

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
1	NELSON CRUZ	1023	M	SeniorM	1	00:03:37	00:18:05	00:36:58	00:55:27	01:15:57	01:15:57	
2	BRUNO LOURENÇO	966	M	SeniorM	2	00:03:38	00:18:05	00:36:58	00:55:27	01:16:18	01:16:17	Holmes Place Algés - Fit 2 Run
3	RUI RODRIGUES	651	M	SeniorM	3	00:03:51	00:19:42	00:38:26	00:57:49	01:20:50	01:20:50	
4	LUIS GINJA	650	M	V40M	1	00:03:52	00:19:41	00:38:26	00:57:47	01:20:52	01:20:51	
5	JOSE RENDILHEIRO	886	M	V40M	2	00:03:55	00:19:02	00:38:12	00:57:35	01:22:11	01:21:58	Level Runners
6	ANTONIO FIGUEIREDO	661	M	V35M	1	00:04:00	00:19:53	00:39:09	00:59:23	01:23:58	01:23:56	Os Galgos
7	JOSÉ SANTOS	897	M	V45M	1	00:04:00	00:19:52	00:39:07	00:59:22	01:23:58	01:23:55	Os Galgos
8	JOAQUIM PATO	686	M	V45M	2	00:04:01	00:19:32	00:38:51	00:59:20	01:24:15	01:24:09	
9	DAVID JOSE CALADO PEREIRA	1050	M	SeniorM	4	00:04:02	00:19:37	00:38:56	00:59:26	01:24:28	01:24:27	
10	JOSE JULIO DE BRITO	751	M	V40M	3	00:04:02	00:19:04	00:38:24	00:58:43	01:24:39	01:24:39	
11	FILIPE DIAS	583	M	SeniorM	5	00:04:04	00:19:24	00:38:40	00:59:20	01:25:20	01:25:11	
12	CARLOS EDUARDO RAMOS DOS SANTOS LOURENÇO	1049	M	V45M	3	00:04:09	00:20:13	00:40:33	01:01:27	01:26:51	01:26:43	
13	ORLANDO RAMOS	791	M	V40M	4	00:04:12	00:20:52	00:41:33	01:02:23	01:28:00	01:27:51	
14	NUNO	530	M	V35M	2	00:04:15	00:21:17	00:42:25	01:03:24	01:29:10	01:29:07	
15	HELDER FRANCISCO	938	M	V40M	5	00:04:15	00:20:42	00:41:32	01:02:56	01:29:12	01:29:08	
16	JOSE MANUEL GOMES	665	M	V55M	1	00:04:16	00:21:06	00:42:21	01:03:44	01:29:16	01:29:14	
17	TIAGO SILVINO MARTINS RIBEIRO	596	M	SeniorM	6	00:04:16	00:20:45	00:41:41	01:03:27	01:29:17	01:29:13	
18	HUGO MIGUEL SOUSA	1061	M	V40M	6	00:04:16	00:21:29	00:42:28	01:03:08	01:29:18	01:29:18	
19	CARLOS MANUEL ALVES CAETANO	515	M	V40M	7	00:04:16	00:20:12	00:41:16	01:02:55	01:29:35	01:29:35	
20	PEDRO MIGUEL TEIXEIRA SOARES	696	M	V40M	8	00:04:18	00:21:02	00:42:14	01:03:35	01:29:59	01:29:49	
21	JOSÉ SANTOS	809	M	V45M	4	00:04:18	00:21:49	00:42:35	01:03:41	01:29:59	01:29:40	Amigos Atl. Charneca Caparica
22	EDUARDO MIGUEL CARDOSO LOPES	1034	M	V40M	9	00:04:18	00:21:13	00:42:17	01:03:37	01:30:07	01:29:55	99provasgratuitas team
23	CARLOS MANUEL GALEGO RUXA	761	M	SeniorM	7	00:04:19	00:21:31	00:43:06	01:04:40	01:30:22	01:30:13	
24	JAIME LAMEGO	770	M	V55M	2	00:04:19	00:21:23	00:42:29	01:03:59	01:30:23	01:30:23	CA Amigos Parque da Paz
25	DAVID LOPES	949	M	SeniorM	8	00:04:20	00:21:34	00:43:14	01:05:22	01:30:56	01:30:52	
26	ABIGAIL SANTANA	933	F	SeniorF	1	00:04:21	00:20:33	00:41:39	01:03:31	01:31:18	01:31:18	
27	ANTÓNIO VILELA	727	M	V45M	5	00:04:23	00:21:33	00:43:14	01:04:58	01:31:49	01:31:48	
28	LUIZ MANUEL RICARDO MONSANTO	605	M	V50M	1	00:04:23	00:21:28	00:43:11	01:04:59	01:31:49	01:31:47	
29	ANTONIO MARQUES	854	M	V50M	2	00:04:23	00:21:20	00:43:05	01:04:57	01:32:00	01:31:52	Clube de Praças da Armada
30	CARLOS MANUEL SADIO BRANCO	1048	M	V35M	3	00:04:24	00:21:18	00:42:23	01:04:17	01:32:18	01:32:10	
31	NUNO SOARES	672	M	V35M	4	00:04:24	00:21:06	00:42:13	01:04:14	01:32:22	01:32:21	
32	RUI MARTINS	912	M	V35M	5	00:04:25	00:21:31	00:43:16	01:05:25	01:32:29	01:32:26	SS CGD
33	MÁRIO LOURENÇO	852	M	V50M	3	00:04:25	00:21:35	00:43:16	01:05:11	01:32:30	01:32:26	Clube de Praças da Armada
34	PAULO PINTO	1027	M	V40M	10	00:04:25	00:21:27	00:43:09	01:05:16	01:32:34	01:32:24	Amigos do Parque da Paz.
35	ANDRE CID	563	M	V40M	11	00:04:25	00:22:00	00:43:58	01:05:59	01:32:37	01:32:28	
36	NÉLSON LOPES	937	M	V35M	6	00:04:25	00:21:09	00:42:33	01:04:39	01:32:40	01:32:31	
37	JOAO FERREIRA	522	M	SeniorM	9	00:04:28	00:20:54	00:42:34	01:04:57	01:33:31	01:33:27	
38	VITOR JORGE	850	M	V55M	3	00:04:28	00:21:57	00:44:00	01:06:10	01:33:41	01:33:37	Clube Atletismo Amigos Belém
39	PEDRO LOPES	871	M	V45M	6	00:04:28	00:22:07	00:44:01	01:06:05	01:33:42	01:33:37	Clube Pedro Pessoa Escola Atl.
40	VALENTIM HERINQUES	1039	M	V45M	7	00:04:29	00:21:34	00:43:16	01:05:23	01:33:51	01:33:47	
41	ANTONIO JOSE RODRIGUES ALVES INACIO	930	M	V45M	8	00:04:30	00:22:34	00:45:04	01:07:12	01:34:12	01:33:58	
42	PAULO SANTOS	820	M	V50M	4	00:04:30	00:22:39	00:44:25	01:06:48	01:34:12	01:33:49	Amigos Atl. Charneca Caparica

