

CORRIDA 2019



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	1181	Nelson Cruz	00:16:13	00:31:20	00:31:20	1		V40	1
2	304	José Gaspar	00:16:11	00:31:33	00:31:33	2		V40	2
3	1025	Plácido Jesus	00:16:13	00:31:42	00:31:42	3	Clube de Praças da Armada	Senior	1
4	1022	João Bragadeste	00:16:12	00:31:52	00:31:52	4	Clube de Praças da Armada	Senior	2
5	698	José Guerra	00:17:04	00:33:56	00:33:56	5		Senior	3
6	912	Valter Fonseca	00:17:15	00:34:00	00:33:58	6		V35	1
7	325	Paulo Gomes	00:17:21	00:34:33	00:34:33	7		V40	3
8	125	Paulo Garcia	00:17:18	00:34:48	00:34:47	8	CF os Belenenses	V45	1
9	83	Alexandre Candeias	00:18:02	00:35:24	00:35:20	9		Senior	4
10	1189	Pedro Pessoa	00:18:04	00:35:26	00:35:25	10		V50	1
11	112	Kevin Amoedo	00:18:08	00:35:44	00:35:38	11		Senior	5
12	828	Pedro Lomba	00:18:07	00:35:57	00:35:56	12		V35	2
13	486	Fernando Alves	00:18:22	00:36:08	00:36:07	13	URBAN RUN TEAM	V50	2
14	718	João Rosa	00:18:38	00:36:08	00:36:07	14	Singarunners Ferreira do Alentejo	Senior	6
15	794	Paulo Alves	00:18:31	00:36:09	00:36:08	15	GDCTINCM	V40	4
16	585	Flávio Santos	00:17:51	00:36:28	00:36:28	16	Federação da Família para a Paz Mundial e Unifi	Senior	7
17	531	André Fernandes	00:18:08	00:36:38	00:36:37	17		Senior	8
18	1248	Diogo Silva	00:18:11	00:36:44	00:36:44	18		V40	5
19	1045	Luciano Contente	00:18:36	00:36:58	00:36:58	20		V40	6

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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
20	1255	David Fernandes	00:18:44	00:36:59	00:36:58	19	Run Tejo	V40	7
21	420	Sara Carvalho	00:18:45	00:37:00	00:36:58	21	Greca	Senior	1
22	980	Rui Henriques	00:18:36	00:37:05	00:37:04	22	Serviços Sociais Montepio	V35	3
23	787	Armindo Teixeira	00:19:00	00:37:10	00:37:08	23	Sporting Clube de Casainhos	V35	4
24	1138	Catarina Guerreiro	00:18:45	00:37:11	00:37:11	24		Senior	2
25	482	Bruno Amaro	00:18:46	00:37:19	00:37:14	25		V40	8
26	1030	Nelson Pereira	00:18:53	00:37:22	00:37:16	26		V40	9
27	429	Bruno Marcelino	00:18:42	00:37:24	00:37:24	27	BSM68	V35	5
28	869	Hernani Francisco	00:18:40	00:37:40	00:37:39	28	Vitória futebol clube	V50	3
29	786	Fábio Pereira	00:19:01	00:37:49	00:37:47	29	Sporting Clube de Casainhos	Senior	9
30	461	António Fernandes	00:18:46	00:37:56	00:37:56	30		V50	4
31	471	Raquel Trabuco	00:18:49	00:37:59	00:37:58	31		Senior	3
32	895	Joaquim Pato	00:19:12	00:38:02	00:37:59	32	Grupo Barraqueiro	V45	2
33	705	Samuel Galveia	00:19:12	00:38:05	00:38:03	33	Navegador Clube Setubal	V35	6
34	1159	Nuno Henriques	00:18:58	00:38:10	00:38:09	34	GDCTINCM	V40	10
35	758	Siemens	00:20:58	00:38:14	00:38:14	36		V45	3
36	266	Rui Tomás	00:19:34	00:38:15	00:38:09	35	SRCDRF MONTE GODEL	V40	11
37	583	Fernando Melão	00:19:27	00:38:16	00:38:15	38	Federação da Família para a Paz Mundial e Unifi	V55	1
38	397	Vítor Martins	00:19:25	00:38:23	00:38:15	37		V45	4

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
39	1226	Marco Romão	00:19:18	00:38:30	00:38:27	39		V40	12
40	12	Nelson Coelho	00:19:16	00:38:34	00:38:32	40	Federação da Família para a Paz Mundial e Unifi	Senior	10
41	1096	Daniel Valente	00:19:03	00:38:51	00:38:48	41		Senior	11
42	953	Paulo Soldado	00:19:33	00:38:53	00:38:49	42		V45	5
43	57	Miguel Barba	00:19:32	00:38:55	00:38:49	43	Peniche a Correr	V40	13
44	676	Paulo Almeida	00:19:44	00:39:04	00:38:58	44		V45	6
45	160	Nelson Louro	00:19:42	00:39:04	00:39:02	45		V35	7
46	1219	Vitor Simoes	00:19:29	00:39:14	00:39:13	46		V45	7
47	910	José Gomes	00:20:05	00:39:17	00:39:14	47		V55	2
48	1032	Francisco Pereira	00:20:02	00:39:27	00:39:23	48		Senior	12
49	753	Emanuel Gomes	00:20:03	00:39:31	00:39:27	49		V40	14
50	788	Eduardo Santos	00:19:53	00:39:35	00:39:33	50	Sporting Clube de Casainhos	V40	15
51	1312	Nuno Alves	00:20:12	00:39:38	00:39:36	51	COO	V40	16
52	364	Adalberto Figueiredo	00:19:24	00:39:48	00:39:48	53		V40	17
53	53	Francisco Lopes	00:19:54	00:39:49	00:39:47	52		V45	8
54	406	Rui Antunes	00:20:22	00:40:00	00:39:59	55		V40	18
55	749	Fábio Lima	00:20:30	00:40:01	00:39:57	54		Senior	13
56	679	Luis Carpelho	00:19:53	00:40:06	00:40:02	56		V45	9
57	150	Paulo Toledo	00:20:19	00:40:15	00:40:14	59		V55	3

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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
58	334	Gonçalo Magalhães	00:20:47	00:40:15	00:40:06	57		Senior	14
59	302	Mónica Moreiras	00:19:52	00:40:16	00:40:16	60		V40	1
60	1044	Bogdan Sandu	00:20:20	00:40:17	00:40:12	58		Senior	15
61	170	Feliciano Condesso	00:20:14	00:40:25	00:40:17	61		Senior	16
62	256	Alberto Silva	00:20:35	00:40:34	00:40:31	63		V40	19
63	1105	João Simão	00:20:31	00:40:37	00:40:27	62		Junior	1
64	63	Luís Aniceto	00:20:50	00:40:40	00:40:35	64	Singarunners Ferreira do Alentejo	V60	1
65	1003	António Lavado	00:20:35	00:40:43	00:40:39	65		V50	5
66	1057	Nuno Torres	00:20:38	00:40:44	00:40:42	66		V40	20
67	13	Nuno Silva	00:20:26	00:40:44	00:40:43	68	Federação da Família para a Paz Mundial e Unifi	V35	8
68	697	Carlos Palmeiro	00:20:45	00:40:56	00:40:52	69		V35	9
69	1041	David Martins	00:20:30	00:40:59	00:40:58	70		Senior	17
70	1031	Jorge Vaz	00:20:20	00:41:00	00:40:59	71		V45	10
71	857	Luis Barbosa	00:21:26	00:41:05	00:40:42	67		V40	21
72	87	Edgar Aguiar	00:20:12	00:41:08	00:41:04	72		Senior	18
73	367	Paulo Torres	00:20:18	00:41:13	00:41:05	73	Alverca Urban Runners	V40	22
74	1047	Paulo Palma	00:20:51	00:41:14	00:41:13	76	DREAM RUNNERS ÉVORA	V55	4
75	996	Bruno Fernandes	00:20:31	00:41:16	00:41:10	75		V35	10
76	1186	Jónatas Xavier	00:20:59	00:41:20	00:41:18	78		Senior	19

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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
77	872	Pedro Póvoas	00:20:58	00:41:22	00:41:09	74		V35	11
78	1160	Ilisito Ferreira	00:20:53	00:41:23	00:41:19	79	CAD a Correr	V35	12
79	448	Carlos Lopes	00:20:45	00:41:23	00:41:20	80		V45	11
80	1259	Luis Cascao	00:20:44	00:41:24	00:41:22	81		V45	12
81	148	Diamantino Serrano	00:21:09	00:41:28	00:41:17	77		V40	23
82	928	José Brito	00:21:01	00:41:29	00:41:25	82		V55	5
83	647	Helder Ramos	00:20:33	00:41:32	00:41:31	84		V45	13
84	904	Carlos Moreira	00:20:49	00:41:38	00:41:35	85		V60	2
85	850	José Moreira	00:20:58	00:41:39	00:41:39	89		V40	24
86	279	Joao Barao	00:20:32	00:41:40	00:41:37	87		V45	14
87	702	João Arenga	00:21:18	00:41:40	00:41:36	86	Navigator Clube Setubal	V65	1
88	1184	Paulo Jesus	00:21:19	00:41:41	00:41:37	88	CAD a Correr	V50	6
89	965	Francisco Zambujo	00:21:18	00:41:48	00:41:41	91	SINGARUNERS	V40	25
90	113	Sara Mendes	00:21:19	00:41:48	00:41:43	92		Senior	4
91	1187	João Xavier	00:20:59	00:41:49	00:41:46	93		V50	7
92	765	Fernando Remelgado	00:21:02	00:41:56	00:41:39	90		V40	26
93	1228	Filipe Ferreira	00:21:21	00:41:58	00:41:29	83		Senior	20
94	651	Marco Nascimento	00:20:27	00:42:06	00:41:57	96		V40	27
95	327	Fernando Ferreira	00:21:21	00:42:07	00:42:03	98		V65	2

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
96	134	Renato Moreiras	00:21:38	00:42:17	00:41:56	95		V35	13
97	93	Carla Martins	00:21:09	00:42:19	00:42:19	103		V40	2
98	952	Nuno Venes	00:22:15	00:42:22	00:42:21	104		V40	28
99	692	Paulo Massano	00:21:28	00:42:25	00:42:19	102	Encontramo-nos na meta	V40	29
100	998	Bruno Canhão	00:21:09	00:42:26	00:42:22	105		Senior	21
101	606	Bruno Tavares	00:21:51	00:42:31	00:41:56	94		V35	14
102	484	Tiago Dias	00:21:27	00:42:38	00:42:15	101		Senior	22
103	874	Ivo Ferreira	00:21:42	00:42:40	00:42:02	97		V40	30
104	240	Nuno Athayde	00:21:49	00:42:43	00:42:37	109	turres trail team	V45	15
105	920	Pedro Pereira	00:21:28	00:42:44	00:42:39	111		V40	31
106	1100	Filipe Serrano	00:21:36	00:42:48	00:42:26	106		V35	15
107	624	Vitor Mourao	00:21:29	00:42:50	00:42:39	110		V50	8
108	1010	Mário Gomes	00:22:12	00:42:55	00:42:29	107		V45	16
109	600	José Serrano	00:21:24	00:42:56	00:42:53	114	Monsanto Running Team	V45	17
110	532	Luís Alves	00:22:26	00:42:57	00:42:12	99		V35	16
111	42	Carlos Dias	00:21:52	00:42:57	00:42:56	116		V40	32
112	632	Rui Duarte	00:22:29	00:42:57	00:42:14	100		V40	33
113	443	Helder Alvalade	00:22:03	00:43:03	00:42:55	115	GURUS - SUP	V45	18
114	454	José Santos	00:22:11	00:43:05	00:43:01	117		V50	9

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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
115	1075	João Maral	00:21:24	00:43:06	00:43:05	120	SS CGD	V50	10
116	492	Mário Barbosa	00:21:34	00:43:11	00:43:01	118		V40	34
117	587	Paulo Dias	00:22:18	00:43:13	00:42:52	113		V35	17
118	1309	Pedro Carvalho	00:21:53	00:43:14	00:43:09	126		Senior	23
119	97	Vítor Gonzas	00:21:57	00:43:15	00:43:04	119		V50	11
120	453	Francisco Gomes	00:20:46	00:43:16	00:43:10	128		Senior	24
121	1039	Álvaro Lente	00:21:10	00:43:16	00:43:08	124		V35	18
122	293	Carlos França	00:21:36	00:43:17	00:43:12	131	CAD a Correr	V40	35
123	627	Joel Mósca	00:21:25	00:43:18	00:43:11	129		V50	12
124	513	Ricardo Mendes	00:21:26	00:43:18	00:43:12	130		V35	19
125	609	João Rebelo	00:21:33	00:43:18	00:43:15	132		V50	13
126	85	Miguel Jacob	00:22:52	00:43:20	00:42:42	112		V35	20
127	769	Rodrigo Ramos	00:21:37	00:43:21	00:43:10	127		Senior	25
128	257	Leandro Reis	00:22:27	00:43:21	00:42:36	108		V50	14
129	102	Ricardo Raposo	00:20:59	00:43:25	00:43:22	140		V35	21
130	123	Gustavo Ramos	00:22:01	00:43:25	00:43:21	138		Senior	26
131	509	Antonio Almeida	00:23:09	00:43:27	00:43:08	125		V45	19
132	534	José Badalo	00:22:27	00:43:28	00:43:08	123	ADCSABALDIO	V50	15
133	396	Ricardo Cravo	00:22:11	00:43:29	00:43:20	137	Amigos Atletismo Serra Sintra	Senior	27

