



38º Grande Prémio de Atletismo

CATAGÁS
CA Galinheiras

18 Nov 2017



Class	Num	Nome	Sx	Idd	Pos Esc	Pontos	Equipa	T. Bruto	T. Líquido	Equipe
1	145	AITE TAMANG	M	32	1	10		00:32:40.75	00:32:40.75	GD CHELAS
2	122	TIAGO SILVA	M	25	2	9		00:33:09.63	00:33:09.63	GD CHELAS
3	82	DANIEL SILVA	M	18	1	10		00:33:30.00	00:33:30.00	FUNDAÇÃO CEBI
4	46	FLAVIO SANTOS	M	21	3	8		00:33:54.08	00:33:54.08	FF PAZ MUNDIAL UNIFICAÇÃO
5	81	TIAGO GALAO	M	19	2	9		00:35:04.69	00:35:04.69	FUNDAÇÃO CEBI
6	76	BRUNO CARVALHO	M	38	1	10		00:35:19.70	00:35:19.70	FCR ROSSAO
7	140	JOSE GOMES	M	44	1	10		00:35:26.70	00:35:26.70	FCR ROSSAO
8	49	LUIS CARDOSO	M	28	4	7		00:35:41.41	00:35:41.41	FF PAZ MUNDIAL UNIFICAÇÃO
9	62	ANTONIO MURTEIRA	M	49	1	10		00:35:48.26	00:35:48.26	CARRASCO E AMIGOS
10	83	ALEXANDRE FERREIRA	M	17	3	8		00:36:10.76	00:36:10.76	FUNDAÇÃO CEBI
11	56	NUNO SILVA	M	37	2	9		00:36:13.77	00:36:13.77	CARACOIS PEDRA
12	35	PEDRO SOUSA	M	30	5	6		00:36:20.85	00:36:20.85	ADL APELACONENSES
13	77	RUI HENRIQUES	M	38	3	8		00:36:57.64	00:36:57.64	FCR ROSSAO
14	141	MARIO RODRIGUES	M	51	1	10		00:37:11.27	00:37:11.27	FF PAZ MUNDIAL UNIFICAÇÃO
15	128	EDGAR TRIGO	M	48	2	9		00:37:13.00	00:37:13.00	FF PAZ MUNDIAL UNIFICAÇÃO
16	89	JOSE MARCELINO	M	54	2	9		00:38:09.47	00:38:09.47	CD ESTRELA
17	21	JOSE SILVA	M	54	3	8		00:38:41.30	00:38:41.30	CA GALINHEIRAS
18	133	CARLOS ROSA	M	34	6	5		00:38:49.13	00:38:49.13	FF PAZ MUNDIAL UNIFICAÇÃO
19	58	DUARTE COSTA	M	34	7	4		00:38:59.68	00:38:59.68	CD ESTRELA
20	79	AMILCAR CALVINHO	M	54	4	7		00:39:05.24	00:39:05.24	FCR ROSSAO
21	73	JOANA FONSECA	F	30	1	10		00:39:43.41	00:39:43.41	
22	1	LUCILIA SOARES	F	55	1	10		00:39:56.13	00:39:56.13	CA GALINHEIRAS
23	84	PAULO A R NUNES	M	44	2	9		00:40:04.51	00:40:04.51	CORRER LISBOA
24	149	RUI TEIXEIRA	M	40	3	8		00:40:12.84	00:40:12.84	FCR ROSSAO
25	68	ELMY	M	18	4	7		00:40:24.15	00:40:24.15	CARRASCO E AMIGOS
26	106	JOAO VALHELAS	M	45	3	8		00:40:26.03	00:40:26.03	CAMARA L CLUBE
27	111	JULIO REIS	M	44	4	7		00:40:26.15	00:40:26.15	CAMARA L CLUBE
28	78	CARLOS MACHADO	M	48	4	7		00:40:29.51	00:40:29.51	FCR ROSSAO
29	113	CARLOS QUEIROGA	M	57	1	10		00:40:31.44	00:40:31.44	GD SAO DOMINGOS
30	143	JORGE COSTA	M	42	5	6		00:40:34.82	00:40:34.82	CA GALINHEIRAS
31	41	JOSE FERREIRA	M	53	5	6		00:40:43.15	00:40:43.15	
32	123	EVA ALVES	F	25	2	9		00:40:49.53	00:40:49.53	GD CHELAS
33	38	FERNANDO FERNANDES	M	62	1	10		00:40:55.54	00:40:55.54	ADL APELACONENSES
34	33	ANTONIO SOUSA	M	55	2	9		00:41:02.60	00:41:02.60	CA GALINHEIRAS
35	88	RUI SILVA	M	46	5	6		00:41:09.96	00:41:09.96	CD ESTRELA