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
43	RODRIGO COSTA	726	M	V50M	5	00:04:30	00:21:28	00:43:20	01:05:45	01:34:19	01:34:19	
44	LAURA GRILO	873	F	SeniorF	2	00:04:31	00:21:22	00:43:05	01:05:13	01:34:31	01:34:17	Clube Pedro Pessoa Escola Atl.
45	MARCO FILIPE DA SILVA GONÇALVES DE MELO	1055	M	V35M	7	00:04:31	00:21:23	00:43:05	01:05:14	01:34:31	01:34:18	Scalabis Night Runners
46	PEDRO SERRA	917	M	SeniorM	10	00:04:31	00:20:33	00:41:43	01:05:02	01:34:49	01:34:49	Tartarugas Solidárias
47	PAULO NOLASCO RODRIGUES	943	M	V40M	12	00:04:32	00:21:35	00:43:22	01:05:59	01:34:55	01:34:54	
48	NÉLIO JOSÉ RAMOS FREIXO	803	M	SeniorM	11	00:04:32	00:22:05	00:44:21	01:06:47	01:35:00	01:34:55	
49	LUIS SIMOES	564	M	V40M	13	00:04:32	00:21:39	00:44:04	01:07:00	01:35:07	01:35:05	
50	JOSÉ CIPRIANO HILÁRIO CARDOSO	546	M	V55M	4	00:04:34	00:22:27	00:44:53	01:07:51	01:35:40	01:35:29	
51	CARLOS LIMA	784	M	V45M	9	00:04:34	00:22:46	00:45:07	01:07:42	01:35:47	01:35:35	CA Amigos Parque da Paz
52	CARLOS ARSÉNIO SALVATERRA DOS SANTOS	797	M	V40M	14	00:04:34	00:21:32	00:44:24	01:07:41	01:35:49	01:35:45	
53	GONÇALO RODRIGO PINTO CARDOSO	730	M	V45M	10	00:04:34	00:22:05	00:44:13	01:06:42	01:35:52	01:35:40	
54	RUI MACHINHO	964	M	V40M	15	00:04:35	00:21:35	00:44:03	01:07:17	01:36:04	01:35:59	GD SANTANDERTOTTA
55	ALBERTO CHAIÇA	790	M	V40M	16	00:04:35	00:20:45	00:42:59	01:05:54	01:36:11	01:36:11	Serrado FC Atletismo
56	PAULO MARQUES	883	M	V40M	17	00:04:36	00:21:35	00:44:03	01:07:59	01:36:26	01:36:24	GOIRunners
57	ARMANDO DIAS	895	M	V50M	6	00:04:36	00:22:11	00:45:04	01:08:35	01:36:26	01:36:24	Os Galgos
58	RODNALD VICENTE DOS SANTOS	957	M	V35M	8	00:04:37	00:21:55	00:44:15	01:08:11	01:36:57	01:36:45	Ciclística
59	MARIO	898	M	V40M	18	00:04:37	00:23:03	00:46:02	01:08:54	01:36:57	01:36:55	Os Galgos
60	NUNO MIGUEL CORTES SIMÃO FRADIQUE	1056	M	V40M	19	00:04:38	00:22:44	00:45:32	01:08:49	01:37:14	01:37:02	Scalabis Night Runners
61	ANTÓNIO BATALHA	635	M	V60M	1	00:04:38	00:22:54	00:45:46	01:09:04	01:37:14	01:37:12	
62	ANTONIO CASACA	656	M	V55M	5	00:04:39	00:23:05	00:46:17	01:09:42	01:37:19	01:37:16	
63	INÊS MARQUES	1036	F	V40F	1	00:04:39	00:22:21	00:44:57	01:08:37	01:37:20	01:37:08	99provasgratuitas team
64	FERNANDO ROSETE	521	M	V45M	11	00:04:39	00:21:34	00:44:40	01:08:19	01:37:22	01:37:17	
65	JOSE MANUEL GOMES FERREIRA	664	M	V50M	7	00:04:39	00:21:54	00:44:47	01:08:38	01:37:31	01:37:31	
66	FLÁVIO VIEIRA CARVALHO DE FIGUEIREDO	945	M	SeniorM	12	00:04:40	00:21:44	00:44:40	01:07:45	01:37:40	01:37:31	
67	RITA RIBEIRO	947	F	SeniorF	3	00:04:40	00:22:59	00:46:20	01:09:35	01:37:42	01:37:32	
68	VASCO TAVARES	643	M	V40M	20	00:04:40	00:22:58	00:46:20	01:09:35	01:37:42	01:37:33	
69	SILVINO SANTOS ANTUNES	892	M	V60M	2	00:04:40	00:22:46	00:45:45	01:09:04	01:37:58	01:37:56	MonteK
70	BRUNO CARVALHO	582	M	V35M	9	00:04:41	00:21:54	00:45:04	01:08:48	01:38:05	01:38:03	
71	JOAQUIM MADEIRA	955	M	V40M	21	00:04:41	00:21:55	00:44:14	01:08:11	01:38:05	01:37:53	Ciclística
72	NUNO LUIS CARVALHO JOSÉ	584	M	V40M	22	00:04:41	00:22:08	00:45:09	01:08:47	01:38:21	01:38:19	
73	JOAO MELO BANDEIRA	666	M	V45M	12	00:04:42	00:21:57	00:45:02	01:08:47	01:38:30	01:38:28	
74	DANIEL MOTA	561	M	V40M	23	00:04:42	00:21:56	00:45:02	01:08:45	01:38:30	01:38:27	
75	ANTONIO PEDRO COSTA	870	M	V40M	24	00:04:44	00:23:52	00:47:29	01:11:22	01:39:15	01:39:04	Clube Pedro Pessoa Escola Atl.
76	GONÇALO RODRIGUES	896	M	V35M	10	00:04:45	00:23:03	00:46:27	01:10:10	01:39:29	01:39:26	Os Galgos
77	JOÃO OLIVEIRA	756	M	SeniorM	13	00:04:45	00:24:22	00:48:41	01:11:57	01:39:33	01:39:22	
78	FERNANDO SOUSA	655	M	V55M	6	00:04:46	00:22:53	00:46:37	01:10:45	01:39:48	01:39:47	
79	LUIS MANUEL MENDES MONTEIRO	565	M	V45M	13	00:04:46	00:21:33	00:43:33	01:08:12	01:40:00	01:39:59	
80	SEM DADOS	1028	M	SeniorM	14	00:04:46	00:24:11	00:48:09	01:11:56	01:40:02	01:39:43	
81	GIL DOMINGOS	811	M	SeniorM	15	00:04:47	00:22:32	00:46:05	01:10:13	01:40:21	01:40:07	Amigos Atl. Charneca Caparica
82	PEDRO TEIXEIRA	1016	M	V40M	25	00:04:47	00:24:22	00:48:11	01:11:27	01:40:21	01:40:07	BOL
83	TIAGO MORAIS	812	M	SeniorM	16	00:04:47	00:22:35	00:46:06	01:10:11	01:40:23	01:40:10	Amigos Atl. Charneca Caparica
84	CARLOS MARTINS	869	M	V50M	8	00:04:47	00:23:46	00:47:19	01:11:18	01:40:26	01:40:16	Clube Pedro Pessoa Escola Atl.

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
