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2019 CLASSIFICAÇÃO

<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>
1	1560	Rui Pinto	00:15:15	00:29:44	00:29:41	1	SL Benfica	Senior	1
2	1814	Paulo Paula	00:15:15	00:30:03	00:30:00	2	Run Tejo - CM Socks	V40	1
3	1634	Samuel Freire	00:15:15	00:30:09	00:30:08	3	SL Benfica	Senior	2
4	1561	Licínio Pimentel	00:15:15	00:30:09	00:30:08	4	Sporting CP	V40	2
5	1566	Hugo Correia	00:15:16	00:30:32	00:30:32	5	CD São João Campo	Senior	3
6	1878	Eduardo Mbengani	00:15:15	00:30:40	00:30:39	6	Sporting CP	Senior	4
7	1558	Joao Antunes	00:15:17	00:30:44	00:30:41	7	C. D. São Salvador do campo	Senior	5
8	1173	Marco Miguel	00:15:15	00:31:20	00:31:17	8	Clube de Praças da Armada	Senior	6
9	1576	Luis Oliveira	00:15:57	00:31:29	00:31:26	9	C. São João Madeira	Senior	7
10	1565	Marco Teixeira	00:15:40	00:31:39	00:31:39	10		Senior	8
11	1195	Plácido Jesus	00:15:45	00:31:41	00:31:39	11	Run Tejo - CM Socks	Senior	9
12	1653	Nelson Cruz	00:15:57	00:31:43	00:31:43	12	C Pedro Pessoa EA	V40	3
13	813	Filipe Ferreira	00:15:51	00:31:55	00:31:52	13	ACR de Vale de Cambra	Senior	10
14	1568	Miguel Mascarenhas	00:15:46	00:32:12	00:32:10	14	SL Benfica	Senior	11
15	539	José Gaspar	00:16:22	00:32:29	00:32:27	15	CF 'os Belenenses'	V40	4
16	1199	Miguel Quaresma	00:16:35	00:32:29	00:32:29	18	Run Tejo - CM Socks	V35	1
17	1951	Rubén Amaral	00:16:24	00:32:30	00:32:28	16	Sporting CP	Junior	1
18	1197	Emiliano Vieira	00:16:21	00:32:32	00:32:29	17	Run Tejo - CM Socks	V40	5
19	1033	Adelino Oliveira	00:16:23	00:32:55	00:32:55	19		Senior	12
20	1456	Sandy Martins	00:16:24	00:33:06	00:33:04	20	Junta de Freguesia da Falagueira-Venda Nova	Senior	13



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21	1381	Carlos Silva	00:16:24	00:33:20	00:33:17	21	C. D. São Salvador do campo	V35	2
22	1009	David Coelho	00:16:59	00:33:30	00:33:28	22	Clube Desportivo Areias de São João	V35	3
23	1132	Marco Gomes	00:16:59	00:33:40	00:33:37	23		V45	1
24	1785	Sérgio Silva	00:16:59	00:33:45	00:33:42	24		V35	4
25	1844	Hugo Figueiredo	00:17:20	00:33:56	00:33:53	25		Junior	2
26	1836	Ricardo Madeira	00:17:09	00:34:06	00:34:04	26	GDC Castelo de Paiva	V35	5
27	238	Tiago Silva	00:17:09	00:34:16	00:34:13	27		Senior	14
28	1577	Ana Ferreira	00:17:15	00:34:38	00:34:35	28	Sporting CP	Senior	1
29	776	Pedro Amaro	00:17:40	00:34:41	00:34:37	29	Clube EDP Lisboa	Senior	15
30	1304	Claudio Paulinho	00:17:21	00:34:44	00:34:41	30		V35	6
31	1581	Emilia Piseiro	00:17:44	00:34:47	00:34:44	31	Recreio D. Águeda	Senior	2
32	303	João Ginja	00:17:41	00:34:50	00:34:47	32	Linda-a-Pastora Sporting Clube	V50	1
33	1583	Solange Jesus	00:17:35	00:35:11	00:35:08	33	Sporting CP	Senior	3
34	650	Frederico Cerdeira	00:17:44	00:35:19	00:35:16	34		V35	7
35	469	José Camacho	00:17:41	00:35:21	00:35:17	35	Linda-a-Pastora Sporting Clube	Senior	16
36	1658	Cristiano Oliveira	00:17:45	00:35:24	00:35:17	36		Senior	17
37	1578	Carla Martinho	00:17:44	00:35:27	00:35:24	37	Recreio D. Águeda	V40	1
38	1575	Manuel Oliveira	00:17:39	00:35:27	00:35:24	38	Sporting CP	Junior	3
39	1592	Ricardo Jordão	00:17:30	00:35:28	00:35:25	39	Clube de Praças da Armada	V35	8
40	142	Pedro Pedro	00:17:46	00:35:29	00:35:25	40	RB RUNNING	V35	9



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41	1734	André Duarte	00:17:44	00:35:33	00:35:30	43	CONQUISTA GINÁSIO - CADAVAL	Senior	18
42	930	Tiago Lousa	00:18:07	00:35:33	00:35:29	42		V35	10
43	1226	Ricardo Pinto	00:18:07	00:35:34	00:35:26	41	G.D.R. da Reboleira	V35	11
44	1584	Susana Cunha	00:17:44	00:35:36	00:35:34	44	Recreio D. Águeda	Senior	4
45	464	Fernando Miranda	00:18:15	00:35:39	00:35:35	45		V45	2
46	1206	Pedro Alves	00:17:39	00:35:43	00:35:39	46	Run Tejo - CM Socks	Senior	19
47	275	Rui Cruz	00:17:46	00:35:44	00:35:43	47	Casa do Benfica em Algueirão Mem Martins	Junior	4
48	1601	Bruno Loureiro	00:17:58	00:35:59	00:35:56	48		V35	12
49	1455	Fernando Pereira	00:18:26	00:36:04	00:36:00	49	Junta de Freguesia da Falagueira-Venda Nova	V45	3
50	1080	Nuno Romao	00:18:07	00:36:06	00:36:02	50		V45	4
51	863	Luís Santos	00:17:58	00:36:07	00:36:02	51	CCD Sintrense	V35	13
52	892	Nuno Gomes	00:18:06	00:36:08	00:36:03	52	Linda-a-Pastora Sporting Clube	V35	14
53	1645	Hugo Silva	00:18:21	00:36:12	00:36:08	54	RB RUNNING	Senior	20
54	449	Joao Boa	00:18:26	00:36:12	00:36:04	53	CA Patameiras	Senior	21
55	958	Luis Cardoso	00:18:01	00:36:16	00:36:12	55	Uniao Desportiva Alfoanelos	Senior	22
56	1937	Abraham Barragán	00:18:24	00:36:17	00:36:14	56		Senior	23
57	998	João Rocha	00:18:16	00:36:17	00:36:14	57	RB RUNNING	Senior	24
58	1355	Pedro Gomes	00:18:25	00:36:18	00:36:14	58		V35	15
59	1418	Tiago Encarnação	00:18:25	00:36:20	00:36:16	59		Senior	25
60	1201	Carlos Freitas	00:18:33	00:36:24	00:36:20	60	Run Tejo - CM Socks	V45	5



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61	1225	José Antunes	00:18:25	00:36:35	00:36:32	61	G.D.R. da Reboleira	V50	2
62	997	Pedro Serra	00:18:40	00:36:43	00:36:38	62		V35	16
63	1748	Ernesto Ferreira	00:18:44	00:36:48	00:36:44	63	GFD - Gabinete Fisioterapia Desporto	V45	6
64	1046	Martim Fernandes	00:18:46	00:36:51	00:36:48	64		Junior	5
65	540	Paulo Garcia	00:18:34	00:36:52	00:36:48	65	CF 'os Belenenses'	V45	7
66	541	Fernando Santos	00:18:35	00:36:57	00:36:53	66	CF 'os Belenenses'	V45	8
67	301	Pedro Pereira	00:18:34	00:36:57	00:36:53	67	ASICS Lisboa Run Club	V35	17
68	752	Nuno Ruela	00:18:46	00:37:01	00:36:57	68	Indra Running	V45	9
69	960	Rafael Gonçalves	00:18:21	00:37:10	00:37:06	69	Uniao Desportiva Alfoanelos	Senior	26
70	1350	José Santos	00:18:52	00:37:11	00:37:06	70		V50	3
71	73	João Silva	00:18:39	00:37:13	00:37:08	71		V35	18
72	1749	Nuno Silva	00:18:47	00:37:17	00:37:13	73	GFD - Gabinete Fisioterapia Desporto	V35	19
73	566	Carlos Lopes	00:18:52	00:37:18	00:37:16	74	Casa do Benfica em Algueirão Mem Martins	V45	10
74	42	Carlos Caetano	00:18:50	00:37:23	00:37:17	75		V45	11
75	285	Alvaro Oliveira	00:18:58	00:37:24	00:37:18	76	Casa do Benfica em Algueirão Mem Martins	V50	4
76	1602	Antonio Figueiredo	00:18:47	00:37:29	00:37:25	78		V35	20
77	1299	João Pimentel	00:19:11	00:37:30	00:37:24	77	NAPA - Núcleo de Amigos da Perna Assada	V35	21
78	837	Luis Pereira	00:19:31	00:37:30	00:37:08	72		Senior	27
79	125	Pedro Fernandes	00:18:45	00:37:30	00:37:25	79		V40	6
80	1284	Luís Malheiro	00:18:52	00:37:36	00:37:33	80		Senior	28



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81	866	Jorge Rodrigues	00:19:04	00:37:38	00:37:35	82	NAZA Núcleo Atletismo Zona da Abóboda	V50	5
82	1754	Frederico Lázaro	00:19:10	00:37:39	00:37:34	81		V40	7
83	2001	Inês Marques	00:19:00	00:37:40	00:37:37	84		Senior	5
84	1463	Ivan Brito	00:19:11	00:37:41	00:37:38	86	Junta de Freguesia da Falagueira-Venda Nova	Junior	6
85	357	Nuno Setúbal	00:19:13	00:37:41	00:37:35	83		V35	22
86	580	Luis Rodrigues	00:19:13	00:37:42	00:37:38	87		V45	12
87	1977	Tiago Sousa	00:18:43	00:37:45	00:37:40	88		V35	23
88	1981	Simão Seiça	00:19:04	00:37:45	00:37:38	85		V35	24
89	1858	Luís Xavier	00:18:33	00:37:45	00:37:41	89		Senior	29
90	1207	Anilson Vivace	00:18:50	00:37:48	00:37:48	94	Run Tejo - CM Socks	Senior	30
91	1190	Kcenia Bougrova	00:18:54	00:37:48	00:37:45	90	Run Tejo - CM Socks	Senior	6
92	1192	Catia Galhardo	00:19:09	00:37:49	00:37:45	91	Run Tejo - CM Socks	Senior	7
93	1224	Paulo Moreira	00:18:46	00:37:50	00:37:46	92	G.D.R. da Reboleira	V50	6
94	1469	Marco Almeida	00:19:05	00:37:52	00:37:46	93		V40	8
95	1147	Francisco Laneta	00:19:00	00:37:53	00:37:48	95	CARRASCO & AMIGOS	V50	7
96	685	Bruno Ferreira	00:19:11	00:38:01	00:37:55	96		Senior	31
97	1202	Elias Fortes	00:19:36	00:38:05	00:37:59	98	Run Tejo - CM Socks	V50	8
98	1637	Barbara Oliveira	00:19:01	00:38:06	00:38:04	99	Recreio D. Águeda	Senior	8
99	1118	Sergio Marques	00:19:34	00:38:06	00:37:57	97		V35	25
100	535	Rui Fonseca	00:19:05	00:38:13	00:38:08	100		V40	9



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
101	319	Daniel Chamusca	00:19:07	00:38:14	00:38:08	101		Senior	32
102	17	Bruno Maia	00:19:13	00:38:17	00:38:14	102		V40	10
103	1755	João Figueiredo	00:19:11	00:38:21	00:38:15	103	CONQUISTA GINÁSIO - CADAVAL	Senior	33
104	1856	Vitor Marques	00:19:31	00:38:22	00:38:17	104		V40	11
105	815	Julio Finote	00:19:36	00:38:24	00:38:19	106	CCD Sintrense	V50	9
106	800	Henrique Coelho	00:19:22	00:38:24	00:38:21	107		V45	13
107	1485	David Pereira	00:19:22	00:38:26	00:38:18	105		Senior	34
108	132	Pedro Barreirão	00:19:13	00:38:29	00:38:23	108		Senior	35
109	261	Bruno Dias	00:19:10	00:38:32	00:38:24	109	MTBA	V40	12
110	1586	Rita Ribeiro	00:18:53	00:38:33	00:38:30	110	Povoa Varzim	Senior	9
111	324	Bruno Marcelino	00:19:14	00:38:36	00:38:32	111		V35	26
112	1855	Edmir Correia	00:19:26	00:38:37	00:38:33	112		Senior	36
113	235	David Karim	00:19:37	00:38:39	00:38:35	113		V40	13
114	1759	Alexandre Rodrigues	00:19:31	00:38:43	00:38:36	114		V40	14
115	1471	Rodolfo Moreira	00:18:50	00:38:46	00:38:41	115		Junior	7
116	28	Nuno Silva	00:19:38	00:38:48	00:38:44	119	Federação da Família para a Paz Mundial e Unifi	V40	15
117	1616	Hugo Ferreira	00:19:23	00:38:49	00:38:45	120	Linda-a-Pastora Sporting Clube	V40	16
118	1500	Nelson Felix	00:19:42	00:38:50	00:38:42	116		V40	17
119	1457	António Moura	00:19:12	00:38:52	00:38:48	123	Junta de Freguesia da Falagueira-Venda Nova	Senior	37
120	1250	Tiago Gabriel	00:19:40	00:38:52	00:38:43	118		Senior	38



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121	1585	Miriam Martins	00:19:17	00:38:53	00:38:50	124	Clube F. Ingleses	Senior	10
122	638	Luis Santos	00:19:33	00:38:54	00:38:42	117		Senior	39
123	1183	Luis Machado	00:20:37	00:38:58	00:38:46	121		Senior	40
124	1220	João Alves	00:19:33	00:38:59	00:38:46	122		Senior	41
125	421	Margarida Dionísio	00:19:24	00:39:00	00:38:57	129		Senior	11
126	1280	Pedro Marques	00:19:18	00:39:00	00:38:56	126		V40	18
127	1646	Paulo Costa	00:19:45	00:39:03	00:38:59	130	RB RUNNING	V50	10
128	1227	Valter Oliveira	00:19:44	00:39:03	00:38:57	128	G.D.R. da Reboleira	V40	19
129	976	Rui Silva	00:19:45	00:39:04	00:38:57	127	Linda-a-Pastora Sporting Clube	V35	27
130	824	Eduardo Lourenço	00:19:39	00:39:06	00:39:00	131		V50	11
131	1539	Artur Pereira	00:19:49	00:39:08	00:39:01	132	Linda-a-Pastora Sporting Clube	V45	14
132	315	José Borges	00:19:53	00:39:10	00:39:01	133	Linda-a-Pastora Sporting Clube	V40	20
133	1239	João Santos	00:19:50	00:39:12	00:39:04	135	Os Galgos	Junior	8
134	1769	Paulo Rodrigues	00:19:19	00:39:12	00:39:04	136		V40	21
135	107	David Silva	00:19:54	00:39:12	00:39:03	134	O MUNDO DA CORRIDA	V35	28
136	162	José Santos	00:19:53	00:39:14	00:39:06	137	CCDTMetroLX	V50	12
137	1608	Pedro Pardal	00:19:51	00:39:17	00:38:55	125		Junior	9
138	817	Rui Grazina	00:19:51	00:39:21	00:39:16	141	CCD Sintrense	V55	1
139	1056	Eduardo Fernandes	00:19:36	00:39:21	00:39:16	142		V50	13
140	1	Rosa Mota	00:19:55	00:39:30	00:39:27	150		V60	1



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141	1203	David Fernandes	00:19:42	00:39:30	00:39:27	149	Run Tejo - CM Socks	V45	15
142	558	Jorge Fonseca	00:19:55	00:39:31	00:39:24	145		V40	22
143	1315	Nelson Graça	00:19:51	00:39:31	00:39:25	146		Senior	42
144	1673	Ricardo Oliveira	00:20:22	00:39:32	00:39:14	139		V35	29
145	775	Carlos Gomes	00:20:15	00:39:32	00:39:27	148	Clube EDP Lisboa	V55	2
146	1647	Isidro Duarte	00:20:18	00:39:34	00:39:26	147	RB RUNNING	V50	14
147	1187	Telmo Simões	00:20:17	00:39:35	00:39:17	144		Senior	43
148	664	Sergio Borges	00:20:17	00:39:35	00:39:17	143	Bejecas	V45	16
149	1787	Miguel Fernandes	00:20:22	00:39:36	00:39:29	151		V40	23
150	1475	Nelson Louro	00:20:10	00:39:38	00:39:31	153		V35	30
151	1642	Jorge Santos	00:19:51	00:39:39	00:39:33	156		V55	3
152	557	Marco Angelino	00:20:32	00:39:40	00:39:14	140	REAL ACADEMIA	Senior	44
153	307	Jorge Nabais	00:20:15	00:39:41	00:39:31	152		V35	31
154	333	António Santos	00:20:18	00:39:41	00:39:33	155		V60	1
155	1636	Rita Miranda	00:20:07	00:39:43	00:39:37	157	SL Benfica	Junior	1
156	931	Luis Mesquita	00:20:06	00:39:43	00:39:37	158		V45	17
157	1967	João Miranda	00:20:07	00:39:44	00:39:32	154		V45	18
158	1442	Aretino Mota	00:20:07	00:39:45	00:39:41	160	Junta de Freguesia da Falagueira-Venda Nova	V55	4
159	1885	Pedro Costa	00:19:53	00:39:48	00:39:43	161		Senior	45
160	1071	Pedro Girão	00:20:01	00:39:49	00:39:39	159	Ferraris da Serafina	Senior	46



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161	1464	Sandra Protásio	00:20:12	00:39:52	00:39:49	165	Grupo Recreativo Eirense - Academia de Atletism	Senior	12
162	11	Duarte Costa	00:20:55	00:39:53	00:39:49	166		V35	32
163	169	Nuno Silva	00:19:51	00:39:55	00:39:48	164	Casa do Benfica em Algueirão Mem Martins	V45	19
164	245	Eurico Nicho	00:20:24	00:40:00	00:39:53	167	Os Galgos	V55	5
165	1672	Mário Boucinha	00:21:09	00:40:02	00:39:47	162		V45	20
166	1946	Pedro Ribeiro	00:20:58	00:40:02	00:39:09	138		V45	21
167	213	Luis Gouveia	00:21:09	00:40:04	00:39:47	163		V50	15
168	248	Luis Silva	00:20:30	00:40:06	00:39:54	168		V35	33
169	1266	Rui Pinto	00:20:13	00:40:08	00:40:01	169	FIDELIDADE GDC	V40	24
170	656	Mário Monteiro	00:20:43	00:40:10	00:40:03	170	Clube Ferroviário de Portugal	V45	22
171	1238	Nuno Henriques	00:20:18	00:40:13	00:40:06	171	GRUPO DESPORTIVO SANTANDER TOTTA	V40	25
172	1468	Verónica Scutaru	00:20:10	00:40:17	00:40:12	174	GDRC PONTERROLENSE	V40	2
173	743	Paulo Almeida	00:20:35	00:40:19	00:40:10	173		V45	23
174	1268	Sara Marinho	00:20:09	00:40:24	00:40:20	178	CF 'os Belenenses'	Senior	13
175	160	João Mendes	00:21:05	00:40:29	00:40:08	172	CCDTMetroLX	V45	24
176	1620	Luís Trindade	00:20:06	00:40:31	00:40:24	181	Pickle Films	V40	26
177	75	António Arede	00:20:44	00:40:31	00:40:13	175		V40	27
178	1458	Luís Macedo	00:21:21	00:40:33	00:40:18	177	Junta de Freguesia da Falagueira-Venda Nova	V40	28
179	649	Tiago Sousa	00:20:22	00:40:33	00:40:23	180		V35	34
180	1291	Paulo Gomes	00:20:33	00:40:34	00:40:21	179		V35	35



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2019 CLASSIFICAÇÃO

<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>
181	781	Ricardo Almeida	00:20:28	00:40:38	00:40:25	182		V35	36
182	1553	Inacio Serrazina	00:20:24	00:40:40	00:40:29	184	Crp Ribafria	V60	2
183	1984	Paulo Ermezilha	00:20:37	00:40:40	00:40:31	186	Usc Mira Sintra	V40	29
184	1507	André Coelho	00:20:09	00:40:41	00:40:35	191	Os Galgos	V45	25
185	30	Heitor Araújo	00:20:48	00:40:41	00:40:34	188		V50	16
186	489	Nuno Henriques	00:20:51	00:40:42	00:40:26	183	GDCTINCM	V40	30
187	1416	João Mendonça	00:20:22	00:40:43	00:40:34	189		Senior	47
188	1120	Jorge Marrão	00:20:15	00:40:44	00:40:34	190	Clube ANA Lisboa	V40	31
189	1554	André Serrazina	00:20:15	00:40:45	00:40:33	187	Crp Ribafria	Senior	48
190	220	Bruno Ribeiro	00:20:37	00:40:46	00:40:30	185	Kaninos	V35	37
191	363	Joaquim Silva	00:20:47	00:40:46	00:40:42	195		V45	26
192	505	Joao Oliveira	00:20:59	00:40:47	00:40:37	192	CCDTMetroLX	V40	32
193	163	Nuno Pita	00:20:59	00:40:47	00:40:37	193	CCDTMetroLX	V40	33
194	1018	Rui Freire	00:20:31	00:40:54	00:40:48	197	Grupo Recreativo e Desportivo da Ribeira da Lag	V35	38
195	1253	João Afonso	00:20:53	00:40:54	00:40:43	196		V40	34
196	733	Nuno Moleiro	00:20:21	00:40:58	00:40:51	199	brunosempre	V40	35
197	576	Luis Oliveira	00:20:54	00:40:59	00:40:51	200	Casa do Benfica em Algueirão Mem Martins	V45	27
198	1389	Davide Silva	00:20:16	00:41:00	00:40:48	198	Clube Desportivo Recreativo Ribeirinho da Baixa	V35	39
199	827	Rui Carmo	00:20:47	00:41:04	00:40:57	205		V35	40
200	1336	José Monteiro	00:20:51	00:41:07	00:40:57	204	SS CGD	V35	41



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
201	1390	José Gonçalves	00:20:50	00:41:08	00:41:00	206	Linda-a-Pastora Sporting Clube	Senior	49
202	1218	Bruno Godinho	00:20:52	00:41:09	00:40:54	201		V35	42
203	390	Nelson Costa	00:20:21	00:41:10	00:41:03	207	Clube Millennium Bcp	V35	43
204	785	Palmira Quinhama	00:20:10	00:41:10	00:41:03	208		V40	3
205	1717	António Mouro	00:21:33	00:41:11	00:41:07	210		V40	36
206	905	Luís Cipriano	00:20:52	00:41:12	00:41:07	211		V45	28
207	868	António Vale	00:20:34	00:41:13	00:41:08	212	GRD OS FIXES	V60	3
208	266	Jaime Maurício	00:20:59	00:41:13	00:41:08	213	MTBA	V45	29
209	1341	Laura Grilo	00:20:47	00:41:13	00:40:55	202	Clube de Praças da Armada	V35	1
210	534	Manuel Traquete	00:20:56	00:41:14	00:40:55	203		Senior	50
211	237	Mário Santos	00:21:34	00:41:17	00:40:16	176		V40	37
212	1718	Emanuel Ramalho	00:20:55	00:41:19	00:41:06	209	Sobe e Desce Team	Senior	51
213	1027	Carla Ribeiro	00:20:54	00:41:22	00:41:13	215		V35	2
214	1866	Rui Almeida	00:20:56	00:41:26	00:41:11	214	legionários	V45	30
215	1593	Miguel Barba	00:21:20	00:41:31	00:41:15	216	Peniche a Correr	V40	38
216	1317	Nuno Carrilho	00:21:04	00:41:32	00:41:24	222		V40	39
217	1827	Paulo Pinto	00:22:19	00:41:33	00:40:40	194		V45	31
218	745	Jose Dias	00:20:52	00:41:33	00:41:27	224		V45	32
219	1684	Cristiano Paes	00:21:08	00:41:33	00:41:22	219	RUNNING CLUB SANTA CASA	V45	33
220	1288	Emanuel Carvalho	00:20:47	00:41:35	00:41:25	223		V35	44



