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CLASSIFICAÇÃO

31 DEZEMBRO '16

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1	2	Rui Pinto	00:15:50	00:30:24	00:30:21	1	Sport Lisboa e Benfica	Senior	1
2	4	Samuel Barata	00:15:51	00:30:28	00:30:25	2	Sport Lisboa e Benfica	Senior	2
3	7	Hugo Correia	00:15:51	00:30:47	00:30:44	3	Sporting Clube de Portugal	Senior	3
4	10	André Pereira	00:15:50	00:30:51	00:30:48	4	Sport Lisboa e Benfica	Senior	4
5	1033	Miguel Borges	00:15:50	00:30:52	00:30:48	5	Sport Lisboa e Benfica	Senior	5
6	5	Licínio Pimentel	00:15:55	00:30:53	00:30:49	6	Sporting Clube de Portugal	V35	1
7	905	Guilherme Pinto	00:15:51	00:30:57	00:30:53	7		Senior	6
8	8	Hugo Almeida	00:15:51	00:31:15	00:31:11	8	Sporting Clube de Portugal	Senior	7
9	1229	Eduardo Mbengani	00:15:51	00:31:16	00:31:12	9	Sport Lisboa e Benfica	Senior	8
10	727	Oswald Freitas	00:15:51	00:31:34	00:31:30	10	Clube Natação de Rio Maior	Senior	9
11	910	Carlos Costa	00:15:55	00:31:41	00:31:41	11		Senior	10
12	907	Rodrigo Santos	00:15:57	00:31:58	00:31:52	12		Senior	11
13	1192	Luís Macau	00:15:56	00:32:00	00:31:56	13	Juventude Vidigalense	Senior	12
14	728	Bruno Batista	00:15:58	00:32:02	00:31:58	14	Clube Natação de Rio Maior	Senior	13
15	748	Nuno Carraça	00:15:58	00:32:05	00:31:59	15	U.R.C.Abrunheira	Senior	14
16	1034	Fernando Serrão	00:15:51	00:32:12	00:32:06	16	Sporting Clube de Portugal	Senior	15
17	906	Carlos Silva	00:16:15	00:32:31	00:32:28	17		Senior	16
18	1008	Filipe Ferreira	00:16:12	00:32:40	00:32:36	18	ACR de Vale de Cambra	Senior	17
19	1230	Abílio Gonçalves	00:16:22	00:32:42	00:32:38	19	ACRS Desterro	Senior	18
20	1028	Celso Pinto	00:16:35	00:32:47	00:32:43	20		Senior	19



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21	729	Filipe Vitorino	00:16:31	00:33:04	00:33:00	21	Clube Natação de Rio Maior	Junior	1
22	1269	Carlos Cardoso	00:16:30	00:33:24	00:33:20	22	GFD RUNNING	Senior	20
23	1327	António Moreira	00:16:35	00:33:31	00:33:28	23	Escola de Atletismo de Coimbra	Senior	21
24	909	Nuno Costa	00:16:47	00:33:46	00:33:43	24		Senior	22
25	581	Vitor Oliveira	00:16:59	00:33:53	00:33:49	25	ASC Vale Grande	Senior	23
26	818	Pedro Ribeiro	00:17:10	00:33:54	00:33:50	26		Senior	24
27	363	Carlos Tiago	00:17:12	00:34:03	00:33:59	27	BELEM RUNNERS	V35	2
28	315	André Dias	00:17:01	00:34:03	00:33:59	28		Senior	25
29	1	Catarina Ribeiro	00:17:03	00:34:05	00:34:02	29		Senior	1
30	1142	João Fernandes	00:17:12	00:34:38	00:34:30	30	Grupo Atletismo Fatima	Senior	26
31	1346	Luís Liino	00:17:25	00:34:42	00:34:38	31		V45	1
32	1193	Afonso Feijão	00:17:30	00:34:51	00:34:44	32	Clube Olimpico de Oeiras	Junior	2
33	3	Salomé Rocha	00:17:31	00:34:58	00:34:55	34		Senior	2
34	779	Francisco Pedro	00:17:02	00:34:58	00:34:54	33	clube de atletismo odimarq	V45	2
35	445	Carlos Alpoim	00:17:49	00:35:35	00:35:29	36	CASA DO PESSOAL DA RTP	Senior	27
36	468	João Boa	00:17:57	00:35:39	00:35:28	35	Kainágua	Senior	28
37	1205	Cláudia Pereira	00:18:02	00:35:40	00:35:37	38		V40	1
38	1164	Fernando Gomes	00:18:06	00:35:42	00:35:36	37	JUNTA-TE À JUNTA	Senior	29
39	6	Marisa Barros	00:17:50	00:35:50	00:35:49	39		V35	1
40	360	Carlos Freitas	00:18:16	00:36:05	00:36:01	40	BELEM RUNNERS	V45	3



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
41	1024	José Martins	00:18:01	00:36:08	00:36:03	42		V50	1
42	1316	Nelson Graça	00:18:01	00:36:11	00:36:06	43	AM Atibá	Senior	30
43	959	Daniel Dias	00:18:11	00:36:15	00:36:06	44		Senior	31
44	239	Leonardo Coelho	00:18:11	00:36:15	00:36:01	41	RunLovers	Senior	32
45	145	Eduardo Eustaquio	00:18:19	00:36:23	00:36:17	45	Amigos Atletismo Mafra	V50	2
46	189	João Miranda	00:18:19	00:36:40	00:36:34	46	Clube Vodafone	V45	4
47	351	António Rodrigues	00:18:33	00:36:51	00:36:43	47		V35	3
48	896	António Gonçalves	00:18:32	00:36:55	00:36:48	48	LEBRE	V45	5
49	452	Joel Rodrigues	00:18:36	00:37:07	00:37:00	50	Amigos Atletismo Mafra	V40	1
50	1362	Carlos Almeida	00:18:35	00:37:07	00:37:01	51		V40	2
51	1349	Sérgio Paiva	00:18:48	00:37:13	00:37:09	53		V40	3
52	699	António Branco	00:18:49	00:37:14	00:37:09	54	Núcleo Atletismo do Penteado	V50	3
53	1018	Paulo Ffwpu	00:18:48	00:37:17	00:37:12	55		V45	6
54	914	Ricardo Oliveira	00:18:48	00:37:18	00:37:08	52	Marinha-CEFA	V35	4
55	1037	Vera Fernandes	00:18:35	00:37:19	00:37:16	58	AABV	Senior	3
56	1355	Vitor Lima	00:18:44	00:37:21	00:37:14	57		V45	7
57	362	Pedro Cavilhas	00:18:45	00:37:27	00:37:17	60	BELEM RUNNERS	V45	8
58	458	Pedro Monteiro	00:18:45	00:37:30	00:37:24	61		V35	5
59	599	Gonçalo Oliveira	00:19:30	00:37:31	00:37:13	56		Senior	33
60	220	António Murteira	00:19:21	00:37:32	00:37:17	59	G. R. D. Ribeira da Lage	V45	9



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
61	902	Leonel Reis	00:19:22	00:37:34	00:37:29	62		V35	6
62	1158	Filipe Batista	00:18:54	00:37:36	00:37:31	63	JUNTA-TE À JUNTA	Senior	34
63	1035	Mussa Djau	00:19:07	00:37:36	00:37:32	64	Beja AC	Senior	35
64	1117	Vitor Marques	00:19:15	00:37:49	00:37:45	66	Correr Lisboa	V35	7
65	1039	Sandra Protásio	00:18:58	00:37:49	00:37:47	67	J.O.M.A	Senior	4
66	170	José Borges	00:19:12	00:37:59	00:37:43	65		V40	4
67	1342	Jorge Matos	00:19:13	00:38:00	00:37:54	68		V45	10
68	488	Fernando Santos	00:19:17	00:38:13	00:38:01	70	BELEM RUNNERS	V45	11
69	1102	Roberto Rolandone	00:19:34	00:38:22	00:38:16	71		Senior	36
70	682	Alexandre Monteiro	00:19:27	00:38:22	00:37:57	69	RB RUNNING	V40	5
71	744	Duarte Cruz	00:19:08	00:38:35	00:38:29	73		Senior	37
72	1354	Tiago Vermelho	00:19:24	00:38:36	00:38:28	72		Senior	38
73	561	Jorge Rodrigues	00:19:35	00:38:37	00:38:31	74	NAZA - Núcleo Atletismo Zona da Abóboda	V50	4
74	451	Margarida Dionísio	00:19:15	00:38:39	00:38:35	76		Senior	5
75	1015	Luís Ffwpu	00:19:31	00:38:49	00:38:33	75		Senior	39
76	917	Pedro Semedo	00:19:31	00:38:51	00:38:38	77	sporting clube reboleira e damaia	V40	6
77	469	Nuno Silva	00:19:16	00:38:53	00:38:43	78	M&B	V35	8
78	1364	Bruno Dias	00:19:16	00:38:54	00:38:47	79		V40	7
79	1231	Antonino Vaz	00:19:34	00:38:56	00:38:52	82	sporting clube reboleira e damaia	V40	8
80	934	Jose Teixeira	00:18:52	00:38:58	00:38:51	81		V40	9



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81	210	Rui Henriques	00:19:30	00:38:59	00:38:49	80	Serviços Sociais Montepio	V35	9
82	895	João Lopes	00:19:55	00:39:02	00:38:55	83	LEBRE	V55	1
83	128	Ângelo Silva	00:19:40	00:39:06	00:38:55	84	CCDTMETROLX	Senior	40
84	990	André Tomé	00:19:10	00:39:07	00:39:01	86	AABV Lagoa	Junior	3
85	875	Manuel Sousa	00:19:42	00:39:12	00:38:57	85	Marinha - CEFA	V45	12
86	428	Agostinho Rodrigues	00:19:48	00:39:16	00:39:03	87		V50	5
87	828	José Lopes	00:20:06	00:39:22	00:39:13	90	RB RUNNING	V50	6
88	151	David Karim	00:20:05	00:39:32	00:39:23	92		V35	10
89	1014	Luis Trindade	00:19:41	00:39:33	00:39:25	93		V35	11
90	1217	Daniel Louro	00:19:42	00:39:33	00:39:09	89		Senior	41
91	459	Ricardo Almeida	00:19:42	00:39:35	00:39:06	88		V35	12
92	482	Tiago Costa	00:19:42	00:39:35	00:39:18	91		V35	13
93	582	Paulo Ramos	00:20:02	00:39:41	00:39:30	94	ASC Vale Grande	V50	7
94	65	Carlos Caetano	00:20:20	00:39:50	00:39:38	95		V40	10
95	306	Liliana Alexandre	00:19:54	00:39:55	00:39:49	103		Senior	6
96	121	Mário Sá	00:20:35	00:39:58	00:39:47	101		V35	14
97	913	Paulo Henriques	00:21:04	00:39:58	00:39:39	96		Senior	42
98	194	Pedro Ferreira	00:20:34	00:39:59	00:39:43	98	RB RUNNING	V45	13
99	359	Rui Silva	00:20:30	00:39:59	00:39:47	100	BELEM RUNNERS	Senior	43
100	90	Luis Mesquita	00:19:58	00:39:59	00:39:53	105		V40	11



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
101	203	Isidro Duarte	00:20:38	00:39:59	00:39:43	97	RB RUNNING	V45	14
102	1058	João Ferreira	00:20:17	00:40:00	00:39:46	99		V35	15
103	237	Jaime Mauricio	00:20:25	00:40:03	00:39:58	107	RunLovers	V40	12
104	354	Inocência Amorim	00:20:21	00:40:04	00:39:53	104	BELEM RUNNERS	V35	16
105	694	Antonio Rebelo	00:20:42	00:40:16	00:39:49	102		V45	15
106	1322	Mónica Vieira	00:20:11	00:40:17	00:40:09	109		V40	2
107	462	Luis Santos	00:20:50	00:40:21	00:39:54	106		Senior	44
108	600	Paulo Robalo	00:20:21	00:40:27	00:40:16	110		V35	17
109	361	Pedro Pereira	00:20:36	00:40:31	00:40:21	111	BELEM RUNNERS	V40	13
110	466	Constantino Araujo	00:21:07	00:40:33	00:40:07	108	sporting clube reboleira e damaia	V45	16
111	646	Antonio Louro	00:20:12	00:40:34	00:40:23	112	GD SANTANDERTOTTA	V40	14
112	39	Joel Rodrigues	00:20:21	00:40:35	00:40:24	113		V35	18
113	628	Sara Marinho	00:20:27	00:40:37	00:40:30	115		Senior	7
114	649	Carlos Teixeira	00:20:12	00:40:38	00:40:24	114	GD SANTANDERTOTTA	V40	15
115	606	Eduardo Quaresma	00:20:34	00:40:50	00:40:30	116		V35	19
116	731	José Batista	00:19:59	00:40:50	00:40:44	123		V50	8
117	411	Vitor Silva	00:20:53	00:40:51	00:40:42	121	Casa do Benfica Algueirão Mem Martins	V50	9
118	658	Carlos Fernandes	00:20:40	00:40:54	00:40:36	117		V40	16
119	1159	Helder Milheiras	00:20:40	00:40:54	00:40:36	118	JUNTA-TE À JUNTA	V40	17
120	1132	Paulo Garcia	00:20:39	00:40:56	00:40:43	122	Os Galgos	V40	18



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
121	358	Steven Santos	00:21:01	00:40:59	00:40:42	120	BELEM RUNNERS	Senior	45
122	365	Gonçalo Ferreira	00:20:34	00:41:00	00:40:56	129	BELEM RUNNERS	V40	19
123	871	Hélder Silva	00:20:51	00:41:01	00:40:45	124		V35	20
124	130	Carlos Dias	00:20:59	00:41:04	00:40:51	126	CCDTMETROLX	V55	2
125	317	Bernardo Guerra	00:21:00	00:41:07	00:40:41	119		Senior	46
126	885	Edmundo Fonte	00:20:51	00:41:08	00:40:51	127		V50	10
127	960	Manuel Gonçalves	00:20:39	00:41:10	00:41:01	132		V55	3
128	518	Carlos Cardoso	00:20:50	00:41:12	00:41:08	138	GD BANCO BPI	V60	1
129	819	Licínio Matos	00:22:09	00:41:13	00:41:10	139		Senior	47
130	228	Vasco Murteira	00:20:57	00:41:13	00:40:57	130	CARRASCO & AMIGOS	Junior	4
131	31	António Graça	00:20:35	00:41:14	00:41:08	136		V50	11
132	1064	Pedro Marques	00:21:09	00:41:14	00:40:48	125	CONQUISTA GINÁSIO	V50	12
133	1082	Agostinho Torres	00:20:58	00:41:17	00:41:04	133	Desportivo Operário do Rangel	V55	4
134	225	Abel Assemblano	00:21:04	00:41:17	00:40:52	128		V35	21
135	973	Valter Oliveira	00:20:54	00:41:20	00:41:15	143		V35	22
136	554	Vitor Sousa	00:20:45	00:41:21	00:41:06	134	GFD RUNNING	V40	20
137	716	Vítor Rafael	00:21:09	00:41:22	00:41:06	135	AÇOREANA	V50	13
138	433	Carlos Gomes	00:21:42	00:41:23	00:40:58	131	Clube EDP Lisboa	V50	14
139	1331	José Machado	00:20:48	00:41:24	00:41:14	142		V60	2
140	1115	Paulo Marques	00:20:53	00:41:25	00:41:11	140		V40	21



