista
6862	Mário SILVA	9025	M	01:10:18	01:05:18	06:32	00:32:32	Tejavista
6863	Sara BATALHA	8338	F	01:10:18	01:04:46	06:29	00:32:05	
6864	Dora Claudia GRANJA CARMO LOPES	1821	F	01:10:18	01:08:33	06:52	00:33:14	
6865	Dora DUARTE	8054	F	01:10:19	01:06:56	06:42	00:34:12	
6866	Marco BARROS	13170	M	01:10:19	01:04:14	06:26	00:31:33	
6867	Maria Paula GONCALVES	2020	F	01:10:20	01:05:12	06:32	00:32:40	
6868	Cidália NEVES	831	F	01:10:20	01:08:05	06:49	00:35:15	
6869	Joao Andre GONCALVES	4929	M	01:10:20	01:05:13	06:32	00:32:40	
6870	Miguel OLIVEIRA	9516	M	01:10:20	01:05:51	06:36	00:29:05	
6871	João DE MESQUITA LIMA	11008	M	01:10:21	01:05:47	06:35	00:31:25	
6872	Luis PEREIRA	2314	M	01:10:21	01:03:42	06:23	00:32:06	
6873	Fabiana FREITAS	1603	F	01:10:21	01:04:02	06:25	00:32:32	
6874	Ilda Maria FRANCA	7470	F	01:10:22	01:09:23	06:57	00:33:29	
6875	Patrícia SERRA	1486	F	01:10:22	01:06:16	06:38	00:32:46	
6876	Edgar Emanuel MARQUES GONÇALVES	7955	M	01:10:22	01:06:16	06:38	00:32:47	
6877	Joao MESSIAS GOMES	12583	M	01:10:22	01:08:39	06:52	00:32:06	
6878	David FRÓIS	10579	M	01:10:23	01:06:42	06:41	00:33:03	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6879	João Carlos FRANCA	10278	M	01:10:23	01:09:24	06:57	00:33:28	
6880	Sheila Marisa CANTIGA	2027	F	01:10:23	01:06:39	06:40	00:33:33	
6881	José Acacio Delfim DIOGO	11232	M	01:10:23	01:06:38	06:40	00:33:32	
6882	Francisco TELES	2804	M	01:10:24	01:06:27	06:39	00:32:53	Clube Desportivo do Arneiro
6883	Carlos Manuel SALTÃO	10748	M	01:10:24	01:05:08	06:31	00:31:33	
6884	Alberto FERRAZ	12775	M	01:10:24	01:05:30	06:33	00:32:42	
6885	Leonor AZEVEDO	13886	F	01:10:25	01:06:31	06:40	00:31:40	Clube Vodafone
6886	António CARVALHO	8966	M	01:10:25	01:08:20	06:50	00:35:09	G.R.D. "Os Fixes"
6887	Maria CATELA	8062	F	01:10:25	01:06:32	06:40	00:33:26	
6888	Joaquim COSTA	8984	M	01:10:26	01:08:21	06:51	00:35:07	G.R.D. "Os Fixes"
6889	Maria Adelaide FERREIRA	12085	F	01:10:26	01:09:22	06:57	00:33:45	Grupo Desportivo Joaninhas de Leião
6890	Ana FERNANDES	7587	F	01:10:26	01:10:06	07:01	00:33:41	Grupo Desportivo Joaninhas de Leião
6891	Joana VILLAS BOAS	7675	F	01:10:26	01:04:50	06:29	00:32:23	
6892	Maria BATALHA	914	F	01:10:26	01:04:50	06:29	00:32:21	
6893	António Martinho ALMEIDA PINTO	13319	M	01:10:27	01:04:32	06:28	00:33:45	
6894	Vitor GONÇALVES	8573	M	01:10:27	01:03:59	06:24	00:33:11	Clube do Stress
6895	Tiago L. FÉLIX	4866	M	01:10:27	01:07:28	06:45	00:33:44	
6896	Ruben SOUSA	3921	M	01:10:27	01:04:54	06:30	00:33:25	
6897	Cristina GIL	855	F	01:10:27	01:03:59	06:24	00:33:10	Clube do Stress
6898	Tânia VERMELHO	1208	F	01:10:27	01:04:56	06:30	00:32:07	CORPUS QDF
6899	Lino TORGAL	12799	M	01:10:28	01:08:00	06:48	00:33:16	
6900	Manuel Augusto FONTES COELHO	9161	M	01:10:28	01:09:36	06:58	00:34:26	
6901	Joana LOPES	12159	F	01:10:28	01:06:08	06:37	00:34:11	
6902	Telma SILVA	680	F	01:10:28	01:10:03	07:01	00:32:58	Grupo Desportivo Joaninhas de Leião
6903	Elsa PINTO	1336	F	01:10:29	01:07:59	06:48	00:33:54	
6904	João COUTINHO	8593	M	01:10:29	01:10:29	07:03		Clube do Stress
6905	João RODRIGUES	10087	M	01:10:30	01:05:07	06:31	00:32:31	
6906	Pedro SANTOS	11332	M	01:10:30	00:56:29	05:39	00:27:30	
6907	Nuno COTRIM	3225	M	01:10:30	01:07:09	06:43	00:32:18	
6908	Liliana MONTEIRO	1945	F	01:10:30	01:07:56	06:48	00:34:01	
6909	Jorge RODRIGUES	10671	M	01:10:31	01:07:54	06:48	00:34:00	
6910	Tiago SOUSA	9464	M	01:10:32	01:04:33	06:28	00:31:22	
6911	Ana BEJA	935	F	01:10:32	01:07:42	06:47	00:34:19	
6912	Joao Miguel GASPARD DA SILVA	13304	M	01:10:33	01:05:17	06:32	00:30:52	
6913	Marcos RAMALHEIRA	3502	M	01:10:33	01:04:08	06:25	00:34:41	
6914	Nadia TAVARES	1555	F	01:10:34	01:05:43	06:35	00:30:49	
6915	Maria Benedita TAVARES	1134	F	01:10:35	01:06:26	06:39	00:33:10	
6916	António Manuel PINHEIRO FERREIRA	8927	M	01:10:35	00:55:58	05:36	00:28:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6917	Alexandra CABELEIRA	8016	F	01:10:36	01:08:47	06:53	00:34:50	
6918	Artur BENITEZ	3504	M	01:10:36	01:08:47	06:53	00:34:50	
6919	Susana AGOSTINHO	7969	F	01:10:36	01:08:01	06:49	00:34:01	
6920	Paula SILVA	14074	F	01:10:37	01:09:31	06:58	00:32:51	Clube Grupo Desportivo BES
6921	José MARTINS	9126	M	01:10:37	01:07:37	06:46	00:33:51	Clube ANA Lisboa
6922	Luis MENDONÇA	10144	M	01:10:37	01:04:48	06:29	00:32:49	
6923	Nelson DUARTE	4784	M	01:10:38	01:06:55	06:42	00:31:42	
6924	Rogério Freire LUÍS	5216	M	01:10:38	01:06:56	06:42	00:32:35	
6925	Sofia BATISTA	12307	F	01:10:39	01:08:01	06:49	00:32:41	
6926	Alexandra VISOSO	7785	F	01:10:39	01:00:29	06:03	00:29:50	
6927	Lucia Isabel Da Silva RAMIRO	12206	F	01:10:40	01:08:24	06:51	00:32:41	
6928	Apricia Santos SANTOS	1539	F	01:10:41	01:02:51	06:18	00:31:04	
6929	Alexandra ROSA	1068	F	01:10:41	01:06:27	06:39	00:32:22	
6930	João BARATA	3959	M	01:10:41	01:09:40	06:58	00:32:17	
6931	Juliana TAVARES	8222	F	01:10:41	01:08:28	06:51	00:33:00	
6932	Yohmann Guenael ESTEVES DE SÁ	11106	M	01:10:42	01:08:42	06:53	00:31:22	
6933	Carla Alexandra MARTINS	7365	F	01:10:42	01:05:06	06:31	00:33:50	Casa do Pessoal Estradas de Portugal
6934	Leopoldo DONATI	12575	M	01:10:42	01:07:17	06:44	00:32:21	
6935	Joaquim CARVALHO	9995	M	01:10:42	01:04:45	06:29	00:33:15	
6936	Augusto OLIVEIRA	9993	M	01:10:42	01:04:46	06:29	00:33:19	
6937	Rui Nelson FERREIRA DINIS	8663	M	01:10:42	01:05:07	06:31	00:33:50	Casa do Pessoal Estradas de Portugal
6938	Luis Filipe VIEIRA	10009	M	01:10:43	01:04:44	06:29	00:33:13	
6939	Elisabete FERNANDES	1593	F	01:10:43	01:04:43	06:29	00:33:29	
6940	Eduardo AMORIM	13283	M	01:10:44	01:06:20	06:38	00:32:34	
6941	Luis Miguel DE SOUSA RAMOS	4895	M	01:10:45	01:08:55	06:54	00:33:31	
6942	Pedro BRAZ	10152	M	01:10:45	01:05:38	06:34	00:32:57	
6943	Andreia LEIRIA	1200	F	01:10:45	01:05:43	06:35	00:33:11	Sierra Portugal
6944	Nicole TEIXEIRA SARAIVA	964	F	01:10:45	01:05:43	06:35	00:33:12	Sierra Portugal
6945	Carlos RIBEIRO	13025	M	01:10:47	01:09:07	06:55	00:33:34	
6946	Jose FARIA	9551	M	01:10:47	01:09:07	06:55	00:33:32	
6947	Mario Jose Martins MARTINS MARQUES	11059	M	01:10:48	01:07:13	06:44	00:33:41	
6948	Gonçalo DINIS FONSECA MARTINS MARQUES	267	M	01:10:48	01:07:13	06:44	00:33:42	
6949	Jose SANTO	9706	M	01:10:48	01:08:52	06:54	00:32:19	
6950	Madalena SANTO	7994	F	01:10:48	01:08:52	06:54	00:32:20	
6951	Carla CACHÃO	12099	M	01:10:49	01:07:21	06:45	00:32:35	Continente
6952	Rui Pedro VIEIRA	12760	M	01:10:49	01:07:45	06:47	00:34:10	
6953	Jose Antonio NEVES	9518	M	01:10:49	01:07:45	06:47	00:34:10	
6954	Porfirio José GRAÇA	10346	M	01:10:50	01:06:23	06:39	00:33:02	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6955	Paulo CAPELA	12890	M	01:10:50	01:05:51	06:36	00:33:59	
6956	Teresa CAPELA	7759	F	01:10:50	01:05:51	06:36	00:33:59	
6957	Ana Rita GONÇALVES	7957	F	01:10:50	01:06:22	06:39	00:33:01	
6958	Rui Miguel Pereira BRITO	12867	M	01:10:50	01:09:05	06:55	00:35:23	
6959	Carla RUFINO	1835	F	01:10:51	01:08:03	06:49	00:33:51	
6960	José FERREIRA DIAS	8982	M	01:10:51	01:09:18	06:56	00:32:14	Clube Millennium BCP
6961	Pedro PROENÇA	4345	M	01:10:51	01:08:03	06:49	00:33:52	
6962	Elisabete CATARRINHO	1883	F	01:10:51	01:10:41	07:05	00:33:37	
6963	João LOPES	10817	M	01:10:51	01:07:35	06:46	00:33:59	
6964	Nuno LOPES	4433	M	01:10:52	01:06:53	06:42	00:33:27	
6965	João Maria DE ALMEIDA FRESCATA CORREIA PEREIRA	13101	M	01:10:53	01:04:55	06:30	00:34:17	
6966	Sarah SMALE	7708	F	01:10:53	01:04:03	06:25		St. Julians School
6967	Manuel ROSADO	3622	M	01:10:54	01:06:25	06:39	00:34:02	
6968	Hugo SILVA	3641	M	01:10:54	01:06:25	06:39	00:34:02	
6969	Jorge Manuel Andrade ANTUNES	10103	M	01:10:54	00:57:06	05:43	00:29:14	
6970	Maria Da Trindade PEREIRA	7361	F	01:10:54	01:10:43	07:05	00:34:03	Casa do Pessoal Estradas de Portugal
6971	Suse Mónica OLIVEIRA	1779	F	01:10:54	01:04:34	06:28	00:31:27	
6972	Guilherme GALRINHO SOUSA COELHO	3978	M	01:10:55	01:05:27	06:33	00:32:40	Refer
6973	Ricardo Jorge MESQUITA MACHADO BRANCO	10927	M	01:10:55	01:07:04	06:43	00:33:22	
6974	Sónia Alexandra MORAIS SANTOS MACHADO BRANCO	8375	F	01:10:55	01:07:03	06:43	00:33:21	
6975	Alexandra FONTE	808	F	01:10:55	01:05:53	06:36	00:31:47	
6976	João Pedro ESTANQUEIRO	13236	M	01:10:56	01:05:31	06:34	00:32:01	
6977	Mariana REIS	7869	F	01:10:56	01:05:12	06:32	00:31:24	
6978	Rui MENINO	3812	M	01:10:57	01:05:04	06:31	00:30:19	
6979	Inês FONSECA	1658	F	01:10:57	01:07:46	06:47	00:33:13	
6980	Cláudia GRENHO	7885	F	01:10:57	01:09:22	06:57	00:34:04	
6981	Filipa Alexandra GRENHO	8097	F	01:10:57	01:09:22	06:57	00:34:39	
6982	Vânia Patrícia ALECRIM PADEIRO	8292	F	01:10:58	01:04:45	06:29	00:32:27	
6983	Barata MARTA	825	F	01:10:58	01:06:33	06:40	00:33:10	
6984	Luís Alves RAPOSO	13199	M	01:10:58	01:04:44	06:29	00:32:26	
6985	Francisco FERREIRA	12692	M	01:10:58	01:06:41	06:41	00:31:38	C.C.D. EFACEC
6986	Pedro MACHADO	9157	M	01:10:58	01:09:50	06:59	00:33:41	
6987	Marta De Mendonça ROCHA	823	F	01:10:59	01:04:05	06:25	00:32:44	
6988	Sofia MATIAS	12322	F	01:10:59	01:06:40	06:40	00:33:06	
6989	Fausto PINTO	4531	M	01:10:59	01:04:04	06:25	00:32:41	
6990	Rui COSTA	3708	M	01:10:59	01:09:08	06:55	00:32:54	
6991	Jorge SOUSA	9933	M	01:10:59	01:07:04	06:43	00:32:35	
6992	Daniela MOURA	724	F	01:10:59	01:06:05	06:37	00:32:36	Tejavista

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
6993	Susana Isabel VARGAS MARTINS	7757	F	01:10:59	01:08:32	06:52	00:36:01	
6994	Carlos ROCHA	13383	M	01:11:00	01:09:08	06:55	00:32:54	
6995	Ana Isabel MATIAS	13636	F	01:11:00	01:07:58	06:48	00:33:29	
6996	Ana PORFIRIO	178	F	01:11:00	01:08:41	06:53	00:33:47	
6997	Mariana BRITO DA CRUZ	12314	M	01:11:01	01:08:00	06:48	00:33:49	
6998	Paulo VEIGA	9364	M	01:11:01	01:09:18	06:56	00:33:57	
6999	Ana Cristina CALAFATE	7887	F	01:11:01	01:09:18	06:56	00:33:57	
7000	Elena AGIPA	1261	F	01:11:01	01:08:42	06:53	00:32:31	
7001	Daniel MADEIRA DE BARROS PIO RISCADO	11602	M	01:11:03	01:08:35	06:52	00:32:04	
7002	Yonisse VOGEL	8253	F	01:11:03	01:05:15	06:32	00:32:45	
7003	Sofia BORGES DA PONTE	13663	F	01:11:04	01:04:37	06:28	00:31:05	
7004	Miguel PINHEIRO	566	M	01:11:04	01:06:09	06:37	00:31:07	
7005	Tania ANTUNES	1544	F	01:11:05	01:07:38	06:46	00:33:03	
7006	Telmo PEDRO	3545	M	01:11:05	01:07:39	06:46	00:33:03	
7007	João REMÍGIO	13274	M	01:11:06	01:07:07	06:43	00:31:15	
7008	Margarida REBELO	12232	F	01:11:06	01:04:39	06:28	00:33:28	Clube Ferroviário de Portugal
7009	Carlos BRAZETE COELHO	8812	M	01:11:06	01:04:39	06:28	00:33:29	Clube Ferroviário de Portugal
7010	Catia FONSECA	8153	F	01:11:06	01:08:28	06:51	00:33:35	
7011	Lisa RATO	701	F	01:11:06	01:04:43	06:29	00:32:20	
7012	Tiago DE CAMPOS CHARTERS DE AZEVEDO TABORDA	4756	M	01:11:07	01:04:43	06:29	00:32:19	
7013	Graça ROLDÃO	1765	F	01:11:07	01:06:12	06:38	00:31:07	
7014	Francesco CAMPAGNA	11347	M	01:11:08	01:06:57	06:42	00:35:22	
7015	Ana CORREIA	1762	F	01:11:08	01:06:47	06:41	00:32:08	
7016	Carla GÍRIO	1763	F	01:11:08	01:06:48	06:41	00:32:08	
7017	Verónica SIMÕES	8111	F	01:11:09	01:06:41	06:41	00:32:39	
7018	Dina CARDOSO	860	F	01:11:09	01:04:38	06:28	00:33:14	Clube do Stress
7019	Carlos FIGUEIREDO	8654	M	01:11:09	01:04:39	06:28	00:33:15	Clube do Stress
7020	Carlos DINIS	10107	M	01:11:10	01:07:29	06:45	00:33:49	
7021	Paulo PINTO	4564	M	01:11:11	01:04:17	06:26	00:36:34	
7022	Antonio AUGUSTO CHAGAS CÂNDIDO	3683	M	01:11:11	01:06:40	06:40	00:33:40	
7023	Pedro MIGUEL GARCIA CÂNDIDO	10060	M	01:11:11	01:06:39	06:40	00:33:39	
7024	Pedro SÉRGIO	8896	M	01:11:11	01:08:37	06:52	00:32:35	
7025	Luis Manuel RIBEIRO DA SILVA	10999	M	01:11:11	01:08:14	06:50	00:33:31	
7026	Paulo Salvador Coreixas Rascão RASCÃO	9132	M	01:11:12	01:05:25	06:33	00:33:43	
7027	João Paulo Martins Marçal MARÇAL	2150	M	01:11:12	01:05:25	06:33	00:33:42	
7028	Mónica MATOS	1654	F	01:11:12	01:07:28	06:45	00:34:06	
7029	Andreia MAGALHÃES	1182	F	01:11:12	01:07:27	06:45	00:34:04	
7030	Paulo ABREU	11479	M	01:11:13	01:07:24	06:45	00:35:21	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7031	Marta CYRNE	8136	F	01:11:13	01:05:50	06:35	00:32:07	
7032	Maria De Lurdes DUARTE	1565	F	01:11:14	01:09:13	06:56	00:34:47	
7033	Bruno FONTES VEIGA	13033	M	01:11:14	01:09:13	06:56	00:34:46	
7034	Pedro BARBEITOS	9696	M	01:11:14	01:09:30	06:57	00:39:41	
7035	João FELIZARDO	5170	M	01:11:16	01:03:31	06:22	00:30:29	
7036	Pedro GALRINHO PORTELA	3979	M	01:11:17	01:05:49	06:35	00:33:27	Refer
7037	Anabela REIS MARQUES	13697	F	01:11:18	01:10:05	07:01	00:34:24	
7038	Isabel PITTA	1117	F	01:11:18	01:08:20	06:50	00:33:11	
7039	Rui AMARAL PINTO	3117	M	01:11:19	00:54:32	05:28	00:27:34	
7040	Filipe SILVA	10575	M	01:11:19	01:07:46	06:47	00:31:39	
7041	Luis Fernando JORGE	10013	M	01:11:20	01:05:47	06:35	00:31:55	
7042	Luis VAZ	10875	M	01:11:23	01:04:43	06:29	00:31:28	
7043	Magdalena GUERRA	8089	F	01:11:23	01:08:43	06:53	00:36:00	
7044	Ana Sofia MATOS	12198	F	01:11:23	01:09:38	06:58	00:34:40	
7045	Nadia SANTOS	7941	F	01:11:24	01:09:38	06:58	00:34:41	
7046	Teresa ALEGRIA	1811	F	01:11:24	01:05:26	06:33	00:31:44	
7047	André RODRIGUES	13557	M	01:11:25	01:05:53	06:36	00:31:06	
7048	Verónica FRADE	1891	F	01:11:25	01:07:27	06:45	00:33:01	
7049	Karime GOMES	8088	F	01:11:26	01:08:37	06:52	00:32:51	
7050	Isalina MADEIRA	7562	F	01:11:26	01:08:06	06:49	00:32:10	Açoreana clube Banif
7051	Rui Manuel EUSÉBIO	3343	M	01:11:26	01:07:06	06:43	00:32:20	
7052	Rui Miguel MARQUES	10814	M	01:11:26	01:08:33	06:52	00:33:11	
7053	Pedro MOTA	3724	M	01:11:27	01:08:32	06:52	00:35:02	
7054	Francisco António PINTO	4038	M	01:11:27	01:09:09	06:55	00:33:43	
7055	Patrícia MARTINS	1625	F	01:11:27	01:08:32	06:52	00:35:02	
7056	Rosa VALENTE	8315	F	01:11:27	01:07:19	06:44	00:31:50	
7057	Isabel FREIRAS PEREIRA	12077	F	01:11:27	01:05:38	06:34	00:32:46	
7058	Paulo Jorge REDES RAMOS	13292	M	01:11:27	01:08:17	06:50	00:32:47	
7059	João COLACO	10494	M	01:11:28	01:10:04	07:01	00:32:08	
7060	Claudia Mota Neves MADUREIRA	1002	F	01:11:29	01:06:13	06:38	00:32:51	
7061	Susana CUNHA	758	F	01:11:29	01:09:00	06:54	00:33:50	Açoreana clube Banif
7062	Paulo GUERREIRO	11064	M	01:11:30	01:07:13	06:44	00:33:08	
7063	Carlos Filipe Da Silva LUDOVINO	9698	M	01:11:30	01:04:55	06:30	00:32:42	
7064	Carlos Manuel LUDOVINO	9341	M	01:11:30	01:04:55	06:30	00:32:43	
7065	Rui J G GOMES	13192	M	01:11:30	01:06:23	06:39	00:32:20	
7066	José Manuel INÁCIO	12911	M	01:11:31	01:09:14	06:56	00:33:54	
7067	Miguel OLIVEIRA	11322	M	01:11:31	01:06:31	06:40	00:30:41	
7068	Luis CAMPANHA	3583	M	01:11:31	01:07:02	06:43	00:31:42	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7069	Rafaela Sofia BIGA CAMPANHA	1730	F	01:11:32	01:07:03	06:43	00:31:43	
7070	Zara CARDOSO	7849	F	01:11:32	01:07:26	06:45	00:35:53	
7071	André RIBEIRO	13120	M	01:11:32	01:07:15	06:44	00:33:06	
7072	Cátia TORRES	1615	F	01:11:33	01:05:25	06:33	00:35:01	
7073	Elga FERREIRA	1984	F	01:11:34	01:06:49	06:41	00:32:45	
7074	Carlos MARGATO	2083	M	01:11:35	01:08:01	06:49	00:34:13	
7075	Paulo ALVES	11569	M	01:11:36	01:08:32	06:52	00:32:16	
7076	Ana Rita BARREIRA DIAS	1046	F	01:11:36	01:06:44	06:41	00:32:59	
7077	Catarina FAVAS	1902	F	01:11:37	01:06:14	06:38	00:32:52	
7078	Eurico CORREIA	4439	M	01:11:37	01:06:13	06:38	00:32:51	
7079	Adriano DUARTE NEVES	11309	M	01:11:38	01:11:24	07:09	00:35:27	
7080	Pureza MORAIS CABRAL	7474	F	01:11:38	01:11:24	07:09	00:35:27	
7081	Susana PEREIRA DA SILVA	7546	F	01:11:38	01:06:51	06:42	00:31:43	
7082	Rui Manuel AFONSO VAZ	12873	M	01:11:39	01:08:43	06:53	00:33:42	
7083	Pedro MONTEIRO	11934	M	01:11:39	01:05:30	06:33	00:32:28	
7084	José COSTA	13955	M	01:11:39	01:10:33	07:04	00:34:10	Linda-a-Pastora Sporting Clube
7085	Manuel Maria SOBRAL	9316	M	01:11:40	01:06:18	06:38	00:31:48	
7086	Jose Miguel DORIA JEREMINS FLORES RIBEIRO	4933	M	01:11:40	01:05:32	06:34	00:33:15	
7087	Maria Carmo ANJOS	12241	F	01:11:41	01:08:02	06:49	00:33:13	
7088	Henrique VILHENA	8785	M	01:11:41	01:05:11	06:32	00:33:57	G.R.D. "Os Fixes"
7089	Nelson ALVES DOS SANTOS	572	M	01:11:41	01:06:00	06:36	00:32:45	
7090	Manuel LOPES	13073	M	01:11:42	01:07:39	06:46	00:32:20	
7091	Daniela TORRES	8036	F	01:11:43	01:05:35	06:34	00:35:03	
7092	Nuno QUEIROS SILVESTRE	8468	M	01:11:44	01:07:17	06:44	00:32:40	Clube Millennium BCP
7093	Alice CRUZ	12083	F	01:11:45	01:10:46	07:05	00:34:07	Grupo Desportivo Joaninhas de Leião
7094	Hugo Miguel Grilo RATINHO	4804	M	01:11:47	01:06:42	06:41	00:31:08	
7095	Pedro Miguel PEREIRA	9875	M	01:11:47	01:06:09	06:37	00:31:07	
7096	Rui AFONSO	2189	M	01:11:47	01:08:36	06:52	00:33:22	Serviços Sociais Montepio Geral
7097	Rosa PIRES	7709	F	01:11:50	01:06:51	06:42	00:33:00	
7098	Pedro Manuel ALBUQUERQUE	10668	M	01:11:53	01:07:11	06:44	00:34:00	
7099	Sara Maria TOMÁS FERREIRA DOMINGOS	1815	F	01:11:53	01:09:18	06:56	00:34:05	
7100	Rosa Maria ROLO FALARDO	8414	F	01:11:54	01:05:58	06:36	00:32:37	
7101	Margarida BAJANCA	1542	F	01:11:54	01:07:04	06:43	00:34:32	
7102	Manuel Filipe Tomé AZENHA	508	M	01:11:54	01:07:18	06:44	00:32:46	
7103	Marta LAVADO	8008	F	01:11:54	01:07:08	06:43	00:34:35	
7104	Susana MARQUES	8210	F	01:11:55	01:06:04	06:37	00:33:02	
7105	Antonio Manuel PEDROSA	9414	M	01:11:55	01:10:33	07:04	00:34:24	
7106	Célia DIAS	13956	F	01:11:55	01:08:04	06:49	00:33:23	Linda-a-Pastora Sporting Clube

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7107	João FERREIRA	172	M	01:11:56	01:10:47	07:05	00:33:21	Grupo Desportivo Roche
7108	Joana CARNEIRO	8308	F	01:11:56	01:03:17	06:20	00:31:21	
7109	Helga PORTUGAL LIMA	8278	F	01:11:56	01:03:17	06:20	00:31:22	
7110	Bruno FRANCO GOMES SANTOS	2343	M	01:11:56	01:06:53	06:42	00:34:36	
7111	Carlos GONÇALVES	11422	M	01:11:57	01:06:53	06:42	00:34:36	
7112	Jose Bernardo LOBO	12564	M	01:11:57	01:09:54	07:00	00:37:11	
7113	Otilia Maria MARQUES PINTO	8354	F	01:11:59	01:05:40	06:34	00:33:07	
7114	Marta GARCIA	1720	F	01:12:00	01:07:03	06:43	00:34:07	
7115	Nuno Almeida HORTA	10195	M	01:12:00	01:07:03	06:43	00:34:08	
7116	Maria OLIVEIRA	8185	F	01:12:00	01:08:31	06:52	00:32:55	