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
221	1609	Nuno Silva	00:20:53	00:41:37	00:41:21	217		Senior	52
222	1205	Vitor Gonzas	00:20:57	00:41:39	00:41:24	221	Run Tejo - CM Socks	V50	17
223	538	Pedro Ferreira	00:21:25	00:41:42	00:41:32	226	RB RUNNING	V50	18
224	836	Liliana Neves	00:21:06	00:41:42	00:41:37	227		V35	3
225	1674	Renato Moreiras	00:20:48	00:41:48	00:41:40	230		V35	45
226	964	Jose Teixeira	00:21:57	00:41:50	00:41:21	218	Uniao Desportiva Alfoanelos	V45	34
227	1368	Osvaldo Silva	00:22:01	00:41:52	00:41:24	220		Senior	53
228	950	André Barbosa	00:21:24	00:41:54	00:41:37	228		V35	46
229	27	Ruben Costa	00:21:06	00:41:54	00:41:44	232		V35	47
230	1883	Hugo Sertório	00:21:13	00:41:57	00:41:43	231		V40	40
231	1098	Rogério Machado	00:21:07	00:41:58	00:41:45	233		V35	48
232	308	Rute Martins	00:21:01	00:42:00	00:41:50	238		Senior	14
233	537	Joao Inacio	00:21:28	00:42:03	00:41:30	225	a d c r painho/conquista ginasio	Senior	54
234	1254	Marcos Estrela	00:21:14	00:42:03	00:41:54	241		Senior	55
235	1619	Margarida Madeira	00:21:10	00:42:08	00:42:00	246	Pickle Films	Senior	15
236	811	Pedro Carmona	00:21:42	00:42:09	00:41:50	236		V35	49
237	834	João Galhordas	00:21:23	00:42:09	00:41:51	240		V45	35
238	1731	Pedro Caravana	00:21:22	00:42:14	00:42:03	247		V50	19
239	179	José Fachadas	00:22:19	00:42:14	00:41:56	242		V45	36
240	1730	Francisco Matos	00:21:22	00:42:14	00:42:03	249		Senior	56



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
241	1794	Jesse Faria	00:21:17	00:42:14	00:42:03	250		Senior	57
242	210	Marco Fatêlo	00:22:19	00:42:14	00:41:57	243		V40	41
243	1321	Guilherme Suguimatsu	00:21:15	00:42:14	00:42:03	248		V35	50
244	113	Bruno Silva	00:21:40	00:42:15	00:42:05	251		V45	37
245	1204	Avelino Soares	00:21:19	00:42:16	00:42:00	245	Run Tejo - CM Socks	V50	20
246	879	João Nunes	00:21:41	00:42:18	00:42:05	252		V55	6
247	1481	Mário Pires	00:22:04	00:42:20	00:41:48	235		V45	38
248	1483	Pedro Mendonça	00:22:04	00:42:21	00:41:50	237		V40	42
249	740	José Vieira	00:21:32	00:42:26	00:42:19	260		V55	7
250	1334	Nuno Queija	00:21:19	00:42:27	00:42:12	255	CF 'os Belenenses'	V45	39
251	1644	Eunice Fernandes	00:21:22	00:42:28	00:42:23	263	RB RUNNING	V45	1
252	830	Bruno Duque	00:21:35	00:42:30	00:42:11	254		V35	51
253	1007	Maria Lucas	00:21:40	00:42:31	00:42:24	265	FIDELIDADE GDC	V50	1
254	1686	Rui Antunes	00:21:19	00:42:33	00:42:22	261	RUNNING CLUB SANTA CASA	V40	43
255	134	António Graça	00:21:22	00:42:36	00:42:31	268	Linda-a-Pastora Sporting Clube	V55	8
256	721	Paulo Pires	00:21:51	00:42:38	00:42:28	267	SS CGD	V50	21
257	898	José Marcelino	00:21:36	00:42:40	00:42:33	269	CLUBE DESPORTIVO ESTRELA	V55	9
258	65	Filipe Freire	00:22:02	00:42:40	00:42:24	264		V35	52
259	839	Fernando Feijão	00:21:40	00:42:42	00:42:39	273	TRIBIKE.PT	V60	4
260	1311	Nuno Venes	00:21:50	00:42:43	00:42:26	266		V40	44



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
261	615	Gonçalo Porêlo	00:21:49	00:42:45	00:42:39	274		V35	53
262	370	Vitor Jorge	00:22:03	00:42:46	00:42:13	256		Senior	58
263	1135	André Ribeiro	00:22:26	00:42:49	00:42:34	270		Senior	59
264	1340	Luís Valverde	00:22:10	00:42:49	00:42:23	262	Run Tejo - CM Socks	V50	22
265	1385	Gabriel Henriques	00:22:44	00:42:50	00:41:38	229		Senior	60
266	809	João Lemos	00:22:12	00:42:51	00:42:41	276		Senior	61
267	632	João Antunes	00:21:55	00:42:53	00:42:36	271	URBAN RUN TEAM	V45	40
268	37	Pedro Vicente	00:22:09	00:42:53	00:41:59	244	PORTUGAL TROTTER	V40	45
269	1503	Ricardo Macedo	00:22:59	00:42:55	00:41:47	234		Senior	62
270	1832	António Quaresma	00:22:44	00:42:56	00:42:06	253		V40	46
271	1712	Miguel Fernandes	00:22:08	00:42:57	00:42:43	277		V45	41
272	1514	Tiago Vale	00:21:48	00:42:57	00:42:14	258		Senior	63
273	1596	Pedro Pires	00:22:07	00:42:58	00:42:47	279		V50	23
274	61	Hernâni Fernandes	00:21:38	00:42:58	00:42:50	281		V45	42
275	542	Luis Marçal	00:21:37	00:43:04	00:42:49	280	CF 'os Belenenses'	V40	47
276	423	Pedro Antunes	00:21:40	00:43:05	00:42:54	283		V40	48
277	1429	João Lopes	00:22:26	00:43:06	00:42:53	282		V60	5
278	428	David Viegas	00:21:04	00:43:06	00:43:00	287		Senior	64
279	1534	Nuno Rijo	00:22:57	00:43:07	00:41:51	239		V40	49
280	1116	Jose Ferreira	00:22:08	00:43:10	00:43:05	291	NucleOeiras	V40	50



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2019 CLASSIFICAÇÃO

<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>
281	1115	Marisa Costa	00:22:09	00:43:10	00:43:05	293	NucleOeiras	V40	4
282	1423	João Coutinho	00:22:02	00:43:11	00:42:56	284		V55	10
283	1441	José Machado	00:21:50	00:43:13	00:43:05	292	Junta de Freguesia da Falagueira-Venda Nova	V60	6
284	80	Eduardo Luís	00:22:17	00:43:14	00:43:00	285	Atómicos	V40	51
285	1117	Vanessa Pereira	00:22:08	00:43:15	00:43:05	290		Senior	16
286	1901	Rui Valério	00:21:56	00:43:16	00:43:10	299	NAV RUNNERS	Senior	65
287	774	Avelino Rodrigues	00:22:00	00:43:16	00:43:05	294	Clube EDP Lisboa	V45	43
288	1750	António Almeida	00:22:23	00:43:17	00:43:10	298	GFD - Gabinete Fisioterapia Desporto	V45	44
289	1088	António Lopes	00:21:46	00:43:19	00:43:04	289		V50	24
290	559	Nuno Quintela	00:22:07	00:43:21	00:43:07	295		Senior	66
291	1181	Pedro Santos	00:23:08	00:43:23	00:42:14	259		Senior	67
292	647	Deonilde Costa	00:22:05	00:43:24	00:43:14	303		V45	2
293	1405	Filipe Serrano	00:21:35	00:43:25	00:43:18	306		V35	54
294	525	Fernando Almeida	00:22:32	00:43:26	00:43:10	297		V40	52
295	1424	Vitor Ferrão	00:22:22	00:43:28	00:43:09	296		V45	45
296	1285	Ricardo Nunes	00:22:03	00:43:30	00:43:17	305		V45	46
297	128	Francisco Lafuente	00:22:28	00:43:31	00:43:15	304		Senior	68
298	966	Fernando Faria	00:21:43	00:43:31	00:43:22	310		V35	55
299	453	Nuno Gonçalves	00:22:46	00:43:35	00:43:13	302	CA Patameiras	V40	53
300	246	Jorge Martinho	00:21:57	00:43:38	00:43:31	318	Os Galgos	V50	25



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
301	1501	Helder Tavares	00:22:21	00:43:40	00:43:21	308		V40	54
302	612	Rui Pastor	00:22:33	00:43:41	00:43:20	307	pastor racing	V45	47
303	419	Alexandre Oliveira	00:23:20	00:43:41	00:42:41	275		V35	56
304	544	Joao Braz	00:22:32	00:43:42	00:43:30	315		V55	11
305	572	Marco Charrua	00:22:33	00:43:42	00:43:21	309	Casa do Benfica em Algueirão Mem Martins	V50	26
306	336	Fernando Ferreira	00:22:32	00:43:44	00:43:23	311		V65	1
307	1841	Diogo Fouto	00:22:38	00:43:45	00:43:12	300	FastFouto	Junior	10
308	300	Vítor Canto	00:22:18	00:43:45	00:43:36	323	Linda-a-Pastora Sporting Clube	V45	48
309	1907	Miguel Marques	00:22:19	00:43:45	00:43:32	319		V50	27
310	1544	Nuno Gonçalves	00:22:04	00:43:46	00:43:36	322		V40	55
311	527	Fernando Laranjo	00:21:54	00:43:46	00:43:37	324		V35	57
312	1648	Tony Almeida	00:22:35	00:43:47	00:43:34	321	RB RUNNING	V35	58
313	1163	José Cunha	00:22:19	00:43:49	00:43:42	329	Os Zatopeques	V55	12
314	888	António Barbosa	00:22:53	00:43:51	00:43:28	314		V35	59
315	1969	André Pires	00:22:50	00:43:51	00:43:00	286		Senior	69
316	1702	André Guerreiro	00:22:15	00:43:52	00:43:41	328		Senior	70
317	766	Carlos Calado	00:22:12	00:43:52	00:43:27	313		V45	49
318	1006	Cátia Nascimento	00:21:56	00:43:54	00:43:46	331		V35	4
319	117	David Simão	00:21:58	00:43:54	00:43:39	326		V45	50
320	486	Paulo Lopes	00:22:19	00:43:56	00:43:47	332	Run Crew Trail Montijo	V50	28



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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>
321	1989	Isidro Simões	00:22:20	00:43:56	00:43:39	325		V40	56
322	1707	Fernando Martins	00:22:37	00:44:00	00:43:12	301		V45	51
323	458	Jorge Gonçalves	00:22:21	00:44:00	00:43:52	339		V35	60
324	494	Fernando Correia	00:22:13	00:44:03	00:43:57	347	CARRASCO & AMIGOS	V50	29
325	498	André Oliveira	00:22:17	00:44:03	00:43:57	348	CARRASCO & AMIGOS	Senior	71
326	131	Ricardo Leitão	00:21:22	00:44:04	00:43:51	337		V40	57
327	1676	Pedro Barreiros	00:22:31	00:44:04	00:42:47	278		Senior	72
328	897	Rui Silva	00:21:59	00:44:04	00:43:51	336	CLUBE DESPORTIVO ESTRELA	V45	52
329	71	Liberto Santos	00:22:35	00:44:05	00:43:53	341		V50	30
330	523	Carlos Santos	00:22:30	00:44:06	00:43:53	340		V45	53
331	1681	Ricardo Neto	00:22:12	00:44:08	00:44:00	354		V40	58
332	744	Bruno Mesquita	00:23:11	00:44:08	00:42:39	272		Senior	73
333	645	Pedro Mendes	00:22:26	00:44:09	00:43:54	344		V45	54
334	911	Paulo Mateus	00:22:29	00:44:10	00:43:27	312		V40	59
335	46	Diogo Leite	00:22:02	00:44:12	00:43:59	352		Senior	74
336	1177	Pedro Manaças	00:22:48	00:44:12	00:43:54	343		V45	55
337	932	Edmundo Fonte	00:22:23	00:44:12	00:44:04	358		V55	13
338	337	Ricardo Pinela	00:22:32	00:44:12	00:43:52	338		Senior	75
339	700	Luis Pires	00:22:24	00:44:13	00:43:59	351		V45	56
340	1066	Jorge Serra	00:22:45	00:44:13	00:44:01	356	CCD TRANQUILIDADE ATLETISMO	V50	31



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341	923	João Vilares	00:22:41	00:44:14	00:43:58	349	Câmara Municipal da Amadora	Senior	76
342	990	Paulo Santos	00:22:48	00:44:15	00:43:50	334	CARRASCO & AMIGOS	V50	32
343	614	Carlos Mendes	00:22:56	00:44:15	00:43:56	346		V60	7
344	980	Helder Moreira	00:22:24	00:44:16	00:43:55	345		V35	61
345	1559	Tiago Pinto	00:22:22	00:44:17	00:44:01	355		V40	60
346	1934	Miguel Vives	00:22:49	00:44:17	00:44:00	353		V40	61
347	1931	Maribel Camallonga	00:22:49	00:44:17	00:43:59	350		V40	5
348	253	Nuno Morgado	00:22:07	00:44:18	00:44:10	365		V35	62
349	1343	Luís Veloso	00:21:59	00:44:21	00:44:13	370		V45	57
350	1411	Sebastião Barata	00:22:38	00:44:21	00:44:10	366		V50	33
351	1523	Silvino Gonçalves	00:22:31	00:44:22	00:44:05	359	Vagabundos por ai...	Senior	77
352	1776	Artur Carvalho	00:22:46	00:44:23	00:44:10	363		V55	14
353	1332	Francisco Melo	00:22:23	00:44:23	00:44:08	360		V35	63
354	1331	Bo .	00:22:24	00:44:23	00:44:08	361		Senior	17
355	764	Luis Boino	00:22:37	00:44:29	00:44:16	371		V35	64
356	2011	Kikas Mateus	00:23:40	00:44:30	00:42:14	257	MTBA	V45	58
357	1758	Virgínia Pereira	00:23:15	00:44:30	00:43:31	316		V50	2
358	626	Vitor Batista	00:22:16	00:44:30	00:44:22	377		V50	34
359	1048	Ricardo Cravo	00:22:28	00:44:32	00:44:21	375	Amigos Atletismo Serra Sintra	Senior	78
360	371	Pedro Lima	00:22:33	00:44:33	00:44:27	387		V50	35



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2019 CLASSIFICAÇÃO

<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>
361	1358	Rui Mónica	00:22:20	00:44:33	00:44:24	384		V45	59
362	181	Manuel Correia	00:22:51	00:44:35	00:44:17	372		V45	60
363	1100	Paulo Teixeira	00:22:32	00:44:35	00:44:10	362		V45	61
364	1433	Alexandre Garrett	00:21:56	00:44:35	00:44:28	388		V40	62
365	1028	Rui Ju	00:23:12	00:44:35	00:44:28	389		V35	65
366	1070	Rui Cardoso	00:22:26	00:44:36	00:44:21	376	Ferraris da Serafina	V45	62
367	1747	Bernardo Gradíssimo	00:22:28	00:44:36	00:44:22	378	DOR - Desportivo Operário do Rangel	V60	8
368	1668	António Vale	00:23:04	00:44:37	00:44:20	374	DOR - Desportivo Operário do Rangel	V60	9
369	1740	Paulo Ribeiro	00:22:43	00:44:38	00:44:13	368	DOR - Desportivo Operário do Rangel	V45	63
370	543	Rui Oliveira	00:22:19	00:44:38	00:44:24	383	CF 'os Belenenses'	V45	64
371	991	Adriano Araújo	00:22:17	00:44:40	00:44:34	395	CONQUISTA GINÁSIO - CADAVAL	V40	63
372	1677	Carlos Lima	00:24:26	00:44:40	00:43:47	333		V45	65
373	584	Antonio Rebelo	00:22:50	00:44:41	00:44:22	379		V45	66
374	1643	Jorge Reis	00:22:28	00:44:42	00:44:36	404	RB RUNNING	V45	67
375	1791	João Narra	00:22:56	00:44:43	00:44:23	380		V50	36
376	204	José Amaro	00:23:28	00:44:43	00:44:30	391		V40	64
377	599	Pedro Filipe	00:22:20	00:44:44	00:44:32	394		V40	65
378	112	António Merujo	00:22:32	00:44:45	00:44:34	397		V60	10
379	1555	Natalina Bordino	00:22:51	00:44:46	00:44:25	385	Crp Ribafria	Senior	18
380	674	Carlos Lopes	00:23:27	00:44:48	00:44:27	386		V45	68



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2019 CLASSIFICAÇÃO

<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	1798	Bogdan Sandu	00:23:51	00:44:48	00:43:04	288		Senior	79
382	497	João Oliveira	00:22:34	00:44:49	00:44:24	382	CARRASCO & AMIGOS	V55	15
383	1890	Pedro Santos	00:23:07	00:44:49	00:44:20	373		V40	66
384	1650	Nelson Dias	00:22:41	00:44:49	00:44:40	412	RB RUNNING	V55	16
385	1819	Ana Oliveira	00:22:47	00:44:49	00:44:36	403		Senior	19
386	579	Rui Ferreira	00:22:58	00:44:49	00:44:36	405	Casa do Benfica em Algueirão Mem Martins	V40	67
387	1892	Edinson Sanchez	00:22:35	00:44:49	00:44:34	396	Bartolos	V40	68
388	1108	Felisberto Silva	00:22:59	00:44:50	00:44:35	401		V55	17
389	1019	Rui Ramos	00:22:03	00:44:50	00:44:42	413	O MUNDO DA CORRIDA	V50	37
390	1968	Alice Roma	00:22:54	00:44:51	00:44:39	410		V45	3
391	1413	Jose Nunes	00:23:14	00:44:51	00:43:53	342		V50	38
392	1233	Anastacio Valadas	00:22:54	00:44:51	00:44:44	417	GRUPO DESPORTIVO SANTANDER TOTTA	V65	2
393	735	Helder Silva	00:22:48	00:44:52	00:44:37	408		V45	69
394	386	Luis Baixinho	00:22:36	00:44:57	00:44:37	407	Clube Millennium Bcp	V35	66
395	1910	Luis Dias	00:22:48	00:44:58	00:44:02	357		Senior	80
396	79	Miguel Santos	00:22:48	00:44:58	00:44:37	406	URBAN RUN TEAM	V35	67
397	701	Luis Silvestre	00:23:12	00:44:58	00:43:31	317		Senior	81
398	13	Nuno Frade	00:22:40	00:44:59	00:44:45	418		V35	68
399	1356	José Serrano	00:22:53	00:44:59	00:44:52	427		V45	70
400	904	Marina Domingues	00:22:54	00:44:59	00:44:32	393	CLUBE DESPORTIVO ESTRELA	V35	5



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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>
401	669	Luis Marques	00:22:47	00:45:00	00:44:35	400		V40	69
402	1845	José Rosa	00:24:00	00:45:02	00:43:33	320		V40	70
403	1325	Antonio Cumbre	00:23:11	00:45:03	00:44:10	364		V40	71
404	369	Pedro Cardoso	00:22:23	00:45:03	00:44:51	425		V40	72
405	1556	Catarina Serrazina	00:23:09	00:45:04	00:44:23	381	Crp Ribafria	Senior	20
406	368	Francisco Costa	00:24:37	00:45:04	00:43:40	327	Matilha da Atalaia	V55	18
407	880	Pacheco Pedro	00:23:27	00:45:05	00:44:36	402		V40	73
408	1741	Tiago Miguel	00:22:50	00:45:05	00:44:56	429		Senior	82
409	711	Hugo Venancio	00:23:20	00:45:08	00:44:35	399	SS CGD	V40	74
410	167	Paulo Guedes	00:23:15	00:45:09	00:44:59	435	CCDTMetroLX	V45	71
411	185	Pedro Pereira	00:22:58	00:45:10	00:45:03	437		V40	75
412	55	Carlos Amaro	00:22:57	00:45:12	00:45:02	436	Run for Friends	V35	69
413	1943	Pedro Sousa	00:22:31	00:45:12	00:45:05	440		V35	70
414	1155	Edson Leitão	00:23:22	00:45:14	00:44:45	419		V35	71
415	856	José Simões	00:23:07	00:45:17	00:44:48	421	O MUNDO DA CORRIDA	V55	19
416	1474	João Ferreira	00:23:23	00:45:18	00:44:49	424		V40	76
417	378	Marco Serafim	00:22:50	00:45:18	00:45:09	445		V35	72
418	1912	João Figueiredo	00:23:26	00:45:19	00:44:52	426		V40	77
419	1982	Tiago Fernandes	00:22:52	00:45:19	00:44:45	420		Senior	83
420	1698	Fernando Mendes	00:23:04	00:45:20	00:44:35	398		V50	39



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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>
421	1917	Nuno Amaro	00:23:29	00:45:20	00:44:56	430		V35	73
422	605	Carlos Martins	00:22:57	00:45:22	00:45:11	449	FIDELIDADE GDC	V45	72
423	86	Pedro Ferreira	00:22:38	00:45:23	00:45:07	441		V40	78
424	1419	Jorge Sousa	00:23:17	00:45:23	00:45:09	444		V55	20
425	978	João Carreço	00:23:09	00:45:25	00:44:31	392		Senior	84
426	1495	Fábio Carreira	00:23:53	00:45:27	00:43:50	335		Junior	11
427	594	José Gordilho	00:23:14	00:45:28	00:45:10	447	CLUBE ATLETISMO AMIGOS DE BELÉM	V55	21
428	710	Henrique Amador	00:23:02	00:45:28	00:45:18	454	SS CGD	V45	73
429	99	Vasco Ramos	00:23:17	00:45:28	00:44:55	428		V40	79
430	1026	Pedro Sanguino	00:23:51	00:45:28	00:45:05	439		V35	74
431	806	Eduardo Leite	00:23:50	00:45:28	00:45:08	442		V40	80
432	568	Helder Lopes	00:24:03	00:45:29	00:44:13	369	Casa do Benfica em Algueirão Mem Martins	V50	40
433	1996	Sérgio Marques	00:22:47	00:45:30	00:45:21	461	A.M. Atibá	V50	41
434	589	Nelson Tavares	00:23:36	00:45:30	00:45:10	448		V35	75
435	161	José Alves	00:23:13	00:45:34	00:45:21	462	CCDTMetroLX	V45	74
436	586	Rui Henriques	00:23:15	00:45:35	00:45:21	460		V45	75
437	1607	Fernando Castelo	00:23:05	00:45:36	00:44:40	411		V45	76
438	1112	Pedro Correia	00:23:08	00:45:38	00:45:19	457		V35	76
439	981	Jorge Mimoso	00:23:50	00:45:38	00:45:08	443		V45	77
440	1289	Frederico Mendes	00:24:46	00:45:42	00:43:46	330		V40	81



