

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1	988	Pedro Gomes	00:16:53	00:34:07	00:34:06	1	Clube de Atletismo Odimarq	V35	1
2	1117	Paulo Guimarães	00:16:53	00:34:14	00:34:14	2	Aminhacorrida/Kalenji	V35	2
3	986	Nuno Lopes	00:17:01	00:34:38	00:34:38	3	Linda-a-Pastora Sporting Clube	Junior	1
4	434	André Januário	00:17:24	00:35:02	00:35:01	4	CLUBE MILLENIUM BCP	Senior	1
5	1271	Wilson Bento	00:17:24	00:36:07	00:36:07	5	Linda-a-Pastora Sporting Clube	Senior	2
6	1098	Rui Melo	00:17:43	00:36:43	00:36:43	6		V45	1
7	739	André Gaga	00:18:25	00:37:00	00:36:59	7		Senior	3
8	1019	Fábio Durão	00:18:22	00:37:00	00:37:00	8		Senior	4
9	906	José Correia	00:18:26	00:37:15	00:37:04	9	Clube Atlético das Patameiras	V45	2
10	167	Jose Barrinha	00:18:26	00:37:23	00:37:23	10	JG Seguros/Vila Fria	V40	1
11	806	João Jorge	00:17:59	00:37:45	00:37:45	11		Senior	5
12	1395	Pedro Mota	00:19:01	00:37:51	00:37:48	12		V40	2
13	865	Rui Henriques	00:18:43	00:37:56	00:37:56	13	Serviços Sociais Montepio	V35	3
14	1086	João Lucas	00:18:37	00:38:22	00:38:22	14	Câmara Lisboa Clube	V50	1
15	1306	Henrique Jesus	00:18:50	00:38:31	00:38:30	15		V40	3
16	1315	Sandra Protásio	00:19:06	00:38:33	00:38:31	16		Senior	1
17	714	Samuel Galveia	00:19:17	00:38:46	00:38:41	17	C:a.D.T.Portucel Setubal	Senior	6
18	1314	Mónica Moreiras	00:19:13	00:38:51	00:38:51	19		V35	1
19	1118	Rui Sequeira	00:19:41	00:38:51	00:38:46	18		V35	4
20	1313	Carlos Caetano	00:19:04	00:38:53	00:38:52	20		V40	4

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21	1103	Alexandra Alves	00:19:06	00:38:56	00:38:56	21		Senior	2
22	1188	Pedro Barata	00:19:13	00:39:00	00:38:59	22	Clube ANA Lisboa	V35	5
23	33	José Pires	00:19:11	00:39:12	00:39:12	23	Treino do Monge	V35	6
24	172	Pedro Vieira	00:19:13	00:39:26	00:39:24	24		V35	7
25	274	João Pastor	00:19:33	00:39:34	00:39:31	25	Amigos Atletismo Mafra	V40	5
26	421	Pedro Aboim	00:19:49	00:39:42	00:39:42	26	CLUBE MILLENIUM BCP	Senior	7
27	89	Tiago David	00:19:25	00:39:53	00:39:50	27		V35	8
28	691	Diogo Silva	00:19:31	00:40:10	00:40:09	29		V35	9
29	175	Bruno Amaro	00:19:38	00:40:13	00:40:08	28		V35	10
30	1277	Mats Deroo	00:20:45	00:40:26	00:40:24	31		Senior	8
31	213	Luis Mazeda	00:19:52	00:40:31	00:40:24	30	Asas nos Pés	Senior	9
32	1197	Bruno Gonçalves	00:19:53	00:40:33	00:40:31	32		V35	11
33	749	Egil D'almeida	00:20:29	00:40:39	00:40:32	34		Senior	10
34	686	Rui Soeiro	00:20:17	00:40:42	00:40:31	33	Clube TAP PORTUGAL	V35	12
35	121	David Karim	00:20:24	00:40:45	00:40:42	35		V35	13
36	769	Gonçalo Ferreira	00:20:24	00:40:49	00:40:46	37	Run2Goal	V40	6
37	993	Rui Parrochinha	00:20:14	00:40:52	00:40:45	36	Clube Desportivo Ribereense	V35	14
38	179	Jose Esteves	00:20:22	00:40:54	00:40:51	39	Tartarugas Solidarias	V45	3
39	1091	Rita Mineiro	00:19:55	00:41:07	00:41:06	40	Câmara Lisboa Clube	Junior	1
40	14	Antonio Figueiredo	00:20:29	00:41:09	00:40:49	38	Os Galgos	V35	15

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
41	543	João Galiano	00:19:55	00:41:13	00:41:11	41		V35	16
42	1275	Sofia Monteiro	00:21:07	00:41:23	00:41:20	42	CLUBE OLÍMPICO DE OEIRAS	Senior	3
43	612	Joaquim Oliveira	00:20:02	00:41:28	00:41:25	43	Clube EDP - Lisboa	V45	4
44	1364	Tiago Rodrigues	00:20:21	00:41:44	00:41:29	44	Falck SCI Portugal	Senior	11
45	224	Manuel Fernandes	00:20:41	00:42:00	00:41:51	46	Asas nos Pés	V35	17
46	438	Rogério Silva	00:20:47	00:42:03	00:41:56	47		V50	2
47	936	Nuno Pita	00:20:40	00:42:10	00:42:06	48	CCDTMetro LX	V35	18
48	97	Gonçalo Serafim	00:20:54	00:42:11	00:42:11	51		V35	19
49	326	Pedro Vitor	00:20:07	00:42:12	00:42:08	49	CLUBE NOVO BANCO	V40	7
50	586	Jorge Serra	00:21:02	00:42:17	00:42:15	52		V45	5
51	83	Francisco Peixoto	00:21:08	00:42:22	00:42:09	50		Senior	12
52	506	Filipe Ferreira	00:21:20	00:42:22	00:42:16	53	GD SANTANDERTOTTA	V35	20
53	822	Teotónio Neto	00:20:33	00:42:24	00:42:22	54	ADRC Mata de Benfica	V50	3
54	1010	Elton Almeida	00:21:43	00:42:27	00:41:48	45		Senior	13
55	973	Filipe Almeida	00:20:57	00:42:33	00:42:31	56		Senior	14
56	998	Marco Nóbrega	00:21:06	00:42:35	00:42:34	58	Casa do Benfica em Algueirão Mem Martins	V35	21
57	747	Helder Tomas	00:20:28	00:42:37	00:42:33	57		V40	8
58	1340	Nuno Silva	00:20:42	00:42:38	00:42:36	60		V45	6
59	194	Luis Raimundo	00:21:00	00:42:39	00:42:27	55	Speed of Yellow	Senior	15
60	1285	Pedro Martins	00:20:51	00:42:40	00:42:35	59	Pedros	V35	22

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Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
61	981	João Rodrigues	00:20:40	00:42:41	00:42:40	61		V40	9
62	140	Sara Marinho	00:20:23	00:42:45	00:42:44	62		Senior	4
63	1146	Bruno Marrão	00:20:54	00:42:51	00:42:50	65	Clube ANA Lisboa	V35	23
64	328	Rui Lopes	00:21:01	00:42:51	00:42:47	63	CLUBE NOVO BANCO	V60	1
65	439	Joao Gomes	00:21:33	00:42:57	00:42:52	66	Amigos Atletismo Mafra	V40	10
66	709	Luis Alves	00:21:10	00:42:57	00:42:53	67		V35	24
67	799	Rui Bolota	00:21:26	00:43:02	00:42:56	69		V40	11
68	987	Agostinho Semedo	00:21:09	00:43:05	00:43:05	73	Linda-a-Pastora Sporting Clube	V35	25
69	248	Luis Vieira	00:20:42	00:43:07	00:43:05	74	BRANDOA CORRE	V45	7
70	1078	Marios Leordean	00:21:36	00:43:07	00:43:01	71		Senior	16
71	625	Amândio Pereira	00:21:59	00:43:07	00:42:55	68	Pés de Chumbo	V40	12
72	924	Pedro Reis	00:21:37	00:43:08	00:43:01	72		V40	13
73	757	Joel Rodrigues	00:21:43	00:43:10	00:43:07	75		V35	26
74	609	Ricardo Pereira	00:20:57	00:43:16	00:43:14	76		V35	27
75	930	Eduardo Lagoa	00:21:52	00:43:17	00:43:00	70	CCDTMetro LX	V45	8
76	657	Fábio Moço	00:21:00	00:43:22	00:43:22	81		Senior	17
77	244	João Freitas	00:21:29	00:43:22	00:43:17	78		V35	28
78	745	Carlos Santos	00:21:30	00:43:24	00:43:17	79	GDINE	V45	9
79	228	Diogo Leal	00:21:04	00:43:29	00:43:21	80	Cobras Lourinhã	Senior	18
80	1348	Ivo Fernandes	00:21:34	00:43:33	00:43:31	85		Senior	19

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81	918	Dinis Morais	00:22:23	00:43:37	00:42:50	64		V45	10
82	1366	Vadim Ulinici	00:21:25	00:43:40	00:43:37	90	Falck SCI Portugal	Senior	20
83	556	Ricardo Ramalhete	00:21:31	00:43:40	00:43:35	88		V35	29
84	1394	Nuno Pinto	00:21:47	00:43:42	00:43:25	84		Senior	21
85	725	Marco. Souza	00:21:36	00:43:43	00:43:16	77		V50	4
86	1253	António Vieira	00:21:41	00:43:44	00:43:39	91	CASA DO PESSOAL DA RTP	V50	5
87	1333	Paulo Simoes	00:21:30	00:43:46	00:43:44	94		V35	30
88	494	Rui Machinho	00:21:29	00:43:47	00:43:42	93	GD SANTANDERTOTTA	V35	31
89	467	Helio Marques	00:21:46	00:43:48	00:43:46	95		V40	14
90	1323	Pedro Pires	00:21:43	00:43:51	00:43:41	92	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V50	6
91	1034	Nuno Mendão	00:22:11	00:43:52	00:43:46	96		V40	15
92	804	José Ribeiro	00:21:51	00:43:53	00:43:23	82		Senior	22
93	803	José Ferreira	00:21:51	00:43:53	00:43:24	83		Senior	23
94	882	Lazera Martins	00:21:38	00:43:53	00:43:47	98		V45	11
95	828	Constantino Araújo	00:22:41	00:43:57	00:43:32	86		V45	12
96	848	João Ferro	00:21:22	00:43:59	00:43:50	99	Aqua Runners/Mais que Cuidar Team	Senior	24
97	295	André Monteiro	00:21:54	00:44:00	00:43:35	87	Os Galgos	Senior	25
98	21	Carlos Marques	00:22:00	00:44:01	00:43:55	101		V35	32
99	1280	Manuel Dias	00:21:37	00:44:03	00:43:56	102		V40	16
100	1389	Bruno Pedro	00:22:10	00:44:04	00:43:36	89		V35	33

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101	343	Hugo Carago	00:21:50	00:44:05	00:44:01	103	CLUBE NOVO BANCO	V40	17
102	1077	Izabela Shin	00:21:48	00:44:05	00:44:02	104		Senior	5
103	874	Paulo Almeida	00:21:37	00:44:13	00:44:12	107		V50	7
104	298	Joao Goncalves	00:22:30	00:44:14	00:43:47	97		V40	18
105	31	Pedro Serra	00:21:25	00:44:15	00:44:10	106	Treino do Monge	Senior	26
106	420	Luís Gonçalves	00:21:58	00:44:17	00:44:16	108	CLUBE MILLENIUM BCP	V35	34
107	423	António Braga	00:21:44	00:44:20	00:44:18	111	CLUBE MILLENIUM BCP	V55	1
108	546	Helder Valadas	00:23:04	00:44:24	00:43:53	100	OS PERIGOSOS	Senior	27
109	717	João Arenga	00:22:08	00:44:25	00:44:17	109	C:a.D.T.Portucel Setubal	V60	2
110	904	António Ferreira	00:22:07	00:44:26	00:44:17	110	Clube Atlético das Patameiras	Senior	28
111	1305	Júlio Reis	00:21:45	00:44:30	00:44:29	115		V40	19
112	1347	Fernando Fernandes	00:21:44	00:44:31	00:44:29	116		V60	3
113	294	José João	00:22:39	00:44:33	00:44:06	105	Os Galgos	V55	2
114	212	João Pereira	00:22:23	00:44:36	00:44:28	114	Asas nos Pés	Senior	29
115	761	Pedro Freitas	00:21:57	00:44:37	00:44:36	119		V45	13
116	577	Miguel Sousa	00:21:32	00:44:37	00:44:26	113	CLUBE COLABORADORES AXA	V35	35
117	575	Fernando Correia	00:21:32	00:44:37	00:44:26	112	CLUBE COLABORADORES AXA	V40	20
118	846	João Fernandes	00:22:19	00:44:41	00:44:36	118		Senior	30
119	1123	Fernando Pereira	00:22:03	00:44:44	00:44:38	120		V50	8
120	157	Pedro Canelas	00:21:56	00:44:47	00:44:46	125	Linda-a-Pastora Sportinh Clube	V40	21

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121	989	Miguel Gineto	00:21:49	00:44:51	00:44:44	122	Clube Desportivo Ribeirense	V40	22
122	647	Nuno Gaspar	00:22:10	00:44:56	00:44:45	123	Cervejas e Caracóis	V40	23
123	632	Pedro Ferreira	00:22:52	00:45:02	00:44:58	127	CLUBE ROBBIALAC	V35	36
124	534	Joaquim Frade	00:22:17	00:45:07	00:45:04	130	SS CGD	V55	3
125	290	Nuno Santos	00:23:10	00:45:12	00:44:46	124		Junior	2
126	1148	João Gavrishancar	00:21:42	00:45:13	00:45:10	133	Clube ANA Lisboa	Senior	31
127	698	Marco Pinto	00:22:54	00:45:17	00:44:34	117		Senior	32
128	1252	João Maral	00:21:58	00:45:18	00:45:17	140	SS CGD	V45	14
129	389	Sérgio Gonçalves	00:22:18	00:45:18	00:45:14	138	CLUBE MILLENIUM BCP	V40	24
130	243	Paulo Vieira	00:22:00	00:45:19	00:44:53	126		V45	15
131	280	Emanuel Ribeiro	00:22:07	00:45:23	00:44:43	121		Senior	33
132	944	Ricardo Motomura	00:22:24	00:45:24	00:45:17	139		V40	25
133	867	Rui Duarte	00:22:40	00:45:28	00:45:23	144		V40	26
134	183	Antonio Ribeiro	00:23:12	00:45:31	00:45:10	135		V50	9
135	62	Plamen Damyanov	00:23:05	00:45:31	00:45:03	129		V35	37
136	829	José Reis	00:22:53	00:45:32	00:45:08	132		V60	4
137	513	Antonio Ferreira	00:23:28	00:45:36	00:45:07	131	GD SANTANDERTOTTA	V40	27
138	61	Mário Marques	00:22:26	00:45:36	00:45:30	150		V45	16
139	827	Miguel Velez	00:22:28	00:45:37	00:45:26	147		V50	10
140	107	José Figueiredo	00:22:50	00:45:38	00:45:22	143	Team Pernetas	V40	28



