



## G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1	1755	SEN-F	1	IRINA SERGEEVA	0:34:34		0:16:17	0:34:34	0:03:27	
2	1811	SEN-F	2	SUSANA CUNHA	0:35:23	0:00:49	0:16:33	0:35:22	0:03:32	LINDA-A-PASTORA SPORTING CLUBE
3	1328	SEN-F	3	RAQUEL TRABUCO	0:36:13	0:01:38	0:16:47	0:36:12	0:03:37	
4	1038	SEN-F	4	FILIPA SANTOS	0:36:18	0:01:43	0:17:00	0:36:15	0:03:37	AGUIAS DE ALPIARCA - TRIATLO
5	121	SEN-F	5	MARGARIDA DIONÍSIO	0:37:19	0:02:44	0:17:09	0:37:17	0:03:43	
6	424	SEN-F	6	ALEXANDRA ALVES	0:39:17	0:04:42	0:18:19	0:39:15	0:03:55	ACOREANA CLUBE BANIF
7	1361	SEN-F	7	SANDRA CRUZ	0:39:37	0:05:02	0:18:44	0:39:29	0:03:56	CLUBE PEDRO PESSOA EA
8	130	SEN-F	8	KCÉNIA BOUGROVA	0:39:41	0:05:06	0:18:44	0:39:39	0:03:57	VALEJAS ATLETICO CLUBE
9	1195	SEN-F	9	JOANA GRAÇA	0:40:10	0:05:35	0:18:38	0:40:08	0:04:00	RUN4FUN
10	930	VET-A-F	1	LÚCIA OLIVEIRA	0:40:54	0:06:20	0:18:48	0:40:51	0:04:05	
11	170	VET-B-F	1	ANA COELHO	0:41:32	0:06:57	0:19:26	0:41:13	0:04:07	BANCO ALIMENTAR
12	1039	SEN-F	10	ANDREIA FERRUM	0:42:24	0:07:49	0:19:24	0:42:21	0:04:14	AGUIAS DE ALPIARCA - TRIATLO
13	1040	SEN-F	11	EDUARDA VIDIGUEIRA	0:42:30	0:07:55	0:19:35	0:42:18	0:04:13	AGUIAS DE ALPIARCA - TRIATLO
14	1857	VET-B-F	2	CARMO TAVARES	0:42:45	0:08:10	0:20:07	0:42:43	0:04:16	NEW BALANCE
15	131	VET-B-F	3	ALEXANDRINA SANDRA BARROS	0:43:18	0:08:43	0:20:03	0:43:12	0:04:19	VALEJAS ATLETICO CLUBE
16	1814	VET-B-F	4	ODETE FIUZA	0:43:22	0:08:47	0:20:49	0:43:20	0:04:20	MARATONA CLUBE DE PORTUGAL
17	1905	VET-B-F	5	LURDES ANTONIO	0:43:24	0:08:49	0:20:25	0:43:15	0:04:19	
18	1655	VET-A-F	2	ANA VIEIRA	0:44:00	0:09:25	0:20:25	0:43:53	0:04:23	ASSOC. ESTILOS DE VIDA EM LISBOA
19	466	SEN-F	12	ISABEL MATIAS	0:44:04	0:09:29	0:20:29	0:43:58	0:04:23	ACOREANA CLUBE BANIF
20	1337	SEN-F	13	SHIN ISABELA PIRES	0:44:15	0:09:40	0:20:47	0:44:10	0:04:25	CASA DO BENFICA DE ALGUEIRAO M
21	1712	SEN-F	14	SOLANGE FERNANDES	0:44:17	0:09:42	0:20:11	0:42:47	0:04:16	CLUBE ATLETISMO SALESIANOS DE MANIQUE
22	1638	SEN-F	15	ISABEL COELHO DIAS DA SILVA	0:44:45	0:10:10	0:21:00	0:43:58	0:04:23	
23	1676	SEN-F	16	SARA MARINHO	0:45:21	0:10:46	0:20:43	0:44:35	0:04:27	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
24	1850	VET-A-F	3	VERA VAZ	0:45:26	0:10:51	0:21:14	0:45:18	0:04:31	ASSOCIACAO MORADORES ATIBA
25	1441	SEN-F	17	SARA LOUREIRO	0:45:38	0:11:03	0:21:28	0:45:29	0:04:32	SPORTING CLUBE DE CASAINHOS
26	234	VET-A-F	4	PAULA JACOB	0:46:29	0:11:54	0:21:42	0:46:18	0:04:37	CLUBE DO NOVO BANCO
27	384	VET-B-F	6	ALEXANDRA MATIAS	0:46:30	0:11:55	0:21:48	0:45:51	0:04:35	AJP
28	931	SEN-F	18	CÁTIA SOFIA NASCIMENTO	0:46:49	0:12:14	0:21:58	0:46:38	0:04:39	CORRER LISBOA
29	823	SEN-F	19	VANESSA ROCHA	0:46:50	0:12:15	0:21:32	0:46:29	0:04:38	SS CGD
30	752	VET-C-F	1	PEDRO ALMEIDA	0:47:14	0:12:39	0:21:06	0:45:42	0:04:34	SS CGD
31	1761	VET-C-F	2	MANUELA FOLGADO	0:47:16	0:12:41	0:22:04	0:47:09	0:04:42	
32	986	VET-A-F	5	HAZEL FRY	0:47:22	0:12:47	0:22:10	0:46:29	0:04:38	
33	371	VET-C-F	3	M TERESA DOMINGUES	0:47:26	0:12:52	0:21:52	0:46:43	0:04:40	
34	1633	SEN-F	20	ANA MARGARIDA GARCIA MARTINS	0:47:30	0:12:55	0:21:16	0:46:40	0:04:40	
35	411	VET-C-F	4	MARIA CLEONICE DE OLIVEIRA	0:47:59	0:13:25	0:22:36	0:47:59	0:04:47	
36	448	VET-A-F	6	PAULA SIMÕES	0:48:13	0:13:38	0:22:00	0:47:44	0:04:46	ACOREANA CLUBE BANIF
37	1735	VET-C-F	5	ANABELA CARVALHO	0:48:15	0:13:40	0:22:04	0:48:01	0:04:48	GRUPO DESPORTIVO SAO DOMINGOS
38	1743	VET-B-F	7	MARIA DO ROSÁRIO MORGADO	0:48:15	0:13:40	0:22:06	0:48:01	0:04:48	GRUPO DESPORTIVO SAO DOMINGOS
39	822	VET-B-F	8	SILVIA NEIVA	0:48:52	0:14:17	0:23:23	0:48:35	0:04:51	SS CGD
40	407	VET-C-F	6	MARIA JOÃO VAZ	0:49:15	0:14:41	0:23:02	0:48:36	0:04:51	
41	1829	VET-C-F	7	DEOLINDA DE SOUSA	0:49:33	0:14:58	0:23:19	0:49:13	0:04:55	SPORT LISBOA E CAMPOLIDE
42	1781	VET-C-F	8	ALICE MACHADO	0:49:37	0:15:02	0:23:06	0:49:22	0:04:56	LINDA-A-PASTORA SPORTING CLUBE
43	398	SEN-F	21	FILIPA GONÇALVES	0:49:43	0:15:08	0:23:13	0:49:13	0:04:55	G D C BANCO DE PORTUGAL
44	397	VET-B-F	9	GINA CHEIO	0:49:44	0:15:10	0:23:13	0:49:14	0:04:55	G D C BANCO DE PORTUGAL
45	983	SEN-F	22	PATRÍCIA CASTANHO	0:49:51	0:15:16	0:22:18	0:47:43	0:04:46	
46	559	VET-C-F	9	MARIA FILOMENA RAMOS MARTINS	0:49:55	0:15:20	0:22:47	0:49:09	0:04:54	
47	800	VET-A-F	7	NOEMIA MONTEIRO	0:50:01	0:15:26	0:23:02	0:49:26	0:04:56	
48	123	VET-A-F	8	CARLA MENDES	0:50:10	0:15:35	0:23:15	0:49:07	0:04:54	BANCO ALIMENTAR
49	124	VET-A-F	9	ANDREIA COSTA	0:50:10	0:15:35	0:23:15	0:49:07	0:04:54	BANCO ALIMENTAR
50	201	SEN-F	23	CATARINA COSTA	0:50:15	0:15:40	0:23:07	0:49:38	0:04:57	PES TROIKADOS



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Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
51	349	VET-A-F	10	INES PEIXOTO	0:50:16	0:15:41	0:23:05	0:49:41	0:04:58	
52	847	VET-C-F	10	GRAÇA ROLDÃO	0:50:24	0:15:49	0:23:51	0:48:48	0:04:52	
53	1664	SEN-F	24	DÉBORA GARCIA	0:50:25	0:15:50	0:23:35	0:49:33	0:04:57	ASSOCIACAO CULTURAL E RECREATIVA DA MEAL
54	831	VET-A-F	11	JOANA DOMINGUES	0:50:36	0:16:01	0:22:51	0:48:26	0:04:50	VITORIA & DOMINGUES, LDA
55	479	VET-A-F	12	MONICA MATOS	0:50:45	0:16:10	0:23:16	0:49:23	0:04:56	BANCO ALIMENTAR
56	253	VET-A-F	13	SUSANA MOTA	0:50:48	0:16:13	0:23:09	0:49:11	0:04:55	CLUBE DO NOVO BANCO
57	1129	VET-A-F	14	FILIPA MARIA SERENO FERRO	0:51:06	0:16:32	0:23:39	0:50:23	0:05:02	RUN4FUN
58	990	SEN-F	25	CATARINA SANTOS	0:51:14	0:16:39	0:23:59	0:50:02	0:05:00	LEBRES E TARTARUGAS
59	1004	SEN-F	26	LILIANA RODRIGUES	0:51:21	0:16:46	0:23:39	0:50:07	0:05:00	SERVICOS SOCIAIS MONTEPIO
60	1751	VET-C-F	11	CLAUDIA NOVAIS	0:51:25	0:16:50	0:23:12	0:49:55	0:04:59	
61	478	SEN-F	27	JOANA RIBEIRO	0:51:36	0:17:01	0:23:06	0:50:35	0:05:03	
62	430	SEN-F	28	SUSANA MATIAS	0:51:37	0:17:02	0:23:41	0:50:21	0:05:02	MOVET
63	852	VET-C-F	12	FÁTIMA GONÇALVES	0:51:47	0:17:13	0:23:28	0:50:09	0:05:00	
64	1090	VET-A-F	15	MARIA JOÃO VAZ	0:51:48	0:17:13	0:24:01	0:49:47	0:04:58	REDS
65	37	SEN-F	29	SANDRA TRIÃES	0:51:48	0:17:13	0:23:56	0:51:14	0:05:07	
66	1445	VET-A-F	16	CLÁUDIA ANDRÉ	0:51:51	0:17:16	0:24:05	0:49:51	0:04:59	SPORTING CLUBE DE CASAINHOS
67	656	SEN-F	30	MAGALI GUERREIRO	0:51:59	0:17:25	0:24:21	0:51:15	0:05:07	CLUBE ROBBIALAC
68	219	VET-C-F	13	ANA BERNARDES	0:52:04	0:17:29	0:22:49	0:51:11	0:05:07	CLUBE DO NOVO BANCO
69	481	VET-C-F	14	ANA PAULA FÓRNEAS	0:52:10	0:17:35	0:24:28	0:51:50	0:05:11	GD BANCO BPI
70	1576	VET-A-F	17	VANDA FERNANDES	0:52:18	0:17:43	0:22:42	0:50:31	0:05:03	PACE MAKERS
71	357	SEN-F	31	SANDRA ARRAIAS	0:52:20	0:17:45	0:24:15	0:51:04	0:05:06	OS ARRAIAS
72	1457	VET-B-F	10	PAULA SOARES	0:52:21	0:17:46	0:24:15	0:51:53	0:05:11	RESTAURANTE O CARTAXEIRO
73	259	VET-C-F	15	ETELVINA VIDAL	0:52:27	0:17:52	0:24:24	0:52:14	0:05:13	
74	1379	VET-B-F	11	JOANA ALBUQUERQUE	0:52:39	0:18:04	0:24:14	0:52:12	0:05:13	HOLMES PLACE ALGES - FITZRUN
75	1649	VET-C-F	16	FILOMENA JACINTO	0:52:45	0:18:10	0:24:01	0:51:27	0:05:08	OS AMIGOS DA ALAMEDA
76	607	VET-C-F	17	PAULA MACHADO	0:52:48	0:18:13	0:24:43	0:51:59	0:05:11	
77	227	VET-A-F	18	ANA AZEVEDO	0:52:52	0:18:17	0:24:25	0:51:52	0:05:11	CLUBE DO NOVO BANCO
78	1110	VET-C-F	18	CECÍLIA NICOLAU	0:52:53	0:18:19	0:24:56	0:51:12	0:05:07	ASSOCIACAO DE ATLETISMO LEBRES
79	1807	SEN-F	32	PATRICIA SANTOS	0:52:55	0:18:20	0:24:00	0:51:27	0:05:08	LINDA-A-PASTORA SPORTING CLUBE
80	1805	VET-C-F	19	PALMIRA RODRIGUES	0:52:59	0:18:25	0:24:30	0:51:49	0:05:10	LINDA-A-PASTORA SPORTING CLUBE
81	1518	VET-A-F	19	SUSANA DURO	0:53:02	0:18:27	0:24:32	0:51:03	0:05:06	VALADARES
82	1339	VET-C-F	20	NATALIA MARCHEVA	0:53:05	0:18:30	0:24:58	0:52:32	0:05:15	CASA DO BENFICA DE ALGUEIRAO M
83	1402	VET-A-F	20	CARLA PINTO FERNANDES	0:53:06	0:18:31	0:24:30	0:52:56	0:05:17	
84	1618	SEN-F	33	TOURAIS	0:53:16	0:18:41	0:24:17	0:52:05	0:05:12	
85	490	VET-C-F	21	MARIA DE LURDES VENÂNCIO	0:53:18	0:18:43	0:23:18	0:53:02	0:05:18	CLUBE COLABORADORES AXA
86	1208	VET-A-F	21	CÁTIA PEDRO	0:53:23	0:18:48	0:24:52	0:52:17	0:05:13	GD INE
87	685	VET-B-F	12	ANDREIA SOFIA SERRA ROQUE COSTA	0:53:23	0:18:49	0:25:09	0:53:12	0:05:19	CLUBE MILLENIUM BCP
88	1030	VET-B-F	13	CARLA OLIVEIRA	0:53:30	0:18:55	0:24:34	0:52:00	0:05:12	
89	332	SEN-F	34	ROSALINA GIL	0:53:39	0:19:04	0:24:37	0:52:19	0:05:13	ROADRUNNERS
90	636	VET-C-F	22	MARIA DE LURDES NUNES GONÇALVES	0:53:48	0:19:13	0:25:48	0:52:23	0:05:14	
91	672	VET-C-F	23	DULCE MARIA SILVA NOGUEIRA RAMOS	0:54:08	0:19:34	0:24:18	0:53:07	0:05:18	CLUBE MILLENIUM BCP
92	220	VET-C-F	24	ANA MARGARIDA MONTEIRO	0:54:13	0:19:38	0:25:13	0:53:08	0:05:18	CLUBE DO NOVO BANCO
93	1642	VET-B-F	14	CATARINA MARTINS	0:54:22	0:19:47	0:24:58	0:52:45	0:05:16	SS CGD
94	1549	VET-A-F	22	TELMA MOTA	0:54:22	0:19:47	0:25:09	0:53:34	0:05:21	
95	809	VET-B-F	15	LUIISA LANDEIRO	0:54:22	0:19:47	0:24:58	0:52:45	0:05:16	SS CGD
96	765	VET-A-F	23	TERESA RODRIGUES	0:54:26	0:19:51	0:25:05	0:54:01	0:05:24	
97	1499	VET-B-F	16	SÓNIA SIMÕES	0:54:28	0:19:53	0:25:07	0:54:14	0:05:25	ACADEMIA DO LUMIAR
98	1554	SEN-F	35	MARIA COTRIM	0:54:49	0:20:14	0:24:29	0:53:02	0:05:18	SCALABIS NIGHT RUNNERS
99	581	VET-B-F	17	CARLA MORGADO	0:54:50	0:20:15	0:25:33	0:54:31	0:05:27	
100	1745	VET-B-F	18	ANA PAULA GUEDES	0:54:56	0:20:21	0:25:50	0:53:22	0:05:20	



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Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
101	1407	VET-B-F	19	SARA VALADARES	0:55:02	0:20:27	0:25:28	0:54:34	0:05:27	BRAIN TUMOR TEAM
102	437	VET-A-F	24	ANA BIGODE	0:55:13	0:20:38	0:25:19	0:53:38	0:05:21	
103	495	VET-B-F	20	SARA PAIXÃO HENRIQUES	0:55:18	0:20:43	0:25:26	0:54:28	0:05:26	
104	109	VET-A-F	25	ELSA SANTIAGO	0:55:21	0:20:46	0:25:36	0:53:53	0:05:23	
105	1290	SEN-F	36	SARA PAULINO	0:55:29	0:20:54	0:25:36	0:53:53	0:05:23	JUBASTEAM
106	317	SEN-F	37	INÊS ABRANTES	0:55:29	0:20:54	0:26:01	0:53:40	0:05:22	BANCO ALIMENTAR
107	241	VET-C-F	25	ADELAIDE MANHICA	0:55:37	0:21:03	0:25:52	0:54:20	0:05:26	TEAM DA PTZONA
108	1112	SEN-F	38	JOANA DOS SANTOS PENÃO	0:55:38	0:21:04	0:25:43	0:55:12	0:05:31	PERNAS DE PAU
109	1113	SEN-F	39	ANA ISABEL ANDRADE COSTA	0:55:38	0:21:04	0:25:42	0:55:12	0:05:31	PERNAS DE PAU
110	882	VET-B-F	21	CÉLIA FRANCISCO	0:55:49	0:21:14	0:25:56	0:53:41	0:05:22	TARTARUGAS SOLIDARIAS
111	1169	VET-B-F	22	HELENA LEITÃO	0:55:51	0:21:16	0:25:55	0:54:56	0:05:29	RUNLOVERS
112	571	VET-B-F	23	GUIOMAR DE SOUSA MARIANO SOARES	0:55:53	0:21:18	0:26:02	0:55:40	0:05:34	
113	242	VET-B-F	24	CARMEN CRISTINO	0:56:00	0:21:25	0:25:52	0:54:44	0:05:28	TEAM DA PTZONA
114	621	SEN-F	40	CÁTIA SILVA	0:56:02	0:21:27	0:25:54	0:55:12	0:05:31	
115	1295	VET-C-F	26	ELSA MOTA	0:56:04	0:21:29	0:25:39	0:55:12	0:05:31	
116	237	SEN-F	41	MARTA ANDRADE	0:56:07	0:21:32	0:25:57	0:55:01	0:05:30	
117	516	SEN-F	42	ÉNIA	0:56:09	0:21:35	0:25:24	0:55:53	0:05:35	
118	638	VET-A-F	26	HELENA LOPES	0:56:13	0:21:38	0:26:29	0:55:48	0:05:34	
119	468	VET-B-F	25	CRISTINA DE LA CERDA	0:56:15	0:21:40	0:25:50	0:55:06	0:05:30	
120	1658	VET-C-F	27	MARIA FERNANDA SANTOS	0:56:32	0:21:58	0:25:31	0:55:27	0:05:32	ASSOC. ESTILOS DE VIDA EM LISBOA
121	217	VET-B-F	26	XANA FILIPE	0:56:39	0:22:05	0:25:46	0:55:27	0:05:32	CLUBE DO NOVO BANCO
122	1017	VET-A-F	27	RUTE MORNA	0:56:40	0:22:05	0:25:37	0:55:32	0:05:33	SERVICOS SOCIAIS MONTEPIO
123	1332	VET-C-F	28	MARIA MARQUES	0:56:51	0:22:16	0:26:06	0:55:56	0:05:35	CASA DO BENFICA DE ALGUEIRAO M
124	1394	VET-C-F	29	TERESA MORENO	0:56:54	0:22:19	0:25:48	0:56:42	0:05:40	BRAIN TUMOR TEAM
125	277	VET-C-F	30	MARIA SILVA	0:56:57	0:22:22	0:26:19	0:55:30	0:05:33	
126	1198	VET-B-F	27	CÉLIA SILVEIRA	0:56:59	0:22:24	0:26:14	0:56:03	0:05:36	
127	617	VET-B-F	28	ANA SILVA	0:57:02	0:22:27	0:26:29	0:56:28	0:05:38	
128	359	VET-C-F	31	JOHANNA MOLINA	0:57:03	0:22:28	0:26:29	0:56:02	0:05:36	
129	1335	VET-B-F	29	ANA MARTINS	0:57:05	0:22:30	0:25:41	0:56:32	0:05:39	CASA DO BENFICA DE ALGUEIRAO M
130	72	VET-B-F	30	VIRGINIA FONSECA	0:57:10	0:22:35	0:25:22	0:55:44	0:05:34	
131	1681	SEN-F	43	CATARINA GOMES	0:57:11	0:22:37	0:25:51	0:55:49	0:05:34	CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA
132	1058	SEN-F	44	ANA SOFIA CORREIA	0:57:13	0:22:38	0:26:15	0:56:55	0:05:41	CORRER LISBOA
133	1798	VET-C-F	32	LEONOR FAINHA	0:57:13	0:22:38	0:26:35	0:56:37	0:05:39	LINDA-A-PASTORA SPORTING CLUBE
134	1791	VET-C-F	33	ISABEL LINO	0:57:16	0:22:41	0:26:31	0:56:09	0:05:36	LINDA-A-PASTORA SPORTING CLUBE
135	668	VET-B-F	31	PAULA AMIGUINHO	0:57:16	0:22:41	0:26:03	0:55:36	0:05:33	TOSCANO
136	199	VET-B-F	32	CATARINA VARGES	0:57:18	0:22:44	0:27:36	0:56:42	0:05:40	
137	902	SEN-F	45	SUSANA CLIMAS	0:57:33	0:22:58	0:25:59	0:55:43	0:05:34	OS CARACOIS FURIOSOS
138	687	VET-C-F	34	PATRICIA ALEXANDRA CASTANHEIRA DINIS	0:57:34	0:22:59	0:26:28	0:56:32	0:05:39	CLUBE MILLENIUM BCP
139	821	SEN-F	46	SARA PINTO	0:57:34	0:22:59	0:26:34	0:55:31	0:05:33	SS CGD
140	1830	VET-C-F	35	ISILDA BARRADAS	0:57:36	0:23:01	0:26:21	0:57:12	0:05:43	SPORT LISBOA E CAMPOLIDE
141	197	VET-C-F	36	SUSANA GOMES	0:57:38	0:23:03	0:26:42	0:57:31	0:05:45	VALEJAS ATLETICO CLUBE
142	196	VET-B-F	33	Mª JOÃO FRANCO	0:57:38	0:23:03	0:26:43	0:57:31	0:05:45	VALEJAS ATLETICO CLUBE
143	1213	VET-B-F	34	SOFIA RIBEIRO	0:57:38	0:23:03	0:26:35	0:55:57	0:05:35	GD INE
144	666	VET-C-F	37	CARMINDA PIRES REGA	0:57:41	0:23:06	0:26:50	0:56:00	0:05:36	BANCO ALIMENTAR
145	1263	SEN-F	47	CÁTIA RODRIGUES	0:57:47	0:23:12	0:26:47	0:57:16	0:05:43	
146	13	VET-B-F	35	MARIA QUITÉRIA	0:57:47	0:23:13	0:26:50	0:57:15	0:05:43	ALGYMNS
147	285	SEN-F	48	JOANA VAZ	0:57:49	0:23:14	0:27:22	0:55:43	0:05:34	BANCO ALIMENTAR
148	1166	SEN-F	49	INÊS PAIS	0:57:51	0:23:17	0:26:08	0:56:34	0:05:39	MOVET
149	1622	SEN-F	50	ANDREIA CASTRO	0:58:01	0:23:26	0:27:06	0:56:58	0:05:41	
150	382	VET-B-F	36	CLAUDIA BELO	0:58:01	0:23:26	0:27:03	0:57:28	0:05:44	G D C BANCO DE PORTUGAL



## G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
151	1578	VET-C-F	38	HELENA ESTEVINHA	0:58:03	0:23:29	0:26:58	0:57:12	0:05:43	
152	1880	VET-C-F	39	MARIANA PEDRO ANDRADE	0:58:04	0:23:29	0:27:05	0:57:00	0:05:42	
153	1210	VET-B-F	37	ELSA SOARES	0:58:15	0:23:41	0:27:09	0:57:10	0:05:43	GD INE
154	421	SEN-F	51	CLAUDIA TAM	0:58:16	0:23:42	0:27:00	0:57:03	0:05:42	ACOREANA CLUBE BANIF
155	895	SEN-F	52	CATARINA FALCÃO	0:58:17	0:23:42	0:27:07	0:56:24	0:05:38	
156	1913	VET-B-F	38	ANA CANHOTO	0:58:17	0:23:43	0:26:11	0:56:15	0:05:37	
157	1573	VET-A-F	28	RITA MONTALVÃO	0:58:18	0:23:43	0:26:49	0:57:44	0:05:46	BANCOALIMENTARGPNATAL
158	1635	VET-C-F	40	CECILIA RIBEIRO	0:58:30	0:23:55	0:26:38	0:58:09	0:05:48	
159	415	SEN-F	53	ANDREIA OLIVEIRA	0:58:31	0:23:56	0:26:27	0:57:35	0:05:45	AC TEAM
160	1586	VET-A-F	29	ROSA MARIA LEITÃO MARQUES	0:58:37	0:24:02	0:26:21	0:57:28	0:05:44	
161	445	VET-B-F	39	ELSA NUNES	0:58:37	0:24:02	0:27:05	0:57:28	0:05:44	
162	1265	SEN-F	54	SOFIA RAPOSO	0:58:39	0:24:04	0:26:43	0:56:46	0:05:40	BANCO ALIMENTAR
163	1015	VET-A-F	30	RITA GONÇALVES	0:58:45	0:24:10	0:27:04	0:57:30	0:05:45	SERVICOS SOCIAIS MONTEPIO
164	813	VET-A-F	31	PATRICIA MORAIS	0:58:47	0:24:12	0:27:31	0:56:43	0:05:40	SS CGD
165	33	VET-C-F	41	TERESA LOUREIRO	0:58:50	0:24:16	0:27:04	0:58:06	0:05:48	
166	1429	VET-C-F	42	ANABELA MEIA-VIA	0:58:53	0:24:18	0:27:27	0:58:37	0:05:51	CÂMARA LISBOA CLUBE
167	1281	VET-A-F	32	ANABELA VIDIGAL	0:58:54	0:24:19	0:25:35	0:57:28	0:05:44	
168	1092	VET-C-F	43	HENRIQUETA MAJOR	0:58:54	0:24:19	0:26:30	0:56:54	0:05:41	REDS
169	1089	VET-C-F	44	MARIA DE LURDES VAZ	0:58:54	0:24:19	0:26:30	0:56:53	0:05:41	REDS
170	293	SEN-F	55	SUSANA FERREIRA	0:58:59	0:24:24	0:26:45	0:56:57	0:05:41	
171	1333	SEN-F	56	CÁTIA MARIANO	0:59:00	0:24:25	0:27:10	0:57:34	0:05:45	CASA DO BENFICA DE ALGUEIRAO M
172	651	SEN-F	57	ANA REBELO	0:59:02	0:24:27	0:26:26	0:58:32	0:05:51	REBELOS
173	127	VET-B-F	40	CARLA RAPOSO	0:59:04	0:24:29	0:26:55	0:58:20	0:05:50	CORRER LISBOA
174	1546	VET-B-F	41	SUSANA FIGUEIREDO	0:59:07	0:24:32	0:27:09	0:57:40	0:05:46	BRAIN TUMOR TEAM
175	1495	VET-A-F	33	SUSANA EVANGELISTA	0:59:11	0:24:36	0:26:10	0:57:52	0:05:47	EVANG
176	19	VET-A-F	34	PAULA LEÃO NOGUEIRA	0:59:23	0:24:48	0:27:22	0:57:42	0:05:46	
177	186	VET-A-F	35	SÍLVIA EDUARDO	0:59:25	0:24:50	0:27:11	0:57:22	0:05:44	
178	1452	SEN-F	58	ALEXANDRA SOUSA	0:59:29	0:24:54	0:26:54	0:58:11	0:05:49	MOVET
179	149	VET-C-F	45	ISABEL RODRIGUES	0:59:43	0:25:09	0:26:29	0:58:06	0:05:48	CLUBE ANACOM
180	1369	VET-C-F	46	MARIA BATISTA	0:59:47	0:25:12	0:27:08	0:58:45	0:05:52	G.A.OS TARTARUGAS
181	1400	SEN-F	59	GILDA ROCHA	0:59:51	0:25:17	0:26:30	0:59:21	0:05:56	BRAIN TUMOR TEAM
182	812	SEN-F	60	NILDA SILVA	0:59:52	0:25:17	0:27:19	0:58:25	0:05:50	SS CGD
183	1659	VET-C-F	47	MARIANA PEREIRA	0:59:54	0:25:19	0:26:41	0:58:21	0:05:50	ASSOC. ESTILOS DE VIDA EM LISBOA
184	1519	SEN-F	61	SARA LOPES	0:59:54	0:25:20	0:27:35	0:57:41	0:05:46	VALADARES
185	406	SEN-F	62	SUSANA AMORIM	0:59:54	0:25:20	0:27:37	0:59:10	0:05:55	CORRER LISBOA
186	1864	SEN-F	63	LUCIENNE NEVES	0:59:59	0:25:24	0:27:32	0:57:53	0:05:47	LIBERTY SEGUROS
187	539	VET-B-F	42	INÊS BARROSO	1:00:01	0:25:26	0:27:27	0:58:19	0:05:49	CLUBE EDP - LISBOA
188	1068	VET-A-F	36	PAULA CARDOSO	1:00:05	0:25:30	0:27:56	0:58:47	0:05:52	
189	1845	VET-C-F	48	MARIA FÁTIMA REIXA RODRIGUES ABREU	1:00:05	0:25:30	0:27:57	0:58:48	0:05:52	SPORTING CLUBE DA REBOLEIRA DAMAIA
190	1524	VET-C-F	49	OLGA GALVÃO	1:00:09	0:25:34	0:27:33	0:58:10	0:05:49	VALADARES
191	23	VET-C-F	50	ANA MARQUES	1:00:11	0:25:36	0:27:53	0:59:03	0:05:54	
192	1697	SEN-F	64	SOFIA BERNARDES	1:00:20	0:25:45	0:29:05	0:59:01	0:05:54	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
193	464	VET-C-F	51	IDALINA MADEIRA	1:00:21	0:25:46	0:27:08	0:59:09	0:05:54	ACOREANA CLUBE BANIF
194	719	VET-A-F	37	CLÁUDIA FARIA	1:00:23	0:25:48	0:27:35	0:59:53	0:05:59	BRAIN TUMOR TEAM
195	492	VET-B-F	43	MÓNICA TRUNINGER SOUSA	1:00:28	0:25:53	0:27:38	1:00:10	0:06:01	CLUBE COLABORADORES AXA
196	1118	VET-B-F	44	PAULA COSTA	1:00:36	0:26:01	0:27:40	0:59:14	0:05:55	SFUAP
197	706	VET-C-F	52	MARIA TERESA ALVES ANTUNES JANELA	1:00:37	0:26:02	0:27:11	0:59:59	0:05:59	CLUBE MILLENIUM BCP
198	1209	SEN-F	65	DANIELA OLIVEIRA	1:00:41	0:26:06	0:28:16	0:59:33	0:05:57	GD INE
199	961	VET-A-F	38	CRISTINA BRIZIDO	1:00:41	0:26:06	0:28:06	0:59:53	0:05:59	
200	751	VET-A-F	39	ANA AZEVEDO	1:00:49	0:26:14	0:27:29	0:59:11	0:05:55	SS CGD