85	JOSÉ CARLOS SOEIRO MOREIRA	697	M	V40M	26	00:04:48	00:22:05	00:45:06	01:09:50	01:40:30	01:40:25	
86	EDGAR NOVO	752	M	SeniorM	17	00:04:49	00:21:53	00:45:07	01:09:42	01:40:52	01:40:49	
87	CARLOS CERDEIRA	505	M	V35M	11	00:04:49	00:22:12	00:44:49	01:08:42	01:40:53	01:40:31	
88	ÂNGELO CANETO	734	M	SeniorM	18	00:04:49	00:23:41	00:47:22	01:11:47	01:41:05	01:40:47	
89	MÁRIO RUI SIMÕES	684	M	V40M	27	00:04:50	00:23:05	00:46:29	01:10:31	01:41:11	01:41:08	
90	PEDRO SANTOS VICENTE	714	M	V40M	28	00:04:50	00:24:19	00:48:12	01:11:52	01:41:12	01:41:07	
91	JAVIER BERMEJO	1062	M	SeniorM	19	00:04:50	00:23:27	00:46:14	01:09:09	01:41:13	01:41:09	LastLap España
92	BRUNO FERNANDO PIEDADE	653	M	V45M	14	00:04:50	00:23:26	00:47:21	01:11:32	01:41:17	01:41:15	
93	PAULO COSTA	615	M	V55M	7	00:04:50	00:23:59	00:48:00	01:12:08	01:41:21	01:41:09	
94	JOSÉ CENTÚRIO	641	M	V45M	15	00:04:50	00:21:47	00:45:55	01:10:55	01:41:27	01:41:18	
95	RICARDO NUNO	1014	M	V40M	29	00:04:51	00:24:20	00:48:16	01:12:01	01:41:47	01:41:32	BOL
96	PEDRO MIGUEL ROCHA TRALHAO	649	M	SeniorM	20	00:04:52	00:21:57	00:43:42	01:07:27	01:42:09	01:41:57	
97	RUI FARIA	901	M	V40M	30	00:04:52	00:24:31	00:48:13	01:12:12	01:42:12	01:41:40	RUN 4 FUN
98	BRUNO LOUREIRO	638	M	SeniorM	21	00:04:53	00:23:19	00:47:29	01:11:39	01:42:20	01:42:10	
99	LUÍS FILIPE DA COSTA CARVALHO	709	M	SeniorM	22	00:04:53	00:22:07	00:45:46	01:10:34	01:42:28	01:42:18	
100	MANUEL VALENÇA	1017	M	V35M	12	00:04:53	00:24:22	00:48:20	01:13:04	01:42:29	01:42:15	
101	RUBEN COSTA	550	M	V35M	13	00:04:53	00:22:33	00:47:11	01:11:47	01:42:33	01:42:28	
102	PAULO HENRIQUES	874	M	V40M	31	00:04:54	00:23:42	00:48:00	01:12:08	01:42:36	01:42:25	Familia Henriques
103	JOÃO BATISTA	879	M	V60M	3	00:04:54	00:23:58	00:47:40	01:11:45	01:42:41	01:42:23	Gangue das 06:10
104	BRUNO BRAZAO	1009	M	V35M	14	00:04:54	00:23:49	00:48:02	01:12:50	01:42:42	01:42:30	Ciclística
105	JORGE PAULO	799	M	V35M	15	00:04:54	00:23:57	00:48:16	01:13:05	01:42:42	01:42:30	
106	BRUNO ROCHA	556	M	SeniorM	23	00:04:54	00:23:24	00:47:04	01:11:45	01:42:43	01:42:39	
107	JUSTINIANO FRANCISCO DA SILVA	590	M	V50M	9	00:04:54	00:22:59	00:47:28	01:12:32	01:42:47	01:42:47	
108	SÉRGIO MESQUITA	909	M	V35M	16	00:04:54	00:23:56	00:48:15	01:13:03	01:42:51	01:42:37	Serrado FC Atletismo
109	NELSON FERNANDES	687	M	V35M	17	00:04:55	00:22:34	00:44:55	01:09:58	01:43:01	01:42:49	
110	VITOR SILVA	572	M	V50M	10	00:04:55	00:24:31	00:48:41	01:13:03	01:43:01	01:42:32	
111	ANDRE COSTAL	560	M	V40M	32	00:04:55	00:24:27	00:48:29	01:12:57	01:43:04	01:43:02	
112	AMAVEL FIGUEIREDO	831	M	V55M	8	00:04:55	00:24:29	00:48:50	01:13:20	01:43:13	01:42:56	C.C.D.Autarquias Almada
113	JOSE SERRANO	785	M	V45M	16	00:04:55	00:24:41	00:49:08	01:14:15	01:43:14	01:42:54	CA Amigos Parque da Paz
114	ANTÓNIO BARBOSA	851	M	V55M	9	00:04:56	00:22:57	00:46:35	01:11:41	01:43:24	01:43:11	Clube de Praças da Armada
115	NUNO LOPES	566	M	V35M	18	00:04:56	00:23:26	00:47:34	01:11:52	01:43:27	01:43:24	
116	NUNO SABINO	916	M	V35M	19	00:04:56	00:23:59	00:48:02	01:12:19	01:43:33	01:43:17	TAC-TRANQUILDADE AÇOREANA CLUB
117	CARLOS BRUNO GRADE	626	M	V40M	33	00:04:56	00:24:00	00:48:05	01:12:21	01:43:33	01:43:17	
118	PAULO SOARES PEREIRA	558	M	V50M	11	00:04:57	00:24:20	00:49:20	01:14:13	01:43:41	01:43:39	
119	JOÃO SARAIVA MARTINS	675	M	V60M	4	00:04:58	00:23:23	00:47:27	01:12:02	01:44:01	01:43:54	
120	ANDRE FILIPE PEREIRA PINHO	1013	M	SeniorM	24	00:04:58	00:24:35	00:49:10	01:14:21	01:44:02	01:43:47	Aquafitness
121	EDMUNDO BATISTA	798	M	V40M	34	00:04:58	00:23:26	00:48:06	01:12:58	01:44:07	01:43:58	
122	GUSTAVO SILVA ÉVORA	1035	M	V50M	12	00:04:58	00:24:50	00:49:52	01:15:18	01:44:16	01:44:08	99provasgratuitas team
123	PEDRO CARAMBA	733	M	V40M	35	00:04:58	00:23:42	00:47:24	01:11:52	01:44:16	01:43:59	
124	ALEXANDRA MACHADO	646	F	V35F	1	00:04:58	00:23:57	00:48:34	01:13:47	01:44:17	01:44:13	
125	LUIS MIGUEL SOUSA GIL CALDEIRA	553	M	V45M	17	00:04:58	00:24:44	00:48:59	01:13:54	01:44:18	01:44:15	
126	JOÃO MELO	913	M	SeniorM	25	00:04:59	00:24:44	00:49:49	01:14:30	01:44:20	01:44:16	TAC-TRANQUILDADE AÇOREANA CLUB

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
127	FERNANDO JORGE LOPES ANTUNES RIBEIRO	690	M	V50M	13	00:04:59	00:24:44	00:49:49	01:14:30	01:44:20	01:44:16	
128	JORGE MANUEL SANTOS BARROS	1038	M	V35M	20	00:04:59	00:24:19	00:48:38	01:13:12	01:44:24	01:44:17	99provasgratuitas team
