

LISTAGEM PROVISÓRIA (PARA CONFERÊNCIA DE TEMPO)

II GRANDE PRÉMIO DE MEM MARTINS

Patrocínio: JUNTA DE FREGUESIA DE MEM MARTINS Apoio: A.D. REAL ACADEMIA
 Data: 15/02/2009
 Classif.: Relatório Geral Masculino e Feminino

| Coloc. | Num. | Atleta | Id. | Fx.Et. | Cl.E.E | Sx. | C. | SC1 | SC2 | SC3 | Clube | Tempo |
|--------|------|---------------------|-----|--------|--------|-----|----|-----|-----|-----|---------------------|----------|
| 1 | 542 | LUIS PINTO | 26 | M2034 | 1 | M | | | | | SPORTING CP | 00:31:52 |
| 2 | 528 | JOAO MARQUES | 39 | M3539 | 1 | M | | | | | GDR CONFORLIMPA | 00:32:00 |
| 3 | 369 | RIAD MOHAMED | 37 | M3539 | 2 | M | | | | | OLIMPICO C LAGOS | 00:32:16 |
| 4 | 508 | LUIS GINJA | 35 | M3539 | 3 | M | | | | | GDR REBOLEIRA | 00:33:02 |
| 5 | 171 | LUIS ALLEN | 39 | M3539 | 4 | M | | | | | C BENFICA AGUALVA | 00:33:06 |
| 6 | 174 | PAULO RAMOS | 46 | M4549 | 1 | M | | | | | C BENFICA AGUALVA | 00:33:12 |
| 7 | 370 | ELHASSANE ABDENNOUR | 27 | M2034 | 2 | M | | | | | OLIMPICO C LAGOS | 00:33:23 |
| 8 | 507 | EUGENIO NETO | 47 | M4549 | 2 | M | | | | | GDR REBOLEIRA | 00:33:25 |
| 9 | 509 | JOSE INACIO | 43 | M4044 | 1 | M | | | | | GDR REBOLEIRA | 00:33:42 |
| 10 | 501 | ALEXANDRE CANAL | 42 | M4044 | 2 | M | | | | | GD AMARO JOALHEIROS | 00:34:08 |
| 11 | 543 | JULIO MARQUES | 33 | M2034 | 3 | M | | | | | INDIVIDUAL | 00:34:22 |
| 12 | 277 | SILVESTRE GOMES | 53 | M5054 | 1 | M | | | | | GRD OS FIXES | 00:34:39 |
| 13 | 358 | FRANCISCO PEDRO | 38 | M3539 | 5 | M | | | | | ARSC TOLEDO | 00:34:47 |
| 14 | 354 | FERNANDO CAÇOTE | 28 | M2034 | 4 | M | | | | | OLIMPICO C LAGOS | 00:34:57 |
| 15 | 500 | ALEXANDRE SOARES | 47 | M4549 | 3 | M | | | | | GD AMARO JOALHEIROS | 00:35:09 |
| 16 | 127 | MARIO PEDRO | 33 | M2034 | 5 | M | | | | | GD MACEDO OCULISTA | 00:35:10 |
| 17 | 274 | JOSE MARTINS | 43 | M4044 | 3 | M | | | | | GRD OS FIXES | 00:35:13 |
| 18 | 168 | PAULO JANELA | 26 | M2034 | 6 | M | | | | | C BENFICA AGUALVA | 00:35:15 |
| 19 | 169 | HUGO GONÇALVES | 30 | M2034 | 7 | M | | | | | C BENFICA AGUALVA | 00:35:22 |
| 20 | 275 | HELDER REBELO | 40 | M4044 | 4 | M | | | | | GRD OS FIXES | 00:35:27 |
| 21 | 282 | PAULO TRINDADE | 27 | M2034 | 8 | M | | | | | CF OS AVISENSES | 00:35:30 |
| 22 | 112 | VIRGILIO GOMES | 40 | M4044 | 5 | M | | | | | GD MACEDO OCULISTA | 00:35:37 |
| 23 | 5 | JOSE GIL | 51 | M5054 | 2 | M | | | | | GDU CAXIENSES | 00:35:39 |
| 24 | 506 | BRUNO FRAGA | 32 | M2034 | 9 | M | | | | | GDR REBOLEIRA | 00:35:41 |
| 25 | 221 | FELISBERTO PINA | 24 | M2034 | 10 | M | | | | | AM B° CV LUMIAR | 00:35:42 |
| 26 | 214 | CARLOS FERNANDES | 34 | M2034 | 11 | M | | | | | AM B° CV LUMIAR | 00:35:44 |
| 27 | 181 | NUNO CARRAÇA | 20 | M2034 | 12 | M | | | | | URCA | 00:35:48 |
| 28 | 173 | ANTONIO MANETA | 43 | M4044 | 6 | M | | | | | C BENFICA AGUALVA | 00:35:50 |
| 29 | 170 | RICRADO PEREIRA | 31 | M2034 | 13 | M | | | | | C BENFICA AGUALVA | 00:36:03 |
| 30 | 357 | ANDRE FERREIRA | 28 | M2034 | 14 | M | | | | | ARSC TOLEDO | 00:36:05 |

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| 31 | 529 | JORGE REIS | 50 | M5054 | 3 | M | | | | | GD MACEDO OCULISTA | 00:36:07 |
| 32 | 167 | JOSE MOREIRA | 33 | M2034 | 15 | M | | | | | C BENFICA AGUALVA | 00:36:36 |
| 33 | 503 | JOSE ANTUNES | 42 | M4044 | 7 | M | | | | | GD AMARO JOALHEIROS | 00:36:40 |
| 34 | 280 | MARIO GUERREIRO | 46 | M4549 | 4 | M | | | | | CF OS AVISENSES | 00:36:43 |
| 35 | 172 | LUIS PEREIRA | 38 | M3539 | 6 | M | | | | | C BENFICA AGUALVA | 00:36:51 |
| 36 | 276 | CARLOS TAVEIRA | 35 | M3539 | 7 | M | | | | | GRD OS FIXES | 00:36:55 |
| 37 | 325 | RUI INFANTE | 37 | M3539 | 8 | M | | | | | C PRAÇAS ARMADA | 00:37:06 |
| 38 | 83 | NUNO E SANTO | 38 | M3539 | 9 | M | | | | | AÇOREANA C BANIF | 00:37:19 |
| 39 | 26 | JOAO FIANCA | 39 | M3539 | 10 | M | | | | | FC DESPERTAR | 00:37:30 |
| 40 | 234 | PAULO FELIX | 51 | M5054 | 4 | M | | | | | AA PEGO LONGO | 00:37:30 |
| 41 | 155 | DOMINGOS CARNEIRO | 35 | M3539 | 11 | M | | | | | CR LEOES P SALVO | 00:37:58 |
| 42 | 25 | JOAO ESTEVAO | 43 | M4044 | 8 | M | | | | | FC DESPERTAR | 00:38:03 |
| 43 | 12 | GERMANO SILVA | 50 | M5054 | 5 | M | | | | | AD REAL ACADEMIA | 00:38:07 |
| 44 | 152 | JOAO VALENTIM | 49 | M4549 | 5 | M | | | | | GA FREG VIDAIS | 00:38:12 |
| 45 | 512 | JOSEFA BOMGUE | 32 | F2034 | 1 | F | | | | | NUCLEOEIRAS | 00:38:18 |
| 46 | 213 | JOSE TEIXEIRA | 35 | M3539 | 12 | M | | | | | AM B° CV LUMIAR | 00:38:19 |
| 47 | 356 | LUIS GOMES | 40 | M4044 | 9 | M | | | | | ARSC TOLEDO | 00:38:20 |
| 48 | 348 | VERA NUNES | 29 | F2034 | 2 | F | | | | | SL BENFICA | 00:38:21 |
| 49 | 267 | PAULO ALVES | 31 | M2034 | 16 | M | | | | | GD IN CASA MOEDA | 00:38:24 |
| 50 | 376 | ORLANDO CORREIA | 37 | M3539 | 13 | M | | | | | SL CAMPOLIDE | 00:38:28 |
| 51 | 279 | JOSE FELIX | 41 | M4044 | 10 | M | | | | | CF OS AVISENSES | 00:38:37 |
| 52 | 393 | JORGE AMARAL | 40 | M4044 | 11 | M | | | | | CDR AGUIAS UNIDAS | 00:38:40 |
| 53 | 184 | DEOLINDO ANDRE | 48 | M4549 | 6 | M | | | | | URCA | 00:38:47 |
| 54 | 24 | MANUEL CARRUDO | 61 | M6099 | 1 | M | | | | | AD REAL ACADEMIA | 00:38:48 |
| 55 | 359 | JOAQUIM RODRIGUES | 39 | M3539 | 14 | M | | | | | ARSC TOLEDO | 00:39:04 |
| 56 | 99 | JOEL RODRIGUES | 35 | M3539 | 15 | M | | | | | AA MAFRA | 00:39:08 |
| 57 | 67 | JOSE ALCOBIA | 54 | M5054 | 6 | M | | | | | C FERROV PORTUGAL | 00:39:09 |
| 58 | 360 | EMANUEL MARQUES | 39 | M3539 | 16 | M | | | | | ARSC TOLEDO | 00:39:12 |
| 59 | 341 | LUIS RAFAEL | 37 | M3539 | 17 | M | | | | | GD SANTANDER TOTTA | 00:39:20 |
| 60 | 265 | FERNANDO CHAMUSCA | 58 | M5559 | 1 | M | | | | | GD IN CASA MOEDA | 00:39:22 |
| 61 | 548 | MIGUEL ROCHA | 37 | M3539 | 18 | M | | | | | INDIVIDUAL | 00:39:23 |
| 62 | 225 | JOSE NOBRE | 44 | M4044 | 12 | M | | | | | Garmin Prazer Corrida | 00:39:24 |
| 63 | 334 | ANASTACIO VALADAS | 55 | M5559 | 2 | M | | | | | GD SANTANDER TOTTA | 00:39:28 |
| 64 | 379 | ALFREDO VALENTE | 45 | M4549 | 7 | M | | | | | SL CAMPOLIDE | 00:39:44 |
| 65 | 108 | JOSE INOCENCIO | 56 | M5559 | 3 | M | | | | | GD MACEDO OCULISTA | 00:39:52 |
| 66 | 13 | HERCULANO ARAUJO | 44 | M4044 | 13 | M | | | | | AD REAL ACADEMIA | 00:39:53 |
| 67 | 148 | CARLOS VITORINO | 35 | M3539 | 19 | M | | | | | RUNNING OF D MARIA | 00:39:54 |