7117	Ana ALFREDO	8254	F	01:12:00	01:08:15	06:50	00:33:33	
7118	Ana Maria GOMES	1482	F	01:12:01	01:10:53	07:06	00:31:11	
7119	Ana CAVAQUEIRA	1738	F	01:12:01	01:08:32	06:52	00:32:56	
7120	José CAVAQUEIRA	3992	M	01:12:02	01:08:32	06:52	00:32:56	
7121	Ernesto Leal CARVALHO	12746	M	01:12:02	01:10:51	07:06	00:33:54	
7122	Miguel RIBEIRO	12737	M	01:12:02	01:07:07	06:43	00:34:11	
7123	Pedro FARIA	8451	M	01:12:02	01:05:42	06:35	00:32:11	Clube do Stress
7124	Sónia PELEJA	8265	F	01:12:03	01:07:33	06:46	00:33:01	
7125	Francisco ROQUE	4571	M	01:12:03	01:09:45	06:59	00:35:09	
7126	Margarida ROQUE	12346	F	01:12:03	01:09:44	06:59	00:35:09	
7127	Luis TERESO	589	M	01:12:03	01:08:45	06:53	00:32:31	
7128	Rita LIVERIO	833	F	01:12:03	01:07:07	06:43	00:33:12	
7129	Joao SILVA	12888	M	01:12:05	01:09:01	06:55	00:32:56	
7130	Ana CABAÇO	1645	F	01:12:06	01:06:02	06:37	00:33:04	
7131	Eunice PALHANO	1712	F	01:12:06	01:06:03	06:37	00:33:11	
7132	Fernando ARAGÃO	9359	M	01:12:08	01:06:42	06:41	00:32:46	
7133	Ines Serra ALVES	1580	F	01:12:08	01:06:02	06:37	00:30:29	
7134	Joana PINTO	1786	F	01:12:09	01:05:43	06:35	00:34:47	
7135	Luis DUARTE	9817	M	01:12:09	01:08:46	06:53	00:34:12	
7136	Ricardo GOMES	4820	M	01:12:11	01:08:35	06:52	00:34:16	
7137	Paulo SILVA	9432	M	01:12:11	01:08:09	06:49	00:33:55	
7138	Paulo Alexandre R. M. SOUSA	10084	M	01:12:12	01:07:30	06:45	00:32:13	
7139	Carla Maria DELGADO CORREIA	7888	F	01:12:13	01:08:59	06:54	00:33:07	
7140	Maria Rosa DELGADO PIEDADE	7878	F	01:12:13	01:08:59	06:54	00:33:07	
7141	João PACHECO	11153	M	01:12:13	01:06:57	06:42	00:32:56	
7142	Gonçalo OLIVEIRA	9781	M	01:12:14	01:06:28	06:39	00:34:01	
7143	Natacha CUSTÓDIO	1905	F	01:12:14	01:08:16	06:50	00:33:01	
7144	Vera ALMEIDA	1199	F	01:12:15	01:06:29	06:39	00:34:04	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7145	João António MACHADO MARTINS	12953	M	01:12:15	01:05:29	06:33	00:32:48	
7146	André NORONHA	8653	M	01:12:15	01:06:30	06:39	00:34:05	Serviços Sociais da CGD
7147	Pedro ROCHETE	12726	M	01:12:15	01:09:30	06:57	00:32:47	
7148	João Ricardo DUARTE	12882	M	01:12:15	01:05:49	06:35	00:31:36	
7149	Tiago Andre EUSÉBIO	9961	M	01:12:16	01:07:16	06:44	00:32:13	
7150	Festas MIGUEL	2955	M	01:12:17	01:05:35	06:34	00:34:35	
7151	Ricardo Amaral PINTO	9462	M	01:12:18	00:55:11	05:32	00:27:36	
7152	Catarina ROBLES DE SOUSA	1871	F	01:12:18	01:07:01	06:43	00:35:26	
7153	Marta NEVES	1917	F	01:12:18	01:07:01	06:43	00:35:23	
7154	Raquel ALVES DOS SANTOS	1997	F	01:12:19	01:06:37	06:40	00:32:44	
7155	Paulo RODRIGUES COSTA	13359	M	01:12:19	01:07:47	06:47	00:33:33	
7156	Claudio COSTA	11670	M	01:12:19	01:06:03	06:37	00:33:06	
7157	Margarida SANCHO	804	F	01:12:19	01:09:04	06:55	00:33:17	
7158	Vania GUERREIRO	12235	F	01:12:19	01:06:03	06:37	00:33:06	
7159	Rui BAJANCA	9849	M	01:12:20	01:07:31	06:46	00:34:35	
7160	Catarina BARROCA	8252	F	01:12:21	01:03:02	06:19		
7161	Célia FIGUEIREDO	1666	F	01:12:21	01:10:24	07:03	00:34:08	
7162	Ana LAVADO	8058	F	01:12:21	01:07:34	06:46	00:34:35	
7163	Marisa BRITO	1158	F	01:12:21	01:05:37	06:34	00:33:01	
7164	Manuel PEREIRA	3258	M	01:12:22	01:10:59	07:06	00:35:13	
7165	Tania DIMAS	12298	F	01:12:22	01:07:46	06:47	00:33:34	
7166	João GONÇALVES	8854	M	01:12:23	01:09:43	06:59	00:33:19	CCD Sintrense
7167	Pedro BAU	12467	M	01:12:23	01:06:08	06:37	00:33:58	
7168	Gonçalo XAVIER	11043	M	01:12:23	01:05:40	06:34	00:32:17	
7169	Alexandre MOITA	12458	M	01:12:23	01:07:37	06:46	00:35:12	
7170	Rita LOPES	8051	F	01:12:24	01:09:16	06:56	00:33:35	
7171	Arnaldo DAVID	3114	M	01:12:24	01:07:09	06:43	00:33:09	
7172	Catarina LEAL	870	F	01:12:25	01:05:58	06:36	00:31:55	Clube do Stress
7173	João ROSA	8639	M	01:12:25	01:07:09	06:43	00:33:07	Clube do Stress
7174	Andre Leite LEITE	4586	M	01:12:25	01:11:05	07:07	00:31:47	
7175	Patrícia REBELO	1363	F	01:12:26	01:10:10	07:01	00:35:53	
7176	João Leonardo De Abreu ABREU	12871	M	01:12:26	01:09:57	07:00	00:32:51	
7177	Henrique RAIMUNDO MENDONÇA	2364	M	01:12:26	01:07:40	06:46	00:33:51	Clube do Stress
7178	Nuno MARTINS	12422	M	01:12:26	01:10:11	07:02	00:35:54	
7179	Diogo Alexandre SILVEIRO	378	M	01:12:26	01:06:56	06:42	00:29:24	
7180	José BRANCO	2147	M	01:12:26	01:06:40	06:40	00:34:23	
7181	Pedro SIMOES	13196	M	01:12:27	01:06:03	06:37	00:33:24	
7182	Ricardo SCHMIDT-STOSBERG	2378	M	01:12:27	01:07:41	06:47	00:33:54	Clube do Stress

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7183	Teresa SCHOLZ	4037	F	01:12:27	01:09:35	06:58	00:33:15	
7184	Alexandrino SILVEIRO	13291	M	01:12:27	01:06:57	06:42	00:29:32	
7185	Casimiro ARAÚJO	14267	M	01:12:28	01:12:19	07:14	00:33:54	RESTAURANTE O CARTAXEIRO CANECAS
7186	Olga MARTINS	1108	F	01:12:29	01:10:56	07:06	00:36:53	
7187	Cristina Maria CUNHA MARTINS	1679	F	01:12:30	01:07:10	06:43	00:33:26	
7188	Manuel BRAZ	8747	M	01:12:30	01:11:01	07:07	00:34:25	Serviços Sociais da CGD
7189	Vanda RAMOS	1628	F	01:12:31	01:06:53	06:42	00:32:08	
7190	Graça SÁ	1850	F	01:12:31	01:05:42	06:35	00:33:31	
7191	João Paulo CASIMIRO	12994	M	01:12:31	01:06:53	06:42	00:32:10	
7192	Ana Garcia MARTINS	8137	F	01:12:32	01:12:02	07:13	00:35:45	
7193	Inês SOEIRO	971	F	01:12:33	01:10:06	07:01	00:34:13	
7194	Isaura ATANÁSIO	7538	F	01:12:34	01:07:37	06:46	00:33:15	Tejavista
7195	Carolina Gonçalves Vicente MARTINS	12167	F	01:12:34	01:08:54	06:54	00:32:59	
7196	Ana Sofia PIMENTA	605	F	01:12:35	01:10:00	07:00	00:32:50	
7197	Afonso ECA	4785	M	01:12:35	01:09:45	06:59	00:34:48	
7198	Daniel PAIXÃO	3524	M	01:12:36	01:09:49	06:59	00:33:18	
7199	Gonçalo OLIVEIRA ALVES	12907	M	01:12:36	01:09:49	06:59	00:33:18	
7200	Florentino TEODORO	13838	M	01:12:37	01:07:55	06:48	00:33:16	Odebrecht / BPC
7201	Christian LUWISCH	13353	M	01:12:37	01:06:49	06:41	00:32:33	
7202	Ana GONÇALVES	780	F	01:12:38	01:09:23	06:57	00:33:37	
7203	Ana Catarina SANTOS	912	F	01:12:39	01:09:56	07:00	00:35:20	
7204	Maria Antónia VENANCIO	1144	F	01:12:39	01:09:57	07:00	00:35:19	
7205	Fabio BARRETO KAKUDATE	5228	M	01:12:40	01:06:09	06:37	00:34:08	
7206	Sandra PINHO	1814	F	01:12:40	01:07:45	06:47	00:32:19	
7207	Pedro CORREIA	13030	M	01:12:40	01:07:45	06:47	00:32:19	
7208	Gonçalo MESTRE	3637	M	01:12:41	01:06:34	06:40	00:33:27	
7209	Manuel GONÇALVES	8930	M	01:12:42	01:12:34	07:16	00:35:32	
7210	Teresa DAMASO	960	F	01:12:42	01:10:17	07:02	00:34:14	
7211	Nelson PANCAS	8756	M	01:12:43	01:09:20	06:56	00:33:03	Tabaqueira
7212	Rita GOMES MONTEIRO MORGADO	1397	F	01:12:43	01:08:52	06:54	00:33:52	Casa do Pessoal Estradas de Portugal
7213	Joao Pedro CARVALHO	10170	M	01:12:43	01:09:35	06:58	00:33:51	
7214	António POLIDO	8801	M	01:12:43	01:06:30	06:39	00:33:32	Corridinha Para a Carola
7215	Ana Isabel SILVA	1003	F	01:12:43	01:06:31	06:40	00:33:32	Corridinha Para a Carola
7216	Filipa SANTOS	7657	F	01:12:43	01:06:31	06:40	00:33:32	Corridinha Para a Carola
7217	Teresa Raquel Augusto PINTO	8181	F	01:12:44	01:08:02	06:49	00:32:13	
7218	Pedro Manuel SOUSA DA SILVA	102	M	01:12:45	01:09:26	06:57	00:33:18	
7219	Fátima SANTOS	1054	F	01:12:46	01:11:56	07:12	00:36:20	C. R. Leões de Porto Salvo
7220	Manuela ANTON	1074	F	01:12:46	01:11:57	07:12	00:36:21	C. R. Leões de Porto Salvo

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7221	Fernanda LUAS	7748	F	01:12:46	01:11:57	07:12	00:36:24	C. R. Leões de Porto Salvo
7222	José Luis NOVAIS	13450	M	01:12:46	01:10:11	07:02	00:34:54	
7223	Ana Cristina NOVAIS	768	F	01:12:47	01:10:12	07:02	00:34:54	
7224	Hugo VELOSA	9944	M	01:12:47	01:09:21	06:57	00:33:25	
7225	Elsa CRUZ	7457	F	01:12:49	01:07:51	06:48	00:34:30	
7226	Rui Gerardo NOBREGA AFONSO	10240	M	01:12:50	01:10:32	07:04	00:33:11	
7227	Manuel Alexandrino PEREIRA CASACA	2289	M	01:12:51	01:08:11	06:50	00:32:35	
7228	Alfredo João MATIAS	8761	M	01:12:52	01:07:18	06:44	00:35:20	Maratona Clube de Portugal
7229	Rita Margarida MARQUES COUTO	1978	F	01:12:53	01:11:34	07:10	00:34:24	
7230	António João SOEIRO VAZ GARCIA	3931	M	01:12:53	01:09:00	06:54	00:32:58	
7231	Manuel SANTOS	9083	M	01:12:53	01:07:05	06:43	00:30:09	G. D. C. T. Repsol Polimeros
7232	Sérgio Miguel LEONARDO FIGUEIREDO	4334	M	01:12:54	01:10:00	07:00	00:29:28	
7233	Ana RECHENA	12274	F	01:12:54	01:11:54	07:12	00:35:24	
7234	Rui RIBEIRO	4570	M	01:12:54	01:07:01	06:43	00:33:23	
7235	Sandra FONSECA	8271	F	01:12:55	01:07:02	06:43	00:33:23	
7236	Carla SOUSA	8215	F	01:12:55	01:11:12	07:08	00:33:57	
7237	Filipa BRUNO	8234	F	01:12:56	01:11:10	07:07	00:35:35	
7238	Carlos GOMES	415	M	01:12:56	01:07:45	06:47	00:34:36	
7239	Carlos FERNANDES	2776	M	01:12:57	01:09:38	06:58	00:32:26	Clube Anacom
7240	Sandra Carmela FERREIRA MOTA	13664	F	01:12:59	01:06:12	06:38	00:32:58	
7241	Joanna PARAIZO	722	F	01:13:00	01:11:05	07:07	00:33:25	
7242	Carlos NUNES	12573	M	01:13:00	01:06:11	06:38	00:32:16	
7243	Joao MALCATA ALVES	13218	M	01:13:01	01:06:40	06:40	00:33:33	
7244	Cristina MARTINS	1067	F	01:13:01	01:10:22	07:03	00:34:50	
7245	Rute De Fatima Batista Baiao CARDOSO	7753	F	01:13:01	01:10:16	07:02	00:33:40	
7246	Pedro MELO	11247	M	01:13:02	01:06:44	06:41	00:34:01	
7247	João MELO	13354	M	01:13:02	01:06:43	06:41	00:33:59	
7248	Hugo NOVO	11271	M	01:13:02	01:10:25	07:03	00:32:26	
7249	Nuno FLORA	9545	M	01:13:03	01:10:43	07:05	00:34:51	
7250	Ricardo TAVARES	10178	M	01:13:04	01:11:25	07:09	00:26:45	
7251	Isabel BORGES	1798	F	01:13:05	01:10:38	07:04	00:33:39	
7252	Luisa Natacha FERNANDES	12333	F	01:13:05	01:06:55	06:42	00:30:45	
7253	Ricardo PAIS	8536	M	01:13:05	01:10:32	07:04	00:36:23	Clube Ferroviário de Portugal
7254	Maria Inês COSTA	12095	F	01:13:06	01:10:32	07:04	00:36:23	Clube Ferroviário de Portugal
7255	Luís NUNES	9365	M	01:13:06	01:09:14	06:56	00:34:06	
7256	Elsa NUNES	1237	F	01:13:06	01:09:14	06:56	00:34:06	
7257	Paulo Jorge CARDIGOS	8600	M	01:13:06	01:07:21	06:45	00:35:35	Clube Millennium BCP
7258	Sara PINA CABRAL	8445	F	01:13:08	01:07:51	06:48	00:35:26	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7259	Nina PINA	8031	F	01:13:08	01:10:20	07:02	00:34:05	
7260	Nuno Rodrigo MARQUES	10452	M	01:13:08	01:09:47	06:59	00:33:09	
7261	Mariana ANASTÁCIO	1647	F	01:13:08	01:10:20	07:02	00:34:05	
7262	António GASPAR	2779	M	01:13:09	01:09:45	06:59	00:33:59	Grupo Desportivo Imprensa Nacional Casa da Moeda
7263	Paulo PIRES	2775	M	01:13:09	01:09:43	06:59	00:33:24	Grupo Desportivo Imprensa Nacional Casa da Moeda
7264	Carlos CORREIO	2676	M	01:13:09	01:06:53	06:42	00:33:24	Associação Atletismo Lebres do Sado
7265	Paulo Alexandre SANTOS	12940	M	01:13:10	01:07:11	06:44	00:33:31	
7266	Simão Pires FERNANDES COELHO	12702	M	01:13:10	01:10:52	07:06	00:33:35	
7267	Adriano MADEIRA	3628	M	01:13:10	01:07:11	06:44	00:33:30	
7268	Carlos VIEIRA	13128	M	01:13:10	01:11:05	07:07	00:33:17	
7269	Jacome MARGARIDA	1198	F	01:13:12	01:06:29	06:39	00:34:34	
7270	Vera Mónica Afonso REBELO	7449	F	01:13:13	01:11:38	07:10	00:34:04	
7271	Daniel Da Cruz NEVES	13276	M	01:13:14	01:11:38	07:10	00:34:03	
7272	Maria BUSTORFF SILVA	8037	F	01:13:15	01:07:41	06:47	00:33:20	
7273	Anna CAMPAGNA	8229	F	01:13:16	01:09:05	06:55		
7274	José Artur BARREIROS	12823	M	01:13:16	01:08:33	06:52	00:33:14	
7275	Glória MENDÃO PEIXE	1006	F	01:13:17	01:06:31	06:40	00:32:47	AGAP2
7276	Jose Pedro SANTOS SILVA	10889	M	01:13:18	01:09:18	06:56	00:33:34	
7277	Carlos Jose SANTOS	13272	M	01:13:19	01:09:18	06:56	00:33:34	
7278	Miguel Luís NEVES	4582	M	01:13:20	01:10:25	07:03	00:35:28	
7279	Mónica MARQUES	13706	F	01:13:21	01:12:31	07:16	00:35:37	
7280	Jorge Manuel LOPES	3195	M	01:13:21	01:11:50	07:11	00:34:51	
7281	Marta SANTOS	12175	F	01:13:21	01:12:30	07:15	00:35:36	
7282	Ana Rita Ferreira BERNARDINO	7648	F	01:13:22	01:11:26	07:09	00:34:37	
7283	Cátia Alexandra FERNANDES	1775	F	01:13:22	01:08:44	06:53	00:34:23	
7284	Miguel SOARES	10393	M	01:13:24	01:10:42	07:05	00:34:45	
7285	Marisa NEVES	1533	F	01:13:25	01:07:59	06:48	00:33:11	
7286	Karsten SOMMER	11065	M	01:13:25	01:09:50	06:59	00:36:56	
7287	Abílio GOMES	12716	M	01:13:25	01:10:23	07:03	00:33:29	
7288	Catarina PEREIRA	7816	F	01:13:26	01:07:40	06:46	00:32:44	Tabaqueira
7289	Gloria DIAS	12270	F	01:13:26	01:09:36	06:58	00:32:58	
7290	Mário Jorge RIBEIRO	9681	M	01:13:27	01:07:14	06:44	00:36:45	
7291	Ana ALMEIDA	875	F	01:13:28	01:08:35	06:52	00:35:07	Clube do Stress
7292	Bruno ALMEIDA	2180	M	01:13:28	01:08:35	06:52	00:35:08	Clube do Stress
7293	Daniela CUCO	1541	F	01:13:28	01:11:17	07:08	00:33:12	
7294	Rute PEDRO	1358	F	01:13:29	01:09:02	06:55	00:32:22	
7295	Christoph SCHOLZ	13057	M	01:13:29	01:10:37	07:04	00:33:16	
7296	Mónica ADÃO	8178	F	01:13:30	01:11:35	07:10	00:35:24	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7297	Francelino DIAS FERNANDES	5077	M	01:13:32	01:10:16	07:02	00:34:35	
7298	Rosário MATOS	1210	F	01:13:32	01:08:51	06:54	00:32:41	Clube Anacom
7299	Jorge OLIVEIRA	12413	M	01:13:32	01:12:56	07:18	00:36:57	
7300	Mariana SARAIVA	603	F	01:13:34	01:10:33	07:04	00:35:20	
7301	Mario PARRULAS	12580	M	01:13:34	01:09:14	06:56	00:34:24	
7302	Ana Carolina LESSA	8050	F	01:13:34	01:11:09	07:07	00:33:16	
7303	Rui DUARTE VIEIRA	442	M	01:13:35	01:12:05	07:13	00:34:30	
7304	Anabela SILVA CUNHA AMARAL	1463	F	01:13:35	01:12:06	07:13	00:34:27	
7305	Alexandra Isabel FELIZARDO	12317	F	01:13:36	01:08:06	06:49	00:33:39	
7306	Cristina Maria Ferrajão FELIZARDO	7762	F	01:13:36	01:08:07	06:49	00:33:39	
7307	Ana Paula Henriques FERREIRA	8061	F	01:13:36	01:11:49	07:11	00:33:33	
7308	Victor CARNEIRO	4972	M	01:13:36	01:09:07	06:55	00:34:59	
7309	Telma MOREIRA	1757	F	01:13:36	01:08:59	06:54	00:34:46	
7310	Rute Maria FERNANDES	13674	F	01:13:36	01:09:16	06:56	00:37:57	
7311	Rita RIBEIRO	998	F	01:13:36	01:08:04	06:49	00:32:06	CORPUS QDF
7312	Carolina FIGUEIREDO	1872	F	01:13:36	01:07:17	06:44	00:31:32	
7313	Marco FIGUEIREDO	11077	M	01:13:37	01:07:17	06:44	00:31:34	
7314	Ana Raquel NEVES VILELA	12070	F	01:13:37	01:08:05	06:49	00:33:14	
7315	Jorge VILELA	13288	M	01:13:37	01:08:05	06:49	00:33:15	
7316	Rita FERNANDES	1306	F	01:13:38	01:09:47	06:59	00:33:52	
7317	Ana RIBEIRO	7903	F	01:13:38	01:11:21	07:09	00:33:39	
7318	Francisco PECHIRRA	13554	M	01:13:39	01:08:52	06:54	00:39:06	
7319	Ruben AMARAL	10194	M	01:13:39	01:08:22	06:51	00:30:49	
7320	Frederico OLIVEIRA	9346	M	01:13:40	01:09:56	07:00	00:34:14	
7321	Carla Sofia MARQUES	13708	F	01:13:41	01:12:51	07:18	00:35:37	
7322	Vasco ALMEIDA	162	M	01:13:42	01:09:05	06:55	00:32:52	
7323	Rui VARELA GOMES	11257	M	01:13:42	01:07:51	06:48	00:33:54	
7324	Laura CRUZ	1531	F	01:13:43	01:12:52	07:18	00:35:37	
7325	Isabel SOUSA	13690	F	01:13:43	01:07:51	06:48	00:33:54	
7326	Luis LAGINHA	11300	M	01:13:44	01:06:58	06:42	00:31:26	
7327	Eduardo PRATAS	11068	M	01:13:45	01:04:48	06:29	00:33:08	
7328	Vania SINCERIDADES	980	F	01:13:45	01:11:46	07:11	00:33:08	AGAP2
7329	Carlos SINCERIDADES	8798	M	01:13:45	01:11:47	07:11	00:33:08	AGAP2
7330	Sofia Margarida LUZ DUARTE	1716	F	01:13:46	01:08:30	06:51	00:33:36	
7331	João BOURA	12666	M	01:13:46	01:08:50	06:53	00:34:54	
7332	Carla Paulina SANTOS TAVARES	7874	F	01:13:47	01:11:24	07:09	00:35:43	
7333	Catarina MARTINS	1277	F	01:13:47	01:08:48	06:53	00:35:15	
7334	Patricia ALMEIDA MORAIS	1495	F	01:13:47	01:08:49	06:53	00:35:14	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7335	Luisa LANDEIRO DA SILVA	1263	F	01:13:47	01:08:49	06:53	00:35:15	
7336	Sofia CASTRO	1126	F	01:13:48	01:09:46	06:59	00:34:44	
7337	Cristina CORREIA	1066	F	01:13:48	01:13:45	07:23	00:36:55	
7338	Ana Mafalda AGUIAR	7357	F	01:13:48	01:11:20	07:08	00:33:23	Clube Millennium BCP
7339	Mario BELGA	12827	M	01:13:49	01:09:58	07:00	00:34:20	
7340	Sónia PIO	8083	F	01:13:49	01:09:56	07:00	00:34:38	
7341	Elisabete PIO	12119	F	01:13:49	01:09:56	07:00	00:34:39	
7342	Isabel ALVES	7637	F	01:13:50	01:07:56	06:48	00:33:26	
7343	Maria Isabel COELHO	1471	F	01:13:51	01:13:47	07:23	00:37:15	
7344	Shalana HOLANDA VARELA	7497	F	01:13:51	01:07:29	06:45	00:33:04	
7345	Sofia SANCHES	8251	F	01:13:52	01:08:16	06:50	00:33:46	
7346	Paula FERREIRA	1230	F	01:13:53	01:09:09	06:55	00:35:02	
7347	Mónica NETO	8336	F	01:13:53	01:11:55	07:12	00:34:43	
7348	Emilia MOREIRA	1932	F	01:13:53	01:11:55	07:12	00:34:42	
7349	Pedro CARVOEIRO	4017	M	01:13:53	01:09:13	06:56	00:32:03	
7350	Sérgio RESENDE	9261	M	01:13:53	01:09:11	06:56	00:35:02	
7351	Mario PIRES	13003	M	01:13:54	01:09:14	06:56	00:32:04	
7352	Patricia BICHO	1921	F	01:13:54	01:11:55	07:12	00:34:42	
7353	José FIDALGO DE SOUSA	10998	M	01:13:54	01:09:13	06:56	00:34:12	
7354	João COELHO	3540	M	01:13:56	01:11:00	07:06	00:36:02	
7355	Ana RODRIGUES	8027	F	01:13:57	01:11:29	07:09	00:35:48	
7356	João GUERRA	538	M	01:13:57	01:11:29	07:09	00:35:45	
7357	Inês DE MIRA FERREIRA COELHO	1616	F	01:13:57	01:11:00	07:06	00:36:02	
7358	Joana GOMES ALVES	8039	F	01:13:57	01:08:28	06:51	00:34:46	Refer
7359	Rui MIRA	9945	M	01:13:57	01:11:00	07:06	00:36:01	
7360	Hugo MATIAS	4271	M	01:13:58	01:11:58	07:12	00:35:59	
7361	Daniel FATELA	10766	M	01:13:59	01:09:58	07:00	00:37:46	
7362	Pedro Filipe RODRIGUES	10375	M	01:13:59	01:09:12	06:56	00:34:56	
7363	Paula CARVALHINHO	8258	F	01:13:59	01:11:47	07:11	00:34:41	
7364	Natalia PINTO	8394	F	01:13:59	01:11:40	07:10	00:35:54	
7365	Joao NUNES RODRIGUES	4990	M	01:13:59	01:09:11	06:56	00:34:55	
7366	Teresa SERRA	7830	F	01:13:59	01:11:16	07:08	00:35:18	
7367	José PAÇÓ	9896	M	01:14:00	01:10:09	07:01	00:35:12	
7368	Tiago CASQUINHO	2134	M	01:14:01	01:09:02	06:55	00:33:46	Clube do Stress
7369	João RIBEIRO	8800	M	01:14:02	01:11:59	07:12	00:31:21	Clube ANA Lisboa
7370	Sofia MARQUES	954	F	01:14:03	01:11:53	07:12	00:35:49	
7371	Fernanda RIBEIRO	13980	M	01:14:03	01:13:34	07:22	00:34:31	Linda-a-Pastora Sporting Clube
7372	Carlos Miguel CRUZ	3231	M	01:14:04	01:08:47	06:53	00:35:49	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7373	Paula RESENDE	13860	F	01:14:05	01:08:38	06:52	00:34:46	Odebrecht / BPC
7374	Raquel FIDALGO	8105	F	01:14:06	01:10:28	07:03	00:34:14	
7375	Adriana SILVA	8419	F	01:14:07	01:11:34	07:10	00:33:36	
7376	David BACELAR	12942	M	01:14:09	01:11:44	07:11	00:34:10	