36	146	JOSE J DIAS	M	56	3	8	00:41:13.68	00:41:13.68	GD CHELAS
37	135	PAULO PESSOA	M	28	8	3	00:41:29.87	00:41:29.87	FF PAZ MUNDIAL UNIFICAÇÃO
38	114	HERLANDER MARTINS	M	61	2	9	00:41:31.75	00:41:31.75	GD SAO DOMINGOS
39	91	SILVIO HORTA	M	35	4	7	00:41:52.01	00:41:52.01	
40	3	HELIO MARQUES	M	43	6	5	00:41:53.99	00:41:53.99	INGLESES FC
41	70	FILIFE PEREIRA	M	26	9	2	00:42:10.00	00:42:10.00	CARRASCO E AMIGOS
42	109	LICINIO FIDALGO	M	58	4	7	00:42:13.96	00:42:13.96	CAMARA L CLUBE
43	144	ANTONIO MARTINHO	M	40	7	4	00:42:18.44	00:42:18.44	CORRER LISBOA
44	118	ANABELA CARVALHO	F	53	2	9	00:42:32.39	00:42:32.39	GD SAO DOMINGOS
45	105	MIGUEL VELEZ	M	54	6	5	00:42:51.35	00:42:51.35	CAMARA L CLUBE
46	85	MARTA S CONCEIÇÃO	F	33	3	8	00:43:06.73	00:43:06.73	CORRER LISBOA
47	23	CATIA NASCIMENTO	F	37	1	10	00:43:07.40	00:43:07.40	CORRER LISBOA
48	65	PAULO LOPES	M	46	6	5	00:43:27.06	00:43:27.06	CARRASCO E AMIGOS
49	132	ANTONIO SILVA	M	58	5	6	00:43:41.16	00:43:41.16	FF PAZ MUNDIAL UNIFICAÇÃO
50	61	FERNANDO CORREIA	M	52	7	4	00:44:54.61	00:44:54.61	CARRASCO E AMIGOS
51	2	ROSARIA MORGADO	F	43	1	10	00:44:54.67	00:44:54.67	GD SAO DOMINGOS
52	57	HELENA MORREIRA	F	41	2	9	00:45:05.33	00:45:05.33	CARACOIS PEDRA
53	28	FELICIDADE ROSA	F	37	2	9	00:45:11.48	00:45:11.48	CA GALINHEIRAS
54	96	LUIS PENTEADO	M	46	7	4	00:45:21.72	00:45:21.72	
55	127	ISABEL SANTOS	F	48	3	8	00:45:26.59	00:45:26.59	FF PAZ MUNDIAL UNIFICAÇÃO
56	112	NUNO MENDES	M	44	8	3	00:45:35.80	00:45:35.80	
57	43	ANTONIO CASTRO	M	73	1	10	00:45:57.80	00:45:57.80	
58	117	ELISA VARELA	F	44	4	7	00:46:13.08	00:46:13.08	GD SAO DOMINGOS
59	116	ANIBAL CARVALHO	M	66	1	10	00:46:13.21	00:46:13.21	GD SAO DOMINGOS
60	86	ANTONIO BATISTA	M	70	2	9	00:46:38.74	00:46:38.74	CD ESTRELA
61	42	ALVARO GOMES	M	44	9	2	00:46:49.94	00:46:49.94	
62	126	MARISA ANTUNES	F	25	4	7	00:47:06.55	00:47:06.55	N OEIRAS
63	63	FERNANDA CAMACHO	F	46	5	6	00:47:20.84	00:47:20.84	CARRASCO E AMIGOS
64	4	LUIS SOUSA	M	43	10	1	00:47:37.36	00:47:37.36	CA GALINHEIRAS
65	29	Mª ORLETE MENDES	F	66	1	10	00:47:38.60	00:47:38.60	CA GALINHEIRAS
66	108	PAULO GONÇALVES	M	45	8	3	00:48:21.91	00:48:21.91	CAMARA L CLUBE
67	121	PAULA SILVA	F	44	6	5	00:48:26.47	00:48:26.47	SC REBOLEIRA E DAMAIA
68	115	ANTONIO PORTIJO	M	63	3	8	00:48:37.31	00:48:37.31	GD SAO DOMINGOS
69	25	IOAN MATEI	M	57	6	5	00:49:21.25	00:49:21.25	CA GALINHEIRAS
70	64	VITOR REVEZ	M	58	7	4	00:49:23.12	00:49:23.12	CARRASCO E AMIGOS
71	40	ANTONIO VARELA	M	51	8	3	00:49:25.56	00:49:25.56	