## G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
201	284	SEN-F	66	CATARINA SIMAO	1:00:53	0:26:18	0:27:41	0:58:46	0:05:52	BANCO ALIMENTAR
202	586	VET-B-F	45	MARLENE OLIVEIRA	1:00:59	0:26:25	0:28:19	0:59:34	0:05:57	
203	1024	VET-C-F	53	ISABEL GUERRA	1:01:03	0:26:28	0:27:49	0:59:43	0:05:58	
204	639	VET-C-F	54	MARIA HELENA ANDRADE	1:01:15	0:26:40	0:27:55	0:59:03	0:05:54	
205	1545	VET-C-F	55	OLENA RAZINKOVA	1:01:19	0:26:44	0:28:29	0:59:28	0:05:56	
206	1886	SEN-F	67	CATARINA MATOS	1:01:22	0:26:48	0:28:02	0:59:37	0:05:57	
207	30	VET-B-F	46	CARLA ANTUNES	1:01:25	0:26:50	0:28:03	1:00:58	0:06:05	
208	1564	VET-A-F	40	ANA ROBIN DE ANDRADE	1:01:29	0:26:54	0:28:19	0:59:34	0:05:57	
209	1610	SEN-F	68	SUSANA PINHEIRO	1:01:36	0:27:01	0:27:59	0:59:32	0:05:57	
210	1161	VET-C-F	56	LEONOR COTRIM	1:01:38	0:27:03	0:29:02	1:01:33	0:06:09	
211	912	SEN-F	69	MARGARIDA SANTOS	1:01:39	0:27:04	0:28:21	0:59:57	0:05:59	BANCO ALIMENTAR
212	980	SEN-F	70	ANGELICA TAVARES	1:01:39	0:27:05	0:28:13	1:00:54	0:06:05	
213	1876	SEN-F	71	MARIANA MIRA	1:01:43	0:27:08	0:28:12	1:00:49	0:06:04	
214	992	SEN-F	72	ANA FILIPA CANELHAS	1:01:50	0:27:15	0:28:09	1:00:51	0:06:05	SERVICOS SOCIAIS MONTEPIO
215	1567	SEN-F	73	CLAUDIA SANTOS	1:01:56	0:27:22	0:27:57	0:59:53	0:05:59	
216	324	VET-C-F	57	EMILIA JANELA	1:02:00	0:27:25	0:28:36	1:00:56	0:06:05	TARTARUGAS SOLIDARIAS
217	1906	VET-A-F	41	RAQUEL ARNAUT	1:02:14	0:27:39	0:27:43	1:00:32	0:06:03	
218	461	VET-C-F	58	HELENA SANTOS	1:02:21	0:27:46	0:28:10	1:01:50	0:06:11	ACOREANA CLUBE BANIF
219	515	VET-C-F	59	MARIA JOAO FERNANDES SIMOES	1:02:23	0:27:48	0:28:34	1:02:06	0:06:12	
220	1450	SEN-F	74	ANA FILIPA BARREIRA FERREIRA	1:02:29	0:27:54	0:28:10	1:02:10	0:06:13	CORRER LISBOA
221	1189	SEN-F	75	RAQUEL MARTINS	1:02:30	0:27:55	0:28:11	1:02:11	0:06:13	CORRER LISBOA
222	1352	VET-B-F	47	MARIA AMORIM	1:02:35	0:28:00	0:28:43	1:00:47	0:06:04	
223	338	VET-C-F	60	ISABEL SANTIAGO	1:02:38	0:28:03	0:28:39	1:00:30	0:06:03	
224	1272	VET-B-F	48	DORA FIGUEIREDO	1:02:43	0:28:08	0:29:43	1:01:38	0:06:09	CORRER EPAL
225	1175	SEN-F	76	PANTERA NEGRA	1:02:46	0:28:11	0:28:01	1:01:23	0:06:08	CASA DA DIZIMA
226	914	SEN-F	77	TERESA MONTEIRO	1:03:00	0:28:25	0:28:56	1:01:19	0:06:07	BANCO ALIMENTAR
227	1041	VET-A-F	42	ANABELA VALADAS	1:03:00	0:28:26	0:28:24	1:02:28	0:06:14	BRAIN TUMOR TEAM
228	655	SEN-F	78	INÊS CUNHA	1:03:06	0:28:31	0:29:45	1:02:20	0:06:14	CLUBE ROBBIALAC
229	1607	SEN-F	79	JOANA PEREZ	1:03:09	0:28:34	0:30:03	1:02:41	0:06:16	
230	43	VET-C-F	61	JOANA DARC CHOURIÇO	1:03:13	0:28:38	0:29:17	1:03:06	0:06:18	
231	747	VET-C-F	62	CRISTINA MARTINS	1:03:18	0:28:43	0:29:41	1:02:08	0:06:12	RB RUNNING
232	211	SEN-F	80	ANA BERNARDO	1:03:19	0:28:44	0:26:11	1:02:23	0:06:14	
233	1553	VET-C-F	63	HELENA ROSADO	1:03:24	0:28:50	0:28:58	1:01:38	0:06:09	SCALABIS NIGHT RUNNERS
234	1440	VET-C-F	64	ELISABETH LOUREIRO	1:03:24	0:28:50	0:29:26	1:02:13	0:06:13	SPORTING CLUBE DE CASINHOS
235	1643	SEN-F	81	MARIA FRANCO FERREIRA	1:03:28	0:28:53	0:28:52	1:01:21	0:06:08	
236	1061	SEN-F	82	REBECA GUERRA	1:03:30	0:28:55	0:29:07	1:02:11	0:06:13	
237	604	VET-B-F	49	SANDRA BATISTA	1:03:39	0:29:05	0:29:57	1:03:27	0:06:20	
238	12	VET-C-F	65	PAULA COUTO	1:03:44	0:29:09	0:30:04	1:03:11	0:06:19	ALGYMNS
239	1801	VET-B-F	50	MAGDA CABRAL	1:03:47	0:29:12	0:29:30	1:03:11	0:06:19	LINDA-A-PASTORA SPORTING CLUBE
240	1688	VET-C-F	66	PAULA NETO	1:03:49	0:29:14	0:29:14	1:01:40	0:06:10	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
241	261	VET-B-F	51	PAULA GRANCHO GONCALVES	1:03:49	0:29:14	0:28:58	1:02:47	0:06:16	
242	1353	VET-B-F	52	ANA TEIXEIRA MARQUES	1:03:53	0:29:18	0:29:56	1:03:20	0:06:20	CORREDORES ANONIMOS
243	176	VET-C-F	67	ANA-ALICE SIMÕES PEREIRA	1:03:59	0:29:24	0:29:17	1:03:37	0:06:21	
244	1538	VET-A-F	43	SÓNIA CASTANHEIRA	1:04:01	0:29:26	0:29:22	1:02:37	0:06:15	
245	1351	VET-C-F	68	NIDIA SILVA	1:04:04	0:29:29	0:29:47	1:03:14	0:06:19	
246	1274	VET-A-F	44	HELENA OLIVEIRA DO VAL	1:04:04	0:29:29	0:29:44	1:02:59	0:06:17	CORRER EPAL
247	1327	VET-A-F	45	LISA SANTOS	1:04:08	0:29:33	0:29:30	1:03:21	0:06:20	
248	1293	VET-A-F	46	MARISA GONÇALVES	1:04:18	0:29:43	0:29:10	1:03:47	0:06:22	OS GALGOS
249	993	VET-A-F	47	ANA PAULA SARAMAGO	1:04:29	0:29:54	0:29:44	1:03:21	0:06:20	SERVICOS SOCIAIS MONTEPIO
250	1305	SEN-F	83	CARLA OLIVEIRA	1:04:31	0:29:56	0:27:18	1:02:45	0:06:16	TIVOLI



## G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
251	233	VET-B-F	53	PATRICIA SANTOS	1:04:33	0:29:58	0:30:24	1:03:19	0:06:19	CLUBE DO NOVO BANCO
252	737	VET-B-F	54	ANA PARDAL	1:04:34	0:30:00	0:29:56	1:04:13	0:06:25	CORRER LISBOA
253	1289	SEN-F	84	MAGDA VERISSIMO	1:04:37	0:30:02	0:29:34	1:03:01	0:06:18	JUBASTEAM
254	1083	SEN-F	85	MARTA BESSA	1:04:42	0:30:07	0:29:04	1:02:49	0:06:16	SAMSUNG
255	1355	SEN-F	86	MARIANA TEIXEIRA MARQUES	1:04:45	0:30:10	0:28:34	1:04:13	0:06:25	CORREDORES ANONIMOS
256	542	VET-C-F	69	MARIA CLOTILDE RIBEIRO DA SILVA	1:04:49	0:30:15	0:29:19	1:03:23	0:06:20	CORRER LISBOA
257	1018	VET-A-F	48	SÓNIA QUINTINO	1:05:05	0:30:30	0:31:31	1:03:56	0:06:23	SERVICOS SOCIAIS MONTEPIO
258	1835	VET-B-F	55	MARIA AGUIAR	1:05:11	0:30:36	0:30:03	1:04:08	0:06:24	SPORT LISBOA E CAMPOLIDE
259	1054	SEN-F	87	VANIA SILVA	1:05:20	0:30:45	0:30:22	1:04:24	0:06:26	
260	735	VET-C-F	70	MANUELA JUNOT	1:05:21	0:30:46	0:30:28	1:03:35	0:06:21	
261	178	VET-B-F	56	CARLA CRISTINA DOS REIS BATISTA	1:05:22	0:30:47	0:30:49	1:03:54	0:06:23	
262	455	VET-C-F	71	ANA CANAVEIRA	1:05:22	0:30:48	0:29:44	1:04:14	0:06:25	ACOREANA CLUBE BANIF
263	15	VET-C-F	72	LUISA FALE COSTA	1:05:24	0:30:49	0:29:00	1:04:12	0:06:25	
264	565	VET-C-F	73	ISABEL MARIA SOBREDA BARBIERI CARDOSO	1:05:37	0:31:02	0:30:11	1:03:49	0:06:22	
265	222	VET-C-F	74	FELICIANA FERREIRA	1:05:51	0:31:17	0:30:24	1:04:38	0:06:27	CLUBE DO NOVO BANCO
266	544	SEN-F	88	VICTORIA MELO	1:06:24	0:31:49	0:30:06	1:04:12	0:06:25	
267	1871	VET-A-F	49	MAFALDA FERNANDES	1:06:24	0:31:50	0:30:03	1:05:26	0:06:32	LIBERTY SEGUROS
268	855	VET-B-F	57	ANA ISABEL LOPES	1:06:24	0:31:50	0:31:07	1:06:01	0:06:36	
269	950	VET-A-F	50	PAULA OLIVEIRA	1:06:34	0:31:59	0:29:30	1:04:45	0:06:28	FC ESTRELAS LISBOA
270	955	VET-A-F	51	SANDRA LOURENÇO	1:06:34	0:31:59	0:29:14	1:04:44	0:06:28	FC ESTRELAS LISBOA
271	591	SEN-F	89	ANA FILIPA ALMEIDA SILVA	1:06:35	0:32:00	0:30:32	1:05:50	0:06:35	CORRER LISBOA
272	1551	VET-A-F	52	RUTE PATROCÍNIO	1:06:37	0:32:02	0:30:29	1:05:12	0:06:31	
273	534	SEN-F	90	RITA SOFIA NEVES	1:06:43	0:32:08	0:30:26	1:04:38	0:06:27	
274	1487	VET-C-F	75	HELENA FINO	1:06:43	0:32:08	0:30:40	1:05:46	0:06:34	HAPPY RUNNERS
275	102	VET-C-F	76	FILOMENA SANTANA	1:06:46	0:32:11	0:32:35	1:06:11	0:06:37	
276	923	SEN-F	91	INES NETO	1:06:54	0:32:19	0:31:09	1:04:45	0:06:28	
277	1249	VET-A-F	53	RITA MARQUES	1:06:59	0:32:24	0:30:49	1:06:18	0:06:37	
278	1637	VET-A-F	54	LILIANA CORREIA	1:07:10	0:32:35	0:30:29	1:07:03	0:06:42	
279	221	SEN-F	92	CÁTIA ANASTÁCIO	1:07:17	0:32:42	0:30:25	1:06:04	0:06:36	CLUBE DO NOVO BANCO
280	66	VET-C-F	77	LURDES ALVES	1:07:19	0:32:44	0:30:48	1:06:10	0:06:37	
281	1253	VET-A-F	55	PATRÍCIA CRUZ	1:07:20	0:32:45	0:30:29	1:06:19	0:06:37	
282	1653	VET-A-F	56	LÚCIA CAVALEIRO	1:07:24	0:32:49	0:30:57	1:06:25	0:06:38	
283	925	SEN-F	93	CATARINA LOPES	1:07:28	0:32:53	0:31:59	1:05:17	0:06:31	
284	919	SEN-F	94	CÁTIA SIMÕES	1:07:34	0:32:59	0:30:40	1:05:15	0:06:31	POUCOS POR MUITOS
285	1146	VET-A-F	57	CATARINA LOPES	1:07:41	0:33:07	0:30:37	1:05:57	0:06:35	RUN BUDDY RUN
286	1644	SEN-F	95	CATIA BASTO	1:07:42	0:33:07	0:30:12	1:05:35	0:06:33	
287	1273	SEN-F	96	CATIA PEREIRA HENRIQUES	1:07:56	0:33:21	0:29:43	1:06:51	0:06:41	CORRER EPAL
288	1008	SEN-F	97	MÓNICA ABREU	1:08:08	0:33:33	0:29:17	1:06:58	0:06:41	SERVICOS SOCIAIS MONTEPIO
289	964	SEN-F	98	FILIPA ABREU	1:08:39	0:34:04	0:36:06	1:08:39	0:06:51	THE LAST ONES
290	327	VET-C-F	78	FERNANDA ALMEIDA	1:09:00	0:34:25	0:30:36	1:06:57	0:06:41	
291	1257	VET-B-F	58	ÉLIA SOARES DA SILVA	1:09:05	0:34:30	0:31:02	1:08:02	0:06:48	
292	71	VET-B-F	59	CLAUDIA MIRANDA RAMOS	1:09:28	0:34:53	0:32:02	1:07:59	0:06:47	
293	128	VET-A-F	58	CÉLIA LUZ	1:09:37	0:35:03	0:31:59	1:08:05	0:06:48	
294	958	SEN-F	99	GISELA CARVALHO	1:09:40	0:35:05	0:30:44	1:07:49	0:06:46	FC ESTRELAS LISBOA
295	984	VET-C-F	79	MANUELA CASTANHO	1:09:42	0:35:07	0:32:44	1:08:18	0:06:49	
296	905	SEN-F	100	VANESSA FERREIRA	1:09:50	0:35:15	0:31:16	1:08:00	0:06:48	OS CARACOIS FURIOSOS
297	166	SEN-F	101	LUISA ALVES	1:10:00	0:35:25	0:32:38	1:09:02	0:06:54	BANCO ALIMENTAR
298	423	VET-C-F	80	MA FEE HUNG	1:10:02	0:35:27	0:32:25	1:08:46	0:06:52	ACOREANA CLUBE BANIF
299	1204	SEN-F	102	ANDREIA SOFIA	1:10:08	0:35:34	0:30:13	1:08:00	0:06:48	TARTARUGAS SOLIDARIAS
300	513	SEN-F	103	ANA BELA FERREIRA	1:10:44	0:36:09	0:30:23	1:09:44	0:06:58	



## G. P. Natal - 10km - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
301	348	VET-B-F	60	MAFALDA	1:10:53	0:36:18	0:31:59	1:08:54	0:06:53	BANCO ALIMENTAR
302	88	VET-B-F	61	SANDRA CRISTINA PRATES CAETANO	1:11:16	0:36:41	0:31:53	1:10:27	0:07:02	
303	87	VET-A-F	59	DÉLIA BOINO	1:11:16	0:36:41	0:31:53	1:10:28	0:07:02	
304	1454	VET-B-F	62	CATARINA AMEIXIAL	1:11:23	0:36:48	0:33:06	1:09:56	0:06:59	
305	101	SEN-F	104	JOANA MARTA SANTANA	1:11:46	0:37:11	0:32:36	1:11:10	0:07:07	
306	1045	SEN-F	105	CARINA RODRIGUES	1:11:53	0:37:18	0:31:59	1:10:04	0:07:00	
307	960	VET-C-F	81	HELENA DORES	1:11:58	0:37:23	0:33:12	1:11:03	0:07:06	
308	366	VET-C-F	82	JULIETA SANTOS	1:12:06	0:37:31	0:32:13	1:09:06	0:06:54	TARTARUGAS SOLIDARIAS
309	231	VET-A-F	60	MANUELA LOPES	1:12:08	0:37:33	0:32:49	1:11:29	0:07:08	CLUBE DO NOVO BANCO
310	1509	VET-A-F	61	JOANA CHORINCAS	1:12:15	0:37:40	0:32:41	1:10:36	0:07:03	GRUPO EXCURS. OS ECONOMICOS
311	1652	SEN-F	106	CARLA ALMEIDA	1:12:26	0:37:51	0:32:05	1:11:04	0:07:06	
312	780	VET-B-F	63	MARIA DO ROSÁRIO BARROSO VILHENA D'ALMEI	1:12:32	0:37:57	0:32:33	1:10:59	0:07:05	
313	22	VET-A-F	62	SARA PRATES	1:13:25	0:38:50	0:34:31	1:12:02	0:07:12	G D VIDENSE
314	1136	SEN-F	107	TÂNIA ABREU	1:13:27	0:38:52	0:32:53	1:12:34	0:07:15	
315	1510	VET-C-F	83	NATÁLIA PINTO	1:13:43	0:39:08	0:32:52	1:12:05	0:07:12	GRUPO EXCURS. OS ECONOMICOS
316	303	VET-C-F	84	CLÁUDIA FERREIRA	1:13:43	0:39:08	0:32:01	1:13:18	0:07:19	CLUBE DO STRESS
317	1492	SEN-F	108	CATARINA MARQUES	1:13:44	0:39:09	0:33:19	1:11:48	0:07:10	
318	108	VET-C-F	85	DORA DUARTE	1:13:55	0:39:20	0:33:18	1:12:57	0:07:17	
319	991	VET-B-F	64	ANA CLAUDIA PAIXÃO	1:13:55	0:39:20	0:33:18	1:12:57	0:07:17	SERVICOS SOCIAIS MONTEPIO
320	540	VET-C-F	86	MARIA CARMO ANJOS	1:14:02	0:39:27	0:34:09	1:12:50	0:07:17	
321	756	VET-C-F	87	DORA PIRES	1:14:16	0:39:41	0:34:25	1:12:40	0:07:16	SS CGD
322	755	VET-C-F	88	CRISTINA SANTOS	1:14:16	0:39:41	0:34:25	1:12:40	0:07:16	SS CGD
323	1597	VET-C-F	89	ANA NAVA	1:14:26	0:39:51	0:34:24	1:12:14	0:07:13	
324	1277	VET-A-F	63	ANA BARROS	1:15:49	0:41:14	0:33:46	1:15:00	0:07:30	
325	547	VET-A-F	64	MARIA CANAVEIRA	1:16:03	0:41:29	0:41:20	1:16:03	0:07:36	BANCO ALIMENTAR
326	557	SEN-F	109	LURDES SANTOS	1:16:09	0:41:34	0:33:43	1:14:22	0:07:26	
327	609	VET-B-F	65	CARLA PALMEIRO	1:16:32	0:41:57	0:34:57	1:15:51	0:07:35	
328	611	VET-A-F	65	MEG GARCIA	1:16:32	0:41:57	0:34:58	1:15:50	0:07:35	
329	1162	SEN-F	110	MAFALDA PEREIRA	1:16:34	0:41:59	0:34:35	1:15:09	0:07:30	MONTE DA LUA
330	414	SEN-F	111	ELSA SANCHEZ CORREIA	1:16:48	0:42:14	0:33:01	1:14:42	0:07:28	1 DESAFIO
331	369	SEN-F	112	PATRÍCIA MARQUES	1:17:11	0:42:36	0:34:26	1:14:57	0:07:29	
332	157	VET-C-F	90	VERA SILVA	1:17:46	0:43:11	0:35:22	1:16:16	0:07:37	BANCO ALIMENTAR
333	1163	SEN-F	113	FILIPA LOPES	1:18:22	0:43:47	0:34:35	1:16:56	0:07:41	MONTE DA LUA
334	1074	SEN-F	114	HELENA CHINELO	1:19:43	0:45:08	0:35:19	1:17:48	0:07:46	SAMSUNG
335	1588	VET-A-F	66	CATARINA AZEVEDO	1:20:09	0:45:34	0:35:14	1:17:52	0:07:47	ORIGINAL RUNNERS
336	777	VET-C-F	91	NATÁLIA EMILIA DO CARMO MARTINS	1:20:10	0:45:35	0:35:05	1:19:20	0:07:56	
337	1589	VET-A-F	67	FILIPA FIGUEIRA	1:22:06	0:47:31	0:36:44	1:19:51	0:07:59	ORIGINAL RUNNERS
338	691	VET-C-F	92	REGINA LUCIA FERREIRA DE OLIVEIRA	1:31:53	0:57:18	0:42:48	1:30:03	0:09:00	CLUBE MILLENIUM BCP



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1	1358	VET-A-M	1	NELSON CRUZ	0:30:28		0:14:44	0:30:28	0:03:02	CLUBE PEDRO PESSOA EA
2	1823	SEN-M	1	MIGUEL MOREIRA	0:30:43	0:00:15	0:14:45	0:30:43	0:03:04	SPORT LISBOA E BENFICA
3	1825	SEN-M	2	RICARDO PAIXÃO	0:31:00	0:00:32	0:14:46	0:31:00	0:03:06	SPORT LISBOA E BENFICA
4	1703	SEN-M	3	JOAO CAETANO	0:31:09	0:00:41	0:14:49	0:31:08	0:03:06	CLUBE ATLETISMO ODIMARQ
5	1706	VET-A-M	2	JOSE GASPAR	0:31:34	0:01:06	0:14:47	0:31:34	0:03:09	CLUBE ATLETISMO ODIMARQ
6	1599	SEN-M	4	MIGUEL REIS E SILVA	0:31:39	0:01:11	0:14:51	0:31:37	0:03:09	
7	1729	SEN-M	5	JOÃO VIEIRA	0:31:44	0:01:16	0:14:52	0:31:44	0:03:10	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
8	1725	VET-A-M	3	BRUNO FRAGA	0:32:07	0:01:39	0:14:52	0:32:07	0:03:12	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
9	1809	SEN-M	6	PEDRO CONCEIÇÃO	0:32:07	0:01:39	0:14:54	0:32:07	0:03:12	LINDA-A-PASTORA SPORTING CLUBE
10	1716	VET-C-M	1	JOÃO VAZ	0:32:21	0:01:53	0:15:02	0:32:21	0:03:14	CLUBE FUTEBOL OS BELENENSES
11	1732	VET-B-M	1	LUIS GINJA	0:32:37	0:02:09	0:15:30	0:32:36	0:03:15	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
12	1733	VET-B-M	2	NUNO ROMÃO	0:32:45	0:02:17	0:15:16	0:32:45	0:03:16	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
13	1750	SEN-M	7	CELSO PINTO	0:32:54	0:02:26	0:15:55	0:32:54	0:03:17	
14	1708	VET-A-M	4	LUIS BATISTA	0:33:04	0:02:36	0:15:17	0:33:04	0:03:18	CLUBE ATLETISMO ODIMARQ
15	1824	SEN-M	8	PEDRO ROSA	0:33:09	0:02:41	0:15:29	0:33:08	0:03:18	SPORT LISBOA E BENFICA
16	1727	VET-C-M	2	EUGENIO NETO	0:33:11	0:02:43	0:15:38	0:33:11	0:03:19	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
17	1779	SEN-M	9	RODRIGO CARRERA	0:33:32	0:03:04	0:15:56	0:33:31	0:03:21	JUVENTUDE OPERARIA MONTE ABRAAO
18	1032	SEN-M	10	RUI TENRINHO	0:33:38	0:03:10	0:15:58	0:33:32	0:03:21	AGUIAS DE ALPIARCA - TRIATLO
19	1669	SEN-M	11	EDGAR MONTEIRO	0:33:38	0:03:10	0:15:54	0:33:37	0:03:21	ASSOCIACAO DESPORTIVA LEOS APELACONENSE
20	1881	SEN-M	12	PEDRO MARQUES	0:33:39	0:03:11	0:15:56	0:33:38	0:03:21	O PRATICANTE
21	1723	SEN-M	13	RUI GOMINHO	0:33:40	0:03:12	0:15:54	0:33:38	0:03:21	FUNDAÇÃO CEBI
22	1334	VET-C-M	3	AMÉRICO PEREIRA	0:33:41	0:03:13	0:15:47	0:33:33	0:03:21	CASA DO BENFICA DE ALGUEIRAO M
23	1710	SEN-M	14	PEDRO ARSENIO	0:33:42	0:03:14	0:15:52	0:33:39	0:03:21	CLUBE ATLETISMO ODIMARQ
24	1911	SEN-M	15	NELSON GRAÇA	0:33:43	0:03:15	0:16:03	0:33:42	0:03:22	
25	1532	SEN-M	16	DIOGO BAENA	0:33:53	0:03:25	0:16:00	0:33:48	0:03:22	
26	1699	SEN-M	17	VITOR HUGO FERNANDES OLIVEIRA	0:33:59	0:03:31	0:15:58	0:33:53	0:03:23	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
27	1629	JUN-M	1	WENDEL CRUZ	0:34:11	0:03:43	0:15:54	0:34:11	0:03:25	CBTRI
28	1626	VET-A-M	5	VITOR TAVARES MARQUES	0:34:14	0:03:46	0:16:16	0:34:13	0:03:25	
29	1792	VET-C-M	4	JOÃO CALDEIRA	0:34:23	0:03:55	0:16:11	0:34:22	0:03:26	LINDA-A-PASTORA SPORTING CLUBE
30	1329	SEN-M	18	PEDRO FILIPE DA SILVA RIBEIRO	0:34:25	0:03:57	0:16:02	0:34:22	0:03:26	
31	1630	JUN-M	2	GUILHERME NOGUEIRA	0:34:33	0:04:05	0:15:58	0:34:27	0:03:26	CBTRI
32	1704	SEN-M	19	JOAO FONTE BOA	0:34:39	0:04:11	0:16:23	0:34:38	0:03:27	CLUBE ATLETISMO ODIMARQ
33	871	VET-B-M	3	JOSÉ DIAS DA SILVA	0:34:41	0:04:13	0:16:12	0:34:38	0:03:27	CLUBE ATLETICO DAS PATAMEIRAS
34	1776	SEN-M	20	JOÃO FREIRE	0:34:43	0:04:15	0:16:23	0:34:33	0:03:27	INGLESES FUTEBOL CLUBE
35	1772	JUN-M	3	DAVID VILAS	0:34:47	0:04:19	0:16:23	0:34:37	0:03:27	INGLESES FUTEBOL CLUBE
36	1628	JUN-M	4	NATAN SANTOS	0:35:01	0:04:33	0:16:15	0:34:59	0:03:29	CBTRI
37	1774	VET-C-M	5	JACINTO NASCIMENTO	0:35:05	0:04:37	0:16:27	0:35:01	0:03:30	INGLESES FUTEBOL CLUBE
38	1031	VET-C-M	6	SÉRGIO SANTOS	0:35:05	0:04:37	0:16:29	0:35:03	0:03:30	AGUIAS DE ALPIARCA - TRIATLO
39	1717	VET-C-M	7	JOSÉ CUSTÓDIO	0:35:06	0:04:38	0:16:18	0:35:04	0:03:30	CLUBE FUTEBOL OS BELENENSES
40	1844	SEN-M	21	MARCO ANTÓNIO VEIGA PINTO	0:35:12	0:04:44	0:16:29	0:35:11	0:03:31	SPORTING CLUBE DA REBOLEIRA DAMAIA
41	1821	VET-B-M	4	MIGUEL MENDES	0:35:13	0:04:45	0:16:21	0:34:53	0:03:29	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
42	1021	SEN-M	22	BERNARD LEHMANN	0:35:14	0:04:46	0:16:18	0:35:13	0:03:31	
43	1852	VET-A-M	6	ANTÓNIO PINTO	0:35:17	0:04:49	0:16:26	0:35:16	0:03:31	GRD OS FIXES
44	1765	VET-B-M	5	PEDRO MESTRE	0:35:17	0:04:49	0:16:28	0:35:14	0:03:31	
45	315	SEN-M	23	NUNO SILVA	0:35:20	0:04:52	0:16:31	0:35:18	0:03:31	CLUBE ATLETISMO AMIGOS BELEM
46	1822	SEN-M	24	NUNO PRECIDADO	0:35:22	0:04:54	0:16:24	0:35:02	0:03:30	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
47	1707	VET-C-M	8	JOSE LOPES	0:35:22	0:04:54	0:16:31	0:35:21	0:03:32	CLUBE ATLETISMO ODIMARQ
48	1796	VET-C-M	9	JOSÉ FELIX	0:35:23	0:04:55	0:16:31	0:35:19	0:03:31	LINDA-A-PASTORA SPORTING CLUBE
49	1797	VET-C-M	10	JOSÉ GIL	0:35:23	0:04:55	0:16:41	0:35:20	0:03:32	LINDA-A-PASTORA SPORTING CLUBE
50	1734	VET-C-M	11	PAULO MOREIRA	0:35:28	0:05:00	0:16:15	0:35:27	0:03:32	GRUPO DESPORTIVO RECREATIVO REBOLEIRA

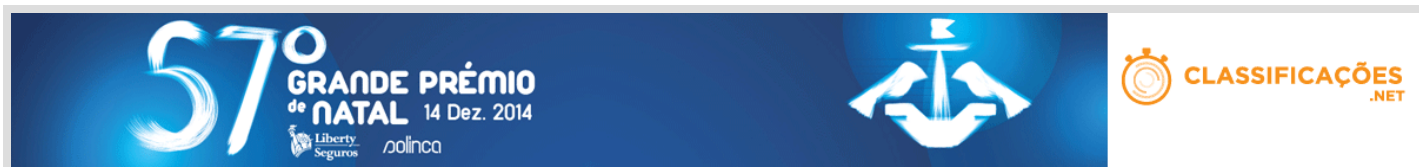




## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
51	870	VET-C-M	12	JOSÉ CORREIA	0:35:30	0:05:02	0:16:27	0:35:25	0:03:32	CLUBE ATLETICO DAS PATAMEIRAS
52	589	SEN-M	25	EDGAR JACINTO	0:35:31	0:05:03	0:16:35	0:35:15	0:03:31	AUTOJACINTO
53	1851	VET-A-M	7	BRUNO CARVALHO	0:35:33	0:05:05	0:16:26	0:35:29	0:03:32	FC ROSSAO
54	1737	SEN-M	26	EDMIR PONTES CORREIA	0:35:34	0:05:06	0:16:26	0:35:28	0:03:32	GRUPO DESPORTIVO SAO DOMINGOS
55	1143	VET-A-M	8	LUIS ANTUNES	0:35:35	0:05:07	0:16:41	0:35:25	0:03:32	A NATUREZA ENSINA
56	1221	VET-C-M	13	JOÃO GOMES	0:35:36	0:05:08	0:17:05	0:35:20	0:03:32	
57	377	VET-B-M	6	LUÍS RIO	0:35:40	0:05:12	0:16:44	0:35:34	0:03:33	G D C BANCO DE PORTUGAL
58	126	JUN-M	5	FLÁVIO FED. FAMÍLIA PAZ MUNDIAL UNIFICAÇ	0:35:46	0:05:18	0:17:07	0:35:44	0:03:34	
59	1067	VET-A-M	9	JOÃO FERREIRA	0:35:53	0:05:25	0:16:45	0:35:44	0:03:34	
60	1815	VET-B-M	7	CARLOS FERNANDES	0:35:54	0:05:26	0:16:25	0:35:36	0:03:33	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
61	1185	VET-C-M	14	EDUARDO EUSTAQUIO	0:35:59	0:05:31	0:16:55	0:35:51	0:03:35	AMIGOS ATLETISMO MAFRA
62	1657	SEN-M	27	JOÃO MANUEL JORGE	0:36:01	0:05:33	0:16:41	0:35:56	0:03:35	ASSOC. ESTILOS DE VIDA EM LISBOA
63	1631	JUN-M	6	LUIS OLIVEIRA	0:36:03	0:05:35	0:16:33	0:35:59	0:03:35	CBTRI
64	1156	VET-B-M	8	PEDRO MOTA	0:36:05	0:05:37	0:17:01	0:36:03	0:03:36	WERUN PORTUGAL
65	510	VET-B-M	9	MIGUEL TEIXEIRA	0:36:08	0:05:40	0:16:52	0:36:05	0:03:36	
66	722	SEN-M	28	NUNO MOREIRA	0:36:10	0:05:42	0:16:55	0:36:05	0:03:36	
67	1702	VET-B-M	10	HENRIQUE MEIRA	0:36:16	0:05:48	0:16:58	0:36:14	0:03:37	CLUBE ATLETISMO ODIMARQ
68	456	SEN-M	29	JOÃO DANIEL FERREIRA	0:36:16	0:05:48	0:16:49	0:36:06	0:03:36	
69	1724	JUN-M	7	LUIS LOPES	0:36:17	0:05:49	0:16:51	0:36:06	0:03:36	GRUPO DESPORTIVO RECREATIVO MANIQUE DE C
70	1790	VET-C-M	15	ANTONIO MURTEIRA	0:36:18	0:05:50	0:16:59	0:36:09	0:03:36	LINDA-A-PASTORA SPORTING CLUBE
71	1701	VET-C-M	16	AIRES PRATAS	0:36:19	0:05:51	0:16:54	0:36:18	0:03:37	CLUBE ATLETISMO ODIMARQ
72	1709	SEN-M	30	MARCO QUEDAS	0:36:22	0:05:54	0:16:42	0:36:22	0:03:38	CLUBE ATLETISMO ODIMARQ
73	1843	VET-B-M	11	LUIS MIGUEL PEREIRA PINTO	0:36:26	0:05:58	0:16:51	0:36:19	0:03:37	SPORTING CLUBE DA REBOLEIRA DAMAJA
74	1722	SEN-M	31	SÉRGIO CLARO	0:36:27	0:05:59	0:16:51	0:36:15	0:03:37	CLUBE OLIMPICO DE OEIRAS
75	1260	VET-A-M	10	CARLOS HENRIQUES	0:36:33	0:06:05	0:17:23	0:36:24	0:03:38	RB RUNNING
76	1505	VET-B-M	12	PAULO LOPES	0:36:35	0:06:07	0:16:35	0:36:33	0:03:39	CORRER LISBOA
77	1728	VET-B-M	13	FERNANDO SANTOS	0:36:36	0:06:08	0:17:09	0:36:35	0:03:39	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
78	292	VET-A-M	11	LUCIANO CONTENTE	0:36:38	0:06:09	0:17:10	0:36:34	0:03:39	
79	1157	VET-B-M	14	PEDRO CAVILHAS	0:36:39	0:06:10	0:16:55	0:36:30	0:03:39	WERUN PORTUGAL
80	494	VET-A-M	12	NUNO RICARDO TEIXEIRA	0:36:39	0:06:11	0:16:53	0:36:37	0:03:39	CLUBE COLABORADORES AXA
81	1125	VET-B-M	15	JOSÉ BARRINHA	0:36:41	0:06:13	0:17:13	0:36:39	0:03:39	VILA FRIA/JG SEGUROS
82	908	VET-C-M	17	ELIAS MONTEIRO FORTES	0:36:42	0:06:14	0:17:27	0:36:37	0:03:39	SPORTING CLUBE REBOLEIRA E DAM
83	1343	VET-A-M	13	HENRIQUE JOANICO	0:36:46	0:06:18	0:16:46	0:36:45	0:03:40	C.BENFICA ALGUEIRAO M MARTINS
84	802	VET-C-M	18	ANTONIO HENRIQUES	0:36:49	0:06:21	0:17:08	0:36:47	0:03:40	CLUBE DE ATLETISMO ODIMARQ
85	1847	VET-B-M	16	PEDRO MANUEL VAZ SEMEDO	0:36:56	0:06:28	0:17:06	0:36:37	0:03:39	SPORTING CLUBE DA REBOLEIRA DAMAJA
86	1223	VET-B-M	17	JOÃO PRISAL	0:36:56	0:06:28	0:17:15	0:36:50	0:03:41	RAIL RUNNERS
87	1034	JUN-M	8	JOÃO LOPES	0:36:57	0:06:29	0:16:51	0:36:45	0:03:40	AGUIAS DE ALPIARCA - TRIATLO
88	274	SEN-M	32	CLAUDIO PAULINHO	0:37:01	0:06:33	0:16:49	0:36:46	0:03:40	
89	117	VET-A-M	14	RICARDO NEVES	0:37:08	0:06:40	0:17:12	0:37:05	0:03:42	GPCTIN CASA DA MOEDA
90	1846	VET-C-M	19	PAULO JORGE SIMÕES DA SILVA CARVALHO	0:37:11	0:06:43	0:17:14	0:37:04	0:03:42	SPORTING CLUBE DA REBOLEIRA DAMAJA
91	1627	SEN-M	33	JONY SILVA	0:37:13	0:06:45	0:16:59	0:37:12	0:03:43	CBTRI
92	1461	VET-C-M	20	ADOLFO LEAL	0:37:19	0:06:51	0:17:28	0:37:16	0:03:43	WWW.OCARTAXEIRO.COM
93	1016	VET-A-M	15	RUI HENRIQUES	0:37:21	0:06:53	0:17:30	0:37:16	0:03:43	SERVICOS SOCIAIS MONTEPIO
94	1535	SEN-M	34	RICARDO SILVA	0:37:23	0:06:55	0:17:54	0:37:20	0:03:44	
95	311	VET-B-M	18	JOSÉ GEADA	0:37:29	0:07:01	0:17:23	0:37:24	0:03:44	CLUBE ATLETICO DAS PATAMEIRAS
96	380	VET-B-M	19	ANTÓNIO SIMÕES	0:37:30	0:07:02	0:17:28	0:37:24	0:03:44	G D C BANCO DE PORTUGAL

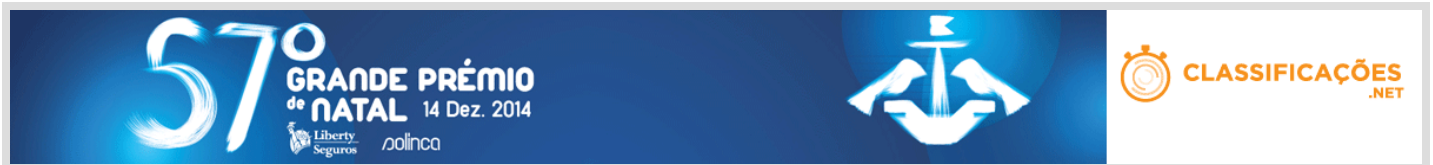
97	1347	VET-C-M	21	VITOR SILVA	0:37:32	0:07:04	0:17:34	0:37:27	0:03:44	C.BENFICA ALGUEIRAO M MARTINS
98	1730	VET-B-M	20	JORGE CORREIA	0:37:33	0:07:05	0:17:51	0:37:32	0:03:45	GRUPO DESPORTIVO RECREATIVO REBOLEIRA
99	1542	VET-A-M	16	MIGUEL FERNANDES	0:37:37	0:07:09	0:17:18	0:37:35	0:03:45	
100	1656	VET-C-M	22	JOÃO CÂNDIDO	0:37:41	0:07:13	0:17:29	0:37:39	0:03:45	ASSOC. ESTILOS DE VIDA EM LISBOA