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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>
441	1784	José Rocha	00:23:31	00:45:43	00:44:44	416		V50	42
442	114	Catarina Pontes	00:24:16	00:45:43	00:44:13	367		V40	6
443	807	Nuno Mestre	00:23:17	00:45:44	00:45:35	470		V45	78
444	1633	David Santos	00:23:08	00:45:44	00:45:25	467		V45	79
445	1314	Nuno Silva	00:22:42	00:45:46	00:45:38	471		V40	82
446	45	Antonio Teixeira	00:23:26	00:45:46	00:45:25	466		V40	83
447	186	Quim Sande	00:23:19	00:45:47	00:45:34	469		V60	11
448	1162	Paulo Basilio	00:23:31	00:45:48	00:45:25	465	Os Zatopeques	V50	43
449	802	Valter Cunha	00:24:24	00:45:49	00:44:56	432		V40	84
450	762	Joao Crespo	00:24:24	00:45:49	00:44:57	433		V55	22
451	1742	João Soares	00:24:38	00:45:49	00:45:19	455	DOR - Desportivo Operário do Rangel	V65	3
452	1869	Tito Vieira	00:24:00	00:45:50	00:44:30	390		V35	77
453	455	Luis Almeida	00:23:02	00:45:50	00:45:24	464	Montes Saloios Trail Team	V45	80
454	1144	Fernando Corda	00:23:10	00:45:51	00:45:39	475	1 Km/x	V50	44
455	327	Mauricio Cruz	00:23:32	00:45:52	00:45:19	456		V40	85
456	1093	Pedro Semedo	00:24:31	00:45:52	00:45:32	468		V45	81
457	1129	José Jacinto	00:22:58	00:45:53	00:45:38	473		V45	82
458	306	Pedro Leiria	00:23:37	00:45:53	00:44:37	409		V45	83
459	1543	Joaquim Barbas	00:24:11	00:45:55	00:44:58	434		V50	45
460	561	Fernando Andorinha	00:23:35	00:45:56	00:45:46	481	RB RUNNING	V45	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	1976	José Luzia	00:23:58	00:45:56	00:44:49	422		V35	78
462	1360	José Abrantes	00:24:39	00:45:58	00:44:43	414		V45	85
463	334	Vitor Martins	00:24:39	00:45:58	00:44:44	415		V50	46
464	385	Pedro Santos	00:23:42	00:45:58	00:45:17	452	Clube Millennium Bcp	V45	86
465	653	Miguel David	00:23:03	00:45:59	00:45:39	476		V45	87
466	1699	Dinis Gokaydin	00:23:44	00:45:59	00:45:43	479		V40	86
467	36	Paulo Sousa	00:23:16	00:46:01	00:45:38	472		V45	88
468	1675	João Antunes	00:23:20	00:46:01	00:45:03	438		Senior	85
469	1993	Gonçalo Matos	00:22:54	00:46:01	00:45:13	451		Senior	86
470	1655	André Cipriano	00:24:21	00:46:02	00:44:56	431		Senior	87
471	678	Marta Fonseca	00:23:02	00:46:05	00:45:41	477		V35	6
472	889	Pedro Vermelhudo	00:23:37	00:46:06	00:45:44	480		V35	79
473	1370	Edgar Fernandes	00:24:34	00:46:07	00:45:18	453		Senior	88
474	377	Joaquim Santos	00:23:18	00:46:08	00:45:56	489		V60	12
475	1138	Miguel Rocha	00:23:06	00:46:11	00:46:01	496		V45	89
476	1518	Carlos Fortunato	00:24:00	00:46:13	00:45:41	478		V55	23
477	349	Rui Carvalho	00:22:32	00:46:13	00:46:04	498		V50	47
478	1092	João Costa	00:24:18	00:46:14	00:44:49	423		V40	87
479	934	Lino Santos	00:23:34	00:46:14	00:46:07	508		V55	24
480	23	Rodrigo Santos	00:23:33	00:46:14	00:46:05	504		V45	90



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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>
481	1834	Célia Cecílio	00:23:33	00:46:15	00:45:57	492	NAPA - Núcleo de Amigos da Perna Assada	V45	4
482	305	João Santos	00:23:12	00:46:15	00:45:56	490		V45	91
483	1713	Ivo Pais	00:24:19	00:46:15	00:45:50	482		Senior	89
484	1701	Andreia Lopes	00:24:19	00:46:16	00:45:50	483		Senior	21
485	273	Silvia Gomes	00:24:23	00:46:16	00:45:12	450	MTBA	V40	7
486	227	José Seguro	00:24:12	00:46:16	00:45:52	484		Senior	90
487	376	Paulo Garrudo	00:23:33	00:46:18	00:45:54	486		V40	88
488	526	Rui Filipe	00:23:40	00:46:19	00:45:52	485		V35	80
489	778	Sérgio Barbosa	00:23:28	00:46:20	00:46:04	500	Clube EDP Lisboa	Senior	91
490	1277	Bruno Safara	00:23:19	00:46:20	00:46:12	518		V35	81
491	549	Paulo Tomás	00:23:34	00:46:21	00:45:59	495	GMCJamor	V50	48
492	480	Alexandre Palmeiro	00:23:36	00:46:21	00:45:55	487		V35	82
493	789	João Nabais	00:23:17	00:46:21	00:46:10	516		V55	25
494	1923	Sandra Bailote	00:23:32	00:46:23	00:46:17	523		V45	5
495	407	Filipa Vilar	00:24:00	00:46:23	00:45:57	491	Clube Millennium Bcp	Senior	22
496	746	Vanessa Carvalho	00:23:54	00:46:25	00:45:09	446		Senior	23
497	1265	João Ferreira	00:23:38	00:46:27	00:46:06	506	GMCJamor	V40	89
498	875	Marco Dias	00:23:24	00:46:27	00:46:10	517		Senior	92
499	1694	Tiago Santos	00:24:00	00:46:28	00:45:58	493	RUNNING CLUB SANTA CASA	Senior	93
500	101	Miguel San-Payo	00:23:40	00:46:30	00:46:04	499		V55	26



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
501	749	Eduardo Ribeiro	00:23:56	00:46:30	00:46:08	510		V35	83
502	1248	Sergio Rocha	00:23:53	00:46:30	00:46:05	503		V45	92
503	969	Filipa Veloso	00:24:19	00:46:34	00:46:06	507		Senior	24
504	970	David Neves	00:23:30	00:46:34	00:46:06	505		Senior	94
505	243	Rui Santos	00:24:14	00:46:35	00:45:19	458	GMCJamor	V35	84
506	1303	Pedro Queiroz	00:24:22	00:46:37	00:46:04	501		V40	90
507	330	Jose Gomes	00:24:12	00:46:37	00:46:04	502		V40	91
508	724	Rodrigo Almeida	00:23:38	00:46:39	00:46:22	529	SS CGD	V40	92
509	29	Helena Moreira	00:24:02	00:46:42	00:46:33	538	Federação da Família para a Paz Mundial e Unifi	V40	8
510	1728	Renata Fernandes	00:23:41	00:46:42	00:46:09	511	CAFV	V35	7
511	714	Joaquim Frade	00:23:30	00:46:43	00:46:33	539	SS CGD	V60	13
512	241	Pedro Serra	00:23:48	00:46:44	00:46:30	533		V40	93
513	790	Paulo Pires	00:23:50	00:46:44	00:46:16	522		V50	49
514	1438	João Mansos	00:24:14	00:46:44	00:46:14	519	NucleOeiras	Senior	95
515	1344	Inês Pinto	00:23:03	00:46:45	00:46:26	531		Junior	2
516	493	Fernando Santos	00:24:16	00:46:46	00:46:15	521	O MUNDO DA CORRIDA	V55	27
517	1809	Miguel Judas	00:23:55	00:46:47	00:46:32	536		V45	93
518	917	Helder Rosário	00:23:36	00:46:48	00:46:35	542		V35	85
519	1526	Nelson Fernandes	00:23:54	00:46:49	00:46:18	525		V40	94
520	1003	Nuno Almeida	00:23:55	00:46:49	00:46:18	526	Clube Ferroviário de Portugal	V40	95



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
521	636	Paulo Aires	00:24:25	00:46:50	00:46:31	535		V55	28
522	770	Tiago Guerreiro	00:24:04	00:46:50	00:46:15	520		V40	96
523	468	Hugo Guerreiro	00:23:24	00:46:50	00:46:20	527		V40	97
524	1927	Tiago Abreu	00:24:46	00:46:50	00:45:38	474		V40	98
525	1659	João Navarro	00:23:46	00:46:51	00:46:39	545		V45	94
526	751	Luis Parreira	00:24:38	00:46:52	00:45:20	459	Bejecas	V40	99
527	1950	Hérico Souza	00:23:52	00:46:52	00:46:03	497		V40	100
528	959	Nuno Santos	00:22:59	00:46:54	00:46:41	547	Uniao Desportiva Alfoanelos	Senior	96
529	1212	Pedro Gomes	00:24:02	00:46:54	00:46:10	512		V45	95
530	1823	Hugo Matias	00:24:09	00:46:55	00:45:59	494		Senior	97
531	401	Eduardo Ferreira	00:24:08	00:46:56	00:46:40	546	Clube Millennium Bcp	V40	101
532	531	Bruno Leite	00:23:35	00:46:59	00:46:47	555	marvila jovem	V35	86
533	1688	José Dias	00:23:59	00:47:01	00:46:42	548	RUNNING CLUB SANTA CASA	V40	102
534	1276	António Duarte	00:24:20	00:47:01	00:46:22	530		V50	50
535	658	Rui Serafim	00:24:11	00:47:01	00:46:44	550		V45	96
536	1900	Joao Jorge	00:23:28	00:47:02	00:46:45	551		Senior	98
537	251	Francisco Gama	00:23:45	00:47:02	00:46:52	559		V55	29
538	767	Jorge Alves	00:24:13	00:47:04	00:46:34	540		V40	103
539	677	João Faustino	00:24:52	00:47:06	00:46:10	513	CLUBE DO STRESS	V45	97
540	288	Vitor Santos	00:23:57	00:47:06	00:46:30	534	Casa do Benfica em Algueirão Mem Martins	V50	51



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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>
541	118	Henrique Joaquim	00:22:58	00:47:06	00:46:46	554		V45	98
542	467	Fernando Lourenço	00:24:15	00:47:06	00:46:38	544		V50	52
543	1510	Pedro Bernardo	00:24:20	00:47:07	00:46:10	514		V40	104
544	1052	Filipe Pereira	00:24:09	00:47:08	00:45:55	488	CARRASCO & AMIGOS	Senior	99
545	1388	Andreia Santos	00:23:49	00:47:08	00:46:56	565	Clube Desportivo Recreativo Ribeirinho da Baixa	Senior	25
546	1430	André Falcão	00:23:52	00:47:08	00:46:50	557		Senior	100
547	121	Joao Bogalheiro	00:24:01	00:47:11	00:47:00	571		V50	53
548	1679	Tiago Fernandes	00:25:20	00:47:12	00:45:23	463		V35	87
549	289	Joaquim Costa	00:24:00	00:47:14	00:46:54	562	Casa do Benfica em Algueirão Mem Martins	V65	4
550	2100	Pedro Cortes	00:24:20	00:47:14	00:46:17	524		V40	105
551	1293	Gabriela Genova	00:24:01	00:47:14	00:46:43	549		Senior	26
552	968	Mafalda Martinho	00:23:53	00:47:16	00:46:53	561		Senior	27
553	793	Paulo Nunes	00:23:52	00:47:17	00:47:03	574		V45	99
554	1096	Gonçalo Peres	00:24:39	00:47:17	00:46:10	515		V40	106
555	14	Delfim Machado	00:24:00	00:47:18	00:47:00	572		V40	107
556	18	Ana Almeida	00:24:00	00:47:18	00:47:01	573		V40	9
557	84	Carlos Craveira	00:24:04	00:47:19	00:46:47	556		V45	100
558	48	Paulo Lourinho	00:24:35	00:47:20	00:46:52	560		V50	54
559	209	Nuno Figueiredo	00:23:56	00:47:21	00:46:57	566		V40	108
560	1131	Paulo Isménio	00:24:01	00:47:23	00:47:11	583		V40	109



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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>
561	470	Joao Russo	00:24:45	00:47:24	00:46:56	564		V50	55
562	1221	João Vintém	00:24:26	00:47:25	00:46:55	563		V45	101
563	920	Mário Veiga	00:23:58	00:47:25	00:47:00	570		V45	102
564	1640	Leonel Seleiro	00:24:02	00:47:28	00:47:22	595	DOR - Desportivo Operário do Rangel	V60	14
565	1925	Rebeca Branco	00:24:57	00:47:29	00:46:07	509		V35	8
566	816	João Cardoso	00:24:34	00:47:30	00:46:27	532	CCD Sintrense	V45	103
567	908	Tiago Braga	00:23:44	00:47:31	00:46:51	558		Senior	101
568	1797	José Alves	00:24:37	00:47:31	00:47:00	569		V50	56
569	1725	Eugénia Isaías	00:24:12	00:47:32	00:47:16	588	Federação da Família para a Paz Mundial e Unifi	V55	1
570	488	Paula Fernandes	00:24:14	00:47:33	00:47:18	591	Linda-a-Pastora Sporting Clube	V50	3
571	1101	Paulo Mauricio	00:23:50	00:47:34	00:46:59	567		V35	88
572	340	Carlos Henriques	00:24:50	00:47:35	00:46:46	553		V55	30
573	54	Acácio Lopes	00:24:59	00:47:37	00:46:33	537	SERUL - Os Unidos de Leceia	V50	57
574	1597	Carlos Machado	00:24:18	00:47:37	00:47:11	584		V50	58
575	708	Fernando Candeias	00:24:49	00:47:38	00:47:25	602	SS CGD	V45	104
576	1682	Pedro Figueiredo	00:23:29	00:47:39	00:47:27	605	RUNNING CLUB SANTA CASA	V45	105
577	139	Rui Trindade	00:24:41	00:47:39	00:47:12	586		V50	59
578	530	Rui Pinto	00:24:40	00:47:39	00:47:17	589	marvila jovem	V40	110
579	1329	Pedro Trabucho	00:24:32	00:47:40	00:47:23	597		V55	31
580	1683	Tiago Nascimento	00:24:22	00:47:40	00:47:10	582	RUNNING CLUB SANTA CASA	Senior	102



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
581	1401	Carla Henriques	00:24:41	00:47:40	00:47:23	598		V40	10
582	366	Helder Santos	00:24:41	00:47:40	00:47:22	593		V40	111
583	1689	Bruno Corgas	00:24:22	00:47:40	00:47:12	585	RUNNING CLUB SANTA CASA	Senior	103
584	1095	Nuno Pitta	00:24:16	00:47:41	00:47:17	590		V50	60
585	383	Pedro Pereira	00:25:32	00:47:42	00:47:10	581	Clube Millennium Bcp	V50	61
586	731	Fernando Claudino	00:24:22	00:47:43	00:47:24	600	brunosempre	V65	5
587	1548	Cátia Reis	00:24:34	00:47:44	00:47:27	604		Senior	28
588	1595	Zito Silva	00:24:34	00:47:44	00:47:28	606		V45	106
589	1696	Carlos Vieira	00:25:40	00:47:46	00:46:21	528		V45	107
590	1599	Francisco Furão	00:24:02	00:47:48	00:47:39	618		V35	89
591	1290	Mateus Ferreira	00:24:05	00:47:49	00:47:26	603		Senior	104
592	1185	Nuno Veigas	00:24:18	00:47:49	00:47:22	594		V40	112
593	1873	Carlos Ferreira	00:24:26	00:47:50	00:47:31	609		V55	32
594	1081	Lino Vaz	00:24:40	00:47:50	00:47:21	592		V40	113
595	895	Monica Martins	00:24:30	00:47:50	00:47:29	607	CARACÓIS TURBINADOS	V35	9
596	1150	Pedro Pereira	00:24:11	00:47:52	00:47:25	601		V45	108
597	358	Manuel Mendonça	00:24:03	00:47:52	00:47:37	615		V35	90
598	619	Josue Frade	00:24:32	00:47:53	00:46:46	552	CARRASCO & AMIGOS	V45	109
599	693	Marcos Ratola	00:24:27	00:47:56	00:47:30	608		V40	114
600	1624	Marco Graça	00:23:55	00:47:56	00:47:45	625		V40	115



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2019 CLASSIFICAÇÃO

<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>
601	475	Pedro Bueno	00:24:40	00:47:57	00:47:36	614	CD ARNEIRO	V50	62
602	1232	Rui Cunha	00:24:46	00:48:00	00:47:05	577	GRUPO DESPORTIVO SANTANDER TOTTA	V40	116
603	812	Vítor Rocha	00:24:25	00:48:00	00:47:35	612	CARRASCO & AMIGOS	V60	15
604	680	Rui Vinhas	00:24:52	00:48:00	00:47:23	599		V55	33
605	1345	César Pinheiro	00:25:15	00:48:01	00:47:03	575		V35	91
606	1402	Alvaro Ferreira	00:25:01	00:48:03	00:47:35	611		V50	63
607	81	Varela São	00:24:28	00:48:03	00:47:41	621		V45	6
608	729	Tiago Avelãs	00:24:12	00:48:05	00:47:48	630	SS CGD	V40	117
609	1782	Diogo Ribeiro	00:24:28	00:48:05	00:47:23	596		Senior	105
610	1777	Tomás Sousa	00:25:15	00:48:06	00:47:07	579		V40	118
611	153	Miguel Velez	00:24:28	00:48:06	00:47:54	635	camara lisboa clube	V55	34
612	1165	Pedro Gonçalves	00:25:33	00:48:08	00:46:34	541	Câmara Municipal da Amadora	V40	119
613	801	Frederico Fernandes	00:24:30	00:48:09	00:48:01	649		V40	120
614	215	Ricardo Franco	00:24:34	00:48:10	00:47:46	626		Senior	106
615	68	Rui Sá	00:24:52	00:48:12	00:47:47	628		V35	92
616	129	Evelino Magalhães	00:24:12	00:48:12	00:48:01	646		V45	110
617	1618	Natália Costa	00:25:45	00:48:14	00:47:04	576		V35	10
618	1240	Nuno Cavaleiro	00:23:56	00:48:15	00:47:56	638	Os Galgos	V35	93
619	1286	Rui Simoes	00:24:42	00:48:16	00:47:54	636		V40	121
620	269	Luísa Palminhas	00:24:27	00:48:16	00:47:56	639	MTBA	V50	4



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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>
621	448	João Pereira	00:23:16	00:48:17	00:48:01	648	CCD PM CASCAIS	Senior	107
622	1444	Nuno Marques	00:24:57	00:48:17	00:46:59	568	Junta de Freguesia da Falagueira-Venda Nova	V40	122
623	1434	José Delgado	00:24:32	00:48:18	00:47:40	620		V40	123
624	451	Inês Santos	00:24:42	00:48:18	00:47:44	623	CA Patameiras	Senior	29
625	608	Rui Mena	00:24:14	00:48:18	00:48:06	656		V45	111
626	1067	Nelson Mota	00:24:31	00:48:21	00:48:10	662	CCD TRANQUILIDADE ATLETISMO	V45	112
627	229	José Pedro	00:25:31	00:48:21	00:47:44	622		V45	113
628	593	Carlos Jerónimo	00:24:48	00:48:21	00:47:58	641		V60	16
629	1014	Maria Sanches	00:24:19	00:48:23	00:48:08	658	Câmara Municipal da Amadora	V50	5
630	1743	Fernando Santos	00:25:15	00:48:24	00:47:47	627	DOR - Desportivo Operário do Rangel	V65	6
631	655	Dinis Ribas	00:24:21	00:48:26	00:48:00	645		V45	114
632	364	Hugo Moura	00:24:25	00:48:27	00:47:59	642		V45	115
633	158	Hugo Pinto	00:24:58	00:48:28	00:47:55	637	CCDTMetroLX	V40	124
634	1727	Olga Araújo	00:25:15	00:48:29	00:47:16	587	Federação da Família para a Paz Mundial e Unifi	V40	11
635	747	Ricardo Carvalho	00:24:51	00:48:31	00:47:56	640		V35	94
636	394	Paulo Sousa	00:25:33	00:48:31	00:47:59	644	Clube Millennium Bcp	V55	35
637	607	João Soares	00:24:42	00:48:31	00:47:38	616		V35	95
638	503	Artur Carvalho	00:24:55	00:48:31	00:47:52	632	Correr Queluz	V45	116
639	87	Filipe Ginja	00:24:56	00:48:33	00:48:05	655		Senior	108
640	352	Afonso Rodrigues	00:24:36	00:48:33	00:48:12	665		V40	125



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
641	25	José Cruz	00:23:58	00:48:35	00:48:21	684		V45	117
642	1545	Manuel Araújo	00:24:11	00:48:35	00:48:29	698		V55	36
643	944	Pedro Castro	00:24:18	00:48:35	00:48:20	681		V45	118
644	878	António Marques	00:25:12	00:48:36	00:47:48	629		V55	37
645	624	Rui Rodrigues	00:25:31	00:48:36	00:47:44	624		V55	38
646	1859	Pedro Pisco	00:24:19	00:48:36	00:48:19	673		V45	119
647	1038	José Guerreiro	00:24:30	00:48:36	00:48:25	691		V60	17
648	716	Luisa Landeiro	00:25:13	00:48:39	00:48:14	667	SS CGD	V45	7
649	1045	João Maria	00:24:28	00:48:39	00:48:09	661		V35	96
650	1269	João Marinho	00:24:37	00:48:40	00:48:11	663	CF 'os Belenenses'	V45	120
651	1326	Alfredo Falcão	00:24:41	00:48:41	00:48:17	671		V50	64
652	1235	Jose Santos	00:23:16	00:48:41	00:48:32	702	GRUPO DESPORTIVO SANTANDER TOTTA	V45	121
653	1237	Mario Ribeiro	00:23:16	00:48:41	00:48:31	699	GRUPO DESPORTIVO SANTANDER TOTTA	V40	126
654	502	Francisco Laneta	00:24:17	00:48:41	00:48:24	688	CARRASCO & AMIGOS	V50	65
655	758	M. Bassangy	00:25:01	00:48:42	00:48:22	685		V55	39
656	1849	João Bobato	00:24:40	00:48:43	00:48:18	672		V40	127
657	1956	Orlando Correia	00:25:49	00:48:43	00:48:03	653		V45	122
658	91	José Dinis	00:25:06	00:48:44	00:48:19	674		V40	128
659	393	Fernando Rodrigues	00:25:32	00:48:44	00:48:02	651	Clube Millennium Bcp	V55	40
660	1229	Fabio Pio	00:24:47	00:48:44	00:48:25	690	GRUPO DESPORTIVO SANTANDER TOTTA	V45	123



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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>
661	613	Nuno Gomes	00:24:46	00:48:45	00:48:25	693		V50	66
662	1316	Rui Sousa	00:25:22	00:48:46	00:47:39	619		V40	129
663	302	Ricardo Viegas	00:24:44	00:48:46	00:48:28	697	ASICS Lisboa Run Club	V40	130
664	466	Ronei Rodrigues	00:24:35	00:48:48	00:47:07	578		Senior	109
665	961	Raul Santos	00:24:32	00:48:48	00:48:39	710	Uniao Desportiva Alfoanelos	V60	18
666	1478	Augusto Aguiar	00:25:33	00:48:48	00:47:51	631		V60	19
667	38	Nuno Duarte	00:24:51	00:48:49	00:48:25	692	SERUL - Os Unidos de Leceia	V45	124
668	15	Paulo Fernandes	00:25:00	00:48:50	00:48:24	689		V50	67
669	1497	Jaime Duarte	00:25:28	00:48:51	00:47:54	634		Senior	110
670	1361	André Wiborg	00:26:38	00:48:52	00:47:09	580		V60	20
671	734	Hugo Pires	00:25:00	00:48:54	00:48:20	680		V40	131
672	737	Bruno Maia	00:25:23	00:48:54	00:48:20	682		V35	97
673	26	Ricardo Faria	00:24:59	00:48:54	00:48:20	676		V40	132
674	763	António Marçal	00:24:27	00:48:55	00:48:45	717		V60	21
675	1988	Paulo Gandum	00:25:11	00:48:55	00:48:22	687		V40	133
676	206	Gonçalo Martins	00:25:54	00:48:55	00:46:37	543		Senior	111
677	1366	António Almeida	00:25:05	00:48:56	00:48:33	704		V55	41
678	193	Paulo Ferreira	00:24:50	00:48:56	00:48:26	695		V40	134
679	1123	Sérgio Santos	00:25:31	00:48:57	00:48:19	675	Clube ANA Lisboa	V40	135
680	1122	José Charrua	00:25:31	00:48:57	00:48:20	679	Clube ANA Lisboa	V40	136