72	150	LUCIO MORAES	M	57	8	3	00:49:42.86	00:49:42.86	CARRASCO E AMIGOS
73	24	CARLA BERNARDINO	F	41	7	4	00:49:45.92	00:49:45.92	CA GALINHEIRAS
74	22	GILBERTO GONÇALVES	M	68	2	9	00:49:59.50	00:49:59.50	CA GALINHEIRAS
75	87	VIRGILIO RODRIGUES	M	70	3	8	00:51:00.68	00:51:00.68	CD ESTRELA
76	92	ANGELA MENDES	F	33	5	6	00:51:50.56	00:51:50.56	CCD O ALVITEJO
77	19	ALBANO GINJA	M	61	4	7	00:52:23.73	00:52:23.73	CA GALINHEIRAS
78	27	FATIMA COSTA	F	37	3	8	00:52:45.73	00:52:45.73	CA GALINHEIRAS
79	142	NORBERTO COELHO	M	61	5	6	00:53:01.55	00:53:01.55	CA GALINHEIRAS
80	80	ANTONIO SILVA	M	57	9	2	00:53:17.95	00:53:17.95	FCR ROSSAO
81	130	FERNANDO MELAO	M	53	9	2	00:53:45.27	00:53:45.27	FF PAZ MUNDIAL UNIFICAÇÃO
82	131	ALZIRA COSTA	F	53	3	8	00:53:47.00	00:53:47.00	FF PAZ MUNDIAL UNIFICAÇÃO
83	90	JEREMIAS RIBEIRO	M	74	4	7	00:53:49.13	00:53:49.13	INGLESES FC
84	59	LEANDRO SANTOS	M	61	6	5	00:54:34.76	00:54:34.76	
85	93	ANTONIO SIMAO	M	75	5	6	00:54:54.34	00:54:54.34	CCD O ALVITEJO
86	66	HELENA SOUSA	F	56	4	7	00:55:01.38	00:55:01.38	CARRASCO E AMIGOS
87	69	RAQUEL PINHEIRO	F	27	6	5	00:55:04.94	00:55:04.94	CARRASCO E AMIGOS
88	60	MARTA FONSECA	F	25	7	4	00:55:21.96	00:55:21.96	
89	107	PAULA LEITAO	F	43	8	3	00:56:32.96	00:56:32.96	CAMARA L CLUBE
90	54	ANA ABREU	F	44	9	2	00:57:09.13	00:57:09.13	FF PAZ MUNDIAL UNIFICAÇÃO
91	136	FATIMA ABREU	F	67	2	9	00:58:08.94	00:58:08.94	FF PAZ MUNDIAL UNIFICAÇÃO
92	147	EBERHARD WILHEEM	M	69	3	8	00:59:35.48	00:59:35.48	4 AO KM
93	67	MARIA BENTO	F	61	3	8	00:59:35.53	00:59:35.53	CARRASCO E AMIGOS
94	30	TERESA BERENGUER	F	42	10	1	00:59:40.66	00:59:40.66	CA GALINHEIRAS
95	75	RITA ANTUNES	F	18	1	10	00:59:46.79	00:59:46.79	FCR ROSSAO
96	34	ELISABETE COSTA	F	43	11		00:59:56.93	00:59:56.93	CA GALINHEIRAS
97	74	ANA NETO	F	19	2	9	01:04:35.88	01:04:35.88	FCR ROSSAO
98	72	CATARINA PEDREIRA	F	19	3	8	01:06:11.81	01:06:11.81	CARRASCO E AMIGOS
99	71	DIANA PENELA	F	18	4	7	01:06:12.97	01:06:12.97	CARRASCO E AMIGOS
100	138	MARIA EMILIA DIAS	F	76	4	7	01:11:02.81	01:11:02.81	FF PAZ MUNDIAL UNIFICAÇÃO
101	148	FRANCISCO MOCHINHO	M	69	4	7	01:14:38.54	01:14:38.54	AC LUMIAR