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141	114	Tiago Sousa	00:21:02	00:41:31	00:41:08	137		Senior	48
142	814	Edmilson Santos	00:21:05	00:41:32	00:41:26	148		V50	15
143	131	João Pastor	00:21:00	00:41:33	00:41:28	151	CCDTMETROLX	V40	22
144	172	Luis Carvalho	00:20:44	00:41:34	00:41:18	145		V45	17
145	1138	Elizângela Oliveira	00:20:31	00:41:37	00:41:27	149	J.O.M.A. - Juventude Operária do Monte Abraão	Junior	1
146	1022	Rui Ferreira	00:21:02	00:41:37	00:41:17	144		V35	23
147	486	Gabriel Gonçalves	00:21:09	00:41:37	00:41:28	150		V60	3
148	148	Alice Roma	00:21:16	00:41:38	00:41:31	154	Amigos Atletismo Mafra	V45	1
149	279	Nelson Costa	00:21:14	00:41:44	00:41:23	146	CLUBE MILLENNIUM BCP	Senior	49
150	651	Anastácio Valadas	00:21:13	00:41:46	00:41:37	157	GD SANTANDERTOTTA	V60	4
151	1120	Paulo Lamego	00:21:02	00:41:47	00:41:30	153		V45	18
152	11	Antonio Figueiredo	00:20:47	00:41:48	00:41:37	158		V35	24
153	615	José Abrantes	00:21:35	00:41:52	00:41:11	141		V45	19
154	223	André Oliveira	00:21:05	00:41:52	00:41:40	160	G. R. D. Ribeira da Lage	Senior	50
155	564	Francisco Rodrigues	00:21:40	00:41:54	00:41:30	152	Amigos Atletismo Mafra	V40	23
156	259	Nuno Ruela	00:20:50	00:41:57	00:41:43	163		V40	24
157	1079	Filipe Marques	00:21:30	00:41:57	00:41:34	156		Senior	51
158	484	Carlos Teixeira	00:20:45	00:41:59	00:41:42	161		V40	25
159	603	Bruno Safara	00:20:26	00:42:00	00:41:52	169		V35	25
160	876	Patricia Rivotti	00:21:14	00:42:01	00:41:47	165	Marinha - CEFA	V35	2



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161	364	Hugo Augusto	00:21:14	00:42:02	00:41:38	159	BELEM RUNNERS	Senior	52
162	97	Carlos Pinheiro	00:21:16	00:42:04	00:41:44	164		Senior	53
163	874	Mário Rosa	00:21:13	00:42:04	00:41:49	166	Marinha - CEFA	V50	16
164	1308	Arsénio Fernandes	00:21:15	00:42:04	00:41:57	171	ARSM - Associação Recreativa de São Miguel	V60	5
165	1133	André Coelho	00:20:38	00:42:05	00:41:52	168	Os Galgos	V40	26
166	557	Manuel Soares	00:21:45	00:42:10	00:42:04	174	Unidos da Manutenção	V50	17
167	889	Nuno Lino	00:21:33	00:42:11	00:41:56	170		V35	26
168	587	João Oliveira	00:21:43	00:42:11	00:41:32	155	METRO 2011	V40	27
169	424	Luis Oliveira	00:21:35	00:42:13	00:42:05	175	Casa do Benfica Algueirão Mem Martins	V45	20
170	1194	Fernando Feijão	00:21:11	00:42:15	00:42:10	178	Clube Olimpico de Oeiras	V55	5
171	712	Ruben Costa	00:21:09	00:42:15	00:42:02	173		V35	27
172	450	Bruno Amaro	00:22:00	00:42:17	00:41:25	147		V35	28
173	721	Jose Canela	00:22:00	00:42:18	00:41:50	167		V40	28
174	1186	Ricardo Pascoal	00:21:57	00:42:24	00:42:01	172		Senior	54
175	186	Paulo Rodrigues	00:21:42	00:42:24	00:42:11	179	Rail Runners	V40	29
176	1063	Adriano Araújo	00:21:18	00:42:26	00:42:06	177	CONQUISTA GINÁSIO	V40	30
177	1190	Nelia Gouveia	00:21:40	00:42:31	00:42:23	183	DAVID VAZ	V35	3
178	1210	Rosa Mota	00:21:42	00:42:34	00:42:29	191		V55	1
179	971	Sónia Túbal	00:21:28	00:42:34	00:42:29	190		V35	4
180	1105	Pedro Barreirão	00:21:25	00:42:34	00:42:27	188		Senior	55



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
181	532	Artur Pereira	00:21:26	00:42:35	00:42:29	189	Magic Runners - Enterprom brindes promocionais	V45	21
182	1284	Telmo Biage	00:22:02	00:42:36	00:42:05	176	JUNTA-TE À JUNTA	Junior	5
183	988	Nelson Furtado	00:22:44	00:42:36	00:41:43	162		Senior	8
184	1110	João Santos	00:21:32	00:42:40	00:42:18	181	Clube Atlético São Brás	Senior	56
185	790	Fernando Candeias	00:22:34	00:42:42	00:42:13	180	SS CGD	V45	22
186	491	Nuno Martins	00:21:45	00:42:43	00:42:24	186		V35	29
187	497	Rute Martins	00:21:28	00:42:45	00:42:37	197		Senior	9
188	397	José Marcelino	00:21:43	00:42:45	00:42:31	193	CLUBE DESPORTIVO ESTRELA	V50	18
189	1092	José Figueiredo	00:22:02	00:42:47	00:42:32	195	Desportivo Operário do Rangel	V55	6
190	822	Joao Chumbinho	00:22:04	00:42:49	00:42:30	192	SS CGD	V45	23
191	672	Emanuel Freitas	00:21:13	00:42:50	00:42:43	200		V50	19
192	147	Jorge Ginja	00:21:57	00:42:51	00:42:25	187	Amigos Atletismo Mafra	V40	31
193	395	Rui Silva	00:22:18	00:42:53	00:42:38	198	CLUBE DESPORTIVO ESTRELA	V45	24
194	634	Edgar Fernandes	00:22:17	00:42:54	00:42:24	185		Senior	57
195	1109	Gonçalo Brás	00:22:06	00:42:54	00:42:32	194	Clube Atlético São Brás	V35	30
196	629	João Rodrigues	00:21:42	00:42:57	00:42:43	199		V45	25
197	227	Fernando Correia	00:21:42	00:42:58	00:42:48	204	CARRASCO & AMIGOS	V50	20
198	559	Nuno Mestre	00:22:07	00:42:58	00:42:48	203	Unidos da Manutenção	V40	32
199	1298	Jorge Alves	00:21:49	00:43:01	00:42:37	196		V45	26
200	912	Lucilia Soares	00:21:49	00:43:01	00:42:56	212		V50	1



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
201	353	Jose Serrano	00:21:30	00:43:04	00:42:50	206		V45	27
202	1045	Orlando Correia	00:22:17	00:43:07	00:42:23	184	Associação do Bairro de Campolide	V45	28
203	695	Pedro Serra	00:22:18	00:43:09	00:42:23	182		Senior	58
204	412	Helder Lopes	00:21:59	00:43:13	00:43:02	215	Casa do Benfica Algueirão Mem Martins	V45	29
205	168	Rafael Abrunhosa	00:21:41	00:43:15	00:42:54	209		V50	21
206	284	Carlos Abrunhosa	00:21:42	00:43:15	00:42:55	211	CLUBE MILLENNIUM BCP	V45	30
207	333	António Marçal	00:21:44	00:43:16	00:43:06	219		V55	7
208	1309	Bruno Godinho	00:22:11	00:43:17	00:42:55	210		V35	31
209	243	Lino Santos	00:22:26	00:43:19	00:42:51	207		V50	22
210	1144	Luis Cordeiro	00:21:14	00:43:20	00:43:05	217		V35	32
211	870	Ricardo Nunes	00:21:54	00:43:21	00:43:05	218		V40	33
212	472	Lúcia Oliveira	00:22:06	00:43:24	00:43:08	220	Generg	V35	5
213	631	João Nunes	00:22:18	00:43:25	00:42:57	213		V50	23
214	1152	Brigitte Cardoso	00:21:29	00:43:26	00:43:21	226		Senior	10
215	688	Vitor Batista	00:22:05	00:43:28	00:42:52	208		V45	31
216	1145	Demétrio Silvestre	00:22:30	00:43:29	00:42:44	201	Paviténis Unip, Lda	V45	32
217	1155	Fernando Figueiredo	00:22:48	00:43:29	00:42:46	202		V45	33
218	1070	Paulo Pinto	00:22:17	00:43:31	00:43:02	216	GC Estrelas da Amadora	V40	34
219	116	Tiago Gabriel	00:21:45	00:43:32	00:43:17	224		Senior	59
220	707	David Pinheiro	00:22:08	00:43:33	00:42:59	214		V35	33



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
221	326	Duarte Sares	00:22:32	00:43:34	00:43:10	222	Clube do Sargento da Armada	V55	8
222	330	José Gouveia	00:22:09	00:43:37	00:43:16	223	Clube do Sargento da Armada	V45	34
223	1136	Fernando Corda	00:22:07	00:43:39	00:43:19	225		V50	24
224	642	Flávio Julião	00:22:15	00:43:40	00:43:32	231	Federação da Família para a Paz Mundial e Unifi	Senior	60
225	670	Antonio Cumbre	00:22:13	00:43:45	00:43:23	229		V35	34
226	229	Paulo Lopes	00:22:10	00:43:49	00:42:49	205	CARRASCO & AMIGOS	V45	35
227	1162	Miguel Almeida	00:22:08	00:43:50	00:43:21	227	JUNTA-TE À JUNTA	Senior	61
228	357	Apolo Pereira	00:22:18	00:43:51	00:43:36	235	BELEM RUNNERS	V45	36
229	356	Pedro Favinha	00:22:18	00:43:51	00:43:38	236	BELEM RUNNERS	V40	35
230	371	Vitor Carvalho	00:22:31	00:43:52	00:43:28	230	GFD RUNNING	V50	25
231	1214	Paula Basilio	00:22:09	00:43:53	00:43:42	240		V35	6
232	489	Pedro Pereira	00:21:26	00:43:54	00:43:42	239		V45	37
233	551	Luís Monteiro	00:22:19	00:43:57	00:43:50	245		V45	38
234	1276	Marco Sousa	00:22:26	00:43:58	00:43:36	234	JUNTA-TE À JUNTA	V35	35
235	331	Fernando Salgueiro	00:22:50	00:43:58	00:43:22	228	SALGUEIROS	V40	36
236	1247	Luis Azul	00:21:54	00:43:59	00:43:34	233		V40	37
237	169	Victor Marques	00:22:03	00:44:01	00:43:34	232		V45	39
238	1289	João Lisboa	00:22:52	00:44:03	00:43:09	221		Senior	62
239	265	Antonio Angelino	00:22:00	00:44:03	00:43:50	246	ASSOCIAÇÃO DESPORTIVA REAL ACADEMIA	V45	40
240	47	Óscar Santos	00:22:45	00:44:03	00:43:42	241	Clube Atlético das Patameiras	V55	9



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
241	1095	Manuel Araújo	00:22:14	00:44:08	00:43:51	247	Desportivo Operário do Rangel	V55	10
242	630	Ana Frutuoso	00:22:07	00:44:08	00:43:58	251		V40	3
243	319	Chantal Xhervelle	00:22:15	00:44:12	00:44:07	260		V45	2
244	344	Tiago Ribeiro	00:22:00	00:44:15	00:43:53	248		Senior	63
245	897	João Narra	00:21:52	00:44:15	00:43:57	250	LEBRE	V45	41
246	398	Joaquim Ruivo	00:23:11	00:44:16	00:43:48	243	CLUBE DESPORTIVO ESTRELA	V50	26
247	619	Carlos Santos	00:22:56	00:44:19	00:43:38	238		V40	38
248	33	Ricardo Martins	00:22:01	00:44:20	00:44:01	255		Senior	64
249	477	Nuno Gonçalo	00:22:30	00:44:20	00:44:01	256		Senior	65
250	132	Gualdino Freire	00:23:33	00:44:22	00:43:42	242	CCDTMETROLX	V70	1
251	75	José Freitas	00:22:47	00:44:25	00:44:12	262		V40	39
252	541	Helder Batista	00:23:12	00:44:27	00:43:58	252	G. R. D. Ribeira da Lage	V45	42
253	1160	Mário Cruz	00:23:12	00:44:27	00:43:59	253	JUNTA-TE À JUNTA	Senior	66
254	158	José Penela	00:22:34	00:44:28	00:44:18	263		V35	36
255	366	Maria Lucas	00:23:00	00:44:30	00:44:04	258	Pumas do Guncho	V45	3
256	1208	Vitor Oliveira	00:23:23	00:44:33	00:43:49	244	CÂMARA MUNICIPAL DA AMADORA	V55	11
257	1127	Luis Silva	00:22:50	00:44:33	00:44:19	264		Senior	67
258	506	Gilberto Dias	00:22:30	00:44:34	00:44:07	259	Amigos Atletismo Mafra	V50	27
259	146	Helena Martins	00:22:29	00:44:36	00:44:29	269	Amigos Atletismo Mafra	V55	2
260	754	Jorge Nunes	00:23:45	00:44:38	00:43:38	237		V50	28



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
261	515	Bruno Silva	00:23:04	00:44:43	00:44:25	265		V40	40
262	261	Rui Carvalho	00:23:00	00:44:46	00:43:55	249		V45	43
263	734	Rui Pereira	00:22:24	00:44:47	00:44:31	271		Junior	6
264	951	Nuno	00:22:25	00:44:48	00:44:29	267	DDN	V35	37
265	1226	José Nunes	00:23:07	00:44:53	00:44:11	261		V45	44
266	82	Bruno Ribeiro	00:23:21	00:44:53	00:44:00	254	Kaninos	V35	38
267	1139	António Coelho	00:23:15	00:44:54	00:44:30	270		V60	6
268	687	João Nabais	00:22:32	00:44:55	00:44:46	276		V50	29
269	282	Fernando Ferreira	00:23:12	00:44:56	00:44:40	274	CLUBE MILLENNIUM BCP	V65	1
270	560	Gil Alves	00:22:14	00:44:57	00:44:51	282	Unidos da Manutenção	V40	41
271	1182	Pedro Andrade	00:22:16	00:45:02	00:44:52	284		Senior	68
272	1294	Francisco Teixeira	00:23:30	00:45:04	00:44:36	273		Senior	69
273	287	Nuno Lopes	00:23:03	00:45:06	00:44:35	272	CLUBE MILLENNIUM BCP	V40	42
274	410	Vitor Santos	00:22:33	00:45:06	00:44:54	290	Casa do Benfica Algueirão Mem Martins	V45	45
275	166	Carlos Craveira	00:22:39	00:45:09	00:44:53	286		V45	46
276	1078	Sérgio Pires	00:22:51	00:45:10	00:45:04	298		V40	43
277	1122	José Bastos	00:22:27	00:45:12	00:45:00	294	Toka a Correr	V35	39
278	467	Jose Reis	00:23:13	00:45:12	00:44:47	277	sporting clube reboleira e damaia	V60	7
279	514	Helder Silva	00:23:39	00:45:13	00:44:51	283		V40	44
280	162	Nuno Pereira	00:22:28	00:45:14	00:45:03	297		V40	45