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
101	465	VET-B-M	21	RUI OLIVEIRA	0:37:42	0:07:14	0:17:36	0:37:38	0:03:45	ACOREANA CLUBE BANIF
102	1225	VET-A-M	17	PEDRO AFONSO PEREIRA	0:37:43	0:07:15	0:17:38	0:37:37	0:03:45	RAIL RUNNERS
103	757	VET-B-M	22	FERNANDO CANDEIAS	0:37:44	0:07:16	0:17:50	0:37:37	0:03:45	SS CGD
104	1686	SEN-M	35	MIGUEL HEITOR	0:37:45	0:07:17	0:17:38	0:37:40	0:03:46	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
105	1460	VET-B-M	23	RUI FERREIRA	0:37:48	0:07:20	0:17:41	0:37:44	0:03:46	WWW.OCARTAXEIRO.COM
106	1661	VET-A-M	18	PAULO HERMEZILHA	0:37:54	0:07:26	0:17:38	0:37:48	0:03:46	ASSOC. ESTILOS DE VIDA EM LISBOA
107	1317	VET-C-M	23	JOÃO LUIS	0:37:58	0:07:30	0:17:50	0:37:54	0:03:47	
108	1479	SEN-M	36	MARCELO FILIPE DUARTE FERREIRA	0:38:05	0:07:37	0:17:51	0:37:37	0:03:45	
109	1142	SEN-M	37	PEDRO BARATA	0:38:07	0:07:39	0:17:28	0:38:00	0:03:48	A NATUREZA ENSINA
110	1896	SEN-M	38	LUIS FILIPE RAMOS CARDOSO	0:38:08	0:07:40	0:17:39	0:38:04	0:03:48	
111	1838	VET-A-M	19	ANTONINO VIEIRA AMARANTE VAZ	0:38:11	0:07:42	0:17:41	0:38:07	0:03:48	SPORTING CLUBE DA REBOLEIRA DAMAIA
112	1138	VET-A-M	20	DAVID ROSA	0:38:12	0:07:44	0:17:57	0:38:05	0:03:48	A NATUREZA ENSINA
113	307	SEN-M	39	RUI MARTINS	0:38:13	0:07:45	0:17:43	0:38:08	0:03:48	CLUBE ATLETICO DAS PATAMEIRAS
114	1812	SEN-M	40	WILSON BENTO	0:38:20	0:07:52	0:17:45	0:38:16	0:03:49	LINDA-A-PASTORA SPORTING CLUBE
115	1500	SEN-M	41	RENATO BOTÃO	0:38:20	0:07:52	0:17:40	0:38:16	0:03:49	ACADEMIA DO LUMIAR
116	1097	VET-B-M	24	ANTONIO PINHEIRO	0:38:22	0:07:54	0:18:02	0:38:20	0:03:50	
117	1504	SEN-M	42	TIAGO VERMELHO	0:38:26	0:07:58	0:17:54	0:38:23	0:03:50	CORRER LISBOA
118	1239	SEN-M	43	RICARDO PITA	0:38:28	0:08:00	0:17:45	0:38:25	0:03:50	CÂMARA LISBOA CLUBE
119	1205	VET-C-M	24	ANTÓNIO SANTOS	0:38:29	0:08:01	0:17:58	0:38:23	0:03:50	GD INE
120	592	VET-A-M	21	FERNANDO ALMEIDA	0:38:34	0:08:06	0:17:53	0:38:28	0:03:50	
121	1155	SEN-M	44	ANTÓNIO FIGUEIREDO	0:38:35	0:08:07	0:17:48	0:38:29	0:03:50	WERUN PORTUGAL
122	1820	VET-C-M	25	JOSÉ MORGADO	0:38:40	0:08:12	0:17:47	0:38:20	0:03:50	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
123	1783	VET-C-M	26	ANTÓNIO SILVA	0:38:42	0:08:14	0:18:16	0:38:38	0:03:51	LINDA-A-PASTORA SPORTING CLUBE
124	1624	SEN-M	45	PEDRO CARDOSO	0:38:45	0:08:17	0:17:38	0:38:40	0:03:52	
125	1799	VET-C-M	27	LUIS PREGO	0:38:53	0:08:25	0:18:16	0:38:50	0:03:53	LINDA-A-PASTORA SPORTING CLUBE
126	1803	VET-A-M	22	MARCO VELOSO	0:38:58	0:08:30	0:17:51	0:38:54	0:03:53	LINDA-A-PASTORA SPORTING CLUBE
127	1660	VET-A-M	23	NUNO LOURENÇO	0:39:00	0:08:32	0:18:04	0:38:53	0:03:53	ASSOC. ESTILOS DE VIDA EM LISBOA
128	650	VET-C-M	28	LUIS REBELO	0:39:03	0:08:35	0:18:13	0:39:00	0:03:54	REBELOS
129	381	VET-B-M	25	FERNANDO MARTINS	0:39:08	0:08:40	0:18:17	0:38:56	0:03:53	G D C BANCO DE PORTUGAL
130	418	SEN-M	46	RICARDO ALVES	0:39:09	0:08:41	0:18:07	0:39:04	0:03:54	ACOREANA CLUBE BANIF
131	1874	JUN-M	9	GABRIEL TEIXEIRA	0:39:12	0:08:44	0:17:44	0:39:03	0:03:54	ASSOC. MORADORES ATIBA
132	1158	VET-C-M	29	JORGE SERRA	0:39:13	0:08:45	0:17:56	0:39:07	0:03:54	WERUN PORTUGAL
133	1114	VET-B-M	26	MIGUEL LOURENÇO	0:39:14	0:08:46	0:18:13	0:39:13	0:03:55	
134	76	VET-B-M	27	JOÃO VEIGA	0:39:16	0:08:48	0:18:23	0:38:58	0:03:53	
135	1543	VET-B-M	28	LUIS FINO	0:39:17	0:08:49	0:18:26	0:39:07	0:03:54	
136	1671	VET-C-M	30	ANTÓNIO R. LOPES	0:39:17	0:08:49	0:17:58	0:39:14	0:03:55	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
137	1501	SEN-M	47	BRUNO FRANCISCO	0:39:18	0:08:50	0:18:19	0:39:00	0:03:54	
138	597	SEN-M	48	VITOR PEREIRA	0:39:18	0:08:50	0:18:17	0:39:05	0:03:54	
139	944	VET-C-M	31	ANTÓNIO CARNEIRO	0:39:20	0:08:52	0:18:16	0:39:15	0:03:55	CLUBE OGMA
140	1462	VET-C-M	32	ARLINDO PAIXÃO	0:39:27	0:08:59	0:18:43	0:39:23	0:03:56	WWW.OCARTAXEIRO.COM
141	1154	VET-A-M	24	VALTER OLIVEIRA	0:39:28	0:09:00	0:18:14	0:39:24	0:03:56	WERUN PORTUGAL
142	1342	VET-A-M	25	JOÃO PEREIRA	0:39:32	0:09:04	0:18:35	0:39:21	0:03:56	C.BENFICA ALGUEIRAO M MARTINS
143	1449	VET-C-M	33	LUIS PAULO	0:39:34	0:09:06	0:18:27	0:39:24	0:03:56	
144	1890	VET-C-M	34	RUI VIERA	0:39:36	0:09:08	0:18:33	0:39:27	0:03:56	
145	173	VET-B-M	29	GONÇALO FERREIRA	0:39:37	0:09:09	0:18:21	0:39:33	0:03:57	
146	175	SEN-M	49	CLÁUDIO CANAVILHAS	0:39:37	0:09:09	0:18:33	0:39:26	0:03:56	
147	1466	VET-B-M	30	FERNANDO GODINHO	0:39:38	0:09:10	0:18:31	0:39:30	0:03:57	WWW.OCARTAXEIRO.COM
148	877	VET-R-M	31	ORLANDO CORREIA	0:39:39	0:09:11	0:18:13	0:39:15	0:03:55	CLUBE ATLETICO DAS PATAMEIRAS

149	1463	VET-A-M	26	HUGO LUZ	0:39:40	0:09:12	0:18:43	0:39:36	0:03:57	WWW.OCARTAXEIRO.COM
150	412	SEN-M	50	MARCO CAMPOS	0:39:41	0:09:13	0:18:24	0:39:36	0:03:57	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
151	575	VET-C-M	35	JOSÉ CARRETAS	0:39:42	0:09:14	0:18:31	0:39:35	0:03:57	
152	1700	VET-C-M	36	SÉRGIO SANTOS	0:39:44	0:09:16	0:18:21	0:39:38	0:03:57	CLUBE ACADEMICO DE PENAFIRME
153	1654	VET-C-M	37	JOSÉ MANUEL DIAS MORAIS	0:39:45	0:09:17	0:18:18	0:39:34	0:03:57	
154	1141	VET-B-M	32	JOSE FACHADAS	0:39:45	0:09:17	0:18:44	0:39:38	0:03:57	A NATUREZA ENSINA
155	1705	VET-C-M	38	JOAQUIM MARTINS	0:39:46	0:09:18	0:18:36	0:39:45	0:03:58	CLUBE ATLETISMO ODIMARQ
156	1220	VET-C-M	39	NUNO CORREIA	0:39:47	0:09:19	0:18:34	0:39:44	0:03:58	GD INE
157	1530	VET-B-M	33	HELDER FRANCISCO	0:39:51	0:09:23	0:18:42	0:39:43	0:03:58	
158	1344	VET-B-M	34	ARTUR OLIVEIRA	0:39:51	0:09:23	0:17:38	0:39:50	0:03:59	C. BENFICA ALGUEIRAO M MARTINS
159	1139	VET-C-M	40	JOSE MARTINS	0:39:52	0:09:24	0:18:46	0:39:44	0:03:58	A NATUREZA ENSINA
160	476	VET-C-M	41	PAULO MORADIAS	0:39:53	0:09:25	0:18:43	0:39:49	0:03:58	ACOREANA CLUBE BANIF
161	1176	JUN-M	10	LEONARDO COELHO	0:39:54	0:09:26	0:18:14	0:39:00	0:03:54	RUNLOVERS
162	301	SEN-M	51	DIOGO LEITÃO	0:39:57	0:09:29	0:18:36	0:39:55	0:03:59	BANCO ALIMENTAR
163	1742	SEN-M	52	LUIS XAVIER	0:39:58	0:09:30	0:18:37	0:39:45	0:03:58	GRUPO DESPORTIVO SAO DOMINGOS
164	1431	VET-B-M	35	CARLOS CUSTÓDIO	0:40:00	0:09:32	0:18:40	0:39:51	0:03:59	CÂMARA LISBOA CLUBE
165	1428	VET-B-M	36	AUGUSTO FERREIRA	0:40:00	0:09:32	0:18:30	0:39:45	0:03:58	
166	633	VET-C-M	42	CARLOS FORTUNATO	0:40:02	0:09:34	0:18:32	0:39:41	0:03:58	GRUPO ATLETAS MONSANTO
167	1066	SEN-M	53	PEDRO RODRIGUES	0:40:03	0:09:35	0:18:40	0:39:54	0:03:59	
168	467	SEN-M	54	NUNO GAMEIRO	0:40:03	0:09:35	0:18:14	0:39:57	0:03:59	ACOREANA CLUBE BANIF
169	732	VET-A-M	27	NUNO	0:40:03	0:09:35	0:18:40	0:39:54	0:03:59	
170	1892	VET-C-M	43	JOAQUIM SANTOS	0:40:09	0:09:41	0:18:28	0:39:59	0:03:59	
171	576	VET-A-M	28	NUNO FILIPE SILVA	0:40:12	0:09:44	0:18:40	0:40:12	0:04:01	CORRER LISBOA
172	1802	SEN-M	55	MARCO LOURENÇO	0:40:13	0:09:45	0:18:40	0:40:00	0:04:00	LINDA-A-PASTORA SPORTING CLUBE
173	1244	VET-C-M	44	LICÍNIO FIDALGO	0:40:13	0:09:45	0:18:28	0:40:04	0:04:00	CÂMARA LISBOA CLUBE
174	1062	VET-B-M	37	MAURICIO MARQUES	0:40:15	0:09:47	0:18:59	0:40:02	0:04:00	
175	1563	VET-C-M	45	GONÇALVES DA SILVA	0:40:17	0:09:49	0:18:48	0:40:11	0:04:01	
176	1364	VET-C-M	46	CARLOS MARQUES	0:40:21	0:09:53	0:18:37	0:40:07	0:04:00	
177	436	VET-A-M	29	PAULO ALVES	0:40:23	0:09:55	0:18:34	0:40:09	0:04:00	WEST RUNNERS
178	1144	VET-A-M	30	RUI PAREDES	0:40:28	0:10:00	0:18:48	0:40:22	0:04:02	A NATUREZA ENSINA
179	1753	VET-B-M	38	FILIPE PINTO BRÍZIDA	0:40:29	0:10:01	0:19:07	0:40:15	0:04:01	
180	1296	VET-A-M	31	JOÃO AFONSO	0:40:34	0:10:06	0:19:21	0:40:01	0:04:00	
181	1893	VET-A-M	32	JORGE SEBASTIÃO	0:40:35	0:10:07	0:18:31	0:40:23	0:04:02	
182	138	VET-C-M	47	JOSÉ PENA	0:40:36	0:10:08	0:19:07	0:40:21	0:04:02	KEEP RUNNING
183	396	SEN-M	56	PEDRO MORGADO	0:40:38	0:10:10	0:18:41	0:40:38	0:04:03	G D C BANCO DE PORTUGAL
184	1360	VET-C-M	48	LUIS VALVERDE	0:40:39	0:10:11	0:18:42	0:40:39	0:04:03	CLUBE PEDRO PESSOA EA
185	209	VET-C-M	49	PEDRO MARQUES	0:40:42	0:10:14	0:18:53	0:40:20	0:04:02	
186	1513	SEN-M	57	WILSON FERNANDES	0:40:43	0:10:15	0:19:07	0:40:34	0:04:03	GRUPO EXCURS. OS ECONOMICOS
187	907	VET-C-M	50	CONSTANTINO MANUEL DA SILVA ARAÚJO	0:40:44	0:10:16	0:19:25	0:40:22	0:04:02	SPORTING CLUBE REBOLEIRA E DAM
188	963	VET-B-M	39	MANUEL TAVARES	0:40:44	0:10:16	0:18:47	0:40:41	0:04:04	
189	938	VET-B-M	40	JOÃO DUARTE	0:40:45	0:10:17	0:19:03	0:40:23	0:04:02	QUINTAJENSE F.C.
190	169	VET-B-M	41	CARLOS CAETANO	0:40:47	0:10:19	0:19:00	0:40:41	0:04:04	BANCO ALIMENTAR
191	875	VET-C-M	51	ISIDRO DUARTE	0:40:48	0:10:20	0:19:09	0:40:40	0:04:04	RB RUNNING
192	114	VET-A-M	33	PAULO ALVES	0:40:49	0:10:21	0:18:50	0:40:47	0:04:04	GPCTIN CASA DA MOEDA
193	1442	VET-C-M	52	CARLOS BAPTISTA	0:40:50	0:10:22	0:18:59	0:40:44	0:04:04	SPORTING CLUBE DE CASAINHOS
194	736	VET-B-M	42	ABILIO FERNANDES	0:40:54	0:10:26	0:19:07	0:40:22	0:04:02	
195	1148	VET-B-M	43	FERNANDO SOUSA	0:40:55	0:10:27	0:19:05	0:40:28	0:04:02	
196	426	VET-B-M	44	NELSON MOTA	0:40:57	0:10:29	0:18:45	0:40:29	0:04:02	ACOREANA CLUBE BANIF
197	1698	SEN-M	58	TIAGO BRITO	0:40:57	0:10:29	0:19:43	0:40:25	0:04:02	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
198	1459	VET-B-M	45	NUNO ALMEIDA	0:40:57	0:10:29	0:19:08	0:40:48	0:04:04	RESTAURANTE O CARTAXEIRO
199	309	VET-B-M	46	PAULO GAMBOA	0:40:58	0:10:30	0:19:14	0:40:48	0:04:04	CLUBE ATLETICO DAS PATAMEIRAS
200	1711	VET-A-M	34	PEDRO GOMES	0:41:01	0:10:33	0:18:47	0:39:30	0:03:57	CLUBE ATLETISMO ODIMARQ



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
201	1287	SEN-M	59	CARLOS DANIEL DOS SANTOS TEIXEIRA	0:41:02	0:10:34	0:17:54	0:38:26	0:03:50	
202	1756	SEN-M	60	JORGE NABAIS	0:41:02	0:10:34	0:18:53	0:40:58	0:04:05	
203	1777	SEN-M	61	JOÃO PEREIRA	0:41:03	0:10:35	0:19:03	0:40:54	0:04:05	INGLESES FUTEBOL CLUBE
204	1346	VET-A-M	35	LUIS PEDRO FERREIRA	0:41:04	0:10:36	0:19:32	0:40:55	0:04:05	C.BENFICA ALGUEIRAO M MARTINS
205	1294	VET-C-M	53	JORGE MARTINHO	0:41:09	0:10:41	0:19:29	0:40:54	0:04:05	OS GALGOS
206	771	VET-A-M	36	PAULO JORGE ROBALO	0:41:09	0:10:41	0:19:30	0:40:46	0:04:04	
207	1602	VET-B-M	47	JOSÉ VARELA	0:41:10	0:10:42	0:19:15	0:41:07	0:04:06	
208	588	VET-C-M	54	ANTÓNIO JACINTO	0:41:13	0:10:45	0:19:43	0:40:57	0:04:05	AUTOJACINTO
209	141	VET-B-M	48	PEDRO DIAS	0:41:14	0:10:46	0:19:07	0:40:58	0:04:05	KEEP RUNNING
210	244	VET-B-M	49	PEDRO VITOR	0:41:15	0:10:47	0:18:55	0:40:59	0:04:05	CLUBE DO NOVO BANCO
211	387	SEN-M	62	JOÃO PAULO JULIÃO GASPAR	0:41:15	0:10:47	0:18:34	0:40:58	0:04:05	KANINOS
212	1212	VET-B-M	50	GONÇALO FERREIRA	0:41:17	0:10:49	0:19:09	0:41:09	0:04:06	GD INE
213	593	VET-A-M	37	EDUARDO SANTOS	0:41:19	0:10:51	0:19:02	0:41:14	0:04:07	
214	425	VET-C-M	55	FAUSTO ISAAC	0:41:19	0:10:51	0:19:21	0:41:11	0:04:07	ACOREANA CLUBE BANIF
215	1778	VET-C-M	56	ALEXANDRE DIAS	0:41:22	0:10:54	0:18:51	0:41:16	0:04:07	JUVENTUDE OPERARIA MONTE ABRAAO
216	1140	VET-B-M	51	MARIO BOUCINHA	0:41:25	0:10:57	0:20:06	0:41:05	0:04:06	A NATUREZA ENSINA
217	1670	VET-C-M	57	FERNANDO FERNANDES	0:41:28	0:11:00	0:19:19	0:41:13	0:04:07	ASSOCIACAO DESPORTIVA LEOES APELACONENSE
218	1818	SEN-M	63	FLÁVIO CORDEIRO	0:41:30	0:11:02	0:18:44	0:41:09	0:04:06	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
219	1028	VET-A-M	38	PEDRO MARTINS	0:41:30	0:11:02	0:19:09	0:41:05	0:04:06	PEDROS
220	405	VET-A-M	39	PEDRO SOARES	0:41:31	0:11:02	0:19:02	0:41:25	0:04:08	CORRER LISBOA
221	613	SEN-M	64	ROMÃO PEDROSO	0:41:31	0:11:03	0:20:06	0:41:09	0:04:06	OS AMIGOS DA KIKA
222	1527	VET-C-M	58	MARTIM MENEZES	0:41:33	0:11:05	0:19:08	0:41:33	0:04:09	
223	647	VET-C-M	59	EMANUEL FREITAS	0:41:33	0:11:05	0:19:05	0:41:14	0:04:07	
224	985	SEN-M	65	EDWARD KELLY	0:41:34	0:11:06	0:18:56	0:40:57	0:04:05	
225	1800	VET-C-M	60	LUIZ FERRÃO	0:41:36	0:11:08	0:19:20	0:41:32	0:04:09	LINDA-A-PASTORA SPORTING CLUBE
226	1720	VET-B-M	52	NUNO QUEIJA	0:41:39	0:11:11	0:19:09	0:41:37	0:04:09	CLUBE FUTEBOL OS BELENENSES
227	788	VET-C-M	61	JOAO CALDAS	0:41:40	0:11:12	0:19:27	0:41:22	0:04:08	NUCLEO DESPORTIVO AUTOCOOPE
228	1840	SEN-M	66	FLÁVIO FILIPE FERREIRA JULIÃO	0:41:41	0:11:13	0:18:53	0:41:36	0:04:09	SPORTING CLUBE DA REBOLEIRA DAMAJA
229	243	VET-B-M	53	PEDRO GABRIEL	0:41:42	0:11:14	0:18:48	0:41:31	0:04:09	CLUBE DO NOVO BANCO
230	1085	SEN-M	67	NELSON OLIVEIRA	0:41:43	0:11:15	0:19:01	0:41:20	0:04:08	SAMSUNG
231	1467	SEN-M	68	JOÃO AGUILAR	0:41:44	0:11:16	0:18:59	0:41:40	0:04:10	WWW.OCARTAXEIRO.COM
232	483	VET-C-M	62	CARLOS CARDOSO	0:41:46	0:11:18	0:19:16	0:41:39	0:04:09	GD BANCO BPI
233	105	SEN-M	69	MANUEL ALVES	0:41:50	0:11:22	0:19:09	0:41:28	0:04:08	
234	1159	VET-C-M	63	JOSÉ MARTINS	0:41:52	0:11:24	0:19:54	0:41:43	0:04:10	WERUN PORTUGAL
235	1673	VET-C-M	64	FERNANDO JORGE PAIS POLÓNIO	0:41:54	0:11:26	0:19:27	0:41:54	0:04:11	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
236	1849	JUN-M	11	JOÃO CANAS	0:41:56	0:11:28	0:18:33	0:41:46	0:04:10	ASSOCIACAO MORADORES ATIBA
237	840	SEN-M	70	PEDRO LEAL	0:41:56	0:11:28	0:18:14	0:39:03	0:03:54	BANCO ALIMENTAR
238	106	VET-A-M	40	PEDRO FERNANDES	0:41:56	0:11:28	0:19:10	0:41:34	0:04:09	
239	1406	VET-C-M	65	JOÃO FONSECA	0:41:58	0:11:30	0:19:14	0:41:41	0:04:10	BRAIN TUMOR TEAM
240	1758	VET-C-M	66	JOÃO MARQUES	0:41:58	0:11:30	0:20:06	0:41:58	0:04:11	
241	1769	VET-B-M	54	TIAGO MOREIRA	0:42:00	0:11:32	0:19:42	0:41:16	0:04:07	
242	791	SEN-M	71	TIAGO TELES	0:42:00	0:11:32	0:19:32	0:41:17	0:04:07	NUCLEO DESPORTIVO AUTOCOOPE
243	354	VET-A-M	41	HUGO ROCHA	0:42:01	0:11:33	0:19:14	0:41:37	0:04:09	
244	1345	VET-B-M	55	LUIS ROUSSADO	0:42:02	0:11:34	0:19:53	0:41:55	0:04:11	C.BENFICA ALGUEIRAO M MARTINS
245	1581	VET-B-M	56	LÚIS PAISANA	0:42:04	0:11:36	0:19:26	0:41:53	0:04:11	ASS GD ACADEMIA DO KORPO
246	449	VET-A-M	42	NUNO SABINO	0:42:07	0:11:39	0:19:03	0:41:49	0:04:10	ACOREANA CLUBE BANIF
247	1541	VET-A-M	43	PEDRO LUZIO	0:42:08	0:11:40	0:19:17	0:41:47	0:04:10	SS CGD
248	1226	VET-B-M	57	RUI GERALDES	0:42:09	0:11:41	0:19:39	0:41:41	0:04:10	RAIL RUNNERS
249	1186	VET-C-M	67	CARLOS MORAIS	0:42:10	0:11:42	0:19:44	0:41:49	0:04:10	AMIGOS ATLETISMO MAFRA
250	1164	VET-C-M	68	EURICO NICHIO	0:42:12	0:11:44	0:19:30	0:41:58	0:04:11	OS GALGOS



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
251	1683	VET-A-M	44	HUGO COSTA	0:42:14	0:11:46	0:19:09	0:41:56	0:04:11	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
252	675	VET-B-M	58	TIAGO MANUEL BRANDAO MENDES	0:42:15	0:11:47	0:19:13	0:42:12	0:04:13	CLUBE MILLENIUM BCP
253	1682	SEN-M	72	DINIZ CARREIRA	0:42:18	0:11:50	0:19:51	0:41:50	0:04:11	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
254	1528	VET-C-M	69	FRANCISCO BISPO	0:42:19	0:11:51	0:19:21	0:42:04	0:04:12	
255	839	VET-A-M	45	VITOR NOVAIS	0:42:20	0:11:52	0:19:33	0:41:26	0:04:08	GRUPO AMIGOS ATLETISMO VFXIRA
256	1190	VET-C-M	70	EDUARDO M. A. SILVA	0:42:23	0:11:55	0:20:09	0:42:11	0:04:13	
257	179	VET-C-M	71	JOSE FRANCISCO MIRANDA	0:42:23	0:11:55	0:19:40	0:42:10	0:04:13	
258	1604	VET-B-M	59	ALBERTO ARAUJO	0:42:23	0:11:55	0:19:53	0:42:14	0:04:13	RB RUNNING
259	616	VET-A-M	46	JOÃO GREGÓRIO	0:42:26	0:11:58	0:19:48	0:42:16	0:04:13	
260	1106	VET-B-M	60	JORGE BRITO	0:42:28	0:12:00	0:19:23	0:42:27	0:04:14	
261	291	SEN-M	73	DAVID LIMA	0:42:29	0:12:01	0:19:35	0:42:14	0:04:13	
262	1605	VET-B-M	61	NUNO SILVA	0:42:29	0:12:01	0:19:47	0:41:33	0:04:09	
263	614	SEN-M	74	SÉRGIO MOREIRAS	0:42:31	0:12:03	0:20:06	0:42:09	0:04:12	OS AMIGOS DA KIKA
264	1839	VET-C-M	72	APOLO JOÃO PEREIRA	0:42:31	0:12:03	0:20:10	0:42:08	0:04:12	SPORTING CLUBE DA REBOLEIRA DAMAIA
265	1740	VET-C-M	73	HERLANDER MARTINS	0:42:36	0:12:08	0:19:45	0:42:22	0:04:14	GRUPO DESPORTIVO SAO DOMINGOS
266	1882	VET-A-M	47	CÁTIA SERÓDIO	0:42:37	0:12:09	0:19:39	0:42:35	0:04:15	O PRATICANTE
267	1101	SEN-M	75	LUIS MIGUEL LEAL GOMES SEMEDO	0:42:39	0:12:11	0:19:58	0:42:26	0:04:14	
268	281	SEN-M	76	HELDER VALADAS	0:42:39	0:12:11	0:19:56	0:41:50	0:04:11	OS PERIGOSOS
269	59	VET-B-M	62	NUNO CIDADE DO CARMO	0:42:41	0:12:13	0:20:26	0:42:34	0:04:15	
270	1336	VET-C-M	74	ALBINO NEIVA	0:42:43	0:12:15	0:19:51	0:42:25	0:04:14	CASA DO BENFICA DE ALGUEIRAO M
271	500	VET-C-M	75	CARLOS NELSON DIAS	0:42:44	0:12:16	0:20:13	0:41:48	0:04:10	CCDTMETROLX
272	86	VET-A-M	48	RICARDO JORGE LOPES PEREIRA	0:42:45	0:12:17	0:19:38	0:42:43	0:04:16	
273	153	VET-C-M	76	GERRY SANITZ	0:42:46	0:12:18	0:20:12	0:42:32	0:04:15	BANCO ALIMENTAR
274	906	VET-C-M	77	JOSÉ DOS SANTOS REIS	0:42:47	0:12:19	0:19:51	0:42:39	0:04:15	SPORTING CLUBE REBOLEIRA E DAM
275	1455	VET-B-M	63	ANTÓNIO PAZES	0:42:48	0:12:20	0:19:47	0:42:40	0:04:16	RESTAURANTE O CARTAXEIRO
276	1773	VET-C-M	78	FERNANDO MARQUES	0:42:50	0:12:22	0:20:12	0:42:36	0:04:15	INGLESES FUTEBOL CLUBE
277	1873	SEN-M	77	PEDRO ROCHA	0:42:51	0:12:23	0:20:12	0:42:38	0:04:15	PASSATEMPO
278	602	VET-B-M	64	MIGUEL ROCHA	0:42:53	0:12:25	0:19:33	0:42:40	0:04:16	
279	1780	VET-C-M	79	ALCINDO ALMEIDA	0:42:54	0:12:26	0:19:30	0:41:09	0:04:06	LINDA-A-PASTORA SPORTING CLUBE
280	1584	JUN-M	12	JOÃO MONIZ	0:42:55	0:12:27	0:19:48	0:41:49	0:04:10	ASS GD ACADEMIA DO KORPO
281	1414	SEN-M	78	HUGO DOURADO	0:42:56	0:12:28	0:19:55	0:42:06	0:04:12	
282	1486	VET-A-M	49	PAULO ALEXANDRE CALDEIRA	0:42:56	0:12:28	0:19:40	0:42:28	0:04:14	
283	1721	VET-B-M	65	PAULO BRITO	0:42:57	0:12:29	0:20:06	0:42:42	0:04:16	CLUBE FUTEBOL OS BELENENSES
284	214	VET-B-M	66	JOÃO CARDOSO	0:42:58	0:12:30	0:20:05	0:42:05	0:04:12	BANCO ALIMENTAR
285	200	SEN-M	79	JOÃO NARCISO	0:43:07	0:12:39	0:19:58	0:43:07	0:04:18	PES TROIKADOS
286	41	VET-A-M	50	BRUNO AMARO	0:43:09	0:12:41	0:19:51	0:42:39	0:04:15	
287	942	VET-C-M	80	JOÃO BOGALHEIRO	0:43:11	0:12:43	0:19:57	0:43:06	0:04:18	BANCO ALIMENTAR
288	945	VET-C-M	81	LÚIS SOARES	0:43:11	0:12:43	0:20:17	0:43:02	0:04:18	CLUBE OGMA
289	1692	VET-B-M	67	RUI MELO	0:43:12	0:12:44	0:20:01	0:42:51	0:04:17	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
290	379	VET-C-M	82	ADELINO SEMEDO	0:43:14	0:12:46	0:20:22	0:42:50	0:04:17	G D C BANCO DE PORTUGAL
291	1109	VET-C-M	83	MÁRIO LOPES	0:43:14	0:12:46	0:19:53	0:42:55	0:04:17	
292	330	VET-C-M	84	FERNANDO ANACLETO	0:43:20	0:12:52	0:20:28	0:43:07	0:04:18	
293	491	VET-A-M	51	MIGUEL TRUNINGER SOUSA	0:43:20	0:12:52	0:20:06	0:43:02	0:04:18	CLUBE COLABORADORES AXA
294	1585	VET-C-M	85	ORLANDO DELGADO	0:43:22	0:12:54	0:20:07	0:43:18	0:04:19	
295	224	VET-B-M	68	HUGO CARAGO	0:43:27	0:12:59	0:19:56	0:43:17	0:04:19	CLUBE DO NOVO BANCO
296	695	VET-B-M	69	LUIS PEDRO VICENTE MONTEIRO	0:43:28	0:13:00	0:20:06	0:43:12	0:04:19	CLUBE MILLENIUM BCP
297	1271	VET-A-M	52	EDUARDO QUARESMA	0:43:29	0:13:01	0:20:06	0:42:35	0:04:15	
298	1111	VET-C-M	86	PEDRO PIRES	0:43:30	0:13:02	0:19:58	0:42:55	0:04:17	ASSOCIACAO DE ATLETISMO LEBRES
299	1819	SEN-M	80	JOÃO BELO	0:43:31	0:13:03	0:19:34	0:43:11	0:04:19	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
300	969	VET-B-M	70	TIAGO RODRIGUES	0:43:32	0:13:04	0:20:25	0:42:24	0:04:14	