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| 68 | 30 | VITOR SILVA | 42 | M4044 | 14 | M | | | | | AD REAL ACADEMIA | 00:39:56 |
| 69 | 103 | CARLOS MENDES | 43 | M4044 | 15 | M | | | | | CR LEOES P SALVO | 00:40:01 |
| 70 | 349 | LUCILIA SOARES | 47 | F4099 | 1 | F | | | | | SL BENFICA | 00:40:07 |
| 71 | 118 | CONSTANTINO ARAUJO | 42 | M4044 | 16 | M | | | | | GD MACEDO OCULISTA | 00:40:12 |
| 72 | 126 | LUIS SANTOS | 24 | M2034 | 17 | M | | | | | GD MACEDO OCULISTA | 00:40:13 |
| 73 | 36 | JOAO MAIA | 46 | M4549 | 8 | M | | | | | INDIVIDUAL | 00:40:14 |
| 74 | 159 | JOAQUIM PEREIRA | 60 | M6099 | 2 | M | | | | | CR LEOES P SALVO | 00:40:18 |
| 75 | 278 | JOSE GONÇALVES | 46 | M4549 | 9 | M | | | | | CF OS AVISENSES | 00:40:22 |
| 76 | 175 | MARIO GONÇALVES | 58 | M5559 | 4 | M | | | | | C BENFICA AGUALVA | 00:40:29 |
| 77 | 54 | LUCIO ALVES | 37 | M3539 | 20 | M | | | | | VALEJAS AC | 00:40:39 |
| 78 | 466 | JOAO ANTUNES | 40 | M4044 | 17 | M | | | | | INDIVIDUAL | 00:40:43 |
| 79 | 115 | CARLA PINTO | 37 | F3539 | 1 | F | | | | | GD MACEDO OCULISTA | 00:40:46 |
| 80 | 117 | CARLOS MENDES | 40 | M4044 | 18 | M | | | | | GD MACEDO OCULISTA | 00:40:47 |
| 81 | 212 | DARIO MONTEIRO | 21 | M2034 | 18 | M | | | | | AM B° CV LUMIAR | 00:40:47 |
| 82 | 383 | ANTONIO SANTOS | 49 | M4549 | 10 | M | | | | | SL CAMPOLIDE | 00:40:59 |
| 83 | 326 | PAULO GONÇALVES | 36 | M3539 | 21 | M | | | | | C PRAÇAS ARMADA | 00:41:00 |
| 84 | 322 | RUI MARTINS | 53 | M5054 | 7 | M | | | | | NA PALACIO JUSTIÇA | 00:41:02 |
| 85 | 158 | ANTONIO VALE | 51 | M5054 | 8 | M | | | | | CR LEOES P SALVO | 00:41:05 |
| 86 | 347 | JOAO PASTOR | 36 | M3539 | 22 | M | | | | | CA PATAMEIRAS | 00:41:10 |
| 87 | 107 | ALCINO ALMEIDA | 50 | M5054 | 9 | M | | | | | GD MACEDO OCULISTA | 00:41:14 |
| 88 | 119 | DOMINGOS GONÇALVES | 55 | M5559 | 5 | M | | | | | GD MACEDO OCULISTA | 00:41:18 |
| 89 | 157 | MANUEL ARAUJO | 47 | M4549 | 11 | M | | | | | CR LEOES P SALVO | 00:41:19 |
| 90 | 23 | LUIS SILVEIRA | 49 | M4549 | 12 | M | | | | | AD REAL ACADEMIA | 00:41:25 |
| 91 | 491 | AVELINO PIMENTA | 57 | M5559 | 6 | M | | | | | GD AMARO JOALHEIROS | 00:41:36 |
| 92 | 182 | CARLOS PIRES | 37 | M3539 | 23 | M | | | | | URCA | 00:41:38 |
| 93 | 100 | JOSE MOREIRA | 25 | M2034 | 19 | M | | | | | AA MAFRA | 00:41:48 |
| 94 | 222 | ALESSANDRO ALMEIDA | 30 | M2034 | 20 | M | | | | | RISER PERSUR | 00:41:52 |
| 95 | 385 | ARTUR BRITES | 54 | M5054 | 10 | M | | | | | SL CAMPOLIDE | 00:41:54 |
| 96 | 372 | JOSE OLIMPIO | 30 | M2034 | 21 | M | | | | | SL CAMPOLIDE | 00:42:00 |
| 97 | 290 | PETER COOPER | 44 | M4044 | 19 | M | | | | | CAA BELEM | 00:42:05 |
| 98 | 125 | JOSE REIS | 55 | M5559 | 7 | M | | | | | GD MACEDO OCULISTA | 00:42:11 |
| 99 | 49 | ANTONIO COELHO | 52 | M5054 | 11 | M | | | | | VALEJAS AC | 00:42:17 |
| 100 | 84 | RUI SILVA | 32 | M2034 | 22 | M | | | | | AÇOREANA C BANIF | 00:42:19 |
| 101 | 86 | VIRGILIO MADEIRA | 49 | M4549 | 13 | M | | | | | AÇOREANA C BANIF | 00:42:24 |
| 102 | 465 | ALBERTO OLIVEIRA | 26 | M2034 | 23 | M | | | | | INDIVIDUAL | 00:42:24 |
| 103 | 216 | CARLOS GONÇALVES | 37 | M3539 | 24 | M | | | | | AM B° CV LUMIAR | 00:42:30 |
| 104 | 51 | CARLOS MONTEIRO | 58 | M5559 | 8 | M | | | | | VALEJAS AC | 00:42:34 |