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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>
681	247	Pedro Cardoso	00:26:01	00:48:57	00:47:39	617	Os Galgos	V40	137
682	198	Nuno Azul	00:26:02	00:48:57	00:48:11	664		V40	138
683	1318	Nuno Pereira	00:24:30	00:48:58	00:48:32	701		V40	139
684	355	Ana Pedreira	00:24:22	00:48:59	00:48:33	705		V35	11
685	570	Jose Duarte	00:25:34	00:49:00	00:48:01	647	Casa do Benfica em Algueirão Mem Martins	V55	42
686	670	Pedro Santos	00:25:12	00:49:02	00:48:22	686		V40	140
687	1450	António Gonçalves	00:24:39	00:49:02	00:48:39	712	Junta de Freguesia da Falagueira-Venda Nova	V50	68
688	1211	Vinicius Guedes	00:25:05	00:49:03	00:48:09	660		V35	98
689	1263	Sergio Pereira	00:25:26	00:49:04	00:48:16	669		V40	141
690	1617	Jorge Pereira	00:26:02	00:49:04	00:47:36	613		Junior	12
691	174	Inês Monteiro	00:25:09	00:49:04	00:48:36	708	Kaninos	Senior	30
692	1491	Jorge Correia	00:25:43	00:49:04	00:47:33	610		V45	125
693	58	Luiz Chatillon	00:24:42	00:49:05	00:48:44	713		V60	22
694	342	Daniel Sampaio	00:24:53	00:49:07	00:48:32	703		V40	142
695	1669	José Machado	00:24:25	00:49:07	00:49:01	740	DOR - Desportivo Operário do Rangel	V60	23
696	495	Vitor Revés	00:24:33	00:49:08	00:49:01	741	CARRASCO & AMIGOS	V60	24
697	1680	Ricardo Santos	00:25:12	00:49:08	00:48:03	652		V35	99
698	1710	Miguel Miranda	00:25:12	00:49:09	00:48:03	654		V35	100
699	476	Manuel Alves	00:25:24	00:49:09	00:48:48	719	CD ARNEIRO	V50	69
700	1955	José Vaz	00:24:39	00:49:09	00:49:00	738		V60	25



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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>
701	1737	Manuel Rodrigues	00:25:34	00:49:09	00:48:25	694	DOR - Desportivo Operário do Rangel	V60	26
702	925	José Lopes	00:24:56	00:49:11	00:48:48	720		V50	70
703	1399	Tiago Oliveira	00:24:39	00:49:12	00:49:01	742		V35	101
704	1746	José Alves	00:25:01	00:49:12	00:48:59	737	DOR - Desportivo Operário do Rangel	V70	1
705	173	Anabela Ferreira	00:25:34	00:49:12	00:48:13	666	Casa do Benfica em Algueirão Mem Martins	V45	8
706	1887	Luís Nogueira	00:25:59	00:49:13	00:47:53	633		V45	126
707	282	Carlos Silva	00:25:19	00:49:13	00:48:52	727	Casa do Benfica em Algueirão Mem Martins	V50	71
708	1837	Pedro Carvalho	00:25:51	00:49:13	00:48:01	650	Weekend Runners	Senior	112
709	279	Hugo Palmeiro	00:25:34	00:49:13	00:48:09	659	Casa do Benfica em Algueirão Mem Martins	V40	143
710	1365	João Rio	00:26:39	00:49:14	00:48:16	668		Senior	113
711	74	Marco Fernandes	00:25:36	00:49:17	00:47:59	643	Run for Friends	Senior	114
712	1102	Pedro Mendonça	00:25:23	00:49:19	00:48:34	707		V40	144
713	1425	Luís Luís	00:25:12	00:49:20	00:49:01	743		V55	43
714	1691	José Boura	00:25:06	00:49:20	00:48:50	723	RUNNING CLUB SANTA CASA	V50	72
715	1764	Ivandro Moreira	00:24:47	00:49:21	00:48:52	725		Senior	115
716	644	Sónia Panasco	00:25:13	00:49:22	00:48:44	716		V40	12
717	102	Bruno Estudante	00:24:05	00:49:23	00:49:09	752		V35	102
718	123	João Alberto	00:25:27	00:49:24	00:48:59	735	Montes Saloios Trail Team	V50	73
719	977	Artur Gonçalves	00:24:50	00:49:24	00:49:04	748		V40	145
720	1970	Rafaela Santos	00:24:43	00:49:25	00:48:59	736	CARRASCO & AMIGOS	Senior	31



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
721	933	Adelino Gomes	00:24:26	00:49:25	00:49:06	749		V50	74
722	396	Pedro Sa	00:25:07	00:49:26	00:48:54	730	Clube Millennium Bcp	V45	127
723	989	Fernando Sousa	00:24:43	00:49:26	00:49:00	739	CARRASCO & AMIGOS	V50	75
724	1840	Francisco Fouto	00:23:20	00:49:27	00:49:15	762	FastFouto	Senior	116
725	1180	Steven Santos	00:25:38	00:49:28	00:48:36	709		Senior	117
726	346	Carla Fernandes	00:25:04	00:49:29	00:49:10	755		V40	13
727	1605	Mário Esperança	00:25:40	00:49:29	00:48:54	728		V35	103
728	296	Ricardo Figueiredo	00:24:47	00:49:30	00:49:02	745		V50	76
729	35	Ricardo Reis	00:25:12	00:49:30	00:48:50	722		Senior	118
730	316	Henriqueta Solipa	00:25:24	00:49:31	00:48:31	700	Tartarugas Solidárias	V55	2
731	974	Rui Brás	00:26:04	00:49:32	00:48:17	670		V40	146
732	418	Pedro Fontes	00:25:14	00:49:33	00:49:11	757		V40	147
733	1983	Lucio Neto	00:25:51	00:49:33	00:48:34	706		V50	77
734	452	Luís Rato	00:25:35	00:49:34	00:48:56	731	CA Patameiras	V65	7
735	637	Paulo Ferreira	00:24:55	00:49:34	00:49:15	763		V50	78
736	1888	Manuel Alves	00:25:20	00:49:36	00:48:56	732		V50	79
737	1848	Joao Rosa	00:24:25	00:49:37	00:48:52	724		V45	128
738	34	Maximiano Santos	00:25:40	00:49:37	00:49:14	761		V55	44
739	1966	Jesus Prieto-Lloret	00:26:16	00:49:37	00:48:08	657		V40	148
740	943	Sérgio Freitas	00:25:05	00:49:37	00:49:14	760		V40	149



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2019 CLASSIFICAÇÃO

<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>
741	1168	Joaquim Ferrão	00:25:47	00:49:38	00:48:57	733		V55	45
742	416	Hugo Sequeira	00:25:15	00:49:39	00:49:18	765		V40	150
743	258	Roberto Bettencourt	00:26:12	00:49:41	00:48:49	721	Linda-a-Pastora Sporting Clube	V40	151
744	947	Amandio Pacheco	00:25:02	00:49:41	00:49:13	759	Clube de Natação da Amadora	V40	152
745	1879	André Carreiro	00:24:50	00:49:43	00:49:20	768		V35	104
746	1552	Oscar Rocha	00:25:43	00:49:43	00:49:09	754		V55	46
747	1133	Daniel Falcão	00:26:32	00:49:43	00:48:20	677		V35	105
748	1134	Hélia Santos	00:26:33	00:49:44	00:48:20	678		V35	12
749	487	Paula Lemos	00:25:13	00:49:44	00:49:30	780	Linda-a-Pastora Sporting Clube	V50	6
750	83	Carlos Morais	00:24:55	00:49:46	00:49:39	793		V50	80
751	440	Andre Martins	00:25:50	00:49:46	00:48:28	696		V35	106
752	143	José Dias	00:25:22	00:49:46	00:49:37	787	Clube Ferroviário de Portugal	V50	81
753	821	Pedro Batista	00:25:04	00:49:48	00:49:29	778		V35	107
754	1030	Rúben Almeida	00:25:20	00:49:49	00:49:12	758		Senior	119
755	555	Álvaro Pinto	00:25:40	00:49:51	00:49:24	772	REAL ACADEMIA	V60	27
756	1973	António Costa	00:27:33	00:49:51	00:48:44	715		V50	82
757	1307	Armando Lopes	00:25:43	00:49:52	00:49:09	753		V55	47
758	1216	Filipe Castro	00:24:49	00:49:52	00:49:30	781	Run Tejo - CM Socks	V35	108
759	1511	Nelson Colaço	00:25:44	00:49:56	00:49:25	774	NAPA - Núcleo de Amigos da Perna Assada	V45	129
760	1835	Paula Nunes	00:25:45	00:49:56	00:49:25	773	NAPA - Núcleo de Amigos da Perna Assada	V45	9



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2019 CLASSIFICAÇÃO

<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	882	Manuel Martins	00:25:40	00:49:56	00:49:35	786		V60	28
762	1524	Paulo Patrao	00:24:45	00:49:57	00:49:39	794	Vagabundos por ai...	V35	109
763	592	Carlos Cardoso	00:25:18	00:49:57	00:49:08	750	No Tomorrow Running Team	V45	130
764	591	Dora Dias	00:25:18	00:49:58	00:49:09	751	No Tomorrow Running Team	V35	13
765	728	Sonia Brochado	00:25:27	00:49:58	00:49:18	766	SS CGD	V40	14
766	1839	Rodrigo Ferreira	00:26:14	00:49:59	00:48:48	718	Weekend Runners	V50	83
767	373	Carlos Oleastro	00:25:40	00:50:00	00:49:34	785		V55	48
768	491	Rui Correia	00:26:05	00:50:00	00:49:38	790	GDCTINCM	V40	153
769	791	Nuno Gonçalves	00:26:05	00:50:00	00:49:39	795		V40	154
770	281	Cristina Carvalho	00:26:03	00:50:01	00:49:29	777	Casa do Benfica em Algueirão Mem Martins	V45	10
771	287	Vitor Silva	00:26:03	00:50:03	00:49:32	783	Casa do Benfica em Algueirão Mem Martins	V50	84
772	2012	Tiago Teles	00:26:41	00:50:04	00:48:21	683	Bejecas	V35	110
773	299	Tiago Costa	00:27:38	00:50:04	00:49:21	769		V35	111
774	1113	Paulo Figueiredo	00:26:35	00:50:05	00:49:01	744		V40	155
775	1157	Gonçalo Duarte	00:25:34	00:50:06	00:49:37	789		Senior	120
776	1208	Claudia Borralho	00:25:48	00:50:06	00:49:43	802	Run Tejo - CM Socks	V45	11
777	1209	Paulo Morais	00:25:48	00:50:07	00:49:42	799	Run Tejo - CM Socks	V45	131
778	1255	Paula Guedes	00:25:58	00:50:07	00:49:51	812		V45	12
779	699	André Figueiredo	00:25:44	00:50:07	00:49:19	767		Junior	13
780	900	Manuel Martins	00:25:41	00:50:08	00:49:17	764	CLUBE DESPORTIVO ESTRELA	V70	2



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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>
781	719	Miguel Reis	00:25:53	00:50:08	00:49:28	776	SS CGD	V40	156
782	216	Gabriel Lúcio	00:25:29	00:50:09	00:49:43	800		V35	112
783	461	Antônio Vieira	00:25:43	00:50:09	00:49:47	808		V70	3
784	122	Fernando Oliveira	00:25:42	00:50:11	00:49:40	797	Tartarugas Solidárias	V55	49
785	663	Luis Calheiros	00:25:39	00:50:11	00:49:37	788	O MUNDO DA CORRIDA	V45	132
786	765	Amílcar Delgadinho	00:25:44	00:50:13	00:49:32	782		V45	133
787	1210	Anabela Salazar	00:25:48	00:50:13	00:49:49	811	Run Tejo - CM Socks	V45	13
788	1846	Pedro Morgado	00:25:07	00:50:14	00:49:47	806		V35	113
789	1933	Cláudio Guerreiro	00:25:17	00:50:14	00:50:00	821	RB RUNNING	Senior	121
790	635	Henrique Venâncio	00:26:33	00:50:15	00:49:48	809		Junior	14
791	1651	Roberto Guerreiro	00:25:17	00:50:15	00:50:00	820	RB RUNNING	V35	114
792	180	Raquel Moreira	00:27:05	00:50:15	00:48:39	711		Senior	32
793	1546	João Trigo	00:25:32	00:50:16	00:49:55	818		Senior	122
794	795	Mário Gaspar	00:26:10	00:50:16	00:49:23	771		V55	50
795	429	Tiago Cavaco	00:26:01	00:50:17	00:48:59	734		Senior	123
796	1612	João Rosário	00:25:42	00:50:17	00:49:52	816		V45	134
797	723	Pedro Fontoura	00:25:36	00:50:18	00:50:03	822	SS CGD	V45	135
798	759	João Pereira	00:25:29	00:50:19	00:49:45	805		V55	51
799	1234	Filipe Pinto	00:26:05	00:50:19	00:48:44	714	GRUPO DESPORTIVO SANTANDER TOTTA	Senior	124
800	1435	Daniel Matias	00:26:19	00:50:20	00:49:43	801		Senior	125



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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>
801	474	José Maio	00:26:08	00:50:22	00:50:00	819	CD ARNEIRO	V55	52
802	1490	Jorge Nunes	00:26:32	00:50:24	00:49:03	746		V40	157
803	1661	Joao Barata	00:25:42	00:50:25	00:49:44	803		V55	53
804	1570	Nuno Almeida	00:25:53	00:50:26	00:49:51	814		V40	158
805	684	Guilherme Godinho	00:25:29	00:50:27	00:49:53	817		V40	159
806	1436	Nuno Saldanha	00:25:39	00:50:27	00:49:51	813		V35	115
807	627	Carlos Costa	00:25:44	00:50:29	00:49:40	796		Senior	126
808	257	Rui Grancho	00:26:02	00:50:29	00:49:41	798	Os Galgos	V45	136
809	1504	Mario Silva	00:26:42	00:50:30	00:49:23	770		V50	85
810	1137	Pedro Cardoso	00:25:13	00:50:31	00:50:08	832		V45	137
811	471	Paulo Santos	00:25:46	00:50:33	00:50:12	837	LOURDETE PERFUMARIAS	V50	86
812	52	Nuno Lima	00:26:39	00:50:34	00:48:52	726	Compadres	V40	160
813	51	Tiago Cerejo	00:26:39	00:50:34	00:48:54	729	Compadres	V35	116
814	1972	Guilherme Alves	00:28:34	00:50:35	00:49:04	747		Junior	15
815	877	Carlos Lopes	00:25:20	00:50:35	00:50:15	841		V45	138
816	918	Pedro Costa	00:26:59	00:50:35	00:49:11	756		Senior	127
817	1065	Fernando Andrade	00:26:10	00:50:36	00:50:08	831	CCD TRANQUILIDADE ATLETISMO	V65	8
818	1386	Jose Henriques	00:26:00	00:50:37	00:49:25	775		V45	139
819	1533	Artur Silva	00:25:30	00:50:37	00:50:06	827		V35	117
820	1387	Marina Henriques	00:26:00	00:50:37	00:50:15	840		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>
821	314	Fabiano Ferreira	00:25:50	00:50:38	00:50:13	838	Benfica em Forma	V35	118
822	189	João Antunes	00:26:00	00:50:38	00:50:08	830		V50	87
823	1598	Nelson Santos	00:25:50	00:50:39	00:49:38	791		V35	119
824	32	Avelino Silva	00:25:09	00:50:39	00:50:19	851		V65	9
825	1489	Sílvio Romão	00:25:32	00:50:43	00:50:05	824		V35	120
826	844	Luís Fouto	00:25:55	00:50:46	00:50:34	872	Clube Vodafone	V45	140
827	271	Paulo Varela	00:26:28	00:50:46	00:49:44	804	MTBA	V45	141
828	1914	Kennedy Rodrigues	00:26:17	00:50:47	00:49:39	792		V40	161
829	214	Márcio Rodrigues	00:25:56	00:50:48	00:50:26	858		V40	162
830	1305	Márcia Vilarinho	00:26:00	00:50:48	00:50:14	839		V45	14
831	1470	Rafael Azriel	00:26:15	00:50:49	00:50:17	847		V50	88
832	1017	João Freire	00:25:42	00:50:49	00:50:07	829	Grupo Recreativo e Desportivo da Ribeira da Lag	V40	163
833	499	Helder Batista	00:25:44	00:50:50	00:50:07	828	CARRASCO & AMIGOS	V45	142
834	124	Sheila Galiano	00:25:54	00:50:50	00:50:20	852		V45	15
835	231	Paulo Pascoal	00:25:39	00:50:51	00:50:27	860		V50	89
836	1130	Marta Reis	00:26:35	00:50:54	00:49:51	815		V40	15
837	860	Edna Alvim	00:25:52	00:50:55	00:50:16	842	Alvins Os Esquilos	V45	16
838	792	Hugo Duarte	00:25:22	00:50:55	00:50:30	864		V40	164
839	1482	Luis Cruz	00:26:42	00:50:58	00:49:47	807		V40	165
840	1090	André Ferreira	00:26:59	00:50:58	00:49:34	784		Senior	128



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
841	642	Miguel Barreto	00:26:03	00:50:59	00:50:31	866		Senior	129
842	137	Gonçalo Loureiro	00:26:05	00:51:00	00:50:16	844		V40	166
843	66	António Pinto	00:26:31	00:51:03	00:50:22	854	Correr Queluz	V60	29
844	941	Vasco Palma	00:25:39	00:51:05	00:50:46	889		V55	54
845	1145	Nuno Almeida	00:25:45	00:51:05	00:50:28	861	Clube ANA Lisboa	V40	167
846	217	José Dias	00:26:25	00:51:06	00:50:39	876	Correr Queluz	V45	143
847	197	João Sá	00:26:18	00:51:07	00:50:17	849		Junior	16
848	21	João Moiteiro	00:26:25	00:51:07	00:50:30	863		V45	144
849	1656	Paulo Brito	00:26:53	00:51:09	00:50:26	859		V45	145
850	335	Paulo Serra	00:26:12	00:51:09	00:50:33	870	Matilha da Atalaia	V40	168
851	250	Rui Figueiredo	00:26:12	00:51:09	00:50:32	868		V40	169
852	155	Paulo Gonçalves	00:26:15	00:51:10	00:50:45	887	camara lisboa clube	V45	146
853	1480	Leonel José	00:27:05	00:51:11	00:49:29	779		V50	90
854	172	Luis Palma	00:25:32	00:51:12	00:50:52	898	Casa do Benfica em Algueirão Mem Martins	V45	147
855	348	Pedro Martins	00:26:04	00:51:12	00:50:43	880	RB RUNNING	V45	148
856	347	Olga Martins	00:26:05	00:51:12	00:50:44	883	RB RUNNING	V45	17
857	896	Tiago Catalao	00:26:25	00:51:13	00:50:24	856	CARACÓIS TURBINADOS	V35	121
858	1459	Rute Menezes	00:27:24	00:51:14	00:50:17	845	Junta de Freguesia da Falagueira-Venda Nova	V35	14
859	1410	Cecilia Ribeiro	00:25:35	00:51:14	00:50:10	834		V50	7
860	585	Vendula Kurdikova	00:27:20	00:51:16	00:50:16	843		Senior	33



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2019 CLASSIFICAÇÃO

<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>
861	550	Jorge Fernandes	00:26:02	00:51:17	00:50:32	869	cabrizrun	V50	91
862	89	José Pardal	00:26:06	00:51:17	00:50:29	862		V45	149
863	641	Nuno Patricio	00:27:16	00:51:18	00:49:48	810	CASA DO PESSOAL DA RTP	V50	92
864	96	Domingos Ferreira	00:25:18	00:51:19	00:50:55	903		Senior	130
865	1852	Luis Afonso	00:26:58	00:51:19	00:50:21	853		V55	55
866	1002	Paulo Silva	00:26:09	00:51:19	00:50:41	878		V55	56
867	1697	Jorge Pinheiro	00:26:53	00:51:19	00:50:23	855	RUN 4 FUN	V50	93
868	1986	André Beja	00:28:30	00:51:21	00:50:17	848	Usc Mira Sintra	V40	170
869	201	Helder Cabana	00:26:12	00:51:21	00:50:30	865		V45	150
870	1687	Ana Cortes	00:26:13	00:51:21	00:50:52	897	RUNNING CLUB SANTA CASA	V40	16
871	188	Sergio Rodelo	00:25:59	00:51:21	00:50:43	881		V50	94
872	1847	Jorge Esteves	00:27:00	00:51:22	00:50:25	857		V55	57
873	1466	Edgar Caldeira	00:26:19	00:51:23	00:50:49	894		Senior	131
874	1628	Nelson Dias	00:25:59	00:51:23	00:51:06	912		V55	58
875	937	Rui Lourenço	00:26:03	00:51:24	00:51:01	906		V45	151
876	1881	Bruno Monteiro	00:26:03	00:51:24	00:50:49	893		Senior	132
877	1891	Pedro Rodrigues	00:26:17	00:51:25	00:50:31	867		V45	152
878	1857	Fernando Monteiro	00:26:03	00:51:25	00:50:48	892		V45	153
879	1775	Miguel Costa	00:26:37	00:51:26	00:50:41	877		Senior	133
880	434	Frederico Nobre	00:26:09	00:51:26	00:50:59	905	CLUBE ATLETISMO AMIGOS DE BELÉM	V40	171



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
881	1882	Maria Lopes	00:26:25	00:51:27	00:50:18	850		V35	15
882	631	Maria Serra	00:26:20	00:51:30	00:50:52	900		V45	18
883	1615	Francisco Afonso	00:27:00	00:51:30	00:50:33	871		V55	59
884	1054	Rita Melo	00:26:29	00:51:30	00:51:07	914	Clube Ferroviário de Portugal	V35	16
885	450	Paulo Gamboa	00:26:20	00:51:31	00:50:54	901	CA Patameiras	V45	154
886	1222	Filipa Ferro	00:26:27	00:51:32	00:51:08	915	G.D.R. da Reboleira	V40	17
887	659	Sara Catita	00:26:18	00:51:32	00:50:51	895		Senior	34
888	660	Alexandre Silva	00:26:18	00:51:32	00:50:51	896		V40	172
889	1527	João Ferreira	00:28:04	00:51:34	00:50:04	823		V60	30
890	1529	Andreia Pinto	00:27:08	00:51:34	00:50:11	835		Senior	35
891	256	Nuno Rodrigues	00:26:32	00:51:35	00:50:36	873		V40	173
892	1357	Rui Mónica	00:23:42	00:51:37	00:51:31	942		Senior	134
893	1939	Bruno Dias	00:27:12	00:51:37	00:50:11	836		V35	122
894	1816	Filipe Machado	00:27:13	00:51:37	00:50:10	833		V35	123
895	536	Renato Inacio	00:26:43	00:51:37	00:50:47	891	a d c r painho/conquista ginasio	V55	60
896	1738	Januário Coelho	00:26:57	00:51:37	00:50:54	902	DOR - Desportivo Operário do Rangel	V65	10
897	1467	Carlos Soares	00:28:04	00:51:39	00:51:25	931		V50	95
898	915	Paula Machado	00:27:08	00:51:40	00:50:17	846	Câmara Municipal da Amadora	V40	18
899	940	João Fialho	00:26:01	00:51:43	00:51:16	924		V40	174
900	1154	Joao Zacarias	00:26:54	00:51:45	00:50:47	890		V50	96



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2019 CLASSIFICAÇÃO

<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>
901	726	Rui Pereira	00:27:33	00:51:45	00:50:58	904	SS CGD	V45	155
902	397	Rui Rijo	00:26:33	00:51:45	00:51:12	921	Clube Millennium Bcp	V50	97
903	400	Pedro Broco	00:26:33	00:51:45	00:51:12	920	Clube Millennium Bcp	V45	156
904	1709	Frederico Carvalho	00:28:27	00:51:46	00:50:06	826		V45	157
905	411	Ramiro Canto	00:26:22	00:51:47	00:51:16	925	SERUL - Os Unidos de Leceia	V50	98
906	280	Elsa Oliveira	00:26:28	00:51:48	00:51:05	911	Casa do Benfica em Algueirão Mem Martins	V50	8
907	887	José Carlos	00:26:02	00:51:49	00:51:07	913		V40	175
908	1274	Mário Fontinhas	00:26:00	00:51:49	00:51:22	929		V40	176
909	1611	Daniel Pinho	00:27:39	00:51:49	00:50:06	825		Senior	135
910	1520	Tito Nascimento	00:25:55	00:51:51	00:51:33	943		V35	124
911	1036	Luis Afonso	00:27:34	00:51:52	00:51:04	909		V45	158
912	692	Nuno Alves	00:26:11	00:51:55	00:51:33	944		V40	177
913	718	Miguel Dias	00:26:00	00:51:56	00:51:27	935	SS CGD	V40	178
914	986	Ricardo Falé	00:26:59	00:51:59	00:51:02	907		V35	125
915	1765	Hugo Dinis	00:27:40	00:51:59	00:50:44	884		V40	179
916	1400	Bruno Claro	00:25:33	00:51:59	00:51:44	963		V35	126
917	988	Ana Montez	00:26:59	00:52:00	00:51:03	908		V45	19
918	1975	João Antunes	00:27:41	00:52:01	00:50:44	882		V35	127
919	1152	Mariana Graça	00:26:57	00:52:01	00:51:25	933		Senior	36
920	1997	Nuno Felicio	00:26:57	00:52:02	00:51:26	934	A.M. Atibá	V40	180