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Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
301	775	VET-C-M	87	PAULO PIRES	0:43:32	0:13:04	0:20:20	0:43:08	0:04:18	
302	1382	VET-C-M	88	JOAQUIM DA COSTA MARINHO	0:43:34	0:13:06	0:20:07	0:43:29	0:04:20	
303	978	VET-C-M	89	NUNO ARCHER	0:43:34	0:13:06	0:20:26	0:42:59	0:04:17	
304	1568	VET-A-M	53	FERNANDO COSTA	0:43:35	0:13:07	0:20:10	0:43:17	0:04:19	
305	1219	VET-B-M	71	FRANCISCO CALDEIRA	0:43:35	0:13:07	0:20:16	0:43:16	0:04:19	GD INE
306	248	VET-A-M	54	RODRIGO ALMEIDA	0:43:37	0:13:09	0:20:02	0:43:26	0:04:20	CLUBE DO NOVO BANCO
307	1512	SEN-M	81	EBRIMA BAYO	0:43:38	0:13:10	0:20:02	0:43:30	0:04:21	GRUPO EXCURS. OS ECONOMICOS
308	238	VET-C-M	90	ANTÓNIO MARTINS	0:43:40	0:13:12	0:20:16	0:42:51	0:04:17	BANCO ALIMENTAR
309	1160	JUN-M	13	GUILHERME MARTINS	0:43:42	0:13:14	0:20:24	0:43:34	0:04:21	WERUN PORTUGAL
310	321	VET-A-M	55	SÉRGIO DA SILVA ESPADANA PIRES	0:43:42	0:13:14	0:20:58	0:43:27	0:04:20	
311	1207	VET-C-M	91	CARLOS SANTOS	0:43:44	0:13:16	0:20:36	0:43:23	0:04:20	GD INE
312	1480	SEN-M	82	JOAO PEDRO DOMINGUES BARATA	0:43:44	0:13:16	0:20:22	0:43:18	0:04:19	
313	620	VET-A-M	56	PEDRO CABRAL	0:43:44	0:13:16	0:19:35	0:42:16	0:04:13	
314	733	VET-C-M	92	PEDRO FREITAS	0:43:45	0:13:17	0:20:17	0:43:37	0:04:21	
315	981	VET-B-M	72	JOÃO RODRIGUES	0:43:47	0:13:19	0:19:56	0:43:00	0:04:18	
316	47	VET-C-M	93	RUI PEDRO JULIÃO	0:43:51	0:13:23	0:20:33	0:42:18	0:04:13	GEORUNNERS
317	24	SEN-M	83	RENATO MORAIS	0:43:52	0:13:24	0:21:07	0:43:36	0:04:21	
318	98	VET-C-M	94	LUIS MACHADO	0:43:53	0:13:24	0:20:33	0:43:49	0:04:22	GPCTIN CASA DA MOEDA
319	837	VET-A-M	57	MAURO PIMENTA	0:43:54	0:13:26	0:20:41	0:42:55	0:04:17	GRUPO AMIGOS ATLETISMO VFXIRA
320	1121	VET-B-M	73	FERNANDO ROSETE	0:43:54	0:13:26	0:20:16	0:43:11	0:04:19	RUN4FUN
321	181	VET-B-M	74	RICARDO MARTINS	0:43:55	0:13:27	0:20:23	0:43:39	0:04:21	
322	1674	VET-C-M	95	HELDER HENRIQUES	0:43:58	0:13:30	0:21:01	0:43:43	0:04:22	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
323	1506	VET-C-M	96	JOSÉ PEIXOTO	0:44:00	0:13:32	0:20:30	0:43:39	0:04:21	CORRER LISBOA
324	386	VET-A-M	58	PAULO FLOR	0:44:01	0:13:33	0:21:04	0:43:20	0:04:20	AJP
325	1446	VET-C-M	97	RUI MANUEL JANUÁRIO PAULO	0:44:01	0:13:33	0:20:29	0:43:46	0:04:22	PAULOS
326	629	VET-C-M	98	CARLOS COELHO	0:44:02	0:13:34	0:20:30	0:43:42	0:04:22	GRUPO ATLETAS MONSANTO
327	970	SEN-M	84	DANIEL VINHAIS	0:44:02	0:13:34	0:20:24	0:43:44	0:04:22	45 MINUTOS
328	1234	SEN-M	85	CARLOS MONSANTO	0:44:02	0:13:34	0:20:01	0:43:20	0:04:20	
329	1833	VET-C-M	99	MANUEL MARTINS	0:44:03	0:13:35	0:20:39	0:43:26	0:04:20	SPORT LISBOA E CAMPOLIDE
330	1415	SEN-M	86	MANUEL ABRANTES	0:44:03	0:13:35	0:20:24	0:43:18	0:04:19	
331	38	VET-A-M	59	DANIEL RAMOS	0:44:04	0:13:36	0:19:22	0:43:15	0:04:19	
332	1592	SEN-M	87	FÁBIO FERREIRA	0:44:06	0:13:38	0:20:12	0:43:59	0:04:23	
333	262	VET-B-M	75	JOAO ANDRE GONCALVES	0:44:06	0:13:38	0:20:23	0:43:20	0:04:20	
334	499	VET-C-M	100	ANTONIO PEREIRA	0:44:06	0:13:38	0:21:25	0:43:34	0:04:21	CCDTMETROLX
335	1451	VET-A-M	60	TIAGO MADEIRA	0:44:10	0:13:42	0:20:02	0:43:48	0:04:22	
336	308	VET-C-M	101	ALBINO TOMÁS	0:44:11	0:13:43	0:21:10	0:44:11	0:04:25	CLUBE ATLETICO DAS PATAMEIRAS
337	1380	VET-B-M	76	RUI GUERREIRO	0:44:11	0:13:43	0:20:34	0:43:45	0:04:22	HOLMES PLACE ALGES - FITZRUN
338	310	VET-C-M	102	ANTÓNIO MORAIS	0:44:12	0:13:44	0:20:57	0:43:58	0:04:23	CLUBE ATLETICO DAS PATAMEIRAS
339	661	VET-A-M	61	FILIPE MARQUES	0:44:14	0:13:46	0:21:00	0:43:51	0:04:23	BANCO ALIMENTAR
340	1131	VET-C-M	103	AMÉRICO PIMENTA	0:44:14	0:13:46	0:20:50	0:44:12	0:04:25	
341	1052	SEN-M	88	ROGÉRIO MACHADO	0:44:15	0:13:46	0:20:14	0:43:48	0:04:22	
342	1832	VET-C-M	104	MANUEL FONSECA	0:44:17	0:13:49	0:20:43	0:44:13	0:04:25	SPORT LISBOA E CAMPOLIDE
343	1826	VET-C-M	105	ALFREDO VALENTE	0:44:17	0:13:49	0:20:32	0:43:36	0:04:21	SPORT LISBOA E CAMPOLIDE
344	1793	VET-B-M	77	JOÃO RODRIGUES	0:44:19	0:13:51	0:19:59	0:42:45	0:04:16	LINDA-A-PASTORA SPORTING CLUBE
345	1782	VET-B-M	78	ANTÓNIO PEDRO CANELAS	0:44:19	0:13:51	0:19:44	0:42:56	0:04:17	LINDA-A-PASTORA SPORTING CLUBE
346	1498	VET-C-M	106	FERNANDO SIMÕES	0:44:21	0:13:53	0:20:29	0:44:08	0:04:24	ACADEMIA DO LUMIAR
347	833	VET-B-M	79	BRUNO SILVA	0:44:22	0:13:54	0:21:10	0:42:49	0:04:16	GRUPO AMIGOS ATLETISMO VFXIRA
348	869	VET-B-M	80	LUIS	0:44:24	0:13:56	0:20:33	0:43:48	0:04:22	BANCO ALIMENTAR
349	1511	SEN-M	89	ABDULAI CANDÉ	0:44:24	0:13:56	0:19:56	0:44:16	0:04:25	GRUPO EXCURS. OS ECONOMICOS
350	1544	VET-A-M	62	PAULO MARQUES	0:44:25	0:13:57	0:19:20	0:43:36	0:04:21	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
351	77	VET-C-M	107	RUI SARROEIRA	0:44:25	0:13:57	0:20:07	0:42:25	0:04:14	
352	877	VET-C-M	108	JOSE MANUEL BOUCEIRO	0:44:27	0:13:59	0:20:25	0:42:52	0:04:17	
353	1376	SEN-M	90	RUI RODOLFO GOMES	0:44:29	0:14:01	0:20:37	0:43:42	0:04:22	CORRER LISBOA
354	739	SEN-M	91	CARLOS MAGALHÃES	0:44:29	0:14:01	0:20:06	0:42:34	0:04:15	
355	376	VET-C-M	109	JOAQUIM FERRÃO	0:44:32	0:14:04	0:20:52	0:44:09	0:04:24	G D C BANCO DE PORTUGAL
356	562	SEN-M	92	LUÍS RAIMUNDO	0:44:33	0:14:05	0:20:20	0:43:39	0:04:21	
357	1403	SEN-M	93	MARCO VAZ	0:44:34	0:14:06	0:20:59	0:44:10	0:04:25	FALCOES SELVAGENS
358	113	VET-B-M	81	NUNO SOUSA	0:44:36	0:14:08	0:21:00	0:43:55	0:04:23	GPCTIN CASA DA MOEDA
359	118	VET-A-M	63	RUI CORREIA	0:44:36	0:14:08	0:20:58	0:43:54	0:04:23	GPCTIN CASA DA MOEDA
360	1757	VET-C-M	110	JOAQUIM GUERRA	0:44:38	0:14:10	0:20:44	0:44:17	0:04:25	
361	995	SEN-M	94	DANIEL FARINHA	0:44:39	0:14:11	0:20:19	0:43:39	0:04:21	SERVICOS SOCIAIS MONTEPIO
362	446	VET-A-M	64	HUGO SOUSA	0:44:40	0:14:12	0:21:05	0:44:27	0:04:26	ACOREANA CLUBE BANIF
363	48	VET-C-M	111	RUI PIRES	0:44:41	0:14:13	0:20:32	0:43:08	0:04:18	GEORUNNERS
364	155	VET-B-M	82	SERGIO HENRIQUE	0:44:43	0:14:15	0:20:48	0:44:18	0:04:25	BANCO ALIMENTAR
365	385	VET-B-M	83	AGOSTINHO MATIAS	0:44:45	0:14:16	0:21:00	0:44:05	0:04:24	AJP
366	1172	VET-C-M	112	LUIS FERREIRA	0:44:45	0:14:17	0:20:52	0:43:49	0:04:22	RUNLOVERS
367	560	VET-C-M	113	FERNANDO MOREIRA	0:44:45	0:14:17	0:21:01	0:43:59	0:04:23	
368	1132	SEN-M	95	RICARDO MADRINHA	0:44:49	0:14:21	0:20:41	0:43:53	0:04:23	
369	506	VET-B-M	84	MANUEL PUNGO	0:44:53	0:14:25	0:20:16	0:43:20	0:04:20	BANCO ALIMENTAR
370	711	VET-B-M	85	PEDRO MANUEL SILVA ANTUNES CANAS	0:44:54	0:14:26	0:21:23	0:44:46	0:04:28	CLUBE MILLENIUM BCP
371	885	VET-C-M	114	GUILHERME GONÇALVES	0:44:54	0:14:26	0:20:58	0:44:39	0:04:27	CLUBE FERROVIARIO DE PORTUGAL
372	530	VET-C-M	115	JOAQUIM JOSÉ FERNANDES BACALHAU	0:44:56	0:14:28	0:21:01	0:44:38	0:04:27	
373	1224	VET-C-M	116	MANUEL ANTÓNIO	0:44:56	0:14:28	0:21:08	0:44:38	0:04:27	RAIL RUNNERS
374	182	VET-B-M	86	ALEXANDRE BENTO	0:44:59	0:14:31	0:20:40	0:44:19	0:04:25	
375	53	VET-A-M	65	DIOGO MAGALHAES	0:44:59	0:14:31	0:20:54	0:44:46	0:04:28	
376	859	VET-C-M	117	PAULO VILA LUZ	0:44:59	0:14:31	0:21:19	0:44:19	0:04:25	BANCO ALIMENTAR
377	1679	SEN-M	96	ANDRÉ SATAR	0:45:00	0:14:32	0:20:28	0:44:28	0:04:26	CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA
378	585	VET-B-M	87	NUNO ALEXANDRE GOMES BOGALHEIRO	0:45:01	0:14:33	0:20:45	0:44:57	0:04:29	BANCO ALIMENTAR
379	1251	SEN-M	97	GONÇALO COSTA	0:45:03	0:14:35	0:20:47	0:44:19	0:04:25	
380	1231	VET-C-M	118	PAULO BRISSOS	0:45:04	0:14:36	0:20:34	0:44:37	0:04:27	
381	1126	VET-B-M	88	JOAQUIM SANTOS	0:45:07	0:14:38	0:20:23	0:43:18	0:04:19	VILA FRIA/JG SEGUROS
382	391	VET-B-M	89	JORGE BERNARDO	0:45:07	0:14:39	0:20:32	0:44:24	0:04:26	
383	1120	VET-B-M	90	BRUNO LOUREIRO	0:45:10	0:14:42	0:20:36	0:44:23	0:04:26	
384	463	VET-C-M	119	VIRGILIO MADEIRA	0:45:10	0:14:42	0:20:48	0:44:40	0:04:28	ACOREANA CLUBE BANIF
385	1834	VET-A-M	66	MARCO COSTA	0:45:10	0:14:42	0:21:08	0:44:29	0:04:26	SPORT LISBOA E CAMPOLIDE
386	395	SEN-M	98	PEDRO PINTO	0:45:14	0:14:46	0:21:19	0:45:04	0:04:30	G D C BANCO DE PORTUGAL
387	1283	VET-A-M	67	GONÇALO ROSADO	0:45:16	0:14:48	0:20:45	0:44:31	0:04:27	
388	1582	SEN-M	99	PEDRO DIAS	0:45:16	0:14:48	0:21:07	0:45:03	0:04:30	ASS GD ACADEMIA DO KORPO
389	431	SEN-M	100	MARCOS RAMALHEIRA	0:45:17	0:14:49	0:21:34	0:44:02	0:04:24	
390	457	VET-B-M	91	RUI AZEVEDO	0:45:19	0:14:51	0:20:52	0:44:41	0:04:28	
391	1093	VET-C-M	120	RAIMUNDO PECHILGA	0:45:20	0:14:52	0:20:50	0:44:15	0:04:25	
392	282	VET-A-M	68	MARCO CASEIRO	0:45:20	0:14:52	0:21:46	0:45:20	0:04:32	OS PERIGOSOS
393	1508	SEN-M	101	JOÃO BRANCO	0:45:22	0:14:54	0:20:09	0:44:52	0:04:29	BRAIN TUMOR TEAM
394	526	VET-C-M	121	ANTÓNIO GRILO	0:45:22	0:14:54	0:20:39	0:43:47	0:04:22	
395	577	VET-A-M	69	NUNO COUTO	0:45:23	0:14:55	0:21:15	0:45:16	0:04:31	
396	1291	VET-C-M	122	CARLOS RUI MENDES DA SILVA	0:45:23	0:14:55	0:20:48	0:44:17	0:04:25	
397	1387	VET-C-M	123	DANIEL SILVA	0:45:27	0:14:59	0:21:08	0:45:06	0:04:30	GRUPO DESPORTIVO SAO DOMINGOS
398	838	VET-C-M	124	ANTÓNIO RIBEIRO	0:45:29	0:15:01	0:21:12	0:44:30	0:04:27	GRUPO AMIGOS ATLETISMO VFXIRA
399	374	VET-C-M	125	JOÃO BATISTA	0:45:29	0:15:01	0:21:11	0:45:20	0:04:32	G D C BANCO DE PORTUGAL
400	1785	VET-A-M	70	BENARDO RODRIGUES	0:45:29	0:15:01	0:20:11	0:43:59	0:04:23	LINDA-A-PASTORA SPORTING CLUBE



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
401	1055	VET-C-M	126	RUI MIGUEL ALEIXO GOMES PINTO	0:45:30	0:15:02	0:21:01	0:44:40	0:04:28	
402	94	VET-C-M	127	JOÃO FREIRE	0:45:32	0:15:04	0:21:01	0:44:51	0:04:29	GPCTIN CASA DA MOEDA
403	1338	VET-B-M	92	JAIME MAURÍCIO	0:45:33	0:15:04	0:20:53	0:45:22	0:04:32	CASA DO BENFICA DE ALGUEIRAO M
404	1678	VET-C-M	128	VITOR MANUEL SANTOS RODRIGUES	0:45:33	0:15:05	0:21:01	0:45:17	0:04:31	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
405	390	VET-A-M	71	TIAGO DOMINGUES	0:45:34	0:15:06	0:20:43	0:45:15	0:04:31	
406	442	SEN-M	102	DIOGO LEITE	0:45:34	0:15:06	0:20:41	0:45:01	0:04:30	
407	444	VET-A-M	72	ALEXANDRE MONTEIRO	0:45:36	0:15:08	0:21:52	0:44:03	0:04:24	BANCO ALIMENTAR
408	1482	VET-A-M	73	CARLOS ANDRÉ DIAS FERREIRA	0:45:37	0:15:09	0:21:14	0:43:24	0:04:20	
409	762	SEN-M	103	ANDRÉ VAZ	0:45:39	0:15:11	0:20:22	0:45:00	0:04:30	PERNAS DE GAFANHOTO
410	1340	VET-C-M	129	EDUARDO GRILO	0:45:39	0:15:11	0:21:24	0:45:36	0:04:33	C. BENFICA ALGUEIRAO M MARTINS
411	148	SEN-M	104	NUNO C. CARVALHO	0:45:39	0:15:11	0:20:40	0:44:41	0:04:28	
412	1065	VET-C-M	130	RUI AFONSO	0:45:42	0:15:14	0:21:12	0:45:35	0:04:33	
413	829	VET-C-M	131	PAULO ALEXANDRE NEVES GOMES	0:45:45	0:15:17	0:21:21	0:45:17	0:04:31	
414	107	VET-B-M	93	ANTONIO NOGUEIRA	0:45:45	0:15:17	0:21:41	0:45:15	0:04:31	
415	378	VET-C-M	132	JOSÉ MONTEIRO	0:45:45	0:15:17	0:21:26	0:43:59	0:04:23	G D C BANCO DE PORTUGAL
416	96	VET-A-M	74	JOSÉ LIBERATO	0:45:47	0:15:19	0:21:22	0:45:08	0:04:30	GPCTIN CASA DA MOEDA
417	531	VET-B-M	94	ALEXANDRE SANTOS	0:45:51	0:15:23	0:21:11	0:45:31	0:04:33	
418	228	VET-C-M	133	LÚIS GODINHO	0:45:52	0:15:23	0:20:56	0:43:56	0:04:23	CLUBE DO NOVO BANCO
419	1014	SEN-M	105	RICARDO PINTO SOUSA	0:45:54	0:15:26	0:21:00	0:44:54	0:04:29	SERVICOS SOCIAIS MONTEPIO
420	1572	SEN-M	106	JOÃO DEUS	0:45:54	0:15:26	0:21:05	0:45:01	0:04:30	
421	946	VET-B-M	95	NUNO SANTOS	0:45:56	0:15:28	0:20:30	0:45:46	0:04:34	CLUBE OGMA
422	671	VET-C-M	134	FERNANDO MANUEL SILVA DE ALMEIDA	0:45:57	0:15:29	0:21:19	0:44:09	0:04:24	CLUBE MILLENIUM BCP
423	1891	VET-C-M	135	JOSÉ CAVACO	0:45:57	0:15:29	0:21:41	0:45:47	0:04:34	
424	827	VET-C-M	136	LUIS MARQUES	0:45:58	0:15:30	0:21:32	0:45:53	0:04:35	RB RUNNING
425	1641	VET-C-M	137	JOSE CARLOS	0:45:58	0:15:30	0:20:54	0:45:46	0:04:34	BRAIN TUMOR TEAM
426	1884	VET-C-M	138	CARLOS MAGALHÃES	0:46:00	0:15:32	0:20:53	0:44:46	0:04:28	O PRATICANTE
427	450	VET-C-M	139	ARMANDO PARREIRA	0:46:02	0:15:34	0:21:37	0:45:33	0:04:33	ACOREANA CLUBE BANIF
428	1548	VET-C-M	140	MARIO ALMEIDA	0:46:03	0:15:35	0:21:35	0:45:19	0:04:31	
429	1057	SEN-M	107	RICARDO JORGE BALAU	0:46:03	0:15:35	0:20:38	0:45:45	0:04:34	CORRER LISBOA
430	1503	SEN-M	108	HUGO FIGUEIREDO	0:46:05	0:15:36	0:21:34	0:45:43	0:04:34	
431	749	SEN-M	109	TIAGO COELHO	0:46:05	0:15:37	0:20:52	0:45:29	0:04:32	
432	142	VET-C-M	141	PAULO LOURINHO	0:46:05	0:15:37	0:21:56	0:44:36	0:04:27	CLUBE ATLETISMO AMIGOS BELEM
433	403	SEN-M	110	ANDRÉ MENDONÇA	0:46:06	0:15:38	0:21:18	0:45:54	0:04:35	ADRC MATA DE BENFICA
434	1531	VET-B-M	96	RICARDO MOTOMURA	0:46:11	0:15:43	0:21:57	0:45:20	0:04:32	
435	939	VET-C-M	142	JOSÉ BRAGA	0:46:13	0:15:45	0:21:16	0:45:30	0:04:33	QUINTAJENSE F. C.
436	690	VET-C-M	143	FERNANDO ALCIDES SILVA GONCALVES RODRIGU	0:46:13	0:15:45	0:21:09	0:44:51	0:04:29	CLUBE MILLENIUM BCP
437	698	VET-B-M	97	ALEXANDRE MANUEL M MOITA	0:46:14	0:15:46	0:21:09	0:44:52	0:04:29	CLUBE MILLENIUM BCP
438	422	VET-C-M	144	TAM AFONSO	0:46:18	0:15:50	0:21:33	0:45:50	0:04:35	ACOREANA CLUBE BANIF
439	1854	VET-A-M	75	PAULO SIMÕES	0:46:18	0:15:50	0:21:27	0:45:29	0:04:32	
440	940	VET-A-M	76	PEDRO VASCONCELOS	0:46:19	0:15:50	0:21:03	0:46:15	0:04:37	
441	212	VET-A-M	77	PAULO CALDEIRA	0:46:21	0:15:53	0:21:58	0:45:46	0:04:34	
442	497	SEN-M	111	ANGELO SILVA	0:46:22	0:15:54	0:23:10	0:46:22	0:04:38	CCDTMETROLX
443	1070	VET-C-M	145	FERNANDO M FERNANDES	0:46:23	0:15:55	0:20:55	0:45:38	0:04:33	
444	1842	VET-C-M	146	JOÃO CARLOS REIXA RODRIGUES	0:46:25	0:15:57	0:21:41	0:46:00	0:04:36	SPORTING CLUBE DA REBOLEIRA DAMAIA
445	1003	VET-C-M	147	JOSÉ GUERREIRO	0:46:26	0:15:58	0:21:35	0:45:15	0:04:31	SERVICOS SOCIAIS MONTEPIO
446	1371	VET-A-M	78	HUGO FERREIRA	0:46:27	0:15:59	0:21:21	0:45:13	0:04:31	LEBRES E TARTARUGAS
447	1246	VET-B-M	98	PAULO GONÇALVES	0:46:29	0:16:01	0:21:42	0:45:42	0:04:34	CÂMARA LISBOA CLUBE
448	1430	VET-C-M	148	RUBEN SILVA	0:46:29	0:16:01	0:21:16	0:45:01	0:04:30	CÂMARA LISBOA CLUBE
449	532	VET-A-M	79	PEDRO FILIPE MAIA	0:46:29	0:16:01	0:21:08	0:46:15	0:04:37	
450	249	VET-B-M	99	RUI GAMA	0:46:29	0:16:01	0:21:41	0:46:18	0:04:37	CLUBE DO NOVO BANCO





## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
451	625	VET-C-M	149	ANTÓNIO INGLÊS	0:46:30	0:16:02	0:21:13	0:45:28	0:04:32	GRUPO ATLETAS MONSANTO
452	728	VET-A-M	80	JOÃO JORGE	0:46:31	0:16:03	0:21:50	0:46:17	0:04:37	
453	147	VET-C-M	150	MANUEL MOREIRA ROBALO	0:46:31	0:16:03	0:21:50	0:46:17	0:04:37	
454	941	VET-C-M	151	FERNANDO JORGE LOPES ANTUNES RIBEIRO	0:46:32	0:16:04	0:21:19	0:46:15	0:04:37	
455	1314	VET-C-M	152	VITOR FERREIRA	0:46:32	0:16:04	0:21:49	0:45:47	0:04:34	
456	1270	VET-A-M	81	NUNO CURTO	0:46:33	0:16:05	0:20:52	0:45:39	0:04:33	
457	1145	VET-C-M	153	ANTÓNIO RAMALHO	0:46:34	0:16:06	0:21:06	0:45:47	0:04:34	
458	724	VET-A-M	82	MARCO CARVALHO	0:46:37	0:16:09	0:21:19	0:45:41	0:04:34	
459	1525	VET-C-M	154	JOSE AGAPITO	0:46:38	0:16:10	0:21:37	0:45:53	0:04:35	
460	306	VET-A-M	83	FREDERICO NOBRE	0:46:40	0:16:12	0:22:05	0:46:02	0:04:36	CLUBE DO STRESS
461	1901	VET-A-M	84	CARLOS REBELO	0:46:40	0:16:12	0:21:33	0:45:18	0:04:31	LIBERTY SEGUROS
462	459	VET-C-M	155	FERNANDO CELESTINO	0:46:40	0:16:12	0:21:51	0:46:14	0:04:37	ACOREANA CLUBE BANIF
463	554	VET-B-M	100	PAULO GONÇALVES	0:46:42	0:16:14	0:21:24	0:45:25	0:04:32	BANCO ALIMENTAR
464	988	VET-C-M	156	CARLOS TEIXEIRA	0:46:43	0:16:15	0:21:12	0:45:31	0:04:33	LEBRES E TARTARUGAS
465	618	SEN-M	112	JOAO PEDRO RESENDE TABORDA	0:46:44	0:16:16	0:21:22	0:45:47	0:04:34	
466	206	JUN-M	14	DIOGO PAIXÃO HENRIQUES	0:46:46	0:16:18	0:22:11	0:46:19	0:04:37	
467	1050	SEN-M	113	ROQUE SOARES	0:46:47	0:16:19	0:21:04	0:45:18	0:04:31	
468	811	VET-A-M	85	MIGUEL REIS	0:46:47	0:16:19	0:21:23	0:46:24	0:04:38	SS CGD
469	404	VET-C-M	157	PAULO VIEIRA	0:46:49	0:16:21	0:21:36	0:45:31	0:04:33	
470	1828	VET-C-M	158	DAVID PALMEIRO	0:46:50	0:16:22	0:21:20	0:46:40	0:04:40	SPORT LISBOA E CAMPOLIDE
471	329	VET-C-M	159	IDALÉCIO BARROS	0:46:52	0:16:24	0:22:14	0:46:52	0:04:41	
472	640	SEN-M	114	CARLOS NORONHA	0:46:52	0:16:24	0:22:15	0:46:14	0:04:37	
473	1456	VET-B-M	101	PAULO MEIRELES	0:46:52	0:16:24	0:21:23	0:46:24	0:04:38	RESTAURANTE O CARTAXEIRO
474	271	SEN-M	115	ANDRE FIGUEIREDO	0:46:57	0:16:29	0:21:21	0:46:01	0:04:36	BANCO ALIMENTAR
475	1444	VET-A-M	86	MANUEL BENTO	0:46:57	0:16:29	0:20:25	0:46:48	0:04:40	SPORTING CLUBE DE CASAINHOS
476	195	VET-A-M	87	JOSÉ TOMÁS	0:47:00	0:16:32	0:20:42	0:46:53	0:04:41	VALEJAS ATLETICO CLUBE
477	1786	VET-C-M	160	CARLOS CASEIRO	0:47:01	0:16:33	0:22:19	0:45:49	0:04:34	LINDA-A-PASTORA SPORTING CLUBE
478	830	VET-B-M	102	MÁRIO VITÓRIA	0:47:03	0:16:35	0:21:13	0:44:53	0:04:29	VITORIA & DOMINGUES, LDA
479	440	VET-C-M	161	ANTÓNIO CARLOS TEIXEIRA DUARTE	0:47:03	0:16:35	0:21:45	0:46:10	0:04:37	
480	642	SEN-M	116	JOSE MANUEL GUERREIRO MARTINS	0:47:05	0:16:37	0:22:21	0:45:59	0:04:35	
481	44	VET-B-M	103	NUNO MIGUEL BATISTA MARTINS	0:47:05	0:16:37	0:22:15	0:46:31	0:04:39	
482	470	VET-A-M	88	PEDRO SERRA	0:47:09	0:16:41	0:21:50	0:46:47	0:04:40	CORRER LISBOA
483	1490	SEN-M	117	BRUNO PIÇARRA	0:47:10	0:16:42	0:21:25	0:46:09	0:04:36	BANCO ALIMENTAR
484	1025	VET-C-M	162	CARLOS NUNES	0:47:11	0:16:43	0:21:28	0:47:02	0:04:42	
485	78	VET-B-M	104	JOÃO PARADINHA	0:47:13	0:16:44	0:21:28	0:45:29	0:04:32	BANCO ALIMENTAR
486	122	VET-C-M	163	DOMINGOS JANELA	0:47:13	0:16:45	0:21:39	0:46:36	0:04:39	
487	603	VET-C-M	164	ANTÓNIO IRIA	0:47:14	0:16:46	0:21:40	0:47:07	0:04:42	
488	599	SEN-M	118	FAUSTO ALBERTO PEREIRA	0:47:17	0:16:49	0:21:33	0:45:10	0:04:31	
489	673	VET-C-M	165	CARLOS JOSE PAULO RAMOS	0:47:17	0:16:49	0:21:31	0:46:14	0:04:37	CLUBE MILLENIUM BCP
490	1562	SEN-M	119	MANUEL AGAPITO	0:47:19	0:16:51	0:22:09	0:46:34	0:04:39	
491	846	VET-A-M	89	RENATO RAMOS	0:47:19	0:16:51	0:21:05	0:46:03	0:04:36	MOVET
492	1736	SEN-M	120	DIOGO SOARES	0:47:20	0:16:52	0:22:03	0:47:04	0:04:42	GRUPO DESPORTIVO SAO DOMINGOS
493	1741	VET-C-M	166	JOSÉ LUIS TORRES	0:47:20	0:16:52	0:22:03	0:47:05	0:04:42	GRUPO DESPORTIVO SAO DOMINGOS
494	637	VET-B-M	105	PEDRO CANECO	0:47:20	0:16:52	0:21:30	0:46:03	0:04:36	
495	582	VET-B-M	106	PAULO SENA	0:47:21	0:16:53	0:21:56	0:46:31	0:04:39	
496	20	SEN-M	121	NUNO SIMOES ALMEIDA	0:47:23	0:16:55	0:22:16	0:45:43	0:04:34	
497	746	VET-B-M	107	CARLOS ANSELMO CARVALHO	0:47:24	0:16:56	0:21:51	0:46:14	0:04:37	RB RUNNING
498	548	SEN-M	122	CLÁUDIO GONÇALVES	0:47:25	0:16:57	0:21:23	0:47:05	0:04:42	
499	954	VET-A-M	90	SÉRGIO NUNES	0:47:25	0:16:57	0:21:40	0:45:35	0:04:33	FC ESTRELAS LISBOA
500	266	VET-B-M	108	ALEXANDRE ABADE	0:47:26	0:16:58	0:21:47	0:45:43	0:04:34	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
501	552	VET-C-M	167	RUI ARAUJO	0:47:26	0:16:58	0:22:26	0:46:43	0:04:40	CCDTMETROLX
502	1102	VET-C-M	168	VÍTOR LOPES	0:47:26	0:16:58	0:22:15	0:47:01	0:04:42	
503	973	SEN-M	123	FILIPE BUGALHO	0:47:27	0:16:59	0:22:07	0:47:07	0:04:42	
504	246	VET-A-M	91	JOÃO BATISTA	0:47:30	0:17:02	0:22:11	0:46:56	0:04:41	CLUBE DO NOVO BANCO
505	145	VET-B-M	109	MIGUEL RAU	0:47:31	0:17:03	0:21:48	0:46:50	0:04:41	
506	1497	VET-C-M	169	ARTUR BOTAO	0:47:32	0:17:04	0:21:31	0:47:12	0:04:43	ACADEMIA DO LUMIAR
507	1856	VET-B-M	110	CARLOS VITORINO	0:47:32	0:17:04	0:21:49	0:45:36	0:04:33	JUVENTUDE OPERARIA MONTE ABRAAO
508	1193	VET-B-M	111	JOÃO PEDRO LOUREIRO	0:47:33	0:17:05	0:21:54	0:47:12	0:04:43	
509	974	VET-A-M	92	GONÇALO REY	0:47:35	0:17:07	0:21:34	0:46:54	0:04:41	
510	263	VET-B-M	112	JOAO RIBEIRO DA SILVA	0:47:37	0:17:09	0:21:49	0:46:09	0:04:36	
511	193	SEN-M	124	PAULO MOURA	0:47:38	0:17:10	0:23:55	0:47:06	0:04:42	
512	786	VET-C-M	170	ANTONIO ALMEIDA	0:47:38	0:17:10	0:22:41	0:47:19	0:04:43	NUCLEO DESPORTIVO AUTOCOOPE
513	1540	VET-B-M	113	NUNO COSTA	0:47:38	0:17:10	0:21:38	0:45:38	0:04:33	SS CGD
514	1199	VET-B-M	114	LUÍS MOURA	0:47:38	0:17:10	0:21:48	0:47:17	0:04:43	
515	251	VET-B-M	115	SÉRGIO EIRA	0:47:39	0:17:11	0:21:51	0:45:54	0:04:35	CLUBE DO NOVO BANCO
516	194	SEN-M	125	BRUNO TAVARES	0:47:39	0:17:11	0:20:43	0:47:08	0:04:42	
517	408	SEN-M	126	FRANCISCO GOMES	0:47:41	0:17:12	0:22:05	0:46:27	0:04:38	
518	1625	VET-B-M	116	JULIO REIS	0:47:41	0:17:13	0:21:50	0:47:35	0:04:45	
519	1248	VET-C-M	171	DANIEL ANTUNES	0:47:42	0:17:14	0:22:20	0:47:33	0:04:45	CÂMARA LISBOA CLUBE
520	825	VET-B-M	117	NUNO MALTEZ	0:47:42	0:17:14	0:21:43	0:46:42	0:04:40	
521	898	SEN-M	127	FERNANDO JOSÉ FARIA	0:47:42	0:17:14	0:21:47	0:46:55	0:04:41	
522	434	VET-B-M	118	PEDRO LUÍS	0:47:45	0:17:17	0:22:16	0:47:28	0:04:44	
523	435	VET-A-M	93	NUNO FREITAS	0:47:45	0:17:17	0:22:16	0:47:28	0:04:44	
524	287	VET-C-M	172	ORLANDO MARTINS	0:47:46	0:17:18	0:22:28	0:47:15	0:04:43	
525	1534	VET-C-M	173	JOSE MIRANDA	0:47:47	0:17:19	0:22:15	0:47:28	0:04:44	
526	1094	SEN-M	128	MANUEL VALENÇA	0:47:48	0:17:20	0:22:01	0:47:14	0:04:43	
527	28	SEN-M	129	BRUNO PROENÇA	0:47:49	0:17:21	0:21:56	0:46:24	0:04:38	
528	447	VET-C-M	174	PAULO FERNANDES	0:47:49	0:17:21	0:21:27	0:47:36	0:04:45	ACOREANA CLUBE BANIF
529	1675	VET-C-M	175	JORGE MANUEL C. ROMÃO	0:47:50	0:17:22	0:22:37	0:47:50	0:04:47	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
530	1795	VET-A-M	94	JORGE BANHA	0:47:50	0:17:22	0:20:53	0:47:38	0:04:45	LINDA-A-PASTORA SPORTING CLUBE
531	578	VET-C-M	176	JOAO MACEDO	0:47:51	0:17:23	0:22:06	0:47:25	0:04:44	
532	17	VET-B-M	119	PAULO SOUSA	0:47:51	0:17:23	0:21:53	0:47:28	0:04:44	
533	1192	VET-C-M	177	BENTO RAMINHOS	0:47:51	0:17:23	0:22:01	0:46:48	0:04:40	
534	1556	VET-B-M	120	LUÍS RAMOS	0:47:53	0:17:25	0:21:57	0:47:34	0:04:45	
535	1354	JUN-M	15	JOÃO TEIXEIRA MARQUES	0:47:53	0:17:25	0:21:54	0:47:42	0:04:46	CORREDORES ANONIMOS
536	819	VET-A-M	95	PEDRO LOPES	0:47:54	0:17:26	0:22:02	0:47:11	0:04:43	SS CGD
537	1302	VET-B-M	121	NUNO VARELA	0:47:55	0:17:27	0:21:35	0:46:10	0:04:37	TIVOLI
538	1170	VET-B-M	122	JOÃO LEITÃO	0:47:56	0:17:28	0:22:17	0:47:01	0:04:42	RUNLOVERS
539	489	VET-C-M	178	CARLOS MANUEL VENÂNCIO	0:47:56	0:17:28	0:22:15	0:47:40	0:04:46	CLUBE COLABORADORES AXA
540	1575	VET-B-M	123	MÁRIO CUNHA	0:47:57	0:17:29	0:21:30	0:46:10	0:04:37	PACE MAKERS
541	1837	VET-C-M	179	RUI RODRIGUES	0:47:59	0:17:31	0:22:39	0:47:50	0:04:47	SPORT LISBOA E CAMPOLIDE
542	67	VET-B-M	124	ALBERTO MONTEIRO	0:48:01	0:17:33	0:21:54	0:47:41	0:04:46	
543	289	VET-A-M	96	ANTÓNIO PEREIRA	0:48:04	0:17:36	0:21:44	0:46:39	0:04:39	
544	1593	VET-A-M	97	VASCO MAGALHÃES	0:48:06	0:17:38	0:21:59	0:47:03	0:04:42	TARTARUGAS SOLIDARIAS
545	587	VET-B-M	125	MIGUEL AZEVEDO	0:48:06	0:17:38	0:22:29	0:47:29	0:04:44	
546	987	VET-C-M	180	CARLOS GONÇALVES	0:48:07	0:17:39	0:21:45	0:46:54	0:04:41	LEBRES E TARTARUGAS
547	1238	VET-A-M	98	LUÍS MESTRE	0:48:10	0:17:42	0:22:53	0:47:28	0:04:44	
548	1297	VET-A-M	99	SÉRGIO MOTA PEREIRA	0:48:10	0:17:42	0:22:38	0:47:36	0:04:45	
549	493	VET-B-M	126	PAULO JORGE PAIXÃO	0:48:12	0:17:44	0:22:26	0:47:56	0:04:47	CLUBE COLABORADORES AXA
550	275	VET-B-M	127	RUI JOSE RAMALHO DOS SANTOS	0:48:14	0:17:46	0:22:25	0:47:13	0:04:43	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
551	743	VET-B-M	128	RUI ANTUNES	0:48:15	0:17:47	0:21:57	0:48:00	0:04:48	BANCO ALIMENTAR
552	1009	VET-A-M	100	NUNO RODRIGUES	0:48:17	0:17:49	0:21:58	0:47:05	0:04:42	SERVICOS SOCIAIS MONTEPIO
553	994	VET-C-M	181	ANTONIO FRANCO	0:48:17	0:17:49	0:22:12	0:47:10	0:04:43	SERVICOS SOCIAIS MONTEPIO
554	884	SEN-M	130	SANDEEP JHA	0:48:19	0:17:51	0:22:07	0:47:40	0:04:46	
555	1107	VET-C-M	182	CARLOS CORREIA	0:48:19	0:17:51	0:21:44	0:48:14	0:04:49	
556	85	VET-C-M	183	VITOR M.N.A.MARTINS	0:48:19	0:17:51	0:23:15	0:47:56	0:04:47	
557	1752	VET-C-M	184	FERNANDO CARVALHO MARQUES	0:48:19	0:17:51	0:22:15	0:48:14	0:04:49	
558	615	VET-B-M	129	ROGERIO LUIS	0:48:20	0:17:52	0:22:11	0:47:53	0:04:47	
559	795	VET-A-M	101	PEDRO LOPES	0:48:20	0:17:52	0:22:36	0:47:54	0:04:47	
560	399	VET-B-M	130	RUI BORRALHO	0:48:20	0:17:52	0:23:16	0:48:20	0:04:50	G D C BANCO DE PORTUGAL
561	849	VET-C-M	185	RUI PINTO	0:48:21	0:17:53	0:22:46	0:46:44	0:04:40	
562	1103	VET-B-M	131	LUIS TAVARES	0:48:24	0:17:56	0:22:17	0:47:40	0:04:46	
563	344	VET-A-M	102	TELMO OLIVEIRA	0:48:25	0:17:57	0:22:07	0:48:11	0:04:49	WEST RUNNERS
564	1348	SEN-M	131	NUNO RAFAEL	0:48:26	0:17:58	0:22:29	0:48:17	0:04:49	C.BENFICA ALGUEIRAO M MARTINS
565	863	VET-B-M	132	ARTUR SOARES	0:48:26	0:17:58	0:22:12	0:48:10	0:04:49	
566	273	SEN-M	132	JOÃO JOSÉ FERNANDES	0:48:27	0:17:59	0:22:06	0:47:28	0:04:44	
567	1381	VET-B-M	133	LUÍS PIRES	0:48:29	0:18:01	0:22:31	0:48:02	0:04:48	HOLMES PLACE ALGES - FITZRUN
568	245	VET-B-M	134	RICARDO CANAS	0:48:29	0:18:01	0:22:44	0:47:18	0:04:43	CLUBE DO NOVO BANCO
569	110	VET-C-M	186	JORGE MORGADO	0:48:30	0:18:02	0:21:56	0:46:23	0:04:38	
570	971	VET-C-M	187	ANTÓNIO PEREIRA	0:48:31	0:18:03	0:22:35	0:48:13	0:04:49	45 MINUTOS
571	283	VET-C-M	188	CARLOS SOUSA	0:48:31	0:18:03	0:22:12	0:47:43	0:04:46	OS PERIGOSOS
572	697	VET-C-M	189	CARLOS MANUEL RAMOS DINIS	0:48:31	0:18:03	0:22:23	0:48:08	0:04:48	CLUBE MILLENIUM BCP
573	659	VET-B-M	135	MIGUEL NUNO CHAVES	0:48:33	0:18:05	0:21:48	0:47:53	0:04:47	GD BANCO BPI
574	482	VET-B-M	136	LUÍS CALHEIROS	0:48:34	0:18:06	0:21:57	0:47:22	0:04:44	GD BANCO BPI
575	883	VET-B-M	137	RUI MATIAS	0:48:35	0:18:07	0:21:53	0:47:58	0:04:47	
576	1405	SEN-M	133	MARCO CACHINHO	0:48:36	0:18:08	0:22:01	0:47:38	0:04:45	KANINOS
577	1808	VET-A-M	103	PAULO RODRIGUES	0:48:38	0:18:10	0:22:43	0:48:34	0:04:51	LINDA-A-PASTORA SPORTING CLUBE
578	807	VET-C-M	190	JOÃO CABRITO	0:48:39	0:18:11	0:22:36	0:48:16	0:04:49	SS CGD
579	205	VET-A-M	104	RUI MATOS	0:48:39	0:18:11	0:22:45	0:47:17	0:04:43	BANCO ALIMENTAR
580	1912	VET-B-M	138	TIAGO CANHOTO	0:48:39	0:18:11	0:22:18	0:47:57	0:04:47	
581	1043	VET-C-M	191	LUIS AZEVEDO	0:48:40	0:18:12	0:22:23	0:48:21	0:04:50	
582	1468	VET-A-M	105	NUNO APOLO	0:48:40	0:18:12	0:22:33	0:48:13	0:04:49	WWW.OCARTAXEIRO.COM
583	891	VET-C-M	192	JOSÉ S AUGUSTO	0:48:40	0:18:12	0:22:55	0:48:11	0:04:49	FALCOES SELVAGENS
584	1680	VET-B-M	139	CANDIDO ALVES	0:48:41	0:18:13	0:22:05	0:47:23	0:04:44	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
585	1693	VET-B-M	140	RUI TOMÁS	0:48:41	0:18:13	0:22:37	0:48:21	0:04:50	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
586	684	VET-C-M	193	LUIS MIGUEL LOUREIRO COSTA	0:48:41	0:18:13	0:22:48	0:48:31	0:04:51	CLUBE MILLENIUM BCP
587	601	VET-A-M	106	HUGO DIAS	0:48:42	0:18:14	0:22:11	0:48:14	0:04:49	
588	523	VET-A-M	107	JOÃO GONÇALVES	0:48:42	0:18:14	0:22:13	0:47:43	0:04:46	PRIMOS DOS POUSOS
589	1648	SEN-M	134	TIAGO ABREU	0:48:43	0:18:15	0:22:45	0:47:26	0:04:44	OS AMIGOS DA ALAMEDA
590	1898	SEN-M	135	BRUNO BRITO	0:48:43	0:18:15	0:24:52	0:48:04	0:04:48	
591	1300	VET-A-M	108	NUNO CLEMENTE	0:48:46	0:18:18	0:21:43	0:47:00	0:04:42	TIVOLI
592	595	VET-C-M	194	JORGE OLIVEIRA	0:48:46	0:18:18	0:22:24	0:46:48	0:04:40	
593	256	VET-C-M	195	VÍTOR MELO	0:48:48	0:18:20	0:23:13	0:48:12	0:04:49	
594	139	VET-C-M	196	JOAQUIM VARANDA	0:48:49	0:18:21	0:23:37	0:48:49	0:04:52	KEEP RUNNING
595	140	VET-C-M	197	JOSÉ NUNES	0:48:50	0:18:22	0:22:00	0:48:41	0:04:52	KEEP RUNNING
596	1420	VET-B-M	141	NUNO VALADA	0:48:50	0:18:22	0:23:23	0:48:33	0:04:51	SS CGD
597	669	VET-B-M	142	PEDRO ALEXANDRE LOURENCO SA	0:48:51	0:18:23	0:22:29	0:47:40	0:04:46	CLUBE MILLENIUM BCP
598	1665	SEN-M	136	EDUARDO SANTOS	0:48:52	0:18:24	0:23:35	0:47:59	0:04:47	ASSOCIACAO CULTURAL E RECREATIVA DA MEAL
599	46	VET-C-M	198	MÁRIO JORGE SILVA	0:48:54	0:18:26	0:23:08	0:47:20	0:04:44	GEORUNNERS
600	641	VET-C-M	199	AGOSTINHO LOURENÇO MARQUES	0:48:55	0:18:27	0:22:58	0:47:49	0:04:46	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1°	T. 5k	T. Real	Ritmo	Equipa
601	610	VET-B-M	143	JOAQUIM PALMEIRO	0:48:58	0:18:30	0:22:28	0:47:47	0:04:46	
602	999	SEN-M	137	JOÃO CARLOS SANTOS	0:48:58	0:18:30	0:22:09	0:47:48	0:04:46	SERVICOS SOCIAIS MONTEPIO
603	998	VET-B-M	144	GUILHERME ALBINO	0:48:58	0:18:30	0:22:12	0:47:51	0:04:47	SERVICOS SOCIAIS MONTEPIO
604	1909	VET-C-M	200	JOÃO PAULO ALMEIDA	0:48:58	0:18:30	0:22:31	0:48:33	0:04:51	
605	1027	VET-A-M	109	PEDRO FERRAZ	0:48:59	0:18:31	0:21:57	0:48:34	0:04:51	PEDROS
606	1388	VET-C-M	201	RUI DE CARVALHO	0:49:00	0:18:32	0:22:17	0:48:34	0:04:51	
607	1320	VET-B-M	145	RICARDO GIL CARVALHO	0:49:01	0:18:33	0:22:48	0:48:08	0:04:48	AMIGOS
608	857	VET-A-M	110	FAIZAL ISMAEL	0:49:04	0:18:36	0:23:00	0:48:49	0:04:52	BANCO ALIMENTAR
609	1184	VET-B-M	146	RUI LAPA	0:49:05	0:18:37	0:22:08	0:47:02	0:04:42	AFO
610	1227	SEN-M	138	JOÃO GONÇALO CLEMENTE DA SILVA	0:49:07	0:18:39	0:22:35	0:48:17	0:04:49	
611	1019	VET-B-M	147	PAULO PALMINHA	0:49:08	0:18:40	0:22:24	0:48:13	0:04:49	
612	663	VET-B-M	148	JOÃO ALEXANDRE SANTOS	0:49:09	0:18:41	0:22:16	0:46:44	0:04:40	
613	664	SEN-M	139	ANTONIO BALDO	0:49:09	0:18:41	0:22:15	0:46:44	0:04:40	
614	744	VET-C-M	202	VASCO SANTOS	0:49:11	0:18:43	0:22:23	0:48:47	0:04:52	GD BANCO BPI
615	1124	VET-A-M	111	RUI PEDRO SILVA	0:49:12	0:18:44	0:22:32	0:48:31	0:04:51	
616	558	SEN-M	140	JOÃO FILIPE MARTINHO	0:49:12	0:18:44	0:22:11	0:49:01	0:04:54	
617	1247	SEN-M	141	IVO NOGUEIRA	0:49:13	0:18:45	0:23:10	0:47:44	0:04:46	CÂMARA LISBOA CLUBE
618	1583	VET-C-M	203	PAULO MONIZ	0:49:13	0:18:45	0:22:46	0:48:07	0:04:48	ASS GD ACADEMIA DO KORPO
619	1105	SEN-M	142	MÁRIO LUCAS	0:49:14	0:18:46	0:22:42	0:47:06	0:04:42	
620	252	VET-C-M	204	SILVIO PAIVA	0:49:14	0:18:46	0:22:39	0:48:21	0:04:50	CLUBE DO NOVO BANCO
621	235	VET-C-M	205	PAULO GONÇALVES	0:49:14	0:18:46	0:22:49	0:48:00	0:04:48	CLUBE DO NOVO BANCO
622	1288	SEN-M	143	JAIME MIGUEL BENTO COELHO	0:49:18	0:18:50	0:21:47	0:47:43	0:04:46	
623	1552	SEN-M	144	ROGÉRIO TABUADA	0:49:19	0:18:51	0:23:16	0:48:24	0:04:50	
624	360	SEN-M	145	MARCO MARTINS	0:49:20	0:18:52	0:22:34	0:48:38	0:04:51	BANCO ALIMENTAR
625	1001	VET-B-M	149	JORGE SOUSA	0:49:22	0:18:54	0:22:30	0:48:15	0:04:49	SERVICOS SOCIAIS MONTEPIO
626	32	VET-C-M	206	AMILCAR PÓVOA	0:49:23	0:18:55	0:22:44	0:49:12	0:04:55	
627	1029	VET-C-M	207	DOMINGOS RODRIGUES	0:49:24	0:18:56	0:23:08	0:49:21	0:04:56	
628	254	SEN-M	146	LUIS DOMINGUES	0:49:25	0:18:57	0:22:13	0:48:34	0:04:51	
629	1292	VET-B-M	150	ROGÉRIO GONÇALVES	0:49:26	0:18:58	0:22:37	0:48:56	0:04:53	OS GALGOS
630	1672	VET-A-M	112	ARTUR NOBRE VICENTE	0:49:26	0:18:58	0:22:59	0:48:42	0:04:52	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
631	159	VET-C-M	208	ADELINO PEREIRA	0:49:27	0:18:59	0:22:33	0:47:59	0:04:47	BANCO ALIMENTAR
632	841	VET-B-M	151	CARLOS LUIS	0:49:28	0:19:00	0:22:29	0:49:04	0:04:54	
633	1233	VET-C-M	209	CARLOS SILVA	0:49:29	0:19:01	0:23:05	0:49:26	0:04:56	
634	561	SEN-M	147	PEDRO MANUEL CRUZ PAIXÃO	0:49:31	0:19:03	0:24:57	0:49:14	0:04:55	
635	183	VET-C-M	210	ANTÓNIO VARELA	0:49:31	0:19:03	0:22:52	0:49:19	0:04:55	BANCO ALIMENTAR
636	517	VET-A-M	113	FRANCISCO SANTOS	0:49:32	0:19:04	0:22:33	0:49:06	0:04:54	WEST RUNNERS
637	892	VET-B-M	152	FERNANDO JORGE MONTEIRO MENDES	0:49:33	0:19:05	0:23:11	0:48:01	0:04:48	
638	660	VET-A-M	114	RUI VIEITAS	0:49:34	0:19:06	0:22:46	0:49:11	0:04:55	BANCO ALIMENTAR
639	720	VET-A-M	115	PAULO CALDEIRA	0:49:34	0:19:06	0:22:15	0:49:19	0:04:55	FAMILIA
640	81	VET-B-M	153	GENTIL PEREIRA	0:49:34	0:19:06	0:22:31	0:48:02	0:04:48	AMIGOS DA FLOR
641	112	VET-A-M	116	NUNO GONÇALVES	0:49:35	0:19:07	0:22:45	0:48:52	0:04:53	GDCTINCM
642	1108	VET-C-M	211	JOSÉ AMARO	0:49:35	0:19:07	0:23:24	0:48:51	0:04:53	
643	368	VET-C-M	212	MANUEL PERAS	0:49:35	0:19:07	0:22:47	0:48:08	0:04:48	
644	1771	VET-C-M	213	VITOR REVEZ	0:49:36	0:19:08	0:22:07	0:48:05	0:04:48	
645	738	SEN-M	148	EMANUEL MAGALHÃES	0:49:36	0:19:08	0:22:10	0:47:40	0:04:46	
646	1472	VET-A-M	117	JOSÉ ARTUR ALMEIDA	0:49:37	0:19:09	0:22:35	0:49:25	0:04:56	
647	975	VET-A-M	118	MIGUEL SANTOS	0:49:39	0:19:11	0:22:20	0:47:38	0:04:45	
648	1215	VET-C-M	214	MIGUEL BASTOS	0:49:39	0:19:11	0:22:52	0:48:33	0:04:51	GD INE
649	977	VET-A-M	119	JOAO VAZ	0:49:39	0:19:11	0:22:20	0:47:38	0:04:45	
650	373	VET-C-M	215	JOAQUIM BORRALHO	0:49:40	0:19:12	0:22:45	0:49:09	0:04:54	G D C BANCO DE PORTUGAL



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
651	667	VET-B-M	154	MIGUEL TOSCANO	0:49:41	0:19:13	0:22:23	0:48:02	0:04:48	TOSCANO
652	1910	VET-B-M	155	PAULO MORGADO	0:49:42	0:19:14	0:23:08	0:48:07	0:04:48	
653	1315	VET-C-M	216	VITOR PIRES	0:49:42	0:19:14	0:23:21	0:48:55	0:04:53	
654	789	VET-C-M	217	JOSE DIAS	0:49:44	0:19:16	0:23:46	0:49:28	0:04:56	NUCLEO DESPORTIVO AUTOCOOPE
655	1565	SEN-M	149	TIAGO FERREIRA	0:49:45	0:19:17	0:22:49	0:49:33	0:04:57	
656	1529	VET-B-M	156	RUI ALMEIDA	0:49:46	0:19:18	0:22:14	0:47:49	0:04:46	
657	683	VET-B-M	157	NUNO MIGUEL BRAVO OLIVEIRA NAIA	0:49:47	0:19:19	0:22:21	0:49:41	0:04:58	CLUBE MILLENIUM BCP
658	1739	VET-C-M	218	GONÇALO REBELO	0:49:49	0:19:21	0:23:05	0:48:23	0:04:50	GRUPO DESPORTIVO SAO DOMINGOS
659	1439	VET-C-M	219	VICENTE DIAS	0:49:49	0:19:21	0:23:01	0:48:48	0:04:52	NA BDF
660	1438	VET-C-M	220	LUIS VASCONCELOS AMORIM	0:49:49	0:19:21	0:23:02	0:48:48	0:04:52	NA BDF
661	867	SEN-M	150	GONÇALO LAGOA	0:49:50	0:19:22	0:22:34	0:48:16	0:04:49	
662	50	VET-B-M	158	LUÍS AFONSO	0:49:50	0:19:22	0:23:10	0:48:17	0:04:49	GEORUNNERS
663	1203	VET-A-M	120	CARLOS RIBEIRO	0:49:51	0:19:23	0:22:36	0:49:39	0:04:57	
664	1443	SEN-M	151	ARMANDO CORREIA	0:49:53	0:19:25	0:24:05	0:47:51	0:04:47	SPORTING CLUBE DE CASINHOS
665	922	VET-A-M	121	NUNO MATIAS	0:49:53	0:19:25	0:23:08	0:47:45	0:04:46	
666	1133	VET-B-M	159	DANYEL CUN HA	0:49:53	0:19:25	0:22:21	0:49:11	0:04:55	
667	718	VET-A-M	122	ALEXANDRE RAINHA CAMPOS	0:49:54	0:19:26	0:21:31	0:49:43	0:04:58	BRAIN TUMOR TEAM
668	694	VET-C-M	221	RUI MANUEL PIEDADE RIJO	0:49:54	0:19:26	0:23:07	0:49:26	0:04:56	CLUBE MILLENIUM BCP
669	862	JUN-M	16	JOAO VILA LUZ	0:49:55	0:19:27	0:24:26	0:49:18	0:04:55	BANCO ALIMENTAR
670	1418	VET-A-M	123	JOÃO CARVALHO	0:49:56	0:19:28	0:23:12	0:48:22	0:04:50	ETIOPE E QUENIANOS
671	704	VET-C-M	222	MARIO BOTAS CAMPOS	0:49:56	0:19:28	0:22:57	0:48:37	0:04:51	CLUBE MILLENIUM BCP
672	1561	VET-C-M	223	ANTONIO FONSECA PEREIRA	0:49:58	0:19:30	0:23:19	0:49:11	0:04:55	
673	439	SEN-M	152	NUNO TALAIA DA COSTA	0:49:59	0:19:31	0:23:38	0:48:59	0:04:53	
674	644	VET-C-M	224	PEDRO LARANJEIRA	0:49:59	0:19:31	0:23:28	0:48:51	0:04:53	
675	537	VET-C-M	225	ARLINDO PARRA	0:49:59	0:19:31	0:22:53	0:49:37	0:04:57	CLUBE EDP - LISBOA
676	265	VET-C-M	226	JOAQUIM SECO	0:50:00	0:19:32	0:23:08	0:49:10	0:04:55	
677	100	VET-C-M	227	LUDGERO SANTANA	0:50:00	0:19:32	0:23:11	0:49:25	0:04:56	
678	1569	JUN-M	17	FRANCISCO TRABUCHO	0:50:00	0:19:32	0:22:17	0:49:40	0:04:58	
679	858	VET-C-M	228	PEDRO TRABUCHO	0:50:01	0:19:33	0:22:17	0:49:40	0:04:58	GD BANCO BPI
680	754	VET-C-M	229	ANTONIO NEGRINHO	0:50:01	0:19:33	0:22:43	0:48:01	0:04:48	SS CGD
681	1872	VET-A-M	124	RICARDO JORGE DE DEUS CATELA	0:50:02	0:19:34	0:23:11	0:48:58	0:04:53	LIBERTY SEGUROS
682	1579	VET-A-M	125	HÉLIO MARTINS	0:50:03	0:19:35	0:23:48	0:49:36	0:04:57	BANCO ALIMENTAR
683	741	VET-B-M	160	JOSE CARLOS MACARIO FERREIRA	0:50:03	0:19:35	0:23:27	0:49:12	0:04:55	
684	356	VET-C-M	230	DIOGO ARRAIAS	0:50:05	0:19:37	0:23:15	0:48:49	0:04:52	OS ARRAIAS
685	692	VET-C-M	231	MARCOS JOSE NORITAKE	0:50:07	0:19:39	0:23:02	0:48:49	0:04:52	CLUBE MILLENIUM BCP
686	1426	VET-C-M	232	JOÃO CARLOS MARQUES DA SILVA	0:50:07	0:19:39	0:23:03	0:48:12	0:04:49	
687	180	VET-C-M	233	MANUEL JOAQUIM DA SILVA DIAS	0:50:10	0:19:42	0:22:59	0:49:07	0:04:54	
688	1053	VET-C-M	234	JOSE ESTEVES	0:50:10	0:19:42	0:23:12	0:49:06	0:04:54	TARTARUGAS SOLIDARIAS
689	65	VET-A-M	126	GLEIBER MENDES	0:50:10	0:19:42	0:25:20	0:50:10	0:05:01	4CLIENT
690	1691	VET-A-M	127	RUI BARROCA	0:50:11	0:19:43	0:23:22	0:49:02	0:04:54	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
691	34	VET-C-M	235	PAULO BORGES	0:50:11	0:19:43	0:22:30	0:49:31	0:04:57	
692	1059	VET-B-M	161	PAULO LUCAS	0:50:12	0:19:44	0:22:27	0:49:32	0:04:57	
693	394	SEN-M	153	IVAN RAMOS	0:50:13	0:19:45	0:23:10	0:49:45	0:04:58	
694	787	VET-C-M	236	CARLOS FERREIRA	0:50:14	0:19:46	0:23:04	0:49:55	0:04:59	NUCLEO DESPORTIVO AUTOCOOPE
695	524	SEN-M	154	PAULO JORGE LEITÃO	0:50:14	0:19:46	0:22:36	0:48:42	0:04:52	BANCO ALIMENTAR
696	645	VET-C-M	237	JOSE DIONISIO	0:50:17	0:19:49	0:24:03	0:49:12	0:04:55	
697	158	VET-C-M	238	ORLANDO PEREIRA	0:50:18	0:19:50	0:23:10	0:49:54	0:04:59	BANCO ALIMENTAR
698	854	VET-B-M	162	JOSÉ LUÍS PIMENTA	0:50:19	0:19:51	0:23:51	0:48:43	0:04:52	
699	498	VET-C-M	239	ANTONIO ELISIO GONÇALVES	0:50:19	0:19:51	0:23:35	0:48:27	0:04:50	CCDTMETROLX
700	730	VET-B-M	163	FRANCISCO SARDINHA	0:50:19	0:19:51	0:23:15	0:49:57	0:04:59	CORRER LISBOA



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
701	699	VET-C-M	240	ILIDIO GOMES RODRIGUES	0:50:20	0:19:52	0:24:04	0:50:01	0:05:00	CLUBE MILLENIUM BCP
702	1386	VET-C-M	241	ANIBAL CARVALHO	0:50:20	0:19:52	0:23:31	0:48:57	0:04:53	GRUPO DESPORTIVO SAO DOMINGOS
703	1427	VET-A-M	128	RUI VIDEIRA	0:50:21	0:19:53	0:22:21	0:47:58	0:04:47	TARTARUGAS SOLIDARIAS
704	1687	VET-A-M	129	MIGUEL VINAGRE	0:50:21	0:19:53	0:23:10	0:49:01	0:04:54	CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA
705	1858	VET-A-M	130	NUNO PAULO VARANDAS CARAMPANTA	0:50:22	0:19:54	0:22:52	0:49:35	0:04:57	LIBERTY SEGUROS
706	1002	VET-C-M	242	JOSÉ CARLOS GASPAS	0:50:22	0:19:54	0:23:10	0:49:15	0:04:55	SERVICOS SOCIAIS MONTEPIO
707	707	VET-C-M	243	CARLOS MARQUES JANELA	0:50:22	0:19:54	0:23:38	0:49:44	0:04:58	CLUBE MILLENIUM BCP
708	501	VET-C-M	244	JOAO SEQUEIRA	0:50:25	0:19:57	0:24:53	0:48:31	0:04:51	CCDTMETROLX
709	1095	VET-C-M	245	FILIPE T	0:50:25	0:19:57	0:22:41	0:49:33	0:04:57	
710	1436	VET-C-M	246	MANUEL GOMES	0:50:25	0:19:57	0:23:07	0:50:18	0:05:01	CLUBE MARGINAL
711	820	VET-C-M	247	RUI SANTOS	0:50:25	0:19:57	0:23:21	0:48:21	0:04:50	SS CGD
712	1012	VET-B-M	164	PEDRO CARRASCO	0:50:25	0:19:57	0:23:22	0:49:12	0:04:55	SERVICOS SOCIAIS MONTEPIO
713	343	VET-A-M	131	JOÃO MENDES	0:50:26	0:19:58	0:22:22	0:49:51	0:04:59	WEST RUNNERS
714	1149	VET-B-M	165	PEDRO CARDOSO	0:50:27	0:19:59	0:23:08	0:49:18	0:04:55	BANCO ALIMENTAR
715	51	VET-C-M	248	RICARDO LEAL	0:50:28	0:19:59	0:23:12	0:48:53	0:04:53	GEORUNNERS
716	935	VET-C-M	249	JOSE MILAGRES	0:50:28	0:20:00	0:23:47	0:50:03	0:05:00	GDCT UNICRE
717	1119	VET-C-M	250	ARMINDO LOUREIRO	0:50:28	0:20:00	0:23:49	0:49:43	0:04:58	
718	570	VET-C-M	251	RILDO GOMES SOARES	0:50:29	0:20:01	0:23:34	0:50:17	0:05:01	
719	1313	VET-A-M	132	CARLOS MANUEL DO NASCIMENTO MARQUES	0:50:29	0:20:01	0:22:59	0:48:07	0:04:48	
720	646	VET-A-M	133	PAULO TRIGO	0:50:29	0:20:01	0:23:17	0:49:34	0:04:57	
721	832	VET-C-M	252	BRUNO ESTEVES	0:50:32	0:20:04	0:22:51	0:48:23	0:04:50	
722	1883	VET-C-M	253	HENRIQUE DIAS	0:50:32	0:20:04	0:23:14	0:50:32	0:05:03	O PRATICANTE
723	1646	VET-C-M	254	PAULO PIRES	0:50:33	0:20:05	0:22:53	0:49:17	0:04:55	OS AMIGOS DA ALAMEDA
724	1362	VET-B-M	166	MÁRIO JOSÉ ALVES	0:50:33	0:20:05	0:23:08	0:49:13	0:04:55	
725	1252	SEN-M	155	LUÍS MOTA	0:50:34	0:20:06	0:25:53	0:49:34	0:04:57	
726	207	VET-C-M	255	JOSÉ VAZ	0:50:34	0:20:06	0:22:54	0:48:58	0:04:53	CLUBE ANACOM
727	247	VET-A-M	134	RICARDO SILVA	0:50:35	0:20:07	0:23:18	0:49:07	0:04:54	CLUBE DO NOVO BANCO
728	1419	VET-C-M	256	CARLOS OLIVEIRA	0:50:35	0:20:07	0:23:25	0:49:02	0:04:54	ETIOPE E QUENIANOS
729	594	VET-C-M	257	LEONEL ADÉRITO FERNANDES DE SÃO JOSÉ	0:50:36	0:20:08	0:23:33	0:49:59	0:04:59	
730	538	VET-A-M	135	HUGO SEVERINO	0:50:36	0:20:08	0:23:44	0:49:47	0:04:58	CLUBE EDP - LISBOA
731	818	VET-C-M	258	PEDRO CLAUDIO	0:50:37	0:20:09	0:22:58	0:49:38	0:04:57	SS CGD
732	225	VET-B-M	167	JOÃO RAMOS	0:50:39	0:20:11	0:23:22	0:50:05	0:05:00	CLUBE DO NOVO BANCO
733	25	SEN-M	156	ALEXANDRE ESPIRITO SANTO	0:50:39	0:20:11	0:23:26	0:50:08	0:05:00	
734	322	VET-C-M	259	JOÃO M. DA SILVA REIS	0:50:41	0:20:13	0:24:00	0:50:27	0:05:02	
735	1634	SEN-M	157	BRUNO CLARO	0:50:41	0:20:13	0:22:13	0:49:52	0:04:59	
736	1557	VET-A-M	136	DANIEL ALVES	0:50:41	0:20:13	0:24:23	0:50:03	0:05:00	
737	1020	SEN-M	158	CARLOS ANDRÉ LOPES	0:50:41	0:20:13	0:22:51	0:49:07	0:04:54	
738	880	VET-B-M	168	NORBERTO MARQUES	0:50:43	0:20:15	0:23:07	0:48:45	0:04:52	BANCO ALIMENTAR
739	1685	VET-B-M	169	LUIS MARTINS	0:50:44	0:20:16	0:23:47	0:50:34	0:05:03	CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA
740	473	VET-B-M	170	LUÍS MIGUEL RELVAS PEDRO	0:50:46	0:20:18	0:22:58	0:50:11	0:05:01	WEST RUNNERS
741	1639	VET-C-M	260	HENRIQUE TELHADO	0:50:49	0:20:21	0:23:28	0:50:07	0:05:00	
742	1477	SEN-M	159	PEDRO BARRIAS	0:50:50	0:20:22	0:22:52	0:48:37	0:04:51	ROUND TABLE RUNNING TEAM
743	79	VET-C-M	261	JOÃO FERREIRA	0:50:51	0:20:23	0:23:14	0:49:19	0:04:55	AMIGOS DA FLOR
744	1174	SEN-M	160	JOÃO PAULO SILVA	0:50:51	0:20:23	0:23:01	0:49:28	0:04:56	CASA DA DIZIMA
745	1536	VET-C-M	262	ANTÓNIO FERNANDES	0:50:51	0:20:23	0:23:22	0:50:41	0:05:04	RESTAURANTE O CARTAXEIRO
746	172	VET-C-M	263	ERNESTO LEAL DE CARVALHO	0:50:52	0:20:24	0:23:27	0:50:39	0:05:03	
747	52	SEN-M	161	VITOR RAMALHO	0:50:54	0:20:26	0:23:21	0:49:43	0:04:58	BANCO ALIMENTAR
748	1469	SEN-M	162	EDGAR GUILHERME	0:50:55	0:20:27	0:22:34	0:50:29	0:05:02	WWW.OCARTAXEIRO.COM
749	260	VET-B-M	171	MANUEL POTES	0:50:56	0:20:28	0:23:19	0:49:37	0:04:57	
750	362	VET-A-M	137	JOSÉ ESTEVES	0:50:57	0:20:29	0:23:20	0:49:17	0:04:55	BANCO ALIMENTAR