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141	1099	Hugo Alberto	00:22:22	00:45:40	00:45:24	146		Senior	34
142	1223	Domingos Silva	00:22:57	00:45:41	00:45:29	149		V35	38
143	535	Jorge Morgado	00:23:42	00:45:42	00:45:13	137	SS CGD	V50	11
144	1319	João Veiga	00:23:27	00:45:46	00:45:01	128		Senior	35
145	514	Carlos Teixeira	00:23:28	00:45:48	00:45:19	141	GD SANTANDERTOTTA	V40	29
146	991	João Justo	00:22:09	00:45:51	00:45:44	156	Clube Desportivo Ribeiense	V40	30
147	750	Tiago Lourenço	00:23:10	00:45:53	00:45:33	152		Senior	36
148	666	Paulo Enes	00:23:45	00:45:55	00:45:23	145		V50	12
149	180	Helder Tavares	00:22:42	00:45:56	00:45:29	148	Váritintas	V35	39
150	1068	José Correia	00:22:13	00:46:01	00:45:58	161		V50	13
151	311	Luis Chambel	00:23:09	00:46:01	00:45:31	151	Rexcor	V40	31
152	821	Francisco Rodrigues	00:23:17	00:46:05	00:45:10	134	PRT	Senior	37
153	1218	António Cadima	00:22:16	00:46:06	00:45:55	160	Clube ANA Lisboa	Senior	38
154	1089	Licínio Fidalgo	00:24:02	00:46:07	00:45:12	136	Câmara Lisboa Clube	V55	4
155	1357	Dário Fidalgo	00:22:02	00:46:07	00:45:50	159	Falck SCI Portugal	Senior	39
156	1048	João Ribeiro	00:23:32	00:46:08	00:45:20	142		V35	40
157	1132	Pedro Ramos	00:22:56	00:46:11	00:46:07	168	Clube ANA Lisboa	V45	17
158	288	Paulo Santos	00:23:34	00:46:11	00:45:44	155		V45	18
159	947	André Silva	00:23:11	00:46:12	00:46:05	166		V35	41
160	42	Abel Gonçalves	00:22:48	00:46:12	00:46:04	164		V35	42



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161	1012	Filipe Costa	00:24:49	00:46:16	00:45:46	157		Senior	40
162	1299	William Bidi	00:23:11	00:46:18	00:45:59	162		Senior	41
163	921	Carlos Santos	00:23:10	00:46:19	00:46:04	165		V40	32
164	824	André Mendonça	00:22:50	00:46:20	00:46:16	174	ADRC Mata de Benfica	Senior	42
165	1373	Margarida Conduto	00:22:17	00:46:21	00:46:18	177		Senior	6
166	278	Carlos Carreira	00:22:54	00:46:21	00:46:07	167		V40	33
167	794	Rui Graça	00:23:06	00:46:23	00:46:01	163	CCD Crédito Agrícola Mútuo	V50	14
168	382	Carlos Ramos	00:22:47	00:46:23	00:46:14	171	CLUBE MILLENIUM BCP	V45	19
169	1290	Robert Serrão	00:22:35	00:46:23	00:46:22	180		Senior	43
170	721	João Gaspar	00:22:00	00:46:26	00:46:19	178	KANINOS	Senior	44
171	1362	Nuno Ferreira	00:22:42	00:46:27	00:46:07	169	Falck SCI Portugal	Senior	45
172	1101	Gonçalo Carpinteiro	00:23:14	00:46:27	00:45:43	154		V35	43
173	1090	Paulo Fonseca	00:23:37	00:46:29	00:45:34	153	Câmara Lisboa Clube	V45	20
174	1063	Miguel Simões	00:22:51	00:46:29	00:46:25	182		V35	44
175	482	João Cegonho	00:22:53	00:46:31	00:46:14	172		V35	45
176	1358	Ângelo Batista	00:23:11	00:46:32	00:46:14	173	Falck SCI Portugal	Senior	46
177	1284	Pedro Ferraz	00:22:54	00:46:32	00:46:27	183	Pedros	V35	46
178	1232	Jose Pereira	00:22:26	00:46:39	00:46:39	188		Senior	47
179	610	Pedro Proença	00:23:10	00:46:39	00:46:32	186		V35	47
180	937	Pedro Amaral	00:22:46	00:46:41	00:46:23	181	CCDTMetro LX	V40	34

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
181	525	Antonio Cruz	00:23:30	00:46:42	00:46:14	170	GD SANTANDERTOTTA	V65	1
182	1239	Manuel Maia	00:22:58	00:46:43	00:46:17	176		Senior	48
183	1023	André Oliveira	00:22:14	00:46:45	00:46:21	179		Senior	49
184	446	Luis Garcia	00:23:05	00:46:46	00:46:40	189		V45	21
185	566	Nuno Alves	00:22:52	00:46:47	00:46:28	184		V40	35
186	903	António Morais	00:24:00	00:46:48	00:46:41	190	Clube Atlético das Patameiras	V60	5
187	683	Jorge Gonçalves	00:24:48	00:46:50	00:45:48	158	Clube TAP PORTUGAL	Senior	50
188	367	João Aguiar	00:23:44	00:46:55	00:46:50	194	Clube Ferroviario de Portugal	Senior	51
189	638	Diogo Henriques	00:22:46	00:46:56	00:46:52	197	CCD PM CASCAIS	Junior	3
190	395	Carlos Dinis	00:23:05	00:46:57	00:46:55	200	CLUBE MILLENIUM BCP	V50	15
191	781	Orlindo Figueiredo	00:22:56	00:46:57	00:46:57	203	SS CGD	V65	2
192	1338	Paulo Flor	00:23:34	00:46:59	00:46:49	193		V35	48
193	481	Nuno Lopes	00:22:40	00:47:01	00:46:57	202		V35	49
194	90	Jorge Nabais	00:23:56	00:47:01	00:46:59	204		Senior	52
195	729	Sandro Silva	00:22:54	00:47:02	00:46:53	198		V35	50
196	1261	João Fernandes	00:23:43	00:47:04	00:46:31	185		Senior	53
197	1155	Nuno Marques	00:23:44	00:47:06	00:46:17	175		V40	36
198	38	Casimiro Silva	00:22:27	00:47:09	00:47:06	207		V40	37
199	603	Paulo Caldeira	00:22:34	00:47:13	00:47:11	210		V35	51
200	1029	Marta Abreu	00:23:50	00:47:15	00:46:38	187		Senior	7

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
201	604	José Marques	00:22:56	00:47:17	00:47:14	213		V45	22
202	1053	Luís Macedo	00:23:07	00:47:20	00:47:14	212		V45	23
203	1388	Giovani Ricciardi	00:23:20	00:47:22	00:47:08	208		V45	24
204	169	Bernardo Figueiredo	00:24:16	00:47:23	00:46:46	191	JG Seguros/Vila Fria	V40	38
205	462	Rui Almeida	00:23:26	00:47:24	00:46:54	199		V40	39
206	186	Fernando Oliveira	00:22:18	00:47:27	00:47:26	222		V35	52
207	1109	Alexandre Mateus	00:22:56	00:47:28	00:47:27	225		V35	53
208	138	Nuno Cruz	00:24:14	00:47:29	00:46:56	201		Senior	54
209	778	João Cabrito	00:23:44	00:47:30	00:47:06	206	SS CGD	V50	16
210	743	José Magalhães	00:23:48	00:47:31	00:46:52	196	GDINE	V60	6
211	1046	Paulo Garcia	00:23:44	00:47:32	00:47:05	205		V45	25
212	30	João Crisóstomo	00:23:48	00:47:36	00:47:21	216		V50	17
213	173	Carlos Marques	00:23:56	00:47:38	00:47:19	215		V40	40
214	1295	Tiago Abrantes	00:22:40	00:47:39	00:47:27	223		Senior	55
215	164	Paulo Caldeira	00:24:42	00:47:39	00:47:13	211		V35	54
216	410	José Rocha	00:23:18	00:47:39	00:47:29	227	CLUBE MILLENIUM BCP	V45	26
217	88	Jorge Ferreira	00:23:27	00:47:41	00:47:40	234		V55	5
218	130	Fernando Morais	00:24:19	00:47:41	00:47:23	218	O MUNDO DA CORRIDA	V50	18
219	607	Pedro Vicente	00:22:48	00:47:42	00:47:37	230		V35	55
220	360	Nuno Apolo	00:24:39	00:47:43	00:46:51	195	Restaurante O Cartaxeiro	V35	56

<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>
221	35	Luis Alves	00:22:30	00:47:43	00:47:39	233		Senior	56
222	797	Zumailton Pacheco	00:23:22	00:47:44	00:47:22	217		Senior	57
223	500	Jose Pereira	00:23:45	00:47:45	00:47:30	228	GD SANTANDERTOTTA	V45	27
224	548	Mário Lopes	00:24:21	00:47:46	00:47:15	214	OS PERIGOSOS	V45	28
225	1102	José Morgado	00:23:12	00:47:46	00:47:41	235		V45	29
226	685	Manuel Mexia	00:24:48	00:47:48	00:46:46	192	Clube TAP PORTUGAL	V50	19
227	1235	Luis Aguiar	00:23:30	00:47:49	00:47:45	241		V40	41
228	902	Paulo Gamboa	00:24:01	00:47:51	00:47:42	238	Clube Atlético das Patameiras	V40	42
229	347	João Batista	00:24:16	00:47:54	00:47:26	220	CLUBE NOVO BANCO	V40	43
230	340	Carlos Nabiça	00:24:33	00:47:56	00:47:28	226	CLUBE NOVO BANCO	V50	20
231	477	Jorge Pereira	00:24:33	00:47:56	00:47:27	224	CLUBE NOVO BANCO	V60	7
232	858	Jaime Gomes	00:23:26	00:47:56	00:47:47	242	Serviços Sociais Montepio	V55	6
233	304	João Rebelo	00:23:44	00:47:57	00:47:50	243		V45	30
234	1033	Carlos Conceição	00:24:35	00:47:58	00:47:26	221	A Sacavenense	V50	21
235	1142	José Martins	00:23:54	00:47:59	00:47:24	219	Clube ANA Lisboa	V60	8
236	971	Miguel Leao	00:24:17	00:47:59	00:47:38	231		V35	57
237	758	José Pinto	00:22:37	00:48:00	00:47:57	248		V50	22
238	738	António Ferreira	00:24:15	00:48:01	00:47:42	237		Senior	58
239	116	Mark Carey	00:23:56	00:48:03	00:47:41	236	Os Duques do Lumiar	V40	44
240	478	José Gonçalves	00:23:42	00:48:04	00:47:59	249	CLUBE NOVO BANCO	V50	23

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
241	780	Nuno Ribeiro	00:24:37	00:48:05	00:47:11	209	SS CGD	Senior	59
242	669	Nuno Ferreira	00:24:18	00:48:08	00:47:45	240		V35	58
243	503	Salvador Afonso	00:25:01	00:48:09	00:47:34	229	GD SANTANDERTOTTA	V60	9
244	536	Pedro Fontoura	00:23:29	00:48:11	00:48:10	254	SS CGD	V45	31
245	653	Tiago Henriques	00:23:33	00:48:12	00:48:10	256		V35	59
246	85	Jorge Oliveira	00:23:44	00:48:13	00:47:44	239		V50	24
247	1001	Agostinho Cristino	00:23:52	00:48:14	00:48:11	257	Casa do Benfica em Algueirão Mem Martins	V65	3
248	811	Pedro Pinto	00:23:47	00:48:19	00:47:54	245	Os Pintos	Senior	60
249	875	César Luís	00:24:43	00:48:19	00:47:39	232		Senior	61
250	497	Joao Rocha	00:24:02	00:48:21	00:48:09	252	GD SANTANDERTOTTA	V60	10
251	192	Paulo Lopes	00:23:11	00:48:23	00:48:09	253	Speed of Yellow	V35	60
252	293	Jorge Martinho	00:24:35	00:48:29	00:48:26	269	Os Galgos	V45	32
253	960	Francisco Pereira	00:24:34	00:48:29	00:48:04	250	Açoreana Clube Banif	V45	33
254	77	Domingos Janela	00:23:49	00:48:30	00:48:13	259	O MUNDO DA CORRIDA	V65	4
255	1291	Gil Sousa	00:24:00	00:48:32	00:47:57	247	Run4It	V40	45
256	958	Renato Botão	00:24:28	00:48:33	00:48:24	267	ACADEMIA DO LUMIAR	Senior	62
257	660	João Landeiro	00:24:43	00:48:34	00:47:54	244		Senior	63
258	496	Luis Carreira	00:23:47	00:48:35	00:48:29	270	GD SANTANDERTOTTA	Senior	64
259	838	Sidónio Dias	00:24:41	00:48:35	00:48:04	251		V40	46
260	636	Ana Brás	00:24:13	00:48:36	00:48:10	255	CCD PM CASCAIS	Senior	8

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
261	802	Luis Jesus	00:23:27	00:48:38	00:48:35	277		V50	25
262	272	Paulo Rodrigues	00:23:03	00:48:39	00:48:30	271	Acaventura	V35	61
263	1100	Torquato Cardoso	00:25:30	00:48:40	00:48:15	262		Senior	65
264	273	Hugo Paulo	00:23:04	00:48:40	00:48:30	273	Acaventura	V35	62
265	837	David Pinheiro	00:23:32	00:48:41	00:48:21	264		V35	63
266	479	Alexandre Cantanhede	00:24:26	00:48:43	00:47:56	246		V35	64
267	1028	Luís Sousa	00:24:27	00:48:46	00:48:22	266		V40	47
268	470	Luís Goncalves	00:22:50	00:48:46	00:48:42	279		V40	48
269	1152	Carlos Bragança	00:24:15	00:48:51	00:48:15	261		V35	65
270	1385	Luis Amaral	00:24:22	00:48:52	00:48:13	260		V45	34
271	841	Alexandre Pinto	00:24:39	00:48:55	00:48:32	274		Senior	66
272	980	Andreu Peiris	00:24:14	00:48:56	00:48:33	276		Senior	67
273	344	Hugo Ribeiro	00:23:43	00:48:56	00:48:38	278	CLUBE NOVO BANCO	V35	66
274	499	Nuno Damiaes	00:25:03	00:48:57	00:48:22	265	GD SANTANDERTOTTA	Senior	68
275	909	Hugo Carabineiro	00:25:05	00:48:58	00:48:24	268		V35	67
276	197	Hugo Guerreiro	00:24:49	00:48:58	00:48:32	275	Váritintas	V35	68
277	320	Luís Castilho	00:25:21	00:49:03	00:48:15	263		V40	49
278	1371	Rui Ribeiro	00:23:44	00:49:05	00:48:44	280	Falck SCI Portugal	Senior	69
279	825	Gilberto Pereira	00:23:27	00:49:06	00:48:57	285		V40	50
280	100	Luis Raquel	00:24:03	00:49:06	00:48:58	286		V50	26