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2019 CLASSIFICAÇÃO

<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>
921	694	Vasco Alpalhão	00:26:22	00:52:02	00:51:36	948		V45	159
922	705	Catia Fonseca	00:26:00	00:52:04	00:51:35	945	SS CGD	V35	17
923	104	Helena Gonçalves	00:26:22	00:52:04	00:51:47	966		V45	20
924	103	Paulo Silva	00:26:22	00:52:05	00:51:45	964		V50	99
925	1521	Tomás Martins	00:27:20	00:52:06	00:50:39	875	Clube de Ténis da Amadora	Senior	136
926	1530	Hugo Falcão	00:27:19	00:52:06	00:50:39	874		Senior	137
927	1086	Vítor Lopes	00:27:18	00:52:08	00:51:09	918		V50	100
928	1719	Mário Nunes	00:26:19	00:52:09	00:51:44	961	Os corre para comer	V45	160
929	1176	Bruce Pires	00:24:08	00:52:09	00:51:16	923		Junior	17
930	1971	João Pinto	00:28:34	00:52:11	00:50:42	879		Junior	18
931	857	Manuela Pinto	00:26:57	00:52:11	00:51:40	955	O MUNDO DA CORRIDA	V55	4
932	1932	Francesc Rigol	00:26:53	00:52:12	00:51:40	954		V60	31
933	490	Ricardo Simoes	00:26:31	00:52:14	00:51:47	965	GDCTINCM	V50	101
934	564	Elias Junior	00:28:45	00:52:16	00:51:15	922		Junior	19
935	1363	Carlos Santos	00:26:41	00:52:16	00:51:36	949		V50	102
936	1035	João Saramago	00:25:59	00:52:17	00:51:22	928		V45	161
937	1337	Cristina Gabriel	00:26:41	00:52:17	00:51:36	946	SS CGD	V35	18
938	556	Antonio Angelino	00:27:07	00:52:18	00:51:44	962	REAL ACADEMIA	V50	103
939	679	Gabriel Moreira	00:26:43	00:52:19	00:51:42	957		V60	32
940	1454	Ana Pereira	00:26:25	00:52:19	00:51:50	968	Junta de Freguesia da Falagueira-Venda Nova	V45	21



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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>
941	822	Rodrigo Nicolau	00:25:50	00:52:21	00:51:50	969		Senior	138
942	148	Bruno Martinho	00:25:10	00:52:22	00:51:37	951	CSB_RF	Senior	139
943	2000	Ponot Solange	00:26:52	00:52:22	00:51:36	947		V40	19
944	1999	De Luis	00:26:52	00:52:22	00:51:37	950		V50	104
945	919	Manuel Fonseca	00:26:26	00:52:23	00:51:30	940		V55	61
946	1142	Bruno Silva	00:26:27	00:52:24	00:52:04	982	1 Km/x	V40	181
947	203	Ricardo Fernandes	00:28:19	00:52:24	00:50:52	899		V45	162
948	1494	Pedro Carreira	00:25:43	00:52:25	00:50:46	888		Senior	140
949	1262	Filipe Amaral	00:27:11	00:52:25	00:51:24	930		V35	128
950	1373	Domingos Henrique	00:27:28	00:52:25	00:50:45	886		V55	62
951	1374	Carolina Henrique	00:27:28	00:52:25	00:50:45	885		Senior	37
952	1347	Ernesto Pereira	00:26:02	00:52:26	00:51:09	916		V50	105
953	784	Carlos Silva	00:27:40	00:52:26	00:51:43	960		V45	163
954	1346	Joel Machado	00:26:03	00:52:26	00:51:09	917		V35	129
955	715	Jose Martins	00:26:34	00:52:28	00:52:18	990	SS CGD	V45	164
956	1652	Sonia Caixeirinho	00:27:41	00:52:28	00:51:59	977	RB RUNNING	V45	22
957	524	Hugo Barata	00:26:28	00:52:29	00:52:00	979		V40	182
958	1947	Ferreira Henrique	00:26:40	00:52:31	00:51:41	956		V50	106
959	1223	Mário Miguel	00:27:04	00:52:32	00:51:42	958	G.D.R. da Reboleira	V65	11
960	1703	Andre Barbosa	00:25:57	00:52:32	00:52:16	989		V40	183



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961	761	Sara Lobo	00:27:38	00:52:33	00:51:38	952		Senior	38
962	1895	Nerea Gurrea	00:27:11	00:52:33	00:51:11	919		V40	20
963	1487	César Cabeza	00:26:28	00:52:34	00:51:29	938		V40	184
964	1281	Elias Tavares	00:26:25	00:52:35	00:51:59	978		V50	107
965	768	Carla Bernardino	00:26:17	00:52:36	00:51:55	973		V40	21
966	1085	Nuno Sousa	00:26:15	00:52:37	00:51:31	941		Senior	141
967	1443	Bárbara Sá	00:27:23	00:52:40	00:51:21	927	Junta de Freguesia da Falagueira-Venda Nova	V35	19
968	1590	Tiago Santos	00:26:35	00:52:41	00:51:59	976		Senior	142
969	62	Leandro Real	00:26:55	00:52:41	00:51:05	910		Junior	20
970	1230	Ivo Lima	00:26:50	00:52:42	00:52:30	1005	GRUPO DESPORTIVO SANTANDER TOTTA	V40	185
971	571	Alexandre Reis	00:26:16	00:52:43	00:52:22	996	Casa do Benfica em Algueirão Mem Martins	V55	63
972	184	Francisco Bernard	00:27:07	00:52:44	00:52:09	985		V40	186
973	861	Fernando Alvim	00:27:26	00:52:46	00:51:30	939	Alvins Os Esquilos	V45	165
974	618	Fernanda Camacho	00:26:51	00:52:47	00:52:28	1003	CARRASCO & AMIGOS	V45	23
975	1335	Ana Almeida	00:26:34	00:52:47	00:52:15	988	SS CGD	V35	20
976	617	António Murteira	00:26:52	00:52:47	00:52:42	1017	CARRASCO & AMIGOS	V50	108
977	598	Joao Godinho	00:26:32	00:52:51	00:52:22	998		V35	130
978	1959	Vitor Ferreira	00:27:08	00:52:54	00:52:11	986		V45	166
979	676	Francisco Almeida	00:27:59	00:52:54	00:51:57	974	CLUBE DO STRESS	V40	187
980	675	Joaquim Leal	00:27:59	00:52:55	00:51:59	975	CLUBE DO STRESS	V55	64



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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>
981	1310	Nuno Ferreira	00:27:10	00:52:56	00:52:01	980		V40	188
982	1770	Pedro Martins	00:27:09	00:52:56	00:52:01	981		V40	189
983	1010	Teresa Sepúlveda	00:27:17	00:52:58	00:52:22	997		V35	21
984	854	Aníbal Carvalho	00:27:29	00:52:59	00:52:32	1007		V65	12
985	668	António Oliveira	00:27:24	00:53:01	00:52:07	983		V35	131
986	798	Joaquim Mendes	00:27:36	00:53:02	00:51:55	972		V55	65
987	1375	Gilson Silva	00:27:38	00:53:02	00:51:20	926		V40	190
988	1921	Tiago Pires	00:28:20	00:53:04	00:51:29	937		Senior	143
989	1920	Pedro Couto	00:28:20	00:53:05	00:51:29	936		V35	132
990	1815	João Carvalhinho	00:26:45	00:53:06	00:52:20	992		V60	33
991	519	Ana Marinho	00:27:25	00:53:07	00:51:25	932		Senior	39
992	1215	Ricardo Mota	00:27:21	00:53:07	00:52:27	1002	Run Tejo - CM Socks	V35	133
993	1517	Hugo Rosas	00:26:50	00:53:08	00:52:13	987		V40	191
994	1991	Carlos Vitorino	00:27:09	00:53:08	00:51:39	953		V45	167
995	1820	Antonio Inglês	00:26:48	00:53:08	00:52:30	1006		V60	34
996	1992	Lara Cláudio	00:27:09	00:53:09	00:51:42	959		Junior	3
997	1571	Alexandre Dâmaso	00:27:48	00:53:09	00:52:22	994		V50	109
998	1569	Ana Almeida	00:27:49	00:53:10	00:52:23	999		V40	22
999	1512	Pedro Morgado	00:27:30	00:53:11	00:52:08	984	Sand Tree	Senior	144
1000	1492	João Fagundes	00:27:09	00:53:14	00:52:26	1001		V40	192



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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>
1001	1149	O Guizo	00:27:14	00:53:14	00:52:44	1020		V40	193
1002	1829	Miguel Silva	00:27:34	00:53:15	00:52:23	1000		V45	168
1003	297	Luis Correia	00:27:12	00:53:15	00:52:39	1013		V50	110
1004	1610	Pedro Ferreira	00:26:00	00:53:17	00:52:54	1032		V45	169
1005	1472	Carlos Martinho	00:26:36	00:53:19	00:52:43	1018		V55	66
1006	1034	Pedro Oliveira	00:27:33	00:53:19	00:52:57	1038		V45	170
1007	168	Alexandra Rodrigues	00:27:45	00:53:19	00:52:28	1004	Casa do Benfica em Algueirão Mem Martins	V45	24
1008	553	João Pinto	00:28:22	00:53:20	00:51:51	970	Grupo Atletas de Monsanto	V55	67
1009	178	Luis Dias	00:26:57	00:53:20	00:52:54	1031		V50	111
1010	885	Bruno Caldeira	00:28:10	00:53:22	00:51:49	967		Senior	145
1011	1842	Marina Teixeira	00:27:00	00:53:23	00:52:45	1021		V40	23
1012	1333	António Fernandes	00:27:18	00:53:23	00:52:19	991	Câmara Municipal da Amadora	V55	68
1013	1875	Jorge Barros	00:27:10	00:53:25	00:52:34	1008		V45	171
1014	1005	Paulo Fonseca	00:27:09	00:53:26	00:52:45	1023		V45	172
1015	1141	Henrique Coelho	00:27:22	00:53:28	00:52:44	1019	Clube de Ténis da Amadora	V35	134
1016	44	Carlos Noronha	00:27:49	00:53:28	00:53:06	1046		V35	135
1017	1186	Tiago Rodrigues	00:26:11	00:53:28	00:52:53	1030		Senior	146
1018	1761	Severino Cruz	00:27:51	00:53:31	00:52:22	995		V55	69
1019	341	Luis Silva	00:27:43	00:53:31	00:52:49	1026		V45	173
1020	1242	Fernando Dias	00:27:16	00:53:33	00:52:50	1028		V55	70



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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>
1021	165	Rafael Santos	00:28:32	00:53:34	00:52:49	1025	CCDTMetroLX	V50	112
1022	1535	Nelson Pinto	00:28:55	00:53:35	00:51:52	971		V40	194
1023	738	Hugo Rodrigues	00:27:07	00:53:36	00:53:14	1051		V35	136
1024	272	Rodrigo Sousa	00:27:17	00:53:36	00:53:12	1050	MTBA	V35	137
1025	1103	Pedro Valentim	00:27:40	00:53:37	00:52:56	1037		V50	113
1026	588	António Junior	00:27:56	00:53:40	00:52:49	1024	SERUL - Os Unidos de Leceia	V50	114
1027	49	Luis Loureiro	00:27:44	00:53:40	00:53:01	1042		V35	138
1028	1106	Ricardo Fernandes	00:28:32	00:53:40	00:52:36	1009		V40	195
1029	1256	Ricardo Silva	00:28:22	00:53:41	00:52:54	1035		V40	196
1030	67	Luís Lourenço	00:27:32	00:53:42	00:53:03	1044		V40	197
1031	477	Jose Sousa	00:28:05	00:53:43	00:53:07	1047	CD ARNEIRO	V65	13
1032	1908	Álvaro Manzo	00:27:11	00:53:43	00:53:25	1064		V40	198
1033	1261	Luís Resende	00:27:47	00:53:46	00:53:03	1043		V35	139
1034	814	Gonçalo Jorge	00:27:35	00:53:47	00:52:54	1033	CCD Sintrense	V35	140
1035	276	Sónia Ferreira	00:27:35	00:53:47	00:52:55	1036	Casa do Benfica em Algueirão Mem Martins	V35	22
1036	403	Jose Ferreira	00:26:56	00:53:48	00:53:16	1054	Clube Millennium Bcp	V45	174
1037	927	Nkadi António	00:27:19	00:53:50	00:52:54	1034		Senior	147
1038	995	Inês Marques	00:28:43	00:53:50	00:52:40	1015		V40	24
1039	994	Miguel Lopes	00:28:42	00:53:50	00:52:40	1016		V40	199
1040	1630	Tânia Freitas	00:27:53	00:53:51	00:52:38	1012		Senior	40



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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>
1041	590	Paulo Sousa	00:27:44	00:53:53	00:53:16	1055		V45	175
1042	437	Luis Monteiro	00:27:43	00:53:53	00:53:18	1056		V45	176
1043	1980	Pedro Sardinha	00:28:51	00:53:54	00:52:21	993		V45	177
1044	1918	Paula Cardoso	00:27:30	00:53:54	00:53:15	1052		V45	25
1045	563	Elias Cruz	00:27:43	00:53:55	00:52:53	1029		Senior	148
1046	1391	Helena Sécio	00:28:31	00:53:56	00:52:39	1014	100 pernas	V50	9
1047	682	José Saraiva	00:27:40	00:53:56	00:53:16	1053		V55	71
1048	992	Raquel Serralheiro	00:28:00	00:53:59	00:52:49	1027	Câmara Municipal da Amadora	V35	23
1049	773	Antonio Figueiredo	00:27:02	00:54:01	00:53:39	1074	Clube EDP Lisboa	V55	72
1050	1264	Cláudio Vidreiro	00:28:23	00:54:03	00:53:07	1048		V45	178
1051	1531	Rui Fanha	00:27:39	00:54:05	00:53:11	1049		V45	179
1052	278	Rui Emídio	00:28:07	00:54:06	00:52:45	1022	Casa do Benfica em Algueirão Mem Martins	V60	35
1053	703	Bernardino Pereira	00:27:37	00:54:09	00:53:24	1062	SS CGD	V80	1
1054	640	Paulo Silva	00:29:56	00:54:09	00:53:24	1063		V45	180
1055	1241	Sónia Pinto	00:27:32	00:54:09	00:53:21	1059	Os Galgos	V45	26
1056	223	Paulo Santos	00:28:34	00:54:10	00:53:36	1072		V55	73
1057	954	Paula Cardoso	00:28:54	00:54:10	00:52:36	1010	Uniao Desportiva Alfoanelos	V40	25
1058	1838	Miguel Moradas	00:28:17	00:54:11	00:53:00	1040	Weekend Runners	V50	115
1059	1420	Jorge Camoesas	00:27:46	00:54:11	00:53:21	1058		V35	141
1060	176	José Lopes	00:28:37	00:54:11	00:53:20	1057		V40	200



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2019 CLASSIFICAÇÃO

<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>
1061	962	Antonio Cardoso	00:28:54	00:54:11	00:52:37	1011	Uniao Desportiva Alfoanelos	V45	181
1062	313	Agostinho Figueiredo	00:28:08	00:54:12	00:53:32	1070	Correr Queluz	Senior	149
1063	783	Luis Almeida	00:28:09	00:54:13	00:53:58	1092		V45	182
1064	757	Bruno Bandeira	00:27:18	00:54:14	00:53:01	1041		Junior	21
1065	528	Jorge Cunha	00:28:21	00:54:15	00:53:31	1068		V45	183
1066	967	Fernando Vaz	00:27:54	00:54:17	00:53:23	1061		V35	142
1067	1397	Marcia Correia	00:28:29	00:54:18	00:52:58	1039		Senior	41
1068	1342	Francisco Alves	00:25:52	00:54:22	00:53:57	1090	Sport Amadora e Pumas	Senior	150
1069	639	Rui Fernandes	00:28:24	00:54:23	00:53:45	1081		V45	184
1070	671	Joaquim Costa	00:27:31	00:54:24	00:53:55	1087		V65	14
1071	1182	João Ruivo	00:27:35	00:54:24	00:53:44	1079		V45	185
1072	1542	Odete Barbas	00:28:04	00:54:25	00:53:29	1067		V45	27
1073	1214	Carla Nascimento	00:27:58	00:54:29	00:53:40	1075	Run Tejo - CM Socks	V35	24
1074	1860	Rita Ramos	00:28:12	00:54:30	00:53:04	1045		Senior	42
1075	712	João Correia	00:27:41	00:54:31	00:53:52	1086	SS CGD	V55	74
1076	433	José Castro	00:28:27	00:54:34	00:54:01	1095	CLUBE ATLETISMO AMIGOS DE BELÉM	V60	36
1077	808	Favelina Santos	00:28:15	00:54:35	00:53:43	1077		V45	28
1078	623	Sara Nogueira	00:28:15	00:54:35	00:53:44	1078		V40	26
1079	621	Gonçalo Loureiro	00:28:46	00:54:39	00:53:45	1083		V40	201
1080	1733	Sergio Santos	00:28:57	00:54:41	00:53:36	1073	Bejecas	V45	186



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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>
1081	1945	Paulo Campos	00:27:38	00:54:43	00:53:45	1082		V45	187
1082	1995	Sofia Caetano	00:27:35	00:54:43	00:54:27	1118	A.M. Atibá	V40	27
1083	182	Susana Gaspar	00:28:11	00:54:45	00:54:03	1100		Senior	43
1084	730	Olga Borges	00:27:46	00:54:46	00:54:22	1112	SS CGD	V40	28
1085	840	Inês Paulino	00:28:28	00:54:46	00:53:23	1060	Family	V35	25
1086	1525	Tiago Antunes	00:27:15	00:54:47	00:54:23	1113	Vagabundos por ai...	V35	143
1087	1886	Jorge Campos	00:27:35	00:54:48	00:53:49	1085		V45	188
1088	521	Adelino Pires	00:28:17	00:54:49	00:53:32	1069		V45	189
1089	520	Sandra Costa	00:28:17	00:54:49	00:53:33	1071		V45	29
1090	939	Elsa Soares	00:28:07	00:54:51	00:54:01	1096		V35	26
1091	90	Rui Martins	00:28:08	00:54:54	00:54:06	1102		V35	144
1092	1763	Esmael Gonçalves	00:26:59	00:54:55	00:54:06	1103		Senior	151
1093	1244	Luis Rocha	00:28:31	00:54:56	00:54:24	1115		V40	202
1094	387	Antonio Almeida	00:28:24	00:54:57	00:54:20	1110	Clube Millennium Bcp	V50	116
1095	147	David Silva	00:27:56	00:55:00	00:54:04	1101	CSB_RF	V35	145
1096	1822	Paulo Antunes	00:28:25	00:55:02	00:54:00	1094		V45	190
1097	338	Sónia Jesus	00:28:34	00:55:03	00:53:55	1088		V40	29
1098	292	Meagan Carty	00:28:55	00:55:04	00:54:16	1105		V40	30
1099	20	Paula Café	00:28:55	00:55:04	00:54:18	1107		V45	30
1100	1404	Paulo Almeida	00:28:24	00:55:06	00:53:58	1091		V50	117



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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>
1101	354	Ana Mota	00:29:22	00:55:06	00:53:41	1076		Senior	44
1102	953	João Osório	00:28:13	00:55:07	00:54:19	1109	Tartarugas Solidárias	V40	203
1103	906	Patrícia Gomes	00:28:27	00:55:07	00:54:30	1123		V35	27
1104	1258	Amilcar Monteiro	00:27:50	00:55:08	00:54:27	1119		V65	15
1105	1403	Carlos Cardoso	00:29:24	00:55:08	00:53:25	1065		V55	75
1106	750	Bernardino Antunes	00:28:58	00:55:08	00:54:03	1098	Bejecas	V55	76
1107	196	Vitor Ludwig	00:27:30	00:55:08	00:54:19	1108		V40	204
1108	654	Vitor Martins	00:28:14	00:55:09	00:54:18	1106		V65	16
1109	999	Rogério Gonçalves	00:28:46	00:55:10	00:53:56	1089	Os Galgos	V50	118
1110	1903	Pedro Bação	00:28:45	00:55:11	00:53:45	1080		V40	205
1111	1522	João Antunes	00:28:35	00:55:14	00:53:49	1084	Clube de Ténis da Amadora	V50	119
1112	1705	João Calisto	00:28:53	00:55:14	00:54:03	1099		V55	77
1113	255	Henrique Ferreira	00:28:01	00:55:15	00:54:31	1124		V35	146
1114	190	Carla Neves	00:27:51	00:55:17	00:54:48	1136		V35	28
1115	560	Susana Ribeiro	00:28:20	00:55:21	00:54:49	1139		V35	29
1116	787	João Verissimo	00:28:12	00:55:21	00:54:59	1149		V60	37
1117	260	José Lindo	00:28:10	00:55:22	00:55:16	1166	CA VALE FIGUEIRA	V70	4
1118	1804	Mafalda Santos	00:28:28	00:55:22	00:54:32	1126		V40	31
1119	119	Marco Silva	00:28:28	00:55:23	00:54:55	1145		V40	206
1120	1069	Tam Afonso	00:28:42	00:55:24	00:55:01	1152	CCD TRANQUILIDADE ATLETISMO	V65	17