7377	Tania Carina Freitas FONTINHA	7988	F	01:14:09	01:09:30	06:57	00:34:16	
7378	Hernâni ALVES	4995	M	01:14:09	01:07:18	06:44	00:36:25	
7379	Eduardo TOME	10984	M	01:14:10	01:08:57	06:54	00:33:38	
7380	Catarina Isabel FAUSTINO LOPES	1517	F	01:14:10	01:08:13	06:50	00:33:55	
7381	Laura SARAMAGO	13666	F	01:14:10	01:11:03	07:07	00:35:21	
7382	Cristina JARDIM	612	F	01:14:10	01:11:03	07:07	00:35:18	
7383	Ana GUERRA	1933	F	01:14:12	01:10:08	07:01	00:34:55	
7384	Maria LOIS	7920	F	01:14:12	01:12:09	07:13	00:35:35	
7385	Raquel ROQUE	1741	F	01:14:12	01:09:08	06:55	00:34:24	
7386	Maria Do Carmo PASSOS COELHO RIBEIRO	1304	F	01:14:13	01:09:18	06:56	00:33:27	
7387	Luis Manuel BRILHA	9474	M	01:14:13	01:10:54	07:06	00:37:16	
7388	Rita SANTOS	1223	F	01:14:14	01:11:32	07:10	00:34:46	
7389	Carlos LOBO	11454	M	01:14:14	01:11:11	07:08	00:33:31	
7390	Silvia Carla ALMEIDA MATOS	2038	F	01:14:14	01:10:03	07:01	00:35:30	
7391	Ines Rosa ALMEIDA	2005	F	01:14:15	01:10:04	07:01	00:35:30	
7392	Ana Sofia CASANOVA	12049	F	01:14:15	01:09:40	06:58	00:34:19	
7393	Vitor RODRIGUES	10932	M	01:14:17	01:09:01	06:55	00:35:38	
7394	Luciana RIO BRANCO	13702	F	01:14:17	01:11:42	07:11	00:34:31	
7395	Luis SANTOS	13836	M	01:14:17	01:14:17	07:26		Odebrecht / BPC
7396	Cristina GONCALVES	7942	F	01:14:17	01:10:58	07:06	00:35:22	
7397	Paulo SILVA	13855	M	01:14:17	01:14:17	07:26		Odebrecht / BPC
7398	Rui Meneses FERREIRA	3760	M	01:14:17	01:08:38	06:52	00:35:41	
7399	Ana ISAAC	840	F	01:14:18	01:09:29	06:57	00:34:36	Açoreana clube Banif
7400	Celso CUNHA	10124	M	01:14:19	01:10:46	07:05	00:33:29	
7401	Tania COSTA	8086	F	01:14:19	01:10:47	07:05	00:33:30	
7402	Silvia MARÇAL	1665	F	01:14:20	01:10:51	07:06	00:35:05	
7403	Ilídio MONTEIRO	9975	M	01:14:21	01:10:51	07:06	00:35:05	
7404	Celeste ROMERO	8152	F	01:14:21	01:12:39	07:16	00:34:18	
7405	Miguel ARANDA DA SILVA	4275	M	01:14:23	01:12:33	07:16	00:32:42	
7406	Sergio COLAÇO	10316	M	01:14:23	01:11:10	07:07	00:33:52	
7407	Pedro BAPTISTA FERNANDES	12669	M	01:14:24	01:13:42	07:23	00:35:52	Casa da Dizima
7408	Paula BAKKER	7613	F	01:14:24	01:11:29	07:09	00:35:46	
7409	Jaqueline VIEIRA	12153	F	01:14:25	01:11:29	07:09	00:35:49	
7410	Anastácio MENDES FIALHO	8592	M	01:14:25	01:08:12	06:50	00:33:04	Clube Millennium BCP

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7411	Bruno VICENTE	13148	M	01:14:26	01:10:11	07:02	00:33:25	
7412	Vania RAMOS	8045	F	01:14:26	01:10:00	07:00	00:34:37	
7413	Sérgio DIAS SANTOS	3831	M	01:14:27	01:07:42	06:47	00:33:46	
7414	Ricardo CABEZAS PEREIRA	9501	M	01:14:27	01:07:42	06:47	00:33:47	
7415	Ricardo BARRADAS	9150	M	01:14:27	01:07:52	06:48	00:34:46	
7416	Olga DELGADO	7617	F	01:14:27	01:07:51	06:48	00:34:45	
7417	Miguel GOMES	9659	M	01:14:29	01:12:14	07:14	00:33:28	
7418	Catarina LIMA VALENTE BEXIGA	1974	F	01:14:30	01:09:16	06:56	00:35:09	
7419	Filipa Isabel MOREIRA CARIOCA	1376	F	01:14:30	01:09:17	06:56	00:35:12	
7420	Susana Maria SANTOS	8042	F	01:14:32	01:09:04	06:55	00:34:44	Refer
7421	Rui Jorge RAMALHO	8459	M	01:14:33	01:13:06	07:19	00:35:19	Clube Millennium BCP
7422	Ricardo Nuno DA SILVA PRATAS	11038	M	01:14:34	01:12:58	07:18	00:36:07	
7423	João Luis VALENTE CARRETO	8909	M	01:14:34	01:08:34	06:52	00:32:34	Refer
7424	João Pedro RIBEIRO BENTO	2915	M	01:14:34	01:08:34	06:52	00:32:34	Refer
7425	Carla Sofia RAMALHO	7406	F	01:14:34	01:13:07	07:19	00:35:18	Clube Millennium BCP
7426	Narciso MOREIRA	12542	M	01:14:35	01:13:39	07:22	00:32:38	Grupo Desportivo Joaninhas de Leião
7427	Joaquim ABEGAO	9152	M	01:14:35	01:13:38	07:22	00:32:38	
7428	Fernanda MEIA-VIDA	13869	F	01:14:35	01:09:14	06:56	00:34:50	Odebrecht / BPC
7429	Artur GRAÇA	8623	M	01:14:36	01:12:06	07:13	00:34:10	Açoreana clube Banif
7430	Alexandra GRAÇA	856	F	01:14:36	01:12:07	07:13	00:34:11	Açoreana clube Banif
7431	Jesuina RIBEIRO	1434	F	01:14:36	01:12:45	07:17	00:35:41	
7432	Micaela MACHADO	7741	F	01:14:36	01:12:46	07:17	00:35:42	
7433	Pedro REIS	10772	M	01:14:36	01:12:44	07:17	00:35:03	
7434	Lena Boysen LENA	8048	F	01:14:37	00:59:11	05:56	00:28:56	
7435	Idália RICARDO	8327	F	01:14:37	01:12:45	07:17	00:35:03	
7436	Vanessa Alexandre FONSECA KUAU	984	F	01:14:39	01:11:54	07:12	00:36:17	CCD - Trabalhadores do Municipio da Odivelas
7437	Paula Alexandra PITEIRA	12078	F	01:14:40	01:07:20	06:44	00:31:49	
7438	Rui ALMEIDA	4967	M	01:14:40	01:09:30	06:57	00:34:45	
7439	David SOUSA	11504	M	01:14:40	01:09:30	06:57	00:34:44	
7440	José DIAS	4606	M	01:14:41	01:09:58	07:00	00:35:39	
7441	José António FERRÃO	13413	M	01:14:42	01:13:02	07:19	00:35:42	
7442	Ana Sofia ALEIXO	13561	F	01:14:43	01:09:34	06:58	00:33:10	
7443	Lurdes LOPES	7366	F	01:14:45	01:13:08	07:19	00:34:52	Casa do Pessoal Estradas de Portugal
7444	Carlos MELO	8485	M	01:14:46	01:08:24	06:51	00:34:47	Serviços Sociais Montepio Geral
7445	Carlos Alberto FERREIRA VALENTE	3216	M	01:14:46	01:08:01	06:49	00:32:35	
7446	Lídia BAPTISTA FERNANDES	1014	F	01:14:47	01:14:05	07:25	00:36:47	Casa da Dizima
7447	Dennis Richard BENKEL	12604	M	01:14:47	01:11:16	07:08	00:36:16	
7448	Paulo BAPTISTA FERNANDES	12662	M	01:14:47	01:14:06	07:25	00:36:47	Casa da Dizima

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7449	Nuno JONET	8956	M	01:14:48	01:10:31	07:04	00:33:53	Tabaqueira
7450	Catarina PINA	12354	F	01:14:50	01:11:27	07:09	00:35:03	
7451	Gonçalo PAÇO	3363	M	01:14:50	01:09:21	06:57	00:31:23	
7452	Gonçalo VELOSO DE SOUSA	13066	M	01:14:51	01:11:28	07:09	00:35:04	
7453	Paula MENEZES	877	F	01:14:52	01:10:22	07:03	00:36:06	Clube do Stress
7454	Nuno MARQUES	12401	M	01:14:52	01:10:22	07:03	00:36:08	Clube do Stress
7455	Rosa SAPINHO	879	F	01:14:52	01:10:23	07:03	00:36:09	Clube do Stress
7456	Tania FARINHA	1315	F	01:14:54	01:09:43	06:59	00:32:47	
7457	José Luís NEVES	3135	M	01:14:54	01:09:07	06:55	00:33:59	
7458	Sílvia DUARTE	1979	F	01:14:56	01:10:10	07:01	00:39:06	
7459	Ana Carla Lourenço MENDES PAULO	7962	F	01:14:58	01:11:28	07:09	00:33:03	
7460	Manuel José GIRALDO	2643	M	01:14:58	01:13:43	07:23	00:35:55	Grupo de Manutenção do E.Nacional
7461	Manuel GERALDO	13960	M	01:14:59	01:13:44	07:23	00:35:53	Linda-a-Pastora Sporting Clube
7462	Manuel Lopes Batista OLIVEIRA	13002	M	01:14:59	01:14:59	07:30		
7463	Romão FERREIRA	11291	M	01:14:59	01:09:45	06:59	00:33:47	
7464	Daniel SOUSA	9679	M	01:14:59	01:13:37	07:22	00:36:22	
7465	Helder MMAGALHAES	3015	M	01:15:00	01:08:38	06:52	00:34:44	
7466	Maria Natalina DA COSTA	12324	F	01:15:00	01:11:05	07:07	00:33:57	
7467	Sandra OLIVEIRA	13683	F	01:15:01	01:12:04	07:13	00:36:12	
7468	António PASSOS LEITE	9188	M	01:15:01	01:11:10	07:07	00:36:02	
7469	Susana Bento RAMOS	8188	F	01:15:01	01:14:30	07:27	00:37:45	
7470	Paula STREET	8175	F	01:15:02	01:14:30	07:27	00:37:45	
7471	João Paulo ANTUNES	12570	M	01:15:02	01:10:41	07:05	00:32:16	
7472	Leonor DE OLIVEIRA MADEIRSA	1297	F	01:15:02	01:10:47	07:05	00:35:56	
7473	Ze Pedro AFONSO	135641	M	01:15:02	01:10:46	07:05	00:35:53	
7474	Mónica MARTINS	727	F	01:15:03	01:10:08	07:01	00:36:07	
7475	Maria De Fatima Lopes Tome Dos SANTOS	12141	F	01:15:04	01:12:55	07:18	00:35:16	
7476	Miguel FIGUEIRA	12844	M	01:15:04	01:13:25	07:21	00:34:22	
7477	Anna TOMASIK	13512	F	01:15:05	01:10:07	07:01	00:34:18	
7478	Carla ANDRÉ TEIXEIRA	1986	F	01:15:05	01:12:55	07:18	00:32:50	
7479	Francisca SOUSA CHICHORRO	12256	F	01:15:07	01:12:37	07:16	00:35:25	
7480	Heitor GUERREIRO OLIVEIRA	8876	M	01:15:07	01:12:15	07:14	00:33:15	Rugby Clube Oeiras
7481	Isabel LEÃO	8079	F	01:15:08	01:10:11	07:02	00:34:18	
7482	João CABELEIRA	2116	M	01:15:08	01:14:12	07:26	00:35:24	Clube do Stress
7483	Cristina RAMOS	866	F	01:15:08	01:14:13	07:26	00:35:25	Clube do Stress
7484	Ruby MORRIS	8194	F	01:15:10	01:09:26	06:57	00:35:10	
7485	Fernando MORGADO	9812	M	01:15:10	01:12:05	07:13	00:34:54	
7486	Jorge MONTEIRO	13874	M	01:15:11	01:13:20	07:20	00:36:05	Odebrecht / BPC

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7487	Ana FONSECA	995	F	01:15:12	01:09:53	07:00	00:35:46	
7488	Alice MALATO	12087	F	01:15:12	01:13:25	07:21	00:35:22	Grupo Desportivo Joaninhas de Leião
7489	Pedro PEREIRA	11120	M	01:15:13	01:00:55	06:06	00:29:50	
7490	Rita LOPES	1367	F	01:15:13	01:00:55	06:06	00:29:50	
7491	Joao FREIRE	12977	M	01:15:13	01:11:42	07:11	00:35:05	
7492	Joao BRANCO	10434	M	01:15:15	01:09:20	06:56	00:32:38	
7493	Maria João PEREIRA	10430	F	01:15:16	01:12:16	07:14	00:34:16	
7494	Alberto ROSA	9486	M	01:15:17	01:10:46	07:05	00:35:19	
7495	Hugo JERONIMO	12819	M	01:15:17	01:10:47	07:05	00:35:19	
7496	André Silva REIS	12839	M	01:15:17	01:12:45	07:17	00:34:51	
7497	Pedro Filipe MATIAS DE CASTRO	9471	M	01:15:17	01:11:58	07:12	00:38:21	
7498	Bernardo RAMOS SIMOES COELHO	13051	M	01:15:19	01:11:34	07:10	00:35:18	
7499	Silvio PAIVA	14091	M	01:15:19	01:14:40	07:28	00:34:37	Clube Grupo Desportivo BES
7500	Edgar MARTINS	13412	M	01:15:20	01:09:11	06:56	00:35:27	
7501	Rui ALMEIDA	9101	M	01:15:21	01:08:55	06:54	00:34:42	Marriott Lisboa Hotel
7502	João CASTANHEIRA	2137	M	01:15:21	01:08:52	06:54	00:34:13	Clube do Stress
7503	Filipa MATIAS	12329	F	01:15:21	01:11:04	07:07	00:35:01	
7504	Alina VAZ	7880	F	01:15:22	01:08:55	06:54	00:34:22	
7505	Ilídio TORGAL	14256	M	01:15:23	01:13:14	07:20	00:33:23	Valejas Atletico Clube
7506	Nuno PIMENTA	3601	M	01:15:23	01:09:50	06:59	00:34:51	
7507	Domingos FLORA	12797	M	01:15:23	01:13:03	07:19	00:36:31	
7508	Francisco Henrique SALVADINHA AMARO	3939	M	01:15:23	01:11:37	07:10	00:34:43	
7509	Pedro VARGAS	8454	M	01:15:24	01:09:07	06:55	00:31:30	Clube do Stress
7510	Jose Pedro MORAIS	8928	M	01:15:24	01:10:50	07:05	00:34:42	
7511	Afonso LEITÃO	12532	M	01:15:24	01:10:36	07:04	00:35:03	
7512	Elena CAZACIUC	1069	F	01:15:26	01:11:41	07:11	00:35:19	
7513	Sandra ANTUNES	1689	F	01:15:26	01:11:41	07:11	00:35:19	
7514	Bárbara ELIAS	843	F	01:15:27	01:13:00	07:18	00:36:52	Peugeot
7515	Luis ROMANEIRO	13417	M	01:15:29	01:12:34	07:16	00:36:39	
7516	João Francisco PITEIRA	13360	M	01:15:30	01:08:11	06:50	00:31:33	
7517	Carlos Alberto DIAS	12728	M	01:15:33	01:13:17	07:20	00:36:28	
7518	José Júlio VALENTE GERALDES	8614	M	01:15:33	01:14:01	07:25	00:35:37	Açoreana clube Banif
7519	António Miguel CARREIRO VALENTE	13395	M	01:15:34	01:11:19	07:08	00:34:23	
7520	Maria BENITEZ	8025	F	01:15:35	01:13:47	07:23	00:35:28	
7521	Vitor Miguel CAPELO CAMPANIÇO	10279	M	01:15:35	01:11:13	07:08	00:33:12	
7522	Júlia CARVALHO	1389	F	01:15:39	01:08:48	06:53	00:35:06	St. Julians School
7523	Manuel ORDAZ	9959	M	01:15:39	01:09:03	06:55	00:33:50	
7524	José Maria ORDAZ	9977	M	01:15:39	01:09:04	06:55	00:33:50	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7525	Magda MACHADO	12263	F	01:15:39	01:11:33	07:10	00:35:53	
7526	Antonio GONÇALVES DA SILVA	2191	M	01:15:40	01:09:57	07:00	00:33:36	
7527	Rogério COTRIM	9543	M	01:15:40	01:11:32	07:10	00:35:52	
7528	David AMARO CARDOSO	542	M	01:15:41	01:10:53	07:06	00:34:39	
7529	Sergio Jose LOPES CARDOSO	12903	M	01:15:41	01:10:53	07:06	00:34:39	
7530	Lucinda Lopes HENRIQUES	8020	F	01:15:42	01:11:16	07:08	00:34:42	
7531	David AMORIM	10442	M	01:15:43	01:12:59	07:18	00:35:08	
7532	Susana Maria SIMÕES	12218	F	01:15:43	01:12:59	07:18	00:35:08	
7533	Rita CARVALHEIRO DA SILVA	1937	F	01:15:44	01:14:08	07:25	00:36:07	
7534	Paulino CORREA	9419	M	01:15:44	01:10:01	07:01	00:35:27	
7535	Hugo FRANCISCO	3067	M	01:15:45	01:10:01	07:01	00:35:27	
7536	Francisco Espiga GOMES	3262	M	01:15:45	01:11:20	07:08	00:36:05	
7537	Marta MACHADO	8280	F	01:15:47	01:12:14	07:14	00:34:29	
7538	Mónica FERREIRA	997	F	01:15:48	01:10:15	07:02	00:31:58	CORPUS QDF
7539	José De Campos ALEIXO	13361	M	01:15:48	01:09:49	06:59	00:34:19	
7540	Nuno NEVES	13014	M	01:15:51	01:14:49	07:29	00:35:27	
7541	Larry HAMERS	12922	M	01:15:51	01:09:24	06:57	00:36:36	
7542	Maria Rosário CARLOS SOMMER	13661	F	01:15:51	01:12:16	07:14	00:36:56	
7543	Vasileios TSAMIS	10155	M	01:15:53	01:09:26	06:57	00:36:37	
7544	Celma OLIVEIRA	1409	F	01:15:54	01:10:37	07:04	00:32:06	
7545	Cristina BENTO	7405	F	01:15:54	01:09:25	06:57	00:33:37	Clube do Stress
7546	Joana Sofia GOMES SILVA	928	F	01:15:56	01:15:03	07:31	00:35:07	
7547	Aida COSTA	1574	F	01:15:58	01:01:28	06:09	00:31:23	
7548	Sofia Warburton	2045	F	01:15:58	01:15:45	07:35	00:36:10	
7549	Luis Duarte ROVISCO PINTO	9194	M	01:15:59	01:13:06	07:19	00:36:39	
7550	Maria De Fátima FERREIRA PRAZERES	8046	F	01:16:00	01:11:10	07:07	00:35:20	
7551	Reinaldo GOMES	2536	M	01:16:00	01:11:18	07:08	00:33:55	Maratona Clube de Portugal
7552	Joaquim LAVADO	12412	M	01:16:00	01:11:49	07:11	00:35:18	Serviços Sociais da CGD
7553	Frederico FATELA	10789	M	01:16:01	01:12:00	07:12	00:37:46	
7554	João FERNANDES	10584	M	01:16:03	01:13:22	07:21	00:34:28	
7555	Ana Cristina SANTOS	7840	F	01:16:03	01:11:13	07:08	00:35:21	
7556	Filomena JORGE	13641	F	01:16:05	01:12:38	07:16	00:36:09	
7557	Ana Nascimento	13646	F	01:16:05	01:12:38	07:16	00:36:09	
7558	Ricardo GONÇALVES	10965	M	01:16:06	01:12:03	07:13	00:34:46	
7559	Verónica HIGUERAS	815	F	01:16:06	01:14:14	07:26	00:35:51	
7560	Diana Nascimento	7983	F	01:16:07	01:12:51	07:18	00:40:56	
7561	Catarina CANAS SILVA	1975	F	01:16:07	01:12:40	07:16	00:33:11	
7562	Lucília LIMA PEREIRA	8388	F	01:16:09	01:13:59	07:24	00:35:32	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7563	Samuel MONTEIRO	11346	M	01:16:10	01:10:59	07:06	00:34:21	
7564	Sara GONCALVES	1346	F	01:16:11	01:10:59	07:06	00:34:21	
7565	Susana TAVARES	13718	F	01:16:11	01:13:14	07:20	00:36:12	
7566	Pedro SARRASQUEIRO	3468	M	01:16:12	01:11:24	07:09	00:34:49	
7567	Rute FERNANDES	14157	F	01:16:12	01:11:29	07:09	00:34:49	
7568	Rita FELIZOL	14158	F	01:16:13	01:11:29	07:09	00:34:48	
7569	Paulo DOMINGOS	2480	M	01:16:13	01:12:20	07:14	00:35:00	G.R.D. "Os Fixes"
7570	Elsa ANACLETO	7428	F	01:16:13	01:12:20	07:14	00:34:59	G.R.D. "Os Fixes"
7571	Fernanda Luisa MATEUS COSTA	622	F	01:16:14	01:13:36	07:22	00:36:32	
7572	Noelia DUARTE	8329	F	01:16:15	01:11:48	07:11	00:36:13	
7573	André DIAS	11051	M	01:16:15	01:13:39	07:22	00:35:37	
7574	Paulo Fernando DA CRUZ MANUEL	12820	M	01:16:15	01:14:55	07:30	00:37:09	CP
7575	Sofia VIDEIRA	707	F	01:16:16	01:10:01	07:01	00:33:26	
7576	Manuel Pinto Gomes GOMES	11503	M	01:16:16	01:11:46	07:11	00:34:12	
7577	Anabela MIGUEL FERNANDES	8285	F	01:16:17	01:14:36	07:28	00:35:52	
7578	Bruno Michel Elias CHING	11297	M	01:16:17	01:12:59	07:18	00:35:42	
7579	Joana EDUARDO	7611	F	01:16:18	01:05:36	06:34	00:32:33	
7580	André COSTA	3605	M	01:16:18	01:12:21	07:15	00:32:22	
7581	Luis EDUARDO	12603	M	01:16:18	01:05:42	06:35	00:32:39	
7582	Antónia MACHADO	1673	F	01:16:19	01:12:15	07:14	00:34:55	
7583	Carla BASTOS	8264	F	01:16:20	01:09:28	06:57	00:35:06	
7584	Margarida MARINHO	1575	F	01:16:21	01:10:20	07:02	00:33:38	
7585	Bárbara MARQUES	1584	F	01:16:21	01:10:20	07:02	00:33:38	
7586	Paulo ALMEIDA	13408	M	01:16:22	01:12:18	07:14	00:34:16	
7587	Catarina CARVALHO	7879	F	01:16:22	01:12:40	07:16	00:35:55	
7588	Sandra Isabel BASTO	7851	F	01:16:23	01:13:52	07:24	00:36:23	
7589	Eduardo CUNHA	11563	M	01:16:23	01:11:09	07:07	00:34:28	
7590	Ricardo NABAIS	5132	M	01:16:26	01:11:22	07:09	00:34:23	
7591	Deolinda WENNBERG	8385	F	01:16:27	01:15:34	07:34	00:35:15	
7592	Carolina REIS	816	F	01:16:28	01:13:13	07:20	00:35:41	
7593	Alfredo PEREIRA	4197	M	01:16:28	01:08:38	06:52	00:33:10	
7594	Maria RAMALHO	7865	F	01:16:28	01:12:46	07:17	00:35:52	
7595	João PALMA	13326	M	01:16:28	01:10:04	07:01	00:34:20	
7596	Paula Maria SOBRAL	1740	F	01:16:29	01:11:05	07:07	00:35:19	
7597	Paulo Alexandre LOURENÇO DA SILVA RAMOS	10962	M	01:16:29	01:09:35	06:58	00:32:26	
7598	Acacio PEREIRA	10681	M	01:16:29	01:12:51	07:18	00:34:51	
7599	Paulo MARTINS	10954	M	01:16:30	01:09:35	06:58	00:32:25	
7600	Duarte FERNANDES	11041	M	01:16:30	01:13:41	07:23	00:35:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7601	Rui SANTOS	11079	M	01:16:31	01:10:11	07:02	00:35:26	
7602	Marta SIMAS	12335	F	01:16:31	01:10:11	07:02	00:35:26	
7603	Patricio TORRES	2058	M	01:16:31	01:10:02	07:01	00:33:26	
7604	Alexandra LEITE	1249	F	01:16:32	01:10:29	07:03	00:33:41	Corridinha Para a Carola
7605	Manuel Aníbal FERREIRA	13075	M	01:16:33	01:12:56	07:18	00:36:07	
7606	Helena VAZ	1875	F	01:16:34	01:09:54	07:00	00:33:32	
7607	Andre COELHO	12620	M	01:16:35	01:10:39	07:04	00:35:01	
7608	Felicidade Cristina ASSANE	7362	F	01:16:37	01:13:34	07:22	00:36:11	Clube Millennium BCP
7609	Miguel RODRIGUES	4674	M	01:16:41	01:02:20	06:14	00:29:55	
7610	Paulo Alexandre Do Monte VIEGAS	4648	M	01:16:41	01:09:47	06:59	00:34:36	
7611	Luis Pedro CRISTAO	9257	M	01:16:42	01:14:45	07:29	00:36:26	
7612	Herlander BRAZ	10470	M	01:16:43	01:11:17	07:08	00:33:45	
7613	Vitoria SCHMIDT-STOSBERG	887	F	01:16:44	01:11:58	07:12	00:38:15	Clube do Stress
7614	Ana ISABEL	12100	F	01:16:45	01:16:43	07:41	00:37:12	C. R. Leões de Porto Salvo
7615	Antonio Jose CIDADÃO	3229	M	01:16:45	01:10:58	07:06	00:35:43	
7616	Paula Cristina FERNANDES PEREIRA	835	F	01:16:46	01:11:04	07:07	00:34:55	
7617	Bruno Ricardo COLAÇO ALMEIDA	10693	M	01:16:46	01:11:10	07:07	00:33:47	
7618	Susana BARROSO	1259	F	01:16:46	01:11:12	07:08	00:36:17	CORPUS QDF
7619	Helena MENDO	1693	F	01:16:47	01:12:53	07:18	00:35:22	
7620	Fernando BASTO	12923	M	01:16:48	01:12:54	07:18	00:35:23	
7621	Sandrina NUNES	1084	F	01:16:49	01:12:23	07:15	00:37:03	
7622	Lurdes DELGADO DA SILVA	7688	F	01:16:50	01:11:56	07:12	00:34:54	
7623	João LIMA RAPOSO	11280	M	01:16:51	01:12:02	07:13	00:36:30	
7624	Alexandra COSTA GOMES	8193	F	01:16:51	01:12:02	07:13	00:36:30	
7625	Sérgio COELHO	11632	M	01:16:51	01:12:03	07:13	00:36:44	
7626	Maria ALVES	8187	F	01:16:55	01:12:05	07:13	00:35:23	
7627	Helder PISA	9589	M	01:16:55	01:13:49	07:23	00:35:02	
7628	Elisabete PINTO	12031	F	01:16:55	01:14:58	07:30	00:32:43	
7629	Susana GATO	7908	F	01:16:57	01:15:07	07:31	00:38:45	
7630	Tania JARDIM	732	F	01:16:58	01:13:46	07:23	00:35:35	
7631	Joao RUAS	11323	M	01:16:58	01:13:45	07:23	00:35:40	