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| 105 | 15 | JOAQUIM ESTEVES | 59 | M5559 | 9 | M | | | | | AD REAL ACADEMIA | 00:42:35 |
| 106 | 306 | JOAQUIM FRADE | 53 | M5054 | 12 | M | | | | | SS CGD | 00:42:36 |
| 107 | 149 | JOSE VAZ | 50 | M5054 | 13 | M | | | | | CLUBE ANACOM | 00:42:38 |
| 108 | 350 | DOMINGOS NECA | 54 | M5054 | 14 | M | | | | | JOVENS SERRA MINAS | 00:42:38 |
| 109 | 19 | JOAQUIM ROSA | 46 | M4549 | 14 | M | | | | | INDIVIDUAL | 00:42:41 |
| 110 | 140 | CARLOS MARQUES | 39 | M3539 | 25 | M | | | | | RUNNING OF D MARIA | 00:42:41 |
| 111 | 366 | PAULA FERNANDES | 44 | F4099 | 2 | F | | | | | GC 1° MAIO AGUALVA | 00:42:41 |
| 112 | 363 | JOSE FERNANDES | 58 | M5559 | 10 | M | | | | | GDU CAXIENSES | 00:42:49 |
| 113 | 202 | ANTONIO VILELA | 39 | M3539 | 26 | M | | | | | GDU CAXIENSES | 00:42:55 |
| 114 | 7 | CARLOS NEVES | 56 | M5559 | 11 | M | | | | | AD REAL ACADEMIA | 00:42:57 |
| 115 | 3 | VIRGILIO CORREIA | 38 | M3539 | 27 | M | | | | | FC DESPERTAR | 00:43:00 |
| 116 | 535 | NUNO M SIMOES | 39 | M3539 | 28 | M | | | | | INDIVIDUAL | 00:43:00 |
| 117 | 153 | MANUEL SIMAO | 55 | M5559 | 12 | M | | | | | GA FREG VIDAIS | 00:43:01 |
| 118 | 40 | CARLOS LOPES | 34 | M2034 | 24 | M | | | | | CR LEOES P SALVO | 00:43:03 |
| 119 | 323 | JOAO SANTOS | 44 | M4044 | 20 | M | | | | | C PRAÇAS ARMADA | 00:43:03 |
| 120 | 310 | ANTONIO ALMEIDA | 45 | M4549 | 15 | M | | | | | CLUBE AUTOCOOPE | 00:43:07 |
| 121 | 362 | ANTONIO MONTEIRO | 69 | M6099 | 3 | M | | | | | ARSC TOLEDO | 00:43:07 |
| 122 | 311 | JOAO CALDAS | 43 | M4044 | 21 | M | | | | | CLUBE AUTOCOOPE | 00:43:08 |
| 123 | 208 | CARLOS COELHO | 47 | M4549 | 16 | M | | | | | GA MONSANTO GASCAN | 00:43:10 |
| 124 | 2 | ANTONIO ANGELINO | 40 | M4044 | 22 | M | | | | | AD REAL ACADEMIA | 00:43:17 |
| 125 | 301 | BERNARDINO PEREIRA | 72 | M6099 | 4 | M | | | | | SS CGD | 00:43:17 |
| 126 | 343 | HAMILTON TAVARES | 33 | M2034 | 25 | M | | | | | GD SANTANDER TOTTA | 00:43:17 |
| 127 | 38 | JOAQUIM REIS | 50 | M5054 | 15 | M | | | | | GD MPL | 00:43:23 |
| 128 | 177 | MIGUEL SILVA | 50 | M5054 | 16 | M | | | | | GC QUELUZ | 00:43:24 |
| 129 | 219 | JOSE PEIXOTO | 49 | M4549 | 17 | M | | | | | AM B° CV LUMIAR | 00:43:25 |
| 130 | 458 | MARCOS OLIVEIRA | 36 | M3539 | 29 | M | | | | | INDIVIDUAL | 00:43:39 |
| 131 | 296 | ALICE BASILIO | 38 | F3539 | 2 | F | | | | | AA MAFRA | 00:43:40 |
| 132 | 533 | LUIS MONTEIRO | 46 | M4549 | 18 | M | | | | | INDIVIDUAL | 00:43:40 |
| 133 | 218 | DANIEL NUNES | 49 | M4549 | 19 | M | | | | | AM B° CV LUMIAR | 00:43:42 |
| 134 | 223 | PAULA ROCHA | 42 | F4099 | 3 | F | | | | | Garmin Prazer Corrida | 00:43:44 |
| 135 | 284 | JOAO CARVALHO | 58 | M5559 | 13 | M | | | | | CF OS AVISENSES | 00:43:48 |
| 136 | 291 | PAULO LOURINHO | 39 | M3539 | 30 | M | | | | | CAA BELEM | 00:43:49 |
| 137 | 481 | JOSE FAUSTINO | 55 | M5559 | 14 | M | | | | | INDIVIDUAL | 00:43:50 |
| 138 | 135 | PEDRO REIS | 36 | M3539 | 31 | M | | | | | ADC VALE GROU | 00:43:55 |
| 139 | 308 | JOSE ALVES | 59 | M5559 | 15 | M | | | | | SS CGD | 00:43:56 |
| 140 | 329 | JAIME LOURENÇO | 44 | M4044 | 23 | M | | | | | GD SANTANDER TOTTA | 00:43:57 |
| 141 | 510 | NELSON COELHO | 20 | M2034 | 26 | M | | | | | GDR REBOLEIRA | 00:44:00 |

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| 142 | 492 | MARIO NEVES | 53 | M5054 | 17 | M | | | | | GD AMARO JOALHEIROS | 00:44:08 |
| 143 | 421 | PEDRO RIBEIRO | 31 | M2034 | 27 | M | | | | | INDIVIDUAL | 00:44:19 |
| 144 | 398 | FLAVIO FIGUEIREDO | 24 | M2034 | 28 | M | | | | | INDIVIDUAL | 00:44:22 |
| 145 | 384 | ALBANO CORREIA | 50 | M5054 | 18 | M | | | | | SL CAMPOLIDE | 00:44:24 |
| 146 | 104 | AMERICO AMARO | 48 | M4549 | 20 | M | | | | | CR LEOES P SALVO | 00:44:27 |
| 147 | 68 | GUILHERME GONÇALVES | 48 | M4549 | 21 | M | | | | | C FERROV PORTUGAL | 00:44:33 |
| 148 | 471 | JOSE BOUCEIRO | 44 | M4044 | 24 | M | | | | | INDIVIDUAL | 00:44:36 |
| 149 | 419 | VIRGILIO VINAGRE | 41 | M4044 | 25 | M | | | | | INDIVIDUAL | 00:44:37 |
| 150 | 217 | MANUEL RODRIGUES | 50 | M5054 | 19 | M | | | | | AM B° CV LUMIAR | 00:44:38 |
| 151 | 353 | ALBERTO CAPELA | 53 | M5054 | 20 | M | | | | | JOVENS SERRA MINAS | 00:44:38 |
| 152 | 8 | DAVID KARIM | 30 | M2034 | 29 | M | | | | | AD REAL ACADEMIA | 00:44:39 |
| 153 | 488 | VITOR AMADO | 55 | M5559 | 16 | M | | | | | INDIVIDUAL | 00:44:42 |
| 154 | 521 | RUI MOURA | 54 | M5054 | 21 | M | | | | | FAMILIA BUG MOURA | 00:44:42 |
| 155 | 380 | MANUEL FONSECA | 45 | M4549 | 22 | M | | | | | SL CAMPOLIDE | 00:44:45 |
| 156 | 324 | JOSE INFANTE | 41 | M4044 | 26 | M | | | | | C PRAÇAS ARMADA | 00:44:47 |
| 157 | 293 | Mª JOSE FRIAS | 43 | F4099 | 4 | F | | | | | AA MAFRA | 00:45:04 |
| 158 | 18 | JOSE G RECTO | 42 | M4044 | 27 | M | | | | | AD REAL ACADEMIA | 00:45:09 |
| 159 | 520 | CARLOS BARBOSA | 51 | M5054 | 22 | M | | | | | AD REAL ACADEMIA | 00:45:09 |
| 160 | 418 | TIAGO MARTINS | 27 | M2034 | 30 | M | | | | | INDIVIDUAL | 00:45:10 |
| 161 | 239 | MANUEL TAVARES | 55 | M5559 | 17 | M | | | | | CCD SEGURANÇA SOCIAL | 00:45:15 |
| 162 | 351 | CARLOS CLARO | 54 | M5054 | 23 | M | | | | | JOVENS SERRA MINAS | 00:45:22 |
| 163 | 479 | MARIO AMARO | 41 | M4044 | 28 | M | | | | | INDIVIDUAL | 00:45:23 |
| 164 | 41 | LUIS MAGALHAES | 39 | M3539 | 32 | M | | | | | CR LEOES P SALVO | 00:45:25 |
| 165 | 526 | JOAQUIM RODRIGUES | 60 | M6099 | 5 | M | | | | | AA PEGO LONGO | 00:45:27 |
| 166 | 537 | ANTONIO DIAS | 50 | M5054 | 24 | M | | | | | INDIVIDUAL | 00:45:30 |
| 167 | 389 | FRANCISCO SOUSA | 38 | M3539 | 33 | M | | | | | SL CAMPOLIDE | 00:45:32 |
| 168 | 165 | AGOSTINHO TORRES | 48 | M4549 | 23 | M | | | | | C BENFICA AGUALVA | 00:45:33 |
| 169 | 386 | RASHID NIGMATULLIN | 56 | M5559 | 18 | M | | | | | SL CAMPOLIDE | 00:45:34 |
| 170 | 262 | FERNANDO LUZ | 39 | M3539 | 34 | M | | | | | GDCT UNICRE | 00:45:38 |
| 171 | 433 | CARLOS AC MENDES | 52 | M5054 | 25 | M | | | | | INDIVIDUAL | 00:45:41 |
| 172 | 85 | TAM AFONSO | 56 | M5559 | 19 | M | | | | | AÇOREANA C BANIF | 00:45:44 |
| 173 | 124 | JOAQUIM MACEDO | 54 | M5054 | 26 | M | | | | | GD MACEDO OCULISTA | 00:45:50 |
| 174 | 196 | JORGE PEREIRA | 54 | M5054 | 27 | M | | | | | CD GRUPO BES | 00:45:51 |
| 175 | 312 | FABIO MARINHO | 21 | M2034 | 31 | M | | | | | CLUBE AUTOCOOPE | 00:45:52 |
| 176 | 483 | CARLOS SILVA | 43 | M4044 | 29 | M | | | | | INDIVIDUAL | 00:45:54 |
| 177 | 150 | DAVID CONSTANTINO | 50 | M5054 | 28 | M | | | | | CLUBE ANACOM | 00:45:55 |
| 178 | 138 | PAULO MARTINS | 41 | M4044 | 30 | M | | | | | RUNNING OF D MARIA | 00:45:57 |