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
751	1754	VET-C-M	264	GONÇALO SEABRA	0:50:58	0:20:30	0:23:32	0:49:58	0:04:59	
752	873	VET-A-M	138	PAULO CALDEIRA	0:50:58	0:20:30	0:24:28	0:49:43	0:04:58	CLUBE ATLETICO DAS PATAMEIRAS
753	874	VET-C-M	265	PAULO JORGE NEVES	0:50:58	0:20:30	0:24:28	0:49:43	0:04:58	CLUBE ATLETICO DAS PATAMEIRAS
754	250	VET-B-M	172	RUI GAMEIRO	0:50:59	0:20:31	0:23:45	0:50:24	0:05:02	CLUBE DO NOVO BANCO
755	1276	SEN-M	163	NUNO MARTINS	0:51:00	0:20:32	0:23:35	0:50:09	0:05:00	
756	192	VET-C-M	266	DANIEL FREIRE	0:51:01	0:20:33	0:25:15	0:50:51	0:05:05	BANCO ALIMENTAR
757	1243	VET-C-M	267	EDUARDO MANSO	0:51:02	0:20:34	0:23:11	0:49:34	0:04:57	CÂMARA LISBOA CLUBE
758	1645	VET-C-M	268	JOÃO MALHADAS TEIXEIRA	0:51:03	0:20:35	0:22:47	0:49:18	0:04:55	
759	572	VET-C-M	269	PAULO ALVES ALMEIDA	0:51:03	0:20:35	0:22:48	0:49:18	0:04:55	
760	836	VET-C-M	270	JOSE SERAFIM	0:51:04	0:20:36	0:23:26	0:50:06	0:05:00	GRUPO AMIGOS ATLETISMO VFXIRA
761	835	VET-C-M	271	OLIMPIO GUEDELHA	0:51:04	0:20:36	0:23:18	0:49:21	0:04:56	GRUPO AMIGOS ATLETISMO VFXIRA
762	764	VET-C-M	272	AFONSO PIRES	0:51:05	0:20:37	0:23:31	0:50:26	0:05:02	
763	1836	VET-A-M	139	RICARDO PEREIRA	0:51:07	0:20:38	0:24:04	0:50:25	0:05:02	SPORT LISBOA E CAMPOLIDE
764	1473	VET-A-M	140	DANIEL VINAGRE	0:51:07	0:20:39	0:23:03	0:50:14	0:05:01	BISNAGAS
765	1474	SEN-M	164	FILIPE REINO	0:51:07	0:20:39	0:23:03	0:50:15	0:05:01	BISNAGAS
766	677	VET-C-M	273	PEDRO MIGUEL ALVES PARALTA FIGUEIREDO	0:51:07	0:20:39	0:23:49	0:50:28	0:05:02	CLUBE MILLENIUM BCP
767	1266	SEN-M	165	MANUEL ROSA	0:51:08	0:20:40	0:22:35	0:49:00	0:04:54	
768	853	VET-C-M	274	ANTÓNIO GONÇALVES	0:51:09	0:20:41	0:23:28	0:49:31	0:04:57	
769	1425	SEN-M	166	BRUNO FREIRE	0:51:10	0:20:42	0:22:53	0:49:13	0:04:55	
770	1150	VET-A-M	141	RICARDO SOUSA	0:51:10	0:20:42	0:23:15	0:49:29	0:04:56	OS PAPOILAS SALTITANTES
771	1278	VET-C-M	275	ALBERTO MARTINS	0:51:11	0:20:43	0:23:36	0:50:21	0:05:02	
772	1523	VET-C-M	276	NUNO GALVÃO	0:51:12	0:20:44	0:23:14	0:50:03	0:05:00	VALADARES
773	1550	VET-B-M	173	JOSÉ CARLOS VERMELHO AMARAL	0:51:14	0:20:46	0:23:29	0:49:36	0:04:57	
774	745	VET-A-M	142	NUNO BARBOSA MORAIS	0:51:15	0:20:47	0:24:18	0:50:44	0:05:04	BRAIN TUMOR TEAM
775	1167	VET-C-M	277	NUNO MARQUES	0:51:16	0:20:48	0:23:41	0:50:22	0:05:02	RUNLOVERS
776	1171	VET-A-M	143	SANDRO PINTO	0:51:16	0:20:48	0:23:39	0:50:20	0:05:02	RUNLOVERS
777	298	VET-C-M	278	INACIO GONCALVES	0:51:18	0:20:50	0:23:35	0:51:05	0:05:06	
778	1075	SEN-M	167	ADRIANO SANTOS	0:51:19	0:20:51	0:23:39	0:49:25	0:04:56	SAMSUNG
779	323	SEN-M	168	GERMANO DA SILVA D. LOURO	0:51:19	0:20:51	0:23:42	0:50:54	0:05:05	
780	331	VET-B-M	174	MÁRIO PEREIRA	0:51:20	0:20:52	0:22:33	0:51:07	0:05:06	
781	962	VET-B-M	175	JOAO MARQUES	0:51:21	0:20:53	0:23:52	0:50:34	0:05:03	
782	1349	VET-C-M	279	JOÃO COSTA DUARTE	0:51:21	0:20:53	0:22:54	0:49:50	0:04:59	
783	70	VET-C-M	280	JOAQUIM GAMITO	0:51:22	0:20:54	0:23:15	0:50:00	0:05:00	
784	203	VET-C-M	281	JOSE VERMELHO	0:51:25	0:20:57	0:23:22	0:50:30	0:05:03	
785	164	VET-C-M	282	MANUEL PAULO	0:51:26	0:20:58	0:22:59	0:49:57	0:04:59	BANCO ALIMENTAR
786	441	VET-C-M	283	ANTÓNIO TEIXEIRA DUARTE	0:51:26	0:20:58	0:24:01	0:50:26	0:05:02	
787	452	VET-B-M	176	SÉRGIO CAJADO	0:51:28	0:21:00	0:23:23	0:50:06	0:05:00	ACOREANA CLUBE BANIF
788	438	SEN-M	169	TIAGO PIRES	0:51:28	0:21:00	0:23:39	0:50:29	0:05:02	
789	1889	VET-A-M	144	RICARDO ANDORINHO	0:51:31	0:21:03	0:24:01	0:49:32	0:04:57	
790	80	VET-C-M	284	MANUEL HORTELÃO	0:51:31	0:21:03	0:23:40	0:49:59	0:04:59	AMIGOS DA FLOR
791	1088	VET-A-M	145	RUI GOMES	0:51:33	0:21:05	0:23:40	0:49:41	0:04:58	SAMSUNG
792	1180	VET-A-M	146	DAVID PINHEIRO	0:51:34	0:21:05	0:23:18	0:49:29	0:04:56	AFO
793	409	VET-C-M	285	ANTONIO MANUEL RIBEIRO	0:51:34	0:21:06	0:23:41	0:51:09	0:05:06	
794	1417	VET-C-M	286	VALTER TEIXEIRA	0:51:34	0:21:06	0:23:21	0:50:01	0:05:00	ETIOPE E QUENIANOS
795	1907	VET-A-M	147	ANTONIO ARNAUT	0:51:34	0:21:06	0:22:58	0:49:51	0:04:59	
796	1091	VET-C-M	287	ANTÓNIO MAJOR	0:51:35	0:21:07	0:24:00	0:49:31	0:04:57	REDS
797	773	SEN-M	170	ANDRE MARTINS	0:51:36	0:21:08	0:23:07	0:49:44	0:04:58	EVC RUNNING TEAM
798	1237	VET-B-M	177	VASCO ALPALHÃO	0:51:36	0:21:08	0:23:16	0:49:26	0:04:56	
799	979	SEN-M	171	DANIEL CARVALHO	0:51:39	0:21:11	0:23:12	0:50:47	0:05:04	
800	353	VET-C-M	288	ANTÓNIO DA C MARTINS	0:51:39	0:21:11	0:23:38	0:50:57	0:05:05	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
801	1279	VET-C-M	289	FERNANDO MANUEL AUGUSTO CURTO	0:51:41	0:21:13	0:24:05	0:51:17	0:05:07	
802	429	VET-A-M	148	TIAGO SALVADO	0:51:41	0:21:13	0:23:40	0:50:24	0:05:02	MOVET
803	1476	VET-C-M	290	PAULO CABAÇO	0:51:41	0:21:13	0:24:03	0:50:23	0:05:02	
804	1261	VET-C-M	291	ANTÓNIO EDUARDO	0:51:42	0:21:14	0:25:32	0:51:42	0:05:10	
805	1491	SEN-M	172	DANIEL FEITEIRONA	0:51:43	0:21:15	0:24:31	0:49:29	0:04:56	
806	300	VET-B-M	178	ANTÓNIO PAULO R. SIETRA	0:51:44	0:21:16	0:24:30	0:50:15	0:05:01	
807	269	SEN-M	173	BRUNO FIGUEIREDO	0:51:44	0:21:16	0:23:17	0:50:53	0:05:05	BANCO ALIMENTAR
808	416	VET-B-M	179	CARLOS CRAVEIRA	0:51:46	0:21:18	0:23:33	0:50:50	0:05:05	AC TEAM
809	826	SEN-M	174	JOAO SOUSA	0:51:46	0:21:18	0:23:32	0:49:50	0:04:59	EVC RUNNING TEAM
810	36	SEN-M	175	PEDRO SEVERINO	0:51:47	0:21:19	0:23:45	0:50:59	0:05:05	
811	1613	SEN-M	176	HONORATO MOURA	0:51:50	0:21:22	0:23:17	0:50:00	0:05:00	CCDTMETROLX
812	345	VET-C-M	292	RICARDO LOPES FIGUEIREDO	0:51:50	0:21:22	0:24:15	0:50:33	0:05:03	
813	1181	VET-C-M	293	MANUEL MARTINHO	0:51:51	0:21:23	0:23:22	0:49:47	0:04:58	AFO
814	774	SEN-M	177	MIGUEL RODRIGUES	0:51:52	0:21:24	0:23:53	0:49:56	0:04:59	EVC RUNNING TEAM
815	61	VET-C-M	294	LUIS ROMANEIRO	0:51:54	0:21:26	0:24:35	0:50:27	0:05:02	QUOTINHAS
816	1323	VET-C-M	295	FRANCISCO ROQUE	0:51:56	0:21:28	0:24:49	0:51:00	0:05:06	HAPPY RUNNERS
817	761	SEN-M	178	NUNO LUCAS	0:51:56	0:21:28	0:23:40	0:51:17	0:05:07	PERNAS DE GAFANHOTO
818	805	VET-A-M	149	GONÇALO ZAGALO	0:51:56	0:21:28	0:23:39	0:51:16	0:05:07	PERNAS DE GAFANHOTO
819	1322	VET-B-M	180	ANTÓNIO GONÇALVES	0:51:58	0:21:30	0:23:38	0:50:53	0:05:05	
820	508	SEN-M	179	RICARDO NUNES	0:52:00	0:21:32	0:23:26	0:51:27	0:05:08	
821	1647	VET-C-M	296	JOAQUIM COSTA	0:52:04	0:21:36	0:23:48	0:50:48	0:05:04	OS AMIGOS DA ALAMEDA
822	924	SEN-M	180	JOSE MARTINS	0:52:05	0:21:37	0:23:10	0:49:57	0:04:59	
823	1060	VET-A-M	150	PEDRO ASCENSÃO	0:52:06	0:21:38	0:23:08	0:51:25	0:05:08	
824	1013	VET-B-M	181	RICARDO DIAS	0:52:06	0:21:38	0:22:30	0:50:59	0:05:05	SERVICOS SOCIAIS MONTEPIO
825	333	SEN-M	181	GONÇALO RANGEL	0:52:07	0:21:39	0:24:37	0:50:46	0:05:04	ROADRUNNERS
826	480	VET-B-M	182	RICARDO MARTINS	0:52:10	0:21:42	0:23:36	0:50:57	0:05:05	GD BANCO BPI
827	1217	VET-B-M	183	RUI MARQUES	0:52:10	0:21:42	0:24:03	0:50:54	0:05:05	GD INE
828	1214	VET-B-M	184	MARCOS OLIVEIRA	0:52:11	0:21:43	0:24:04	0:50:55	0:05:05	GD INE
829	682	VET-C-M	297	ANTONIO JOAQUIM GAMA DUARTE SANTOS	0:52:12	0:21:44	0:24:33	0:51:47	0:05:10	CLUBE MILLENIUM BCP
830	40	VET-C-M	298	LUIS CANHÃO	0:52:15	0:21:47	0:25:10	0:50:38	0:05:03	
831	514	SEN-M	182	RUI ANTUNES	0:52:16	0:21:48	0:24:03	0:51:17	0:05:07	
832	337	VET-A-M	151	CARLOS DIAS	0:52:16	0:21:48	0:23:49	0:50:57	0:05:05	
833	1879	VET-B-M	185	NUNO MIGUEL CASTRO MARQUES	0:52:17	0:21:49	0:25:41	0:51:02	0:05:06	LIBERTY SEGUROS
834	1878	VET-A-M	152	RUI FILIPE FRANCO FERREIRA LIMA DA SILVA	0:52:19	0:21:51	0:25:41	0:51:05	0:05:06	LIBERTY SEGUROS
835	1747	VET-C-M	299	ANTÓNIO PAIS	0:52:19	0:21:51	0:23:50	0:50:14	0:05:01	
836	346	VET-B-M	186	LUIS FIALHO	0:52:19	0:21:51	0:23:18	0:50:44	0:05:04	
837	770	SEN-M	183	BERNARDO CARDOSO	0:52:22	0:21:54	0:24:23	0:51:45	0:05:10	
838	1410	VET-C-M	300	CARLOS AUGUSTO PESSOA	0:52:25	0:21:57	0:24:51	0:50:42	0:05:04	
839	665	VET-C-M	301	DAMIÃO REGA	0:52:26	0:21:58	0:24:23	0:50:43	0:05:04	BANCO ALIMENTAR
840	363	VET-C-M	302	JOSÉ SILVA	0:52:29	0:22:01	0:23:41	0:50:46	0:05:04	BANCO ALIMENTAR
841	1903	VET-A-M	153	HENRIQUE VENTURA	0:52:29	0:22:01	0:23:38	0:51:08	0:05:06	LIBERTY SEGUROS
842	864	VET-C-M	303	MANUEL DIMAS E SILVA CORDEIRO	0:52:32	0:22:04	0:23:38	0:52:28	0:05:14	
843	1282	SEN-M	184	RUI OLIVEIRA	0:52:32	0:22:04	0:24:47	0:51:11	0:05:07	
844	533	VET-B-M	187	DAVID JOÃO ALMEIDA	0:52:33	0:22:05	0:23:10	0:50:27	0:05:02	
845	518	VET-A-M	154	MARCO DURÃO	0:52:34	0:22:06	0:24:38	0:51:37	0:05:09	MRE
846	204	VET-A-M	155	JOÃO MEDEIROS	0:52:34	0:22:06	0:24:26	0:51:05	0:05:06	
847	1242	VET-C-M	304	ADELINO PIRES	0:52:34	0:22:06	0:23:59	0:51:07	0:05:06	CÂMARA LISBOA CLUBE
848	1275	VET-B-M	188	IVO PEREIRA JOAQUIM	0:52:35	0:22:07	0:24:40	0:52:24	0:05:14	CORRER EPAL
849	759	VET-A-M	156	HUGO VENANCIO	0:52:37	0:22:09	0:24:32	0:51:54	0:05:11	SS CGD
850	1378	SEN-M	185	PAULO AH QUIN	0:52:38	0:22:10	0:24:15	0:52:12	0:05:13	HOLMES PLACE ALGES - FITZRUN





## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
851	1897	VET-C-M	305	PAULO SANTOS	0:52:40	0:22:12	0:24:52	0:52:01	0:05:12	
852	136	VET-C-M	306	JOSÉ ANDRADE	0:52:45	0:22:17	0:24:13	0:51:55	0:05:11	KEEP RUNNING
853	504	VET-C-M	307	MARIO GONÇALVES	0:52:46	0:22:18	0:24:25	0:50:52	0:05:05	CCDTMETROLX
854	740	VET-C-M	308	PAULO CRUZ	0:52:46	0:22:18	0:24:30	0:52:24	0:05:14	
855	1424	VET-B-M	189	JOSÉ LUIS PEREIRA	0:52:48	0:22:20	0:23:49	0:51:04	0:05:06	
856	1298	VET-A-M	157	HUMBERTO CARLOS JÚLIO VALENTIM	0:52:48	0:22:20	0:24:05	0:51:25	0:05:08	
857	1324	VET-B-M	190	NUNO LUFINHA	0:52:49	0:22:21	0:24:50	0:51:55	0:05:11	HAPPY RUNNERS
858	230	VET-C-M	309	MANUEL ANASTÁCIO	0:52:50	0:22:22	0:24:40	0:51:19	0:05:07	CLUBE DO NOVO BANCO
859	1484	VET-A-M	158	NUNO GUERREIRO	0:52:51	0:22:23	0:23:42	0:50:37	0:05:03	
860	1696	SEN-M	186	SIMÃO ORTEGA	0:52:52	0:22:24	0:23:33	0:51:44	0:05:10	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
861	817	VET-C-M	310	PAULO PIRES	0:52:53	0:22:25	0:25:10	0:51:16	0:05:07	SS CGD
862	502	VET-C-M	311	JOSE LUIS SANTOS	0:52:53	0:22:25	0:25:09	0:51:17	0:05:07	CCDTMETROLX
863	1516	VET-A-M	159	LUÍS BOLETO	0:52:53	0:22:25	0:25:11	0:51:16	0:05:07	BRAIN TUMOR TEAM
864	1284	VET-A-M	160	TIAGO BATISTA	0:52:53	0:22:25	0:24:24	0:52:09	0:05:12	
865	401	SEN-M	187	RICARDO ESTEVES RIBEIRO	0:52:54	0:22:26	0:23:39	0:52:12	0:05:13	
866	156	VET-C-M	312	THELMO CUNHA	0:52:54	0:22:26	0:24:40	0:51:24	0:05:08	BANCO ALIMENTAR
867	996	VET-A-M	161	DAVID ALMEIDA	0:52:54	0:22:26	0:23:12	0:50:43	0:05:04	SERVICOS SOCIAIS MONTEPIO
868	29	VET-C-M	313	LUIS PROENÇA	0:52:54	0:22:26	0:23:23	0:51:31	0:05:09	
869	154	VET-C-M	314	JORGE MONTEIRO	0:52:55	0:22:27	0:24:40	0:51:25	0:05:08	BANCO ALIMENTAR
870	948	VET-C-M	315	JACINTO GODINHO	0:52:58	0:22:30	0:24:24	0:51:25	0:05:08	GODINHO
871	1899	VET-C-M	316	PAULO SILVA	0:52:59	0:22:31	0:25:25	0:50:58	0:05:05	
872	1368	VET-C-M	317	FLÁVIO OLIVEIRA	0:53:00	0:22:32	0:24:22	0:52:02	0:05:12	G.A.OS TARTARUGAS
873	1520	VET-C-M	318	JOÃO MORADIAS	0:53:02	0:22:34	0:24:34	0:51:08	0:05:06	VALADARES
874	966	VET-B-M	191	DINIS MENDES	0:53:02	0:22:34	0:25:08	0:50:45	0:05:04	MAIANGA CALLING
875	652	VET-C-M	319	RAÚL COSTA	0:53:06	0:22:38	0:24:02	0:52:22	0:05:14	CLUBE ROBBIALAC
876	236	VET-C-M	320	PAULO VERISSIMO	0:53:07	0:22:39	0:23:30	0:51:54	0:05:11	CLUBE DO NOVO BANCO
877	319	VET-C-M	321	JAC	0:53:12	0:22:44	0:25:17	0:51:54	0:05:11	
878	742	SEN-M	188	RAMIRO MARQUES	0:53:13	0:22:45	0:24:04	0:51:38	0:05:09	
879	521	VET-A-M	162	JORGE SOUSA	0:53:13	0:22:45	0:23:50	0:52:15	0:05:13	PRIMOS DOS POUSOS
880	896	SEN-M	189	DIOGO LOPES MOREIRA	0:53:16	0:22:48	0:23:09	0:51:26	0:05:08	EVC RUNNING TEAM
881	1218	VET-B-M	192	SALOMÉ FERREIRA	0:53:16	0:22:48	0:24:18	0:52:06	0:05:12	GD INE
882	579	VET-B-M	193	JOÃO FAUSTINO	0:53:18	0:22:50	0:25:19	0:51:59	0:05:11	
883	1222	VET-C-M	322	PAULO CARVALHO	0:53:18	0:22:50	0:24:31	0:52:06	0:05:12	
884	427	VET-C-M	323	FRANCISCO PEREIRA	0:53:20	0:22:52	0:26:37	0:52:04	0:05:12	ACOREANA CLUBE BANIF
885	1494	VET-B-M	194	LUIS EVANGELISTA	0:53:22	0:22:54	0:24:45	0:52:04	0:05:12	EVANG
886	1384	VET-C-M	324	ANTÓNIO LEITÃO	0:53:23	0:22:55	0:24:18	0:51:57	0:05:11	GRUPO DESPORTIVO SAO DOMINGOS
887	834	VET-C-M	325	MANUEL HORTA	0:53:23	0:22:55	0:24:26	0:52:27	0:05:14	GRUPO AMIGOS ATLETISMO VFXIRA
888	1321	VET-C-M	326	ANTÓNIO PINHEIRO	0:53:25	0:22:57	0:25:11	0:52:55	0:05:17	OS GALGOS
889	1570	SEN-M	190	CANDIDO ANDRE SALGADO RAMOS	0:53:26	0:22:58	0:23:43	0:53:17	0:05:19	
890	365	VET-B-M	195	ANTÓNIO TAVARES	0:53:29	0:23:01	0:24:48	0:52:39	0:05:15	
891	1363	SEN-M	191	MÁRIO JOÃO PRATA DA SILVA DIAS	0:53:30	0:23:02	0:27:08	0:52:05	0:05:12	
892	1636	VET-B-M	196	MIGUEL GARANHOTO	0:53:31	0:23:03	0:23:59	0:53:07	0:05:18	
893	564	VET-B-M	197	PEDRO LOUREIRO	0:53:32	0:23:04	0:24:15	0:52:44	0:05:16	BANCO ALIMENTAR
894	600	VET-A-M	163	LUÍS MATIAS	0:53:33	0:23:05	0:23:28	0:51:47	0:05:10	BANCO ALIMENTAR
895	1318	VET-A-M	164	JOÃO CARLOS VAZ FERNANDES	0:53:33	0:23:05	0:24:10	0:52:59	0:05:17	
896	1522	VET-C-M	327	LUIS COLEHO	0:53:33	0:23:05	0:24:16	0:51:34	0:05:09	VALADARES
897	781	SEN-M	192	TOMÁS RETO	0:53:35	0:23:07	0:23:31	0:53:01	0:05:18	PATRAO RETO
898	782	SEN-M	193	HUGO RETO	0:53:35	0:23:07	0:23:32	0:53:02	0:05:18	PATRAO RETO
899	785	SEN-M	194	NUNO PRATES	0:53:35	0:23:07	0:24:06	0:51:34	0:05:09	
900	1437	VET-A-M	165	PEDRO PEREIRA	0:53:37	0:23:09	0:23:30	0:51:34	0:05:09	AFO



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
901	1640	VET-C-M	328	JOAQUIM MENDES	0:53:40	0:23:12	0:23:02	0:53:25	0:05:20	BRAIN TUMOR TEAM
902	1677	VET-C-M	329	VITOR LOPES	0:53:42	0:23:14	0:24:23	0:53:23	0:05:20	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
903	39	SEN-M	195	JOSÉ FERNANDO MAGALHÃES	0:53:44	0:23:16	0:25:17	0:52:16	0:05:13	
904	551	VET-C-M	330	RAFAEL SANTOS	0:53:44	0:23:16	0:25:00	0:51:51	0:05:11	CCDTMETROLX
905	1100	SEN-M	196	FILIPE JUNQUEIRA	0:53:45	0:23:17	0:24:13	0:51:53	0:05:11	
906	1056	VET-B-M	198	JOÃO BANZA	0:53:47	0:23:19	0:25:05	0:53:13	0:05:19	
907	1560	VET-B-M	199	PEDRO BASTOS	0:53:47	0:23:19	0:24:10	0:51:38	0:05:09	BANCO ALIMENTAR
908	184	VET-B-M	200	HELDER CARREIRA	0:53:49	0:23:21	0:24:50	0:52:58	0:05:17	BANCO ALIMENTAR
909	1621	VET-A-M	166	DAVID VAZ	0:53:53	0:23:25	0:24:57	0:51:45	0:05:10	BRAIN TUMOR TEAM
910	485	VET-C-M	331	MÁRIO PINHO	0:53:54	0:23:26	0:24:34	0:52:13	0:05:13	GD BANCO BPI
911	1861	SEN-M	197	BRUNO RAFAEL FRADE CARVALHO	0:53:55	0:23:27	0:24:32	0:52:00	0:05:12	LIBERTY SEGUROS
912	1416	VET-A-M	167	AFONSO PINO	0:53:56	0:23:28	0:24:32	0:52:23	0:05:14	ETIOPE E QUENIANOS
913	1200	VET-C-M	332	ALBERTO	0:53:58	0:23:30	0:25:28	0:52:57	0:05:17	
914	1357	VET-C-M	333	ADALBERTO GRILO	0:53:59	0:23:31	0:24:44	0:52:44	0:05:16	
915	680	VET-C-M	334	LUIS MIGUEL CARNEIRO NUNES DE CAMPOS	0:53:59	0:23:31	0:26:21	0:53:20	0:05:20	CLUBE MILLENIUM BCP
916	632	VET-C-M	335	RUI BORGES	0:54:00	0:23:32	0:25:32	0:52:30	0:05:15	GRUPO ATLETAS MONSANTO
917	624	VET-C-M	336	JOÃO PINTO	0:54:00	0:23:32	0:25:32	0:52:30	0:05:15	GRUPO ATLETAS MONSANTO
918	631	VET-B-M	201	NUNO VENTURA	0:54:00	0:23:32	0:25:31	0:52:30	0:05:15	GRUPO ATLETAS MONSANTO
919	1598	VET-C-M	337	JOSÉ CATITA	0:54:02	0:23:34	0:25:06	0:52:36	0:05:15	
920	1127	VET-C-M	338	JOÃO GOMES	0:54:02	0:23:34	0:24:43	0:52:13	0:05:13	VILA FRIA/ JG SEGUROS
921	1341	SEN-M	198	JOÃO GRILO	0:54:06	0:23:38	0:24:22	0:53:58	0:05:23	C. BENFICA ALGUEIRAO M MARTINS
922	721	VET-C-M	339	FERNANDO SANTOS	0:54:06	0:23:38	0:23:46	0:53:52	0:05:23	FAMILIA
923	295	VET-A-M	168	NUNO CARNEIRO	0:54:06	0:23:38	0:24:34	0:53:29	0:05:20	
924	1264	VET-B-M	202	MIGUEL MONTEIRO FERNANDES	0:54:07	0:23:39	0:24:12	0:52:01	0:05:12	BANCO ALIMENTAR
925	584	VET-A-M	169	VASCO GONÇALVES VIEIRA	0:54:09	0:23:41	0:25:05	0:51:58	0:05:11	
926	410	SEN-M	199	GUSTAVO GONZÁLEZ	0:54:10	0:23:42	0:25:04	0:51:58	0:05:11	
927	1196	VET-C-M	340	JOÃO CARLOS ALMEIDA BORGES	0:54:15	0:23:47	0:24:30	0:53:31	0:05:21	
928	541	VET-C-M	341	LUIS RIBEIRO DA SILVA	0:54:19	0:23:51	0:25:07	0:53:31	0:05:21	CORRER LISBOA
929	1615	VET-A-M	170	JOSÉ LUÍS DINIS	0:54:21	0:23:53	0:24:45	0:53:24	0:05:20	
930	783	VET-C-M	342	JOSE ANTONIO VEIGA	0:54:21	0:23:53	0:25:14	0:53:06	0:05:18	
931	887	VET-C-M	343	MÁRIO NEVES SILVA	0:54:22	0:23:54	0:25:25	0:53:37	0:05:21	CLUBE FERROVIARIO DE PORTUGAL
932	1331	VET-C-M	344	JOSÉ INOCÊNCIO	0:54:23	0:23:55	0:24:02	0:52:17	0:05:13	CASA DO BENFICA DE ALGUEIRAO M
933	290	VET-B-M	203	RUI PEDRO GONÇALVES	0:54:25	0:23:57	0:24:57	0:54:17	0:05:25	BANCO ALIMENTAR
934	1485	VET-A-M	171	MARCO BAPTISTA	0:54:25	0:23:57	0:24:27	0:52:11	0:05:13	
935	536	VET-C-M	345	ADOLFO SALAZAR	0:54:29	0:24:01	0:25:28	0:53:14	0:05:19	CLUBE EDP - LISBOA
936	881	VET-C-M	346	JORGE SIMOES	0:54:30	0:24:02	0:24:03	0:52:32	0:05:15	BANCO ALIMENTAR
937	54	VET-C-M	347	LUIS TAVARES	0:54:34	0:24:06	0:25:44	0:53:31	0:05:21	GRANACAR
938	1408	VET-B-M	204	PAULO ONOFRE	0:54:35	0:24:07	0:25:14	0:54:07	0:05:24	BRAIN TUMOR TEAM
939	760	SEN-M	200	FILIPE JUNOT	0:54:36	0:24:08	0:24:50	0:52:51	0:05:17	
940	115	VET-B-M	205	PAULO SOUSA	0:54:37	0:24:09	0:25:58	0:53:15	0:05:19	GPCTIN CASA DA MOEDA
941	1010	VET-B-M	206	PAULO MARQUES ALMEIDA	0:54:37	0:24:09	0:24:49	0:53:28	0:05:20	SERVICOS SOCIAIS MONTEPIO
942	1177	SEN-M	201	RICARDO SANTANA	0:54:37	0:24:09	0:24:48	0:52:46	0:05:16	
943	1372	VET-C-M	348	JOÃO VALÉRIO	0:54:38	0:24:10	0:26:03	0:53:24	0:05:20	LEBRES E TARTARUGAS
944	710	VET-B-M	207	JOAO ALEXANDRE MOREIRA CARRASCO CAEIRO	0:54:42	0:24:14	0:23:51	0:52:52	0:05:17	CLUBE MILLENIUM BCP
945	1481	SEN-M	202	TITO NASCIMENTO	0:54:42	0:24:14	0:24:20	0:52:28	0:05:14	
946	174	VET-C-M	349	JOAQUIM MELO	0:54:42	0:24:14	0:25:12	0:53:48	0:05:22	
947	1005	VET-C-M	350	LUIS REIS	0:54:42	0:24:14	0:24:42	0:53:30	0:05:21	SERVICOS SOCIAIS MONTEPIO
948	1073	SEN-M	203	TIAGO HENRIQUES	0:54:44	0:24:16	0:25:00	0:53:51	0:05:23	
949	1182	VET-A-M	172	RICARDO CAMPOS	0:54:47	0:24:19	0:25:39	0:52:42	0:05:16	AFO
950	1555	SEN-M	204	ANDRÉ MACHADO	0:54:50	0:24:22	0:24:29	0:53:02	0:05:18	SCALABIS NIGHT RUNNERS



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
951	73	VET-B-M	208	GOÑCALO MALHEIRO	0:54:50	0:24:22	0:24:17	0:53:06	0:05:18	
952	573	VET-C-M	351	FRANCISCO LINHOL	0:54:51	0:24:23	0:25:34	0:54:32	0:05:27	
953	879	SEN-M	205	DANIEL SILVA	0:54:51	0:24:23	0:24:49	0:52:54	0:05:17	BANCO ALIMENTAR
954	432	VET-C-M	352	AUGUSTO JOSÉ TAVARES CARIA	0:54:52	0:24:24	0:24:23	0:52:54	0:05:17	BANCO ALIMENTAR
955	420	VET-C-M	353	ALBANO ALVES	0:54:54	0:24:26	0:26:00	0:54:48	0:05:28	ACOREANA CLUBE BANIF
956	1470	VET-B-M	209	PEDRO MIGUEL OSCAR	0:54:55	0:24:27	0:25:09	0:53:34	0:05:21	
957	1178	VET-A-M	173	MÁRIO CAETANO	0:54:55	0:24:27	0:25:22	0:52:51	0:05:17	AFO
958	889	SEN-M	206	NUNO VAZ	0:54:58	0:24:30	0:25:15	0:54:31	0:05:27	FALCOES SELVAGENS
959	18	VET-A-M	174	BRUNO MADEIRA	0:54:59	0:24:31	0:25:57	0:54:41	0:05:28	
960	1432	VET-A-M	175	SERGIO LOPES	0:55:02	0:24:34	0:25:52	0:54:02	0:05:24	CÂMARA LISBOA CLUBE
961	956	VET-B-M	210	NUNO LOPES	0:55:04	0:24:35	0:24:09	0:53:14	0:05:19	FC ESTRELAS LISBOA
962	486	VET-C-M	354	JOÃO PEDRO SILVA	0:55:04	0:24:36	0:24:38	0:53:25	0:05:20	GD BANCO BPI
963	279	VET-A-M	176	HUGO COLAÇO	0:55:05	0:24:37	0:25:08	0:52:53	0:05:17	BANCO ALIMENTAR
964	897	SEN-M	207	TIAGO OLIVEIRA	0:55:09	0:24:41	0:24:12	0:54:11	0:05:25	
965	1051	VET-C-M	355	JOSÉ EUGÉNIO	0:55:09	0:24:41	0:25:41	0:54:05	0:05:24	
966	443	VET-C-M	356	JOÃO PAIXÃO	0:55:10	0:24:42	0:25:25	0:54:20	0:05:26	
967	546	VET-C-M	357	FILIPE JORGE SILVA	0:55:11	0:24:43	0:24:45	0:53:43	0:05:22	
968	57	VET-C-M	358	FRANCISCO AFONSO	0:55:12	0:24:44	0:25:44	0:54:09	0:05:24	GRANACAR
969	856	SEN-M	208	MIGUEL GUERREIRO DE MELO	0:55:19	0:24:51	0:24:58	0:53:22	0:05:20	
970	590	VET-B-M	211	FERNANDO SANTOS	0:55:22	0:24:54	0:24:35	0:54:59	0:05:29	
971	972	VET-C-M	359	GIL JORGE	0:55:24	0:24:56	0:25:49	0:54:00	0:05:24	
972	1235	SEN-M	209	SELMO GUERREIRO	0:55:25	0:24:56	0:25:00	0:53:30	0:05:21	
973	522	SEN-M	210	CARLOS GONÇALVES	0:55:25	0:24:57	0:24:39	0:54:26	0:05:26	PRIMOS DOS POUSOS
974	388	SEN-M	211	JOÃO LUIS LOURENÇO	0:55:26	0:24:58	0:24:51	0:54:28	0:05:26	KANINOS
975	1409	VET-B-M	212	JOSÉ CARLOS ANTUNES	0:55:28	0:25:00	0:24:52	0:53:45	0:05:22	
976	1411	VET-A-M	177	JOÃO ARTUR BAPTISTA	0:55:28	0:25:00	0:24:52	0:53:45	0:05:22	
977	1259	SEN-M	212	JOEL FERREIRA	0:55:28	0:25:00	0:25:02	0:54:40	0:05:28	
978	1762	VET-C-M	360	MARIO JOAO DA CRUZ GOMES FREIRE	0:55:28	0:25:00	0:25:52	0:54:29	0:05:26	
979	612	VET-C-M	361	ORLANDO RODRIGUES	0:55:28	0:25:00	0:25:17	0:54:23	0:05:26	
980	1048	VET-B-M	213	RUI ALVES	0:55:31	0:25:03	0:25:40	0:55:08	0:05:30	
981	1245	VET-C-M	362	JOÃO FIGUEIREDO	0:55:32	0:25:04	0:25:33	0:54:25	0:05:26	CÂMARA LISBOA CLUBE
982	886	VET-C-M	363	MÁRIO MELO	0:55:35	0:25:07	0:26:09	0:54:50	0:05:29	CLUBE FERROVIARIO DE PORTUGAL
983	1269	VET-C-M	364	CARLOS MANUEL CARDOSO MACHADO	0:55:36	0:25:08	0:25:26	0:53:21	0:05:20	POUCOS POR MUITOS
984	1099	VET-C-M	365	BERNARDO GOMES DE SOUSA CIRILO	0:55:36	0:25:08	0:25:27	0:53:22	0:05:20	POUCOS POR MUITOS
985	125	VET-B-M	214	NUNO BARRETO	0:55:39	0:25:11	0:25:15	0:53:48	0:05:22	
986	850	VET-C-M	366	RUI RODRIGUES	0:55:39	0:25:11	0:25:24	0:54:02	0:05:24	
987	389	VET-A-M	178	SÉRGIO CARDOSO	0:55:42	0:25:14	0:24:49	0:54:49	0:05:28	
988	1517	VET-C-M	367	JOAQUIM VALADARES	0:55:42	0:25:14	0:25:23	0:53:43	0:05:22	VALADARES
989	1086	SEN-M	213	PEDRO CARVALHO	0:55:43	0:25:15	0:26:35	0:53:48	0:05:22	SAMSUNG
990	27	VET-C-M	368	PEDRO FARO	0:55:46	0:25:18	0:25:23	0:55:06	0:05:30	
991	1365	VET-C-M	369	JOSE ALTINO SILVA	0:55:47	0:25:19	0:26:34	0:55:28	0:05:32	CASA DO PESSOAL DO IVA
992	758	VET-C-M	370	FRANCISCO CLERIGO	0:55:51	0:25:22	0:25:32	0:54:08	0:05:24	SS CGD
993	208	VET-C-M	371	ISAAC CARRÊLO	0:55:51	0:25:23	0:26:03	0:54:14	0:05:25	CLUBE ANACOM
994	1299	VET-C-M	372	ANTONIO FONSECA	0:55:53	0:25:25	0:24:59	0:55:01	0:05:30	
995	299	VET-C-M	373	CARLOS LOPES	0:55:56	0:25:28	0:25:34	0:53:59	0:05:23	
996	1098	VET-B-M	215	CARLOS SUISSAS	0:55:57	0:25:29	0:25:33	0:53:58	0:05:23	
997	845	VET-C-M	374	PAULO ESTOPA	0:56:02	0:25:34	0:25:56	0:54:49	0:05:28	BANCO ALIMENTAR
998	622	SEN-M	214	PEDRO GONÇALVES	0:56:02	0:25:34	0:25:54	0:55:11	0:05:31	
999	798	VET-B-M	216	RUI CARLOS ALVES LINO	0:56:03	0:25:35	0:26:19	0:53:57	0:05:23	FF4R
1000	1789	VET-C-M	375	FERNANDO ANDRADE	0:56:03	0:25:35	0:26:28	0:54:56	0:05:29	LINDA-A-PASTORA SPORTING CLUBE