7632	Hermínio SOUSA	9582	M	01:16:58	01:15:08	07:31	00:38:45	
7633	Luis Batista FERNANDES	9418	M	01:16:59	01:16:54	07:42	00:36:58	
7634	Carlos A. NETO	2225	M	01:16:59	01:11:45	07:11	00:36:08	
7635	Rui NICOLAU FERREIRA	12709	M	01:16:59	01:13:54	07:24	00:36:07	
7636	José JARDIM	10040	M	01:17:00	01:11:51	07:12	00:34:20	
7637	Ana SEABRA BRITO	1489	F	01:17:00	01:12:17	07:14	00:34:50	
7638	André LINCE	4040	M	01:17:01	01:13:20	07:20	00:34:16	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7639	Pedro BRANDÃO	12526	M	01:17:03	01:13:28	07:21	00:36:01	Açoreana clube Banif
7640	António SANTOS MENDES MOURA	8615	M	01:17:03	01:13:26	07:21	00:35:00	Açoreana clube Banif
7641	Nuno VALVERDE	282	M	01:17:04	01:11:09	07:07	00:35:02	
7642	Adozinda A. Borrego RITO	13676	F	01:17:04	01:10:54	07:06	00:33:06	
7643	Paula ALMEIDA	1551	F	01:17:05	01:13:25	07:21	00:36:07	
7644	Miguel MARQUES	9320	M	01:17:05	01:11:10	07:07	00:35:02	
7645	Claudia PERNENCAR	1314	F	01:17:07	01:11:57	07:12	00:34:10	
7646	Ricardo GARCIA	4694	M	01:17:09	01:14:49	07:29	00:35:29	
7647	Diogo Filipe De Sousa TAVARES	2127	M	01:17:09	01:10:44	07:05	00:36:17	
7648	Joao HELENO	350	M	01:17:09	01:10:44	07:05	00:36:17	
7649	Vanessa Patrícia Pisco RUAS MARTINHO	1187	F	01:17:10	01:11:16	07:08	00:36:46	
7650	Raquel MARTINHO	1175	F	01:17:10	01:11:16	07:08	00:36:46	
7651	Ana Lúcia MACHADO	8340	F	01:17:11	01:10:52	07:06	00:36:52	
7652	Cátia AREIAS	8347	F	01:17:11	01:10:53	07:06	00:36:52	
7653	Luis SALGUEIRO	9542	M	01:17:11	01:17:08	07:43	00:35:20	
7654	Cátia MARTINS	8341	F	01:17:11	01:10:52	07:06	00:36:52	
7655	Sónia LAGE	8345	F	01:17:12	01:10:53	07:06	00:36:51	
7656	Andrea RITTER	13653	F	01:17:13	01:12:07	07:13	00:34:03	
7657	Maria Conceição TAVARES	12155	F	01:17:14	01:12:17	07:14	00:35:44	
7658	Conceição PERES	8792	F	01:17:14	01:14:14	07:26	00:35:29	Clube ANA Lisboa
7659	Patricia SOUSA	8279	F	01:17:14	01:12:33	07:16	00:36:04	
7660	José Luis Costa LÓIO	8704	M	01:17:16	01:13:02	07:19	00:36:48	
7661	João Filipe PEREIRA	11049	M	01:17:16	01:00:13	06:02	00:28:12	
7662	Luis Miguel COELHO	5207	M	01:17:17	01:13:11	07:20	00:36:20	
7663	José GASPAR	8947	M	01:17:17	01:15:08	07:31	00:34:47	Maratona Clube de Portugal
7664	Helena SIMÃO ALMEIDA	1568	F	01:17:18	01:11:19	07:08	00:33:19	
7665	José Teófilo BRAGA	8879	M	01:17:19	01:13:26	07:21	00:37:36	Pés d'Atleta
7666	Maria Fátima GUIA	7359	F	01:17:20	01:14:01	07:25	00:37:43	Serviços Sociais da CGD
7667	Patricia BORGES	7796	F	01:17:20	01:16:55	07:42	00:36:53	O Rodrigo
7668	Rodrigo SILVA	2947	M	01:17:20	01:16:56	07:42	00:36:54	O RODRIGO
7669	João FADISTA	13232	M	01:17:21	01:11:20	07:08	00:34:17	
7670	Eduardo Peres De NORONHA	599	M	01:17:21	01:12:35	07:16	00:33:57	
7671	Joao HENRIQUES	13311	M	01:17:21	01:08:25	06:51	00:33:09	
7672	Carlos Albano SILVA	8642	M	01:17:22	01:11:21	07:09	00:34:17	Serviços Sociais da CGD
7673	Sofia BAPTISTA	7999	F	01:17:24	01:12:00	07:12	00:36:19	
7674	Ricardo VICENTE	3094	M	01:17:24	01:12:00	07:12	00:36:22	
7675	Helder MARTINS	8772	M	01:17:24	01:15:54	07:36	00:34:26	CCD Segurança Social Lisboa
7676	Henrique Manuel LARANGEIRA ANSELMO	554	M	01:17:25	01:13:58	07:24	00:36:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7677	Eduardo PEREIRA	10422	M	01:17:26	01:14:11	07:26	00:36:01	
7678	João Ferreira DIAS	3800	M	01:17:27	01:13:56	07:24	00:36:42	
7679	Luisa Isabel MARQUES SÁ	1368	F	01:17:28	01:12:22	07:15	00:35:08	
7680	Miguel VALADAS	13365	M	01:17:28	01:11:57	07:12	00:34:51	
7681	Sandra Maria MARTINS	7953	M	01:17:28	01:17:28	07:45		CP
7682	Filipe Rafael OLIVEIRA	3375	M	01:17:29	01:12:23	07:15	00:36:24	
7683	Filipa Simões ISIDORO	7926	F	01:17:29	01:12:24	07:15	00:36:25	
7684	Filipa GARRIDO	8418	F	01:17:31	01:17:31	07:46		
7685	Carlos Manuel SILVA	12958	M	01:17:31	01:11:34	07:10	00:33:33	
7686	Elisabete HENRIQUES	7914	F	01:17:33	01:12:44	07:17	00:34:49	
7687	Katia NASCIMENTO	8073	F	01:17:37	01:14:49	07:29	00:35:37	
7688	Paula Cristina DINIS CABRAL BEIRÃO FERREIRA	7588	F	01:17:37	01:12:48	07:17	00:34:50	Açoreana clube Banif
7689	Mário CRISTINA	12683	M	01:17:37	01:11:25	07:09	00:34:10	Corridinha Para a Carola
7690	José Eduardo Gaspar ARRUDA	12668	M	01:17:37	01:11:57	07:12	00:37:00	
7691	Fock Yiot Wan CHIU	12267	F	01:17:38	01:11:57	07:12	00:37:00	
7692	Frederico COUTINHO	4725	M	01:17:39	01:14:26	07:27	00:35:34	
7693	Cristina GIL	7541	F	01:17:39	01:14:24	07:27	00:35:43	
7694	Fernanda NUNES	12116	F	01:17:39	01:17:39	07:46		
7695	Pedro SERÓDIO	9595	M	01:17:40	01:15:05	07:31	00:40:24	
7696	Diana MARTIN	12315	F	01:17:41	01:11:49	07:11	00:36:13	
7697	Diogo SANTOS	13320	M	01:17:41	01:11:49	07:11	00:36:13	
7698	Nuno Vasco R. SILVA MONTEIRO	2205	M	01:17:41	01:17:41	07:47		
7699	Vania MORAIS	1752	F	01:17:42	01:13:03	07:19	00:35:34	
7700	Osvaldo RODRIGUES SANTOS	10183	M	01:17:43	01:13:11	07:20	00:36:01	
7701	Patricia TEIXEIRA	789	F	01:17:43	01:13:58	07:24	00:36:46	
7702	Miguel TEIXEIRA	4490	M	01:17:43	01:13:58	07:24	00:36:49	
7703	Adriyana ROSITOVA KIROVA	13834	F	01:17:44	01:15:45	07:35	00:36:26	Pepsico Portugal
7704	Nuno Carlos GOMES ALVES RIBEIRO	13812	M	01:17:44	01:15:46	07:35	00:36:29	Pepsico Portugal
7705	Sandra Maria DO CARMO GUERREIRO INÁCIO	7916	F	01:17:44	01:15:28	07:33	00:36:39	
7706	Tiago Rafael PEREIRA DUARTE	3029	M	01:17:46	01:11:23	07:09	00:35:07	
7707	Adelina MARQUES	1451	F	01:17:46	01:17:41	07:47	00:37:20	
7708	Susana GOMES	994	F	01:17:46	01:11:23	07:09	00:35:06	
7709	Sofia SANTOS	12331	F	01:17:47	01:13:07	07:19	00:35:11	
7710	Bento Alinho ALVES FERREIRA	11439	M	01:17:47	01:13:23	07:21	00:35:28	
7711	Jaime FERNANDES	9092	M	01:17:48	01:17:48	07:47		Grupo de Manutenção do E.Nacional
7712	Diogo SIMÃO	11590	M	01:17:49	01:12:05	07:13	00:35:24	
7713	Marta MOREIRA	7554	F	01:17:49	01:12:05	07:13	00:35:24	
7714	Rui NÓBREGA	3382	M	01:17:50	01:15:15	07:32	00:40:25	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7715	Pedro MOTA CARMO	9489	M	01:17:50	01:10:14	07:02	00:36:05	
7716	Bruno Gonçalo Pereira CONCEIÇÃO	13137	M	01:17:50	01:15:39	07:34	00:34:59	
7717	Fernanda TEIXEIRA	1845	F	01:17:50	01:17:43	07:47	00:37:10	
7718	Maria BARROSO	1440	F	01:17:50	01:10:14	07:02	00:36:04	
7719	Célia MACIEIRA	1308	F	01:17:55	01:16:39	07:40	00:36:21	
7720	Pedro MACHADO	3349	M	01:17:55	01:16:39	07:40	00:36:21	
7721	Miguel Leónidas ROCHA	8458	M	01:17:57	01:13:03	07:19	00:34:12	Clube do Stress
7722	Joana LAVADO	1487	F	01:17:58	01:13:07	07:19	00:37:47	
7723	Daniel MARTINS	4992	M	01:17:59	01:17:59	07:48	00:50:24	
7724	Clemilda Dec Fatima OLIVEIRA MANOEL	12358	F	01:18:02	01:16:39	07:40	00:35:09	
7725	Carlos SAMPAIO	10569	M	01:18:02	01:15:20	07:32	00:34:27	
7726	Rui BARTOLO RIBEIRO	9931	M	01:18:08	01:14:20	07:26	00:37:24	
7727	Pedro MOTA VARGAS	13068	M	01:18:08	01:14:28	07:27	00:35:16	
7728	Sofia LIMA	7647	F	01:18:09	01:11:41	07:11	00:35:27	
7729	Paulo Miguel AVELEIRA MESSIAS	2260	M	01:18:10	01:14:42	07:29	00:35:09	Açoreana clube Banif
7730	Claúdia CAETANO	1385	F	01:18:10	01:12:29	07:15	00:35:11	
7731	Sónia FEVEREIRO	1817	F	01:18:10	01:14:42	07:29	00:35:47	
7732	Isabel RAMOS	1860	F	01:18:10	01:11:08	07:07	00:36:34	
7733	João BELCHIORINHO	10928	M	01:18:10	01:11:08	07:07	00:36:34	
7734	Luis CUNHA	9510	M	01:18:12	01:13:48	07:23	00:37:49	
7735	Paula Cristina SANTOS CARVALHO	8104	F	01:18:14	01:12:36	07:16	00:37:04	
7736	Nuno Miguel Cortes OLIVEIRA	2861	M	01:18:16	01:12:08	07:13	00:35:04	Beer Boys
7737	Luis Miguel TRINDADE COELHO	3952	M	01:18:16	01:11:30	07:09	00:36:18	
7738	André SANTOS RAMOS	4548	M	01:18:17	01:12:29	07:15	00:40:26	
7739	Nídea PIRES	915	F	01:18:17	01:14:51	07:30	00:35:31	
7740	Lucas RINCÓN	12985	M	01:18:19	01:16:20	07:38	00:36:19	
7741	Teresa Maria S.portela NEVES	1035	F	01:18:19	01:16:16	07:38	00:36:54	
7742	Claudia ELIAS	8203	F	01:18:19	01:15:47	07:35	00:36:58	
7743	Rui Carlos CUNHA	11575	M	01:18:19	01:16:18	07:38	00:36:58	
7744	Diogo RIBEIRO	4595	M	01:18:20	01:16:14	07:38	00:42:08	
7745	Sandra Marisa MADEIRA BARRETO	12251	F	01:18:22	01:16:18	07:38	00:37:13	
7746	Ana PEREIRA	1350	F	01:18:22	01:13:22	07:21	00:37:05	
7747	Ana Sofia FERNANDES	12239	F	01:18:24	01:15:54	07:36	00:38:26	
7748	Joao Pedro VALLE COSTA	11032	M	01:18:24	01:12:03	07:13	00:34:33	
7749	Ana Sílvia MATOS COELHO	8158	F	01:18:24	01:11:38	07:10	00:36:18	
7750	Mario CARMO	12710	M	01:18:24	01:15:55	07:36	00:38:26	
7751	Pedro Eurico CRUZ LEAL SILVA	328	M	01:18:29	01:14:23	07:27	00:36:43	Casa do Pessoal Estradas de Portugal
7752	Gonçalo FIGUEIREDO NETO	10691	M	01:18:29	01:14:22	07:27	00:36:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7753	Rita LOPES	1530	F	01:18:32	01:15:22	07:33	00:35:26	
7754	Pedro CARMO	135731	M	01:18:32	01:14:20	07:26	00:36:26	
7755	Ines BRITO	8319	F	01:18:33	01:14:18	07:26	00:36:23	
7756	João GUTTANA	4238	M	01:18:34	01:14:18	07:26	00:36:23	
7757	Raquel Alexandra BARBOSA RIBEIRO	1607	F	01:18:35	01:12:28	07:15	00:36:03	
7758	Mónica PAREDES	8077	F	01:18:35	01:11:58	07:12	00:36:51	
7759	Liliana SANTOS	12186	F	01:18:35	01:16:55	07:42	00:38:30	
7760	Joao CANDEIAS	3639	M	01:18:36	01:12:30	07:15	00:36:03	
7761	Alvaro Manuel Simões MORAIS	13295	M	01:18:36	01:15:25	07:33	00:36:45	
7762	Vânia SOUSA MARTINS	1846	F	01:18:37	01:15:25	07:33	00:36:45	
7763	Tina MARTINS	12353	F	01:18:37	01:15:06	07:31	00:37:50	
7764	Maria Margarida FERREIRA GOMES DE SOUSA	12109	F	01:18:38	01:13:20	07:20	00:36:10	
7765	Lourdes BUGALHO	12105	F	01:18:38	01:15:42	07:35	00:36:02	
7766	Conceição DEIRA	7921	F	01:18:38	01:17:18	07:44	00:35:56	
7767	Hugo MARTINS	11084	M	01:18:39	01:13:12	07:20	00:40:50	
7768	Inês GRENHO AJUDA	12097	F	01:18:40	01:17:04	07:43	00:38:41	
7769	Rodrigo MENDES	13266	M	01:18:41	01:16:12	07:38	00:34:01	
7770	Anna ZAIMAN	8125	F	01:18:42	01:04:08	06:25	00:31:54	
7771	António Vitorino LOPES DO REGO	11535	M	01:18:42	01:14:02	07:25	00:35:04	
7772	Peter LIEHL	4030	M	01:18:42	01:04:08	06:25	00:31:54	
7773	Patricia CAIXINHA	7640	F	01:18:42	01:13:55	07:24	00:34:18	
7774	Pedro LIZARDO	2307	M	01:18:43	01:13:55	07:24	00:34:18	
7775	Fátima BRAGANÇA	8361	F	01:18:43	01:16:17	07:38	00:37:09	
7776	Celina Maria DOS REIS BARREIRA	1904	F	01:18:44	01:12:52	07:18	00:34:37	
7777	Inês Sofia ALVAREZ MARTINS	8324	F	01:18:44	01:12:52	07:18	00:34:37	
7778	Priscila MOTA CARMO	8007	F	01:18:45	01:11:09	07:07	00:36:02	
7779	Isabel MOTA CARMO	1470	F	01:18:45	01:11:09	07:07	00:36:02	
7780	Carlos Filipe COSTA E CASTRO	4076	M	01:18:46	01:14:07	07:25	00:35:35	
7781	Ana Runkel CARDOSO	7867	F	01:18:50	01:18:19	07:50	00:39:13	
7782	Ana Maria RUNKEL	7850	F	01:18:50	01:18:20	07:50	00:39:13	
7783	José SOARES LOPES	9086	M	01:18:51	01:13:58	07:24	00:36:20	Grupo de Manutenção do E.Nacional
7784	Joaquim Francisco Da Costa FRANCISCO DA COSTA	12837	M	01:18:52	01:13:07	07:19	00:33:15	
7785	Joao Miguel GUERRA	13420	M	01:18:54	01:14:48	07:29	00:37:34	
7786	Pedro GALVÃO	4969	M	01:18:54	01:14:49	07:29	00:37:35	
7787	Susana PALMA FÉRIA	2032	F	01:18:54	01:13:05	07:19	00:35:35	
7788	João Miguel FARIA VELOSO	11381	M	01:18:54	01:14:49	07:29	00:37:34	
7789	Luis PALMA FÉRIA	4922	M	01:18:55	01:13:05	07:19	00:35:35	
7790	Sara REBORDÃO	822	F	01:18:58	01:13:11	07:20	00:38:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7791	Cristina Ferreira PIEDADE LOPES	12303	F	01:18:58	01:18:15	07:50	00:39:15	
7792	Jaime Ludovicos MASCARENHAS	10012	M	01:18:58	01:14:02	07:25	00:35:41	
7793	Joao Eduardo OURIQUE	3273	M	01:18:59	01:04:31	06:28	00:32:58	
7794	Ana Filipa RAMOS	1302	F	01:18:59	01:04:31	06:28	00:32:59	
7795	Daniela Filipa Pires ANDRE	1503	F	01:19:01	01:13:15	07:20	00:38:20	
7796	Helder VERÍSSIMO	3754	M	01:19:07	01:13:54	07:24	00:36:00	
7797	Ana Filipa LEMOS COSTA SILVA	1968	F	01:19:08	01:12:46	07:17	00:35:55	
7798	Vasco REBELO	4599	M	01:19:08	01:13:13	07:20	00:35:24	
7799	Miguel Nuno E AGOSTINHO	4541	M	01:19:08	01:18:28	07:51	00:30:32	
7800	Nelson Jorge DA SILVA SANTOS DE OLIVEIRA	4529	M	01:19:08	01:18:28	07:51	00:30:32	
7801	Ana Cristina GRÁCIO MARGARIDO	8281	F	01:19:10	01:14:51	07:30	00:38:11	
7802	Victor Licínio MARTINS	9280	M	01:19:15	01:13:03	07:19	00:37:49	
7803	Maire CLARISSE	1636	F	01:19:15	01:13:24	07:21	00:36:41	
7804	Lefeuve SYLVIE	8032	F	01:19:15	01:13:24	07:21	00:36:44	
7805	Hana GERBELOVA	1419	F	01:19:16	01:18:44	07:53	00:35:03	
7806	Ana Rita MARQUES	1300	F	01:19:17	01:18:44	07:53	00:34:59	
7807	Isabel CARMO	7898	F	01:19:18	01:12:20	07:14	00:35:32	
7808	Carla Cristina Dias PALMEIRO	12255	F	01:19:19	01:17:55	07:48	00:38:07	
7809	Vanda SEQUEIRA	7777	F	01:19:19	01:15:34	07:34	00:37:15	
7810	Catarina Sofia FIGUEIRA	1952	F	01:19:19	01:15:34	07:34	00:37:14	
7811	António REBELO	13253	M	01:19:19	01:13:25	07:21	00:35:25	
7812	Maria Ermelinda GARCIA	7685	F	01:19:19	01:17:55	07:48	00:38:08	
7813	Festas VASCO	2984	M	01:19:19	01:12:36	07:16	00:34:26	
7814	João RIBEIRO	9252	M	01:19:22	01:15:19	07:32	00:35:25	
7815	Pedro Manuel R. SILVA LUFINHA	9514	M	01:19:24	01:14:20	07:26	00:35:07	
7816	Marco FORLONI	12865	M	01:19:25	01:13:35	07:22	00:36:12	
7817	Monica FRANCISCO	1943	F	01:19:27	01:15:34	07:34	00:40:27	
7818	Ana CANAVEIRA	857	M	01:19:27	01:16:03	07:37	00:38:03	Açoreana clube Banif
7819	Dora GONCALVES	1769	F	01:19:27	01:16:34	07:40	00:35:54	
7820	Leontina CRUZ	12319	F	01:19:29	01:17:21	07:45	00:37:46	
7821	Sandro MAIO	10631	M	01:19:29	01:15:28	07:33	00:36:20	
7822	Tania VINAGRE	8401	F	01:19:29	01:15:28	07:33	00:36:21	
7823	Joaquim CABRAL TEIXEIRA	4085	M	01:19:30	01:15:28	07:33	00:36:19	
7824	Fernando Jose Matos ALVES FERREIRA	13230	M	01:19:31	01:13:20	07:20	00:35:19	
7825	Paulo Ricardo Barreiro De Araújo ARAÚJO	586	M	01:19:33	01:16:40	07:40	00:36:49	
7826	Oleg LITWINOFF	4046	M	01:19:34	01:17:12	07:44	00:33:11	
7827	Tiago REBELO	13255	M	01:19:35	01:13:40	07:22	00:35:24	
7828	Pedro RIBEIRO	13427	M	01:19:35	01:12:26	07:15	00:35:57	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7829	Silvio FONTE	13444	M	01:19:36	01:12:26	07:15	00:35:58	
7830	Rogério FERNANDES FERREIRA	12767	M	01:19:37	01:18:41	07:53	00:39:58	
7831	Fátima Maria Dias NUNES	1989	F	01:19:38	01:16:17	07:38	00:36:02	
7832	Susana PEREIRA	7854	F	01:19:40	01:18:07	07:49	00:37:42	
7833	Maria Cidalia DIAS RIBEIRO	1131	F	01:19:40	01:14:11	07:26	00:36:36	
7834	Isabel BARGÃO	961	F	01:19:40	01:16:57	07:42	00:36:41	N.A. "Os Papagaios de Cascais"
7835	Antonio Jorge TARDEGO BENTO	11201	M	01:19:42	01:13:38	07:22	00:37:42	
7836	Isabel Cristina MENDES	8302	F	01:19:42	01:13:38	07:22	00:37:42	
7837	Jorge MORAIS	2904	M	01:19:45	01:13:54	07:24	00:37:13	Os Amigos Do Atletismo De Avis
7838	João Ricardo FERREIRA TEIXEIRA MIGUEL	12864	M	01:19:50	01:17:34	07:46	00:35:45	
7839	Ana Cristina VINAGRE	1785	F	01:19:51	01:14:37	07:28	00:36:56	
7840	Susana CASEIRO	7930	F	01:19:51	01:14:56	07:30	00:35:43	
7841	Linda PILETTE	14189	F	01:19:55	01:16:03	07:37	00:37:41	
7842	Clara ROMERO	12313	F	01:19:56	01:16:58	07:42	00:35:52	
7843	Daniela SCHOBERT	12326	F	01:19:57	01:16:43	07:41	00:35:46	
7844	Jorge Miguel BATISTA	10779	M	01:19:58	01:14:37	07:28	00:38:20	
7845	Joana SOUSA	7649	F	01:20:00	01:17:54	07:48	00:36:46	
7846	Jacome LEONOR	1173	F	01:20:01	01:13:18	07:20	00:34:34	
7847	Sergio GUERRA	13045	M	01:20:04	01:17:23	07:45	00:37:28	
7848	Simone LOURENÇO FARINHA	8403	F	01:20:06	01:17:14	07:44	00:37:49	
7849	Susana RODRIGUES	1655	F	01:20:06	01:14:40	07:28	00:37:55	
7850	Luisa TOMÁS	12002	F	01:20:06	01:18:35	07:52	00:37:43	
7851	Tiago DUARTE	3675	M	01:20:07	01:14:41	07:29	00:37:55	
7852	Carlos Eduardo NORONHA	12919	M	01:20:10	01:15:24	07:33	00:33:58	
7853	António SAMPAIO	10970	M	01:20:11	01:17:32	07:46	00:38:16	
7854	José Miguel TEIXEIRA	12602	M	01:20:11	01:16:25	07:39	00:37:49	
7855	Ana CANHOTO	12269	F	01:20:12	01:18:54	07:54	00:38:33	Clube Desportivo do Arneiro
7856	Sandra ANTUNES	7500	F	01:20:15	01:14:26	07:27	00:35:20	
7857	Beatriz ANTUNES	13678	F	01:20:15	01:14:26	07:27	00:35:19	
7858	Paulo MATOS	12423	M	01:20:16	01:18:14	07:50	00:37:13	
7859	Filipe FATELA	4141	M	01:20:17	01:16:16	07:38	00:37:45	
7860	Germano BARROS	9900	M	01:20:21	01:16:40	07:40	00:37:10	
7861	Mariana ESTEVENS	947	F	01:20:23	01:19:22	07:57	00:38:00	Clube Ferroviário de Portugal
7862	Catarina JORGE	1651	F	01:20:26	01:16:59	07:42	00:36:56	
7863	Isaias PEDRO	327	M	01:20:26	01:16:59	07:42	00:36:56	
7864	Carlos GUEDES	10963	M	01:20:27	01:19:59	08:00	00:38:41	
7865	Emanuel SOARES	13021	M	01:20:28	01:16:34	07:40	00:33:51	
7866	Sara BRANCO	1462	F	01:20:30	01:16:48	07:41	00:36:29	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7867	Ana Luisa LOURENÇO	13672	F	01:20:30	01:14:07	07:25	00:36:01	
7868	Daniela MARTINS	7899	F	01:20:30	01:14:07	07:25	00:36:01	
7869	Ana MORGADO	7995	F	01:20:30	01:16:48	07:41	00:36:29	
7870	Maria Inês DIAS COSTA PARENTE JÚLIO	8426	F	01:20:31	01:13:43	07:23	00:37:50	
7871	Jaime CALADO PALMA	9446	M	01:20:31	01:16:27	07:39	00:37:45	
7872	Miguel RODRIGUES JULIO	2754	M	01:20:31	01:13:43	07:23	00:37:50	AGAP2
7873	Joana ABREU	10794	F	01:20:31	01:18:49	07:53	00:37:30	
7874	Ricardo MENDES	13285	M	01:20:33	01:19:15	07:56	00:38:59	
7875	Lourdes DELGADO DE MELO	7882	F	01:20:33	01:19:27	07:57	00:37:18	
7876	Pedro RIBEIRO	12553	M	01:20:36	01:17:37	07:46	00:36:43	
7877	Joana TÜRKMAN	8177	F	01:20:38	01:15:36	07:34	00:39:12	
7878	Adelia MADEIRA	1181	F	01:20:39	01:16:50	07:41	00:35:45	
7879	Maria Do Céu NEVES	11340	M	01:20:40	01:14:32	07:28	00:36:13	
7880	Ana Marta GUERREIRO	1328	F	01:20:41	01:16:53	07:42	00:36:24	
7881	Joana PANACA	770	F	01:20:42	01:13:57	07:24	00:35:23	
7882	Sandra CAETANO	12196	F	01:20:43	01:17:01	07:43	00:37:26	
7883	Jose RUIVO	13367	M	01:20:43	01:02:31	06:16	00:30:41	
7884	Paulo Jorge ALMEIDA SANTOS	12828	M	01:20:44	01:17:36	07:46	00:37:49	
7885	Paulo SANTOS	4346	M	01:20:45	01:13:29	07:21	00:37:43	
7886	Ana FERNANDES	8167	F	01:20:45	01:16:11	07:38	00:38:17	
7887	Francisca SANTOS	8384	F	01:20:45	01:13:30	07:21	00:37:45	
7888	Ana Sofia GASPAS	1733	F	01:20:46	01:19:03	07:55	00:37:54	