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
281	1085	Paulo Gonçalves	00:25:20	00:49:09	00:48:12	258	Câmara Lisboa Clube	V40	51
282	785	Cândido Alves	00:23:44	00:49:10	00:48:47	281	CCD Crédito Agrícola Mútuo	V40	52
283	845	João Cordeiro	00:24:28	00:49:14	00:49:09	295		Senior	70
284	615	Vitor Moeira	00:24:58	00:49:17	00:49:05	291	Clube EDP - Lisboa	V60	11
285	649	Joaquim Mendes	00:23:53	00:49:19	00:49:08	294	Cervejas e Caracóis	V45	35
286	484	Hugo Barreto	00:25:30	00:49:19	00:48:30	272		Senior	71
287	102	Valter Ferreira	00:24:21	00:49:20	00:49:07	293		Senior	72
288	702	Orlando Martins	00:24:42	00:49:22	00:48:56	284		V55	7
289	992	Nuno Moleano	00:23:30	00:49:25	00:49:19	302	Clube Desportivo Ribeirense	V35	69
290	928	António Gonçalves	00:25:24	00:49:27	00:49:02	288	CCDTMetro LX	V45	36
291	787	José Vidais	00:25:05	00:49:31	00:49:03	290	CCD Crédito Agrícola Mútuo	V45	37
292	1191	José Charrua	00:24:58	00:49:31	00:49:27	307	Clube ANA Lisboa	V35	70
293	1382	Pedro Rebelo	00:24:36	00:49:32	00:49:17	299		V40	53
294	1292	João Cristino	00:24:58	00:49:32	00:48:59	287	Run4It	V60	12
295	905	Miguel Tavares	00:23:05	00:49:34	00:48:53	283	Clube Atlético das Patameiras	V40	54
296	476	Nuno Carrasco	00:24:55	00:49:38	00:49:19	301	CLUBE NOVO BANCO	V35	71
297	1238	Pedro Cipriano	00:24:38	00:49:38	00:49:28	308		V50	27
298	1247	Antonio Duarte	00:25:12	00:49:41	00:49:32	312		V50	28
299	990	António Palmeira	00:24:50	00:49:41	00:49:35	316	Clube Desportivo Ribeirense	V40	55
300	859	João Santos	00:24:20	00:49:42	00:49:02	289	Serviços Sociais Montepio	V35	72



# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
301	81	Mário Esperança	00:24:17	00:49:43	00:49:22	304		Senior	73
302	451	Helder Martins	00:25:21	00:49:43	00:48:50	282		V45	38
303	1081	Gonçalo Alberto	00:23:55	00:49:47	00:49:32	311	Link	Senior	74
304	154	João Faustino	00:26:08	00:49:47	00:49:05	292	Clube do Stress	V40	56
305	854	Albino Neiva	00:25:16	00:49:48	00:49:36	318	Casa do Benfica em Algueirão Mem Martins	V65	5
306	1194	Diogo Soares	00:25:01	00:49:51	00:49:30	310	Clube ANA Lisboa	Senior	75
307	977	Vasco Gonçalves	00:24:27	00:49:53	00:49:17	300		V35	73
308	765	Jorge Miranda	00:24:20	00:49:54	00:49:45	321		V45	39
309	770	Carlos Miranda	00:23:26	00:49:55	00:49:51	325		V60	13
310	471	Eduardo Figueiredo	00:24:35	00:49:55	00:49:11	296	CLUBE NOVO BANCO	V40	57
311	1243	Pedro Matos	00:24:26	00:49:56	00:49:53	329		V50	29
312	518	Helder Lopes	00:25:40	00:49:59	00:49:15	298	GD SANTANDERTOTTA	V45	40
313	19	Joaquim Palmeiro	00:24:49	00:49:59	00:49:26	306		V45	41
314	1006	Rui Guarda	00:24:51	00:50:00	00:49:21	303		V35	74
315	318	Nuno Madureira	00:24:51	00:50:01	00:49:56	331		Senior	76
316	712	António Fernandes	00:24:56	00:50:02	00:49:54	330	Amigos Vale Silencio	V55	8
317	386	Fernando Almeida	00:24:37	00:50:02	00:50:00	335	CLUBE MILLENIUM BCP	V45	42
318	430	André Calado	00:25:11	00:50:04	00:49:46	323	CLUBE MILLENIUM BCP	Junior	4
319	507	Tiago Domingues	00:25:48	00:50:06	00:49:23	305	GD SANTANDERTOTTA	V35	75
320	900	Pedro Quina	00:25:32	00:50:07	00:49:14	297		V45	43

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
321	601	Carlos Vasconcelos	00:24:17	00:50:08	00:50:08	346		V55	9
322	957	Artur Botão	00:24:51	00:50:08	00:50:01	337	ACADEMIA DO LUMIAR	V45	44
323	141	Ana Correia	00:25:04	00:50:09	00:49:33	315		V35	2
324	142	Gil Carneiro	00:25:05	00:50:09	00:49:33	314		V35	76
325	289	Joao Moreira	00:24:37	00:50:09	00:50:06	345		V40	58
326	226	Nuno Constâncio	00:24:20	00:50:09	00:49:56	332	Clube Vodafone	V35	77
327	868	Maria Lemos	00:24:42	00:50:13	00:50:09	349		V45	1
328	1260	Fabio Ferreira	00:24:38	00:50:13	00:50:10	351		Senior	77
329	963	Augusto Lopes	00:24:48	00:50:13	00:50:00	336	GD SANTANDERTOTTA	V60	14
330	523	Rui Cunha	00:24:44	00:50:14	00:49:51	327	GD SANTANDERTOTTA	V45	45
331	763	José Guia	00:25:41	00:50:15	00:49:33	313	SS CGD	V65	6
332	681	Carlos Silva	00:24:17	00:50:16	00:50:02	339	Clube TAP PORTUGAL	V45	46
333	684	José Coelho	00:24:17	00:50:16	00:50:03	342	Clube TAP PORTUGAL	V45	47
334	633	Daniel Rodrigues	00:24:14	00:50:17	00:50:12	354	CLUBE ROBBIALAC	V35	78
335	1250	Miguel Veludo	00:24:11	00:50:18	00:50:09	348		V40	59
336	662	Douglas Medrado	00:26:05	00:50:19	00:49:30	309	LIMA	Senior	78
337	617	José Alves	00:24:04	00:50:22	00:50:13	355		Senior	79
338	1301	Paulo Silva	00:26:22	00:50:23	00:50:05	343		V50	30
339	1050	Vasco Romãozinho	00:25:30	00:50:27	00:50:17	360		V40	60
340	870	Norberto Marques	00:25:30	00:50:28	00:49:46	322	running of dª maria	V45	48

<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>
341	929	Antonio Pereira	00:25:25	00:50:28	00:50:03	341	CCDTMetro LX	V50	31
342	222	Bruno Macedo	00:25:31	00:50:29	00:49:44	320	Asas nos Pés	Senior	80
343	1248	Mariana Martins	00:25:12	00:50:30	00:50:22	365		Senior	9
344	759	Petru Nemes	00:25:47	00:50:30	00:50:10	350		V50	32
345	1244	Rui Martins	00:24:59	00:50:30	00:50:17	359		V40	61
346	283	Luis Palma	00:25:27	00:50:31	00:49:38	319		V35	79
347	1092	João Pereira	00:25:30	00:50:32	00:49:35	317	Câmara Lisboa Clube	V40	62
348	591	António Carreto	00:24:32	00:50:35	00:50:11	353		Senior	81
349	234	Joao Pombinho	00:24:22	00:50:38	00:50:14	357	Os Duques do Lumiar	Senior	82
350	1044	Antonio Baldo	00:25:33	00:50:38	00:49:52	328		Senior	83
351	276	Francisco Passos	00:24:42	00:50:40	00:50:23	367		V50	33
352	600	Luis Nunes	00:25:24	00:50:41	00:50:18	361		V40	63
353	156	Fernando Mendes	00:25:32	00:50:42	00:50:23	368		V40	64
354	809	Alexandre Vicente	00:25:49	00:50:43	00:50:27	372	Link	Senior	84
355	1317	Bruno Magalhães	00:25:27	00:50:43	00:49:51	326		V40	65
356	751	Pedro Ferreira	00:25:33	00:50:43	00:50:11	352		V35	80
357	327	Ricardo Silva	00:25:20	00:50:44	00:49:48	324	CLUBE NOVO BANCO	V35	81
358	1332	Vitor Rodrigues	00:25:50	00:50:45	00:50:00	334		V45	49
359	52	Sérgio Pontes	00:26:31	00:50:45	00:50:01	338	Treino do Monge	V35	82
360	112	Paulo Lopes	00:25:56	00:50:46	00:50:09	347		V45	50

<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	955	Pedro Afonso	00:23:31	00:50:47	00:50:29	374	CLUBE ANACOM	Senior	85
362	661	Pedro Lima	00:26:06	00:50:47	00:49:58	333	LIMA	Senior	86
363	842	Pedro Caetano	00:25:41	00:50:48	00:50:42	377		V45	51
364	34	Vitor Santos	00:25:51	00:50:49	00:50:06	344		V35	83
365	199	Eduardo Pinto	00:25:08	00:50:50	00:50:23	366	Váritintas	Senior	87
366	348	João Eduardo	00:26:02	00:50:51	00:50:20	364	CLUBE NOVO BANCO	V50	34
367	91	Hugo Sequeira	00:24:05	00:50:52	00:50:50	383		V35	84
368	1154	Luis Batista	00:25:40	00:50:53	00:50:02	340		Senior	88
369	722	Domingos Fernandes	00:24:42	00:50:55	00:50:51	385		V60	15
370	532	Fernando Lima	00:25:56	00:50:56	00:50:26	371	SS CGD	V45	52
371	1302	Filipe Costa	00:24:52	00:50:56	00:50:25	369		Senior	89
372	220	Sónia Freire	00:25:53	00:50:59	00:50:13	356	Asas nos Pés	V35	3
373	1165	João Reis	00:25:12	00:51:00	00:50:36	376		V50	35
374	665	Almerindo Silva	00:25:20	00:51:01	00:50:15	358	ADCC	V55	10
375	1237	Alexandre Martins	00:25:32	00:51:06	00:50:58	391		Senior	90
376	488	Bruno Gerales	00:26:20	00:51:06	00:50:44	378	Os Beirões no Ribatejo	V35	85
377	245	David Branco	00:25:20	00:51:06	00:50:44	379		Senior	91
378	768	Rui Girão	00:25:00	00:51:06	00:50:59	393		Senior	92
379	613	Ricardo Santos	00:26:05	00:51:08	00:50:19	362	Clube EDP - Lisboa	V40	66
380	1150	Carlos Ipe	00:25:53	00:51:08	00:50:19	363		V35	86

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
381	1396	Rui Gomes	00:25:54	00:51:12	00:50:26	370		Senior	93
382	999	Daniela Vinagre	00:25:55	00:51:13	00:50:56	387	Casa do Benfica em Algueirão Mem Martins	Junior	2
383	762	João Marques	00:24:56	00:51:15	00:51:03	397		V40	67
384	469	Tiago Dias	00:24:11	00:51:15	00:51:15	404		Senior	94
385	640	Ivan Ramos	00:25:11	00:51:18	00:50:50	384	CCD PM CASCAIS	Senior	95
386	595	Henrique Dias	00:26:28	00:51:19	00:50:28	373		V60	16
387	979	Hélio Serra	00:24:53	00:51:19	00:51:12	401		Senior	96
388	567	Joaquim Barroso	00:24:26	00:51:20	00:51:14	403		V50	36
389	915	José Machado	00:25:59	00:51:20	00:50:58	392		V50	37
390	1020	Francisco Mendes	00:24:20	00:51:21	00:51:13	402		V50	38
391	984	Joao Calisto	00:25:58	00:51:23	00:50:49	382		V50	39
392	153	Carlos Abreu	00:26:22	00:51:26	00:50:46	380	Clube do Stress	V45	53
393	731	Nelson Geda	00:24:41	00:51:26	00:51:09	400		V40	68
394	1213	Paula Almeida	00:25:55	00:51:27	00:51:06	399	Clube ANA Lisboa	V45	2
395	718	Vasco Bernardo	00:26:12	00:51:27	00:50:47	381	C:a.D.T.Portucel Setubal	V35	87
396	851	António Bogas	00:26:08	00:51:32	00:50:57	389	Casa do Benfica em Algueirão Mem Martins	V45	54
397	1088	Eduardo Manso	00:25:33	00:51:32	00:50:35	375	Câmara Lisboa Clube	V50	40
398	229	Renato Constâncio	00:25:02	00:51:34	00:51:26	416	Cobras Lourinhã	Senior	97
399	648	Inácio Mendes	00:25:18	00:51:35	00:51:24	414	Cervejas e Caracóis	V40	69
400	650	António Alves	00:25:17	00:51:36	00:51:24	413	Cervejas e Caracóis	V40	70

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
401	385	Pedro Fontes	00:26:10	00:51:36	00:50:59	394	CLUBE MILLENIUM BCP	V50	41
402	1008	Artur Almeida	00:25:46	00:51:38	00:51:01	395		V35	88
403	187	Marco Silva	00:25:24	00:51:38	00:51:16	407		V35	89
404	1159	Dário Prates	00:26:02	00:51:38	00:50:53	386		V40	71
405	1289	Heiko Riemeeer	00:26:00	00:51:40	00:51:24	412		V35	90
406	1206	José Marchant	00:24:43	00:51:40	00:51:04	398		V35	91
407	621	Miguel Marques	00:25:58	00:51:41	00:51:16	406		V55	11
408	39	David Charrinho	00:26:25	00:51:42	00:50:58	390		Senior	98
409	1021	Ricardo Silva	00:25:34	00:51:43	00:51:18	408		V35	92
410	939	Elisiano Ferreira	00:24:02	00:51:46	00:51:42	436		Senior	99
411	11	André Costa	00:25:28	00:51:47	00:51:45	439		Senior	100
412	796	José Moga	00:24:59	00:51:47	00:51:39	431	Amigos Vale Silencio	V55	12
413	66	Carlos Pereira	00:26:38	00:51:48	00:50:57	388		Senior	101
414	774	Hugo Pereira	00:24:05	00:51:49	00:51:30	419	H&M	V35	93
415	384	Luís Costa	00:25:50	00:51:49	00:51:39	432	CLUBE MILLENIUM BCP	V45	55
416	1202	Jorge Varatojo	00:25:05	00:51:49	00:51:15	405		V40	72
417	357	Mafalda Martinho	00:26:06	00:51:50	00:51:19	410		Senior	10
418	270	Nelson Prazeres	00:25:25	00:51:51	00:51:39	434		V40	73
419	115	Inês Brito	00:25:47	00:51:52	00:51:32	422		V40	1
420	1311	Maria Vaz	00:25:09	00:51:53	00:51:32	423	Clube ANA Lisboa	V50	1