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134	76	Jorge Romão	00:21:52	00:43:29	00:43:07	122		V40	36
135	1224	Miguel Dinis	00:22:26	00:43:30	00:43:19	136		V45	20
136	298	Hélio Marques	00:22:44	00:43:32	00:43:17	133		V45	21
137	346	Carlos Gregório	00:22:11	00:43:34	00:43:29	141		V40	37
138	1137	Luis Zuna	00:22:26	00:43:36	00:43:21	139		Senior	28
139	1036	Rui Afonso	00:21:55	00:43:38	00:43:34	142		V40	38
140	890	Mário Pinheiro	00:22:08	00:43:41	00:43:18	135	Os Coxos e o Miguel	V45	22
141	157	Edgar Lobo	00:22:05	00:43:44	00:43:07	121		V35	22
142	1157	Rui Sanches	00:21:55	00:43:44	00:43:41	143		V45	23
143	975	Paulo Santos	00:22:06	00:43:51	00:43:49	146	LOURDETE PERFUMARIAS	V50	16
144	625	Heytor Santos	00:21:09	00:43:53	00:43:45	144		V35	23
145	441	Pedro Oliveira	00:21:48	00:43:54	00:43:46	145	LH Ginasio	V40	39
146	620	Juvenal Moreira	00:22:11	00:43:57	00:43:56	150	NUCLEO DESPORTIVO AUTOCOOPE	V55	6
147	668	Feliciano Carvalho	00:21:54	00:43:58	00:43:56	151		V50	17
148	370	Daniel Zeferino	00:22:17	00:43:59	00:43:50	147		Senior	29
149	1050	João Vidinha	00:21:54	00:44:01	00:43:56	149		V45	24
150	1193	Rui Almeida	00:22:16	00:44:02	00:43:59	153		V45	25
151	14	Helena Moreira	00:22:05	00:44:02	00:43:58	152	Federação da Família para a Paz Mundial e Unifi	V40	3
152	183	Ricardo Passos	00:22:27	00:44:03	00:43:17	134		Senior	30

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153	399	João Miranda	00:22:23	00:44:04	00:44:01	155		Senior	31
154	598	Orlindo Figueiredo	00:22:08	00:44:05	00:44:03	157		V70	1
155	401	Rafael Caeiro	00:22:05	00:44:07	00:44:00	154	GURUS - SUP	Senior	32
156	21	Pedro Correia	00:22:02	00:44:13	00:43:54	148		V35	24
157	204	Vitor Pereira	00:21:50	00:44:13	00:44:12	163		V40	40
158	319	Carlos Pinto	00:22:03	00:44:14	00:44:10	162		V45	26
159	27	Leandro Garcia	00:22:04	00:44:15	00:44:08	160		V35	25
160	905	José Marcelino	00:21:41	00:44:16	00:44:13	165		V55	7
161	561	Carlos Amaro	00:22:16	00:44:17	00:44:07	159	Grupo Barraqueiro	V35	26
162	496	Paulo Folgado	00:22:19	00:44:19	00:44:03	156		V50	18
163	1212	José Santos	00:22:13	00:44:21	00:44:14	166		V45	27
164	169	Tiago Cortez	00:22:36	00:44:23	00:44:15	167		Senior	33
165	988	Adelino Inês	00:21:51	00:44:24	00:44:18	169		Senior	34
166	643	Ricardo Peixe	00:21:42	00:44:25	00:44:23	171		V35	27
167	1300	Ricardo Santos	00:21:36	00:44:26	00:44:25	172		V35	28
168	80	Luís Balinho	00:22:23	00:44:31	00:44:18	170		V40	41
169	1232	Paulo Rodrigues	00:22:48	00:44:33	00:44:05	158	Serviços Sociais Montepio	V40	42
170	1256	Sandra Bailote	00:22:11	00:44:33	00:44:32	177	Olimpico Clube de Lagos	V45	1
171	1178	Carla Pereira	00:22:30	00:44:33	00:44:28	175		V35	1

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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
172	501	Miguel Ribeiro	00:22:10	00:44:35	00:44:27	173	LH Ginasio	Senior	35
173	28	Carlos Antunes	00:22:14	00:44:38	00:44:15	168		V55	8
174	124	Paulo Isménio	00:23:14	00:44:39	00:44:27	174		V40	43
175	400	Miguel Oliveira	00:21:49	00:44:42	00:44:37	181		Senior	36
176	969	Claudio Mestre	00:22:51	00:44:42	00:44:12	164		Senior	37
177	902	Rodrigo Cruz	00:22:43	00:44:42	00:44:08	161	Alces Team	V45	28
178	145	João Oliveira	00:22:23	00:44:43	00:44:33	179		V45	29
179	248	Hugo Barreto	00:22:40	00:44:44	00:44:33	178		V35	29
180	629	Vitor Martins	00:22:24	00:44:48	00:44:44	184		V55	9
181	1170	Virgílio Madeira	00:22:58	00:44:50	00:44:39	182	CCD TRANQUILIDADE	V60	3
182	369	João Abrantes	00:23:12	00:44:53	00:44:44	185		V60	4
183	766	Adelino Silva	00:22:13	00:44:55	00:44:36	180		V45	30
184	836	Joaquim Frade	00:23:08	00:44:55	00:44:46	186		V60	5
185	458	Ilsa Costa	00:22:55	00:44:55	00:44:32	176		Senior	5
186	739	Eduardo Ribeiro	00:22:41	00:44:56	00:44:49	188	GDCT Unicre	V50	19
187	277	Mario Cunha	00:23:10	00:45:00	00:44:54	191		V40	44
188	891	Jorge Pires	00:22:39	00:45:04	00:44:41	183	Os Coxos e o Miguel	V40	45
189	158	Alain Besson	00:22:46	00:45:05	00:44:51	189		V65	3
190	783	Pedro Machado	00:22:35	00:45:07	00:44:58	194		V45	31

CORRIDA 2019



CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
191	49	Nuno Gomes	00:22:42	00:45:08	00:45:03	202		V50	20
192	809	Eduardo Pinto	00:22:54	00:45:11	00:44:59	196	Clube Millennium bcp	V50	21
193	472	Francisco Furão	00:22:09	00:45:11	00:45:01	199		V35	30
194	269	Renato Sacramento	00:22:44	00:45:13	00:44:52	190		V45	32
195	849	Sérgio Fernandes	00:22:24	00:45:15	00:44:58	195		V35	31
196	1089	Pedro Reis	00:22:40	00:45:15	00:45:11	205	NAV Runners	V45	33
197	188	Valter Ferreira	00:23:06	00:45:16	00:44:55	192		V35	32
198	1109	Paulo Botelho	00:23:14	00:45:20	00:45:03	200		V45	34
199	1280	João Pinto	00:22:21	00:45:21	00:45:03	201		V35	33
200	899	Pedro Barata	00:23:03	00:45:22	00:45:10	204	Alces Team	V40	46
201	131	Telmo Freire	00:22:38	00:45:22	00:45:21	212		Senior	38
202	1321	Rui Antunes	00:22:56	00:45:23	00:44:47	187	Running Club Santa Casa	V40	47
203	954	Hugo Salvadinho	00:22:27	00:45:25	00:45:16	207		V40	48
204	893	Carlos Résio	00:21:52	00:45:26	00:45:25	216	São Domingos Futebol Clube	V45	35
205	1164	Fernando Celestino	00:22:57	00:45:28	00:45:18	208	CCD TRANQUILIDADE	V60	6
206	1286	Leonardo Loureiro	00:22:51	00:45:32	00:45:05	203		V40	49
207	291	João Costa	00:23:32	00:45:32	00:44:56	193		Senior	39
208	991	Hugo Boura	00:21:51	00:45:32	00:45:25	215		Senior	40
209	144	Joaquim Galvão	00:23:13	00:45:33	00:45:20	210		V60	7

CORRIDA 2019



CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
210	274	Carlos Mendes	00:23:45	00:45:33	00:45:19	209		V60	8
211	602	Henrique Adrega	00:23:18	00:45:35	00:45:22	214	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	4
212	806	Nuno Raminhos	00:23:16	00:45:37	00:45:21	211	Clube Millennium bcp	V45	36
213	507	Nuno Silva	00:22:57	00:45:38	00:45:26	217		V40	50
214	1201	João Saldanha	00:23:02	00:45:39	00:45:28	219		V45	37
215	1262	Luis Cascão	00:23:51	00:45:40	00:45:01	198	CASA DO PESSOAL DA RTP	V45	38
216	737	Miguel Nunes	00:23:17	00:45:40	00:45:34	223	GDCT Unicre	V45	39
217	390	Vitor Antunes	00:23:23	00:45:40	00:45:15	206		Senior	41
218	1250	César Orvalho	00:23:59	00:45:42	00:44:59	197		V35	34
219	577	José Gordilho	00:23:05	00:45:46	00:45:22	213	CLUBE ATLETISMO AMIGOS DE BELÉM	V55	10
220	866	Paulo Sérgio	00:24:08	00:45:51	00:45:28	221	Grupo Recreativo Janz e Associados	V40	51
221	276	Paulo Ferreira	00:23:46	00:45:54	00:45:38	225		V50	22
222	130	Nuno Santos	00:22:55	00:45:55	00:45:49	228		Senior	42
223	745	José Leitão	00:22:44	00:45:56	00:45:37	224		V45	40
224	1318	Marco Costa	00:23:07	00:45:57	00:45:51	229		V40	52
225	505	Ângelo Mendes	00:23:17	00:46:01	00:45:27	218		V45	41
226	190	Paulo Pereira	00:22:55	00:46:06	00:45:55	230		V50	23
227	1279	Joel Puga	00:22:57	00:46:07	00:45:40	227		Senior	43
228	744	Gonçalo Mendes	00:23:56	00:46:08	00:45:39	226		Senior	44

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
229	922	Sérgio Torres	00:25:16	00:46:09	00:46:08	237		V35	35
230	930	Luís Antunes	00:22:40	00:46:14	00:46:12	241		V35	36
231	1051	Fábio Ferrão	00:23:58	00:46:15	00:45:28	220		Senior	45
232	249	Marco Santos	00:23:16	00:46:15	00:46:05	236		V35	37
233	638	Francisco Martins	00:23:42	00:46:18	00:46:03	234		V35	38
234	1134	Manuel Felizardo	00:23:20	00:46:20	00:46:15	245		V45	42
235	968	Ricardo Tim	00:23:09	00:46:21	00:45:30	222		Senior	46
236	481	Claudio Casado	00:23:33	00:46:22	00:46:03	235		V40	53
237	282	Arlindo Martins	00:23:16	00:46:22	00:46:20	249		V55	11
238	653	Antonio Nascimento	00:23:45	00:46:22	00:46:11	238	SS CGD	V60	9
239	261	Manuel Rebolo	00:23:16	00:46:24	00:46:22	252		V55	12
240	205	Rui Lóio	00:23:17	00:46:24	00:45:58	233		V50	24
241	260	Ana Araújo	00:23:10	00:46:26	00:46:19	248	SRCDRF MONTE GODEL	V45	2
242	405	Ricardo Domingos	00:24:12	00:46:30	00:45:57	232		V40	54
243	1246	Emanuel Ramalho	00:23:44	00:46:30	00:46:27	258		Senior	47
244	774	Edgar Francisco	00:23:25	00:46:33	00:46:14	244	alcobela	V50	25
245	1083	Pedro Monteiro	00:23:57	00:46:35	00:46:23	253		V45	43
246	265	Tiago Luis	00:23:58	00:46:39	00:46:36	264		Senior	48
247	575	Antonio Janelas	00:24:20	00:46:40	00:45:56	231		V55	13