129	PAULO NUNO PIRES	810	M	V50M	14	00:04:59	00:24:40	00:49:08	01:14:16	01:44:26	01:44:06	Amigos Atl. Charneca Caparica
130	PEDRO MIGUEL TEIXEIRA FRIAS	671	M	V35M	21	00:04:59	00:24:58	00:49:46	01:14:32	01:44:31	01:44:22	
131	CARLOS COELHO	832	M	V55M	10	00:04:59	00:24:34	00:49:07	01:13:57	01:44:32	01:44:15	C.C.D.Autarquias Almada
132	HELDER MARTINS	946	M	V40M	36	00:05:00	00:23:28	00:47:59	01:13:13	01:44:40	01:44:36	
133	JORGE PRAZERES	1025	M	V40M	37	00:05:00	00:25:03	00:49:40	01:14:19	01:44:49	01:44:29	Amigos do Parque da Paz.
134	FILIPE PINTO	961	M	SeniorM	26	00:05:00	00:22:58	00:47:24	01:13:22	01:44:54	01:44:38	GD SANTANDERTOTTA
135	NUNO VENES	941	M	V40M	38	00:05:01	00:24:13	00:48:29	01:13:49	01:45:08	01:45:04	
136	CARLOS MATOS	739	M	V55M	11	00:05:01	00:24:39	00:49:15	01:14:23	01:45:08	01:44:58	
137	NUNO GOMES	783	M	V45M	18	00:05:01	00:24:50	00:49:36	01:14:16	01:45:10	01:44:47	CA Amigos Parque da Paz
138	LUIS SANCHES	533	M	V35M	22	00:05:01	00:23:45	00:48:45	01:13:54	01:45:19	01:45:15	
139	MIGUEL SAN-PAYO	606	M	V55M	12	00:05:02	00:25:19	00:49:56	01:14:36	01:45:28	01:45:22	
140	JOSÉ RODRIGUES	591	M	V55M	13	00:05:02	00:23:26	00:47:41	01:13:00	01:45:35	01:45:35	
141	FERNANDO ALCIDES	1029	M	V50M	15	00:05:03	00:24:34	00:49:10	01:14:25	01:45:55	01:45:39	Amigos do Parque da Paz.
142	PAULO MACHADO	543	M	SeniorM	27	00:05:03	00:25:02	00:49:46	01:14:25	01:45:59	01:45:45	
143	RICARDO CORREIA	954	M	V35M	23	00:05:03	00:23:52	00:48:14	01:13:19	01:46:00	01:45:47	Ciclística
144	NUNO MADEIRA	944	M	V45M	19	00:05:04	00:24:30	00:49:44	01:14:57	01:46:11	01:46:03	
145	MARCO ANTÓNIO PIRES	520	M	SeniorM	28	00:05:05	00:25:13	00:50:26	01:15:48	01:46:45	01:46:35	
146	LUÍS PESTANA	640	M	V45M	20	00:05:06	00:25:31	00:50:49	01:16:01	01:46:49	01:46:29	
147	MÁRIO RUI C. BENTO	827	M	V40M	39	00:05:06	00:24:56	00:50:15	01:15:40	01:46:54	01:46:36	Amigos Atl. Charneca Caparica
148	HELDER GODINHO	936	M	V40M	40	00:05:06	00:25:39	00:50:14	01:15:22	01:47:01	01:46:35	
149	INÉS CASTELO	662	F	SeniorF	4	00:05:06	00:24:30	00:49:48	01:15:44	01:47:04	01:47:01	
150	PEDRO FILIPE MOREIRA DIAS	509	M	SeniorM	29	00:05:06	00:24:31	00:49:48	01:15:44	01:47:04	01:47:01	
151	CARLOS ALBERTO ROSA FERREIRA	603	M	V55M	14	00:05:07	00:24:47	00:49:31	01:14:47	01:47:09	01:47:03	
152	BRUNO MIGUEL VIEGAS CARVALHO	699	M	SeniorM	30	00:05:07	00:23:58	00:49:13	01:15:11	01:47:12	01:47:00	
153	VALTER RODRIGUES	951	M	SeniorM	31	00:05:07	00:24:29	00:49:48	01:14:33	01:47:14	01:47:01	Ciclística
154	NELSON COLAÇO	802	M	V40M	41	00:05:07	00:23:35	00:48:17	01:14:41	01:47:15	01:47:12	
155	FRANCISCO RODRIGUES	735	M	V55M	15	00:05:08	00:25:14	00:49:52	01:14:41	01:47:36	01:47:27	
156	ANDRÉ MIGUEL GONÇALVES DE OLIVEIRA SÉRGIO ANTÓNIO	745	M	V35M	24	00:05:08	00:24:28	00:49:11	01:15:19	01:47:41	01:47:34	
157	ANDRE FILIPE PINTO DA FONSECA	654	M	SeniorM	32	00:05:08	00:25:32	00:50:49	01:16:37	01:47:42	01:47:16	
158	JORGE PAULO	580	M	V55M	16	00:05:08	00:25:12	00:50:22	01:16:41	01:47:43	01:47:37	
159	JOÃO LOURENÇO	843	M	V50M	16	00:05:09	00:22:48	00:46:29	01:11:30	01:47:54	01:47:41	CASA BENFICA SEIXAL
160	FRANCISCO CURTINHA	857	M	V55M	17	00:05:09	00:26:01	00:51:12	01:16:52	01:47:55	01:47:35	Clube do Sargento da Armada
161	PAULO LOURINHO	847	M	V45M	21	00:05:09	00:25:40	00:51:04	01:16:47	01:47:55	01:47:30	Clube Atletismo Amigos Belém
162	PEDRO COELHO	931	M	V40M	42	00:05:09	00:23:27	00:48:21	01:14:45	01:47:57	01:47:52	
163	EDUARDO TAVARES	786	M	V40M	43	00:05:09	00:25:04	00:50:13	01:15:53	01:48:08	01:47:48	CA Amigos Parque da Paz
164	GONÇALO PATRICIO	618	M	V35M	25	00:05:10	00:24:29	00:49:43	01:15:03	01:48:18	01:48:14	
165	ANTÓNIO GROU	776	M	V40M	44	00:05:10	00:24:37	00:49:43	01:15:25	01:48:29	01:48:18	
166	RICARDO SILVA	741	M	V35M	26	00:05:11	00:24:07	00:50:40	01:17:34	01:48:40	01:48:32	
167	RUI CORREIA	817	M	V40M	45	00:05:11	00:24:57	00:50:31	01:17:15	01:48:47	01:48:30	Amigos Atl. Charneca Caparica
168	JOÃO BOGALHEIRO	622	M	V45M	22	00:05:11	00:24:57	00:50:20	01:16:29	01:48:51	01:48:48	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
169	JOÃO PASSEIRO	795	M	V50M	17	00:05:12	00:25:07	00:49:42	01:14:56	01:48:59	01:48:40	
170	ALDINA MARQUES	581	F	V45F	1	00:05:13	00:23:57	00:49:23	01:15:46	01:49:16	01:49:12	Os Galgos
171	TIAGO OLIVEIRA	828	M	SeniorM	33	00:05:14	00:24:27	00:49:37	01:15:43	01:49:35	01:49:11	azebeus
172	PEDRO NUNO RAPOSO MIRANDA	502	M	SeniorM	34	00:05:15	00:24:57	00:51:23	01:18:07	01:49:59	01:49:42	
173	JOSÉ MANUEL MARQUES BATISTA	592	M	V45M	23	00:05:15	00:25:11	00:50:18	01:15:54	01:50:00	01:49:44	
174	JOÃO PAULO NUNES DE CARVALHO	1037	M	V45M	24	00:05:15	00:24:50	00:49:54	01:15:56	01:50:04	01:49:58	99provasgratuitas team
175	JOAQUIM CONDEÇA	644	M	V40M	46	00:05:15	00:26:11	00:52:16	01:18:16	01:50:12	01:49:56	
176	ANTONIO CASAS NOVAS	722	M	V35M	27	00:05:16	00:25:34	00:51:22	01:17:33	01:50:17	01:49:53	
177	AFONSO PERALTA	647	M	SeniorM	35	00:05:16	00:25:28	00:50:51	01:16:38	01:50:25	01:50:00	
178	JOSÉ HENRIQUE SILVA	1060	M	V45M	25	00:05:16	00:26:26	00:52:42	01:18:49	01:50:33	01:50:08	
179	DE ALMEIDA	927	M	V55M	18	00:05:17	00:25:07	00:51:08	01:18:04	01:50:37	01:50:19	VIA3Runners
180	HELIO RICARDO RESENDES MOTA	691	M	V35M	28	00:05:17	00:25:11	00:51:21	01:18:24	01:50:45	01:50:35	
181	ROGERIO MACHADO	732	M	V35M	29	00:05:19	00:24:43	00:50:53	01:17:24	01:51:25	01:51:20	
182	RODRIGO MORAIS	1015	M	V35M	30	00:05:19	00:26:29	00:52:50	01:19:27	01:51:27	01:51:12	BOL