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
421	520	Lino Oliveira	00:25:21	00:51:54	00:51:52	444	GD SANTANDERTOTTA	V65	7
422	25	Nuno Condeço	00:26:30	00:51:55	00:51:22	411		V35	94
423	184	Vitor Novais	00:25:47	00:51:56	00:51:36	428		V35	95
424	654	Gonçalo Garcia	00:24:47	00:51:57	00:51:54	449		V35	96
425	449	Amável Luz	00:25:22	00:51:57	00:51:52	445	NUCLEO SPORTINGUISTA TORRES NOVAS	V50	42
426	1272	Miguel Barroqueiro	00:25:18	00:52:03	00:51:31	420		Senior	102
427	771	Nuno Ferreira	00:25:46	00:52:04	00:51:50	442		V40	74
428	329	Rui Vicente	00:26:05	00:52:04	00:51:45	438	CLUBE NOVO BANCO	Senior	103
429	888	Jose Loureiro	00:26:32	00:52:05	00:51:35	426	APOGMA	V50	43
430	574	Diogo Leite	00:26:07	00:52:07	00:51:57	453	CLUBE COLABORADORES AXA	V45	56
431	912	Pedro Pinel	00:26:02	00:52:08	00:51:57	454		V45	57
432	571	André Dias	00:26:06	00:52:08	00:51:59	457	CLUBE COLABORADORES AXA	Senior	104
433	493	Mario Costa	00:25:57	00:52:09	00:51:25	415	GD SANTANDERTOTTA	V35	97
434	136	Antonio Ramalho	00:25:24	00:52:11	00:52:08	463		V50	44
435	933	Joao Mendes	00:26:22	00:52:11	00:51:50	441	CCDTMetro LX	V40	75
436	1392	Mónica Teixeira	00:25:21	00:52:12	00:52:09	465		Senior	11
437	323	Paula Jacob	00:27:01	00:52:12	00:51:33	424	CLUBE NOVO BANCO	V35	4
438	447	Helder Cotrim	00:24:02	00:52:12	00:52:09	466		V35	98
439	73	João Sabina	00:27:10	00:52:13	00:51:19	409	Minimongos	V35	99
440	753	Augusto Caria	00:24:58	00:52:13	00:52:08	461		V60	17



<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	255	Filipe Almeida	00:27:01	00:52:13	00:51:34	425	SurfRunners	Senior	105
442	1257	Francisco Gomes	00:26:59	00:52:13	00:51:28	418	Solar dos Presuntos Run Team	Senior	106
443	70	João Duarte	00:27:01	00:52:14	00:51:39	433		V45	58
444	1273	Fernando Fatela	00:26:41	00:52:14	00:51:41	435		V50	45
445	996	Joaquim Costa	00:27:11	00:52:14	00:51:56	452	Casa do Benfica em Algueirão Mem Martins	V60	18
446	258	Amandio Busca	00:25:45	00:52:18	00:52:11	467		V45	59
447	161	Nelson Lourenço	00:26:00	00:52:20	00:51:58	456		V40	76
448	361	Hugo Paulo	00:27:26	00:52:21	00:51:27	417	Restaurante O Cartaxeiro	V35	100
449	549	José Henriques	00:26:34	00:52:22	00:51:51	443	OS PERIGOSOS	V60	19
450	679	José Belchior	00:26:33	00:52:22	00:51:53	447	OS PERIGOSOS	V60	20
451	485	Fernando Marques	00:25:05	00:52:22	00:52:16	471		V50	46
452	677	Fábio Pereira	00:26:39	00:52:24	00:51:31	421	Sporting Clube de Casainhos	Senior	107
453	922	Paulo Ceia	00:26:32	00:52:25	00:51:52	446		V40	77
454	889	Carlos Sousa	00:26:32	00:52:26	00:51:55	450	APOGMA	V45	60
455	1024	Jose Andre	00:26:32	00:52:26	00:51:57	455	APOGMA	V60	21
456	214	Milton Batista	00:25:58	00:52:27	00:51:37	429	Asas nos Pés	V35	101
457	537	Pedro Louro	00:25:58	00:52:30	00:52:00	458	SS CGD	Senior	108
458	678	Armando Correia	00:25:47	00:52:32	00:51:39	430	Sporting Clube de Casainhos	Senior	109
459	219	Paulo Libanio	00:26:07	00:52:32	00:51:44	437	Asas nos Pés	V40	78
460	324	Paulo Veríssimo	00:26:25	00:52:35	00:52:11	469	CLUBE NOVO BANCO	V45	61

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
461	277	Jaime Parodi	00:25:51	00:52:35	00:51:45	440		V35	102
462	672	Pedro Costa	00:27:27	00:52:35	00:51:36	427		Senior	110
463	349	João Ramos	00:25:47	00:52:35	00:52:08	462	CLUBE NOVO BANCO	V40	79
464	688	André Alves	00:26:20	00:52:38	00:52:29	482		Senior	111
465	667	Bruno Almeida	00:26:20	00:52:39	00:52:29	483		Senior	112
466	589	Luís Santos	00:26:29	00:52:39	00:52:16	472	Runásticos	V40	80
467	728	Luis Ferreira	00:26:03	00:52:40	00:52:28	479		V60	22
468	23	Paulo Tainha	00:26:25	00:52:43	00:52:41	490		V50	47
469	831	Jose Santos	00:27:07	00:52:43	00:52:06	460		V40	81
470	1327	Lígia Costa	00:26:01	00:52:43	00:52:34	485	Pastelaria Charly	V45	3
471	364	Neves Silva	00:26:05	00:52:44	00:52:30	484	Clube Ferroviario de Portugal	V60	23
472	623	Miguel Ferrinho	00:26:34	00:52:45	00:51:56	451	Pés de Chumbo	V40	82
473	129	Ricardo Sarmiento	00:26:18	00:52:47	00:51:54	448	Minimongos	Senior	113
474	956	José Vaz	00:26:56	00:52:49	00:52:09	464	CLUBE ANACOM	V55	13
475	202	Ernesto Carvalho	00:26:27	00:52:49	00:52:19	473		V55	14
476	257	Luis Garção	00:25:45	00:52:53	00:52:45	495		V45	62
477	261	Bruno Oliveira	00:27:33	00:52:54	00:51:03	396		Senior	114
478	1240	Carlos Seco	00:26:52	00:52:55	00:52:11	468		V55	15
479	1241	Jaime Mestre	00:26:52	00:52:56	00:52:12	470		V45	63
480	355	Joaquim Costa	00:25:48	00:52:58	00:52:51	502	Arco Iris	V60	24

<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	306	Sérgio Oliveira	00:26:27	00:53:00	00:52:43	494	Clube Desportivo TCPI	Senior	115
482	56	Paulo Gandum	00:25:59	00:53:00	00:52:52	503	EM" Força - Corremos contra a Esclerose Múltipl	V40	83
483	533	Francisco Clerigo	00:26:03	00:53:02	00:52:36	487	SS CGD	V60	25
484	262	Jorge Ramos	00:25:37	00:53:04	00:52:50	499	Asas nos Pés	V35	103
485	218	António Sarilho	00:25:52	00:53:04	00:52:56	506	Asas nos Pés	V50	48
486	103	Silvério Bras	00:26:33	00:53:05	00:52:27	477		V55	16
487	673	Rafael Fernandes	00:27:27	00:53:05	00:52:06	459		Senior	116
488	287	Pedro Carmo	00:26:26	00:53:05	00:52:24	474		V35	104
489	1017	João Paradinha	00:25:47	00:53:12	00:52:41	491		V40	84
490	1128	Pedro Morgado	00:26:09	00:53:14	00:53:08	514	Clube ANA Lisboa	Senior	117
491	359	Tomé Santos	00:26:44	00:53:14	00:52:50	500		Senior	118
492	1320	Carlos Soeiro	00:26:57	00:53:15	00:53:13	518		V35	105
493	242	Nelson Roldão	00:26:38	00:53:15	00:52:37	488		V40	85
494	1016	Gonçalo João	00:26:26	00:53:16	00:53:02	509		Senior	119
495	945	Henrique Gomes	00:26:43	00:53:16	00:52:53	504		V35	106
496	540	Tomás Sousa	00:26:28	00:53:17	00:52:39	489	Os Super	V35	107
497	608	Sergio Ramalho	00:26:37	00:53:17	00:52:28	480		Senior	120
498	409	António Santos	00:26:52	00:53:18	00:53:06	512	CLUBE MILLENIUM BCP	V55	17
499	1298	José Mendes	00:26:24	00:53:18	00:53:02	510		V40	86
500	1190	Pedro Ponte	00:25:50	00:53:20	00:53:17	522	Clube ANA Lisboa	V35	108

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
501	576	Miguel Esteves	00:26:03	00:53:21	00:52:26	475	CLUBE COLABORADORES AXA	Senior	121
502	516	Nuno Carvalho	00:26:02	00:53:21	00:52:26	476	GD SANTANDERTOTTA	V35	109
503	1387	Maria Neto	00:27:27	00:53:23	00:52:43	492		V40	2
504	1386	Ana Martins	00:27:28	00:53:23	00:52:43	493		V45	4
505	767	Pedro Custódio	00:26:11	00:53:24	00:52:57	507		V40	87
506	104	Nuno Maia	00:27:29	00:53:25	00:53:07	513	Team Pernetas	V35	110
507	942	Ricardo Silva	00:28:52	00:53:27	00:52:35	486		V35	111
508	1268	Ricardo Moreira	00:27:17	00:53:28	00:52:28	481		V45	64
509	1300	Mónica Carrufa	00:27:18	00:53:28	00:52:28	478		Senior	12
510	105	Ricardo Dias	00:27:29	00:53:29	00:53:11	517	Team Pernetas	V35	112
511	474	Paulo Gonçalves	00:27:22	00:53:30	00:52:45	496	CLUBE NOVO BANCO	V45	65
512	84	Nuno Romao	00:27:29	00:53:32	00:52:48	498		V45	66
513	530	Catarina Martins	00:26:44	00:53:33	00:53:08	515	SS CGD	V40	3
514	1013	Susana Paiva	00:26:26	00:53:35	00:53:22	524		Senior	13
515	239	Patrícia Silva	00:27:42	00:53:36	00:52:51	501	Tartarugas Solidarias	V35	5
516	380	António Almeida	00:26:24	00:53:37	00:53:20	523	CLUBE MILLENIUM BCP	V45	67
517	1122	João Melo	00:26:34	00:53:40	00:53:27	527		V40	88
518	215	José Pires	00:27:19	00:53:41	00:52:55	505	Asas nos Pés	V45	68
519	784	Andreia Rodrigues	00:26:34	00:53:43	00:53:15	520	CCD Crédito Agrícola Mútuo	V35	6
520	352	Júlio Ferreira	00:26:50	00:53:45	00:53:17	521	CLUBE NOVO BANCO	V60	26

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
521	448	Hélder Silvério	00:27:03	00:53:45	00:52:46	497		V40	89
522	459	Romão Moita	00:26:20	00:53:46	00:53:28	528		V50	49
523	1031	Pedro Coelho	00:25:52	00:53:50	00:53:34	534		V35	113
524	701	Ana Matos	00:27:51	00:53:51	00:53:33	532		Senior	14
525	630	Raúl Costa	00:27:32	00:53:51	00:53:48	544	CLUBE ROBBIALAC	V50	50
526	886	Eduardo Ribeiro	00:27:29	00:53:52	00:53:09	516	GDCT Unicre	V45	69
527	569	Paulo Martins	00:27:20	00:53:54	00:52:59	508		V40	90
528	878	Carla Miranda	00:26:52	00:53:54	00:53:34	537		V45	5
529	209	Paulo Costa	00:27:09	00:53:56	00:53:36	538		V40	91
530	1002	Luis Almeida	00:26:58	00:53:57	00:53:04	511	G.U.P de Gralhas	V40	92
531	235	Angel Gutierrez	00:25:47	00:54:00	00:53:36	539	Os Duques do Lumiar	V40	93
532	473	Maria Carvalho	00:26:50	00:54:00	00:53:33	529	CLUBE NOVO BANCO	Senior	15
533	850	Joaquim Cruz	00:27:23	00:54:00	00:53:23	525	Casa do Benfica em Algueirão Mem Martins	V55	18
534	253	Sandro Prates	00:26:22	00:54:05	00:53:14	519		V35	114
535	271	Isabel Conceição	00:27:04	00:54:05	00:53:33	531		Senior	16
536	27	Jorge Nunes	00:27:03	00:54:05	00:53:34	535		V35	115
537	645	Tânia Valentim	00:27:16	00:54:05	00:53:26	526	CCD PM CASCAIS	Senior	17
538	736	Bruno Silva	00:27:41	00:54:07	00:53:51	545		Senior	122
539	200	Joaquim Silva	00:26:33	00:54:10	00:53:57	550		V40	94
540	191	Carlos Santos	00:27:18	00:54:13	00:53:36	540	Speed of Yellow	V35	116

<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	63	António Martnho	00:26:49	00:54:15	00:54:02	555		V60	27
542	1245	Cláudia Ferreira	00:27:31	00:54:16	00:53:36	541		V45	6
543	32	Tiago Marques	00:27:40	00:54:18	00:53:33	533	Treino do Monge	Senior	123
544	789	Luísa Mourão	00:27:09	00:54:19	00:53:51	546	CCD Crédito Agrícola Mútuo	V35	7
545	453	Eduardo Moutinho	00:28:06	00:54:20	00:53:47	543	O MUNDO DA CORRIDA	V45	70
546	866	Sonia Quintino	00:26:43	00:54:20	00:54:12	562	Serviços Sociais Montepio	V35	8
547	92	Marco Sousa	00:25:28	00:54:22	00:54:21	568		V35	117
548	635	Jeremias Ribeiro	00:28:07	00:54:22	00:53:33	530		V70	1
549	1342	Paulo Padrão	00:26:59	00:54:24	00:53:57	548		V45	71
550	1294	João Teixeira	00:26:58	00:54:24	00:53:58	551		V45	72
551	315	José Calheiros	00:29:01	00:54:25	00:53:53	547		V40	95
552	1025	Ricardo Caldas	00:25:50	00:54:29	00:54:16	565		V35	118
553	337	Ana Monteiro	00:26:55	00:54:29	00:54:00	553	CLUBE NOVO BANCO	V45	7
554	402	Paulo Rebocho	00:26:31	00:54:29	00:53:59	552	CLUBE MILLENIUM BCP	V50	51
555	205	Maria Gonçalves	00:27:06	00:54:30	00:54:10	559		V45	8
556	737	João Basilio	00:21:27	00:54:30	00:54:27	572		V45	73
557	284	Fernando Vergamota	00:27:34	00:54:33	00:54:03	556		V60	28
558	680	Antonio Ribeiro	00:27:06	00:54:33	00:53:34	536	Clube TAP PORTUGAL	V50	52
559	628	José Gamito	00:27:09	00:54:34	00:54:24	570	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V55	19
560	748	Bruno Morais	00:26:42	00:54:35	00:54:27	571		V35	119