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
248	275	Paulo Aires	00:24:35	00:46:40	00:46:24	254		V55	14
249	1244	David Santos	00:23:42	00:46:40	00:46:22	251		Senior	49
250	296	Luis Grenhas	00:23:40	00:46:41	00:46:27	257		V45	44
251	1115	Moises Rodrigues	00:23:37	00:46:44	00:46:30	262		V55	15
252	677	João Fernandes	00:24:01	00:46:44	00:46:16	247		V35	39
253	572	José Mota	00:23:50	00:46:46	00:46:25	255		V45	45
254	570	Paulo Colaço	00:23:50	00:46:48	00:46:28	259		V40	55
255	229	Hugo Paulo	00:24:21	00:46:48	00:46:26	256		V40	56
256	1235	Nelson Onofre	00:24:38	00:46:48	00:46:13	242		V40	57
257	983	Evelino Magalhães	00:23:25	00:46:50	00:46:30	261		V40	58
258	1154	João Teixeira	00:24:04	00:46:53	00:46:16	246		V50	26
259	884	Luís Pestana	00:24:00	00:46:56	00:46:37	265	Alces Team	V45	46
260	500	Nuno Figueiredo	00:24:00	00:46:57	00:46:29	260	CORRER LISBOA	V40	59
261	1006	Daniel Constantino	00:24:40	00:46:58	00:46:14	243		Senior	50
262	1241	Luís Salgueiro	00:23:32	00:47:00	00:46:48	271		Senior	51
263	512	Luis Lavrador	00:23:49	00:47:01	00:46:52	273		V40	60
264	416	Antonio Gonçalves	00:22:24	00:47:02	00:46:58	280		V40	61
265	921	Marcio Temtem	00:24:05	00:47:04	00:46:21	250		V35	40
266	735	Jorge Sousa	00:25:22	00:47:05	00:46:11	240		V50	27

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
267	281	Jorge Cochicho	00:25:24	00:47:05	00:46:11	239		V45	47
268	1296	Gonçalo Lopes	00:23:58	00:47:05	00:47:00	281	GDCT Unicre	V40	62
269	30	Nuno Serrão	00:24:30	00:47:06	00:46:41	268		V35	41
270	1202	Sérgio Casal	00:23:56	00:47:07	00:46:54	274		V50	28
271	1194	Carlos Neves	00:23:36	00:47:07	00:46:56	275		V50	29
272	986	Pedro Singéis	00:24:07	00:47:08	00:46:47	270		V45	48
273	469	Rui Gonçalves	00:23:35	00:47:10	00:46:57	278		V40	63
274	15	Alexandre Palmeiro	00:23:42	00:47:11	00:46:57	276		V35	42
275	865	Vitor Pereira	00:24:08	00:47:12	00:46:49	272	Grupo Recreativo Janz e Associados	V40	64
276	976	Ricardo Conceição	00:24:35	00:47:14	00:47:11	290	LOURDETE PERFUMARIAS	Senior	52
277	674	João Pinto	00:23:32	00:47:16	00:47:04	284		V40	65
278	1042	José Vaz	00:24:01	00:47:16	00:47:11	289	CLUBE ANACOM	V60	10
279	593	Hugo Moura	00:23:26	00:47:16	00:47:06	287		V45	49
280	1023	Nuno Carrilho	00:24:08	00:47:18	00:46:43	269		V35	43
281	244	Dangelis Santos	00:23:47	00:47:20	00:47:09	288		Senior	53
282	755	Daniel Pinho	00:24:48	00:47:20	00:47:04	285		Senior	54
283	1076	Vitor Morais	00:24:22	00:47:20	00:46:57	277		V60	11
284	541	Messias Azevedo	00:23:53	00:47:21	00:47:12	291		V45	50
285	1269	Marco Ferreira	00:23:22	00:47:23	00:47:18	296		V35	44

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
286	1268	Margo Gomes	00:23:22	00:47:23	00:47:19	298		Senior	55
287	225	Candido Poças	00:24:40	00:47:27	00:46:38	266		V45	51
288	206	Bruno Carvalho	00:24:41	00:47:28	00:46:39	267		Senior	56
289	24	Paulo Leitão	00:24:30	00:47:28	00:47:19	297		V45	52
290	220	Rodrigo Santos	00:24:11	00:47:30	00:47:26	301		V45	53
291	914	João Canhoto	00:24:01	00:47:30	00:47:14	292	Correr Loures	V45	54
292	1065	Alexandre Reboredo	00:24:45	00:47:31	00:46:35	263		V35	45
293	730	Nuno Ferreira	00:23:54	00:47:32	00:47:14	293		V35	46
294	1287	Ricardo Alves	00:24:27	00:47:33	00:47:21	299	Casa Benfica Seixal	V35	47
295	498	Sérgio Feliciano	00:24:55	00:47:34	00:47:02	282	Tartarugas Velozes	V40	66
296	658	João Silveira	00:24:35	00:47:36	00:46:58	279	SS CGD	V50	30
297	503	Carlos Lourenço	00:24:26	00:47:36	00:47:03	283		V40	67
298	373	Jorge Figueiredo	00:24:27	00:47:36	00:47:18	295		V55	16
299	964	Vanda Parreira	00:24:01	00:47:37	00:47:29	304	SINGARUNERS	V40	4
300	315	Tiago Lança	00:24:15	00:47:39	00:47:16	294	Peniche a Correr	V35	48
301	444	Manuel Silva	00:24:38	00:47:40	00:47:39	313		V40	68
302	1185	Diogo Jesus	00:23:36	00:47:42	00:47:37	311	CAD a Correr	Junior	2
303	1317	Raul Santos	00:24:09	00:47:42	00:47:34	307	Federação da Família para a Paz Mundial e Unifi	V60	12
304	1068	Filipe Salvadinho	00:23:56	00:47:42	00:47:27	302		V35	49

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
305	287	Paulo Almeida	00:23:55	00:47:46	00:47:30	305		V45	55
306	336	Domingos Santos	00:23:45	00:47:48	00:47:44	316		V45	56
307	368	Mário Lúcio	00:24:18	00:47:50	00:47:24	300		V55	17
308	623	Carlos Magalhaes	00:24:28	00:47:53	00:47:45	318	NUCLEO DESPORTIVO AUTOCOOPE	V50	31
309	1182	Nelson Evora	00:24:48	00:47:55	00:47:34	308		V40	69
310	588	Gustavo Évora	00:24:48	00:47:55	00:47:35	309		V50	32
311	374	Albino Nunes	00:25:34	00:47:57	00:47:29	303		V55	18
312	959	Ricardo Claro	00:24:01	00:47:57	00:47:45	317		V35	50
313	371	Marcos Faustino	00:24:37	00:47:57	00:47:52	323		V60	13
314	628	Luis Gutierres	00:23:37	00:47:58	00:47:55	325		V55	19
315	1020	Filipe Gonçalves	00:24:26	00:48:04	00:47:48	322		V45	57
316	566	João Carvalho	00:24:47	00:48:06	00:47:46	319		V45	58
317	605	Jorge Barros	00:24:47	00:48:06	00:47:47	321		V40	70
318	267	Marco Campaniço	00:25:20	00:48:06	00:47:39	312		V35	51
319	215	Edgar Gonçalves	00:24:45	00:48:06	00:47:06	286		V35	52
320	353	João Lopes	00:23:47	00:48:10	00:47:58	330		V45	59
321	250	Fernando Almeida	00:24:01	00:48:10	00:48:03	334	SRCDRF MONTE GODEL	V50	33
322	831	Antonio Lopes	00:24:25	00:48:10	00:47:57	329		V50	34
323	661	Miguel Dias	00:24:32	00:48:12	00:47:36	310	SS CGD	V40	71

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
324	280	Paulo Louro	00:25:14	00:48:16	00:47:32	306		V50	35
325	156	Ricardo Baptista	00:24:37	00:48:16	00:47:42	315		V40	72
326	138	Paulo Silva	00:24:14	00:48:18	00:48:10	341		V50	36
327	958	Paulo Batista	00:24:03	00:48:18	00:48:04	335		V45	60
328	1324	Fabiano Ferreira	00:24:36	00:48:18	00:47:52	324	Benfica em Forma	V35	53
329	780	Lúcio Lopes	00:24:13	00:48:18	00:47:57	327		Senior	57
330	612	José Diniz	00:24:42	00:48:20	00:47:46	320		V35	54
331	934	Paulo Oliveira	00:24:33	00:48:21	00:48:15	348		V40	73
332	107	Hélio Bruno	00:24:15	00:48:21	00:47:58	331	Peniche a Correr	V35	55
333	235	Nuno Barra	00:24:08	00:48:22	00:48:15	346	RUN FORREST RUN	V40	74
334	1086	Ricardo Neto	00:23:10	00:48:23	00:48:20	353		V40	75
335	1264	Alfredo Sousa	00:24:38	00:48:25	00:48:12	343		V60	14
336	626	João Batista	00:24:39	00:48:29	00:48:24	356		V60	15
337	1198	Gabriel Goncalves	00:25:18	00:48:32	00:47:41	314		Junior	3
338	966	Pedro Ferreira	00:24:28	00:48:32	00:48:30	361		V45	61
339	480	Pedro Correia	00:24:57	00:48:33	00:48:14	345		V45	62
340	470	Carlos Jesus	00:24:59	00:48:34	00:48:05	337		V40	76
341	332	José Henriques	00:24:59	00:48:34	00:48:05	336		V50	37
342	637	Leonel Freira	00:25:00	00:48:34	00:48:07	338	CAD a Correr	V45	63

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
343	211	João Santos	00:23:57	00:48:35	00:48:29	360		V55	20
344	196	António Reis	00:24:38	00:48:37	00:48:19	352		V40	77
345	1270	Otílio Santos	00:25:14	00:48:37	00:48:02	333		V35	56
346	1285	Lauak	00:22:16	00:48:38	00:48:37	371		Senior	58
347	913	Fernando Torres	00:24:31	00:48:38	00:48:15	347	Garehotelruning	V55	21
348	648	José Vestear	00:24:09	00:48:40	00:48:26	358		V45	64
349	357	Nelson Joao	00:24:18	00:48:41	00:48:26	357		Senior	59
350	1038	Rui Cunha	00:24:59	00:48:42	00:47:57	328		V40	78
351	162	Ricardo Simões	00:24:19	00:48:43	00:48:31	363		V50	38
352	524	Rui Correia	00:24:19	00:48:43	00:48:31	362	GDCTINCM	V40	79
353	120	Bruno Macedo	00:25:16	00:48:44	00:48:23	354	caracois	V40	80
354	1119	Rui Correia	00:25:59	00:48:46	00:47:56	326		V45	65
355	704	Ricardo Amaral	00:24:21	00:48:46	00:48:02	332	Navigator Clube Setubal	Senior	60
356	341	Nuno Mendes	00:24:53	00:48:46	00:48:12	344	Alverca Urban Runners	V45	66
357	342	Carla Mendes	00:24:52	00:48:46	00:48:11	342	Alverca Urban Runners	V40	5
358	322	Fernando Alvim	00:24:46	00:48:49	00:48:07	339		V45	67
359	321	Edna Alvim	00:24:47	00:48:49	00:48:07	340		V45	3
360	562	Fernando Luz	00:24:46	00:48:49	00:48:44	374		V55	22
361	1231	Vitor Lobo	00:24:00	00:48:51	00:48:17	350		V35	57

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
362	333	Gabriel Pinheiro	00:24:00	00:48:51	00:48:17	349		Senior	61
363	228	Pedro Paulino	00:25:25	00:48:57	00:48:18	351		V40	81
364	38	Luis Marques	00:25:29	00:48:57	00:48:32	364		V50	39
365	154	António Iria	00:25:17	00:48:57	00:48:23	355		V50	40
366	247	Sérgio Cruz	00:24:09	00:48:58	00:48:28	359		V35	58
367	166	Maria Varela	00:25:14	00:48:58	00:48:35	368		V45	4
368	34	Arlindo Rolo	00:25:30	00:49:01	00:48:36	369		V50	41
369	574	Jorge Pereira	00:24:40	00:49:02	00:48:41	373		V50	42
370	1071	Arsénio Rodrigues	00:24:00	00:49:02	00:48:53	375		V40	82
371	973	José Magalhães	00:24:50	00:49:03	00:48:33	365	GDINE	V65	5
372	108	Oscar Rocha	00:25:26	00:49:04	00:48:37	370		V55	23
373	546	Nuno Fernandes	00:24:11	00:49:05	00:49:03	382		V40	83
374	1013	Joao Moiteiro	00:25:23	00:49:10	00:48:39	372		V45	68
375	1111	Jun Liang	00:25:15	00:49:10	00:48:54	376		V45	5
376	1112	Jorge Sousa	00:25:15	00:49:10	00:48:55	377		V55	24
377	182	Hugo Costa	00:25:03	00:49:13	00:48:33	366		V45	69
378	696	Pedro Selão	00:24:51	00:49:13	00:49:03	381		V40	84
379	300	Pedro Bravo	00:24:45	00:49:14	00:49:04	386		V45	70
380	1085	Ana Pedreira	00:25:11	00:49:15	00:48:57	378		V35	2