183	JOÃO RAMOS	934	M	V40M	47	00:05:19	00:25:03	00:50:49	01:17:41	01:51:29	01:51:25	
184	JOSÉ MONTEIRO	685	M	V60M	5	00:05:19	00:26:36	00:51:57	01:18:10	01:51:32	01:51:21	
185	RUI MARQUES	657	M	V40M	48	00:05:19	00:25:40	00:51:54	01:18:23	01:51:34	01:51:17	
186	MANUEL ROMANO	1031	M	V50M	18	00:05:19	00:27:06	00:53:20	01:18:57	01:51:34	01:51:16	RUN 4 FUN
187	VITOR MANUEL BATISTA FERREIRA CRUZ	659	M	V40M	49	00:05:19	00:25:15	00:50:09	01:16:14	01:51:35	01:51:12	
188	JOÃO VEIGA	1010	M	SeniorM	36	00:05:19	00:23:34	00:48:48	01:15:04	01:51:36	01:51:26	
189	ALZIRA SOBRAL	822	F	V55F	1	00:05:19	00:25:10	00:50:40	01:17:24	01:51:36	01:51:26	Amigos Atl. Charneca Caparica
190	PAULO ESPANHOL	612	M	V45M	26	00:05:19	00:24:34	00:49:42	01:15:47	01:51:38	01:51:24	
191	TIAGO SANTOS PEREIRA	604	M	V45M	27	00:05:20	00:24:18	00:49:52	01:17:54	01:51:40	01:51:34	
192	HENRIQUE NARCISO	536	M	V50M	19	00:05:20	00:23:52	00:48:58	01:15:23	01:51:47	01:51:43	
193	TIAGO SILVA	720	M	V35M	31	00:05:20	00:25:57	00:51:46	01:17:59	01:51:59	01:51:40	
194	NUNO CRUZ	549	M	V35M	32	00:05:20	00:27:09	00:54:49	01:21:43	01:52:00	01:51:54	
195	VITOR COSTA	511	M	V35M	33	00:05:20	00:26:09	00:53:15	01:20:00	01:52:00	01:51:45	
196	NUNO SOBRAL	965	M	V40M	50	00:05:21	00:25:26	00:51:09	01:17:41	01:52:06	01:51:50	GD SANTANDERTOTTA
197	RUTE MATOS	551	F	V45F	2	00:05:21	00:25:11	00:51:15	01:18:28	01:52:06	01:51:57	
198	ANDRÉ JÚDICE	600	M	SeniorM	37	00:05:21	00:25:53	00:51:56	01:18:35	01:52:20	01:51:53	
199	CLAUDIO OLIVEIRA	611	M	V35M	34	00:05:22	00:25:34	00:50:46	01:17:32	01:52:27	01:52:04	
200	EDUARDO LUÍS ALVES FERREIRA	681	M	V40M	51	00:05:22	00:28:59	00:58:19	01:18:19	01:52:39	01:52:09	
201	HELDER RIBEIRO	624	M	V40M	52	00:05:23	00:24:22	00:50:26	01:18:20	01:52:45	01:52:42	
202	PAULO NUNES	632	M	V35M	35	00:05:23	00:26:02	00:52:38	01:19:28	01:52:52	01:52:29	
203	JOÃO FRAGOSO	804	M	V40M	53	00:05:24	00:24:58	00:50:07	01:18:05	01:53:12	01:53:05	2Fast4You
204	DIOGO RAMIRO VALERIO SANTANA	544	M	V55M	19	00:05:24	00:25:03	00:50:23	01:17:04	01:53:15	01:53:07	
205	NUNO BORGES PEREIRA	792	M	V40M	54	00:05:24	00:25:53	00:52:33	01:19:09	01:53:19	01:53:09	
206	PATRÍCIA LOURENÇO	881	F	V35F	2	00:05:25	00:26:03	00:52:43	01:19:31	01:53:38	01:53:37	GO!Runners
207	GERMANO BERNARDO	717	M	V60M	6	00:05:25	00:28:28	00:54:27	01:20:54	01:53:38	01:53:31	
208	PAULO REVÉS	823	M	V45M	28	00:05:25	00:26:49	00:54:21	01:21:55	01:53:44	01:53:33	Amigos Atl. Charneca Caparica
209	ANA RODRIGUES	839	F	SeniorF	5	00:05:25	00:26:59	00:54:19	01:21:41	01:53:45	01:53:20	Casa Benfica Charneca Caparica
210	CARLOS MANUEL MARTINS	567	M	V40M	55	00:05:26	00:27:43	00:54:40	01:21:29	01:53:54	01:53:31	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
211	HENRIQUE ALVAREDO	861	M	V55M	20	00:05:26	00:26:38	00:53:07	01:20:12	01:53:58	01:53:39	Clube do Sargento da Armada
212	SERGIO MIGUEL GONÇALVES MARTINS	579	M	V40M	56	00:05:26	00:25:58	00:53:05	01:20:19	01:54:05	01:53:55	
213	PAULO RODRIGUES	788	M	V40M	57	00:05:27	00:28:08	00:55:47	01:23:53	01:54:08	01:53:42	CA Amigos Parque da Paz
214	EURICO DURÃO	702	M	V60M	7	00:05:27	00:25:47	00:51:42	01:19:35	01:54:08	01:53:52	
215	ALEXANDRE JORGE	629	M	V35M	36	00:05:27	00:25:01	00:50:23	01:16:58	01:54:10	01:53:57	
216	CARLOS MANUEL PINTO	894	M	V35M	37	00:05:27	00:24:25	00:51:04	01:18:53	01:54:21	01:54:20	MonteK
217	RUI TIAGO BALTAZAR COELHO	525	M	SeniorM	38	00:05:27	00:26:09	00:53:15	01:20:01	01:54:23	01:54:08	
218	GONÇALO OLIVEIRA	766	M	V35M	38	00:05:27	00:25:38	00:51:25	01:18:49	01:54:26	01:54:12	Serrado FC Atletismo
219	SONIA SARO	510	F	SeniorF	6	00:05:28	00:25:57	00:52:41	01:20:42	01:54:29	01:54:17	
220	RITA NOVO	911	F	V40F	2	00:05:28	00:25:25	00:51:22	01:19:31	01:54:32	01:54:16	Serrado FC Atletismo
221	PEDRO MANUEL COSTA LOPES	910	M	V40M	58	00:05:28	00:25:26	00:51:22	01:19:31	01:54:32	01:54:16	Serrado FC Atletismo
222	TERESA FIGUEIREDO	683	F	V40F	3	00:05:29	00:26:01	00:53:48	01:22:14	01:54:50	01:54:45	
223	LUIS CARLOS SOARES DOS SANTOS	905	M	V40M	59	00:05:29	00:27:09	00:54:26	01:21:24	01:54:54	01:54:39	Runásticos
224	JORGE FILIPE	682	M	V50M	20	00:05:29	00:26:01	00:53:52	01:22:15	01:55:06	01:55:00	
225	DÁRIO LIMA	648	M	V35M	39	00:05:30	00:28:37	00:55:27	01:22:30	01:55:10	01:54:47	
226	KRISTINA RASTENYTE	663	F	SeniorF	7	00:05:30	00:27:17	00:54:57	01:22:35	01:55:13	01:54:47	
227	CLAUDIO FERREIRA	523	M	V40M	60	00:05:30	00:27:25	00:55:04	01:22:44	01:55:14	01:54:53	
228	ANTÓNIO CORREIA	719	M	V50M	21	00:05:30	00:25:43	00:52:21	01:20:12	01:55:15	01:54:55	
229	RUI MANUEL PACHECO DUARTE	724	M	V55M	21	00:05:30	00:25:50	00:53:24	01:21:41	01:55:25	01:55:18	
230	ANTÓNIO PIMPÃO	777	M	V45M	29	00:05:30	00:26:11	00:53:18	01:21:03	01:55:25	01:55:09	
231	MIGUEL JOSÉ DE ASSUNÇÃO DOS REIS	744	M	V40M	61	00:05:31	00:27:03	00:54:00	01:21:23	01:55:45	01:55:24	
232	VITOR PAULO	554	M	V40M	62	00:05:31	00:26:14	00:53:24	01:21:41	01:55:50	01:55:44	
233	JOSÉ GARRIDO	772	M	V55M	22	00:05:32	00:27:17	00:54:23	01:22:47	01:55:54	01:55:41	CA Amigos Parque da Paz
234	ANTÓNIA DA SILVA GAMA JORDÃO	1012	F	V35F	3	00:05:33	00:26:51	00:53:58	01:21:54	01:56:22	01:56:10	Aquafitness
235	SANDRA OLIVEIRA	969	F	V35F	4	00:05:33	00:26:51	00:53:57	01:21:53	01:56:23	01:56:09	Mais Que Cuidar Running
236	FERNANDO FAVINHA	704	M	V50M	22	00:05:33	00:25:46	00:53:12	01:21:21	01:56:28	01:56:20	
237	ANDRE BESELGA	794	M	SeniorM	39	00:05:34	00:24:17	00:49:49	01:17:59	01:56:43	01:56:29	
238	ANTÓNIO SOBRAL	821	M	V55M	23	00:05:34	00:26:41	00:54:12	01:22:39	01:56:46	01:56:27	Amigos Atl. Charneca Caparica