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
561	817	Rui Nunes	00:27:11	00:54:35	00:53:40	542	PRT	Senior	124
562	891	Paulo Estopa	00:26:40	00:54:36	00:54:14	563		V45	74
563	941	Horácio Vieira	00:27:16	00:54:38	00:54:17	566		V65	8
564	350	Joaquim Monteiro	00:26:51	00:54:40	00:54:11	561	CLUBE NOVO BANCO	V45	75
565	598	José Pereira	00:26:42	00:54:42	00:54:36	581		Senior	125
566	1066	Renato Gomes	00:26:59	00:54:43	00:54:06	557		V35	120
567	901	Pedro Lameira	00:25:20	00:54:45	00:54:42	584		V40	96
568	626	Carlos Costa	00:26:42	00:54:46	00:53:57	549	Pés de Chumbo	V40	97
569	1343	Fernando Serrano	00:28:07	00:54:48	00:54:16	564		V45	76
570	233	Pedro Ruas	00:27:34	00:54:48	00:54:28	575	Speed of Yellow	V35	121
571	783	Lino Vaz	00:26:23	00:54:54	00:54:18	567		V35	122
572	581	Rui Boa	00:27:13	00:54:57	00:54:41	583	CLUBE COLABORADORES AXA	Senior	126
573	1353	Luis Simão	00:27:22	00:54:59	00:54:50	590		V35	123
574	1352	Maria Regalo	00:27:22	00:55:00	00:54:50	591		V40	98
575	435	Orlando China	00:27:34	00:55:00	00:54:30	576	CLUBE MILLENIUM BCP	V65	9
576	1014	Diogo Paisana	00:26:20	00:55:00	00:54:45	587		Senior	127
577	820	Cristiano Sousa	00:29:56	00:55:01	00:54:07	558	PRT	Senior	128
578	47	Gonçalo Seabra	00:27:28	00:55:02	00:54:01	554		V45	77
579	365	Natal Luz	00:27:58	00:55:05	00:54:31	578	Clube Ferroviario de Portugal	V65	10
580	724	Nuno Charrua	00:27:41	00:55:05	00:54:44	585		V35	124



<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
581	460	José Baixinho	00:28:46	00:55:05	00:54:31	577		V55	20
582	836	Nuno Frazão	00:27:50	00:55:08	00:54:27	573		V55	21
583	1264	Teresa Sepúlveda	00:27:25	00:55:08	00:54:10	560	CLUBE OLÍMPICO DE OEIRAS	Senior	18
584	663	Joao Passeiro	00:27:34	00:55:09	00:54:22	569	ADCC	V50	53
585	734	Antonio Nunes	00:27:50	00:55:09	00:54:28	574		V45	78
586	689	Rui Cardoso	00:25:48	00:55:09	00:54:58	596		V40	99
587	925	Kristine Reis	00:27:55	00:55:09	00:54:57	595		V35	9
588	773	Rafael Cunha	00:26:31	00:55:10	00:54:34	580		Senior	129
589	1278	Hugo Gaspar	00:26:40	00:55:10	00:55:02	600		V35	125
590	93	José Costa	00:27:57	00:55:11	00:54:44	586		V50	54
591	830	Joao Santos	00:27:11	00:55:11	00:54:34	579		V40	100
592	1112	Dinis Candeias	00:26:05	00:55:12	00:55:09	604		V35	126
593	580	João Frade	00:27:13	00:55:16	00:55:00	598	CLUBE COLABORADORES AXA	V40	101
594	1106	António Moita	00:26:20	00:55:18	00:55:00	599		V55	22
595	587	Cristina Cerda	00:27:30	00:55:18	00:54:54	592		V40	4
596	564	João Amêndoa	00:29:15	00:55:21	00:54:39	582		V35	127
597	170	Ludgero Santana	00:28:13	00:55:22	00:54:46	589	JG Seguros/Vila Fria	V50	55
598	168	Filipe Sa	00:28:13	00:55:22	00:54:45	588	JG Seguros/Vila Fria	V40	102
599	419	Mário Mendes	00:26:52	00:55:23	00:55:08	602	CLUBE MILLENIUM BCP	V50	56
600	927	Joaquim Bentes	00:26:53	00:55:24	00:55:13	606	DUO	V60	29

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
601	772	Paulo Brás	00:27:30	00:55:31	00:55:20	612		V35	128
602	754	Rui Duarte	00:27:30	00:55:32	00:55:21	613		V40	103
603	1126	António Morgado	00:26:09	00:55:35	00:55:29	618	Clube ANA Lisboa	V55	23
604	1262	Telmo Nunes	00:26:59	00:55:35	00:55:32	623		Senior	130
605	618	Hugo Araujo	00:28:17	00:55:36	00:55:04	601		V35	129
606	1129	Maria Morgado	00:26:10	00:55:36	00:55:33	624	Clube ANA Lisboa	V60	1
607	675	Luís Inácio	00:27:03	00:55:37	00:55:15	607		V40	104
608	843	Francisco Maia	00:27:07	00:55:40	00:55:38	627		V60	30
609	670	Daniel Freire	00:27:12	00:55:45	00:55:13	605		V55	24
610	631	José Vilela	00:27:33	00:55:45	00:55:42	630	CLUBE ROBBIALAC	V50	57
611	896	Vasco Afonso	00:28:03	00:55:46	00:54:56	594		V40	105
612	65	Tomás Presas	00:28:03	00:55:48	00:54:54	593		Senior	131
613	926	Antonio Ribeiro	00:26:53	00:55:51	00:55:40	629	DUO	V50	58
614	671	João Granja	00:27:02	00:55:52	00:55:38	628		V35	130
615	1310	João Franco	00:26:28	00:55:53	00:55:46	633		V35	131
616	652	Ana Silva	00:28:03	00:55:54	00:55:23	615		V45	9
617	1094	Adelino Pires	00:28:18	00:55:55	00:54:58	597	Câmara Lisboa Clube	V50	59
618	254	Pedro Pimenta	00:27:03	00:55:57	00:55:18	611	SurfRunners	V35	132
619	444	Nuno Pereira	00:28:01	00:55:59	00:55:22	614		V40	106
620	466	Filipe Marques	00:29:52	00:56:00	00:55:09	603		Senior	132

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
621	86	João Cruz	00:27:40	00:56:03	00:55:34	626		V40	107
622	800	Bruno Gonçalves	00:28:44	00:56:07	00:55:15	610		V35	133
623	263	Antonio Pais	00:27:28	00:56:07	00:56:06	641	VALE DE MADEIROS SC	V65	11
624	1380	Rita Raposo	00:27:36	00:56:07	00:55:55	637		Junior	3
625	236	Rui Oliveira	00:27:15	00:56:07	00:55:44	631	Os Duques do Lumiar	V40	108
626	454	Paulo Mallen	00:28:10	00:56:07	00:55:23	616		V50	60
627	1326	Pedro Costa	00:28:24	00:56:08	00:55:29	620	Pastelaria Charly	Junior	5
628	871	Daniel Silva	00:28:35	00:56:08	00:55:25	617	running of d <sup>a</sup> maria	Senior	133
629	719	Nuno Silva	00:28:59	00:56:09	00:55:15	608	C:a.D.T.Portucel Setubal	V35	134
630	716	Manuel Cardim	00:29:00	00:56:09	00:55:15	609	C:a.D.T.Portucel Setubal	V60	31
631	715	Jose Galveia	00:27:55	00:56:09	00:55:31	622	C:a.D.T.Portucel Setubal	V60	32
632	339	António Reis	00:27:25	00:56:10	00:55:48	635	CLUBE NOVO BANCO	V45	79
633	458	Marina Matias	00:28:00	00:56:10	00:56:02	639		V45	10
634	351	Jorge Monteiro	00:28:38	00:56:14	00:55:59	638	CLUBE NOVO BANCO	V45	80
635	317	Renato Moraes	00:28:01	00:56:16	00:55:31	621	Tartarugas Solidarias	Senior	134
636	1153	José Gouveia	00:27:54	00:56:17	00:55:29	619		V45	81
637	1105	Rodrigo Reis	00:28:46	00:56:20	00:55:34	625		V40	109
638	98	Carlos Suissas	00:26:32	00:56:20	00:56:09	645		V40	110
639	376	Fernando Rodrigues	00:28:49	00:56:23	00:55:51	636	CLUBE MILLENIUM BCP	V50	61
640	579	Paulo Paixão	00:29:05	00:56:24	00:56:09	644	CLUBE COLABORADORES AXA	V40	111

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
641	1047	Helder Rodrigues	00:27:34	00:56:27	00:56:13	651		Senior	135
642	230	Luís Filipe	00:30:05	00:56:28	00:55:46	632		V35	135
643	1022	Jose Veiga	00:27:15	00:56:29	00:56:20	653		V55	25
644	182	Mario Freire	00:28:40	00:56:29	00:56:10	647		V55	26
645	994	José Silvério	00:26:41	00:56:30	00:56:28	662	Casa do Benfica em Algueirão Mem Martins	V75	1
646	483	José Coelho	00:27:08	00:56:31	00:56:10	648		V45	82
647	808	Fernando Faria	00:27:43	00:56:34	00:56:25	657	Link	V50	62
648	863	Manuel Narciso	00:27:33	00:56:34	00:56:26	659	Serviços Sociais Montepio	V50	63
649	301	Filipe Junot	00:27:56	00:56:35	00:55:47	634		Senior	136
650	547	Bento Valente	00:28:12	00:56:35	00:56:06	643	OS PERIGOSOS	V45	83
651	890	Vermelhudo Pt	00:27:28	00:56:37	00:56:27	660		V55	27
652	969	Maria Sebastião	00:27:56	00:56:37	00:56:26	658		V50	2
653	1113	Paulo Santos	00:27:59	00:56:41	00:56:24	656		V40	112
654	1057	Marta Lopes	00:27:23	00:56:42	00:56:33	667		V50	3
655	1056	Natalino Lopes	00:27:19	00:56:42	00:56:33	668		V55	28
656	885	Fernando Luz	00:27:06	00:56:50	00:56:09	646	GDCT Unicre	V45	84
657	839	Tiago Santos	00:27:35	00:56:51	00:56:02	640		V35	136
658	282	Pedro Fidalgo	00:27:45	00:56:51	00:56:28	661	Os Duques do Lumiar	V40	113
659	1187	José Almeida	00:28:20	00:56:52	00:56:31	663	Clube ANA Lisboa	V45	85
660	519	Orlando Cunha	00:28:59	00:56:54	00:56:12	650	GD SANTANDERTOTTA	V35	137

<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	461	Judite Baixinho	00:28:53	00:56:55	00:56:21	654		Senior	19
662	305	Isabel Ferreira	00:28:44	00:56:57	00:56:40	674	Clube Desportivo TCPI	V50	4
663	1168	Sérgio Pires	00:27:40	00:56:58	00:56:33	665		V35	138
664	614	Rui Xavier	00:27:32	00:56:58	00:56:56	681	Clube EDP - Lisboa	V45	86
665	1166	Germano Louro	00:27:40	00:56:58	00:56:33	666		Senior	137
666	764	Álvaro Venâncio	00:28:48	00:57:01	00:56:23	655		V40	114
667	526	Joel Ponte	00:29:02	00:57:03	00:56:06	642	GD SANTANDERTOTTA	Senior	138
668	1220	Céu Viegas	00:27:36	00:57:03	00:57:01	692		V50	5
669	1131	Patricia Fernandes	00:27:37	00:57:03	00:56:59	687	Clube ANA Lisboa	V40	5
670	1186	Pedro Pereira	00:29:11	00:57:05	00:56:12	649	Clube ANA Lisboa	V40	115
671	223	Lourenço Azevedo	00:27:29	00:57:07	00:56:20	652	Asas nos Pés	V35	139
672	1039	Sebastião Barata	00:27:31	00:57:08	00:56:40	673	SS CGD	V45	87
673	46	Gonçalo Rodrigues	00:28:10	00:57:10	00:56:34	669		V40	116
674	720	João Lourenço	00:28:08	00:57:12	00:57:01	693	KANINOS	Senior	139
675	1321	Susana Matias	00:27:36	00:57:12	00:56:53	679		Junior	4
676	1350	António Correia	00:28:13	00:57:14	00:56:42	676		Senior	140
677	398	Abel Louro	00:27:28	00:57:15	00:56:59	685	CLUBE MILLENIUM BCP	V55	29
678	401	Eduardo Vilhena	00:27:28	00:57:15	00:56:59	688	CLUBE MILLENIUM BCP	V45	88
679	964	Catarina Belém	00:27:49	00:57:16	00:57:01	691	Link	Senior	20
680	887	Miguel Monteiro	00:27:43	00:57:16	00:56:53	680		V45	89

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
681	51	Pritesh Manilal	00:27:57	00:57:16	00:56:39	671		V35	140
682	335	Ana Ferreira	00:28:04	00:57:17	00:56:33	664	CLUBE NOVO BANCO	V45	11
683	869	Jorge Ferreira	00:28:29	00:57:17	00:56:35	670	running of d <sup>a</sup> maria	V50	64
684	1276	Pedro Barbosa	00:27:08	00:57:18	00:56:46	678		Senior	141
685	160	Miguel Campo	00:27:48	00:57:20	00:56:58	684		V45	90
686	87	Hugo Cavacas	00:29:02	00:57:23	00:57:13	703		V35	141
687	155	Joaquim Feijoo	00:28:42	00:57:24	00:56:45	677		V65	12
688	1130	Deolinda Santos	00:28:29	00:57:24	00:56:59	686	Clube ANA Lisboa	V40	6
689	982	António Jorge	00:26:48	00:57:28	00:57:14	705		V60	33
690	790	Miguel Mendanha	00:29:14	00:57:30	00:57:03	694	CCD Crédito Agrícola Mútuo	V35	142
691	602	Diogo Simões	00:27:53	00:57:33	00:57:09	698		Senior	142
692	779	Miguel Carvalho	00:29:24	00:57:33	00:56:39	672	SS CGD	V45	91
693	445	Fernando Fiães	00:28:41	00:57:33	00:56:41	675		V50	65
694	1365	Tiago Gomes	00:29:56	00:57:36	00:57:14	704	Falck SCI Portugal	Senior	143
695	300	Nuno Santos	00:26:54	00:57:36	00:57:25	713		V40	117
696	1390	Manuel Rijo	00:29:16	00:57:37	00:56:58	682		V60	34
697	109	Maria Mota	00:28:41	00:57:38	00:57:07	696	CCD-AT	V50	6
698	1368	Ana Rocha	00:29:56	00:57:38	00:57:16	707	Falck SCI Portugal	Senior	21
699	37	António Faria	00:28:26	00:57:40	00:57:10	701		V60	35
700	1391	António Morgado	00:27:19	00:57:40	00:57:03	695		Senior	144

# CLASSIFICAÇÕES

Class.	Dorsal	Atleta	Tempo 5 Km	Tempo Oficial	Tempo Chip	Class. Chip	Clube	Escalão	Class. Escalão
701	531	Fernando Alves	00:29:29	00:57:40	00:56:58	683	SS CGD	V50	66
702	529	Álvaro Furtado	00:29:15	00:57:40	00:57:15	706	SS CGD	V55	30
703	1037	Paulo Bailão	00:29:15	00:57:41	00:57:12	702	SS CGD	V40	118
704	527	Jose Barata	00:29:00	00:57:42	00:57:09	700	GD SANTANDERTOTTA	V55	31
705	1398	João Gameiro	00:29:34	00:57:44	00:57:28	714		V45	92
706	322	Patrícia Santos	00:28:55	00:57:44	00:57:00	690	CLUBE NOVO BANCO	V40	7
707	1219	Ricardo Costa	00:29:05	00:57:47	00:57:07	697		V35	143
708	489	Pedro Henriques	00:28:53	00:57:50	00:57:00	689		Senior	145
709	425	Bruno Santos	00:28:20	00:57:53	00:57:09	699	CLUBE MILLENIUM BCP	V40	119
710	1339	Marcela Fernandes	00:27:41	00:57:58	00:57:48	727		Senior	22
711	727	Diane Detollenaere	00:28:22	00:57:59	00:57:51	728		V45	12
712	509	Tiago Canhoto	00:29:10	00:58:01	00:57:24	712	GD SANTANDERTOTTA	V40	120
713	658	Nuno Mendes	00:28:33	00:58:08	00:57:32	717		Senior	146
714	181	Joao Salazar	00:28:10	00:58:10	00:57:47	726		V45	93
715	584	Ana Abreu	00:30:44	00:58:10	00:57:56	729	CLUBE COLABORADORES AXA	Junior	5
716	687	Daniel Novais	00:29:30	00:58:11	00:57:18	710		Senior	147
717	711	Manuel Barrento	00:29:17	00:58:13	00:57:16	708	Tive uma ideia	Senior	148
718	1393	Ana Garcia	00:29:23	00:58:15	00:57:43	721		V40	8
719	225	João Peixoto	00:28:46	00:58:15	00:57:29	716	Asas nos Pés	V35	144
720	491	Lucio Silva	00:28:45	00:58:16	00:57:18	709	GD SANTANDERTOTTA	V45	94