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| 179 | 180 | GIL CORREIA | 20 | M2034 | 32 | M | | | | | URCA | 00:45:57 |
| 180 | 361 | ANTONIO FERNANDES | 45 | M4549 | 24 | M | | | | | ARSC TOLEDO | 00:46:04 |
| 181 | 45 | LUIS DIAS | 20 | M2034 | 33 | M | | | | | OS KAMARROS | 00:46:05 |
| 182 | 215 | JOSE COSTA | 37 | M3539 | 35 | M | | | | | AM B° CV LUMIAR | 00:46:07 |
| 183 | 229 | PAULO SAINICA | 37 | M3539 | 36 | M | | | | | Garmin Prazer Corrida | 00:46:12 |
| 184 | 281 | MANUEL SARAIVA | 47 | M4549 | 25 | M | | | | | CF OS AVISENSES | 00:46:12 |
| 185 | 228 | JOAQUIM DAMAS | 55 | M5559 | 20 | M | | | | | Garmin Prazer Corrida | 00:46:14 |
| 186 | 489 | PEDRO PEREIRA | 33 | M2034 | 34 | M | | | | | INDIVIDUAL | 00:46:17 |
| 187 | 490 | MARTA FONSECA | 26 | F2034 | 3 | F | | | | | INDIVIDUAL | 00:46:19 |
| 188 | 365 | ISIDRO SANTOS | 53 | M5054 | 29 | M | | | | | GDU CAXIENSES | 00:46:21 |
| 189 | 364 | JOSE OLIVEIRA | 43 | M4044 | 31 | M | | | | | GDU CAXIENSES | 00:46:22 |
| 190 | 154 | RICARDO FAISCA | 27 | M2034 | 35 | M | | | | | CR LEOES P SALVO | 00:46:31 |
| 191 | 321 | JOAO VIEIRA | 56 | M5559 | 21 | M | | | | | NA PALACIO JUSTIÇA | 00:46:32 |
| 192 | 66 | SERGIN LVATIF | 24 | M2034 | 36 | M | | | | | GD AMARO JOALHEIROS | 00:46:33 |
| 193 | 502 | EL MEDI YAKOUB | 41 | M4044 | 32 | M | | | | | GD AMARO JOALHEIROS | 00:46:33 |
| 194 | 33 | AMILCAR RIBEIRO | 50 | M5054 | 30 | M | | | | | AD REAL ACADEMIA | 00:46:34 |
| 195 | 423 | CARLOS SOUSA | 51 | M5054 | 31 | M | | | | | INDIVIDUAL | 00:46:35 |
| 196 | 69 | NEVES SILVA | 56 | M5559 | 22 | M | | | | | C FERROV PORTUGAL | 00:46:39 |
| 197 | 304 | PAULO PIRES | 43 | M4044 | 33 | M | | | | | SS CGD | 00:46:41 |
| 198 | 21 | JOSE SILVERIO | 69 | M6099 | 6 | M | | | | | AD REAL ACADEMIA | 00:46:46 |
| 199 | 283 | PAULO TOMAZ | 36 | M3539 | 37 | M | | | | | CF OS AVISENSES | 00:46:50 |
| 200 | 443 | ANTONIO GONÇALVES | 47 | M4549 | 26 | M | | | | | INDIVIDUAL | 00:46:51 |
| 201 | 235 | JOAO VERISSIMO | 50 | M5054 | 32 | M | | | | | TOCANDAR | 00:46:53 |
| 202 | 495 | MARIO MIGUEL | 58 | M5559 | 23 | M | | | | | INDIVIDUAL | 00:46:55 |
| 203 | 473 | LEONEL PIRES | 64 | M6099 | 7 | M | | | | | INDIVIDUAL | 00:46:56 |
| 204 | 48 | SERGIO PIRES | 32 | M2034 | 37 | M | | | | | VALEJAS AC | 00:46:58 |
| 205 | 197 | JULIO FERREIRA | 54 | M5054 | 33 | M | | | | | CD GRUPO BES | 00:47:01 |
| 206 | 198 | LUIS GODINHO | 32 | M2034 | 38 | M | | | | | CD GRUPO BES | 00:47:01 |
| 207 | 199 | LUIS MONTEIRO | 37 | M3539 | 38 | M | | | | | CD GRUPO BES | 00:47:01 |
| 208 | 201 | RUI LOPES | 56 | M5559 | 24 | M | | | | | CD GRUPO BES | 00:47:01 |
| 209 | 61 | JORGE PIMENTEL | 35 | M3539 | 39 | M | | | | | CPOC | 00:47:04 |
| 210 | 352 | MANUEL PINTO | 55 | M5559 | 25 | M | | | | | JOVENS SERRA MINAS | 00:47:09 |
| 211 | 406 | PAULO PEREIRA | 35 | M3539 | 40 | M | | | | | INDIVIDUAL | 00:47:13 |
| 212 | 484 | ANTONIO VARELA | 43 | M4044 | 34 | M | | | | | INDIVIDUAL | 00:47:15 |
| 213 | 530 | MARIO GOMES | 58 | M5559 | 26 | M | | | | | JOVENS SERRA MINAS | 00:47:20 |
| 214 | 246 | MANUEL AZEVEDO | 52 | M5054 | 34 | M | | | | | BUDELPAK | 00:47:23 |
| 215 | 336 | JOSE PEREIRA | 39 | M3539 | 41 | M | | | | | GD SANTANDER TOTTA | 00:47:26 |

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| 216 | 320 | SILVINO MARTINS | 59 | M5559 | 27 | M | | | | | NA PALACIO JUSTIÇA | 00:47:28 |
| 217 | 432 | RICARDO NABAIS | 39 | M3539 | 42 | M | | | | | INDIVIDUAL | 00:47:29 |
| 218 | 42 | ALBINO FERREIRA | 44 | M4044 | 35 | M | | | | | CR LEOES P SALVO | 00:47:30 |
| 219 | 178 | ANDRE SILVA | 22 | M2034 | 39 | M | | | | | GC QUELUZ | 00:47:32 |
| 220 | 445 | ABILIO OLIVEIRA | 43 | M4044 | 36 | M | | | | | INDIVIDUAL | 00:47:32 |
| 221 | 486 | FERNANDO DIAS | 47 | M4549 | 27 | M | | | | | INDIVIDUAL | 00:47:33 |
| 222 | 65 | JOAQUIM COSTA | 58 | M5559 | 28 | M | | | | | GD AMARO JOALHEIROS | 00:47:34 |
| 223 | 377 | DAVID PALMEIRO | 42 | M4044 | 37 | M | | | | | SL CAMPOLIDE | 00:47:37 |
| 224 | 240 | ANA MENDES | 42 | F4099 | 5 | F | | | | | BUDELPAK | 00:47:38 |
| 225 | 331 | JOAO ROCHA | 57 | M5559 | 29 | M | | | | | GD SANTANDER TOTTA | 00:47:39 |
| 226 | 426 | MIGUEL OLIVEIRA | 21 | M2034 | 40 | M | | | | | INDIVIDUAL | 00:47:40 |
| 227 | 474 | LUIS VICENTE | 34 | M2034 | 41 | M | | | | | INDIVIDUAL | 00:47:41 |
| 228 | 147 | JOAO SABUGUEIRO | 41 | M4044 | 38 | M | | | | | RUNNING OF D MARIA | 00:47:42 |
| 229 | 166 | AUGUSTO FERNARDES | 44 | M4044 | 39 | M | | | | | C BENFICA AGUALVA | 00:47:51 |
| 230 | 431 | LUIS BATISTA | 38 | M3539 | 43 | M | | | | | INDIVIDUAL | 00:47:57 |
| 231 | 259 | PAULO DUARTE | 43 | M4044 | 40 | M | | | | | GDCT UNICRE | 00:47:59 |
| 232 | 402 | DOMINGOS JANELA | 62 | M6099 | 8 | M | | | | | INDIVIDUAL | 00:47:59 |
| 233 | 55 | JOAO REIS | 44 | M4044 | 41 | M | | | | | VALEJAS AC | 00:48:00 |
| 234 | 541 | JOAQUIM ADELINO | 60 | M6099 | 9 | M | | | | | CCDP CM LOURES | 00:48:00 |
| 235 | 544 | FERNANDO MOTA | 37 | M3539 | 44 | M | | | | | FC DESPERTAR | 00:48:02 |
| 236 | 378 | ANTONIO LIMA | 46 | M4549 | 28 | M | | | | | SL CAMPOLIDE | 00:48:07 |
| 237 | 300 | ANTONIO TABORDA | 58 | M5559 | 30 | M | | | | | SS CGD | 00:48:08 |
| 238 | 81 | ANTONIO JORGE | 54 | M5054 | 35 | M | | | | | AÇOREANA C BANIF | 00:48:12 |
| 239 | 88 | AUGUSTO AGUIAR | 51 | M5054 | 36 | M | | | | | CCD SINTRENSE | 00:48:13 |
| 240 | 525 | JOAQUIM ARAUJO | 64 | M6099 | 10 | M | | | | | AA PEGO LONGO | 00:48:15 |
| 241 | 253 | AGOSTINHO CRIDTINO | 60 | M6099 | 11 | M | | | | | INDIVIDUAL | 00:48:19 |
| 242 | 231 | FRANCISCO VAZ | 41 | M4044 | 42 | M | | | | | PHONELINK RUNNERS | 00:48:22 |
| 243 | 191 | ANALICE SILVA | 65 | F4099 | 6 | F | | | | | LIBERDADE AC | 00:48:24 |
| 244 | 243 | NUNO CABEÇA | 39 | M3539 | 45 | M | | | | | CCD SEGURANÇA SOCIAL | 00:48:24 |
| 245 | 261 | FERNANDO GONÇALVES | 41 | M4044 | 43 | M | | | | | GDCT UNICRE | 00:48:24 |
| 246 | 4 | ANTONIO GINJEIRA | 68 | M6099 | 12 | M | | | | | AD REAL ACADEMIA | 00:48:31 |
| 247 | 133 | ANTONIO SUL | 40 | M4044 | 44 | M | | | | | Garmin Prazer Corrida | 00:48:32 |
| 248 | 451 | MARTIN FARENFIELD | 41 | M4044 | 45 | M | | | | | INDIVIDUAL | 00:48:32 |
| 249 | 134 | ISABEL RODRIGUES | 38 | F3539 | 3 | F | | | | | Garmin Prazer Corrida | 00:48:33 |
| 250 | 260 | EDUARDO RIBEIRO | 41 | M4044 | 46 | M | | | | | GDCT UNICRE | 00:48:34 |
| 251 | 102 | MANUEL MENDES | 43 | M4044 | 47 | M | | | | | CR LEOES P SALVO | 00:48:39 |
| 252 | 230 | CAMILO COLAÇO | 43 | M4044 | 48 | M | | | | | Garmin Prazer Corrida | 00:48:48 |