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1001	1787	VET-C-M	376	CARLOS MARQUES	0:56:03	0:25:35	0:26:15	0:54:52	0:05:29	LINDA-A-PASTORA SPORTING CLUBE
1002	1130	VET-C-M	377	JORGE ALEXANDRE TEIXEIRA ESTEVES	0:56:04	0:25:36	0:25:39	0:55:12	0:05:31	RUN4FUN
1003	63	VET-B-M	217	JOÃO RAMOS	0:56:05	0:25:37	0:28:01	0:56:05	0:05:36	4CLIENT
1004	1695	SEN-M	215	SERGIO TAVARES	0:56:05	0:25:37	0:24:58	0:54:48	0:05:28	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
1005	152	VET-B-M	218	MIGUEL CAMPO	0:56:06	0:25:38	0:25:34	0:54:40	0:05:28	
1006	797	VET-A-M	179	CRISTIANO SANTOS	0:56:11	0:25:43	0:25:20	0:54:32	0:05:27	
1007	313	SEN-M	216	DAVID SILVA	0:56:12	0:25:44	0:26:49	0:55:24	0:05:32	CORRER LISBOA
1008	653	VET-C-M	378	JOSÉ VILELA	0:56:13	0:25:45	0:26:45	0:55:26	0:05:32	CLUBE ROBBIALAC
1009	1319	VET-C-M	379	NICOLAU FURTADO	0:56:15	0:25:47	0:25:14	0:55:12	0:05:31	
1010	1375	SEN-M	217	JOSÉ PEDRO CAVACO	0:56:20	0:25:51	0:27:48	0:54:24	0:05:26	
1011	1385	SEN-M	218	BRUNO MARTINHO	0:56:20	0:25:52	0:27:02	0:54:54	0:05:29	GRUPO DESPORTIVO SAO DOMINGOS
1012	1211	VET-C-M	380	ANTÓNIO PORTUGAL	0:56:22	0:25:54	0:26:11	0:55:13	0:05:31	GD INE
1013	815	VET-B-M	219	PAULO ANDRADE	0:56:22	0:25:54	0:25:30	0:54:27	0:05:26	SS CGD
1014	842	VET-A-M	180	NUNO ALMEIDA	0:56:25	0:25:57	0:24:32	0:54:12	0:05:25	FAST AND FURIOUS FROM BELAS
1015	1383	VET-C-M	381	ARTUR PEREIRA	0:56:27	0:25:59	0:27:02	0:55:01	0:05:30	GRUPO DESPORTIVO SAO DOMINGOS
1016	1533	SEN-M	219	DANIEL RIBEIRO	0:56:31	0:26:02	0:25:20	0:55:59	0:05:35	BRAIN TUMOR TEAM
1017	1465	VET-A-M	181	ANTÓNIO MARQUES	0:56:32	0:26:04	0:25:17	0:54:57	0:05:29	WWW.OCARTAXEIRO.COM
1018	272	VET-C-M	382	JOSÉ MARQUES	0:56:34	0:26:06	0:26:11	0:55:13	0:05:31	BANCO ALIMENTAR
1019	878	VET-C-M	383	JORGE FERREIRA	0:56:36	0:26:08	0:25:22	0:54:40	0:05:28	BANCO ALIMENTAR
1020	799	SEN-M	220	SÉRGIO PEIXOTO ALMEIDA	0:56:38	0:26:10	0:26:19	0:54:32	0:05:27	FF4R
1021	1867	VET-C-M	384	JORGE PEREIRA LOPES	0:56:39	0:26:11	0:25:25	0:55:05	0:05:30	LIBERTY SEGUROS
1022	268	VET-C-M	385	MIGUEL CALDAS	0:56:40	0:26:12	0:26:13	0:55:54	0:05:35	BANCO ALIMENTAR
1023	312	VET-C-M	386	JOÃO LEONEL PEREIRA	0:56:42	0:26:14	0:25:45	0:55:33	0:05:33	
1024	768	SEN-M	221	JOÃO GRILO	0:56:43	0:26:15	0:26:41	0:56:07	0:05:36	
1025	1590	VET-A-M	182	EDUARDO SANTINI	0:56:43	0:26:15	0:25:38	0:54:27	0:05:26	ORIGINAL RUNNERS
1026	705	VET-C-M	387	SERGIO PEREIRA ANJOS	0:56:48	0:26:20	0:26:37	0:55:17	0:05:31	CLUBE MILLENIUM BCP
1027	1650	VET-C-M	388	PEDRO PALRÃO	0:56:49	0:26:20	0:26:28	0:55:45	0:05:34	
1028	1894	VET-B-M	220	NUNO PEREIRA	0:56:49	0:26:21	0:26:02	0:56:39	0:05:39	
1029	700	VET-C-M	389	NELSON MARTINS GUIMARAES	0:56:55	0:26:27	0:26:59	0:55:16	0:05:31	CLUBE MILLENIUM BCP
1030	814	VET-A-M	183	PAULO ABREU	0:56:56	0:26:28	0:26:34	0:54:53	0:05:29	SS CGD
1031	325	VET-C-M	390	JOÃO SOUSA	0:56:56	0:26:28	0:25:50	0:55:54	0:05:35	TARTARUGAS SOLIDARIAS
1032	1606	SEN-M	222	ANDRÉ PIRES	0:56:58	0:26:30	0:26:58	0:56:06	0:05:36	
1033	549	VET-C-M	391	MÁRIO RIBEIRO	0:56:58	0:26:30	0:25:52	0:55:10	0:05:31	
1034	326	VET-C-M	392	JOAO ALMEIDA	0:57:03	0:26:35	0:26:01	0:55:01	0:05:30	
1035	165	SEN-M	223	TIAGO CARDOSO	0:57:04	0:26:36	0:25:54	0:55:32	0:05:33	BANCO ALIMENTAR
1036	1566	VET-B-M	221	RICARDO BURNAY BASTOS	0:57:06	0:26:38	0:26:23	0:54:51	0:05:29	
1037	314	VET-A-M	184	MIGUEL ANGELO CARVALHO	0:57:06	0:26:38	0:25:14	0:56:33	0:05:39	BANCO ALIMENTAR
1038	605	VET-A-M	185	RICARDO JOSÉ PIMENTA	0:57:07	0:26:39	0:26:15	0:55:57	0:05:35	
1039	649	JUN-M	18	VINICYUS FELIX	0:57:08	0:26:40	0:23:45	0:56:31	0:05:39	
1040	1458	VET-A-M	186	PAULO DINIS	0:57:11	0:26:43	0:25:58	0:56:44	0:05:40	RESTAURANTE O CARTAXEIRO
1041	1885	VET-C-M	393	ISABEL BARRA	0:57:15	0:26:47	0:26:01	0:56:22	0:05:38	O PRATICANTE
1042	213	VET-C-M	394	PEDRO ALFERES	0:57:20	0:26:52	0:26:19	0:56:02	0:05:36	
1043	133	VET-A-M	187	NUNO ALEXANDRE DA SILVA SANTIAGO	0:57:20	0:26:52	0:25:59	0:55:21	0:05:32	BANCO ALIMENTAR
1044	258	VET-C-M	395	JOSÉ CARDOZO	0:57:23	0:26:55	0:25:22	0:55:51	0:05:35	
1045	679	VET-C-M	396	ANTONIO JOSE QUELJO ALMEIDA	0:57:25	0:26:57	0:26:12	0:55:46	0:05:34	CLUBE MILLENIUM BCP
1046	843	VET-C-M	397	CARLOS JOSÉ	0:57:27	0:26:59	0:25:03	0:55:15	0:05:31	FAST AND FURIOUS FROM BELAS
1047	35	VET-C-M	398	PAULO MIGUEL TAINHA	0:57:28	0:27:00	0:26:37	0:57:16	0:05:43	
1048	239	VET-B-M	222	EDUARDO AMORIM	0:57:29	0:27:01	0:26:22	0:56:20	0:05:38	
1049	383	VET-B-M	223	RICARDO FIGUEIREDO	0:57:31	0:27:03	0:25:45	0:56:19	0:05:37	
1050	900	VET-C-M	399	MIGUEL RIBEIRO DA SILVA	0:57:32	0:27:04	0:25:58	0:55:43	0:05:34	OS CARACOIS FURIOSOS



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1051	686	VET-C-M	400	JOAO MANUEL MACHADO SEBORRO	0:57:34	0:27:06	0:26:28	0:56:31	0:05:39	CLUBE MILLENIUM BCP
1052	1521	SEN-M	224	MIGUEL RAMALHO	0:57:35	0:27:07	0:26:34	0:55:32	0:05:33	VALADARES
1053	1084	VET-A-M	188	NELSON CHENG	0:57:35	0:27:07	0:26:36	0:55:40	0:05:34	SAMSUNG
1054	375	VET-C-M	401	ANTÓNIO PEREIRA	0:57:35	0:27:07	0:26:09	0:56:58	0:05:41	G D C BANCO DE PORTUGAL
1055	1827	VET-C-M	402	ANTÓNIO LIMA	0:57:36	0:27:08	0:27:11	0:56:57	0:05:41	SPORT LISBOA E CAMPOLIDE
1056	267	VET-C-M	403	FERNANDO CHASQUEIRA	0:57:37	0:27:09	0:26:12	0:56:18	0:05:37	BANCO ALIMENTAR
1057	947	VET-A-M	189	ANTÓNIO CASAS NOVAS	0:57:37	0:27:09	0:26:22	0:56:07	0:05:36	GODINHO
1058	1766	VET-B-M	224	PEDRO MURTINHAL	0:57:37	0:27:09	0:27:01	0:55:39	0:05:33	
1059	419	VET-B-M	225	LUIS ALBUQUERQUE	0:57:37	0:27:09	0:27:00	0:55:39	0:05:33	ACOREANA CLUBE BANIF
1060	1616	VET-C-M	404	LUIS LIBANIO	0:57:39	0:27:11	0:27:50	0:57:39	0:05:45	
1061	1330	VET-C-M	405	MÁRIO LAMEIRÃO	0:57:41	0:27:13	0:26:56	0:57:26	0:05:44	CASA DO BENFICA DE ALGUEIRAO M
1062	1301	VET-C-M	406	RUI DE SOUSA	0:57:44	0:27:16	0:25:44	0:55:59	0:05:35	TIVOLI
1063	1620	VET-A-M	190	ORLANDO CUNHA	0:57:44	0:27:16	0:26:11	0:55:42	0:05:34	
1064	278	VET-C-M	407	RUI BARROS	0:57:45	0:27:17	0:26:01	0:57:17	0:05:43	BANCO ALIMENTAR
1065	929	VET-C-M	408	JOSÉ LUÍS FERREIRA	0:57:45	0:27:17	0:26:01	0:57:16	0:05:43	BANCO ALIMENTAR
1066	1435	VET-C-M	409	FRANCISCO COITO	0:57:47	0:27:19	0:26:03	0:57:38	0:05:45	CLUBE MARGINAL
1067	393	VET-A-M	191	SÉRGIO MESQUITA	0:57:50	0:27:22	0:26:21	0:56:06	0:05:36	RUN BUDDY RUN
1068	392	VET-A-M	192	GONÇALO LOPES	0:57:50	0:27:22	0:26:24	0:56:05	0:05:36	RUN BUDDY RUN
1069	1617	VET-B-M	226	RAFAEL PESSOA	0:57:54	0:27:26	0:26:09	0:55:52	0:05:35	
1070	688	VET-C-M	410	HENRIQUE ARMANDO SANTANA ALVES	0:57:57	0:27:29	0:25:55	0:57:02	0:05:42	CLUBE MILLENIUM BCP
1071	1122	VET-C-M	411	MANUEL EDUARDO CARDOSO	0:58:04	0:27:36	0:26:52	0:56:15	0:05:37	
1072	715	VET-B-M	227	BRUNO FILIPE GOMES SANTOS	0:58:06	0:27:38	0:25:26	0:56:28	0:05:38	CLUBE MILLENIUM BCP
1073	191	VET-A-M	193	NUNO TEIXEIRA	0:58:09	0:27:41	0:27:09	0:56:43	0:05:40	
1074	1286	SEN-M	225	MIGUEL ARINTO DE ALMEIDA SANTOS	0:58:10	0:27:42	0:26:17	0:56:36	0:05:39	
1075	280	VET-C-M	412	EDMUNDO SIMOES	0:58:10	0:27:42	0:27:00	0:56:31	0:05:39	
1076	1794	VET-C-M	413	JOAQUIM BELGA	0:58:10	0:27:42	0:26:26	0:56:59	0:05:41	LINDA-A-PASTORA SPORTING CLUBE
1077	84	VET-C-M	414	JOAQUIM DIREITINHO	0:58:11	0:27:43	0:26:20	0:57:34	0:05:45	
1078	1080	SEN-M	226	GONÇALO CARDOSO	0:58:12	0:27:44	0:26:37	0:56:18	0:05:37	SAMSUNG
1079	1006	VET-B-M	228	MANUEL CARLOS SANTOS	0:58:14	0:27:46	0:27:05	0:57:01	0:05:42	SERVICOS SOCIAIS MONTEPIO
1080	997	VET-A-M	194	FERNANDO PALMA	0:58:14	0:27:46	0:26:27	0:56:05	0:05:36	SERVICOS SOCIAIS MONTEPIO
1081	1077	VET-B-M	229	ANDRÉ MOTA	0:58:16	0:27:48	0:27:05	0:56:23	0:05:38	SAMSUNG
1082	1082	SEN-M	227	MARIO WESTPHALEN	0:58:16	0:27:48	0:27:05	0:56:23	0:05:38	SAMSUNG
1083	454	VET-C-M	415	JOSÉ SEQUEIRA	0:58:17	0:27:48	0:26:48	0:56:54	0:05:41	ACOREANA CLUBE BANIF
1084	1151	SEN-M	228	JOÃO PEDRO VICENTE	0:58:20	0:27:52	0:26:34	0:56:39	0:05:39	OS PAPOILAS SALTITANTES
1085	1421	VET-C-M	416	MÁRIO PIRES	0:58:28	0:28:00	0:26:51	0:56:42	0:05:40	
1086	1392	SEN-M	229	JOAQUIM PEREIRA	0:58:32	0:28:04	0:27:31	0:56:25	0:05:38	BRAIN TUMOR TEAM
1087	976	VET-B-M	230	NUNO MARCELINO	0:58:33	0:28:05	0:26:03	0:56:31	0:05:39	
1088	1612	VET-B-M	231	RUI PINHEIRO	0:58:34	0:28:06	0:27:31	0:56:30	0:05:39	
1089	816	VET-B-M	232	PAULO BAILÃO	0:58:37	0:28:09	0:27:24	0:56:35	0:05:39	SS CGD
1090	952	VET-B-M	233	CARLOS MACHADO	0:58:40	0:28:12	0:27:06	0:56:56	0:05:41	FC ESTRELAS LISBOA
1091	1022	VET-C-M	417	JORGE SARAIVA	0:58:41	0:28:13	0:26:43	0:57:58	0:05:47	
1092	936	VET-C-M	418	CARLOS VIEGAS	0:58:42	0:28:14	0:25:57	0:58:18	0:05:49	GDCT UNICRE
1093	103	VET-C-M	419	JOSÉ EDUARDO DA SILVA MONTEIRO	0:58:43	0:28:15	0:27:11	0:58:43	0:05:52	
1094	1855	VET-C-M	420	CARLOS TELHADO	0:58:44	0:28:16	0:27:20	0:58:00	0:05:48	
1095	21	VET-B-M	234	MANUEL PRATES	0:58:46	0:28:18	0:27:30	0:57:23	0:05:44	G D VIDENSE
1096	1865	VET-A-M	195	SANDRA LOPES	0:58:47	0:28:19	0:27:32	0:56:41	0:05:40	LIBERTY SEGUROS
1097	55	SEN-M	230	DIOGO TAVARES	0:58:48	0:28:20	0:25:44	0:57:45	0:05:46	GRANACAR
1098	1240	VET-C-M	421	CARLOS FERREIRA	0:58:48	0:28:20	0:26:12	0:57:13	0:05:43	CÂMARA LISBOA CLUBE
1099	1412	VET-C-M	422	JOAQUIM M C SANTOS	0:58:53	0:28:24	0:26:51	0:58:07	0:05:48	
1100	769	VET-A-M	196	NUNO CASTELBRANCO SILVA	0:58:54	0:28:26	0:26:42	0:58:17	0:05:49	



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Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1101	693	VET-C-M	423	CARLOS ALBERTO DE ALMEIDA TOME	0:58:54	0:28:26	0:27:10	0:57:30	0:05:45	CLUBE MILLENIUM BCP
1102	1374	SEN-M	231	MANUEL OGANDO	0:58:55	0:28:27	0:28:14	0:56:59	0:05:41	
1103	865	VET-B-M	235	JOSÉ MANUEL BORGES DE CARVALHO	0:58:58	0:28:30	0:26:41	0:57:07	0:05:42	
1104	294	SEN-M	232	NUNO PIREZA	0:58:59	0:28:31	0:26:45	0:56:57	0:05:41	
1105	717	SEN-M	233	LUIZ GUILHERME PAIVA VIANNA	0:59:02	0:28:34	0:27:37	0:57:49	0:05:46	
1106	342	VET-A-M	197	JOAQUIM NUNES PIMENTEL	0:59:04	0:28:36	0:26:49	0:57:22	0:05:44	
1107	162	VET-B-M	236	FABIO JANUARIO	0:59:05	0:28:37	0:25:48	0:57:35	0:05:45	BANCO ALIMENTAR
1108	748	VET-B-M	237	TONY GERMANO PAULOS	0:59:06	0:28:38	0:25:18	0:58:31	0:05:51	BANCO ALIMENTAR
1109	509	VET-C-M	424	ANTONIO DOMINGOS	0:59:07	0:28:39	0:27:41	0:57:08	0:05:42	
1110	1547	VET-B-M	238	LUÍS BARBOSA	0:59:07	0:28:39	0:27:08	0:57:40	0:05:46	BRAIN TUMOR TEAM
1111	630	VET-C-M	425	ANTÓNIO REYES	0:59:08	0:28:40	0:27:16	0:57:37	0:05:45	GRUPO ATLETAS MONSANTO
1112	1904	SEN-M	234	GONÇALO PEDRO	0:59:14	0:28:45	0:25:38	0:57:53	0:05:47	LIBERTY SEGUROS
1113	95	VET-C-M	426	JOSÉ ABREU	0:59:15	0:28:47	0:26:35	0:57:54	0:05:47	GPCTIN CASA DA MOEDA
1114	1784	VET-C-M	427	ARMÉNIO PATRÍCIO	0:59:15	0:28:47	0:27:37	0:58:10	0:05:49	LINDA-A-PASTORA SPORTING CLUBE
1115	634	VET-C-M	428	CONSTANCIO ALMEIDA	0:59:16	0:28:48	0:27:28	0:57:44	0:05:46	GRUPO ATLETAS MONSANTO
1116	626	VET-C-M	429	ANTÓNIO PARDAL	0:59:16	0:28:48	0:27:29	0:57:45	0:05:46	GRUPO ATLETAS MONSANTO
1117	1804	VET-C-M	430	MÁRIO RODRIGUES	0:59:17	0:28:49	0:27:06	0:59:13	0:05:55	LINDA-A-PASTORA SPORTING CLUBE
1118	868	VET-A-M	198	JOSÉ MIGUEL CARVALHO	0:59:19	0:28:51	0:26:41	0:57:45	0:05:46	
1119	1689	VET-C-M	431	PEDRO SERGIO	0:59:19	0:28:51	0:26:32	0:57:58	0:05:47	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
1120	1262	VET-C-M	432	FRANCISCO PLÍNIO	0:59:20	0:28:51	0:28:11	0:57:21	0:05:44	
1121	177	VET-B-M	239	LUÍS MIGUEL MARQUES CRISTÃO	0:59:20	0:28:52	0:26:19	0:57:52	0:05:47	
1122	1325	VET-C-M	433	ROGÉRIO PUGA	0:59:21	0:28:53	0:26:59	0:58:26	0:05:50	HAPPY RUNNERS
1123	723	VET-B-M	240	JOAQUIM CORREIA	0:59:21	0:28:53	0:26:57	0:57:15	0:05:43	
1124	185	VET-A-M	199	VALTER LOPES	0:59:25	0:28:57	0:27:11	0:57:22	0:05:44	
1125	471	SEN-M	235	NELITO CALIXTO	0:59:35	0:29:07	0:27:53	0:58:44	0:05:52	BANCO ALIMENTAR
1126	335	VET-B-M	241	FERNANDO DUARTE	0:59:37	0:29:09	0:27:53	0:58:46	0:05:52	
1127	111	VET-C-M	434	PAULO FERNANDES	0:59:39	0:29:11	0:27:45	0:59:39	0:05:57	
1128	1007	VET-C-M	435	MANUEL JORGE NARCISO	0:59:41	0:29:13	0:27:09	0:58:33	0:05:51	SERVICOS SOCIAIS MONTEPIO
1129	453	VET-A-M	200	NUNO SILVA	0:59:42	0:29:14	0:25:44	0:58:28	0:05:50	ACOREANA CLUBE BANIF
1130	150	VET-C-M	436	SÉRGIO	0:59:43	0:29:15	0:26:29	0:58:05	0:05:48	CLUBE ANACOM
1131	1115	SEN-M	236	ADOLFO VEIGA	0:59:44	0:29:16	0:26:40	0:58:06	0:05:48	
1132	779	VET-B-M	242	RUI MANUEL SIMÕES ALMEIDA	0:59:50	0:29:22	0:26:46	0:59:26	0:05:56	
1133	1147	SEN-M	237	DAVID MATIAS	0:59:52	0:29:24	0:26:38	0:59:22	0:05:56	
1134	1478	VET-A-M	201	PEDRO SILVA LOPES	0:59:52	0:29:24	0:27:08	0:57:40	0:05:46	ROUND TABLE RUNNING TEAM
1135	569	VET-C-M	437	ALBERTO CANO	0:59:53	0:29:25	0:27:53	0:57:56	0:05:47	CLUBE ATLETISMO AMIGOS BELEM
1136	143	VET-C-M	438	GILBERTO GONÇALVES	0:59:53	0:29:25	0:27:50	0:57:53	0:05:47	CLUBE ATLETISMO AMIGOS BELEM
1137	505	VET-C-M	439	ORLANDO SOUSA	0:59:54	0:29:26	0:27:53	0:57:56	0:05:47	CCDTMETROLX
1138	1152	VET-A-M	202	BRUNO SILVA	0:59:54	0:29:26	0:27:27	0:58:11	0:05:49	OS PAPOILAS SALTITANTES
1139	1609	VET-A-M	203	IVAN MIGUEL GUERRA	0:59:56	0:29:28	0:30:05	0:59:56	0:05:59	
1140	767	VET-B-M	243	LUÍS DUARTE ROVISCO PINTO	0:59:57	0:29:29	0:26:10	0:58:06	0:05:48	PINTOS
1141	1863	VET-C-M	440	SERGIO JULIO DOS SANTOS NEVES	0:59:59	0:29:31	0:27:31	0:57:52	0:05:47	LIBERTY SEGUROS
1142	372	VET-A-M	204	NUNO LOURENÇO	1:00:16	0:29:48	0:27:30	0:59:13	0:05:55	
1143	477	SEN-M	238	JOÃO RIBEIRO	1:00:18	0:29:50	0:26:43	0:59:18	0:05:55	
1144	784	VET-C-M	441	EBERHARD AXEL WILHELM	1:00:18	0:29:50	0:27:10	0:59:04	0:05:54	
1145	462	VET-B-M	244	LUIS NEVES	1:00:21	0:29:53	0:27:24	0:59:07	0:05:54	ACOREANA CLUBE BANIF
1146	475	VET-B-M	245	NELSON CABAÇO	1:00:21	0:29:53	0:26:55	0:59:02	0:05:54	ACOREANA CLUBE BANIF
1147	1391	VET-B-M	246	SERGIO JERONIMO DIAS	1:00:23	0:29:55	0:27:34	0:59:51	0:05:59	BRAIN TUMOR TEAM
1148	1367	VET-A-M	205	RICARDO CALDEIRA	1:00:29	0:30:01	0:27:01	1:00:09	0:06:00	CASA DO PESSOAL DO IVA
1149	1817	SEN-M	239	FERNANDO GOMES	1:00:30	0:30:02	0:27:52	0:59:10	0:05:55	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
1150	1201	VET-C-M	442	JOAO CARVALHO	1:00:33	0:30:05	0:28:00	1:00:16	0:06:01	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1151	1116	VET-C-M	443	PAULO COSTA	1:00:36	0:30:08	0:27:39	0:59:14	0:05:55	SFUAP
1152	1117	VET-C-M	444	MARIO ALVES	1:00:36	0:30:08	0:27:39	0:59:13	0:05:55	SFUAP
1153	487	VET-C-M	445	ANTÔNIO SANCHES	1:00:37	0:30:09	0:28:19	0:58:52	0:05:53	GD BANCO BPI
1154	1206	VET-C-M	446	BART SCHOENMAKERS	1:00:39	0:30:11	0:28:15	0:59:30	0:05:57	GD INE
1155	1887	VET-A-M	206	PEDRO FURTADO	1:00:40	0:30:12	0:28:16	0:58:53	0:05:53	
1156	358	VET-B-M	247	PEDRO CAMPOS D'OLIVEIRA	1:00:42	0:30:14	0:26:37	0:59:41	0:05:58	
1157	264	VET-B-M	248	MARCOS MADEIRA	1:00:45	0:30:16	0:28:09	1:00:27	0:06:02	
1158	750	VET-C-M	447	ALBERTINO SEMEDO	1:00:49	0:30:21	0:27:25	0:59:07	0:05:54	SS CGD
1159	1309	SEN-M	240	BRUNO CABRAL	1:00:51	0:30:23	0:30:15	0:59:04	0:05:54	TIVOLI
1160	566	VET-C-M	448	MARCOS LEONARDO	1:00:51	0:30:23	0:26:33	0:59:18	0:05:55	BANCO ALIMENTAR
1161	1153	VET-B-M	249	JOEL COELHO	1:00:54	0:30:26	0:28:07	0:59:12	0:05:55	OS PAPOILAS SALTITANTES
1162	1304	VET-B-M	250	LUIS RODRIGUES	1:00:55	0:30:27	0:30:12	0:59:05	0:05:54	TIVOLI
1163	1042	VET-C-M	449	JOSÉ PIMENTEL	1:00:56	0:30:28	0:27:39	1:00:24	0:06:02	BRAIN TUMOR TEAM
1164	778	VET-B-M	251	LOURENZO MARQUES	1:00:57	0:30:29	0:27:33	1:00:23	0:06:02	
1165	1280	VET-A-M	207	NUNO ALMEIDA DIAS	1:01:02	0:30:34	0:27:33	0:58:50	0:05:53	
1166	1071	VET-C-M	450	MARCOS ALMEIDA DIAS	1:01:02	0:30:34	0:27:32	0:58:50	0:05:53	
1167	1816	VET-B-M	252	CARLOS MENEZES	1:01:05	0:30:36	0:27:52	0:59:44	0:05:58	SOCIEDADE FILARMONICA RECREATIVA ARTISTI
1168	1577	VET-A-M	208	NUNO PIRES DA SILVA	1:01:13	0:30:45	0:26:23	0:58:57	0:05:53	
1169	160	VET-C-M	451	ANTONIO ALVES	1:01:15	0:30:47	0:27:54	1:01:01	0:06:06	BANCO ALIMENTAR
1170	943	VET-C-M	452	VITOR DUARTE	1:01:15	0:30:47	0:26:57	1:00:32	0:06:03	
1171	92	VET-C-M	453	ANTÔNIO NASCIMENTO	1:01:18	0:30:50	0:27:38	0:59:57	0:05:59	GPCTIN CASA DA MOEDA
1172	810	VET-C-M	454	MANUEL BRÁS	1:01:18	0:30:50	0:27:52	0:59:16	0:05:55	SS CGD
1173	367	VET-C-M	455	ANTÔNIO BILA	1:01:19	0:30:51	0:28:08	0:59:39	0:05:57	
1174	257	VET-C-M	456	ILÍDIO MONTEIRO	1:01:20	0:30:52	0:28:30	1:00:03	0:06:00	
1175	696	VET-C-M	457	JOAO JOSE CRUZ CUNHA	1:01:24	0:30:56	0:28:03	0:59:55	0:05:59	CLUBE MILLENIUM BCP
1176	400	SEN-M	241	JOÃO MARTINS	1:01:24	0:30:56	0:28:04	0:59:56	0:05:59	G D C BANCO DE PORTUGAL
1177	31	VET-C-M	458	PEDRO BARROS	1:01:25	0:30:57	0:28:01	1:00:57	0:06:05	
1178	503	VET-C-M	459	JOSE PIRES	1:01:27	0:30:59	0:27:54	0:59:28	0:05:56	CCDTMETROLX
1179	1194	VET-A-M	209	GUERRA	1:01:34	0:31:06	0:27:59	0:59:41	0:05:58	BANCO ALIMENTAR
1180	772	VET-C-M	460	HENRIQUE DOS SANTOS VILHENA	1:01:34	0:31:06	0:29:10	0:59:24	0:05:56	
1181	915	SEN-M	242	TIAGO RICARDO	1:01:38	0:31:10	0:28:22	0:59:58	0:05:59	BANCO ALIMENTAR
1182	198	VET-A-M	210	JOAO VENES	1:01:38	0:31:10	0:29:52	1:01:38	0:06:09	
1183	910	VET-B-M	253	FILIPPE SAMPAIO	1:01:39	0:31:11	0:28:22	0:59:59	0:05:59	BANCO ALIMENTAR
1184	1875	VET-C-M	461	LUIS MIRA	1:01:43	0:31:15	0:28:13	1:00:49	0:06:04	
1185	703	VET-C-M	462	LEONEL COSTA FERREIRINHA	1:01:43	0:31:15	0:28:52	1:00:58	0:06:05	CLUBE MILLENIUM BCP
1186	1831	VET-C-M	463	JOAQUIM CORREIA	1:01:50	0:31:22	0:27:32	1:01:07	0:06:06	SPORT LISBOA E CAMPOLIDE
1187	163	VET-C-M	464	LUIS SANTOS	1:01:52	0:31:24	0:27:15	1:00:24	0:06:02	BANCO ALIMENTAR
1188	951	VET-C-M	465	FERNANDO SILVEIRO	1:01:56	0:31:28	0:27:50	1:00:13	0:06:01	FC ESTRELAS LISBOA
1189	469	VET-A-M	211	HUGO FIALHO	1:01:57	0:31:29	0:27:55	1:01:06	0:06:06	CORRER LISBOA
1190	1188	VET-B-M	254	MARCO SIMÕES SANTOS	1:02:02	0:31:34	0:27:34	1:01:51	0:06:11	CORRER EPAL
1191	1611	VET-A-M	212	RICARDO ROSA	1:02:05	0:31:37	0:27:58	1:00:00	0:06:00	
1192	709	VET-A-M	213	PEDRO MIGUEL ESTEVES FERNANDES	1:02:12	0:31:44	0:28:58	1:00:20	0:06:02	CLUBE MILLENIUM BCP
1193	89	VET-C-M	466	JOÃO VEIGA	1:02:14	0:31:46	0:28:04	1:01:40	0:06:10	
1194	460	VET-C-M	467	ANTÔNIO JORGE	1:02:21	0:31:53	0:28:09	1:01:49	0:06:10	ACOREANA CLUBE BANIF
1195	1397	SEN-M	243	PEDRO BATISTA	1:02:23	0:31:55	0:27:07	1:01:53	0:06:11	BRAIN TUMOR TEAM
1196	824	VET-A-M	214	RICARDO MARTINS	1:02:26	0:31:58	0:28:40	1:01:48	0:06:10	
1197	45	VET-C-M	468	JOHNNY THOMASSEN	1:02:33	0:32:05	0:28:09	1:01:30	0:06:09	
1198	339	VET-C-M	469	JOSE SANTOS	1:02:38	0:32:10	0:28:40	1:00:30	0:06:03	
1199	1187	VET-C-M	470	ABEL ALMEIDA LUIS	1:02:43	0:32:15	0:29:44	1:01:39	0:06:09	CORRER EPAL
1200	1306	SEN-M	244	FLAVIO COELHO	1:02:45	0:32:16	0:26:16	1:01:00	0:06:06	TIVOLI