Total de registos: 101

Benjamim A Feminino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	325	RAQUEL M SANCHES	F	9	10	00:00:58.46	00:00:58.46	C TRIATLO LX
2	318	ELIANE TAVARES	F	8	9	00:01:02.29	00:01:02.29	ADL APELACONENSES
3	248	SORAIA PINTO	F	7	8	00:01:07.08	00:01:07.08	FCR ROSSAO

4	323	MATILDE R SEQUEIRA	F	9	7	00:01:08.35	00:01:08.35	C TRIATLO LX
5	335	LARA ARAUJO	F	8	6	00:01:12.17	00:01:12.17	CA GALINHEIRAS
6	295	JOANA SOARES	F	6	5	00:01:13.26	00:01:13.26	INGLESES FC
7	242	VERONICA SANTOS	F	6	4	00:01:25.82	00:01:25.82	FF PAZ MUNDIAL UNIFICAÇÃO
8	294	LEONOR PIRES	F	6	3	00:01:41.17	00:01:41.17	INGLESES FC

Benjamim A Masculino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	250	TIAGO OLIVEIRA	M	9	10	00:01:01.47	00:01:01.47	FCR ROSSAO
2	217	GONÇALO ANTUNES	M	8	9	00:01:03.70	00:01:03.70	ADL APELACONENSES
3	332	SANTIAGO SILVA	M	8	8	00:01:05.39	00:01:05.39	GD AGUIAS CHARNECA
4	322	AFONSO M SILVA	M	7	7	00:01:09.07	00:01:09.07	C TRIATLO LX
5	243	JOAO TRIGO	M	7	6	00:01:10.82	00:01:10.82	FF PAZ MUNDIAL UNIFICAÇÃO

Benjamim B Feminino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	220	SARA TAVARES	F	9	10	00:02:47.33	00:02:47.33	ADL APELACONENSES
2	224	LARA SANTOS	F	10	9	00:02:49.38	00:02:49.38	ADL APELACONENSES
3	297	CATARINA RODRIGUES	F	10	8	00:02:50.37	00:02:50.37	INGLESES FC
4	205	AICHA LAMINE	F	10	7	00:02:51.69	00:02:51.69	CA GALINHEIRAS
5	327	Mª INES RODRIGUES	F	11	6	00:02:58.70	00:02:58.70	C TRIATLO LX
6	324	JOANA R ALVES	F	10	5	00:02:59.06	00:02:59.06	C TRIATLO LX
7	341	MARTA PINTO	F	9	4	00:03:13.56	00:03:13.56	CA GALINHEIRAS
8	296	MARIA PIRES	F	10	3	00:03:20.43	00:03:20.43	INGLESES FC
9	328	MARIANA MARTINS	F	11	2	00:03:48.23	00:03:48.23	GD AGUIAS CHARNECA
10	206	CARLA JEUS	F	11	1	00:03:52.24	00:03:52.24	CA GALINHEIRAS

Benjamim B Masculino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	339	NUNO PAITIO	M	10	10	00:02:26.66	00:02:26.66	GDS DOMINGOS
2	227	RODRIGO ANTUNES	M	11	9	00:02:38.89	00:02:38.89	ADL APELACONENSES
3	326	GONÇALO M GUIMARAES	M	10	8	00:02:40.53	00:02:40.53	C TRIATLO LX
4	209	PEDRO SILVA	M	10	7	00:02:45.53	00:02:45.53	CA GALINHEIRAS
5	210	TIAGO ALVES	M	11	6	00:02:48.50	00:02:48.50	CA GALINHEIRAS
6	306	DANIEL GRAÇA	M	10	5	00:02:54.01	00:02:54.01	GD SAO DOMINGOS
7	252	GABRIEL ABRUNHOSA	M	10	4	00:03:48.00	00:03:48.00	FCR ROSSAO