239	RUI GUERREIRO	968	M	V40M	63	00:05:34	00:24:11	00:49:29	01:15:42	01:56:47	01:56:42	Holmes Place Algés - Fit 2 Run
240	CARLOS GOMES DA PALMA	769	M	V60M	8	00:05:35	00:28:14	00:55:50	01:23:22	01:56:58	01:56:46	CA Amigos Parque da Paz
241	JOSE CASTRO	848	M	V55M	24	00:05:35	00:28:08	00:55:47	01:23:55	01:56:59	01:56:33	Clube Atletismo Amigos Belém
242	ALFREDO FALCÃO	902	M	V50M	23	00:05:35	00:26:05	00:52:46	01:20:34	01:57:02	01:56:57	RUN 4 FUN
243	AUGUSTO REBOLA	718	M	V45M	30	00:05:35	00:27:59	00:55:30	01:23:02	01:57:15	01:56:50	
244	LUÍS CARLOS SILVA	557	M	SeniorM	40	00:05:36	00:25:38	00:53:08	01:21:09	01:57:22	01:57:14	
245	JOÃO LIMA	808	M	V55M	25	00:05:36	00:26:40	00:54:31	01:22:33	01:57:27	01:57:19	4 ao Km
246	PEDRO AC CARVALHO	500	M	V40M	64	00:05:36	00:26:31	00:54:19	01:22:23	01:57:27	01:57:10	
247	FERNANDO MIGUEL HIPÓLITO CARVALHÃO	513	M	V35M	40	00:05:37	00:24:49	00:50:59	01:18:45	01:57:44	01:57:36	
248	PEDRO MARTINS	1040	M	SeniorM	41	00:05:37	00:27:14	00:53:51	01:22:11	01:57:47	01:57:20	
249	CARLOS MARTINS	1041	M	SeniorM	42	00:05:37	00:27:15	00:55:01	01:23:50	01:57:47	01:57:21	
250	JOSUE PEREIRA	587	M	V45M	31	00:05:38	00:28:03	00:56:04	01:24:10	01:58:06	01:57:55	
251	BRUNO GOUVEIA	789	M	SeniorM	43	00:05:38	00:28:09	00:55:48	01:23:56	01:58:06	01:57:41	CA Amigos Parque da Paz
252	JÚLIO CASTRO	849	M	V55M	26	00:05:38	00:28:09	00:55:48	01:23:56	01:58:07	01:57:42	Clube Atletismo Amigos Belém

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
253	JOAO MANUEL DANTAS DE ALMEIDA	516	M	V35M	41	00:05:38	00:26:56	00:54:27	01:23:18	01:58:11	01:58:07	
254	MANUEL GALHARDAS	593	M	V35M	42	00:05:38	00:26:56	00:54:29	01:23:18	01:58:12	01:58:08	
255	LUIS PRAIA DE SOUSA	716	M	SeniorM	44	00:05:39	00:25:33	00:52:55	01:22:09	01:58:25	01:58:16	
256	RICARDO ANDRÉ GÍRIO DE CARVALHO	723	M	SeniorM	45	00:05:39	00:27:09	00:55:43	01:23:52	01:58:36	01:58:22	
257	CARLOS MANUEL DAS DORES JESUS	715	M	V35M	43	00:05:39	00:25:53	00:53:23	01:21:52	01:58:37	01:58:29	
258	TERESA RODRIGUES	609	F	V40F	4	00:05:40	00:27:36	00:55:20	01:23:38	01:58:46	01:58:28	
259	AGOSTINHO MARQUES	841	M	V55M	27	00:05:40	00:26:42	00:54:13	01:22:42	01:58:47	01:58:28	CASA BENFICA SEIXAL
260	MARIA JOAO	1042	F	SeniorF	8	00:05:41	00:27:59	00:55:48	01:23:57	01:59:13	01:58:48	
261	ROGÉRIO PINA	846	M	V60M	9	00:05:41	00:28:18	00:55:53	01:23:22	01:59:16	01:59:09	CLUBE ANACOM
262	JOSÉ LUIS FREITAS	816	M	V55M	28	00:05:42	00:26:24	00:53:55	01:22:50	01:59:35	01:59:17	Amigos Atl. Charneca Caparica
263	LINO VAZ	721	M	V40M	65	00:05:42	00:26:53	00:54:10	01:22:10	01:59:39	01:59:20	
264	JOAO MANUEL MENEZES ROCHA DA SILVA	1059	M	V55M	29	00:05:43	00:27:09	00:55:35	01:24:56	01:59:43	01:59:33	
265	GONÇALO MIGUEL ROSA SERRAO	728	M	V35M	44	00:05:43	00:27:55	00:56:05	01:24:44	01:59:44	01:59:28	
266	RICARDO VIEGAS	891	M	SeniorM	46	00:05:43	00:26:51	00:54:28	01:23:33	01:59:50	01:59:38	Mais Que Cuidar Running
267	LUIS DE BARROS	595	M	V45M	32	00:05:43	00:27:46	00:55:53	01:23:59	01:59:52	01:59:32	
268	JORGE COSTA	599	M	V45M	33	00:05:43	00:26:09	00:52:48	01:20:50	01:59:55	01:59:32	
269	JORGE FRADIQUE	819	M	V55M	30	00:05:44	00:28:29	00:56:57	01:25:21	02:00:16	01:59:59	Amigos Atl. Charneca Caparica
270	PAULO PATRÍCIO	888	M	V45M	34	00:05:44	00:27:47	00:56:09	01:25:20	02:00:19	02:00:06	Mais Que Cuidar Running
271	SUSANA CÂMARA	889	F	V35F	5	00:05:44	00:27:46	00:56:10	01:25:21	02:00:19	02:00:05	Mais Que Cuidar Running
272	JOAO	801	M	V45M	35	00:05:44	00:25:23	00:51:25	01:19:08	02:00:24	02:00:18	
273	PAULO FERNANDES	713	M	V45M	36	00:05:44	00:25:37	00:52:12	01:21:40	02:00:24	02:00:09	
274	VITOR MARTINS	573	M	V60M	10	00:05:45	00:26:53	00:55:26	01:23:33	02:00:28	02:00:09	
275	CELIA SILVEIRA	853	F	V60F	1	00:05:45	00:27:47	00:56:09	01:25:21	02:00:38	02:00:24	Clube de Praças da Armada
276	MANUEL VIEIRA DE CARVALHO	616	M	V60M	11	00:05:45	00:28:35	00:56:56	01:24:13	02:00:44	02:00:35	
277	JORGE GOIS	856	M	V50M	24	00:05:46	00:27:38	00:55:57	01:25:03	02:00:51	02:00:31	Clube de Praças da Armada
278	NUNO MIGUEL PEREIRA PACHECO	1008	M	V45M	37	00:05:47	00:27:16	00:55:47	01:25:40	02:01:07	02:00:40	
279	LUIS FILIPE VENTURA DIAS	1001	M	SeniorM	47	00:05:47	00:28:03	00:56:57	01:25:51	02:01:08	02:00:51	CM Almada
280	RICARDO MIGUEL FERREIRA CARVALHO	1002	M	V35M	45	00:05:47	00:28:03	00:56:57	01:25:52	02:01:08	02:00:51	CM Almada
281	JOSÉ MIGUEL PACIÊNCIA DE OLIVEIRA	1007	M	V40M	66	00:05:47	00:27:16	00:55:47	01:25:41	02:01:12	02:00:45	
282	RAUL CARRILHO PÓVOA	667	M	V35M	46	00:05:47	00:28:46	00:54:25	01:23:52	02:01:16	02:00:49	
283	CARLA HENRIQUES	818	F	V40F	5	00:05:47	00:28:32	00:57:00	01:25:47	02:01:18	02:01:01	Amigos Atl. Charneca Caparica
284	JAIME PEREIRA	1045	M	SeniorM	48	00:05:49	00:27:03	00:55:25	01:23:49	02:02:00	02:01:43	
285	JOSÉ NICOLAU	676	M	V45M	38	00:05:50	00:29:00	00:59:58	01:28:47	02:02:10	02:01:51	
286	GUILHERME AUGUSTO ALVES GÁLLEGO	758	M	V40M	67	00:05:51	00:27:06	00:55:36	01:24:20	02:02:33	02:02:13	
287	HUGO PINHEIRO	743	M	V35M	47	00:05:51	00:27:06	00:55:33	01:24:19	02:02:33	02:02:12	
288	SERGIO CRUZ	602	M	V40M	68	00:05:51	00:27:09	00:54:50	01:23:32	02:02:35	02:02:28	
289	ROGÉRIO MATOS	900	M	V50M	25	00:05:51	00:28:40	00:56:57	01:27:00	02:02:41	02:02:22	RUN 4 FUN
290	LUIS CHIBELES	570	M	V40M	69	00:05:52	00:25:04	00:49:44	01:18:02	02:03:01	02:02:41	
291	CARLOS MARTINS	932	M	V55M	31	00:05:52	00:27:17	00:55:54	01:26:09	02:03:08	02:02:52	