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1121	438	Marco Bastos	00:27:48	00:55:25	00:54:26	1117		V45	191
1122	50	Nuno Molero	00:28:08	00:55:25	00:54:40	1132		V35	147
1123	88	Nuno Ferreira	00:28:28	00:55:25	00:54:56	1147		V35	148
1124	442	Carlos Folgado	00:29:16	00:55:26	00:54:25	1116	GE "Os Económicos"	V55	78
1125	496	António Santos	00:27:48	00:55:26	00:54:40	1131	CARRASCO & AMIGOS	V75	1
1126	60	António Fonseca	00:28:20	00:55:27	00:54:31	1125		V70	5
1127	695	Luisa Ralha	00:28:05	00:55:27	00:54:29	1120	RUN 4 FUN	V60	2
1128	236	Jaime Silva	00:28:21	00:55:28	00:54:49	1138		V65	18
1129	565	Agostinho Cristino	00:28:42	00:55:32	00:54:46	1134	Casa do Benfica em Algueirão Mem Martins	V70	6
1130	1789	Casimiro Ferreira	00:29:09	00:55:33	00:54:00	1093		V45	192
1131	1309	Bárbara Cruz	00:28:43	00:55:33	00:54:24	1114		Senior	45
1132	77	Sandra Arraias	00:28:43	00:55:35	00:54:54	1143	Os Arraias	V35	30
1133	422	Sofia Antunes	00:29:01	00:55:36	00:54:58	1148		V40	32
1134	652	Ana Duarte	00:29:33	00:55:37	00:53:27	1066		V45	31
1135	1949	António Santos	00:28:30	00:55:40	00:54:30	1121		V45	193
1136	914	Daniel Cardoso	00:28:00	00:55:41	00:54:30	1122	Câmara Municipal da Amadora	V45	194
1137	1591	Fernando Reis	00:28:50	00:55:42	00:55:06	1156		V60	38
1138	1022	Fernando Gonçalves	00:28:28	00:55:43	00:54:20	1111		V50	120
1139	1297	Joana Mendes	00:28:15	00:55:43	00:55:19	1171		Senior	46
1140	582	Maria Romero	00:28:30	00:55:44	00:54:46	1135		V60	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>
1141	1158	Catarina Ramos	00:28:36	00:55:44	00:55:01	1150		Senior	47
1142	1104	Fernanda Ribeiro	00:28:36	00:55:44	00:55:01	1151		V50	10
1143	391	Mario Marcelino	00:29:37	00:55:44	00:54:38	1130	Clube Millennium Bcp	V60	39
1144	291	Bento Quaresma	00:29:16	00:55:45	00:54:55	1144	Linda-a-Pastora Sporting Clube	V45	195
1145	53	Elisabete Silva	00:29:16	00:55:47	00:54:56	1146	Linda-a-Pastora Sporting Clube	V35	31
1146	691	Paulo Quaresma	00:28:38	00:55:47	00:55:06	1157	Veteranos de Massamá	V60	40
1147	110	Cristina Silvério	00:28:36	00:55:47	00:55:10	1161		V40	33
1148	1965	Sergio Rodrigues	00:28:39	00:55:51	00:54:50	1140		V45	196
1149	1084	Jorge Palma	00:28:10	00:55:54	00:54:48	1137		V40	207
1150	1406	Pedro Custódio	00:28:24	00:55:55	00:55:41	1189		V40	208
1151	1412	Helena Silva	00:29:22	00:55:56	00:54:33	1128		V50	11
1152	1786	Luis Ferreira	00:29:22	00:55:56	00:54:34	1129	MTBA	V50	121
1153	1127	Carla Ribeiro	00:28:24	00:55:56	00:55:18	1170		V45	32
1154	265	Íris Maurício	00:29:23	00:55:56	00:54:33	1127	MTBA	V40	34
1155	1128	Miguel Ribeiro	00:28:25	00:55:57	00:55:18	1169		V45	197
1156	1422	Victoria Mata	00:28:46	00:55:57	00:55:07	1159		V65	1
1157	1708	Carlos Beijinho	00:28:48	00:55:59	00:54:40	1133		V45	198
1158	1861	Rafael Rios	00:28:35	00:56:01	00:55:10	1160		V45	199
1159	1143	Pedro Moleiro	00:29:01	00:56:01	00:55:20	1174	1 Km/x	V40	209
1160	234	Gonçalo Rodrigues	00:29:48	00:56:02	00:54:15	1104		Senior	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>
1161	532	Vanessa Sequeira	00:28:53	00:56:03	00:55:16	1167	marvila jovem	V35	32
1162	533	Monica Matos	00:28:54	00:56:03	00:55:17	1168	marvila jovem	V40	35
1163	1460	Soraya Cabral	00:28:33	00:56:05	00:55:07	1158	Junta de Freguesia da Falagueira-Venda Nova	V40	36
1164	1415	Paulo Rocha	00:28:15	00:56:06	00:55:32	1185		V40	210
1165	481	João Pereira	00:29:01	00:56:07	00:55:22	1177		V50	122
1166	891	Hélder Romano	00:27:30	00:56:09	00:55:27	1183		V50	123
1167	1536	Hugo Santos	00:29:39	00:56:10	00:55:06	1155		V40	211
1168	903	José Galamba	00:28:24	00:56:14	00:55:57	1204	CLUBE DESPORTIVO ESTRELA	V65	19
1169	157	Catarina Varges	00:29:11	00:56:15	00:55:53	1200	Clube Ferroviário de Portugal	V45	33
1170	587	Jose Fernandes	00:28:48	00:56:18	00:55:52	1197		V65	20
1171	228	Natacha Mouco	00:28:47	00:56:20	00:55:28	1184		Senior	48
1172	672	Henrique Martins	00:29:00	00:56:21	00:54:02	1097		Senior	153
1173	1178	Filipe Pimentel	00:28:40	00:56:23	00:55:53	1202		V45	200
1174	1042	Tânia Mendonça	00:29:04	00:56:23	00:54:51	1141		Senior	49
1175	1077	Sandra Ferreira	00:29:04	00:56:23	00:54:52	1142		V35	33
1176	194	Andreia Pereira	00:30:51	00:56:24	00:55:03	1153		Senior	50
1177	359	Rui Salgueiro	00:29:06	00:56:29	00:55:14	1163	CSB_RF	V45	201
1178	392	Vitor Gomes	00:28:40	00:56:30	00:55:25	1181	Clube Millennium Bcp	V50	124
1179	408	Susana Mateus	00:28:40	00:56:30	00:55:25	1182	Clube Millennium Bcp	V50	12
1180	444	Vítor Correia	00:29:22	00:56:31	00:55:59	1205		V40	212



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1181	1915	Luis Dionisio	00:28:38	00:56:32	00:55:52	1199		V45	202
1182	1283	Carlos Costa	00:28:24	00:56:35	00:56:00	1208		V50	125
1183	1994	Mónica Lopes	00:28:25	00:56:35	00:56:15	1225	A.M. Atibá	V40	37
1184	884	Mauro Peliquito	00:29:15	00:56:36	00:55:04	1154		V35	149
1185	1957	Luis Godinho	00:28:01	00:56:39	00:56:26	1232		V40	213
1186	720	Paulo Bailão	00:28:50	00:56:39	00:56:09	1218	SS CGD	V45	203
1187	818	José Borges	00:27:51	00:56:39	00:56:19	1228	CCD Sintrense	V55	79
1188	858	João Pereira	00:29:00	00:56:40	00:55:46	1190	Câmara Municipal da Amadora	V45	204
1189	916	José Roseiro	00:29:21	00:56:40	00:55:51	1196		V60	41
1190	447	Vera Duarte	00:29:13	00:56:43	00:55:11	1162		V45	34
1191	625	Rui Safara	00:29:36	00:56:43	00:55:15	1164		V45	205
1192	1271	Paulo Portugal	00:29:36	00:56:43	00:55:16	1165		V50	126
1193	697	Paulo Cabaço	00:29:39	00:56:46	00:55:53	1201		V50	127
1194	1324	Hélder Silva	00:29:21	00:56:46	00:55:23	1178		V45	206
1195	514	Antónia Paiva	00:29:21	00:56:47	00:55:25	1180	Grupo Recreativo e Desportivo da Ribeira da Lag	V45	35
1196	975	Adriano Cunha	00:29:39	00:56:47	00:56:00	1209		V65	21
1197	510	Vanda Badé	00:29:21	00:56:47	00:55:24	1179	Grupo Recreativo e Desportivo da Ribeira da Lag	V35	34
1198	1587	Joana Peralta	00:28:58	00:56:47	00:56:01	1210	RunLovers	V40	38
1199	1588	Nuno Marques	00:28:57	00:56:47	00:56:01	1211	RunLovers	V50	128
1200	1589	Nuno Tempera	00:28:58	00:56:47	00:56:01	1212	RunLovers	V50	129



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1201	1057	José Robalo	00:29:45	00:56:49	00:55:52	1198		V65	22
1202	805	Afonso Santos	00:28:43	00:56:50	00:55:50	1195		Junior	22
1203	156	António Lopes	00:28:46	00:56:50	00:56:03	1213	CSB_RF	V60	42
1204	600	Patricia Xavier	00:29:40	00:56:51	00:55:35	1186		V40	39
1205	1830	Luís Carvalho	00:29:28	00:56:51	00:55:59	1206		V45	207
1206	1795	Jose Miranda	00:29:49	00:56:51	00:55:20	1175		V50	130
1207	910	Tiago Marques	00:29:50	00:56:51	00:55:21	1176		V35	150
1208	399	Carla Medeiros	00:29:14	00:56:53	00:55:35	1187	Clube Millennium Bcp	V35	35
1209	739	Júlio Costa	00:28:42	00:56:53	00:56:27	1233		V40	214
1210	323	Amândio Rodrigues	00:30:55	00:56:55	00:55:19	1173		V55	80
1211	293	Nuno Rodrigues	00:30:55	00:56:55	00:55:19	1172		Senior	154
1212	409	Carla Ribeiro	00:29:05	00:56:56	00:55:50	1194	Clube Millennium Bcp	V40	40
1213	1039	Bruno Silva	00:27:41	00:56:57	00:56:45	1257		Senior	155
1214	1929	Manuel Passos	00:28:03	00:57:00	00:55:38	1188		Junior	23
1215	1351	Abílio Tavares	00:28:43	00:57:01	00:56:29	1237		V60	43
1216	1781	Manuel Costa	00:28:46	00:57:01	00:56:12	1221		V60	44
1217	16	Marta Fernandes	00:29:39	00:57:02	00:56:11	1220		Senior	51
1218	1574	José Martins	00:29:30	00:57:02	00:56:04	1216		V60	45
1219	909	Nuno Alves	00:28:38	00:57:03	00:56:39	1248		V65	23
1220	1508	Jorge Rosa	00:28:55	00:57:03	00:55:49	1193		V45	208



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1221	1790	Eugénia Ribeiro	00:28:55	00:57:07	00:56:18	1226		V45	36
1222	1979	Paula Santos	00:29:44	00:57:08	00:56:24	1229		V50	13
1223	1760	Orlando Duarte	00:30:08	00:57:08	00:55:47	1192		V60	46
1224	1359	Elsa Rodrigues	00:28:46	00:57:09	00:56:43	1254		Senior	52
1225	57	João Lima	00:29:43	00:57:09	00:56:18	1227	4 ao Km	V55	81
1226	1396	Valdinei Cristo	00:28:14	00:57:09	00:56:09	1219		V35	151
1227	1260	Orlando Ferreira	00:28:56	00:57:11	00:56:32	1241	RUN 4 FUN	V45	209
1228	1267	Ana Melo	00:28:56	00:57:11	00:56:32	1242	RUN 4 FUN	V40	41
1229	1800	Paulo Nogueira	00:29:49	00:57:13	00:56:57	1268		V55	82
1230	948	Paulo Roxo	00:28:59	00:57:13	00:56:38	1247		V40	215
1231	984	Manuel Narciso	00:29:26	00:57:15	00:56:31	1238		V55	83
1232	116	Nuno Rodrigues	00:29:34	00:57:15	00:56:32	1240		V35	152
1233	59	Ana Châtillon	00:29:24	00:57:16	00:56:25	1231		Senior	53
1234	1338	João Gomes	00:30:04	00:57:16	00:55:59	1207		V55	84
1235	780	Rafael Almeida	00:28:02	00:57:16	00:56:41	1253		Junior	24
1236	554	Constancio Almeida	00:28:55	00:57:17	00:56:47	1258	Grupo Atletas de Monsanto	V60	47
1237	1831	Pedro Duarte	00:28:27	00:57:21	00:56:45	1256		V35	153
1238	1252	Miguel Guilherme	00:28:58	00:57:22	00:56:48	1259		V35	154
1239	443	Rui Pires	00:28:53	00:57:22	00:56:28	1236	GE "Os Económicos"	V50	131
1240	1251	Patrícia Machado	00:28:58	00:57:22	00:56:49	1262		V35	36



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2019 CLASSIFICAÇÃO

<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>
1241	1723	Joaquim Fonseca	00:29:03	00:57:23	00:56:38	1246	Federação da Família para a Paz Mundial e Unifi	V60	48
1242	922	Bruno Miguel	00:29:24	00:57:23	00:56:15	1223		V35	155
1243	771	Daniel Silva	00:30:28	00:57:25	00:56:07	1217		V35	156
1244	1499	Tiago Silva	00:31:15	00:57:26	00:55:46	1191		V35	157
1245	872	Aires Ildefonso	00:30:02	00:57:27	00:56:40	1249	Cabeleireiro moda jovem	V60	49
1246	518	Jose Neto	00:26:43	00:57:28	00:57:18	1293		V60	50
1247	1174	Ricardo Veiga	00:29:59	00:57:29	00:56:13	1222	Veigaboys	V35	158
1248	19	João Antunes	00:28:35	00:57:30	00:56:58	1269		V60	51
1249	263	Francisco Amaro	00:29:17	00:57:31	00:56:27	1234	MTBA	V50	132
1250	1649	Luis Antunes	00:28:46	00:57:32	00:57:06	1280	RB RUNNING	V45	210
1251	171	Carlos Coelho	00:29:27	00:57:34	00:56:41	1252	CPOC	V55	85
1252	170	Vitor Rodrigues	00:29:30	00:57:34	00:56:40	1251	CPOC	V65	24
1253	1270	Nuno Moniz	00:29:58	00:57:34	00:55:56	1203		Senior	156
1254	782	Ana Cabaço	00:30:23	00:57:35	00:56:27	1235		V40	42
1255	1417	António Pinto	00:29:58	00:57:35	00:56:03	1215		V55	86
1256	1473	Isabel Cardeal	00:29:58	00:57:35	00:56:03	1214		V50	14
1257	135	Paulo Roberto	00:28:17	00:57:35	00:56:38	1245		V45	211
1258	1476	Vasco Lourenço	00:27:06	00:57:37	00:56:44	1255		Junior	25
1259	1037	Maria Conchinha	00:29:14	00:57:38	00:57:07	1285		V60	4
1260	1339	Diogo Cavalheiro	00:30:23	00:57:40	00:56:31	1239		V40	216



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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>
1261	492	Sónia Correia	00:29:18	00:57:40	00:57:06	1281	GDCTINCM	V40	43
1262	704	Carlos Albano	00:28:32	00:57:41	00:57:03	1274	SS CGD	V45	212
1263	727	Severino Rosa	00:28:53	00:57:41	00:57:04	1277	SS CGD	V60	52
1264	507	Miguel Castela	00:31:08	00:57:42	00:56:25	1230	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V45	213
1265	1184	António Jubilado	00:30:21	00:57:42	00:57:12	1291		V60	53
1266	1751	Bruno Fernandes	00:30:02	00:57:43	00:56:15	1224		V45	214
1267	1140	Pedro Vieira	00:29:22	00:57:43	00:57:00	1272	Clube de Ténis da Amadora	V35	159
1268	886	Ana Lopes	00:29:31	00:57:44	00:57:03	1276		V40	44
1269	926	Rita Oliveira	00:29:12	00:57:45	00:57:10	1288		V35	37
1270	133	Sandra Lopes	00:29:48	00:57:46	00:57:07	1284		V40	45
1271	56	Isadora Costa	00:30:22	00:57:53	00:57:03	1273	4 ao Km	Senior	54
1272	1228	Ana Godinho	00:29:39	00:57:53	00:57:05	1278	Run Tejo - CM Socks	V45	37
1273	1431	Paulo Costa	00:19:18	00:57:53	00:57:48	1323		V45	215
1274	1818	Helio Balinha	00:29:27	00:57:54	00:57:11	1290		V35	160
1275	252	Paulo Almeida	00:30:00	00:57:55	00:56:34	1243		V50	133
1276	841	Cátia Paulino	00:30:28	00:57:58	00:56:35	1244	Family	Senior	55
1277	1998	José Paulo	00:25:17	00:58:02	00:56:49	1261		Senior	157
1278	1272	Lucete Rocha	00:29:37	00:58:03	00:56:57	1267		V40	46
1279	833	Antonio Teixeira	00:24:25	00:58:04	00:57:18	1294		Junior	26
1280	651	Angelo Fernandes	00:30:39	00:58:05	00:56:40	1250		V45	216



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1281	1704	Júlia Calisto	00:30:45	00:58:06	00:56:55	1266		V55	5
1282	1319	Rui Bastos	00:29:39	00:58:07	00:57:00	1271		V45	217
1283	1302	Bruno Ferreira	00:29:40	00:58:07	00:56:59	1270		V35	161
1284	473	Isabel Santos	00:29:56	00:58:08	00:57:33	1305	LOURDETE PERFUMARIAS	V50	15
1285	1312	Alexandre Drake	00:29:22	00:58:08	00:56:53	1263		V50	134
1286	996	Rui Madruga	00:28:14	00:58:09	00:57:45	1317		V50	135
1287	1801	Filipe Morais	00:28:59	00:58:10	00:57:03	1275		V40	217
1288	616	Luis Miranda	00:29:35	00:58:12	00:57:23	1295	Os Galgos	V45	218
1289	702	Álvaro Furtado	00:30:38	00:58:13	00:57:34	1306	SS CGD	V60	54
1290	1722	Nuno Dantas	00:28:47	00:58:13	00:57:48	1322	Os corre para comer	V45	219
1291	1792	Marta Bruno	00:29:33	00:58:14	00:56:53	1264		Senior	56
1292	149	Paulo Tomé	00:29:54	00:58:14	00:57:27	1298	CSB_RF	V35	162
1293	150	Rui Lopes	00:29:53	00:58:15	00:57:29	1300	CSB_RF	Senior	158
1294	1851	Pedro Silva	00:29:33	00:58:15	00:56:54	1265		Senior	159
1295	1721	Natacha Ii	00:28:47	00:58:15	00:57:49	1324	Os corre para comer	V40	47
1296	1040	Diabo Jr.	00:29:36	00:58:15	00:57:10	1289		V35	163
1297	1780	João Geraldês	00:29:45	00:58:21	00:57:08	1286		V50	136
1298	483	Bruno Madeira	00:30:48	00:58:23	00:57:34	1307		V40	218
1299	47	Jose Correia	00:29:32	00:58:24	00:58:06	1349		V60	55
1300	218	Marcos Serrano	00:31:42	00:58:25	00:56:49	1260	Fusion2Fight	V35	164



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2019 CLASSIFICAÇÃO

<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>
1301	1767	José Seixo	00:28:09	00:58:27	00:57:55	1336		V35	165
1302	1328	Elisabete Farinha	00:29:39	00:58:27	00:57:30	1302		V55	6
1303	1693	Ana Abreu	00:29:26	00:58:28	00:57:59	1339	RUNNING CLUB SANTA CASA	V50	16
1304	2010	Ana Jordão	00:29:26	00:58:28	00:57:59	1338	RUNNING CLUB SANTA CASA	V35	38
1305	462	José Neves	00:29:17	00:58:29	00:58:02	1342		V45	220
1306	1354	Luis Soares	00:30:12	00:58:31	00:57:27	1299		V35	166
1307	951	Jorge Almeida	00:30:07	00:58:31	00:57:52	1332	CLUBE ATLETISMO AMIGOS DE BELÉM	V70	7
1308	1349	Gonçalo Santos	00:30:04	00:58:32	00:57:07	1283		Senior	160
1309	1493	Carolina Silva	00:30:04	00:58:32	00:57:06	1282		Senior	57
1310	1916	Eduardo Mendes	00:30:03	00:58:32	00:58:09	1360	Clube Vodafone	V50	137
1311	1987	José Marques	00:28:06	00:58:33	00:57:43	1315	Usc Mira Sintra	V40	219
1312	379	João Garcia	00:30:10	00:58:34	00:57:33	1304		V40	220
1313	1538	Gonçalves Dinis	00:30:27	00:58:36	00:57:05	1279		V50	138
1314	200	Mário Sobral	00:30:29	00:58:36	00:57:40	1314		V45	221
1315	233	Luís Nabais	00:30:29	00:58:36	00:57:39	1311		V35	167
1316	298	Anabela Ruivo	00:30:25	00:58:36	00:57:40	1313		V45	38
1317	72	Ronald Galenkamp	00:29:38	00:58:41	00:58:07	1351		V55	87
1318	506	Edite Sa	00:30:00	00:58:46	00:58:00	1340	CCDTMetroLX	V50	17
1319	628	Joaquim Damas	00:30:17	00:58:46	00:58:00	1341		V65	25
1320	78	Ana Neto	00:30:17	00:58:46	00:57:55	1335	Linda-a-Pastora Sporting Clube	V40	48



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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>
1321	500	António Lima	00:30:09	00:58:49	00:58:45	1387	CARRASCO & AMIGOS	V65	26
1322	1766	Nuno Caridade	00:29:01	00:58:51	00:57:35	1308		V40	221
1323	465	Higor Rodrigues	00:29:06	00:58:51	00:57:09	1287		Senior	161
1324	1938	António Jacinto	00:31:22	00:58:51	00:57:31	1303		V55	88
1325	1488	Rui Duarte	00:30:14	00:58:54	00:57:55	1337		V45	222
1326	1379	António Marrachinho	00:31:52	00:58:55	00:57:37	1310	Trevodequatrofolhas	V55	89
1327	244	Catarina Nicho	00:29:48	00:58:56	00:58:09	1359	Os Galgos	V50	18
1328	1924	Andre Chibeles	00:30:31	00:58:57	00:57:30	1301		Senior	162
1329	1613	Inês Júlio	00:30:42	00:58:57	00:57:47	1321		V40	49
1330	350	José Vieira	00:30:43	00:58:57	00:57:46	1318		V40	222
1331	199	Carolina Manuel	00:30:42	00:58:57	00:57:47	1319		V45	39
1332	825	Eunice Lourenço	00:29:29	00:58:59	00:58:09	1358	Câmara Municipal da Amadora	V40	50
1333	864	Maria Lourenço	00:29:29	00:58:59	00:57:17	1292	Câmara Municipal da Amadora	V60	5
1334	1484	João Massano	00:30:07	00:58:59	00:58:08	1353		V45	223
1335	1706	Jorge Sousa	00:30:14	00:58:59	00:58:13	1361		V35	168
1336	1496	Nídia Agostinho	00:30:07	00:59:00	00:58:08	1354		V40	51
1337	952	Antonio Hortega	00:30:14	00:59:00	00:58:14	1364		V55	90
1338	1352	Lurdes Olas	00:30:32	00:59:00	00:57:51	1326		V45	40
1339	1632	Henrique Vasques	00:30:43	00:59:00	00:57:45	1316		V55	91
1340	1871	Pedro Silva	00:30:32	00:59:00	00:57:52	1329		V35	169



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1341	1362	Catia Mariano	00:30:32	00:59:00	00:57:52	1328		V35	39
1342	1369	Joao Duarte	00:31:43	00:59:01	00:57:26	1297		V40	223
1343	219	Carlos Marques	00:31:42	00:59:01	00:57:26	1296	Fusion2Fight	V50	139
1344	146	Tomás Neves	00:30:25	00:59:02	00:58:29	1376	CSB_RF	Senior	163
1345	82	Carlos Jesus	00:30:50	00:59:09	00:58:07	1350		V55	92
1346	1139	João Rosário	00:30:11	00:59:10	00:58:08	1352		V45	224
1347	1724	Mercedes Fonseca	00:30:19	00:59:11	00:58:26	1373	Federação da Família para a Paz Mundial e Unifi	V60	6
1348	643	Gonçalo Costa	00:30:26	00:59:11	00:58:15	1368		V45	225
1349	1654	Miguel Caetano	00:29:51	00:59:11	00:57:35	1309		Junior	27
1350	482	José Matos	00:30:04	00:59:11	00:58:17	1371		V40	224
1351	1398	Alexandre Salazar	00:30:44	00:59:14	00:57:39	1312		Senior	164
1352	1974	Carlos Oliveira	00:31:18	00:59:18	00:57:50	1325		V55	93
1353	1029	Patrícia Monteiro	00:30:33	00:59:18	00:58:03	1345	Os Galgos	V40	52
1354	1395	Dulce Reis	00:31:14	00:59:18	00:57:51	1327		V50	19
1355	838	Henrique Goncalves	00:29:35	00:59:19	00:57:47	1320		Junior	28
1356	907	Marta Rodrigues	00:31:15	00:59:20	00:57:52	1331		V35	40
1357	63	José Finuras	00:31:16	00:59:20	00:57:52	1330		V45	226
1358	126	Maria Magro	00:31:14	00:59:20	00:57:53	1333		V45	41
1359	993	Marco Pires	00:31:09	00:59:21	00:58:27	1375		Senior	165
1360	317	Nicole B.	00:30:49	00:59:27	00:57:55	1334		V45	42



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1361	1452	Ana Frias	00:31:07	00:59:28	00:58:09	1357	Junta de Freguesia da Falagueira-Venda Nova	V35	41
1362	1445	Marta Sá	00:31:07	00:59:28	00:58:09	1356	Junta de Freguesia da Falagueira-Venda Nova	V35	42
1363	756	Diogo Marcelino	00:29:16	00:59:28	00:58:16	1369		Junior	29
1364	1744	Joaquim Neiva	00:30:27	00:59:29	00:58:50	1391	DOR - Desportivo Operário do Rangel	V75	2
1365	1167	Tom Vanoverschelde	00:31:11	00:59:30	00:58:55	1393		V40	225
1366	847	Daniel Martins	00:29:53	00:59:32	00:58:15	1366	SARAPITOLAS	V35	170
1367	849	António Santos	00:30:28	00:59:32	00:58:15	1367	SARAPITOLAS	V45	227
1368	963	Joaquim Delgado	00:29:59	00:59:33	00:58:27	1374	Uniao Desportiva Alfoanelos	V60	56
1369	848	Ana Silva	00:30:29	00:59:33	00:58:17	1370	SARAPITOLAS	V35	43
1370	24	Nilton Moutinho	00:30:35	00:59:33	00:58:42	1382		Junior	30
1371	942	Pedro Hipólito	00:31:42	00:59:34	00:58:03	1344		V45	228
1372	329	Ana Rosário	00:31:43	00:59:35	00:58:05	1347		V45	43
1373	696	João Ralha	00:30:46	00:59:35	00:58:37	1380	RUN 4 FUN	V60	57
1374	1516	Carla Oleirinha	00:31:43	00:59:35	00:58:06	1348		V45	44
1375	22	Paulo Moutinho	00:30:36	00:59:36	00:58:45	1386		V45	229
1376	254	David Rosa	00:31:42	00:59:36	00:58:04	1346		V40	226
1377	1125	António Lima	00:32:06	00:59:36	00:58:31	1377		V45	230
1378	786	Sandra Paulico	00:29:50	00:59:37	00:59:12	1409		V35	44
1379	1159	Rui Sabino	00:30:10	00:59:38	00:58:58	1395		V45	231
1380	902	Virgílio Rodrigues	00:31:48	00:59:39	00:58:14	1365	CLUBE DESPORTIVO ESTRELA	V70	8