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
721	1377	Juliana Oliveira	00:29:18	00:58:17	00:57:28	715		V35	10
722	710	Marta Lopes	00:29:20	00:58:17	00:57:21	711	Tive uma ideia	Senior	23
723	637	António Bugalho	00:29:36	00:58:23	00:57:45	724	CCD PM CASCAIS	V40	121
724	746	Jose Martins	00:27:12	00:58:23	00:58:06	733		V45	95
725	106	Júlio Ferreira	00:28:34	00:58:24	00:58:06	735	Team Pernetas	V40	122
726	656	Rodrigo Carvalho	00:29:11	00:58:25	00:57:35	718		V50	67
727	954	Luís Corista	00:28:02	00:58:26	00:58:18	741	CLUBE ANACOM	V45	96
728	441	Luiz Rosa	00:29:48	00:58:28	00:57:42	720	Clube Atletismo Amigos de Belém	V60	36
729	1203	Rodrigo Gama	00:29:01	00:58:30	00:57:45	725		Senior	149
730	252	Joaquim Gamito	00:29:52	00:58:31	00:57:38	719		V50	68
731	966	Aline Correia	00:29:02	00:58:32	00:57:45	722		Senior	150
732	411	Alexandre Moita	00:29:45	00:58:37	00:58:01	731	CLUBE MILLENIUM BCP	V40	123
733	570	Fábio Rocha	00:28:34	00:58:37	00:58:10	738		Senior	151
734	427	Pedro Pires	00:29:45	00:58:37	00:58:00	730	CLUBE MILLENIUM BCP	V45	97
735	45	Francisco Mota	00:27:30	00:58:39	00:58:07	736		V35	145
736	541	Joaquim Fonseca	00:28:37	00:58:40	00:58:36	744	Os Super	V55	32
737	805	Joao Figueiredo	00:29:23	00:58:43	00:57:45	723		V55	33
738	1059	Pedro Lopes	00:28:48	00:58:45	00:58:28	742		Senior	152
739	468	Antonio Caeiro	00:29:40	00:58:46	00:58:15	740		V40	124
740	872	Jorge Simoes	00:27:42	00:58:48	00:58:06	734	running of dª maria	V45	98

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
741	64	Cristina Cunha	00:28:23	00:58:49	00:58:42	745		V45	13
742	195	Luis Ribeiro	00:29:41	00:58:50	00:58:03	732	Speed of Yellow	V40	125
743	1003	Joao Gaspar	00:29:53	00:58:53	00:58:12	739		V50	69
744	120	Hugo Colaço	00:29:04	00:58:54	00:58:08	737		V35	146
745	381	Dulce Ramos	00:28:11	00:58:55	00:58:45	747	CLUBE MILLENIUM BCP	V45	14
746	1127	André Morgado	00:28:14	00:58:57	00:58:50	752	Clube ANA Lisboa	Senior	153
747	12	José Agapito	00:30:31	00:58:57	00:58:29	743		V35	147
748	1074	João Cândido	00:27:48	00:59:01	00:58:49	751		V50	70
749	431	Sílvia Lopes	00:29:07	00:59:05	00:58:54	755	CLUBE MILLENIUM BCP	V45	15
750	366	Mário Ferro	00:28:45	00:59:11	00:58:58	758	Clube Ferroviario de Portugal	V60	37
751	316	João Fonseca	00:29:10	00:59:13	00:58:46	749		V40	126
752	1036	Bruno Rodrigues	00:27:52	00:59:15	00:58:52	754		V35	148
753	899	Rui Carricho	00:30:05	00:59:15	00:58:46	748		Senior	154
754	756	Joaquim Seco	00:29:01	00:59:18	00:59:09	765		V45	99
755	1270	Mário Sobral	00:29:01	00:59:21	00:58:50	753		V40	127
756	849	Patricia Pedro	00:30:05	00:59:25	00:59:03	762	Casa do Benfica em Algueirão Mem Martins	V45	16
757	883	Paulo Duarte	00:29:19	00:59:27	00:58:44	746	GDCT Unicre	V50	71
758	1011	Jose Costa	00:29:13	00:59:28	00:58:58	759		V55	34
759	74	Nuno Balacó	00:29:15	00:59:30	00:59:10	766	CCD-AT	V40	128
760	1259	Ricardo Vale	00:29:13	00:59:31	00:58:46	750		Senior	155

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
761	1221	César Viegas	00:27:11	00:59:31	00:59:29	777		V55	35
762	1082	Lurdes António	00:29:14	00:59:31	00:59:19	768	Link	V40	9
763	216	José Henriques	00:29:08	00:59:32	00:59:18	767	Asas nos Pés	V40	129
764	1279	Sandra Gaspar	00:29:21	00:59:37	00:59:30	778		V40	130
765	495	Susana Guerreiro	00:29:33	00:59:44	00:59:23	771	GD SANTANDERTOTTA	V35	11
766	599	Elsa Nunes	00:29:19	00:59:47	00:59:27	774		V40	10
767	862	Manuel Santos	00:29:41	00:59:48	00:59:38	785	Serviços Sociais Montepio	V40	131
768	1045	Rui Santos	00:28:50	00:59:49	00:58:55	757		V40	132
769	1060	Joaquim Agostinho	00:27:41	00:59:49	00:59:38	784		V45	100
770	259	Maria Silva	00:29:50	00:59:50	00:58:54	756		V45	17
771	433	Luís Januário	00:29:03	00:59:52	00:59:27	775	CLUBE MILLENIUM BCP	V55	36
772	310	Nicole Nobre	00:29:03	00:59:52	00:59:21	769		Senior	24
773	267	Fábio Alves	00:29:24	00:59:53	00:59:33	780		Senior	156
774	268	Pedro Alves	00:29:24	00:59:53	00:59:34	781		Senior	157
775	269	Celeste Alves	00:29:24	00:59:53	00:59:35	782		V55	1
776	708	Jose Nascimento	00:30:53	00:59:55	00:59:09	764		V50	72
777	26	Mário Lameirão	00:29:37	00:59:57	00:59:52	796	Casa do Benfica em Algueirão Mem Martins	V65	13
778	296	José Vale	00:28:26	01:00:00	00:59:59	799		V55	37
779	1038	Patricia Morais	00:29:21	01:00:02	00:59:55	798	SS CGD	V35	12
780	265	Maria Tomás	00:29:28	01:00:04	00:59:50	794	Asas nos Pés	V40	11

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
781	247	Jose Dias	00:29:46	01:00:05	00:59:30	779	BRANDOA CORRE	V45	101
782	592	José Sequeira	00:30:00	01:00:07	00:59:43	789		Senior	158
783	152	Carlos Paiva	00:30:26	01:00:07	00:59:27	776	Clube do Stress	V55	38
784	22	João Domingues	00:31:15	01:00:07	00:59:06	763		V40	133
785	1030	Bruno Batista	00:28:31	01:00:08	00:59:53	797		V40	134
786	49	Carina Condeço	00:29:34	01:00:11	00:59:42	788		Senior	25
787	48	Tiago Nascimento	00:29:34	01:00:11	00:59:41	787		V35	149
788	605	Alberto Ramires	00:28:58	01:00:13	01:00:08	801		V60	38
789	565	Tiago Veiga	00:29:02	01:00:18	00:59:21	770	Tartarugas Solidarias	Senior	159
790	1322	Catarina Vargês	00:31:34	01:00:18	00:59:23	773	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V40	12
791	1303	Filipe Vargês	00:31:34	01:00:18	00:59:23	772		Senior	160
792	539	Rui Santos	00:28:52	01:00:19	00:59:49	793	SS CGD	V45	102
793	559	André Salvado	00:29:43	01:00:20	00:59:35	783		V40	135
794	1070	Miguel Silva	00:29:38	01:00:23	00:59:38	786		Senior	161
795	860	João Catarino	00:28:36	01:00:23	01:00:14	803	Serviços Sociais Montepio	V45	103
796	644	Rui Querido	00:31:24	01:00:27	00:59:48	792	CCD PM CASCAIS	V35	150
797	855	Agostinho Coelho	00:28:19	01:00:29	01:00:21	806	Serviços Sociais Montepio	V45	104
798	332	Tânia Gonçalves	00:30:11	01:00:31	00:59:46	790	CLUBE NOVO BANCO	V35	13
799	951	Mayer Raposo	00:30:15	01:00:38	01:00:23	808	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SA	V65	14
800	1185	Paulo Estrela	00:29:48	01:00:38	00:59:47	791		V35	151

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
801	1043	Luís Gonçalves	00:29:19	01:00:39	01:00:27	809		V35	152
802	840	Fernando Carrilho	00:28:16	01:00:39	01:00:33	812		V55	39
803	853	Ana Martins	00:29:22	01:00:39	01:00:23	807	Casa do Benfica em Algueirão Mem Martins	V40	136
804	542	Mercedes Fonseca	00:30:43	01:00:40	01:00:02	800	Os Super	V55	2
805	1137	João Figueiras	00:33:24	01:00:41	01:00:37	814	Clube ANA Lisboa	V45	105
806	985	Julia Calisto	00:29:34	01:00:50	01:00:17	804		V50	7
807	246	Jose Piedade	00:29:46	01:00:51	01:00:18	805	BRANDOA CORRE	V45	106
808	151	Maria Paiva	00:30:40	01:00:52	01:00:10	802	Clube do Stress	V50	8
809	792	Paula Neto	00:30:01	01:01:00	01:00:46	819	CCD Crédito Agrícola Mútuo	V50	9
810	16	Nuno Almeida	00:28:37	01:01:02	01:00:47	820	Sportings de Almeida	V35	153
811	1283	Catarina Gregório	00:28:34	01:01:09	01:00:38	815		Junior	6
812	895	José Dias	00:30:19	01:01:11	01:00:35	813		V40	137
813	94	Eva Caetano	00:31:06	01:01:11	01:00:29	811	Pump Runners	Senior	26
814	504	Jose Monteiro	00:28:48	01:01:14	01:01:11	826	GD SANTANDERTOTTA	V65	15
815	190	Ana Cabral	00:30:27	01:01:14	01:00:27	810	Speed of Yellow	V50	10
816	342	Fernando Filipe	00:29:37	01:01:16	01:00:54	821	CLUBE NOVO BANCO	V45	107
817	463	Eduardo Amorim	00:30:55	01:01:20	01:00:39	816		V40	138
818	555	Ricardo Freitas	00:30:11	01:01:20	01:01:14	828		Senior	162
819	413	Carlos Janela	00:30:19	01:01:28	01:01:11	827	CLUBE MILLENIUM BCP	V55	40
820	952	Rosário Matos	00:28:55	01:01:33	01:01:26	834	CLUBE ANACOM	V45	18

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
821	953	Sérgio Antunes	00:28:55	01:01:33	01:01:26	832	CLUBE ANACOM	V45	108
822	490	Francisco Ribeiro	00:30:35	01:01:35	01:01:30	835		V65	16
823	345	Ismael Teixeira	00:30:28	01:01:36	01:00:41	817	CLUBE NOVO BANCO	V40	139
824	354	Luís Godinho	00:30:28	01:01:36	01:00:41	818	CLUBE NOVO BANCO	V45	109
825	611	Ana Madeira	00:29:58	01:01:46	01:01:40	843		V35	14
826	801	Sofia Guilhoto	00:30:08	01:01:47	01:01:05	823		V40	13
827	940	Pedro Vieira	00:29:00	01:01:47	01:01:25	831		V40	140
828	1007	Fábio Catorze	00:30:01	01:01:54	01:01:15	829		Senior	163
829	741	Eduardo Cardoso	00:30:06	01:01:57	01:01:57	852	GDCT Unicre	V45	110
830	1181	Ana Nunes	00:30:56	01:01:59	01:01:08	825		V35	15
831	1378	Tânia Graça	00:29:59	01:02:00	01:01:38	841		Senior	27
832	690	Nuno Santos	00:30:20	01:02:00	01:01:08	824		V35	154
833	852	João Lopes	00:30:45	01:02:04	01:01:05	822	Casa do Benfica em Algueirão Mem Martins	V45	111
834	510	Ana Canhoto	00:30:48	01:02:12	01:01:36	838	GD SANTANDERTOTTA	V40	14
835	938	Susana Mendes	00:29:24	01:02:14	01:01:56	851	CCDTMetro LX	V40	15
836	1328	Paulo Costa	00:29:16	01:02:15	01:01:37	839	Pastelaria Charly	V40	141
837	188	Patricia Santos	00:30:40	01:02:16	01:01:53	849		Senior	28
838	1251	Luis Silva	00:30:39	01:02:16	01:01:20	830		V40	142
839	416	Carlos Santo	00:32:21	01:02:17	01:01:33	836	CLUBE MILLENIUM BCP	V55	41
840	159	Rozires Ferreira	00:30:06	01:02:17	01:01:56	850		Senior	29

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
841	968	Paulo Castanheira	00:30:38	01:02:17	01:02:00	853		V40	143
842	597	Manuel Cardoso	00:31:05	01:02:18	01:01:26	833		V45	112
843	50	Vasco Pipa	00:29:27	01:02:23	01:02:15	863		V50	73
844	189	Rui Domingues	00:30:43	01:02:26	01:01:39	842	Speed of Yellow	V50	74
845	760	Yoshiko Nomoto	00:31:16	01:02:26	01:01:50	846		V40	16
846	429	João Calado	00:30:46	01:02:26	01:01:43	844	CLUBE MILLENIUM BCP	V50	75
847	695	Diogo Magalhães	00:31:02	01:02:28	01:01:38	840	LIMA	Senior	164
848	1359	Hélder Ferreira	00:29:58	01:02:29	01:02:07	856	Falck SCI Portugal	Senior	165
849	341	Carlos Oliveira	00:31:41	01:02:31	01:01:35	837	CLUBE NOVO BANCO	V40	144
850	935	José Pires	00:31:08	01:02:33	01:02:08	857	CCDTMetro LX	V75	2
851	403	Nelson Guimarães	00:32:22	01:02:34	01:01:44	845	CLUBE MILLENIUM BCP	V65	17
852	314	Tânia Sales	00:31:14	01:02:36	01:01:53	848	Pump Runners	V35	16
853	1329	Judite Viegas	00:30:19	01:02:39	01:02:00	854	Pastelaria Charly	V40	17
854	1125	João Ribeiro	00:29:47	01:02:40	01:02:25	865	Clube ANA Lisboa	V50	76
855	1174	Paula Campos	00:29:47	01:02:40	01:02:26	866	Clube ANA Lisboa	V35	17
856	1269	Maria Andrade	00:31:12	01:02:42	01:02:09	858		V50	11
857	1015	Susana Simão	00:30:32	01:02:44	01:02:27	868		Senior	166
858	923	Jorge Machado	00:30:32	01:02:45	01:02:29	870		V50	77
859	730	Gonçalo Pereira	00:31:26	01:02:48	01:02:04	855		Senior	167
860	487	Carla Sequeira	00:30:29	01:02:49	01:02:27	867	Os Beirões no Ribatejo	Senior	30