292	CARLOS PEREIRA	923	M	V50M	26	00:05:53	00:27:57	00:56:43	01:25:47	02:03:13	02:02:57	Team.432
293	PEDRO PEREIRA	924	M	V45M	39	00:05:53	00:27:58	00:56:41	01:25:44	02:03:13	02:02:58	Team.432
294	RUI CARLOS FRAUSTO PENETRA	939	M	V40M	70	00:05:53	00:28:19	00:56:53	01:26:46	02:03:14	02:02:42	

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
295	JOANA SOEIRO	754	F	V40F	6	00:05:53	00:29:37	00:59:15	01:28:39	02:03:17	02:02:59	
296	CARLA MENDES	918	F	V40F	7	00:05:53	00:28:32	00:57:01	01:26:01	02:03:21	02:03:04	Tartarugas Solidárias
297	FERNANDO OLIVEIRA	922	M	V50M	27	00:05:53	00:27:20	00:54:33	01:23:33	02:03:22	02:03:03	Tartarugas Solidárias
298	HENRIQUE RUIVO	921	M	V55M	32	00:05:53	00:28:32	00:57:00	01:26:02	02:03:22	02:03:05	Tartarugas Solidárias
299	ANDREIA COSTA	920	F	V35F	6	00:05:54	00:28:32	00:57:02	01:26:02	02:03:44	02:03:26	Tartarugas Solidárias
300	RUI MIGUEL DE OLIVEIRA DIAS	706	M	V40M	71	00:05:54	00:27:13	00:55:02	01:24:23	02:03:47	02:03:47	
301	RICARDO JORGE CONCEIÇÃO RODRIGUES	625	M	SeniorM	49	00:05:54	00:28:25	00:56:48	01:26:07	02:03:51	02:03:33	
302	JOAO VENES	935	M	V35M	48	00:05:55	00:27:34	00:56:03	01:24:45	02:03:58	02:03:54	
303	JOAO FAUSTINO	759	M	V40M	72	00:05:55	00:28:26	00:56:44	01:26:14	02:04:03	02:03:55	
304	EUGÉNIA CID	562	F	V45F	3	00:05:55	00:27:17	00:57:12	01:27:16	02:04:08	02:04:00	
305	JORGE NUNES	50	M	V35M	49	00:05:56	00:28:04	00:56:25	01:25:43	02:04:17	02:03:56	Gangue das 06:10
306	PEDRO TRABCUHO	537	M	V50M	28	00:05:56	00:27:34	00:56:24	01:25:40	02:04:17	02:03:55	
307	JOAQUIM FERNADES	876	M	V40M	73	00:05:56	00:27:35	00:56:23	01:25:42	02:04:17	02:03:55	Gangue das 06:10
308	PAULA CRISTINA BARATA LEÃO	731	F	V45F	4	00:05:56	00:27:52	00:56:38	01:26:24	02:04:19	02:04:05	
309	LUÍS GONÇALVES	836	M	V55M	33	00:05:57	00:27:36	00:55:52	01:25:31	02:04:47	02:04:34	C.C.D.Autarquias Almada
310	JAIME TRABUCHO	771	M	V50M	29	00:05:58	00:29:23	00:59:06	01:29:13	02:05:13	02:04:44	CA Amigos Parque da Paz
311	FERNANDO OLIVEIRA	858	M	V60M	12	00:05:58	00:28:17	00:56:21	01:26:22	02:05:16	02:04:57	Clube do Sargento da Armada
312	ALBANO GINJA (GUIA)	862	M	V60M	13	00:05:58	00:27:53	00:56:36	01:26:31	02:05:16	02:05:05	Clube do Sargento da Armada
313	PAULA MACHADO	736	F	V60F	2	00:05:58	00:28:13	00:57:29	01:27:43	02:05:17	02:05:05	
314	NUNO MIGUEL OLIVEIRA SIMÃO	633	M	V45M	40	00:06:01	00:27:02	00:55:23	01:26:35	02:06:04	02:05:52	
315	FERNANDO TEIXEIRA	532	M	V55M	34	00:06:01	00:27:22	00:57:11	01:28:50	02:06:13	02:06:04	
316	CARLOS BALAU	545	M	V40M	74	00:06:01	00:28:56	00:58:35	01:28:21	02:06:14	02:06:06	
317	RUI	800	M	V40M	75	00:06:01	00:28:01	00:57:05	01:27:56	02:06:15	02:05:49	
318	VITOR GONÇALVES	806	M	V45M	41	00:06:01	00:28:10	00:57:00	01:26:36	02:06:21	02:06:12	4 ao Km
319	ISADORA COSTA	805	F	SeniorF	9	00:06:01	00:28:10	00:57:00	01:26:40	02:06:21	02:06:13	4 ao Km
320	BRUNO AFONSO	540	M	V35M	50	00:06:03	00:26:13	00:54:31	01:25:34	02:06:52	02:06:34	
321	SIMEAO JOSE BARRELA TITA	1032	M	V40M	76	00:06:03	00:29:37	00:59:18	01:29:26	02:06:59	02:06:42	
322	VASCO MURTA REBELO	1020	M	V50M	30	00:06:03	00:29:40	00:59:06	01:29:26	02:06:59	02:06:27	
323	PEDRO ARCÂNGELO	775	M	V35M	51	00:06:04	00:25:59	00:54:13	01:25:24	02:07:06	02:06:55	
324	ANA LEONOR BAPTISTA	577	F	V35F	7	00:06:04	00:28:51	00:58:49	01:29:33	02:07:15	02:07:02	
325	JOAO RALHA	899	M	V55M	35	00:06:04	00:29:40	00:59:00	01:29:13	02:07:23	02:06:53	RUN 4 FUN
326	FILIPA MARIA SERENO FERRO	613	F	V35F	8	00:06:05	00:29:28	00:59:24	01:29:51	02:07:40	02:07:32	
327	BERNARDO SOUSA	688	M	SeniorM	50	00:06:06	00:29:25	01:02:36	01:33:18	02:07:49	02:07:40	
328	JOSÉ NOGUEIRA	878	M	V55M	36	00:06:06	00:28:41	00:57:42	01:28:39	02:07:51	02:07:31	Gangue das 06:10
329	ELSA BRUXELAS	950	F	V55F	2	00:06:06	00:28:54	00:58:14	01:28:57	02:07:55	02:07:37	
330	GONÇALO SANTOS LOPES	908	M	V40M	77	00:06:06	00:29:07	00:59:21	01:30:15	02:08:01	02:07:45	Serrado FC Atletismo
331	MANUEL FERNANDO AZEVEDO ANUNCIAÇÃO	1022	M	V55M	37	00:06:06	00:29:10	00:59:17	01:30:12	02:08:05	02:07:46	
332	MÁRIO VALÉRIO	598	M	V50M	31	00:06:06	00:26:47	00:54:41	01:25:58	02:08:06	02:07:57	
333	JOÃO PEDRO PERIÇÃO DE ALMEIDA	652	M	V50M	32	00:06:08	00:28:42	00:58:09	01:27:48	02:08:40	02:08:23	
334	MIGUEL MELO	504	M	V45M	42	00:06:09	00:28:26	00:57:08	01:28:00	02:08:51	02:08:37	
335	PEDRO TRIGO	639	M	SeniorM	51	00:06:09	00:30:13	01:01:19	01:31:52	02:08:52	02:08:31	
336	PAULO ANTUNES	824	M	V45M	43	00:06:11	00:27:18	00:56:21	01:27:40	02:09:34	02:09:24	Amigos Atl. Charneca Caparica

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
337	VLAD KHRANOVSKYY	1044	M	V35M	52	00:06:11	00:30:03	01:00:47	01:31:51	02:09:37	02:09:11	
338	FERNANDO SOLERA	6	M	V35M	53	00:06:12	00:30:31	01:00:52	01:32:15	02:09:57	02:09:44	
339	VERA FERNANDES	5	F	SeniorF	10	00:06:12	00:30:31	01:00:54	01:32:16	02:09:57	02:09:44	
340	SÉRGIO AMARAL	619	M	V40M	78	00:06:12	00:27:56	00:56:19	01:28:21	02:10:00	02:09:51	
341	AURÉLIO CALADO	807	M	V60M	14	00:06:12	00:29:53	00:59:54	01:31:20	02:10:07	02:09:40	4 ao Km
342	BRUNO NEVES	1003	M	SeniorM	52	00:06:13	00:29:02	00:58:20	01:28:11	02:10:23	02:09:53	
343	MIHAI ACONSTANTINEI	747	M	SeniorM	53	00:06:14	00:27:47	00:57:22	01:29:52	02:10:34	02:10:09	
344	LUIS PROENÇA	601	M	V45M	44	00:06:14	00:29:30	00:59:27	01:30:59	02:10:36	02:10:22	
345	VASCO SANTOS	875	M	V55M	38	00:06:14	00:28:05	00:57:22	01:30:50	02:10:38	02:10:15	Gangue das 06:10
346	JOSE FIGUEIREDO	742	M	V50M	33	00:06:14	00:28:09	00:58:07	01:28:21	02:10:43	02:10:20	