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
281	666	André Guerreiro	00:23:26	00:45:15	00:44:29	268		Senior	70
282	1266	João Maria	00:23:13	00:45:15	00:44:04	257		Senior	71
283	133	João Mendes	00:23:38	00:45:15	00:44:52	285	CCDTMETROLX	V45	47
284	275	Pedro Correia	00:23:30	00:45:17	00:45:00	295	CLUBE MILLENNIUM BCP	V35	40
285	280	Paulo Sousa	00:23:54	00:45:17	00:44:49	279	CLUBE MILLENNIUM BCP	V50	30
286	1076	Eduardo Leite	00:23:31	00:45:18	00:44:27	266	Bamoximbora	V40	46
287	196	Arnaldo Trindade	00:22:58	00:45:20	00:44:57	293	RB RUNNING	V45	48
288	478	António Merujo	00:23:22	00:45:20	00:44:55	291		V55	12
289	320	Carlos Monteiro	00:23:30	00:45:22	00:44:45	275		V65	2
290	704	Raul Rodrigues	00:23:01	00:45:22	00:44:57	292	G.D. Chelas	V55	13
291	217	José Matos	00:23:25	00:45:23	00:44:50	280	G. R. D. Ribeira da Lage	V40	47
292	1300	José Nunes	00:23:45	00:45:25	00:45:17	310		V45	49
293	681	Paulo Basilio	00:23:55	00:45:26	00:44:54	289	Os Zatopeques	V45	50
294	680	José Cunha	00:23:56	00:45:27	00:44:54	288	Os Zatopeques	V50	31
295	185	Tiago Ferreira	00:23:03	00:45:28	00:45:16	309	Rail Runners	Junior	7
296	113	Sérgio Manso	00:22:53	00:45:30	00:45:15	307		Senior	72
297	768	José Dias	00:23:01	00:45:30	00:45:15	308		V45	51
298	816	Telma Catarino	00:23:04	00:45:30	00:45:09	302		V35	7
299	836	Bruno Bernardo	00:23:04	00:45:30	00:45:08	301		V35	41
300	925	Ricardo Tiago	00:23:15	00:45:30	00:44:53	287		V45	52



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
301	263	Miguel Aleixo	00:22:22	00:45:31	00:45:24	322		V35	42
302	827	Bruno Pissarra	00:22:23	00:45:32	00:45:21	317	Correr Lisboa	V40	48
303	1154	Luis Silva	00:23:09	00:45:33	00:45:12	303		V45	53
304	835	Miguel Rocha	00:23:11	00:45:33	00:45:19	313		V45	54
305	1270	Pedro Duarte	00:22:33	00:45:34	00:45:26	324	Galheteiro	V35	43
306	93	Pedro Canelas	00:22:40	00:45:35	00:45:12	305	BELEM RUNNERS	V40	49
307	1356	Amândio Caetano	00:23:04	00:45:36	00:45:23	321		V50	32
308	232	Tiago Gamboa	00:23:41	00:45:38	00:44:48	278	Amigos Atletismo Mafra	V40	50
309	341	José Dias	00:23:02	00:45:40	00:45:36	333	Rail Runners	V50	33
310	844	José Rosa	00:23:57	00:45:41	00:44:50	281		V40	51
311	1163	Eduardo Tanganhito	00:23:27	00:45:41	00:45:31	329	JUNTA-TE À JUNTA	V65	3
312	1265	João Rica	00:21:51	00:45:42	00:45:19	314		V35	44
313	431	Eduardo Ribeiro	00:23:29	00:45:43	00:45:21	318		Senior	73
314	1291	Sérgio Viegas	00:23:44	00:45:43	00:45:22	319		V40	52
315	1239	Paulo Paias	00:23:15	00:45:45	00:45:25	323		V35	45
316	193	Carlos Henriques	00:23:30	00:45:45	00:45:23	320	RB RUNNING	V35	46
317	873	João Pacheco	00:23:45	00:45:46	00:45:28	326		Senior	74
318	796	Nuno Costa	00:23:45	00:45:46	00:45:28	327	SS CGD	V40	53
319	749	Ricardo Neto	00:23:03	00:45:48	00:45:05	299	SOURE MOV	V35	47
320	1185	Antonio Penim	00:23:15	00:45:49	00:45:35	332		V45	55



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
321	1303	Heitor Cardoso	00:23:45	00:45:52	00:45:18	312	Correr Lisboa	V50	34
322	17	Pedro Carvalho	00:23:31	00:45:52	00:45:18	311		V40	54
323	919	José Brito	00:24:16	00:45:52	00:45:31	328		V50	35
324	1086	Domingos Penedo	00:23:23	00:45:53	00:45:33	331	Desportivo Operário do Rangel	V55	14
325	244	Rui Antunes	00:23:30	00:45:53	00:45:14	306		V50	36
326	503	Gabriel Moreira	00:23:01	00:45:53	00:45:21	316		V55	15
327	580	Acacio Conceição	00:23:29	00:45:54	00:45:27	325	Primos	V50	37
328	323	Rui Lacerda	00:22:40	00:45:57	00:45:48	346		V40	55
329	1256	Nuno Santos	00:23:24	00:45:57	00:45:42	340		V40	56
330	1100	Nuno Gonçalves	00:23:30	00:45:59	00:45:36	334	RB RUNNING	V35	48
331	812	Luís Pedro	00:22:56	00:45:59	00:45:49	347		V40	57
332	528	Eduardo Luís	00:22:56	00:46:00	00:45:31	330	Atómicos	V35	49
333	936	Rogério Vieira	00:22:50	00:46:01	00:45:56	350		V50	38
334	725	Laura Grilo	00:23:30	00:46:01	00:45:19	315	Matilha da Atalaia	Senior	11
335	724	Paulo Santos	00:23:28	00:46:03	00:45:46	342		V45	56
336	107	Paulo Louro	00:24:24	00:46:05	00:45:01	296		V50	39
337	578	Paulo Rodrigues	00:23:54	00:46:06	00:45:37	335	grupo desportivo leoes de veneza	V50	40
338	400	Tomas Duarte	00:24:04	00:46:07	00:45:39	336	CLUBE DESPORTIVO ESTRELA	Junior	8
339	930	Ricardo Torrão	00:24:00	00:46:08	00:45:12	304		V35	50
340	884	Leonel José	00:24:05	00:46:09	00:45:08	300	Sport Club Alfragide	V45	57



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
341	1198	Ricardo Santos	00:23:31	00:46:11	00:45:45	341	Clube Olimpico de Oeiras	V35	51
342	967	Joaquim Lopes	00:23:53	00:46:13	00:45:57	352		V50	41
343	505	Carlos Rodrigues	00:23:30	00:46:15	00:45:47	343	Amigos Atletismo Mafra	V60	8
344	558	Fernando Gomes	00:23:30	00:46:18	00:46:01	356	Unidos da Manutenção	V40	58
345	867	João Micaelo	00:23:08	00:46:18	00:45:59	355		Senior	75
346	656	Jorge Pardal	00:24:16	00:46:18	00:45:51	348		V40	59
347	295	Welvis Teodoro	00:23:24	00:46:19	00:45:42	339		Senior	76
348	1227	Porfirio Pereira	00:24:07	00:46:20	00:45:51	349		V45	58
349	390	João Venancio	00:23:30	00:46:23	00:46:12	363	CLUBE DESPORTIVO ESTRELA	V65	4
350	640	Pedro Campos	00:23:45	00:46:29	00:46:04	357	Jatapanho	V40	60
351	998	Rui Carvalho	00:23:44	00:46:32	00:45:59	354		V40	61
352	574	Fernando Faria	00:23:48	00:46:34	00:45:58	353	JUNTA-TE À JUNTA	V35	52
353	340	José Simões	00:23:52	00:46:35	00:45:40	337	O MUNDO DA CORRIDA	V50	42
354	474	Paulo Santos	00:23:39	00:46:37	00:46:32	377	LOURDETE PERFUMARIAS	V45	59
355	1021	João Ffwpu	00:23:59	00:46:37	00:46:12	364		V65	5
356	1312	Maria Carmo	00:23:37	00:46:38	00:46:15	365	AM Atibá	V45	4
357	770	Paulo Nunes	00:24:27	00:46:39	00:45:41	338		V40	62
358	535	Nuno Carrilho	00:24:06	00:46:39	00:46:18	368	G. R. D. Ribeira da Lage	V40	63
359	325	Francisco Curtinha	00:24:55	00:46:41	00:46:05	359	Clube do Sargento da Armada	V55	16
360	970	Paulo Gomes	00:23:54	00:46:41	00:46:08	361		V40	64



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
361	231	Carlos Folgado	00:24:00	00:46:41	00:45:48	345	CARRASCO & AMIGOS	V55	17
362	142	Pedro Nunes	00:24:06	00:46:42	00:46:12	362	Clube do Stress	V45	60
363	222	João Oliveira	00:23:42	00:46:42	00:46:29	376	G. R. D. Ribeira da Lage	V50	43
364	473	Carlos Costa	00:24:00	00:46:46	00:46:42	392	CLUBE ANACOM	V45	61
365	794	José Dimas	00:24:01	00:46:46	00:46:15	366	SS CGD	V45	62
366	1345	Ercilia Machado	00:23:33	00:46:50	00:36:59	49	Sporting Clube de Portugal	Senior	12
367	373	Artur Gonçalves	00:24:24	00:46:50	00:45:47	344		V40	65
368	393	Manuel Martins	00:23:46	00:46:51	00:46:41	391	CLUBE DESPORTIVO ESTRELA	V70	2
369	1036	Catarina Lima	00:23:33	00:46:53	00:46:47	398	U D VARZEA	Senior	13
370	267	Vitor Marques	00:23:41	00:46:53	00:46:33	379	CLUBE MILLENNIUM BCP	V45	63
371	747	José Melo	00:24:05	00:46:53	00:46:06	360		V50	44
372	269	Bruno Vaz	00:23:40	00:46:53	00:46:34	381	CLUBE MILLENNIUM BCP	V45	64
373	1007	Victor Saraiva	00:24:33	00:46:55	00:46:04	358	Kaninos	V45	65
374	802	Rodrigo Almeida	00:23:53	00:46:56	00:46:38	385	SS CGD	V35	53
375	1052	José Guerreiro	00:24:06	00:46:57	00:46:29	375		V55	18
376	980	José Ferreira	00:23:53	00:46:59	00:46:44	394		V40	66
377	367	Cristina Gavinho	00:23:51	00:47:01	00:46:43	393	Pumas do Guncho	V40	4
378	134	José Alves	00:23:51	00:47:01	00:46:37	383	CCDTMETROLX	V45	66
379	1129	Nuno Lucas	00:24:18	00:47:03	00:46:40	389	Pernas de Gafanhoto	V35	54
380	98	Carlos Noronha	00:24:36	00:47:04	00:46:33	378		V35	55



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
381	416	Carlos Fernandes	00:24:23	00:47:05	00:46:39	386	Casa do Benfica Algueirão Mem Martins	Senior	77
382	868	Vitor Martins	00:23:53	00:47:06	00:46:23	371		V45	67
383	1059	Pedro Gabriel	00:24:39	00:47:07	00:46:33	380	C.A.Amigos Parque da Paz	V40	67
384	1301	André Nunes	00:23:42	00:47:07	00:46:55	402		Senior	78
385	135	José Santos	00:24:05	00:47:08	00:45:56	351	CCDTMETROLX	V45	68
386	1111	Manuel Francisco	00:24:31	00:47:09	00:46:46	395	Clube Atlético São Brás	V50	45
387	608	Horácio Santos	00:24:48	00:47:09	00:46:27	374		Senior	79
388	504	Pedro Correia	00:24:30	00:47:10	00:46:40	388		V35	56
389	425	Narciso Sá	00:24:30	00:47:11	00:46:57	405	Casa do Benfica Algueirão Mem Martins	V50	46
390	417	Jorge Santos	00:24:22	00:47:12	00:46:47	397	Casa do Benfica Algueirão Mem Martins	V60	9
391	1094	Leonel Seleiro	00:24:38	00:47:12	00:46:27	373	Desportivo Operário do Rangel	V55	19
392	1049	Jorge Prazeres	00:23:49	00:47:14	00:46:40	387		V40	68
393	1121	Bruno Canhão	00:24:23	00:47:14	00:46:25	372		Senior	80
394	1026	Pedro Reis	00:23:50	00:47:15	00:47:01	410		V40	69
395	1065	Renato Inácio	00:23:50	00:47:16	00:47:00	407	CONQUISTA GINÁSIO	V55	20
396	1178	Edinson Sanchez	00:23:57	00:47:16	00:46:41	390		V35	57
397	1277	Paulo Cabinda	00:26:17	00:47:17	00:46:46	396	JUNTA-TE À JUNTA	Junior	9
398	637	Nuno Trindade	00:23:30	00:47:19	00:46:53	400		V35	58
399	890	Vitor Marques	00:23:36	00:47:19	00:46:55	401		V35	59
400	824	Ruben Mauricio	00:23:36	00:47:20	00:46:56	404	Runners da Frente Ribeirinha da Póvoa de Santa	V35	60



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
401	800	Paulo Pires	00:24:39	00:47:22	00:46:48	399	SS CGD	V50	47
402	1302	Onésio Soda	00:22:49	00:47:25	00:47:14	422		Senior	81
403	204	Carlos Carvalho	00:25:01	00:47:25	00:46:35	382	RB RUNNING	V45	69
404	586	António Anjos	00:23:59	00:47:28	00:46:21	370	100fobias	V35	61
405	1104	Bruno Martinho	00:23:44	00:47:29	00:47:02	412	CSB_RF	Senior	82
406	430	Pedro Santos	00:24:04	00:47:29	00:47:07	417		Senior	83
407	37	Carlos Marques	00:24:26	00:47:30	00:46:17	367		V35	62
408	1130	Antonio Pedroso	00:24:24	00:47:30	00:47:00	408	GC Estrelas da Amadora	V45	70
409	409	Luis Barbosa	00:25:25	00:47:31	00:46:21	369	Casa do Benfica Algueirão Mem Martins	V45	71
410	117	Eurico Gomes	00:24:30	00:47:32	00:47:02	411		V50	48
411	257	Ricardo Garcia	00:24:09	00:47:34	00:47:00	406		V40	70
412	202	Luis Antunes	00:24:35	00:47:38	00:47:20	425	RB RUNNING	V40	71
413	931	César Avó	00:24:17	00:47:40	00:47:01	409		V40	72
414	1183	Miguel Judas	00:24:30	00:47:40	00:47:08	418		V40	73
415	855	Inês Marques	00:24:45	00:47:43	00:47:18	423		V35	8
416	36	António Orlando	00:25:03	00:47:43	00:47:10	419		V40	74
417	618	Helder Cabana	00:24:06	00:47:43	00:47:25	429		V40	75
418	396	Abílio Marinho	00:24:47	00:47:44	00:46:37	384	CLUBE DESPORTIVO ESTRELA	V45	72
419	758	Rui Gonçalves	00:24:26	00:47:45	00:47:39	442		V40	76
420	508	Jose Melo	00:24:57	00:47:46	00:47:06	415	Pastelaria Rio de Mel	V55	21



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
421	494	Antonio Pereira	00:24:35	00:47:48	00:47:39	441		V55	22
422	167	Ricardo Pereira	00:24:36	00:47:49	00:47:03	413		V40	77
423	1088	Francisco Pessoa	00:24:38	00:47:50	00:47:05	414	Desportivo Operário do Rangel	V40	78
424	48	Inês Santos	00:23:55	00:47:50	00:47:36	440	Clube Atlético das Patameiras	Senior	14
425	1091	José Alves	00:24:37	00:47:52	00:47:22	427	Desportivo Operário do Rangel	V65	6
426	938	Miguel Marques	00:24:02	00:47:53	00:47:43	445		V45	73
427	831	Carlos Calado	00:24:05	00:47:53	00:47:10	421		V40	79
428	1103	Nuno Bairinhas	00:25:25	00:47:54	00:46:56	403		Senior	84
429	1184	Carlos Soares	00:24:53	00:47:55	00:47:22	428	Correr Lisboa	V45	74
430	546	Ventura Saraiva	00:24:15	00:47:55	00:47:47	451	G. R. D. Ribeira da Lage	V65	7
431	743	José Amaral	00:24:28	00:47:56	00:47:32	434	CAPEP Clube de Atletismo Prof Emilia Piscoeiro	V40	80
432	550	Pedro Barata	00:24:25	00:47:57	00:47:27	430		V35	63
433	1000	Ricardo Madeira	00:24:25	00:47:58	00:47:22	426		V35	64
434	759	Miguel Lopes	00:24:56	00:47:58	00:47:07	416		V35	65
435	429	João Cardoso	00:24:52	00:47:58	00:47:46	448		V50	49
436	345	José Cardoso	00:24:52	00:47:58	00:47:44	447		V55	23
437	1016	Paula Ffwpu	00:24:29	00:48:00	00:47:54	459		V40	5
438	1340	Filipe Sarmento	00:24:49	00:48:01	00:47:10	420		V35	66
439	745	Tiago Guerreiro	00:25:24	00:48:02	00:47:19	424		V35	67
440	1279	Pedro Santos	00:26:18	00:48:02	00:47:34	437	JUNTA-TE À JUNTA	Junior	10