Infantis Feminino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
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1	337	MIAN FERNANDES	F	13	10	00:03:26.80	00:03:26.80	CA GALINHEIRAS
2	272	CARLOTA FERREIRA	F	12	9	00:03:28.68	00:03:28.68	FUNDAÇÃO CEBI
3	271	RITA TEIXEIRA	F	12	8	00:03:30.20	00:03:30.20	FUNDAÇÃO CEBI
4	203	IRINA MARTINS	F	13	7	00:03:38.74	00:03:38.74	CA GALINHEIRAS
5	273	MARTA PACHECO	F	12	6	00:03:41.27	00:03:41.27	FUNDAÇÃO CEBI
6	338	MIRIANA FERNANDES	F	13	5	00:03:45.55	00:03:45.55	CA GALINHEIRAS
7	276	MARTA MENDES	F	13	4	00:03:46.93	00:03:46.93	FUNDAÇÃO CEBI
8	336	MARIANA FERNANDES	F	13	3	00:03:48.80	00:03:48.80	CA GALINHEIRAS
9	277	LORINA RABOLE	F	13	2	00:04:17.32	00:04:17.32	FUNDAÇÃO CEBI
10	204	VALENTINA CANTEA	F	13	1	00:04:21.89	00:04:21.89	CA GALINHEIRAS
11	256	ALEXIA MARTINS	F	13		00:04:40.55	00:04:40.55	FCR ROSSAO
12	255	ANA FURTADO	F	12		00:04:44.68	00:04:44.68	FCR ROSSAO
13	329	ROSA LUIS	F	12		00:04:54.65	00:04:54.65	GD AGUIAS CHARNECA
14	301	SOFIA SOARES	F	13		00:05:02.92	00:05:02.92	INGLESES FC

Infantis Masculino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	267	MIGUEL MASSUÇA	M	12	10	00:03:11.28	00:03:11.28	FUNDAÇÃO CEBI
2	270	JOAO AGUIAR	M	12	9	00:03:12.89	00:03:12.89	FUNDAÇÃO CEBI
3	253	MIGUEL OLIVEIRA	M	12	8	00:03:13.00	00:03:13.00	FCR ROSSAO
4	201	GONÇALO MARTINS	M	12	7	00:03:15.00	00:03:15.00	CA GALINHEIRAS
5	284	RAFAEL MARTINS	M	12	6	00:03:28.28	00:03:28.28	FUNDAÇÃO CEBI
6	268	DIOGO SANTOS	M	13	5	00:03:35.53	00:03:35.53	FUNDAÇÃO CEBI
7	288	JOAO RODRIGUES	M	12	4	00:03:37.27	00:03:37.27	INGLESES FC
8	289	FRANCISCO MARQUES	M	13	3	00:03:44.11	00:03:44.11	INGLESES FC
9	321	GUILHERME RODRIGUES	M	13	2	00:03:46.80	00:03:46.80	SPORTING CP
10	229	JOSE SANTOS	M	12	1	00:04:01.92	00:04:01.92	ADL APELACONSENSES
11	244	MARCO CONCEIÇÃO	M	12		00:04:49.82	00:04:49.82	FF PAZ MUNDIAL UNIFICAÇÃO

Iniciados Feminino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	279	MARIANA PENTEADO	F	14	10	00:06:57.71	00:06:57.71	FUNDAÇÃO CEBI
2	278	FILIPA SALES	F	14	9	00:07:27.26	00:07:27.26	FUNDAÇÃO CEBI
3	246	SUSANA SANTOS	F	14	8	00:07:52.51	00:07:52.51	FF PAZ MUNDIAL UNIFICAÇÃO
4	342	ANA RITA CARDOSO	F	15	7	00:09:16.59	00:09:16.59	FEDERACAO FAMILIA
5	303	VALERIA NUNES	F	14	6	00:10:19.56	00:10:19.56	INGLESES FC
6	259	DANIELA SANTOS	F	14	5	00:12:32.97	00:12:32.97	FCR ROSSAO
7	304	JOANA SOARES	F	15	4	00:13:33.19	00:13:33.19	INGLESES FC