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| 253 | 238 | JACINTO PEREIRA | 51 | M5054 | 37 | M | | | | | GDU CAXIENSES | 00:48:50 |
| 254 | 227 | CARLOS COELHO | 37 | M3539 | 46 | M | | | | | Garmin Prazer Corrida | 00:48:55 |
| 255 | 482 | VITOR MORAIS | 50 | M5054 | 38 | M | | | | | INDIVIDUAL | 00:48:57 |
| 256 | 373 | VITOR REAL | 35 | M3539 | 47 | M | | | | | SL CAMPOLIDE | 00:49:06 |
| 257 | 459 | FERNANDO TAVARES | 55 | M5559 | 31 | M | | | | | INDIVIDUAL | 00:49:07 |
| 258 | 456 | MARGARIDA GODINHO | 50 | F4099 | 7 | F | | | | | INDIVIDUAL | 00:49:09 |
| 259 | 20 | JOAQUIM MATOS | 43 | M4044 | 49 | M | | | | | INDIVIDUAL | 00:49:12 |
| 260 | 374 | AUGUSTO PINTO | 35 | M3539 | 48 | M | | | | | SL CAMPOLIDE | 00:49:17 |
| 261 | 299 | PAULA SILVA | 35 | F3539 | 4 | F | | | | | AÇOREANA C BANIF | 00:49:19 |
| 262 | 313 | CARLOS FERREIRA | 51 | M5054 | 39 | M | | | | | CLUBE AUTOCOOPE | 00:49:19 |
| 263 | 450 | JOSE OLIVEIRA | 35 | M3539 | 49 | M | | | | | INDIVIDUAL | 00:49:27 |
| 264 | 285 | ANTONIO VEIGA | 71 | M6099 | 13 | M | | | | | CF OS AVISENSES | 00:49:30 |
| 265 | 514 | JOSE C COSTA | 49 | M4549 | 29 | M | | | | | FAVVUS MS. | 00:49:33 |
| 266 | 56 | MANUELA FOLGADO | 58 | F4099 | 8 | F | | | | | VALEJAS AC | 00:49:36 |
| 267 | 532 | JOSE NEVES | 57 | M5559 | 32 | M | | | | | INDIVIDUAL | 00:49:36 |
| 268 | 518 | PEDRO PEREIRA | 38 | M3539 | 50 | M | | | | | FC DESPERTAR | 00:49:50 |
| 269 | 6 | ANTONIO VENTURA | 49 | M4549 | 30 | M | | | | | AD REAL ACADEMIA | 00:49:51 |
| 270 | 10 | FERNANDO FERREIRA | 70 | M6099 | 14 | M | | | | | AD REAL ACADEMIA | 00:49:51 |
| 271 | 111 | POSSIDONIO CONSTANTINO | 56 | M5559 | 33 | M | | | | | GD MACEDO OCULISTA | 00:50:00 |
| 272 | 269 | JOSE LIBERATO | 33 | M2034 | 42 | M | | | | | GD IN CASA MOEDA | 00:50:06 |
| 273 | 46 | GUSTAVO MENDES | 35 | M3539 | 51 | M | | | | | OS KAMARROS | 00:50:08 |
| 274 | 44 | JOAO DIAS | 36 | M3539 | 52 | M | | | | | OS KAMARROS | 00:50:09 |
| 275 | 151 | FRANCISCO PAIS | 52 | M5054 | 40 | M | | | | | CLUBE ANACOM | 00:50:18 |
| 276 | 164 | JOSE CARDOSO | 51 | M5054 | 41 | M | | | | | C BENFICA AGUALVA | 00:50:31 |
| 277 | 382 | ANTONIO SILVA | 48 | M4549 | 31 | M | | | | | SL CAMPOLIDE | 00:50:33 |
| 278 | 289 | AVELINO VESTIAS | 63 | M6099 | 15 | M | | | | | CF OS AVISENSES | 00:50:38 |
| 279 | 141 | EDUARDO BRITO | 35 | M3539 | 53 | M | | | | | RUNNING OF D MARIA | 00:50:44 |
| 280 | 143 | JORGE PINTO | 32 | M2034 | 43 | M | | | | | RUNNING OF D MARIA | 00:50:44 |
| 281 | 540 | CARLOS MANTEU | 40 | M4044 | 50 | M | | | | | CBE | 00:50:48 |
| 282 | 297 | MANUEL ALDEANO | 62 | M6099 | 16 | M | | | | | AA MAFRA | 00:50:51 |
| 283 | 254 | TITO SANTOS | 33 | M2034 | 44 | M | | | | | CLUBE VODAFONE | 00:50:55 |
| 284 | 447 | JOSE MORENO | 39 | M3539 | 54 | M | | | | | INDIVIDUAL | 00:50:56 |
| 285 | 446 | SAMUEL ARAUJO | 42 | M4044 | 51 | M | | | | | INDIVIDUAL | 00:51:01 |
| 286 | 116 | FERNANDO CARVALHO | 68 | M6099 | 17 | M | | | | | GD MACEDO OCULISTA | 00:51:09 |
| 287 | 531 | GONÇALO JB SARAIVA | 20 | M2034 | 45 | M | | | | | CF OS AVISENSES | 00:51:13 |
| 288 | 258 | PAULO FRANÇA | 46 | M4549 | 32 | M | | | | | GDCT UNICRE | 00:51:14 |
| 289 | 415 | CARLOS CONCEIÇÃO | 28 | M2034 | 46 | M | | | | | INDIVIDUAL | 00:51:16 |