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
441	1041	Mahendrasinh Bassangy	00:24:06	00:48:02	00:47:32	435		V50	50
442	1366	Pedro Macedo	00:24:24	00:48:06	00:47:39	443		V40	81
443	1044	Leonardo Lopes	00:23:59	00:48:08	00:47:48	453		Senior	85
444	1113	Rui Santos	00:23:44	00:48:09	00:47:47	450	Clube Atlético São Brás	V35	68
445	861	João Silva	00:24:01	00:48:10	00:47:29	432		V45	75
446	671	Paulo Campos	00:24:31	00:48:12	00:47:49	454		V45	76
447	872	Luis Aires	00:24:37	00:48:12	00:47:29	431		V45	77
448	219	Fernanda Camacho	00:24:26	00:48:13	00:47:59	465	G. R. D. Ribeira da Lage	V45	5
449	1353	Delfim Machado	00:23:25	00:48:13	00:47:56	464		Junior	11
450	1025	Alexandre Jorge	00:23:25	00:48:13	00:48:03	472		Senior	86
451	765	Luis Cipriano	00:25:17	00:48:13	00:47:35	439		V40	82
452	613	Rui Rodrigues	00:24:44	00:48:14	00:47:42	444		V35	69
453	961	Daniel Martins	00:24:47	00:48:14	00:47:30	433		V40	83
454	1168	Joao Martins	00:24:26	00:48:15	00:48:04	473		V50	51
455	224	António Santos	00:24:17	00:48:15	00:47:35	438	G. R. D. Ribeira da Lage	V70	3
456	88	Luis Amorim	00:24:46	00:48:16	00:47:56	463		V55	24
457	165	Carlos Sequeira	00:23:54	00:48:17	00:48:00	467		V45	78
458	937	Antonio Vieira	00:24:31	00:48:19	00:48:12	475		V65	8
459	621	Rui Lopes	00:24:33	00:48:21	00:47:55	461	CSB_RF	Senior	87
460	1368	Luis Santos	00:24:47	00:48:24	00:47:53	458	Correr Lisboa	V40	84



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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>
461	1072	José Mira	00:24:43	00:48:24	00:47:52	456	Bip	V45	79
462	1071	Paulo Domingues	00:24:44	00:48:24	00:47:52	457	Bip	V50	52
463	422	Rui Emídio	00:24:20	00:48:29	00:48:15	479	Casa do Benfica Algueirão Mem Martins	V60	10
464	176	Bruno Maia	00:24:55	00:48:30	00:48:06	474		Senior	88
465	598	Liberto Santos	00:24:59	00:48:31	00:47:50	455		V45	80
466	590	António Patricio	00:25:10	00:48:32	00:47:55	460		V45	81
467	947	Romão Bandarrinha	00:25:28	00:48:32	00:47:33	436	DDN	V55	25
468	1147	Daniela Vinagre	00:24:23	00:48:33	00:48:26	485	J.O.M.A. - Juventude Operária do Monte Abraão	Senior	15
469	1099	Vítor Rocha	00:25:24	00:48:33	00:47:44	446	Desportivo Operário do Rangel	V55	26
470	355	Sandra Carvalho	00:24:48	00:48:36	00:48:13	477	BELEM RUNNERS	V45	6
471	1019	Isabel Ffwpu	00:24:49	00:48:38	00:48:32	489		V45	7
472	78	António Costa	00:25:22	00:48:39	00:48:02	471		V50	53
473	495	Paulo Ferreira	00:25:23	00:48:39	00:48:19	482		V50	54
474	612	Joao Galhordas	00:24:35	00:48:40	00:48:00	468		V45	82
475	1252	Sergio Borges	00:25:31	00:48:41	00:47:48	452	Panoplia Numerica	V55	27
476	1118	Henrique Ferreira	00:25:18	00:48:42	00:48:01	469		V45	83
477	511	Ines Oliveira	00:24:55	00:48:43	00:48:37	494		Senior	16
478	650	Rui Cunha	00:24:55	00:48:43	00:47:59	466	GD SANTANDERTOTTA	V50	55
479	851	Rui Silva	00:24:56	00:48:43	00:48:34	491		V40	85
480	1357	Duarte Escobar	00:25:04	00:48:45	00:48:18	481		V40	86



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
481	264	Alvaro Pinto	00:25:58	00:48:46	00:47:56	462	ASSOCIAÇÃO DESPORTIVA REAL ACADEMIA	V55	28
482	811	Paulo Martins	00:24:40	00:48:48	00:48:14	478		V45	84
483	1112	Pedro Caseiro	00:24:35	00:48:49	00:48:26	484	Clube Atlético São Brás	Senior	89
484	732	Jose Lopes	00:24:51	00:48:51	00:48:29	487		V50	56
485	540	Henrique Ramos	00:24:34	00:48:53	00:48:27	486	G. R. D. Ribeira da Lage	V55	29
486	1002	Christine Miki	00:25:00	00:48:54	00:48:33	490		V40	6
487	453	Dinis Ribas	00:25:27	00:48:55	00:48:12	476	desportivo lameira grande	V45	85
488	1048	Manuel Martins	00:26:09	00:48:57	00:48:41	496	Associação do Bairro de Campolide	V60	11
489	394	Rui Trindade	00:26:09	00:48:58	00:47:47	449	CLUBE DESPORTIVO ESTRELA	V45	86
490	40	Diogo Leite	00:24:29	00:48:59	00:48:36	493		Senior	90
491	1089	João Soares	00:25:31	00:49:01	00:48:24	483	Desportivo Operário do Rangel	V60	12
492	1310	Eduardo Braz	00:24:54	00:49:03	00:48:45	497		V45	87
493	385	Carlos Coelho	00:24:50	00:49:04	00:48:02	470	G A Monsanto Gascan	V55	30
494	575	Ricardo Gonçalves	00:24:37	00:49:05	00:48:30	488	JUNTA-TE À JUNTA	V35	70
495	260	Firmino Duarte	00:25:31	00:49:08	00:48:15	480	ADCR PJ	V40	87
496	761	Amadeu Pereira	00:24:43	00:49:11	00:48:51	504		V50	57
497	544	Ricardo Pimenta	00:24:59	00:49:11	00:48:45	498		V40	88
498	70	Fernando Rodrigues	00:25:32	00:49:13	00:48:55	508	Criminalistic Runners	V40	89
499	283	Joao Pires	00:24:55	00:49:14	00:49:03	514	CLUBE MILLENNIUM BCP	Senior	91
500	524	Fernando Santos	00:25:54	00:49:18	00:48:35	492	GD BANCO BPI	V50	58



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
501	661	Mazoel Santos	00:24:28	00:49:31	00:49:07	516		Senior	92
502	1241	Adelino Gomes	00:25:10	00:49:33	00:48:54	507		V45	88
503	669	Frederico Nobre	00:26:15	00:49:38	00:49:07	515		V40	90
504	1286	Guilherme Silva	00:27:17	00:49:38	00:49:10	518	JUNTA-TE À JUNTA	Junior	12
505	191	Luis Martins	00:25:41	00:49:38	00:48:51	505	ECI Running Team	V40	91
506	198	João Ferreira	00:25:20	00:49:39	00:49:08	517		V45	89
507	854	Miguel Lopes	00:25:23	00:49:39	00:49:11	519		V40	92
508	230	Josue Frade	00:26:42	00:49:41	00:48:48	502	CARRASCO & AMIGOS	V40	93
509	958	Carlos Marques	00:25:41	00:49:41	00:48:58	510		V55	31
510	1329	Bruno Rodrigues	00:26:25	00:49:43	00:49:02	513		Senior	93
511	1318	Tiago Lage	00:26:07	00:49:44	00:48:48	501	AM Atibá	Senior	94
512	1315	Marco Fernandes	00:26:08	00:49:44	00:48:48	500	AM Atibá	V35	71
513	205	Jorge Valadas	00:25:50	00:49:46	00:48:56	509		Senior	95
514	838	Marco Pires	00:25:51	00:49:46	00:49:12	522		Senior	96
515	809	Orlando Duarte	00:25:54	00:49:49	00:49:01	512		V55	32
516	273	Fernando Rodrigues	00:25:47	00:49:49	00:49:15	525	CLUBE MILLENNIUM BCP	V50	59
517	111	Nuno Miguel	00:26:30	00:49:52	00:49:26	532		V40	94
518	418	Bruno Matias	00:26:35	00:49:53	00:49:12	521	Casa do Benfica Algueirão Mem Martins	Senior	97
519	700	António Fernandes	00:26:43	00:49:54	00:49:00	511	Clube do Stress	V50	60
520	1009	Jose Pereira	00:26:04	00:49:55	00:48:48	499	GD SANTANDERTOTTA	V45	90



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521	262	Pedro Cardoso	00:26:10	00:49:57	00:49:12	523		V40	95
522	795	Jose Martins	00:26:20	00:49:58	00:48:54	506	SS CGD	V40	96
523	28	Ildebrando Aires	00:25:05	00:49:59	00:49:26	531		V40	97
524	1097	Manuel Rodrigues	00:26:06	00:50:00	00:49:14	524	Desportivo Operário do Rangel	V55	33
525	1087	Fernando Santos	00:25:48	00:50:00	00:49:46	545	Desportivo Operário do Rangel	V60	13
526	1172	Pedro Antunes	00:25:21	00:50:01	00:49:39	537		V40	98
527	118	Carlos Francisco	00:26:14	00:50:02	00:49:23	528		Senior	98
528	246	Rui Simões	00:25:44	00:50:02	00:49:24	530		V35	72
529	552	Paulo Pires	00:25:30	00:50:04	00:49:39	538		V45	91
530	66	José Pedro	00:25:58	00:50:04	00:49:12	520		V40	99
531	92	Luis Santos	00:25:47	00:50:04	00:49:24	529		V50	61
532	1108	Luis Neto	00:25:47	00:50:06	00:49:48	550		Senior	99
533	614	Manuel Sobral	00:26:54	00:50:08	00:50:05	566		V60	14
534	73	Carlos Simões	00:26:53	00:50:08	00:49:38	535		V35	73
535	542	Rui Silva	00:25:31	00:50:09	00:49:41	540		V45	92
536	388	Paulo Sousa	00:25:21	00:50:10	00:49:38	536		V45	93
537	427	Vitor Revés	00:25:23	00:50:10	00:49:21	527	CARRASCO & AMIGOS	V55	34
538	391	João Galamba	00:25:40	00:50:12	00:49:58	561	CLUBE DESPORTIVO ESTRELA	V65	9
539	337	Pedro Fernandes	00:25:54	00:50:12	00:48:38	495		V50	62
540	221	Joaquim Guerra	00:26:42	00:50:13	00:49:20	526	G. R. D. Ribeira da Lage	V50	63



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
541	776	Pedro Coelho	00:25:03	00:50:13	00:50:00	563		V40	100
542	1135	Gonçalo Sousa	00:23:59	00:50:13	00:49:50	554	Pernas de Gafanhoto	Senior	100
543	289	Jorge Campos	00:23:58	00:50:13	00:49:49	552		V40	101
544	565	Bernardino Pereira	00:25:41	00:50:14	00:49:56	559	SS CGD	V80	1
545	327	Henrique Alvaredo	00:25:25	00:50:14	00:49:50	555	Clube do Sargento da Armada	V55	35
546	1283	Inês Santos	00:26:17	00:50:15	00:49:47	547	JUNTA-TE À JUNTA	Junior	2
547	423	Albino Neiva	00:25:07	00:50:18	00:50:10	569	Casa do Benfica Algueirão Mem Martins	V65	10
548	922	Mauro Castro	00:26:07	00:50:18	00:49:49	551		V40	102
549	664	David Silva	00:25:49	00:50:22	00:49:54	557	CSB_RF	V35	74
550	860	Armindo Ffwpu	00:25:47	00:50:24	00:49:54	558		V55	36
551	954	Ana Correia	00:26:10	00:50:25	00:49:40	539		V35	9
552	539	José Oliveira	00:27:02	00:50:25	00:49:47	548	DAVID VAZ	V50	64
553	139	Rui Julião	00:27:01	00:50:28	00:49:42	543	Georunners	V50	65
554	771	Francisco Cid	00:27:01	00:50:28	00:49:41	541		V50	66
555	192	Luis Afonso	00:27:01	00:50:28	00:49:42	542	Georunners	V45	94
556	769	Pedro Rodrigues	00:25:37	00:50:30	00:50:09	568		V45	95
557	593	Nelson Barreiros	00:26:42	00:50:30	00:49:50	553		V45	96
558	1151	Gonçalo Peres	00:26:10	00:50:31	00:49:31	533		V35	75
559	498	Pedro Goncalves	00:25:09	00:50:32	00:50:14	572		V35	76
560	766	Paulo Sousa	00:25:53	00:50:32	00:50:03	565		V40	103



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561	683	Cláudia Borralho	00:26:07	00:50:33	00:50:11	570	BELEM RUNNERS	V40	7
562	447	Nuno Antunes	00:26:19	00:50:37	00:50:03	564		V45	97
563	517	Manuel Alves	00:25:56	00:50:40	00:49:48	549		V35	77
564	963	Miguel Reis	00:26:19	00:50:40	00:49:36	534		V40	104
565	611	Nuno Cardetas	00:26:54	00:50:41	00:49:47	546		Senior	101
566	470	Manuel Costa	00:25:30	00:50:43	00:50:27	591	M&B	V60	15
567	1074	Vasco Ramos	00:26:02	00:50:43	00:49:52	556	Bamoximbora	V40	105
568	480	Alexandre Domingos	00:26:06	00:50:45	00:49:46	544		V40	106
569	318	Jaime Lamego	00:24:39	00:50:45	00:50:39	601		V55	37
570	679	Sílvio Paiva	00:26:06	00:50:47	00:50:30	593		V65	11
571	785	Antonio Taborda	00:25:59	00:50:47	00:50:25	588	SS CGD	V65	12
572	926	Joao Pacheco	00:25:55	00:50:54	00:49:58	560	CÂMARA MUNICIPAL DA AMADORA	V40	107
573	678	Helder Palhas	00:24:59	00:50:54	00:50:11	571		V40	108
574	248	Paulo Serra	00:25:00	00:50:56	00:50:14	573	Matilha da Atalaia	V40	109
575	160	Ricardo Jesus	00:26:33	00:50:57	00:50:00	562		V40	110
576	566	Pedro Lopes	00:25:49	00:50:58	00:50:18	579	SS CGD	V35	78
577	241	Nuno Anastacio	00:25:44	00:50:59	00:50:15	575	RunLovers	V35	79
578	1083	Alberto Fernandes	00:26:27	00:51:00	00:50:24	585	Desportivo Operário do Rangel	V60	16
579	563	Jorge Pinheiro	00:26:15	00:51:03	00:50:17	576	RUN 4 FUN	V50	67
580	199	César Costa	00:26:19	00:51:04	00:50:18	578		V40	111