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
381	871	Márcio Rodrigues	00:24:07	00:49:16	00:49:04	385		V40	85
382	1037	Carlos Brito	00:25:16	00:49:18	00:49:07	388		V40	86
383	187	Luis Loureiro	00:24:51	00:49:20	00:48:34	367		V35	59
384	1165	Francisco Pereira	00:25:14	00:49:21	00:49:11	389	CCD TRANQUILIDADE	V50	43
385	743	Fernando Agostinho	00:24:44	00:49:22	00:49:04	384		V40	87
386	1121	António Miranda	00:25:04	00:49:23	00:48:59	380	Amigos dos Picos	V40	88
387	1061	Hospital Setúbal	00:25:15	00:49:24	00:49:23	395		V65	1
388	1113	Nuno Martins	00:24:22	00:49:24	00:49:14	392		V35	60
389	387	Pedro Gonçalves	00:25:36	00:49:27	00:48:58	379		V40	89
390	731	Ivo Fialho	00:24:27	00:49:27	00:49:04	383		V40	90
391	1059	Caracóis Asfalto	00:27:58	00:49:34	00:49:06	387		V35	61
392	856	Justiniano Costa	00:25:02	00:49:38	00:49:14	393		V45	71
393	1077	Miguel José	00:24:55	00:49:39	00:49:12	390		V45	72
394	283	Luis Relvas	00:24:49	00:49:39	00:49:33	400		V45	73
395	286	Rui Baptista	00:24:50	00:49:40	00:49:35	401		V45	74
396	1074	Maria Duarte	00:25:16	00:49:46	00:49:29	398	Correr Loures	V50	1
397	79	Inês Mota	00:24:37	00:49:49	00:49:36	402		Senior	6
398	657	João Henriques	00:25:45	00:49:49	00:49:37	404	SS CGD	V45	75
399	556	Gabriel Lúcio	00:25:34	00:49:52	00:49:13	391		V35	62

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
400	1179	Paulo Gandum	00:23:25	00:49:52	00:49:48	409		V40	91
401	985	André Andrade	00:27:05	00:49:52	00:49:32	399		V40	92
402	189	Pedro Gomes	00:25:15	00:49:55	00:49:52	412		V35	63
403	925	José Silva	00:26:29	00:49:58	00:49:51	411		V60	16
404	844	Pedro Nobre	00:25:18	00:49:59	00:49:46	408		V40	93
405	236	Pedro Silva	00:25:33	00:50:00	00:49:25	397		Senior	62
406	567	Rui Santos	00:25:44	00:50:01	00:49:37	403		V45	76
407	1092	Luís Fernandes	00:25:44	00:50:01	00:49:37	405		V45	77
408	167	Ricardo Carvalho	00:24:46	00:50:01	00:50:00	417		V40	94
409	1142	Joao Calisto	00:24:40	00:50:01	00:49:44	407		V55	25
410	60	Paulo Silva	00:25:42	00:50:02	00:49:20	394		V45	78
411	489	Catarina Amaro	00:25:11	00:50:02	00:49:43	406		V35	3
412	841	Vera Resende	00:25:01	00:50:03	00:50:01	419		V35	4
413	663	Tiago Avelãs	00:25:16	00:50:04	00:49:51	410	SS CGD	V40	95
414	519	João Aleluia	00:25:45	00:50:10	00:49:23	396		V35	64
415	1177	Jorge Santos	00:24:37	00:50:16	00:50:11	429		V50	44
416	1277	José Ribeiro	00:25:58	00:50:18	00:49:58	414		V55	26
417	859	Carina Rebocho	00:25:11	00:50:20	00:50:02	421		Senior	7
418	262	João Ganho	00:24:35	00:50:22	00:50:05	423		V45	79

CORRIDA 2019



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
419	752	Luís Amaro	00:24:47	00:50:22	00:50:07	425		V40	96
420	852	Emanuel Batalha	00:26:11	00:50:26	00:50:08	427		V40	97
421	1063	Pedro Loureiro	00:25:42	00:50:27	00:50:09	428		V45	80
422	506	Fábio Alves	00:25:13	00:50:31	00:50:13	431		Senior	63
423	273	Ana Antunes	00:25:24	00:50:31	00:50:01	418	JamaicaRunners	Senior	8
424	272	Sara Antunes	00:25:26	00:50:32	00:50:02	420	JamaicaRunners	Senior	9
425	239	Mário Pinto	00:25:38	00:50:33	00:50:03	422		V40	98
426	86	César Duarte	00:23:48	00:50:33	00:50:24	436		Junior	4
427	709	Vasco Bernardo	00:25:45	00:50:38	00:49:55	413	Navigator Clube Setubal	V40	99
428	933	Maria Borges	00:25:15	00:50:39	00:50:35	451		V50	2
429	1144	Jorge Costa	00:25:17	00:50:40	00:50:28	443		V40	100
430	1069	Osvaldo Delgado	00:25:32	00:50:41	00:50:05	424		Senior	64
431	1310	Diogo Chaparro	00:25:09	00:50:41	00:50:35	452		Senior	65
432	1173	Tiago Gaspar	00:27:11	00:50:42	00:49:59	416	Serviços Sociais Montepio	V35	65
433	1172	Jorge Costa	00:27:12	00:50:42	00:49:59	415	Serviços Sociais Montepio	V45	81
434	932	Ana Santos	00:25:32	00:50:42	00:50:07	426		Senior	10
435	31	Paulo Ribeiro	00:25:24	00:50:42	00:50:27	441		V40	101
436	111	Jose Cardoso	00:26:15	00:50:42	00:50:22	435		V50	45
437	1131	Carlos Melo	00:25:43	00:50:44	00:50:34	447		V50	46

CORRIDA 2019



CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
438	543	Joaquim Mendes	00:25:16	00:50:47	00:50:32	445		V55	27
439	442	Carla Lameiras	00:25:01	00:50:48	00:50:40	458	LH Ginasio	V35	5
440	391	Bruno Silva	00:24:38	00:50:49	00:50:30	444		Senior	66
441	460	Marco Dias	00:25:08	00:50:49	00:50:13	430		Senior	67
442	323	Paulo Varandas	00:25:44	00:50:50	00:50:25	437		V35	66
443	1265	Nuno Henriques	00:25:39	00:50:50	00:50:34	446		V50	47
444	1106	Flavio Cristeto	00:25:44	00:50:50	00:50:25	438		Senior	68
445	977	Jorge Sousa	00:26:16	00:50:52	00:50:18	434	Serviços Sociais Montepio	V45	82
446	103	Hugo Oliveira	00:25:18	00:50:53	00:50:39	456		V40	102
447	380	Alexandre Bento	00:32:34	00:50:54	00:50:16	432		V55	28
448	306	António Traguedo	00:25:20	00:50:55	00:50:16	433		V40	103
449	1297	Fernando Serrano	00:27:14	00:50:57	00:50:41	459		V45	83
450	798	Leonel Brandao	00:26:07	00:50:57	00:50:26	439	Clube Millennium bcp	V50	48
451	331	Pedro Filipe	00:27:29	00:50:58	00:50:40	457		Senior	69
452	963	Helena Pinto	00:25:43	00:50:58	00:50:42	461	Correr Loures	V45	6
453	821	Tiago Rosa	00:26:10	00:50:59	00:50:28	442	Clube Millennium bcp	V35	67
454	903	Filipe Augusto	00:24:28	00:51:00	00:50:26	440	Alces Team	V45	84
455	192	Luis Silva	00:26:15	00:51:01	00:50:48	464		Senior	70
456	1222	Cláudia Pereira	00:25:48	00:51:05	00:50:34	448		V35	6

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
457	726	Edmundo Costa	00:26:24	00:51:07	00:50:38	454		V55	29
458	303	Margarida Amaro	00:26:25	00:51:07	00:50:39	455		V40	6
459	398	Jose Calisto	00:26:12	00:51:08	00:50:42	460		V45	85
460	96	Luis Ramalho	00:25:03	00:51:08	00:50:46	463		V45	86
461	520	Daniel Silvério	00:24:14	00:51:09	00:50:42	462	G.D.R. São Francisco da Serra	V40	104
462	348	Paulo Costa	00:25:35	00:51:11	00:50:57	466		Senior	71
463	1258	Paulo Velez	00:25:58	00:51:11	00:50:50	465		V45	87
464	799	Jorge Lourenco	00:27:50	00:51:14	00:50:58	468	Clube Millennium bcp	V45	88
465	597	João Romana	00:25:47	00:51:14	00:50:35	449		V50	49
466	592	Rafael Almeida	00:25:47	00:51:14	00:50:35	450		V55	30
467	1217	Hugo Dinis	00:26:35	00:51:17	00:50:37	453		Senior	72
468	84	Rui Aleixo	00:26:12	00:51:18	00:51:03	472		Senior	73
469	882	Manuel Nascimento	00:25:59	00:51:20	00:51:16	478		V60	17
470	997	Joaquim Fernandes	00:26:00	00:51:22	00:51:18	480		V65	6
471	1243	Vitor Teixeira	00:25:54	00:51:24	00:51:05	473		V55	31
472	864	Mario Seabra	00:25:48	00:51:25	00:51:01	470	Grupo Recreativo Janz e Associados	V45	89
473	868	Vitor Moreira	00:25:49	00:51:25	00:51:02	471	Grupo Recreativo Janz e Associados	Senior	74
474	981	Dionísio Sarmiento	00:26:23	00:51:27	00:51:07	474		V50	50
475	502	Hélder Fernandes	00:25:00	00:51:29	00:51:22	483	LH Ginasio	V45	90

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
476	887	Rosindo Bandeira	00:26:39	00:51:30	00:50:57	467		V35	68
477	907	Juliano Mendes	00:25:52	00:51:31	00:51:21	482		V35	69
478	1088	David Simão	00:25:21	00:51:35	00:51:21	481		V45	91
479	815	Joel Esteves	00:26:13	00:51:36	00:51:32	496	Clube Millennium bcp	V35	70
480	666	Daniel Parrulas	00:26:49	00:51:40	00:51:08	475		V35	71
481	695	Carlos Cagica	00:24:11	00:51:41	00:51:24	489		V50	51
482	881	Carlos Soares	00:27:27	00:51:41	00:51:10	476		V50	52
483	233	Nuno Jorge	00:25:50	00:51:42	00:51:27	493		V40	105
484	949	António Martins	00:25:11	00:51:43	00:51:40	501		V45	92
485	29	Cláudio Pereira	00:25:28	00:51:44	00:51:23	486		V40	106
486	450	Abílio Abreu	00:26:43	00:51:44	00:50:58	469		V35	72
487	89	Fernando Vaz	00:25:58	00:51:45	00:51:23	485		V35	73
488	1266	Sónia Luz	00:25:46	00:51:45	00:51:41	502		V35	7
489	675	Pedro Sardinha	00:26:42	00:51:45	00:51:17	479		V40	107
490	736	Paulo Duarte	00:26:23	00:51:47	00:51:38	500	GDCT Unicre	V50	53
491	717	Antonio Dasilva	00:26:06	00:51:49	00:51:33	497		V60	18
492	776	Sónia Neto	00:26:02	00:51:50	00:51:44	503		V40	7
493	159	Constâncio Martins	00:27:14	00:51:50	00:51:15	477		V60	19
494	1197	Hélder Romao	00:27:31	00:51:53	00:51:24	487		V35	74

CORRIDA 2019



CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
495	1101	João Sequeira	00:26:37	00:51:55	00:51:28	494		V40	108
496	917	Paulo Antunes	00:26:26	00:51:57	00:51:38	499		V45	93
497	918	Sara Gomes	00:26:20	00:51:58	00:51:53	510		Senior	11
498	1320	Ana Cortes	00:26:41	00:52:00	00:51:23	484	Running Club Santa Casa	V35	8
499	843	Rodrigo Cavalcanti	00:25:56	00:52:02	00:51:54	511		Senior	75
500	1245	Edgar Madaleno	00:26:59	00:52:05	00:51:24	488		V40	109
501	812	Cristina Fale	00:27:10	00:52:07	00:51:25	490	Clube Millennium bcp	V40	8
502	811	Manuel Lopes	00:27:11	00:52:07	00:51:25	492	Clube Millennium bcp	V40	110
503	116	Jorge Diogo	00:26:30	00:52:08	00:51:48	507		V45	94
504	465	Jacinto Batista	00:25:09	00:52:12	00:52:00	514		V55	32
505	117	Paulo Louro	00:28:03	00:52:13	00:51:25	491		V50	54
506	449	Carlos Cabral	00:26:54	00:52:15	00:51:30	495		V40	111
507	379	Luís Gago	00:27:30	00:52:17	00:51:46	505		V35	75
508	660	Miguel	00:27:24	00:52:19	00:51:38	498	SS CGD	V40	112
509	822	Mario Mendes	00:26:31	00:52:20	00:51:49	508	Clube Millennium bcp	V50	55
510	1156	Cláudia Novais	00:26:14	00:52:23	00:52:03	518		V50	3
511	487	Ângela Moreira	00:26:40	00:52:24	00:52:02	516		V35	9
512	610	Fernanda Rebelo	00:26:27	00:52:25	00:52:22	534		V45	7
513	164	Mauro Santos	00:27:03	00:52:26	00:51:47	506		Senior	76