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| 290 | 416 | RUI SILVA | 31 | M2034 | 47 | M | | | | | INDIVIDUAL | 00:51:16 |
| 291 | 110 | RUI PASTOR | 36 | M3539 | 55 | M | | | | | GD MACEDO OCULISTA | 00:51:25 |
| 292 | 90 | SONIA MACHADO | 31 | F2034 | 4 | F | | | | | CCD SINTRENSE | 00:51:30 |
| 293 | 101 | VICTOR LOPES | 39 | M3539 | 56 | M | | | | | CR LEOES P SALVO | 00:51:30 |
| 294 | 156 | JORGE MATOS | 38 | M3539 | 57 | M | | | | | CR LEOES P SALVO | 00:51:31 |
| 295 | 410 | DAMIAO REGA | 47 | M4549 | 33 | M | | | | | INDIVIDUAL | 00:51:40 |
| 296 | 405 | JOSE M MALES | 55 | M5559 | 34 | M | | | | | INDIVIDUAL | 00:51:43 |
| 297 | 17 | JORGE ESTEVES | 44 | M4044 | 52 | M | | | | | AD REAL ACADEMIA | 00:51:44 |
| 298 | 70 | FERNANDO PESTANA | 61 | M6099 | 18 | M | | | | | C FERROV PORTUGAL | 00:51:57 |
| 299 | 193 | CARLOS NABIÇA | 45 | M4549 | 34 | M | | | | | CD GRUPO BES | 00:52:01 |
| 300 | 355 | SILVIO PAIVA | 57 | M5559 | 35 | M | | | | | CD GRUPO BES | 00:52:01 |
| 301 | 73 | ANTONIO FERREIRA | 52 | M5054 | 42 | M | | | | | C FERROV PORTUGAL | 00:52:04 |
| 302 | 332 | JOSE RIBEIRO | 64 | M6099 | 19 | M | | | | | GD SANTANDER TOTTA | 00:52:05 |
| 303 | 71 | MARTINS BARATA | 65 | M6099 | 20 | M | | | | | C FERROV PORTUGAL | 00:52:09 |
| 304 | 59 | HUGO PASCOA | 32 | M2034 | 48 | M | | | | | TEJAVISTA | 00:52:10 |
| 305 | 121 | VITOR BARATA | 49 | M4549 | 35 | M | | | | | GD MACEDO OCULISTA | 00:52:10 |
| 306 | 286 | BRUNO VENANCIO | 28 | M2034 | 49 | M | | | | | CF OS AVISENSES | 00:52:11 |
| 307 | 209 | PEDRO CARDOSO | 22 | M2034 | 50 | M | | | | | GA MONSANTO GASCAN | 00:52:16 |
| 308 | 162 | LINA VALENTE | 51 | F4099 | 9 | F | | | | | CR LEOES P SALVO | 00:52:19 |
| 309 | 96 | JOAO MARQUES | 38 | M3539 | 58 | M | | | | | TARTARUGAS LINHA | 00:52:24 |
| 310 | 546 | MAYER RAPOSO | 61 | M6099 | 21 | M | | | | | AA LEBRES SADO | 00:52:27 |
| 311 | 207 | LUIS ANTUNES | 47 | M4549 | 36 | M | | | | | GA MONSANTO GASCAN | 00:52:28 |
| 312 | 87 | CARLOS MARINA | 34 | M2034 | 51 | M | | | | | CCD SINTRENSE | 00:52:37 |
| 313 | 444 | CARLOS COELHO | 47 | M4549 | 37 | M | | | | | INDIVIDUAL | 00:52:39 |
| 314 | 224 | LUIS PARRO | 47 | M4549 | 38 | M | | | | | Garmin Prazer Corrida | 00:52:44 |
| 315 | 39 | LUISA SANTO | 41 | F4099 | 10 | F | | | | | CR LEOES P SALVO | 00:52:51 |
| 316 | 94 | MARIA PEDRO | 45 | F4099 | 11 | F | | | | | JA ALCANTARA | 00:52:51 |
| 317 | 442 | PAULO JF SEZILIO | 33 | M2034 | 52 | M | | | | | INDIVIDUAL | 00:52:52 |
| 318 | 412 | SERAFIM GONÇALVES | 55 | M5559 | 36 | M | | | | | INDIVIDUAL | 00:52:53 |
| 319 | 295 | FERNANDA COSTA | 46 | F4099 | 12 | F | | | | | AA MAFRA | 00:52:55 |
| 320 | 424 | LUDGERO RODRIGUES | 52 | M5054 | 43 | M | | | | | INDIVIDUAL | 00:52:56 |
| 321 | 187 | LUIS ESTEVES | 24 | M2034 | 53 | M | | | | | URCA | 00:52:57 |
| 322 | 547 | HELENA OLIVEIRA | 59 | F4099 | 13 | F | | | | | INDIVIDUAL | 00:52:57 |
| 323 | 516 | FILIPE VARANDAS | 36 | M3539 | 59 | M | | | | | FAVVUS MS. | 00:52:59 |
| 324 | 200 | PAULO GONÇALVES | 40 | M4044 | 53 | M | | | | | CD GRUPO BES | 00:53:10 |
| 325 | 131 | JOAO SANTOS | 59 | M5559 | 37 | M | | | | | GD MACEDO OCULISTA | 00:53:12 |
| 326 | 144 | SERGIO DIAS | 30 | M2034 | 54 | M | | | | | RUNNING OF D MARIA | 00:53:16 |

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| 327 | 425 | LUIS M RIBEIRO | 47 | M4549 | 39 | M | | | | | INDIVIDUAL | 00:53:17 |
| 328 | 438 | GONÇALO CARITA | 20 | M2034 | 55 | M | | | | | INDIVIDUAL | 00:53:20 |
| 329 | 420 | JOAQUIM CAMOES | 48 | M4549 | 40 | M | | | | | INDIVIDUAL | 00:53:27 |
| 330 | 210 | JOSE SOUSA | 49 | M4549 | 41 | M | | | | | SFUAP | 00:53:30 |
| 331 | 303 | LUIS BOTTO | 50 | M5054 | 44 | M | | | | | SS CGD | 00:53:31 |
| 332 | 79 | ANTONIO BOGAS | 42 | M4044 | 54 | M | | | | | GD LOUREL | 00:53:37 |
| 333 | 549 | JORGE MARQUES | 56 | M5559 | 38 | M | | | | | INDIVIDUAL | 00:53:39 |
| 334 | 77 | JOAQUIM CRUZ | 50 | M5054 | 45 | M | | | | | GD LOUREL | 00:53:40 |
| 335 | 78 | FERNANDO SANTOS | 59 | M5559 | 39 | M | | | | | GD LOUREL | 00:53:40 |
| 336 | 206 | TIAGO ALVES | 22 | M2034 | 56 | M | | | | | CORRIDA NET | 00:53:40 |
| 337 | 146 | HELENA BARBOSA | 20 | F2034 | 5 | F | | | | | AD REAL ACADEMIA | 00:53:42 |
| 338 | 534 | MANUEL PERAS | 52 | M5054 | 46 | M | | | | | INDIVIDUAL | 00:53:48 |
| 339 | 95 | PAULO MEDEIROS | 38 | M3539 | 60 | M | | | | | TARTARUGAS LINHA | 00:53:50 |
| 340 | 411 | FERNANDO CARRILHO | 51 | M5054 | 47 | M | | | | | INDIVIDUAL | 00:53:50 |
| 341 | 220 | ANA COSTA | 20 | F2034 | 6 | F | | | | | AM B° CV LUMIAR | 00:53:52 |
| 342 | 394 | TINA OLIVEIRA | 44 | F4099 | 14 | F | | | | | CDR AGUIAS UNIDAS | 00:53:53 |
| 343 | 142 | EURICO BRAS | 48 | M4549 | 42 | M | | | | | RUNNING OF D MARIA | 00:53:54 |
| 344 | 205 | PAULO VASCONCELOS | 41 | M4044 | 55 | M | | | | | CORRIDA NET | 00:53:55 |
| 345 | 203 | FERNANDO MARQUES | 54 | M5054 | 48 | M | | | | | MIRANTENSE FC | 00:53:56 |
| 346 | 204 | PAULO SARROEIRA | 37 | M3539 | 61 | M | | | | | MIRANTENSE FC | 00:53:58 |
| 347 | 236 | MAURO TEIXEIRA | 28 | M2034 | 57 | M | | | | | TOCANDAR | 00:53:58 |
| 348 | 413 | LUIS MACEDO | 38 | M3539 | 62 | M | | | | | INDIVIDUAL | 00:53:58 |
| 349 | 237 | MARILIA RIBEIRO | 25 | F2034 | 7 | F | | | | | TOCANDAR | 00:53:59 |
| 350 | 477 | EBERHARD WILHELM | 60 | M6099 | 22 | M | | | | | INDIVIDUAL | 00:54:05 |
| 351 | 244 | JOAO BRANCO | 61 | M6099 | 23 | M | | | | | AAE BNU | 00:54:06 |
| 352 | 120 | FABIO GINJA | 20 | M2034 | 58 | M | | | | | GD MACEDO OCULISTA | 00:54:07 |
| 353 | 527 | ANTONIO MOURA | 52 | M5054 | 49 | M | | | | | AA PEGO LONGO | 00:54:09 |
| 354 | 160 | SONIA GOMES | 38 | F3539 | 5 | F | | | | | CR LEOES P SALVO | 00:54:11 |
| 355 | 316 | AMERICO COSTA | 54 | M5054 | 50 | M | | | | | CLUBE AUTOCOOPE | 00:54:12 |
| 356 | 499 | JOSE GUEREIRO | 51 | M5054 | 51 | M | | | | | SS MONTEPIO GERAL | 00:54:12 |
| 357 | 317 | JOSE DIAS | 51 | M5054 | 52 | M | | | | | CLUBE AUTOCOOPE | 00:54:14 |
| 358 | 467 | VITOR SOUSA | 58 | M5559 | 40 | M | | | | | INDIVIDUAL | 00:54:17 |
| 359 | 327 | ANTONIO PEREIRA | 43 | M4044 | 56 | M | | | | | GD SANTANDER TOTTA | 00:54:18 |
| 360 | 176 | NUNO ANTUNES | 22 | M2034 | 59 | M | | | | | GA MONSANTO GASCAN | 00:54:20 |
| 361 | 545 | CECILIA NICOLAU | 42 | F4099 | 15 | F | | | | | AA LEBRES SADO | 00:54:23 |
| 362 | 309 | CELIA AZENHA | 44 | F4099 | 16 | F | | | | | AA LEBRES SADO | 00:54:24 |
| 363 | 397 | NUNO SIMOES | 33 | M2034 | 60 | M | | | | | INDIVIDUAL | 00:54:24 |