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1381	921	Paulo Baião	00:31:47	00:59:39	00:58:14	1363		V45	232
1382	1432	Raquel Coelho	00:30:58	00:59:39	00:58:13	1362		V35	45
1383	404	Maria Folques	00:30:59	00:59:39	00:58:44	1384	Clube Millennium Bcp	V50	20
1384	1505	Luis Andrade	00:30:24	00:59:40	00:58:37	1379		V50	140
1385	1053	Francisco Reis	00:30:53	00:59:43	00:58:36	1378	CARRASCO & AMIGOS	V60	58
1386	1477	Miguel Meireles	00:31:15	00:59:44	00:58:03	1343		V40	227
1387	221	Paula Silva	00:29:56	00:59:44	00:58:58	1396		V45	45
1388	1025	Nelson Melo	00:31:56	00:59:49	00:58:09	1355		V40	228
1389	1282	Orlando Silva	00:30:34	00:59:50	00:59:15	1415		V45	233
1390	690	João Santos	00:30:19	00:59:51	00:59:39	1449	Veteranos de Massamá	V70	9
1391	657	António Monteiro	00:30:14	00:59:51	00:59:32	1442	Clube Ferroviário de Portugal	V70	10
1392	1902	Marisa Gomes	00:30:46	00:59:56	00:59:13	1414	NAV RUNNERS	Senior	58
1393	1175	Bruno Veiga	00:30:52	00:59:56	00:58:41	1381	Veigaboy	V35	171
1394	1868	Isabel Barra	00:31:16	00:59:58	00:58:44	1385		V50	21
1395	479	André Silva	00:28:10	00:59:58	00:59:31	1439	CD ARNEIRO	Junior	31
1396	583	Carlos Mendes	00:30:17	00:59:58	00:59:23	1426		V40	229
1397	1372	Hugo Dionisio	00:32:49	00:59:58	00:58:23	1372		V40	230
1398	192	Cristina Neves	00:30:15	00:59:59	00:59:20	1422		V45	46
1399	1621	Patrícia Martins	00:30:49	00:59:59	00:59:01	1398	Pickle Films	Senior	59
1400	1622	Henrique Madeira	00:30:50	00:59:59	00:59:01	1399	Pickle Films	V35	172



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2019 CLASSIFICAÇÃO

<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>
1401	552	Paulo Fernandes	00:31:01	01:00:02	00:59:17	1418	CCDTMetroLX	V45	234
1402	259	Jacinto Pereira	00:30:52	01:00:04	00:59:07	1405	LisRunning CPA	V60	59
1403	1236	Ricardo Nascimento	00:29:49	01:00:04	00:59:24	1427	GRUPO DESPORTIVO SANTANDER TOTTA	V45	235
1404	912	Cristina Carrega	00:30:54	01:00:05	00:59:11	1407	Câmara Municipal da Amadora	V45	47
1405	949	Nuno Silva	00:29:59	01:00:06	00:59:36	1448		V35	173
1406	1294	António Bila	00:32:24	01:00:07	00:59:13	1412	Clube Olímpico de Oeiras	V60	60
1407	1058	José Henriques	00:30:21	01:00:08	00:58:43	1383	EXTOM	V45	236
1408	166	Susana Mendes	00:31:20	01:00:09	00:59:03	1402	CCDTMetroLX	V45	48
1409	95	João Miguel	00:30:36	01:00:14	00:59:18	1419		V80	2
1410	1323	Inês Góis	00:31:18	01:00:15	00:58:48	1389		Senior	60
1411	913	Susana Beteriano	00:30:54	01:00:15	00:59:21	1424	Câmara Municipal da Amadora	V40	53
1412	1513	Fernando Silva	00:31:13	01:00:16	00:59:12	1408	Sand Tree	V55	94
1413	1772	Ana Santos	00:30:44	01:00:18	00:59:04	1403		V40	54
1414	683	Paulo Gordo	00:30:43	01:00:18	00:59:02	1401		V50	141
1415	1825	Karla Alves	00:31:18	01:00:18	00:58:52	1392		Senior	61
1416	1161	António Mateus	00:31:11	01:00:18	00:59:35	1446	Os Zatopeques	V75	3
1417	1893	Mauro Rodrigues	00:31:53	01:00:19	00:58:46	1388		Senior	166
1418	1383	Helena Santos	00:30:57	01:00:19	00:59:23	1425	Running Snails	V35	46
1419	1384	Sofia Junceiro	00:30:58	01:00:19	00:59:24	1428	Running Snails	V35	47
1420	1894	Sílvia Sousa	00:31:53	01:00:20	00:58:48	1390		Senior	62



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2019 CLASSIFICAÇÃO

<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>
1421	509	Ventura Saraiva	00:31:20	01:00:22	00:59:01	1397	Grupo Recreativo e Desportivo da Ribeira da Lag	V65	27
1422	662	Licinia Rego	00:31:19	01:00:23	00:59:02	1400	CARRASCO & AMIGOS	V50	22
1423	754	Beatriz Figueiredo	00:30:38	01:00:25	00:59:40	1450	FIDELIDADE GDC	V40	55
1424	1678	Carla Palma	00:30:27	01:00:25	00:59:30	1435		V40	56
1425	144	Luís Ferreira	00:30:55	01:00:26	00:59:27	1430	Clube Ferroviário de Portugal	V50	142
1426	435	Luiz Rosa	00:31:15	01:00:26	00:59:32	1443	CLUBE ATLETISMO AMIGOS DE BELÉM	V65	28
1427	145	Jacinta Almeida	00:30:56	01:00:26	00:59:27	1431	Clube Ferroviário de Portugal	V50	23
1428	1549	Pedro Vasconcelos	00:29:29	01:00:27	00:59:51	1458		V35	174
1429	1606	Monica Santos	00:30:36	01:00:28	00:59:44	1453		V40	57
1430	1465	Anabela Santos	00:31:22	01:00:28	00:59:06	1404	Linda-a-Pastora Sporting Clube	V45	49
1431	722	Pedro Brás	00:30:40	01:00:29	00:59:49	1455	SS CGD	V35	175
1432	417	Celia Azenha	00:31:50	01:00:30	00:59:13	1413		V55	7
1433	1667	João Salgado	00:30:51	01:00:30	00:59:19	1420	Bartolos	V35	176
1434	508	Cecília Nicolau	00:31:49	01:00:30	00:59:13	1411	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	24
1435	1692	Maria Andrade	00:31:30	01:00:30	00:58:56	1394		V55	8
1436	1462	Rodrigo Santos	00:29:38	01:00:30	00:59:31	1437	Junta de Freguesia da Falagueira-Venda Nova	Senior	167
1437	1461	Camila Santos	00:29:38	01:00:31	00:59:31	1438	Junta de Freguesia da Falagueira-Venda Nova	Senior	63
1438	819	Emilia Borges	00:31:03	01:00:34	00:59:49	1456	CCD Sintrense	V55	9
1439	779	Fernando Rodrigues	00:31:10	01:00:37	01:00:03	1467		V45	237
1440	1021	Vasco Coelho	00:30:46	01:00:41	00:59:36	1447	Caracóis de Corrida	V40	231



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2019 CLASSIFICAÇÃO

<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>
1441	973	Sandra Senas	00:30:54	01:00:43	01:00:08	1470		V45	50
1442	698	Luis Fura	00:30:34	01:00:43	00:59:15	1416		Senior	168
1443	1572	Igor Pereira	00:30:32	01:00:43	00:59:16	1417		Senior	169
1444	1666	Luis Cruz	00:30:51	01:00:43	00:59:31	1436	Bartolos	V35	177
1445	402	Pedro Silva	00:29:34	01:00:43	01:00:27	1479	Clube Millennium Bcp	V50	143
1446	1864	Isabel Cardoso	00:31:43	01:00:43	00:59:20	1421		V45	51
1447	1865	Nuno Soares	00:31:37	01:00:44	00:59:20	1423		V45	238
1448	424	Paulo Lopes	00:28:55	01:00:47	00:59:52	1459		Junior	32
1449	436	Paulo Lopes	00:28:54	01:00:47	00:59:52	1460		V40	232
1450	928	Ludmila Bisson	00:32:22	01:00:48	00:59:10	1406		V40	58
1451	1714	Manuel Silva	00:32:22	01:00:49	00:59:12	1410		V45	239
1452	284	Mário Machado	00:32:01	01:00:49	00:59:28	1433	Casa do Benfica em Algueirão Mem Martins	V40	233
1453	567	Nuno Figueiredo	00:31:59	01:00:50	00:59:29	1434	Casa do Benfica em Algueirão Mem Martins	V40	234
1454	512	Catia Ramos	00:31:20	01:00:52	00:59:32	1441	Grupo Recreativo e Desportivo da Ribeira da Lag	V35	48
1455	575	Mónica Freire	00:31:14	01:00:53	00:59:32	1440	Casa do Benfica em Algueirão Mem Martins	V45	52
1456	753	Carla Pinheiro	00:31:17	01:00:53	00:59:58	1464	FIDELIDADE GDC	V45	53
1457	577	Nuno Rafael	00:31:14	01:00:54	00:59:33	1445	Casa do Benfica em Algueirão Mem Martins	V35	178
1458	484	Isabel Gomez	00:31:32	01:00:56	00:59:25	1429		V35	49
1459	1219	Meire Guedes	00:31:32	01:00:56	00:59:27	1432		V45	54
1460	707	Fernando Alves	00:31:44	01:01:02	00:59:50	1457	SS CGD	V55	95



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2019 CLASSIFICAÇÃO

<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>
1461	230	Paulo Silva	00:32:01	01:01:02	00:59:33	1444		V40	235
1462	1099	Miguel Sousa	00:31:21	01:01:03	01:00:12	1472		V55	96
1463	1097	José Mota	00:31:22	01:01:05	01:00:14	1473		V55	97
1464	630	Junior Barroso	00:32:01	01:01:14	00:59:42	1451		Senior	170
1465	853	Pedro Gerales	00:32:01	01:01:14	00:59:42	1452		V50	144
1466	725	Rui Oliveira	00:30:39	01:01:17	01:00:40	1484	SS CGD	V50	145
1467	457	Sandra Atalho	00:30:51	01:01:20	01:00:25	1478	Os papos secos	V45	55
1468	456	Miela Alipio	00:30:53	01:01:20	01:00:24	1476	Os papos secos	V50	25
1469	1532	Esmeralda Ramalho	00:31:09	01:01:21	01:00:33	1480		V45	56
1470	965	João Rodrigues	00:32:51	01:01:24	00:59:49	1454	Uniao Desportiva Alfoanelos	V70	11
1471	1948	Ricardo Almeida	00:30:13	01:01:24	01:00:08	1471		V40	236
1472	1275	Flávio Almeida	00:30:01	01:01:25	01:00:42	1486		Senior	171
1473	820	Diogo Correia	00:29:49	01:01:25	01:00:56	1493		Senior	172
1474	410	Maria Nobre	00:31:34	01:01:27	01:00:40	1485	Clube Millennium Bcp	V50	26
1475	1803	Telmo Rodrigues	00:28:50	01:01:27	01:00:20	1474		Senior	173
1476	127	Tomás Fernandes	00:31:21	01:01:30	00:59:53	1463		V45	240
1477	1739	Domingos Penedo	00:31:20	01:01:30	00:59:53	1461	DOR - Desportivo Operário do Rangel	V60	61
1478	1919	Luís Gouveia	00:32:04	01:01:30	00:59:53	1462		V45	241
1479	431	Gilberto Gonçalves	00:31:59	01:01:30	01:00:36	1482	CLUBE ATLETISMO AMIGOS DE BELÉM	V70	12
1480	946	Belarmino Pungo	00:30:19	01:01:34	01:00:43	1487		V35	179



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2019 CLASSIFICAÇÃO

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1481	1537	Goncalo Delca	00:35:56	01:01:37	01:00:04	1469		V45	242
1482	1720	Carla Nunes	00:32:20	01:01:41	01:00:25	1477	Os corre para comer	V40	59
1483	1736	Manuel Emidio	00:31:53	01:01:42	01:00:59	1494	DOR - Desportivo Operário do Rangel	V60	62
1484	1817	Carla Pereira	00:32:07	01:01:46	01:00:03	1465		V45	57
1485	141	Silvia Viana	00:32:07	01:01:47	01:00:04	1468	KER SPORT TRAIL RUNNING	V40	60
1486	606	André Quintino	00:32:00	01:01:48	01:00:03	1466	FIDELIDADE GDC	V45	243
1487	1394	Maria Bica	00:30:53	01:01:55	01:01:05	1496		V45	58
1488	1778	Sofia Geraldês	00:31:33	01:01:57	01:00:44	1489		Senior	64
1489	1928	Rui Passos	00:31:33	01:02:03	01:00:43	1488		V40	237
1490	138	Miguel Marques	00:32:02	01:02:04	01:00:51	1492		V40	238
1491	1296	Helena Marques	00:31:58	01:02:08	01:00:49	1490		V40	61
1492	573	Marcos Leonardo	00:31:28	01:02:09	01:01:30	1508	Casa do Benfica em Algueirão Mem Martins	V65	29
1493	1044	Susana Leitão	00:32:38	01:02:12	01:01:26	1507		V40	62
1494	1573	Orlando Quong	00:31:21	01:02:13	01:00:33	1481		V35	180
1495	1427	Natacha Silva	00:32:08	01:02:16	01:00:37	1483		Senior	65
1496	687	Angela Costa	00:31:37	01:02:16	01:01:24	1504	ZEXTER	Senior	66
1497	688	Micaela Reis	00:31:38	01:02:17	01:01:24	1505	ZEXTER	Senior	67
1498	810	Rita Mina	00:31:25	01:02:18	01:01:26	1506	Linda-a-Pastora Sporting Clube	V45	59
1499	1051	Raquel Pinheiro	00:32:13	01:02:19	01:01:06	1497	CARRASCO & AMIGOS	Senior	68
1500	1246	Mário Dias	00:32:57	01:02:23	01:01:23	1502		V45	244



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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>
1501	2003	Filipe Romão	00:32:57	01:02:23	01:01:23	1503		V45	245
1502	208	Andreia Alves	00:31:00	01:02:24	01:01:38	1513		Senior	69
1503	1756	Ana Ribeiro	00:31:47	01:02:30	01:01:12	1498		V35	50
1504	415	Hilário Dias	00:32:50	01:02:34	01:00:21	1475		V55	98
1505	430	Luís Almeida	00:32:25	01:02:36	01:01:41	1514	LisRunning CPA	V55	99
1506	1911	Pedro Amaro	00:33:37	01:02:39	01:01:03	1495		Senior	174
1507	1408	Miguel Garanhoto	00:32:39	01:02:39	01:01:23	1501		V45	246
1508	1074	António Coelho	00:32:36	01:02:42	01:01:36	1510	Caracóis de Corrida	V45	247
1509	522	Cidália Carvalheiro	00:31:08	01:02:46	01:01:42	1515		V35	51
1510	1247	António Henriques	00:31:17	01:02:48	01:00:50	1491		V55	100
1511	154	Paula Leitão	00:31:20	01:02:49	01:01:48	1520	camara lisboa clube	V45	60
1512	1136	Sara Silva	00:31:50	01:02:50	01:01:47	1518		Senior	70
1513	1788	João Teixeira	00:31:19	01:02:52	01:01:49	1521		V55	101
1514	1905	Sérgio Bernardo	00:31:42	01:02:54	01:01:21	1499		V45	248
1515	1904	Sónia Garcia	00:31:42	01:02:54	01:01:21	1500		V40	63
1516	1076	Goreti Cabeleira	00:31:48	01:02:55	01:01:51	1522	Caracóis de Corrida	V50	27
1517	661	Manuel Rego	00:33:08	01:02:57	01:01:33	1509	CARRASCO & AMIGOS	V55	102
1518	1726	José Borracha	00:32:35	01:03:00	01:02:22	1536	Federação da Família para a Paz Mundial e Unifi	V55	103
1519	1793	Hugo Paulo	00:32:21	01:03:03	01:01:56	1523		V40	239
1520	1870	Ilda Costa	00:32:21	01:03:03	01:01:57	1524		V40	64



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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>
1521	1762	Ricardo Paulo	00:31:48	01:03:06	01:01:48	1519		V35	181
1522	432	Júlio Castro	00:33:35	01:03:06	01:01:37	1511	CLUBE ATLETISMO AMIGOS DE BELÉM	V60	63
1523	1024	Cláudia Bico	00:31:59	01:03:15	01:02:22	1535		V40	65
1524	64	Georgina Vinhas	00:31:54	01:03:15	01:02:22	1534		V50	28
1525	1078	Nuno Moreira	00:33:01	01:03:15	01:01:45	1517	Moreira	V45	249
1526	1023	Paulo Oliveira	00:31:58	01:03:15	01:02:21	1533		V50	146
1527	709	Francisco Clerigo	00:30:45	01:03:16	01:02:46	1545	SS CGD	V65	30
1528	1245	Paulo Barracho	00:32:53	01:03:16	01:02:05	1527		V50	147
1529	1808	Alice Vilaça	00:31:59	01:03:16	01:02:23	1537		V40	66
1530	328	Joao Farinha	00:32:14	01:03:18	01:01:59	1525		V50	148
1531	326	Rui Dias	00:32:14	01:03:18	01:02:00	1526		V40	240
1532	1799	Vasco Matos	00:34:03	01:03:18	01:01:44	1516		V35	182
1533	1109	Rui Vaz	00:33:33	01:03:23	01:01:38	1512		V40	241
1534	794	Nuno Bastos	00:32:11	01:03:27	01:02:24	1538		V45	250
1535	769	Bruno Ferreira	00:30:43	01:03:30	01:02:29	1542		Senior	175
1536	2002	Maria Glória	00:32:49	01:03:34	01:02:25	1539	O PRATICANTE	V50	29
1537	1811	Arminda Basilio	00:32:49	01:03:34	01:02:25	1540	O PRATICANTE	V45	61
1538	1796	Anabela Bastos	00:32:58	01:03:36	01:02:07	1529		V50	30
1539	1940	Johanna Wolfsberger	00:33:38	01:03:40	01:02:12	1530		Senior	71
1540	1880	Abel Costa	00:31:44	01:03:42	01:03:08	1569		V60	64



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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>
1541	894	Sandra Silva	00:31:20	01:03:43	01:02:50	1550		V45	62
1542	1353	Natalia Fernandes	00:32:32	01:03:44	01:02:21	1532		V55	10
1543	1821	Alexandra Pires	00:32:55	01:03:47	01:02:06	1528		V50	31
1544	445	Filomena Barrancos	00:33:20	01:03:48	01:02:20	1531		V45	63
1545	1087	Rita Gonçalves	00:32:27	01:03:50	01:03:08	1568		V35	52
1546	929	Adão Pedro	00:30:56	01:03:51	01:02:54	1553		Senior	176
1547	1824	Graça Pereira	00:32:55	01:03:57	01:02:48	1546	O PRATICANTE	V50	32
1548	1810	Artur Basilio	00:32:55	01:03:57	01:02:48	1547	O PRATICANTE	V40	242
1549	1812	Sandra Oliveira	00:32:55	01:03:57	01:02:48	1548	O PRATICANTE	V40	67
1550	1941	Vanessa Boura	00:33:38	01:03:58	01:02:31	1543		Senior	72
1551	374	Ana Dias	00:32:57	01:04:00	01:02:40	1544		V45	64
1552	595	José Figueira	00:34:49	01:04:03	01:02:28	1541		V35	183
1553	706	Angela Cruz	00:32:50	01:04:07	01:03:30	1578	SS CGD	V45	65
1554	1114	António Rodrigues	00:32:31	01:04:09	01:03:08	1566		V35	184
1555	1807	Nélson Carochinho	00:32:00	01:04:10	01:03:08	1567	G.C.Estrelas da Amadora	V35	185
1556	1073	João Paulo	00:32:03	01:04:10	01:03:09	1571		V45	251
1557	1072	João Ribeiro	00:32:04	01:04:12	01:03:11	1572		V40	243
1558	405	Carla Lourenco	00:33:20	01:04:15	01:02:49	1549	Clube Millennium Bcp	V40	68
1559	388	Jose Farinha	00:33:20	01:04:15	01:03:48	1593	Clube Millennium Bcp	V40	244
1560	249	Andreia Monteiro	00:33:49	01:04:18	01:02:53	1552		V40	69



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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>
1561	232	Hugo Costa	00:33:49	01:04:18	01:02:52	1551		V40	245
1562	803	António Vian	00:32:29	01:04:20	01:03:22	1575		Senior	177
1563	828	Joana Costa	00:32:51	01:04:20	01:03:23	1576		Senior	73
1564	548	Luísa Cardoso	00:33:02	01:04:21	01:03:00	1561	Correr.com(e)	V50	33
1565	546	Marta Machado	00:33:04	01:04:21	01:02:58	1557	Correr.com(e)	Senior	74
1566	545	José Machado	00:33:05	01:04:21	01:02:59	1558	Correr.com(e)	V50	149
1567	547	Pedro Verissimo	00:33:02	01:04:21	01:02:59	1559	Correr.com(e)	V50	150
1568	578	Rosa Dias	00:33:23	01:04:23	01:03:04	1562	Casa do Benfica em Algueirão Mem Martins	V50	151
1569	772	Custódio Silva	00:33:22	01:04:23	01:03:04	1563		V55	104
1570	1773	Mimi Castro	00:33:46	01:04:26	01:03:07	1564		V35	53
1571	1774	Telmo Aveleira	00:33:46	01:04:27	01:03:08	1565		V35	186
1572	1279	Ana Santos	00:31:07	01:04:27	01:03:47	1589		V35	54
1573	1551	Lena Vieira	00:33:03	01:04:31	01:03:42	1580		V55	11
1574	1013	Bento Galamba	00:32:19	01:04:31	01:03:32	1579	Sporting Clube Reboleira e Damaia	V50	152
1575	842	Etelvina Paulino	00:33:39	01:04:32	01:03:12	1573	Family	V60	7
1576	1695	Luís Valente	00:33:21	01:04:33	01:02:55	1554	RUNNING CLUB SANTA CASA	V40	246
1577	311	Edviges Lima	00:33:21	01:04:33	01:02:57	1556		Senior	75
1578	1690	Carlos Correia	00:33:21	01:04:33	01:02:56	1555	RUNNING CLUB SANTA CASA	V60	65
1579	1550	Jorge Brito	00:32:21	01:04:33	01:04:15	1602		V45	252
1580	665	Jose Dias	00:33:00	01:04:34	01:03:29	1577	Bejecas	V60	66