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
514	662	Raul Machado	00:25:52	00:52:27	00:52:08	522	SS CGD	V60	20
515	66	Rui Serafim	00:26:24	00:52:34	00:52:18	529		V45	95
516	1155	Jorge Carvalho	00:26:10	00:52:35	00:52:02	517		V45	96
517	939	Nuno Fialho	00:26:36	00:52:37	00:52:01	515		V45	97
518	671	Leonor Silva	00:27:47	00:52:38	00:51:56	513		V45	8
519	320	Jorge Moreira	00:28:02	00:52:38	00:51:54	512		V50	56
520	528	Fábio Lopes	00:25:45	00:52:39	00:52:24	536		Senior	77
521	521	Marco Carvalho	00:27:48	00:52:41	00:52:11	526	GDCTINCM	V40	113
522	1290	Carlos Estêvão	00:26:21	00:52:42	00:52:30	541		V45	98
523	993	João Pinto	00:26:54	00:52:43	00:52:10	525	Pernas de Pau	Senior	78
524	119	Fábio Duarte	00:25:23	00:52:44	00:52:22	532	caracois	Senior	79
525	901	Pedro André	00:27:03	00:52:44	00:52:09	523	Alces Team	V45	99
526	413	João Pereira	00:28:11	00:52:45	00:51:53	509		V45	100
527	938	António Pereira	00:26:09	00:52:47	00:52:20	531		V45	101
528	1195	Armando Lacerda	00:27:54	00:52:48	00:52:07	520		V60	21
529	883	Juca Jacob	00:27:47	00:52:49	00:52:33	543		V50	57
530	906	Mario Santos	00:26:57	00:52:49	00:52:22	533		V50	58
531	1060	Sandra Cardoso	00:26:58	00:52:49	00:52:33	542		V45	9
532	604	Vítor Gonçalves	00:27:40	00:52:50	00:52:07	519	4 ao Km	V45	102

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
533	133	Andreia Banha	00:26:44	00:52:50	00:52:29	539		V35	10
534	603	Isadora Costa	00:27:40	00:52:51	00:52:08	521	4 ao Km	Senior	12
535	146	Carlos Fino	00:27:10	00:52:53	00:52:10	524		V50	59
536	409	Sofia Morgado	00:26:13	00:52:54	00:52:36	544		V45	10
537	688	Maria Sousa	00:27:32	00:52:56	00:52:14	527	Runners do Bairreee	V35	11
538	517	Carla Viegas	00:26:09	00:52:56	00:52:40	551		V40	9
539	270	José Neves	00:26:39	00:52:57	00:52:28	538		V40	114
540	590	António Gonçalves	00:26:39	00:52:57	00:52:29	540		V55	33
541	875	Rui Moreira	00:27:21	00:52:59	00:52:26	537		V45	103
542	607	Jofre Ouro	00:28:02	00:53:02	00:52:18	530		V55	34
543	1008	José Nunes	00:28:30	00:53:05	00:52:50	554		V45	104
544	829	António Novas	00:27:29	00:53:07	00:52:17	528		V40	115
545	438	Antonio Marques	00:27:48	00:53:09	00:51:44	504	Benedita	Senior	80
546	960	José Véstias	00:26:22	00:53:10	00:52:58	560		V45	105
547	98	Carla Nascimento	00:26:22	00:53:10	00:52:58	559		V35	12
548	635	Raul Tavares	00:28:42	00:53:11	00:52:23	535		Senior	81
549	1054	Nuno Cunha	00:27:33	00:53:11	00:52:39	548		V45	106
550	1174	Nuno Fonseca	00:27:33	00:53:12	00:52:39	549	Taurina	V45	107
551	355	Luís Resende	00:27:29	00:53:13	00:52:53	556		V35	76

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
552	989	Jaime Gomes	00:27:48	00:53:13	00:52:38	546	Serviços Sociais Montepio	V55	35
553	1103	Luis Silva	00:27:31	00:53:13	00:52:49	553		V50	60
554	324	Henrique Veloso	00:27:18	00:53:15	00:52:56	557		V40	116
555	591	Horácio Alexandre	00:27:53	00:53:15	00:52:52	555		V55	36
556	793	Maria Poeira	00:28:10	00:53:19	00:52:37	545	ROTA D'OSSA	V55	1
557	365	Dora Reis	00:27:11	00:53:21	00:52:48	552		V45	11
558	781	Inês Simão	00:26:30	00:53:23	00:53:12	572		Senior	13
559	710	Carlos Anjos	00:27:14	00:53:23	00:52:40	550	Navigator Clube Setubal	Senior	82
560	782	Tiago Lopes	00:26:31	00:53:24	00:53:11	570		V35	77
561	533	Armindo Queimado	00:27:50	00:53:24	00:53:03	566	ADCSABALDIO	V50	61
562	535	António Serra	00:27:51	00:53:24	00:53:04	567	ADCSABALDIO	V60	22
563	1237	Nuno Gomes	00:27:18	00:53:24	00:52:39	547		V40	117
564	873	Miguel Ventura	00:27:44	00:53:27	00:53:12	573		V35	78
565	1162	António Sena	00:26:38	00:53:29	00:52:58	561	CCD TRANQUILIDADE	V45	108
566	715	Jose Machado	00:27:38	00:53:30	00:53:02	565		V50	62
567	716	Marta Machado	00:27:39	00:53:30	00:53:01	562		Senior	14
568	386	Paulo Bonifácio	00:27:06	00:53:31	00:53:02	564		V50	63
569	147	Carla Serrano	00:27:22	00:53:32	00:53:09	568		V40	10
570	35	Mário Sobral	00:27:52	00:53:33	00:53:02	563		V40	118

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
571	194	Henrique Madrugo	00:26:34	00:53:37	00:53:25	577		V45	109
572	292	João Lima	00:27:37	00:53:41	00:52:58	558	4 ao Km	V55	37
573	992	Cristina Lino	00:26:55	00:53:43	00:53:21	575		V50	4
574	1276	Carlos Cardoso	00:26:56	00:53:43	00:53:15	574		V50	64
575	1021	Pedro Manso	00:27:43	00:53:44	00:53:30	580		V40	119
576	796	João Niza	00:28:17	00:53:52	00:53:12	571	FunBus - Barreiro	V50	65
577	555	Sérgio Oliveira	00:26:06	00:53:54	00:53:34	581		V35	79
578	477	Paulo Cruz	00:27:08	00:53:56	00:53:40	586	FIDELIDADE GDC	V45	110
579	358	Daniela Bicho	00:26:51	00:53:58	00:53:50	597	GURUS - SUP	Senior	15
580	728	Carlos Lopes	00:27:36	00:53:58	00:53:24	576		V50	66
581	1080	Selma Silva	00:27:07	00:53:59	00:53:09	569		V50	5
582	491	José Rolão	00:27:11	00:54:00	00:53:47	595		V60	23
583	490	André Rolão	00:27:15	00:54:00	00:53:47	594		V35	80
584	476	Carlos Dias	00:27:05	00:54:00	00:53:58	604	FIDELIDADE GDC	V60	24
585	892	Silvana Saucedo	00:28:05	00:54:02	00:53:39	584		V45	12
586	862	Francisco Freitas	00:27:32	00:54:03	00:53:27	578		V35	81
587	407	Pedro Vicente	00:27:53	00:54:05	00:53:42	589		V50	67
588	403	Rogério Antunes	00:27:53	00:54:05	00:53:43	590		V40	120
589	896	Rui Monteiro	00:27:16	00:54:05	00:53:42	587		V50	68

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
590	255	Luis Santos	00:27:48	00:54:06	00:53:29	579		V50	69
591	140	Paulo Baptista	00:26:59	00:54:07	00:54:07	609		V50	70
592	1079	Catarina Ramos	00:27:31	00:54:08	00:53:44	591		Senior	16
593	1094	Rui Agrião	00:26:06	00:54:09	00:53:47	593		Senior	83
594	414	Jorge Sousa	00:27:40	00:54:12	00:53:40	585		V40	121
595	1271	Paulo Simões	00:28:35	00:54:14	00:53:37	583		V40	122
596	990	Margarida Monteiro	00:27:33	00:54:15	00:54:04	606		V50	6
597	1273	Paulo Cardoso	00:28:35	00:54:15	00:53:36	582		V35	82
598	974	Carla Lopes	00:28:13	00:54:15	00:53:42	588	GDINE	V45	13
599	445	Alfredo Martinho	00:27:21	00:54:16	00:53:46	592		V40	123
600	618	Carlos Ferreira	00:26:59	00:54:22	00:54:18	618	NUCLEO DESPORTIVO AUTOCOOPE	V60	25
601	1066	Élio Lavado	00:28:08	00:54:29	00:53:54	600		Senior	84
602	1292	Rui Pereira	00:28:26	00:54:29	00:53:56	602		V35	83
603	825	Pedro Almeida	00:27:26	00:54:29	00:54:22	620	Clube Millennium bcp	V35	84
604	246	Vasco Delgado	00:28:03	00:54:29	00:53:50	596		V40	124
605	979	Ricardo Dias	00:28:25	00:54:29	00:53:56	601	Serviços Sociais Montepio	V45	111
606	876	David Caldeira	00:27:26	00:54:30	00:54:12	610		V40	125
607	65	Maria Santos	00:27:27	00:54:30	00:54:22	621	Singarunners Ferreira do Alentejo	V40	11
608	26	Paulo Costa	00:27:26	00:54:30	00:53:58	603		Senior	85

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
609	64	José Costa	00:27:26	00:54:31	00:54:23	623	Singarunners Ferreira do Alentejo	V40	126
610	1175	João Vilhena	00:25:51	00:54:31	00:54:12	612		V40	127
611	168	Paulo Maceiras	00:27:48	00:54:32	00:54:05	607		V45	112
612	978	Nuno Carvalho	00:27:47	00:54:33	00:54:14	614	Serviços Sociais Montepio	V40	128
613	1188	Sandro Lavado	00:27:25	00:54:33	00:54:22	622		V35	85
614	288	Nelson Marques	00:28:27	00:54:34	00:53:50	599		V45	113
615	1257	Paula Calisto	00:26:59	00:54:35	00:54:23	624		V35	13
616	1012	Nuno Almeida	00:26:29	00:54:35	00:54:15	615		V40	129
617	894	Augusto Caria	00:28:01	00:54:37	00:54:28	627	Grupo Barraqueiro	V65	7
618	504	Rodrigo Casinha	00:29:08	00:54:37	00:54:02	605		Senior	86
619	816	Rodolfo Lima	00:27:46	00:54:39	00:54:29	629	Clube Millennium bcp	V50	71
620	1141	Júlia Calisto	00:26:43	00:54:40	00:54:23	625		V55	2
621	309	Fernando Almeida	00:28:00	00:54:41	00:53:50	598		V40	130
622	392	Filipe Abreu	00:27:29	00:54:44	00:54:13	613		V35	86
623	232	João Osório	00:28:10	00:54:46	00:54:06	608		V40	131
624	1150	Paulo Vaz	00:28:25	00:54:48	00:54:12	611		V45	114
625	25	Jose Melo	00:27:30	00:54:50	00:54:16	616		V45	115
626	732	Ricardo Silva	00:27:36	00:54:51	00:54:27	626		V40	132
627	898	Tiago Sérgio	00:29:23	00:54:58	00:54:18	617		Junior	5

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
628	649	Anabela Duarte	00:27:09	00:55:04	00:55:01	636		V55	3
629	908	Vítor Cunha	00:27:55	00:55:04	00:54:20	619		V40	133
630	335	Luis Bilro	00:28:21	00:55:06	00:54:48	630		V35	87
631	621	Luiza Ferreira	00:27:57	00:55:11	00:55:03	637	NUCLEO DESPORTIVO AUTOCOOPE	V45	14
632	924	Ezequiel Baião	00:25:34	00:55:14	00:55:06	641		Senior	87
633	923	Rui Bastos	00:25:34	00:55:14	00:55:06	640		Senior	88
634	853	José Fidalgo	00:27:46	00:55:15	00:55:06	639		V50	72
635	268	Nuno Molero	00:27:46	00:55:17	00:55:07	643		V45	116
636	312	Pedro Braz	00:28:56	00:55:21	00:54:29	628		V40	134
637	218	Nuno Gonçalves	00:28:05	00:55:33	00:55:09	645		V45	117
638	404	Miguel Pinto	00:28:57	00:55:36	00:55:01	635		V35	88
639	1002	Sonia Louro	00:28:51	00:55:37	00:54:49	631		V40	12
640	734	Miguel Alves	00:28:28	00:55:38	00:55:16	648		V45	118
641	687	André Alves	00:29:27	00:55:39	00:54:56	633	Runners do Bairreee	Senior	89
642	819	Luis Silva	00:29:04	00:55:40	00:54:58	634	Clube Millennium bcp	V50	73
643	987	João Côrça	00:28:02	00:55:40	00:55:19	651		V35	89
644	412	Carlos Batista	00:29:37	00:55:40	00:55:38	665		V45	119
645	756	Abigail Pereira	00:27:35	00:55:41	00:55:38	664		Senior	17
646	177	Manuela Gonçalves	00:28:00	00:55:41	00:55:25	655	sfuap	V50	7