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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>
581	521	Luis Calheiros	00:25:48	00:51:04	00:50:22	584	GD BANCO BPI	V40	112
582	14	Paulo Sousa	00:25:54	00:51:05	00:50:24	587		V40	113
583	124	Rui Carvalho	00:27:11	00:51:05	00:50:25	589	DAVID VAZ	V45	98
584	432	Antonio Figueiredo	00:26:04	00:51:05	00:50:39	600	Clube EDP Lisboa	V55	38
585	1234	Edgar Cristeta	00:25:38	00:51:05	00:50:50	611		Senior	102
586	711	Joaquim Sande	00:26:04	00:51:05	00:50:38	598		V55	39
587	507	Jose Castro	00:26:04	00:51:06	00:50:26	590	Pastelaria Rio de Mel	V45	99
588	1200	Teresa Sepúlveda	00:25:56	00:51:06	00:50:52	612	Clube Olimpico de Oeiras	V35	10
589	757	João Caetano	00:26:19	00:51:07	00:50:15	574		V35	80
590	737	Joaquim Pedrosa	00:27:01	00:51:08	00:50:19	581		V55	40
591	38	Sérgio Eira	00:26:36	00:51:09	00:50:33	595		V40	114
592	1017	António Ffwpu	00:26:17	00:51:10	00:50:48	610		V45	100
593	1056	Luis Quental	00:26:31	00:51:13	00:50:08	567	SS CGD	V50	68
594	18	Rui Barros	00:26:11	00:51:13	00:50:52	613		V45	101
595	702	José Monteiro	00:26:32	00:51:14	00:50:19	583	GDC Banco de Portugal	V60	17
596	709	Joel Ginga	00:26:59	00:51:15	00:50:18	577		V35	81
597	1225	Hugo Medronheira	00:25:24	00:51:19	00:51:08	626		V35	82
598	1224	Sofia Medronheira	00:25:24	00:51:19	00:51:09	627		V35	11
599	956	Miguel Cruz	00:26:05	00:51:20	00:51:04	623		V45	102
600	305	Paulo Lourinho	00:28:04	00:51:21	00:50:19	580	Clube Atletismo Amigos de Belém	V45	103



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
601	736	Miguel San-Payo	00:26:51	00:51:21	00:50:36	596		V50	69
602	349	Rui Silva	00:27:06	00:51:23	00:50:42	604		V40	115
603	1106	Jorge Correia	00:27:06	00:51:24	00:50:43	605		V40	116
604	419	Carlos Oleastro	00:28:17	00:51:24	00:50:24	586	Casa do Benfica Algueirão Mem Martins	V50	70
605	370	Fernando Pereira	00:27:05	00:51:24	00:50:43	606	GFD RUNNING	V40	117
606	79	Ana Pereira	00:25:51	00:51:25	00:51:13	631	SFRAA	V45	8
607	1156	Rui Pinto	00:26:16	00:51:25	00:50:48	609		V40	118
608	64	Nuno Silva	00:25:37	00:51:27	00:51:03	622		Senior	103
609	62	Ricardo Figueiredo	00:27:12	00:51:27	00:50:19	582		V45	104
610	526	Paulo Gonçalves	00:27:26	00:51:28	00:50:39	599	camara lisboa clube	V45	105
611	525	Miguel Velez	00:27:26	00:51:29	00:50:40	602	camara lisboa clube	V50	71
612	1176	Rui Madruga	00:25:17	00:51:29	00:51:19	640		V45	106
613	605	Jorge Adivinha	00:27:08	00:51:31	00:50:29	592		V35	83
614	755	João Ferreira	00:26:10	00:51:31	00:50:59	617		V50	72
615	617	Rui Carmo	00:27:08	00:51:32	00:50:30	594		Senior	104
616	668	Filipe Reis	00:26:22	00:51:32	00:51:01	619		V45	107
617	288	Fernando Garcia	00:25:49	00:51:34	00:51:02	620	CLUBE MILLENNIUM BCP	V45	108
618	610	Pedro Pinto	00:26:17	00:51:34	00:50:44	608		V35	84
619	1363	Rúben Almeida	00:26:41	00:51:34	00:50:37	597		Senior	105
620	110	Ricardo Ferreira	00:26:40	00:51:35	00:50:57	616		Senior	106



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
621	1030	Paulo Almeida	00:25:59	00:51:37	00:51:23	643		V45	109
622	96	André Borges	00:25:19	00:51:37	00:51:17	638		Senior	107
623	195	Olga Martins	00:26:29	00:51:38	00:51:16	637	RB RUNNING	V40	8
624	197	Pedro Martins	00:26:30	00:51:39	00:51:15	633	RB RUNNING	V40	119
625	1245	Ricardo Silva	00:25:49	00:51:41	00:50:57	615		V35	85
626	245	António Teixeira	00:26:03	00:51:43	00:51:05	624		V35	86
627	1233	José Aires	00:27:06	00:51:47	00:50:43	607	CCD TRANQUILIDADE	V55	41
628	56	Pedro Salgueiro	00:26:49	00:51:49	00:51:03	621	Sawadee Team	V35	87
629	1134	Paulo Ramos	00:27:25	00:51:49	00:51:01	618		V50	73
630	894	Pedro Cabral	00:29:26	00:51:50	00:51:47	665		V35	88
631	585	Filipe Almeida	00:25:57	00:51:50	00:50:42	603	100fobias	V35	89
632	735	Alvaro Alpoim	00:25:50	00:51:50	00:51:24	645		V50	74
633	413	Anabela Ferreira	00:25:52	00:51:51	00:51:42	662	Casa do Benfica Algueirão Mem Martins	V45	9
634	86	Madalena Fontinhas	00:27:11	00:51:52	00:51:13	630	3B - Samorunning - Correr Benavente	Senior	17
635	83	Hugo Gomes	00:27:10	00:51:53	00:51:15	634	3B - Samorunning - Correr Benavente	Senior	108
636	85	João Caniço	00:27:10	00:51:53	00:51:14	632	3B - Samorunning - Correr Benavente	V35	90
637	87	Paula Salvador	00:27:11	00:51:53	00:51:16	635	3B - Samorunning - Correr Benavente	Senior	18
638	1215	Ana Fortes	00:26:21	00:51:54	00:51:40	658		V35	12
639	863	Severino Cruz	00:26:59	00:51:55	00:51:07	625		V50	75
640	939	Paulo Marques	00:26:13	00:51:55	00:51:22	642		V50	76



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
641	302	Ricardo Cano	00:28:04	00:51:56	00:50:54	614	Clube Atletismo Amigos de Belém	V35	91
642	343	João Fernandes	00:26:36	00:51:57	00:51:11	628		V35	92
643	705	Victor Dias	00:26:45	00:52:03	00:51:30	651	G.D. Chelas	V50	77
644	660	Pedro Pereira	00:26:49	00:52:04	00:51:28	649		V35	93
645	881	Daniel Matias	00:26:34	00:52:05	00:51:18	639		Senior	109
646	446	Nuno Patricio	00:26:03	00:52:07	00:51:35	654	CASA DO PESSOAL DA RTP	V45	110
647	1218	Jorge Cordeiro	00:27:00	00:52:09	00:51:24	644	SOURE MOV	V50	78
648	659	Filipe Martins	00:26:36	00:52:09	00:51:41	659		V35	94
649	1341	Marcos Santos	00:25:24	00:52:10	00:51:41	661		Senior	110
650	456	Adriana Turenschi	00:25:51	00:52:11	00:51:58	675	ENJOADAS DO ASFALTO	Senior	19
651	1273	Vitor Ferreira	00:27:13	00:52:11	00:51:26	646		V40	120
652	1360	Rui Fernandes	00:26:02	00:52:13	00:51:55	671		V45	111
653	426	José Canhoto	00:27:30	00:52:14	00:51:26	647	Casa do Benfica Algueirão Mem Martins	V60	18
654	238	Rodrigo Sousa	00:27:01	00:52:14	00:51:30	652	RunLovers	V35	95
655	932	Bruno Dias	00:26:41	00:52:15	00:51:41	660		V40	121
656	399	António Batista	00:28:46	00:52:18	00:51:12	629	CLUBE DESPORTIVO ESTRELA	V65	13
657	1258	Helder Romano	00:27:10	00:52:18	00:51:47	666		V50	79
658	764	Jorge Lourenço	00:27:03	00:52:18	00:51:16	636	Sporting Clube de Casainhos	Senior	111
659	825	Luis Almeida	00:26:28	00:52:18	00:51:26	648	Grupo Unidos e Progresso de Gralhas	V40	122
660	1238	José Maia	00:26:23	00:52:19	00:51:22	641		V50	80



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
661	1023	Francisco Ribeiro	00:26:46	00:52:19	00:52:05	680		V50	81
662	1264	Pedro Borges	00:29:04	00:52:21	00:51:32	653		Senior	112
663	45	António Morais	00:27:50	00:52:24	00:51:28	650	Clube Atlético das Patameiras	V60	19
664	774	Bernardo Emidio	00:27:59	00:52:26	00:51:36	655		Senior	113
665	19	Carlos Pena	00:27:08	00:52:27	00:51:56	673		V45	112
666	464	Aristides Monteiro	00:26:00	00:52:28	00:52:14	686		V45	113
667	533	Sara Cunha	00:26:37	00:52:28	00:52:20	689	Magic Runners - Enterprom brindes promocionais	V40	9
668	112	João Teixeira	00:26:49	00:52:28	00:51:48	667		V35	96
669	865	Cristiano Marques	00:26:57	00:52:29	00:51:37	657		V40	123
670	903	Hugo Rosas	00:26:08	00:52:30	00:51:58	676		V40	124
671	123	Rui Goncalves	00:27:16	00:52:30	00:51:51	668	DAVID VAZ	V40	125
672	866	Luis Azevedo	00:26:07	00:52:30	00:52:13	684		V50	82
673	126	Vera Vaz	00:27:37	00:52:30	00:51:52	669	DAVID VAZ	V40	10
674	1260	Joao Antunes	00:26:50	00:52:32	00:51:59	677		V45	114
675	1191	Paulo Sousa	00:26:46	00:52:33	00:51:46	664		V35	97
676	175	Maria Silva	00:26:47	00:52:35	00:51:56	674		V55	3
677	1047	Manuel Fonseca	00:26:21	00:52:36	00:52:20	688	Associação do Bairro de Campolide	V50	83
678	324	Magnífica Alvaredo	00:26:30	00:52:39	00:52:29	694	Clube do Sargento da Armada	V60	1
679	492	Maria Branco	00:27:07	00:52:40	00:52:21	690		V45	10
680	449	Noemia Monteiro	00:26:14	00:52:41	00:52:33	701		V40	11



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
681	793	João Henriques	00:27:33	00:52:41	00:51:37	656	SS CGD	V40	126
682	76	Rodrigo Conchinha	00:27:16	00:52:41	00:51:46	663		V35	98
683	1006	Ana Duarte	00:26:47	00:52:43	00:51:52	670	Kaninos	V45	11
684	1358	Mário Burrica	00:27:28	00:52:44	00:52:01	679		V35	99
685	677	Diogo Barros	00:26:08	00:52:44	00:52:28	692		V35	100
686	509	Pedro Marques	00:28:03	00:52:47	00:51:55	672	g.d.chelas	V40	127
687	16	Daniel Ramos	00:27:03	00:52:47	00:52:44	709		V40	128
688	190	Eduardo Mendes	00:26:56	00:52:49	00:52:29	695	Clube Vodafone	V50	84
689	44	Paulo Gamboa	00:26:55	00:52:50	00:52:13	683	Clube Atlético das Patameiras	V45	115
690	994	Maria Silva	00:26:55	00:52:50	00:52:12	682		V55	4
691	405	Hipolito Ferreira	00:27:26	00:52:51	00:52:36	705		V50	85
692	777	Paulo Almeida	00:26:19	00:52:52	00:52:01	678		V45	116
693	723	Nuno Dias	00:26:54	00:53:00	00:52:35	704		V40	129
694	1326	Jose Alvarez	00:27:19	00:53:01	00:52:32	698		V45	117
695	436	Paulo Silva	00:27:08	00:53:02	00:52:33	699		V35	101
696	471	Marco Pacheco	00:27:35	00:53:03	00:52:08	681		V35	102
697	153	Jorge Marques	00:28:03	00:53:06	00:52:14	685		V35	103
698	1085	Bernardo Gradissimo	00:28:04	00:53:09	00:52:31	697	Desportivo Operário do Rangel	V40	130
699	25	Duarte Costa	00:28:24	00:53:10	00:53:00	723		Senior	114
700	493	Arlindo Salgueiro	00:27:10	00:53:11	00:52:44	708		V50	86



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
701	328	Albano Ginja	00:27:30	00:53:12	00:52:18	687	Clube do Sargento da Armada	V60	20
702	823	Bento Galamba	00:27:48	00:53:14	00:52:33	702	sporting clube reboleira e damaia	V50	87
703	1114	Fernando Tavares	00:26:48	00:53:16	00:52:56	717		V60	21
704	921	Rui Pereira	00:28:01	00:53:16	00:52:56	718		Senior	115
705	1359	César Tomas	00:27:43	00:53:18	00:52:24	691		Senior	116
706	481	Rui Matos	00:27:38	00:53:20	00:52:34	703		V35	104
707	156	Filipa Ferro	00:26:53	00:53:21	00:53:13	729		V35	13
708	1259	Ana Pires	00:27:14	00:53:22	00:52:57	719		V35	14
709	1268	Bruno Dias	00:28:35	00:53:26	00:52:29	696		Senior	117
710	1367	Sergio Santos	00:27:34	00:53:26	00:52:33	700		Senior	118
711	1137	Luís Luís	00:27:36	00:53:27	00:52:56	716		V50	88
712	171	Vitor Martins	00:27:20	00:53:29	00:52:58	721		V65	14
713	555	Luís Brazão	00:27:02	00:53:30	00:53:25	738	Unidos da Manutenção	V65	15
714	485	Sandra Teixeira	00:28:04	00:53:30	00:52:51	712		V40	12
715	483	Joana Miranda	00:28:04	00:53:30	00:52:51	713		V35	15
716	801	Ricardo Coelho	00:28:07	00:53:31	00:52:28	693	SS CGD	V45	118
717	696	Ricardo Mendes	00:26:31	00:53:31	00:52:46	710	Road Runners	V35	105
718	594	António Galheto	00:27:17	00:53:34	00:53:26	739		V65	16
719	964	Fernando Rodrigues	00:26:16	00:53:35	00:53:10	727		V40	131
720	256	Francisco Sardinha	00:26:31	00:53:35	00:53:17	731		V45	119



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
721	1253	Sergio Borges	00:27:34	00:53:36	00:52:44	707	Panoplia Numerica	Senior	119
722	1073	Plinio Marques	00:27:00	00:53:38	00:53:06	726	Bip	V50	89
723	35	Paulo Santos	00:28:17	00:53:39	00:52:42	706	Clube Amigos Garmin	V45	120
724	891	Diogo Cruz	00:26:34	00:53:39	00:52:51	711		Senior	120
725	978	Sergio Caneira	00:28:02	00:53:40	00:53:19	733		V40	132
726	1090	Joaquim Neiva	00:28:03	00:53:45	00:52:58	722	Desportivo Operário do Rangel	V70	4
727	1054	José Saraiva	00:27:32	00:53:48	00:53:11	728	Correr Lisboa	V50	90
728	1319	Peter Hoffman	00:27:56	00:53:49	00:52:53	714		V70	5
729	276	Pedro Fernandes	00:27:56	00:53:49	00:53:01	725	CLUBE MILLENNIUM BCP	V40	133
730	103	Nuno Oliveira	00:27:17	00:53:56	00:53:48	748	Luso-Atlântica Corretor de Seguros SA	V40	134
731	1350	Flávio Lourenço	00:26:36	00:53:56	00:52:57	720		Senior	121
732	1240	Luis Boletto	00:28:04	00:53:59	00:53:23	736		V35	106
733	316	Luis Correia	00:27:07	00:54:00	00:53:48	747		V45	121
734	43	Luiz Chatillon	00:27:30	00:54:02	00:53:14	730	Chatillon	V55	42
735	738	Adriano Cunha	00:28:03	00:54:02	00:53:19	734		V60	22
736	778	Alexandre Drake	00:28:16	00:54:03	00:53:01	724		V45	122
737	294	Paulo Santos	00:27:46	00:54:06	00:53:26	740		V50	91
738	255	Patrícia Alves	00:27:26	00:54:07	00:54:00	757		V35	16
739	888	Francisco Peras	00:27:30	00:54:08	00:52:54	715		Senior	122
740	401	Joaquim Costa	00:27:28	00:54:10	00:53:41	745	CLUBE DESPORTIVO ESTRELA	V65	17