7889	Luís Filipe LAMEIRA PINTO	12568	M	01:20:46	01:17:53	07:48	00:37:03	
7890	Elisa João MARTINS GONÇALVES	1435	F	01:20:47	01:15:12	07:32	00:37:24	
7891	Bruno Miguel SOUSA DINIS	9572	M	01:20:47	01:15:12	07:32	00:37:24	
7892	Inês BEGONHA	8017	F	01:20:48	01:20:32	08:04	00:38:54	
7893	Filipa TARÉ	12149	F	01:20:49	01:16:30	07:39	00:37:36	
7894	Miguel LEÃO	10067	M	01:20:51	01:15:55	07:36	00:36:18	
7895	Maria Inês FERNANDES	8163	F	01:20:55	01:16:07	07:37	00:36:42	
7896	Filipa PELEJA	8005	F	01:20:55	01:18:21	07:51	00:40:25	
7897	Luis Carlos FERNANDES	4019	M	01:20:58	01:16:11	07:38	00:36:06	
7898	David CONSTANTINO	2811	M	01:21:04	01:20:25	08:03	00:37:42	Clube Anacom
7899	Hugo BORGES	9102	M	01:21:04	01:20:55	08:06	00:38:12	
7900	Francisco SANTOS	8917	M	01:21:04	01:20:57	08:06	00:38:14	
7901	João Ricardo MONTALVÃO E SILVA	465	M	01:21:05	01:17:50	07:47	00:39:15	
7902	Joseé Paulo MONTALVAO E SILVA	12872	M	01:21:06	01:17:51	07:48	00:39:14	
7903	Pedro TAVEIRA	12814	M	01:21:06	01:17:31	07:46	00:37:42	
7904	Ineida Cristina A. LOPES DA LUZ	1033	F	01:21:07	01:16:03	07:37	00:35:37	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7905	Rui Manuel Correia FONSECA	11203	M	01:21:08	01:16:04	07:37	00:35:37	
7906	Inês GIL	12347	F	01:21:08	01:15:04	07:31	00:37:14	
7907	Piedade JACINTO	5191	F	01:21:10	01:17:30	07:45	00:37:29	
7908	Claudia CARDIM	8424	F	01:21:10	01:17:30	07:45	00:37:30	
7909	Vitor LOBO	10496	M	01:21:11	01:11:17	07:08	00:35:15	
7910	António CID	2375	M	01:21:12	01:14:14	07:26	00:37:47	Peugeot
7911	Eva SILVA	896	M	01:21:12	01:14:14	07:26	00:37:47	Peugeot
7912	Ana Paula BARRA	7742	F	01:21:13	01:14:34	07:28	00:37:22	
7913	Joana HEITOR	1332	F	01:21:14	01:18:58	07:54	00:38:33	
7914	Paulo Jorge PIRES DUARTE DE ALMEIDA	4034	M	01:21:14	01:14:29	07:27	00:34:42	
7915	Paula CRISTINA GARCIA DO AMARAL	1576	F	01:21:14	01:14:29	07:27	00:34:41	
7916	Cláudia FELISBERTO	7961	F	01:21:16	01:16:19	07:38	00:39:02	
7917	Rui NETO FERNANDES	10332	M	01:21:17	01:16:19	07:38	00:39:02	
7918	Nuno João CAMPOS COSTA	11053	M	01:21:18	01:18:12	07:50	00:38:22	
7919	Karen BRANCO	7460	F	01:21:19	01:15:26	07:33	00:37:52	
7920	António BRANCO	10216	M	01:21:19	01:15:26	07:33	00:37:52	
7921	Valter LEANDRO	3755	M	01:21:20	01:16:22	07:39	00:36:03	
7922	Joana SAMPAIO	8332	F	01:21:20	01:18:41	07:53	00:38:14	
7923	Mariana GIL	13668	F	01:21:21	01:15:16	07:32	00:37:15	
7924	Vanessa GUERRA	7843	F	01:21:21	01:16:05	07:37	00:36:47	
7925	Hugo Filipe FERREIRA DA COSTA	10607	M	01:21:21	01:15:48	07:35	00:39:44	
7926	Ana Sofia BERNARDES DOS SANTOS	7459	F	01:21:21	01:15:49	07:35	00:39:45	
7927	António Manuel FONSECA NEVES	13151	M	01:21:24	01:06:58	06:42	00:33:17	
7928	Tiago SILVA	4854	M	01:21:26	01:16:42	07:41	00:38:09	
7929	Rui COSTA	9636	M	01:21:28	01:16:43	07:41	00:38:08	
7930	Sónia MENDES	7933	F	01:21:28	01:16:42	07:41	00:38:07	
7931	Rosa Maria FERNANDES OLIVEIRA	1579	F	01:21:30	01:17:14	07:44	00:36:30	
7932	Maria Antonia TELES MATOS SANTOS	1592	F	01:21:30	01:17:14	07:44	00:36:29	
7933	Mário RUI	12502	M	01:21:31	01:15:35	07:34	00:37:11	
7934	Alda OLIVEIRA	1060	F	01:21:32	01:15:28	07:33	00:35:18	G. D. C. T. Repsol Polimeros
7935	Mário VIANA	4154	M	01:21:33	01:16:25	07:39	00:36:56	
7936	Marisa DIAS	7845	F	01:21:36	01:15:35	07:34	00:38:52	
7937	Fernanda Faria RODRIGUES ANDRÉ	13823	F	01:21:38	01:17:59	07:48	00:37:57	Pepsico Portugal
7938	Pedro SILVA	13399	M	01:21:44	01:18:37	07:52	00:36:19	
7939	Gabriela Jorge MENDINHAS GONÇALVES	7768	F	01:21:48	01:15:10	07:31	00:37:22	
7940	Antonio Jorge F.p LUIS	11574	M	01:21:49	01:21:49	08:11		
7941	Ricardo SANTOS	9397	M	01:21:51	01:20:08	08:01	00:39:05	
7942	Ana Margarida PEREIRA	746	F	01:21:52	01:13:04	07:19	00:36:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7943	André FERREIRA	4031	M	01:21:53	01:19:00	07:54	00:35:17	
7944	João SILVA	13254	M	01:21:55	01:16:53	07:42	00:34:31	
7945	Tatiana CAMPENHE	1825	F	01:21:55	01:19:06	07:55	00:36:36	
7946	Carla FALUA	12225	F	01:21:56	01:19:07	07:55	00:36:37	
7947	Délia BOINO	12277	F	01:21:57	01:18:15	07:50	00:37:25	
7948	Marta VAZ	7616	F	01:21:58	01:17:38	07:46	00:37:57	
7949	Serre KARINE	1688	F	01:21:59	01:07:32	06:46	00:32:47	
7950	Maria Ines CORREIA	12071	F	01:21:59	01:17:29	07:45	00:39:49	
7951	Paulo BASTO	4025	M	01:22:01	01:17:18	07:44	00:36:01	
7952	Inês MATIAS	1918	F	01:22:02	01:16:11	07:38	00:35:18	
7953	Vania NOVAIS	7447	M	01:22:03	01:21:57	08:12	00:39:05	Powerade
7954	Vitor NOGUEIRA	4449	M	01:22:04	01:17:58	07:48	00:42:36	
7955	João MATOS	12708	M	01:22:06	01:15:47	07:35	00:36:43	
7956	Pedro ANTAO MARTINS	12941	M	01:22:09	01:15:34	07:34	00:37:59	
7957	Henrique ALVES	12466	M	01:22:10	01:16:26	07:39	00:37:00	
7958	Aura MARTINS	8114	F	01:22:11	01:20:44	08:05	00:38:47	
7959	Miriam TELO	12229	F	01:22:12	01:19:01	07:55	00:36:27	
7960	Ricardo GOMES	11485	M	01:22:12	01:18:09	07:49	00:38:47	
7961	Sónia SOUSA	1432	F	01:22:12	01:18:10	07:49		
7962	Jose Marques MONTEIRO	10519	M	01:22:15	01:12:20	07:14	00:35:15	
7963	Ana Margarida BAPTISTA	2008	F	01:22:15	01:18:31	07:52	00:37:46	
7964	Solange Marisa FIGUEIRA	1940	F	01:22:15	01:18:31	07:52	00:37:44	
7965	Anabela SANTOS	7604	F	01:22:16	01:18:53	07:54	00:38:41	
7966	Carla MARTINS	8157	F	01:22:16	01:18:53	07:54	00:38:41	
7967	Catia REIS	7493	F	01:22:16	01:17:19	07:44	00:36:06	
7968	Paula Maria ALMEIDA	7597	F	01:22:18	01:19:17	07:56	00:36:49	
7969	Joao Paulo Da SILVA BRANCO	12624	M	01:22:20	01:17:46	07:47	00:37:39	
7970	João Gonçalo CORDEIRO	9999	M	01:22:22	01:19:30	07:57	00:37:37	
7971	Ana Margarida FERRABELO	8081	F	01:22:23	01:19:30	07:57	00:37:38	
7972	Cristina VIDEIRA	8067	F	01:22:25	01:21:24	08:09	00:38:43	
7973	Cristina CRUZ	1203	F	01:22:26	01:17:28	07:45	00:38:22	Clube Anacom
7974	Catarina AZEVEDO	656	F	01:22:27	01:17:43	07:47	00:35:25	
7975	Ana Rita PAULINO CANHÃO	956	F	01:22:29	01:15:58	07:36	00:36:22	
7976	André GARRIDO DE FIGUEIREDO	10176	M	01:22:29	01:17:33	07:46	00:34:35	
7977	Ana Catarina MATOS	12017	F	01:22:30	01:17:32	07:46	00:35:49	
7978	Maria Susana MACHADO FREITAS FIGUEIREDO	1959	F	01:22:31	01:16:21	07:39	00:36:15	
7979	Ana AZEVEDO	1364	F	01:22:33	01:17:20	07:44	00:35:32	
7980	Pedro TEODORO	13861	M	01:22:34	01:17:51	07:48	00:38:33	Odebrecht / BPC

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
7981	Cláudia ANDRADE	8444	F	01:22:34	01:18:26	07:51	00:39:51	
7982	Gentil OLIVEIRA	8700	M	01:22:35	01:20:58	08:06	00:37:58	G.R.D. "Os Fixes"
7983	Catarina EUFEMIA	7863	F	01:22:37	01:20:31	08:04	00:36:27	
7984	Pedro LOURENÇO	9434	M	01:22:38	01:20:32	08:04	00:36:26	
7985	João Dario SOTTO MAYOR	10136	M	01:22:39	01:21:14	08:08	00:39:42	
7986	Adérito Salgueiro NABAIS	13375	M	01:22:39	01:17:24	07:45	00:38:13	
7987	Monica DINIZ	13647	F	01:22:40	01:18:04	07:49	00:37:28	
7988	Carmen Dolores TAVARES DA SILVA	8374	F	01:22:42	01:20:49	08:05	00:36:55	
7989	Rita EUSTÁQUIO	8127	F	01:22:43	01:16:43	07:41	00:37:50	
7990	Silvia MARTINS	1553	F	01:22:43	01:16:43	07:41	00:37:50	
7991	Tania SANTANA	8119	F	01:22:43	01:16:42	07:41	00:37:49	
7992	Andreia DUARTE COSTA	1550	F	01:22:43	01:16:42	07:41	00:37:49	
7993	Paulo FERREIRA	13248	M	01:22:45	01:21:13	08:08	00:39:51	
7994	Henrique REAL	3101	M	01:22:45	01:07:51	06:48	00:30:59	
7995	Ana Cristina SIMÕES RIJO MONTEIRO	1907	F	01:22:46	01:17:10	07:43	00:39:02	
7996	Alexandra COUTINHO	1787	F	01:22:47	01:20:01	08:01	00:38:05	
7997	José Rafael MALTEZ	13237	M	01:22:47	01:18:47	07:53	00:38:38	
7998	Rodrigo PEREIRA COUTINHO	10336	M	01:22:47	01:20:02	08:01	00:38:06	
7999	Filipa DAVID	1770	F	01:22:48	01:20:35	08:04	00:37:39	
8000	Teresa PRATES	7779	F	01:22:50	01:20:32	08:04	00:38:13	Associação Atletismo Lebres do Sado
8001	Marco Paulo DA SILVA MOUCHO	3954	M	01:22:52	01:19:12	07:56	00:38:23	
8002	Margarida VAZ	8237	F	01:22:52	01:17:41	07:47	00:34:47	
8003	Leonel GARCIA MARQUES	13282	M	01:22:52	01:17:53	07:48	00:40:10	
8004	Sofia CRUZ MARTINS	12203	F	01:22:54	01:18:39	07:52	00:35:56	
8005	Francisco CARRERA	3000	M	01:22:56	01:19:26	07:57	00:38:14	
8006	Lúcia ALMEIDA	1401	F	01:22:57	01:19:50	07:59	00:38:33	Serviços Sociais Montepio Geral
8007	Margarida Ana FONSECA	1232	F	01:22:58	01:21:10	08:07	00:38:31	
8008	Maria Nali PONTES	744	F	01:23:05	01:21:32	08:10	00:37:36	
8009	André TAVARES	13134	M	01:23:06	01:17:56	07:48	00:38:33	
8010	Marta AGOSTINHO	8443	F	01:23:07	01:20:15	08:02	00:38:31	
8011	Vanda RAIMUNDO	8379	F	01:23:07	01:18:22	07:51	00:40:07	
8012	Manuela VASCONCELOS SIMÕES	8108	F	01:23:08	01:18:22	07:51	00:40:06	
8013	Jorge CATARINO	12881	M	01:23:10	01:21:08	08:07	00:39:51	
8014	Maria Manuela SANTOS	14067	F	01:23:11	01:19:06	07:55	00:37:50	Clube Grupo Desportivo BES
8015	Monica SOFIA	14069	F	01:23:11	01:19:07	07:55	00:37:51	Clube Grupo Desportivo BES
8016	Sofia RODRIGUES	1903	F	01:23:12	01:17:17	07:44	00:37:48	
8017	Rodrigo MASSENA	11933	M	01:23:12	01:17:17	07:44	00:37:49	
8018	Pedro COSTA	11496	M	01:23:12	01:15:49	07:35	00:38:11	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8019	Lilia VILHENA	13517	F	01:23:13	01:18:15	07:50	00:38:15	Tabaqueira
8020	Sofia VINAGRE	1115	F	01:23:13	01:17:19	07:44	00:39:41	
8021	Maria Manuel CALDEIRA	7454	F	01:23:13	01:20:40	08:04	00:40:03	
8022	Joana CARDOSO	1804	F	01:23:18	01:20:03	08:01	00:38:41	
8023	Antonio Manuel DOMINGOS	8897	M	01:23:21	01:21:38	08:10	00:39:09	
8024	Carlos MARQUES	8483	M	01:23:21	01:22:04	08:13	00:39:19	Serviços Sociais Montepio Geral
8025	Paula HENRIQUES	372	F	01:23:24	01:17:33	07:46	00:39:43	
8026	Joao RODRIGUES	12910	M	01:23:26	01:21:22	08:09	00:38:13	
8027	Joao MARQUES	13331	M	01:23:26	01:20:59	08:06	00:37:53	
8028	Raquel Alexandra BOTELHO MARTINS MURÇA	13623	F	01:23:28	01:21:11	08:08	00:38:35	
8029	Laura Maria DA SILVA DOMINGUES REIS	8344	M	01:23:32	01:19:52	08:00	00:38:26	
8030	Glória SILVA	7515	F	01:23:32	01:22:30	08:15	00:40:07	Clube Ferroviário de Portugal
8031	Mariana FARINHA CEREJO AMARO	1018	F	01:23:32	01:21:01	08:07	00:37:10	
8032	Marlene Susana ALVES CANÊS	1972	F	01:23:33	01:20:59	08:06	00:37:08	
8033	Antonio Magro RASCÃO MAGRO	10284	M	01:23:35	01:17:23	07:45	00:39:48	
8034	Victor CARDIGA	11507	M	01:23:35	01:17:09	07:43	00:38:49	
8035	Luis LOPES	5120	M	01:23:37	01:09:32	06:58	00:33:08	
8036	José BOM	13945	M	01:23:38	01:22:45	08:17	00:43:06	Linda-a-Pastora Sporting Clube
8037	Pedro Filipe ALVAREDO	4476	M	01:23:43	01:17:57	07:48	00:38:48	
8038	Paula MACHADO	1238	F	01:23:43	01:17:40	07:46	00:39:32	Corridinha Para a Carola
8039	Dina SOUSA	8248	F	01:23:45	01:20:21	08:03	00:39:36	
8040	Rui SOUSA	11389	M	01:23:45	01:20:21	08:03	00:39:36	
8041	Helder MOREIRA	5166	M	01:23:46	01:20:23	08:03	00:40:37	
8042	Alexandra OLMOS	1021	F	01:23:46	01:20:23	08:03	00:40:37	
8043	Maria Manuela Costa Ferreira PINTO	7519	F	01:23:47	01:18:34	07:52	00:41:45	
8044	Mário PEREIRA	12858	M	01:23:47	01:19:40	07:58	00:39:19	
8045	Nádia DA COSTA RIBEIRO	1809	F	01:23:48	01:17:31	07:46	00:37:58	
8046	Diogo André LOPES SIMÃO	84	M	01:23:50	01:19:21	07:57	00:40:26	
8047	Catarina Filipa CÉSAR FLORES	8421	F	01:23:50	01:19:21	07:57	00:40:26	
8048	Laurinda SOUSA	12272	F	01:23:50	01:18:43	07:53	00:38:30	
8049	Mabel Cristiana Pinto Garcia SILVA	7835	F	01:23:50	01:18:44	07:53	00:38:30	
8050	Graça SILVA	14206	F	01:23:54	01:19:40	07:58	00:38:54	RAIL RUNNERS
8051	Eugénia JOÃO	1705	F	01:23:54	01:20:44	08:05	00:39:03	
8052	Susana JANEIRO	1873	F	01:23:55	01:19:25	07:57	00:39:55	
8053	Pedro Miguel Louro MIGUÉNS	13366	M	01:23:55	01:19:25	07:57	00:39:55	
8054	Tomé VARDASCA	3427	M	01:23:57	01:18:42	07:53	00:39:02	
8055	Hélia GOMES	1610	F	01:23:57	01:17:52	07:48	00:37:14	
8056	Ines BARRADAS	12067	F	01:23:57	01:18:31	07:52	00:37:54	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8057	Cristina MONTEIRO	1344	F	01:24:00	01:18:40	07:52	00:38:21	
8058	Susana Isabel Pinto JESUS	7618	F	01:24:02	01:19:48	07:59	00:39:11	
8059	Isabel Garcia MARTINHO	1464	F	01:24:02	01:19:01	07:55	00:38:20	
8060	Joao Paulo BERTOLO	10190	M	01:24:03	01:22:03	08:13	00:38:49	
8061	Gabriel De Jesus MARTINS MATEUS	3717	M	01:24:05	01:17:39	07:46	00:34:44	
8062	Sofia Alexandra COSTA ARAÚJO	7638	F	01:24:05	01:17:40	07:46	00:34:48	
8063	Antonio Joao FERNANDES	13416	M	01:24:06	01:20:20	08:02	00:39:37	
8064	Ana Cristina FERREIRA	7701	F	01:24:10	01:19:18	07:56	00:38:40	
8065	Teresa CANO	1104	F	01:24:11	01:18:08	07:49	00:38:51	
8066	Carla LEITÃO	1009	F	01:24:11	01:18:09	07:49	00:38:52	
8067	Maria Clara SILVA PINTO	7466	F	01:24:16	01:18:23	07:51	00:36:41	
8068	Cristina SEIXAS	1714	F	01:24:18	01:18:20	07:50	00:39:17	
8069	Filipe Leitão DE MENDONÇA CORTE-REAL	14170	M	01:24:18	01:17:31	07:46	00:38:28	
8070	Paula Cristina SILVA TREPADO	1648	F	01:24:18	01:18:20	07:50	00:39:17	
8071	Carla FONSECA	1282	F	01:24:20	01:19:04	07:55	00:39:00	
8072	Pedro Miguel Fernandes CARVALHO	9166	M	01:24:20	01:19:03	07:55	00:39:00	
8073	Valdemar LOPES	9297	M	01:24:20	01:19:04	07:55	00:39:01	
8074	Andreia SILVA	12213	F	01:24:21	01:19:55	08:00	00:37:59	
8075	Sofia Gabriela CARDOSO OLIVEIRA	7864	F	01:24:22	01:21:44	08:11	00:39:35	
8076	Andre CHEN	12920	M	01:24:23	01:18:07	07:49	00:37:55	
8077	Elena CERVINO	1729	F	01:24:23	01:18:07	07:49	00:37:55	
8078	Marcos LESSA	9805	M	01:24:24	01:21:58	08:12	00:38:26	
8079	Luis Capucho Veladas VELADAS	12899	M	01:24:25	01:23:10	08:19	00:40:23	
8080	Júlio SILVA	10077	M	01:24:25	01:19:01	07:55	00:38:14	
8081	Valter CANAVEIRA	139	M	01:24:29	01:21:04	08:07	00:38:03	Açoreana clube Banif
8082	José Luis CANAVEIRA	2246	M	01:24:29	01:21:02	08:07	00:38:10	Açoreana clube Banif
8083	Brigida VILELA	1317	F	01:24:32	01:18:45	07:53	00:37:40	
8084	Lara Constantino OLIVEIRA	1219	F	01:24:33	01:23:54	08:24	00:41:14	Clube Anacom
8085	Jose Manuel Costa MONTEIRO	10054	M	01:24:34	01:21:30	08:09	00:40:37	
8086	Sara De Jesus Costa MONTEIRO	12171	F	01:24:34	01:21:30	08:09	00:40:39	
8087	Joana Filipa Rocha FERREIRA	8082	F	01:24:34	01:21:29	08:09	00:40:38	
8088	Vitor DIAS	8501	M	01:24:37	01:18:53	07:54	00:43:43	
8089	Jorge Manuel SILVA BARREIRA	12974	M	01:24:38	01:23:28	08:21	00:40:36	
8090	Manuel FERREIRA	12539	M	01:24:38	01:23:33	08:22	00:39:31	Grupo Desportivo Joaninhas de Leião
8091	Liliana SEARA	8023	F	01:24:40	01:21:15	08:08	00:43:57	
8092	Gualdino FREIRE	14099	M	01:24:41	01:19:16	07:56	00:40:22	CCDTML
8093	Sara CORTE-REAL DE VASCONCELOS GONÇALVES	905	F	01:24:41	01:20:00	08:00	00:42:31	
8094	José PEREIRA	12949	M	01:24:43	01:17:55	07:48	00:43:53	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8095	Maria Teresa GHIRA BORGES	1927	F	01:24:44	01:19:51	08:00	00:39:21	
8096	Tania COSTA	8440	F	01:24:45	01:19:44	07:59	00:39:06	
8097	Mário PEREIRA	14146	M	01:24:45	01:20:33	08:04	00:39:08	Construténis de Fernando Ralheta
8098	Pedro FERNANDES	5223	M	01:24:45	01:19:44	07:59	00:38:40	
8099	Marco PEREIRA	14145	M	01:24:46	01:20:35	08:04	00:39:09	Construténis de Fernando Ralheta
8100	Francisco SEBASTIÃO	85	M	01:24:50	01:20:38	08:04	00:39:45	
8101	Paulo Jorge Silva MARÇAL	14205	M	01:24:50	01:20:35	08:04	00:38:55	RAIL RUNNERS
8102	Fatima Jesus SIMÕES	12195	F	01:24:53	01:19:12	07:56	00:35:46	
8103	João SALAZAR	3684	M	01:24:57	01:21:32	08:10	00:39:18	
8104	João Bernardo SALAZAR	338	M	01:24:58	01:21:32	08:10	00:39:17	
8105	Tita ROMÃO	867	F	01:24:59	01:20:05	08:01	00:39:04	Clube do Stress
8106	Ana SIMÕES	7990	F	01:25:00	01:19:15	07:56	00:35:42	
8107	Hugo GUERRA	2958	M	01:25:02	01:21:56	08:12	00:38:09	
8108	Valério Henrique NUNES PAULINO	9306	M	01:25:03	01:21:56	08:12	00:38:09	
8109	Camila MORAIS	8304	F	01:25:04	01:19:02	07:55	00:40:27	
8110	Susana PEREIRA	13710	F	01:25:05	01:18:33	07:52	00:38:23	
8111	Paulo PEREIRA	4731	M	01:25:05	01:18:34	07:52	00:38:23	
8112	Vera GARCIA	1694	F	01:25:05	01:19:37	07:58	00:38:38	
8113	Susana MACHADO	1726	F	01:25:06	01:19:37	07:58	00:38:38	
8114	Vanda MENDES	1695	F	01:25:06	01:19:37	07:58	00:38:38	
8115	José Manuel LAGOA LOPES	4675	M	01:25:06	01:21:11	08:08	00:39:27	
8116	Susana Sofia NEGRÃO CAMPOS PAULINO	7883	F	01:25:07	01:22:01	08:13	00:38:10	
8117	Luisa PINHO	13975	F	01:25:08	01:24:05	08:25	00:38:05	Linda-a-Pastora Sporting Clube
8118	Inês ALVES	1159	F	01:25:12	01:21:22	08:09	00:43:01	
8119	Paulo ALVES	2828	M	01:25:12	01:21:22	08:09	00:43:02	
8120	Ana Catarina De Almeida Marques PINA	7624	F	01:25:12	01:10:50	07:05	00:34:28	
8121	Elsa BORBINHA	12010	F	01:25:13	01:21:02	08:07	00:39:47	
8122	Sandra FIGUEIREDO	12328	F	01:25:15	01:21:48	08:11	00:42:48	
8123	José SANTOS	12614	M	01:25:17	01:25:17	08:32		Clube Desportivo do Arneiro
8124	Luis AMORIM	11234	M	01:25:17	01:21:18	08:08	00:38:07	
8125	Jorge SOUSA	2578	M	01:25:17	01:21:19	08:08	00:38:09	Serviços Sociais Montepio Geral
8126	Carlos César Ferreira ALMEIDA	4950	M	01:25:19	01:11:10	07:07	00:36:00	
8127	João Miguel Vaz ELOY	11498	M	01:25:20	01:11:12	07:08	00:36:01	
8128	Fatima Cristina SOUZA	12169	F	01:25:20	01:20:35	08:04	00:39:26	
8129	Paula MARIANO	8260	F	01:25:24	01:21:33	08:10	00:39:05	
8130	Maria Fernanda GRAÇA	12188	F	01:25:26	01:21:14	08:08	00:39:23	
8131	Alice CUNHA	800	F	01:25:28	01:21:40	08:10	00:35:22	
8132	Patricia AMARO JÚLIO	7965	F	01:25:28	01:21:43	08:11	00:40:59	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8133	Celia Maria CATARINO	7997	F	01:25:31	01:20:53	08:06	00:39:37	
8134	Manuel DIMAS MANTEIGA	3425	M	01:25:31	01:20:53	08:06	00:39:37	
8135	Bruno SOARES	3477	M	01:25:31	01:21:11	08:08	00:44:16	
8136	Catarina ÂNGELO	13662	F	01:25:32	01:20:11	08:02	00:39:27	CP
8137	Diogo FLORINDO	9314	M	01:25:33	01:22:30	08:15	00:40:23	
8138	Liliana MOREIRA	12151	F	01:25:33	01:22:30	08:15	00:40:24	
8139	Maria Arlette PONTES	8376	F	01:25:33	01:24:00	08:24	00:39:34	
8140	Mário Jorge PIRES	12876	M	01:25:36	01:24:31	08:28	00:40:48	
8141	Luís EIRAS	8933	M	01:25:36	01:19:57	08:00	00:39:18	CORPUS QDF
8142	Maria Prazeres SANTOS	12291	F	01:25:39	01:22:21	08:15	00:39:32	
8143	Olimpia Antunes Leitão ALMEIDA	8189	F	01:25:39	01:20:41	08:05	00:39:16	
8144	Paula RODRIGUES	1996	F	01:25:40	01:19:54	08:00	00:38:49	