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| 364 | 122 | JOAO GINJA | 43 | M4044 | 57 | M | | | | | GD MACEDO OCULISTA | 00:54:28 |
| 365 | 161 | AMELIA FERNANDES | 39 | F3539 | 6 | F | | | | | CR LEOES P SALVO | 00:54:30 |
| 366 | 137 | JORGE FERREIRA | 43 | M4044 | 58 | M | | | | | RUNNING OF D MARIA | 00:54:38 |
| 367 | 464 | RUI FERNANDES | 38 | M3539 | 63 | M | | | | | INDIVIDUAL | 00:54:41 |
| 368 | 242 | HENRIQUE VILHENA | 52 | M5054 | 53 | M | | | | | SMO PROGRESSO | 00:54:46 |
| 369 | 245 | MANUEL OLIVEIRA | 69 | M6099 | 24 | M | | | | | AAE BNU | 00:54:48 |
| 370 | 190 | LUIS ALMEIDA | 35 | M3539 | 64 | M | | | | | GUP GRALHAS | 00:54:50 |
| 371 | 408 | CARLOS TOME | 57 | M5559 | 41 | M | | | | | INDIVIDUAL | 00:54:53 |
| 372 | 60 | LUIS | 49 | M4549 | 43 | M | | | | | TEJAVISTA | 00:54:59 |
| 373 | 27 | MARIO KARIM | 35 | M3539 | 65 | M | | | | | AD REAL ACADEMIA | 00:55:01 |
| 374 | 89 | JOAQUIM COELHO | 58 | M5559 | 42 | M | | | | | CCD SINTRENSE | 00:55:01 |
| 375 | 226 | JOSE CATITA | 50 | M5054 | 54 | M | | | | | Garmin Prazer Corrida | 00:55:07 |
| 376 | 11 | FERNANDO LOPES | 63 | M6099 | 25 | M | | | | | AD REAL ACADEMIA | 00:55:12 |
| 377 | 399 | EMANUEL COELHO | 36 | M3539 | 66 | M | | | | | INDIVIDUAL | 00:55:12 |
| 378 | 93 | JORGE MATIAS | 50 | M5054 | 55 | M | | | | | JA ALCANTARA | 00:55:20 |
| 379 | 468 | PAULO CRUZ | 49 | M4549 | 44 | M | | | | | INDIVIDUAL | 00:55:24 |
| 380 | 248 | CARLOS GODINHO | 37 | M3539 | 67 | M | | | | | C PETER PAN | 00:55:35 |
| 381 | 485 | NUNO VENTURA | 35 | M3539 | 68 | M | | | | | INDIVIDUAL | 00:55:38 |
| 382 | 453 | CARLOS MONARCA | 41 | M4044 | 59 | M | | | | | INDIVIDUAL | 00:55:44 |
| 383 | 28 | MARIO LAMEIRAO | 60 | M6099 | 26 | M | | | | | AD REAL ACADEMIA | 00:55:49 |
| 384 | 392 | MARIA MENDES | 57 | F4099 | 17 | F | | | | | SL CAMPOLIDE | 00:55:51 |
| 385 | 192 | ANTONIO BARATA | 32 | M2034 | 61 | M | | | | | CD GRUPO BES | 00:55:58 |
| 386 | 195 | JOAO SIMOES | 54 | M5054 | 56 | M | | | | | CD GRUPO BES | 00:56:03 |
| 387 | 368 | FERNANDO SANTOS | 62 | M6099 | 27 | M | | | | | CP IVA | 00:56:04 |
| 388 | 367 | JOSE REIS | 54 | M5054 | 57 | M | | | | | CP IVA | 00:56:16 |
| 389 | 270 | JOAO FREIRE | 43 | M4044 | 60 | M | | | | | GD IN CASA MOEDA | 00:56:18 |
| 390 | 272 | MANUEL SIMOES | 54 | M5054 | 58 | M | | | | | GD IN CASA MOEDA | 00:56:22 |
| 391 | 337 | ANTONIO CASTRO | 39 | M3539 | 69 | M | | | | | GD SANTANDER TOTTA | 00:56:23 |
| 392 | 132 | VITOR SILVA | 56 | M5559 | 43 | M | | | | | GD MACEDO OCULISTA | 00:56:29 |
| 393 | 43 | CARLA SANTOS | 33 | F2034 | 8 | F | | | | | OS KAMARROS | 00:56:31 |
| 394 | 14 | MANUEL PEREIRA | 59 | M5559 | 44 | M | | | | | AD REAL ACADEMIA | 00:56:37 |
| 395 | 123 | JOAO VEIGA | 59 | M5559 | 45 | M | | | | | GD MACEDO OCULISTA | 00:56:49 |
| 396 | 130 | ROSINDA GONÇALVES | 54 | F4099 | 18 | F | | | | | GD MACEDO OCULISTA | 00:57:09 |
| 397 | 524 | ORLANDO MARTINS | 53 | M5054 | 59 | M | | | | | RUNNING OF D MARIA | 00:57:10 |
| 398 | 404 | FABIO P DIAS | 37 | M3539 | 70 | M | | | | | INDIVIDUAL | 00:57:11 |
| 399 | 91 | JOAO P LEAL | 45 | M4549 | 45 | M | | | | | ADRC MATA BENFICA | 00:57:22 |
| 400 | 395 | ANTONIO C SILVA | 54 | M5054 | 60 | M | | | | | INDIVIDUAL | 00:57:24 |