Iniciados Masculino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	285	GONÇALO MARTINHO	M	15	10	00:06:29.10	00:06:29.10	SL BENFICA
2	202	GONÇALO PINTO	M	15	9	00:06:35.92	00:06:35.92	CA GALINHEIRAS
3	247	BRUNO VICENTE	M	15	8	00:06:37.67	00:06:37.67	CARRASCO E AMIGOS
4	290	JOAO NEVES	M	14	7	00:07:26.11	00:07:26.11	INGLESES FC
5	230	EDGAR ANTUNES	M	14	6	00:08:57.56	00:08:57.56	ADL APELACONENSES

Juvenis Feminino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	320	CATARINA SANTOS	F	16	10	00:12:56.78	00:12:56.78	SPORTING CP
2	305	NADIA SOUSA	F	17	9	00:13:39.30	00:13:39.30	INGLESES FC

Juvenis Masculino

Class	Num	Nome	Sx	Idd	Pontos Equipa	T. Bruto	T. Líquido	Equipe
1	281	RICARDO SOUSA	M	17	10	00:10:57.33	00:10:57.33	FUNDAÇÃO CEBI
2	282	DAVID SANTOS	M	17	9	00:12:09.77	00:12:09.77	FUNDAÇÃO CEBI
3	233	DUARTE COIMBRA	M	14	8	00:12:52.22	00:12:52.22	GD CHELAS
4	263	DAVID CAMPOS	M	17	7	00:12:56.16	00:12:56.16	FCR ROSSAO
5	331	ROBERTO CARLOS	M	16	6	00:18:57.02	00:18:57.02	GD AGUIAS CHARNECA
6	330	BRUNO PINHEIRO	M	16	5	00:18:57.10	00:18:57.10	GD AGUIAS CHARNECA

Desporto Especial Feminino

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	102	GUIDA SERRA	F	58	00:07:02.83	00:07:02.83	APPACDM SANTAREM

Desporto Especial Masculino

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	99	PAULO CONCEICAO	M	18	00:02:01.00	00:02:01.00	APPACDM SANTAREM
2	98	JOAO P GUEDES	M	19	00:02:43.39	00:02:43.39	APPACDM SANTAREM
3	333	ANDRE CORREIA	M	17	00:02:53.95	00:02:53.95	GD AGUIAS CHARNECA
4	100	GILBERTO RODRIGUES	M	50	00:03:33.01	00:03:33.01	APPACDM SANTAREM
5	103	JOAO P DUARTE	M	30	00:04:06.98	00:04:06.98	APPACDM SANTAREM
6	101	VASCO PAIVA	M	36	00:04:41.60	00:04:41.60	APPACDM SANTAREM
7	104	FABIO PAIS	M	24	00:05:16.93	00:05:16.93	APPACDM SANTAREM



Classificação por equipas baseada na soma dos pontos atribuidos aos primeiros 10 classificados de cada escalão:

Class	Total Pontos (10p para 1º até 1p para 10º)	Equipa	Nº total atletas nos 10 primeiros
1	166	CA GALINHEIRAS	27
2	124	FUNDAÇÃO CEBI	16
3	113	FCR ROSSAO	15
4	109	FF PAZ MUNDIAL UNIFICAÇÃO	17
5	84	CARRASCO E AMIGOS	14
6	78	GD SAO DOMINGOS	9
7	69	ADL APELACONENSES	9
8	64	INGLESES FC	12
9	44	GD CHELAS	5
10	43	C TRIATLO LX	6
11	36	CD ESTRELA	5
12	33	CAMARA L CLUBE	6
13	31	CORRER LISBOA	4
14	21	GD AGUIAS CHARNECA	4
15	18	CARACOIS PEDRA	2
16	12	CCD O ALVITEJO	2
17	12	SPORTING CP	2
18	10	SL BENFICA	1
19	8	4 AO KM	1
20	7	AC LUMIAR	1
21	7	N OEIRAS	1
22	5	SC REBOLEIRA E DAMAIA	1

Total de equipas com atletas nos 10 primeiros: 22