8145	Nuno ALVES	2662	M	01:25:42	01:20:02	08:01	00:29:33	CORPUS QDF
8146	Vasco Manuel Tavares NARCISO	10301	M	01:25:45	01:21:23	08:09	00:40:12	
8147	Paula Alexandra RIBEIRO DE PROENÇA ADÃO	1737	F	01:25:45	01:21:23	08:09	00:40:15	
8148	Carla FARINHA SILVA	8221	F	01:25:45	01:21:22	08:09	00:40:11	
8149	Sandra Cristina SIMÃO SEVERINO	8075	F	01:25:45	01:21:22	08:09	00:40:12	
8150	Pedro FERREIRA	8495	M	01:25:45	01:21:01	08:07	00:38:46	
8151	Generosa RESENDE	1224	F	01:25:46	01:21:02	08:07	00:38:46	
8152	Rogério Paulo BARREIRA PINTO	10353	M	01:25:53	01:23:37	08:22	00:41:08	
8153	Florinda Jesus Fernan PEREIRA	973	F	01:25:54	01:20:55	08:06	00:41:34	
8154	Marta ELIAS	7761	F	01:26:02	01:23:20	08:20	00:39:41	
8155	Isabel OCHOA	12192	F	01:26:02	01:23:21	08:21	00:39:41	
8156	Sergio Manuel DUARTE RAPOSEIRA	10357	M	01:26:03	01:20:37	08:04	00:38:31	
8157	Tiago POCINHO	13583	M	01:26:07	01:19:44	07:59	00:37:47	
8158	José Sebastião Pereira GASPAR	3492	M	01:26:08	01:21:00	08:06	00:39:38	
8159	Carla CALISTO	1061	F	01:26:09	01:22:07	08:13	00:39:53	
8160	Elsa FONSECA	12271	F	01:26:12	01:19:18	07:56	00:39:19	
8161	Helena OLIVEIRA	12180	F	01:26:15	01:19:43	07:59	00:39:36	Clube do Stress
8162	Sofia Alexandra GASPAR GARCIA	13656	F	01:26:16	01:20:27	08:03	00:39:07	
8163	Rui FERNANDES FALE	2217	M	01:26:17	01:20:55	08:06	00:38:06	
8164	Susana BRITO	7582	F	01:26:17	01:25:56	08:36	00:40:29	NUCLEOEIRAS/SPORTZONE
8165	Elsa Margarida Lopes ALCOBIA	13692	F	01:26:18	01:24:09	08:25	00:37:47	
8166	Maria Helena COELHO	14143	F	01:26:18	01:22:06	08:13	00:39:12	Construténis de Fernando Ralheta
8167	Silvina PEREIRA	14147	F	01:26:19	01:22:06	08:13	00:39:12	Construténis de Fernando Ralheta
8168	Susana OLIVEIRA	7463	F	01:26:19	01:22:01	08:13	00:40:41	
8169	Rui LOPES	13016	M	01:26:20	01:21:10	08:07	00:37:53	
8170	Carla Susana F. MARQUES CALADO	925	F	01:26:21	01:23:39	08:22	00:42:46	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8171	José Fernando R. PEREIRA CALADO	12789	M	01:26:22	01:23:41	08:23	00:42:49	
8172	Paulo BERNARDO	12765	M	01:26:23	01:26:23	08:39	00:59:50	
8173	Pedro OLIVEIRA	2730	M	01:26:23	01:17:33	07:46	00:36:44	CCD Segurança Social Lisboa
8174	Telma SANTOS	1032	F	01:26:23	01:17:34	07:46	00:37:29	
8175	Marisa ANTUNES	1699	F	01:26:26	01:23:18	08:20	00:43:17	
8176	António SILVA	13064	M	01:26:32	01:25:13	08:32	00:42:09	
8177	Rebecca RODGERS	809	F	01:26:33	01:20:51	08:06	00:40:47	
8178	David PINA	10955	M	01:26:42	01:21:23	08:09	00:40:09	
8179	Fernando Antonio MONTEIRO DE AZEVEDO	9108	M	01:26:42	01:24:43	08:29	00:40:29	
8180	Jose Carlos MATOS	9193	M	01:26:42	01:24:43	08:29	00:40:30	
8181	João Manuel PAIXÃO	12441	M	01:26:54	01:20:50	08:05	00:38:58	
8182	Francisco DUARTE COSTA	9360	M	01:26:57	01:11:30	07:09	00:36:37	
8183	Annemie VAN LEEUWEN	12194	F	01:26:59	01:23:30	08:21	00:35:47	
8184	Martelle BERTENS	12191	F	01:26:59	01:23:31	08:22	00:39:04	
8185	Ana Cristina HERMOSO SERRANO	12344	F	01:27:00	01:21:37	08:10	00:39:35	
8186	Eduardo SANTOS	10082	M	01:27:02	01:22:14	08:14	00:39:07	
8187	Luis Manuel MALHADO	9771	M	01:27:02	01:21:38	08:10	00:38:30	
8188	Marcela ZOROASTRO NUNES	1136	F	01:27:06	01:21:46	08:11	00:41:51	
8189	Margarida JESUS SILVA	12117	F	01:27:07	01:22:49	08:17	00:40:46	
8190	Carla FONSECA	12068	F	01:27:07	01:20:13	08:02	00:36:35	
8191	Paula JERONIMO	7857	F	01:27:08	01:22:33	08:16	00:38:58	
8192	Nélia VIEGAS MARGARIDO	7539	F	01:27:10	01:24:28	08:27	00:43:23	Clube Millennium BCP
8193	Maria Isabel Graça ISABEL GRAÇA	8085	F	01:27:10	01:24:29	08:27	00:43:23	
8194	António LEITÃO	13338	M	01:27:11	01:24:07	08:25	00:35:58	
8195	Leopoldina MARTINS	1083	F	01:27:11	01:24:14	08:26	00:42:26	
8196	Rui CARMO	14088	M	01:27:11	01:24:15	08:26	00:42:27	Clube Grupo Desportivo BES
8197	Gonçalo GASPAR	3607	M	01:27:13	01:20:42	08:05	00:42:03	
8198	Martine GADANHO	8415	F	01:27:15	01:24:53	08:30	00:39:16	
8199	Pedro GONCALVES	10770	M	01:27:15	01:24:54	08:30	00:37:19	
8200	Bruno Miguel FERREIRA	3501	M	01:27:19	01:23:52	08:24	00:38:23	
8201	Patricia FERREIRA	1618	F	01:27:20	01:23:52	08:24	00:38:50	
8202	Patricia Raquel FERNANDES	2031	F	01:27:20	01:25:20	08:32	00:41:52	
8203	Susana Isabel GANDUM SEMEDO	2017	F	01:27:20	01:25:20	08:32	00:41:52	
8204	Manuela Calhau MARTINS VAZ	7666	F	01:27:24	01:24:47	08:29	00:41:42	Sierra Portugal
8205	António Domingos MONTEIRO PINHEIRO	13817	M	01:27:27	01:23:45	08:23	00:38:06	Pepsico Portugal
8206	João CANTEIRO	2281	M	01:27:30	01:24:26	08:27	00:42:36	Açoreana clube Banif
8207	Dalva PEREIRA	7485	M	01:27:30	01:24:03	08:25	00:41:27	Continente
8208	Pedro GONÇALVES	13125	M	01:27:32	01:23:06	08:19	00:40:01	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8209	Anna DIAS DA COSTA	1388	F	01:27:33	01:21:51	08:12	00:40:46	St. Julians School
8210	Ana Margarida SUAREZ	12184	F	01:27:34	01:23:02	08:19	00:40:34	
8211	Miguel GAYOSO SUAREZ	9859	M	01:27:34	01:23:02	08:19	00:40:33	
8212	Patricia BERNARDO	12340	F	01:27:36	01:22:18	08:14	00:40:13	
8213	Rita FORTUNA MORA	12000	F	01:27:37	01:21:54	08:12	00:40:45	
8214	Filipa DA SILVA DUARTE	7547	F	01:27:38	01:21:55	08:12	00:40:45	
8215	Vanda ANTUNES	1078	F	01:27:40	01:24:24	08:27	00:40:12	
8216	Otilia CAMPOS	7475	M	01:27:42	01:26:22	08:39	00:42:51	Refer
8217	Ana SOUSA	1194	F	01:27:43	01:22:26	08:15	00:40:02	
8218	Mónica Alexandra SIMÕES AMARAL DIAS	1745	F	01:27:44	01:24:36	08:28	00:43:58	
8219	Manuel Maria TEIXEIRA DUARTE	12426	M	01:27:44	01:21:09	08:07	00:44:09	Clube do Stress
8220	António Manuel FÉLIX VICENTE	3251	M	01:27:44	01:17:16	07:44	00:42:03	
8221	Luis PIOLTY	12730	M	01:27:50	01:23:15	08:20	00:42:59	
8222	Luís LOURO	9531	M	01:27:52	01:22:46	08:17	00:36:57	
8223	Ana FARIA	7971	F	01:27:53	01:21:21	08:09	00:42:01	
8224	Simone LACKNER	13689	F	01:27:55	01:25:15	08:32	00:43:13	
8225	Alexander SOMMERHUBER	4761	M	01:27:55	01:25:15	08:32	00:43:13	
8226	Vanda BARBOSA	1025	F	01:27:59	01:24:56	08:30	00:43:42	
8227	Vanessa VIANA	8113	F	01:27:59	01:22:17	08:14	00:40:00	
8228	Renata SILVA	12356	F	01:28:00	01:26:36	08:40	00:42:30	
8229	Joaquim Monteiro BARBOSA	11290	M	01:28:03	01:23:23	08:21	00:44:22	
8230	Afonso Miguel Marques Trindade TRINDADE	9312	M	01:28:04	01:24:41	08:29	00:45:17	
8231	Rafaela Maria Dias HAGATONG MATOS	1953	F	01:28:05	01:25:27	08:33	00:42:05	
8232	Maria Joao POMBO	8262	F	01:28:06	01:23:37	08:22	00:42:13	
8233	Adolfo ROMANO	10635	M	01:28:08	01:24:34	08:28	00:43:31	
8234	Jose VELHA	12845	M	01:28:10	01:23:21	08:21	00:38:19	
8235	Joana COIMBRA	1012	F	01:28:16	01:22:59	08:18	00:40:28	Sierra Portugal
8236	Sara Marisa Pires ANDRÉ	786	F	01:28:16	01:22:27	08:15	00:40:06	
8237	Paula Dos Santos PIRES	794	F	01:28:16	01:22:27	08:15	00:40:06	
8238	Pedro Miguel GEADA	2144	M	01:28:18	01:25:16	08:32	00:40:07	Clube Millennium BCP
8239	Catarina REIS	13822	F	01:28:18	01:22:53	08:18	00:47:11	Pepsico Portugal
8240	Isabel Sofia MACHADO EUSÉBIO	7740	F	01:28:18	01:24:09	08:25	00:39:25	
8241	Cristina LOPES	945	F	01:28:25	01:27:13	08:44	00:42:58	Grupo Desportivo Roche
8242	Fátima FARIA	7499	F	01:28:25	01:27:13	08:44	00:42:58	Grupo Desportivo Roche
8243	Rui GUIMARÃES	2472	M	01:28:25	01:27:11	08:44	00:42:56	Grupo Desportivo Roche
8244	Patricia Isabel LOPES	1172	F	01:28:26	01:25:08	08:31	00:39:12	
8245	Maria Fernanda COSTA OLIVEIRA	8406	F	01:28:27	01:26:00	08:36	00:44:14	
8246	Ana TIAGO	1587	F	01:28:30	01:23:09	08:19	00:39:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8247	Paulo FERNANDES	14278	M	01:28:35	01:23:51	08:24	00:40:55	
8248	Manuela CRUZ	14279	F	01:28:36	01:23:52	08:24	00:40:55	
8249	Lúcia CANTEIRO	7565	F	01:28:37	01:25:33	08:34	00:42:37	Açoreana clube Banif
8250	Leandro ANTUNES	10168	M	01:28:38	01:22:14	08:14	00:40:30	
8251	António CARDOSO	12913	M	01:28:38	01:22:14	08:14	00:40:30	
8252	Elsa Paula MAGALHÃES JANEIRO MENDES RIBEIRO	12216	F	01:28:42	01:24:07	08:25	00:40:40	
8253	Maria Lurdes ALVES SANTOS GOMES DA SILVA	12013	F	01:28:43	01:24:45	08:29	00:40:29	
8254	Manuel FERREIRA	12406	M	01:28:45	01:26:42	08:41	00:41:20	Serviços Sociais Montepio Geral
8255	Ana BAETA	14142	F	01:28:52	01:26:17	08:38	00:43:55	Construténis de Fernando Ralheta
8256	Luis Miguel GEADA	2115	M	01:28:57	01:25:55	08:36	00:40:06	Clube Millennium BCP
8257	Diogo MARQUES	10325	M	01:28:58	01:23:07	08:19	00:39:22	
8258	Sandra ALMEIDA	8044	F	01:28:59	01:24:27	08:27	00:47:57	
8259	Cristina PIMENTA	7623	F	01:28:59	01:24:27	08:27	00:47:57	
8260	Carla Maria CUNHA CATARINO	12115	F	01:29:02	01:25:40	08:34	00:41:46	
8261	Rita MARQUILHAS	810	F	01:29:02	01:27:21	08:45	00:40:08	
8262	João Paulo LOURENÇO	85860	M	01:29:04	01:26:34	08:40	00:42:31	Clube Millennium BCP
8263	Jorge Miguel FRAGOSO	8659	M	01:29:06	01:25:44	08:35	00:41:26	Serviços Sociais da CGD
8264	André GARCIA	314	M	01:29:08	01:25:33	08:34	00:38:58	
8265	Luis GARCIA	13280	M	01:29:08	01:25:32	08:34	00:38:57	
8266	Ana Filipa RIBEIRO	1292	F	01:29:09	01:22:12	08:14	00:41:20	
8267	Sérgio HONRADO	2982	M	01:29:10	01:22:13	08:14	00:40:48	
8268	João MIMOSO	12465	M	01:29:11	01:25:42	08:35	00:42:27	
8269	Sara BARBOSA	7952	F	01:29:11	01:24:00	08:24	00:41:30	
8270	Alfredo FACHADA	12558	M	01:29:11	01:24:00	08:24	00:41:30	
8271	Rita TINOCO MAGALHÃES	1301	F	01:29:11	01:24:00	08:24	00:41:30	
8272	Patrícia TINOCO DE FARIA	1279	F	01:29:11	01:24:01	08:25	00:41:30	
8273	Dália MIMOSO	1548	F	01:29:11	01:25:43	08:35	00:42:27	
8274	Luis Carlos PRASSER	12678	M	01:29:12	01:27:14	08:44	00:43:27	
8275	Fernanda MATA	8201	F	01:29:13	01:26:16	08:38	00:42:38	
8276	Vera Lucia ALVES SANTOS	7558	F	01:29:14	01:24:19	08:26	00:41:39	
8277	Pedro COSTA	13132	M	01:29:14	01:19:49	07:59	00:37:37	
8278	António JESUS	377	M	01:29:15	01:27:30	08:45	00:42:31	
8279	Mariana FERREIRA MONTALVÃO E SILVA	12341	F	01:29:15	01:26:01	08:37	00:42:10	
8280	Simon Backhouse SIMON	2564	M	01:29:19	01:21:19	08:08	00:39:18	
8281	Teresa MATOSO	14093	F	01:29:19	01:26:40	08:40	00:41:46	Clube Grupo Desportivo BES
8282	Pedro CRUZ	9547	M	01:29:19	01:26:59	08:42	00:39:27	
8283	Antonio Jose NABAIS	13374	M	01:29:23	01:24:07	08:25	00:43:24	
8284	Mónica Maria LOPES CABRITO DINIZ BAPTISTA	749	F	01:29:35	01:26:41	08:41	00:42:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8285	Luis Filipe DINIZ BAPTISTA	13588	M	01:29:35	01:26:41	08:41	00:42:22	
8286	Ana Rita RODRIGUES	986	F	01:29:36	01:24:34	08:28	00:41:22	
8287	Ana Joao Roque MARQUES	963	F	01:29:38	01:24:36	08:28	00:41:23	
8288	Sérgio SILVA	12645	M	01:29:38	01:23:46	08:23	00:42:24	Os Amigos Do Atletismo De Avis
8289	Luísa CABRAL MENEZES	137	F	01:29:44	01:24:16	08:26	00:40:50	
8290	Margarida FREITAS	1643	F	01:29:55	01:26:35	08:40	00:45:48	
8291	Maria João LOURENÇO	7363	F	01:29:55	01:27:26	08:45	00:42:33	Clube Millennium BCP
8292	Maria Carmo RODRIGUES	7373	F	01:29:57	01:26:28	08:39	00:41:01	Clube Millennium BCP
8293	Isabel CRESPO	7413	F	01:29:57	01:25:20	08:32	00:38:17	G.R.D. "Os Fixes"
8294	Noemia COELHO	7411	F	01:29:57	01:25:20	08:32	00:38:18	G.R.D. "Os Fixes"
8295	Susana FREITAS	12179	F	01:29:59	01:26:40	08:40	00:45:48	
8296	Cristina Maria Costa Ferreira RODRIGUES	7703	F	01:30:01	01:24:49	08:29	00:41:45	
8297	Francisco BOTELHO CARLOS	4697	M	01:30:03	01:26:10	08:37	00:41:14	
8298	Ana Alexandra LOPES	7594	F	01:30:03	01:26:09	08:37	00:41:14	
8299	Adriana COSTA	13684	F	01:30:03	01:26:52	08:42	00:42:52	
8300	António Manuel MONTEIRO GESTEIRA	9564	M	01:30:04	01:27:50	08:47	00:42:45	
8301	Sandra Sofia SANTOS	8149	F	01:30:08	01:28:54	08:54	00:42:59	
8302	Ricardo SIMÕES SANTOS	12609	M	01:30:09	01:23:21	08:21	00:41:13	AGAP2
8303	Luisa DIAS	8014	F	01:30:09	01:27:07	08:43	00:43:43	
8304	Marisa Isabel OLIVEIRA	1789	F	01:30:09	01:28:56	08:54	00:43:00	
8305	Rui ALVES	9571	M	01:30:13	01:27:59	08:48	00:42:44	
8306	Andreia Cristina NUNES PALMEIRÃO	7629	F	01:30:14	01:23:30	08:21	00:41:07	
8307	Sérgio Eduardo SILVA	10622	M	01:30:15	01:27:18	08:44	00:43:00	
8308	Constantino RODRIGUES	12720	M	01:30:16	01:28:02	08:49	00:42:44	
8309	Ana Isabel TEIXEIRA FERREIRA	8339	F	01:30:18	01:27:05	08:43	00:42:18	
8310	José DIONÍSIO	12866	M	01:30:21	01:25:20	08:32	00:44:16	
8311	Raquel DIONÍSIO	1778	F	01:30:22	01:25:21	08:33	00:44:17	
8312	Joao CORREIA	5016	M	01:30:22	01:27:33	08:46	00:44:30	
8313	Sandra HENRIQUES	836	F	01:30:26	01:27:37	08:46	00:44:31	
8314	Ana FANECA	12005	F	01:30:31	01:30:31	09:04	00:40:30	
8315	Emília MARTINS	7484	F	01:30:32	01:29:12	08:56	00:42:49	CCD Sintrense
8316	Sandra OLIVEIRA	8071	F	01:30:34	01:27:03	08:43	00:43:37	
8317	Paula ARRUDA	7479	F	01:30:41	01:28:02	08:49	00:42:27	CCD Sintrense
8318	João DURÃO	4897	M	01:30:42	01:25:41	08:35	00:40:03	
8319	Ricardo FREITAS	4906	M	01:30:42	01:25:41	08:35	00:40:02	
8320	Nuno MESTRE	11260	M	01:30:42	01:25:42	08:35	00:40:04	
8321	Casimiro OLIVEIRA	10902	M	01:30:43	01:30:43	09:05		
8322	Vítor GONÇALVES	9213	M	01:30:43	01:28:46	08:53	00:44:23	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8323	Carla LIMA	8313	F	01:30:43	01:28:46	08:53	00:44:24	
8324	Helder Santos Almeida ALMEIDA	3822	M	01:30:44	01:27:03	08:43	00:45:29	
8325	Otilia OLIVEIRA	12063	F	01:30:45	01:30:45	09:05		
8326	Maria Alice Pereira RAMOS	1000	F	01:30:46	01:28:10	08:49	00:42:46	
8327	Lina MENDES	12282	F	01:30:48	01:26:59	08:42	00:43:40	
8328	Clara JULIO	12093	F	01:30:48	01:26:59	08:42	00:43:41	
8329	Joana CABRITA AFONSO	8343	F	01:30:50	01:24:58	08:30	00:41:50	
8330	José TANQUEIRO	2603	M	01:30:57	01:24:25	08:27	00:40:58	
8331	Maria Paula TANQUEIRO	7976	F	01:30:57	01:24:25	08:27	00:40:58	
8332	Maria João GURRIANA	7354	M	01:30:59	01:28:38	08:52	00:44:09	Casa do Pessoal Estradas de Portugal
8333	Ana Luisa SÁ PEREIRA	7608	F	01:30:59	01:28:38	08:52	00:44:09	Casa do Pessoal Estradas de Portugal
8334	Inês FERREIRA	12363	F	01:30:59	01:30:16	09:02	00:45:54	
8335	Paulo Jorge AMORIM	12891	M	01:31:07	01:25:18	08:32	00:44:34	
8336	Andreia Sofia LOBO SANTOS	2044	F	01:31:09	01:24:47	08:29	00:41:11	
8337	Alexandra RODRIGUES	813	F	01:31:10	01:24:47	08:29	00:41:11	
8338	Carlos Alberto ANSELMO LAPA	4092	M	01:31:11	01:26:01	08:37	00:43:17	
8339	Ana Paula VARELA DUARTE LAPA	8305	F	01:31:11	01:26:01	08:37	00:43:16	
8340	Maria De Fátima CORREIA MENDES	1130	F	01:31:12	01:24:50	08:29	00:41:12	
8341	Elisa ALVES	7600	F	01:31:14	01:25:41	08:35	00:26:26	Serviços Sociais da CGD
8342	Ana Maria ALVAREZ	8009	F	01:31:17	01:26:14	08:38	00:42:54	
8343	Vitor ALVES	10565	M	01:31:21	01:25:33	08:34	00:41:37	
8344	Maria Emilia MARCELINO BALTAZAR	7639	F	01:31:24	01:28:51	08:54	00:43:07	
8345	Mafalda Sofia AZEVEDO PINTO DUARTE COSTA	12187	F	01:31:24	01:15:56	07:36	00:36:43	
8346	Filipa QUEIROS	12076	F	01:31:29	01:24:43	08:29	00:40:24	
8347	Carina Susana FLORA	12260	F	01:31:29	01:29:09	08:55	00:42:55	
8348	Manuela Do Sameiro FIGUEIREDO CARDOSO	1412	F	01:31:30	01:25:05	08:31	00:40:56	
8349	Yanett Sulvan ROCHA FERNANDES	7834	F	01:31:30	01:25:05	08:31	00:40:56	
8350	Rosa PAULO	13878	F	01:31:35	01:26:54	08:42	00:42:11	Odebrecht / BPC
8351	Ana Maria CATARINO	7521	F	01:31:39	01:25:37	08:34	00:42:20	
8352	Sandra Maria Ferreira TAVARES	8021	F	01:31:40	01:30:12	09:02	00:43:37	
8353	Maria Das Dores FERREIRA	1507	F	01:31:44	01:28:28	08:51	00:41:01	
8354	Pedro NUNES	3197	M	01:31:45	01:23:55	08:24	00:45:47	
8355	Colin COOK	13265	M	01:31:49	01:25:04	08:31	00:41:00	
8356	Cidália ALMEIDA	8276	F	01:31:49	01:25:05	08:31	00:41:00	
8357	Susana OLIVEIRA	7627	F	01:31:52	01:25:28	08:33	00:42:45	
8358	Silvia DIOGO	7612	F	01:31:53	01:25:30	08:33	00:42:46	
8359	Pedro GONÇALVES	9328	M	01:31:53	01:25:29	08:33	00:42:45	
8360	Fernando TAVARES	9305	M	01:31:53	01:25:29	08:33	00:42:44	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8361	Fernanda SOBRAL	13879	F	01:31:54	01:26:32	08:40	00:40:56	Odebrecht / BPC
8362	Diana FERNANDES	13867	F	01:31:54	01:27:13	08:44	00:42:10	Odebrecht / BPC
8363	António Pavia ROSA	11643	M	01:31:56	01:28:31	08:52	00:41:38	
8364	Liliana VILELA	1839	F	01:32:06	01:29:32	08:58	00:42:00	
8365	Paula Cristina Conde MAIA	1318	F	01:32:11	01:32:00	09:12	00:44:57	
8366	Fernando António BENTO OLIVEIRA	9637	M	01:32:12	01:32:12	09:14		
8367	Herminia XADREZ QUARENTA	1285	F	01:32:12	01:29:37	08:58	00:44:23	
8368	Jose LAVADO	9725	M	01:32:16	01:27:24	08:45	00:43:07	
8369	Rui Pedro DE SÁ VALBOM	11515	M	01:32:25	01:17:19	07:44	00:39:17	
8370	Nuno MENDES	10857	M	01:32:28	01:27:28	08:45	00:43:32	
8371	Ana Rita MENDES	1852	F	01:32:29	01:27:28	08:45	00:43:33	
8372	José Luis LOPES CAPELA	322	M	01:32:30	01:28:05	08:49	00:43:15	Casa do Pessoal Estradas de Portugal
8373	Mariana TELLO SOUSA	8161	F	01:32:30	01:26:10	08:37	00:41:45	
8374	Maria Teresa LOPES CAPELA	1396	F	01:32:30	01:28:07	08:49	00:43:17	Casa do Pessoal Estradas de Portugal
8375	Fernanda FERREIRA	10307	F	01:32:30	01:26:10	08:37	00:41:45	
8376	Maria Luisa LOFGREM PATRICIO	7734	F	01:32:31	01:29:13	08:56	00:40:22	
8377	Andrea BARROS	1132	F	01:32:32	01:27:03	08:43	00:37:49	
8378	Nuno AGOSTO	9396	M	01:32:32	01:27:03	08:43	00:37:48	
8379	Jose Eduardo MOURA NEVES	9577	M	01:32:35	01:26:22	08:39	00:41:56	
8380	Ana Filipa DA FRANCA	8172	F	01:32:35	01:25:50	08:35	00:41:42	
8381	Maria Conceicao COSTA MOURA NEVES	7939	F	01:32:36	01:26:23	08:39	00:41:58	
8382	Antonio Jose NABAIS GASPAR	9550	M	01:32:43	01:30:09	09:01	00:41:37	
8383	Anabela SANTOS	1567	F	01:32:48	01:30:14	09:02	00:46:01	
8384	Joana PENÃO	1719	F	01:32:49	01:30:13	09:02	00:46:00	
8385	Ana MARTINS	7695	F	01:32:54	01:28:12	08:50	00:42:31	
8386	Maria Clara GOMES	7856	F	01:32:54	01:28:12	08:50	00:42:37	
8387	Armando SILVA	12676	M	01:32:55	01:32:32	09:16	00:47:43	Grupo Desportivo Cimpor
8388	Etelvina DUARTE	865	F	01:33:01	01:29:07	08:55	00:41:30	G.R.D. "Os Fixes"
8389	Perpetua OLIVEIRA	7414	F	01:33:01	01:26:12	08:38	00:38:33	G.R.D. "Os Fixes"
8390	Teresa PEREIRA	7391	F	01:33:06	01:28:29	08:51	00:38:21	Serviços Sociais da CGD
8391	Ilda PACHECO	12126	F	01:33:07	01:28:30	08:51		Serviços Sociais da CGD
8392	Sonia SUSTELO	1281	F	01:33:07	01:26:13	08:38	00:42:21	