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| 401 | 536 | ROGERIO FALCAO | 41 | M4044 | 61 | M | | | | | INDIVIDUAL | 00:57:25 |
| 402 | 273 | MANUEL MAGALHAES | 66 | M6099 | 28 | M | | | | | GD IN CASA MOEDA | 00:57:30 |
| 403 | 136 | DAVID GANSO | 25 | M2034 | 62 | M | | | | | ADC VALE GROU | 00:57:37 |
| 404 | 387 | ARMINDO VELEZ | 59 | M5559 | 46 | M | | | | | SL CAMPOLIDE | 00:57:41 |
| 405 | 50 | CARLOS CRESPO | 46 | M4549 | 46 | M | | | | | VALEJAS AC | 00:57:42 |
| 406 | 538 | CARLOS VICENTE | 36 | M3539 | 71 | M | | | | | INDIVIDUAL | 00:57:45 |
| 407 | 437 | JOAO P CARITA | 20 | M2034 | 63 | M | | | | | INDIVIDUAL | 00:57:52 |
| 408 | 403 | LUIS SALVADOR | 58 | M5559 | 47 | M | | | | | INDIVIDUAL | 00:57:53 |
| 409 | 294 | MARIA VEIGA | 35 | F3539 | 7 | F | | | | | AA PEGO LONGO | 00:58:16 |
| 410 | 128 | ISABEL REIS | 48 | F4099 | 19 | F | | | | | GD MACEDO OCULISTA | 00:58:17 |
| 411 | 434 | SANDRA SS MARTINS | 31 | M2034 | 64 | M | | | | | INDIVIDUAL | 00:58:18 |
| 412 | 106 | MIGUEL SILVA | 64 | M6099 | 29 | M | | | | | GA MONSANTO GASCAN | 00:58:20 |
| 413 | 264 | ANTONIO NASCIMENTO | 68 | M6099 | 30 | M | | | | | GD IN CASA MOEDA | 00:58:31 |
| 414 | 266 | JOSE ABREU | 60 | M6099 | 31 | M | | | | | GD IN CASA MOEDA | 00:58:33 |
| 415 | 72 | MIGUEL BARATA | 36 | M3539 | 72 | M | | | | | C FERROV PORTUGAL | 00:58:37 |
| 416 | 163 | FERNANDA LUCAS | 56 | F4099 | 20 | F | | | | | CR LEOES P SALVO | 00:58:51 |
| 417 | 256 | JOSE MILAGRES | 52 | M5054 | 61 | M | | | | | GDCT UNICRE | 00:59:02 |
| 418 | 139 | LUIS GRAÇA | 44 | M4044 | 62 | M | | | | | RUNNING OF D MARIA | 00:59:14 |
| 419 | 287 | CATIA SIMOES | 25 | F2034 | 9 | F | | | | | CF OS AVISENSES | 00:59:24 |
| 420 | 493 | ANTONIO PIRES | 51 | M5054 | 62 | M | | | | | INDIVIDUAL | 00:59:28 |
| 421 | 105 | VANDA AUGUSTO | 54 | F4099 | 21 | F | | | | | CR LEOES P SALVO | 00:59:29 |
| 422 | 52 | ILIDIO TORGAL | 66 | M6099 | 32 | M | | | | | VALEJAS AC | 00:59:38 |
| 423 | 517 | JOAO CANAVERDE | 35 | M3539 | 73 | M | | | | | FAVVUS MS. | 00:59:40 |
| 424 | 288 | FERNANDA NUNES | 27 | F2034 | 10 | F | | | | | CF OS AVISENSES | 00:59:47 |
| 425 | 436 | Mª ROSA CARITA | 49 | F4099 | 22 | F | | | | | INDIVIDUAL | 01:00:06 |
| 426 | 462 | HENRIQUE MADEIRA | 53 | M5054 | 63 | M | | | | | VALEJAS AC | 01:00:06 |
| 427 | 455 | JOSE HENRIQUES | 59 | M5559 | 48 | M | | | | | INDIVIDUAL | 01:00:18 |
| 428 | 305 | AURELIO CALADO | 59 | M5559 | 49 | M | | | | | SS CGD | 01:00:21 |
| 429 | 263 | ANTONIO GASPAS | 65 | M6099 | 33 | M | | | | | GD IN CASA MOEDA | 01:00:25 |
| 430 | 381 | JOAQUIM CORREIA | 47 | M4549 | 47 | M | | | | | SL CAMPOLIDE | 01:00:38 |
| 431 | 145 | RICARDO SIMOES | 39 | M3539 | 74 | M | | | | | RUNNING OF D MARIA | 01:01:07 |
| 432 | 457 | NUNO VALENTE | 30 | M2034 | 65 | M | | | | | INDIVIDUAL | 01:01:16 |
| 433 | 32 | MANUEL MATOS | 58 | M5559 | 50 | M | | | | | AD REAL ACADEMIA | 01:01:35 |
| 434 | 75 | PAULO JANUARIO | 39 | M3539 | 75 | M | | | | | C FERROV PORTUGAL | 01:01:36 |
| 435 | 62 | ALBANO GINJA | 52 | M5054 | 64 | M | | | | | ACAPO | 01:01:39 |
| 436 | 63 | ANTONIO NUNES | 69 | M6099 | 34 | M | | | | | ACAPO | 01:01:39 |
| 437 | 494 | JOAQUIM PIRES | 44 | M4044 | 63 | M | | | | | INDIVIDUAL | 01:01:41 |

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| 438 | 523 | RICARDO ANTUNES | 36 | M3539 | 76 | M | | | | | RUNNING OF D MARIA | 01:01:43 |
| 439 | 469 | MARTINHO PR ROQUE | 40 | M4044 | 64 | M | | | | | INDIVIDUAL | 01:01:52 |
| 440 | 307 | PAULO NUNES | 40 | M4044 | 65 | M | | | | | SS CGD | 01:02:10 |
| 441 | 114 | ARTUR DINIS | 51 | M5054 | 65 | M | | | | | GD MACEDO OCULISTA | 01:02:48 |
| 442 | 129 | PAULA COUTO | 45 | F4099 | 23 | F | | | | | GD MACEDO OCULISTA | 01:02:48 |
| 443 | 435 | JOSE CARITA | 50 | M5054 | 66 | M | | | | | INDIVIDUAL | 01:02:58 |
| 444 | 250 | JORGE FERREIRA | 29 | M2034 | 66 | M | | | | | C PETER PAN | 01:03:24 |
| 445 | 388 | VITOR MORA | 73 | M6099 | 35 | M | | | | | SL CAMPOLIDE | 01:03:25 |
| 446 | 194 | JOAO DIAS | 37 | M3539 | 77 | M | | | | | CD GRUPO BES | 01:03:29 |
| 447 | 439 | PEDRO NN PINTO | 51 | M5054 | 67 | M | | | | | INDIVIDUAL | 01:03:35 |
| 448 | 414 | DANIEL GALEGO | 29 | M2034 | 67 | M | | | | | INDIVIDUAL | 01:03:59 |
| 449 | 80 | IDALINA MADEIRA | 48 | F4099 | 24 | F | | | | | AÇOREANA C BANIF | 01:04:30 |
| 450 | 515 | HELDER VARANDAS | 61 | M6099 | 36 | M | | | | | FAVVUS MS. | 01:04:33 |
| 451 | 454 | JOAO MONTEIRO | 52 | M5054 | 68 | M | | | | | INDIVIDUAL | 01:04:37 |
| 452 | 513 | ILIDIO MONTEIRO | 59 | M5559 | 51 | M | | | | | RC SANTO AMARO | 01:04:39 |
| 453 | 498 | MIGUEL MELO | 23 | M2034 | 68 | M | | | | | SS MONTEPIO GERAL | 01:05:19 |
| 454 | 497 | JOAQUIM MELO | 40 | M4044 | 66 | M | | | | | SS MONTEPIO GERAL | 01:05:20 |
| 455 | 328 | LUIS SILVA | 66 | M6099 | 37 | M | | | | | GD SANTANDER TOTTA | 01:05:21 |
| 456 | 186 | HELENA MAGALHAES | 38 | F3539 | 8 | F | | | | | URCA | 01:05:22 |
| 457 | 185 | MARGARETE CRUZ | 22 | F2034 | 11 | F | | | | | URCA | 01:05:24 |
| 458 | 505 | MANUELA ANTUM | 42 | F4099 | 25 | F | | | | | GD AMARO JOALHEIROS | 01:05:46 |
| 459 | 314 | JOAO GRAÇA | 69 | M6099 | 38 | M | | | | | CLUBE AUTOCOOPE | 01:06:35 |
| 460 | 391 | BEATRIZ PINTO | 43 | F4099 | 26 | F | | | | | SL CAMPOLIDE | 01:06:41 |
| 461 | 427 | ILDA RODRIGUES | 40 | F4099 | 27 | F | | | | | INDIVIDUAL | 01:07:47 |
| 462 | 428 | MARIO SIMAS | 34 | M2034 | 69 | M | | | | | INDIVIDUAL | 01:07:47 |
| 463 | 98 | JORGE BORGES | 42 | M4044 | 67 | M | | | | | TARTARUGAS LINHA | 01:07:48 |
| 464 | 522 | LOURDES BUGALHO | 52 | F4099 | 28 | F | | | | | FAMILIA BUG MOURA | 01:07:57 |
| 465 | 47 | JORGE COELHO | 44 | M4044 | 68 | M | | | | | VALEJAS AC | 01:07:59 |
| 466 | 409 | CARMINDA PIRES | 46 | F4099 | 29 | F | | | | | INDIVIDUAL | 01:08:13 |
| 467 | 519 | SERGIO BATISTA | 37 | M3539 | 78 | M | | | | | FAVVUS MS. | 01:08:44 |
| 468 | 113 | ARMANDO CARMO | 72 | M6099 | 39 | M | | | | | GD MACEDO OCULISTA | 01:08:47 |
| 469 | 340 | MARIA GERTRUDES | 60 | F4099 | 30 | F | | | | | GD SANTANDER TOTTA | 01:10:39 |
| 470 | 92 | LUIS MATIAS | 53 | M5054 | 69 | M | | | | | JA ALCANTARA | 01:10:47 |
| 471 | 57 | NOEMIA COELHO | 54 | F4099 | 31 | F | | | | | VALEJAS AC | 01:10:48 |
| 472 | 302 | TERESA PEREIRA | 45 | F4099 | 32 | F | | | | | SS CGD | 01:10:48 |
| 473 | 390 | DINA FONSECA | 39 | F3539 | 9 | F | | | | | SL CAMPOLIDE | 01:12:18 |
| 474 | 37 | MARIO LOPES | 39 | M3539 | 79 | M | | | | | GD MPL | 01:12:52 |

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| 475 | 339 | JOAO COSTA | 34 | M2034 | 70 | M | | | | | GD SANTANDER TOTTA | 01:12:52 |
| 476 | 53 | ISABEL CRESPO | 43 | F4099 | 33 | F | | | | | VALEJAS AC | 01:13:36 |
| 477 | 29 | RICARDO AMARAL | 20 | M2034 | 71 | M | | | | | AD REAL ACADEMIA | 01:14:26 |
| 478 | 16 | JORGE ROVISCO | 41 | M4044 | 69 | M | | | | | INDIVIDUAL | 01:14:27 |
| 479 | 476 | NUNO REIS | 34 | M2034 | 72 | M | | | | | INDIVIDUAL | 01:31:50 |