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
861	620	Ana Fernandes	00:29:59	01:02:53	01:02:36	879	Os Gordos	V35	18
862	619	Jorge Morais	00:29:59	01:02:53	01:02:36	877	Os Gordos	V40	145
863	227	Rita Baltazar	00:30:47	01:02:56	01:02:51	887	Clube Vodafone	V35	19
864	965	Cláudia Belém	00:29:30	01:02:58	01:02:44	885	Link	Senior	31
865	432	Leonel Ferreirinha	00:31:25	01:02:58	01:02:44	884	CLUBE MILLENIUM BCP	V65	18
866	1055	Maycon Heretier	00:29:27	01:03:00	01:02:36	876		V35	155
867	1381	Rui Raposo	00:31:11	01:03:01	01:02:46	886		V50	78
868	910	Pedro Ribeiro	00:30:42	01:03:01	01:02:36	878		V50	79
869	713	José Rebocho	00:30:11	01:03:02	01:02:35	875	Amigos Vale Silencio	V55	42
870	1201	Alex Pires	00:30:34	01:03:05	01:02:31	871		V40	146
871	793	Pedro Sérgio	00:30:03	01:03:08	01:02:41	883	CCD Crédito Agrícola Mútuo	V45	113
872	456	João Oliveira	00:29:06	01:03:08	01:02:57	890		V45	114
873	897	Sara Henriques	00:32:18	01:03:11	01:02:11	859		V40	18
874	642	João Pereira	00:32:18	01:03:11	01:02:11	860	CCD PM CASCAIS	V50	80
875	876	Luis Encarnacao	00:30:02	01:03:11	01:02:53	889		V40	147
876	639	Hugo Lourenço	00:32:18	01:03:11	01:02:12	862	CCD PM CASCAIS	V40	148
877	641	João Paixão	00:32:18	01:03:11	01:02:12	861	CCD PM CASCAIS	V60	39
878	78	Vitor Lucas	00:30:49	01:03:12	01:02:40	882	BREAKAWAY	V50	81
879	79	Olivia Lucas	00:30:49	01:03:12	01:02:39	881	BREAKAWAY	V45	19
880	551	Márcia Freire	00:31:40	01:03:12	01:02:31	872	Queima Borracha	V35	20

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
881	550	Roberto Arede	00:31:40	01:03:12	01:02:32	873	Queima Borracha	V35	156
882	552	Elisabete Vinagre	00:31:40	01:03:13	01:02:32	874	Queima Borracha	Senior	32
883	622	Carlos Marinho	00:32:27	01:03:15	01:02:37	880		V35	157
884	1097	Anabela Meia-Via	00:31:17	01:03:15	01:02:21	864	Câmara Lisboa Clube	V45	20
885	203	Rodrigo Esguerra	00:29:35	01:03:18	01:02:28	869		Senior	168
886	786	Catarina Gomes	00:31:07	01:03:26	01:01:51	847	CCD Crédito Agrícola Mútuo	Junior	7
887	582	Rosa Abreu	00:31:23	01:03:26	01:03:13	895	CLUBE COLABORADORES AXA	V45	21
888	735	Americo Costa	00:29:46	01:03:39	01:03:03	891		V55	43
889	264	Carlos Almeida	00:29:39	01:03:41	01:02:51	888	Asas nos Pés	Senior	169
890	206	Nuno Grandão	00:29:47	01:03:44	01:03:41	905		V40	149
891	1054	Fernando Rodrigues	00:29:28	01:03:50	01:03:04	892		V35	158
892	390	Pedro Murca	00:31:15	01:03:53	01:03:35	903	CLUBE MILLENIUM BCP	V45	115
893	379	Pedro Sá	00:31:15	01:03:53	01:03:35	902	CLUBE MILLENIUM BCP	V40	150
894	405	Pedro Figueiredo	00:30:04	01:03:53	01:03:43	906	CLUBE MILLENIUM BCP	V50	82
895	832	Luís Catita	00:31:38	01:03:54	01:03:06	893		V45	116
896	833	Sara Fulgêncio	00:31:39	01:03:54	01:03:06	894		V35	159
897	455	Maria Veloso	00:31:30	01:04:00	01:03:41	904		V60	2
898	108	Darlindo Fortuna	00:28:52	01:04:03	01:03:31	900	CCD-AT	V50	83
899	250	José Barreiros	00:31:41	01:04:05	01:03:13	896		V40	151
900	475	Ricardo Fernandes	00:31:34	01:04:06	01:03:27	898	CLUBE NOVO BANCO	V55	44

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
901	1266	Ricardo Bento	00:30:44	01:04:07	01:03:35	901		Senior	170
902	1143	Maria Peres	00:31:33	01:04:08	01:03:43	907	Clube ANA Lisboa	V55	3
903	1087	Carlos Ferreira	00:31:25	01:04:13	01:03:15	897	Câmara Lisboa Clube	V50	84
904	279	Nuno Fialho	00:34:01	01:04:20	00:59:52	795		V40	152
905	193	Carlos Cunha	00:32:05	01:04:21	01:03:31	899	Speed of Yellow	V45	117
906	133	Luís Almeida	00:31:34	01:04:27	01:04:14	917		V40	153
907	41	Miguel Bermonte	00:32:02	01:04:31	01:03:51	910	BeSmart	V35	160
908	873	Rui Lapa	00:29:15	01:04:34	01:04:22	919		V40	154
909	44	Rui Franco	00:31:12	01:04:36	01:03:44	909		V35	161
910	1282	Alexandre Vilão	00:31:31	01:04:38	01:03:44	908		Senior	171
911	358	João Pires	00:30:44	01:04:40	01:04:02	914		Senior	172
912	426	Carla Lourenço	00:31:17	01:04:50	01:04:31	921	CLUBE MILLENIUM BCP	V35	21
913	807	Joana Friezas	00:31:45	01:04:51	01:03:57	912	SS CGD	V35	22
914	492	Antonio Pereira	00:33:52	01:04:52	01:03:54	911	GD SANTANDERTOTTA	V50	85
915	961	António Jorge	00:30:10	01:04:57	01:04:31	920	Açoreana Clube Banif	V60	40
916	962	Helena Santos	00:30:10	01:04:58	01:04:45	926	Açoreana Clube Banif	V50	12
917	53	Cesar Guerra	00:32:48	01:04:59	01:03:59	913	CTJ	V45	118
918	1009	Gustavo Silva	00:32:57	01:05:09	01:04:11	915		V35	162
919	1005	Luis Martins	00:32:57	01:05:09	01:04:12	916		V55	45
920	1177	Ricardo Severino	00:31:04	01:05:10	01:05:04	937	Clube ANA Lisboa	Junior	6

<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	1176	Cláudia Lopes	00:31:04	01:05:10	01:05:05	939	Clube ANA Lisboa	V40	19
922	208	Susana Malheiro	00:31:30	01:05:10	01:04:43	925		Senior	33
923	674	João Lourenço	00:32:12	01:05:12	01:04:39	924		V40	155
924	80	Joel Alexandre	00:31:27	01:05:18	01:04:34	922		V35	163
925	594	João Sousa	00:31:38	01:05:23	01:04:53	928		V40	156
926	177	Miguel Banha	00:30:26	01:05:23	01:04:59	933		V40	157
927	176	António Silva	00:31:36	01:05:24	01:04:58	932		V60	41
928	346	João Antunes	00:31:26	01:05:28	01:04:57	930	CLUBE NOVO BANCO	Senior	173
929	436	Nuno Santos	00:30:46	01:05:29	01:04:46	927	CLUBE MILLENIUM BCP	Senior	174
930	818	Manuel Maia	00:31:48	01:05:29	01:04:35	923	PRT	Senior	175
931	333	Xana Filipe	00:31:40	01:05:30	01:05:08	940	CLUBE NOVO BANCO	V40	20
932	399	Carlos Tomé	00:30:27	01:05:34	01:05:20	945	CLUBE MILLENIUM BCP	V60	42
933	1318	Tiago Ramos	00:31:43	01:05:40	01:05:24	948		Senior	176
934	149	António Paulino	00:32:34	01:05:41	01:04:57	929	Clube do Stress	V60	43
935	1345	Antonio Rodrigues	00:32:34	01:05:41	01:04:58	931	Clube ANA Lisboa	V65	19
936	150	Ana Paulino	00:32:31	01:05:42	01:05:00	934	Clube do Stress	V60	3
937	816	Nuno Flora	00:31:22	01:05:42	01:05:08	941	Flora	Senior	177
938	319	Ricardo Farinha	00:31:41	01:05:42	01:05:16	942		Senior	178
939	1160	Conceição Cunha	00:32:06	01:05:43	01:05:29	949		V50	13
940	742	Carla Vitorino	00:31:17	01:05:44	01:05:02	935	Pump Runners	V40	21

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
941	847	Catarina Gil	00:31:17	01:05:44	01:05:02	936	Pump Runners	V40	22
942	1316	Orlando Valente	00:31:00	01:05:50	01:05:44	955		V50	86
943	1083	Daniel Antunes	00:31:44	01:05:51	01:05:44	954	Câmara Lisboa Clube	V50	87
944	703	Tania Dimas	00:33:06	01:05:51	01:05:04	938		V45	22
945	1051	Vitor Almeida	00:31:42	01:05:56	01:05:20	944		V60	44
946	861	Luis Farinha	00:30:51	01:05:58	01:05:49	958	Serviços Sociais Montepio	V45	119
947	286	José Branco	00:30:52	01:06:03	01:05:45	957		V35	164
948	704	Célia Catarino	00:33:25	01:06:06	01:05:18	943		V45	23
949	813	Ana Pinto	00:31:55	01:06:13	01:05:45	956	Os Pintos	Senior	34
950	1027	Rebeca Calhau	00:31:54	01:06:16	01:05:49	959		V40	23
951	1162	Ana Matos	00:32:56	01:06:16	01:05:35	951		V35	23
952	76	Dora Veríssimo	00:32:43	01:06:20	01:05:21	947	Caracóis Elétricos	V40	24
953	75	Paulo Martins	00:32:42	01:06:20	01:05:21	946	Caracóis Elétricos	V40	158
954	646	Carlos Cagica	00:30:50	01:06:25	01:05:35	950		V50	88
955	406	João Seborro	00:33:06	01:06:26	01:06:02	961	CLUBE MILLENIUM BCP	V45	120
956	554	Marisa Correia	00:32:19	01:06:36	01:05:44	953	Pixas d'atum	Senior	35
957	553	João Rodrigues	00:32:19	01:06:36	01:05:44	952	Pixas d'atum	Senior	179
958	498	Tiago Pito	00:31:35	01:06:43	01:06:36	966	GD SANTANDERTOTTA	V35	165
959	997	Joaquim Hermenegildo	00:30:15	01:06:48	01:06:27	964	Casa do Benfica em Algueirão Mem Martins	V50	89
960	18	Carla Palmeiro	00:40:49	01:06:48	01:06:39	969		V40	25

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
961	676	Elisabeth Loureiro	00:32:32	01:06:48	01:05:57	960	Sporting Clube de Casainhos	V55	4
962	20	Meg Garcia	00:40:49	01:06:49	01:06:39	968		V40	26
963	147	Susana Pires	00:34:18	01:06:56	01:06:10	962	Very Slow Runners	V40	27
964	148	Luis Paulo	00:34:18	01:06:56	01:06:11	963	Very Slow Runners	V45	121
965	125	Joana Chouriço	00:32:42	01:07:04	01:06:56	973		V50	14
966	1121	Carlos Maruta	00:31:49	01:07:09	01:06:40	970		V35	166
967	1035	Tiago Nunes	00:30:36	01:07:09	01:06:34	965		V35	167
968	1228	Liana Maruta	00:31:49	01:07:09	01:06:41	971		Senior	36
969	1325	Cesar Santos	00:33:11	01:07:27	01:07:07	975	Amaro dos Santos	Senior	180
970	1324	Claudia Santos	00:33:11	01:07:28	01:07:09	977	Amaro dos Santos	Senior	37
971	776	Anabela Esteves	00:32:59	01:07:34	01:07:08	976	SS CGD	V50	15
972	392	David Jorge	00:32:09	01:07:37	01:07:26	981	CLUBE MILLENIUM BCP	Senior	181
973	221	Patricia Santos	00:32:19	01:07:43	01:07:29	984	Asas nos Pés	Senior	38
974	1151	Reinaldo Mateus	00:32:24	01:07:43	01:07:31	986		V50	90
975	217	Rogério Carreiro	00:32:58	01:07:43	01:06:53	972	Asas nos Pés	V50	91
976	1018	Ana Rodrigues	00:33:15	01:07:52	01:07:19	979		V40	28
977	330	Sérgio Eira	00:33:15	01:07:53	01:07:20	980	CLUBE NOVO BANCO	V40	159
978	864	Rita Gonçalves	00:33:21	01:07:55	01:07:46	990	Serviços Sociais Montepio	V40	29
979	128	Vânia Muge	00:33:23	01:07:56	01:07:02	974	Minimongos	Senior	39
980	528	Herlander Braz	00:33:59	01:08:00	01:07:26	982	GD SANTANDERTOTTA	V55	46

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
981	338	André Santos	00:32:14	01:08:00	01:07:11	978	CLUBE NOVO BANCO	Senior	182
982	815	Domingos Flora	00:34:05	01:08:06	01:07:32	987	Flora	V60	45
983	946	Luis Monteiro	00:33:04	01:08:10	01:07:31	985		V35	168
984	655	Miguel Silva	00:31:46	01:08:11	01:08:06	999	CLUBE ROBBIALAC	V40	160
985	659	Veronica Gonçalves	00:32:12	01:08:17	01:07:58	994		V35	24
986	15	Ana Almeida	00:32:18	01:08:17	01:08:02	996	Sportings de Almeida	V35	25
987	568	Isabel Cardoso	00:33:28	01:08:19	01:07:27	983		V45	24
988	24	Vanda Martins	00:34:33	01:08:19	01:07:49	992		V35	26
989	110	Isabel Magalhaes	00:33:01	01:08:31	01:07:54	993		V55	5
990	440	Alberto Cano	00:33:01	01:08:31	01:07:43	989	Clube Atletismo Amigos de Belém	V60	46
991	1207	Inês Macedo	00:33:15	01:08:31	01:07:46	991		Senior	40
992	1274	Nuno Silva	00:33:35	01:08:35	01:08:06	1000	CLUBE OLÍMPICO DE OEIRAS	Senior	183
993	1304	Alexandra Gonçalves	00:36:08	01:08:36	01:04:14	918		V45	25
994	983	Pedro Santos	00:33:26	01:08:36	01:07:37	988		Senior	184
995	260	Catarina Bastos	00:33:48	01:08:40	01:06:38	967		Senior	41
996	538	Rui Oliveira	00:32:48	01:08:42	01:08:15	1001	SS CGD	V45	122
997	207	Miguel Semedo	00:33:31	01:08:46	01:08:01	995		V35	169
998	1096	D1096	00:31:52	01:08:59	01:08:02	997	Câmara Lisboa Clube	V40	30
999	1095	João Valhelhas	00:31:51	01:08:59	01:08:02	998	Câmara Lisboa Clube	V40	161
1000	501	Rui Sarroeira	00:33:47	01:09:05	01:08:26	1007	GD SANTANDERTOTTA	V45	123



# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1001	1184	Igor Kravchenco	00:33:53	01:09:12	01:08:19	1004		V35	170
1002	1120	António Oliveira	00:33:54	01:09:14	01:08:17	1002		V40	162
1003	1119	Virgínia Delgado	00:33:54	01:09:14	01:08:18	1003		V40	31
1004	393	Paulo Pais	00:33:24	01:09:19	01:09:07	1015	CLUBE MILLENIUM BCP	V45	124
1005	43	António Marques	00:32:55	01:09:22	01:09:20	1017		V65	20
1006	616	Sandra Paulos	00:33:23	01:09:35	01:08:34	1008		V35	27
1007	383	Ana Gama	00:33:28	01:09:41	01:09:29	1019	CLUBE MILLENIUM BCP	V35	28
1008	560	Mariana Pinheiro	00:34:11	01:09:43	01:09:00	1012		Senior	42
1009	562	Paulo Fernandes	00:34:11	01:09:43	01:09:00	1014		V40	163
1010	563	Maria Leite	00:34:13	01:09:43	01:09:00	1013		Senior	43
1011	561	Mónica Rasteiro	00:34:12	01:09:43	01:09:00	1011		V35	29
1012	299	Nuno Gomes	00:33:30	01:09:46	01:08:56	1010		V45	125
1013	1334	Hugo Serra	00:31:09	01:09:48	01:09:46	1025		V35	171
1014	291	Ana-Alice Pereira	00:33:58	01:09:49	01:09:21	1018		V50	16
1015	1199	Ana Seabra	00:33:39	01:09:59	01:09:19	1016		V50	17
1016	407	Patrícia Dinis	00:33:40	01:10:16	01:09:52	1026	CLUBE MILLENIUM BCP	V45	26
1017	788	Lino Gomes	00:32:39	01:10:17	01:08:50	1009	CCD Crédito Agrícola Mútuo	V50	92
1018	696	Ruben Miranda	00:33:21	01:10:19	01:09:31	1020	LIMA	Senior	185
1019	1205	Luis Fiuza	00:40:12	01:10:20	01:10:15	1029	Clube ANA Lisboa	V45	126
1020	1134	Ana Figueiras	00:40:12	01:10:20	01:09:32	1021	Clube ANA Lisboa	V45	27

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1021	1138	Helena Oliva	00:40:13	01:10:23	01:09:35	1022	Clube ANA Lisboa	V45	28
1022	826	Mervany Aguilera	00:33:26	01:10:30	01:10:22	1033		V35	30
1023	1267	Paula Santos	00:35:39	01:10:37	01:10:03	1027		V50	18
1024	544	Noémia Pinto	00:33:48	01:10:41	01:09:42	1023		V35	31
1025	480	Joana Lopes	00:33:49	01:10:41	01:09:43	1024		Senior	44
1026	959	Francisco Mouchinho	00:35:37	01:10:46	01:10:10	1028	ACADEMIA DO LUMIAR	V65	21
1027	1069	Andreia Santos	00:32:21	01:10:50	01:10:38	1036		Senior	45
1028	976	Nuno Zamith	00:32:13	01:10:50	01:10:18	1030		V35	172
1029	975	Luis Ferreira	00:31:53	01:10:51	01:10:21	1031		V40	164
1030	1114	Maria Quitéria	00:34:25	01:11:05	01:10:30	1035		V40	32
1031	1265	Ivo Bernardo	00:33:14	01:11:09	01:10:22	1032		Senior	186
1032	486	Antero Teixeira	00:35:07	01:11:10	01:10:26	1034		V35	173
1033	165	Joao Gomes	00:33:44	01:11:20	01:10:43	1037	JG Seguros/Vila Fria	V60	47
1034	943	José Alípio	00:31:41	01:11:24	01:11:20	1045		V55	47
1035	1163	Carla Santos	00:34:10	01:11:36	01:10:55	1040		V35	32
1036	1000	Rui Castilho	00:30:06	01:11:38	01:11:37	1048	Casa do Benfica em Algueirão Mem Martins	Senior	187
1037	1233	João Figueira	00:33:16	01:11:38	01:11:22	1046		Senior	188
1038	1288	Jorge Pinto	00:34:37	01:11:40	01:10:56	1041		V35	174
1039	334	Ana Fernandes	00:32:29	01:11:42	01:10:57	1042	CLUBE NOVO BANCO	Senior	46
1040	312	Adelino Santos	00:34:45	01:11:47	01:11:13	1044	Rexcor	V40	165

<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	517	Solange Figueira	00:35:15	01:11:49	01:10:53	1038	GD SANTANDERTOTTA	V35	33
1042	572	Catarina Figueira	00:35:15	01:11:49	01:10:54	1039	CLUBE COLABORADORES AXA	V35	34
1043	775	Marta Pereira	00:34:45	01:11:50	01:11:32	1047	H&M	Senior	47
1044	995	João Correia	00:33:29	01:12:08	01:11:52	1051	Casa do Benfica em Algueirão Mem Martins	V60	48
1045	502	Rafael Pessoa	00:34:31	01:12:24	01:11:42	1050	GD SANTANDERTOTTA	V40	166
1046	1140	João Grilo	00:33:33	01:12:28	01:11:40	1049	Clube ANA Lisboa	V55	48
1047	1071	Joaquim Pinto	00:31:34	01:12:44	01:12:13	1057		V45	127
1048	1145	Pedro Machado	00:36:00	01:12:46	01:11:59	1054	Clube ANA Lisboa	V45	128
1049	1144	Célia Macieira	00:36:01	01:12:46	01:12:00	1055	Clube ANA Lisboa	V45	29
1050	418	Marta Grifo	00:35:56	01:12:49	01:11:57	1052	CLUBE MILLENIUM BCP	Senior	48
1051	417	Pedro Dias	00:35:56	01:12:49	01:11:57	1053	CLUBE MILLENIUM BCP	Senior	189
1052	810	Mafalda Jacinto	00:33:02	01:12:54	01:12:41	1059	Link	Senior	49
1053	166	Carlos Bandeijas	00:33:45	01:12:54	01:12:19	1058	JG Seguros/Vila Fria	V50	93
1054	313	Gabriela Castilho	00:36:53	01:12:55	01:12:07	1056		Senior	50
1055	465	Ana Augusto	00:42:50	01:13:01	00:59:00	760		Senior	51
1056	464	Marta Vicente	00:42:50	01:13:01	00:59:00	761		Senior	52
1057	185	Joaquim Marinho	00:34:46	01:13:20	01:13:08	1064		V55	49
1058	237	Sérgio Rijo	00:36:42	01:13:25	01:12:43	1060	S&M	V35	175
1059	238	Marta Calado	00:36:42	01:13:26	01:12:43	1061	S&M	Senior	53
1060	145	Sandra Olivença	00:36:02	01:13:48	01:13:02	1063	Very Slow Runners	V35	35

<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	146	Nuno Verissimo	00:36:02	01:13:48	01:13:02	1062	Very Slow Runners	V45	129
1062	1133	Carla Leitão	00:35:12	01:14:05	01:14:00	1068	Clube ANA Lisboa	V45	30
1063	898	Ana Pereira	00:35:25	01:14:16	01:13:47	1065		Senior	54
1064	931	Fernando Fernandes	00:36:24	01:14:17	01:13:57	1066	CCDTMetro LX	V60	49
1065	934	Joao Barbosa	00:36:23	01:14:17	01:13:57	1067	CCDTMetro LX	V50	94
1066	336	Ana Bastos	00:38:35	01:14:32	01:14:22	1070	CLUBE NOVO BANCO	V35	36
1067	1110	Inês Guerra	00:39:29	01:14:44	01:08:25	1005		Senior	55
1068	1111	Tiago Esteves	00:39:28	01:14:46	01:08:26	1006		Senior	190
1069	596	Milena Matias	00:38:05	01:14:46	01:11:03	1043		Senior	56
1070	823	Rui Henriques	00:36:30	01:15:00	01:14:10	1069	ADRC Mata de Benfica	V65	22
1071	814	Carina Flora	00:36:03	01:15:23	01:14:49	1071	Flora	Senior	57
1072	472	Maria Miguel	00:36:43	01:15:43	01:15:23	1073	CLUBE NOVO BANCO	V40	33
1073	777	Henrique Mouta	00:36:25	01:16:06	01:15:14	1072	SS CGD	V35	176
1074	1312	Ana Fernandes	00:36:12	01:16:30	01:16:09	1074	Clube ANA Lisboa	V45	31
1075	396	Acácio Lopes	00:37:34	01:16:38	01:16:27	1077	CLUBE MILLENIUM BCP	V45	130
1076	1179	Orlando Leal	00:39:38	01:16:43	01:16:17	1075	Clube ANA Lisboa	Senior	191
1077	196	Inês Duarte	00:38:22	01:17:06	01:16:17	1076	Speed of Yellow	Senior	58
1078	752	Eunice Torres	00:38:08	01:17:20	01:16:48	1078		V35	37
1079	1210	Sandra Carneiro	00:38:26	01:17:54	01:17:08	1079	Clube ANA Lisboa	V40	34
1080	1209	Rui Carneiro	00:38:26	01:17:55	01:17:09	1080	Clube ANA Lisboa	V40	167

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1081	378	Nelson Costa	00:43:41	01:17:57	01:17:29	1081	CLUBE MILLENIUM BCP	Senior	192
1082	726	Martelle Bertens	00:36:41	01:18:10	01:18:01	1085		V50	19
1083	1211	Maria Lopes	00:43:17	01:18:14	01:17:49	1084	Clube ANA Lisboa	V60	4
1084	1032	Andrea Soares	00:37:46	01:18:18	01:17:44	1082		V35	177
1085	974	Julia Neves	00:38:36	01:18:20	01:17:45	1083		Senior	59
1086	606	Celeste Romero	00:39:03	01:19:10	01:19:04	1086		V40	35
1087	692	Fernando Rodrigues	00:38:19	01:19:42	01:19:09	1087		V70	2
1088	321	Maria Santos	00:39:15	01:19:57	01:19:47	1089	CLUBE NOVO BANCO	V45	32
1089	1215	António Carapinha	00:39:19	01:19:58	01:19:10	1088	Clube ANA Lisboa	V50	95
1090	397	Rosa Gameiro	00:40:06	01:20:08	01:19:52	1091	CLUBE MILLENIUM BCP	V40	36
1091	101	Claudia Sousa	00:37:28	01:20:22	01:20:07	1092		Senior	60
1092	353	Luís Caetano	00:38:17	01:20:44	01:19:49	1090	CLUBE NOVO BANCO	V50	96
1093	932	Gualdino Freire	00:38:37	01:20:46	01:20:25	1093	CCDTMetro LX	V65	23
1094	1383	Luisa Gomes	00:40:08	01:22:19	01:22:05	1096		Senior	61
1095	1349	Miguel Fialho	00:39:52	01:22:23	01:22:14	1099		V35	178
1096	1124	Eduardo Pestana	00:40:07	01:22:24	01:21:44	1095	KANINOS	V35	179
1097	1107	Norberto Barroca	00:40:07	01:22:24	01:21:37	1094		Senior	193
1098	171	Filomena Santana	00:43:21	01:22:45	01:22:08	1097	JG Seguros/Vila Fria	V45	33
1099	1397	Joana Santana	00:43:21	01:22:45	01:22:08	1098		Senior	62
1100	1141	Vanessa Grilo	00:41:11	01:23:27	01:22:38	1100	Clube ANA Lisboa	Senior	63

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1101	178	Sara Sousa	00:39:35	01:23:30	01:23:26	1101	Tartarugas Solidarias	V35	38
1102	1335	Ana Duarte	00:40:36	01:23:49	01:23:30	1102		Senior	64
1103	1336	Filipe Silva	00:40:36	01:23:49	01:23:31	1103		Senior	194
1104	1246	Sérgio Marques	00:42:19	01:24:34	01:24:19	1106		V35	180
1105	375	Marinela Inácio	00:40:38	01:24:40	01:24:12	1104	CLUBE MILLENIUM BCP	V50	20
1106	292	João Simões	00:41:30	01:24:46	01:24:17	1105		Senior	195
1107	368	Ana Pires	00:41:28	01:25:14	01:24:36	1107		Junior	8
1108	363	Maria Libânio	00:41:06	01:25:23	01:24:51	1108		V55	6
1109	1196	Sónia Rodrigues	00:41:38	01:25:27	01:25:04	1111		V40	37
1110	362	João Oliveira	00:41:05	01:25:27	01:24:55	1109		V55	50
1111	457	Maria Santos	00:41:38	01:25:27	01:25:05	1112		V40	38
1112	1212	Joana Sobral	00:38:56	01:25:45	01:24:59	1110	Clube ANA Lisboa	V45	34
1113	740	Paula Rato	00:42:55	01:26:28	01:25:46	1113	GDCT Unicre	V50	21
1114	1195	Mário Vieira	00:41:48	01:27:01	01:26:43	1115	Clube ANA Lisboa	V40	168
1115	1308	Jorge Macedo	00:45:12	01:27:17	01:26:41	1114		V50	97
1116	578	Mónica Sousa	00:42:40	01:27:36	01:27:23	1116	CLUBE COLABORADORES AXA	V40	39
1117	1104	Olga Maia	00:39:00	01:27:42	01:27:40	1117		V55	7
1118	388	Ana Gonçalves	00:43:30	01:28:39	01:28:22	1119	CLUBE MILLENIUM BCP	V35	39
1119	424	Arinda Braga	00:43:30	01:28:39	01:28:22	1120	CLUBE MILLENIUM BCP	V50	98
1120	60	Antonio Cardoso	00:45:03	01:29:04	01:28:18	1118		V45	131

# CLASSIFICAÇÕES

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo 5 Km</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1121	1178	Luis Leal	00:41:48	01:33:22	01:32:58	1121	Clube ANA Lisboa	V45	132
1122	1375	Inês Carromeu	00:45:12	01:34:33	01:34:12	1124		Senior	65
1123	1376	Maria Leite	00:45:23	01:34:33	01:34:12	1125		Senior	66
1124	241	Tania Teixeira	00:45:36	01:35:04	01:34:07	1122	Estrelas Incandescentes	Senior	67
1125	240	Joaquim Lavos	00:45:25	01:35:04	01:34:08	1123	Estrelas Incandescentes	V35	181
1126	1307	Carlos Mendonça	00:46:30	01:38:25	01:37:50	1126		V55	51