8393	Maria LEOMARO	12259	M	01:33:09	01:30:49	09:05	00:43:13	Grupo Excursionista "Os Económicos"
8394	Ana Luísa VIEGAS MARTINS	8147	F	01:33:10	01:29:18	08:56	00:42:51	
8395	Susana Marina JESUS DE MELO	7743	F	01:33:11	01:27:44	08:47	00:40:38	
8396	Ana Isabel PEREIRA DA COSTA	1070	F	01:33:12	01:30:09	09:01	00:44:37	
8397	Maria Antonieta SANTOS	7364	F	01:33:12	01:30:09	09:01	00:44:37	Clube Millennium BCP
8398	Ana SANTOS	13857	F	01:33:12	01:28:31	08:52	00:42:15	Odebrecht / BPC

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8399	Conceição SANTOS	13859	F	01:33:12	01:28:31	08:52	00:42:15	Odebrecht / BPC
8400	Daniel BASTOS	9229	M	01:33:13	01:32:50	09:17	00:47:42	Grupo Desportivo Cimpor
8401	Isabel GALUCHO	8180	F	01:33:13	01:29:14	08:56	00:46:15	
8402	Filipa VIANA MACHADO	8427	F	01:33:15	01:30:31	09:04	00:43:51	
8403	Pedro TEIXEIRA DUARTE	8603	M	01:33:17	01:28:30	08:51	00:38:16	Clube do Stress
8404	Rosália Maria Galvão Marques Trindade TRINDADE	12294	F	01:33:17	01:29:54	09:00	00:45:16	
8405	Ana RAMALHO	1100	F	01:33:19	01:29:25	08:57	00:43:00	
8406	Maria Isabel GONÇALVES	14015	F	01:33:22	01:27:25	08:45	00:44:45	Gabinete de Fisioterapia no Desporto
8407	Ana SAMPAIO	12168	F	01:33:25	01:27:11	08:44	00:38:22	
8408	Brites JACINTO	8390	F	01:33:26	01:32:58	09:18	00:45:48	
8409	Gonçalo DUARTE	335	M	01:33:27	01:29:33	08:58	00:41:32	G.R.D. "Os Fixes"
8410	Charlotte MORTON	8047	F	01:33:32	01:29:07	08:55	00:42:14	
8411	Gustavo SIMÕES	13239	M	01:33:34	01:26:27	08:39	00:47:13	
8412	Carmen SILVESTRE	13568	F	01:33:37	01:27:58	08:48	00:45:33	
8413	Paula Alexandra NEVES	830	F	01:33:49	01:29:01	08:55	00:35:43	
8414	Alexandre Miguel PEREIRA DA SILVA	481	M	01:33:49	01:29:02	08:55	00:35:44	
8415	Angela Maria NUNES ALVES	1906	F	01:33:52	01:31:59	09:12	00:44:01	
8416	António José NETO	5052	M	01:33:53	01:30:25	09:03	00:42:47	
8417	Cristina GONÇALVES	1361	F	01:33:53	01:30:02	09:01	00:44:31	
8418	Adelina Carla FONSECA	1418	F	01:33:57	01:23:28	08:21	00:42:04	
8419	Pedro FERREIRA	11175	M	01:33:58	01:24:02	08:25	00:41:46	
8420	Beatriz ALVES	13687	F	01:33:58	01:24:02	08:25	00:41:46	
8421	Celeste PINTO	12273	F	01:33:59	01:32:27	09:15	00:45:51	
8422	Alberto ALMEIDA	12536	M	01:33:59	01:32:28	09:15	00:45:51	
8423	Lara SILVA	769	F	01:34:02	01:27:55	08:48	00:43:04	
8424	Isabel NOBRE	1097	F	01:34:04	01:28:01	08:49	00:41:45	
8425	Carla LUCAS	1727	F	01:34:14	01:29:41	08:59	00:44:13	
8426	Pedro FONSECA	5140	M	01:34:14	01:17:09	07:43	00:37:18	
8427	Andréa ZOROASTRO	940	F	01:34:17	01:28:57	08:54	00:42:22	
8428	Sofia ANTUNES	1465	F	01:34:22	01:29:44	08:59	00:44:18	
8429	Patricia MEDEIROS	12265	F	01:34:24	01:29:46	08:59	00:44:18	
8430	Leouogildo DUARTE GOMES	8648	M	01:34:29	01:27:11	08:44	00:42:31	Casa do Pessoal Estradas de Portugal
8431	Maria Angela DUARTE GOMES	7409	F	01:34:29	01:27:11	08:44	00:42:27	Casa do Pessoal Estradas de Portugal
8432	José Mario SANTOS RODRIGUES	2173	M	01:34:30	01:27:12	08:44	00:42:31	Casa do Pessoal Estradas de Portugal
8433	Ana FALCAO	8438	F	01:34:31	01:29:38	08:58	00:42:49	
8434	Laura DANIEL	12139	F	01:34:31	01:29:38	08:58	00:42:49	Atletismo Clube de Portalegre
8435	Catarina PESCA	7451	F	01:34:34	01:33:15	09:20	00:41:51	
8436	Carlos SANTOS	12960	M	01:34:38	01:32:14	09:14	00:45:48	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8437	Paulo DOMINGUES OLIVEIRA	13183	M	01:34:41	01:24:21	08:27	00:40:40	
8438	Inês COSTA	7938	F	01:34:42	01:33:21	09:21	00:44:20	
8439	Maria De Fátima COSTA GOMES	1023	F	01:34:43	01:30:06	09:01	00:44:34	
8440	Rui Filipe NORTON DOS SANTOS	4041	M	01:34:59	01:28:38	08:52	00:46:22	
8441	Sonia SEVIVAS	1862	F	01:35:00	01:29:38	08:58	00:44:17	
8442	Vanessa AREIAS	1864	F	01:35:00	01:29:39	08:58	00:44:16	
8443	António EDUARDO	12605	M	01:35:01	01:27:24	08:45	00:41:38	
8444	Odília EDUARDO	7606	F	01:35:03	01:27:26	08:45	00:41:42	
8445	Mariana OLIVEIRA	1861	F	01:35:07	01:29:46	08:59	00:44:17	
8446	Georgina RODRIGUES	12312	F	01:35:08	01:31:08	09:07	00:44:14	
8447	José Luís ROSA	12487	M	01:35:17	01:30:43	09:05	00:44:47	
8448	Angela VICENTE	8148	F	01:35:23	01:32:08	09:13	00:43:40	
8449	Mauro PULQUÉRIO	13010	M	01:35:24	01:32:07	09:13	00:43:39	
8450	Helena Paula COSTA	8084	F	01:35:26	01:30:16	09:02	00:45:42	
8451	Carla GOMES	972	F	01:35:29	01:31:54	09:12	00:48:09	
8452	Ana PIRES	7523	F	01:35:32	01:30:45	09:05	00:42:44	
8453	Sara SOUSA	1513	F	01:35:32	01:30:45	09:05	00:42:44	
8454	Mansy MOTTY	720	F	01:35:35	01:28:49	08:53	00:42:00	
8455	Cristina SOUZA	779	F	01:35:35	01:28:49	08:53	00:42:01	
8456	Marisa TAVEIRA	12284	F	01:35:35	01:31:59	09:12	00:47:51	
8457	Cláudia GOMES	1808	F	01:35:35	01:28:50	08:53	00:41:57	
8458	Sandra Cristina MARQUES CABRAL	13814	F	01:35:36	01:30:27	09:03	00:41:55	Pepsico Portugal
8459	Maria Augusta Baginha MARQUES	12266	F	01:35:36	01:30:27	09:03	00:41:56	
8460	Luís FERNANDES	2187	M	01:35:50	01:32:52	09:18	00:47:31	G.R.D. Ribeira da Lage
8461	Sandra RODRIGUES	7635	F	01:35:50	01:32:52	09:18	00:47:30	G.R.D. Ribeira da Lage
8462	Vinhais PEREIRA	12584	M	01:35:56	01:33:38	09:22	00:47:22	
8463	Rosa Maria Rodrigues CARDOSO DE MATOS	12311	F	01:35:57	01:32:40	09:16	00:44:44	
8464	Sónia COSTA	8235	F	01:36:05	01:34:34	09:28	00:45:16	
8465	Helena JOAQUIM	12050	F	01:36:05	01:34:34	09:28	00:45:16	
8466	Fátima MATOS	1244	F	01:36:17	01:30:14	09:02	00:41:00	Corridinha Para a Carola
8467	Vera ALEIXO	7653	F	01:36:17	01:30:14	09:02	00:40:59	Corridinha Para a Carola
8468	Ana Amélia Lucas Dos Santos TOMÁS	12026	F	01:36:17	01:32:05	09:13	00:45:32	
8469	Andreia SOEIMA	7794	F	01:36:17	01:30:15	09:02	00:41:00	Corridinha Para a Carola
8470	Celeste LEITÃO	1887	F	01:36:18	01:33:15	09:20	00:45:16	
8471	Luisa Gonçalves BAIRRO	1772	F	01:36:23	01:32:16	09:14	00:44:31	
8472	Maria Emília CATARINO	7928	F	01:36:24	01:31:42	09:11	00:45:29	
8473	Ana Sofia Dos Santos TOMÁS	7745	F	01:36:24	01:32:12	09:14	00:45:32	
8474	Rita CATARINO	1585	F	01:36:25	01:31:43	09:11	00:45:28	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8475	Maria Antónia AMBRÓSIO	1093	F	01:36:26	01:34:56	09:30	00:45:13	
8476	Virgílio José AMBRÓSIO	9438	M	01:36:27	01:34:57	09:30	00:45:15	
8477	Soraia RAMOS	7817	F	01:36:34	01:32:02	09:13	00:41:26 HP2	
8478	Ivone LOPES	7773	F	01:36:35	01:32:02	09:13	00:41:25 HP2	
8479	Pedro CLEMENTE	4062	M	01:36:37	01:31:07	09:07	00:45:06	
8480	João TRAVASSOS	11189	M	01:36:43	01:34:27	09:27	00:46:18	
8481	Ana Rita AGUILAR	7713	F	01:36:43	01:31:54	09:12	00:43:55	
8482	Eliana GRAÇA NOGUEIRA	12234	F	01:36:46	01:32:35	09:16	00:43:31	
8483	Cristina GOLDSBROUGH	7853	F	01:36:59	01:32:48	09:17	00:47:19	
8484	Gonçalo GUERRA	12788	M	01:37:01	01:31:33	09:10	00:44:06	
8485	Mabilia BARATA	8364	F	01:37:02	01:35:19	09:32	00:45:47	
8486	Ana Sofia SANTOS	7724	F	01:37:02	01:31:41	09:11	00:44:14	
8487	José PIEDADE	13141	M	01:37:03	01:35:04	09:31	00:46:59	
8488	Patricia MADUREIRA	1105	F	01:37:04	01:33:50	09:23	00:46:17	
8489	Nuno VULTOS	4938	M	01:37:05	01:33:50	09:23	00:46:27	
8490	Ana Madalena SILVA PINTO	12302	F	01:37:06	01:31:11	09:08	00:42:42	
8491	Arlen RONCOU	7672	F	01:37:13	01:31:39	09:10	00:45:58 CORPUS QDF	
8492	Zalinda CAMPILHO	1227	F	01:37:13	01:31:40	09:10	00:43:39 CORPUS QDF	
8493	João Pedro FILIPE CARDOSO	4262	M	01:37:19	01:33:37	09:22	00:41:52	
8494	Maria Da Conceição FONSECA SIMÕES MOURATO	8212	F	01:37:19	01:35:06	09:31	00:46:06	
8495	Ana Maria TAVARES	8422	F	01:37:19	01:35:06	09:31	00:46:07	
8496	Maria Isabel SANTOS	13665	F	01:37:21	01:32:40	09:16	00:43:00	
8497	André MESTRE	4953	M	01:37:22	01:31:15	09:08	00:45:01	
8498	Patricia SANTOS	698	F	01:37:22	01:31:16	09:08	00:45:02	
8499	António Carlos TEIXERIA DUARTE	2141	M	01:37:25	01:32:31	09:16	00:46:32 Clube do Stress	
8500	Madalena TEIXEIRA DUARTE	868	F	01:37:25	01:32:31	09:16	00:46:32 Clube do Stress	
8501	Silvia TEIXEIRA DUARTE	7369	F	01:37:25	01:32:32	09:16	00:46:32 Clube do Stress	
8502	Teresa MENEZES RAIMUNDO	880	F	01:37:25	01:32:31	09:16	00:47:11 Clube do Stress	
8503	Carla ANTUNES	1985	F	01:37:40	01:31:47	09:11	00:43:27	
8504	Henrique CANIÇA	4943	M	01:37:40	01:31:48	09:11	00:43:28	
8505	Andreia TELO MAJOR	1120	F	01:37:43	01:36:04	09:37	00:45:14	
8506	Tiago MARREIROS PILÓ	8900	M	01:37:43	01:36:04	09:37	00:45:14	
8507	Elisabete ANDRADE SILVA	13693	F	01:37:49	01:31:41	09:11	00:43:03	
8508	Cristina Maria Dias HAGATONG	13694	F	01:37:49	01:35:12	09:32	00:46:48	
8509	Cláudia GRILO	8186	F	01:37:53	01:33:54	09:24	00:46:15	
8510	Filipa COLAÇO	8028	F	01:37:56	01:32:27	09:15	00:45:07	
8511	Cátia SARMENTO	1734	F	01:37:56	01:33:06	09:19	00:43:37	
8512	Maria Ines ALVES DE SOUSA	8010	F	01:37:56	01:32:27	09:15	00:45:07	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8513	Amanda MARQUES GONÇALVES BOTAS	12108	F	01:37:58	01:31:37	09:10	00:46:23	
8514	Ernesto António SILVA LOURENÇO	13028	M	01:37:58	01:31:37	09:10	00:46:23	
8515	Marisa APOLINÁRIO	1982	F	01:38:11	01:29:14	08:56	00:43:41	
8516	Ana Maria GRACIO PINTO	8274	F	01:38:14	01:34:52	09:30	00:44:49	
8517	Monica MONTEIRO	8289	F	01:38:14	01:34:53	09:30	00:44:49	
8518	Ana Sofia CORREIA GONÇALVES	12304	F	01:38:15	01:34:15	09:26	00:45:38	
8519	Juliana MIMOSO	13631	F	01:38:15	01:29:17	08:56	00:43:41	
8520	Mafalda OLIVEIRA	13880	F	01:38:26	01:35:18	09:32	00:45:10	Odebrecht / BPC
8521	Diogo André MARTINS GARCIA	430	M	01:38:28	01:32:59	09:18	00:47:08	
8522	Carla Sofia FERNANDES GARCIA	1101	F	01:38:28	01:33:00	09:18	00:47:08	
8523	Maria HELENA	13871	F	01:38:29	01:35:21	09:33	00:45:10	Odebrecht / BPC
8524	Jose Carlos CORREIA	9890	M	01:38:30	01:32:30	09:15	00:46:06	
8525	Margarida CORREIA	7847	F	01:38:30	01:32:31	09:16	00:46:07	
8526	Tiago BARROS	8779	M	01:38:40	01:33:06	09:19	00:48:17	Sierra Portugal
8527	Catarina ABREU MADEIRA TEIXEIRA ABREU	7573	F	01:38:41	01:33:47	09:23	00:46:28	Açoreana clube Banif
8528	Virginia Maria GUEDES	12309	F	01:38:55	01:36:23	09:39	00:47:39	
8529	Fernanda FIGUEIRA SEABRA SUCENA	7555	F	01:38:55	01:36:24	09:39	00:47:39	
8530	Paulo BAILÃO	2309	M	01:38:57	01:35:58	09:36	00:49:01	Serviços Sociais da CGD
8531	Nídia BAILÃO	7642	F	01:38:57	01:35:58	09:36	00:49:01	Serviços Sociais da CGD
8532	Maria João CORREIA	12840	F	01:39:02	01:37:47	09:47	00:47:08	
8533	Tânia PATROCÓNIO	2040	F	01:39:02	01:33:54	09:24	00:45:55	
8534	Rute MONTENEGRO	1935	F	01:39:02	01:33:54	09:24	00:45:54	
8535	Graça Rodrigues ANDRÉ PINHEIRO	13805	F	01:39:06	01:35:27	09:33	00:44:04	Pepsico Portugal
8536	Maria Beatriz PEIXOTO	2021	F	01:39:07	01:34:13	09:26	00:47:14	
8537	Veronica MARTINS	7948	F	01:39:09	01:32:31	09:16	00:45:16	
8538	Luis GOMES	9638	M	01:39:15	01:34:49	09:29	00:48:22	
8539	Pedro TEIXEIRA DUARTE	2160	M	01:39:17	01:34:22	09:27	00:45:49	Clube do Stress
8540	Ana ALBUQUERQUE	1639	F	01:39:26	01:33:27	09:21	00:46:21	
8541	Inácia Isabel COSTA SOBRAL ASCNSÃO	8060	F	01:39:26	01:33:27	09:21	00:46:22	
8542	Vasco Jorge VENTURA PEREIRA	12818	M	01:39:27	01:37:47	09:47	00:47:48	
8543	Bernardo MAIA	10160	M	01:39:31	01:35:31	09:34	00:44:48	
8544	Sara DIAS	673	F	01:39:31	01:39:21	09:57	00:36:09	NUCLEOEIRAS/SPORTZONE
8545	Diana DUARTE	1728	F	01:39:31	01:35:32	09:34	00:44:49	
8546	Odília GOMES	676	F	01:39:31	01:39:11	09:56	00:33:51	NUCLEOEIRAS/SPORTZONE
8547	Maria Lourdes CARVALHO	8380	F	01:39:33	01:35:56	09:36	00:47:03	
8548	Maria João CARVALHO	13581	F	01:39:33	01:35:57	09:36	00:47:04	
8549	João CARLOS	11397	M	01:39:38	01:38:58	09:54	00:41:33	
8550	Alexandra Guerreiro COSTA	12325	F	01:39:49	01:36:44	09:41	00:45:30	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8551	Maria Miquelina PARDAL	982	F	01:39:55	01:37:38	09:46	00:49:38	
8552	Diogo Ferreira Sousa LOUREIRO	3556	M	01:39:57	01:35:43	09:35	00:47:35	
8553	Ana Filipa Dos Santos TOMÁS	7751	F	01:39:57	01:35:44	09:35	00:47:36	
8554	Mariana COSTA	8065	F	01:39:57	01:33:46	09:23	00:44:39	
8555	Ana Paula LINDO	8300	F	01:39:57	01:33:46	09:23	00:44:38	
8556	Ana Margarida LEITE	742	F	01:40:01	01:33:53	09:24	00:45:10	
8557	Maria Zita GUERRA	12123	F	01:40:07	01:37:41	09:47	00:47:21	Sierra Portugal
8558	Patricia SILVA	7592	F	01:40:10	01:34:21	09:27	00:46:39	
8559	Hugo TACÃO	13632	M	01:40:16	01:35:15	09:32	00:45:47	
8560	Joana GOUVEIA	13638	F	01:40:16	01:35:15	09:32	00:45:48	
8561	Luisa PALMEIRA	12162	F	01:40:27	01:37:50	09:47	00:45:38	
8562	Carolina CAPUCHO PEREIRA	12338	F	01:40:28	01:37:51	09:48	00:45:39	
8563	Pilar FRAGUIO	7633	F	01:40:30	01:34:23	09:27	00:47:18	
8564	Maria De Fatima RIBEIRO SANTOS	1469	M	01:40:34	01:37:33	09:46	00:47:51	
8565	Cristina CARVALHO	12148	F	01:40:36	01:37:10	09:43	00:46:33	Tabaqueira
8566	Maria Fernanda De Jesus Chambel Margarido BATALHA	12014	F	01:40:41	01:38:52	09:54	00:46:03	
8567	Andreia Inês CHAMBEL BATALHA	7575	F	01:40:41	01:38:53	09:54	00:46:04	Açoreana clube Banif
8568	Ana Cristina BORGES QUEIROZ	12118	F	01:41:01	01:37:37	09:46	00:51:08	
8569	Luis Da Graça Semedo SEMEDO	13020	M	01:41:08	01:34:59	09:30	00:46:14	
8570	Alexandra FERREIRA	8350	F	01:41:10	01:36:10	09:37	00:48:15	
8571	Carla BASTOS	8355	F	01:41:10	01:36:10	09:37	00:48:15	
8572	Luis MARQUES	11094	M	01:41:13	01:34:47	09:29	00:46:32	
8573	José Pedro PINTO DE ALMEIDA RODRIGUES	9557	M	01:41:13	01:34:47	09:29	00:46:32	
8574	Sandra FERNANDES	1736	F	01:41:23	01:34:36	09:28	00:49:08	
8575	Carlos COSTA	3900	M	01:41:23	01:34:35	09:28	00:49:07	
8576	Cecília SILVA	1365	F	01:41:34	01:35:28	09:33	00:47:50	
8577	Gabriela GOMES	8179	F	01:41:36	01:39:27	09:57	00:44:01	
8578	Patricia SILVA	8123	F	01:41:39	01:35:48	09:35	00:46:02	
8579	Ana Beatriz ALMEIDA	1270	F	01:41:42	01:34:49	09:29	00:45:37	
8580	Claudia Filipa LUCAS	1176	F	01:41:43	01:34:54	09:30	00:49:07	
8581	Vera Sofia FERNANDES	1735	F	01:41:43	01:34:55	09:30	00:49:07	
8582	Ana CALADO	1375	F	01:41:48	01:37:54	09:48	00:47:37	
8583	Sónia VIEIRA	12145	F	01:41:48	01:37:54	09:48	00:47:37	
8584	Sílvia MOREIRA	1901	F	01:41:51	01:37:45	09:47	00:50:27	
8585	Marta MONIZ PEREIRA	12150	F	01:41:52	01:37:46	09:47	00:50:28	
8586	Paulo CORREIA	13233	M	01:41:54	01:27:41	08:47	00:42:57	
8587	Carla CALDAS	8325	F	01:42:00	01:40:04	10:01	00:45:43	
8588	Elisabete Cristina FARO DA CONCEIÇÃO	2029	F	01:42:07	01:36:43	09:41	00:46:20	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8589	Vanessa LEITÃO	8043	F	01:42:07	01:36:39	09:40	00:45:22	
8590	Nisa LOUCAO	1680	F	01:42:07	01:36:38	09:40	00:45:22	
8591	Vitoria CUNHA	1706	F	01:42:07	01:36:39	09:40	00:45:22	
8592	Paula DIAS	12236	F	01:42:09	01:27:22	08:45	00:42:24	
8593	Nuno Miguel MARTINS DIAS	11350	M	01:42:10	01:42:10	10:13		
8594	Inês PEDRAS	12348	F	01:42:12	01:35:57	09:36	00:48:25	
8595	Rui PEDRAS	13350	M	01:42:12	01:35:58	09:36	00:48:25	
8596	Inês CARVALHO	1602	F	01:42:14	01:35:51	09:36	00:44:21	
8597	Viviana TAVARES	8142	F	01:42:14	01:37:18	09:44	00:47:27	
8598	Ândrea Cristina S. OLIVEIRA SANTOS	13828	F	01:42:17	01:36:04	09:37	00:48:33	Pepsico Portugal
8599	Ana Teresa GONÇALVES TAVARES	13813	F	01:42:18	01:36:04	09:37	00:48:37	Pepsico Portugal
8600	Sofia BARBOSA	1707	F	01:42:18	01:37:34	09:46	00:47:23	
8601	Ana GOMES	1682	F	01:42:18	01:37:35	09:46	00:47:24	
8602	Rita ALMEIDA SOUSA MONTEIRO	13806	F	01:42:22	01:36:09	09:37	00:48:33	Pepsico Portugal
8603	Susana PINA	12339	F	01:42:22	01:40:08	10:01	00:48:18	
8604	Afonso CUNHA	434	M	01:42:27	01:38:02	09:49	00:44:24	
8605	Rafael CUNHA	418	M	01:42:28	01:38:02	09:49	00:44:24	
8606	Albertino SEMEDO	12407	M	01:42:29	01:37:53	09:48	00:48:01	Serviços Sociais da CGD
8607	Maria De Fátima SEMEDO	7614	F	01:42:34	01:37:58	09:48	00:48:01	Serviços Sociais da CGD
8608	João Pedro ALVES OLIVEIRA	3290	M	01:42:46	01:42:46	10:17		
8609	Teresa Rita LIMA	7526	F	01:42:49	01:38:45	09:53	00:48:40	
8610	Fernanda DIAS	12214	F	01:42:49	01:40:23	10:03	00:48:19	
8611	Pedro LOPES	3213	M	01:42:50	01:37:15	09:44	00:46:30	
8612	Vera LOURES	7776	F	01:42:50	01:37:15	09:44	00:46:31	
8613	Palmira GOMES	7767	F	01:42:54	01:39:20	09:56	00:49:49	
8614	Irene CORREIA	8173	F	01:42:56	01:39:11	09:56	00:49:13	
8615	António ANTUNES	10230	M	01:42:56	01:39:11	09:56	00:49:15	
8616	Maria Manuela MARTINS ROQUE	13509	F	01:42:57	01:39:47	09:59	00:49:23	
8617	Lina LIMA	8139	F	01:43:07	01:39:13	09:56	00:42:58	
8618	Fernando ALMEIDA	12925	M	01:43:07	01:39:14	09:56	00:42:59	
8619	Joana De Jesus BRÁS SILVA	1343	F	01:43:08	01:41:11	10:08	00:49:00	
8620	Fátima MOREIRA VICENTE	7944	F	01:43:12	01:40:11	10:02	00:50:00	
8621	Paula FERNANDES	379	F	01:43:12	01:40:11	10:02	00:50:01	
8622	Alice NEDEIRA PEREIRA	7947	F	01:43:12	01:40:10	10:01	00:49:59	
8623	Alexandra INFANTE	12296	F	01:43:23	01:39:23	09:57	00:51:12	
8624	Jose Luis MARIN MARTIN	12928	M	01:43:25	01:41:21	10:09	00:52:21	
8625	Joana FERNANDES	651	F	01:43:55	01:39:10	09:55	00:47:42	
8626	Alexandra COSTA	12300	F	01:43:55	01:39:11	09:56	00:47:43	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8627	Nuno CASTANHEIRA	2125	M	01:43:56	01:37:26	09:45	00:47:33	Clube do Stress
8628	Alexandra MARÇAL	7689	F	01:43:56	01:37:16	09:44	00:49:14	
8629	Helder Mendes Queiros QUEIROS	12937	M	01:43:57	01:41:21	10:09	00:50:41	
8630	Rita BICHO PEIXOTO	12011	F	01:43:57	01:37:17	09:44	00:49:12	
8631	Paulo FONSECA	3656	M	01:44:01	01:42:42	10:17	00:51:04	
8632	Filipa VIANA	1557	F	01:44:01	01:42:41	10:17	00:51:03	
8633	João PAÇO	12445	M	01:44:02	01:44:02	10:25	00:52:14	Clube do Stress
8634	Ana ROSADO	1754	F	01:44:03	01:38:30	09:51		
8635	Ana Margarida ABRANTES	7744	F	01:44:05	01:37:42	09:47	00:47:38	
8636	Lizete FARRICA	1192	F	01:44:07	01:40:17	10:02	00:45:47	
8637	Dora OLIVEIRA	1149	F	01:44:07	01:40:17	10:02	00:45:48	
8638	Laura GARCIA	12066	F	01:44:10	01:41:45	10:11	00:49:53	
8639	Virgínia BRUSCO	10571	F	01:44:12	01:44:12	10:26	00:45:18	
8640	Prudêncio BRUSCO	13087	M	01:44:12	01:44:12	10:26	00:45:22	
8641	Ana MONTEIRO	7935	F	01:44:15	01:36:48	09:41	00:46:09	
8642	Telma Carina CASTANHOLA	760	F	01:44:15	01:36:48	09:41	00:46:10	
8643	Maria Do Mar HERMOSO SERRANO	13642	F	01:44:24	01:39:03	09:55	00:46:08	
8644	Marco SANTOS	10787	M	01:44:25	01:38:35	09:52	00:49:21	