347	NUNO SANTOS	589	M	V40M	79	00:06:15	00:27:46	00:55:59	01:27:40	02:11:12	02:10:49	
348	JOAO SOTOMAYOR	627	M	V55M	39	00:06:16	00:29:44	01:00:08	01:31:45	02:11:25	02:11:04	
349	RICARDO DUARTE	830	M	SeniorM	54	00:06:16	00:29:21	00:59:46	01:31:14	02:11:32	02:11:08	azebeus
350	MARIO CONSTANCIO	829	M	V40M	80	00:06:16	00:30:00	01:00:52	01:31:13	02:11:33	02:11:09	azebeus
351	NUNO SANTIAGO	571	M	V40M	81	00:06:16	00:30:02	01:00:54	01:31:15	02:11:34	02:11:12	
352	SONIA CADINO	838	F	V40F	8	00:06:17	00:26:58	00:56:41	01:28:55	02:11:46	02:11:33	C.C.D.Autarquias Almada
353	NAISA ARAUJO	942	F	SeniorF	11	00:06:18	00:31:43	01:03:22	01:34:28	02:12:12	02:12:02	
354	ANTÓNIO SANCHES	712	M	V60M	15	00:06:19	00:30:30	01:01:07	01:33:03	02:12:26	02:12:03	
355	CÉSAR FERREIRA	529	M	V35M	54	00:06:19	00:29:09	00:59:15	01:29:56	02:12:36	02:12:12	
356	FILIPA PELEJA	512	F	SeniorF	12	00:06:20	00:30:51	01:01:31	01:33:24	02:12:41	02:12:28	
357	HELENA OLIVEIRA	677	F	V50F	1	00:06:20	00:29:25	01:00:00	01:31:37	02:12:56	02:12:37	
358	SANDRA RODRIGUES	660	F	V35F	9	00:06:23	00:29:51	00:59:57	01:31:49	02:14:03	02:14:00	Os Galgos
359	PAULO TRILHO	518	M	V40M	82	00:06:24	00:27:14	00:55:29	01:26:10	02:14:10	02:13:56	
360	CARLOS MANUEL EUSEBIO COSTA	574	M	V45M	45	00:06:24	00:29:43	00:59:07	01:30:52	02:14:15	02:13:44	
361	LUIS TAVARES	753	M	V45M	46	00:06:27	00:29:02	00:58:35	01:30:29	02:15:25	02:15:25	
362	ROSA MARIA LEITÃO MARQUES	904	F	V40F	9	00:06:27	00:31:48	01:03:19	01:35:55	02:15:27	02:15:13	Runásticos
363	SUSANA ISABEL ROSMANINHO ESPADA	746	F	SeniorF	13	00:06:28	00:28:36	00:58:11	01:30:21	02:15:29	02:15:02	
364	FILIFE FERREIRA	678	M	SeniorM	55	00:06:29	00:29:50	01:01:41	01:34:52	02:16:08	02:15:46	
365	TONI ALMEIDA	815	M	V45M	47	00:06:30	00:27:58	00:56:59	01:27:49	02:16:15	02:15:56	Amigos Atl. Charneca Caparica
366	RUI S M ALVARES	607	M	V45M	48	00:06:30	00:29:32	01:01:13	01:34:40	02:16:23	02:16:03	
367	JOAO CAMPOS	1006	M	V40M	83	00:06:31	00:30:06	01:03:19	01:39:47	02:16:45	02:16:14	
368	JOANA FILIPA MORAIS PEREDO	569	F	SeniorF	14	00:06:32	00:30:16	01:01:28	01:34:36	02:16:59	02:16:31	
369	JOSE CASTRO	575	M	V60M	16	00:06:32	00:30:14	01:01:47	01:35:11	02:17:09	02:17:01	
370	JOAQUIM MACHADO	835	M	V60M	17	00:06:34	00:31:36	01:03:16	01:35:09	02:17:45	02:17:19	C.C.D.Autarquias Almada
371	JOÃO CASTRO	844	M	V55M	40	00:06:35	00:30:44	01:01:43	01:34:53	02:18:15	02:18:07	CLUBE ANACOM
372	HELENA CUNHA	585	F	V55F	3	00:06:37	00:30:44	01:02:37	01:36:44	02:18:40	02:18:23	
373	SERAFIM MARQUES	586	M	V60M	18	00:06:37	00:30:42	01:02:38	01:36:44	02:18:40	02:18:23	
374	PATRICIA BAÇÃO	631	F	V40F	10	00:06:37	00:29:22	01:02:24	01:38:28	02:18:52	02:18:23	
375	PEDRO MARIA NOGUEIRA CARVALHO	1057	M	V50M	34	00:06:40	00:30:06	01:02:08	01:34:33	02:19:58	02:19:27	Scalabis Night Runners
376	INÉS DO NASCIMENTO GUILHERME DE MELO	1053	F	V35F	10	00:06:40	00:30:05	01:01:18	01:34:35	02:19:58	02:19:27	Scalabis Night Runners
377	LUCILENE SANTA RITA CARDOSO	1054	F	V35F	11	00:06:40	00:30:03	01:01:19	01:34:33	02:19:59	02:19:26	Scalabis Night Runners
378	CARLOS MIGUEL PEPINO HIPÓLITO	1052	M	V40M	84	00:06:40	00:30:05	01:02:07	01:34:33	02:19:59	02:19:27	Scalabis Night Runners

Lugar	Nome	Dorsal	Sexo	Categoria	Cat.	Ritmo	5KM	10KM	15KM	Tempo	Chip	Equipa
379	MARGARIDA BAJANCA	750	F	V50F	2	00:06:41	00:31:51	01:05:22	01:38:46	02:20:03	02:19:34	
380	SARA PINA CABRAL	748	F	V45F	5	00:06:41	00:31:52	01:05:23	01:38:47	02:20:03	02:19:34	
381	EDUARDO AMORIM	539	M	V45M	49	00:06:42	00:31:40	01:03:42	01:37:46	02:20:24	02:20:14	
382	JOÃO MIRANDA	903	M	V45M	50	00:06:42	00:33:01	01:05:32	01:38:18	02:20:36	02:20:04	RUN 4 FUN
383	JOSÉ LUIS LEITÃO MARQUES	680	M	V40M	85	00:06:46	00:33:29	01:07:34	01:40:50	02:21:58	02:21:43	
384	MIGUEL CANSADO	668	M	V45M	51	00:06:51	00:31:15	01:03:26	01:38:42	02:23:51	02:23:28	
385	HUGO REIS	630	M	V35M	55	00:06:51	00:29:23	01:02:25	01:38:36	02:23:51	02:23:23	
386	TIAGO ALVES	621	M	SeniorM	56	00:06:53	00:31:53	01:04:52	01:39:30	02:24:32	02:24:08	
387	MARIA VIEIRA	623	F	V40F	11	00:06:53	00:31:53	01:04:54	01:39:31	02:24:32	02:24:08	
388	TERESA SERRA	1011	F	SeniorF	15	00:07:01	00:32:35	01:06:02	01:41:43	02:27:20	02:26:53	
389	RICARDO DE FIGUEIREDO PREGUIÇA	526	M	SeniorM	57	00:07:01	00:31:25	01:03:56	01:37:58	02:27:21	02:26:58	
390	LUIS PARRO	774	M	V55M	41	00:07:04	00:31:40	01:05:38	01:40:21	02:28:14	02:27:46	CA Amigos Parque da Paz
391	HELENA COSTA	796	F	V55F	4	00:07:05	00:32:36	01:07:08	01:42:58	02:28:26	02:28:15	
392	CARLOS GALVAO	948	M	V35M	56	00:07:07	00:31:41	01:06:00	01:42:34	02:29:14	02:28:53	
393	JULIA NUUTILA	578	F	SeniorF	16	00:07:08	00:32:20	01:06:42	01:43:46	02:29:46	02:29:21	
394	ANDRÉ SABINO	519	M	SeniorM	58	00:07:16	00:33:14	01:07:24	01:43:01	02:32:24	02:31:57	
395	JOSE PEDRO FERREIRA	658	M	SeniorM	59	00:07:16	00:33:14	01:07:24	01:43:02	02:32:24	02:31:57	
396	STEFANIE GUERREIRO	528	F	SeniorF	17	00:07:23	00:34:45	01:10:19	01:46:49	02:34:50	02:34:26	
397	CAROLINA FONSECA	926	F	SeniorF	18	00:07:23	00:32:37	01:07:53	01:45:41	02:34:52	02:34:35	Team.432
398	PAULO PEREIRA	925	M	V50M	35	00:07:23	00:32:39	01:07:54	01:45:43	02:34:58	02:34:42	Team.432
399	ANDRÉ VAZ	538	M	V45M	52	00:07:35	00:31:06	01:02:56	01:39:02	02:39:09	02:38:49	
400	MARCO COSTA	1005	M	SeniorM	60	00:07:37	00:30:29	01:06:19	01:46:33	02:39:53	02:39:21	
401	PAULA SOUSA	669	F	V45F	6	00:07:40	00:31:15	01:03:23	01:38:47	02:40:56	02:40:35	
402	MIGUEL PEREIRA	670	M	V40M	86	00:07:40	00:31:14	01:03:23	01:38:43	02:40:57	02:40:34	