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
647	495	Nuno Fernandes	00:28:40	00:55:41	00:54:51	632		V45	120
648	971	Luis Miranda	00:27:47	00:55:43	00:55:20	653	Os Galgos	V45	121
649	1260	José Gonçalves	00:29:08	00:55:44	00:55:08	644	Introsys Team	Senior	90
650	530	Neuza Santos	00:28:04	00:55:44	00:55:28	657		Senior	18
651	738	Gonçalo Oliveira	00:28:21	00:55:45	00:55:39	667	GDCT Unice	V55	38
652	1017	Frederico Costa	00:30:24	00:55:46	00:55:05	638		V40	135
653	584	Alzira Cruz	00:27:43	00:55:47	00:55:34	661	Federação da Família para a Paz Mundial e Unifi	V55	4
654	957	Hugo Nunes	00:27:51	00:55:49	00:55:15	647		Senior	91
655	271	Angelo Sequeira	00:25:44	00:55:49	00:55:20	652	JamaicaRunners	Senior	92
656	691	Raul Massano	00:29:12	00:55:50	00:55:07	642	Encontramo-nos na meta	V40	136
657	1055	Henrique Costa	00:29:29	00:55:51	00:55:22	654		Senior	93
658	114	Vanda Sequeira	00:28:30	00:55:51	00:55:15	646		V45	15
659	582	Nuno Gonçalves	00:28:28	00:55:52	00:55:18	650		V55	39
660	352	Thelmo Cunha	00:28:54	00:55:55	00:55:31	660	Run2Finish.PT	V55	40
661	351	Jorge Monteiro	00:28:55	00:55:55	00:55:30	658	Run2Finish.PT	V50	74
662	808	Fernando Ferreira	00:29:06	00:56:01	00:55:30	659	Clube Millennium bcp	V70	2
663	708	Renato Moreira	00:28:19	00:56:03	00:55:18	649	Navigator Clube Setubal	Senior	94
664	867	Fábio Gomes	00:28:24	00:56:09	00:55:45	673	Grupo Recreativo Janz e Associados	Senior	95
665	52	Pedro Gomes	00:28:49	00:56:14	00:55:39	666		V45	122

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
666	200	João Barros	00:29:14	00:56:14	00:55:43	669		V50	75
667	1062	Carla Marques	00:29:30	00:56:17	00:55:28	656		Senior	19
668	693	Nuno Rafael	00:29:24	00:56:17	00:55:35	662	Encontramo-nos na meta	V35	90
669	1148	Jackie Gaspar	00:29:05	00:56:19	00:56:02	682		V40	13
670	611	Gabriela Ferreira	00:29:05	00:56:19	00:56:01	681		Senior	20
671	854	Ricardo Preguiça	00:28:34	00:56:20	00:55:50	678		Senior	96
672	792	Clara Cunha	00:28:42	00:56:20	00:55:40	668	ROTA D'OSSA	Senior	21
673	761	Luis Rodrigues	00:28:55	00:56:20	00:55:49	676		V50	76
674	614	Claudiofilipe Cruz	00:28:07	00:56:20	00:55:49	677		V40	137
675	1078	Paulo Flório	00:28:19	00:56:21	00:55:37	663		V50	77
676	1070	Paulo Pintão	00:28:42	00:56:26	00:55:44	672		V35	91
677	542	Gonçalo Azevedo	00:29:36	00:56:26	00:56:18	685		Junior	6
678	795	Francisco Pires	00:28:19	00:56:26	00:55:46	674	FunBus - Barreiro	V45	123
679	474	Maurício Nunes	00:29:24	00:56:28	00:55:49	675		V60	26
680	361	Amilcar Póvoa	00:27:49	00:56:29	00:56:24	688		V70	3
681	1053	Luis Gonçalves	00:29:38	00:56:35	00:55:44	671		V45	124
682	1249	Pedro Gonçalves	00:29:37	00:56:35	00:55:43	670		V45	125
683	861	Jorge Sousa	00:28:55	00:56:36	00:56:00	680		V35	92
684	1281	Teresa Henriques	00:28:08	00:56:36	00:56:21	686		V45	16

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
685	656	Hugo Venancio	00:28:46	00:56:43	00:56:34	694	SS CGD	V35	93
686	234	Ricardo Figueira	00:28:50	00:56:48	00:56:03	683		V35	94
687	1127	João Pereira	00:28:36	00:56:49	00:56:34	692		V50	78
688	310	João Sousa	00:29:30	00:56:51	00:55:59	679		V35	95
689	596	João Malato	00:28:37	00:56:52	00:56:14	684		V45	126
690	175	Custódio Frango	00:28:05	00:56:53	00:56:32	689		V45	127
691	694	Inês Bexiga	00:28:52	00:56:56	00:56:37	695		Senior	22
692	1289	Simão Luz	00:28:45	00:57:01	00:56:42	699		Senior	97
693	1293	Gonçalo Rito	00:28:46	00:57:02	00:56:42	698		Senior	98
694	1298	Luis Reis	00:28:45	00:57:04	00:56:45	700		Senior	99
695	616	Dany Santos	00:28:18	00:57:04	00:56:50	701	OLHAPROKDEU	V35	96
696	615	Henrique Neves	00:28:18	00:57:04	00:56:51	702	OLHAPROKDEU	V35	97
697	680	Ana Figueiredo	00:30:43	00:57:06	00:56:23	687		V50	8
698	468	Marco Vaz	00:27:12	00:57:09	00:56:58	703		V40	138
699	909	João Maia	00:29:51	00:57:14	00:56:33	690		V40	139
700	161	Sónia Correia	00:28:37	00:57:15	00:57:02	706		V40	14
701	22	Otelinda Sousa	00:29:43	00:57:20	00:56:38	696		V40	15
702	634	Pedro Antunes	00:29:08	00:57:21	00:56:34	693		V35	98
703	430	Inácio Dias	00:31:29	00:57:22	00:56:33	691	Singarunners Ferreira do Alentejo	V65	8

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
704	316	Nuno Miranda	00:29:42	00:57:28	00:56:40	697		V35	99
705	1261	Alexandre Luz	00:29:05	00:57:28	00:57:00	704	Introsys Team	V40	140
706	363	Luis Trindade	00:30:42	00:57:33	00:57:02	705		Senior	100
707	278	Americo Cardoso	00:29:03	00:57:46	00:57:16	709		V45	128
708	778	Hugo Guerreiro	00:30:38	00:57:55	00:57:17	710		V40	141
709	285	Antonio Faria	00:29:38	00:57:56	00:57:15	708		V65	9
710	193	Márcio Pereira	00:29:22	00:58:01	00:57:48	721		V40	142
711	1099	Ana Rolo	00:29:15	00:58:03	00:57:36	717		V50	9
712	201	Gonçalo Gomes	00:25:58	00:58:04	00:57:42	720		V35	100
713	198	Cesar Guerra	00:30:10	00:58:05	00:57:12	707		V45	129
714	1313	José Catita	00:30:44	00:58:06	00:57:22	711	COO	V60	27
715	1136	Maria Zuna	00:29:30	00:58:06	00:57:52	724		V60	1
716	817	Celia Lourenco	00:28:14	00:58:06	00:57:49	722	Clube Millennium bcp	V45	17
717	18	Carlos Martins	00:29:56	00:58:12	00:57:34	716	Carpe Diem	V55	41
718	548	Filipa Barbosa	00:29:23	00:58:14	00:57:26	713		V35	14
719	549	Rui Melo	00:29:23	00:58:14	00:57:26	712		V35	101
720	1294	Rui Sabino	00:30:05	00:58:14	00:57:34	715		V45	130
721	308	Fernando Sebastião	00:29:33	00:58:18	00:57:33	714		V40	143
722	1048	Rita Palma	00:28:32	00:58:19	00:58:18	735	DREAM RUNNERS ÉVORA	V45	18

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
723	1018	Nelson Rego	00:30:25	00:58:19	00:57:39	719		V40	144
724	1015	Luis Pereira	00:30:22	00:58:19	00:57:38	718		V40	145
725	652	Luiz Rosa	00:30:08	00:58:30	00:57:53	725	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	10
726	1153	Paulo Padrao	00:30:21	00:58:36	00:57:59	728		V50	79
727	135	Cláudio Vinha	00:31:39	00:58:38	00:57:51	723		Senior	101
728	1284	Smp Bipbip	00:31:23	00:58:40	00:58:26	737		V35	102
729	984	Rui Cardoso	00:29:42	00:58:40	00:58:06	730		V40	146
730	1081	Bruno Claro	00:29:44	00:58:40	00:58:27	738		V35	103
731	1234	Mário Duarte	00:29:16	00:58:42	00:58:06	731		V40	147
732	1108	Joao Lazaro	00:30:13	00:58:46	00:57:53	727		V35	104
733	1107	Nuno Dias	00:30:15	00:58:46	00:57:53	726		V35	105
734	926	Carlos Vieira	00:29:49	00:58:49	00:58:07	732		V45	131
735	45	Nuno Paisana	00:29:12	00:58:50	00:58:18	734		V45	132
736	90	Alice Cipriano	00:30:06	00:58:58	00:58:11	733		Senior	23
737	427	Rui Duarte	00:28:57	00:58:58	00:58:03	729		V45	133
738	999	Lino Silva	00:29:42	00:58:59	00:58:36	740		V45	134
739	802	Sara Oliveira	00:29:11	00:59:01	00:58:45	744	Clube Millennium bcp	V40	16
740	706	Jose Galveia	00:29:34	00:59:05	00:58:43	743	Navigator Clube Setubal	V65	11
741	508	Denise Ferreira	00:29:09	00:59:06	00:58:50	745		Senior	24

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
742	1067	Jose Antonio	00:28:56	00:59:08	00:58:25	736		V55	42
743	511	Valter Santos	00:28:41	00:59:08	00:58:51	746		Senior	102
744	1034	António Pilão	00:28:51	00:59:13	00:58:35	739		V45	135
745	1028	Paulo Simões	00:29:55	00:59:13	00:58:58	750		V50	80
746	1169	Tam Afonso	00:30:53	00:59:15	00:59:04	752	CCD TRANQUILIDADE	V65	12
747	47	Catarina Clérigo	00:30:55	00:59:19	00:58:52	747		V50	10
748	961	Luís Santos	00:29:14	00:59:26	00:59:22	764		V45	136
749	214	Francisco Paulos	00:30:40	00:59:29	00:58:38	742		V40	148
750	253	Simão Santana	00:30:40	00:59:29	00:58:38	741		V40	149
751	362	Jorge Liqueis	00:28:49	00:59:30	00:59:15	761		V35	106
752	564	Carlos Bernardino	00:29:42	00:59:34	00:59:17	763	Correr Loures	V45	137
753	568	Jenimy Sousa	00:27:40	00:59:37	00:59:05	753		Senior	103
754	378	Maria Simoes	00:30:45	00:59:40	00:59:09	755		V50	11
755	1161	Ana Canaveira	00:30:38	00:59:41	00:59:09	756	CCD TRANQUILIDADE	V50	12
756	714	Luisa Cardoso	00:29:36	00:59:44	00:59:15	762		V50	13
757	713	Pedro Verissimo	00:29:38	00:59:44	00:59:14	760		V50	81
758	339	Ana Almeida	00:30:29	00:59:45	00:59:12	758	Jóias da Corrida	V35	15
759	394	Gilberto Gonçalves	00:30:45	00:59:47	00:59:09	757	CLUBE ATLETISMO AMIGOS DE BELÉM	V70	4
760	181	Lucinda Canoa	00:30:30	00:59:47	00:58:55	748		V45	19

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
761	523	Nuno Carvalho	00:30:30	00:59:48	00:58:55	749	GDCTINCM	V40	150
762	81	Paulo Andre	00:28:42	00:59:49	00:59:34	771		V55	43
763	1052	Sónia Afonso	00:30:08	00:59:49	00:59:34	772		Senior	25
764	851	Manuel Torcato	00:30:47	00:59:50	00:59:23	765		V35	107
765	36	Rui Barros	00:29:38	00:59:51	00:59:12	759		V50	82
766	1016	Valter Sousa	00:31:18	00:59:53	00:59:02	751		V35	108
767	1040	Hélder Silvério	00:30:36	00:59:56	00:59:26	769		V45	138
768	1110	Paula Ferreira	00:30:36	00:59:56	00:59:07	754		V45	20
769	186	Júlio Costa	00:30:20	01:00:04	00:59:52	780		V45	139
770	384	Andreia Vieira	00:30:43	01:00:04	00:59:25	767		Senior	26
771	385	Nelson Moreira	00:30:44	01:00:05	00:59:25	768		Senior	104
772	972	Ricardo Piteira	00:29:38	01:00:08	00:59:46	778	Os Galgos	Senior	105
773	888	Artur Santos	00:30:27	01:00:10	00:59:41	774		V40	151
774	1102	Sheila Santos	00:29:14	01:00:10	00:59:44	776		V40	17
775	37	Hélio Balinha	00:30:23	01:00:11	00:59:24	766		V35	109
776	1004	Nuno Valentim	00:27:43	01:00:14	01:00:02	784		Senior	106
777	839	Marta Vilhena	00:30:57	01:00:17	00:59:39	773		V40	18
778	1325	Pedro Luís	00:30:16	01:00:19	00:59:29	770		V35	110
779	428	Jorge Ferro	00:30:59	01:00:22	00:59:43	775		V45	140