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1201	1173	SEN-M	245	PEDRO BAPTISTA	1:02:46	0:32:18	0:28:01	1:01:23	0:06:08	CASA DA DIZIMA
1202	1453	VET-B-M	255	NUNO AMEIXIAL	1:02:47	0:32:19	0:28:48	1:01:23	0:06:08	
1203	1489	SEN-M	246	GUILHERME MARTINS	1:02:49	0:32:21	0:26:20	1:01:52	0:06:11	HAPPY RUNNERS
1204	550	VET-C-M	471	CÉU NEVES	1:02:50	0:32:22	0:29:20	1:01:50	0:06:11	
1205	1373	VET-C-M	472	PEDRO JÚLIO	1:02:51	0:32:23	0:28:24	1:01:36	0:06:09	LEBRES E TARTARUGAS
1206	989	VET-C-M	473	FREDERICO SOUSA	1:02:53	0:32:25	0:28:39	1:01:41	0:06:10	LEBRES E TARTARUGAS
1207	1023	VET-C-M	474	RUI EUZÉBIO	1:02:56	0:32:28	0:28:40	1:01:36	0:06:09	
1208	967	SEN-M	247	RODRIGO RODRIGUES	1:02:56	0:32:28	0:26:22	1:00:38	0:06:03	MAIANGA CALLING
1209	144	SEN-M	248	PAULO JORGE GONÇALVES RODRIGUES	1:02:59	0:32:31	0:27:39	1:02:10	0:06:13	
1210	913	SEN-M	249	MIGUEL FRADE	1:03:00	0:32:32	0:28:23	1:01:21	0:06:08	BANCO ALIMENTAR
1211	202	VET-C-M	475	JORGE MANUEL N. FONSECA MENDES BAPTISTA	1:03:00	0:32:32	0:29:12	1:01:23	0:06:08	
1212	364	SEN-M	250	MÁRIO ANGELO	1:03:06	0:32:38	0:28:10	1:01:24	0:06:08	BANCO ALIMENTAR
1213	619	SEN-M	251	MIGUEL LEAL	1:03:08	0:32:39	0:28:37	1:02:00	0:06:12	
1214	1608	VET-C-M	476	JORGE PEREZ	1:03:09	0:32:41	0:30:02	1:02:40	0:06:16	
1215	763	VET-A-M	215	SÉRGIO CASTRO	1:03:17	0:32:49	0:27:46	1:02:39	0:06:15	PERNAS DE GAFANHOTO
1216	1267	SEN-M	252	ANTONIO LOBAO TELES	1:03:18	0:32:50	0:29:39	1:01:09	0:06:06	
1217	1134	SEN-M	253	ÁLVARO DE ALMEIDA DE ECA	1:03:30	0:33:02	0:28:00	1:02:36	0:06:15	
1218	904	SEN-M	254	ANDRÉ SILVA	1:03:43	0:33:15	0:28:40	1:01:52	0:06:11	OS CARACOIS FURIOSOS
1219	903	VET-B-M	256	RENATO VIEIRA	1:03:44	0:33:15	0:28:43	1:01:55	0:06:11	OS CARACOIS FURIOSOS
1220	11	VET-C-M	477	ARTUR DINIS	1:03:44	0:33:16	0:30:03	1:03:10	0:06:19	ALGYMNS
1221	598	VET-C-M	478	CARLOS MANUEL PENA	1:03:49	0:33:21	0:28:48	1:02:20	0:06:14	BANCO ALIMENTAR
1222	328	SEN-M	255	TIAGO ALMEIDA	1:03:51	0:33:22	0:27:22	1:01:47	0:06:10	
1223	336	VET-A-M	216	JORGE LOURENÇO	1:03:53	0:33:25	0:28:43	1:02:34	0:06:15	
1224	627	VET-C-M	479	LUÍS ANTUNES	1:03:59	0:33:31	0:28:46	1:02:28	0:06:14	GRUPO ATLETAS MONSANTO
1225	302	VET-C-M	480	JOÃO DARIO COUTINHO SOTTO MAYOR	1:04:00	0:33:32	0:30:35	1:03:40	0:06:22	
1226	1537	VET-A-M	217	TIAGO DIAS	1:04:01	0:33:33	0:29:21	1:02:37	0:06:15	
1227	1326	VET-C-M	481	DINIS SILVA	1:04:09	0:33:41	0:28:56	1:02:49	0:06:16	
1228	82	VET-C-M	482	JOÃO CARDOSO	1:04:11	0:33:43	0:28:20	1:03:23	0:06:20	
1229	223	VET-C-M	483	FERNANDO FILIPE	1:04:15	0:33:47	0:29:02	1:03:04	0:06:18	CLUBE DO NOVO BANCO
1230	129	VET-B-M	257	RICARDO NEGRÃO	1:04:15	0:33:47	0:28:43	1:02:10	0:06:13	
1231	1307	VET-A-M	218	ADELINO GUILHERME	1:04:16	0:33:48	0:28:40	1:02:29	0:06:14	TIVOLI
1232	104	VET-C-M	484	RUI PEDRO SANTOS	1:04:17	0:33:49	0:28:44	1:02:12	0:06:13	
1233	567	VET-C-M	485	ALBANO DA SILVA FURTADO GINJA	1:04:20	0:33:52	0:29:14	1:03:19	0:06:19	
1234	568	VET-C-M	486	ANTÓNIO BATISTA NUNES (INVISUAL)	1:04:20	0:33:52	0:29:14	1:03:19	0:06:19	
1235	801	VET-B-M	258	ANELIDE PEREIRA	1:04:21	0:33:53	0:28:05	1:03:45	0:06:22	
1236	1137	SEN-M	256	MAURO JOSÉ PATUSCO MACHADO	1:04:23	0:33:55	0:29:12	1:03:00	0:06:18	
1237	1389	VET-B-M	259	JOÃO SILVA	1:04:30	0:34:02	0:30:31	1:02:37	0:06:15	OS FOGUETES
1238	648	VET-A-M	219	GLEYSSON FELIX	1:04:41	0:34:13	0:28:13	1:04:05	0:06:24	
1239	662	VET-A-M	220	FERNANDO FERNANDES	1:04:48	0:34:20	0:28:54	1:02:55	0:06:17	PI-LINHA RUNNERS
1240	187	VET-A-M	221	RUI MANUEL DIAS	1:04:48	0:34:20	0:29:16	1:02:56	0:06:17	PI-LINHA RUNNERS
1241	189	VET-B-M	260	MIGUEL PEREIRA	1:04:49	0:34:20	0:29:16	1:02:56	0:06:17	PI-LINHA RUNNERS
1242	190	VET-B-M	261	LUIS REIS	1:04:49	0:34:21	0:28:57	1:02:55	0:06:17	PI-LINHA RUNNERS
1243	288	VET-B-M	262	JOAQUIM DIAS	1:04:49	0:34:21	0:28:54	1:02:56	0:06:17	PI-LINHA RUNNERS
1244	188	VET-B-M	263	ARTUR DENOMINATO	1:04:50	0:34:22	0:29:16	1:02:57	0:06:17	PI-LINHA RUNNERS
1245	119	VET-A-M	222	VITOR CARDOSO	1:04:56	0:34:28	0:29:50	1:03:11	0:06:19	GPCTIN CASA DA MOEDA
1246	1202	VET-B-M	264	ÁLVARO GONÇALVES	1:04:59	0:34:31	0:30:16	1:03:01	0:06:18	
1247	318	VET-C-M	487	ANTÓNIO ABRANTES	1:05:01	0:34:33	0:29:02	1:03:12	0:06:19	BANCO ALIMENTAR
1248	1069	VET-A-M	223	PAULO LUIS PEREIRA BRANDÃO DE SOUSA MATO	1:05:02	0:34:34	0:29:24	1:04:39	0:06:27	
1249	1574	VET-B-M	265	ANDRÉ SIMÕES	1:05:04	0:34:36	0:30:23	1:04:32	0:06:27	BANCOALIMENTARGPNATAL
1250	1046	VET-A-M	224	MIGUEL CRUZ	1:05:05	0:34:37	0:26:47	1:03:48	0:06:22	MOVET





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Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1251	708	VET-C-M	488	RODOLFO JORGE DE CASTANHEIRA LIMA	1:05:10	0:34:42	0:28:31	1:03:26	0:06:20	CLUBE MILLENIUM BCP
1252	168	VET-A-M	225	FILIPE COSTA	1:05:22	0:34:54	0:29:47	1:03:56	0:06:23	BANCO ALIMENTAR
1253	1600	VET-C-M	489	RUI MANUEL DUARTE MELO SILVA	1:05:25	0:34:57	0:26:50	1:04:26	0:06:26	
1254	1514	VET-C-M	490	ANTÓNIO MANUEL REIS CARVALHO	1:05:36	0:35:08	0:29:12	1:05:03	0:06:30	BRAIN TUMOR TEAM
1255	1632	VET-A-M	226	RICARDO NUNO MARTINS SILVA PEREIRA	1:05:36	0:35:08	0:29:50	1:04:13	0:06:25	
1256	91	VET-C-M	491	ANTÓNIO GASPAS	1:05:41	0:35:13	0:28:51	1:04:21	0:06:26	GPCTIN CASA DA MOEDA
1257	1370	SEN-M	257	PEDRO ANTUNES	1:05:43	0:35:15	0:28:28	1:04:33	0:06:27	LEBRES E TARTARUGAS
1258	1684	VET-C-M	492	LINO GOMES	1:05:46	0:35:18	0:28:08	1:03:42	0:06:22	CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA
1259	1308	SEN-M	258	FRANCISCO SOUSA	1:05:48	0:35:20	0:30:31	1:04:00	0:06:24	TIVOLI
1260	933	VET-C-M	493	PAULO FRANCA	1:05:50	0:35:22	0:28:34	1:04:00	0:06:24	GDCT UNICRE
1261	932	VET-C-M	494	PAULO DUARTE	1:05:51	0:35:22	0:28:34	1:04:00	0:06:24	GDCT UNICRE
1262	1404	VET-A-M	227	JOÃO VAZ	1:05:53	0:35:25	0:31:19	1:05:25	0:06:32	FALCOES SELVAGENS
1263	657	VET-C-M	495	JOSÉ RODRIGUES	1:05:54	0:35:26	0:30:27	1:05:09	0:06:30	CLUBE ROBBIALAC
1264	484	VET-C-M	496	ALBERTO SANTOS	1:06:02	0:35:34	0:28:52	1:04:16	0:06:25	GD BANCO BPI
1265	899	VET-C-M	497	PAULO JORGE GODINHO	1:06:02	0:35:34	0:28:53	1:04:17	0:06:25	GD BANCO BPI
1266	713	SEN-M	259	DAVID MIGUEL FERREIRA JORGE	1:06:07	0:35:38	0:30:21	1:05:02	0:06:30	CLUBE MILLENIUM BCP
1267	712	VET-C-M	498	ANTONIO MANUEL BRAS JORGE	1:06:07	0:35:39	0:30:20	1:05:02	0:06:30	CLUBE MILLENIUM BCP
1268	1690	SEN-M	260	RICARDO GENTIL	1:06:16	0:35:48	0:30:10	1:04:58	0:06:29	CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA
1269	99	VET-B-M	266	MIGUEL FRAGA	1:06:19	0:35:51	0:29:13	1:04:58	0:06:29	GPCTIN CASA DA MOEDA
1270	545	SEN-M	261	FRANCISCO AZEVEDO	1:06:22	0:35:54	0:30:06	1:04:10	0:06:25	
1271	1507	VET-C-M	499	CARLOS BARREIRAS	1:06:22	0:35:54	0:30:57	1:06:12	0:06:37	
1272	968	VET-C-M	500	RUI JORGE RISCADO SANTOS	1:06:26	0:35:58	0:28:56	1:05:50	0:06:35	WEST RUNNERS
1273	953	VET-A-M	228	PEDRO MARTINS	1:06:35	0:36:07	0:29:13	1:04:44	0:06:28	FC ESTRELAS LISBOA
1274	1079	SEN-M	262	DIOGO ROSA	1:06:41	0:36:13	0:35:26	1:06:41	0:06:40	SAMSUNG
1275	488	VET-B-M	267	PEDRO BARRELA	1:06:50	0:36:22	0:30:35	1:05:38	0:06:33	GD BANCO BPI
1276	1493	VET-C-M	501	JOSE ANTONIO CAPUCHO GODINHO	1:06:58	0:36:30	0:30:58	1:05:12	0:06:31	
1277	1250	VET-A-M	229	PAULO MARQUES	1:06:59	0:36:31	0:30:49	1:06:18	0:06:37	
1278	402	VET-C-M	502	RUI T. HENRIQUES	1:07:35	0:37:07	0:31:05	1:06:55	0:06:41	ADRC MATA DE BENFICA
1279	496	VET-C-M	503	ALBERTO MARTINHO	1:07:48	0:37:20	0:30:01	1:05:50	0:06:35	CCDTMETROLX
1280	1496	VET-C-M	504	FRANCISCO MOUCHINHO	1:07:49	0:37:21	0:31:28	1:07:14	0:06:43	ACADEMIA DO LUMIAR
1281	413	VET-C-M	505	ANTONIO SANTOS	1:07:51	0:37:23	0:31:15	1:05:44	0:06:34	1 DESAFIO
1282	916	VET-C-M	506	JOSÉ SILVA	1:07:58	0:37:30	0:31:09	1:05:40	0:06:34	POUCOS POR MUITOS
1283	596	VET-C-M	507	JOAQUIM MANUEL VARELA ABEGÃO	1:08:05	0:37:37	0:30:12	1:07:27	0:06:44	
1284	1853	VET-A-M	230	LUIS CABAÇA	1:08:11	0:37:43	0:30:44	1:07:07	0:06:42	
1285	60	VET-C-M	508	MARIO PIRES	1:08:11	0:37:43	0:32:46	1:06:47	0:06:40	
1286	918	SEN-M	263	RICARDO CÂNDIDO	1:08:27	0:37:59	0:30:40	1:06:08	0:06:36	POUCOS POR MUITOS
1287	658	VET-B-M	268	MIGUEL SILVA	1:08:29	0:38:01	0:30:26	1:07:42	0:06:46	CLUBE ROBBIALAC
1288	304	VET-C-M	509	CARLOS PINTO DE ABREU	1:08:38	0:38:10	0:30:32	1:08:13	0:06:49	CLUBE DO STRESS
1289	965	VET-A-M	231	LUIS FORTES	1:08:38	0:38:10	0:36:06	1:08:38	0:06:51	THE LAST ONES
1290	1064	SEN-M	264	HUGO VALENTE	1:08:47	0:38:19	0:29:34	1:06:50	0:06:41	EVC RUNNING TEAM
1291	167	SEN-M	265	FABIO ALVES	1:08:53	0:38:25	0:32:38	1:07:56	0:06:47	BANCO ALIMENTAR
1292	511	VET-C-M	510	CARLOS ALBERTO TEIXEIRA	1:08:54	0:38:26	0:30:47	1:07:05	0:06:42	
1293	1488	VET-C-M	511	PAULO PINTO	1:08:54	0:38:26	0:30:06	1:07:58	0:06:47	HAPPY RUNNERS
1294	1860	VET-C-M	512	JOAO A T GOMES	1:08:54	0:38:26	0:30:28	1:07:00	0:06:42	LIBERTY SEGUROS
1295	1256	VET-C-M	513	ANTÓNIO PAULO SOARES OLIVEIRA NOGUEIRA	1:09:05	0:38:36	0:31:01	1:08:03	0:06:48	
1296	296	VET-C-M	514	JOAO NOGUEIRA	1:09:13	0:38:45	0:29:48	1:07:49	0:06:46	
1297	890	VET-C-M	515	NUNO LOUREIRO	1:09:23	0:38:55	0:27:49	1:08:55	0:06:53	FALCOES SELVAGENS
1298	1619	VET-C-M	516	RUI OLIVEIRA	1:09:23	0:38:55	0:31:20	1:08:56	0:06:53	FALCOES SELVAGENS
1299	1526	VET-C-M	517	RUI CARVALHO	1:09:26	0:38:58	0:31:19	1:07:14	0:06:43	
1300	1433	VET-C-M	518	FERNANDO ALLEN	1:09:36	0:39:08	0:32:18	1:07:23	0:06:44	



## G. P. Natal - 10km - CLASSIFICAÇÃO MASCULINA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1301	26	VET-C-M	519	ANTÓNIO MARQUES	1:09:37	0:39:09	0:30:17	1:08:32	0:06:51	
1302	957	VET-A-M	232	PEDRO CARVALHO	1:09:41	0:39:13	0:30:44	1:07:50	0:06:47	FC ESTRELAS LISBOA
1303	901	VET-B-M	269	CARLOS CAPELO	1:09:50	0:39:22	0:31:17	1:08:01	0:06:48	OS CARACOIS FURIOSOS
1304	790	VET-C-M	520	JOAO GRAÇA	1:10:46	0:40:18	0:32:55	1:08:31	0:06:51	NUCLEO DESPORTIVO AUTOCOOPE
1305	793	VET-C-M	521	JUVENAL MOREIRA	1:10:47	0:40:19	0:32:55	1:08:32	0:06:51	NUCLEO DESPORTIVO AUTOCOOPE
1306	792	VET-B-M	270	SERGIO BORGES	1:10:47	0:40:19	0:35:10	1:10:47	0:07:04	NUCLEO DESPORTIVO AUTOCOOPE
1307	351	VET-C-M	522	ANTÓNIO CAIADO	1:10:52	0:40:24	0:31:58	1:08:53	0:06:53	
1308	1303	VET-C-M	523	EDI PIRES	1:11:06	0:40:38	0:30:30	1:09:16	0:06:55	TIVOLI
1309	926	SEN-M	266	JOSÉ RATINHO	1:11:39	0:41:11	0:33:01	1:09:29	0:06:56	
1310	766	VET-C-M	524	LUÍS FILIPE LAMEIRA PINTO	1:11:43	0:41:15	0:32:41	1:09:51	0:06:59	PINTOS
1311	1044	SEN-M	267	JOÃO GUERRA	1:11:53	0:41:25	0:31:59	1:10:04	0:07:00	
1312	1651	SEN-M	268	PEDRO ALMEIDA	1:12:26	0:41:58	0:32:02	1:11:02	0:07:06	
1313	1128	VET-C-M	525	CARLOS BANDEIJAS	1:12:29	0:42:01	0:32:23	1:10:33	0:07:03	VILA FRIA/JG SEGUROS
1314	1258	VET-A-M	233	HUGO FERREIRA	1:12:39	0:42:11	0:30:58	1:10:25	0:07:02	
1315	1603	VET-C-M	526	MÁRIO VINHAS	1:13:04	0:42:36	0:35:13	1:10:47	0:07:04	
1316	226	VET-C-M	527	LUÍÁ CAETANO	1:13:16	0:42:48	0:32:22	1:11:47	0:07:10	CLUBE DO NOVO BANCO
1317	1135	SEN-M	269	VITOR SILVA	1:13:18	0:42:50	0:32:54	1:12:25	0:07:14	
1318	702	VET-C-M	528	JOSE EDUARDO GASPAR ARRUDA	1:13:19	0:42:51	0:34:32	1:11:31	0:07:09	CLUBE MILLENIUM BCP
1319	701	VET-C-M	529	FOCK YIOT WAN CHIU	1:13:20	0:42:52	0:34:32	1:11:32	0:07:09	CLUBE MILLENIUM BCP
1320	1179	VET-C-M	530	FRANCISCO BERNARDO	1:14:12	0:43:44	0:34:09	1:12:11	0:07:13	AFO
1321	670	VET-C-M	531	PAULO HERMENEGILDO CORREIA PAIS	1:14:12	0:43:44	0:33:43	1:14:01	0:07:24	CLUBE MILLENIUM BCP
1322	676	VET-C-M	532	RUI MANUEL SANTOS GARCIA	1:14:39	0:44:11	0:33:48	1:12:51	0:07:17	CLUBE MILLENIUM BCP
1323	1366	VET-C-M	533	LUDGERO CALDEIRA	1:15:30	0:45:02	0:36:29	1:15:15	0:07:31	CASA DO PESSOAL DO IVA
1324	535	VET-A-M	234	FRANCISCO JOSÉ GALÃO BERNARDO	1:17:03	0:46:35	0:34:11	1:14:57	0:07:29	
1325	921	SEN-M	270	FILIPE SILVA	1:18:08	0:47:39	0:31:09	1:15:48	0:07:34	POUCOS POR MUITOS
1326	920	SEN-M	271	NELSON SOBREDA	1:18:08	0:47:40	0:31:09	1:15:48	0:07:34	POUCOS POR MUITOS
1327	556	SEN-M	272	ANGELO RIBEIRO	1:20:13	0:49:45	0:33:44	1:18:25	0:07:50	



## CLASSIFICAÇÃO EQUIPAS FEMININOS

Posição	Equipa	Pontos
1	<b>BANCO ALIMENTAR</b> ANA COELHO - 11° CARLA MENDES - 48° ANDREIA COSTA - 49° MONICA MATOS - 55°	163
2	<b>SS CGD</b> VANESSA ROCHA - 29° PEDRO ALMEIDA - 30° SILVIA NEIVA - 39° CATARINA MARTINS - 93°	191
3	<b>LINDA-A-PASTORA SPORTING CLUBE</b> SUSANA CUNHA - 2° ALICE MACHADO - 42° PATRICIA SANTOS - 79° PALMIRA RODRIGUES - 80°	203
4	<b>ACOREANA CLUBE BANIF</b> ALEXANDRA ALVES - 6° ISABEL MATIAS - 19° PAULA SIMÕES - 36° CLAUDIA TAM - 154°	215
5	<b>CLUBE DO NOVO BANCO</b> PAULA JACOB - 26° SUSANA MOTA - 56° ANA BERNARDES - 68° ANA AZEVEDO - 77°	227
6	<b>VALEJAS ATLETICO CLUBE</b> KCÉNIA BOUGROVA - 8° ALEXANDRINA SANDRA BARROS - 15° SUSANA GOMES - 141° Mª JOÃO FRANCO - 142°	306
7	<b>CASA DO BENFICA DE ALGUEIRAO M</b> SHIN ISABELA PIRES - 20° NATALIA MARCHEVA - 82° MARIA MARQUES - 123° ANA MARTINS - 129°	354
8	<b>CLUBE MILLENIUM BCP</b> ANDREIA SOFIA SERRA ROQUE COSTA - 87° DULCE MARIA SILVA NOGUEIRA RAMOS - 91° PATRICIA ALEXANDRA CASTANHEIRA DINIS - 138° MARIA TERESA ALVES ANTUNES JANELA - 197°	513
9	<b>CORRER LISBOA</b> CÁTIA SOFIA NASCIMENTO - 28° ANA SOFIA CORREIA - 132° CARLA RAPOSO - 173° SUSANA AMORIM - 185°	518
10	<b>SERVICOS SOCIAIS MONTEPIO</b> LILIANA RODRIGUES - 59° RUTE MORNA - 122° RITA GONÇALVES - 163° ANA FILIPA CANELHAS - 214°	558
11	<b>BRAIN TUMOR TEAM</b> SARA VALADARES - 101° TERESA MORENO - 124° SUSANA FIGUEIREDO - 174° GILDA ROCHA - 181°	580
12	<b>GD INE</b> CÁTIA PEDRO - 86° SOFIA RIBEIRO - 143° ELSA SOARES - 153° DANIELA OLIVEIRA - 198°	580
13	<b>TARTARUGAS SOLIDARIAS</b> CÉLIA FRANCISCO - 110° EMILIA JANELA - 216° ANDREIA SOFIA - 299° JULIETA SANTOS - 308°	933



## CLASSIFICAÇÃO EQUIPAS MASCULINOS

Posição	Equipa	Pontos
1	<b>GRUPO DESPORTIVO RECREATIVO REBOLEIRA</b> JOÃO VIEIRA - 7º BRUNO FRAGA - 8º LUIS GINJA - 11º NUNO ROMÃO - 12º	38
2	<b>CLUBE ATLETISMO ODIMARQ</b> JOAO CAETANO - 4º JOSE GASPAR - 5º LUIS BATISTA - 14º PEDRO ARSENIO - 23º	46
3	<b>LINDA-A-PASTORA SPORTING CLUBE</b> PEDRO CONCEIÇÃO - 9º JOÃO CALDEIRA - 29º JOSÉ FELIX - 48º JOSÉ GIL - 49º	135
4	<b>CBTRI</b> WENDEL CRUZ - 27º GUILHERME NOGUEIRA - 31º NATAN SANTOS - 36º LUIS OLIVEIRA - 63º	157
5	<b>SOCIEDADE FILARMONICA RECREATIVA ARTISTICA DA AMADORA</b> MIGUEL MENDES - 41º NUNO PRECIDADO - 46º CARLOS FERNANDES - 60º JOSÉ MORGADO - 122º	269
6	<b>SPORTING CLUBE DA REBOLEIRA DAMAIA</b> MARCO ANTÓNIO VEIGA PINTO - 40º LUIS MIGUEL PEREIRA PINTO - 73º PEDRO MANUEL VAZ SEMEDO - 85º PAULO JORGE SIMÕES DA SILVA CARVALHO - 90º	288
7	<b>CLUBE ATLETICO DAS PATAMEIRAS</b> JOSÉ DIAS DA SILVA - 33º JOSÉ CORREIA - 51º JOSÉ GEADA - 95º RUI MARTINS - 113º	292
8	<b>INGLESES FUTEBOL CLUBE</b> JOÃO FREIRE - 34º DAVID VILAS - 35º JACINTO NASCIMENTO - 37º JOÃO PEREIRA - 203º	309
9	<b>ASSOC. ESTILOS DE VIDA EM LISBOA</b> JOÃO MANUEL JORGE - 62º JOÃO CÂNDIDO - 100º PAULO HERMEZILHA - 106º NUNO LOURENÇO - 127º	395
10	<b>WERUN PORTUGAL</b> PEDRO MOTA - 64º PEDRO CAVILHAS - 79º ANTÓNIO FIGUEIREDO - 121º JORGE SERRA - 132º	396
11	<b>A NATUREZA ENSINA</b> LUIS ANTUNES - 55º PEDRO BARATA - 109º DAVID ROSA - 112º JOSE FACHADAS - 154º	430
12	<b>G D C BANCO DE PORTUGAL</b> LUÍS RIO - 57º ANTÓNIO SIMÕES - 96º FERNANDO MARTINS - 129º PEDRO MORGADO - 183º	465
13	<b>C.BENFICA ALGUEIRAO M MARTINS</b> HENRIQUE JOANICO - 83º VITOR SILVA - 97º JOÃO PEREIRA - 142º ARTUR OLIVEIRA - 158º	480
14	<b>WWW.OCARTAXEIRO.COM</b> ADOLFO LEAL - 92º RUI FERREIRA - 105º ARLINDO PAIXÃO - 140º FERNANDO GODINHO - 147º	484
15	<b>CLUBE FUTEBOL OS BELENENSES</b> JOÃO VAZ - 10º JOSÉ CUSTÓDIO - 39º NUNO QUEIJA - 226º PAULO BRITO - 283º	558
16	<b>ACOREANA CLUBE BANIF</b> RUI OLIVEIRA - 101º RICARDO ALVES - 130º PAULO MORADIAS - 160º NUNO GAMEIRO - 168º	559
17	<b>CENTRO DESPORTIVO UNIVERSITARIO DE LISBOA</b> VITOR HUGO FERNANDES OLIVEIRA - 26º MIGUEL HEITOR - 104º TIAGO BRITO - 197º HUGO COSTA - 251º	578
18	<b>CORRER LISBOA</b> PAULO LOPES - 76º TIAGO VERMELHO - 117º NUNO FILIPE SILVA - 171º PEDRO SOARES - 220º	584
19	<b>GD INE</b> ANTÓNIO SANTOS - 119º NUNO CORREIA - 156º GONÇALO FERREIRA - 212º FRANCISCO CALDEIRA - 305º	792
20	<b>RAIL RUNNERS</b>	809

	JOÃO PRISAL - 86° PEDRO AFONSO PEREIRA - 102° RUI GERALDES - 248° MANUEL ANTÓNIO - 373°	
21	<b>BANCO ALIMENTAR</b> DIOGO LEITÃO - 162° CARLOS CAETANO - 190° PEDRO LEAL - 237° GERRY SANITZ - 273°	862
22	<b>GRUPO DESPORTIVO SAO DOMINGOS</b> EDMIR PONTES CORREIA - 54° LUIS XAVIER - 163° HERLANDER MARTINS - 265° DANIEL SILVA - 397°	879
23	<b>CÂMARA LISBOA CLUBE</b>	902
24	<b>RB RUNNING</b> CARLOS HENRIQUES - 75° ISIDRO DUARTE - 191° ALBERTO ARAUJO - 258° LUIS MARQUES - 424°	948
25	<b>GPCTIN CASA DA MOEDA</b> RICARDO NEVES - 89° PAULO ALVES - 192° LUIS MACHADO - 318° NUNO SOUSA - 358°	957
26	<b>CLUBE DO NOVO BANCO</b> PEDRO VITOR - 210° PEDRO GABRIEL - 229° HUGO CARAGO - 295° RODRIGO ALMEIDA - 306°	1040
27	<b>ASSOCIACAO DESPORTIVA NUCLEOEIRAS</b> ANTÓNIO R. LOPES - 136° FERNANDO JORGE PAIS POLÓNIO - 235° HELDER HENRIQUES - 322° VITOR MANUEL SANTOS RODRIGUES - 404°	1097
28	<b>SERVICOS SOCIAIS MONTEPIO</b> RUI HENRIQUES - 93° DANIEL FARINHA - 361° RICARDO PINTO SOUSA - 419° JOSÉ GUERREIRO - 445°	1318
29	<b>GRUPO AMIGOS ATLETISMO VFXIRA</b> VITOR NOVAIS - 255° MAURO PIMENTA - 319° BRUNO SILVA - 347° ANTÓNIO RIBEIRO - 398°	1319
30	<b>SS CGD</b> FERNANDO CANDEIAS - 103° PEDRO LUZIO - 247° MIGUEL REIS - 468° NUNO COSTA - 513°	1331
31	<b>CLUBE MILLENIUM BCP</b> TIAGO MANUEL BRANDAO MENDES - 252° LUIS PEDRO VICENTE MONTEIRO - 296° PEDRO MANUEL SILVA ANTUNES CANAS - 370° FERNANDO MANUEL SILVA DE ALMEIDA - 422°	1340
32	<b>SPORT LISBOA E CAMPOLIDE</b> MANUEL MARTINS - 329° MANUEL FONSECA - 342° ALFREDO VALENTE - 343° MARCO COSTA - 385°	1399
33	<b>O PRATICANTE</b> PEDRO MARQUES - 20° CÁTIA SERÓDIO - 266° CARLOS MAGALHÃES - 426° HENRIQUE DIAS - 722°	1434
34	<b>CLUBE COLABORADORES AXA</b> NUNO RICARDO TEIXEIRA - 80° MIGUEL TRUNINGER SOUSA - 293° CARLOS MANUEL VENÂNCIO - 539° PAULO JORGE PAIXÃO - 549°	1461
35	<b>ASS GD ACADEMIA DO KORPO</b> LUÍS PAISANA - 245° JOÃO MONIZ - 280° PEDRO DIAS - 388° PAULO MONIZ - 618°	1531
36	<b>CCDTMETROLX</b> CARLOS NELSON DIAS - 271° ANTONIO PEREIRA - 334° ANGELO SILVA - 442° RUI ARAUJO - 501°	1548
37	<b>KEEP RUNNING</b> JOSÉ PENA - 182° PEDRO DIAS - 209° JOAQUIM VARANDA - 594° JOSÉ NUNES - 595°	1580
38	<b>CASA DO BENFICA DE ALGUEIRAO M</b> AMÉRICO PEREIRA - 22° ALBINO NEIVA - 270° JAIME MAURÍCIO - 403° JOSÉ INOCÊNCIO - 932°	1627
39	<b>NUCLEO DESPORTIVO AUTOCOOPE</b> JOAO CALDAS - 227° TIAGO TELES - 242° ANTONIO ALMEIDA - 512° JOSE DIAS - 654°	1635
40	<b>RESTAURANTE O CARTAXEIRO</b> NUNO ALMEIDA - 198° ANTÓNIO PAZES - 275° PAULO MEIRELES - 473° ANTÓNIO FERNANDES - 745°	1691
41	<b>BRAIN TUMOR TEAM</b> JOÃO FONSECA - 239° JOÃO BRANCO - 393° JOSE CARLOS - 425° ALEXANDRE RAINHA CAMPOS - 667°	1724
42	<b>RUNLOVERS</b> LEONARDO COELHO - 161° LUIS FERREIRA - 366° JOÃO LEITÃO - 538° NUNO MARQUES - 775°	1840
43	<b>GRUPO ATLETAS MONSANTO</b> CARLOS FORTUNATO - 166° CARLOS COELHO - 326° ANTÓNIO INGLÊS - 451° RUI BORGES - 916°	1859

44	<b>GEORUNNERS</b> RUI PEDRO JULIÃO - 316° RUI PIRES - 363° MÁRIO JORGE SILVA - 599° LUÍS AFONSO - 662°	1940
45	<b>OS GALGOS</b> JORGE MARTINHO - 205° EURICO NICO - 250° ROGÉRIO GONÇALVES - 629° ANTÓNIO PINHEIRO - 888°	1972
46	<b>GD BANCO BPI</b> CARLOS CARDOSO - 232° MIGUEL NUNO CHAVES - 573° LUÍS CALHEIROS - 574° VASCO SANTOS - 614°	1993
47	<b>WEST RUNNERS</b> PAULO ALVES - 177° TELMO OLIVEIRA - 563° FRANCISCO SANTOS - 636° JOÃO MENDES - 713°	2089
48	<b>ACADEMIA DO LUMIAR</b> RENATO BOTÃO - 115° FERNANDO SIMÕES - 346° ARTUR BOTAO - 506° FRANCISCO MOUCHINHO - 1280°	2247
49	<b>LEBRES E TARTARUGAS</b> HUGO FERREIRA - 446° CARLOS TEIXEIRA - 464° CARLOS GONÇALVES - 546° JOÃO VALÉRIO - 943°	2399
50	<b>LIBERTY SEGUROS</b> CARLOS REBELO - 461° RICARDO JORGE DE DEUS CATELA - 681° NUNO PAULO VARANDAS CARAMPANTA - 705° NUNO MIGUEL CASTRO MARQUES - 833°	2680
51	<b>VILA FRIA/JG SEGUROS</b> JOSÉ BARRINHA - 81° JOAQUIM SANTOS - 381° JOÃO GOMES - 920° CARLOS BANDEIJAS - 1313°	2695
52	<b>CLUBE ATLETISMO AMIGOS BELEM</b> NUNO SILVA - 45° PAULO LOURINHO - 432° ALBERTO CANO - 1135° GILBERTO GONÇALVES - 1136°	2748
53	<b>SAMSUNG</b> NELSON OLIVEIRA - 230° ADRIANO SANTOS - 778° RUI GOMES - 791° PEDRO CARVALHO - 989°	2788
54	<b>TARTARUGAS SOLIDARIAS</b> VASCO MAGALHÃES - 544° JOSE ESTEVES - 688° RUI VIDEIRA - 703° JOÃO SOUSA - 1031°	2966
55	<b>ETIOPE E QUENIANOS</b> JOÃO CARVALHO - 670° CARLOS OLIVEIRA - 728° VALTER TEIXEIRA - 794° AFONSO PINO - 912°	3104
56	<b>AFO</b> RUI LAPA - 609° DAVID PINHEIRO - 792° MANUEL MARTINHO - 813° PEDRO PEREIRA - 900°	3114
57	<b>FALCOES SELVAGENS</b> MARCOS VAZ - 357° JOSÉ S AUGUSTO - 583° NUNO VAZ - 958° JOÃO VAZ - 1262°	3160
58	<b>PERNAS DE GAFANHOTO</b> ANDRÉ VAZ - 409° NUNO LUCAS - 817° GONÇALO ZAGALO - 818° SÉRGIO CASTRO - 1215°	3259
59	<b>EVC RUNNING TEAM</b> ANDRE MARTINS - 797° JOAO SOUSA - 809° MIGUEL RODRIGUES - 814° DIOGO LOPES MOREIRA - 880°	3300
60	<b>TIVOLI</b> NUNO VARELA - 537° NUNO CLEMENTE - 591° RUI DE SOUSA - 1062° BRUNO CABRAL - 1159°	3349
61	<b>VALADARES</b> NUNO GALVÃO - 772° JOÃO MORADIAS - 873° LUIS COLEHO - 896° JOAQUIM VALADARES - 988°	3529
62	<b>FC ESTRELAS LISBOA</b> SÉRGIO NUNES - 499° NUNO LOPES - 961° CARLOS MACHADO - 1090° FERNANDO SILVEIRO - 1188°	3738
63	<b>HAPPY RUNNERS</b> FRANCISCO ROQUE - 816° NUNO LUFINHA - 857° ROGÉRIO PUGA - 1122° GUILHERME MARTINS - 1203°	3998
64	<b>OS PAPOILAS SALTITANTES</b> RICARDO SOUSA - 770° JOÃO PEDRO VICENTE - 1084° BRUNO SILVA - 1138° JOEL COELHO - 1161°	4153
65	<b>GDCT UNICRE</b> JOSE MILAGRES - 716° CARLOS VIEGAS - 1092° PAULO FRANCA - 1260° PAULO DUARTE - 1261°	4329
66	<b>CLUBE ROBBIALAC</b> RAÚL COSTA - 875° JOSÉ VILELA - 1008° JOSÉ RODRIGUES - 1263° MIGUEL SILVA - 1287°	4433
	<b>POUCOS POR MUITOS</b>	

67	CARLOS MANUEL CARDOSO MACHADO - 983° BERNARDO GOMES DE SOUSA CIRILO - 984° JOSÉ SILVA - 1282° RICARDO CÂNDIDO - 1286°	4535
68	<b>OS CARACOIS FURIOSOS</b> MIGUEL RIBEIRO DA SILVA - 1050° ANDRÉ SILVA - 1218° RENATO VIEIRA - 1219° CARLOS CAPELO - 1303°	4790
69	<b>PI-LINHA RUNNERS</b> FERNANDO FERNANDES - 1239° RUI MANUEL DIAS - 1240° MIGUEL PEREIRA - 1241° LUIS REIS - 1242°	4962