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
741	339	Manuela Pinto	00:28:01	00:54:11	00:53:18	732	O MUNDO DA CORRIDA	V50	2
742	692	Jose Miranda	00:28:05	00:54:13	00:53:32	741		V50	92
743	155	Luís Fouto	00:28:03	00:54:14	00:53:56	754		V45	123
744	54	João Antunes	00:27:48	00:54:17	00:53:38	744		V60	23
745	216	Hermínio Cabaceira	00:27:42	00:54:20	00:54:04	762	G. R. D. Ribeira da Lage	V55	43
746	77	Jose Reis	00:27:35	00:54:22	00:53:56	753		V55	44
747	1287	Adil Graoui	00:28:03	00:54:23	00:53:55	751	JUNTA-TE À JUNTA	Junior	13
748	1220	Nuno Batista	00:27:43	00:54:25	00:53:45	746		V40	135
749	476	Ricardo Conceição	00:27:11	00:54:27	00:54:22	770	LOURDETE PERFUMARIAS	Senior	123
750	609	Paula Cardoso	00:26:43	00:54:28	00:54:20	767		V40	13
751	1116	Paulo Soares	00:27:29	00:54:29	00:54:03	760		V35	107
752	1323	Joséc Martins	00:28:15	00:54:30	00:53:35	743		V50	3
753	347	Miguel Castela	00:27:52	00:54:32	00:53:25	737	Associação de Atletismo Lebres do Sado	V45	124
754	641	Jorge Bicho	00:27:15	00:54:33	00:53:55	750		V55	45
755	1304	Fernando Alves	00:25:48	00:54:33	00:54:24	771		V35	108
756	137	Rafael Santos	00:29:31	00:54:33	00:53:21	735	CCDTMETROLX	V45	125
757	883	Nuno Almeida	00:27:37	00:54:35	00:54:02	759		V40	136
758	792	João Correia	00:28:10	00:54:37	00:53:34	742	SS CGD	V55	46
759	1285	Olivia Borges	00:28:07	00:54:40	00:54:13	765	JUNTA-TE À JUNTA	Junior	3
760	1288	Lizeida Chantre	00:28:07	00:54:40	00:54:13	764	JUNTA-TE À JUNTA	Junior	4



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
761	1213	Carlos Pereira	00:27:50	00:54:42	00:53:57	755		V45	126
762	499	Fernando Almeida	00:27:45	00:54:43	00:54:20	768		V40	137
763	1216	António Pinto	00:27:38	00:54:44	00:54:25	773		V55	47
764	584	Paulo Quaresma	00:27:42	00:54:46	00:53:54	749	Veteranos de Massamá	V60	24
765	1292	Pedro Sarmiento	00:27:58	00:54:49	00:54:27	776		V45	127
766	1293	Maria Moreira	00:27:58	00:54:49	00:54:28	778		V45	12
767	94	Carla Magina	00:27:25	00:54:50	00:54:44	788		V35	17
768	1251	Sergio Borges	00:27:53	00:54:51	00:53:58	756	Panoplia Numerica	V40	138
769	448	Mario Rodrigues	00:26:29	00:54:51	00:54:17	766		V40	139
770	974	Jandiro Monteiro	00:28:01	00:54:55	00:53:56	752		Senior	124
771	815	Tiago Rodrigues	00:28:41	00:54:55	00:54:01	758		Senior	125
772	183	Luís Ferreira	00:27:26	00:54:55	00:54:41	785	Rail Runners	V45	128
773	109	Frederico Almeida	00:27:37	00:55:00	00:54:08	763		Senior	126
774	215	Elizabete Filipe	00:27:56	00:55:02	00:54:51	793	G. R. D. Ribeira da Lage	V35	18
775	115	Carlos Morais	00:28:29	00:55:04	00:54:24	772		V50	93
776	686	Sônia Caixeirinho	00:28:19	00:55:07	00:54:54	795		V45	13
777	444	Nuno Martins	00:28:10	00:55:12	00:54:32	780		V35	109
778	842	Pauo Tomé	00:27:54	00:55:13	00:54:03	761	CSB_RF	Senior	127
779	127	Bianca Accioly	00:28:24	00:55:14	00:54:35	782	DAVID VAZ	Senior	20
780	999	Bruno Claro	00:27:07	00:55:14	00:54:34	781		V35	110



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
781	537	Bruno Duque	00:29:24	00:55:15	00:54:27	775		V35	111
782	845	Hugo Teixeira	00:26:46	00:55:16	00:54:49	791		Senior	128
783	655	Vitor Ludwig	00:27:28	00:55:18	00:54:42	786		V40	140
784	588	Amílcar Romão	00:28:00	00:55:20	00:54:49	792	G.D.R. São Francisco da Serra	V65	18
785	381	Antonio Cardoso	00:28:45	00:55:22	00:54:21	769	G A Monsanto Gascan	V65	19
786	460	Ana Cabaço	00:28:11	00:55:25	00:54:58	797		V35	19
787	752	Francisco Bastos	00:27:58	00:55:25	00:55:09	807	Magic Runners - Enterprom brindes promocionais	Senior	129
788	941	Carlos	00:28:43	00:55:26	00:54:28	777	DDN	V65	20
789	46	Rute Santos	00:28:00	00:55:26	00:55:14	817	Clube Atlético das Patameiras	V50	4
790	403	Natividade Cardoso	00:28:02	00:55:26	00:55:18	820	CLUBE DESPORTIVO ESTRELA	V65	1
791	950	Fernando	00:28:43	00:55:27	00:54:26	774	DDN	V60	25
792	74	Luis Amorim	00:28:09	00:55:29	00:55:05	802		V45	129
793	689	Francisco Amaro	00:29:21	00:55:32	00:54:47	790		V45	130
794	742	Pedro Pires	00:28:48	00:55:35	00:55:13	816	Associação de Atletismo Lebres do Sado	V50	94
795	496	Paulo Pereira	00:28:36	00:55:36	00:54:37	783		V40	141
796	549	José Roseiro	00:29:03	00:55:36	00:54:38	784		V55	48
797	1195	António Bila	00:29:26	00:55:37	00:54:54	794	Clube Olimpico de Oeiras	V60	26
798	1228	Miguel Carvalho	00:29:01	00:55:37	00:54:31	779		V35	112
799	1189	Camil Nava	00:29:12	00:55:38	00:54:42	787		Senior	130
800	1337	Alexandre Ferreira	00:27:44	00:55:39	00:55:33	836		V55	49



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
801	898	Eugénia Ribeiro	00:27:43	00:55:39	00:55:30	832	LEBRE	V45	14
802	591	Maria Conchinha	00:27:56	00:55:40	00:55:31	833		V55	5
803	435	Luis Fernandes	00:27:52	00:55:41	00:55:22	825		V45	131
804	662	Andre Tavares	00:27:11	00:55:41	00:55:15	818		V35	113
805	53	Hugo Dionisio	00:28:52	00:55:43	00:54:45	789		V35	114
806	1140	João Veiga	00:28:39	00:55:45	00:55:10	810		Senior	131
807	693	Liliana Santos	00:27:39	00:55:46	00:55:41	840		V35	20
808	335	Susana Amorim	00:28:39	00:55:46	00:55:11	813		Senior	21
809	1027	Jose Lindo	00:28:28	00:55:49	00:55:40	839		V70	6
810	285	Mario Marcelino	00:29:26	00:55:49	00:55:02	801	CLUBE MILLENNIUM BCP	V55	50
811	277	Vanda Rosa	00:28:42	00:55:49	00:54:59	799	CLUBE MILLENNIUM BCP	V40	14
812	791	Francisco Clerigo	00:28:09	00:55:49	00:55:07	806	SS CGD	V60	27
813	1012	Nuno Jesus	00:28:42	00:55:49	00:54:58	796		V35	115
814	281	Oscar Marques	00:28:42	00:55:50	00:54:59	798	CLUBE MILLENNIUM BCP	V60	28
815	251	Luis Segadães	00:28:44	00:55:50	00:55:06	803	Matilha da Atalaia	V40	142
816	392	Virgílio Rodrigues	00:28:58	00:55:50	00:55:22	823	CLUBE DESPORTIVO ESTRELA	V65	21
817	787	Céu	00:28:42	00:55:50	00:55:00	800	SS CGD	V45	15
818	389	Armando Tavares	00:28:30	00:55:53	00:55:21	822	CLUBE DESPORTIVO ESTRELA	V65	22
819	638	Natalino Pereira	00:29:01	00:55:54	00:55:06	804		V60	29
820	240	Luisa Palminhas	00:28:30	00:55:54	00:55:09	809	RunLovers	V45	16



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
821	236	Iris Mauricio	00:28:30	00:55:54	00:55:09	808	RunLovers	V40	15
822	254	Inês Teixeira	00:28:46	00:55:54	00:55:11	814	Matilha da Atalaia	V35	21
823	501	João Miguel	00:27:40	00:55:56	00:55:07	805		V75	1
824	622	António Lopes	00:27:38	00:55:59	00:55:32	835	CSB_RF	V60	30
825	72	Edgar Magro	00:28:39	00:55:59	00:55:15	819		V35	116
826	604	Sandra Silva	00:28:14	00:56:00	00:55:20	821		V40	16
827	864	Mercedes Fonseca	00:28:15	00:56:01	00:55:54	849		V60	2
828	1124	Maria Resende	00:28:08	00:56:03	00:55:51	846	Toka a Correr	V45	17
829	1180	Afonso Belo	00:27:37	00:56:05	00:55:54	850		V45	132
830	22	Vítor Gonçalves	00:29:40	00:56:05	00:55:10	812	4 ao Km	V45	133
831	21	Isadora Costa	00:29:41	00:56:05	00:55:10	811	4 ao Km	Senior	22
832	1146	Teresa Ferreira	00:28:59	00:56:11	00:55:26	828	Paviténis Unip, Lda	V60	3
833	272	Leonel Brandao	00:29:07	00:56:12	00:55:24	826	CLUBE MILLENNIUM BCP	V45	134
834	987	Joana Chouriço	00:28:22	00:56:13	00:56:05	856		Senior	23
835	375	Jorge Barros	00:27:40	00:56:15	00:56:00	854		V40	143
836	915	Sérgio Galó	00:28:25	00:56:16	00:55:34	837	Opticalia Running Team	V35	117
837	843	Joao Almeida	00:27:51	00:56:17	00:55:26	829	Kaninos	V45	135
838	1351	Sérgio Rodrigues	00:27:16	00:56:18	00:56:13	860		V40	144
839	763	Nuno Oliveira	00:28:37	00:56:18	00:55:43	841	Correr Lisboa	V35	118
840	286	Carla Ribeiro	00:29:07	00:56:19	00:55:32	834	CLUBE MILLENNIUM BCP	V35	22



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
841	643	Constantino Pinto	00:29:10	00:56:21	00:55:12	815	CLUBE DESPORTIVO ESTRELA	V50	95
842	923	João Costa	00:29:08	00:56:21	00:55:22	824		V35	119
843	579	Pedro Valente	00:28:16	00:56:27	00:56:14	861	Primos	V40	145
844	786	Carlos Albano	00:28:36	00:56:28	00:55:25	827	SS CGD	V45	136
845	782	Adelia Cabral	00:28:19	00:56:28	00:55:47	843	SS CGD	V35	23
846	140	Nuno Molero	00:28:07	00:56:34	00:56:17	862		V40	146
847	803	Severino Rosa	00:28:07	00:56:34	00:55:57	853	SS CGD	V60	31
848	434	Carlos Morgado	00:28:56	00:56:36	00:56:03	855	Clube EDP Lisboa	V50	96
849	1344	Pedro Bação	00:28:53	00:56:38	00:55:51	845		V35	120
850	1338	João Silva	00:29:23	00:56:40	00:55:30	831		Senior	132
851	321	Jorge Camoesas	00:29:24	00:56:40	00:55:29	830		Senior	133
852	235	Nuno Tempera	00:31:11	00:56:41	00:55:55	851	RunLovers	V45	137
853	667	Luis Silva	00:28:56	00:56:42	00:55:48	844		V40	147
854	1257	João Brites	00:28:45	00:56:43	00:56:18	863		V45	138
855	268	Vasco Ourelo	00:28:41	00:56:43	00:56:22	865	CLUBE MILLENNIUM BCP	V40	148
856	1248	João Leandro	00:28:59	00:56:44	00:55:53	847		V40	149
857	1249	Marta Cardoso	00:29:00	00:56:44	00:55:53	848		V35	24
858	99	Carlos Pereira	00:27:27	00:56:47	00:56:10	857		Senior	134
859	596	Pepe Pereira	00:29:34	00:56:49	00:55:34	838		Senior	135
860	691	João Marques	00:28:57	00:56:52	00:55:45	842		V35	121



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
861	839	Mario Lopes	00:29:12	00:56:58	00:56:28	867		V70	7
862	500	Antonio Fonseca	00:28:43	00:57:00	00:56:10	859		V70	8
863	1278	Hernani Mendonça	00:28:40	00:57:03	00:56:32	873	JUNTA-TE À JUNTA	Junior	14
864	102	Inês Monteiro	00:28:21	00:57:03	00:56:10	858	Kaninos	Senior	24
865	1161	Rui Barros	00:28:38	00:57:06	00:56:31	872	JUNTA-TE À JUNTA	V40	150
866	977	António Mateus	00:30:02	00:57:08	00:56:35	875	Os Zatopeques	V70	9
867	26	Tiago Rodrigues	00:28:50	00:57:10	00:56:36	876		V35	122
868	513	Vitório Damas	00:28:51	00:57:10	00:56:37	877		V35	123
869	636	Sérgio Calado	00:29:20	00:57:11	00:56:41	880		V50	97
870	120	Fernando Oliveira	00:28:46	00:57:13	00:56:59	888		Senior	136
871	129	Carla Manteigas	00:29:55	00:57:14	00:55:57	852	CCDTMETROLX	V35	25
872	1096	Manuel Emídio	00:29:26	00:57:15	00:56:39	878	Desportivo Operário do Rangel	V60	32
873	152	Jose Correia	00:28:17	00:57:17	00:57:03	891		V55	51
874	1232	Tiago Almeida	00:28:58	00:57:18	00:56:29	870		Senior	137
875	1187	Paulo Roxo	00:29:24	00:57:19	00:56:29	868		V40	151
876	184	Manuel António	00:28:33	00:57:22	00:57:10	896	Rail Runners	V45	139
877	384	Victor Rodrigues	00:29:31	00:57:24	00:56:20	864	G A Monsanto Gascan	V60	33
878	1081	Pedro Ferreira	00:29:40	00:57:27	00:56:26	866		Senior	138
879	918	Abilio Tavares	00:28:34	00:57:28	00:57:13	897		V60	34
880	308	Mario Jesus	00:30:02	00:57:30	00:56:33	874		V40	152