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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>
1581	717	Manuel Baptista	00:33:47	01:04:36	01:03:09	1570	SS CGD	V55	105
1582	1872	Elaine Holmes	00:33:13	01:04:37	01:03:46	1588		V45	66
1583	1732	Jose Coelho	00:33:37	01:04:37	01:03:12	1574	Trevodequatrofolhas	V50	153
1584	1614	Gisela Padre	00:33:00	01:04:41	01:03:00	1560		V45	67
1585	673	Adelaide Scalpelli	00:32:10	01:04:48	01:04:04	1597		V50	34
1586	76	Diogo Arraias	00:33:32	01:04:51	01:04:11	1600	Os Arraias	V65	31
1587	1330	Ana Lopes	00:33:07	01:04:54	01:04:02	1596		V50	35
1588	365	Vitor Rodrigues	00:34:36	01:05:00	01:03:53	1594	Linda-a-Pastora Sporting Clube	V65	32
1589	551	Paula Alexandra	00:33:03	01:05:02	01:03:55	1595	cabrizrun	V45	68
1590	867	Carlos Crespo	00:32:59	01:05:06	01:04:50	1620	GRD OS FIXES	V55	106
1591	569	Jorge Jesus	00:33:49	01:05:07	01:03:45	1585	Casa do Benfica em Algueirão Mem Martins	V65	33
1592	574	Natalya Marcheva	00:33:58	01:05:07	01:03:47	1590	Casa do Benfica em Algueirão Mem Martins	V50	36
1593	1278	Aliete Teixeira	00:32:46	01:05:11	01:04:15	1603		V40	70
1594	398	Catarina Altas	00:33:20	01:05:12	01:04:08	1598	Clube Millennium Bcp	V45	69
1595	395	Paulo Pinto	00:33:20	01:05:13	01:04:09	1599	Clube Millennium Bcp	V55	107
1596	425	Fatima Freitas	00:33:28	01:05:19	01:04:32	1611		V55	12
1597	1896	Filipa Ferreira	00:33:30	01:05:23	01:03:44	1582		Senior	76
1598	1899	Thiago Freitas	00:33:27	01:05:24	01:03:47	1592		V35	187
1599	1306	Joao Carvalho	00:33:27	01:05:24	01:03:44	1581		V35	188
1600	152	Jose Canela	00:33:26	01:05:24	01:03:46	1587	LOULETANO	V40	247



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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>
1601	1897	Rosa Martins	00:33:28	01:05:25	01:03:47	1591		V35	55
1602	1867	Bruno Costa	00:33:26	01:05:25	01:03:45	1583	GDCTINCM	V40	248
1603	151	Carolina Pecegueiro	00:33:26	01:05:25	01:03:45	1584	LOULETANO	V35	56
1604	1898	Alexandra Queiroz	00:33:29	01:05:25	01:03:45	1586		V50	37
1605	843	Nuno Serra	00:32:48	01:05:35	01:04:11	1601	Family	V45	253
1606	1843	Leticia Silva	00:32:10	01:05:36	01:04:23	1606		V55	13
1607	1213	Hugo Neves	00:32:09	01:05:36	01:04:25	1608		V45	254
1608	1107	Márcia Jeronymo	00:33:10	01:05:41	01:04:50	1621		V40	71
1609	1671	Mafalda Miranda	00:32:06	01:05:42	01:04:54	1624		Junior	4
1610	1670	Artur Miranda	00:32:06	01:05:43	01:04:55	1625		V45	255
1611	797	Sergio Neves	00:33:29	01:05:46	01:04:22	1605		V45	256
1612	439	Hélio Godinho	00:35:24	01:05:47	01:04:24	1607		V65	34
1613	1960	Joana Jesus	00:33:48	01:05:53	01:04:21	1604		Senior	77
1614	339	Carla Alves	00:33:31	01:05:56	01:04:50	1622		V45	70
1615	869	Patricia Almeida	00:32:51	01:05:58	01:04:48	1614	CARRASCO & AMIGOS	V45	71
1616	1876	Leonor Godinho	00:34:14	01:05:59	01:04:49	1617		Senior	78
1617	870	Ana Candeias	00:32:51	01:06:00	01:04:51	1623	CARRASCO & AMIGOS	V45	72
1618	1926	João Carvalho	00:34:05	01:06:01	01:04:25	1609		V60	67
1619	1377	Marta Guilherme	00:33:55	01:06:04	01:04:31	1610		V40	249
1620	195	Rui Soares	00:34:02	01:06:07	01:04:50	1619		V40	250



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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>
1621	1064	Cláudia Tam	00:34:59	01:06:09	01:05:02	1626	CCD TRANQUILIDADE ATLETISMO	V35	57
1622	597	Virgílio Ferreira	00:34:50	01:06:15	01:04:36	1612		V65	35
1623	935	Francisco Gaio	00:33:57	01:06:16	01:05:06	1630	Caracol Trail Team	V55	108
1624	936	Alexandra Pires	00:33:56	01:06:17	01:05:06	1629	Caracol Trail Team	V35	58
1625	222	Ana Roberto	00:34:03	01:06:17	01:05:04	1628		V35	59
1626	1547	José Tomé	00:33:47	01:06:23	01:04:48	1615		V40	251
1627	175	Eduardo Pestana	00:34:55	01:06:25	01:05:23	1632	Kaninos	V40	252
1628	1126	Ricardo Viegas	00:35:07	01:06:27	01:04:45	1613		V35	189
1629	1629	Henrique Vilhena	00:35:24	01:06:29	01:04:49	1616		V60	68
1630	1111	Diogo Santos	00:35:07	01:06:31	01:04:50	1618		Senior	178
1631	413	José Lamego	00:33:55	01:06:35	01:05:25	1633	Leões de Barcarena	V65	36
1632	1439	Carlos Fernandes	00:34:12	01:06:39	01:05:03	1627	Junta de Freguesia da Falagueira-Venda Nova	V50	154
1633	742	Luís Alves	00:34:20	01:06:43	01:05:12	1631		V55	109
1634	191	Gonçalo Alves	00:34:08	01:06:51	01:05:33	1636		V40	253
1635	446	Laurindo Oliveira	00:34:45	01:06:55	01:05:26	1634		V50	155
1636	1752	Paulo Martins	00:35:27	01:06:55	01:05:27	1635		V50	156
1637	1922	Bela Cunha	00:33:23	01:06:58	01:05:49	1641		V40	72
1638	242	Tânia Rodrigues	00:34:43	01:07:03	01:05:41	1638		V35	60
1639	1802	Miguel Pita	00:35:31	01:07:14	01:05:39	1637		Senior	179
1640	1828	Isabel Costa	00:34:54	01:07:15	01:05:44	1639		V45	73



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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>
1641	1826	Nelson Risso	00:34:54	01:07:15	01:05:44	1640		V40	254
1642	1779	Isabel Encarnação	00:33:44	01:07:23	01:06:12	1644		V50	38
1643	1626	Laurinda Castro	00:34:46	01:07:24	01:06:19	1645		V60	8
1644	1954	Sílvia Mendes	00:34:44	01:07:27	01:06:20	1647		V40	73
1645	212	Olivia Lucas	00:35:28	01:07:28	01:06:06	1643		V50	39
1646	1854	Izilda Lourenço	00:35:28	01:07:29	01:06:04	1642		V50	40
1647	375	Mauro Matine	00:32:44	01:07:37	01:06:54	1661		Senior	180
1648	1745	João Santos	00:34:16	01:07:45	01:07:02	1665	DOR - Desportivo Operário do Rangel	V60	69
1649	1008	Paulo Miranda	00:34:26	01:07:46	01:06:44	1656	Câmara Municipal da Amadora	V40	255
1650	611	Paula Serra	00:34:26	01:07:48	01:06:50	1660		V50	41
1651	732	Raquel Moleiro	00:35:30	01:07:51	01:06:20	1646	brunosempre	V40	74
1652	760	Irene Inácio	00:35:30	01:07:51	01:06:21	1648		V50	42
1653	634	Miguel Sanches	00:34:28	01:07:51	01:06:25	1649	papa-figos	V60	70
1654	2099	Miguel Leal	00:34:29	01:07:52	01:06:25	1650	papa-figos	V60	71
1655	504	Alipio Oliveira	00:33:31	01:07:54	01:06:48	1659	CCDTMetroLX	V55	110
1656	1757	Isabel Aloï	00:33:26	01:07:54	01:07:13	1673		V40	75
1657	239	Fátima Flora	00:34:45	01:07:55	01:06:31	1651		V50	43
1658	1049	Hélio Martins	00:34:10	01:08:00	01:06:43	1654	WE WIN	V40	256
1659	1050	Maria Martins	00:34:11	01:08:00	01:06:45	1657	WE WIN	V50	44
1660	1068	Pedro Santos	00:34:46	01:08:02	01:06:55	1663	CCD TRANQUILIDADE ATLETISMO	V45	257



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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>
1661	511	Susana Figueiredo	00:34:05	01:08:06	01:06:44	1655	Grupo Recreativo e Desportivo da Ribeira da Lag	V45	74
1662	1259	Madalena Estevao	00:35:40	01:08:07	01:06:33	1652		V45	75
1663	979	Manuel Oliveira	00:35:24	01:08:08	01:06:46	1658		V80	3
1664	164	Orlando Sousa	00:34:58	01:08:08	01:06:55	1662	CCDTMetroLX	V55	111
1665	1376	Sofia Santos	00:35:15	01:08:10	01:06:38	1653		V35	61
1666	1863	Natalia Serdiukova	00:35:58	01:08:14	01:07:09	1667		V60	9
1667	1862	Oleg Unichenko	00:35:58	01:08:15	01:07:09	1668		V60	72
1668	290	Joaquim Hermenegildo	00:33:47	01:08:17	01:07:37	1681	Casa do Benfica em Algueirão Mem Martins	V55	112
1669	136	João Borges	00:33:21	01:08:18	01:07:00	1664		V50	157
1670	1320	Jose Moreira	00:32:34	01:08:21	01:07:18	1674		Senior	181
1671	1004	Paulo Duarte	00:34:07	01:08:23	01:07:07	1666	Clube Ferroviário de Portugal	V45	258
1672	874	Marisa Gonçalves	00:34:17	01:08:23	01:07:09	1669	Os Galgos	V40	76
1673	901	António Baptista	00:35:29	01:08:29	01:07:11	1670	CLUBE DESPORTIVO ESTRELA	V70	13
1674	414	Rui Carvalho	00:36:08	01:08:30	01:07:12	1672		V45	259
1675	427	Beatriz Franco	00:35:29	01:08:30	01:07:11	1671		V60	10
1676	971	Eduarda Rodrigues	00:34:33	01:08:33	01:07:20	1676		V50	45
1677	459	Carlos Felício	00:35:07	01:08:35	01:07:35	1679		V45	260
1678	460	Sandra Felício	00:35:07	01:08:35	01:07:36	1680		V45	76
1679	1985	Enrico Vianini	00:35:18	01:08:49	01:07:46	1684	Usc Mira Sintra	V35	190
1680	646	Paulo Rodrigues	00:34:10	01:08:51	01:07:20	1677		Senior	182



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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>
1681	1119	Deolinda Santos	00:36:23	01:08:53	01:07:19	1675	Clube ANA Lisboa	V45	77
1682	1075	Helena Ferreira	00:35:30	01:08:55	01:07:51	1685	Caracóis de Corrida	V45	78
1683	835	Luis Pires	00:34:44	01:08:55	01:08:32	1695		V65	37
1684	899	Armando Tavares	00:34:58	01:08:55	01:07:30	1678	CLUBE DESPORTIVO ESTRELA	V70	14
1685	1257	Duarte Carvalho	00:35:40	01:08:55	01:08:30	1693		V35	191
1686	69	Pedro Santos	00:36:10	01:09:07	01:07:37	1683		V35	192
1687	70	Cláudia Marques	00:36:11	01:09:07	01:07:37	1682		V35	62
1688	890	Sofia Carvalho	00:34:57	01:09:10	01:08:08	1689		V50	46
1689	1409	Luis Garanhoto	00:36:12	01:09:16	01:08:06	1687		Junior	33
1690	1380	Cristina Soares	00:35:47	01:09:26	01:08:07	1688	Trevodequatrofolhas	V55	14
1691	804	Otilia Rosado	00:36:24	01:09:27	01:08:25	1692		V45	79
1692	412	Edmundo Cardeira	00:36:10	01:09:31	01:08:20	1691	Leões de Barcarena	V70	15
1693	1853	Vivian Coutinho	00:34:07	01:09:34	01:09:07	1708		V40	77
1694	183	Pedro Alferes	00:35:12	01:09:35	01:08:09	1690		V55	113
1695	1685	Joana Chouriço	00:34:44	01:09:36	01:08:53	1703	RUNNING CLUB SANTA CASA	V55	15
1696	604	Daniel Sol	00:37:32	01:09:42	01:08:00	1686	FIDELIDADE GDC	V40	257
1697	1958	Rosa Claro	00:35:29	01:09:46	01:08:43	1701	Caracóis de Corrida	V45	80
1698	1393	Pedro Ferreira	00:35:55	01:09:51	01:08:34	1696	100 pernas	V50	158
1699	1392	Sofia Ferreira	00:35:55	01:09:51	01:08:34	1697	100 pernas	V50	47
1700	356	José Lavrador	00:35:43	01:09:52	01:08:53	1704		V55	114



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1701	1421	Hugo Rodrigues	00:34:44	01:10:00	01:08:44	1702		V40	258
1702	85	Luisa Santos	00:36:19	01:10:00	01:08:31	1694		V50	48
1703	689	Manuel Azevedo	00:35:59	01:10:04	01:09:02	1707	Veteranos de Massamá	V60	73
1704	1953	Paulo Ferreira	00:36:05	01:10:08	01:08:59	1706		V35	193
1705	321	Antonio Baldo	00:35:17	01:10:12	01:08:39	1698	PANQUECAS	V35	194
1706	320	Fernando Rodrigues	00:35:20	01:10:13	01:08:41	1700	PANQUECAS	V40	259
1707	322	Rodrigo Rodrigues	00:35:17	01:10:13	01:08:40	1699	PANQUECAS	V35	195
1708	1625	João Vasconcelos	00:33:57	01:10:18	01:09:48	1721		V55	115
1709	33	Jorge Baptista	00:36:08	01:10:29	01:09:24	1711		V60	74
1710	1638	António Henriques	00:36:13	01:10:34	01:08:57	1705		V60	75
1711	1059	Maria Afonso	00:36:02	01:10:36	01:09:13	1709	EXTOM	V60	11
1712	1657	Ondina Teodoro	00:36:11	01:10:38	01:09:16	1710		V40	78
1713	1164	Hugo Costa	00:36:17	01:10:39	01:09:28	1713	marvila jovem	V40	260
1714	1273	Cátia Pereira	00:35:05	01:10:48	01:09:33	1716		V35	63
1715	207	Nuno Botelho	00:35:05	01:10:48	01:09:33	1717		V45	261
1716	205	Cristina Reis	00:35:06	01:10:48	01:09:35	1719		V50	49
1717	1889	Octávio Amaro	00:35:20	01:11:02	01:09:26	1712		V35	196
1718	1364	Cláudia Domingos	00:35:57	01:11:11	01:09:34	1718		Senior	79
1719	1016	André Costa	00:33:00	01:11:13	01:09:28	1714	Kira	Senior	183
1720	1015	Sara Amorim	00:34:32	01:11:13	01:09:29	1715	Kira	Senior	80



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1721	823	Maria Mira	00:36:59	01:11:15	01:09:41	1720		V45	81
1722	420	Goreti Freitas	00:35:56	01:11:19	01:10:29	1729		V50	50
1723	1700	Manuel Veiga	00:35:56	01:11:19	01:10:41	1731		V65	38
1724	97	Adérito Gonçalves	00:37:20	01:11:30	01:10:16	1724		V45	262
1725	294	Joselma Viana	00:37:20	01:11:31	01:10:17	1725		V40	79
1726	1711	Samuel Joaquim	00:36:06	01:11:35	01:10:12	1723		V65	39
1727	1243	Mahfuz Hasan	00:35:28	01:11:37	01:10:03	1722		Senior	184
1728	1153	Marlene Ferreira	00:36:55	01:11:39	01:10:29	1728		V55	16
1729	1990	Carla Simões	00:35:15	01:11:55	01:10:27	1726		V45	82
1730	40	João Cachinho	00:35:58	01:12:08	01:11:09	1734	Clube de Corrida REN	V65	40
1731	39	Marco Cachinho	00:35:58	01:12:08	01:11:07	1733	Clube de Corrida REN	V35	197
1732	1217	Carlos Alves	00:37:33	01:12:11	01:10:27	1727	Run Tejo - CM Socks	V40	261
1733	12	Lina Baia	00:35:59	01:12:21	01:11:26	1738		V35	64
1734	361	Ricardo Ferreira	00:36:32	01:12:25	01:11:10	1735	CSB_RF	V40	262
1735	1662	João Dias	00:37:20	01:12:29	01:10:37	1730	Maçaricos	Senior	185
1736	41	Johnny Thomassen	00:37:09	01:12:32	01:11:29	1741		V55	116
1737	1407	Liliana Garanhoto	00:36:49	01:12:33	01:11:23	1737		V40	80
1738	325	Rui Santos	00:37:41	01:12:36	01:11:03	1732		V50	159
1739	1479	Sandra Costa	00:37:19	01:12:39	01:11:27	1739		V50	51
1740	478	Francelina Silva	00:37:18	01:12:39	01:11:28	1740	CD ARNEIRO	V55	17



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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>
1741	1913	Olavio Silva	00:33:58	01:12:45	01:12:36	1754		Senior	186
1742	796	Izabela Santos	00:37:24	01:12:49	01:11:34	1742		Senior	81
1743	130	Ana Seabra	00:37:35	01:12:55	01:11:13	1736		V50	52
1744	94	Mário Miranda	00:36:59	01:13:12	01:11:35	1743	Pinhal Novo a Correr	V45	263
1745	93	Alexandra Vivas	00:36:58	01:13:13	01:11:36	1744	Pinhal Novo a Correr	V40	81
1746	1978	Marta Mota	00:39:17	01:13:19	01:12:40	1758		V35	65
1747	1909	Luisa Santos	00:39:17	01:13:19	01:12:41	1759		V35	66
1748	788	Luís Antunes	00:37:37	01:13:27	01:12:01	1746	Faro Pegadas a Quarta	V55	117
1749	873	Estela Carvalho	00:37:43	01:13:28	01:11:51	1745	Cabeleireiro moda jovem	V45	83
1750	1172	Rosalina Delgado	00:37:17	01:13:29	01:12:23	1749	Correr Queluz	V50	53
1751	106	Marisa Machado	00:36:35	01:13:33	01:12:12	1748	Run for Friends	Senior	82
1752	982	Helder Xavier	00:37:06	01:13:38	01:12:25	1750		V35	198
1753	983	Marco Xavier	00:37:06	01:13:39	01:12:26	1751		V40	263
1754	92	Nelson João	00:37:06	01:13:40	01:12:26	1752		V35	199
1755	855	Paula Pedro	00:38:32	01:13:42	01:12:10	1747		V45	84
1756	1631	Fernando Tavares	00:37:14	01:13:55	01:12:36	1755		V65	41
1757	115	Rui Pereira	00:37:14	01:13:55	01:12:35	1753		Senior	187
1758	1509	Susana Morais	00:38:11	01:14:04	01:12:49	1761		V40	82
1759	1805	Pedro Correia	00:32:00	01:14:07	01:13:07	1764	G.C.Estrelas da Amadora	V40	264
1760	1806	Pedro Marques	00:37:03	01:14:09	01:13:06	1763	G.C.Estrelas da Amadora	V45	264



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1761	1964	Ricardo Candeias	00:36:46	01:14:12	01:12:39	1756		V40	265
1762	1378	Luís Bernardo	00:36:46	01:14:13	01:12:39	1757		V45	265
1763	1146	Mário Melo	00:37:20	01:14:14	01:13:25	1768	Clube Ferroviário de Portugal	V65	42
1764	1540	Maria Condeço	00:36:52	01:14:19	01:13:17	1765		V55	18
1765	1541	Mário Santiago	00:36:52	01:14:20	01:13:18	1766		V55	118
1766	845	Pedro Santos	00:38:19	01:14:29	01:12:48	1760	Clube Vodafone	V40	266
1767	1884	Glauco Sousa	00:38:06	01:14:30	01:13:48	1770		V45	266
1768	846	Rebeca Guerra	00:38:19	01:14:31	01:12:49	1762	Clube Vodafone	Senior	83
1769	515	Isilda Rabasquinho	00:37:23	01:14:39	01:13:37	1769		V50	54
1770	529	Hugo Duarte	00:38:53	01:14:45	01:13:24	1767	FIDELIDADE GDC	V35	200
1771	972	Joel Alexandre	00:38:09	01:15:27	01:14:17	1772		V40	267
1772	1850	Anabela Alexandre	00:38:10	01:15:27	01:14:17	1773		V40	83
1773	1091	Carla Vitola	00:38:16	01:15:30	01:14:04	1771		V50	55
1774	1055	Celeste Almeida	00:37:14	01:15:43	01:14:31	1775	SIMECQ	V50	56
1775	1062	Susana Mendes	00:37:12	01:15:43	01:14:31	1776	SIMECQ	V40	84
1776	1060	Alda Sebastião	00:37:15	01:15:43	01:14:31	1777	SIMECQ	V60	12
1777	1061	Ricardo Nobre	00:37:15	01:15:43	01:14:31	1778	SIMECQ	V35	201
1778	372	Fernando Bettencourt	00:37:10	01:15:49	01:14:23	1774		V55	119
1779	360	Marta Manso	00:37:42	01:16:19	01:15:03	1780	CSB_RF	V35	67
1780	1515	André Gonçalves	00:36:10	01:16:24	01:14:57	1779		Senior	188



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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
1781	345	Joao Gomes	00:38:03	01:16:26	01:15:23	1781		V65	43
1782	344	Carlos Bandejas	00:38:04	01:16:28	01:15:26	1782		V55	120
1783	1301	Joana Medeiros	00:39:10	01:16:35	01:15:42	1783		Senior	84
1784	1300	Pedro Namora	00:39:11	01:16:36	01:15:43	1784		Senior	189
1785	1428	Alexandra Ferreira	00:38:41	01:16:56	01:15:45	1786		V45	85
1786	43	Mario Pires	00:38:26	01:17:07	01:15:44	1785		V60	76
1787	741	Elisete Manuel	00:38:27	01:17:07	01:15:46	1787		V40	85
1788	799	Filomena Mendes	00:38:19	01:17:36	01:16:11	1788		V50	57
1789	362	Ana Serra	00:39:06	01:17:42	01:16:12	1789	Matilha da Atalaia	V40	86
1790	1348	Francisco Junior	00:40:16	01:18:42	01:17:49	1791		Senior	190
1791	389	Fernando Ferreira	00:40:27	01:19:07	01:18:34	1793	Clube Millennium Bcp	V70	16
1792	1249	Henrique Vaz	00:39:24	01:19:20	01:18:44	1795		V70	17
1793	893	Susana Almeida	00:39:56	01:19:24	01:17:49	1792		V50	58
1794	881	Alexandra Silva	00:39:55	01:19:24	01:17:49	1790		V45	86
1795	1813	Filomena Pereira	00:39:56	01:20:16	01:18:40	1794	O PRATICANTE	V65	2
1796	956	Fatima Abreu	00:41:47	01:21:07	01:20:42	1798	Uniao Desportiva Alfoanelos	V70	1
1797	1600	Fernando Trápaga	00:40:28	01:21:13	01:20:02	1797		V45	267
1798	1000	Ana Roncha	00:39:51	01:21:37	01:20:00	1796		Senior	85
1799	1079	Rosa Moreira	00:41:50	01:22:36	01:21:05	1799	Moreira	V50	59
1800	596	Cineyde Barros	00:40:59	01:23:17	01:21:13	1800		V35	68



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1801	1031	Jose Loureiro	00:40:48	01:23:17	01:22:20	1801		V55	121
1802	1930	Icaro Leite	00:44:14	01:24:01	01:22:33	1802		V35	202
1803	755	Sandra Marcelino	00:41:30	01:24:21	01:23:15	1805		V40	87
1804	295	Carla Alfaiate	00:43:42	01:24:21	01:23:13	1804		V45	87
1805	159	Gualdino Freire	00:40:41	01:24:21	01:24:14	1806	CCDTMetroLX	V70	18
1806	871	Maria Pinto	00:43:36	01:24:45	01:23:07	1803	Cabeleireiro moda jovem	V55	19
1807	380	Ana Garcia	00:50:29	01:40:23	01:39:22	1808		V45	88
1808	381	Pedro Sobral	00:50:33	01:40:23	01:39:21	1807		V45	268
1809	382	Sandra Sobral	00:50:31	01:40:23	01:39:23	1809		V40	88
1810	629	Jose Filho	00:50:40	01:40:25	01:39:25	1810		V50	160