8645	Sonia RAMOS	2004	F	01:44:26	01:41:04	10:07	00:50:19	
8646	Maria SILVA FERNANDES	1790	F	01:44:27	01:41:05	10:07	00:50:20	
8647	Fátima ALVES	2010	F	01:44:27	01:41:06	10:07	00:50:22	
8648	Cilene HENRIQUES	13675	F	01:44:40	01:39:01	09:55	00:52:34	
8649	Maria Jesus LOUREIRO	12281	F	01:44:41	01:40:19	10:02	00:51:04	
8650	Cristina LAVRADOR	7992	F	01:44:43	01:38:56	09:54	00:44:51	
8651	Ana MARTINS	7991	F	01:44:43	01:38:56	09:54	00:43:36	
8652	Cristina NASCIMENTO	871	F	01:44:48	01:38:27	09:51	00:49:52	Clube do Stress
8653	Cristina PINTO	12113	F	01:44:48	01:38:27	09:51	00:49:49	
8654	Ana Isabel Maluco COMERCIO PEREIRA	12357	F	01:44:53	01:41:53	10:12	00:47:01	
8655	Sofia Raquel CAVACO	8207	F	01:44:54	01:39:38	09:58	00:48:52	
8656	Ana Paula CARDOSO	8247	F	01:44:54	01:39:38	09:58	00:48:51	
8657	Helena VITORINO	8146	F	01:44:54	01:39:28	09:57	00:47:54	
8658	Francisco OLIVEIRA RATO	2479	M	01:44:55	01:38:29	09:51	00:47:57	Clube Millennium BCP
8659	Guilherme OLIVERIA RATO	2356	M	01:44:55	01:38:28	09:51	00:47:57	Clube Millennium BCP
8660	Paulo LOPES RATO	8597	M	01:44:55	01:38:29	09:51	00:47:56	Clube Millennium BCP
8661	Célia OLIVEIRA RATO	7379	F	01:44:55	01:38:29	09:51	00:47:57	Clube Millennium BCP
8662	Manuela JANICAS	7986	F	01:44:55	01:38:15	09:50	00:49:39	
8663	Carla Maria CARMELO SILVA RIBEIRO	12301	F	01:44:59	01:40:59	10:06	00:51:12	
8664	Marina MACAU	7632	F	01:45:04	01:39:21	09:57	00:50:33	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8665	Anabela MENDES	7598	F	01:45:05	01:39:21	09:57	00:50:32	
8666	Maria Manuela Da Conceição Ferreira Fernandes	1276	F	01:45:17	01:39:55	10:00	00:47:11	
8667	Carlos Manuel R. NEVES P.	9864	M	01:45:23	01:43:40	10:22	00:50:44	
8668	Fernanda Maria Ribeiro VITAL	8063	F	01:45:23	01:43:40	10:22	00:50:43	
8669	Isilda URBANO	1801	F	01:45:28	01:41:32	10:10	00:48:22	
8670	Fátima GONÇALVES	1805	F	01:45:28	01:41:32	10:10	00:48:22	
8671	Matusalem MARQUES	11208	M	01:45:29	01:38:49	09:53	00:49:39	
8672	Paulo VICENTE	4091	M	01:45:32	01:42:11	10:14	00:50:28	
8673	Helena Isabel SEBASTIÃO	13695	F	01:45:32	01:42:11	10:14	00:50:29	
8674	Lina SOUSA	12257	F	01:45:34	01:42:00	10:12	00:48:23	Grupo Desportivo Cimpor
8675	Sara FERREIRA	12244	F	01:45:34	01:42:00	10:12	00:48:23	Grupo Desportivo Cimpor
8676	Lurdes FREITAS	12242	F	01:45:36	01:39:20	09:56	00:46:45	
8677	Cátia PEREIRA	1128	F	01:45:38	01:43:25	10:21	00:54:32	
8678	Sandra DIAS	12075	F	01:45:38	01:43:25	10:21	00:54:32	
8679	Sandra LOBATO	1656	F	01:45:48	01:39:08	09:55	00:49:39	
8680	Filipa OLIVEIRA	12160	F	01:45:58	01:39:30	09:57	00:51:06	Sierra Portugal
8681	Fatima CAVACO	7662	F	01:45:58	01:39:31	09:58	00:51:06	Sierra Portugal
8682	Ana Patrícia CORREIA MOREIRA	12360	F	01:46:03	01:40:35	10:04	00:50:50	
8683	Rosário PÉRAS	7415	F	01:46:05	01:41:24	10:09	00:47:21	Maratona Clube de Portugal
8684	Rita BARREIRA	1386	F	01:46:06	01:41:25	10:09	00:47:20	Maratona Clube de Portugal
8685	Sofia DUARTE	1433	F	01:46:13	01:40:29	10:03	00:48:24	St. Julians School
8686	Catarina RAMOS	7419	F	01:46:25	01:43:16	10:20	00:51:00	Serviços Sociais Montepio Geral
8687	Pedro RAMOS	8776	M	01:46:27	01:43:18	10:20	00:50:59	Serviços Sociais Montepio Geral
8688	Marta RAMOS	7412	F	01:46:28	01:43:19	10:20	00:51:00	Serviços Sociais Montepio Geral
8689	Valdemar SOUSA	10893	M	01:46:28	01:45:00	10:30	00:46:31	
8690	Carla PINTO	13820	F	01:46:29	01:41:04	10:07	00:50:23	Pepsico Portugal
8691	Manuela Alexandra PEREIRA	13819	F	01:46:29	01:41:05	10:07	00:50:24	Pepsico Portugal
8692	Anabela FERREIRA	13659	F	01:46:34	01:42:41	10:17	00:50:52	
8693	Rogério Gregorio MATIAS	11282	M	01:46:38	01:43:22	10:21	00:50:54	
8694	Marcelo MATOS	11274	M	01:46:38	01:43:23	10:21	00:50:53	
8695	Luis FERNANDES	13419	M	01:46:38	01:43:41	10:23	00:47:54	
8696	Susana GASPAR	7520	F	01:46:38	01:43:41	10:23	00:47:54	
8697	Catarina ROSA	13835	F	01:46:40	01:41:15	10:08	00:50:23	Pepsico Portugal
8698	Claudia RATO	12350	F	01:46:41	01:41:14	10:08	00:50:56	
8699	Teresa MARTINHO	853	F	01:46:53	01:41:26	10:09	00:54:02	Peugeot
8700	Vera Lúcia Amorim PINTO	1947	F	01:46:53	01:44:05	10:25	00:46:05	
8701	Hélio José Cardim DOLORES	4285	M	01:46:54	01:44:05	10:25	00:46:05	
8702	Elsa BORGES	1311	F	01:46:54	01:40:49	10:05	00:50:14	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8703	Jorge MARQUES	12854	M	01:46:54	01:40:49	10:05	00:50:14	
8704	Estela MIGUÉNS	12061	F	01:46:54	01:44:28	10:27	00:50:17	
8705	Ana Sofia DAVID	1837	F	01:46:55	01:44:28	10:27	00:50:17	
8706	Alberto MARTINS	2392	M	01:46:56	01:43:26	10:21	00:51:16	Peugeot
8707	Maria Joao MILNE E CARMO	8377	F	01:46:56	01:40:34	10:04	00:51:05	
8708	Ana Paula SILVA MADUREIRA	7760	F	01:47:00	01:44:21	10:27	00:48:03	
8709	Maria Conceição POMBO ARTUR	12252	F	01:47:22	01:41:32	10:10	00:50:45	
8710	Sofia Alexandra G. NASCIMENTO	7966	F	01:47:23	01:42:20	10:14	00:51:31	
8711	Inês COUTINHO	1836	F	01:47:25	01:43:23	10:21	00:52:24	
8712	Luísa RODRIGUES	12221	F	01:47:26	01:46:18	10:38	00:53:14	
8713	Artur SANTOS	9515	M	01:47:28	01:42:48	10:17	00:51:49	
8714	Inês SANTOS	1177	F	01:47:28	01:42:48	10:17	00:51:50	
8715	Pedro SALTER CID	12577	M	01:47:30	01:41:07	10:07	00:50:52	
8716	Maria Adelaide RAMOS	7464	F	01:47:30	01:46:11	10:38	00:52:20	
8717	Marta Celeste GOMES FERNANDES	1913	F	01:47:31	01:41:10	10:07	00:51:06	
8718	Maria REDONDO	949	M	01:47:36	01:39:51	10:00	00:47:22	Continente
8719	João Fernando SIMÕES BRANCO	9179	M	01:47:39	01:45:36	10:34	00:50:57	A.A.E. BNU
8720	Bárbara Andreia Mndonaça NOBRE	12060	F	01:47:39	01:42:37	10:16	00:50:48	
8721	Rita PRATES	12156	F	01:47:39	01:43:03	10:19	00:51:41	Serviços Sociais da CGD
8722	Maria Helena CUNHA	7875	F	01:47:40	01:43:16	10:20	00:51:21	
8723	Maria Carolina CUNHA	1169	F	01:47:40	01:43:16	10:20	00:51:21	
8724	Elisa Gracinda De Jesus Tomás GARCIA	12238	F	01:47:44	01:43:32	10:22	00:49:41	
8725	Mário Rui De Jesus TOMÁS	9160	M	01:47:44	01:43:31	10:22	00:49:41	
8726	Glorialdo BRITO	9189	M	01:47:51	01:41:34	10:10	00:50:34	
8727	Luis COSTA	12764	M	01:47:52	01:42:04	10:13	00:50:40	
8728	Gloria Maria Lopes PEREIRA	8070	F	01:47:53	01:42:04	10:13	00:50:42	
8729	Deborah SERRAO	1529	F	01:47:57	01:42:46	10:17	00:51:47	
8730	Isaura LOURENÇO	7891	F	01:48:19	01:43:13	10:20	00:52:50	
8731	Sandra Cristina VENTURA	7905	F	01:48:19	01:43:13	10:20	00:52:49	
8732	Manuela JUNOT	1443	F	01:48:38	01:33:58	09:24	00:45:59	
8733	Lidia Miguel ALBUQUERQUE	8391	F	01:48:39	01:43:12	10:20	00:52:23	
8734	João Paulo ALBUQUERQUE	10633	M	01:48:40	01:43:13	10:20	00:52:22	
8735	Maria Júlia Inácio Da Costa MARQUES	12352	F	01:48:47	01:44:13	10:26	00:51:20	
8736	Natalina MOREIRA GONÇALVES	8368	F	01:48:47	01:44:12	10:26	00:51:15	
8737	Patricia DIAS BARRETO	7386	F	01:49:06	01:42:16	10:14	00:50:32	Clube Millennium BCP
8738	Simon HILL	4634	M	01:49:07	01:42:12	10:14	00:51:45	
8739	Jennie COTTAM	2022	F	01:49:07	01:42:12	10:14	00:51:45	
8740	André VERISSIMO	8961	M	01:49:11	01:47:18	10:44	00:52:22	Grupo Desportivo Roche

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8741	Sandra CREIO	7511	F	01:49:11	01:47:19	10:44	00:52:22	Grupo Desportivo Roche
8742	Carlota SANTOS	1359	F	01:49:22	01:46:08	10:37	00:52:23	
8743	Mariana PAULINO	721	F	01:49:32	01:44:40	10:28	00:50:08	Atletismo Clube de Portalegre
8744	Ana PAULINO	12147	F	01:49:32	01:44:40	10:28	00:50:08	Atletismo Clube de Portalegre
8745	João SILVA	11941	M	01:50:04	01:45:13	10:32	00:52:40	
8746	Diogo CASTRO	5119	M	01:50:05	01:45:13	10:32	00:52:39	
8747	Inês RAIMUNDO MENDONÇA	894	F	01:50:09	01:45:15	10:32	00:51:42	Clube do Stress
8748	Tatiana TREPADO	723	M	01:50:15	01:40:58	10:06	00:50:53	
8749	Eugenia TREPADO	12037	F	01:50:17	01:50:17	11:02	01:00:12	
8750	Maria Antonieta Simões PIRES	8074	F	01:50:22	01:46:47	10:41	00:53:20	
8751	Antonio Da Silva MARQUES	13022	M	01:50:22	01:46:47	10:41	00:53:30	
8752	Leonor CORTE-REAL	12207	F	01:50:52	01:44:15	10:26	00:51:15	
8753	Cristina BASTOS	7790	F	01:50:53	01:44:15	10:26	00:51:15	
8754	António José POMBO RODRIGUES	12699	M	01:51:09	01:44:53	10:30	00:53:06	S.M.D Caneças
8755	Ana Paula Rêgo De Sousa COSTA	8209	F	01:51:13	01:47:16	10:44	00:51:31	
8756	Maria De Lourdes RODRIGUES SANTOS	13508	F	01:51:13	01:47:16	10:44	00:51:32	
8757	Célia AMARANTE	12258	F	01:51:25	01:45:09	10:31	00:53:02	S.M.D Caneças
8758	Manuel CRUZ	12687	M	01:51:25	01:45:13	10:32	00:53:09	S.M.D Caneças
8759	Sara CESTEIRO	1142	F	01:51:35	01:48:52	10:54	00:53:38	
8760	Isis ANTUNES	7913	F	01:51:36	01:48:54	10:54	00:53:55	
8761	Rita RAMALHO	1379	F	01:51:39	01:49:10	10:55	00:49:04	
8762	Ana ALVES	13858	F	01:51:41	01:49:00	10:54	00:55:21	Odebrecht / BPC
8763	Sandra Isaura Carvalho CUNHA	783	F	01:51:42	01:49:00	10:54	00:53:54	
8764	Gertrudes Teresa Teodoro CALADO	12012	F	01:51:57	01:45:41	10:35	00:51:48	
8765	Maria Luisa Baião Alberto GONÇALVES	12230	F	01:51:58	01:45:49	10:35	00:51:56	
8766	Tomásia Antónia Guerra MIRANDA	12327	F	01:51:58	01:45:41	10:35	00:51:50	
8767	António COSTA	12521	M	01:52:06	01:49:09	10:55	00:54:40	Clube Ferroviário de Portugal
8768	Ana VIEIRA	983	F	01:52:16	01:48:41	10:53	00:50:40	
8769	Sónia OLIVEIRA	7513	F	01:52:16	01:49:16	10:56	00:54:38	Clube Ferroviário de Portugal
8770	Maria Do Céu COSTA	12082	F	01:52:16	01:49:17	10:56	00:54:38	Clube Ferroviário de Portugal
8771	José MARTINS	12751	M	01:52:39	01:46:24	10:39	00:52:56	
8772	Ezequiel Luis Manaças VIEIRA	11312	M	01:53:12	01:46:51	10:42	00:52:02	
8773	Susana COSTA	12039	F	01:53:13	01:46:52	10:42	00:52:03	
8774	Maria Da Graça Pereira SILVA	7569	F	01:53:14	01:46:53	10:42	00:52:03	
8775	Carla Sofia Gomes De MAGALHÃES	8098	F	01:53:14	01:48:25	10:51	00:53:21	
8776	Fernanda TEIXEIRA	1594	F	01:53:14	01:48:56	10:54	00:51:00	
8777	Maria Joana SÁ FRANCO DIAS	12177	F	01:53:15	01:48:26	10:51	00:53:20	
8778	Sara MATIAS	1892	F	01:53:18	01:47:50	10:47	00:54:13	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8779	Carlos MATIAS	5194	M	01:53:18	01:47:50	10:47	00:54:13	
8780	Alexandra BRANDÃO	1448	F	01:53:19	01:47:51	10:48	00:54:12	
8781	Anabela De Jesus Velez HILÁRIO	1899	F	01:53:41	01:43:19	10:20	00:49:50	
8782	José NEVES	13184	M	01:53:43	01:51:44	11:11	00:55:14	
8783	Carmo CARRILHO	12120	F	01:53:50	01:50:32	11:04	00:55:16	Serviços Sociais da CGD
8784	Carina FIGUEIREDO	13645	F	01:53:50	01:50:32	11:04	00:55:16	
8785	Ana TABORDA	7593	F	01:53:50	01:50:34	11:04	00:55:17	Serviços Sociais da CGD
8786	Tania FERNANDES	1725	F	01:53:56	01:47:36	10:46	00:52:55	
8787	Nuno FERNANDES	3890	M	01:53:57	01:47:38	10:46	00:52:56	
8788	Célia Cristina ROSMANINHO TRAGUEDO	7416	F	01:54:08	01:51:29	11:09	00:56:30	
8789	Ester CARDOSO DOS SANTOS FARIA	632	F	01:54:08	01:51:30	11:09	00:56:32	
8790	Fernanda PITA	7787	F	01:54:08	01:51:30	11:09	00:56:32	
8791	Basilio PAULO	3149	M	01:54:10	01:47:22	10:45	00:57:06	
8792	Carla MARTINS	13648	F	01:54:26	01:54:26	11:27	00:58:19	
8793	Luisa Laura LUDOVICO	8410	F	01:54:28	01:50:23	11:03	00:54:46	
8794	Catia Marina GLÓRIA	8371	F	01:54:28	01:50:24	11:03	00:54:46	
8795	Maria Helena MAIA COSTA	12062	F	01:54:29	01:54:29	11:27		
8796	José LOURENÇO PARDAL	11042	M	01:54:30	01:54:30	11:27		
8797	Maria Lúcia BATARDA SENA	1634	F	01:54:35	01:49:55	11:00	00:49:46	
8798	Gonçalo Alexandre TEIXEIRA GARCIA	10112	M	01:54:40	01:50:00	11:00	00:49:46	
8799	Margarida GODINHO ANTUNES	8184	F	01:54:45	01:48:52	10:54	00:55:25	
8800	Lúcia FREITAS	8183	F	01:54:45	01:48:52	10:54	00:55:25	
8801	Marcos NIETO VIDAL	10102	M	01:55:14	01:49:40	10:58	00:54:18	
8802	Priscila MIDDES NIETO VIDAL	7970	F	01:55:15	01:49:40	10:58	00:54:19	
8803	Sandra Maria MONTEIRO BISPO	12334	F	01:55:17	01:50:36	11:04	00:53:10	
8804	Anabela RASTEIRO	12297	F	01:55:28	01:53:38	11:22	00:54:12	
8805	Maria José SOUSA BRANCO	12336	F	01:55:28	01:54:05	11:25	00:54:57	
8806	Filipe GOMES	3643	M	01:55:29	01:53:30	11:21	00:54:04	
8807	Paula MAURICIO	12138	F	01:55:32	01:50:54	11:06	00:56:50	Atletismo Clube de Portalegre
8808	Lurdes PINTO	884	F	01:55:32	01:50:54	11:06	00:56:49	Atletismo Clube de Portalegre
8809	Célia MAGNO	12200	F	01:55:50	01:51:12	11:08	00:56:25	Atletismo Clube de Portalegre
8810	Isabel BARROS	7893	F	01:55:51	01:50:45	11:05	00:56:39	
8811	Bruno Rodrigo Peres DA SILVA	4162	M	01:55:51	01:55:51	11:36		
8812	Idalina BASÍLIO	9925	F	01:55:51	01:50:45	11:05	00:56:39	
8813	Rita BATISTA	734	F	01:55:52	01:50:12	11:02	00:55:24	Atletismo Clube de Portalegre
8814	Vanda ALVES	7586	F	01:55:52	01:48:51	10:54	00:54:13	NUCLEOEIRAS/SPORTZONE
8815	Paula FRAGOSO	7561	F	01:55:52	01:48:51	10:54	00:54:12	NUCLEOEIRAS/SPORTZONE
8816	Sónia ALVES	696	F	01:55:53	01:48:52	10:54	00:54:14	NUCLEOEIRAS/SPORTZONE

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8817	Maria José MARREIROS	1211	F	01:55:54	01:48:49	10:53	00:52:14	S.M.D Caneças
8818	Luis REIS	2790	M	01:55:54	01:48:49	10:53	00:52:14	S.M.D Caneças
8819	Ana VIEIRA DA LUZ	1641	F	01:55:55	01:49:13	10:56	00:53:10	
8820	António Américo RIBEIRO	4514	M	01:55:59	01:49:35	10:58	00:51:20	
8821	Maria Helena SANTIAGO	1916	F	01:55:59	01:49:38	10:58	00:51:24	
8822	Iolanda SANTOS	7487	F	01:56:01	01:51:18	11:08	00:36:56	
8823	Alice GARCIA	999	F	01:56:02	01:41:33	10:10	00:47:48	
8824	Teresa Cristina ESTEVES	992	F	01:56:21	01:51:45	11:11	00:55:16	Sierra Portugal
8825	Carla Maria CHAVES ANDRÉ	12121	F	01:56:21	01:51:45	11:11	00:57:31	Sierra Portugal
8826	Sónia AMADINHO	989	F	01:56:24	01:51:49	11:11	00:55:17	Sierra Portugal
8827	Célia Maria Ribeiro Da Costa JORGE	1247	F	01:56:28	01:51:50	11:11	00:57:29	
8828	Carlos Manuel Corvo JANEIRO	12674	M	01:56:30	01:51:52	11:12	00:55:12	
8829	Antónia Da Conceição Janeiro FERNANDES	7718	F	01:56:30	01:51:53	11:12	00:57:30	
8830	Marta SERRA	832	F	01:56:33	01:56:33	11:40	01:08:14	
8831	Pedro USSMAN	13406	M	01:56:33	01:56:33	11:40	00:50:58	
8832	Luís Manuel Reis JORGE	12680	M	01:56:48	01:52:10	11:13	00:55:14	
8833	Ana ZEFERINO	7704	M	01:57:03	01:51:23	11:09	00:56:42	CORPUS QDF
8834	Carla LOPES	996	F	01:57:04	01:51:23	11:09	00:56:40	CORPUS QDF
8835	Fernando MARTINS	12599	M	01:57:04	01:51:28	11:09	00:56:45	CORPUS QDF
8836	São SOUSA	7707	F	01:57:04	01:51:30	11:09	00:56:47	CORPUS QDF
8837	Manuel GONZALVEZ	10458	M	01:57:04	01:47:06	10:43	00:53:21	
8838	Hugo Alexandre FERNANDES	10231	M	01:57:04	01:50:16	11:02	00:53:48	
8839	Maria Helena ALVES	8169	F	01:57:05	01:50:16	11:02	00:53:48	
8840	Teresa FARIÑA	7641	F	01:57:07	01:47:09	10:43	00:53:28	
8841	Susana BRANCO	7789	F	01:57:15	01:52:40	11:16	00:55:38	
8842	Catarina LOPES	7615	F	01:57:40	01:53:46	11:23	00:55:10	
8843	Patricia OLIVEIRA	7981	F	01:57:41	01:52:08	11:13	00:51:32	
8844	Ines CAPITAO DUARTE DE ALMEIDA	148	F	01:57:49	01:53:26	11:21	00:57:19	
8845	Claudia Sofia Teixeira SALGADO	1663	F	01:59:15	01:52:28	11:15	00:57:06	
8846	Julieta MÁXIMO	12772	M	01:59:22	01:57:00	11:42	00:58:25	
8847	Festas VERA	12262	F	01:59:41	01:52:53	11:18	00:55:20	
8848	Torres CARMO	1179	F	01:59:41	01:52:58	11:18	00:57:04	
8849	Jacome PAULO	9507	M	01:59:42	01:52:48	11:17	00:55:13	
8850	Jacome TERES	1191	F	01:59:45	01:52:50	11:17	00:57:03	
8851	Paula NUNES	12201	F	01:59:55	01:53:00	11:18	00:57:00	
8852	Isabel BAPTISTA	8159	F	01:59:59	01:53:04	11:19	00:57:01	
8853	Ana Sofia LEMOS PLACIDO CORREIA	12030	F	02:00:12	01:55:52	11:36	00:58:30	
8854	Joao FERREIRA	11273	M	02:00:12	01:53:30	11:21	00:57:53	

Posição	Nome	Dorsal	Sexo	Tempo final	Tempo Chip	Ritmo Km	Tempo 5Km	Equipa
8855	Maria Elisabete TOMAS VIEGAS ALFREDO	12044	F	02:00:12	01:55:53	11:36	00:58:30	
8856	Silvia T. H. MENDONÇA	7871	F	02:00:53	02:00:53	12:06		
8857	Maria De Fátima CARVALHO PEREIRA	13808	F	02:01:03	01:55:53	11:36	00:57:55	Pepsico Portugal
8858	Maria Alexandra RODRIGUES DA SILVA	13829	F	02:01:03	01:55:52	11:36	00:57:53	Pepsico Portugal
8859	Maria De Lurdes CARMO CAPAPINHA	13800	F	02:01:03	01:55:53	11:36	00:57:55	Pepsico Portugal
8860	Teresa CAROÇO	8053	F	02:01:23	01:57:25	11:45	00:57:58	
8861	Sónia VIDEIRA	12161	F	02:01:23	01:57:25	11:45	00:57:58	
8862	Paula JULIA	12088	F	02:01:24	01:58:43	11:53	00:57:09	CCD Sintrense
8863	Isabel Maria JONET	1392	F	02:01:29	01:56:43	11:41	00:52:43	Tabaqueira
8864	Madalena JANEIRO	893	F	02:01:33	01:56:38	11:40	00:55:02	Clube do Stress
8865	Rita PEREIRA	1670	F	02:02:06	01:57:13	11:44	00:58:19	
8866	Rita GANHÃO	7621	F	02:02:07	01:57:13	11:44	00:58:19	
8867	Maria Alexandra BENTO PIRES VIDEIRA	12199	F	02:02:07	01:58:45	11:53	00:58:17	
8868	Rosa ALMEIDA	8118	F	02:02:08	01:58:45	11:53	00:58:18	
8869	Sara Sofia ALMEIDA	1296	F	02:02:14	01:55:22	11:33	00:57:04	
8870	Paula ALVES	1295	F	02:02:15	01:55:22	11:33	00:57:04	
8871	Cristina VILAS BOAS	12146	F	02:03:03	02:00:40	12:04	00:59:58	Maratona Clube de Portugal
8872	Sandra TEIXEIRA	7505	F	02:03:03	02:00:40	12:04	00:59:58	Refer
8873	António RAIMUNDO	8578	M	02:03:15	01:58:26	11:51	00:59:08	Clube do Stress
8874	Alberto MARQUES	8584	M	02:03:15	01:58:17	11:50		Clube do Stress
8875	Graça Maria LOPES CAPELA	1427	F	02:03:43	01:59:20	11:56	00:59:35	Casa do Pessoal Estradas de Portugal
8876	Maria Helena CAPELA	7376	F	02:03:44	01:59:20	11:56	00:59:36	Casa do Pessoal Estradas de Portugal
8877	Francisco Manuel GALAMBA	12731	M	02:04:18	01:58:52	11:54	00:56:44	
8878	Patrícia MONTEIRO	13875	F	02:04:48	01:59:21	11:57	01:00:05	Odebrecht / BPC
8879	Paula MONTEIRO	13876	F	02:04:52	01:59:24	11:57	01:00:08	Odebrecht / BPC
8880	Ana Maria MARTINS	7433	F	02:05:39	02:02:06	12:13	01:00:08	Peugeot
8881	Inácia Rosa Candeias Costa LEAL	12069	F	02:05:49	01:59:32	11:58	01:00:17	
8882	Otilia Monteiro Calado VIEIRA	12222	F	02:05:49	01:59:27	11:57	01:00:12	
8883	Gertrudes Maria CALADO	12227	F	02:05:50	01:59:26	11:57	01:00:12	
8884	Eduardo MADEIRA	10105	M	02:05:51	01:59:09	11:55	00:58:05	
8885	Ricardo ANTUNES	2395	M	02:05:55	02:02:23	12:15	01:00:10	Peugeot
8886	Filipa MARTINS	858	M	02:05:55	02:02:23	12:15	01:00:08	Peugeot
8887	Edgar BRANDÃO	246	M	02:07:43	02:02:07	12:13	00:58:55	
8888	Sónia LANÇA	12015	F	02:07:43	02:02:07	12:13	00:58:56	