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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>
881	303	José Castro	00:30:53	00:57:31	00:56:29	869	Clube Atletismo Amigos de Belém	V55	52
882	304	Julio Castro	00:30:53	00:57:31	00:56:30	871	Clube Atletismo Amigos de Belém	V55	53
883	372	Estela Gonçalves	00:28:53	00:57:34	00:57:21	901		V35	26
884	20	João Lima	00:29:45	00:57:34	00:56:39	879	4 ao Km	V55	54
885	271	Andreia Costa	00:28:50	00:57:36	00:57:25	902	CLUBE MILLENNIUM BCP	V40	17
886	270	Luis Costa	00:29:30	00:57:37	00:57:16	899	CLUBE MILLENNIUM BCP	V45	140
887	55	Cátia Couveiro	00:28:38	00:57:40	00:57:03	890		Senior	25
888	1046	António Lima	00:29:08	00:57:42	00:57:25	903	Associação do Bairro de Campolide	V50	98
889	52	David Simão	00:28:38	00:57:43	00:57:10	895		V45	141
890	314	Carlos Marques	00:30:00	00:57:44	00:56:48	883		V45	142
891	439	Bruno Aguiar	00:29:49	00:57:45	00:56:47	882		V35	124
892	200	Marco Jesus	00:30:00	00:57:45	00:56:49	884		V35	125
893	313	Marcos Serrano	00:30:00	00:57:45	00:56:50	885		V35	126
894	916	Paula Lima	00:29:58	00:57:46	00:57:04	893	Opticalia Running Team	V35	27
895	830	Manuel Costa	00:29:43	00:57:47	00:57:04	892		V55	55
896	829	Mario S.Sousa	00:29:43	00:57:49	00:56:42	881	GRD OS FIXES	V60	35
897	624	Luis Rosa	00:29:51	00:57:49	00:57:14	898		V55	56
898	1167	Eduardo Moutinho	00:30:20	00:57:55	00:56:55	887		V45	143
899	346	Carla Henriques	00:29:17	00:57:56	00:57:30	907		V40	18
900	157	Jorge Fradique	00:29:19	00:57:58	00:57:32	908		V55	57



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
901	307	Vitor Figueiredo	00:30:29	00:57:58	00:57:08	894		V35	127
902	187	Luís Costa	00:29:17	00:58:02	00:57:20	900	Os Conta-Kilómetros	Senior	139
903	1325	Jorge Brito	00:31:30	00:58:02	00:56:51	886		V45	144
904	13	Paulo Viegas	00:29:49	00:58:05	00:57:02	889		V40	153
905	1361	Tatiana Ildefonso	00:29:29	00:58:07	00:57:28	905		Senior	140
906	635	Paulo Roberto	00:28:38	00:58:13	00:57:28	906		V40	154
907	182	Helena Pires	00:29:36	00:58:15	00:58:08	920	Rail Runners	V45	18
908	174	Paulo Silva	00:29:36	00:58:15	00:57:36	910		V55	58
909	1255	João Martins	00:28:58	00:58:18	00:57:28	904		Senior	141
910	1199	Susana Almeida	00:29:55	00:58:19	00:58:07	918	Clube Olimpico de Oeiras	V35	28
911	455	Patricia Almeida	00:29:56	00:58:19	00:58:07	919	ENJOADAS DO ASFALTO	V40	19
912	740	Catarina Varges	00:29:20	00:58:19	00:58:06	916	Associação de Atletismo Lebres do Sado	V40	20
913	1307	Eduardo Alves	00:29:26	00:58:22	00:57:48	914		V35	128
914	1010	Ana Santos	00:30:20	00:58:30	00:58:06	917	QuartetoMaravilha	V35	29
915	657	Hugo Reis	00:30:29	00:58:30	00:57:34	909		V40	155
916	805	Vítor Barata	00:29:37	00:58:36	00:57:38	911	SS CGD	V55	59
917	1352	Sónia Capitão-Mor	00:28:53	00:58:40	00:58:14	922		V35	30
918	332	Silvino Martins	00:30:53	00:58:41	00:57:40	912		V65	23
919	946	Alfredo	00:30:24	00:58:41	00:58:15	924	DDN	V45	145
920	407	João Correia	00:29:41	00:58:45	00:58:36	935	Casa do Benfica Algueirão Mem Martins	V60	36



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
921	684	Pedro Silva	00:30:11	00:58:45	00:57:44	913		V45	146
922	722	Joana Pereira	00:29:31	00:58:48	00:58:28	932		Senior	26
923	654	Paulo Gama	00:29:47	00:58:51	00:58:15	923		Senior	142
924	750	Ana Beja	00:30:05	00:58:52	00:58:09	921	SOURE MOV	V40	21
925	568	Fernando Martins	00:29:53	00:58:52	00:58:03	915	SS CGD	V50	99
926	125	Sandra Antunes	00:29:30	00:58:53	00:58:16	925	DAVID VAZ	V45	19
927	1051	Carlos Azevedo	00:29:48	00:58:59	00:58:22	930		V55	60
928	212	Carla Galhano	00:29:52	00:59:01	00:58:51	943		V40	22
929	226	Elisabete Farinha	00:29:47	00:59:01	00:58:50	942		V50	5
930	846	Dinis Candeias	00:30:35	00:59:03	00:58:21	927		V35	129
931	63	Casimiro Silva	00:30:35	00:59:03	00:58:22	929		V40	156
932	674	Pedro Vieira	00:29:51	00:59:04	00:58:22	928	Opticalia Running Team	V35	130
933	1242	Ana Martins	00:30:24	00:59:05	00:58:41	937		V50	6
934	935	Bruno Ribeiro	00:29:50	00:59:07	00:58:30	933		Senior	143
935	1150	Inês Silva	00:29:50	00:59:07	00:58:30	934		Senior	27
936	1250	Michele Correia	00:31:03	00:59:08	00:58:16	926	BELEM RUNNERS	V40	23
937	454	Ana Candeias	00:29:56	00:59:12	00:59:00	946	ENJOADAS DO ASFALTO	V40	24
938	706	Fábio Lopes	00:29:55	00:59:13	00:58:41	936	G.D. Chelas	Senior	144
939	929	João Pereira	00:29:13	00:59:17	00:59:03	950		V40	157
940	789	Fernando Alves	00:30:33	00:59:21	00:58:26	931	SS CGD	V50	100



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
941	940	Ricardo Faria	00:28:52	00:59:25	00:59:20	957	CÂMARA MUNICIPAL DA AMADORA	V40	158
942	1313	Mónica Moreiras	00:35:54	00:59:32	00:48:49	503	AM Atibá	V40	25
943	840	Luis Proença	00:29:43	00:59:39	00:58:47	940		V45	147
944	726	Luís Nabais	00:31:03	00:59:40	00:59:02	948	Correr Lisboa	V35	131
945	329	Fernando Oliveira	00:31:13	00:59:40	00:58:43	938	Clube do Sargento da Armada	V60	37
946	368	Anabela Ruivo	00:31:03	00:59:40	00:59:02	947	Correr Lisboa	V40	26
947	663	Mário Sobral	00:30:10	00:59:41	00:59:02	949	Correr Lisboa	V40	159
948	301	Ana Macedo	00:30:27	00:59:48	00:59:13	952	União Atletico Povoense	V40	27
949	1119	José Tomé	00:30:20	00:59:50	00:58:55	944		V40	160
950	68	José Piçarra	00:30:26	00:59:50	00:59:15	954	Casa do Benfica Algueirão Mem Martins	V60	38
951	783	Álvaro Furtado	00:32:12	00:59:53	00:58:47	941	SS CGD	V55	61
952	567	Silvia Pedro	00:30:34	00:59:53	00:59:05	951	SS CGD	V45	20
953	798	Paulo Bailão	00:31:15	00:59:53	00:58:46	939	SS CGD	V45	148
954	49	Pedro Murtinhal	00:30:33	00:59:55	00:58:55	945		V45	149
955	673	Henrique Coelho	00:29:52	01:00:08	00:59:27	958	Opticalia Running Team	V35	132
956	420	Joaquim Hermenegildo	00:31:09	01:00:10	00:59:50	963	Casa do Benfica Algueirão Mem Martins	V50	101
957	475	Isabel Santos	00:30:16	01:00:12	01:00:07	965	LOURDETE PERFUMARIAS	V45	21
958	1295	Rita Machado	00:30:42	01:00:14	00:59:42	961	Marretas	V40	28
959	645	Carlos Pereira	00:31:07	01:00:15	00:59:19	956	GD SANTANDERTOTTA	V45	150
960	648	Salvador Afonso	00:31:08	01:00:15	00:59:18	955	GD SANTANDERTOTTA	V60	39



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
961	632	Paulo Onofre	00:30:51	01:00:17	00:59:15	953		V45	151
962	104	Antonio Pais	00:30:26	01:00:19	00:59:35	960	NUCLEOEIRAS ADNO	V65	24
963	762	Jorge Palma	00:30:53	01:00:21	00:59:31	959		V40	161
964	556	Miguel Barbosa	00:30:41	01:00:26	01:00:16	972	Unidos da Manutenção	V60	40
965	382	Cidalia Cardoso	00:29:59	01:00:34	01:00:15	971	G A Monsanto Gascan	V60	4
966	24	José Magro	00:31:08	01:00:37	00:59:48	962	Runners da Frente Ribeirinha da Póvoa de Santa	V45	152
967	218	Maria Fatuda	00:30:07	01:00:41	01:00:26	974	G. R. D. Ribeira da Lage	V60	5
968	1020	Fátima Ffwpu	00:30:43	01:00:45	01:00:36	981		V75	1
969	534	Catarina Mesquita	00:30:29	01:00:45	01:00:29	976	Magic Runners - Enterprom brindes promocionais	V50	7
970	751	Maria Bastos	00:30:24	01:00:45	01:00:30	977	Magic Runners - Enterprom brindes promocionais	Senior	28
971	291	Marlene Oliveira	00:30:49	01:00:46	01:00:32	979		V40	29
972	336	Céu Miguel	00:30:04	01:00:47	01:00:28	975		V50	8
973	602	Nuno Matias	00:29:55	01:00:56	01:00:43	985		V40	162
974	601	Carla Robalo	00:29:55	01:00:56	01:00:43	984		V35	31
975	545	Marco Martins	00:29:25	01:01:01	01:00:13	966		V35	133
976	577	Gilberto Gonçalves	00:31:17	01:01:07	01:00:06	964	Clube Atletismo Amigos de Belém	V65	25
977	487	Ana Folgado	00:30:53	01:01:08	01:00:39	982		V45	22
978	100	Marco Cachinho	00:30:51	01:01:10	01:00:17	973	Kaninos	V35	134
979	67	Paulo Silva	00:28:26	01:01:11	01:00:14	968		V55	62
980	12	João Campos	00:28:26	01:01:11	01:00:14	967		V40	163



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
981	30	Joel Silva	00:30:06	01:01:12	01:00:15	970		V40	164
982	1029	Carolina Manuel	00:31:40	01:01:15	01:00:15	969	O MUNDO DA CORRIDA	V40	30
983	820	Antonio Carpinteiro	00:31:40	01:01:21	01:01:03	989	SS CGD	V70	10
984	1166	Carla Correia	00:31:10	01:01:21	01:00:47	987	JUNTA-TE À JUNTA	V35	32
985	1175	João Anjos	00:30:15	01:01:31	01:01:10	990		V45	153
986	1174	Ana Anjos	00:30:14	01:01:32	01:01:11	991		Senior	29
987	1306	Vítor Pimenta	00:31:32	01:01:32	01:00:31	978		V35	135
988	821	Esmeraldo Pereira	00:31:44	01:01:33	01:00:47	986	SS CGD	V70	11
989	274	Susana Feliciano	00:31:04	01:01:36	01:01:18	993	CLUBE MILLENNIUM BCP	V40	31
990	440	Paulo Silva	00:30:54	01:01:38	01:00:36	980		V40	165
991	1068	Antonio Cravo	00:31:12	01:01:43	01:00:41	983	GC Estrelas da Amadora	V45	154
992	760	Valeria Moreira	00:32:25	01:01:44	01:00:55	988		V45	23
993	623	Ana Romano	00:31:26	01:01:47	01:01:28	997		V45	24
994	1169	Maria Sanches	00:31:36	01:01:59	01:01:40	1002		V45	25
995	406	Fernando Ferreira	00:31:02	01:02:00	01:01:13	992	Casa do Benfica Algueirão Mem Martins	Senior	145
996	516	Aliete Rodrigues	00:30:25	01:02:01	01:01:55	1005		V35	33
997	775	António Fernandes	00:31:29	01:02:06	01:01:26	994		V50	102
998	1157	Ineida Gomes	00:30:52	01:02:17	01:01:43	1004	JUNTA-TE À JUNTA	V35	34
999	61	Vanuza Silva	00:31:04	01:02:19	01:01:36	1000		V40	32
1000	847	Ana Caldeira	00:31:05	01:02:19	01:01:36	1001		Senior	30



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1001	415	Rosa Gonçalves	00:31:10	01:02:20	01:02:11	1010	Casa do Benfica Algueirão Mem Martins	V45	26
1002	1075	Rui Paz	00:32:14	01:02:26	01:01:26	995	Bamoximbora	V40	166
1003	1243	Zé Falcato	00:32:14	01:02:27	01:01:27	996		V40	167
1004	1330	Madalena Pires	00:31:49	01:02:28	01:02:05	1009	#letsrunazores	V55	6
1005	1053	Irene Inácio	00:31:36	01:02:32	01:01:58	1006	Correr Lisboa	V45	27
1006	1060	Tânia Agostinho	00:31:25	01:02:35	01:02:16	1013	Health Team	V35	35
1007	1061	Roberta Goes	00:31:25	01:02:35	01:02:16	1012	Health Team	V35	36
1008	633	Sara Valadares	00:32:12	01:02:36	01:01:33	998		V40	33
1009	1188	Renato Saragoça	00:32:33	01:02:38	01:01:34	999		V40	168
1010	342	Luisa Santos	00:31:14	01:02:38	01:02:19	1014		V45	28
1011	1069	Bruno Marques	00:32:02	01:02:45	01:01:41	1003	GC Estrelas da Amadora	V35	136
1012	293	Luís Piedade	00:32:22	01:02:47	01:02:36	1018		V45	155
1013	882	Ana Almeida	00:31:52	01:02:49	01:02:15	1011		V35	37
1014	1324	Élia Granja	00:31:31	01:03:00	01:02:01	1007		V40	34
1015	1305	Inacio Serralheiro	00:31:31	01:03:00	01:02:01	1008		V60	41
1016	948	João	00:30:16	01:03:01	01:02:52	1027	DDN	V50	103
1017	616	Laurinda Castro	00:32:32	01:03:03	01:02:33	1017		V55	7
1018	543	Paulo Costa	00:29:25	01:03:06	01:02:44	1022		V40	169
1019	1317	Paulo Santos	00:29:25	01:03:06	01:02:43	1021	AM Atibá	V45	156
1020	962	Claudio Bonito	00:30:11	01:03:08	01:02:19	1015		Senior	146