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
780	678	Sonia Carpelho	00:30:56	01:00:23	00:59:45	777		V45	21
781	897	Valter Pedro	00:30:10	01:00:25	00:59:52	781		V35	111
782	1093	Cátia Almeida	00:31:42	01:00:42	01:00:10	789		V40	19
783	51	Gabriel Cruz	00:30:12	01:00:46	01:00:40	800		V75	1
784	1090	Eduardo Lopes	00:31:39	01:00:49	00:59:58	783		V50	83
785	803	Pedro Murca	00:31:01	01:00:52	01:00:14	790	Clube Millennium bcp	V50	84
786	820	Rui Rodrigues	00:31:36	01:00:52	00:59:58	782	Clube Millennium bcp	V50	85
787	1291	Vanda Oliveira	00:31:16	01:00:53	01:00:09	788		V45	22
788	951	Tiago Santos	00:31:58	01:00:53	01:00:07	787		V35	112
789	174	Eugenia Pinheiro	00:30:29	01:00:54	01:00:29	795		V50	14
790	171	Antonio Carapuça	00:30:29	01:00:54	01:00:30	796		V55	44
791	180	Luis Passos	00:30:10	01:00:55	01:00:23	792		V40	152
792	1029	Sandra Oliveira	00:29:49	01:00:55	01:00:40	799		V45	23
793	515	Ana Calafate	00:31:40	01:00:55	01:00:02	785		V50	15
794	1009	Cátia Valadas	00:29:12	01:00:56	01:00:51	806		Senior	27
795	1049	Fernando Saraiva	00:29:35	01:00:59	01:00:07	786		V60	28
796	729	Sergio Sa	00:30:33	01:01:07	01:00:34	798		V50	86
797	1323	Joana Serrano	00:31:07	01:01:08	01:00:23	793		Senior	28
798	1316	Luís Duarte	00:30:25	01:01:11	01:00:24	794		Senior	107

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
799	565	Mariana Bernardino	00:31:02	01:01:13	01:00:48	803	Correr Loures	V45	24
800	1263	Nuno Grandão	00:31:19	01:01:13	01:00:22	791		V45	141
801	900	Paulo Serrano	00:31:25	01:01:17	01:00:41	801	Alces Team	V45	142
802	423	Rui Álvares	00:30:31	01:01:20	01:01:10	815		V50	87
803	202	Nuno Martins	00:30:26	01:01:21	01:00:41	802		V45	143
804	1132	Henrique Vilhena	00:33:11	01:01:24	01:00:32	797		V60	29
805	837	Gabriela Alves	00:30:49	01:01:25	01:01:14	816		Senior	29
806	619	Joao Caldas	00:32:06	01:01:26	01:00:48	804	NUCLEO DESPORTIVO AUTOCOOPE	V50	88
807	155	Sandra Batista	00:31:29	01:01:26	01:00:51	807		V45	25
808	722	Nelson Santos	00:30:38	01:01:30	01:01:04	809		V35	113
809	1251	Victor Mabere	00:31:14	01:01:31	01:00:50	805		V35	114
810	686	Ivo Marques	00:29:40	01:01:40	01:01:35	831	Grupo Barraqueiro	V35	115
811	927	Irina Kruk	00:34:15	01:01:42	01:00:58	808		V40	20
812	711	Nuno Silva	00:29:27	01:01:43	01:01:34	828	Navigator Clube Setubal	V40	153
813	760	Luis Silva	00:29:30	01:01:44	01:01:34	827		V35	116
814	263	Bruno Carvalho	00:31:04	01:01:45	01:01:07	814		V35	117
815	931	Paula Anselmo	00:29:36	01:01:46	01:01:36	832		V35	16
816	1203	Andreia Clemente	00:30:02	01:01:46	01:01:32	825		V35	17
817	759	Maria Rodrigues	00:31:41	01:01:49	01:01:07	813		V50	16

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
818	1064	Vitor Lucas	00:31:27	01:01:50	01:01:06	810		V55	45
819	230	Francisco Sarrasqueiro	00:31:05	01:01:52	01:01:49	840		V70	5
820	877	Atlas Copco	00:30:04	01:01:52	01:01:51	844		Senior	108
821	1082	Izilda Lourenço	00:31:51	01:01:54	01:01:07	811		V50	17
822	1307	António Bila	00:31:52	01:01:54	01:01:07	812	COO	V60	30
823	826	Jose Rebelo	00:32:12	01:01:59	01:01:27	821	Clube Millennium bcp	V50	89
824	631	Vanessa Barros	00:30:10	01:01:59	01:01:57	851		Senior	30
825	630	Luís Lopes	00:30:08	01:01:59	01:01:57	852		Senior	109
826	1140	Elisabete Costa	00:31:32	01:02:00	01:01:34	826		V45	26
827	1145	Patrícia Costa	00:31:32	01:02:00	01:01:35	830		Senior	31
828	1117	Sônia Lima	00:31:38	01:02:00	01:01:35	829		V55	5
829	366	Carla Correia	00:31:00	01:02:02	01:01:45	838		V40	21
830	462	Pedro Rasteiro	00:31:45	01:02:05	01:01:20	820		V40	154
831	165	Sandra Pires	00:31:07	01:02:07	01:01:43	834		V45	27
832	935	Victor Morgado	00:31:45	01:02:08	01:01:14	817		V40	155
833	1242	Luís Samuel	00:30:29	01:02:09	01:01:16	818		V35	118
834	1129	L Gouveia	00:31:40	01:02:09	01:01:17	819		V55	6
835	467	Gilmar Silva	00:31:31	01:02:10	01:01:29	823		V45	144
836	264	Sara Faro	00:31:31	01:02:10	01:01:30	824		V40	22

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
837	252	Fernanda Afonso	00:33:24	01:02:10	01:01:50	841	casa do monte	V50	18
838	1122	Susana Rodrigues	00:31:56	01:02:11	01:01:45	839	Amigos dos Picos	V45	28
839	199	Pedro Silva	00:32:31	01:02:14	00:59:48	779	LSBRC	V40	156
840	94	Antonio Guerreiro	00:31:38	01:02:16	01:01:28	822		V55	46
841	381	Luís Pais	00:30:52	01:02:16	01:01:51	845		V45	145
842	771	Luís Ramos	00:31:37	01:02:17	01:01:38	833		V45	146
843	382	Helena Pais	00:30:52	01:02:17	01:01:52	846		V45	29
844	1236	João Guerreiro	00:31:50	01:02:19	01:01:43	835		V50	90
845	139	Patrícia Vicente	00:31:06	01:02:21	01:01:56	850		V40	23
846	982	Nuno Trindade	00:31:34	01:02:24	01:01:54	847		Senior	110
847	17	Ana Pereira	00:32:16	01:02:25	01:01:54	848		V40	24
848	670	Teresa Gonçalves	00:31:43	01:02:27	01:01:45	836		V45	30
849	672	Marisa Duarte	00:31:43	01:02:27	01:01:45	837		V45	31
850	129	Maria Vieira	00:31:30	01:02:30	01:02:04	855		V55	7
851	754	Sandra Guerreiro	00:31:14	01:02:30	01:02:10	856		V40	25
852	464	Valter Nunes	00:32:02	01:02:41	01:01:50	843		V35	119
853	424	Angela Nunes	00:32:02	01:02:41	01:01:50	842		V35	18
854	773	Marco Souza	00:31:20	01:02:46	01:01:55	849		V50	91
855	408	António Rasteiro	00:31:45	01:02:47	01:02:02	854		V60	31

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
856	772	Ana Winter	00:31:34	01:02:48	01:01:58	853		V35	19
857	475	Carla Guerreiro	00:32:35	01:02:55	01:02:18	858	FIDELIDADE GDC	V40	26
858	1104	Maria Silva	00:32:09	01:02:55	01:02:19	859		V50	19
859	807	Virgilio Ferreira	00:32:55	01:03:00	01:02:12	857	Clube Millennium bcp	V65	13
860	297	Carla Rodrigues	00:31:28	01:03:03	01:02:36	864		V45	32
861	372	Maria Santos	00:30:39	01:03:05	01:02:39	865		V35	20
862	1254	Lurdes Lamarão	00:31:26	01:03:09	01:02:20	860		V50	20
863	762	Margarida Pecegueiro	00:32:51	01:03:09	01:02:23	862		V45	33
864	937	Fábio Martins	00:31:57	01:03:09	01:02:22	861		Senior	111
865	314	Manuel Sequeira	00:32:32	01:03:14	01:02:33	863	G.D.C.T. REPSOL POLÍMEROS	V65	14
866	641	António Silva	00:32:40	01:03:22	01:02:40	866		V60	32
867	122	Joana Baracinha	00:32:19	01:03:32	01:03:09	867	caracois	Senior	32
868	110	Francisco Afonso	00:32:02	01:03:35	01:03:10	869		V35	120
869	422	Tânia Luz	00:30:54	01:03:35	01:03:31	879		Senior	33
870	153	Jose Santos	00:30:47	01:03:38	01:03:27	878		V50	92
871	58	Edgar Jacinto	00:30:42	01:03:39	01:03:15	872	OMRON	V35	121
872	62	Magno Jacinto	00:30:42	01:03:40	01:03:15	871	OMRON	V40	157
873	659	Manuel Baptista	00:32:51	01:03:41	01:03:11	870	SS CGD	V50	93
874	447	Leonor Pinto	00:32:41	01:03:45	01:03:18	873		V45	34

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
875	763	Volkswagen Services	00:30:12	01:03:54	01:03:22	876		Senior	34
876	1239	Paulo Veríssimo	00:32:06	01:04:02	01:03:10	868		V50	94
877	1230	Dulce Carvalho	00:31:45	01:04:02	01:04:00	889		V40	27
878	858	Rui Pinto	00:32:05	01:04:09	01:03:21	875		V50	95
879	143	Pedro Prazeres	00:29:50	01:04:09	01:03:20	874		Senior	112
880	92	Luis Encantado	00:34:03	01:04:12	01:03:26	877		V35	122
881	191	Paula Soares	00:32:06	01:04:20	01:04:07	892		Senior	35
882	539	Rui Magalhaes	00:33:27	01:04:21	01:03:33	880		V40	158
883	1171	Luis Palmeiro	00:31:41	01:04:32	01:04:22	898	CCD TRANQUILIDADE	V45	147
884	74	Tania Fialho	00:34:01	01:04:35	01:03:51	887		Senior	36
885	78	David Santos	00:34:00	01:04:35	01:03:51	885		Senior	113
886	70	Tiago Fialho	00:34:01	01:04:35	01:03:51	886		Senior	114
887	1146	Filipa Braz	00:32:32	01:04:39	01:03:47	883		Senior	37
888	552	Sofia Lourenço	00:34:03	01:04:40	01:03:54	888		Senior	38
889	962	Paulo Paz	00:32:31	01:04:40	01:03:47	882		V45	148
890	1191	Alexandre Silva	00:32:53	01:04:41	01:03:47	884		V40	159
891	1190	Sara Catita	00:32:54	01:04:41	01:03:46	881		Senior	39
892	1196	Maria Lacerda	00:32:16	01:04:42	01:04:01	890		V55	8
893	210	João Rocha	00:31:43	01:04:49	01:04:16	894		V45	149

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
894	814	Pedro Geada	00:31:42	01:04:49	01:04:16	895	Clube Millennium bcp	Senior	115
895	455	Joana Ferreira	00:32:40	01:04:50	01:04:14	893		Senior	40
896	142	Nélia Cabaco	00:33:25	01:04:52	01:04:03	891		V35	21
897	1200	Susana Afonso	00:32:00	01:04:55	01:04:31	900		Senior	41
898	1308	Filipe Esparteiro	00:32:36	01:04:58	01:04:18	896		V40	160
899	551	Ana Marques	00:32:37	01:04:59	01:04:19	897		V35	22
900	415	Pedro Varelas	00:31:46	01:05:05	01:04:28	899		Senior	116
901	360	Joana Santos	00:32:40	01:05:08	01:04:43	901		V40	28
902	209	Fábio Barbosa	00:31:41	01:05:17	01:04:44	902		Senior	117
903	208	Burt Costa	00:31:28	01:05:18	01:04:45	903		V60	33
904	805	Carlos Conceicao	00:32:42	01:05:22	01:04:45	904	Clube Millennium bcp	V55	47
905	1229	Marta Lopes	00:31:43	01:05:22	01:05:20	907		V40	29
906	82	Alexandra Gomes	00:32:41	01:05:25	01:05:15	906		V35	23
907	389	Manuel Novais	00:31:53	01:05:41	01:05:09	905	Grupo Barraqueiro	V45	150
908	1274	Luis Pinto	00:35:10	01:05:52	01:05:46	914		Senior	118
909	724	Maria Marques	00:35:13	01:05:52	01:05:46	915		V35	24
910	59	Carlos Moniz	00:30:42	01:05:59	01:05:35	908	OMRON	V65	15
911	499	Ricardo Martinho	00:33:19	01:06:07	01:05:35	909	Tartarugas Velozes	V40	161
912	740	Luis Faustinito	00:30:43	01:06:11	01:06:04	921	GDCT Unice	Senior	119

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
913	916	Fernando Gonçalves	00:32:48	01:06:16	01:05:40	911	Rádio Palhais	V40	162
914	967	João Pernas	00:32:48	01:06:17	01:05:40	912	Rádio Palhais	V40	163
915	929	Nuno Silva	00:32:50	01:06:17	01:05:40	913	Rádio Palhais	V40	164
916	410	Luis Morgado	00:31:05	01:06:21	01:06:02	918		V45	151
917	1163	Cláudia Tam	00:33:03	01:06:22	01:05:38	910	CCD TRANQUILIDADE	V35	25
918	748	Dalila Araújo	00:32:11	01:06:24	01:06:17	922		Senior	42
919	20	Ana Jorge	00:33:21	01:06:31	01:05:58	917		Senior	43
920	945	Rui Costa	00:32:07	01:06:37	01:06:03	919		V35	123
921	775	Susana Gouveia	00:32:07	01:06:38	01:06:04	920		V45	35
922	106	Firmino Marques	00:33:04	01:06:48	01:06:18	923		V60	34
923	1123	Ricardo Valbontim	00:33:40	01:06:58	01:06:33	924	Amigos dos Picos	V45	152
924	1124	Júlia Filipe	00:33:40	01:06:59	01:06:33	925	Amigos dos Picos	V40	30
925	1056	Pedro Pedroso	00:32:56	01:07:08	01:07:02	928		V35	124
926	885	Maria Soares	00:34:29	01:07:08	01:06:40	926	Alces Team	V45	36
927	440	Filipe Marques	00:32:41	01:07:20	01:05:51	916	Benedita	V35	125
928	219	Joao Colaco	00:33:20	01:07:20	01:07:00	927		V45	153
929	1322	Octávio Amaro	00:35:13	01:07:49	01:07:24	930		V35	126
930	1283	André Cruz	00:36:29	01:08:01	01:07:10	929		Senior	120
931	855	Pedro Henriques	00:31:27	01:08:02	01:07:31	934		V40	165

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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
932	823	Jorge Colaco	00:34:17	01:08:07	01:07:36	935	Clube Millennium bcp	V55	48
933	1158	Claudia Rodrigues	00:31:07	01:08:10	01:07:41	938		Senior	44
934	690	Tania Simões	00:34:48	01:08:11	01:07:28	932	Encontramo-nos na meta	V35	26
935	950	Susana Santos	00:34:18	01:08:11	01:07:25	931		Senior	45
936	1216	José Candeias	00:32:39	01:08:15	01:07:54	939		V45	154
937	636	Gabriella Araujo	00:35:38	01:08:17	01:07:30	933		Senior	46
938	354	Rita Gonçalves	00:35:27	01:08:19	01:08:00	940		V35	27
939	655	Egídio Silva	00:32:17	01:08:21	01:07:37	936	SS CGD	V55	49
940	746	Andre Sousa	00:33:23	01:08:26	01:08:19	946		Senior	121
941	1087	Helena Dores	00:35:05	01:08:27	01:07:38	937		V50	21
942	128	José Mugeiro	00:34:51	01:08:31	01:08:05	942		V50	96
943	393	Darcília Matos	00:33:30	01:08:33	01:08:02	941		V35	28
944	1133	Cristina Vicente	00:34:35	01:08:41	01:08:15	945		Senior	47
945	1180	João Silva	00:34:35	01:08:41	01:08:14	944		Senior	122
946	337	Luisa Madeira	00:34:20	01:08:44	01:08:11	943	Jóias da Corrida	V40	31
947	432	Lurdes Ameixa	00:33:25	01:08:48	01:08:40	949	Singarunners Ferreira do Alentejo	V45	37
948	545	Sofia Bandinhas	00:32:33	01:08:58	01:08:56	952		V35	29
949	544	Rute Melo	00:32:32	01:08:58	01:08:56	951		V35	30
950	510	Bruno Guerreiro	00:33:28	01:09:08	01:08:27	948		V40	166

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
951	669	Anette Pinto	00:33:28	01:09:09	01:08:25	947		V45	38
952	127	José Gonçalves	00:34:39	01:09:14	01:09:12	954		V75	2
953	121	Tânia Santos	00:32:30	01:09:15	01:08:53	950	caracois	V35	31
954	176	Carlos Gonçalves	00:36:29	01:09:23	01:09:05	953	sfuap	V55	50
955	944	Filipe Saraiva	00:34:22	01:09:41	01:09:28	957		V40	167
956	943	Francisco Marques	00:34:22	01:09:42	01:09:30	958		Junior	7
957	338	Eduardo Madeira	00:35:11	01:09:49	01:09:17	956	Jóias da Corrida	V40	168
958	44	Elisabete Azougado	00:34:16	01:09:49	01:09:16	955		V45	39
959	595	Ana Pato	00:33:47	01:09:50	01:09:32	960		Senior	48
960	594	Anabela Carvalho	00:33:48	01:09:50	01:09:32	959		V35	32
961	1240	Isilda Rabasquinho	00:34:06	01:09:57	01:09:42	963		V50	22
962	126	Helena Prata	00:34:53	01:10:02	01:09:36	962		V50	23
963	516	Hugo Viegas	00:35:39	01:10:18	01:09:50	964		V35	127
964	833	Ana Mendes	00:36:00	01:10:18	01:09:50	965		V35	33
965	1014	Pedro Mendes	00:34:35	01:10:26	01:09:35	961		V40	169
966	1275	Henrique Palmeiro	00:36:14	01:10:27	01:10:21	973		Senior	123
967	478	Maria Luiz	00:34:39	01:10:29	01:09:55	966		V55	9
968	251	Pedro Soares	00:33:42	01:10:32	01:10:12	968	casa do monte	V45	155
969	466	Miguel Valentim	00:34:07	01:10:43	01:10:30	975		Senior	124

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
970	39	Rita Carvalhinho	00:34:51	01:10:43	01:10:15	969		V45	40
971	43	Nelson Carvalhinho	00:34:53	01:10:44	01:10:15	970		V40	170
972	1091	Paula Tavares	00:34:54	01:10:44	01:10:15	971		V55	10
973	173	Gonçalo Carapuça	00:33:45	01:10:44	01:10:20	972		Senior	125
974	91	Elisabete Correia	00:34:56	01:10:45	01:09:59	967		V35	34
975	172	Patricia Carapuça	00:33:42	01:10:46	01:10:22	974		Senior	49
976	1166	João Ribeiro	00:33:23	01:11:13	01:11:02	976	CCD TRANQUILIDADE	V50	97
977	395	Carlos Cravo	00:38:46	01:11:36	01:11:17	977	Amigos Atletismo Serra Sintra	V50	98
978	733	Francisco José	00:35:36	01:12:12	01:11:34	979		V40	171
979	136	Maria Borges	00:35:59	01:12:12	01:11:25	978		Senior	50
980	622	Odete Ferreira	00:37:09	01:12:13	01:11:55	980	NUCLEO DESPORTIVO AUTOCOOPE	V50	24
981	573	Fernanda Vieira	00:36:05	01:12:40	01:12:19	982		V45	41
982	1114	Tiago Antunes	00:38:50	01:12:41	01:11:56	981		V35	128
983	911	Maria Macedo	00:36:19	01:13:14	01:13:10	983		V55	11
984	375	Lúcia Adelino	00:36:55	01:13:30	01:13:19	984		Senior	51
985	1218	Inês Viriato	00:35:08	01:13:30	01:13:22	985	Singarunners Ferreira do Alentejo	Senior	52
986	747	Eberhard Wilhelm	00:35:41	01:13:59	01:13:47	989	4 ao Km	V70	6
987	835	Magda Verissimo	00:36:02	01:14:02	01:13:33	986		Senior	53
988	832	Eduardo Mendes	00:35:57	01:14:02	01:13:33	987		V35	129

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
989	553	Marlene Pereira	00:36:29	01:14:12	01:13:35	988		Senior	54
990	456	Mariana Soares	00:36:21	01:14:30	01:14:04	990		Senior	55
991	569	Sara Passos	00:36:12	01:15:18	01:14:46	991		Senior	56
992	741	Joana Carolas	00:36:56	01:16:48	01:16:41	992	GDCT Unicre	Senior	57
993	1176	Maria Traquete	00:38:23	01:17:27	01:17:06	993		V60	2
994	1035	Rita Merenda	00:38:56	01:17:35	01:17:25	996		V40	32
995	845	Silva Silva	00:37:09	01:17:38	01:17:19	995		V45	42
996	289	Margarida Lopes	00:39:27	01:17:58	01:17:13	994		V45	43
997	810	Fock Wan	00:38:46	01:18:11	01:17:31	998	Clube Millennium bcp	V65	2
998	818	Henrique Alves	00:38:46	01:18:11	01:17:26	997	Clube Millennium bcp	V55	51
999	700	Daniel Silva	00:39:27	01:18:28	01:17:32	999		V40	172
1000	721	Susana Vieira	00:39:02	01:18:28	01:17:32	1000		V40	33
1001	813	Felicidade Assane	00:39:43	01:19:27	01:18:44	1001	Clube Millennium bcp	V55	12
1002	483	Mónica Amaro	00:39:26	01:19:33	01:19:22	1004		V35	35
1003	956	Maria Gomes	00:39:36	01:19:38	01:19:20	1002		V55	13
1004	1267	Francisco Gomes	00:39:38	01:19:38	01:19:20	1003		V40	173
1005	1043	Carlos Faias	00:39:41	01:20:28	01:20:22	1006	CLUBE ANACOM	V50	99
1006	1168	Ma Hung	00:39:47	01:20:35	01:19:55	1005	CCD TRANQUILIDADE	V65	3
1007	344	Maria Anjos	00:40:44	01:21:08	01:20:27	1007	CONDOR	V70	1

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CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1008	581	Olívia Encantado	00:40:09	01:21:27	01:20:42	1008		V35	36
1009	100	Rita Guinapo	00:40:09	01:21:29	01:21:22	1009		V35	37
1010	99	António Lanzudo	00:40:07	01:21:29	01:21:23	1010		V40	174
1011	451	Ana Antunes	00:48:36	01:23:08	01:22:20	1011		Senior	58
1012	550	António Marques	00:41:07	01:23:31	01:23:23	1017		V70	7
1013	527	César Santos	00:40:42	01:23:35	01:22:41	1012		V40	175
1014	540	João Freire	00:40:41	01:23:39	01:22:46	1014	GURUS - SUP	V40	176
1015	529	João Sousa	00:40:40	01:23:39	01:22:45	1013		V50	100
1016	434	Genoveva Salgado	00:42:49	01:23:40	01:22:51	1015	Singarunners Ferreira do Alentejo	V65	4
1017	1302	Inês Batista	00:41:26	01:24:04	01:23:49	1019		Senior	59
1018	720	Hugo Perpétua	00:40:40	01:24:19	01:23:24	1018		V35	130
1019	719	Patricia Olivieira	00:40:40	01:24:19	01:23:23	1016		V35	38
1020	842	Leonardo Soares	00:43:08	01:24:28	01:24:18	1020		Senior	126
1021	563	Ana Rosa	00:42:53	01:25:26	01:24:36	1021	Singarunners Ferreira do Alentejo	V55	14
1022	995	Inês Almeida	00:43:29	01:26:06	01:25:33	1022	Pernas de Pau	Senior	60
1023	1033	Samara Oliveira	00:42:51	01:28:16	01:28:02	1024		Senior	61
1024	345	Lucinda Henriques	00:43:37	01:28:16	01:27:37	1023	CONDOR	V70	2
1025	457	Maria Ferreira	00:44:01	01:28:17	01:28:15	1025		V60	3
1026	433	José Arménio	00:43:34	01:29:31	01:28:43	1026	Singarunners Ferreira do Alentejo	V65	16

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CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1027	431	Ana Amarante	00:43:59	01:29:33	01:28:44	1027	Singarunners Ferreira do Alentejo	V60	4
1028	436	Manuel Lança	00:47:56	01:34:08	01:33:19	1028	Singarunners Ferreira do Alentejo	V75	3
1029	435	António Lança	00:48:02	01:34:08	01:33:19	1029	Singarunners Ferreira do Alentejo	V65	17
1030	439	José Serralheiro	00:47:50	01:35:53	01:34:26	1031	Benedita	V60	35
1031	485	Inacio Serralheiro	00:47:59	01:35:53	01:34:24	1030		V60	36