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1021	1181	Mario Santos	00:32:31	01:03:13	01:02:41	1020		V45	157
1022	1282	Jéssica Baessa	00:31:47	01:03:15	01:02:55	1028	JUNTA-TE À JUNTA	Junior	5
1023	57	Tiago Salgueiro	00:31:51	01:03:16	01:02:29	1016	Sawadee Team	Senior	147
1024	810	Marco Mendes	00:31:26	01:03:18	01:02:51	1026		V40	170
1025	352	Henrique Vilhena	00:32:30	01:03:45	01:02:37	1019		V60	42
1026	1050	Esmeralda Gomes	00:32:11	01:03:48	01:03:35	1039		V50	9
1027	784	André Noronha	00:32:46	01:03:50	01:02:44	1023	SS CGD	V50	104
1028	806	Cristiana Almeida	00:32:46	01:03:50	01:02:45	1024	SS CGD	V50	10
1029	1057	Carla Patrício	00:31:59	01:03:51	01:03:17	1035	Correr Lisboa	V40	35
1030	788	Claudia Lourenço	00:31:18	01:03:51	01:02:46	1025	SS CGD	V40	36
1031	1055	Terera Bom	00:32:30	01:03:53	01:03:21	1036	Correr Lisboa	Senior	31
1032	233	Nuno Marques	00:31:18	01:03:54	01:03:09	1033	RunLovers	V45	158
1033	234	Joana Peralta	00:31:18	01:03:55	01:03:10	1034	RunLovers	V40	37
1034	730	Renata Gomes	00:32:36	01:03:57	01:03:40	1040		V35	38
1035	51	Tiago Rocha	00:32:22	01:03:59	01:03:00	1029		Senior	148
1036	589	Duarte Fialho	00:32:02	01:04:06	01:03:03	1031		Senior	149
1037	1067	Ricardo Louro	00:32:01	01:04:07	01:03:02	1030	GC Estrelas da Amadora	V35	137
1038	105	Edmundo Cardeira	00:32:49	01:04:20	01:03:09	1032	Leões de Barcarena	V65	26
1039	583	Manuel Azevedo	00:32:03	01:04:28	01:03:29	1038	Veteranos de Massamá	V55	63
1040	106	José Lamego	00:32:51	01:04:30	01:03:22	1037	Leões de Barcarena	V60	43



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1041	421	Rui Castilho	00:31:12	01:04:32	01:04:25	1061	Casa do Benfica Algueirão Mem Martins	Senior	150
1042	1040	José Nunes	00:31:25	01:04:34	01:03:43	1041		V40	171
1043	644	António Inácio	00:32:52	01:04:38	01:03:49	1048	CLUBE DESPORTIVO ESTRELA	V70	12
1044	1236	David Pereira	00:31:33	01:04:40	01:04:24	1060		V35	138
1045	1244	Bruno Correia	00:31:33	01:04:41	01:04:25	1062		V35	139
1046	1275	Ana Fernandes	00:32:29	01:04:43	01:04:16	1058	JUNTA-TE À JUNTA	V45	29
1047	188	Carlos Fernandes	00:32:30	01:04:43	01:04:15	1056	Clube Vodafone	V50	105
1048	1123	Teresa Morais	00:33:26	01:04:43	01:03:53	1051	Toka a Correr	V40	38
1049	685	António Hortega	00:33:06	01:04:46	01:04:43	1070		V50	106
1050	1271	António Pinho	00:33:04	01:04:48	01:04:23	1059		V60	44
1051	741	Paulo Fernandes	00:33:04	01:04:48	01:03:53	1050	Associação de Atletismo Lebres do Sado	V40	172
1052	1179	Fátima Belo	00:33:10	01:04:53	01:04:42	1066		V40	39
1053	209	Paulo Pereira	00:33:42	01:04:58	01:03:48	1043	Serviços Sociais Montepio	V45	159
1054	211	Rute Morna	00:33:40	01:04:58	01:03:51	1049	Serviços Sociais Montepio	V40	40
1055	206	Ana Saramago	00:33:40	01:04:58	01:03:49	1044	Serviços Sociais Montepio	V40	41
1056	207	João Santos	00:33:40	01:04:58	01:03:49	1047	Serviços Sociais Montepio	V35	140
1057	826	Guilherme Albino	00:33:40	01:04:58	01:03:49	1046	Serviços Sociais Montepio	V40	173
1058	208	Jorge Sousa	00:33:40	01:04:58	01:03:49	1045	Serviços Sociais Montepio	V40	174
1059	647	Fabio Pio	00:33:42	01:04:59	01:03:46	1042	GD SANTANDERTOTTA	V45	160
1060	573	Isabel Venâncio	00:32:36	01:05:04	01:04:28	1063	JUNTA-TE À JUNTA	V35	39



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1061	1274	Joaquim Fonseca	00:32:41	01:05:07	01:04:43	1069	JUNTA-TE À JUNTA	V60	45
1062	807	Deolinda Santos	00:33:23	01:05:10	01:04:02	1052		V45	30
1063	808	Gonçalo Delca	00:33:24	01:05:12	01:04:04	1053		V40	175
1064	443	Laurindo Oliveira	00:33:55	01:05:13	01:04:15	1057		V50	107
1065	442	Filomena Barrancos	00:33:54	01:05:13	01:05:00	1075		V45	31
1066	310	João Silva	00:33:20	01:05:22	01:04:11	1054		Senior	151
1067	309	Catarina Vasconcelos	00:33:20	01:05:22	01:04:12	1055		Senior	32
1068	408	Susana Figueiredo	00:32:31	01:05:25	01:04:58	1074	Casa do Benfica Algueirão Mem Martins	V45	32
1069	32	Rui Franco	00:33:38	01:05:27	01:04:43	1067		V35	141
1070	869	Ricardo Silva	00:33:38	01:05:27	01:04:43	1068		V35	142
1071	1165	Maria Piedade	00:32:55	01:05:30	01:04:56	1073	JUNTA-TE À JUNTA	V55	8
1072	91	Miguel Leal	00:33:29	01:05:32	01:04:33	1064		V55	64
1073	943	Paula	00:33:31	01:05:42	01:05:33	1081	DDN	V50	11
1074	991	José Sousa	00:33:42	01:05:48	01:04:39	1065		V55	65
1075	122	Cecília Nicolau	00:33:42	01:05:48	01:05:37	1084	Associação de Atletismo Lebres do Sado	V45	33
1076	639	João Santo	00:33:01	01:05:50	01:04:49	1071		V35	143
1077	1347	Bernardo Ferrão	00:33:08	01:05:57	01:05:19	1077		V35	144
1078	859	André Trindade	00:35:54	01:06:03	01:04:55	1072	CSB_RF	Senior	152
1079	1062	Jorge Monteiro	00:32:48	01:06:05	01:05:36	1083	Health Team	V35	145
1080	1066	Pedro Marques	00:33:19	01:06:08	01:05:04	1076	GC Estrelas da Amadora	V40	176



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1081	879	Manuel Prates	00:33:33	01:06:13	01:05:20	1078	Atletismo Vidense	V40	177
1082	880	Sara Prates	00:33:33	01:06:13	01:05:21	1079	Atletismo Vidense	V35	40
1083	34	Paulo Rodrigues	00:32:53	01:06:23	01:05:21	1080		Senior	153
1084	1297	Mário Dias	00:34:43	01:06:31	01:06:00	1087	Marretas	V45	161
1085	1296	Filipe Romão	00:34:30	01:06:31	01:06:00	1088	Marretas	V40	178
1086	350	Luísa Lopes	00:34:07	01:06:33	01:06:30	1097		V45	34
1087	1077	Jacinta Almeida	00:32:49	01:06:38	01:06:25	1096	Rail Runners	V50	12
1088	59	Eduardo Pestana	00:33:27	01:06:41	01:05:48	1085	Kaninos	V35	146
1089	369	Fátima Flora	00:33:11	01:06:42	01:06:04	1090	Correr Lisboa	V45	35
1090	95	Sofia Carvalho	00:34:00	01:06:45	01:05:36	1082		V45	36
1091	108	Beatriz Figueiredo	00:31:50	01:06:49	01:06:31	1098		V40	42
1092	753	Henriqueta Solipa	00:34:19	01:07:01	01:05:56	1086		V50	13
1093	538	Carlos Crespo	00:34:23	01:07:11	01:06:03	1089		V50	108
1094	949	Edgar	00:34:00	01:07:11	01:06:12	1093	DDN	V50	109
1095	42	Ana Chatillon	00:33:23	01:07:13	01:06:25	1095	Chatillon	Senior	33
1096	290	Luis Torrão	00:34:14	01:07:15	01:06:24	1094	G.D.C.T. REPSOL POLÍMEROS	V60	46
1097	972	Carla Miranda	00:33:48	01:07:19	01:06:12	1092		V40	43
1098	159	Luísa Penela	00:32:55	01:07:26	01:07:15	1101		V35	41
1099	933	Maria Andrade	00:34:45	01:07:31	01:06:09	1091		V55	9
1100	1343	Ana Seabra	00:33:58	01:07:32	01:07:18	1102		V50	14



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1101	479	Ricardo Leitão	00:33:58	01:07:32	01:07:15	1100		V40	179
1102	404	Beatriz Franco	00:33:48	01:07:53	01:07:03	1099	CLUBE DESPORTIVO ESTRELA	V60	6
1103	461	Celia Azenha	00:33:48	01:07:53	01:07:43	1107	Associação de Atletismo Lebres do Sado	V50	15
1104	1004	Maria Ffwpu	00:33:41	01:07:58	01:07:47	1108	Federação da Família para a Paz Mundial e Unifi	V70	1
1105	626	José Elias	00:34:54	01:08:04	01:07:28	1104		V45	162
1106	625	Carlos Maruta	00:34:55	01:08:04	01:07:28	1105		V35	147
1107	414	Sonia Ferreira	00:32:42	01:08:14	01:08:05	1115	Casa do Benfica Algueirão Mem Martins	V35	42
1108	136	Orlando Sousa	00:34:03	01:08:21	01:07:26	1103	CCDTMETROLX	V50	110
1109	773	Marta Emidio	00:34:31	01:08:31	01:07:41	1106		Senior	34
1110	249	Ana Serra	00:35:30	01:08:36	01:07:53	1113	Matilha da Atalaia	V40	44
1111	714	António Guedes	00:34:03	01:08:38	01:07:51	1109	AÇOREANA	V45	163
1112	713	Tam Afonso	00:34:02	01:08:38	01:07:52	1110	AÇOREANA	V60	47
1113	715	Sofia Guedes	00:34:03	01:08:39	01:07:53	1111	AÇOREANA	V40	45
1114	719	Pedro Burquette	00:34:03	01:08:39	01:07:53	1112	AÇOREANA	V40	180
1115	718	João Melo	00:34:02	01:08:39	01:07:53	1114	AÇOREANA	Senior	154
1116	1272	António Moura	00:34:03	01:09:11	01:09:00	1116		V60	48
1117	952	Raquel	00:34:30	01:09:42	01:09:23	1118	DDN	V35	43
1118	627	Maria Neves	00:34:53	01:09:50	01:09:31	1120		V55	10
1119	1177	Maria	00:34:16	01:09:54	01:09:45	1124	DDN	V50	16
1120	942	Anabela	00:35:00	01:10:03	01:09:54	1126	DDN	V50	17



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1121	944	Susana	00:34:33	01:10:03	01:09:53	1125	DDN	V35	44
1122	1336	Filomena Correia	00:34:46	01:10:06	01:10:01	1127		V60	49
1123	58	Carla Martins	00:34:45	01:10:23	01:09:36	1123	Sawadee Team	Senior	35
1124	746	Ana Lopes	00:36:40	01:10:32	01:09:22	1117		V45	37
1125	1107	Paulo Miranda	00:36:40	01:10:35	01:09:25	1119		V45	164
1126	1254	Polliana Mello	00:35:50	01:10:37	01:10:01	1128	Correr Lisboa	Senior	36
1127	23	Eberhard Wilhelm	00:35:10	01:10:39	01:10:13	1129	4 ao Km	V65	27
1128	383	Leonor Antunes	00:35:52	01:10:41	01:09:33	1121	G A Monsanto Gascan	V55	11
1129	378	João Pinto	00:35:52	01:10:42	01:09:34	1122	G A Monsanto Gascan	V55	66
1130	438	Rita Pereira	00:35:30	01:10:55	01:10:19	1130		V40	46
1131	904	Sarah Miranda	00:36:32	01:11:30	01:10:33	1131		Senior	37
1132	387	Ana Sousa	00:35:22	01:11:57	01:11:25	1133		V45	38
1133	457	Marina Marques	00:35:37	01:11:59	01:11:46	1134	ENJOADAS DO ASFALTO	V35	45
1134	101	João Cachinho	00:37:34	01:12:08	01:11:16	1132	Kaninos	V65	28
1135	986	Joanadarc Chouriço	00:35:45	01:12:18	01:12:10	1135		V50	18
1136	173	Rui Santos	00:37:00	01:12:36	01:12:20	1136		V45	165
1137	571	Jorge Martins	00:36:20	01:13:18	01:12:43	1138	JUNTA-TE À JUNTA	V60	50
1138	570	Ana Venâncio	00:36:19	01:13:19	01:12:44	1139	JUNTA-TE À JUNTA	V40	47
1139	572	Dolores Reis	00:36:19	01:13:19	01:12:44	1140	JUNTA-TE À JUNTA	V55	12
1140	813	Rui Santos	00:36:23	01:13:23	01:12:42	1137		V50	111



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1141	899	Vera Bexiga	00:35:38	01:13:29	01:13:19	1142		V35	46
1142	201	Carlos Bandejas	00:35:00	01:13:37	01:13:25	1143		V55	67
1143	676	António Nascimento	00:37:32	01:13:54	01:12:54	1141		V50	112
1144	1125	Mário Resende	00:37:14	01:14:45	01:13:56	1144	Toka a Correr	V50	113
1145	15	Lina Baia	00:35:43	01:15:13	01:14:48	1149		Senior	38
1146	402	Júlia Tavares	00:37:02	01:15:13	01:15:04	1151	CLUBE DESPORTIVO ESTRELA	V65	2
1147	527	Sandra Ferreira	00:36:51	01:15:39	01:15:27	1152	ENJOADAS DO ASFALTO	V45	39
1148	377	Luis Antunes	00:36:16	01:15:40	01:14:33	1145	G A Monsanto Gascan	V50	114
1149	380	Antonio Pardal	00:35:53	01:15:41	01:14:35	1146	G A Monsanto Gascan	V60	51
1150	150	João Faria	00:35:51	01:15:49	01:14:37	1147	Coyote and Road Runner, Inc.	V35	148
1151	149	Ivone Costa	00:35:51	01:15:49	01:14:37	1148	Coyote and Road Runner, Inc.	V35	47
1152	858	José Amado	00:37:39	01:16:09	01:15:00	1150	CSB_RF	V60	52
1153	253	Jorge Santos	00:36:38	01:16:11	01:15:27	1153	Matilha da Atalaia	V45	166
1154	965	Ana Miranda	00:37:34	01:16:43	01:16:02	1154		V40	48
1155	1219	Paula Rodrigues	00:37:35	01:16:43	01:16:02	1155		V35	48
1156	1365	Francisco Mouchinho	00:40:56	01:19:56	01:19:36	1156		V65	29
1157	520	Pedro Trabucho	00:37:38	01:20:03	01:19:46	1157	GD BANCO BPI	V50	115
1158	512	Jorge Ribeiro	00:40:55	01:20:53	01:19:47	1158		V65	30
1159	1333	Sérgio Quintela	00:40:56	01:21:06	01:21:03	1160		V35	149
1160	953	João	00:41:01	01:21:08	01:20:49	1159	DDN	V35	150



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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>
1161	463	Rodrigo Monteiro	00:40:56	01:21:08	01:21:05	1161		Senior	155
1162	250	Mafalda Segadães	00:42:25	01:24:18	01:23:35	1162	Matilha da Atalaia	V40	49
1163	1221	Lucinda	00:41:19	01:28:03	01:27:58	1165	Freguesia de Venteira	V65	3
1164	877	Filomena Barros	00:41:32	01:28:03	01:27:41	1164	QuartetoMaravilha	V45	40
1165	1011	Marina Santos	00:41:32	01:28:04	01:27:40	1163	QuartetoMaravilha	V40	50